

essence

essentially...south canterbury



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Remembering
our local heroes

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GET THE LOOK

Love Shopping? Then Shop Local for the greatest benefit. Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces; rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

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contents

In this issue - we get to celebrate some of our local Women in Business. No matter how long you have been in business - there is always something to learn and challenges to overcome. Owning your own business may seem like a dream job to many - but is often hard work and can contribute to plenty of sleepless nights! The upside is it can be very liberating and if you can achieve the perfect work/life balance there is nothing better than being the author of your own destiny - our inspiring women feature from page 9.

Capturing Moments in Art - our writer Pattie chats with local artist, Rachael Polson. Page 6

Opportunities Through Rotary - Most young people have heard about Rotary but they have no idea about what Rotary does nationally and internationally. Two young Timaru men recently had the experience of attending the Rotary Young Leaders Awards in Queenstown. Page 23

We recognise and remember some of our South Canterbury locals who have served our country in war, including Harry Osborne. It is understood that Lieutenant Harry Osborne was the last Timaru man to return from World War I. We learn about Dylan Murray's ANZAC experience and the 'Peace is Possible' project which was created to involve Rotarians from Australia, Turkey and New Zealand and culminated in their attendance at the 100 year memorial service at Gallipoli on Anzac Day 2015.

Brrrr - isn't it getting colder? Enjoy your month.

contact us: Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz
Ph: 0274 507 532

Pat Naude - Advertising & Business Manager
pat@essencemagazine.co.nz
Ph: 022 684 5974

Liz Bell - Advertising Co-ordinator
liz@essencemagazine.co.nz
Ph: 022 176 4349

Larnya Bourdot - Graphic Designer
larnya@essencemagazine.co.nz
Ph: 022 525 8649

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Women in Business



Cover

Rachael Polson celebrating the opening of "Play!" at 77 Art + Living. See her story on page 6.

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We remember them

The commemoration begins with a service at Caroline Bay remembering the gallant efforts of the ANZAC Soldiers in WWI. Returned servicemen and women are given pride of place. We remember the great sacrifice they made and dedicate ourselves to the service of the ideals for which they died.



Shave for Change

Shave for Change NZAVS fundraiser was held on Friday 23rd of April, where Rosa shaved her much loved dreads, raising \$3,500 towards NZAVS. At this event there was also a silent auction with amazing cruelty free and vegan goodies also raising \$3,500, with special speeches by prominent animal rights leaders and live music. "What a fantastic night this was" - Rosa Ellen.
To make a donation visit <https://nzavs.org.nz/rosa-ellen>



The Complex

BAF was held at The Complex in March which was an epic evening between 4 businesses, Todd Mudie Group, ELE Group, Mr Jones Furniture and Branded Kiwi. SC Chamber helped to make this a wonderful evening.



Mackenzie A & P Show

The Mackenzie A & P Highland Show is the largest one day Show in New Zealand with 12-15,000 through the gates. A fun family day out with something for everyone! The 123rd show was held on Easter Monday, the 5th of April 2021 at the Mackenzie A & P Showgrounds.



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Rachael celebrating the opening of "Play!" at 77 Art + Living, Fairlie



Walk, 2021, Digital drawing



Tricycle, 2021, Digital Giclee Print

words: **Pattie Pegler**

Capturing moments in Art

There's a well-known quote about the pram in the hallway being the biggest enemy of creativity but it was no deterrent for South Canterbury-born artist, Rachael Polson. When she enrolled at the Adelaide Central School of Art she had two children under six and a husband who was working as an anaesthetist. With an extensive network and "very supportive friends" she was able to make it work – juggling motherhood and studying for her degree in visual arts.

Already a qualified early childhood teacher and with a degree in psychology, Rachael was no stranger to study. But the 4 year Visual Arts Degree was tough, she says. "Art is a discipline and they taught us the techniques but it really stretches you, you're encouraged to think about what you have to say and whether you even have anything to say." Rachael was interested in motherhood, understandably. But there seemed, she says, "not much interest in it in the art world at that time."

She graduated back in 2009 and along with her husband and two children returned to Timaru in 2010. She has had many exhibitions of her work, but her art went on hold slightly while she worked as a kindergarten teacher and part time lecturer in early childhood.

It was the Covid lockdown that gave her time to revisit the seed of an idea she had held for several years. The result was 'Play', a series of oil paintings and digital drawings of children at play – riding on tricycles, playing on the beach, jumping, sliding – all of them derived from her own original photographs taken a few years earlier. The works were

exhibited at 77 Art and Living in Fairlie earlier this year. The Play exhibition has seen several of Rachael's works sell but sales are not the motivator for her art – it's about giving something to the viewer, she says.

