



Lumsden Light

Produced in association with Northern Southland College
Your Community School
lumsdenlight@hotmail.com
15 March 2024

TO THE HOUSEHOLDER

POSTAGE PAID

The Week Ahead

FRIDAY 15 MARCH

HOUSIE AT LUMSDEN SENIOR CITIZENS ROOMS at 2pm, anyone welcome to join us for an afternoon of fun, \$2 entry fee with afternoon tea to follow.

WEDNESDAY 20 MARCH

3 STEPS FOR LIFE AWARENESS SESSION to be held at the St John rooms 11am - 11.45am. The training is free will cover basic CPR and AED skills and actions to take in a Cardiac Arrest. If you are interested in attending, can you please call / text 027 200 0362, send a message via our facebook page or email us on perla.tortosa@stjohn.org.nz numbers are limited.

ANGLICAN CHURCH SERVICES

All Saints Church, Meadow Street is open weekdays for private prayer and meditation.

PRESBYTERIAN CHURCH SERVICES

Sunday 17 March 10am Mossburn
10am Lumsden

CATHOLIC CHURCH SERVICES

Every Sunday, Mass 11.45am Balfour
First Sunday, Mass 7.00pm Lumsden
Other Sundays, Communion Services 6.30pm
Every Sunday, Mass 9.00am Mossburn

Coming Up

22 MARCH - HOUSIE AT LUMSDEN SENIOR CITIZENS' ROOMS at 2pm, anyone welcome to join us for an afternoon of fun, \$2 entry fee with afternoon tea to follow.

23 MARCH - MARKET SENIOR CITIZENS ROOMS' LUMSDEN 10am-3pm. Contact Carolyn 021 115 4333 or Trish 027 512 9425 if you would like a stall or more information.

23 - 24 MARCH - RIVERTON HERITAGE HARVEST FESTIVAL Celebrating Southland's home harvest. Join us for a weekend of workshops, displays, demonstrations and harvest festivities for all ages. To book workshops and find out more go to www.sces.org.nz

24 MARCH - HERITAGE MONTH EVENT. *Stories of Yesteryear in Northern Southland.* 10.30am to 4pm. Enjoy a day exploring & discovering stories about Kingston, Garston & Athol with local historians Richard Soper, 027 740 4508, or Pam Naylor, 021 0500 718. Start in Kingston with a ride on Kingston Flyer – pre-book seats (own cost). Lunch at a café (own cost) there before moving to Garston for more stories & finishing in Athol.

25 MARCH - THE AGM OF THE MID NORTHERN SOUTHLAND TOY LIBRARY will be held at 7pm at the Toy Library building, 33 Pluto Road Lumsden. The AGM will be followed by a general meeting. All welcome. Contact Kate for more information 027 811 2919.

1 APRIL - HIGHLAND STORM - TE ANAU TARTAN FESTIVAL proudly presents an evening of high energy music, dancing and fun for the whole family. 7pm, Fiordland Events Centre. Tickets: phone Kirsty 027 524 5507 or book online at <https://www.teanautartanfestival.co.nz/tickets>

5 APRIL - HOUSIE AT LUMSDEN SENIOR CITIZENS' ROOMS at 2pm, anyone welcome to join us for an afternoon of fun, \$2 entry fee with afternoon tea to follow.

15 APRIL - COMMUNITY MEETING AT 7PM to discuss playgroups future and future projects. All past and present playgroup/ preschool members are invited. Will be held at playgroup in the community hall at Mossburn.

17, 18, 23, 24, 25 MAY - BALFOUR THEATRE RESTAURANT presents **WE WILL ROCK YOU**. 2 course meal and show, cash bar, doors open 6.15pm. Balfour Hall. For tickets txt Ziggy 027 444 8353 \$70.00each

NORTHERN SOUTHLAND COLLEGE

Board of Trustees Vacancy

Due to a resignation from the Board of Trustees there is a vacancy on the board for one parent representative.

Parents of students, caregivers and people from the wider community can all be elected to a board

If you wish to nominate yourself or someone else please contact the college office on 03 248 7121 for a nomination form before Wednesday 20 March.



