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18th February 2020

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Issue 478



- Interior
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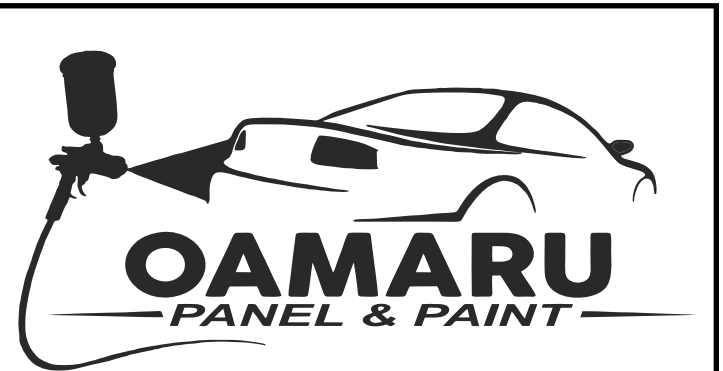
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Stopping advertising to save money, is like stopping a clock to save time. For most, the new financial year is coming up, and now is the time to start thinking of your advertising budget. Ideally you should try and advertise everywhere - all the time, but this may not be affordable. Websites and Social Media can work very well but can be costly in time - don't forget to calculate this when planning for the year.

Most important, plan in advance and change advertising to suit upcoming seasonal events and holidays. Work with other businesses and community groups, to make your sales events more appealing. Ask your suppliers for giveaways - some may even help pay for your advertising cost when advertising their products. Look after your community and try to support locally owned business.

Enjoy your week, regards *The Telegram*.



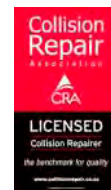
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February: is a good month for taking cuttings and propagating your own plants. Why? Because by late Summer, the soft new Spring growth has hardened and the cutting is less likely to lose moisture from leaves. Semi-succulent plants like Geraniums (Pelargoniums) or Impatiens, are easiest for beginners, but

many common Shrubs such as Abelia, Buxus, Lavenders, Camellias, Azaleas, Fuchsias and Hebes have a relatively high success rate. Keeping the cut pieces alive while they develop their own new roots is the trick. Professional Nursery people do this, by growing cuttings in Glasshouses on heated beds where they're regularly misted, but there are techniques that help a home gardener to achieve success. Try the following:

Take cuttings early in the morning, while cool. Choose tip pieces that are about 100- 150 mm long, then drop into a bucket with enough water for cuttings to stand up in - cuttings can remain there for a couple of days if you are short of time. Work in the shade. Fill a deepish container with river sand or crusher dust, and water well and allow to drain. Trim the base of the cuttings below a leaf node (which is where the leaf is, or has been, attached to the stem). Remove bottom leaves, leaving a few at the top. Large leaves can be cut in half (with scissors or sharp secateurs), to further reduce water loss. Dip the base of the cuttings into hormone Gel or powder. Use a pencil to poke holes in the top of the mix - a 150 mm pot can hold about six cuttings. Insert the bottom of each cutting into a hole and gently move the mix back to hold it in place. When the pot is full of cuttings, water carefully and place the pot in a lightly shaded spot - no plastic cover is required at this time of the year, but check regularly to make sure the mix stays moist. After a couple of months, gently move the stems to feel if they're firm. This will mean roots have started. When roots are established, the rooted cuttings can be moved into individual pots filled with potting mix and fed with a gentle liquid fertiliser. Raise pot from cold ground over Winter, then plant into larger pots or into the garden in Spring.

Seed collecting is full on now with so many seed pods ripening - I am filling many small paper bags with Sweet Peas, Cosmos, Lavatera, Delphiniums and Nasturtiums, to name a few.

**Monarch Butterflies:** During bright sunny days, Monarch Butterflies are prolific egg layers on Swan plants, then producing an abundance of Caterpillars to strip these plants very quickly. If you know your Swan plants will not sustain the amount of Caterpillars eggs laid, it is best to squash the eggs. If your Swan plants containing Caterpillars are in pots, they could be kept in a light area indoors to keep Butterflies from them. Swan plants do not make hard wood, so are not frost hardy in very cold areas - however there are some mature Swan plant trees around North Otago. I can get young plants through Winter by covering them with a double layer of frost cloth.

**Lawns are showing heat stress now** - keeping lawn mower blades higher will help with shading roots and moisture retention.

