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21st August 2018

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Issue 406



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Our front page is fully booked until after Christmas - But do not worry, we still have room on the inside. We can add extra pages as required - but there are 5 pages we cannot. That is the front, back and inside front/back and the centre spread. If you are wanting one of these pages, you had better be quick - as these are slowly being booked and will soon be unavailable.

Reminder; we have loads of empty A3 boxes, free to a good home. *Enjoy your week, Regards the Telegram.*

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It is a pleasure to walk about the garden each day now with early Spring beginning. This week Magnolias, Rhododendrons, and Camellias are taking centre stage, while Bluebells, Iris, Crocus and Tulips are up to join the already flowering Snow drops, Daffodils and Jonquils and of course the early Plum blossom - what a treat to

witness the new growing season beginning.

**KEEP AN EYE OUT FOR** flowering Camellias and Rhododendrons now in the Garden Centres - most are showing buds and flowers. This is the time to choose the right shades for your garden - they thrive in semi shade or afternoon shaded areas of the garden.

It's the perfect time to sow seeds under cover as I mentioned last week. The seeds I planted two weeks ago and have had under plastic are up already. Any seeds that say Spring sowing on the back of the packet will pop up now. I use a tray of compost / soil with a layer of seed raising mix on the top. This way, your seed raising mix goes further. Once planted, cover the trays with plastic or glass, but use spacers to let air circulate between the plastic / glass and tray.

**LAVENDERS** can have a cut back now - I see them starting to put out new growth and really old woody bushes can be cut back hard to encourage new lower growth. If these Lavenders did not do well last year, it is probably time to replace them - newly planted Lavenders just need light clip. (Early enough yet though). Feed them manure enriched compost and a little lime.

**SOFTER SHRUBS** that are encroaching on drive and walkways can be trimmed back - they will soon recover with new Spring growth. Also reduce the height on some of taller shrubs like Phebaliums, Pittosporums, Pseudopanax and the like now if you need to. You can do this without spoiling the shape by cutting out the centre branch down to where the other branches bush out. This removes the natural point at the top of the Shrub and will sometimes reduce the height by 2 or more metres. New leaders will be sent up over time, but more growth will be put into the side branching which can be trimmed into shape if a problem. This being just the start of a new growing season, plants are intent on just growing. (Leave doing this for another month further inland.) A lot of climbers are in bud now ready to do their thing in Spring, so when trimming, watch you are not cutting off new buds. Hardenbergia (Happy Wanderer) flowered in early Winter, so that is one that can be cut back. Jasmines have been knocked by frosts in my garden. I will leave them a bit longer until I am sure the frosts are over before trimming them.

**IF YOU HAVE STILL NOT FED YOUR ROSES**, do it as soon as possible! They are moving fast now and need food kept up to them if you want them to stay healthy. If you have no time to do anything else in the garden now, feeding plants is a must for health and vigour to take them right through to the next Autumn.

It is well worth the effort and will minimize the spraying needed for unhealthy plants.

Slow release fertilisers are a safe bet for continual feeding over a long period - they are very clean and easy to apply and now- days formulated to feed specific **NOW WOULD BE A GOOD TIME TO MENTION** plants that resent being fed. Many South African plants and Australian natives such as Proteas, Leucodendrons, Banksias, and all Grevillias do not need feeding. I have lost some of these because they had absorbed fertiliser from neighbouring plants.

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## WARM INSIDE

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THERE IS STILL TIME TO DIVIDE HOSTAS. These dramatic shade loving perennials can really highlight a shaded spot with their fresh greens and variegated light shades. Simply lift established clumps at least 4 to 5 years old, using a sharp spade to slice them into a few good sizes pieces, then replant. They also look great in pots, but get slug bait around them as soon as they start showing leaf, or try some of the slug repellent methods that have been passed down by gardeners listed below.

**COFFEE GROUNDS:** Used coffee grounds spread around susceptible plants may work.

**EPSOM SALTS:** Epsom salts sprinkled on the soil will supposedly deter slugs and also helps prevent Magnesium deficiency in your plants.

Magnesium helps to deepen colour, thickens petals and increases root structure.

**OAT BRAN:** Scatter Oat Bran on the soil to deter slugs and snails.

**BUILDERS SAND:** Try barriers of builders sand which has a sharp texture.

**NUT SHELLS:** Ground shells of Walnuts would work, if you can find a source or grind your own.

**ROSEMARY:** Sprigs of Rosemary scattered around are said to repel slugs.

**PINE NEEDLES:** Try a mulch of Pine needles which works well around Strawberry plants.

### FRUIT & VEGETABLES

This is also the time to give fruiting Shrubs & trees a dressing of pot ash to helps with fruiting.