For Sale

TO GIVE AWAY - fridge good working order, leaks some water, ideal for the man cave ph 027 671 9833

FOR SALE - 6 dining chairs black vinyl padded seat and back steel legs and back rights. Stackable food cabinet 3 shelves glass doors - ideal for tool storage in workshop Phone 027 615 5903 All proceeds to Emergency services Lumsden

ST JOHN OP SHOP Well I think Summer is well and truly gone, the mornings are now quite cold. We will try and get lots of winter stuff out as soon as possible. There are lots of warm scarves and beanies available in the meantime, ask if you cannot find them. If you have warm clothes in great condition that no longer fit you or your family and you would like to donate to us, we would be happy to accept them. We will soon be putting out winter sheets also. Hope to see you soon, for now enjoy the warm sunshine when it pokes through.

FIVE FINGER CRAFT & INFORMATION: Come and check out our range of Baby knits, Gifts and knitwear for the whole family and check out our half price items in store Find us on Facebook

HAY - Round Bales of shed stored hay available. \$40 per bale, suitable for cattle, Balfour district. Phone 027 224 5275

SPARKY'S FIREWOOD Douglas, Macrocarpa, Blue Gum, Pine and Hot mix \$100 / metre Free delivery 027 252 8609

FIREWOOD 2.5 meters delivered to Mossburn, Lumsden ,Five Rivers , \$200.00 ph or txt Mark 021 839 066

FIRE WOOD - Blue Gum \$80 ph 021 057 7071

Messages for the Lumsden Light

Email to lumsdenlight@hotmail.com
Deliver to Lumsden Pharmacy

Phone messages to Doris 248 7151 or email djbrown@xtra.co.nz

NO Phone Messages to the College
or the Pharmacy please

Messages need to be received by 12 noon
Wednesday for that weeks publication.

Weekly (During School Terms)

MONDAYS

BALFOUR SCOUTS GROUP Cubs 7-11 years, Monday nights 6 pm - 7.30 pm, Scout Hall Balfour. For more details please contact Group Leader Trevor 021 708 514 or Noortje Hamers 027 937 4851.

MOSSBURN SQUASH CLUB social squash . All welcome, all levels. Come and have a hit and see what it is all about. Ph 021 027 19841 for further information

LUMSDEN LIBRARY BRICK CLUB Fortnightly during term time. Mondays 3 – 4pm. Calling all Lego fans, come along and take the weekly challenge. For more information ask at the Library.

LUMSDEN LIBRARY CHESS CLUB fun for all ages. All welcome. Fortnightly (on alternating Mondays with Brick Club). Mondays 3pm to 4.30pm. For more details, please contact carosine@hotmail.com

LUMSDEN LIBRARY CHESS CLUB recommences on Monday 26 February and every fortnight (alternating fortnightly with the BRICK CLUB) from 3 pm to 4.30 pm at the library.

BRICKCLUB! Come and join us for Lego fun. Mondays fortnightly at the Library. Please see our website or phone the library to check which fortnight it is on.

TUESDAYS

BALFOUR PLAYCENTRE: Is open every Tuesday and Friday from 9am to 12pm. Located at the Balfour Primary School, come visit us for a coffee, catch up and see what our wonderful facility has to offer you and your child. Operates during school term dates. For further information please contact Kathryn Moir 027 314 0015

DIPTON PLAYGROUP Every Tuesday 9.30-12pm. Located behind Dipton Memorial Hall. Fully certificated and co-ordinator run. Each session offers a theme/activity, as well as great indoor and outdoor play. Great chance for Mums and families to relax and allow little ones to have fun playing while learning. Plus a separate Discovery Time/Wa Kitea excursion for 4.5 year olds to Dipton School. Phone Jacinda 027 339 1394

GARSTON PLAYGROUP: Under 6s. BYO morning tea. Awesome fun activities - something different each session. 9.30am - 12.30pm Look forward to seeing you there. The Old Post Office, Garston. Phone Shaina Pepper 027 709 9284

DIPTON TOY LIBRARY 9.15am - 11.15 am. Other times by arrangement. During school term. Wide range of toys for 0-6 year olds. Located in the Memorial Hall. Fees : \$45 annual; \$12 casual. Email diptontoylibrary@outlook.com

LUMSDEN LADIES' GOLF 9 and 18 holes. Tee off 10 am. Some sets of clubs available. Contact Lois Mitchell 027 487 4753. All welcome.