**Fruit:** Feed Citrus trees with Citrus food and spray any scale you notice with Winter oil. If your Lemon bush has become crowded, remove a few branches to let light and Bees in.

**Vegetables:** Keep sowing veg seeds like Carrot, Beetroot, Parsnip, Spring Onion and Lettuce, because there is plenty of growing time left for seeds to germinate and grow. Seedlings being planted now, will need bird protection while small.

Cheers, Linda

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## Let's talk about preventing getting sick when travelling

There is nothing worse than getting sick while on holiday. After weeks of planning and much anticipation, you want to be feeling in top form when out exploring new sights or lazing by the pool, rather than spending any of your holiday time sick. Some simple pre-holiday, in-flight, and on-holiday tips that may help you avoid spending this precious time sick. Stay healthy before you go, limiting late nights, maximise healthy eating and don't get tired and rundown during holiday planning. Rest up, take your vitamins and get some decent sleep, as lots of sleep keeps your immune system healthy. Keep germ-free, take small bottles of hand sanitisers with you in your carry-on luggage, try and remember to use frequently – before meals and after toilet stops. Use it to clean the armrests and tray table of your seat, if flying. Wipe down TV remotes and telephone receivers in hotel rooms. Keep away from visibly sick people who are coughing and sneezing. Using a face mask, more and more people are choosing to use a face mask as a way of decreasing contact with foreign viruses and bacteria. Keep hydrated, cabin air on aeroplanes can be very dry. Make sure you drink lots, and regularly, even if you don't feel particularly thirsty, avoiding caffeine, alcohol and salty snacks. Drinking water helps your body get rid of toxins, and can help decrease your risk of sickness. Regular fluid intake can help you from getting dehydrated and or a headache, and minimise the effects of jet lag. Dehydration can contribute to some of the symptoms of jet lag such as fatigue, difficulty concentrating, stomach problems and mood changes, and make jet lag symptoms worse. Get vaccinated if leaving the country, make sure you don't need any specific vaccinations by checking with your travel agent or a travel doctor well in advance of travel. It might be worth getting the flu vaccine as well. Be careful of what you eat and drink, try and avoid unexpected tummy troubles, vomiting, diarrhoea and headaches, eat food that is completely cooked through and served hot. Check that water is safe to drink, and wash food with. Carry a reusable water bottle with a built-in filter with you. Boost your immunity, cabin air is very dry and continually circulates micro-organisms. Keeping nasal passages moist by using a nasal spray helps with the body's own germ-flushing ability. Remember to pack your Vitamin C and multivitamins (as well as any prescribed medicines). Wash your hands often, preferably in hot soapy water. Do this every time you touch public things such as door handles, handrails, pin-pads on money machines or public toilet doors and taps. If there is no access to hot water and soap, use your hand sanitiser. Slow down, Pace yourself! Don't pack your itinerary so full that you leave yourself no time for rest and self-care. Holidays are not the time to be stressed.

**Come and see us in store, the team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.**

*This article provides general information and discussion about medicine, health and related subjects. The information contained is not intended nor implied to be a substitute for professional medical advice.*



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## Senior drivers

Senior drivers can be affected by changes in vision, reaction time and flexibility – that can affect safe vehicle handling. A safe road system has skilled, competent, alert and sober drivers travelling at safe speeds in safe vehicles on safe roads that are predictable and forgiving of mistakes. If there comes a time when it is no longer safe to drive, people will need to retire from driving but can still maintain mobility and independence.

The age distribution of New Zealand's population is changing. The ageing of 'baby boomers' means people over the age of 65 are expected to make up about 25% of the population from the late 2030s. Not only will there be more drivers, but these drivers will also drive more kilometres per year than previous generations, and will drive at older ages.

Medical care and technology has improved, meaning many older people are living longer and driving longer than a generation ago. This means that there is an increase in the number of drivers who will have medical conditions or are on strong medication.

Older drivers are more likely to be injured or die following a crash than younger people. Health problems including diminishing vision, physical and/or cognitive abilities can make driving more difficult and risky. For example, older drivers may find their night vision deteriorates, which leads to difficulty detecting and assessing hazards at night.

Older drivers are unlikely to have had any driver education for many years, meaning there may be gaps in general knowledge about the road code and new road rules.

Common older driver crash situations:

- side-impact crashes at intersections – the side panels of cars are weak and this, combined with older road users' physical frailty, means the occupants are placed at greater risk of injury in this type of crash
- fatigue-related crashes, especially when driving in the mid-afternoon
- driver error, such as putting their foot on the accelerator instead of the brake
- most driving fatalities among older adults occur in the daytime.

