

The community prefer to find their trade and service providers locally and rely on the Telegram for contacts.  
To advertise in the Telegram contact us today.

# Oamaru The Telegram

100% locally owned 8,000 homes weekly

6th August 2019

Phone 434 9651

Issue 453

## THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476



### DOMINATOR

YES we Sell Garage Door Systems – Free Quote

YES we repair Garage Doors

Every week until Christmas, we are giving away various custom printed prizes on our Facebook page OamaruPrint - from block mounted posters, printed invitations, business cards, posters and more. To be notified so you do not miss out and get a chance to win a prize - like our OamaruPrint Facebook page.

Reminder; We have an extra large pile of empty A3 boxes - great for storing those odds and ends.

With the colder weather now set in - it is a good time to dress warmly and enjoy a walk around town. While you are out - why not pop into and browse the local shops. I see a few new ones have opened lately on Thames St - Great to see...

Keep warm - enjoy your week, *regards The Telegram.*

**Helen Brookes** is committed to retaining 100% consumer trust ownership of Network Waitaki Ltd. That is the only way we can all be sure that consumer needs will come first, ahead of large profits and big dividends to outside shareholders.

**Vote Helen Brookes for Waitaki Power Trust.**



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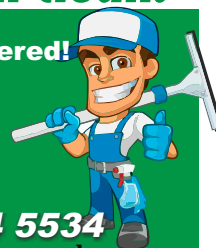
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Mobile A/C Vehicle PH 434 6695  
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**ROSES BARE ROOT STOCK**  
REASONABLY PRICED  
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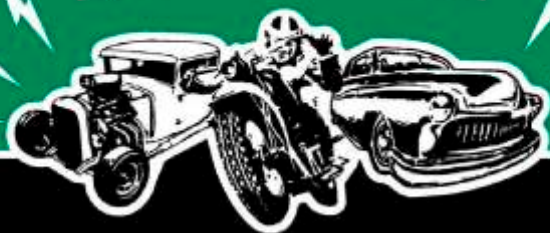
- ✓ New Healthy Homes Bill. What do you need and why from 1st July 2019?
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# LUBEGUYZ



Why bother changing your own oil when Oamaru's newest service centre can do it for you.

**"Lubeguyz" change your oil and filter.**  
It's cheap, quick and hassle free - and we will throw in a free coffee at Peter Pan Bakery.

**Prices start at \$79.95 inc gst, open Monday to Friday.**

**Call in or book now  
027 271 8443**

**3 France st, Oamaru**



North Otago is more Spring like every week, with Camellias blooming everywhere, Magnolia buds beginning to burst and Spring bulbs thinking it is mild enough to bloom. Going by my past notes, we still have proper Winter weather ahead this month before we can leap fully into Spring and soil along with plants, need this to perform during the growing seasons. However,

Spring is the one time that gardens burst forth with an abundance of hidden splendour without us having to do a lot of pre planning - nature pretty much takes care of things once they are in place, at this time I like to create & dress the garden by planting out, shifting & feeding. Liquid feeding Annuals & Perennials that have been nursed through Winter - roots are starting to take in nutrients to plump up buds.

Seeds can be sown for the Cottage annuals like Cosmos, Cornflowers, Love in the mist, Snapdragon and Alyssum - all can be sown under glass in a warm area, but more tender Annuals can wait until it is a little warmer - unless you have a heated glass house. Perennials and Annuals already putting out growth, need to be protected from any sudden freezing and pots and hanging baskets will be waiting for attention. It does not take long for roots to fill a pot and exhaust what planting mix is left - best to remove the Shrub or plant to investigate. If completely root bound, take a sharp spade or knife and cut half the root ball away, fill pots with new mix, replant and water in.

A few more Hydrangeas have been pruned here as nice fat buds are swelling on the stems. Cuttings can be taken and bedded in river sand from the hardened stems that flowered last season.

Almost finished pruning Roses here - only the Flower carpet and Fairy Roses to go. Both these varieties bush up with small non hard wood branching. If they are large, trim with a hedge trimmer - if newly planted prune back to hard wood at an outward facing bud. Feeding and spraying Roses is next. Copper Oxychloride and Winter oil, can be mixed and applied together - the oil helps the Copper to stick and Copper helps protect new growth from frosts that occur in late Spring. Best not to be applied to fresh new growth, as burning may occur.

