

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

10 November 2020

Phone 434 9651

Issue 511

## THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476

Hello everyone..... We have re-arranged the "Phone listings" page! We are filling up fast with lots of new listings. If you would like your business listed, let us know - Phone us on 434 9651 and ask for a Telegram business listing.

If the ever-changing Spring weather is getting you down, or you need a break from the garden - you could always visit Thames St for some local Christmas shopping. Till next time ... **Regards The Telegram.**



**Register your Float NOW!**  
anton@thebigo.co.nz



### DOMINATOR

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



REMINDER TO SUPERGOLD CARD HOLDERS.. 10% OFF YOUR EXTERIOR WINDOW CLEANING

- ♦ Carpets ♦ Upholstery ♦ Windows
- ♦ Full cleaning packages ♦ Residential ♦ Commercial
- ♦ Water Blasting ♦ Full House Washing
- ♦ Builder's Cleans ♦ Floors & More!

**Ph. 027 737 8423 or A/H 434 5534**  
facebook spicnspan.oamaru Call for FREE quote

## New Zealand Petfoods

**Specialising in Raw feeding for cats and Dogs**



434 8484 - 16 Ouse Street



**VAN SMIRREN ACCOUNTING**  
MOBILE ACCOUNTANT

Tax Services, Accounting Services, Business Consults

**Contact John for a FREE Quote**

**Ph. 03 432 4283 or 027 431 2773**

Email: john@vansmirrenaccounting.co.nz



**Riteway Paint & Panel**  
**Oamaru Glass & Windscreens**

CERTIFIED COLLISION REPAIR ASSOCIATION MEMBER IN OAMARU

- ✓ Approved Insurance Repairers
- ✓ Computerised 3-D Chassis Straightening
- ✓ Plastic Welding & Rust Repairs
- ✓ Late Model & 4WD Specialists
- ✓ Bake Oven For Factory Finish
- ✓ House glass, Double Glazing, Cat doors
- ✓ Windscreens, Auto glass



**OAMARU'S EXPERTS**

**24 Hour Towing Service**

**03 434 9362**

**24 HOURS**

Cnr Humber & Eden Sts, Oamaru · riteway@xtra.co.nz



## SPRING SPECIAL

DRY PINE FIREWOOD \$65 PER MT  
LOADS 2MTS, 4MTS AND 10MTS

Ph 03 4371888 or 027 555 0511  
or Email [oamland@xtra.co.nz](mailto:oamland@xtra.co.nz)

**Lotto 'n Things** (03) 437 1153  
411a Thames Highway

**Mail now overseas  
in time for Christmas**

**New Zealand Post** 

**POST HOURS**

Weekdays 8:30 am - 5.00pm  
Sat 9.00am - 4.00pm

**Central Podiatry Limited**

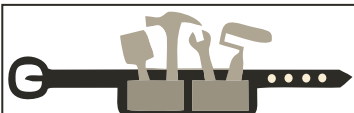
**Nathan Dickson**

Cost \$44 pension or community service, house calls available  
Quality treatment of all foot and lower limb conditions  
**Community House, Oamaru Ph: 434 8862**

**Native Tree  
Planting Services**

Contact Robert White

022 369 8121



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

PH. TOM 021 0233 2002 OR 434 3326

Blossom is almost over for another year - "But oh", the Rhododendrons and deciduous Azaleas - how lovely they are right now. In my view, equal to any beautiful tropical flowers.

**Roses**, one or two of my Roses started to flower this week, a little later than usual because I pruned late - the new growth is healthy and with the on and off again rain and continuing evening chill, they should stay that way. I mentioned noticing aphids last week. Yes, they are colonizing on new buds and can be removed using the index finger and thumb. Aphids winter over on the underside of last year's Hellebore leaves. If you have not done so already, remove them because new leaves should be up now. If you do not want Hellebore seedlings germinating all through the garden, cut out spent flowers now before seed is dropped.

**Lavenders** are budding up. If Spittle bugs become a problem, spraying will not work. The spittle surrounding them is a barrier to pesticide - a forceful hosing will dislodge them and hopefully drown a few.