During 2018 senior road users (i.e. drivers, passengers, cyclists and pedestrians aged 75 and over) made up:

- 6% of the population
- 12% of fatalities
- 5% of all injuries.

In 2018, senior road users (75 years and over) accounted for:

- 711 injuries
- 43 deaths

<https://www.nzta.govt.nz/safety/driving-safely/senior-drivers/senior-driver-statistics-and-resources/>

## Top 10 reasons to advertise your business.

*Advertising can be one of the most vital aspects of a business. It is the most direct and important connection to the consumer. When consumers feel personally connected to an advertisement they are more likely to frequent your business. Some businesses question whether or not investing in an advertising budget will be worth it and that is a big mistake. Here are ten reasons why Advertising is a company's best friend.*



**Advertising generates brand loyalty**– Advertising allows for companies to target their customers and form a lasting connection with them. It instills a sense of familiarity and trust within the consumer, ensuring that they remain loyal to your business.

Advertisements use images, words, and ideals that target your desired demographic and encourages them to stay devoted to your business.

**Advertising increases company traffic**– Many consumers are more likely to visit a business after viewing an advertisement. More consumers mean more sales and more business for you. \*A survey of more than 3,000 companies found that advertisers who maintained or expanded advertising over a five-year period saw their sales increase an average of 100 percent, and companies that cut advertising grew at a less than half the rate of those who advertised steadily.

**Advertising gives your company a positive image**– Advertising tells your consumers and your competitors that you are open and ready for business. Dynamic and positive advertising can entice consumers to your business regardless of the economy and competition.

**Advertising attracts new customers**– The market is constantly changing and new consumers are moving in and out of your area. New consumers mean a new target audience that your advertisements will reach. Advertising shows consumers that are new to the market that your business is the top of the line and the one that they want to visit.

**Advertising promotes repeat business**– With all of the choices consumers are able to make, many once loyal consumers have strayed from previous businesses in search of other options. Advertising reminds your consumers why they choose your business in the first place and why they should continue to choose you in the future.

**Advertising helps your business compete**– There are only so many consumers in the market that are willing to buy your product at any given time. Advertising helps businesses stay ahead of the game while competing with other businesses. Advertising is how you convince the consumer that you are the one they should choose.

**Advertising produces continuous business**– Not every consumer is going to need your business's product today, but everyday there will always be a new consumer ready to buy. Advertising makes sure that the consumer knows that when they are in need, your business will be there to help them. A continuous amount of consumers visiting your business is the first step to increase your sales. The more consumers you have, the more business you will have. Advertising creates business now and in the future.

**Advertising keeps your business at the top of your consumer's mind**– With so many options available to consumers oftentimes they will want to shop around and compare different products. Advertising ensures that your company is always at the front of a consumer's mind reminding them why they should choose you.

**Advertising keeps your consumer up to date**– When a new product or event is ready to launch, advertising allows your consumer to be informed and aware of the details. Advertising does the work for your consumer, as opposed to forcing your consumer to hunt down the information.

**Advertising makes your company money**– What it comes down to is; Advertising works. Advertising attracts customers to your business and increases your sales. When consumers see strong and positive advertisements they are more willing to buy and ready to choose your business. Invest in advertising for your business and you will watch it grow and succeed.

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When biscuits are cold, sandwich 2 biscuits together with butter icing to make Yo-Yo's.

### Butter Icing:

Mix together 50g butter (soft), 2 Tbls custard powder and 80g of icing sugar



## Gallery Picture Framing

Down in North Otago, in the historic town of Oamaru, the local picture framer is planning his retirement. He has been successfully running his framing business for the last twenty years and he feels he should finally lay his guillotine down and let somebody else mess in the mats and mouldings.

Consequently, the little old framer from "Gallery Picture Framing" is offering his business for sale.

However, as in all great stories there is a twist in the tale. As the framer reaches retirement the lease on his shop expires and his landlord has decided he no longer wants a picture framer in his premises, he wishes to use it for his own devices.

This leaves the little old picture framer of Oamaru in something of a quandary, a successful business that should have been worth up to \$80,000 is now in a potentially precarious situation.