If you plan to grow vegetables this year, get the garden ready now. Dig in some weed free compost and let the soil settle again.

In areas you will not be planting out for a while, why not sow a green crop to add humus to tired soils - Mustard, Lupine, Barley or Wheat. These will sprout in no time here on the coast - but only when the ground is warm enough up further inland. But If weeds are growing, you should get a strike. If you do fill vacant areas with green crop, dig in when lush, soft and green. Don't let it get to the flowering stalky stage - it takes too long to break down and is not worth the effort of digging in.

**DECIDUOUS FRUIT TREES SHOULD BE PLANTED IN AUGUST** at the latest and everything in the way of small fruit.

Now is a good time to shift Citrus trees.

Cheers, Linda.

### Mandy's Health Tips

Spring is just around the corner, which is also when pollen, the most common allergy trigger lets fly. 1 in 5 Kiwis suffer from allergic rhinitis, also known as "hayfever". Hayfever occurs when your immune system reacts to normally harmless substances called allergens such as pollen, house dust mites, pet hair and



mould. Symptoms can range from a blocked or runny nose, frequent sneezing, itchy and watery eyes.

Sometimes antihistamines alone may not be sufficient to provide relief of symptoms, so a saline nasal spray is needed to clean the nasal passages. Xlear Saline nasal spray is the only product in the market that contains both saline and xylitol which act to soothe and moisturize the sinus and nasal passages. Xylitol acts like a soap for your nose by preventing bacteria and other allergens from sticking to your nasal tissues.

Xlear Saline nasal spray is:

- completely drug-free which means it can be used as often as needed without the risk of rebound congestion with some nasal sprays
- safe for children and pregnant women
- hyper-tonic; meaning that it draws moisture in
- has a really clean, sweet taste
- great to be used right before sleeping and can help with snoring too

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## Joint Health OAMARU + PHARMACY

All bones, (except for one in the neck), form a joint with another bone. Most joints are designed to protect the ends of bones where they meet. They also hold your bones together and they allow your rigid skeleton to move. Bones are connected to other bones by many different types of joints. Some are fixed (such as in the skull) but most are moving joints.

Our joints work extremely hard over a lifetime so it is not surprising that repeated strenuous activity involved in certain jobs and sports, and the aging process, are likely to affect their health and efficiency.

### PREVENTION AND TREATMENT

It makes good sense to take care of our joints to keep them supple and flexible at work and at play:

1. Maintain a healthy weight  
Carrying too much weight increases the strain on load bearing joints. Elasticated bandages and braces may reduce the strain on joints.
2. Exercise  
Moderate exercise promotes movement, strength, sustained function as well as aiding all-round physical and psychological well-being.
3. Eat a balanced diet  
Eating foods high in the omega-3 fatty acids, like oily fish is good for joint health. As well as a healthy diet that includes plenty of fruit, vegetables and grains and only moderate amounts of fatty and sugary foods
4. Joint Health Supplements  
There are many supplements available to aid Joint Health such as Turmeric, Fish Oil, Glucosamine, Chondroitin, Vitamin D3, Mussel and more. These products provide joint comfort, mobility, lubrication and joint nutrition for damaged joint cartilage. They provide extra support for repair of damaged joints, and support joint cushioning.
5. See your doctor  
If you have swelling or stiffness in your joints that lasts for more than two weeks, make an appointment with your doctor for an accurate diagnosis. There are many types of medication or other management strategies to reduce pain and swelling of joints.

Come and see us, the team at Oamaru pharmacy is always there for you, with professional friendly advice. and this week check our mailer for amazing discounts.

### Snap, Send, and Solve it Today!

Is a pothole getting your goat? Have you spotted a trip hazard on the footpath or an over-filled rubbish bin? If you have your smartphone handy, the Waitaki District Council have come up with away to fast track your service request and get it straight to the right person the moment you see something that needs fixing; letting your fingers do the walking and avoiding the trouble of having to visit council offices or trying to submit a service request via our Facebook page.

It's a clever wee app called **Snap, Send, Solve and it** does exactly what it says on the box.

1. Snap a picture of the problem with your smartphone.
2. Send it to us from right there where you are via the app which sticks a virtual pin in the map of Waitaki.
3. They Solve it.

It's that easy. Our smartphone app helps make reporting issues a piece of cake. The app works by identifying the location where the photo is being taken using the phone's GPS data (it's important that you send us the information from the actual location before you get home, otherwise we'll turn up at your house and start fixing things). It then sends an email to the council from your email address, including the incident type, notes, address of incident, photo, and your contact details. A report is then allocated to the relevant Council department. The more information you can provide, the better we can investigate the problem.