DIPTON GOLF CLUB - 10.00 am, 18 holes contact Paddy 248 5149

COMMUNITY GARDEN, meet every Tuesday 1pm at the garden in Helena Street. All welcome.

'SENIORS' CAFÉ' No joining fees just cost of a tea/coffee and scone - subsidized to \$5.00. First Tuesday of the month 10am Contact Cara Colquhoun 03 248 7885.

MOSSBURN SENIOR CITIZENS meet on First and Third Tuesdays each month, in the Senior Citizens Rooms, Devon St, Mossburn at 2pm. All welcome Ph 248 6474 or 248 6073

PATCHWORK & QUILTING CLASSES Patchwork and Quilting Class will be held most Tuesdays, from 1pm until 4pm, at the Five Rivers School. Everyone welcome. Weekly fee, tutor \$15, venue donation \$3. Please phone/txt Jenny Taylor 027 227 2515 for further information, to register and to check dates

WEDNESDAYS

TAI CHI - Classes are held at the Lumsden RSA 10.00am to 11.00 am. Invest in your health, Improve your Balance, Improve Flexibility, Help with rehabilitation. With the gentle movements of Tai Chi .Beginners and all age groups are welcome. For further information contact John 027 491 7299

GARSTON PLAYGROUP: As Mondays

BIBLE STUDY HOME DELIVERY Would you like to attend Bible Study, but family commitments, mobility or transport keep you from attending? Maybe we can help, phone or text Graham 027 414 2288 GEN-2-REV BIBLE STUDY

BIBLE QUESTIONS: GEN-2- REV Bible study is taking a break for a few months. Got Bible questions? You can still text them to 027 414 2288

LUMSDEN PLAYCENTRE PLAYGROUP open 9.30am – 12.30pm every Wednesday for ages 0 - 5 years, during the school term. We have a fantastic facility and welcome new families to come along and see for yourself! Your first two sessions are free so you have nothing to lose and everything to gain! Check out our Facebook page for more information, or contact Trinity on 027 307 9802

SING ONG TAI CHI Classes held on Wednesday at 10am at the Senior Citizens' Rooms in Lumsden. This branch of Sing Ong Tai Chi teaches the Yang style of Tai Chi Chaun as taught by Professor Yek Sing Ong and is now open to the public. The instructor is John Titter who has been training in Tai Chi since 2002. the Sing Ong Tai Chi is a very soft internal art that is beneficial for all ages and fitness levels, beginners are welcome. Benefits of Tai Chi: Improved relaxation, Flexibility & Posture, Energy Levels, Co-ordination, Concentration and Rehabilitation. For more information contact John Titter Ph 027 491 7299 or email j.k.titter@gmail.com

SOCIAL CRAFT EVENINGS: 1st and 3rd Wednesdays of each month, 7- 9pm in the rear of the Dipton Hall. All very welcome - BYO craft. No registration or commitment required - just come along! For further information: Sue Caddie 027 285 8378.

THURSDAYS

MOSSBURN CRAFT GROUP meets first and third Thursday of month. 10am until 3pm, lots of talent if one is thinking of taking up a new hobby, all welcome. Contact 248 6474 for further information

NORTHERN SOUTHLAND WALKGROUP meet 2nd and 4th Thursday of the month, come enjoy genial company, fresh air and wonderful country while active to one's limits. 5 to 9-10kms accommodated. Enquire at 03 248 6474

MID NORTHERN SOUTHLAND TOY LIBRARY will be open on the first Thursday of every month from 2:45-3:30. Come and visit us at 33 Pluto Rd, Lumsden and check out our huge range of indoor and outdoor toys, puzzles and games. New members welcome. Contact Kate 027 811 2919 or find us on Facebook.

