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Oamaru The Telegram

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8th September 2020

Phone 434 9651

Issue 502



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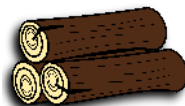
At the Telegram, we focus on a better result for your advertising dollar. **Colour or black and white?** Colour is a good option and works well when colour is required (we can print in colour). If you run your advert in black & white, you can run it over more weeks for the same price, depending on your offer and size of the advert.

With Spring here, now is the time to start thinking of your advertising leading up to Christmas. For more information, call in and speak with us before you start your next advertising campaign.

Oamaru has very good walkways and views to boot, so why not get out and enjoy.

Until next week Regards, The Telegram.

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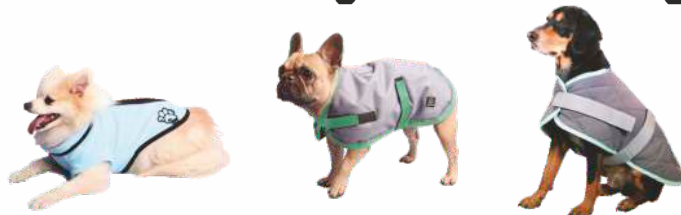
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Sunday 13th September 2020
Featuring
Sir Ralph Sherwood on the pianoforte...
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12 p.m. 'til 4 p.m.
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For Bookings:
Phone 03 433 1269
Email totaraestate@heritage.org.nz
f Totara Estate

Introducing...
Learned Lectures
Allan Ward speaks about
"The Art of Dry-Stone Walls"
12 p.m. - 1 p.m.

Whew.... A few days of drying winds and then what usually happens here in paradise, rain fell and with it came freshness and a cold snap with frost, to remind us we are only early into Spring. Cherry Blossom buds will be opening and Magnolias taking Centre stage, so bees will be back in force on sunny days.



Winter sown Spring seeds are up now, so I am thinning and potting Pansy and Dianthus which have shallow roots, into deeper seed trays and those with longer deeper roots like Lupin, Hellebore and Oriental Poppy, into their own individual small root pot, as it is best to have a well-developed root ball attached before planting out into the garden. **Baskets and pots** can be thought about now - use only shallow rooted plants for baskets like Pansy, Primulas, and trailers like Virginia Stock and Dwarf Sweet Pea until it is warm enough to plant Petunias, Lobelia and Begonia. Pots and baskets benefit from the addition of extra slow release fertilizer and water Crystals to keep them going. Roots of what you want to plant, will determine the size and depth of a pot or basket. **Potted Roses** need a deep solid pot to help with the heat of Summer cooking roots - Camellias, Azaleas, Hydrangeas and also small trees and Shrubs also suffer from cooked roots in Summer. By placing a shorter plastic pot inside a terracotta or concrete pot will help keep roots cooler - interior plastic pots should have wide drainage holes and sit on a layer of gravel inside the bigger pot, leaving a three-inch gap at the top to spread mulch, which can be a thick layer of gravel, stones, bark or even sheep wool. All potted plants do best in a good heavy potting mix, excellent drainage plus a consistent supply of food and water. If a potted plant is left too dry for too long between watering's it will never thrive or look lush and healthy. I looked around the garden for plants to make an edge to take place of where a row of Lavender had been. I have new Lavender plants now in this spot, but they are as yet tiny so felt they needed something in front. I found just the thing - a large clump of Lambs ear growing in a rockery, which had doubled in size - so dug half of it out and broke up into single plants. Once they start to spread, I will remove for the Lavender to take its place. Silver is a perfect shade to use as a break between strong and soft shades - will grow in sun or semi shade and Lambs ear also has the added bonus of being an interesting texture.

Hydrangeas here have now all been pruned. Fuchsias can be pruned once they start showing new growth. They flower on new growth - that's why growers cut them right back to encourage new fresh growth - so cut back all that straggly old wood...

Dahlias, I am keeping a cover of Pea straw on top of mine, because I feel nothing will be happening with them until well into next month.

