

THE GARAGE DOOR CENTRE
 Call Brian on 0274 335 299 or 434 8476

10 YEAR TOTAL CONFIDENCE WARRANTY

DOMINATOR

YES we Sell Garage Door Systems – Free Quote
 YES we repair Garage Doors

Good to see people out walking their Dog on these cold Winter mornings. We are so lucky to have great walkways! We had a phone call last week... "Suggesting people don't walk dogs through the cemetery, if they are going mark each and every other headstone." - Seems to be disrespecting our ancestors.

There is loads of entertainment coming up over the next couple of weekends. - So get out, try to support them all and enjoy your week, *regards The Telegram.*

Spic n' Span AI **CLEANING LTD**
 Better than clean!
 FREE no obligation quotes available

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

We've got your cleaning needs covered!

Carpets ♦ Windows ♦ Upholstery
 Residential ♦ Commercial ♦ Exteriors
 Full Cleaning packages
 Floors & More!

Ph. 027 737 8423 or A/H 434 5534
 facebook [spicnspan.oamaru](https://www.facebook.com/spicnspan.oamaru) 100% Oamaru owned



New Zealand Petfoods

Specialising in Raw feeding for cats and dogs



434 8484 - 16 Ouse Street

 **VAN SMIRREN ACCOUNTING**
 MOBILE ACCOUNTANT
 Tax Services, Accounting Services, Business Consults

Contact John for a FREE Quote

Ph. 03 432 4283 or 027 431 2773
 Email: john@vansmirrenaccounting.co.nz

 **BANKS** Rural

AUTO ELECTRICAL 2010 LTD

Complete Auto Electrical Parts & Service

Mobile A/C Vehicle PH 434 6695
 41 Humber St, Oamaru / onsite rural repairs

For every Yuasa Battery or Battery Charger sold, go into the draw to WIN a monthly \$100 Grocery Voucher

• Batteries • Air Conditioning • Starters
 • Alternators • Car Audio & Parts
 • Electronic Diagnosis • Car Alarms



OAMARU LANDSCAPING SUPPLIES

WINTER BLUES!!!

Need help revamping that tired old garden, experienced, and **qualified help available?**

Top soil, compost, bark, mulch & sawdust. Pebbles = good a choice - its all here.

**INDUSTRIAL PLACE 1K RD PH. 03 437 1888
OPEN: MON - FRI 9AM - 5PM & SAT 10AM - 3PM**

FOR ALL YOUR GARDEN & LANDSCAPE SUPPLIES
NURSERY SOIL WOOD COAL



Still very dry as I write this and the odd morning frost reminding us of Winter approaching, as growth is shutting down to rest over the colder months. Gardens are looking tired and messy, with plants such as Dahlia, Perennial Phlox, Alstroemeria, Japanese Anemone and Salvia - along with annuals that flowered over Summer and Autumn all coming to

an end. Don't wait around to see how much more flowering they will do - chop Perennials back and remove Annuals before they exhaust themselves making unwanted seed - however I always save seed heads from one or two. Once the cutting back is done, fill gaps with Annuals for new season colour.

If worms are rare in your garden, this usually indicates that the organic content of the soil is very low. Worms will always find manure, but it needs to be spread as a layer low down under a soil bed for them to come up to it. This would be a daunting task to undertake in established gardens, although worth doing bit by bit when setting out new gardens where the soil is dry and has clay content.

Deciduous trees and Shrubs will come into retail outlets soon. Plan new plantings remembering they will grow both up and outwards. If your ground tends to get wet and sticky in Winter, it would be a good idea to dig the area up now while the soil is easy to work with. Dig out the soil, add peat or compost and Blood and Bone to it, then fill back in again until you are ready to plant. If you know which deciduous trees and Shrubs you require, order them now from the Garden Centre and you will not miss out

Very strong Rambler Roses can be pruned from now on, cutting out any dead stems and cutting back all side stems on canes to with in 2-3 buds from the main stem. Shorten back vigorous leaders by about 1/3 to promote branching. If the bush is out of control like some of mine, reduce the size with a hedge trimmer - then cut some canes right out from ground level.



