

**Christmas hours;** Oamaru Print and Copy Ltd  
Closing 12noon - Fri 20th Dec, Open 6<sup>th</sup> January  
2020. **Telegram deadlines** for the last issue 12noon  
12<sup>th</sup> Dec and for the first issue the deadline is 12noon  
9<sup>th</sup> January 2020.

# Oamaru The Telegram

100% locally owned 8,000 homes weekly

17th December 2019

Phone 434 9651

Issue 472



## LINDSAY WHYTE

### Painters and Decorators Ltd

48 Years Experience Master Painter

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- Interior  
- Exterior

Only two more issues this year; If you would like something published for Christmas/New Year now is the time...

**Boxes and Boxes** - If you would like some empty A3 paper boxes for storage or for Christmas Presents - call into our shop. These are free - but be quick - we only have a limited amount.

**Reminder;** The Community Diary entries will be removed and you will need to call in to update & renew any listings. We have found this is the best way to keep the Diary details up to date. *Enjoy your week, regards The Telegram.*

## WARMER, DRIER & HEALTHIER

**Insulate and Ventilate now for a cosier home**

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**[www.livinghouse.co.nz](http://www.livinghouse.co.nz)**

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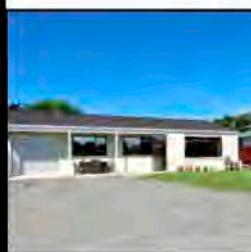
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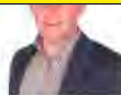
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# OAMARU LANDSCAPING SUPPLIES

## Christmas Greetings

to our valued Customers

Wood & Nurse Christmas hours.

Dec 23<sup>rd</sup> 10-3pm, Dec 24<sup>th</sup> closed.

Reopen Jan 6<sup>th</sup> with short hours,

Jan hours as per usual 9-5pm



INDUSTRIAL PLACE 1K RD PH. 03 437 1888

OPEN: MON - FRI 9AM - 5PM & SAT 10AM - 3PM

## Oamaru Based Tree Specialist



Tree Care, Difficult Tree Removals,  
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treesculptotago@hotmail.co.nz Oamaru

## Brydone Wholefoods Store

Now in store



**Jersey Bennes  
New Potatoes  
\$7.50 a Kilo**

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[www.brydonewholefoods.co.nz](http://www.brydonewholefoods.co.nz)

6km's south of Oamaru

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\*Conditions apply!



## Central Podiatry Limited

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

Quality treatment of all foot and lower limb conditions

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## Trees Need Trimmed?



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Jack Vaughan 021 582 300

**keatreeworks.co.nz**



Wind, heat then rain - but once again North Otago escaped the weather damage inflicted on neighbouring districts.

So much in the garden has finished flowering now and needing a cut back. If early Summer flowering plants have grown leggy and collapsed, cut back the perennials and pull out annuals -

even if they are still producing flowers. Fallen plants will eventually rot along stems and rot what they have fallen on top of. Clear the ground where they have been, add compost and plant annuals that will continue flowering through until Autumn.

**Cosmos, Nicotiana, Salvia, Verbena are tall growing. Petunia, Gaillardia, Coreopsis, bedding Dahlia and Bergamot (Bee Balm)** are all mid plantings. **Alyssum, Lobelia, Coreopsis and Begonias**, are front planting gap fillers.

**Tree Peony** doubles in size each growing season. Don't let them swamp your garden and shade other plants - the older woody canes can be cut right down leaving the new green stalks to be next years flower branches. By doing this now seed pods will be cut off, if allowed to ripen will pop all over your garden and grow. Other plants I have had to cut back are bush Lavatera's, English Abutilon, ornamental Broom, false Valerian and Cat Mint - all will grow back quickly and some bud up for another flowering.

