



LINDSAY WHYTE

Painters and Decorators Ltd
48 Years Experience Master Painter
FREE PHONE 0800 242 8611

- Interior
- Exterior

CALL NOW!



I hope all the Mothers out there got spoiled on Sunday and you all felt appreciated for all that you do.

Are you looking for something to do on Queen's birthday weekend? I would recommend The Steampunk festival - it will be a great weekend's entertainment. Do not forget to book your tickets now, (search steampunk NZ online at www.eventfinda.co.nz) as it may cost you more on the day.

Don't forget to send in your articles on your events. Until next 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 ROLLS



BUY 6, GET 2 FREE*

16 Ouse Street

*Conditions apply



FREE IN-HOME MEASURE & QUOTE

FREE CURTAIN MAKING ON THOUSANDS OF FABRICS

Right now, Guthrie Bowron are offering free curtain making on thousands of quality fabrics*. And, we'll even come to you for a free in-home measure and quote*.

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

GB
Guthrie Bowron
Decorating Specialists
TRUSTED SINCE 1896

Perfect First Home



The immaculate home has a warm welcoming feel and offers 3 double bedrooms, sparkling new bathroom, spacious kitchen through to the living room. The sun pours in all day plus there is a logburner. Within the section there are sheds for all. Single garage but extra large workshop plus storage rooms. Further at the end past the mature trees and shrubs is a hen house plus garden sheds.

Offers Over \$298,000 **SWOU11705**

Cailleen Trengrove 225 Thames St, Oamaru
Residential/Lifestyle Ph 03 434 7422
021 341 468 oamaru@southernwide.co.nz
cailleen@southernwide.co.nz www.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

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
geoff@sapo.co.nz

Kevin Waite Painting

Small jobs - my specialty
Painting & decorating by a qualified tradesman

Ph. 027 352 1775



Kevin Mclay Plumbing Ltd

with over 40 years experience

Ph. 021 477 244 A/H 03 437 1248




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

Tree sculpt Otago

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




HANDYMAN

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

PH. TOM 021 0233 2002 OR 434 3326

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



And then the warm Autumnal winds arrived, so still raking pile after pile of leaves in our garden as trees shed for a well earned rest. A mass planting of bedding blue Salvia had to come out this week, to make way for the dozens of red Tulip bulbs needed to make a show here in early Spring. The Salvia flowered beautifully all Summer, but took a lot out of the soil. Beds were dug and topped with compost and a barrow or two of sifted soil before bulbs went in.

I have Pansies, Polyanthus, Primula & Snapdragons filling out nicely for planting, once gardens are cleared of the Summer growth & compost has been watered in. Planting this month while the ground is still warm, will get plants to budding stage & if the Winter is mild, they should flower- if very cold, they will sit then burst into flower early in Spring.

Wisterias will need a cut back now - ours is growing along the upstairs balcony threatening to push through the sliding doors & take over a bedroom! I use the hedge trimmer to get rid of all the leafy wispy growth - cutting too hard back into thick wood will remove new buds. Some of those long winding growths can eventually grow into a thick branch - so if training a young plant, let only one length go either way along a structure.

I am still collecting seeds while pods are dry and saving them in paper bags and envelopes. Adding a sprinkle of rice will absorb any remaining moisture and help to keep seeds dry and in good condition.

Balance all those leaves with layers of old compost/soil, straw, manure and grass clippings. Moisture is a must as well. If the mix is dry, add water during the heat of a day so the chill will be off before nights cooling. Decomposing will continue on until temperatures drop dramatically. It is such a bonus to have compost / mulch on hand for hungry plants come Spring when the ground is left sour from Winter & in need of boosting.

Our lawns have slowed down at last... Lime & Gypsum can be spread on lawns now - Lime to sweeten & Gypsum to soften hard compacted ground which has a lot of clay content. No more cracks in the lawn if Gypsum is applied & watered in for 2 or 3 years in a row at this time of the year.

If you had bad leaf curl on your Peach and Nectarine trees this season, now is the time to clean up & remove as many old leaves as possible from around the base of your trees, but don't compost these as it will spread the infection. Controlling leaf curl isn't easy but good orchard hygiene habits, repeated each year, will give you the best chance. If left untreated, the problem will get worse year-after-year & reduce the tree's ability to produce lots of fruit. In Spring, apply a light dressing of a quick acting fertiliser such as Sulphate of Ammonia to encourage new leaf growth. At the same time, apply a seaweed fertiliser - such as Seasol & Comfrey spray, to help the plants' immunity to leaf curl. Once you notice the symptoms of leaf curl on leaves, it is too late to control the disease in those leaves, but you can try & stop the fungus from spreading. After the clean up, spray with Lime Sulphur - I will revisit this in late Winter / early Spring with advice on further treatment.

