

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

# Oamaru The Telegram

100% locally owned 8,000 homes weekly

14th January 2020

Phone 434 9651

Issue 473

## THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476



### DOMINATOR

YES we Sell Garage Door Systems – Free Quote

YES we repair Garage Doors

Welcome back! I hope you all enjoyed the Christmas and New Year break. Most businesses are now back to work and things are returning to normal, so it is a good time to get out with the children before they go back to school and sort out their new uniforms, books etc... Adults riding on the footpaths. Do you realise that it is illegal to ride on the footpaths, unless delivering mail - or the device has a wheel size less than 355mm (like a tricycle or small child's bike) - some councils have created shared paths for both.

Enjoy your week, *regards The Telegram.*

## 3C Computer Services

149 Thames St, Oamaru

Ph 027-75-6666-1 or 03 684 5055

3CComputerServices www.3cnz.com

No assessment fee for



- |                              |   |
|------------------------------|---|
| Mobile Phone Repair          | Laptop /Desktop Repair                  |
| Business & Home IT Support   | Complete IT System Setup and Monitoring |
| Software & Virus Solution    | iPad / Tablet Screen Servicing          |
| Network Setup &Data Recovery |   |

**We fix it or it's FREE**



## VAN SMIRREN ACCOUNTING

MOBILE ACCOUNTANT

Tax Services, Accounting Services, Business Consults

**Contact John  
for a FREE  
Quote**

Ph. 03 432 4283 or 027 431 2773

Email: [john@vansmirrenaccounting.co.nz](mailto:john@vansmirrenaccounting.co.nz)



**We've got your cleaning needs covered!**

Carpets ♦ Windows ♦ Upholstery  
Residential ♦ Commercial ♦ Exteriors  
Full Cleaning packages  
Floors & More!

Ph. 027 737 8423 or A/H 434 5534

spicnspan.oamaru 100% Oamaru owned



## New Zealand Petfoods

Now Available

## Freeze Dried Medallions and Treats

*"no refrigeration required"*

434 8484 - 16 Ouse Street



## BANKS



AUTO ELECTRICAL 2010 LTD

**Complete Auto Electrical  
Parts & Service**



Mobile A/C Vehicle PH 434 6695  
41 Humber St, Oamaru / onsite rural repairs

For every Yuasa Battery or Battery Charger sold,  
go into the draw to WIN a monthly \$100 Grocery Voucher



- Batteries • Air Conditioning • Starters
- Alternators • Car Audio & Parts
- Electronic Diagnosis • Car Alarms



# OAMARU LANDSCAPING SUPPLIES

OAMARU LANDSCAPING PH 03 437188,  
ESTABLISHED WOOD MERCHANTS,  
**DRY PINE SUMMER SPECIAL INCLUDES**  
BAGGED KINDLING.

PEASTRAW, BARK, FOREST FLOOR,  
**ALL PERFECT FOR GARDEN MULCH.**

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**



**WE HAVE  
MOVED**

Paul & the team are now at  
**7 Regina Lane North End**

Over the rail lines and on your right. Ph: 03 437 0781

Book in for all your auto electric work including air conditioning.

**P.D.I  
GARDEN  
SERVICES**

**Grass Mowing &  
Gardening Round**  
monthly, fortnightly & weekly jobs

**NEW TO  
OAMARU!**

Ask about  
our special  
promotions

Call Erik 027 532 9677

## 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**

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

**Handy phone listings**

**Ph 03 434 9651**

or call into Oamaru Print,  
146 Thames St, Oamaru.



NZ owned & operated  
Funeral Home

**WALL'S  
FUNERAL SERVICES**



When you need us,  
we'll be there

Plan ahead with us, ease the burden on your  
loved ones by pre-planning.

Ensure your wishes are recorded and carried out.

Ensuring peace of mind

Funeral prearrangement simply means that  
by planning now, you can ensure that your funeral  
reflects your personal wishes.

