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Issue 464



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Hi, looking forward to the wee break this weekend - A good chance to get out and enjoy the Spring. A reminder - there will not be a Telegram on these weeks of Christmas & New Year - 24th, 31st Dec 2019 & 7th Jan 2020. It would be wise to book events and advertisements early. The first Telegram of 2020 will be out on the 14th Jan. The Telegram will be to running a "Best Service Award" for Oamaru Businesses - during the month of November. The winner will receive one years free advertising and your response will be given to each Business. So, look out for next months Telegrams for entry forms. Enjoy your week, regards The

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Fantastic we have SUN! After all that lovely rain soaking down to where it is needed in Spring. Every day something new and beautiful greets me in our garden - this week fragrant Lilac, Irises, Viburnum, English Abutilon and Kowhai to please the birds. If you need to shift Rhododendrons, Azaleas or Camellias - do it immediately after flowering, before they put on their new season growth, and if your Spring flowering Shrubs are in need of a trim, prune them back once they have finished flowering.

Mulching right now will help keep the moisture we now have, deep down where it will be needed if we get those October winds. Mulch breaking down into soil will not only retain moisture but improves soil structure while suppressing weed growth. Mulch can be straw, grass clippings, soft hedge clippings or weed free compost to keep exposed soil from baking while plants are establishing. To create a new top soil, continual mulching plus Gypsum breaking down into clay or poor draining soil will eventually convert poor soil into good growing soil.

Geraniums and Pelargoniums are available now and should be planted in a sunny position where roots will never sit in water.

Fuchsias are also on offer - they benefit from moist soil and afternoon shade to thrive as do **Hydrangeas** - both Fuchsias and Hydrangeas take over from Spring flowering Shrubs to give Summer and Autumn colour and there are so many beautiful varieties to choose from.

Dahlias, will be shooting now - tubers will rot if sitting in wet ground too long - good drainage and full sun is the place for them. Roses should now have new growth, this is the month to feed them with slow release Fertiliser which will add nutrients to roots when ever water is applied.

Potted plants also need slow release fertiliser. Re-pot any plants that have been in the same container for more than three years. Pot bound plants will need have the root ball removed, using a sharp spade, and can probably go into the same pot once most of the old potting mix is removed and fresh mix and water crystals are packed around the roots.

Cymbidium Orchids can be divided and re-potted now if crowded - and time to look for shoots appearing on tuberous Begonias. If they are beginning to move, divide if needed by slicing with a sharp knife at an eye, then bed into damp sawdust until ready to plant.

Water lilies are available this month and need to be planted in a basket lined with Sphagnum Moss or a double layer of Chux dish cloths, then add garden soil, slow release fertiliser or manure, more soil then the Lily and lastly a thick layer of shingle placed on top to help weigh the basket down in the water and stop the fertiliser / manure leaching out, which will create green slime growth in the pond.

Lawns: Moss will be a problem in lawns after all the rain - I will be dealing to mine with Sulphate of Iron watered on with a watering can (directions on the back of pack). Moss will turn black and die, rake out with a metal rake, loosen soil and re-sow with grass seed. Poor drainage, shade or compacted soil will be the reason Moss takes hold. Aerating with a fork or spiky shoes, a top dressing with compost will add humus and encourage worms. Lawn weed spraying will work now also - I like to spot spray only in the hope of missing as many worms as I can.

Fruit and veg: Right now in the veg garden there will be Potatoes being mounded, planting of Beans and Salad Greens, Peas, and Beetroot. Pumpkin and Corn can be planted now also. That fabulous pig manure is on offer again - spread on top of soil to suppress weeds and the worms will take it down

Grapes are beginning to show leaf - if dampness hangs about, they could be affected by fungus - if noticed spray with an organic fungicide while growth is new and continue until days become hot and dry

Codling Moths: If you have had trouble in the past with Codling Moth, get traps in place now before fruit forms. Codling Moths attack Apples, Pears, Walnuts, Quinces, Crab Apples and stone fruit such as Plums and Peaches. The females lay their eggs on the foliage near a young fruit and when the grub hatches, it crawls to the fruit and eats its way inside.