Lawns : Those who have had a good Autumn lawn strike, will probably have given the first cut - don't be too hard on new grass - it is still very soft and roots will not be far down. An Autumn sow needs to Winter over to harden off. Don't worry about the annual weeds that came up with the grass - the first mowing and frosts will take care of most of them. Leave spraying until Spring, because you will not gain anything by doing it now and very new grass could be affected by harsh sprays. Rake leaves off lawns - if light is kept from grass it will suffer.

Veg: Continue planting Strawberries, raising the beds where drainage is suspect. It is still not too late to sow a green crop in vacant areas of the vegetable garden - Oats or Blue Lupin are a good nitrogen fix when dug in. Broad Beans are also suitable - better than a single variety, is a mixture of Legume and a Cereal. Dig them in while still soft and green - this adds nitrogen and humus needed in soil. *Cheers, Linda.*



Gold Fox

Open 7 days

Best 2 Dollar Shop
We have almost everything household goods, party ware, art, toys, stationery, phone cases, cards

03 434 8787
goldfox.oamaru@gmail.com

Central Podiatry Limited

Nathan Dickson

Cost \$44 pension or community service, house calls available
Quality treatment of all foot and lower limb conditions
Community House, Oamaru Ph: 434 8862



Natural Health Oamaru

Now based from home

Stocking brands: Sanderson, Life Stream, Good Health, Thompson, Dansey's Pass Lavender, New Hemisphere Hemp Oil, Coral tree Apple Cider Vinegar, Living Nature Skincare.

Order today - All purchases receive 20% discount
Home deliveries & pick ups available

Sue Black
Health Consultant
7 McMullan Place, Oamaru
Ph: 021 022 69788



Bookarama 2019

7th, 8th, 9th of JUNE at the

LOAN & MERC, Harbour St
Book drop offs every Saturday morning

10-12noon, Pipe Band Hall (behind the Hospital)
or New World - South Hill, New World North End
and The Business Hive, Ribble St.

Ph: 434 9410 for book pickups

Turning good reads into good deeds



HANDYMAN

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

PH. TOM 021 0233 2002 OR 434 3326

MASSIVE CLEARANCE CLOTHING

Quality Brands | Great Brands

139 Thames St, Old Postie Building
EFTPOS available

Thursday 30th May 10-4pm
Friday 31st May 10-5pm
Saturday 1st June 10-4pm
Sunday 2nd June 11-1pm

Screen time advice for parents

The internet has changed the way we work, rest and play. With so many ways to connect to friends, family and all kinds of content, many parents worry about how much time their children spend online.

So, how many hours a day should kids be spending online? There's no simple answer to this question because not all screen time is created equal. Spending two hours on the internet watching cartoons isn't as beneficial as spending two hours on the internet learning.

Parents need to think about the age and stage of their children, and understand how their children use the internet to be able to decide how much time they'd like their kids to be spending online.

Getting started

Talk to your kids about what they're using the internet for, so you have a better understanding of how they're spending their time online. Are they using the internet to learn?

To communicate and create friendships with others?

To create music or videos? Really listen to what they have to say – what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

Helping them to self-manage their time

As children get older we need to start teaching them how to manage their own screen time, so they have these skills in adulthood. You can start this by talking to them about their time online and how to manage it. Some questions you could ask to start the conversation with teens are:

- How much time do you think you spend online in a day?
- How can you tell when you've been online too long? (E.g. phone starts getting hot, eyes get sore or tired, start to feel unproductive or mood starts to change)
- How do you feel when you spend too much time online?
- The online space is great, but what are some of the positive benefits of putting down your phone and doing other activities?
- What are some different ways you could manage your time online or cut down when you need to?