49 Humber Street, Oamaru  
P: 03 434 8266

E: [admin@wallsfuneralservices.co.nz](mailto:admin@wallsfuneralservices.co.nz)



**Happy New Gardening year to all....**

What a changeable January so far - but thankfully we are experiencing some sunny days, along with heavy rain from time to time - I have not had to drag the hoses around - a bonus for any gardener.

**Roses:** All Roses should have had a Summer pruning after the first flowering. Cut a spent flower stem down to an out facing bud on a thick part of stem - not

just the flower. If just the flower is removed, the remaining stem will die back to only the first bud - that part of the stem will be too weak to support new blooms. Dull days and mildew may become a problem for Roses. I have noticed mildew rust and the odd bush with black spot while cutting back. Pull all the affected leaves off and destroy - this can leave bushes quite bare, but it takes no time at all for new leaves and buds to grow back. A spray with fungicide should limit problems.

Cut back Summer flowering perennials and shrubs to encourage continuous flowering. I have just cut back Daisy bushes, Delphiniums, Lavateras, Dianthus, Lupins and most of the Herbs, because they were all going to seed. Feed with slow release or a liquid fertiliser - they will all come back fresh and most will flower again. **Foliar feeding** is very important to encourage fresh new growth after cutting back anything at this dry time of the year. Fill gaps in the flower garden with annuals. **Front planting**

**full sun:** Impatiens, small type Petunias, Begonia, small Marigolds, Lobelia, Alyssum. **Mid plantings:** Nicotina, Coriopsis, tall Petunias, tall Marigolds, bedding Dahlia, Salvia, Nemesia. **Tall back plantings:** Cosmos, Lavatera, Sunflowers, Canterbury Bells, Love in the Mist. Semi shade ( with good light ) plantings: Impatiens, bedding Begonias, Lobelia, Japanese Anemone (perennial), Foxglove.

**Lawns:** When the next rain arrives, feed the lawns with lawn fertilizer and they will bounce back like fresh Spring lawns. Hydrangeas are showing their first large blooms and because of the frequent rains, colours are very intense. Hydrangeas enjoy semi shade, so are perfect for planting alternatively with Rhododendrons and Camellias, Pinks in a sweet soil and Blues grow and flower blue in the opposite - lime for pink and acid fertilizer for blue shades, also pine needles and coffee grounds will help keep soil acid.

**Petunias are taking centre stage now** - they are great gap fillers for sunny gardens, but do not perform well in shade. A shady spot can be filled with Impatiens, which are also colourful when planted in bold groups.

Seed collecting starts now - Sweet Peas, Sweet William, Poppies, Iris. There is a lot of ripening going on and I have a lot of small paper bags stored away already.

**Lifting tree branches:** After the heavy rain, it was easy to see which branches on large spreading trees were too low, restricting light from plantings below. Oaks, Flowering Cherries, Ash, Alms and Maples, put on a lot of new growth each year and most want to grow to the ground to shade roots if left. Remove crossover branches and any branches you feel are not required - dappled light is much nicer than dense shade.

**Ponds:** Keep an eye on pond water - evaporation from heat in Summer means topping up regularly. Still water tends to green up as it warms - adding Barley straw will keep slime from growing. There is also a Barley liquid available at pond retail outlets.

**Fruit and veg:** Gooseberries, Strawberries, Raspberries and Currants ripen quickly, so it is a rush to get them picked before they drop from the bushes. Cut all the fruiting branches from Black currants, then strip them of currants in a shady spot - this way the fruit is picked and the bush pruned at the same time. Grapes - Reduce the length of fruiting runners and remove all unproductive growth. Tomatoes need water kept up and some leaves removed to let more light in - too many leaves take up nitrogen that should be used by the fruit. Water needs to be kept up and plants are maturing fast then bolting to seed if not picked when ready. Corn and Pumpkins are making good growth benefiting from the rain. Keep planting all veg - we have the best growing and ripening time ahead. *Cheers, Linda*



# OAMARU + PHARMACY

*It's your Pharmacy*

## When allergies strike

When allergies strike, nasal sprays can help. There are many different types, and most work faster than pills. You can buy them at the pharmacy, or your doctor can prescribe one to relieve a stuffy or runny nose. Decongestant Sprays shrink swollen blood vessels and tissues in your nose that cause congestion. Oxymetazoline Hydrochloride and Phenylephrine Hydrochloride are some examples of these medicines. You can buy them over the counter. They are recommended for short term use only, no longer than three days. Using them longer can actually make your nose more stopped up with rebound effect symptoms. They also have some contraindication, is important to check with the pharmacist before using them.

