



Lumsden Light

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

27 June 2025

TO THE HOUSEHOLDER

POSTAGE PAID

The Week Ahead

FRIDAY 27 JUNE

HOUSIE/BINGO 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.

THURSDAY 3 JULY

FARMLANDS MOSSBURN CALVING DAY; Get everything you need to kickstart your calving season. Join us instore for Great One Day Specials and a chance to talk to our suppliers - Gallagher, Milwaukee, Elanco, Skellerup, Hunters Element and more...

NORTHERN SOUTHLAND COLLEGE

Any qualified teachers (primary or secondary)
in the area that would like to join the
Northern Southland College Relief Teacher pool,
please contact: wendy.coghlan@nsc.school.nz

NEW WORLD BAKEWARE PROMOTION

New World is again giving out stamps, this time to go towards bakeware. In the past the Hospitality department has been very grateful to members of the NSC community who have kindly donated unwanted stickers to the College. These have been used to supply knives, quality saucepans and frying pans for the Senior Hospitality students. If anybody has any stickers from the current promotion that they do not want for themselves, it would be much appreciated if they could be dropped into the College office

WANTED

Scientific Calculators (Casio fx-9860GIII) for senior students.
If you have one lying around we would be very grateful to receive it as a donation. Please either drop it off at the office or call 03 248

PRESBYTERIAN CHURCH SERVICES

Sunday 29 June 10am Mossburn
 10am Lumsden

CATHOLIC CHURCH SERVICES

Every Sunday, Mass	11am	Balfour
First Sunday, Mass	7pm	Lumsden
Every Sunday, Mass	9 am	Mossburn
Other Sundays, Communion Services	6.30pm	

Accommodation

2 BEDROOM UNIT FOR RENT attached garage, wood burner, sunny in Lumsden for info contact Lex 03 201 6136 or Doris 027 678 1378

Coming Up

4 JULY- HOUSIE/BINGO 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.

4 JULY - STITCH IT DON'T DITCH IT Route 6 Café, Lumsden. Time: 10am -12pm (but just call in for as long as you want within those times). Drop in for a chat, textile mending advice and materials, bring a craft project etc. Come and join us each "First Friday" at Route 6 Café.

11 JULY - LUMSDEN SENIOR CITIZENS' MEAL will be at The Balfour Hotel at 12.30pm. Names must be given to Fiona 020 4088 9000 before Wednesday 9th to ensure your seat at the table.

18 JULY - HOUSIE/BINGO 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.

19 JULY - MID WINTER QUIZ NIGHT AND SILENT AUCTION to raise funds for a well for a village in Nepal. \$10 per person, Teams of 4-6 people 7.30 Balfour Hall. Register with Helen Wilson dunkeld91@gmail.com

25 JULY - HOUSIE/BINGO 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.

1 AUGUST - NSC PTA QUIZ NIGHT. 7 pm start (doors open from 6.30pm) at the college gym. Come along and support us so we can keep providing new equipment for the students at NSC. \$10 per person, teams of 4-6 welcome. Food and cash bar available. Also raffles and spot prizes.

NSCRCCT COMMUNITY CO-ORDINATOR'S OFFICE

'SUPPORTING THE NEEDS OF OUR COMMUNITY'

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

- **BAKING AND BASKETS** - School holiday programme - Wednesday 2nd July - 1 - 3pm at Lumsden Memorial Hall. Registrations essential - limited to 20 participants.
- **SENIORS CAFÉ** - next café will be at Route 6 on Monday 7th July at 10am.
- **Community Garden meet** every Tuesday 1pm at Helena Street (weather permitting) - All welcome.
- **PATAKA KAI** - is situated at the front of the Community Garden in Helena Street.
- **OUR HOME IS AT THE BACK OF MATERNITY CENTRE.**

Wanted

WANTING TO BUY Sleepout, hut, caravan anything to use as a spare room 027 446 3401

CAN TABS AND METAL WINE CAPS These are being collected to help raise funds for Dialysis. Please drop off at the College office, Vet South Winton or to a member of your local fire brigade.