Often we don't actually know how much time we're spending

online. Some social media platforms have tools to help you keep track of how much time you're spending online and allow you to set up an alarm to notify you once you've spent a certain amount of time online. For Instagram, go to "Settings" and then select "Your activity". On Facebook, this is under "Settings & Privacy" and then select "Your time on Facebook". There are also phone settings and other apps that help you manage your time online too.

www.netsafe.org.nz

WIN \$500

BP2GO Fuel Voucher

next to McDonalds,



Buy a Sticker \$4

ENTER YOUR NAME

1 chance in 200

Raising
Money for



NORTH OTAGO PHARMACY

WE WILL LOOK AFTER YOU

Open 7 days

Mon-Fri 8:30pm-6pm, Sat 9am-5pm

Sun 10am-5pm

213 Thames St Ph (03) 434 8246

NEW CATALOGUE IS OUT!

Shop instore and win!



Proud Sponsor



HAVENWYCK PETS

2 Coquet Street

CAT or DOG
\$5 off 2.5kg*
\$10 off 5kg*



*Conditions Apply

Mon - Fri 9am - 5pm, Thu 9am - 6:30pm, Sat/Sun 10am - 4pm.

FOTOGRAPHIX

Proud Major Sponsor

BAMARU ON FIRE 8 JUNE



On the night
get a green
screen pic
of you and a
dragon!

Plus lots more



Where Happiness is Homemade



Create a Tasty Curry Tonight

10 Eden St, Oamaru
03 433 1433

info@realfoodpantry.co.nz

Like us on Facebook



RealFood Pantry - Recipe

Dal Makhani - Ingredients

(Serves 4)

280gms whole urid dal (black lentil), 60gms red kidney beans
1.5 litres water, 3 tbsp vegetable oil, Pinch of asafoetida,
1 green chilli slit lengthwise, 1 tsp cumin seeds coarsely
ground, 10 cloves of garlic finely chopped, 210gms white
onion finely chopped, 220gms tomatoes finely chopped,
3 tbsp tomato puree, 1" piece of ginger finely chopped,
1 tsp mild chilli powder, ½ tsp garam masala powder
2 tbsp butter, 60mls single cream, 1 tbsp chopped coriander
for garnish, ½ "ginger slivers for garnish.

Method

1. Soak the black lentils and kidney beans overnight in a bowl in plenty of water.
2. In a large heavy bottom sauce pan add the black lentil and kidney beans along with the water and salt. Bring to a boil and simmer on a low heat for an hour. Stir a few times and scarp of the foam from the top. Continue cooking for further 1 hour and 15 minutes.
3. Drain, reserving the cooking water and set aside to use for later. Mash the lentils with a potato masher this will take some arm work so keep mashing till you have a coarse consistency. You want some lentils whole but most of it mashed.
4. In a heavy bottom large non stick sauce pan heat the oil on a low heat. Add the asafoetida, chilli and cumin seeds. Let them sizzle for 5 seconds and add the garlic frying for a further 30 seconds.
5. Now turn the heat to medium and add the onions sautéing for 7-10 minutes until they begin to soften. Stir well making sure it doesn't stick to the bottom of the pan.
6. Add the tomatoes and fry for a further 3 minutes mashing the softened tomatoes with the back of the spoon now add the puree and cook for a minute
7. Add the ginger and fry for a minute followed by the mild chilli powder. Season to taste and add the mashed dal. Stir well and make sure to mix all the spices with the dal
8. Add 650 mls cooking liquid and stir. Bring to a boil and simmer for 20-25 minutes on a low heat with the lid on. Make sure to stir a few times preventing it from sticking to the bottom of the pan
9. The dal should be thick and creamy so add a little more water only if you need to. Add the garam masala powder along with the butter. Stir well simmering for a minute
10. Just before you serve add a swirl of cream, fresh coriander and ginger. Serve with naan or pulao