**Hybrid Clematis:** I have noticed these lovely Clematis in Garden Centres..Hybrids are those especially large flowered varieties - not the invasive pink and white Montana type. You have to be quick in training hybrids where you want them to grow - train while the trailers are still soft enough to wind around a support. Hybrids need a lot of feeding to take them to great heights - manure, deep down with a little lime added when planting is beneficial. Don't worry if you have one with no buds, because they all have different flowering times. If you planted one this year, let it flower then cut it to the ground. This will make it send up more shoots and you will have a much bushier and stronger climber. Hybrids can also wilt and die for no reason. If this happens, cut it to the ground but don't dig it out because I have known some to shoot away again the following year with no sign of wilt.

**Filling gaps:** I have been filling the gaps in the flower garden with old fashioned cottage flowers like Cosmos, Love in the Mist, Salvia blue bedder, Clary Sage, and Lavatera. These are all taller flowering annuals planted close together, so they hold each other up. The more plants put in, the less room for weeds to grow is the plan. All the plants mentioned will be flowering at Christmas, and then for ages after if dead headed regularly.

**Fruit:** No night beetles about yet - they should not be far away and ready to feast on new tree leaves. The damage they cause to established trees is not that noticeable, but newly planted Fruit and Prunus trees can be stripped of leaves. Leaves will re-grow and fruits will continue to make growth.

**Vegetables:** Still perfect Spring weather for growing all veg now the ground is so warm and moist. Broad Beans are doing well with no sign of rust. Could it be the pinch of potash I put in when planting? Peas are romping up netting and Beans are in and ready to climb. Keep planting veg seeds and plants, a few at a time so you can have the continuous thing happening. Also plant Corn, Pumpkins, Courgettes, Cucumbers and all that need to grow in glass / tunnel houses. White fly seems to find its way into glass / tunnel houses and multiply rapidly. Sticky traps are a good way to monitor populations of White fly early on in the season. Make your own, paint or colour in cards yellow, then smear with a concoction of petroleum jelly cut with a little dish washing liquid. Hang up close to affected plants. If White fly is detected on sticky traps, the first line of control is to take action as soon as they appear.

1. Begin with a strong blast from a hose, all areas of the leaf, especially the undersides.

2. Organic insecticidal soap (e.g., Neem soap) after the water blast can be sprayed taking great care to cover all areas of the leaf, top and beneath. Spray at a cool time of the day and follow up with a couple more sprays a few days later. Also consider encouraging the Whitefly's natural enemies - Hover flies and Ladybirds, by planting flowers and Herbs such as Calendula, Oregano, Fennel, and Parsley. Even thistles will draw in White fly eating predators. Grow some outside next to the door to tempt beneficial bugs closer.  
*Cheers, Linda.*