This will be the last edition of the Lumsden Light as we stop for the school holidays.
The Lumsden Light will resume on the week of 18 July.

Weekly (During School Terms)

MONDAYS

BALFOUR SCOUTS GROUP Cubs 6-10 years, Scouts 10-13 years, Monday nights 6 pm - 7.30 pm, Scout Hall Balfour. For more info please contact group leader Trevor 021 708 514 or Nootje 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

BADMINTON at Mossburn Community Centre, during Term time 7pm. All ages and abilities most welcome. \$2 each night. More information please phone Patrick 022 048 0355 or Jennifer 021 248 7672

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

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

MOSSBURN PLAYGROUP: 9 -12 every Tuesday during term time. At Mossburn community centre. Fun and engaging activities organised each week, with great indoor/outdoor play areas. BYO food for Tamariki. Tea, coffee and morning tea provided for mums. Relaxed and welcoming space. For more information contact Tammy 021 223 5421, or just come along.

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.

PATCHWORK & QUILTING CLASSES Patchwork and Quilting Class will be held most Tuesdays, Terms 1 and 4: 9.30am till 12.30 , Terms 2 and 3: 1pm till 4pm at the Five Rivers School. Everyone welcome. Weekly fee, tutor \$15, venue donation \$3. Please phone/txt Jenny Tayler 027 227 2515 for further information, to register and to check dates

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

WEDNESDAYS

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

THURSDAYS

MOSSBURN CRAFT GROUP Looking to Learn a New Craft or Finish Your Projects? Join us at the Mossburn Senior Citizens Rooms 1st and 3rd Thursdays, 10:00 AM - 3:00 PM. Bring: Your own lunch, \$5 for room hire (tea and coffee provided). Contact for more information Carolyn: 021 115 4333 or Chrissy: 027 816 1656

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.

STITCH IT DON'T DITCH IT Date: First Friday of each month. Venue: Route 6 Café, Lumsden. Time: 10am-12pm (but just call in for as long as you want within those times). Drop in for a chat, textile mending advice and materials, bring a craft project etc. Come and join us each "First Friday" at Route 6 Café.

SATURDAYS

LUMSDEN COMMUNITY NURSERY The fortnightly "Plant Lovers' Social Group" is happening. Come and join us from 10am-12pm every second and fourth Saturday of the month for a fun and relaxed morning of planting, chit chat and morning tea. All are welcome! Follow us on Facebook @reforestsouthland or text to go on our reminder list (027 693 1394)

MOSSBURN GOLF CLUB - 18 holes tee off 12.30 pm, 9 holes tee off 2:30pm - Open to all players - Now offering first year half price memberships for new members - Contact Richard 027 822 7719

SUNDAYS

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 .

ABLE MINDS Are you a youth aged between 12-21, struggling and looking for one on one emotional support? Do you need help finding work or help with your educational goals? Our Rangatahi and Wellbeing (RAW) service could be for you. I am currently working in the Northern Southland area on Thursdays and have capacity to support more young people in the area. Please see our website www.ableminds.org.nz/rangatahi-and-wellbeing-raw for further details or call Kirsty on 021 402 794.

Public Notices Continued

BALFOUR HALL FOR HIRE Bookings please contact Karen 027 201 0191 or Maree 027 433 2841

LUMSDEN VOLUNTEER FIRE BRIGADE - We are looking for new members. Have you always wanted to help the community and learn on the job? Feel free to pop along to one of our Training nights for more info - Tuesday nights at 7pm (except the last Tuesday of the month as we have meeting night) Find us on Facebook

LUMSDEN PRESCRIPTION & GIFT CENTRE: **Script Delivery Times:** Monday (or after a long weekend) at 3pm (at the earliest) Tuesday, Wednesday, Thursday and Friday there are two deliveries 1st at 12pm (at the earliest) 2nd at 3pm (at the earliest) If unsure, please phone ahead to check if script is here 03 248 7102. Thank you for your understanding.