OAMARU + PHARMACY

It's your Pharmacy

The image features nine circular promotional graphics, each with a blue border and the text 'SPECIAL PRICE!' repeated around the top. Each graphic displays a different pharmaceutical product with a price tag:

- Viratac Cold Sore Cream 5g:** \$14.99. Includes a 'FREE' tag for 'MOST USING LIP BALM' and a note: 'Receive a FREE* Moist Lip Balm SPF15 inside each box of Viratac while stocks last'.
- Mucinex Maximum Strength Expectorant:** \$29.99. Text: 'Relieves Chest Congestion Thins And Loosens Mucus'.
- Thompson's Immunofort Tabs 60:** \$26.99. Includes a 'TV' tag.
- Pamol All Ages Colour Free 200ml:** \$19.99 EACH.
- NutraLife ProBiotica 50 Billion Caps 30:** \$24.99.
- Duro-Tuss Liquid 200ml Range:** \$19.99 EACH.
- Paracare Range 200ml:** \$9.99 EACH.
- Otrivin Nasal Spray 10ml:** \$11.99.
- Macu Vision Tabs 90:** \$29.99.

New Catalogue out now.

for these DEALS and more - come see us in store.

Oamaru Pharmacy, 171 Thames st, Oamaru

Ph. 03 434 8741

Mon-Fri 8am-6pm, Sat 9.30-5pm, Sun 10:30 - 4:30pm

www.pharmacy-nz.com

GRAND FINALE OF THE OAMARU WINTER FESTIVAL

THE BIGGEST EVENT of the Year!!!



JONATHAN USHER
MAGICIAN



Mad Scientist



Pippity Pop



Kids Disco



SPECTACULAR Fire Tornado



SPECTACULAR **VIDEO MAPPING**

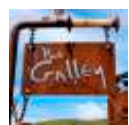


FREE Face painting



Raising Money for

www.oamaruonfire.co.nz



Harbour Steet 6pm - 9pm

OAMARU ON FIRE

8
JUNE

PRESENTED BY



- \$2 Million Dollars worth of static displays
- \$25,000 worth of prizes on the night
- \$20,000 LASER Light Show
- Live Music & Dance



win this car



adult tickets go in the draw.



riverstone kitchen



GALLEON FAMILY COMPLEX



Proud Sponsor



500 Thames Highway Oamaru
 Ph: 034370128
 FB: www.facebook.com/Galleon.Complex
 Web: www.galleoncomplex.co.nz

\$10 LUNCHES

3 Options
 Tuesday - Friday

BOWLING

and a whole lot more...

P.D.I
GARDEN SERVICES

Grass Mowing & Gardening Round
 monthly, fortnightly & weekly jobs

NEW TO OAMARU!

Ask about our special promotions

Call Erik 027 532 9677

FREE COFFEE

Cut this out
 Bring it in
 Spend \$40 on Fuel*
 Get a Free Coffee



*Conditions Apply

www.bpoamaru.co.nz 214 Thames St

got a ding?

SEE

PANEL & PAINT

North Otago Motor Group



Approved Insurance & Private Work Welcome
 (03) 433 0145 - 24-30 Severn St



Residential, Lifestyle, Rural

Farmlands
Real Estate

Buying or Selling?

Give me a call!

Barry Kingan

Mobile 027 229 5046

Office 03 433 1042

Licensed under REAA 2008

0800 200 600 | farmlandsrealestate.co.nz



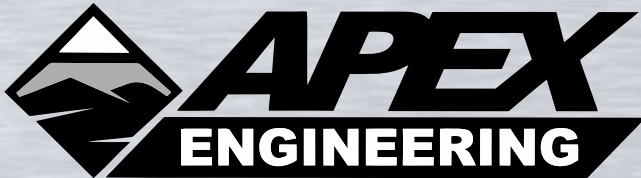
Dunbars Insulation

Your Local Heat Saving Specialist

**** Free Insulation assessments ****
available to know where they sit & what
is needed to bring them up to
standard..... call us
027 78 98 788 today!
You'll be glad you did!