FIVE RIVERS' PLAY GROUP 9.30 -12.30 Wonderful local playgroup, great indoor and outdoor play, music, paints, wood work and plenty more. Small focused activities every week, great chance for mums and families to relax and let kids be kids. Located in the old Five Rivers' School building. Contact Mikaela on 027 773 2083 or just pop along for a look.

FRIDAYS

BALFOUR PLAYCENTRE: As Tuesday.

GARSTON PLAYGROUP: As Tuesday.

SOCIAL BIKE RIDES - Every Friday at 5.30pm. All welcome and all abilities. Come along and see what it's about. Ph 027 974 3288 for further information or look up Northern Southland Social bike rides on Facebook for all the details.

MOSSBURN PLAYGROUP: Open 9am to 12pm on a Friday, during school term. Ages 0 to 6yrs. Located at Mossburn community centre Great indoor outdoor play with fun activities. Parents can grab a coffee and catch up with other parents. Call Vivien Alderton on 022 451 7306 for more info.

SATURDAYS

LUMSDEN COMMUNITY NURSERY The fortnightly "Plant Lovers' Social Group" is happening. Come and join us from 10am-12pm every second Saturday for a fun and relaxed morning of planting, chitchat and morning tea. Sometimes we might even head off on a seed collecting expedition. All are welcome! Follow us on Facebook @reforestsouthland or text to go on our reminder list (027 693 1394) Dates are 10 & 24 June

SUNDAYS

CASTLEROCK MOSSBURN PONY CLUB weekly rallies. Everyone welcome at any level, come along and have a go. Please contact , Annabel Saunders - President 021 176 2648 or Megan Vande Sandt 027 269 3211

ATHOL MARKET every fine Sunday, 10am till 2pm outside The Brown Trout Café. Stalls only \$5. Plenty of room for everyone. Please phone Jan on 03 248 5258 to book in or any enquiries

MID NORTHERN SOUTHLAND TOY LIBRARY will be open on the third Sunday of every month from 10 -11am. Contact Kate 027 811 2919 or find us on Facebook

Public Notices

CARETAKER FOR LUMSDEN MEMORIAL HALL is Kath Miller phone 027 905 3108 or email kathcando@slingshot.co.nz

CANCER SOCIETY SUPPORT SERVICES available in your area for anyone affected by Cancer. Contact Jo Bremer 021 562 939

LUMSDEN MATERNITY AND WELL CHILD HUB - I am available for Women to get free and confidential Pregnancy tests, bloods tests ordered by their LMC during Pregnancy, Breastfeeding support, and Urgent Antenatal assessments as required by the LMC on a Monday and Thursday from 10am - 2pm. I can be contacted on 021 249 9964 or the hub phone on 03 248 7050, 58 Garden Street Lumsden, Maternity Entrance. Shelley Wesselson .

BALFOUR LIONS CLUB are interested in hearing from groups or clubs or individuals to cater for our tea meetings on a monthly basis. Phone: Barbara 201 6200 for more information.

LUMSDEN LIBRARY CHESS CLUB – every fortnight (alternating fortnightly with the BRICK CLUB) from 3 pm to 4.30 pm at the library.

LUMSDEN RURAL WOMEN ANNUAL EASTER RAFFLE - \$2 for 2 draws, drawn 23rd March. Tickets available from members or Lumsden Prescription & Gift Centre. All money raised will be given to local community charities.

WINTON BRIDGE CLUB - If you are looking for a new hobby and to meet new people, consider learning to play contract bridge which gives plenty of mental challenges without too much physical exertion. Free lessons (10 week course) start Wednesday 20 March 2024 in Winton. For more information or to register your interest email winton.bridge@xtra.co.nz or contact Wendy 027 427 0447 or 03 221 7417

BRICKCLUB! - Come and join us for Lego fun. Mondays fortnightly at the Library. Please see our website or phone the library to check which fortnight it is on.

Public Notices Continued

CALLING ALL CRAFTY PERSONS – can you knit, crochet, felt or sew fabric red field poppies? (needing heaps to be stitched into a big fabric display collage project to be displayed at every ANZAC commemoration)...chat to DASH at the Lumsden library.