Bulbs that shot up during warmer Winter days will continue to head for an early Spring display. If temperatures drop now, buds will be held and the cold will have a noticeable effect new growth. However Prunus Autumnalis are in full flower and the fragrance from Winter sweet, Witch hazel, Daphne, Boronia and Violets wafting through gardens make Spring seem closer, in readiness for the Spring explosion.

Vegetable gardens are enjoying the mild weather, with the odd frost helping to break down soil. Birds are nesting - so cover leaf Veg with shade or frost cloth to keep them off. Time for sowing seeds to germinate in a warm well lit place, to be ready for pricking out into punnets then planted out in a warm Spring garden.

Fruit Trees are still available in Garden Centres, so if you would like an Apple tree but feel your garden is too small, why not look at Apple Ballerina - a very slim non branching variety of Apple with Medium, red skin - Crisp, juicy, nice eating and cooking Apples. Ballerina grows to 3-4m tall by 30cm wide - perfect for adding height, Blossom and Fruit to a small garden.

Grape pruning needs to finish soon before sap rises. To prune a fruiting leader, remove all new long growth on the vine other than the fruiting leader. On the leaders, prune each new growth back to the second Bud. These fruiting Buds should be around a hand space apart to ensure adequate sized fruit. This means removing some of the new Bud growth along the top of the leader and all of the new Bud growth growing underneath. Some of these new Budding top growths will throw two lots of Bud branch - remove the least stronger one, leaving only one lot of double Buds to produce fruit. Keep an eye on Peach Bud burst, which will most likely be early this year. A Copper spray right at Bud burst will help with Leaf Curl. Cheers, Linda.

**P.D.I  
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# WHITE BAIT SEASON

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**See the experts with over 60 years local experience**

*Sorry sold out of Whitebait filleting knives and hooks due to popular demand*

## **RealFood Pantry**

### **Sticky Date Pudding**

150g (1 C) Diced Dates, 1 C Boiling Water, 500g (3 1/2 C) Every Day Cake Mix, 3 Eggs, 1/2 C Oil.

Place diced dates and boiling water in a bowl, leave to cool. Add EveryDay Cake Mix, eggs and oil to the dates. Using a cake mixer, blend on slow speed for 1 minute. Scrape down bowl. Mix on slow speed for 3 minutes. Pour mixture into a baking tin lined with baking paper. Bake at 170°C for about 45-55 minutes or until cooked.

#### **Caramel Sauce**

1 C Brown Sugar, 300ml Cream

1/2 tsp Vanilla, 60g Butter

Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low, simmer for 2 minutes. Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.

The community prefer to find their trade and service providers locally and rely on the Telegram for contacts. To advertise in the Telegram contact us today.

## **Central Podiatry Limited**

### **Nathan Dickson**

**Cost \$44 pension or community service, house calls available**

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If you find a cheaper stocked item in  
Oamaru we will beat the DIFFERENCE by

# 10%\*

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**40%  
Off**  
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Goodhealth  
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**SAVE  
\$15**  
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These deals are only available from Tuesday 6th Aug to Monday 12th August

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**Ph. 03 434 8741**

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

**[www.pharmacy-nz.com](http://www.pharmacy-nz.com)**

Your pharmacist will advise you whether this preparation is suitable for your condition. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. The pharmacist reserves the right not to supply when contrary to our professional and ethical obligation. Retail quantities only. Limits Apply. Not all product or promotions featured are available online. All product subject to Manufacturers availability. We reserve the right to correct printing errors.

# OAMARU + PHARMACY

*It's your Pharmacy*

## Let's Talk About Gut Health

The gut, or gastrointestinal/digestive system, is having its turn in the spotlight as research reveals that this is no simple plumbing job, but a highly sophisticated, intelligent system. If the digestive system is working well, then the benefits of this flow out to the rest of the systems helping us with immunity, brain function and even with emotions. Ultimately all of the body is connected to the digestive system, and depends on it. The gut has a lot of jobs, one of the most important is determining what's good in food – nutrients – and helping get these nutrients to the parts of the body need it, so these other areas can function. If not enough nutrients are being processed and reaching all these other parts of the body, we are not going to feel as well or strong as we could.

