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# The Oamaru Telegram

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5th November 2019

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Issue 466

## LINDSAY WHYTE

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Great to see the Classifieds & Community Diary entries coming in before our deadline. We always hope no one misses out being in The Oamaru Telegram, so get your advert in early so you don't miss out. The printing is done here at "Oamaru Print and Copy" - and did you realise it takes over 2 days to print.

Don't forget to show your appreciation to businesses in Oamaru that have given you great service, by filling in the best service award entry form on the back page and return it to us. *Enjoy your week, regards The Telegram.*

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November brings the start of a new busy growing season ...

Spring is moving on with new growth still too tender to need our attention - we can look, touch and smell nature's gifts while weeds beckon us.

**Roses:** No flowers on my Roses as yet, but buds are forming - thank goodness for all the rain to get them off to a good start. Peony Roses are budding well, ready to delight us when they explode into flower.

**Dahlias** are pushing through now - I discovered some in shade as tree branches have spread wider. Dahlias can be shifted while leaves are still low. Take a good amount of soil that roots are growing into and plant in a sunny position.

**Hydrangeas** have leafed up and are starting to produce flower heads, so it is important to keep the water and food up to them - old stable manure, Blood and Bone, liquid or slow release fertiliser will keep them happy and flowering well. It's Lime for pink and Epsom salts or Aluminium Sulphate to keep them blue. Strong winds can be detrimental to new Hydrangea leaves - if they do get damaged, they will soon recover.

**Fuchsias** are making a lot of growth now as well. If you missed cutting any back - do it now - they will flower later, but will soon catch up. Fuchsias are on sale right now and are wonderful in a shady spot and potted.

Fuchsia tip cuttings can be taken now. If you spot some you like in a friend's garden, ask for some cuttings. I break a cutting off at a heel or a nodule section, remove some of the top growth and push into firm wet river sand.

**Abutilon** (Chinese lantern: If you are looking for something non invasive to make a show of colour against a wall, why not try Abutilon - they come in strong colours of, yellow, orange, burgundy and white. I planted yellow, burgundy and white together in a large container under planted with a lime green grass. Being a rather spindly plant, I intertwined them and they now look like one bush.

The weight of rain on deciduous tree branches makes it easy to see those needing to be lifted - if left they cast shade over surrounding plants. Any branch growing downwards with a canopy branch directly above it, can be cut back or removed altogether.

**Lawns:** Still getting heavy dews on lawns which helps to keep them lush, but hot days will soon put grass under stress - have lawn food on hand for the next good rain. If your lawns are inclined to crack when dry, they have probably been planted on soil with high clay content. Apply Gypsum (soluble lime) and water in. After a couple of years of doing this, your lawns will have a spring in them as Gypsum works its way through to break up clay pans.

**Vegetables:** The rain, even though we think there has been enough of it this Spring, has been a treat to veg gardens as hosing does not give the same results as a good rain - but of course with all lush growth, weeds will take over if left unattended. Hoeing while small, is still the best weeding method I know. Any veg planted or sown now will pop up and thrive when the sun shines.

**Tomatoes;** will be getting taller and flowering now - however the consistent cold snaps and overcast days will be holding them back, making leaves curl and take on a blueish look. This will stop once we get a continuous warm spell. On dull cold days, watering will chill them further - so water and folia feed on the warm days early in the day, to allow time for soil to warm again before the evening.

Rockvale Garden is bursting with new growth and wonderful fragrances - come wander and enjoy - open daily.

*Cheers, Linda.*

## Trees Need Trimmed?



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## Sergeant 1st Class Luby F. Herring Jr

Sergeant 1st Class Luby F. Herring Jr. arrived in New Zealand sometime after Jan. 1942. One of the between 15,000 to 45,000 thousand of U.S. servicemen to come to New Zealand, either on their way to, or to rest from the War in the Pacific. This veteran soldier, (he had been in the U.S. Army for more than 15 years) brought with him his Foot Locker/storage trunk which contained all the personal things he was allowed to carry with him. We don't know what happened to Sgt. Luby F. Herring but his foot locker was left behind in NZ and can be seen at The Waitaki Trading Post.



## Central Coast Country

Music Assn. Inc.