Antihistamine Sprays relieve congestion, itchy and runny nose, and sneezing. Some are available over the counter, they are non drowsy, but they still may make some people sleepy. Steroid Nasal Sprays, work very well to reduce congestion, sneezing, and itchy, watery eyes. They also help stop a drippy nose. They're often the first drug recommended for allergies. Nasal steroid sprays are available over the counter or by prescription but it takes about a week before you'll notice your symptoms getting better. There are some new products on the market that can work faster which is recommended to use until the Nasal steroid sprays kick in. Nasal washes are also a good ally for the treatment of allergies, saline solution restores moisture to dry nasal passages and sinuses, and curbs inflammation of mucous membranes. Here are some steps on how to use Nasal Sprays

Correctly because using a nasal spray isn't as easy as it might seem. Some tips include: Blow your nose to clear your nasal passages before using the spray. Always shake or prime the bottle, Before spraying, press your finger against one nostril to block it. Place the nozzle of the bottle beneath your other nostril, with your thumb at the bottom of the bottle. Gently squeeze the pump and breathe in slowly, Keep the medication where it belongs: Don't blow your nose immediately after spraying, and don't sneeze.

*Come in and see the team at Oamaru Pharmacy to find which product is right for you and speak with one of our pharmacists if you need further product advice. We are always here for you with professional friendly advice.*

## Waitaki Sets Base Level for Emissions

In the red in a good way: a Waitaki District Council commissioned Greenhouse Gas emissions report for 2018/19 shows the organisation at significantly negative net emissions, with the organisation removing more greenhouse gases than it emits.

The first report of what may be biannual reporting commissioned by the Waitaki District Council to inventory its own greenhouse gas emissions as an organisation was released today.

Waitaki District Council's gross emissions were 2,876 tonnes and removals -4,902 tonnes, resulting in net emissions of -2,026 tonnes. This means that the Council is making a positive contribution overall towards mitigating climate change and by doing so acting on one of Council's strategic priorities, to recognise and provide for the implications of climate change. Waitaki District Council Chief Executive Fergus Power said, "The idea behind getting this report done was to provide a baseline for our level of emissions and identify the main sources of emissions. The three largest sources of emissions include: wastewater treatment (36%), electricity consumption (30%), and landfill (13%). Any subsequent reports will therefore be able to provide a comparison with this base level. Council is yet to decide on its subsequent level of reporting but potentially we may be looking at every two years." Mayor for Waitaki, Gary Kircher said, "Along with many Councils and companies across New Zealand and beyond, the Waitaki District Council has commissioned the work to measure how we are doing regarding our net emissions. In our case, we are fortunate that our reasonable forestry assets act as a "net emissions sink" and that Council is making a positive contribution overall towards combatting climate change."

## Thinking of doing something new. Why not become a big Buddy?

I am Christine Moffat, Coordinator of The Presbyterian Support Otago Family Works Buddy Programme. I see the vital role this programme plays in our community. As a parent, I know how important it is that children develop secure attachments, an "I can do attitude", the ability to make good choices and the habit of doing good for others. These attitudes are nurtured in the child through shared one on one time, a trusting friendship and fun with an adult Buddy. Recently we visited Mckerrows Pond for our end of year outing, where we enjoyed an afternoon of fun on the kayaks and boats. The Wainakarua Lions club put on a wonderful barbeque, which was enjoyed by one and all.