The growth, development, energy levels, mental health, performance, sleep quality and quantity, exercise performance and recovery, weight, likelihood and management of illness, and more, are all affected by our nutrient intake and absorption through the gut. Helping our gut function well are billions of friendly good bacteria. Different strains affect your body in different ways, and low levels overall have a detrimental effect on the health of your gut. Digestion will not be working at its optimum. In this situation probably also is possible to have too much harmful bacteria, which compete with beneficial bacteria for resources and can flourish at their expense, and generally make you feel unwell. Amazingly, the gut's intestinal tract is responsible for around 70% of our immunity. As well as aiding nutrient absorption, your intestinal lining acts as a barrier to illness-causing viruses and bacteria, but can also be an entry point for these nasties if not functioning well.

The body needs a healthy digestive system to manufacture vitamins, and to have good levels of immunity – many nutrients are needed to fight invading organisms. The Bacteria imbalance happens when the Good bacteria is affected by external agents like stress and ageing, a poor diet, pollution and more difficult for the body to replenish. Alternatively the harmful bacteria, can flourish due to a poor diet, stress or fatigue. In order to maintain a healthy digestive system we need to ensure that we have balanced intestinal flora with more of the good bacteria and less of the bad. An imbalance is called dysbiosis. For this can be a good idea to replace good bacteria daily with a quality probiotic. With a gut full of balanced bacterial flora, digestive enzymes and acids should be able to cope with processing foods efficiently, so you are better off on the whole. A good diet that includes raw and fermented foods such as yoghurt, kefir, sauerkraut, and fermented fish, all containing many strains of beneficial bacteria. Keeping in mind than some starches and sugars alter the balance of good bacteria by feeding harmful bacteria. For the gut to work efficiently, we need to be relaxed. Stress particularly affects the gut by altering the population of bacterial colonies and causing imbalances so there is a shortage of good bacterial flora. This can have a detrimental effect on the gastrointestinal tract by inhibiting gastric acid release (which activate digestive enzymes that help break down foods) or in the bowel with motility changes (abnormal contractions), so you should really just take time out to relax and focus your attention on the all-important job of eating. While antibiotics are an effective medication, they can also destroy some of your good gut flora meaning you often have to put up with some unfortunate side effects, such as tummy upset and discomfort. The best way to try and avoid an upset tummy is to take probiotics at the same time as antibiotics. Probiotics are targeted for use with antibiotics, helping to re balance the gut flora. So, listen to your gut. If something disagrees with it, don't ignore the message – it could affect your whole well being. If you're suffering particular discomfort, visit a health professional.

*At Oamaru Pharmacy we have a wide range of supplements for all the family. Come in and see us, the team is always ready to help with friendly and knowledgeable advice.*



## Central Coast Country

Music Assn. Inc.

**August 11th - 1 pm START**  
St Joseph's School Hall, Usk St

**Members a plate please**  
**Non members \$4, all very Welcome**

*All very welcome!*

MEMBERS - A PLATE PLEASE  
NON MEMBERS \$4.00

**got a ding?**

SEE

## PANEL & PAINT

North Otago Motor Group



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



## Thinking outside the Bowl - Havenwyck Pets

Dog feeding is an everyday, multiple times a day occurrence in many households. My dogs get fed twice a day and up until recently, were fed from a bowl in the kitchen, as part of mine (and their) daily routines.

During my recent study in Canine behaviour, I have come to learn that our usual routine of feeding from the bowl is not all its cracked up to be. Although it is easy for us to dish up dinner and let our pooch gobble up the tasty morsels, this may not be the best option for them!

With the addition of a Border Collie pup to my household, I decided to ensure my puppy had ample opportunity to be mentally stimulated right from the day he came home. This was to make sure he grew up in a stimulating environment, where he could use his dynamic doggie skills on a daily basis and be less likely to become bored and destructive.

So I banned the bowl in my house! Haven is only fed with interactive feeders! Now, this does not mean an expensive trip to the Pet Shop – we do love to see you though!

Here are some great ways to feed your pampered pooch and encourage more mental stimulation!