**Monarch Butterflies** are being encouraged into many gardens, as gardeners plant Swan plants for Caterpillars to feed on. To keep the Butterflies in your garden, plants they feed on should be growing. Buddleias are tall Shrubs that flower on new growth - cut back after each flowering to produce new flowers through Summer, all Verbenas (tall and low growing), Echinacea, Day Lilies, Hydrangea, Zinnias, Cosmos, Californian Poppy, Foxglove, Viper's Bugloss and Coreopsis will keep Monarch Butterflies happy, but for them to lay eggs, there is no alternative plant in NZ for Monarch Caterpillars than the Swan plant. Swan plants succumb to frost during Winter if not protected - I cover mine with a double layer of frost cloth.

**Lawns** dried out during the strong nor west winds - thankfully we received a heavy shower or two, but not enough to repair the damage. Don't cut grass too low and boost with lawn fertiliser during the next rain.

**Veg** will be bolting during this early intense heat we are experiencing. Root veg and potatoes need deep moisture to draw on and leaf veg plants grow faster in moderate weather conditions. A rise in temperature increases the plant's growth rate, but to an extent and if temperature goes on increasing, growth rate starts falling and loss of moisture increases, which will result into the death of plants. Rise in temperature also has bad effects on seed germination.

As Tomatoes grow, be sure to remove laterals from the taller growing variety and stake to keep them upright as the fruit gets heavier. They should be flowering now, waiting for the Bees to pollinate - if they are in a Glasshouse and you do not see many Bees, you can spray with a product call Tomset.

Rather than using spray on eatables, why not try companion planting - some plants have been proven to help and enhance others. I have listed what has been proven to work.

Carrots and Onions together, the Onions help keep the Carrot fly at bay and Carrots the Onion fly.

Celery and the Brassica family, i.e.: Cabbage, Caulis, and Broccoli. The Celery will confuse the white Butterfly when wanting to land and lay it's larvae eggs.

Marigolds and Beans/Brassicas - the Marigold emits a natural gas which protects surrounding plants from insects like Aphids and White Fly.

Make your own natural sprays: The following plant leaves can be boiled in water and the resulting liquid used on plants.

**Basil** will eliminate Aphids, **Chives** prevent mildew occurring on Cucumbers, Squash and Pumpkins, **Coriander** also for Aphids and Spider Mite. **Eucalyptus** is a good general purpose insecticide. Rhubarb has been found to help prevent Blackspot. These may be only plants, but in liquid form they can be harmful to children - so keep marked bottles high up.

Cheers, Linda.

# OAMARU + PHARMACY

*Your Pharmacy*

## Let's talk about Weight Management

We all come in different shapes and sizes but the basic guide for healthy weight control is to balance the energy gained from our food and drink with the energy we use in daily activities. How is it done? The best way to lose weight is to eat slightly less energy (from food & drinks) than you need and increase your level of activity to help burn up the calories – rather than store any excess as fat. You need to change long-standing habits of eating unhealthy foods or more than your body needs and create healthier habits that you can keep. It is important to find ways to stay focused and motivated to choose healthy options day after day, week after week and work towards a healthier w nuts and seeds, fish, poultry and lean meat) and low-fat milk and milk products. Long term, a balanced, healthy diet can result in better weight control than fad or 'crash' diets that are hard to stick with, can leave you feeling permanently hungry and may be unhealthy. You can start with 15 minutes of gentle activity a day (e.g. walking, swimming, gardening). Over time try to increase this so that you are doing at least 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity across the week. Moderate activity means you should be breathing hard but be able to hold a conversation. Take your time and notice what you eat – “Be mindful”. Eating fast, on the run & while distracted can lead you to eat more food than you realise or need. It takes 30 minutes for your stomach to tell your brain it's full. Slow down and wait for meals to digest. Sit at the table, with friends or whanau and minimise distractions such as TV, laptops and phones, and enjoy your food. Enjoy the outdoors, enjoy life.