**** Hassle Free ** & affordable chemical free**
insulation- Local installers in N.O./South
Canterbury/Southland

www.dunbarsinsulation.co.nz 027 78 98 788



We have moved!

to
North Oamaru Business Park

- Same Skilled Staff
- Same Great Work
- Brand New Premises

Proud Sponsor



03 434 9084

OAMARU + PHARMACY

It's your Pharmacy

Let's Talk About Joint Health

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 ageing process, are likely to affect their health and efficiency.

It makes good sense to take care of our joints to keep them supple and flexible at work and at play, here are some tips in order to do so. 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.

Exercise. Moderate exercise promotes movement, strength, sustained function as well as aiding all-round physical and psychological well-being. 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. 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. 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 in store, to check out the range of Joint supplements we have to offer, and be sure to read our mailer which is out now full of amazing deals. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.



FULL STEAM AHEAD

A decade of Steampunk in Oamaru

11 MAY - 28 JULY 2019

STEAMPUNK HQ
11 Feather Street, Oamaru, 6800
www.steampunkhq.co.nz
@steampunkhqnz

OPEN 7 DAYS
10.00am to 5.00pm
Wed - Fri 9.00am - 1.00pm



FORRESTER GALLERY

Community Diary

Wednesday 29th

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

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

St. Pat's Indoor Bowling Club, Athletic Rugby Clubrooms, indoor Bowls Centre, 7:15pm All welcome. Ph Mary 4347196.

Weston Indoor Bowling Club. Weston Hall 20 Main St at 7:30pm.

Yankee Indoor bowls at 1.30pm at the indoor bowls Centre Centennial park. For young or old and a bit of fun. Inquiries to Bob 4371704.

Thursday 30th

Awamoa Indoor Bowling at 1:30 pm. Coaching available. Enquiries to Ph. 434 5061.

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

North Otago Early Settlers Assn. 'Russia Revisited'. Presentation by former NOESA President Ralph Sherwood 2pm @ Early Settlers Hall, 1 Severn St, Oamaru. All Welcome. Ph/Txt Helen

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

Friday 31st

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

Disability Information Mobile Service, Oamaru Hospital Reception area 11.30am – 2pm Ph:0800 693 342 Equipment and aids to support independence, Eftpos available.

Fire & Steam Family Fun Event: This Winter Carnival in the Victorian Precinct - supported by Trust Power. 5.30-8.30pm – \$5, under 16years free. Live Music, Visual Effects and much more.

Friends of the Forrester Lunchtime Recital: 12:15pm - 1pm at Opera Inkbox.

Newcomers Coffee Group 10.30am at the Opera House. Ph. Christine 027 242 8643.

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

Saturday 1st June

Meadowbank Stadium Community Bowls; 14 Conway St, 1 pm. Ph. 434 0951.

Sunday 2nd

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

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

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

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

Monday 3rd - Queens Birthday

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. Ph. 4372501.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. 4370224 or 4341463

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

Tuesday 4th

AA Meeting, Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

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

Come Singing, group singing 7.30-8.45pm Ara, Beauty room, 44 Humber St, all welcome at Di's Singers, a fun mixed community choir, music provided. Ph. Di 021688034 or dischoirs@gmail.com

Dance Classes, Classical Ballet-3-10yrs

Ballroom- Beginners – all school ages.

Ph Debbie 021 0559581. Facebook: Debee's Living Arts Dance Oamaru.

Housie or Cards; Interested in Housie or Cards, Herbert Hall, 2-4pm \$2. Ph 439 5363

Meadowbank Indoor Bowls Club: 7 pm at the Indoor Bowls Centre. ph. 4370217.

St Pauls Indoor Bowls 2pm start, Ph Mike 437 1294.

