

QUIZ NIGHT OTAGO

Parent to Parent Quiz Night
 Wednesday 16 October
 Register your team 6pm starts 7pm
 Teams of 4-6 people - \$30 per team.

8th October 2019

Phone 434 9651

Issue 462



LINDSAY WHYTE

Painters and Decorators Ltd

48 Years Experience Master Painter
FREE PHONE 0800 242 8611



CALL NOW!

- Interior
- Exterior

To help keep the children & adults busy - well for at least 30 minutes, this week we have a colouring competition on page 7. Complete and deliver your finished copy to Havenwyck pets on 2 Coquet St. Loads of prizes to be won...

Next Tue 15th Oct, there is a "Get Savvy on Scams" workshop held at the Oamaru Opera House at 11am. After the number of people I hear that have been scammed, I would recommend this... RSVP to Helen Algar at halgar@waitaki.govt.nz or Ph 03 433 0300. *Enjoy your week, regards The Telegram.*




Find us on facebook

HARBORNE CONSTRUCTION LTD

*New Homes - Renovations - Sheds - Farm Building
 Specialty Floor Sanding and Restorations*

ph: Nye 027 753 7626 em: harborneconstruction@gmail.com

WARMER, DRIER & HEALTHIER

Insulate and Ventilate now for a cosier home

Earthwool Glasswool Insulation - installed by us or we will supply at fantastic prices - only **\$995 for a 80sqm R3.6 Ceiling installed.**

Drivaire Home Ventilation Systems - rid your home of moisture and enjoy a healthier living environment with a quality NZ manufactured system.

Call today for a free quote. We also offer a range of **Hitachi and Mitsubishi Heat Pumps** at extremely competitive prices.



LIVING HOUSE

Ph. John Pile on 0800 434 600
 Email john@livinghouse.co.nz
www.livinghouse.co.nz

New Zealand Petfood

24/7 DIY DOG WASH



434 8484 - 16 Ouse Street

Orwell St Repairs

Hot and Cold Water Blaster repairs

Em. mark@m-trade.co.nz
 Ph. 027 223 8179, (Back Garage) 10a Orwell St, Oamaru

SOUTHERN WIDE REAL ESTATE

FENWICK ZONE WINNER



Here is a great opportunity to get on the property ladder or a fantastic investment opportunity, with this solid roughcast two bedroom home in Fenwick School zone. A generous size living area with heat pump, both bedrooms are double. Kitchen is at the rear of the property leading off this is the laundry. Outside is a flat easy care 506sqm section with glasshouse & garden shed.

Web Ref #: SWOU11942
 Daryl Siggelko
 Urban/Lifestyle
 027 520 0040
daryls@southernwide.co.nz



Buyer Enquiry Over \$245,000
 225 Thames St, Oamaru
 Ph 03 434 7422
www.southernwide.co.nz
 SRM REALTY LTD LICENSED REAA 2008

Goldies Glass Ltd

24 hour glass service

Phone the experienced professionals

Insurance Work Welcome
 03 434 8701 | 027 433 2258
 77 Humber St, Oamaru

OAMARU LANDSCAPING SUPPLIES

FLOWERING MAGNOLIAS,

BUDDING DECIDUOUS - AZALEAS,
EVERGREEN AZALEAS - FLOWERING,
RHODOS ROSES & MUCH MORE.

COMPOST & ORGANIC AND PIG.

BAGS & BULK, GET GROWING

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**



Rain in NorthOctober:- and we were thrown back into the cold, wet Winter early last week - a bit of a shock to the system for us and the new Spring growth I am sure! However, still lovely Blossom about and Rhododendrons and deciduous Azalea buds opening - how lovely they are - in my view equal to any beautiful tropical flowers. Roses will have enjoyed a good deep

drenching - I had spread old stable manure around a day before the rain... Getting food down into roots of Roses during early growth, will set them on the right path to staying healthy and strong. It is weak growth that attracts disease and aphids. Lavenders are putting on good growth with the absence,(so far) of Spittle bugs. If these bugs do become a problem for you, spraying will not work - the Spittle surrounding them is a barrier to pesticide. A forceful hosing will dislodge them and hopefully drown a few.