Tamarillos ripen in Autumn / Winter & can go from pale green to rich ripe red in about a week. They are ripe when either a deep, dark red or golden orange/yellow depending on variety. Pick fruit individually by cutting stems. They keep well and will become sweeter after a week or so.

Citrus bushes would benefit from a rich layer of compost, well-rotted manure, dolomite, seaweed, straw - whatever you have spread as a mulching layer around roots.

Save seed from Beans & Peas & also a few of your Herb & companion flower plant seeds for next Spring.

Mould soil around the base of Leeks to keep them pale & sweet, but keep it beneath the bottom leaf so it doesn't get inside the stems & make cleaning them difficult.

An application of lime now is a real benefit to many of the leaf crops – Cabbage, Spinach, Kale, Broccoli & Silverbeet.

In soon to be very cold areas, an insulating layer will help to prevent soil you plan to plant out in early Spring from becoming water-logged. Once rains come, use polythene, fertilizers bags, old carpet or underlay. Spring planting can be delayed for ages because of wet cold ground.

Cheers, Linda.

OAMARU + PHARMACY

Pain Relief

Pain is the body's way of telling us something is wrong. By describing the pain to your Pharmacist – headache, migraine, period pain, backache, joint pain, sore muscles – they can make an informed recommendation and you can **BE SURE** you're getting the pain relief that best suits.

Best for you and your type of pain.

Exact dose – your Pharmacist will tell you how much medicine you should take and how often.

Safe to take together – tell the Pharmacist if you're taking other medicines so they can make the right recommendation.

Upsetting you – they'll let you know how long you can take the medicine before it may start to upset your stomach, liver or kidneys.

Risking your health – also let the Pharmacist know about any other health conditions you have.

Easiest to take – the Pharmacist can let you know if there's another form of a medicine that's worked for you in the past, one that's easier to swallow or may work faster.

As the medicine specialist, your pharmacist can help guide you towards the right type of pain relief, from general products to Pharmacy-Only medicine.

Medico Pack (Blister Pack)

Do you sometimes forget to take your medications?

Do you wish to stay in control of your medicines and maintain your independence?

Do you want a safe, simple way to take your medication?

If so call into Oamaru Pharmacy and talk to one of our friendly Pharmacists.

Waitaki Clubs and Groups

Do you know there is a website for all clubs and groups in Waitaki? Is your group listed on the site?

The Waitaki Multicultural Council and the Newcomers Support Network became aware that new people to Waitaki wanted a website where they could find out about the clubs and groups in the area. So, with funding from the Community Trust of Otago, a site has been created and showcases the vast array of clubs in the community. It outlines groups for children, youth and adults and it is easy to use. If you would like to have your group or club listed, go to www.waitakigroups.co.nz and click on, "register your group". You could also check your group's listing and update it, or just take some time to peruse through all the great opportunities. You might find something you didn't know existed and maybe it will inspire you to take up a new interest or hobby or learn a new skill. Check it out today.

OAMARU + PHARMACY

OPEN 7

days a week

Monday-Friday 8am-6pm

Saturday 9.30-5pm

Oamaru Pharmacy

is now open full-day

Sunday 10.30am-4.30pm

Zero extra charges

Public Holidays 11-12 & 5-5:30pm

Phone: 03 434 8741

171 Thames St, Oamaru 9400

www.pharmacy-nz.com



REAL ESTATE

Pip is an award winning real estate professional who brings experience, knowledge and passion to her role as a **Residential Sales Consultant** with Property Brokers Real Estate.

So, if you're looking for a strong working partnership and the best possible price for your property give her a call. It will cost you absolutely nothing but your time for an informal, confidential, obligation-free discussion and appraisal.