*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.*



PH. TOM 021 0233 2002 OR 434 3326

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

## Summer Solstice Family Picnic

Saturday 21st Dec, 2pm - 6pm  
Oamaru Community Gardens, Chelmer Street



To celebrate **Waitaki being 5G Free**

 In honour of Mother Nature and her amazing eco-system

Children dress-up as a butterfly, bee, bird or any other of mother natures creatures.



**A FREE COMMUNITY EVENT**

D.J and live bands

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## Red Kerosene Lamp

We are usually aware of trouble on the road when we come across a Red Light, or Lights in front of you. They do a good job and are unmistakable, they “shout out” and warn you to be aware.

They are ubiquitous, battery powered and taken for granted. But what was there before there were unlimited battery powered such lamps? While the overall design has not changed all that much the pre-battery lamps were in fact powered by a kerosene light encased in the metal container. They carried enough kerosene to last them through the night (hopefully) and the casing was water and wind proof.

So while the warning light, that has over the years saved a lot of grief on our roads and other dangerous situations has evolved, the original Defiant lamp is still around and useful. You can check one out at the Waitaki Trading Co.



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Free delivery Waimate to Oamaru 3m<sup>3</sup>/6m<sup>3</sup> loads

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Pine \$50 p/m <sup>3</sup>	\$60 p/m <sup>3</sup>
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Macro \$65 p/m <sup>3</sup>	\$75 p/m <sup>3</sup>
Bluegum \$75 p/m <sup>3</sup>	\$85 p/m <sup>3</sup>

Call Karl 027 629 7664

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Qualified tree felling, portable mill available,  
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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**

\*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. Weight management products should be used with a balanced diet and exercise. The pharmacist reserves the right not to supply when contrary to our professional and ethical obligation. Retail quantities only. Limits Apply. Not all products or promotions featured are available online. All products subject to Manufacturers Availability. We reserve the right to correct printing errors.

SALE STARTS: 29 NOVEMBER 2019. SALE ENDS: 15 DECEMBER 2019.



## Community Diary

### Wednesday 18th

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

### Thursday 19th

**Disability Information Mobile Service;** Oamaru Hospital Reception area, 12pm - 2pm, Ph: 0800 115 891, Equipment and aids to support independence, Eftpos available.

### Friday 20th

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

**Combined Carol Service at St Barnabas',** Maheno at 7.30pm

**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 21st

**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 22nd

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

**Christmas Craft and Treasure Market - Scottish Hall,** 10 Tyne Street, 10am - 2pm

Great selection of gifts for your Christmas shopping. Santa will be there with a small gifts for children. Limited amount so come along early.

**Nine Lessons & Carols at St Mary's** at 9.30am

**English-Tongan Carols at St Luke's** at 7pm

**Carols at Community Hall,** Omarama at 7pm

### Papakaio Community Christmas Service:

6pm Fun Christmas Play "the Casting Call" for all ages, followed by activities for children & supper for all at Papakaio Church at 7pm

Monday 23rd

**Waitaki Woodturners** 1pm in the Clubroom at Oamaru Racecourse. On Tuesday we meet at 7pm at the clubrooms. Ph 439 5795 for enquiries.

### Tuesday 24th

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

### Tuesday 25th

**Want to celebrate Christmas Day with others from the community?** All are warmly invited to Orwell Street Church for Christmas Lunch at 12:30pm. Please ring 434 6168 to book your place.

### For Sale

\*\*\*GIFT VOUCHERS FOR CHRISTMAS\*\*\*

**Hot tub 1.5 hours for 2 in only \$90.** Old Bones Lodge ph 0274 894 999.

### 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.

### To Rent

Very tidy, warm two-bedroom townhouse on South Hill. Heat pump, single garage, OSP. Would suit mature couple or single professional. Available after January 22. \$330 pw. References required. Contact - 021 05 888 07

### Wanted

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

## Totara Teatime Special

With Sir Ralph Sherwood on the pianoforte  
And a trolley FULL of cakes!