Lawns: Prepare ground for sowing new lawns here on the coast when the chill has left the ground. Spring sowing should be spread thickly to beat annual weeds. Once Spring mowing starts again on existing lawns, keep the mower blades up to allow grass to thicken as it comes back from dormancy - feed lawns just before or during rain and they will stay lush.

Vegetables: Green crops can be dug in now, before they flower and get stringy. Here on the coast, sow lettuce seed and plant lettuce plants and other leaf veg on offer now at two week intervals, but protect from frost and birds while small. Carrots and Peas can go in, but still too cold for Parsnip, Beans, Corn, and the Pumpkin family - they all need warm soil to germinate. Broad Beans sown in March should be in flower, looking for Bees. Prepare ground for planting seed Potatoes - if soil is too wet, fork over adding compost to get air in to aid drying. Potatoes can rot if soil is cold and wet.

Fruit: Buds are swelling to Blossom burst as sap rises. What's needed now are sunny days and Bees. Work on Gooseberry bushes now before leaves arrive. Thin out middle branches and cut bottom skirt branches up to raise height, making it so much easier to pick the fruit from underneath. Strawberries are starting to move towards budding, so will be looking for food - they need mulching with compost, old animal manure, then straw or pine needles as a cover will do the trick.

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Let's talk about testicular cancer

The good news is testicular cancer is rare and very treatable. Most men who get it are cured. The bad news is it is the most common cancer in younger men between 15 and 34 years in New Zealand. According to the New Zealand Ministry of Health Statistics, 137 (34 Maori) cases of testicular cancer were diagnosed in the NZ in 2013 and 6 men died (0 Maori) from testicular cancer in 2013. Most testicular cancers are found by men themselves, by accident or while doing a testicular self-examination. The testicles are smooth, oval-shaped, and rather firm. Men who examine themselves regularly (once a month) become familiar with the way their testicles normally feel. Any changes in the way they feel from month-to-month should be checked by a doctor, preferably a Urologist. When a cancer develops in a testicle is called testicular cancer. When testicular cancer spreads, the cancer cells are carried by blood or by lymph, an almost colourless fluid produced by tissues all over the body. Doctors use CT scans of the abdomen and chest in an attempt to determine if the cancer has spread to the lymph nodes or lungs. In men under 60, 95% of testicular tumours originate in the germ cells, the special sperm-forming cells within the testicles. These tumours fall into one of two types, Seminomas or Non Seminomas. Other rarer forms of testicular cancer include Leydig and Sertoli cell tumours. These tumours are much harder to treat and patients diagnosed with them should absolutely get a second opinion from an expert. Men over the age of 60 can still get a germ cell tumour, but they are more likely to get Leukemia, Lymphoma, or a benign tumour called Spermatocytic Seminoma. Who is more at risk? Globally, testicular cancer is the most common cancer in young men. Men with undescended testes at birth, or who have a family history, like a father or brother who has had testicular cancer, are at an increased risk. The best thing you can do for your testicles is give them a bit of a feel on a regular basis, and if something doesn't seem right, head to the doctor. See your doctor if you feel a painless lump, no matter how small, feel a swelling in either testicle, feel discomfort, heaviness or pain in a testicle or in your scrotum, feel a dull ache in the groin, notice anything that is unusual for you. Thankfully, most lumps aren't cancer. But don't ignore a lump, even if you notice it after an injury, let your doctor decide whether you need further tests. ***This month Oamaru Pharmacy will be running an awareness and education campaign, come and see the knowledgeable team, for more information. We do it for the men in our lives *Prostate Cancer Foundation National Helpline Phone 0800600800 email : info@testicular.org.nz***



North Otago Motor Group



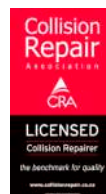
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Please do the following:

- Avoid the main reception area and go directly to the Emergency Department entrance beside our Ambulance Bay at all times, 24/7.
- If you have any cold or flu symptoms please wear a mask or put one on at the Emergency Entrance door & apply hand sanitiser.
- Please note only one support person with the patient. Also any visitors to the hospital will be screened at the doors.
- If you develop symptoms consistent with COVID-19, call your GP or 0800 VIRUS19 (0800 847 8719) to get tested. You can get a free test at most GPs – call ahead to find out if you need a test and follow their advice.