November 10th - 1pm START  
St Joseph's School Hall, Usk St

Members a plate please  
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## Bar Keepers Friend

has been restoring a multitude of surfaces since 1882 and is now used in millions of homes around the world. It is frequently regarded as the world's best cleaning product and is loved by many in the USA for turning heavy cleaning tasks into something much easier and quicker. What began as a polish for brass rails in taverns, Bar Keepers Friend Cleanser & Polish has become the premium household cleanser. Using a non-bleach, plant-based cleanser plus mineral scrubbing micro particles, BKF attacks tough stains from two directions. The oxalic acid, found in plants such as rhubarb & spinach, attacks hard rust & lime stains at the molecular level, breaking up the bonds that hold them together. Once those bonds are broken, the mineral micro scrubbing particles move in to finish the job, polishing as they remove deposits. This 2-stage method of cleaning is why Bar Keepers Friend is so popular for cleaning nearly every surface in your home, garage, patio, or workplace. Just because your pots and pans take a beating, doesn't mean you can't keep them looking nice. BKF Cookware Cleanser is specially formulated to tackle grease, rust stains, and other mineral deposits that can form on stainless steel or copper cookware. Do you have rings on your stove top where a pot boiled over? Those rings are made from caramelized starch and sugars that hardened on the hot surface. BKF Cooktop Cleaner has been formulated to break up those deposits and keep your cooktop looking great. Wet areas tend to build-up watermarks, mineral deposits and hard water stains ruining the look of the entire bathroom. For mineral deposits on shower glass or to remove rust, make a thick paste with the cleanser and water, leave for one minute before rubbing gently and wiping off with a damp cloth and polish dry. You will be amazed at how new your shower will look. It can be used to clean soap scum off acrylic and porcelain sinks, bathtubs, toilets, stainless steel, chrome, brass, copper, and non-coloured grout. Bar Keepers Friend is endorsed by Formica and Electrolux as their preferred cleaning product. It is one simple product with hundreds of uses. Bar Keepers Friend multi-use cleaning products deliver superior results while making cleaning simpler, easier, and more cost-effective in the long-run. Our commercial-strength retail and institutional products combine environmentally-friendly ingredients in highly effective formulations, so you can safely and confidently clean a wider variety of non-porous surfaces.

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## Community Group Donates Water Quality Equipment

Water quality testing in the Waitaki district just got a whole lot easier. The Waitaki District Council has been gifted a water quality testing kit designed to be used by community groups, and much faster and less expensive than using accredited laboratories.

The kit was purchased by the Lower Waitaki River Management Society with funding awarded through the Ministry for Business, Innovation and Employment's Participatory Science Fund. Up until 2018 the Society was collaborating with St Kevin's College on water quality testing in the habitat of Canterbury Mudfish – a very threatened native fish that has a small population on the south bank of the Waitaki River. The PSP project is now complete, however there remains plenty of demand to use the kit from other community groups. In the interests of making the kit more broadly available the society decided at the recent AGM to donate the kit to the Waitaki District Council. "It's fantastic they've donated it," says Waitaki District Council Compliance Analyst Madeline Sinha, who has kindly taken on responsibility for keeping the machine calibrated, stocked and available for community groups. "We appreciate their donation very much and are looking forward to offering the community a valuable service". The capability of the kit includes nitrate, nitrites and ammonia, dissolved phosphorus and turbidity. Most of the parameters are measured using a colorimeter; a machine that detects the coloured compounds that develop when a reagent is mixed with a water samples. Anybody with an interest in learning about using the equipment, or booking the use of the equipment should contact Madeline at the Waitaki District Council on 03 433 0300.

# OAMARU + PHARMACY

Your Pharmacy

## Terraflora™ - Broad Spectrum Synbiotic

It has finally arrived — the exciting new Terraflora™ synbiotic. A synbiotic is a combination of probiotics and supporting prebiotics. Terraflora is extremely supportive of your entire microbiome (the microorganisms in your body) and gut-based immune system.

### What is Terraflora™ ?

Terraflora™ is a broad spectrum synbiotic formulated with a combination of spore form probiotics, and advanced, food-based, ancient prebiotics designed to support gastrointestinal health.