### Sunday 12th January 2020

12 noon 'til 4 p.m.  
STATE HIGHWAY 1, 8KM SOUTH OF OAMARU  
~ Up the long driveway ~

**For Bookings:**  
**Phone** 03 433 1269  
**Email** totaraestate@heritage.org.nz  
**f** Totara Estate

# THAI FOOD

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**BANGKOK** recipe

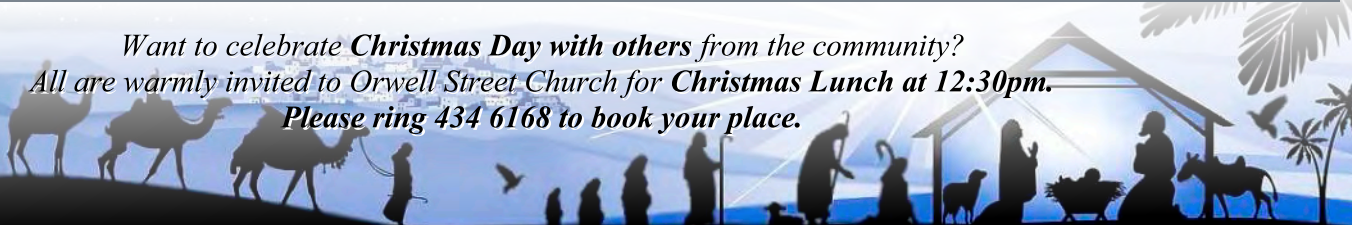
## Clark's Mill Comes Alive!

See the mill in operation!  
Check out what the North Otago Vintage Machinery club has to offer  
**The Miller's Cottage will also be open for viewing**  
Refreshments available at Peggy's Kitchen  
Last Sunday of the month - **January**, February, March 2020  
**Entry fee \$15** Mill running 1:00, 2:00, and 3:00 p.m.  
For more information:  
**Phone** 03 433 1269 **f** Totara Estate  
**Email** totaraestate@heritage.org.nz  
STATE HIGHWAY 1, 12 KM SOUTH OF OAMARU (MAHENO)

## You are warmly invited to our 2019 Christmas Church Services in Oamaru and around the Waitaki District

Church	Name	Address	Christmas Eve (Tue Dec 24)	Christmas Day (Wed Dec 25)
Anglican	St Luke's	Cnr Itchen & Tees Streets	11.00pm-Carols 11.30pm-Christmas Eve Service	10am -Christmas Day Service
	St Andrew's	Maheno		9am -Christmas Day Service
	St Mary's	410 Thames Highway		9.30am -Christmas Day Service
	St Martin's	Duntroon	8pm -Christmas Eve Service	
Assembly of God	Tongan AOG	St Luke's Hall		10am -Christmas Service
Baptist	Oamaru Baptist	14 Sandringham St	7pm -Christmas Eve Service	
Church of Tonga	Church of Tonga	St Mary's, 410 Thames Hw		1pm -Christmas Service
Elim Church	Oamaru Elim Church	6 Severn St		10am - Christmas Service
Foursquare Gospel	Blue Penguin	St John's Hall, Exe Street		9.30am -Christmas Service
Free Church	Free Church (Tonga)	Eveline, 424 Thames Hwy		1pm -Christmas Service
Free Wesleyan	Tongan Wesleyan			12noon -Christmas Service
Methodist	Oamaru Tongan	22 Eden St		11am -Christmas Service
Orwell St Church	Orwell St Church	30 Orwell St, Oamaru	9pm -Christmas Eve Service	<b>12.30pm-Christmas Lunch</b>
Presbyterian	Eveline	424 Thames Highway		9.30am -Christmas Service
	St Paul's	5 Coquet St	9pm -Supper 9.30pm -Christmas Eve Service 8pm -Carol Service then drinks/nibbles 8.45pm -Carols then cake & coffee	9.30am -Christmas Service
	Enfield	Enfield		9.30am -Family Service
	Weston Community	Main St, Weston		10am -Christmas Service
	St Stephen's	Kurow		10am -Christmas Service
Reformed Church	Reformed Church	4 Eden St		
Roman Catholic	St Patrick's Basilica	68 Reed St	7.30pm -Carols, 8pm -Vigil Mass	9am -Carols 9.30am -Christmas Day Mass
	Sacred Heart	Kurow	5.40pm -Carols, 6pm-Christmas Eve Mass	
Salvation Army	Salvation Army	255 Thames St	7.30pm -Christmas Eve Service	

