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25th August 2020

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Issue 500



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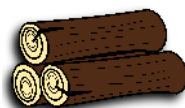
We are happy to say this issue is the 500th Telegram, thank you to all that advertise and contribute to our **local paper**.

We are still having some very frosty mornings - but at least they are followed by some nice sunshine. It won't be long until Spring will be here again.

If anyone has any interesting articles, recipes, stories, about things happening in Oamaru, feel free to email them to us to stick in the Telegram. (info@oamarutelegram.co.nz) You can include a photo and a maximum of 300 words. We love to hear about positive things happening around the town.

Until next week Regards, The Telegram.

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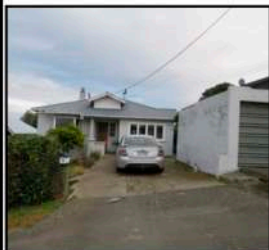
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So far, still no rain as I write this - meaning we are going into Spring, very very dry, as all Farmers and Gardeners will know. In the garden, hoses need to be on the go - a good soak around the roots of trees and Shrubs is more beneficial than sprinklers on for short times. Mulching after soaking holds moisture there, where needed. Everything is ready to push new growth out right now, which uses a huge amount of new growing plant energy requiring feeding as well as moisture, but compost/manure will not get to where it is needed without rain.



If we do get our share of rain in early Spring, the benefits from good deep moisture will be obvious from now through to early Summer. This week I have been doing the final Winter clean up around the gardens. I don't mulch with pea straw...these gardens get a covering of the lovely black compost we get each year from the Pukeuri freezing works, which allows the Spring bulbs to push through and take centre stage for the next couple of months. I do have pea straw in other areas where bulbs are growing and now that I can see where they are popping up. I push the straw away from them to give them light. It is at this time of the year I notice yellowing of some plants; the ground gets depleted of nitrogen during Winter, especially when plants are shallow rooted - like Camellia and Rhododendrons, and potted plants with roots out- grown containers. With applications of complete plant food and compost, this condition will be rectified. Plant specific slow release fertilizers on offer, make it easy to choose the right one and each time it rains or you water the garden, food is released to plants. If you have not trimmed back ornamental grasses yet - do it now. Rake out the old seeded ends and clean out the dead thatch around the base. It's amazing how much you will need to cart away after this, but they will look wonderful and will grow back to their soft wafting shape in no time. I'll bet the weeds are growing well at your place as they are at mine! Sprayers will be out again on patio areas and driveways. With the ground being so soft, hand and hoe weeding is really easy - get them out before they take off and seed everywhere, or dig them in before they seed.

Lawns After frosts, moss will be thriving in lawns, pathways and garden structures. I have been working my way around the garden seating and ornamental pots and statues with soapy water and a firm brush. Moss in lawns as I wrote last week, is taken care of with Sulphate of iron watered on, then raked off when black. Moss on path and driveways can be killed by using inexpensive laundry powder sprinkled on and wet with a light hosing to get it working.

Grass is showing growth now, so the first feed can be given and watered in.

Vegetables: Here on the coast get Spring sowings off to an early start now - use a row of cloches if you have them, or drape frost cloth which will be in place for late frosts and also keep the birds off.

Fruit: with Fruit trees being well budded up and starting to blossom, a soak and mulch will help them with the growing they have ahead of them. Fruit trees do not like to compete with grass and weeds growing hard up against trunks - clear and mulch and your Fruit trees will reward you. Some sunny days are needed now for bees to come out to pollinate. If you spray, choose a dull day when bees are not about. Lemon bushes have been producing wonderfully through the dry Winter, so a good soak and a feeding of citrus food will be in order going into Spring.



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Starting a business (Part 2)

If you're starting a business in New Zealand or working for yourself, here are things you can do up-front that will safeguard your investment in the future.

Speak to a accountant

An Accountant can help you setup and advise you on the best way to setup your new business and accounts and book keeping.

Register your company

If you've decided to structure your business as a company then register online with the Companies Office — it's low cost, quick and easy. You'll need a RealMe login.

<https://companies-register.companiesoffice.govt.nz/help-centre/starting-a-company/>

You need to comply with New Zealand laws when you incorporate your company with the Companies Office, including reserving a company name, appointing directors, issuing shares and registering for tax.

You can register for GST at the same time as you register your company.

Register for GST

You'll need to register for GST if you're earning more than NZ\$60,000 each year. You can register for GST at the same time you register your company. If you don't or if you're another type of business you can do it online ird.govt.nz It's quick, easy and free.