LUMSDEN LIBRARY – CALLING ALL KIDS - if you read seven books, make it count for a reward and earn yourself a free kid's pizza from HELL PIZZA in Invercargill. Simple rules - read 7 books to get one complete "pizza wheel" to claim your free pizza until the end of the year. Start collecting your pizza wheels from the library today!

WINTON FOOTBALL CLUB Registrations are now open to play football in the winter season for the Winton Club. This is open to all ages, 4 years and above with adult and junior teams looking for members across the grades for all genders. Registration can be completed by going to: sporty.co.nz/wintonfc Any enquiries can be directed to wintonfootballnz@gmail.com

LUMSDEN LIBRARY – we have expanded our selection of books for juniors, young adults, and large print books for adults plus new additions for adult fiction and non-fiction, westerns, and jigsaw puzzles... delightful reading for everyone. Not a library member? Joining up is simple and quick – pop into the library or join online through the Southland District Council website.

BURR FARM SERVICES: Contact us for any Boom Spraying requirements. We are currently taking on clients for Pro Gib & Liquid N. We also have limited spaces for Gun Spraying and any Farm Maintenance over winter. Contact Mike on 027 629 9975

Accommodation

ROOMS TO RENT furnished or unfurnished in farmhouse with one other male plenty of room \$120 a week + 1/2 power bill each month ph/text me 027 388 2087

FOR RENT - ONE BEDROOM UNIT WITH ATTACHED GARAGE available for senior person - please phone 027 678 1378 for more information

HOUSE FOR RENT Large 4 bedroom house for rent in rural setting, warm house and large storage areas, 20 minutes from Lumsden, \$300/week
Phone 021 444 802

Employment

17 YEAR OLD MALE LOOKING FOR WEEKEND AND HOLIDAY WORK, I have my full licence and have my own vehicle.. Anything considered, I am a competent tractor driver and can supply references if needed. Phone Jack 020 414 73862

Wanted

LOOKING TO LEASE UP TO 10HA PASTURE FOR SHEEP GRAZING - please call or txt Chris 022 850 1166

Local Businesses

AA DRY DIGGER HIRE AND BALING: 12 ton digger, \$60 ph delivered. Full mowing, tedding, raking and baling. Wrapped single fusion bales. We also offer lawn mowing - farm cottages, roadside and tanker tracks. For details, please phone Greg 027 435 4746

ADDED ENERGY LTD: Our team of experienced staff can handle all your electrical, pumping, dairy shed and effluent needs. Domestic, rural, industrial, commercial, inspections, solar and energy efficiency, we can handle it all. 0800LUMSDEN (0800 586 733)

Local Businesses

BALFOUR THEATRE COMPANY: Costume Hire. Ziggy Roy Ph 201 6058 or 027 444 8353

BLACKTOPP DRAINAGE LTD: Riversdale. Hayden Blacktopp-Owner/operator Ph: 021 755 852. Experienced/Professional Drainage and Excavation services 12 tonne digger with various attachments .Tip Truck,1.8 tonne digger

BOOKKEEPING SERVICES - Want someone to prepare, manage or maintain your accounts, pay your bills, send out invoices, GST returns etc? No job too big or small. With 13 years experience within accounting firms specialising in rural and business, I can also help you get your accounts ready for the accountant. Give me a call on 021 650 435 or email anniemail13@xtra.co.nz. Annette Moore

BRACKEN HALL: Come in and check out our new stock. Specials on some women's clothing. Good selection of children's book and toys for those birthday party needs.

BRETT MIDDLETON CONTRACTING LTD: For all your Fencing requirements and now available Diggers/Bulldozers for all your earthworks requirements with experienced operators. Phone for a quote 027 329 2698.

BROOM AND GORSE SPRAYING: specialist in steep terrain and all general spraying. For more information please ph/text Jason Hoyle 021 185 1909

COMPUTER SERVICE and sales for anything not working properly: desktop, laptop, tablet or telephone. Viruses and malware removed. Photos and other data saved and restored to same or new device. Mr Fixit. Ph 03 225 4423 email john.hardcastle@orcon.net.nz or go to <http://tinyurl.com/kg9ha58>

DAVID STEVENSON AUTO LTD: York Rd, Riversdale. We can offer Lumsden and surrounding districts the following - Full Mechanical repairs, Transmission Flush, Tyres and Batteries, Diagnostic scanning. Contact the team at David Stevenson Auto Ph 03 202 5345 or 027 437 3631.