Service requests can still be lodged by filling out an online service request form, emailing [service@waitaki.govt.nz](mailto:service@waitaki.govt.nz), calling us on 03 433 0300 or visiting one of our Council offices.

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## How Often Your Puppy Needs to Go Out

All puppies are different, but a puppy can usually only hold his waste for the same number of hours as his age in months. (In other words, a four-month-old pup should not be left alone for more than four consecutive hours without an opportunity to go outside.) He can last longer at night, however, since he's inactive (just like we can). By the time your pup is about four months old, he should be able to make it through the night without going outside.

### House Training Steps

1. Keep your puppy on a consistent daily feeding schedule and remove food between meals.
2. Take the puppy outside on a consistent schedule. Puppies should be taken out every hour, as well as shortly after meals, play and naps. All puppies should go out first thing in the morning, last thing at night and before being confined or left alone.
3. In between these outings, know where your puppy is at all times. You need to watch for early signs that he needs to eliminate so that you can anticipate and prevent accidents from happening. These signs include pacing, whining, circling, sniffing or leaving the room. If you see any of these, take your puppy outside as quickly as possible. Not all puppies learn to let their caretakers know that they need to go outside by barking or scratching at the door. Some will pace a bit and then just eliminate inside. So watch your puppy carefully.
4. Accompany your puppy outside and reward him whenever he eliminates outdoors with praise, treats, play or a walk. It's best to take your puppy to the same place each time because the smells often prompt puppies to eliminate. Some puppies will eliminate early on in a walk. Others need to move about and play for a bit first.
5. If you catch your puppy in the act of eliminating inside, clap sharply twice, just enough to startle but not scare him. (If your puppy seems upset or scared by your clapping, clap a little softer the next time you catch him in the act.) When startled, the puppy should stop in mid-stream. Immediately run with him outside, encouraging him to come with you the whole way. (If necessary, take your puppy gently by the collar to run him outside.) Allow your pup to finish eliminating outside, and then reward him with happy praise and a small treat. If he has nothing to eliminate when he gets outside, don't worry. Just try to be more watchful of him in the house in the future. If your puppy has an accident but you don't catch him in the act and only find the accident afterward, do nothing to your pup. He cannot connect any punishment with something he did hours or even minutes ago.

### Additional House Training Tips

Clean accidents with an enzymatic cleanser to minimize odors that might attract the puppy back to the same spot.

Once your puppy is house trained in your home, he may still have accidents when visiting others' homes. That's because puppies need to generalize their learning to new environments. Just because they seem to know something in one place does NOT mean that they'll automatically know that thing everywhere. You'll need to watch your puppy carefully when you visit new places together and be sure to take him out often.

Likewise, if something in your puppy's environment changes, he may have a lapse in house training. For example, a puppy might seem completely house trained until you bring home a large potted tree—which may look to him like a perfect place to lift his leg!

House training does require an investment of time and effort—but it can be done! If you're consistent, your hard work will pay off. Hang in there!

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## INTRODUCING MERV AND LIANNE DELZIEL

Merv and Lianne are a well-established husband and wife rural real estate team assuring good ongoing communication for all their clients. Merv has good negotiation skills with strong local knowledge, farming experience and proven sales history and has been working in Real Estate for over 10 years, obtaining his Branch Manager Certificate in 2012.

Merv was born in Oamaru and has lived there all his life. He was brought up on a farm in the Totara area in North Otago and eventually purchased the family farm which he owned for over 25 years. In 2007 the Dalziel family were awarded the CRT Century Farm Award for over 100 years of farm ownership. In 1996 Merv was awarded the Grasslands Memorial Trust Farmers Award for Excellence in Intensive Dryland Grassland Farming.

Lianne has a Bachelor of Education (Teaching) 0-8 years and a National Diploma in Business and got her Real Estate salesperson certificate in 2009 and has been working full time as Merv's Personal Assistant ever since. Through his employment at his previous agency Merv was awarded a Special Achievement Award for Business Development in Real Estate and has achieved Top 10 Agents nationwide for the past four consecutive years and in 2017 was part of the Top Office in Oamaru for this agency. Merv and Lianne are looking forward to being part of the Property Brokers Rural Team.