Register your trade mark

A registered trade mark is the best way to protect your brands in the marketplace. You can use your SPA check to begin your application online with IPONZ. It's quite quick and easy, low cost for a high level of protection. You'll need a RealMe login, or phone IPONZ on 0508 447 669.

More information can be found online at

<https://www.business.govt.nz>

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Let's talk about the importance of sleep

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well. Poor sleep has been strongly linked to weight gain, as people with short sleep duration tend to weigh significantly more than those who get adequate sleep. In fact, short sleep duration is one of the strongest risk factors for obesity. The effect of lack of sleep on weight gain is believed to be mediated by numerous factors, including hormones and motivation to exercise. If you're trying to lose weight, getting quality sleep is absolutely crucial. Sleep-deprived individuals may have a bigger appetite and tend to eat more calories, as sleep deprivation may disrupt the daily fluctuations in appetite hormones and is believed to cause poor appetite regulation, this includes higher levels of ghrelin, a hormone that stimulates appetite, and reduced levels of leptin, a hormone that suppresses appetite. Sleep is important for various aspects of brain function. This includes cognition, concentration, productivity and performance. All of these are negatively affected by sleep deprivation. On the other hand, good sleep has been shown to improve problem-solving skills and enhance memory performance of both children and adults. Good sleep may maximize athletic performance, longer sleep may significantly improve speed, accuracy, reaction times and mental wellbeing. Less sleep duration has also been associated with poor exercise performance and functional limitation in elderly. It's known that sleep quality and duration may have a major effect on many health risk factors. These are the factors believed to drive chronic diseases, including heart disease. People who don't get enough sleep may be at a far greater risk of heart disease or stroke than those who sleep 7–8 hours per night. Poor sleep habits are also strongly linked to adverse effects on blood sugar in the general population. Sleep deprivation may cause prediabetes in healthy adults. Studies show a strong link between short sleep duration and type 2 diabetes. Mental health issues, such as depression, are strongly linked to poor sleep quality and sleep disorders. Those with sleep disorders like insomnia or obstructive sleep apnea, may also suffer some symptoms of depression. Even a small loss of sleep has been shown to impair immune function, people who slept less than seven hours were almost three times more likely to develop a cold than those who slept eight hours or more. If you often get colds, ensuring that you get at least eight hours of sleep per night could be very helpful. Sleep affects your body's inflammatory responses. Poor sleep is strongly linked to inflammatory bowel diseases and may increase the risk of disease recurrence. Sleep deprivation may reduce your social skills and ability to recognize people's emotional expressions. Along with nutrition and exercise, good sleep is one of the pillars of health. You simply cannot achieve optimal health without taking care of your sleep.

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No bake muesli bar slice

- 1 1/2 cups (135g) rolled oats
- 1/2 cup (100g) pepitas (pumpkin seeds)
- 1/2 cup (65g) dried cranberries
- 1/4 cup (35g) sunflower seeds
- 1/4 cup hemp seeds
- 2 tbs chia seeds
- 1/3 cup (80ml) honey
- 1/3 cup (80g) coconut oil
- 1 tsp vanilla extract
- 1/4 cup (35g) white chocolate melts
- 1 tsp chia seeds, extra

Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.

Combine the oats, pepitas, cranberries, hemp seeds, sunflower seeds and chia seeds in a heatproof bowl.

Melt the honey and coconut oil in a small saucepan over medium heat for 3 mins or until combined. Bring to the boil. Cook for 2 mins or until light golden. Remove from heat. Stir in the vanilla.

Pour the honey mixture over the oat mixture. Stir until well combined. Press into the prepared pan. Place in the fridge for 3 hours or until firm.

Cut into pieces. Drizzle with chocolate. Sprinkle with extra chia seeds. Store in an airtight container in the fridge for up to 1 week.

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MUST DO – ALPINE PACIFIC TOURING ROUTE

New Zealand's newest 450km touring route covering the entire North Canterbury area starts in Christchurch and takes in the main town centres of Waipara, Hanmer Springs and Kaikoura.

Waipara Valley is one of New Zealand's premier wine regions so do not miss the opportunity to enjoy some wine tastings and lunch at one of North Canterbury's vineyards. Waipara is also home to the historic Weka Pass Railway. Hanmer Springs is well known for its hot springs and one of the best visitor attractions in New Zealand - Hanmer Springs Thermal Pools and Spa complex but it is also popular for its adventure activities including jetboating, scenic flights, mountain biking, tramping and skiing in winter.