**Havenwyck Pets**  
*Creating Calm*

**Layby for Christmas NOW!**



**Petshop - Training - Rehoming**  
**2 Coquet St 427 0174**

Monday - Friday 9am - 5pm, Saturday 10am - 2pm

**Farndale Ave Housing Estate  
Towns Women's Guild  
Dramatic Society**

**A Christmas  
Carol**

**A comedy don't laugh if it's funny**

**Nov 12, 13, 19 - 21 7:30pm**

**Nov 14 & 15 4pm**

**Oamaru  
Repertory  
Society Presents**



**Itchen Street, Oamaru**

**Box Office open daily**

**from Nov 9th & Noon 5pm**

**tickets@oamarurepertsociety.co.nz**

**Ph: 03 434 8868**

*By David McGillvray*

*and Walter Zerlin Jnr*

*Directed by Judith Bingham*



**North Otago Motor Group**



**Approved Insurance & Private Work Welcome**

**(03) 433 0145 - 24-30 Severn St**

**Pre-Approved**

**FMG**  
Advice & Insurance

**Smith & Smith**  
SINCE 1875

**Collision Repair**  
Association  
CRA  
LICENSED  
Collision Repairer  
the benchmark for quality

**Approved**

**STATE**

**ami**

**iag**

**N4**

**Lumley**



**BRAND NEW**

**91.2 FM**

**"Have a listen"**



NZ owned & operated  
Funeral Home

**WALL'S  
FUNERAL SERVICES**



When you need us,  
we'll be there

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

**Ensure your wishes are recorded and carried out.**

**Ensuring peace of mind**

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

**49 Humber Street, Oamaru**

**P: 03 434 8266**

**E: admin@wallsfuneralservices.co.nz**



**SMASH PALACE**  
Auto Dismantlers

**SMASH PALACE**  
*We've moved to*  
**Industrial place**  
*a well equipped Workshop*

**Warrant work  
Winz Quotes  
Oil/Filters and servicing**

*Mechanical work done by Toby  
call and see him!*

**New and used  
Headlights, Taillights,  
Tyres, Radiators, Batteries**

**We can supply and Fit Windscreens**

*Rental Cars/Vans &  
shuttle trailer available*

**PH. 03 433 1444**



**BATTERY AUTO ELECTRIC**  
**7 REGINA LANE OAMARU - PH: 437 0781**

Batteries and all electric work on all vehicles

### Let's talk about Diabetes Awareness

Diabetes is one of the most pervasive and fastest-growing diseases in the world today. It affects people of all races, income levels, and ages—even children. Did you know diabetes is having too much glucose (sugar) in the blood? Most of the food we eat is changed into glucose and passed into the bloodstream. From there it travels to other parts of the body to give us energy. To get this energy a hormone called insulin helps the glucose out of the bloodstream and into the body's cells. Insulin is produced by the pancreas and it keeps the body's blood glucose levels in the normal range. With diabetes, your body is not making enough insulin to use-up the glucose. It means the cells don't get the energy they need.

There are two types of diabetes -type 1 and type 2. In type 1 diabetes the pancreas stops making insulin. People who get diabetes at a very early age usually have type 1 diabetes and they need daily injections of insulin.

Type 2 diabetes is more common. Usually it develops later in life, especially in people over 40 years of age who are overweight and/or have a family history of diabetes. However, due to the increasing levels of obesity among younger people, teenagers and children are now developing type 2 diabetes.

#### Symptoms of type 2 diabetes are:

Feeling thirsty all the time, Needing to pass urine often, Tiredness, weakness and weight loss, Blurred (hazy) vision, Slow healing and regularly-occurring skin infections, Genital itching, Numbness or tingling in the hands or feet.

Diabetes contributes to more than 5 million deaths a year, making it the eighth-leading cause of death in the world. And the numbers are rising. Lions and Leos are confronting this global health emergency by raising awareness of diabetes through events, expanding access to care through screening and treatment programs, and improving quality of life through diabetes camps and community recreational programs. **Lions Clubs International Foundation** is responding to this global epidemic by committing to help prevent diabetes and improve quality of life for those who have been diagnosed with diabetes.

All **The Lions Clubs in Oamaru** and **Lions International** in conjunction with Diabetes NZ and **Oamaru Pharmacy** are proud to help with the fight against diabetes by providing free blood checks on the **13th November from 8.30am to 1:30 at the Oamaru Pharmacy**. We look forward to seeing you there.

**HEADFIRST**  
TRAVEL NEW ZEALAND

## DOUBLE DECKER and local tours / transfers

- Staff / Christmas functions
- Weddings & local transfers
- Birthday parties

### WINE & BREWERY tours

- Waitaki / Dunedin
- Rural local pubs



**SUPPORT A LOCAL BUSINESS THAT IS  
SUPPORTING OTHER LOCAL BUSINESSES**

**BOOKINGS** tel 021 682461 / 0800 000432  
email [ralph@travelheadfirst.com](mailto:ralph@travelheadfirst.com)



## April Hayes Dickson

I'm back from cycling the Central Otago Rail Trail. And for that reason, I'm not going to write my column this week. Instead, I'll now hand over to my buttocks...

hello readers, April's bum here. I'm writing this standing up as I'm not capable of sitting down at the moment. It was all ticketyboo to begin with. Thighs and I were working well together as we pedalled out of Alexandra. The view beautiful, the air sweet, the sun casting Tour De France like shadows as we lined up for the first gentle run to Chatto Creek.

There was talk of stopping then and there. Enjoying a few coldies and a long lunch at the pub. But butt cheeks and glutes were so stoked that we'd made it this far they felt like we had more in us. That was the first mistake. (Knees here. Correction. The first mistake was getting on the bike.) So off we pedalled once more. Inner thighs and I hadn't been told that the Chatto to Oamakau trail is equivalent to Everest. By the time you reach its peak noses are bleeding. After I was peeled from the bicycle seat and tissues were shoved up nostrils to stem the blood flow, we revitalized with coffee and Muddy Creek Café pies. Fellow riders seemed rejuvenated by the break and spoke encouragingly of the return journey. I was talking strike. "Not on your Nelly" noted nerve endings, "In your dreams" declared derriere, "Have mercy" moaned muscles. What makes middle aged/seniors who haven't slung a leg over a Malvern Star since 1972 suddenly decide cycling long distance is such a top idea? Next time someone suggests it, April's response may be positive, but mine will be "On yer bike, mate." [aprilhdickson@gmail.com](mailto:aprilhdickson@gmail.com)

## Wāhi tūpuna and the District Plan Review

Its Koanga (spring) and you may be aware how important this time of year is for local rūnaka. The term includes the word 'kō', a digging implement i.e., spring was the time for digging the soil. The relationship of Māori and their culture with their ancestral lands, water, wāhi tapu, and other taoka is something that Waitaki District Council are seeking recognition of through the District Plan Review process.