### Who should use Terraflora?

Terraflora has Supporting Prebiotics which induce the growth or activity of beneficial microorganisms such as bacteria and fungi. It also has probiotics which have benefits such as helping to Balance The Friendly Bacteria in Your Digestive System, Can Help Prevent and Treat Diarrhea, Can Help Reduce Symptoms of Certain Digestive Disorders, and May Help Boost Your Immune System and General Well Being.

Terraflora™ doesn't contain : dairy, wheat, yeast, gluten, corn, sugar, soy, shellfish, tree nuts, or GMOs. Made without stearates, fillers, binders, flow agents, or additives of any kind. Making it suitable for most people.

### What is the difference between a regular probiotic and Terraflora™?

**VIABILITY** – The natural seed-like structure encasing the probiotic bacteria in Terraflora™ protects them against degradation by stomach acid, so they reach their target destination — the lower GI tract — intact and alive.

**ADVANCED PREBIOTIC SUPPORT** – Uniquely formulated with organic seaweeds, mushroom extracts and humic acid. Terraflora's advanced prebiotic complex contains a diverse spectrum of naturally occurring food-based polyphenols and polysaccharides designed to support healthy intestinal flora.

**ANTIOXIDANT BENEFITS** – Terraflora™ features Ribospore™ (Bacillus pumilus) and Bacillus megaterium EM144™, two novel probiotic strains shown in studies to produce highly bioavailable, gastric stable antioxidant carotenoids, right at the site of absorption.

### CONVENIENT — NO REFRIGERATION NECESSARY!

– To ensure potency and viability, most probiotics require refrigeration and have a short shelf life. The inherently resilient bacteria in Terraflora™ are heat-stable, and require no refrigeration, uniting convenience and efficacy.

Terraflora™ is now sold at Oamaru Pharmacy. Come in and see us, the team is always ready to help with friendly and knowledgeable advice.



## Keep software up to date

To protect yourself from security vulnerabilities, always use up-to-date software across your web browser, operating system, plugins, and document editors.

When you receive notifications to update your software, do so as soon as possible.

Review the software you use regularly to make sure you are always running the latest version available. Some services, including the Chrome browser, will automatically update themselves - and do not forget to remove unused software. If you are unable to do this, ask a friend for help - or why not call into a shop in Oamaru that offers these services...



Oamaru  
Repertory  
Society Presents



## “ A Comedy to die for “

November

14<sup>th</sup> - 15<sup>th</sup> at 7.30pm

16<sup>th</sup> - 17<sup>th</sup> at 4pm

21<sup>st</sup> - 22<sup>nd</sup> - 23<sup>rd</sup> at 7.30pm

Tickets @oamarurepertory.co.nz

By Noël Coward

Directed by Judith Bingham

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## REALFOOD PANTRY Seaweed Salad



<p><b>Prep Time:</b> 5 Minutes</p> <p><b>Serves:</b> 4</p>	<p><b>Overview</b></p> <p>KiwiWakame fresh seaweed salad is the perfect side dish to any meal. Using our delicious wakame fronds, this salad is quick and easy to make and a great way to add the nutritional value of seaweed to your diet.</p>
<p><b>Ingredients</b></p> <p>10g KiwiWakame Fronds</p> <p>1 Clove Garlic</p> <p>1 Tsp Minced Fresh Ginger</p> <p>1 Tsp Toasted Sesame Seeds</p> <p>1 Tbsp Rice Wine Vinegar</p> <p>1 Tbsp Soy Sauce</p> <p>1 Tsp Sesame Oil</p>	<p><b>Method</b></p> <ol style="list-style-type: none"> <li>1. Reconstitute KiwiWakame Fronds in freshly boiled water for 3 minutes</li> <li>2. Drain off hot water and rinse in cold water to chill. Squeeze off excess water</li> <li>3. Add all ingredients to reconstituted wakame and mix to combine flavours</li> <li>4. You may add cucumber or any other green vegetables to bulk up the meal</li> <li>5. Enjoy</li> </ol>

**got a ding?**

SEE

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### Stop 5G

Stop 5G meeting, Blind  
Foundation Hall, 6 Steward St  
(by the hospital), Thursday  
November 7, 7-9pm. Telcos want  
to place 5G cell towers in every  
street, irradiating us in our homes  
without a single safety test. Take  
action now before it's too late!  
Stop 5G Oamaru.



