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A reminder... as our front page is almost always fully booked, it pays to book in advance. Contact us if you would like to be placed on our waiting listing for the front page or to check when space is available. At the moment we have one small placement available once a month - So be quick.. Enjoy your week - Regards the Telegram.

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Some good frost this week to harden wood - but with the mild weather we have been experiencing, there are definite signs of Spring. Once plants have moved into the first stages of budding, they should continue to bud up during the sunny Winter days. I am at the walking about the garden stage in my recovery, noticing Jonquils, sweet little Snowdrops,

delightful Violets and very pretty Winter Roses (Hellebores). All Sasanqua Camellias are in full bloom - so still plenty of interest in a coastal mid Winter garden.

Daphne Bholua is in flower now, also wafting lovely fragrance around this garden. This Daphne will never let you down and has the bonus of Winter flowering. Daphne Bholua is a must for cold inland gardens, being derived from Nepal's high altitude regions, but unfortunately resents exposed coastal conditions.

Pruning of Trees and large Shrubs is still on going, as well as some older Roses and sheltered mature Hydrangeas - cut back Hydrangea canes that have flowered at the second bud from the bottom and leave all canes that did not flower - because these will be the new season's flowers. In colder areas, I would leave Hydrangeas until they really start bursting bud and same for newly planted young Hydrangeas - leave until closer to Spring.

This is a good time to reduce the width of gardens - trimming grass edges with a line trimmer, tends to increase garden width slightly each year, to the point where after a number of years, lawn needs to be increased at the garden edge by filling in back to the original line with sifted soil, then resowing grass in Spring. Garden borders do not need to be wide to give a colourful display - wide borders mean digging, unnecessary work and expense filling them.

If you have borders getting choked with clumps of bulbs, leaving not a lot of room for other plantings, put a sharp spade through the clumps now and remove half and plant elsewhere before bulbs put on too much growth.

A few trips to the Waireaka Valley Lions Club sawdust and sheep manure stand are made here now. Volunteers clean out calving sheds and under shearing sheds to keep the stand topped up for keen gardeners. I use the sawdust on some garden pathways. Sawdust can also be used on wet gardens as a weed suppressant and help to absorb excess moisture - but never on dry gardens. I use sheep manure on the compost heaps, the vegetable garden and around the Roses when horse manure is not at hand.

Vegetables: In cold areas start raising vegetable seeds for Spring planting in glass houses or under glass or plastic with ventilation spaces to circulate air and stop seeds going mouldy.

On the coast, plant seedling plants that are now on offer along with Garlic cloves. Gardeners have long known the advantages of growing Comfrey, I been reading up on it again, it is such a useful plant and if you can get your hands on some I suggest you plant some root sections in an area of your garden where it can spread (away from ornamental gardens) and send it's roots very deep down into the soil to tap into much needed nutrients. Comfrey is fast growing, high in potassium and can be cut back again and again. I have listed below some uses for Comfrey around the garden.

②

1. Compost activator - add to your compost bin to heat up the decomposing materials and enriches the compost.



2. Put a handful of Comfrey leaves into a bucket of rainwater and let them rot down for around 6 weeks, to give you a rich liquid fertilizer for plants.
3. Lay Comfrey leaves in a Potato trench and leave for 3 days prior to planting seed potatoes, to give them a Potassium rich boost of fertiliser.
4. Use as a Comfrey leaf mulch around plants, by layering leaves around the stems of plants - Potassium will slowly be released to the plants as the leaves break down – Great for Tomatoes, Beans and Fruit bushes.
5. Use wilted leaves as a nutrient rich Chicken feed.

*Cheers, Linda*

## Campylobacter

Campylobacter is a bacterium that can be found in raw chicken meat, offal, raw milk and raw milk products, and other foods. Find out how Campylobacter can make you ill, and ways to avoid infection.

Symptoms of Campylobacter infection

Campylobacter causes the gastrointestinal illness campylobacteriosis when it colonises the intestine.