We are working in partnership with local rūnaka to ensure that resource management issues of interest to Kāi Tahu are acknowledged and addressed. One of the mechanisms to achieve this is the understanding of Wāhi tūpuna which represents landscapes and sites that embody the ancestral, spiritual and religious traditions of all the generations prior to European settlement. Another mechanism is the exploration of opportunities to achieve their housing aspirations through Papakāinga Housing. This is still the start of conversations and the Planning Team would be keen to hear more from the community about what you think the new District Plan should cover regarding Wāhi tūpuna. That feedback will then help us draft the plan for full consultation with the public, which should occur in the early part of next year.

## RealFood - Chickpea Brownie

Gluten-free; ready in 45 minutes | makes 9 pieces

### Ingredients

1 can Chickpeas (Garbanzo Beans), 1/2 cup Coconut Sugar, 1/2 cup Almond Meal, 1/4 cup Rice Flour, 1/4 cup Tapioca Flour, 1/4 cup RAW Cacao Powder, 3 tbsp Peanut Butter, 3 tbsp Coconut Oil - melted, 1 tsp baking powder, 1 tsp vanilla extract, 1/2 cup aquafaba (liquid from your drain chickpeas), 1/2 tsp salt.

### Ganache

170 grams chocolate, 1/2 cup Milk.

### Method

Drain and rinse your can of chickpeas and set aside the aquafaba. In a food processor, combine all ingredients and blitz until smooth. Add to your oiled square baking tin, and bake in your oven at 180 C for 25 minutes. To make the ganache. Add your coconut milk to a small saucepan and bring to a gentle boil. Pour over the chocolate and whisk until all of the chocolate is melted and smooth.

Allow to cool to room temperature, stirring every 15 minutes or so until the chocolate has thickened then spread all over your brownie.

NORTH OTAGO ROCK & MINERAL CLUB 49TH ANNUAL

# GEMSTONE JEWELLERY & CRAFT FAIR

14 & 15 NOVEMBER 2020



FOSSILS JEWELLERY MICROSCOPE CRYSTALS  
DISPLAYS KIDS' ACTIVITIES GIFTS MINERALS RAFFLE

GOLD COIN ADMISSION

SATURDAY 9AM - 4.30PM SUNDAY 10AM - 4PM

## BADMINTON HALL

AT THE DAMARU SQUASH & BADMINTON CLUB

14 TYNE STREET DAMARU

FOR MORE DETAILS CONTACT: KAREN 027 200-6873



Where Happiness is Homemade

## Christmas Mixes

- Christmas Cake
- Short Bread
- Belgium Biscuits
- Lolly Cake

all weighed out and ready to go  
Call in and see our variety  
of Christmas goods

MON-FRI 9AM - 5:30PM SAT 9:30AM - 2PM

10 Eden St, Oamaru

03 433 1433

Like us on Facebook 

# OAMARU + PHARMACY

*Your Pharmacy*

# 50% off

## best sellers\*



**50%  
OFF**

**Sanderson Hemp Seed Oil 1000mg**  
100 Capsules  
**RRP \$34.99 NOW \$17.49**  
Real Vitamins Limited, Auckland



**50%  
OFF**

**Sanderson Krill Oil 1500mg**  
30 Capsules  
**RRP \$70.50 NOW \$35.25**  
Real Vitamins Limited, Auckland



**50%  
OFF**

**Sanderson Magnesium FX 1000**  
120 Tablets  
**RRP \$40.50 NOW \$20.25**  
Real Vitamins Limited, Auckland



**50%  
OFF**

**Sanderson Turmeric 28,000+**  
60 Tablets  
**RRP \$66.50 NOW \$33.25**  
Real Vitamins Limited, Auckland



**50%  
OFF**

**Sanderson Lysine Lip FX**  
60 Tablets  
**RRP \$17.99 NOW \$8.99**  
Real Vitamins Limited, Auckland



**50%  
OFF**

**Sanderson Vision FX**  
60 Capsules  
**RRP \$44.50 NOW \$22.25**  
Real Vitamins Limited, Auckland

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](http://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: 30 OCTOBER 2020. SALE ENDS: 15 NOVEMBER 2020.