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

Public Notices

*****ALTRUSA FABRIC BAZAAR*****

Sat 8th June 1.30–4pm, & Sun 9th 9.30am–1pm at the **Scottish Hall**, Tyne Street. Material, wool, craft, unfinished projects, cottons & laces, books, patchwork and a lot more on sale. Accepting donations of material, wool etc.. Ph. Helen 437 1047 for collection or drop off at Advantage Tyres..

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627.

Waitoa Park Golf Club welcome all past & present members to afternoon tea at the clubrooms 2pm on June 6th. Members please bring a plate and a raffle.

AGM Notice

Waitaki Boys' High School Old Boys' Association Inc. A.G.M. Wednesday 29th May 2019, 7pm. School staff room. All welcome - Supper provided.

Weston Progress League Inc - AGM Mon 10th June 2019 - 7:30 pm at the Weston Hall Lounge. All Weston residents welcome.

Classes and workshops

Thursday nights - Rock n Roll and Swing Dance lessons. 6.45 beginners (RnR) 8-9pm Improvers RnR and beginners Swing (Alternate weeks) \$5 each per lesson. Held at the Oamaru Club. Ph. Vanessa on 0273338824 or Iain on 0212036852

Classifieds - For sale

Exercycle as new \$150, **Sensica Permanent hair remover** as new \$250 Ph. 027 378 9953.

Queen size bio-mag + 2 pillow covers almost brand new \$175. **Hinged 3 sided black wrought iron fire guard** \$50. **400gm white perendale** 8 ply knitting wool \$6. **Navy stretch jersey fabric** - 1.70 wide x 3.6m length \$25. **Cardioglide** \$20. Ph. 027 490 7168.

Services

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

Carpenter & Handyman Ph 027 686 1830.

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

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

Wanted

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

Record (LP) Collections, Cash Paid, Ph 027 842 4423 or 431 3981.

Risque/Pin-up/Nude Art books, Mags, cards, photos etc and other misc. Ph 434 3480

Feijoas, Feijoas, Feijoas... \$5kg



Also available Grapefruit, Mandarins, Apples, Walnuts, Quince and Pears at the small boutique orchard on State Hwy 83, just 2 km west of Georgetown
Daily 10am-4pm

6m

Split Pine - \$420

Free Delivery Oamaru Town Boundary and Farmers/Country.
Buy 10m @ \$65pm

Free delivery within 1/2 hour of our yard.



Racecourse Firewood Ltd

027 966 3636



FIREWOOD LOGS

\$1200 truck and trailer

Contact Richard

0277019376

Rotary Mowers going or not & catchers Ph. 021 046 0507.

To Let

Country Living - Farm house for rent 20 minute commute to Oamaru. \$350 per week inc. percentage of electricity. From now until 27th October. Enquiries ph 4395233

Two bedroom unit on South Hill. Would suit a couple. \$295 including power and unlimited fibre. Phone 0272428643.

Lost

1930's Engagement Ring between Thames St, Neat Feet and Ballantynes, Wednesday pm 1st May. The honest finder will be rewarded. Contact 434 9470.

Garage Sale

Combined Garage Sale - no tools, lunc St, between Severn & Wansbeck Sts. Signs out at 8am till 12 noon.

HANDY PH. LIST

Auto Electrical/Mechanical

- ▶ N.O. Mobile Mechanical 022 1050209
..... Auto Electrical & Mechanical repairs

Bricklaying

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

Building & Construction

- ▶ We Decorate Concrete 027 436 9209
.....ugly & manky into Slick and Swanky
- ▶ David Ovens Building Contractor Ltd
.....Licensed B/P.....027 481 9424
- ▶ Doran Brick 'n' Block027 516 5675
.....437 0415
- ▶ Handyman Al's Maintenance &
Repairs, qualified joiner.....027 221 1069
- ▶ MGM Handyman Services,
Your professional handyman 022 3106294
- ▶ Wayne Nuttall Builders..... 437 2513
.....027 434 3409

Carpet & Vinyl layer

- ▶ Carpet/Vinyl layer0223924852
specialising in second hand carpet & repairs

Chiropractor

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

Cleaning

- ▶ A1 Spic n' Span.....434 5534
Almost ALL Cleaning027 737 8423
- ▶ Oamaru Chimney Sweep.....434 8025
.....027 436 1315
- ▶ Waterblasting 022 623 3181
Spence Middlemass

Contracting

- ▶ Lifestyle Block Contracting..0276324264
Cultivation, Drilling, Hedge cutting.
- ▶ Simon Butler Contracting...0212036363
Fencing, Farm, lifestyle and residential.