Every week something new is popping up in my Perennial borders - so many Spring delights like Solomon Seal, Lily of the valley, tall Phlox, Amaryllis, Lily and Iris - what a treat we are in store for. Sweet Peas are a delight in any garden - get them planted now in front of a climbing frame, be it wire netting or wire, strung out along a wall or fence for them to twine and cling onto. Once up, they will give a wonderful flower display, with fragrance drifting about your garden right through Summer. Sweet Peas thrive on a good amount of compost / old manure laid in a trench below where they are planted, to sustain them as they grow high. Dahlia tubers can go in now, they will start to make a move as the soil warms. If your Dahlia beds are too full, now is the time to reduce them by digging out and halving the clump with a sharp spade, then replanting one half and maybe planting the other half somewhere else in your garden, or pass it on to a gardener friend. If you are wanting to introduce Dahlias to your flower beds, we have a variety of clumps at the Garden Corner in the Resource Recovery park.

Fruit: Strawberry plants should be in and beginning to bud. Raised beds filled with good manure enriched compost, work well for Strawberries and once plants get going, a layer of pine needles will keep fruit clean and suppress weeds. Gooseberries and Currant bushes are leafing up well and Bees are doing their important job visiting Blossom on Fruit trees during warm sunny days, so cropping should be good this Summer.

Herbs: are making strong growth now in readiness for Summer menus - break up clumps now should you need to and they will recover quickly. Once leafed up, they need to be harvested often to stop them running to seed.

Vegetables: A great time for planting out veg, as that last heavy rain will have soaked down deep the ground that is warming. It should be ok to plant Beans now - they will not move until the warmth in the ground is to their liking. Peas should be romping up netting on warm days - cold snaps will hold them back. Keep planting veg seeds and plants a few at a time, so you can have the continuous thing happening. Cheers, Linda.

Trees Need Trimmed?

KEA TREEWORX

Certified Arborists

Pruning - Removals - Chipping

Chris Conklin 027 484 3395
Jack Vaughan 021 582 300

keatreeworks.co.nz

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



Safe and professional tree care, Difficult tree removals, Height reduction, Felling, Hedge trimming, Pruning trees to your specification, Stump grinding and chipping.

Qualified Arborists

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



local North Otago based Dunbars Insulation

Your Local Heat Saving Specialist

We can help with:

- ✓ New Healthy Homes Bill. What do you need and why from 1st July 2019?
- ✓ Affordable Insulation for rentals/farms and private homes
- ✓ Property Ventilation
- ✓ 50 year guarantees to NZS4246

Free Energy health checks for your property. Call today!!

*some conditions apply

www.dunbarsinsulation.co.nz 027 78 98 788

HAVENWYCK PETS

2 Coquet Street

1st Anniversary!
**HUGE IN STORE
SPECIALS**

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



20% off*
*conditions apply



Roller Blinds
Sunscreen Blockout
Light Filtering Fabrics

Venetian Blinds
Aluminium, Wooden & P.V.C.

