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Oamaru The Telegram

100% local 8,000+ homes weekly

29th September 2020

Phone 434 9651

Issue 505

THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476



DOMINATOR

YES we Sell Garage Door Systems – Free Quote
YES we repair Garage Doors

People are talking about how great the “Farmers Market” is. If you have not been yet - why not? We would recommend going and taking a look - it's at 9:30-1pm every Sunday, cnr Wansbeck and Tyne Streets.

Keep the Children busy over the School Holidays - mow the lawns, weed the garden, 'do the laundry and it must be time for some Spring cleaning...

A reminder for Garage sale adverts - you need to think a week ahead of your event, as our deadline is Thursday for the next week's issue due out on Tuesday.

Until next week, Regards the Telegram.

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Sat 9.00am - 4.00pm

New Zealand Post



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E: admin@wallsfuneralservices.co.nz

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Phone 021 11 48900

It is all on now with weeds... while they are small, my most used tool is a hoe to keep them from taking hold - especially chick weed and biddy-bid which is worked on here to eradicate, every Spring - so have no idea why as many seed from both still germinate everywhere! A hoe will not work with Couch grass and Convolvulus - this needs to be dug out while ground is soft and runners can be taken right back under the ground to where they begin, it is very satisfying to know they will not grow back if pulled all the way out. I spot spray in badly affected areas while surrounding are low, but never where food is grown.

Keeping the light off bare soil with mulch will stop annual weed seeds germinating. Compost, un-sprayed grass clippings, (only thick enough to block light) Pea straw, that great Mulch, which looks like soil from Pukeuri freezing works, (around established plants) and the well cooked mulch from the Waitaki Resource Recovery park, will all do the trick in orchards and rough garden areas. Mulching is also the answer to holding moisture in the ground.

Garden edging with Perennials is another way of covering the soil and a way to stop birds scratching soil out over paths. If you are looking for a pretty mat forming garden edge and have a clump of Cat Mint beginning to make new growth, dig the clump up and break into many new pieces with roots and pot them up. When roots fill pots, they are ready to be planted as a front edge. This can also be done with Lamb's Ear, Erigeron Daisy, Violets, Sage, Mono grass and Armeria (thrift)

Feeding plants. If you have not fed plants or Shrubs - do it now.. There are balanced plant foods for all types of plants on offer now for this time of the year... Slow release granules, powdered plant food (watered in), Blood and Bone. Manure enriched compost rich in nitrogen should have been added to gardens in late Winter... too much nitrogen given now, will encourage over lush growth. However, I often mention using old stable manure around Roses to keep them going over their long flowering period - don't dig the manure in as this can cause root damage - watering will take it to the roots as required. Extend food just beyond the drip line where the most active feeding roots are. Having saved a lot of **Sunflower seed** from last year's flowering, they were planted two weeks ago and are now up and doing well. I just love seeing those big happy flower faces en-masse following the sun. They will be planted out in groups to stand high behind existing Shrubs and any sunny bare areas that need brightening up. I have been noticing a few Cherry Blossom trees with root stock branches being left to grow. By this I mean, any branches that develop below the graft (where the branches begin at the top of the trunk); these should be cut off while still small. If allowed to develop into branches, they will take over the whole tree. All Flowering Cherry trees are grafted onto a strong root stock of a very ordinary white blossom tree, so if you have a tree with lovely pink or white blossom and you notice some blossom looks different, then most likely it will be a branch growing from below the graft - cut it right out

Lawns: The buzz of lawn mowers is in the air again - cutting too low will let light in for weeds to grow. Let them thicken up, as they need to be strong to cope with oncoming Summer heat. Grass seed I planted a couple of weeks back has struck, letting me know the ground is warm enough for re-sowing more bare patches.