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- 2 large potatoes
- 2 eggs
- Slice of bacon/ham
- 2 tablespoons Butter
- 1 onion, finely chopped
- 2 tablespoons flour
- ½ teaspoon mustard
- ½ teaspoon salt
- 1 cup milk
- ½ cup grated cheese
- 2 tablespoons bread crumbs



Scrub potatoes and pierce the skin with a fork  
 Microwave until cooked, slice when cool  
 Hard boil the eggs, slice when cool  
 Sauté onions and bacon in the microwave for 2 minutes  
 Melt butter and add flour, mustard and salt  
 Cook gently until the edges are bubbling  
 Remove from the heat and add the milk  
 Stir carefully until boiling. Simmer 1-2 minutes  
 Add half of the cheese – keep the other half for the topping  
 In an oven proof dish layer the potatoes, eggs and onion/bacon mixture  
 Pour sauce over the top and sprinkle with breadcrumbs and cheese



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A shrub-like herb most commonly found in India, the amazing Psyllium plant is grown mainly for its gel-coated seed from which the fibre-rich husk derived. Hailed as a natural source of 'true dietary fibre' Psyllium husk contains both soluble (70%) and insoluble (30%) fibres. These two types of fibre are vital for a healthy functioning body – helping in the digestion of nutrients and elimination of toxins.

In fact, the effect of soluble fibre in 1 tablespoon of psyllium is equal to 14 tablespoons of Oat bran. Hence taking psyllium as of a regular diet low in saturated fat helps lower bad cholesterol, which reduces the risk of heart disease – as confirmed by American Heart Association. Adding psyllium to your diet.

It's easy to add the goodness of this fibre rich husk into your daily diet. Because of its high water-absorbency, psyllium husk is perfect for use as a thickening agent for smoothies or homemade ice cream.

Plus, the mucilage in psyllium imparts a binding quality, making it a perfect replacement for xanthan and guar gum in gluten-free baking. Of course, the easiest way is to add a teaspoon of psyllium husk to a glass of water or juice and drink it up, preferably 30 minutes before a meal.

## Bank accounts of deceased customers

When someone dies, a next of kin or a representative of the estate needs to inform the bank. It will want to see a copy of the death certificate, as well as some identification from the person giving the news.

All individual accounts in the name of the deceased are immediately frozen. All signing authorities on the deceased person's accounts, as well as any power of attorney authority, are no longer valid. The money stays frozen until the executor of the estate distributes the funds according to the terms of the will.

The bank can take instructions about the accounts only from someone authorised to act on behalf of the deceased's estate. Also, it can give information only to those entitled to request it. A bank's duty of confidence to customers does not end with their death. Next of kin and beneficiaries of the estate cannot give instructions to a bank or require it to give them information about an account.

Some couples have individual accounts in their own names, so there are no problems when one dies. The survivor can still access their own account.

Difficulties arise, however, when a couple's bank account is in the name of one partner only. They may have been sharing the account for decades but, when the "account holder" dies, the surviving partner cannot access the account. Even money that is being paid into the account in the name of the surviving partner — for example, superannuation — is out of reach. It can take weeks for a will to be finalised, which means weeks without an income.

In contrast, the surviving partner of a couple with a joint bank account can continue using the account. Banks will usually transfer the account into the name (or names) of the remaining account holder(s). A joint account is not part of the estate of the deceased person.

If you are a couple who share an account that is in one of your names only, it is time to change it to a joint account with both names listed. Losing a partner is stressful enough without also losing your means of support.

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A view of Oamaru's port, overlooking Friendly Bay, in 1925. A big overseas ship is loading cargo at Holmes Wharf.



In the early 1900s, Oamaru locals enjoying Friendly Bay



Locals and visitors - enjoying today's Steampunk theme park.

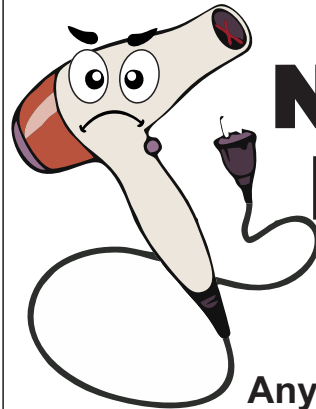


The harbour today still caters for a large range of activities from fishing to markets and entertainment.

# SEL



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## Community Diary

### Wednesday 22nd

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

**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 23rd

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

**Business Networking @ The Business Hive**. 10.15 - 11.15am. 22-26 Ribble Street. Free  
**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. mainlymusic.org.nz

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

### Friday 24th

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

### Saturday 25th

**Meadowbank Community Stadium Bowls**, 1.15pm. Bowls available. Ph. Graham 4340951

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

### Sunday 26th

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

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

**Reformed Church Oamaru**, 4 Eden St, morning service followed by Sunday School at 10.30 a.m.; evening service at 5 p.m.