29 Thames Street, Oamaru, Ph. 434 7755

Roller blinds are a sleek,

minimalistic alternative for window-furnishings and are compatible with almost any décor, creating a flawless backdrop for showing off art or furniture. This is true especially in modern homes which have huge windows and very little wall space for drawing back drapes. They are available in a wide variety of fabrics which can screen, filter or block out the light. They are a cost-effective option which offer exceptional value over their lifetime. Their simple elegance means they don't need to be upgraded with every new design trend especially if you select a neutral colour. Automation is becoming more popular and is especially great for those hard to reach windows. They can be hard wired electronically into your home but can also be installed without needing an electrician with some wonderful re-chargeable motors on the market. Imagine operating all your blinds at the touch of a button. Blockout fabrics provide darkness and night-time privacy and are available in a range of monochromatic colours and contemporary textures while light filtering fabrics are a wise choice if you need both light and complete daytime privacy. These come in a range of opacities, colours and textures. Sunscreen blinds allow you to see out of the window during the day whilst the woven mesh fabric is designed to block UV rays and control solar energy, effectively reducing the amount of glare or heat transmitted into your home through the windows. They will prevent your soft furnishings from fading while offering a degree of daytime privacy from your neighbours or street traffic - so long as there is enough light on the outside of your home. At night with your lights on they will operate in reverse so be aware that you will lose your privacy. If you require both day and night-time privacy there is an option to install a twin bracket which offers the ability to have both a sunscreen blind and a blockout blind in the same window. These blinds operate independently. Roller blinds are easily fitted onto the architraves of almost all windows and when they are not required they roll up to be most unobtrusive.



OAMARU
SPORTS & OUTDOORS

Anything to do with fishing
SEE THE TEAM!

223 Thames St Oamaru | Phone 434 5609
Over 60 years local experience

OAMARU + PHARMACY

Your Pharmacy

Let's talk about Knee pain

Knee Pain is a common condition that can be caused by both short-term and long-term problems. Many short-term knee problems can often be resolved with some self help, aiding their own recovery. The treatment for knee pain will depend, to some extent, on the cause of the problem. However, simple remedies can help. With many forms of knee pain. Improving physical activity, Exercises to strengthen the upper thighs can benefit the knee joint this Also may delay the development of osteoarthritis (OA), one of the most common causes of knee pain. Being physically active boosts the health of cartilage tissue, whether a person has osteoarthritis or not. Exercise also strengthens the way the body supports the joints. Strengthening the leg muscles is especially beneficial for the knees. Be aware of posture and support by avoiding low chairs and couches that you "sink" into, sitting on a pillow to raise your seating level, if necessary , checking that you have a good sitting posture, without slouching or leaning , wearing supportive shoes and avoiding those with broken arches, as they can result in abnormal force and wear on the knee , avoiding prolonged sitting and long periods without moving, as joints may become stiff and painful without movement. Keeping an eye on the weight and diet also help to relieve and prevent knee pain.

A good diet can help people maintain a healthy weight and may have anti-inflammatory properties. People who have excess weight or obesity have a higher risk of knee pain. Carrying extra weight gives the joints more work to do. Losing it helps to reduce long-term knee pain, including pain caused by arthritis. Extra weight on your body increases inflammation throughout the body and the knees are affected too. Self-massaging, Massaging with medicated rubs, natural pain aids and aromatherapy preparations, may also help to reduce the pain. Protection, Rest, Ice, Compression, and elevation (PRICE) may help to treat mild knee pain that results from a soft tissue injury, such as a sprain. Rest can reduce the risk of further injury and give tissues time to heal. However, stopping all movement is not advisable, as this can lead to stiffness and, in time, muscle weakness. Ice can help reduce swelling and inflammation. Never put ice directly on the skin, as this can lead to further damage. Compression with a knee support, for example, can increase comfort levels. The support or bandage should be firm but not tight. An obvious knee injury caused by sudden trauma, such as from a road accident or a fall, may need immediate medical attention. A knee should be checked by a doctor if there is considerable pain, deep cuts, swelling, or the person is unable to use their leg. For other cases of knee pain, a doctor will need to examine the problem if it: persists for a long time, gets progressively worse, disrupts daily activities, It is important to get a diagnosis and treatment if knee pain involves red, tender, warm, and swollen joints. At Oamaru Pharmacy, we have a wide range of products that can help you to look after your knees, for knowledgeable advice and friendly service come and see the team at Oamaru Pharmacy, Your Pharmacy

Central Coast Country

Music Assn. Inc.

October 13th - 1pm 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



PH. TOM 021 0233 2002 OR 434 3326

General indoor & outdoor repairs, fencing, decking, bathroom, kitchen renos & more...