A nasty Christmas surprise from  
Spark, Following its decision to use Alexandra as a “test bed”  
for 5G, Spark has announced it intends a similar “surprise” for  
five other New Zealand towns before Christmas.

How comfortable would you feel with a 5G cell tower in front  
of your home, emitting a toxic blend of highly pulsed  
radiation 24/7, lowering your house value and risking the  
health of your family?

It's a worry that 4G cell towers are popping up next to public  
parks and schools without any public consultation. These  
towers can also be used as the basis for a 5G network with  
“small” cell towers in every street.

Industry propaganda states that 5G will give us superfast  
internet but we already have a reliable service through  
landlines and ultrafast broadband through fibre optics.  
The true reason for 5G is to connect billions of bleeping  
objects to the Internet of Things for the purpose of  
surveillance and data mining which generate huge profits to  
private corporations such as Vodafone, Spark and 2Degrees.  
The instinct to fear this deployment of 5G is shared globally,  
the evidence is this is a step too far and people everywhere are  
starting to question the wisdom and necessity for the Internet  
of Things.

Claims by Spark that 5G is safe are totally unsubstantiated. In  
a February 2019 US Senate hearing, the wireless industry was  
forced to admit they have done no safety studies on 5G, and  
don't plan to do any!

What we do have is decades of independent scientific research  
linking wireless radiation to a range of alarming health effects.  
We need to reduce our exposure, not increase it. And 5G will  
be the worst radiation exposure yet.

Criminally, the New Zealand radiation protection standards,  
devised by the industry, do not protect our health.

Come on Oamaru. We stood up to the bullies forcing us to  
accept “smart” meters when safer options were available. 5G  
is part of the same scheme. Make your voices heard. We need  
to stop the 5G experiment before it's too late.

“The people are not guinea pigs whose health I can sell at a  
profit.” Brussels environment minister, Celine Fremault,  
rejecting 5G... *Rick Loos*



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# North Otago Motor Group



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## CAR OF THE WEEK

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\*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! Jamie here, filling in for Renee, this week's car of the week is a Toyota Blade, this is a hi-spec Japanese market Corolla with superior features normally found in larger cars. The benefits of this hatchback are premium interior, smooth and strong 2.4lt petrol engine with automatic transmission, returning fantastic fuel economy, active and passive safety features are top class with front, side curtain and drivers knee airbags. Anti-lock brakes and electronic stability control - jumping in the Blade you will immediately appreciate the comfort and solid the car feels. Plus 18" Alloy wheels make it really stand out. 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.



Jamie

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## Safe driving in New Zealand made easy

### Keep left!

- Wear your seatbelt. Spaceships can seat up to 4 people (Rocket and Beta), so make sure everyone in the vehicle is using his/her seatbelt.
- Don't exceed the speed limit. It's the maximum speed you can drive, not the minimum speed. Sometimes it's better to drive slower than the speed limit, especially in bad weather conditions.
- Drive to the conditions. If it's raining, icy or snowy reduce your speed and take extra care.
- Stop at STOP signs. In New Zealand, you have to a complete stop at a STOP sign.
- Slow down to the recommended speed around bends.
- Only overtake vehicles when it's safe to do. Preferably use a passing lane. Never cross a solid line on your side of the centre line.
- Do not drink and drive. It's the same as in many countries around the world. Alcohol and drugs don't mix with driving. Driving under the influence of alcohol or drugs is a crime in New Zealand and strictly enforced by police. Be a responsible and sober driver.
- Don't use your mobile phone while driving. Pull over if you need to make a call or send a text message.
- Take your time. Driving in New Zealand can take longer due to our winding roads and lower average speed. Take it easy and take your time. Enjoy the journey.

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## Community Diary

### Wednesday 6th

**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**, 1pm. All Welcome Ph. 437 2557 or 437 1590.

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

### Thursday 7th

**Friends & Neighbours** welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

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

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

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

**Stop 5G meeting**, Blind Foundation Hall, 6 Steward St (by the hospital), 7-9pm. Telcos want to place 5G cell towers in every street, irradiating us in our homes without a single safety test. Take action now before it's too late! Stop 5G Oamaru.