Once inside it is very hard to control. After a period of time of feeding it emerges and forms a cocoon in the loose bark or under the tree, where it will Winter over to emerge as a Moth in the Spring/Summer and start the cycle again. A female moth can lay up to 300 eggs during her short life. Some trees never attract the moth, but if one does you can be sure others will be chosen close by. Eradication of codling moth: Quarter fill a tin or plastic milk container with treacle and hang in the tree to attract male grubs - the treacle is said to smell like the female pheromone which will attract the male grub into the container to reach a sticky end. A double bonus is that the treacle will attract grub eating birds.

Rockvale Garden in Weston is full of Spring beauty right now and open daily - bring a picnic. Seating is plenty, toilet available / donation entry. Cheers, Linda

Trees Need Trimmed?



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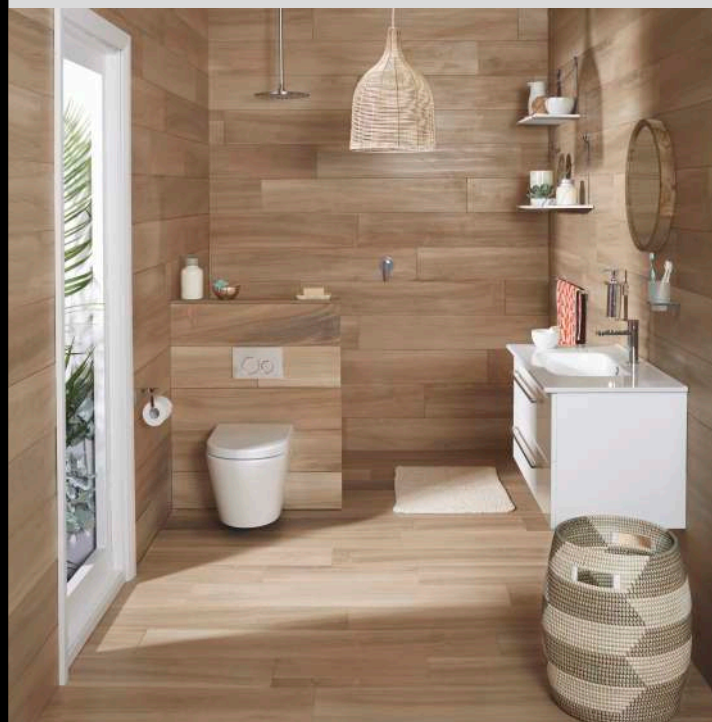
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Let's talk about Allergies

You certainly see an increase in the hay fever type of illnesses with the allergens that float around as you get to the warmer months. For hundreds of thousands of people however, Spring brings with it pollen and the misery of hay fever. Allergies are the most common chronic health condition affecting New Zealanders. At least one in five is affected, and this is likely to rise. Allergies are caused by the immune system overreacting to something that is otherwise harmless to most people.

Allergic Rhinitis, most commonly known as hay fever is the most common symptom of allergies. It causes a recurrent runny, stuffy, itchy nose, and frequent sneezing. It can also affect the sinuses, throat and ears. It may affect the eyes for some people, as the protein found in pollen can cause their eyes to become irritated and inflamed, this can become quite uncomfortable and even debilitating preventing you from enjoying warm, sunny days when the pollen count is at its highest.

Fortunately there are many products available to treat and prevent allergy symptoms. Such as nasal sprays, antihistamine tablets, eye drops, and health supplements. Other ways to help protect you against Allergic Rhinitis are keeping your home and car windows closed on windy days during the pollen season (August to March), avoid mowing lawns or walking in long grass and wear close fitting sunglasses. Reduce house-dust mites by vacuuming often and shampooing the carpet regularly. Consider using dust-mite-proof covers for mattresses, duvets and pillows. Keep pets outdoors and regularly vacuum their hair or fur off the floor and furniture. Avoid dry dusting - instead use a damp cloth to wipe over surfaces. Hot wash bed linen weekly, and air blankets in the sun for about 4 hours to kill dust mites.

Come in and see the team at Oamaru Pharmacy, we are always here for you with professional friendly advice. And check our mailer for amazing discounts.