Kaikoura is renowned for its ecotourism and as well as offering outstanding wildlife watching opportunities and encounters it also has fantastic walks, stunning scenery, a fascinating history and amazing fresh seafood.

Other places to explore along the way include Amberley, the Greta Valley, Motunau Beach and Waikari.

If you are wanting to get away for a few nights then the diversity of the destinations on the Alpine Pacific Touring route have something to offer everyone whether it be rest, relaxation, adventure and fun, great food and wine or amazing scenery and wildlife.

Jannine Hore – The Travel Brokers



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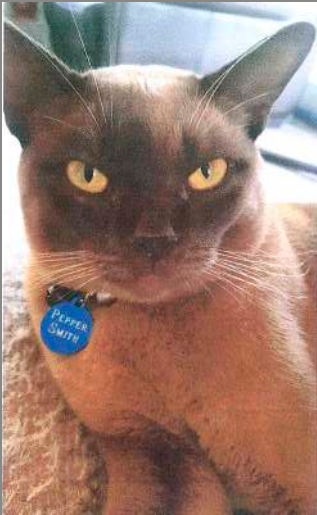
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Missing - Reward!



Chocolate Burmese Cat

Our 22 month old Burmese cat missing from Severn, Lune, Stour, Isis St and Nicholson Terrace on Thursday 13th August about 10am.

Has black collar with blue tag with Pepper Smith 021 127 1687

Any Information please ring;

021 127 1687, 021 215 0735 or 03 434 6601.

Thank you.

Pieces Of April - By April Hayes Dickson

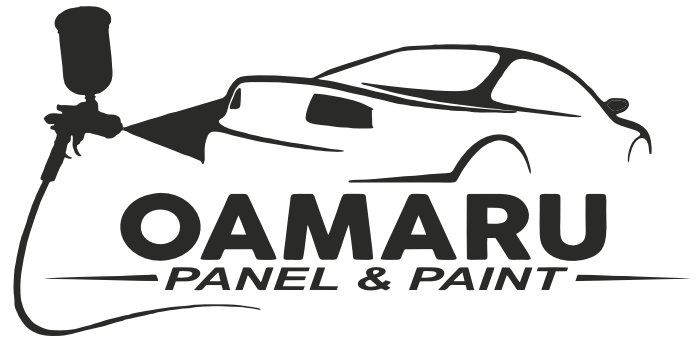
We are all still having to confront various disappointments because of Covid-19. Plays, picnics, symphonies and sports were all postponed at best and completely given the flick at worst. Naturally, some let-downs are harder to deal with than others. There are those that we simply sigh and let go of easily and others that cause conniptions. For me, the tough one is the cancellation of the Herman's Hermits concert at the Oamaru Opera House. The minute I heard the news, a kind of hush came over me. Gone was my chance to prove publicly that I knew all the words to "Mrs Brown You've Got A Lovely Daughter". Gone was the once in a lifetime opportunity to make googly eyes at Peter Noone up close. Gone was the moment when I'd get misty eyed on hearing the first bars of "I'm Henry the Eighth, I am" played live for the first time.

And it wasn't all about me. Gone was Herman's chance to serenade me right there in the front row with "No Milk Today".

And lost was the chance to have an extra wine or two during interval at the Grand Foyer bar and break out my go-go moves in the aisle during the second half (my step-daughter Jane refers to this as The Blessing).

I had first fantasised this experience while singing into my hair brush in 1964. I feel so robbed. But I've since found out that Peter Noone is no longer THE Herman of Hermits fame. Imagine turning up to the theatre only to find there was no Noone!

A close call. Thanks Covid. piecesofaprilhd@gmail.com



North Otago Motor Group



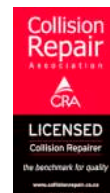
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After last year's HarbOUR Space public engagement, we used the feedback you gave us to make a draft plan for the Oamaru Harbour area. Now's your chance to tell us if you like it!

Read the plan (on our website, or hard copies are available at district libraries and Council offices). Then either fill out our online feedback form or a printed form (available from those locations) and get it back to us by **Monday, September 2020**.



Visit the Public Consultation page on our website to read the Plan and give us your feedback:
www.waitaki.govt.nz



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Lodge pre-seasoned cookware -

Waitaki Interiors

Joseph Lodge and his wife settled in Tennessee, U.S.A in 1896 and there he opened his first foundry. Joseph created a legacy of quality that has thrived through two World Wars and the Great Depression and is still carried on by his family today. Even during the hard times of the 1930s, the Lodge family found ways to keep employees above water. Novelty items such as cast iron garden gnomes and animals were produced and sold to keep the furnaces burning and the paychecks issued.