DIPTON SERVICE CENTRE 2018 LTD: Mechanical repairs, batteries, WOF, tyres, computer diagnostics and European specialist. Contact Tim 03 248 5273 or 022 127 8391

EARTHMOVING AND DRAINAGE: CJ and AR Sheat Limited: 13 tonne digger, tip truck, transporter and drain cleaner . Farm drainage and general earthworks, site preparation, root raking, blocked drains and tiles, gravel supply and cartage. Phone Campbell 027 271 8283 or Ang 027 9182 155

EWL LIMITED, BALFOUR: Baling and Silage contractor servicing the Northern Southland District. Phone Brent 027 485 5994 or Matt Muir 027 220 4000

FARMLANDS MOSSBURN March Monthly Specials NRM Chook Tucker 20kg 2 For \$62.00, NRM Duck Tucker 20kg \$22.50, Topflite Scratch & Lay 20kg \$43.00, Gallagher Geared Reel Prewound Polywire 500m \$129.95, Gallagher 14ft Field-master Gate \$269.95, Gulf Universal Tractor Transmission Fluid 80W 200L \$1,980.00, McMillan Cool Feed 20kg 2 For \$64.00, NRM Muscle Relieve 20kg \$42.50

FIVE FINGER CRAFT & INFORMATION: Come and check out our range of Baby knits, Gifts and knitwear for the whole family and check out our half price items in store Find us on Facebook

FIVE RIVERS' CAFÉ/GALLERY: Come & enjoy our freshly baked treats in our sunshine filled garden. Fantastic coffee, cabinet food & a full menu available seven days a week from 8am to 3pm. New giftware & artwork in the gallery! For bookings or enquiries call our friendly staff 248 7755.

FORK AND SPADE LTD: Leaders in Riparian planting - initial on farm consults, plant supply, proven planting processes, after care programmes. One off and on going garden maintenance and care.

Ph.021 223 5421 forkandspade.co.nz email - planting@forkandspade.co.nz

GORSE AND BROOM A PROBLEM? FJ and AM Rae LTD are now operating a Twin Reel Unit in your area. For more information please phone Frank on 027 497 2887

HANK'S PLACE: Now stocking premium dry dog food "A La Carte". You can be certain that the A La Carte formula promotes optimum energy, a strong immune system and an improved metabolism allowing your working dog to achieve the best health possible at a great price. Bagged 30kg whole wheat, oyster grit and TOPFLITE Scratch'n'Lay - everything your laying hens require for a healthy diet and egg production. 148 Flora Road LUMSDEN Phone:03 2487522

HIGH REACH VACUUM SERVICES FOR EXTERIOR PROPERTY CLEANING.

Gutter Cleaning- operating specialised equipment safely from the ground. **House Washing-** removing dirt, webs and organic growth, making it "Sparkle" again.

Downpipe and Culvert Unblocking. Hard Surface Cleaning- driveways, foot-paths and all other water blasting needs. **Moss and Mould Treatment** - for prolonged resistance to unwanted organic growth. **Window Cleaning-** traditional squeegee method for inside and out. **HRV keeping your home and business healthy and clean. Call Glenn on 0278690361**

JIMMY'S CARPET: Carpet Layer. Free measure & quote Lumsden & surrounding districts. Ph. Jimmy 027 445 9731.

JIM BRIGHT PAINTER AND DECORATOR Professional, Honest, Reliable Service. 30 years' experience. Phone 021 178 -0142

NORTHERN SOUTHLAND COMMUNITY SHEARS

Wishes to thank all sponsors, individuals and groups for their support of the annual show held on Friday 19 January 2024.