YOGA

Classes for Term Four 2019
Begin from the 15th of October

Tutor: Margaret Mitchell

Tuesday evening 5:45pm - 7:00pm -

Full term (10 weeks) or casual fees

Above classes \$80.00 term fee (\$10.00 casual)

All classes at St. John's rooms in Exe Street.

Register with Margaret: 027 534 1951

E-mail: margs1979@hotmail.com

FOTOGRAPHIX

DID YOU KNOW WE DO
6X4 PRINTS FROM
19c

FUJIFILM Your local photo expert!
IMAGE SERVICE

207 Thames Street Damaru
03 433 0015
sales@fotographix.co.nz

ST JOSEPH'S SCHOOL

INTERNATIONAL
FOOD
FAIR

SUNDAY 20TH OCTOBER

GATES OPEN 11.30 AM
FOOD AVAILABLE FROM 12NOON

FOOD | FUN | FRIENDS | FAMILY

The event highlights include:
- Cuisine from around the world
- Cake wheel
- Bouncy castle
- Raffle tickets





- Progressive
- Positive
- Proactive
- People Matter

MAKE IT HAPPEN

Vote Liz Cadogan

Authorised by Liz Cadogan, Weston, Oamaru.



Vote Bill Kingan

for Corriedale Ward WDC

Experience

Positiveness

Rural Voice

Authorised by Bill Kingan, 71 Wellington St, Oamaru.

Otago Regional Council Moeraki

**VOTE
Kevin Malcolm**



- Accountable Performance
- Positive Sustainable Future

Authorised by Kevin Malcolm, 570 Fortification Rd, Oamaru



“Our economy relies on agriculture.
Our prosperity relies on nature.
The ORC must have the long-term
vision to protect both. ”

Vote Gail May-Sherman
for Otago Regional Council

Socially-responsible, research-based policies
that **invest in our future.**

For more information, visit www.gail4orc.co.nz

Authorised by Gail May-Sherman, 65 Wansbeck St, Oamaru.

**WAITAKI
OAMARU WARD**

**VOTE
HANA HALALELE**



MY WHY

I care about the people in our Waitaki region. I have a passion for community empowerment and am willing to serve and represent the diverse cultures, needs and views in our community.

I believe we should invest in the well-being of our people and community. If elected, I will continue to serve with integrity and compassion by advocating, inspiring and

Authorised by Hana Halalele, 9 Warwick Street, Oamaru.



**Vote:
Iain Clark**
Oamaru ward



Authorised by Iain Clark, Candidate, 24 Till St, South Hill, Oamaru.

SUPERGROW DOMESTIC TUNNEL HOUSES



LOCAL AGENT

RUSSELL MCDONALD

Ph (03) 431 3513

Mb 027 226 9679

Em: mcdonald_family@xtra.co.nz

www.polythenepvc.co.nz

- Light and Simple Construction
- Available in Kitset or Installed
- NZ made, Competitively Priced
- Extra Vents & Doors Available
- Available in Six Different Lengths
- High Quality Cover with 5 Years Ultra Violet Warranty

OAMARU + PHARMACY

Your Pharmacy

GO HEALTHY



RRP \$39.99
\$26.99

INTRO
OFFER

**Go Hemp Seed Oil
Plus Turmeric 100 SoftGel Capsules**
Go Healthy, Wellington



RRP \$39.99
\$26.99

INTRO
OFFER

Go Kombucha Energy
60 Vege Capsules
Go Healthy, Wellington



RRP \$34.99
\$22.99

INTRO
OFFER

Go Apple Cider Vinegar
1000 mg 90 Vege Capsules
Go Healthy, Wellington



WOW!
\$22.99
RRP \$42.50

Go Glucosamine 60s Capsules
Go Healthy, Wellington



NOW
\$19.99
RRP \$37.99

Go Magnesium 1 A Day
60s Capsules
Go Healthy, Wellington

These deals are only available from Tuesday 8th Oct to Monday 14th October
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

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
print©

Topflite

HAVENWYCK
fantastic PETS
Also where to find them



Nutrience
Aqua One



\$1,600 of prizes

Age 3-6 7-14 15-Adult. (Winners drawn 12th of October)
To entry - Colour in and drop to Havenwyck Pets, 2 Coquet St.