In 2002, Lodge pre-seasoned cookware was introduced, eliminating the hassle of its unseasoned counterparts. It was an industry first that has since become an industry standard. Truly versatile, Lodge Cast Iron cookware is at home in the oven, on the stovetop (including induction), on the grill or over the campfire. Seasoned Lodge Cast Iron cookware offers a healthy alternative to non-stick cooking and is ready to use right out of the box. Unlike some cookware, Lodge Cast Iron lasts a lifetime with a natural, easy-release finish that improves with use.

Whether you're frying, simmering, sautéing, baking, braising, or slow roasting you'll find what you need at Waitaki Interiors with Lodge's extensive range of skillets, grills, Dutch ovens, woks, pizza pans and outdoor grills. Lodge cast iron cookware tends to get hot, even on the handles. Lodge have designed silicone handles which protect hands up to 230°C and pot holders to protect surfaces in style. The fabric lining provides a comfortable grip while the silicone exterior offers maximum heat and stain resistance. This can be used as a heat-mat/Trivet, or as a grip in removing lids and handling hot cast iron.

In more ways than he could have ever imagined, Joseph Lodge would not recognise the business he started over a century ago. Lodge continues to be a family owned enterprise and it produces over 120 different foundry seasoned cast iron items for worldwide gourmet, outdoor and restaurant markets. Waitaki Interiors are proud to be a stockist.

The Power of Pets - Havenwyck Pets

Pets can be much more than household companions. Studies have shown that pets can really help humans, and not just in the capacity of Guide Dogs or Service animals. Your pet at home whether it be a Guinea Pig, Bird, Cat or Dog can help you in so many ways. There are many articles outlining the health and wellbeing advantages to keeping pets, these include the benefits such as:

- Decreased blood pressure.
- Decreased cholesterol levels.
- Decreased triglyceride levels.
- Decreased feelings of loneliness.
- Increased opportunities for exercise and outdoor activities.
- Increased opportunities for socialization.

So in times of stress and worry go home, pat your pet, talk to it and take advantage of their calming effects.

Kind Regards, Leanne Wreakes-Fallen DipVN

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Lodge Cookware



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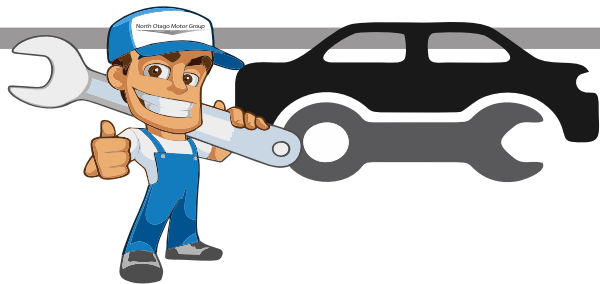
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- One visitor per patient. This also ensures our vulnerable patients are getting the appropriate amount of rest.

Notices outside the doors will guide you to the area you need to be.

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Directions for creating a wall garden using a wooden pallet



Choose veges and herbs that will grow quickly, and are shallow rooted - salad greens, and herbs like coriander, basil and chives. Include flowers like marigolds and lobelia, to add colour to your wall garden.

Create pockets you can plant into, by adding a base to each row of the pallet. Cut bits of ply in a 'jig' shape to be nailed on to the base of each row.

Nail the pieces of ply to the pallet. It is easiest to do this when the pallet is lying down.

Lift the pallet up. Line each row with weed mat to help prevent the soil from coming out and to help keep moisture in. Paint the pallet. We chose black paint for our pallet garden. Position the pallet where you would like it located before planting up. We screwed our pallet to a wall in a courtyard outside near the kitchen.

Fill each row with Outdoor Container Mix, a free draining mix specially formulated to provide the optimum balance of nutrients and water holding capacity for containers. Soak seedlings in a bucket of seaweed based plant tonic ensuring the container is fully submerged. Wait for all the bubbles to stop before removing from the bucket. Seaweed based plant tonic helps promotes strong root growth and reduces transplant shock.

Dig small holes with your finger and position each plant in a hole. Press soil gently around each plant.

Water plants well, and continue to water every second day to keep it nice and moist. In four to six weeks you will have tasty homegrown delights to harvest!

Community diary

Wednesday 26th August

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

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

Weston Indoor Bowling Club; 7.30 pm. Weston Hall. New members most welcome. Ph 4348281.