Pip O'Connell Sales Consultant

M 027352 1001 P 03 434 3347

pip@pb.co.nz

www.facebook.com/pip211

Hastings McLeod Ltd Licensed REA 2008 211 Thames Street Oamaru

**Welcome to
Property Brokers
Real Estate Oamaru**

Your Professional Team

Hasting McLeod Limited Licensed REAA 2008
211 Thames Street (Opposite Subway)
Tel 03 434 3347 Rentals 03 434 1543 omaru@pb.co.nz

JAMES RECIPE OF THE WEEK

**Red wine
braised duck
legs with five
spice**

(Serves 4)



Ingredients

- 4 _____ Duck legs
- 1/2 cup _____ Red wine
- 4 _____ Garlic cloves
- 4 cups _____ Chicken stock, or vegetable stock
- 1 _____ tsp Chinese five spice
- 2 _____ Sprigs Thyme
- 1/2 cup _____ Pitted prunes

Directions

1. Season the duck well with salt and pepper.
2. Place the duck legs with all other ingredients into a slow cooker.
3. Cook on low for at least 6 hours (or overnight).
4. Shred the duck off the bone and serve with mash and greens, or noodles and crunchy veges.

THINKING OF SELLING?

Selling property can be a complicated process. That's why it's important to have a good team of professionals to support you.

Summary of important things to know

- It's a good idea to talk to your bank or lender as there may be implications for your lending if you sell your property.
- Find a lawyer or conveyancer before you start selling your property. Selling your property may happen quickly, and your lawyer can help you understand the legal documents and process.
- Find a real estate agent who understands your area and the local property market.

Talk to your bank or lender

Selling your property may have implications for your lending. If you have a fixed rate loan, there can be additional costs to repay this loan early. It is a good idea to talk your bank or lender when you are thinking about selling to understand what your obligations are.

Get legal support

It's important to get your own legal advice before you sign anything. We recommend you find a lawyer or conveyancer to help you through the selling process. Choose a lawyer or conveyancer before you set out to sell a property – selling can be a fast-moving process.

Both lawyers and registered conveyancers are legally entitled to carry out property transactions (also referred to as 'conveyancing'). Choose a lawyer or a conveyancer based on your budget and the complexity of the sales transaction. A lawyer is better placed to deal with more complex transactions and any legal issues.

Agency agreements with real estate agents and sale and purchase agreements with buyers are legally binding documents, and you should consult your lawyer or conveyancer before signing them so you understand what you and the agent, and you and the buyer have agreed to.

Find a real estate agent

The real estate agent works on your behalf, so it's important to choose someone you feel comfortable with. The agent works for you and is paid when the property sells.

Check that any agent you are dealing with is licensed, even if it is someone you know or who has been recommended by a friend. It is illegal to carry out real estate agency work without a licence. The Real Estate Authority has a public register of all people licensed to do real estate agency work. It also has information about any recent complaints upheld against the agent.

You should discuss everything with the agent carefully before you sign an agency agreement. The REA publishes a guide to help understand the agency agreement, and we recommend reading the guide early in the selling process. The agent must also give you a copy of the guide before you sign an agency agreement.

*Sourced from www.settled.govt.nz



Jane van Schreven AREINZ
Branch Manager
027 443 8716
janev@pb.co.nz

Pip OConnell
Sales Consultant
027 352 1001
pip@pb.co.nz

James Symes
Sales Consultant
027 522 6470
james.symes@pb.co.nz

Steve Dalley
Sales Consultant
021 768 719
steve.dalley@pb.co.nz

Jude Livingstone
Sales Consultant
021 544 488
Jude@pb.co.nz

Q&A WITH JANE VAN SCHREVEN

Your Real Estate Questions – Answered by
Jane van Schreven AREINZ

“When I’m part of a multi-offer should my agent disclose any information regarding offers made by other purchasers?”

“Absolutely Not”

The terms and conditions of the offer must remain confidential and only opened and disclosed in the presence of the vendor unless otherwise instructed by the vendor. If you are being told about other offers made it is highly likely your offer is being conveyed to other interested parties. Highly unethical.

“Do I have an obligation to advise my agent of any defects or issues regarding my property ie. Non-permitted/ consented building work.”

“Yes – you do”

If you are aware of any known defects or issues it is your obligation to discuss these with your agent. So often we find certain works have been carried out without a permit or consent (past or present) Your professional agent can advise the best course of action – a nasty surprise after entering into a contract raises doubt and sincerity and often loss of sale.

Email your questions to janev@pb.co.nz and we will answer in next issue.

SUDOKU

5	3			7			
6			1	9	5		
	9	8					6
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8			7
						7	9

RURAL REPORT WITH PROPERTY BROKERS

It is fair to say that it is a typical response for buyers to take a more cautious approach while the country deals with a bio-security issue. However it could be that the ease in economic farm sales throughout New Zealand is more a reflection of true market conditions based on the Property Market Cycle.