Name:

Ph:.....

North Otago Motor Group



HOLDEN

**EQUINOX LT
Demonstrator
\$35,990 (pw \$144)***



CAR OF THE WEEK
Mon-Fri 8am to 5:30pm, Sat 9am to 12pm

24/30 Severn St 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's car of the week is the Equinox LT Demonstrator. I love this vehicle because it's peppy for taking family away during Holidays. Heated front seats, 4 USB points, embedded SAT-NAV and extra cabin space for the whole family to feel comfortable, easy to park and a great ride, so come in and check it out and be safe on the roads these School Holidays. 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. Have a great week. Follow me on facebook. ([f renee millin - north otago motor group](https://www.facebook.com/renee.millin.north.otago.motor.group)), Renee 0800660070



Renee

Be local

www.ShopOamaru.co.nz



VOTE
Colin Wollstein
for COUNCILLOR
OAMARU WARD

- Chartered Accountant for 40 years.
- Financial Expertise and knowledge.
- Chairman of Finance, Audit and Risk Committee.
- Experienced in governance and business.
- Common sense practical decision maker.
- Passionate advocate for Waitaki District.
- Support Irrigation development, Rest Home construction, Tourism infrastructure, Alps to Ocean Trail.

**A vote for Colin is a vote for
a Positive Future for the Waitaki
District.**

Authorised by Colin Wollstein, 43c Hull St, Oamaru

**NORTH + TAGO
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



Winner of

ASK A LOCAL

for the Shop with the best service in North Otago



The Smiley Team

Totara Teatime Special

With
Sir Ralph Sherwood on the pianoforte
... and a trolley full of cakes!

Sunday October 13th,

12 p.m. - 4 p.m.

Totara Estate - State Highway 1,
8km south of Oamaru



For bookings:

f Totara Estate Phone 03 433 1269

Email totaraestate@heritage.org.nz

Next event 10 November 2019

SHOP OAMARU

Thank you for shopping Oamaru

11 Local Shops Now listed online

Register your shop today

www.shopoamaru.co.nz

Vote

John Shaw in the Oamaru Ward



John Shaw stands for;

- Timely accountability to ratepayers
- Logical planning & prioritizing
- Ensure fair value for ratepayers
- Greater need for independent voice & thought
- Intelligent debate & acknowledgement of alternate

Authorised by John Shaw, Phone 021 439778, Email: jkshaw@xtra.co.nz

Kitchens

Decks/fences

Exterior/interior

painting



M.G.E Home Maintenance

Ph: 021 484 233

Email: murrayandvi@gmail.com

Small building

alterations

Bathrooms

Internal plaster

Play it safe, protect your face

CUSTOM-MADE MOUTH GUARDS



- Made & Fitted by qualified and registered clinical dental technicians
- Better protection
- Better fit
- Better breathing and speaking ability
- Range of colours

**OAMARU
DENTURE CLINIC**

Jenny Wang Registered Clinical Dental Technician P.G.Dip. C.D.T.
4/6 Coquet Street, Oamaru | Mon-Fri 9am-5pm
(03) 434-7560

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

got a ding?

SEE

PANEL & PAINT

North Otago Motor Group



Approved Insurance & Private Work Welcome

(03) 433 0145 - 24-30 Severn St

Pre-Approved

Approved

FMG
Advice & Insurance

Collision Repair
ASSOCIATION
CRA

STATE

ami

Smith & Smith
SINCE 1878

iag

N4

Lumley

Community Diary

Wednesday 9th

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

Cancer Society Support Group Meeting at the Community House meeting room, 100 Thames St at 10:30am. All Welcome Ph. L Kennard 434 3284.

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

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. Linda 434 1136 Noeline 4372501.