For Sale

ST JOHN OP SHOP With the School holidays about to commence we have good stocks of Board Games, books, toys and Ski boots in a range of sizes. We also have lots of DVDs for those cold rainy days. New stuff put out daily. Come on in and check it out. Hope to see you soon.

FIVE FINGER CRAFT & INFORMATION: Find us in the Old Railway Station, Diana St Lumsden

BAGS DRY PINE CONES ph 027 671 9833

2012 SANGYONG 2LTR DIESEL 2 W DRIVE WAGON. Ex condition, 280 000kms goes really well should do another 280ks - real value at \$5000. ph 03 201 6092

HEADING BITCH, tri coloured, 7 months. Natural worker, lovely nature \$500 ph 03 201 6092

POTATOES - Balfour Lions have potatoes for sale \$25 for 20kg bag Pick up at Andrew's Transport, Balfour Monday - Friday 8am - 4.30pm Contact Troy 027 860 9850 or Barbara 03 201 6200

POINTER PUPS two males, one female 8 weeks old, good parents. Call Dean for more info 027 499 7049.

LINK BLACK AND TAN HUNTAWAY BITCH in her senior years would suit life style block. **MEG 2 YEAR OLD HEADING BITCH** not fully trained but has plenty of go. Phone 027 644 5972

KNITTING YARN, APRONS children's and adults straight and wrap arounds. Ph 021 137 7171

Employment

FARM WORKER We are looking for a fit keen person to help out on our 1100ha sheep, beef, dairy grazing and arable farm. You would be part of a team and job will vary over all the four different operations.

Kindly phone Jeremy on 027 634 8100

17 YEAR OLD LOOKING FOR A PART TIME JOB FOR AFTER SCHOOL OR WEEKENDS or school holidays. I can clean, milk cows, do some farm work, do garden work, do housework, look after animals and babysit. I can also cook meals. I am keen to learn more as I work. Contact me at Tiffanysaunders64@gmail.com or ph 022 120 8534

EXPERIENCED CALF REARER WANTED We are looking for an experienced calf rearer for this spring. The farm is located handy to Lumsden. You will be required to feed around 150 heifer replacements plus bobbies and beef calves. This is a drive in position, but we will look to subsidise travel. Please phone Brandon Olsen 027 323 6401

ASSISTANT MANAGER - SATURDAYS - ST JOHN LUMSDEN RETAIL STORE
An exciting opportunity is now available for an experienced assistant manager to join our Lumsden St John retail team. In this role, you will oversee the smooth running of our Lumsden Store 9.30am - 5pm on Saturday. To apply visit <https://careers.smartrecruiters.com/HatoHoneStJohn>. Applications will only be accepted online via this website or on Seek.co.nz. Applications open until 29th June 2025.

TEACHER AIDE VACANCY - FIXED TERM POSITION TERM 3 AND 4 Lumsden School is seeking a Teacher Aide to work four mornings per week (Monday-Thursday), supporting students and assisting teachers with learning programmes. If you enjoy working with children and being part of a supportive team, we would love to hear from you. For further information or to apply, please contact asheat@lumsden.school.nz or phone the Office 03 248 7474

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)

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

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

BURR FARM SERVICES: Whether it's spraying out, crop protection, or liquid fertiliser application, our boom spraying services have you covered. Phone Mike on 027 629 9975

CARPENTRY SOUTH 2024 LTD: Builders covering all of Southland for your residential, commercial and rural requirements. Member of NZ Certified Builders and Licensed Building Practitioners. Please phone Scott Weller on 027 303 9304 or Michael Clark on 027 839 3814 for any inquiries.

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. My father used to call me Mr Fixit.