In the last 12 months the rural sector has seen a tightening of lending criteria with many banks looking for evidence of ability to service debt demonstrated in projected cash flow rather than lending criteria based upon a clients equity.

While this seems like a common sense approach to lending, it can create some restraints on purchasing and increase the due diligence period required prior to completing sales.

Fortunately and in favour of this lending regime we are experiencing a very buoyant season in terms of many product prices as well as many areas experiencing an excellent season for growth.

These factors have resulted in a very recent influx of buyers expressing interest to acquire additional land to compliment current farming operations.

So while some reports suggest a weakness in the property market, it would be fair to say that we may be on the cusp of an increase in buyer activity, based upon a period of strong product prices, this also is typical of Market Cycles.

For more information on land values and our local rural market conditions, please phone us on **03 434 3347** or visit our website pb.co.nz.

Jude Livingstone 021 544 488

OUR VALUES

- When we say we’ll do it, we do
- When we shake your hand, we mean it
- We help and value our clients and each other
- We strive to do the little things that make a difference
- We are committed to our community today and tomorrow

OUR VISION

- To wow our customer
- To grow our people
- To make our communities better places to live
- To deliver results



Donna Ingram
Property Manager
027 487 1037
donna@pb.co.nz



Gina Crane
Sales Support
03 434 3347
gina@pb.co.nz



Meagan Bell
Sales Support
03 434 3347
meaganb@pb.co.nz



Paula van den Hondel
Sales Support
03 434 3347
paulav@pb.co.nz

Community Diary

Wednesday 16th

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

N.O. Orchid Club, 1.30pm St John Hall. New members welcome. Ph. Irene 434 7324.

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

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.

Thursday 17th

Awamoa Indoor Bowls, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

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

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.

Friday 18th

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

Saturday 19th

Meadowbank Community Stadium Bowls, 1.15pm Bowls available. Ph. Graham 434 0951.

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

Sunday 20th

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 21st

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

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

Oamaru Electronic Organ Society 7.30pm Eveline Church Hall. New members welcome. Ph. Lorraine 437 2408.

Tokarahi spinners & Weavers 10am, Tokarahi Hall. Ph. Christine 434 2223.

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

Tuesday 22nd

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.

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.

St Pauls Indoor Bowls, AGM, 2pm Ph. 437 1294

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

Public Notices

Avon Cosmetics - past & present from 659: A luncheon to be held at 11.45am, Tuesday 29th May in Timaru. Don't miss our "good old times" - register now! Ph. Jocelyn 434 5035.

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

Oamaru Playcentre; Trent St, Operating Tue & Thursday's, 9am to 12pm, For children aged 0 - 6 years old, Find us on Facebook or email oamaru@playcentre.org.nz

N.O. Bird Fanciers Club Annual Show & Bird Sale, Drill Hall, Itchen St, Saturday 2nd June 1-5pm, Sunday 3rd June 9.30am - 12pm.

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

Oamaru Ordinary Cycle Club inc, AGM Monday 28th May 7:30pm, Scottish Hall, Tyne St, All welcome, Enquiries oamaruordinary@gmail.com Ph 03 4348285

Classifieds

For Free

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

Horse Manure, Ph 434 5607.

For Sale

Pure Breed English Staff pups, had shots & wormed, great family dogs. Ph. 021 211 5192 or email boogsisme@gmail.com

Services

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

Tarot Reading - 30 years experience, international an local. In person, phone or Skype. Ph. Paula 027 252 5432.

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.

\$10/10lt Bucket \$14/10lt paint, paste pails
Walnuts - Pickup your own
Also Available!
Feijoas! Feijoas! Feijoas!
State Hwy 83, just 2 km west of Georgetown
Daily 10am-4pm

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



Funded by Parliamentary Service and authorised by Jacqui Dean MP, 127 Thames Street, Oamaru.