For COVID-19 health advice and information, contact the Healthline team (for free) on 0800 358

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Waitaki Interiors

• Interior Design • Window Furnishings • Gifts & Homewares

Design Consultant



Tania Rolle

03 434 7755

design@waitakiinteriors.co.nz

My husband and I recently moved to Oamaru from Queenstown after living there for 10 years.

We have undertaken our biggest house renovation yet in Oamaru, this is house no 26 in 32 years together, so lots of practice. I relish the opportunity to apply all that I have learnt having worked as an interior designer for many years. I studied Interior design in 1992 with Thompsons in Australia and I am excited to have been retained by Waitaki Interiors as their Design Consultant.

I have always had a passion for gorgeous interiors which I was fortunate to be able to apply while working for McKenzie and Willis prior to leaving Queenstown. I pride myself on working closely with my clients, helping them with everything from complete refurbishments of old existing properties to home staging for the real estate market. I am a qualified Colour Specialist having spent 5 years at Resene Paints. This gives me an extensive knowledge of colour and how best to use it to create atmosphere and change environments.

I have had the privilege of travelling through many countries in Europe and my appreciation for architecture has grown with every trip. I constantly drive my husband crazy checking out antique stores or taking photos of the curves of a building or the intricacies of a structure.

I believe in attention to detail whilst creating beautifully designed homes with flow and functionality. I love creating spaces that welcome you in, making you feel relaxed using textures and layering to create a timeless interior.

I am confident in the knowledge that I can also help you create beautiful spaces in your home.

Book a design consultation with me this month and go in the draw to get it for free *terms and conditions apply.

Tania Rolle, Design Consultant, Waitaki Interiors

OAMARU + PHARMACY

Your Pharmacy

Blue september

*We do it for the men
in our lives!*

Detection is in your hands

THE FACTS:

- Check your testicles once a month, while in the bath or shower. In this way you get to know the normal size, shape and weight of each of your testicles.
- Cadle your scrotum in both hands. Use your fingers and thumbs to examine and compare your testicles, one at a time. Small differences in size are normal. One can also be hung lower than the other.
- Testicles should feel firm and smooth without lumps or swellings. It is normal to feel a soft rubbery tube at the top and back of both testicles. This is called the epididymins. It carries sperm to the penis. It can be tender and it wobbles.



Oamaru Pharmacy, 171 Thames st, Oamaru
Ph. 03 434 8741, Monday - Friday 8am - 6pm
Saturday 9.30 - 5pm, Sunday 10:30 - 4:30pm
www.pharmacy-nz.com

Community diary

Wednesday 9th September

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

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

Oamaru Friendship Club meet 10am St John's Exe Street, new members welcome. Ph. 4346249

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

Thursday 10th

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. Build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

Friday 11th

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

Johnston(e) Clan; meet at 10am. All Johnston/e's welcome. Ph. Daphne 4346249 for venue.

The Dome will be open; bookings essential. Email: marg-hans-briens@xtra.co.nz to book time.

Waitaki Travel Club; Lindis Room Brydrone Hotel at 10am. Speaker Joan Sutherland "Alaska"

Saturday 12th

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

Sunday 13th

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

Central Coast Country Music Ass Inc; Club Day has been cancelled, future club days will be reviewed on a month to month basis.

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, afternoon service at 5.00pm.

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

Monday 14th

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

Tokarahi Spinners and Weavers meeting. Ph. Christine 434 2223

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

Tuesdays 15th

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. ph 0211214627

AGM Notices

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

Services

Builder Available; License Builder Neil Miller Phone 027 405 7147.

Carpet/Vinyl layer second hand carpet & repairs. Dion 0223924852.

Clairvoyant Rose 4 Readings; 021 126 3329

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Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

Garage Sale

Whitehaven St, Weston, off Grove Ave. Becks lawn mower, furniture and free stuff. **9am Sat 12th.**



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0277019376

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3 Seater Couch and 2 Lazyboy Armchairs very good condition. \$500 Ph 03 434 3263.