Vegetable garden: Lots to do in the veg garden right now... I have been madly sowing seeds over the last few weeks and it's now the time-consuming pricking out to be done - just as well days are longer now with daylight saving. All salad veg can go in along with, Potatoes, Peas and Carrot seed, Tomatoes, Pumpkin and Courgette plants will still need protection at nights until frosts are over then the ground will be warm enough for Runner and Dwarf Beans. My Broad Beans came through the Winter well and have started to Bean. It is wonderful have an abundance of choice again and to be picking our own fresh produce. Ever considered including a raised veg garden to plant up? This can be achieved easily by contacting Aly & Sophia at Hapori o te Ao on 021 044-8209 or at uno.mundo@gmail.com. they will come and measure up then give a quote. **Fruit:** It's all up to the bee's now.

Cheers, Linda





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Jenny Wang - Registered Clinical Dental Technician (P.G.Dip. C.D.T.)

Monday to Friday... 9am to 5pm

4/6 Coquet Street, Oamaru. Ph 03 434 7560.

oamarudentureclinic.co.nz

We would like to Introduce Jenny.

We would like to Introduce Jenny. Jenny completed her schooling in Canterbury, and then lived in Dunedin where she attended Otago University and successfully completed a Bachelor of Dental Technology in 2008 and a post graduate Diploma in Clinical Dental Technology in 2011.



Jenny worked abroad and in other regions of NZ before moving to Oamaru to work under the late Ken Scott Dentist. Jenny showed excellence in her technician skills and grew in this area of her work as a Clinical Dental Technician. Jenny is our only local operating Clinical Dental Technician and with her husband Frank (also a Clinical Dental technician) together they own and operate their Dental Clinic in Oamaru, Oamaru Denture Clinic on Coquet Street and South Canterbury Denture Care in Timaru, and more recently an Auckland Branch too. Jenny is always looking at smarter new ways of producing high quality Dentures and believes a pair of well fitted Dentures will improve your overall health.

We welcome new clients and offer 5% Discount to all Gold Card Holders. We also Offer Free Denture Cleaning to our community residents every Wednesday.

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Common Question

Q. How should I clean my dentures?

A. We recommend brushing your dentures using a soft denture brush and warm soapy water. Any liquid soap or mild detergent is suitable or soak them in a cleaning solution. Do not use toothpaste or a coarse brush as these may scratch the denture. We recommend weekly use of a heavy-duty cleanser, like Caldent, to remove stains and any calcium build-up, which we have in store along with New Zealand made Luxident denture brush.

Free Cleaning instore every Wednesday using our New Denture Laundry cleaner.



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Excludes out door fires. Not in conjunction
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At this September's election, you will be asked if you want the **End of Life Choice Act (EOLC Act) 2019** to come into force.

This Act is not about turning off life support, do-not-resuscitate requests, or allowing someone to refuse medical treatments (These are already legal in NZ). The EOLC Act is about giving doctors and nurse practitioners the legal power to assist in patient suicides, or to end the lives of their patients with lethal injection/dose upon request.

8 REASONS TO VOTE NO:

1. There is **NO** reliable safeguard to prevent someone being **pressured** into euthanasia or assisted suicide (one doctor is simply required to 'do their best' to detect pressure, and they can only speak to people that the patient lets them speak to).
2. **NO independent witness** is required at any point in the process - even at the time the lethal dose is injected/taken.
3. There is **NO** protection against **secret euthanasia or assisted suicide** (family do not have to be consulted, or even informed).
4. There is **NO** requirement to ensure that the person is **mentally competent** on the day the lethal dose is injected/taken.
5. There is **NO** protection for terminally ill people who are also **depressed or mentally ill**.
6. There is **NO** required **cooling-off** period before the lethal dose is prescribed.
7. There is **NO** protection against **medical errors** about the course of an illness or how long a person has left to live.
8. More than **200 lawyers and over 1600 doctors** have publicly denounced this Act as bad law.

From the 3rd of October 2020 **VOTE NO**
to the End of Life Choice Act.