Counselling

- ▶ AYR St - Counselling027 6861849
Kaye Mattingley...Dip. Grad.S.Sc.Otago.NZRSW. MANZASW

Craniosacral Therapy

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

Dental

- ▶ Oamaru Denture Clinic434 7560
Reg Clinical Dental Technician, 4/6 Coquet St

Dressmakers

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

DVD and CD

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

Electricians & Appliances

- ▶ Glenn Taylor Electrical434 7282
.....027 522 1012
- ▶ Robert Jones - Electrician. 027 445 0523
.....434 0994
- ▶ Whitestone Appliances..... 021 366 446
.....repairs.....434 6810

Entertainment

- ▶ Sylviane's Karaoke027 737 8360
all occasions - bookings sylgal@msn.com

Gardening & lawns

- ▶ Crew Cut large lawns & rural mowing
Paul Houlaham.....021 331 261
- ▶ Tim Great value021 088 27344
Mowing & Lawn Services.....434 3327
- ▶ Jim's Mowing Oamaru.....03 437 1892
.....Mark deBuyzer 0273187413

Homeopathy

- ▶ Riane de Koster RCHom.... 03 434 2579

Insulation

- ▶ Dunbars Insulation027 789 8788
.....local and affordable

Interior Design

- ▶ Tracey Vickers Design 027 5420 215
Upholstery and Furnishings03 439 5370

Immigration

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

Joinery

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

Mobile Travel Broker

- ▶ Jannine Hore439 4230
The Travel Brokers - member of Helloworld
- ▶ Lynne Sinclair, NZ Travel Brokers.....
Cruising/Holiday Packages.....432 4172

Hay Bales

- ▶ Fresh cut meadow hay for sale \$6 a bale
.....Call John 027 439 6475

Painters & Decorators

- ▶ Matt Geare
.....available now. 027470 3780
- ▶ Experienced Painter - 25 years
.....Don - Call for a quotation027 2205403

Pets

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

Podiatrist

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

Print

- ▶ Oamaru Print and Copy Ltd.....434 9651

Plumbers

- ▶ Cunningham Plumbing, Oamaru
.....Plumbing & Drainlaying.....0800 555 105
- ▶ Foley Plumbers Oamaru.....434 2330
.....Tom Palmer.....0800 303 530

Storage

- ▶ Self Storage Weston434 9558
.....20 Foot Shipping Containers

Takeway/Food

- ▶ Puff N Stuff Chelmer St 03 434 3367
Fish N Chips - nightly 4:30 - 7:15

Tiling

- ▶ Lakeland Tiling.....Shane..027 312 2017
.....Kitchens & Bathrooms - No job too small
- ▶ Doran Brick 'n' Block027 516 5675
.....437 0415

Transportation & Rental Vehicles

- ▶ Driving Miss Daisy434 8421
.....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ Oamaru Tours, Airport/Hospital
transfers (Merv Aitcheson)434 9506
- ▶ Oamaru - Dunedin/Hospital Shuttle.....
Door to door service.....434 7744
- ▶ Smash Palace.....433 1444
.....Cars, Vans, Bicycle Hire & Shuttle Service

TV Installation & Repairs etc

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

Window Tinting

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

Spend \$100 on

Holden or AC Delco parts at our Parts Department

ENTER TO WIN!*

LSX Powertrain - Bathurst VIP - Rides of a lifetime - LSA Powertrain

North Otago Motor Group

24-30 Severn St



POWER PASSION Holden

ACDelco BE CERTAIN.