An Adult Buddy had this to say: It was great to catch up with the other Adults and of course see how much the Young Buddies have grown in confidence and size! I joined the Buddy Programme to enrich the life of a young person, it wasn't long before I realised how much my life was being enriched by having a young Buddy.

We urgently need 10 new adult buddies, who could spend a couple of hours a week with a child between the ages of 4 and 12. You need the ability to develop a trusting friendship and above all have fun. Full training and support is provided. To find out more please phone me on 0211916327. Email: buddyno@psotago.org.nz

# BROOK land

## WINDOWS & DOORS

Where quality, promptness & customer satisfaction comes first...

**For all your residential aluminium windows and doors**

- Conservatories
- Euro Stacker/ Sliding Doors
- Fold-back Bi-folds
- Double Glazing

**FREE MEASURE & QUOTE**

**Brookland Aluminium (2016) Ltd**

88 Meadows Rd, Washdyke • Ph: 03 688 2667  
Em: brook.land@xtra.co.nz



# OAMARU + PHARMACY

*Your Pharmacy*

## Fast Relief

from allergies & hay fever  
vs common allergy medicines.<sup>1</sup>



The advertisement features a large clock face with a blue wedge indicating a 5-minute interval. The text "from 5 minutes<sup>1</sup>" is displayed on the clock. To the right of the clock is a small brown bottle of Dymista and a box of Dymista. The box is labeled "Dymista PHARMACY MEDICINE" and "Superior relief of allergies and hay fever". The Dymista logo is also visible above the clock.

Reference: 1. Bousquet J et al, J Allergy Clin Immunol, 2018. DOI: 10.1016/j.jaip.2018.01.031

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



Expressions of interest are invited for the paid, part-time ( 10 hours per week) position of **Co-ordinator - Citizens Advice Bureau North Otago**. Candidates will have good interpersonal skills, and be familiar with office procedures. The position description may be collected at our office, 100 Thames Street, Oamaru. (10:00am - 3:00pm)

Please note that a Police check will be required for the successful applicant.



**ccs disability action**  
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

## Casual Support Workers Waitaki Casual

**Must be able to work between 7am – 9.15am & 3pm to 10.30pm Monday to Friday and some weekends.**

CCS Disability Action is committed to including all people within our communities; we highly value diversity and promote difference. We are seeking a like-minded person to work in our Waitaki Branch alongside disabled people who want to achieve their desired outcomes. This role is focused on supporting people to live independently in their own home and community of their choice.

We are currently looking for casual support workers to work alongside people and their families outside of school hours. This could mean covering morning shifts or working in the afternoon. There is also the potential to cover different periods of leave over weekends and longer periods of time. This role offers you an exciting opportunity to support individuals and families in their own homes with varying roles these may include personal cares, household management, support the family with activities and supporting individuals in the community and work environment.

CCS Disability Action builds our work around three core documents; UN Convention of the Rights of Persons with Disabilities, Te Tiriti o Waitangi and the NZ Disability Strategy. We work within a Human Rights framework and are an EEO employer. This position offers you flexibility in how you manage the role and we openly encourage people with lived experience of disability to apply.

To be appointed the successful candidate will have –

- A strong commitment to providing quality support for disabled people.
- We are looking for people with initiative, who are reliable and flexible.
- Experience working with people with disabilities would be a distinct advantage.

If you are passionate about becoming a Community Support Worker we want to hear from you. Please contact our Business Support team (03) 365 5661 or email [southern.recruitment@ccsdisabilityaction.org.nz](mailto:southern.recruitment@ccsdisabilityaction.org.nz) or drop into the local office at 316 Thames Highway, Oamaru, 9400 for an application pack. We are committed to ensuring our application process is accessible to everyone, please let us know if you require an alternative method of application.