Fortunately, as we all know, picture framing businesses are easy to set up and can be run from quite small spaces. Not only shops, of which Oamaru has a good number of empty ones at the moment, but sheds and garages have successfully worked. So, in the end of the story we find the little old picture framer from Oamaru offering for sale a complete picture framing enterprise; all the machinery, tools, mouldings, mats, computer programmes and customer base needed for a successful modern enterprise but without the encumbrance of walls and a roof! Expression of interest or offers over \$50,000 should be made to the address above.



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## 5 signs your hearing is not as it should be

Most people with normal hearing don't even think twice about what it means to have good hearing. Chatting with friends, listening to the sounds of nature, enjoying music or hearing warning signals – they take it all for granted. It is only when hearing starts to deteriorate noticeably that we realise just how important good hearing is in our everyday lives. And how much we miss out when we no longer hear well. Our hearing plays an important role in how we interact with the world around us. It facilitates the forming of relationships, and opens up a wealth of sensory experiences. It is also very complex and extremely sensitive.

Hearing loss generally develops slowly over many years; the effects become apparent only gradually. This makes it difficult for those affected to recognise that they are actually suffering from a hearing impairment. Relatives, friends or colleagues are often the first to realise that something is wrong.

However, there are five clear signs that your hearing is not entirely as it should be. Perhaps you find it difficult to understand phone conversations clearly? Does your family complain about the volume when you are listening to the radio or television? Do you find it difficult to follow a conversation in a restaurant or when there is a lot of noise in the street around you? Do you often feel exhausted after family celebrations because listening is such an effort? Do you hear better when you are able to look at the person talking to you?

All these are typical signs of a hearing impairment. But don't worry; hearing loss is not something simply to be endured. You can and should do something about it.

While many think of hearing loss as an inevitable part of the aging process, it should not be considered a benign condition that is passively dealt with. We know today that the consequences of untreated hearing loss can have a far reaching and devastating impact.

Evidence is mounting that untreated hearing loss can affect cognitive brain function and is associated with the early onset of dementia. The link between hearing loss and increased chance of falling is also considered clinically significant.

Hearing loss is not only a problem for the hearing impaired individual, but also for friends and relatives. Leaving a hearing loss untreated can have many negative consequences for our quality of life, impacting on the things we enjoy such as spending time with friends and family, and going out to cafes and restaurants. This causes experiences of frustration and social isolation which can affect our mental health leading to feelings of depression and anxiety. Personal relationships are affected when communicating with our loved ones is disrupted by a hearing loss.

Could we do something to reduce the negative impacts of hearing loss, and improve our health for the future? Absolutely! Get your hearing tested, get it managed, and enjoy the sounds of life.

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## Waitaki not Keeping New Zealand Beautiful

In 2019, the Keep New Zealand Beautiful organisation carried out a litter survey in consultation with Statistics New Zealand, the Department of Conservation and the Ministry for Environment - across all council areas in New Zealand. A total of around 6,000 square metres in each district was surveyed,



with a mix of urban and rural sites across districts including industrial, railways, retail, residential, public recreational spaces, roadsides and carparks, with a minimum of 5 sites being audited in each territory. The findings have been a huge disappointment to Mayor for Waitaki Gary Kircher, who today said he was saddened to see Waitaki had scored comparatively poorly, significantly higher than other districts in terms of the number of items collected per 1,000 m<sup>2</sup> surveyed (185) compared to say Hurunui (61) or Selwyn district, (65). Mayor Kircher said Council would be taking up Keep New Zealand Beautiful's offer to support Waitaki in organising a community- and council-led clean up event to assist tackling local litter issues and exploring ways to better educate and provide clean up resources. "We pride ourselves on being a clean, green country and we're just not living up to that ideal. The litter problem is an area where we can definitely make some improvements."

In Waitaki the total area surveyed was 6084 m<sup>2</sup> resulting in 185 items of litter per 1,000 m<sup>2</sup>; the weight of litter per 1,000 m<sup>2</sup> was 0.55kg. Industrial sites were associated with the highest numbers of litter items, largest litter weights and highest litter volumes per 1,000 m<sup>2</sup>. Retail sites contributed to the second highest numbers of litter items, litter weights and litter volumes in the region. Residential sites were associated with low to moderate numbers of litter items and volumes, and moderate litter weights. Carparks contributed low to moderate numbers of litter items and were associated with small to moderate litter weights and volumes. Public recreational sites contributed to low numbers of litter items, small litter weights and small litter volumes per 1,000 m<sup>2</sup>. The litter included such items as cigarette butts, vaping canisters, paper and cardboard, glass and plastic. Waitaki District Council Parks department spends around \$44K per annum to service 102 litter bins emptied at various frequencies. Waitaki Roding also provide bins, currently spending \$230,000 per year on urban litter collection, with 120 litter bins located throughout the district, most getting emptied 5 times per week as part of the roading maintenance contract.