Wanted

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

Work Wanted

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



PH. TOM 021 0233 2002 OR 434 3326

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

Spring is Springing - Havenwyck Pets

Our gardens are budding, the fruit trees are blossoming and the grass has started growing! With our lovely spring gardens blooming also comes the risk of toxic plants to our furred friends. We often put a lovely vase of flowers on the dining table to lighten our lives however flowers to avoid if you have cats, dogs and birds in your home are Lilys, Azalea, Foxglove, Hydrangea to name few. If your pet consumes any toxic plant you may notice signs of discomfort, vomiting, diarrhoea, rapid breathing, your vet should be called immediately as plant like lilys can lead to death.

Bulbed plants in the garden are also a common toxic plant to pets, particularly dogs who like to dig them up, usually just after youve planted them! These plants are best fenced off from your pets.

Enjoy those spring blooms but keep your pets safe!
Kind Regards, *Leanne Wreakes-Fallen DipVN*



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Lotto 'n Things (03) 437 1153
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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
Your home cleaning service....

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 Houllaham..... 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
Old job, water blasting, repairs, call or text.

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
All window furnishings

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**.....
Longest established broker in North Otago..432 4172

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- ▶ **ACE Painters**027 201 1918
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- ▶ **Central Furnishers**434 8994
....custom made drapes & binds
- ▶ **Don - Painter & Decorator - 25 years**
....Call for a quotation027 2205403
- ▶ **Solid Plastering**027 3137250
....David Caldwell Plastering

Pets

- ▶ **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
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- ▶ **Cunningham Plumbing, Oamaru**
.....Plumbing & Drainlaying...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
For all your framing requirements...0272918763
- ▶ **Oamaru Print and Copy Ltd**...434 9651
From business cards to larger posters print & design

Progress Coach

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

Real Estate

- ▶ **RayWhite - Leona Stretch**..0274 820908
.....*Essential Realty Ltd Licensed REA 2008*

Transportation & Rental Vehicles

- ▶ **Airport/Hospital, Oamaru Tour**...434 9506
.....*transfers (Merv Aitcheson)*0272268347
- ▶ **Driving Miss Daisy**434 8421
....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ **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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NEW PATIENTS WELCOME



North Otago Motor Group

CAR OF THE WEEK



TOYOTA

Toyota Corolla
2017 Toyota Corolla GLX
1.8ltr Automatic 5 Door

Mon-Fri 8am to 5:30pm, Sat 9am to 12pm

*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply

Motoring with 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 Corolla, we have 3 corollas in stock, all with low kms, choice of blue, red or white, cars like these are the reason Toyota Corolla is so popular. 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

RealFood Pantry

Hazelnuts - Provide more dietary fibre than any other nut; they are also rich in folate which assists in reducing the incidence of neural tube defects.

Walnuts - The ultimate brain food, walnuts are notably high in plant base omega 3's, a 30h handful provides about 90% of recommended daily intake.

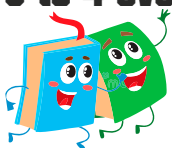
BOOKARAMA

10 to 4 every Day this Week



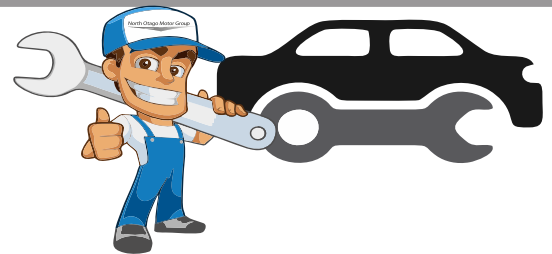
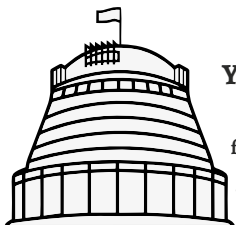
*Next to Sutherlands
on Thames*

Last Day, Sunday 13 September



ELECTION 2020

You're invited to join us at the Opera House
7pm, Tuesday Sept 29
for Oamaru Rotary's Waitaki Electorate Candidates meeting
Meet the Candidates. Hear their policies.
Ask your questions.



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WE DO IT ALL!