**Applications close:**  
**Monday, 20th January 2020, 5.00pm**

## BBQ - Garlic mushroom burgers

### Ingredients

- 2 cloves of garlic
- 2 sprigs of flat-leaf parsley
- 35 g butter
- 2 large mushrooms
- 2 burger buns
- English mustard
- 1 lemon
- 1 handful of rocket

### Method

- Preheat the oven to 200°C/gas 6, or fire up your barbecue.
- Peel and finely grate the garlic, then pick and chop the parsley leaves. Combine with the softened butter.
- Clean the mushrooms and fill them with the butter. Wrap in tin foil and bake in the oven or place on the barbecue for 15 minutes, or till the mushrooms are soft and cooked.
- Split the burger buns,, then unwrap the mushrooms and pour the juices onto the bread. Smear with mustard and top with a mushroom, a squeeze of lemon juice and some rocket.



**OAMARU**  
**print&copy**

**FLYERS, POSTERS, DOCUMENTS  
EMAILS, SCANNING, BUSINESS CARDS  
ADVERTISING, GIFT CARDS, LABELS,  
BANNERS, SIGNAGE and more...**

**Ph 03 434 9651**

or call into Oamaru Print,  
146 Thames St, Oamaru.



## Community Diary

### Wednesday 15th January

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

### Friday 17th

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

**Summer Indoor Bowls**; 7 p.m. at the Indoor Bowls Centre Centennial Park, all welcome contact Denise 4371704 or Cliff 4371999

**Meadowbank Bowling Club**; Bowlers & non-bowlers welcome. 14 Conway St Social bowls from 2pm. Ph Mary 4347196

### Saturday 18th

**Craft & Treasure Market** - Scottish Hall; 10 Tyne St, 10am - 2pm. To book a Stall phone Wendy 021515205 or Lisa 0277069902

**Orchestra Concert, Waitaki Summer Music Camp**; @ WBHS Auditorium, @ 7.30pm. Adults \$10; Children \$5; Family \$20. Door Sales only. Ph 027 434 1173

### Sunday 19th

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

### Monday 20th

**Waitaki Woodturners**; meet at 1pm at our clubrooms - Oamaru Race Course & Tuesday evening at 7pm. Ph 439 5795.

### Tuesday 21st

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

### AGM Notices

**Waitaki Woodturners Guild AGM** on Mon 3<sup>rd</sup> Feb in the clubrooms at Oamaru Race Course 7pm.

### Public Notices

**N.O. Scottish Society Burns Concert**; 26<sup>th</sup> Jan, 2pm. N.O. Scottish Hall, 10 Tyne Street. Join us for an afternoon of entertainment including address to the haggis. Followed by afternoon tea. Members free, non-members \$5. Phone Wendy 021 515 205

## For Sale

**Toyota Prado VX 2004** 3L Diesel 264,500ks New WOF, Service, New Cam belt, good tyres \$14,500. Ph. 027 43375611

## Garage Sales

**Christian Light Book Shop**; 9am 18th Sat, Thames Street

## 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.

**To Rent for the month of March 2020**, a house-sit or reasonable rent for a mature trustworthy couple with a baby. Oamaru, Weston, Kakanui or Maheno areas. Ph 4395770 or 027 676 9858.

## Raffle Results

**Meadowbank Bowling Club**; 1<sup>st</sup> J Wallace, 2<sup>nd</sup> S Woodford, 3<sup>rd</sup> K Lamb, 4<sup>th</sup> H Wallace, 5<sup>th</sup> T Woolford, 6<sup>th</sup> Royden, 7<sup>th</sup> M Watson. Thank you all for your support.

**Waitaki Hospice Care Trust**; 1<sup>st</sup> No.414 H Laney; 2<sup>nd</sup> No.391 Joy; 3<sup>rd</sup> No.435 K Parker. All winners have been notified. Thank you to everyone for your support.

**TREE RIPENED READY NOW!**



**Apricots, Peaches, Nectarines & Plums**

State Highway 83,  
just 2 km west of Georgetown

## 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 11:00, 2:00, and 3:00 p.m.

For more information:

**Phone** 03 433 1269

**Email** totaraestate@heritage.org.nz

STATE HIGHWAY 1, 22 KM SOUTH OF OAMARU (MAHENO)

## THAI FOOD

BANGKOKRECIPE.CO.NZ

03 434 6245 220 THAMES ST.