"Littering is abdicating personal responsibility," said Mayor Kircher, "and although we have plenty of rubbish bins in Waitaki, unfortunately we can never cover every place. I was pleased to see the study showed council-controlled areas such as parks were being well maintained by staff and contractors, however, this is really an issue of people being happy to chuck rubbish out their car windows, or on the ground, casually ruining our environment – it's the height of selfishness, especially compared to all the good folk who make an effort to pick up litter when they see it. It is time for us to work with Keep New Zealand Beautiful to help more of us take pride in Waitaki and in our environment."

*The full report can be found here:*

<https://www.knzb.org.nz/wp-content/uploads/2019/10/KNZBNational-Litter-Audit-Report.pdf>



# Rabbit & Guinea Pig Offer



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### Havenwyck Pets

#### Rabbits, Rats and Guinea Pigs OH MY!

Small furrries are a staple of the New Zealand household. We often start our pet care journey in our childhoods with these animals - however they may not be ideal and do require more care than we gave them back when I was a child (in the 80's!). Studies have shown that the best pet for children are in fact Rats! Yes, the small but fierce rat is a wonderful pet. This is because they are a Predator not a Prey Species, the flight or fight response is still strong in both species however a Predator is more likely to embrace and search their environment rather than run and hide - as a Rabbit or Guinea Pig would do.

Although each species are unique and wonderful, we must ensure we provide the right environment for the species we care for. Tunnels, hidey holes and huts are perfect for Rabbits and Guinea Pigs. Rats love to climb and lounge in hammocks, use their dexterous hands to reach, move and search within their environments.

*Come in and see me at Havenwyck Pets to discuss and find the best pet for you! Leanne Wreakes-Fallen. Dip. VN*



This image shows Oamaru Harbour around 1900. By this time, fewer ships were calling at the port, but as the overseas freighter at Sumpter Wharf shows, those that did were bigger.





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## Community Diary

### Wednesday 19th

**Excelsior Petanque Club;** Ph 4372557 Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club.

**Free JP** for certifying documents, affidavits, & declarations. 10-1pm at the Public Library.

### Thursday 20th

**Oamaru Karate Club 2020;** Now Started, St Pauls Church Hall, Thu & Mon 7pm; Ph Jan 0274348015.

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

**North Otago Grey Power General Meeting,** Salvation Army Lounge, 255 Thames St 1.30 with speaker. Admission \$2 or a small plate for afternoon tea. People over 50 welcome phone 4346249

**Migrant meet and share,** 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

### Friday 21st

**AA Meeting,** Orwell St Chapel, 12noon, Ph. 027 722 7818 or 021 026 86128.

**Newcomers Coffee Group** at 10am at either the Opera House or The Brydone. Ph 0272428643.

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

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

### Saturday 22nd

**Nicol's Blacksmith Shop, Duntroon.** Open with Blacksmiths working Sat/Sun 10am-3pm, courses available, booking essential. Find us on Facebook.

### Sunday 23rd

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

**Church Services:** Reformed Church Oamaru, 4 Eden St, 10.30 a.m. and 5 p.m. True to God's Word.

**Excelsior Petanque Club;** Ph 4372557 or 4371590, Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club.

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

### Monday 24th

**Excelsior Squash Club;** Centennial Park, Ph 02102323729, Monday & Friday 6pm

**Happy Scoundrels Over 55 Ten Pin Bowling Club,** 12:30pm, Galleon Family Complex. Ph. 4341463

**North Otago Creative Fibre** – meets 10am, St Lukes Hall, Wharfe Street, Newcomers very welcome. Ph 434 1136 or 4372501.

**Waitaki Woodturners;** meet 1pm clubrooms Oamaru Race Course & Tuesday 7pm. 439 5795.

### Tuesday 25th

**AA meeting,** Orwell St Chapel, 7:30pm, Ph. Ph. 4324191 or 4346888.

**Alzheimers society – coffee group;** An opportunity to meet & have a chat over a cuppa. Oamaru Opera House coffee lounge 10am ph: 437 2361

**Age Concern Waitaki Gentle Exercise** Programme for over 60's Orwell St Chapel Hall, at 1:30pm ph. 4347008

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

### AGM Notice

Wednesday 19th Feb; **North Otago Orchid Society A.G.M.** 1:30pm St John hall, Exe St. New members most welcome. Ph Irene 434 7324.