Thursday 27th

Awamoa Indoor Bowling Club; Towey St, Oamaru, 1:30pm, coaching available. ph 434 5061.

N.O. Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe St. Ph 437 2673.

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.

Whitestone Weavers: meet in the Salvation Army hall 10am – 3.30pm. Ph. J Browne 4395543

Friday 28th

AA; Orwell St Chapel, 12noon. Ph. 0277227818.

The Dome will be open for viewing; Bookings are essential. Email marg-hans-briens@xtra.co.nz to book time.

Saturday 29th

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. All welcome.

Sunday 30th

AA Meeting; Orwell St Chapel, 6pm. Ph. 0277227818 or 4372337.

Craft and Treasure Market; Scottish Hall 10 Tyne Street, 10am - 2pm, New stall holders welcome. To book a stall phone Lisa 027 706 9902

Oamaru Baptist Church; Sandringham St, Service at 10am. All welcome.

Reformed Church Oamaru, 4 Eden St, morning service at 10:30am, followed by Sunday School

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

Monday 31st

Genealogy help by local genealogist - at the Oamaru library 10 am - 12noon.

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

Tuesdays 1st September

AA Meeting; Orwell St Chapel, 7:30pm, Ph. 434 0227 or Ph. 432 4191.

Age Concern Gentle Exercise. 1:30 – 2:45pm Seated exercise class with music, followed by afternoon tea. Offered during Alert Level 2 with appropriate precautions. Orwell St Church.

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

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627

Matters of the Heart Come along to our free information sessions on heart health; 1:30pm, 7 September, 48 Ribble Street, Oamaru. Bookings are essential Ph 434 2143.

AGM Notices

North Otago Art Society Inc; AGM Wednesday 26th August, 7pm Custom House Gallery, Cnr Wansbeck and Tyne St all welcome.

North Otago Harrier and Amateur Athletic Club AGM; to be held in the Excelsior Clubrooms Tuesday 1st September, 7pm. All welcome.

Oamaru Anglers Club AGM; 14th Sep 7pm at the Oamaru Police Station, upstairs in the meal room.

Oamaru Performing Arts Society AGM 7.30pm Thursday 27th August 2020 Blind Foundation Hall, Steward Street.

Waitaki Hall Trust AGM; Thursday 7:30pm 27th August at Waitaki Bridge Hall - All welcome, Apologies to: Frith Goldring 431 3536.

Services

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Peastraw Medium Square sized bales \$50 each 439 5334 or 027 323 2926.

Wanted

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

Work Wanted

Relief milking, stock work wanted, call Wee Jock 021 2073730.

Admin/Finance Administrator seeking work for full or part-time work. Call 027 630 6448.

Classified Advert, Community Diary Prices

3 lines \$13.50 +\$3 for every extra lines.

Repeating with no change;

\$5 +\$3 for every extra line.

Farmlet Clearance & Garage Sale

Saturday 29th August, Homestead Road near Weston. Sign outs 9am finishes 12noon.

Husqvarna 38"rideon, S.D. Mower 17hp, Hydrostatic (late model).

Portable sheep loading ramp - suits car trailer. Sheep handler, trailer crate.

Heiniger, dagging handpiece, **Electric fence unit** (mains) + standards and reel unit etc...**Tas post hole borer** and 3 Augers, Tine harrows and bar-10ft. **Quantity fence posts** - wooden and concrete.

Numerous tools, Miscellaneous items, swing/slide set, trampoline, numerous household items, children toys and clothing.



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Handy Phone Listings

Accommodation & Facilities

- **Holiday Home - Seaviews 'n Siestas**
Relax 10% off Moeraki021 0827 0805

Acupuncture & Massage

- **Rick Loos (NZRA)**03 434 9663
Acupuncture, Massage & Reflexology

Building & Construction

- **DOMINATOR Garage Door Centre**
.....Quality you can trust.....03 434 8476
- **David Ovens Building Contractor Ltd**
.....Licensed B/P.....027 481 9424
- **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 Brydges179 Thames St
- **Ron Sim Chiropractor**.....434 8784
.....31 Essex St, Weston

Cleaning

- **A1 Spic n' Span**.....434 5534
Almost ALL Cleaning027 737 8423
- **AA Gutter Cleaner**.....0274 335 295
For your annual Gutter Cleaning...
- **A+ Services NZ Ltd**.....0800 155 166
windows, gutters and carpets..... 027 7144 812
- **Kimis Home Cleaning**.....027 292 1023
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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
- **Jenny Boon**022 034.9190
.....Clothing alterations