For more information: www.defendnz.co.nz



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We are a licenced second hand dealer with the best range of quality secondhand furniture and appliances, we are registered WINZ supplier. We like to bring modernisation and service to the secondhand industry something I feel is lacking. I have worked in the retail industry for over 20 years and have worked in big supply chains like Smiths City and Harvey Norman. I wanted to have a secondhand shop that provides a service and customer focused environment. Since opening 8 years ago I have built strong relationship in Oamaru as the preferred whiteware supplier as I have the largest range. All items are tested cleaned to the highest standards, some ask if they are new!! I also pride my self in having a very good success rate. I am very picky on the items I sell so my breakdowns or faults are minimal almost non existant. Have a great week, Nathan.

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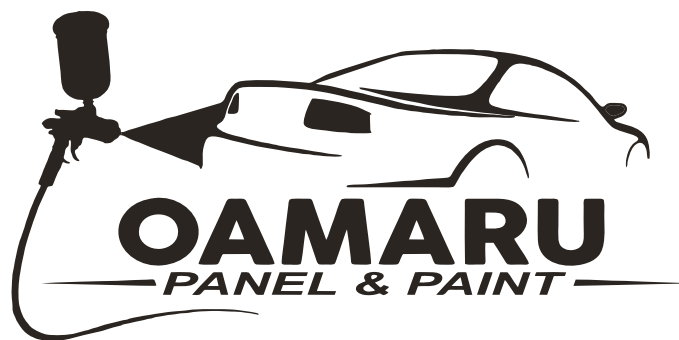
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HOPE AND FEAR
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- Craft/fabric art/sculpture
- Song or poetry

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North Otago Motor Group



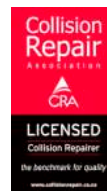
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www.pharmacy-nz.com

*Your pharmacist will advise you whether this preparation is suitable for your condition. ** Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Weight management products should be used with a balanced diet and exercise. The pharmacist reserves the right not to supply when contrary to our professional and ethical obligation. Retail quantities only. Limits Apply. Not all products or promotions featured are available online. All products subject to Manufacturers Availability. We reserve the right to correct printing errors.

SALE STARTS: 25 SEPTEMBER 2020. SALE ENDS: 16 OCTOBER 2020.

North Otago Motor Group

CAR OF THE WEEK

Toyota Hilux SR5
Cruiser 4WD, Double Cab Ute

**THE WAIT IS ALMOST OVER
POWERFUL NEW
2021 HILUX**



TOYOTA

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 Jamie

Hi! Jamie here, North Otago Motor Group. This weeks car of the week is the Toyota Hilux SR5 Cruiser 4WD double cab ute, the wait is almost over for powerful new 2021 Hilux SR5 Cruiser. A beefed up 2.8-litre turbo-diesel engine with 15% more power. Toyota's most technologically advanced truck ever, this Kiwi icon comes with comprehensive safety technology and performance enhancements. A bolder, tougher-looking exterior. We have over 35 years LOCAL experience in the industry and our team, Peter, Martin 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. *Jamie 0800660070*



Jamie

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Let's Talk About High Blood Pressure

Imagine you are trying to water the garden with a narrow hose and the tap turned full on, the pressure build-up will be so great that the force of the water will blow your plants out of the soil. Similarly, if you have narrowed arteries or increased blood volume, blood pressure increases. Hypertension is persistently raised blood pressure and can exacerbate cardiovascular disease and cause damage to small blood vessels in the kidney and eye, leading to loss of kidney function or vision. It affects mainly the over 50s but can also be a problem in younger people, and one in five New Zealanders will have high blood pressure at some stage. Primary or essential hypertension is by far the most common form of high blood pressure. It seems likely that it's caused by several factors combining together such as a genetic tendency, increased salt intake and obesity. Other conditions cause secondary hypertension such as kidney disease, diabetes or pregnancy (pre-eclampsia). Often there are no signs or symptoms, it creeps up silently until you have a serious problem and start getting nosebleeds, headaches, dizzy spells or have a stroke. So get regular checks and never ignore symptoms. The best way to keep your blood pressure down is to make sensible lifestyle choices by being active, eating a balanced, nutritious, low-fat diet, lose excess weight, control your stress levels and avoid known triggers such as salt, smoking and alcohol. The only sure way to know if you have high blood pressure is to have your blood pressure measured. If you have several blood pressure measurements on different days that are higher than normal, you should be checked for signs of cardiovascular disease by a medical professional. Even if you are taking prescribed medicines to lower your blood pressure there are some natural supplements that may help. Garlic may help thin the blood and avoid complications of hypertension. Coenzyme Q10 is an antioxidant and there is some evidence that it may bring down blood pressure. Fish oil is good for keeping cholesterol down and may help with blood pressure. You can find these products in-store, we are happy to help choose what is right for you.