**Awamoa Football Club AGM.** Tuesday, February 25th at 7pm, Awamoa Pavilion - upstairs.

**North Otago Early Settlers Assn AGM** is to be held on Thursday 27 February 2020 at Early Settlers Hall, 1 Severn St, Oamaru at 2pm. All Welcome. Carolyn (Sec/Treas) 021 066 2888

### Community Notice

**Craft and Treasures Market.** Scottish Hall, 10 Tyne Street, Oamaru. 23rd February, 10am -

2pm. To book a stall please phone Wendy 021 515 205 or Lisa 027 706 9902

**Oamaru Coffee Riders;** Social riding group. fitness levels and cycle types welcome including E-Bikes. Nobody gets left behind. Go to our Face Book page for info on rides: Oamaru Coffee Riders or ph/text Terry 021 121 4627

**Hampden School Fundraiser Winner;** Drawn 10/2/20 under supervision. Donna #50.

### For Sale

**\*\*\*FIREWOOD LOGS FOR SALE\*\*\*** Truck & Trailer Pine logs, \$1,500 incl., Ph Laurie Forestry, 03 689 8333

### Wanted

**Colin from Post Haste** finishing contract needs a Job TXT 027 685 5985 or ring weekends 434 3248.

### Classes and workshops

**Ara Institute of Canterbury - Oamaru campus,** 44 Humber St - Contact Ruth, 03 9406151, Administration & technology, business, retail and free computing courses including internet safety, online shopping, smartphones and apps.

### 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.

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## Home Maintenance

**Clean the dryers vent not just the lint screen.**

Most homeowners know it's important to clean their dryers to prevent fires, but many people don't check for lint buildup in and around the dryers duct and vent filter. Dryer vents should be cleaned at least once a year.

**Clean your bathroom's exhaust fans twice a year**

Bathroom exhaust fans help eliminate odours and remove moisture that would otherwise land on surfaces and turn into mould; however, a fan can't operate properly if its cover is dirty.

The solution is simple: Give bathroom vent covers a thorough cleaning with soapy water twice a year to keep your exhaust fans running efficiently.

**Clean your refrigerator's condenser coils**

Most refrigerators have condenser coils across the bottom or at the back of the unit that cool and condense the refrigerant. These coils can collect dust and pet hair and get clogged, forcing your refrigerator to work harder to stay cold.

"The result is decreased efficiency and poor cooling performance in the refrigerator".

Homeowner should clean their refrigerator's condenser coil once a year, twice if they have a pet that sheds

You can do this yourself by unplugging the refrigerator, removing the grill protecting the coils and gently using the hose from a vacuum cleaner to suck out dust particles and debris. Make sure to wear a dust mask.

**Always remember to switch off and unplug electric items before cleaning** and follow the manufacturers instructions, and if you spot or have a fault - leave it to the professionals to fix.

# Mandy Phone Listings

## 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  
.....31 Essex 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

▶ Barbara Liffiton .....0211 807 366  
.....NZ RCPN, Grad Dip GT, Prov NZAC

## 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

## Flowers

▶ Flowerz 4 you .....434 9150  
all occasions, 151 Thames St..027 722 0443

## Firewood

▶ Weston Firewood.....434 1085  
.....021 052 2877

## 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 Houllaham..... 021 331 261

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## 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

## Mobile Travel Broker

▶ Jannine Hore .....439 4230  
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▶ Lynne Sinclair, NZ Travel Brokers.....  
Cruising/Holiday Packages.....432 4172

## Painters & Decorators

▶ ACE Painters .....027 201 1918  
....for all your painting needs.

▶ 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

## 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

▶ Hiflo's Group ..... 03 433 0011  
..Heating & installation ... heat@hiflo.co.nz

## Podiatrist

▶ Simply Feet Podiatry.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Print

▶ Oamaru Print and Copy Ltd.....434 9651

## Progress Coach

▶ Jenny Malcolm.....0274 477079  
.....Helping you progress forward.

## 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

## Upholstery

▶ Craft Upholstery.....Kirk 021 022 98678  
..... www.craftupholstery.co.nz

## Window Tinting

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