Oamaru Friendship Club meet, 10am at St Johns, Exe Street. New Members welcome. Ph 4346249

Thursday 10th

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. Christine 434 2223

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

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

Friday 11th

AA Meeting, Orwell St Chapel, 12noon, Ph. 0277 227818.

The Ecumenical Spring Afternoon; at 2pm. Eveline Church, Speaker: Damien Goodsir.

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

Waitaki Travel Club; Monthly meeting, The Manor Estate at 10am; Guest Speaker "Dawn Perkins" Cruising the Mississippi.

Saturday 12th

Pink Ribbon Breakfast, 8am at St. Luke's Church Hall, 3 Wharfe St. Raising funds for North Otago Cancer Society Tickets \$15 each. Ph 4372089

Sunday 13th

AA Meeting, Orwell St Chapel, 6pm, Ph. 0277 227818 or 437 2337.

Excelsior Petanque Club day, 1pm. 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 14th

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

Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex.

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

Tuesday 15th

AA Meeting, Orwell St Chapel, 7:30pm, Ph. 0277 227818 or 437 2928.

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

Public Notices

Ever wanted to visit Kuriheka Homestead? S. Andrew's Church, Maheno is organising a fund raising tour. Thu, Oct 24th in the afternoon. For further details, ring Bernard Wilkinson 434 5514.

Parent to Parent Quiz Night, Wednesday 16 Oct, Register your team 6pm starts 7pm, Teams of 4-6 people - \$30 per team. Galleon Family Complex. Contact Sheryl on 027 808 3949.

St John's School International Food Fair, Sun 20th Oct, Gates open 11:30am. Food, Fun, Friends, Family and more...

Classes and workshops

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

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

Looking for long term 2/3 bedroom rental / farmhouse around Kurow - Duntroon areas. Great references. Ph. Jasmine 0272929961

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

For Rent

South Hill Sea views, 5min walk to Historic & town. 3 bedrooms, Heatpump & log burner. Newly Renovated. Ph. 027 917 6546 \$350 pw.

THAI FOOD

 BANGKOKRECIPE.CO.NZ 

 03 434 6245  220 THAMES ST.

BANGKOK recipe

Date Scones

Ingredients: 2 cups (250g) self raising flour, 1 teaspoon baking powder, pinch of salt, 2 teaspoons White Sugar, 1 tablespoon butter, 1/2 cup (70g) chopped dates, 1 small egg, beaten, 150ml milk

Method: Preheat oven to 200 degrees C. Sift together flour, baking powder, salt & Chelsea White Sugar into a large bowl. Rub in butter until mixture resembles breadcrumbs. Stir in the chopped dates. Combine the egg & milk in a jug. Stir into the flour mixture to make a soft sticky dough. Turn dough out onto a lightly floured surface. Knead for 30 seconds or until just smooth. Cut the dough into about 8 squares or rounds, brush tops with a little milk and place on a tray. Bake about 10-15 minutes or until golden. Serve with butter & Honey or Maple Syrup.

Malo, Bula vanaka, kia ora,

Im Wendy Joy, Healthy Homes Coordinator at Fale Pasifika O Aoraki. The Pacific Healthy Homes Project is an innovated project that has been created in response to Pasifika children presenting to Emergency services suffering from illnesses such as asthma, excema, flu's and other childhood illnesses, that are often related to living in cold damp environment. The statistics show this, which in turn is creating extra cost and stress on the health system.

So Fale Pasifika came up with a innovative project that allows for the health and well being of the family members and the home to be assessed.

We are using the model of Fale Oranga and taking our service to the peoples homes where we complete an overall assessment of the home and family, by talanoa (discussion) and asking questions, which opens up conversations to occur where we can have the opportunity to provide education about the Health Care system in New Zealand and to work with the family to ensure registration with GPS and feel comfortable to use the GP when necessary.