At Oamaru Pharmacy we offer FREE blood pressure checks. Come in and see us, the team is always ready to help with friendly and knowledgeable advice.

Musical Theatre Oamaru CHILDREN'S THEATRE PRESENTS

Oamaru Repertory Theatre
October 7, 8, 9,
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Box Office open from
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12.00pm – 1.50pm
Directed by Pat Gunn



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Blueberries: a rich purple colour, contain high concentrate of anthocyanins & unique phenol-like antioxidants offering a whole body antioxidant support

Cranberries: high levels of Vitamin C, believed to play a major role in fighting disease-causing elements. Kept on board ships in the early 19 century to help fight off scurvy.

Figs: high in fibre & excellent source of flavonoids & polyphenoids. A highly perishable fruit hence a dried fig is the most convenience way to enjoy.

Apricots: rich in betacarotene & lycopene, a source of Vitamin A, C & E & low in calories. Recognised for benefits in general health & wellbeing & ranked as among the world's healthiest food.

Mango: a great source of vitamins A, E, C betacarotene & selenium. This rich fleshy stone fruit is king of fruits grown in tropical climates.

Raisins & Sultans: a source of polyphenol, phytonutrients, resveratrol, oleanolic & selenium. This fruit is from a grape and is often overlooked for its goodness properties.

Get behind Jill for Alzheimers Awareness

There will be no Memory Walk this Year due to covid. Therefore, Jill Macrae has decided to take up a personal challenge to fundraise for the Move for dementia campaign. Jill is 67 years old, has cerebral palsy and a leaky heart valve. She helped to support her Mum who was diagnosed with dementia before her Mum finally moved into a care home last year. Jill is going to attempt to walk with her walking frame from her home in Taward Street to the New World Waitaki Supermarket. This will take place on Wednesday 30th September at 10am. Alzheimers Otago have started a fundraising page for Jill and we are urging the local community to get behind her & show their support. There is a direct link to enable people to do this online. Go to Alzheimers Otago website and follow the "Move for Dementia Link" and tap in Jill doing it for dementia. Alternatively, you can donate directly to the Oamaru Service; 27 Coquet Street or ring Debbie 4349090. Every donation helps no matter how small. We believe this is a heroic effort on her part and we would like to make it worth her while..... GO JILL!

New SPRING RANGE of MM Linen in store now!

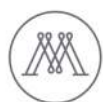
M.M. Linen are creators of elegantly designed and crafted bed linen and homeware. Timeless collections that will drape your home in sophisticated luxury. Made with care using the highest quality suppliers and fabrics, inspired by the rich and lush colours of beautiful gardens, which are paired with the soft palette of nature. Botanical and floral prints hand-painted by our artists. These are complimented by a wide range of velvet comforters, throws and euros to layer the bed and create a simply stunning haven. We love the beautiful vintage bedrooms of Europe where bedspreads are very much a part of classical style. From simple pure linen, to intricately embroidered cotton and velvets, the room collections are romantic, soft & dreamy. Over 100 different M.M. Linen cushions compliment the range with stunning prints, a variety of organic and luxe fabrics, and crafted features of embroidery & tassels. Inspirational grouping of a wide range of plain velvets in stunning colours tie back with the patterns. Blankets and throws match back with the entire range in a mix of fabrics and textures including pure NZ wool.