- Scattering dinner on the lawn
- Hiding breakfast in old soft toys & hidden in the garden
- A Ball pit (large plastic storage container and lots of balls!)
- Snufflemat
- Kongs
- Wrap feed in a towel
- Dinner in a paper bag

We have so many options to make feeding time into a fiesta for your dog - give this a go and see which activity is your pooches favourite!

Written by Leanne Wreakes-Fallen DVN



## Community Diary

### Wednesday 7th

**Afternoon Social Housie** 1.30pm Darts Hall, Ribble Street. All welcome. Relaxed session using counters. Grey Power Ph 434 6249.

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

**Excelsior Petanque Club day**, 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, 7:15pm All welcome. Ph. 434 7196.

**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. ph Bob 4371704.

### Thursday 8th

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

**North Otago Embroiderers' Guild**; workday 10-3pm, St. Lukes Hall, Wharfe Street, Oamaru. Ph: Secretary, 434 7339

**North Otago Rose Society**, Vintage Car Club Rooms, Stoke St, 7.30pm. Ph. 434 2223

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

Migrant meet and share, 10:30am at the Opera House. Ph Maria 021 066 5143.

### Friday 9th

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

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

**North Otago Darts**: Ribble St Hall, Housie 7:30pm, 40 games plus super house & raffles.

**Waitaki Travel Club**; meeting, The Manor Estate at 10am. Guest Speaker - Eleanor Anderson "Unfinished Travels in Europe".

### Saturday 10th

**Meadowbank Stadium Community Bowls**; Friendly bowls at 14 Conway St, 1 pm. All welcome. Ph Graham 434 0951.

### Sunday 11th

**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 12th

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

**The Happy Scoundrels Over 55** Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. All welcome ph. 4341463.

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

### Tuesday 13th

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

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

**Alzheimers Society carers meeting**, Iona Home, 549 Thames Hwy 1:30-3pm. All welcome. Please note change of venue.

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

**St Pauls Indoor Bowls** – 2pm, Phone Mike 437 1294

**OCI Indoor Bowls**, 7pm. at club. Ph 4395240.

**U3A Waitaki**, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613. – not in school holidays

## Public Notices

**Di's Singers**; A fun choir session Tuesdays 7.30-8.45pm at ARA Polytech, 44 Humber Street, Oamaru, first room on right from main entrance. All welcome, \$5 per session. Ph Di 021688034

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

## AGM

**Oamaru Performing Arts Society**; Thursday 29th August 2019 at 7.30pm, Blind Foundation Hall

**North Otago Yacht & Powerboat Club inc** annual general meeting Tuesday 20th August 2019 in the clubrooms at 7.30pm

## Classes and workshops

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

## For Sale

**Latest edition of the Waitaki Community Group Directory**, now available \$4 a copy at Citizens Advice Bureau N.O., 100 Thames St.

**Double bed & mattress** \$25, **Drop side table & 2 chairs** \$85, **Swivel top table & 2 chairs** \$85, **Fridge Freezer** as new \$275 - good going order. **Bench High Fridge** - goes well \$50. **White single door pantry or wardrobe** \$45. **4 Drawer Tallboy** \$55. Phone 4371276 Cell 0274902005.

## Free

**Macrocarpa wood** - ring after 6pm 434 6674

## Services

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

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

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

## Wanted

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

## Phone listings

\$154 including GST for 6 months.

Email [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz)

Online listing included

## THAI FOOD

[BANGKOKRECIPE.CO.NZ](http://BANGKOKRECIPE.CO.NZ)

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**BANGKOK** recipe

## SUPER SPECIAL

**6m - Split Pine - \$420**

**Free Delivery Oamaru\***  
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**Racecourse Firewood Ltd**  
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## FIREWOOD LOGS

**\$1200 truck and trailer**  
**Contact Richard**  
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## Classified Advert, Community Diary Prices

One off;

3 lines \$13.50 +\$3 for every extra lines.

**Repeating with no change;**

\$5 +\$3 for every extra line.

The Telegram - 146 Thames St, Oamaru.