Phone 03 225 4423 email john.hardcastle@orcon.net.nz

Or go to <http://tinyurl.com/kq9ha58>

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

DRILL & TILL MOSSBURN LTD: Direct Drilling and Cultivation, servicing Mossburn and surrounding areas. Contact Henry on 027 346 5511

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

EVANS FREIGHT: Daily freight service for all freight/courier parcels ex Invercargill, Winton, Lumsden, Mossburn and Te Anau and return. Can help with freight connections in New Zealand. All enquiries 03 249 7119.

EWL LIMITED SILAGE AND BALING CONTRACTOR: Based in Balfour, we service the Northern Southland District. From Balfour to Athol, Five Rivers to Mavora and everywhere in between. Phone Brent on 027 485 5994 to discuss your grass harvesting requirements. Find us on our Facebook page, EWL Limited.

FARMLANDS MOSSBURN Last Chance June Specials; NRM Peck 'n' Lay Pellets 20kg 2 For \$58.00, NRM Pecking Block 2.5kg 1 for \$15.50 or 2 For \$29.00, NRM Multifeed Nuts 20kg 2 For \$52.00, Equimax LV 7.49 2 For \$55.00, Black Hawk Lamb and Rice 20kg \$197.00, New Top Paddock Economy Chainlink 14ft Gate \$119.00, Gallagher Energizer MBS2800i \$1,999.95, Buy 25 Gallagher Wire Strainers and go in the draw to win a Gallagher lockbox valued at \$749.00.

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. Find us in the Old Railway Station, Diana St Lumsden

FORK AND SPADE LTD: It's time to put your gardens to bed for winter, cut backs, weeding, dig overs and mulching. Get in touch if you require a visit from our team at fork and spade. Phone: 021 223 5421 email: planting@forkandspade.co.nz website: forkandspade.co.nz

G & D MINI DIGGER: 5 ton digger for hire, power & sewage, trenching, sheep yards, shed pads, gravel carting, drilling 125 mm, 200mm, 300mm & 600mm. Phone Garry on 027 295 4484

GORSE AND BROOM SPRAYING: For all your spraying needs including lanes, drains, fence lines and yards please contact Frank on 027 497 2887

HAMMOND DAVIDSON LTD - CHARTERED ACCOUNTANTS: If you are looking for a fresh, friendly and forward-thinking approach to meet your accounting and business advisory needs, contact us for a free initial consultation Ph (03) 202 7508

HANK'S PLACE: TOPFLITE Scratch'n'lay 20kg for peak egg production and healthy hens. TOPFLITE 5kg OYSTER GRIT - for strong eggshells. Bagged 30kg Whole Wheat. **A LA CARTE premium active dog food** - keeps your working dogs healthy and plenty of energy to burn. **Hanks Place 148 Flora Road LUMSDEN**

HUME LIVESTOCK SERVICES: Local Mobile Crutching Trailer - Crutching and Bellies done over a 3 stand Trailer. Phone Jake 027 748 6136.

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

St John - Light the Way Appeal

St John are collecting for our Annual appeal which lasts for the whole month of June.

**So it's not too late if you missed the street collection on 13 June.
If you would still like to donate drop into the OP Shop in Lumsden.**

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: Open Monday-Friday 10am-5pm. Lunch break 12.45-1.15pm. Phone 03 248 7102 or for repeats text 027 230 1400 (no phone calls to this number please). Now stocking Ladies Boody Underwear. From \$16.95. **SCRIPT DELIVERY TIMES:** Monday (or after a long weekend) 3pm (at the earliest) Tuesday, Wednesday, Thursday and Friday there are two delivery 1st at 12pm (at the earliest) 2nd at 3pm (at the earliest) If unsure, please phone ahead to check if script is here 03 248 7102. Thank you for your understanding.

LWH FENCING: For all your fencing requirements. FCANZ member.