Winter is particularly challenging with many of our Pasifika families living in cold, damp homes. Our house checks involve:

- checking insulation is up to regulation,
- ensuring the home has adequate curtains throughout,
- everyone has an adequate bed and bedding and so forth

When a need is identified we can advocate, provide education to or refer to other services as required. Sometimes this may require:

- having conversations with landlords,
- showing our clients how to clean their heat pump filters or
- demonstrating how to use Draught Boss, a helpful, cheap draught stopper.

Our assessments are practical, hands on and language is not a barrier as we complete the assessment with another Fale Pasifika Pasifika staff member to ensure language and culture are not barriers.

Our region is one of the coldest in New Zealand, Pasifika people are living in cold, damp homes and we want to work with families on prevention, reducing the illnesses seen in Pasifika children in the hospital system. Our aim is to address these issues and educate our Pasifika families about the New Zealand healthcare system. These two programmes cover Oamaru, Timaru and Ashburton. It is free and for Pasifika families who have children up to 14 years of age. We welcome your queries, suggestions or referrals, by phone or email. Fale Pasifika office: 03 687 7585. office@falepasifikaooraki.org.nz
Facebook: fale pasifika o aoraki

CORRIEDALE WARD



GUY PERCIVAL



Rural Advocate

Authorised by Guy Percival, 55 Ruthford Road, Oamaru.

EXPERIENCE

ENERGY

100% COMMITMENT





JIM HOPKINS

Authorised by Jim Hopkins, 16 Tamar St, Oamaru.

www.oamaru.net.nz Handy Phone Listings

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

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

Chiropractor

▶ Oamaru Chiropractic.....021 729 868
Robert Brydges179 Thames St
▶ Ron Sim Chiropractor.....434 8784
.....23 Eden St, Oamaru

Clairvoyant/Life coach

▶ Rosina (Rose) Stewart021 126 3329

Cleaning

▶ A1 Spic n' Span.....434 5534
Almost ALL Cleaning027 737 8423
▶ A+ Services NZ Ltd.....0800 155 166
windows, gutters and carpets..... 027 7144 812
▶ Oamaru Chimney Sweep.....434 8025
.....027 436 1315
▶ Hoppys Cleaning Service ...0211327685
Home cleaning service "OVENS & more..."

Contracting

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

Counselling

▶ AYR St - Counselling027 6861849
Kaye Mattingley...Dip.Grad.S.Sc.Ōtago.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

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

Electricians & Appliances

▶ Robert Jones - Electrician. 027 445 0523
.....434 0994
▶ Whitestone Appliances..... 021 366 446
.....repairs.....434 6810
▶ VES - Valley Electrical Services
.....Registered Electrician.....021 1177045

Entertainment

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

Gardening & lawns

▶ Ashley's Lawn & Garden Care.4372865
Keeping your lawns in order.....0221086606
▶ Great value Garden/Mowing Services
Tim.....021 088 27344 or 434 3327
▶ Jim's Mowing Oamaru.....03 437 1892
.....Mark deBuyzer 0273187413

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

Painters & Decorators

▶ 0800 Mr Painter0800 677 246
.....027 437 4367
▶ Matt Geareavailable now. 027470 3780
▶ Don - Painter027 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

Plumbers

▶ AG Plumbing.....021434950
.....Blocked drains & CCTV Camera
▶ Cunningham Plumbing, Oamaru
.....Plumbing & Drainlaying.....0800 555 105
▶ Foley Plumbers Oamaru.....434 2330
.....Sam Boswell.....0800 303 530

Spider & Pest Control

▶ A+ Services NZ Ltd 0800 155 166
.....Spider & Moss Spray..... 027 7144 812

Storage

▶ Self Storage Weston434 9558
.....20 Foot Shipping Containers
▶ Waimate Self Storage03 689 0811
.....brand new facility.....027 689 0011

Tiling

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

Transportation & Rental Vehicles

▶ Airport/Hospital, Oamaru Tour
.....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.tintawindow.co.nz