Ph. 434 9651, [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz)

Welcome to our Village

**Good for your Children  
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**Oamaru Playcentre**  
12 Trent St

**Open days: Tues – Thurs 9am-12pm**  
Ph. 0212341937

We offer 3 free visits before you join

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# Handy Phone Listings - [www.oamaru.net.nz](http://www.oamaru.net.nz)

## Auto Electrical/Mechanical

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

## Bricklaying

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

## Building & Construction

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

## Carpet & Vinyl layer

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

## Chiropractor

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

## Clairvoyant/Life coach

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

## Cleaning

- ▶ A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 8423
- ▶ Oamaru Chimney Sweep.....434 8025  
.....027 436 1315
- ▶ Hoppys Cleaning Service ...0277818682  
Home cleaning service "OVENS & more..."
- ▶ Waterblasting ..... 022 623 3181  
Spence Middlemass

## Contracting

- ▶ Lifestyle Block Contracting..0276324264  
Cultivation, Drilling, Hedge cutting.

## Counselling

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

## Craniosacral Therapy

- ▶ Jacqueline Scott, CST 021 907 346  
[www.jacquelinescott.com](http://www.jacquelinescott.com)

## Dental

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

## Dressmakers

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

## Driver Lessons

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

## DVD and CD

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

## Education

- ▶ Ara Institute of Canterbury..039406151  
Oamaru campus...Admin & Technology, Business, Free  
Computing, Retail plus more

## Electricians & Appliances

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

## Entertainment

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

## Gardening & lawns

- ▶ Ashleys Lawn & Garden Care.4372865  
Keeping your lawns in order.....0221086606
- ▶ Crew Cut large lawns & rural mowing  
Paul Houlaham.....021 331 261
- ▶ Great value Garden/Mowing Services  
Tim.....021 088 27344 or 434 3327
- ▶ Jim's Mowing Oamaru.....03 437 1892  
.....Mark deBuyzer 0273187413

## Insulation

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

## Interior Design

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

## Immigration

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

## Joinery

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

## Mobile Travel Broker

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

## Painters & Decorators

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

## Pets

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

## Podiatrist

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

## Print

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

## Plumbers

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

## Storage

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

## Tiling

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

## Transportation & Rental Vehicles

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

## TV Installation & Repairs etc

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

## Window Tinting

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

**Spend \$100 on**  
**Holden Genuine or AC Delco parts**  
**at our Parts or Service Department**

**North Otago Motor Group**

**24-30 Severn St**



WIN!\*

PROJECT

Monaro

2nd prize Lowndesys  
Ultimate Holden Garage



For more info pop in and see us!

\*conditions apply

# North Otago Motor Group



**Toyota Land Cruiser 70  
Low Km's Demonstrator  
\$79,995**



## CAR OF THE WEEK

**Mon-Fri 8am to 5:30pm, Sat 9am to 12pm**

**24/30 Severn St [www.nomg.co.nz](http://www.nomg.co.nz)**

\*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply

## Motoring with Renee

Hi Renee here, Sales Manager for North Otago Motor Group. This week is actually one of my favorite Toyota's I would love one of these, its rugged but comfy to ride in, perfect for 4WDing or Fishing and towing the boat. Our double cab will even fit a family in or a group of friends off on a trip. This weeks Land Cruiser is reliable indestructible and due to its reputation holds its value. You can't go wrong with a Land Cruiser. This week we also have 2 x Hilux SR5's, double cab wellside one in auto and one manual, both Demonstrators with low Km's - waiting for you! Come in and check them out!

We have over 35 years LOCAL experience in the industry and our team, Jamie, Martin and myself are here to help you. Being local has huge advantages for you. We are close to where you live; you can pop in and see us or we can come to you - plus we have a service and parts department. See us any day including Saturday 9am-12, or call us to make an appointment outside working hours. Loads of options of vehicles too, from small run-bouts, SUV's to 4x4's. Plus we can cover everything from finance, insurance and extended warranties. It is Winter so drive to the road conditions and have a great week. Follow me on facebook. (f) [renee millin - north otago motor group](#), Renee 0800660070.



Renee

## HAVENWYCK PETS

2 Coquet Street

**Only store in Oamaru  
to have this Imarc engraver.  
Personalised Pet tags  
While you wait!**



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



**Where Happiness is Homemade**



**Purchase your  
Natural Dairy  
Glass Bottled Local Milk  
from us and  
get 10% off\*  
any Breakfast Cereal.**

\*Offer ends Tuesday 19th August

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