*Want to celebrate Christmas Day with others from the community?*  
*All are warmly invited to Orwell Street Church for Christmas Lunch at 12:30pm.*  
*Please ring 434 6168 to book your place.*



# Handy Phone Listings

[www.oamaru.net.nz](http://www.oamaru.net.nz)

## Accommodation & Facilities

► Old Bones Lodge .....0274 894 999  
Hot Tubs/Sauna events & accommodation

## Acupuncture & Massage

► Rick Loos (NZRA) .....03 434 9663  
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## Bricklaying

► Doran Brick 'n' Block .....027 516 5675  
.....437 0415

## Building & Construction

► We Decorate Concrete 027 436 9209  
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.....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  
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► Flooring Specialist ... free measure and  
quote in Oamaru township ..... 021 727 498

## Chiropractor

► Oamaru Chiropractic.....021 729 868  
Robert Brydges .....179 Thames St  
► Ron Sim Chiropractor.....434 8784  
.....23 Eden St, Oamaru

## Cleaning

► A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 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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## Contracting

► Lifestyle Block Contracting..0276324264  
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## Counselling

► AYR St - Counselling .....027 6861849  
Kaye Mattingley...Dip.Grad.S.Sc.Ōtago.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

► 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

## Electricians & Appliances

► Robert Jones - Electrician. 027 445 0523  
.....434 0994  
► Whitestone Appliances..... 021 366 446  
.....repairs.....434 6810  
► VES - Valley Electrical  
...Domestic & Commercial.....021 1177045

## Entertainment

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

## Funeral Directors

► Walls Funeral Services.....434 8266  
.....49 Humber St

## Gardening & lawns

► Ashleys Lawn & Garden Care.4372865  
Keeping your lawns in order.....0221086606  
► CHANGEZ Landscape Property Services  
Steve..... 021 1148 900  
► Crew Cut large lawns  
Paul Houlaham.....021 331 261

## General Store

► Roses General Store .....021 515 205  
9 Tyne St.....after hours...434 8285

## 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

The community prefer to find their trade and service providers locally and rely on the Telegram for this.

## Motivation and Wellness Coach

► Jenny Malcolm.....0274 477079  
.....Helping you find your motivation.

## 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

► Matt Geare ....available now. 027470 3780  
► Don - Painter & Decorator - 25 years  
.....Call for a quotation .....027 2205403

## Pets

► Suds & Paws for dog grooming 4345957  
► Paws Awhile Boarding Cattery 4341296  
► Puppy Love Grooming.....021 101 7858  
► Shaggy Chic Dog Grooming  
40 Ribble St ..... 022 150 0395

## 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

## 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.tintwindow.co.nz



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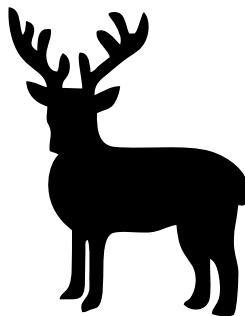
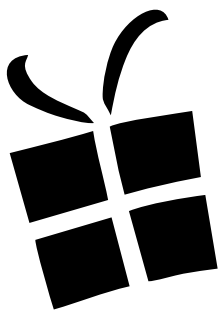


WISHING YOU A VERY

# MERRY CHRISTMAS

FROM THE

# WAITAKI TRADING POST



## CHRISTMAS HOURS

10 to 4 daily includes Boxing Day  
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166 Thames St, Oamaru | 434 8275