CHEVROLET PERFORMANCE

Available in Australia from Engle Auto Parts

For more info pop in and see us!

*conditions apply

Safety belts and restraints

Safety belts support you in a crash or when the vehicle stops suddenly. Without a belt, front seat occupants can be thrown through the windscreen and onto the road. Back seat passengers can be thrown onto the front seats or the front seat passengers, or can hit the roof.

Wearing a safety belt reduces the risk of being killed or seriously injured in a road crash by about 40%. If everyone wore their safety belts an estimated 25 lives could be saved from road crashes each year.

Using safety belts

All modern cars must be fitted with safety belts in the front and back seats. Safety belts must be worn in front and back seats if fitted. Remember that if you sit in a seat fitted with a safety belt, you must wear your safety belt.

Safety belts save lives. They support you if you're in a crash or when a vehicle stops suddenly. The force on safety belts can be as much as 20 times your weight – this is how hard you'd hit the inside of your vehicle without restraint. A lap/sash safety belt gives better protection than a lap belt and should always be used as a preference if available.

Requirements for wearing safety belts

All modern cars in New Zealand must be fitted with safety belts and older vehicles may require webbing clamps to improve the 'hold' of their belts.

Specifically, in New Zealand the requirements are that:

- front and back seats in all modern cars must be fitted with safety belts
- if you sit in a seat with a safety belt you must wear the safety belt
- all children aged under seven must be secured in an approved child restraint when travelling in cars or vans
- children aged seven must use a child restraint if available. If not available, they must use a safety belt. If a safety belt is not available they must travel in the back seat
- children aged between eight and 14 must use safety belts if available (if not available, they must travel in the back seat)
- people aged over 14 must wear safety belts where they are available.

There are additional requirements for safety belts in motorhomes.

What if I don't wear a safety belt?

If you're 15 years or over and drive or ride in a vehicle without wearing safety belt you can be fined.

If you're the driver you can be fined if you have a passenger aged under 15 riding in your vehicle without wearing a safety belt or child restraint.

Keeping young passengers secure

The driver of the vehicle is responsible for ensuring all passengers under 15 years are wearing safety belts or age appropriate child restraints that are correctly fitted into their vehicles.

Children under the age of seven must be properly restrained in an approved child restraint. Children aged seven must be properly restrained in an approved child restraint if one is available in the vehicle, and if not then restrained in any child restraint or safety belt available.

Hiring or buying a child restraint? Before you do, check out the required standards so you can be sure the restraint is approved to be used in NZ, and also check the seat fits in your vehicle.

Want to know more?

Read about rules and requirements for safety belts in The official New Zealand road code.

www.nzta.govt.nz

Rawleigh's
TRADE MARK
HEALTHCARE

For all your

Rawleighs products

Now available to
the Oamaru and
surrounding areas

For catalogue/pricelist.
Contact us.



Independent Rawleighs Distributor

Fiona Head, 283 Wooldridge Road
Harewood, Christchurch. 8051

Email: bandovar@orcon.net.nz

Phone: 022 086 7300 or 03 550 1544

A vibrant poster for the Steampunk NZ Festival. The central image shows a woman in a steampunk outfit, including a large, ornate hat and a corset, flying through the air. She is holding a banner that reads 'HAPPY BIRTHDAY QUEEN VICTORIA'. The background is a detailed illustration of a Victorian-era city street with ornate buildings and a red carpet. The text 'STEAMPUNK NZ FESTIVAL' is written in large, stylized letters at the top. A red banner in the top right corner says 'CELEBRATING 10 YEARS OF STEAMPUNK IN NZ'. At the bottom, the dates '30 MAY TO 3 JUNE 2019' and the location 'OAMARU, NEW ZEALAND' are displayed, along with the website 'www.steampunk.org.nz'.