Update Microsoft Windows computer

Since the introduction of Microsoft Windows 98, Microsoft has greatly improved the way users can update their computer. Below are steps on how to perform these updates as well as additional recommendations.

If you are running Microsoft Windows 98 or a later version of Microsoft Windows, you are eligible to update Microsoft Windows, and in some cases, your computer hardware with the latest drivers through Microsoft's update site. To perform this update, follow the below steps.

Visit <http://windowsupdate.microsoft.com>, clicking on this link will open a new window for you. For this page to work you must view it in Internet Explorer. On the Microsoft Windows Update page, select the option Scan for updates. If prompted to install a plug-in, click Yes. Not installing this plug-in will prevent you from scanning for updates.

Because this feature must query your computer, Microsoft will gather information - allowing the software to know what it needs to update. , Unless otherwise stated in Microsoft's Privacy statement, Microsoft collects your operating system version, Product Key, Internet Explorer version, Version numbers of other programs Microsoft provides updates for, ID numbers of the hardware devices installed in the computer, and region and language settings.

After Windows Update has completed scanning, you should be able to view the available updates for your

computer. It is highly recommended that you first update all critical updates and service packs that are available. In some cases you may be only able to do a few of these each time.

Although Microsoft does provide some driver updates for hardware devices, it is important to realize that they will not have all the latest drivers. You may wish to consider updating the drivers directly from your computer manufacturer. See the computer drivers page for a listing of hardware manufacturers and a link to their drivers page.

Note: Whenever you are prompted to reboot the computer, do so. This is a very important step and in some cases may be required several times before you have completed all the Windows updates. After the computer has rebooted, make sure to visit the Windows update page again to make sure all the files you need are downloaded.

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Researchers from the University of Otago

will be in Oamaru at the end of the month signing people up for the Free Meds Study. Lead researcher Professor Pauline Norris, says "we know that a lot of people struggle to pay the \$5 prescription charges, so we are doing the study to find out whether free prescriptions would improve people's health". People participating in the study will get either free prescriptions for a year (from 1 Feb 2020), or \$100 at the end of the study year. The team are looking for people over 18, living in the North End of Oamaru, who are either taking medicine for diabetes or taking antipsychotic medicines like quetiapine. The study is funded by the Health Research Council and has been approved by the Health and Disability Ethics Committee.

The research team will be in Oamaru on Wed 30th and Thursday 31st of October. They will be at the Hospice Hub (just next to the Hospice shop) at 343 Thames Highway from 12 noon until 7pm each day, so if you think you might be interested in participating please drop in.



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Duck hunting still going ahead next year

Information spread by the Coalition of Licenced Firearms Owners (COLFO) and picked up by ACT's David Seymour is incorrect.

Our interpretation of the act is that steel shotgun ammunition is not classified as prohibited ammunition by the Arms (Prohibited Ammunition) Order 2019.

The ammunition that is referred to is rifle ammunition with a steel core designed to defeat body armour NOT steel shotgun ammunition.

Fish & Game has been working with the hunting sector to provide meaningful enhancements to the new Arms Legislation Bill that will increase public safety.

"This is a time when firearms groups should be working together for the public good".

"Fish & Game advocates for and represents over 40,000 Game bird hunters around New Zealand, and steel shot is used by these hunters to keep toxic lead out of the environment. We would be shocked if the environmental benefits of steel shot were outlawed". *Fish and Game NZ*

REALFOOD PANTRY

Yeast spread - Like Marmite

1 cup Brewers yeast, ¾ cup warm water
1 Tbs Soya sauce, 1 tsp salt (flavoured eg celery)
1 tsp celery seed (optional)

Put all ingredients in a small pot, heat slowly for a few minutes until mixed and as many lumps as possible smoothed out. Should be a thick consistency but pourable.

Let cool. Pour into a jar and keep in fridge.

Should keep 3-4 weeks.

Lemonade Syrup

½ Tbs Citric acid, ½ Tbs Tartaric acid

1 Tbs Epsom salts, 1.225kg Sugar

Juice and rind of 9 lemons, 2 Litres water.

Bring to boil sugar, citric acid, tartaric acid, Epsom salts and lemon rind add lemon juice and simmer for 5 minutes, Strain, cool then bottle.