If you become infected with Campylobacter, you are likely to become ill within 2 to 5 days, although sometimes it can take up to 10 days. Symptoms include:

- muscle pain
- headaches and fever
- diarrhoea (can be bloody)
- abdominal pain.

The illness lasts about 5 days.

### How you can be exposed to Campylobacter

There are many ways you can be exposed to Campylobacter. The bacteria have been found in poultry, raw milk, offal such as chicken livers, and a variety of other foods. Besides handling raw chicken in your own kitchen, the most commonly reported ways to be exposed are from:

- eating bought food – for example, takeaways and at restaurants
- contact with farm animals
- drinking untreated water
- contact with faecal matter
- 'recreational water' like rivers and lakes.

You may also be exposed through contact with pets, birds, other animals, infected people, soil or objects contaminated by animals.

### How you can avoid Campylobacter infection

You can reduce your risk of campylobacteriosis by using good hygiene practices when buying, transporting, storing and preparing food. In particular, avoid transferring bacteria from one food to another (cross-contamination), especially to foods that will not be cooked, like salads. Utensils, hands and kitchen surfaces can all transfer bacteria.

### Follow these rules to keep safe:

- Wash and dry hands every time raw chicken is handled.
- Properly wrap raw chicken and parts including thawed meat to prevent drip contamination.
- Store raw chicken and parts below ready-to-eat food in the refrigerator.
- Ensure any frozen chicken and parts are thoroughly defrosted before cooking.
- Use a separate chopping board and utensils for raw chicken and parts and another set for cooked food.
- Pre-cook chicken before barbecuing.
- Cook chicken meat and chicken livers thoroughly to one of the following temperature/time combinations at the thickest part – 65 degrees Celsius for 10 minutes; 70 degrees Celsius for 2 minutes, or 75 degrees Celsius for 15 seconds.

### Do not wash:

raw chicken carcasses and parts as this helps spread Campylobacter to other items such as hands, clothes, other food, and contact surfaces.

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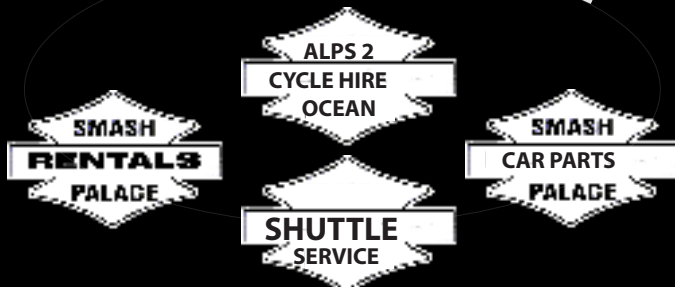


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## RealFood Pantry - Pumpkin Seeds

If you're in the mood for a chewy snack that doubles as a phenomenal health food, look no further than pumpkin seeds.



With a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc, pumpkin seeds are nutritional powerhouses wrapped up in a very small package. Because these are high-fibre seeds, they're able to boost your fibre intake, helping you reach the ideal amount of 50 grams per 1,000 calories consumed. One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium, which aids the pumping of your heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function. Magnesium has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and stroke.

Pumpkin seeds are a rich source of zinc. Zinc is important to your body in many ways, including immunity, cell growth and division, sleep, mood, your senses of taste and smell, eye and skin health, insulin regulation.

Many are deficient in zinc due to mineral-depleted soils, drug effects, plant-based diets, and other diets high in grain. This deficiency is associated with increased colds and flu, chronic fatigue, depression, acne, low birth weight babies, learning problems and poor school performance in children, among others.

Pumpkin seeds are rich in healthy fats, antioxidants and fibres, may provide benefits for heart and liver health, particularly when mixed with flax seeds.

Pumpkin seeds are a rich source of tryptophan, an amino acid (protein building block) that your body converts into serotonin, which in turn is converted into melatonin, the "sleep hormone." Eating pumpkin seeds a few hours before bed, along with a carbohydrate like a small piece of fruit, may be especially beneficial for providing your body the tryptophan needed for your melatonin and serotonin production to help promote a restful night's sleep.