# North Otago Motor Group

## CAR OF THE WEEK



Toyota Land Cruiser 70LT  
Double Cab - Flat Deck

**\$79,990**

FINANCE &  
INSURANCE



**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 a Land Cruiser 70 LT Double cab Flat deck, Our demo in vintage gold is now available for sale, powerful dependable V8 turbo diesel, can handle the toughest job, it's a real work horse, kitted out for off road use with bullbar, side rails and includes front and rear diff locks, come in and test drive today. 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

### Christmas Decorating - Waitaki Interiors

With our first ever Covid Christmas rapidly approaching, we will all be spending more time in our own homes instead of abroad and we here at Waitaki Interiors have a few ideas to help you make it a very special festive season. Do you love decorating or does tinsel give you an instant headache? It doesn't have to be all or nothing, there is enough room for all decorating styles. Whether you embrace it or find yourself on Christmas Eve scrabbling through the attic for that dusty box, use this celebration as a chance to make your home the warm and welcoming place you want it to be. Choose the style which suits your interior and add your own flavour to the mix for some festive fun. While traditional colour schemes of red, green and gold with large quantities of ornaments on every surface look rich and luxurious and scream Christmas, there are other options to consider. Rustic meets shabby-chic requires equal parts of vintage, white and evergreen, with a touch of glitter and sparkle. Use foliage from nature popped into your favourite old jug with seed lights winding through to add a touch of whimsy. Jam jars repurposed as tea light holders make a nostalgic lighting display. By wrapping wire around the rim to make a handle they speak of simpler times, maybe when life wasn't so busy. Look in your garage for an old ladder to add rustic charm. Take it outside - for some, the decorations will always be better outside than in. Inexpensive baubles that are weatherproof can instantly glamourise your exterior. Native foliage from the garden can be made into a sensational seasonal wreath. Using fresh flowers has the benefit of being both temporary and compostable. Fairy lights make everything look better. Even just a few strands will make the most run-of-the-mill house more appealing. *Wishing you all a very safe and special Christmas and New Year from all the Staff at Waitaki Interiors*

## Waitaki Interiors

• Interior Design • Window Furnishings • Gifts & Homewares

### Christmas Gift Ideas



29 Thames Street  
Ph. 434 7755  
[www.waitakiinteriors.co.nz](http://www.waitakiinteriors.co.nz)



**ROGER SKENE BUILDING CONTRACTOR**  
DAMARU Registered Master Builder

Phone: 027 453 0709 - 03 432 4135

Email: [rogerskenebuilding@gmail.com](mailto:rogerskenebuilding@gmail.com)



# How do we help you hear better?

Take the worlds smartest hearing aids...

Add the most dedicated hearing professionals in Otago and Southland.



## FREE TECHNOLOGY UPGRADE\* (save up to \$2300)

Call now for your **Free Hearing  
Check and Consultation.**

155 Thames St, Oamaru 03 433 0482

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

**AUDIOLOGY  
SOUTH**  
Hearing Health Professionals

\*On selected hearing aids. Terms and conditions apply. Offer Expires 24/12/2020.



## Your local, independent hearing experts

Do people mumble or speak too quietly? Are you often asking people to repeat themselves? Do family complain the TV is too loud? Maybe it's time to get your hearing checked.