Contact Logan 027 634 2103

MASSAGE & SOFT TISSUE THERAPY: Appointments available in Balfour from a qualified & experienced therapist. Clinical and relaxation treatments including: myofascial release, injury prehab, sports recovery, exercise for improved movement, stress management, pregnancy massage. For more info check out my FB page or sonjawatkinswellness.co.nz. 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.

PLANTING NATIVE TREES? GARTO TREE PROTECTORS: Innovative weed suppressing tree guards — No follow up spray needed after planting. Available at Mitre 10 Winton. For bulk quantities call Hugh 027 714 2188. Dipton based - discount given for locals / Lumsden Light readers.

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 is 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 are especially looking for Saturday Superstars, particularly volunteers who have retail experience or would like to gain some valuable retail experience. Apply online or call in and see us for a chat Enquire today. Open Tuesday-Saturday 10am-430pm

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.

PT SOLUTIONS - LUMSDEN COMMUNITY PHYSIOTHERAPY: Andy Ralph is still here providing physiotherapy services to the Lumsden and Northern Southland communities out of the Lumsden Medical Centre, 58 Garden St, Lumsden. I specialise in the treatment of musculoskeletal and sports injuries, shoulder, back and neck pain, post operative, vocational rehabilitation and chronic pain. I am registered with ACC and can take self referrals. I work closely with Lumsden Medical Centre, other specialists and imaging services to provide comprehensive management of all your treatment and rehabilitation needs. I am usually in Lumsden weekly however my days are variable, if you need an appointment please leave me a text on 027 747 0741 or an email: andrew.ralph@me.com with any questions or requests and I will get back to you.

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: 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 LTD: together with Taft Plumbing Services offer Plumbing, Gas & Drainage solutions. Certifying plumber and gasfitter for all your plumbing, gas and drainage requirements. Covering Lumsden and surrounding areas. Our services also include wood burner installs, central heating installs, repairs and maintenance, gas appliance maintenance/certification and diesel boiler servicing.

Contact: Darren Reed - Phone or text 021 076 2274 Email - office@reedpg.co.nz or Callum Taft - Phone or text 027 326 4909 Email - callumtaft@gmail.com

RIVERSDALE MEATS HOMEKILL: Full service, on farm slaughter and processing. Local Professional Qualified butchers. All prices online, happy to do quotes.

Search up Riversdale Meats Home kill to book in or call 03 202 5717 for helpful service and advice for your home kill needs.

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. Phone: Ray (Oz) 027 248 6396.

ROUTE 6 CAFE AND BAR: Open Monday 8.30am - 3pm, Wednesday - Sunday 8.30am - 4pm. Full menu daily until 2.30pm. Delicious cabinet food and coffee available all day. Fully licensed. Available for private functions.

Contact via Facebook, email: route6.lumsden@gmail.com or phone: 03 4226293

SOMATIC REHABILITATION: Somatic Pathways: find your pathway to the present moment using Hakomi and the wisdom of your body mind. For more information visit www.somatic-rehabilitation.nz or phone Sheree Honeyfield-King 027 200 0355

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

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.

SOUTHERN WIDE SHEARING SERVICES: Providing shearing services to you and your flock across Southland. Phone Scott and Jake 027 333 2417

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

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

SUNDAYS STUDIO - REFORMER PILATES: Reformer Pilates Group Classes based in Winton - work on your Strength, Balance and Flexibility. Incorporating traditional Pilates movements with the Reformer Bed. www.sundaysstudios.com or Kendall - 027 229 7141

SURE SOUTH INSURANCE SERVICES: Your local Commercial, Domestic and Rural insurance broking services. 16 years' experience. No Broker Fees. Is your cover right, let's review it together. Contact Alan on 027 298 6416 or alan@suresouth.co.nz

ULTRASCAN NORTHERN SOUTHLAND: Pregnancy testing cows and calf dehorning. Phone Lukas & Gabriela on 248 7338 or Mobile 027 690 0179

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.