Best of all, because pumpkin seeds are highly portable and require no refrigeration, they make an excellent snack to keep with you whenever you're on the go, or they can be used as a quick anytime snack at home.

## Operation Cover Up 2018

It is almost time to be handing in the blankets and other knitted garments for this year's contribution to Operation Cover Up.

Please bring your goods to the Tongan Methodist Church Hall on Wednesday July 18th, 1.30 - 3.30pm.

If this is an unsuitable time for you, or need your goods collected, please phone one of the contacts.

Donations to help with the freight would also be very acceptable.

Many thanks to the knitters and all who help with this amazing project to the less fortunate families in Eastern Europe. They are so appreciative of our help.

Contacts Gladys 434 5956 or Paula 437 2549.

## History of The Oamaru Information Centre I.C.

By Mrs Rena Hill

Most Oamaruvians assume the Oamaru Information Centre has always been at the south end of Thames Street!!! In actual fact it travelled a rocky road to its present location. The idea of setting up an IC in Oamaru was the brainchild of the North Otago Progress league which was made up of 3 committees of volunteers to promote Tourism, Industry and Primary Production in the North Otago area.

Thanks to the Oamaru Borough Council, through the efforts of a motivated Councillor, Mr Vish Miernicki, the first IC was located in an upstairs room at the Opera House building. With no available funds, we had to "beg, borrow and steal" from local Travel Agents enough brochures and posters to make the bare room a little more inviting!

The Oamaru Information Centre was born on 1st April 1978 when I, as Secretary of the N.O.P.L. opened the doors for the first time. I was paid a small secretary's honorarium so was only able to carry out the duties of an Information Officer on a part-time basis.

Our advertising consisted of a big heavy wooden sandwich board!! One of the kind Council staff would stagger out to stand the board on the footpath outside the Opera House!! This would invite visitors to town to find their way upstairs to discover what was available for a stranger in town. They had to be pretty intrepid to do this!

So the Information Centre was virtually run by the Tourist Promotion Committee of the North Otago League which had Mr Ito Tsukigawa as its Convenor

We always knew the Information Centre was in a bad situation, so for the 1980 Christmas period an information caravan was set up on the street beside where Countdown is now situated (the original pie cart site). We were lucky, through the Labour Department's PEP Scheme, to employ a young student to run the caravan. This proved so successful that it was run again in the same place the following Christmas period with 2 students.

However the big breakthrough for the League was when Mr Miernicki managed to organise for the Information Centre to shift to a room in the Centennial Building in Severn Street. This meant we were finally on the main road with a welcoming place which had easy access for the traveller/visitor. The building also had a kitchen and toilet amenities.

The last President of the Progress League, Mr Ernie Freeman, envisaged tourists staying overnight in Oamaru and visiting the blue penguins down in the harbour area but, sadly, like a lot of visionaries, he didn't live to see his dream realised.

We struggled financially as with my honorarium I could only run the centre part time as I was also committed to the other League portfolios. We were again fortunate that the Labour Department was running a scheme to assist young people into the workforce. We had a succession of 4 very willing motivated young women to help us out so the numbers using the Centre climbed steadily.

Nothing lasts forever so when a new group, North Otago Promotion Committee, with access to government funding, ousted the North Otago Progress League they took over the running of the Oamaru Information Centre on 1st July 1987. Although this was sad for me I did at least have the satisfaction of knowing I helped establish a valuable asset for the town and make the road smoother for the Oamaru Information Centre!!