Thank you to local sponsors along with Southland and National sponsors. Your support enables this significant event in the wool industry calendar to continue. To the many people in the community for their voluntary labour- special thanks. Sincere appreciation for the work of the judges, technical people, wool handlers and shed personnel for their full day's voluntary work. Thank you to Selbie family and staff for the use of their woolshed along with North Range staff for very well-prepared sheep.

Local Businesses

KITCHENS & JOINERY: MASTERCRAFT KITCHENS by NIGEL MOLLOY JOINERY LTD are proud to be your local kitchen manufacturer. Call the team on 0800 464 435 or Nigel on 027 437 4830 or email office@molloyjoinery.nz. Do you need a new Kitchen? Are you looking for shelving, storage, a pantry, a laundry, wardrobes, doors, windows, stairs, bathroom or kitchen appliances? Then look no further as we do it all for you to suit your lifestyle and your budget! And our expert design team can turn your ideas into 3D plans and images, so you can see what your kitchen will look like. Call today and check out our website for inspirational ideas <https://www.nigelmolloyjoinery.co.nz>

LUMSDEN PRESCRIPTION & GIFT CENTRE: You can now ask for repeat scripts by text to 027 230 1400 (No phone calls to this number please. Any other inquiries to 03 248 7102. 10am to 5pm, Monday to Friday. Script collection times 11.30am and 2.30pm

MASSAGE & SOFT TISSUE THERAPY. Appointments available in Balfour from a qualified & experienced therapist. Treatments available - myofascial release, injury prehab/rehab, sports performance & recovery, improved mobility and movement, relaxation & pregnancy massage, trigger point therapy & dry needling. For more info check out my FB page or sonjawatkinswellness.co.nz. Ask me about nutrition coaching and exercise prescription also. Advance bookings essential. Inquiries welcome. To invest in your wellness ph/text: 027 647 3663 or email: feelgood@sonjawatkinswellness.co.nz

MASON ADAMS CONTRACTING LTD: For all your crutching requirements – Ewes, Lambs and Rams over a triple or single trailers. Now also Tailing Contracting as well. Phone Mason on 027 491 3428

NORTHERN SOUTHLAND BUILDERS for New Kitchen, Bathroom and Shower renovations. Replacement Windows and all Flat pack Joinery. Plus Landscaping, retainer walls, decks and fencing and planter boxes. Call Northern Southland Builders on 027 359 6468 for a free quote.

ST JOHN OP SHOP: Are you someone who loves to sort through stuff and have an eye for detail? We are in need of some volunteers who don't mind getting their hands dirty and know a treasure when they see it. It might be bric-a-brac or clothing. Why not join our team of volunteers? It's easy to join just go to join.stjohn.org.nz choose Volunteer and follow the prompts or scan the QR code at the front window. Joining has never been easier. Come in and see Perla and let me know you have applied. 4 hours a week is all we ask. If you are travelling from out of town, we can provide a little incentive to help you so long as you meet our minimum requirements. We can now accept students from 16 years and above but it's better if you bring along a buddy and volunteer together. Enquire today.

NORTHERN SOUTHLAND HEALTH SHUTTLE SERVICE: If you need transport to any medical appointment the Health Shuttle can take you. Just call the 0800 number. The service operates Monday to Friday, excluding public holidays. For more information or to make a booking please call 0800 103 046. Bookings are required by 3pm the day prior to transport. This service is run by volunteers. We do not charge a fee for Health Shuttle transport, however, we do accept donations to help cover costs. The phone number has changed but the Drivers are still local drivers.

Q-TECH CONSTRUCTION LTD – For all your building, construction and maintenance needs. Please contact Blake O'Connor on 027 953 2452 or email admin@qtechconstruction.co.nz

RACHAEL COLLINS-CELEBRANT: bookings for weddings are already being made for 2025. A Validated member of the Celebrants Association of New Zealand (VCANZ). For inquiries call me on 027 235 5144 or email info@rachaelcollins.co.nz

REED PLUMBING & GAS. Certifying plumber and gasfitter for all your plumbing and gas requirements. Covering Lumsden and surrounding areas. Our services also include central heating, gas appliance maintenance/certification and diesel boiler servicing. Contact Darren or Callum on 021 076 2274, email office@copg.co.nz

ROCK HOMEKILL: Ray Orchard Contract Killing - Lumsden based operator - Servicing Northern Southland and Beyond since 2006. Check out our Facebook page - ROCK Homekill and use the ROCK homekill booking - Jotform. Ph: Ray (Oz) 027 248 6396.