Come in and have a chat about how to make your home beautiful with MM Linens variety of Throws, Bedspreads, Comforters, Sheets and Cushions we look forward to seeing you soon.

Waitaki Interiors - 29 Thames St.

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• Interior Design • Window Furnishings • Gifts & Homewares



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Biogenic® Aloe Vera with Manuka Honey supports healthy digestive function and helps provide extra strength support for gut health. With all the well-known calming properties of hand harvested Aloe Vera picked at peak potency and processed with the unique NaturLOCK® method which helps retain the most active constituents within the inner leaf, just as nature intended.

Lifestream Biogenic® Aloe Vera with Manuka Honey

- ✓ A powerful combination of soothing aloe vera and manuka honey for settling and supporting digestive function.
- ✓ Extra Strength support for gastrointestinal health
- ✓ Calms bloating and digestive issues
- ✓ Supports total body well-being
- ✓ Great Taste

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November 14-26, December 12-17

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Community diary

Wednesday 30th

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.

Thursday 1st October

Friends & Neighbours welcome you at Orwell St Church. 10am-11:30 interesting & varied programme. Ph. Valerie 437 0520.

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

Migrant Meet and Share, 10.30am at the Landsar Rooms in Severn St. Build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

Friday 2nd

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

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

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

Saturday 3rd

Monster Garage Sale; at 9am, St Luke's Hall, Wharfe Street.

North Otago Horticultural & Orchid Societies combined Spring Show: Scottish Hall, Tyne Street, 1-4pm. Ph. 4345575 or E. rwmep@farmside.co.nz.

Waitaki Presbyterian Parish Fair, Eveline Church Hall, Thames Highway 9:30am to 11:30am. Enquires phone Brenda 437 0625.

Sunday 4th

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

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

Oamaru Phoenix Bowling Club Open Day; 1:30pm, All members & intending members welcome. (casual dress)

North Otago Horticultural & Orchid Societies combined Spring Show: as above, 10am-4pm.
North Otago Tramping & Mountaineering Club; Duntroon-Kurow Bike Ride; Ride from Duntroon to Kurow on A2O. Grade: E. Lunch in Kurow & return to Duntroon. Ph. Chris 4342367. Depart Medway car park 8am or 8.45 am at Duntroon Gaol. Tell Chris if you need transport

Pet Blessing; 9am St Andrew's Maheno & 10:30am St Luke's Oamaru. Pet owners, pet lovers & pets are welcome. Donations of wet kittens food will be collected for the SPCA. Owners are to clean up at the time of deposit if their animals make a donations!

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 5th

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

Tokarahi spinners & Weavers meeting; Tokarahi Hall from 10am. Contact is Christine, 4342223

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

Tuesdays 6th

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.

AGM

Citizens Advice Bureau North Otago AGM; Friday 16th October 10:30am, at Search & Rescue room, behind Community House Severn St. Morning tea to follow, members of the public are invited to attend.

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues. ph 0211214627

Board Games with Age Concern at Oamaru Library will restart after the school holidays. First meeting will be on 14 Oct at 1:30pm. 034347008

Services

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

Office space for hire by the month, day or hour. The Business Hive. Ph: 398 2400.

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

Garage Sale

Sat 3rd Oct 9am; St Luke's Hall, Wharfe Street.

Sat 3rd Oct; Signs out 9am, Household item and more.. Chambers St, Kakanui.

For Sale

Blue gum firewood just \$75 m3. Fundraising for the Waitaki community gardens. Well seasoned wood cut last year. Collection by appointment only, call 021 115 4884

Cakes, plants, garden compost, books, puzzles, home made cards, second hand goods, handcrafts, morning tea. Waitaki Presbyterian Parish Fair, Eveline Church Hall, Thames Highway, 3rd October 9:30am to 11:30am. Ph. 437 0625.