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1 Onion, diced finely  
2 cloves Garlic, sliced  
1 Tbsp Grated Ginger  
2 tsp Soy sauce  
1 Tbsp Oyster Sauce  
1 Cup coriander, chopped  
2 Cups lamb, cooked shredded  
1 serving flour, for dusting  
1 serving sweet chili sauce, to serve

### Directions

Place kumara in a pot of salted water and cook for 10 minutes until soft. Mash roughly with a fork, then cool.  
Heat 1 tablespoon of oil in a small pan to a medium heat. Add onion and garlic, cooking for 3 or 4 minutes until soft. Stir through the ginger.  
Place kumara in a large bowl. Add onion mix, soy, oyster sauce and coriander, combining well. Stir through shredded lamb, season with salt and pepper. Divide mixture into eight. Shape into even-sized patties.  
Heat remaining oil in a frying pan. Dust the patties in flour. Fry for 3 or 4 minutes each side until golden brown.  
Serve hot with a side salad and sweet chili.

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### Organics Pass Half Billion Mark

The NZ organic sector is now worth over half a billion dollars, prompting claims from industry leaders it has gone mainstream. Domestic and global demand for NZ organics saw the sector grow 30% since 2015 and is now worth \$600m, according a new report from Organics Aotearoa NZ. It shows a domestic market worth \$245 million per annum with eight out of 10 Kiwi shoppers buying organic food and groceries at least on a fortnightly basis. Exports of primary food products, wine and beauty care products grew 42% to \$355 million per annum. This represents a tiny percentage of a surging organic global market where organic food sales alone were worth A\$5b and growing at 10.5% a year. Europe, North America and Australia continued to be the sector's primary export destinations, comprising 69% of all exports. The next step for the sector was to build a national organic strategy to harness the mood for change and step up to become a leader in organic production and marketing. (Stuff)

### Record Milk Production On Horizon

NZ milk production may grow to a record of nearly 23 billion litres in the 2018/19 season, bolstered by a favourable milk price and adequate feed reserves, and assuming normal weather conditions, according to Rabobank's Emma Higgins. She forecasts the nation's year-on-year milk production will grow 2% for 2018/19, the year that started on June 1. Given Fonterra's estimate that its own milk collections will increase 1.5% year on year, national milk supply could increase as much as 4%. "If realised, this will be a record for NZ milk production," she said adding milk output would be 872,000 tonnes higher than the previous season. Rabobank expects 2017/18 milk production to match that of 2016/17, resulting in 21.4 million tonnes of milk. Meanwhile, a stalling in the pace of milk supply growth across the world's seven main dairy exporting regions in recent months offers reasons for a more bullish market. A NZ milk price of \$6.80 per kg of milk solids is now within reach for 2018/19, she said. (NZ Herald)



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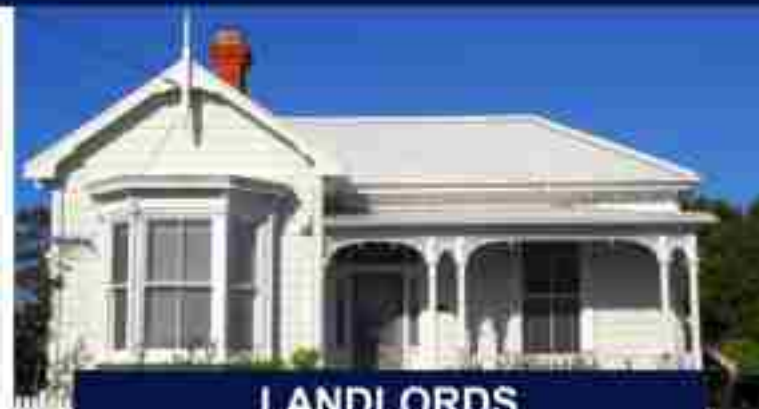


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## JUNE 20 - 26, 2018

## ANSWERS FOR THE LAST SUDOKU

### Beverage Division Sees Big Future

Fonterra's new beverage house division has sold more than 1,000 tonnes of product, enough to create the equivalent of more than 400 million tea macchiatos (fluffy lattes). Susan Cassidy said the division is expected to capitalise on the growing popularity of beverages using dairy products – the use of cream and cream cheese in tea had convinced the co-op there is a big sales opportunity in the sector. Fonterra's approach is not to sell the product only, but to forge a relationship with its food service customers. "We want to offer business solutions. A key part of our strategy is converting traditional products into dairy. For example, where customers are using non-dairy creamers, a session with one of our chefs can convert them to using dairy." Fonterra employs about 50 chefs within its global foodservice business Anchor Food Professionals – they help develop new products in concert with bakeries and other manufacturers. While there is an element of fad about the beverages, there are underlying trends that mean demand will continue to grow. The beverage division is now looking at other countries to see where dairy products could be used in traditional drinks. (Stuff)