**BANGKOK** recipe

**SHOP OAMARU**

Thank you for shopping Oamaru

**16 Local Shops**  
**Now listed online**

Register your shop today

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



## WAITAKI ELECTRICAL

Registered Master Electricians

- RURAL
- DOMESTIC
- COMMERCIAL
- SOLAR DESIGN & INSTALL

Call Richard

**Ph 0277 288 002**



## BRIDGE LESSONS

Mondays & Fridays

**Beginning Monday 10th February from 7pm**

Introductory Package - 12 weekly lessons for \$25  
Lessons will be repeated Friday mornings from 14th Feb, 10am - 12noon. You may go to either or both.

**Exercise your brain! Suitable for all ages**

**Oamaru Bridge Club, Steward St**

For more info Ph. Frances (434 8894) or (027 263 7286)

## Community Diary update form\*

Group/Club name, Title & Content/Description:

Time & Place:

**Repeats:** weekly, bi-weekly, monthly.

**Complete are return to 146 Thames St, Oamaru.**

\* Event/meetings are only free of charge if there is no income/sales or money raising taking place. The Telegram reserve the right to charge for some events. Please enquire to see if your events/meetings can be placed for free!

# 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  
Acupuncture, Massage & Reflexology

## Bricklaying

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

## Building & Construction

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

## Carpet & Vinyl layer

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

## Chiropractor

► 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  
Home cleaning service "OVENS & more..."

## Contracting

► Lifestyle Block Contracting..0276324264  
Hay baling, Hedge cutting.

## Counselling

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

## Craniosacral Therapy

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

## Dental

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

## Dressmakers

► 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.tintawindow.co.nz

 **NORTH OTAGO  
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**



**DO NOT READ BELOW**

**UNLESS YOU ARE SERIOUS ABOUT  
MARKETING AND GROWING YOUR  
BUSINESS IN OAMARU**

**THE BIG O**  
BUSINESS MARKETING

0800 233 576

**ORGANIC VEGE MARKET**  
*Mondays & Thursdays*  
*1 - 3pm at the community gardens*  
**FRESH EACH DAY!**  
*\*Organic vege*  
*\*Seedlings*  
*\*Loose leaf tea*  
**SORRY, NO EFTPOS**



## FireWood



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

Unseasoned (green)    Dry (when available)

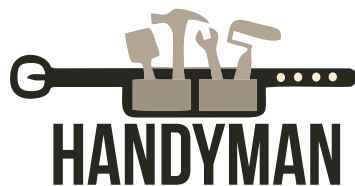
Pine \$50 p/m <sup>3</sup>	\$60 p/m <sup>3</sup>
O.M.P \$55 p/m <sup>3</sup>	\$65 p/m <sup>3</sup>
Macro \$65 p/m <sup>3</sup>	\$75 p/m <sup>3</sup>

Call Karl 027 629 7664

Get in now and avoid winter prices  
Qualified tree felling, portable mill available,  
macro timber sales



**Rawleigh's**  
HEALTHCARE  
Your Local Stockist  
Wendy Simpson  
Independent Distributor  
Rose's General Store  
9 Tyne Street, Oamaru  
Phone 021 515205  
a/h 434 8285



**HANDYMAN**

PH. TOM 021 0233 2002 OR 434 3326

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

## CranioSacral Therapy & energy healing

- \* headaches, neck pain, whiplash, head injuries
- \* back injuries, vertigo, soft tissue disorders, post-op
- \* stress, anxiety, fatigue, PTSD
- \* Babies: colic, reflux, birth trauma, unsettled

Phone **Glenda Ruddenklau**  
021 386 823

Certified CranioSacral Therapist  
Reiki Master/Teacher

<http://glendaruddenklau.co.nz>  
(formerly BodyWork Oamaru)

Clinic dates: Jan 21 - Feb 1, Feb 11-16, Mar 2-22