And where better than at independent, locally owned Audiology South? Now is perfect to boot, as they're offering a free hearing check and technology upgrade on selected devices. It's as easy as phoning 0800 547 836 or booking online at [audiologysouth.co.nz](http://audiologysouth.co.nz). Need persuading? Recent studies show a correlation between hearing loss and many degenerative health conditions, including dementia — especially if you ignore it. Not sure this applies to you? Go online now and take the Audiology South 3-minute hearing check (under the 'What We Do' tab). Audiology South has been in your community since 2014. It's owned and operated by senior audiologists Anthony Rowcroft of Dunedin and Simon Melville of Arrowtown, who work in the clinics every day alongside their team. "We're practising audiologists, not just business managers," says Simon, "so we know what works for people." Anthony followed his father and grandfather into audiology, originally taking on the family business at Dunedin Hearing Clinic, and after a stint at Bay Audiology where Simon was working in senior management, they teamed up. They have clinics throughout Otago and Southland, and a growing reputation for their expertise and dedication to ensure customers get the best. "We have an outstanding team of clinicians who know how to deliver great results," Anthony says, "and we provide the environment and technology so they can give their best — top-quality rooms and facilities, state-of-the-art equipment, chances to attend conferences and develop their practice, and freedom to prescribe individualised solutions." A key difference to other clinics is Audiology South's independence — they are the only practice in the region free to supply and fit hearing devices from all manufacturers, not just one supplier. And they are truly local. Despite appearances, other clinics are owned by foreign corporations. Audiology South's premises are also home to ENT Southland, which specialises in the diagnosis and treatment of ear, nose, throat, head and neck disorders. So, don't put off taking care of yourself. Now is a great time to get a FREE in-clinic hearing check and take advantage of the technology upgrade, worth up to \$2300 on selected hearing aids (T&Cs apply). **Pick up the phone NOW and call 0800 547 836 or book online at [audiologysouth.co.nz](http://audiologysouth.co.nz).**

## Havenwyck Pets - Creating Calm

**Creating;** *verb*: cause (something) to happen as a result of one's actions. **Calm;** *adjective*: not showing or feeling nervousness, anger, or other strong emotions.

In my youth I bred and showed Guinea Pigs - this started my passion for working with animals. I was able to learn and strive to expand my knowledge whilst working in Kennels/Catteries, on Dairy farms and within the Veterinary Industry as a Qualified Veterinary Nurse. A big part of my self discovery was with the behaviour of all animals, big and small - they all have natural instincts that are stronger than our own; this is due to all species being altered in some way to fit into the human world, and as I discovered, this can cause anxiety and fear. Over many years of research I have delved into what I can do to Create a Calm environment for the animals I work with. You will find at Havenwyck Pets I strive to ensure the animals here are able to express natural behaviours by providing them with enrichment and items within their enclosure to reduce stress. I promote minimal handling for Rabbits and Guinea Pigs - you may ask why - this is due to small mammals being a prey animal, other creatures (dogs, cats, birds) prey on small furry critters for food, when we go to pick them up this simulated a fear response as natural instinct is telling them they may get eaten! **Training and positive interactions with help keep your small furry calm if and when you need to pick them up!**

**Come and see me if you would like to learn more!**  
Leanne Wreakes-Fallen. Dip.VN

## The Business HIVE

### Professional office space for hire!

Flexible and affordable workspaces  
for hire by the month, day or hour.

Workspaces | Meeting Rooms | Workshops  
[thebusinesshive.co.nz](http://thebusinesshive.co.nz) | 03 398 2400

## Wounded Bull Fire Wood Ltd

Free delivery to Oamaru 3m<sup>3</sup>/6m<sup>3</sup> loads  
Stacking available at extra cost



### Unseasoned (green)

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

### Dry

(when available)

Call Karl 027 629 7664

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

## CranioSacral Therapy & energy healing

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

Phone Glenda Ruddenklau  
021 386 823

Certified CranioSacral Therapist  
Reiki Master/Teacher

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

Clinic dates: November 14-26, December 12-17,  
January 1st - 9th 2021

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

# THAI FOOD

11:30-2:30 & 5-9 7 DAYS

BANGKOKRECIPE.CO.NZ

03 434 6245 220 THAMES ST.

SuperGold 10% OFF LUNCH TIME for SuperGold Card holder

## Community diary

### Wednesday 11th

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

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

**Justice of Peace;** available 10am-1pm for certified copies, declaration & affidavits at the public library.

### Thursday 12th

**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 13th

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

**Concert at Basilica;** 11am to 11:45am performed by The Christchurch Cathedral of the Blessed Sacrament Choir and Orchestra.

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

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

**North Otago Summer Bowls;** 7pm Centennial Park, all bowlers welcome. Ph 437 1999.

**Variety Concert at St Paul's;** 12.05pm

### Saturday 14th

**Meet the Maker - Creative Waikati Studio Tour;** Meet local Artist in their studio's - Tickets available at Fenwick School or PaperPlus.