North Otago Motor Group

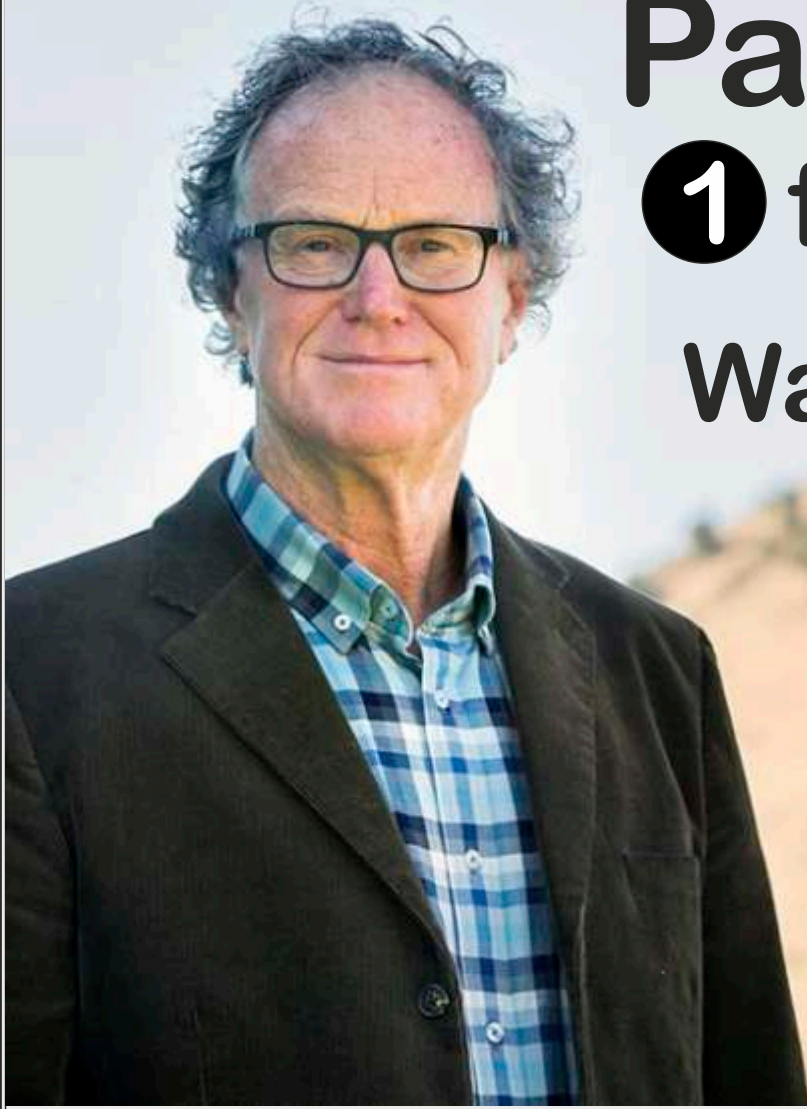
18 years Rental Experience in North Otago



RENTALS

24 hours - 7 days
Rentals by the hour, day or longer

- 8-12 Seater Vans
- Shuttle Trailer Hire
- Bike Trailer Hire
- Car Rental



Paul Mutch

1 for Mayor

Waitaki

- **Honour**
Our youth, community & cultures
- **Facilitate**
Building warm heathy homes
- **Develop**
The very best medical services
- **Value**
Industry, Innovation, Education
- **Promote**
Growers of the best food from the greatest environment in the world

MY PERSONAL THANKS

I am humbled by those who have supported me throughout this campaign - friends from the past and new friends. I have been taken into your homes and businesses, around your farms and building sites. I have visited natural wonders, wetlands and planting projects. I have talked with truly amazing people. And I have received much sound advice along the way.

In the end your messages were simple. You want your roads, footpaths and rubbish issues sorted. Affordable housing. Work and business opportunities. Health and well-being support.

Let's work together and consult openly as a community.

WE ARE ALL IN THIS TOGETHER!



“The energy that drives me is from our land, our people and for our future.”

Vote Paul Mutch – Enabling Progress