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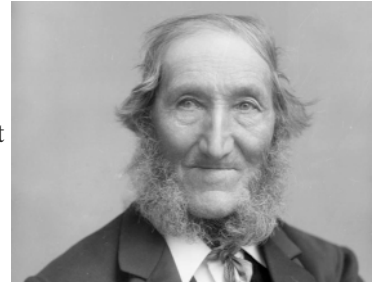
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Fighting for the eight-hour working day

Labour Day commemorates the struggle for an eight-hour working day. New Zealand workers were among the first in the world to claim this right when, in 1840, the carpenter Samuel Parnell won an eight-hour day in Wellington.



Labour Day was first celebrated in New Zealand on 28 October 1890, when several thousand trade union members and supporters attended parades in the main centres.

Government employees were given the day off to attend the parades and many businesses closed for at least part of the day. The date, 28 October, marked the first anniversary of the establishment of the Maritime Council, an organisation of transport and mining unions. The fledgling union movement was decimated by defeat in a trans-Tasman Maritime Strike in late 1890 but, despite this, the first Labour Day was a huge success. In Wellington, the highlight was an appearance by the elderly Parnell, who died just a few weeks later. From the mid-1890s the union movement began to recover slowly under the Liberal government. The Liberals' industrial conciliation and arbitration system, introduced in 1894, earned New Zealand a reputation of being a 'working man's paradise' and a 'country without strikes'.

Early Labour Day parades drew huge crowds in places such as Palmerston North and Napier as well as in Auckland, Wellington, Christchurch and Dunedin. Unionists and supporters marched behind colourful banners and ornate floats, and the parades were followed by popular picnics and sports events.

These parades also had a political purpose. Although workers in some industries had long enjoyed an eight-hour day, it was not a legal entitlement. Other workers, including seamen, farm labourers, and hotel, restaurant and shop employees, still worked much longer hours. Many also endured unpleasant and sometimes dangerous working conditions. Unionists wanted the Liberals to pass legislation enforcing an eight-hour day for all workers, but the government was reluctant to antagonise the business community.

What the Liberals did do was make Labour Day a holiday. The Labour Day Act of 1899 created a statutory public holiday on the second Wednesday in October, first celebrated in 1900. The holiday was 'Mondayised' in 1910, and since then it has been held on the fourth Monday in October.

In the first decade of the 20th century industrial unrest reappeared. The Liberal government was in decline, prices were rising and the Arbitration Court was seen as reluctant to raise wages. The more militant labour movement that emerged from around 1908 rejected the Liberals' arbitration system and condemned the increasing commercialisation of Labour Day parades. Many floats advertised businesses as well as temperance organisations, theatres, circuses and patriotic causes. Some socialists promoted May Day (1 May) as an alternative celebration of workers' struggles. Although unionists and their supporters continued to hold popular gatherings and sports events, by the 1920s Labour Day had begun to decline as a public spectacle. For most New Zealanders, it was now just another holiday. <https://nzhistory.govt.nz/politics/labour-day>



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Motoring with Renee

Hi! Renee here, Sales Manager for North Otago Motor Group. This week's car of the week is a Toyota Prado VX-4WD, the metallic blue SUV with seven seats is the ultimate large family wagon, for towing a boat or caravan up the lakes this Summer. It has keyless start, reversing camera, parking sensors and towbar fitted - everything you need in a SUV. The height off the road gives you great visibility and a comfortable ride, whether on the road or 4WDing. So come in and check it out and be safe on the roads. 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 runabouts, 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



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Community Diary

Wednesday 23rd

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

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

"Monarch Butterflies are the symbol of hope", 7pm doors open at 6.30pm, Loan & Mercantile Building - Harbour Street, Tickets \$15 - includes supper.

"Minding Her Own Business" Dr Catherine Bishop will talk about the successful New Zealand & Australian business women of a century ago.

Thursday 24th

Baking & Produce for Labour Weekend! Fundraiser Orphanage of Hope Uganda, in conjunction with House of Breakthrough, Oamaru. 9:30am outside Camerons.