### Sunday 15th

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

**Heritage Mass at Basilica** with hobday organ at 9.30am followed by morning tea. All Welcome.

**NZ Raptor Trust / Kakahu Bush** See the rescue centre in Timaru for injured or sick raptors and what their rehabilitation involves. We will then travel to Kakahu lowland podocarp bush and walk the three hour loop, taking in the historic limestone kiln. Ph: 021 1800 941 Depart Medway car park 8.30am

**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.

**Visit the North Otago Embroiderers Guild** display, stitch and chat at the Victorian Fete 15th Nov 10-4 at Colin McKenize rooms at the Scottish Hall.

### Monday 16th

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

**Monday Music and More;** Music and fun for you and your wee one 0-3yrs. 10-11am, 6 Severn St.

**Waitaki Woodturners;** 1 pm - Oamaru Race Course & Tuesday evening at 7 pm. Ph 021 024 98604. waitakiwoodturners@gmail.com.

### Tuesdays 17th

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

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

**Age Concern Gentle Exercise.** 1:30 - 2:45pm Seated exercise class with music, followed by afternoon tea. Orwell St Church.

### AGM

**Oamaru Repertory Society AGM;** Repertory Theatre Itchen St, Monday Nov 23rd at 7:30pm.

**Pukeuri War Memorial Hall AGM;** To be held on Wednesday 18th November 2020 at 7pm in the Hall, Works Road, Pukeuri. Everyone Welcome.

**North Otago Embroiderers Guild AGM;** Nov 25th at St Lukes Hall at 10am.

**Oamaru Squash & Badminton Club AGM;** 24th November 6pm, at the club rooms 14 Tyne St.

**Tokarahi Collie Club AGM;** Tue 10th Nov at 8pm at the Tokarahi Collie/Golf Club rooms, Dip Hill Road. Followed by GM.

**Totara Public Hall AGM;** Notice is hereby given for the 2020 AGM of the Totara Public Hall Committee. Wednesday 11th Nov at 7pm, Totara Hall, 633 Fortification Road, Oamaru.

**Waitaki District Community House AGM** to be held at Community House, 100 Thames Street on 17 November at 10am. All welcome.

**Waitaki Travel Club; Moeraki AGM/meeting;** at 10am at the Brydone Hotel, 13th Nov. Guest Speaker: Jill Buckingham "Gardens in Spain".

**Waitoa Park Golf Club Inc AGM;** Tuesday, December 1st 2020, 7.30 pm at the Clubhouse.

### Public Notices

**Oamaru Coffee Riders,** ALL riders, all abilities catered for. For ride times & venues. ph 0211214627 Special meeting for concerned parishioners from St

### For Sale

**Student desk 5 draw** and revolving chair, excellent condition \$120 Ph. 431 1803.

## Services

**Storage;** Chelmer st, near new containers. \$35 - \$40 weekly. Smaller units 1 B/R \$15-\$20 weekly. Ph 027 434 1289.

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

**Bess Allan Gardening Maintenance** - Dip Hort Mgmt, Ph 0211 800 941 or 434 9953.

**Experienced and innovative engineer** available to build or repair any project, big or small. Your place or mine. 0274437142

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

**Macrocarpa Raised Garden Beds** made to order and delivered Ph. 027 417 7397.

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

## Wanted

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

## WANTED LAND or country cottage



in Duntroon School Zone.  
Fixer ok, Off Grid ok. Quiet professional.  
Cash buyer.  
**Melissa 0275 084 597.**



**FIREWOOD LOGS**  
\$1200 truck and trailer  
Contact Richard  
027 966 3636

## North Otago Motor Group

19 years Rental Experience in North Otago



## RENTALS

**24 hours - 7 days**

**Rentals by the hour, day or longer**

- 8-12 Seater Vans
- Shuttle Trailer Hire
- Bike Trailer Hire
- Car Rental



## Handy Phone Listings

### Accommodation & Facilities

- **Holiday Home - Seaviews 'n Siestas**  
Relax 10% off Moeraki .....021 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
- **Doran Brick 'n' Block** .....027 516 5675
- **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, Weston

### Cleaning

- **A1 Spic n' Span**.....434 5534  
*Almost ALL Cleaning* .....027 737 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...*

### Contracting

- **HR Contracting**...*Lifestyle Conventional*  
*baling, balage, hedge cutting & more* 0274150775

### 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

### DVD and CD

- **Oamaru Public Library**.....433 0850  
.....cleaning service (resurface), \$5 per disc

### Electricians & Appliances

- **Bryan Searle, Oamaru Electrical** 0277157170
- **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