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We also include Linda's Gardening articles, Health tips, Community Diary, recipes and many other interesting articles from the local community. We are always looking for new article's so any submissions are most welcome, simply type and email to us. We also offer a **one off free article for New Businesses** to help get them started.

## 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.

## Contact Us

We are available to come and sit down with you to find something suitable and effective for your business. Phone **434 9651**, email [info@oamarutelegram.nz](mailto:info@oamarutelegram.nz) or drop into our office at **146 Thames St, Oamaru** to find out more or to make a no obligation appointment to discuss how we can help you.

## 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.

## Circulation

At the Telegram we believe we can offer you effective local advertising at an affordable price to help grow your business and increase your profits. **The Oamaru Telegram is delivered to 8,000 homes each week with an estimated audience of 14,000+** and we regularly receive great feedback from our readers. It is delivered to 2,000+ rural homes as far as Kurow and Hampden. The Telegram's compact design and easy readability ensures that your ad will stand out and get noticed.

## Notes

GST Included, All prices are per advert placed. Line advertisement \$10 for two line then \$4 per extra line.

Contract Price = 6 adverts or more in 3 months.

Prices updated 1st January, 2018, prices subject to change.

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## Can you spare a little time?

The Blind Foundation needs more volunteers to help out as Narrators, reading parts of the Otago Daily Times and the Oamaru Mail onto our Telephone information service. This system is accessed by our blind and low vision members on their telephones so they can listen to what's in the daily newspapers and going on in their region.

If you have a telephone (preferably a landline) and a newspaper; an hour or so spare once a week before 10.30am; a good grasp of the English language; a clear, loud voice that you're comfortable recording for others to listen to, then you're exactly who I am looking for!

The role of a Narrator is something you can do autonomously and in the privacy of your own home but it's one that makes the world of difference to our blind and low vision members.

Existing volunteers and staff will guide you on your new journey as a new Blind Foundation volunteer. For only a couple of hours a month it's a fantastic and easy way to support your local community!

Sounds like you?

To find out more, or to apply please contact Chris Moffitt - Recreation & Volunteer Co-ordinator, Blind Foundation - 03 466 4245 or 0800 24 33 33 or

[cmoffitt@blindfoundation.org.nz](mailto:cmoffitt@blindfoundation.org.nz)



**Twentyfour Indoor Bowlers** competed in the Henselite Singles on June 30 at the Centre, with 8 players qualifying. The eventual winner was Mike Howard O.C.I. who defeated Paul Daley of St Pats, 13-8 in the final.

Photo shows Paul and Mike holding the Trophy for which they competed.

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111 Broad Arcade, Oamaru 9102 146 Thames Street, Oamaru 9102  
PH: 0337-75-0000-1 OHAU: 03-304-0003  
3C Computer Services  
www.3c.com

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Peanut Butter  
**ICE** Dog  
**BLOCK**

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OAMARU POULTRY, PIGEON & CANARY SOCIETY

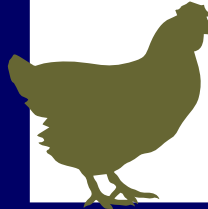
## ANNUAL SHOW

### DRILL HALL

FRIDAY 20TH JULY, 9AM - 5PM  
SATURDAY 21ST JULY, 9AM - 4PM

WATCH JUDGING TAKE PLACE  
FROM 9AM FRIDAY

ADMISSION: ADULTS - \$5,  
HIGH SCHOOL PUPILS - \$1



## Community Diary

### Wednesday 11th

**Cancer Society Support Group Meeting** - Community House Meeting Room, 100 Thames St, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

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

**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**, St. John's Hall, Exe St, 7.30pm. New members always welcome. Ph. Helen 434 5680.