The complete transport solution

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

RITCHIES

"Moving Kiwi's since 1930's"

Ph. 434 7964
5a Nen St, Oamaru
oamaru.depot@ritchies.co.nz



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

Bricklaying & Tiling

- ▶ Doran Brick 'n' Block027 516 5675
.....437 0415

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 Cleaning027 737 8423
- ▶ A+ Services.....0800 155 166
Window, gutter & carpet cleaning 027 714 4812
- ▶ AJ Cleaning Available..... 027 775 1485
Including ovens
- ▶ Multiblast Otago 027 765 3801
Sandblasting - don't waste countless hours sanding
- ▶ 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
- ▶ Julie Hales 021 071 1030
TTC, RCN, Cert Alcohol & Drug Counselling, DAPAANZ
- ▶ Kaye Mattingley434 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

Dressmakers

- ▶ Alterations, repairs & sewing..434 7793
.....027 284 9994
- ▶ Robinson Gray021 173 6161
.....*Tailored clothing & alterations*

Electricians & Appliances

- ▶ Glenn Taylor Electrical434 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*
- ▶ Gardening Girl Jude.....027 254 5546
.....*Weeding, mowing, rose pruning*

Insulation

- ▶ Dunbars Insulation027 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 Hore439 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 Painter0800 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

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*

Transportation & Rental Vehicles

- ▶ Driving Miss Daisy434 8421
.....*Appointments, Dunedin & Timaru Hospital, Shopping*
- ▶ Oamaru Transfers434 9506
.....*Hospitals & Airport transfers (Merv Aitchison)*
- ▶ 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

If you would like
your business noticed,
The Oamaru Telegram
is the best way!

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 ~ 0223765960



BOOKARAMA GOOD NEWS!



NEW DROP OFF - BOTH NEW WORLDS
& RAY WHITE DURING BUSINESS HOURS
& CONTAINER - CORNER WEAR & HUMBER STS
SATURDAYS between 10 & 12.

Call 434 9410 for assistance. Oamaru Rotary Bookarama 2018



Blondini's BARBER SHOP

434 9749
30 Eden St, Oamaru

\$10 OFF*

YOUR NEXT MENS HAIRCUT

*ONE VOUCHER PER HAIRCUT, ON FULL PRICED CUTS ONLY, CAN NOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER. APPLIES TO MENS HAIRCUTS ONLY. EXCLUDES PACKAGES & RETAIL PRODUCTS. VALID TILL JULY 1ST, 2018



RealFood Pantry

Where Happiness is Homemade



Large Range Available

Realfood Pantry Useful Tip

For a sore throat:

Mix 1 teaspoon cinnamon powder
1 teaspoon ginger powder and
1 teaspoon of honey
in a glass of water

Consume this mixture twice a day

10 Eden Street

Oamaru

(03) 433 1433

info@realfoodpantry.co.nz

Like us on Facebook 

Healthy Oats

Oats have a pleasant nutty taste adding a delicious wholesome flavour to our breakfast cereal.

Oats are available in many forms dependent on the processing.

Oats that are known as groats only have the outer hull removed and need to be cooked or soak for lengthy periods. The outer case of the groat is used to make the very fine oat bran which is often used for baking.

Rolled Oats have been steamed and flattened with a roller to enable quick cooking. Steel cut oats are produced by cutting the groats into small pieces - they are higher in fibre with a nuttier taste best cooked in a slow cooker overnight or soaked overnight before cooking.

Oats particularly steel cut provides high soluble fibre for health benefits and your stomach stays fuller for longer, it slows absorption of glucose reducing your sugar highs and lows.

Oats soluble fibre helps lower LDL cholesterol in your blood and are a good source of selenium that is important in thyroid function. Oats are high in Vitamin E, zinc, iron, manganese and magnesium and contain a good balance of essential fatty acids, as well as a source of riboflavin, folic acid, thiamine and niacin that are good during pregnancy for the unborn baby.

If you are Gluten Free - gluten is a special type of protein commonly found in wheat, rye & barley. People sensitive to gluten suffer unpleasant symptoms such as bloating & gastrointestinal upsets. Oats don't naturally contain gluten, they do have similar protein known as avenin. Sensitivity and adverse reactions to avenin are rare. If you are very sensitive to gluten, best to try a little oats and see.

Central Podiatry Limited

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



Gordon Robb of the Meadowbank Indoor Bowling Club, Skipped a composite team to victory in the NZ mixed Fours. From Left Lynne Porter, Aylene Millar, Andy Blakeley and Gordon Robb, Lynne Porter and Andy Blakeley also won the NZ mixed pairs.



SIMPLY FEET

Every step of the way

**Do you wish you
had baby smooth
heels now?**

See the experts at
Simply Feet to have your
cracked heels
assessed & treated.



Evan Feather



Michelle Hansen

www.simplyfeet.co.nz or call 437-9025