Childrens Metal Jungle Gym 2m x 2m \$100 Ph. 434 6810.

Compost for Sale; Available Air Cadet Honesty Stall Humber St, Opposite Brydone Hotel. Farmers if you have no use for your plastic 25kg calf meal bags we could use them. Please leave at stall, email or phone for pickup; 26atcoamaru@gmail.com, Ph 434 5567.

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\$65/m
UNSEASONED FIREWOOD

Next years Firewood
Contact Richard
0277019376

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.

Totara Teatime Special

Sunday 11th October 2020

Featuring

Sir Ralph Sherwood on the pianoforte...
and a trolley full of cakes!

12 p.m. 'til 4 p.m.

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- ▶ **DOMINATOR Garage Door Centre**
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- ▶ **David Ovens Building Contractor Ltd**
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- ▶ **Handyman Al's Maintenance & Repairs, qualified joiner**.....027 221 1069
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- ▶ **Wayne Nuttall Builders**..... 437 2513
.....027 434 3409

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- ▶ **Dion**.....0223924852
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- ▶ **Flooring Specialist ...** free measure and quote
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- ▶ **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
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- ▶ **A+ Services NZ Ltd**.....0800 155 166
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- ▶ **Kimis Home Cleaning**.....027 292 1023
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- ▶ **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

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- ▶ **XTO Driver training Ltd** ..027 262 2031
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- ▶ **Oamaru Public Library**.....433 0850
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Electricians & Appliances

- ▶ **Robert Jones - Electrician**. 027 445 0523
.....434 0994
- ▶ **Whitestone Appliances**..... 021 366 446
.....repairs.....434 6810

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- ▶ **Sylviane's Karaoke**027 737 8360
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- ▶ **Weston Firewood**.....434 1085
.....021 052 2877

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- ▶ **Walls Funeral Services**.....434 8266
.....49 Humber St

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- ▶ **Crew Cut large lawns**
Paul Houllaham..... 021 331 261
- ▶ **Inside Out Landscaping Property & Garden Maintenance**. ph Brett 0212166775
- ▶ **Oamaru Garden Maintenance**
Richard Kennedy021 0474758
- ▶ **Roses, garden weeding, hedges & lawns**
Steven......ph/txt....027 2609988

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

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- ▶ **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
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- ▶ **Simply Feet Podiatry**.....437 9025
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- ▶ **Waimate Picture Framers**...03 6898568
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- ▶ **Jenny Malcolm**.....0274 477079
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- ▶ **RayWhite - Leona Stretch**..0274 820908
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- ▶ **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
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- ▶ **Nathan Oakes TV, Sound, PC Install & Repairs**.....0210 237 0646 or 03 437 2474

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

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- ▶ **Tint a Window**.....0800 368 468
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Havenwyck Pets- Dog Walking

Great weather and longer days mean more dogs are out and about walking, enjoying the freedom spring brings. We may think that all these dogs are friendly however some dogs can be anxious when out on a walk. When we have our own sociable dogs with us there are things we can do to help other owners! The biggest help is communication! Before we even get right up close lets talk, say hello, ask; "is your dog ok with us approaching"?

With us communicating we can ensure we have a positive interaction with other dogs, if the dog is not ok with us lets cross the road, gain your dogs attention or turn and walk the other way. Once we have our dogs attention it takes the pressure off a negative dog/dog interaction. Practice at home saying your dogs name, when they look at you reward with a tasty treat or play with a toy; this reduces the need to be pulling on the lead.

A positive dog/dog interaction whilst out and about is a nose sniff, butt sniff, then walking away. When your dog does this, reward! Keep playing to safe, off leash areas. Remember the walk is for the dog! Lots of sniffing and discovery to be had while exploring the neighbourhood, a nice loose lead and a treat pouch is all you need to have a positive enjoyable walk with your dog.

Kind Regards, Leanne Wreakes-Fallen DipVN



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