### Friday 8th

**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

**Waitaki Travel Club**; Monthly meeting, The Manor Estate at 10am

### Saturday 9th

**Architecture & history of St Patrick's Basilica.** Hour long walk with local historian Helen Stead. 2 to 3pm. Tickets \$10pp (towards Basilica Restoration Fund) Bookings to Elaine (03)434 8543. 8.30am – 2pm Mon-Fri, Email: oamaru.basilica@xtra.co.nz

**Garage Sale** - Brinkburn Street, signs out at 9am.

**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 10th

**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.

**Kakanui Presbyterian Church**; On the sale of the church, a Service is to be held celebrating it's life in the Kakanui Community at 2:30pm in the church, followed by afternoon tea in the Kakanui Community Centre (Hall). All Welcome.

**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 11th

**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 12th

**AA Meeting**, Orwell St Chapel, 7:30pm, Ph. 0277 227818 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.

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

### Public Notices

**North Otago Grey Power Christmas** get together Galleon Family Complex on Thu 5th Dec. For more information & to book ph. Daphne on 4346249.

**Oamaru Variety Entertainers** held in the Garrison band hall on 14th Nov at 7pm.

**Safe & Sound; Independent Living Seminars**, Join us in a journey of exploration of personal safety pathways. Speakers will include Spark and Waitaki Community Patrol. Thursday 14th Nov at 10:30am. Reach Church, 17 college St. Register Ph 03 434 7008.

### AGM

**Central Coast Country Music Assn Inc.** AGM Wed 6<sup>th</sup> Nov 7:30pm, St Joseph's School Hall.

**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.

**Waitaki Travel Club AGM** and monthly meeting; at the Manor Estate Friday 8<sup>th</sup> November at 10am. Guest Speaker Les Quartermaine "NZ's Te Aroha Trail". Christmas dinner tickets on sale \$30.

### 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

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

### Garage Sale

**Saturday; 9th** November, Brinkburn Street, Signs out at 9am.

**Saturday & Sunday**; 20 Queens Cres 8am - 12pm. Small trailer, whiteware, furniture, linen, household goods, books, clothing & much more.



### Christmas Mini Sale

At St Lukes Church,  
3 Wharfe Street

### Saturday 2nd Nov- 10am-2pm

lots of; home baking, crafts,  
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**Sunday November 10th**

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For bookings:

Phone 03 433 1269

Email totaraestate@heritage.org.nz

Totara Estate

Next event 8 December 2019



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Ph. 434 9651, telegram@oamaru.net.nz

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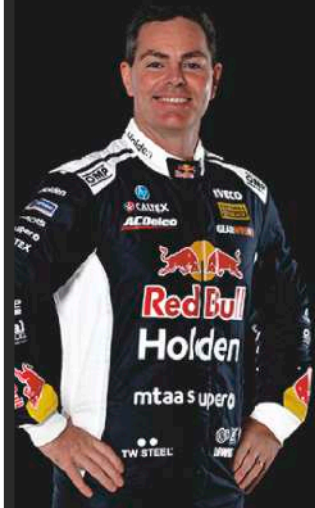
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# Waitaki District Santa Parade

Saturday 30th November at 11am

To enter a float - contact [anton@thebiggo.co.nz](mailto:anton@thebiggo.co.nz)



The Oamaru Telegram is running a best service award for local Oamaru businesses. Readers of the Oamaru Telegram invited to fill out the form below during November and drop it back to us at 146 Thames St. At the end of November, we collate the entries and the winning business wins a years advertising valued at \$4,000. So, show your appreciation and support for shopping Oamaru.

## The Oamaru Telegram Best Service Awards

*The store that provide the best and most consistant service*

Store Name: .....

1-5 Stars - 1 poor, 2 average, 3 ok, 4 good, 5 excellent



- Reliability** the ability to deliver the promised service in a consistent and accurate manner.
- Knowledge** of the employees and politeness of the employees.
- Empathy** to what extent the employees care and give individual attention.
- Responsiveness** how the employees are to offer a speedy service & how they deal with issues that arise.

Please complete and return to 146 Thames St, Oamaru.



Thank you for shopping Oamaru