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

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
Includes ride on lawns.....0221086606
- **CHANGEZ Landscape Property Services**
Property maintenance - Steve 021 1148 900
- **Crew Cut large lawns**
Paul Houlaham..... 021 331 261
- **Oamaru Garden Maintenance**
Richard Kennedy021 0474758
- **Roses, garden weeding, hedges & lawns**
Steven..... ph/txt...027 2609988

General Store

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

Handyman

- **Handyman**027 642 6474
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Insulation

- **Dunbars Insulation**027 789 8788
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Interior Design

- **Tracey Vickers Design** 027 5420 215
Upholstery and Furnishings03 439 5370
- **Waitaki Interiors**..... 434 7755
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- **Immigration & Secretarial Services Ltd**
sylviane@isservices.nz.....027 737 8360

Joinery

- **Inex Joinery/Kitchens 4 Less**
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- **Rycole Joinery** *Custom designed kitchens*
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Mobile Travel Broker

- **Jannine Hore**439 4230
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- **Lynne Sinclair, NZ Travel Brokers**.....
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- **Don - Painter & Decorator - 25 years**
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- **Solid Plastering**027 3137250
.....David Caldwell Plastering

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- **Suds & Paws for dog grooming** 4345957
- **Paws Awhile Boarding Cattery** 4341296
- **Shaggy Chic Dog Grooming**
40 Ribble St 022 150 0395

Plumbers

- **AG Plumbing**.....021434950
.....Blocked drains & CCTV Camera
- **Cunningham Plumbing, Oamaru**
.....Plumbing & Draining...0800 555 105
- **Foley Plumbers Oamaru**.....434 2330
.....Sam Boswell.....0800 303 530
- **Hiflo's Group** 03 434 9873
.....Plumbing, Heating & Rockgas

Professional Podiatrist

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

Picture Framers, Printing

- **Waimate Picture Framers**...03 6898568
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- **Oamaru Print and Copy Ltd**...434 9651
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- **Jenny Malcolm**.....0274 477079
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- **RayWhite - Leona Stretch**..0274 820908
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- **Driving Miss Daisy**434 8421
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- **Oamaru Dunedin shuttle**434 3007
.....Mon - Fri, Door to Door027 2565651
- **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

- **Tint a Window**.....0800 368 468
UV fade, heat, glare & privacy.tintawindow.co.nz



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North Otago Motor Group



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CAR OF THE WEEK



Toyota PRIUS PHEV

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Motoring with Martin

Hi! Martin here, North Otago Motor Group. We have a large selection of late model X rentals, this weeks car of the week is a Toyota PRIUS, Toyota is one of the Hybrid car pioneers and this Prius goes a step further by being able to run on electricity alone for up to 20km. Fitted with NZ audio with Reverse Camera and after market Alloy wheels and multiple Airbags. Come in and test drive today... We have over 35 years LOCAL experience in the industry and our team, Peter, Jamie and myself are here to help you. Being local has huge advantages for you. We are close to where you live; you can pop in and see us or we can come to you - plus we have a service and parts department. See us any day including Saturday 9am-12, or call us to make an appointment outside working hours. Loads of options of vehicles too, from small run-bouts, SUV's to 4x4's. Plus we can cover everything from finance, insurance and extended warranties. Have a great week. *Martin 0800660070*



Martin



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Notice of Non Consent to Being Exposed to 5G



Fifth generation wireless technology (5G) is being rolled out in Aotearoa, and globally, despite concern from millions of people, including health experts and scientists calling for a moratorium until independent research concludes that 5G is safe. In February a 250-strong petition was presented to the Waitaki District Council asking for a moratorium on 5G. We now urge you to sign a Notice of Non-Consent to Being Exposed to 5G and send it to the CEOs of the District and Regional Councils. A Notice of Non-Consent is a legal and valid communication that adds your name to the growing list of concerned citizens who want to be assured their health and well-being, that of future generations, and of the general environment are not being put at risk. Australian barrister Raymond Broomhall has managed to get 2,500 transmitters taken down using notices of non-consent (for full process see emrlegaleducation.com). To get a Notice of Non Consent plus attached scientific evidence of 5G harm please contact: 5gfreewaitaki@gmail.com The 5G rollout is an illegal experiment breaching a multitude of human and natural rights. Last month the Big Island of Hawai'i banned 5G, why not New Zealand?

5G Free Waitaki

Oamaru The Telegram

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