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

### Monday 27th

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

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

**N.O. Patchers & Quilters** meet at the St. John's Hall, Exe St, Oamaru, 7.30pm. New members always welcome. Ph. Helen 4345680.

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

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

### Tuesday 28th

**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**, 2pm Ph. 437 1294. U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

### Up and coming Events

**Awamoa Gardens Croquet Club** are holding 3 days of 'Have a Go at the Croquet'. 27<sup>th</sup>, 29<sup>th</sup> Aug and 1<sup>st</sup> Sep. 10am-4pm. Equipment supplied. Flat shoes essential. ph. 434 6490.

### Annual General Meetings

**North Otago Asthma Society**, Special General Meeting, Wednesday 29th August 10am. Meeting Room at Waitaki Community House, 100 Thames Street, Oamaru

Agenda: Discuss the Financial Future of North Otago Asthma Society

**Whitestone Community Arts Council AGM** Wed 29<sup>th</sup> August 12.30 to 1.30pm. McKenzie & Co, 16 Wear St, Oamaru. New members Welcome. Ph Bronwyn 0274 952 030 or Helen 027 434 1173.

**Oamaru Anglers Club**, Wed 5<sup>th</sup> Sep at 7pm, Upstairs at the back of the Oamaru Police Station. New Members welcome. Ph 434 5144

**Waitaki Bridge Hall AGM**. 29th of August at 7:30pm at the hall all welcome.

**AGM for Oamaru Performing Arts Society**, Blind Foundation Hall, Steward Street, Thursday 30th August at 7.30pm.

### Classifieds

#### For Free

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

**Horse Manure**, Ph 434 5607.

#### For Sale

**2006 Holden Commodore Executive**, 160,000km, reg/warrent, \$6500. Ph 0274655137

**Kitchen Joinery**, Rimu veneer (x5 units) Formica bench and SS sink. 3.350m cooktop bench and baking bench and wall oven unit. Oven not included. Offer ph 434 5917.

**Lite Weight 1500 Caravan**, 3 berth, shower, toilet, hot water, offers over \$8,500 ph. 4342046

**Medium sized F & P fridge freezer**. In new condition \$250, ring 434 5514.

#### Services

**Clairvoyance Tarot healing life coach.** Ph. Rosina 021 126 3329.

**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.

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

#### Raffle results

**N.O. Dog Training Club** - Congratulations to the following winners: Firewood - Pauline Jeffs, Groceries - B. Hessel, Dog Wash - Chris Millar, Night at High View Boarding Kennels - Quentin Banow, Painting - Merv Rowe. Thank you to the following sponsors: Topflite, Farmlands, NZ Pet Foods, Wrightsons, Blue Cross Vet, Countdown, Mitre 10, Placemakers, Oamaru Mowers & Chainsaws, High View Boarding Kennels, Bob Wickenden.

Aug/Sep

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- ▶ Community Acupuncture.....022 376 5960  
.....www.community.acu.net

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.....100 Thames St, Oamaru...027 365 2959

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.....437 0415

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- ▶ 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  
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- ▶ Oamaru Chimney Sweep.....434 8025  
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- ▶ Barbara Liffiton .....0211 807 366  
NZ RCpN, Grad Dip GT, Prov NZAC
- ▶ Julie Hales ..... 021 071 1030  
TTC, RCN, Cert Alcohol & Drug Counselling, DAPAANZ
- ▶ Kaye Mattingley .....434 1188  
.....DipGrad Otago NZRSW MANZASW

## Dispute Resolution & Mediation

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

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.....027 284 9994
- ▶ Robinson Gray .....021 173 6161  
.....Tailored clothing & alteration

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.....027 522 1012
- ▶ Robert Jones - Electrician.027 445 0523
- ▶ Whitestone Appliances.....434 6810  
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- ▶ Lynne Sinclair, NZ Travel Brokers.....  
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- ▶ 0800 Mr Painter .....0800 677 246  
.....027 437 4367
- ▶ Matt Geare Painter .....027 470 3780

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.....027 714 4812.....0800 155 166

## Pets

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

## Plumbers

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

## Podiatrist

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

## Print

- ▶ Oamaru Print and Copy Ltd.....434 9651  
.....146 Thames St, open Mon-Fri

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- ▶ Lakeland Tiling.....Shane..027 312 2017  
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- ▶ Oamaru Private Shuttle ....0212 668 212  
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transfers (Merv Aitcheson) .....434 9506
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Grant funding, referrals to appropriate agencies, advocacy and advice are just some of the services freely available.

**For an appointment phone: 0800 664 888**  
**or email: [welfare@dn-rsa.org.nz](mailto:welfare@dn-rsa.org.nz)**

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

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