**OMG - The Oamaru Men's Group** - Making Connection: The Oamaru Men's Group is having the first of an ongoing open forum for Men from 7pm-9pm at the King George Park Cricket Club Rooms. Each meeting will offer different topics up for discussion. Guest speakers at today's meeting are: Paul Dempsey from Male Survivors in Christchurch which has just amalgamated with the Christchurch Men's Centre and Darryl Smith from Dunedin who has recently launched his book 'A Shattered Life' where he recounts the abuse he suffered within various institutions here and in Australia including the former boys home at Campbell Park.

**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 12th

**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](http://mainlymusic.org.nz)

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

**N.O. Rose Society**, Vintage Car Club Rooms, Stoke St, 7.30pm. Ph. Christine 434 2223.

### Friday 13th

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

**Puzzle Club**, love jigsaw puzzles and want to meet others? Come to the Community Space at the Oamaru Library through winter from 10am every Friday.

**Waitaki Travel Club**, The Manor Estate, Guest Speaker - Val Hill - Spain & Portugal.

### Saturday 14th

**Market 9am - 12 noon**, tools, crafts, jewellery, lots more. All welcome. Sites \$5, Garrison Band Hall, Severn St. Ph/txt Wendy 027 265 4822.

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

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

### Sunday 15th

**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 16th

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

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

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

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

### Tuesday 17th

**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.

**Arthritis Peer Support Group**, Star & Garter, 10:30am.

**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**, 2pm Ph. 437 1294.

### Up & Coming

**Sunday 22nd - N.O.T.M.C Mystery Bike Ride**: Taking in some off the road trails, backcountry roads and mountain bike sections. Departing 9am and returning - Medway carpark. Distance approx. 45km. Contact Maurice & Phyllis 434 6166.

**20th July - N.O. Astronomical Society Observatory Open Night**: The Observatory will be open to the public between 7.30pm and 9pm. Gold coin entry at the door. For further details please contact Hans:

[marg-hans-briens@xtra.co.nz](mailto:marg-hans-briens@xtra.co.nz)

**Oamaru Playcentre**, Mamma Mia 2 Movie Fundraising Evening, Thursday 19th July 8pm, Tickets \$15, available via Facebook.

**The Light Christian Store**, 27 Thames St, Oamaru - **SPECIALS on BIBLES, BOOKS & CARDS** till the 31st July. Come in and browse.

**N.O. Scottish Society Annual Ball**, Scottish Hall, 21st July, 8pm. Good dancing, good music, good supper, \$35 double ticket. Ph. Janice 437 1551.

## Classifieds

### For Free

**Adopt Me Please!** Bella, friendly cat, 11 years old, recently orphaned. Loves a lap to sit on. Ph. 027 370 5354.

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

**Horse Manure**, Ph 434 5607.

### For Sale

**37" JVC Flat Screen TV**, works well, \$60. Please Ph. Richard 022 037 6915.

**42" Flat Screen Plasma TV** - complete with 3 tier cabinet, \$200ono. Ph. 021 203 0103.

**A3 Paper 80gsm x 1 ream** \$12.50 at Oamaru Print and Copy Ltd, ph 434 9651.

**Electrolux Vacuum Cleaner** -\$50, selection of long sleeved **Polar Fleece Jackets** -\$7.50 each, in good order. Ph. 437 1376 or 027 490 2005.

**Large Kennel with good run**, 2m x 1m x 1m. All offers considered. Ph. Richard 022 037 6915.

**Leather Motorbike Jacket** - \$100ono, 2 pairs **Belstaff Bike Gear** - \$100ono, **Dry As A Bone Coat**, full length with hood - \$100ono. Ph. 434 8186 after 5pm.

**Pair Colonial Doors**, white aluminum/glass, height 2080, width 1850, 1 door has opening window - \$850 or N.O. Ph. 437 1276 or 024 902 005.