SOMATIC REHABILITATION: somatic psychotherapy for true peace of mind. For more information visit www.somatic-rehabilitation.nz or phone Sheree Honeyfield -King 027 200 0355

SOUTHERN LAND & WATER PLANNING LTD: We specialize in preparing: resource consents, farm environmental management plans, policy advice, DOC concessions, landscape and riparian management plans and landscape assessments. Call Rebecca on 027 424 6129 or Sonya on 027 505 0077 or visit www.slwp.co.nz for more information.

SQUARE UP BUILDING: Rural - Residential - Landscapes, contact Jamie Maginn Licensed Building Practitioner & member of Registered Master Builders on 027 300 7780, jamie@squareupbuilding.co.nz follow us on Facebook to keep up to date with our latest projects

STALKER BUILDING LTD: Stalker Building Ltd has been servicing Lumsden, Mossburn, Athol, Balfour, Dipton and surrounds since 2005. For all building requirements from repairs and maintenance to renovations, additions, fire installation to new builds. House plans available. Proud to be a member of Registered Master Builders and David is a Licensed Building Practitioner. For a professional service from a local lad call David Stalker 027 463 8685

STOP BIRDS RATS AND LEAF DEBRIS from entering your gutters. A steel mesh design product, colour matched to your roof PLUS engineered for snow loading. For all enquires phone 027 359 6468 for a free quote

STORAGESPACE.KIWI: Secure, cost effective, storage solutions in Lumsden. Shipping containers also for sale. Phone Campbell Sheat 027 271 8283 www.storagespace.kiwi

SOUTHERN HIRE & CONTRACTING: Grass Measuring & Weed Wiping available. Ideal to keep an eye on inputs and track your feed efficiency. Weed wiping gets rid of ragwort, nodding thistles, call's and many more nasties. Available in the Balfour, Lumsden, Mossburn, Riversdale, Dipton and surrounding areas. Good modern equipment, competitive price and prompt efficient service. Call Chris Wilson 027 474 7558 for more information

SOUTHERN HOOF CARE Professional hoof trim services and lame cow care in the south. Get in touch today ph 027 478 9632 or www.southernhoofcare.co.nz

ULTRASCAN NORTHERN SOUTHLAND: Pregnancy testing cows and calf dehorning. Ph 248-7338 Mob 027-690 0179 Lukas & Gabriela

UNDERGROUND TAKEAWAYS - available to empty your septic tanks and any other sumps that need cleaned Ph Brian 027 208 1566

WILSON BAIRD BUILDING - providing building services to Riversdale and the wider Northern Southland area. Licensed Building Practitioners completing new builds, renovations and farm buildings. Phone Gav Wilson on 027 319 1344 for all your building needs.

NSCRCCT COMMUNITY CO-ORDINATOR'S OFFICE

'SUPPORTING THE NEEDS OF OUR COMMUNITY'

NSCRCCT COMMUNITY CO-ORDINATOR

Covering the Northern Southland areas
Mossburn, Lumsden, Balfour, Athol, Garston and Dipton

REMEMBER - Free confidential advice and support for all members of our community. Cara Colquhoun Phone 248 7885 / Cell 027 810 8880
email nscco-ord@xtra.co.nz

- **SENIORS CAFÉ – 10am WEDNESDAY 3rd APRIL**
(please note it is a Wednesday for this month only due to Easter and Southland Anniversary day) THIS WILL BE HELD AT OUR WORK PLACE - COME TO MEDICAL CENTRE CAR PARK - CARA AND ADELE WILL MEET YOU THERE. GOLD COIN DONATION PLEASE.
- **COMMUNITY GARDEN** meet every Tuesday 1pm at Helena Street - All welcome.
- **PATAKA KAI** is now situated at the front of the Community Garden in Helena Street.
- **OUR NEW HOME IS AT THE BACK OF MATERNITY CENTRE.**