### Firewood

- **Weston Firewood**.....434 1085  
.....021 052 2877
- **Oamaru Landscaping**.....437 1888  
*Wood Supplies* .....027 555 0511

### 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
- **Inside Out Landscaping Property & Garden Maintenance.** ph Brett 0212166775
- **Little Praire - Garden Services**  
*littleprairiegardens@gmail.com* 0224987368
- **Oamaru Garden Maintenance**  
*Richard Kennedy* .....021 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

### Guided Tours

- **Historic Oamaru Tours**  
*Enquiries & Bookings*.....027 434 1173

### Handyman

- **Handyman** .....027 642 6474  
*Old job, water blasting, repairs, call or text.*

### Insulation

- **Dunbars Insulation** .....027 789 8788  
.....local and affordable
- **Heartland Home Solutions** 0274451088  
*Your locally owned & operated Insulation company*

### Interior Design

- **Tracey Vickers Design** ..... 027 5420 215  
*Upholstery and Furnishings* .....03 439 5370
- **Waitaki Interiors**..... 434 7755  
*All window furnishings*

### Immigration

- **Immigration & Secretarial Services Ltd**  
*sylviane@isservices.nz*.....027 737 8360

### Mobile Travel Broker

- **Lynne Sinclair, NZ Travel Brokers**.....  
*Longest established broker in North Otago.* 432 4172

### Joinery

- **Inex Joinery/Kitchens 4 Less**  
*335 Thames Hwy*..... 4341533 or 021 1085500
- **Rycole Joinery Custom designed kitchens**  
.....434 5012.....027 276 2866

### Painters & Decorators

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

### Pets

- **Suds & Paws for dog grooming** 4345957
- **Paws Awhile Boarding Cattery** 4341296

### 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** ..... 03 434 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

### Real Estate

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

### Shoe Repairs

- **Cobbler Glenn** 79 Thames St ....434 8815

### 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 Door .....027 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](http://www.craftupholstery.co.nz)

### Window Tinting

- **Tint a Window**.....0800 368 468  
*UV fade, heat, glare & privacy.* [tintawindow.co.nz](http://tintawindow.co.nz)

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

## Classified Section Advertising Rates

### AGM - Notices

\$13.50 for 2 weeks

### 4Sale & Services- Notices

\$13.50 plus \$4 for every line over 3.

### Community Diary entries and public notices

\$13.50 plus \$4 for every line over 3.

### Advertising space is limited

Please remember to book your advertising in advance. Our deadline is Wednesday night the week before publication.



Get your **FREE Shop**  
**Open Hours**  
**Window labels**  
**Ph 434 9651**



## Amazing WIDE F&P Fridge 522 litres

We are lucky to have this large F&P Fridge, one only, so be in quick!

TV's  
Lounge Suites  
Dining Furniture  
Whiteware



Interest free terms available T&Cs apply.

335 Thames Highway Mon-Fri 10-5pm

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



## North Otago Ditching & Baling

- Tractor Work •
- Round and square baleage •



- Ploughing • Drilling • Earthworks •

**Specialists in  
ground cultivation**

Dave  
**021 436 403**

## I-Deal Furniture & Appliances

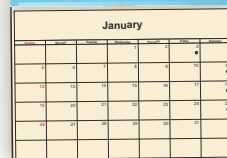
Did you now we stock the Debonaire Furniture range, these items are Brand New, So if you are looking for new bedside cabinets, Dressers, Tallboys, Lounge Suites, we have them in store or can order. Our aim is to keep prices low so pop in and see us. We have a good range of lounge, bedroom and dining furniture in 2nds. Stock varies week by week so definitely pop in and take a look, we also have a selection of Whiteware available. We are always buying so if you have Whiteware or furniture you would like to sell give us a call.

Plus we have interest free finance to suit, ZIP, GENOAPAY, LAYBY and FINANCE NOW conditions apply.

Being a locally owned small business we keep the prices low because we do not have a C.E.O. to buy a third holiday home. Come and see the friendly team Mon to Fri 10am to 5pm.

check out our website [www.idealfa.co.nz](http://www.idealfa.co.nz)

Have a great week, *Nathan*.



## 2020 Calendars Custom made

13 landscape photos

These make excellent gifts

**Oamaru Print and Copy Ltd**

146 Thames St, [oamaruprint@gmail.com](mailto:oamaruprint@gmail.com)