**Recycled Rimu Cabinet** (large) Exc condition. \$300. Ph. 434 5543.

**Small table** which opens to larger table with 2 chairs - \$85, **Lazy Boy Chair** - \$17.50, **Bathroom Vanity Unit** - \$125. Ph 437 1276 or 024 902 005.

**Small Fridge** - \$95, **Clothes Dryer** - \$55, **Electronic Organ** with music - \$25, **Electric Water Preserver**, holds 12 large bottles or 24 small bottles - \$55. Ph 437 1276 or 024 902 005. **Stainless Bread & Bacon Shredder**, works well, \$40, Please Ph. Richard 022 037 6915.

**Tinted Aluminium Windows**, 2.8x 1.85, offers. Ph. 437 2990.

### Services

**Clairvoyance Healing Tarot, life coaching**, Rosina 021 1263329

**Oamaru Playcentre**, Trent Street, 9:00am - 12pm, Tuesday and Thursday.

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

### 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.

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

### Situation vacant

Casual, part time person required to make concrete air vents. Requirements: good upper limb strength and dexterity, attention to detail and ability to achieve a high standard of finish. The product is hand crafted using a dry mortar mix in molds. Training provided. Flexible hours, Remuneration to be discussed-hourly retainer and production incentives.

Email: [oamaruvents15@gmail.com](mailto:oamaruvents15@gmail.com)  
Ph: 034395411.



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

## 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

## 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
- ▶ Multiblast Otago ..... 027 765 3801  
Sandblasting - don't waste countless hours sanding
- ▶ Oamaru Chimney Sweep.....434 8025  
.....027 436 1315

## Contracting

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

## Counseling

- ▶ Amanda Acheson NZCCA.....027 5211187
- ▶ Julie Hales ..... 021 071 1030  
TTC, RCN, Cert Alcohol & Drug Counselling, DAPAANZ
- ▶ Kaye Mattingley .....434 1188  
.....DipGrad Otago NZRSW, MANZASW

## Craniosacral Therapy

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

## Dispute Resolution & Mediation

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

## Dressmakers

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

## DVD and CD

- ▶ Oamaru Public Library.....03 433 0850  
.....cleaning service (resurface), \$5 per disc

## Electricians & Appliances

- ▶ Glenn Taylor Electrical .....434 7282  
.....027 522 1012
- ▶ Robert Jones - Electrician.027 445 0523
- ▶ Whitestone Appliances - Repairs  
.....434 6810.....021 366 446

## Funeral Directors

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

## Gardening & lawns

- ▶ Crew Cut Large Lawns & Rural  
mowing .....Paul Houlahan  
.....021 331 261
- ▶ Dug the Gardener.....027 561 8804  
.....Reasonable Rates
- ▶ Gardening Girl Jude.....027 254 5546  
.....rose pruning
- ▶ Jim's Mowing Oamaru.....03 437 1892  
.....Mark deBuyzer 0273187413

## 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

## 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
- ▶ Matt Geare Painter .....027 470 3780

## 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

## Print

- ▶ Oamaru Print and Copy Ltd.....437 9025  
.....146 Thames St, open Mon-Fri

## Transportation & Rental Vehicles

- ▶ Driving Miss Daisy .....434 8421  
.....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ Oamaru Private Shuttle ....0212 668 212  
.....Door to door, Airport and Out of town service
- ▶ Oamaru Transfers .....434 9506  
.....Hospitals & Airport transfers (Merv Aitcheson)

## Transportation & Rental Vehicles

- ▶ 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



## Kids - Staying Safe Online

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

## The Oamaru Telegram

### PHONE LISTINGS

*Online*  
at

www.oamaru.net.nz

Phone 03 434 9651



# COLOUR ME IN TO WIN MOVIE TICKETS

Name.

Ph.

**3 Age Groups:** up to 4 years,  
age 5-9, age 10-13.

Drop to Oamaru Print & Copy  
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Conditions apply