Disability Information Mobile Service, Oamaru Hospital Reception area, 12pm - 2pm, Ph: 0800115891, Equipment & aids to support independence, Eftpos available.

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

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

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 25th

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

Meadowbank Bowling Club, 14 Conway Street, Social bowls, names in by 2pm bowlers and non bowlers welcome. Ph 434 7196.

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

Summer Indoor Bowls at 7 pm at the N.O. Indoor Bowls Centre, Centennial Park. All players and non players welcome. Ph. 437 1704

Saturday 26th

Nicol's Blacksmith Shop, Duntroon. Open with Blacksmiths working **Saturday and Sunday** 10am-3pm, beginner courses available, booking essential. judithwaterston@gmail.com or find us on Facebook - Nicol's blacksmith, for regular updates

Sunday 27th

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.

Scottish Hall Market - 10am - 2pm. Lots of crafts and treasures on offer - Victorian and Edwardian hats and accessories, shabby chic items, crafts, secondhand goods. **New stall holders welcome** - to book a stall, ph Lisa 027 706 9902 or Wendy 021 515205 Scottish Hall, 10 Tyne St.

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

Monday 28th

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.

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

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

Tuesday 29th

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

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

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

Public Notices

YOGA Term 4-2019 Classes on Tuesday Evening \$80.00 term fee (\$10.00 casual) Beginning from 15th October, 5:45pm to 7pm. Ph. Margaret on 027 534 1951; email margs1979@hotmail.com

AGM

Excelsior Petanque Club AGM Wednesday 30th October at 3:30pm at Club rooms.

Oamaru Garrison Band, notice of AGM Tuesday 29th October 2019 at 7:30, Chris Rusbatch Secretary.

The Tokarahi Collie Club AGM and GM on Wednesday 6th November 2019 at 8pm at the Tokarahi Collie Club/Golf Club Rooms. Apologies to Secretary Cindy Douglas 034312585.

The Waitaki Girls' High School Old Girls Assn. Notice of AGM Saturday, 2nd November commencing with a luncheon at The Star & Garter at 12 pm. Phone Lyn 439 5364 if attending.

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 Free

Bantam Roosters 9 weeks old. Tame & friendly, beautiful colours. Pekin cross. 2 available. ph. Kate 437 1327.

For Sale

Sheep Manure, \$5 per bag delivered in Oamaru boundary txt or phone 021 66 0381.

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

CHILDCARE; In Weston area. Caring for 21 month old twice a week 9am-11.30am. Must have drivers license. Until Christmas but may extend to 2020. Ph/Text: 0211243101

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

Walkers wanted to deliver the Telegram and circulars on Tue/Wednesday, ph 027 338 7002 or 4341103, stevehedges@kinect.co.nz.

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



Christmas Mini Sale

At St Lukes Church,
3 Wharfe Street

Saturday 2nd Nov- 10am-2pm

lots of; home baking, crafts,
stocking fillers + more!

Good old fashioned morning tea!

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C.M.S workers in Cambodia

more info **0276486023**
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Sunday November 10th

12 p.m. - 4 p.m.

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Email totaraestate@heritage.org.nz

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Excelsior Petanque Club New

The weather last week wasn't good but Wednesday turned out a good day for the clubs ladies singles championship. The results of most games were very close.

- 1st Suzanne Tonkin. 6 wins plus 39,
- 2nd Janice Griffin. 4 wins 1 draw plus 29
- 3rd Barbara Bain. 3 wins plus 1
- 4th Jenny O'Sullivan 3 wins minus 17

Bricklaying

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- ▶ 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
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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

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.....027 284 9994
- ▶ Robinson Gray021 173 6161
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.....repairs.....434 6810
- ▶ VES - Valley Electrical Services
.....Registered Electrician.....021 1177045

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Steve..... 021 1148 900
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- ▶ Jim's Mowing Oamaru.....03 437 1892
.....Mark deBuyzer 0273187413

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- ▶ Dunbars Insulation027 789 8788
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- ▶ Tracey Vickers Design 027 5420 215
Upholstery and Furnishings03 439 5370

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sylviane@isservices.nz.....027 737 8360

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.....027 437 4367

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- ▶ 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
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