"You don't see young children in art a lot and I wanted to capture these moments that are so precious. I wanted something that would speak to people. We talk about children on iPads and screens all the time but they still play all the time. They're [her works] are really about the state of childhood," she says.

It seems like a return to that thread of interest in motherhood and children that she initially had back in art school. "It's almost gone full circle," she says.

So if money were no object what art would Rachael like to have in her own home? "I would go on a world tour and find women's art," she says. We think for a moment of famous artists and lots of men

come up but then it comes to Rachael; "Alice Neel" she says decisively. Look at Neel's work and you can see why – there's a strong focus on women and motherhood in her intense portraits.

The next couple of years will see Rachael focusing on more study as she completes her Masters in Educational Psychology. But she will still find time for her art, spending time in her studio in Timaru where she shares space with other artists.

"I've got plenty of other things I want to work on," she says.


You don't see young children in art a lot and I wanted to capture these moments that are so precious.



Hammock, 2021, Digital Giclee Print








Swing, 2021, Oil on Canvas



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Timaru artist David Thomas, Icecreams. Cast and carved acrylic and resin. With inspiration found from vintage TipTop advertising, the current collection of Icecreams took shape.

The concept developed post lockdown, reminding Kiwis of what existed in their own back yard and to go out and explore. **77 Art+Living**



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Mother's Day Dining Guide

Nothing says 'love you mum' more than taking her out for a delicious meal, so to really spoil her, visit your local restaurants below.

It's important to support small businesses because they're such a big part of our community. Such as Wetlands Cafe, proudly serving delicious and authentic Vietnamese foods.

The Timaru Town and Country Club never disappoints with their delicious hearty roasts and mouth-watering dessert options.

And with an ever-expanding range of wines, beers and spirits hitting the shelves, there has never been a better time to pop in to our local liquor stores and treat your mother this Mother's Day!

Situated on the south of Timaru, Wetlands cafe offers authentic Vietnamese food to our locals and is a perfect place to bring your mother this mother's day!

Recently renovated and with a new menu, they continue to offer delicious dishes such as chicken satay and crispy pork belly on rice which are some of their favourites. As well as special mix platters ideal for friends and family gathering. Gift vouchers are also available which is the perfect wee gift.

169 King Street Timaru
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Timaru Town and Country Club

Win a Mother's Day lunch

Sunday 9th May is Mother's Day and here at the TT&CC which we are celebrating in style with a special menu, plus a small bottle of bubbly for every mum. We are also offering dine in or delivery services.

Theres more... we are going to offer an extra special Mother's Day prize. A fully decorated table, with all the trimmings for one Mum and her loved ones (conditions do apply).

Make sure you book before midday May 7th, winner will be drawn at 3.30pm. The lucky recipient and their family (up to four people - two adults and two children) will receive their meals served at the table shown above, on us.

Mother's Day is both lunch and dinner, home delivered meals must be ordered before midday on Thursday 6th May. Please ensure you request a delivery time. Every effort will be made to get your meals as fast as possible.

Sorry home delivery orders are not eligible to enter the Mother's Day draw. The Mother's Day promotion is available for lunch or dinner. Open to TT&CC members only, membership number will be required to enter. Bookings can be made in person or over the phone.

99 Douglas Street, Timaru Phone 03 688 0020 www.timaruclubs.co.nz



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Who's Who 2021

A CELEBRATION OF WOMEN IN BUSINESS

From construction to physio, attorneys to bookseller - we're highlighting some of South Canterbury's many entrepreneurial women making their mark in a huge range of industries. Women who are out there running businesses, seeking out opportunities and taking on working life on their own terms. So read on and get inspired.

Showcasing South Canterbury's Successful Women in Association with **Essence Magazine**.



Shweta Kulkarni
HUGH SMITH PERRY LAWYERS
Legal Executive

What influenced your career choice?

As I see myself, I have always been a person with reason and a strong urge to act for those treated unfairly, and ensure fair solutions. My parents and sister always saw traits of a lawyer in me as I grew up, and made me realise how it is the best suited career for me. My husband further encouraged me after marriage to complete my Master of Laws degree from University of Waikato in 2019. My father is a practising lawyer in India, and I have completed my BSL LLB degree from India and LLM (Hons) from University of Waikato but yet to be admitted in New Zealand.

What is unique about your business?

At HSP Law we focus on detail and ensure we

maintain excellent quality in our work. We not only believe in giving our best to matters, but also provide support to our clients to attain the best result and their complete satisfaction. Not all law firms are the same, to compare you need to look at reputation and service. We care about clients. We go the extra mile to meet our clients' needs.

What are some of your goals and aspirations for the future? While working at HSP law as a Legal Executive I am working on the process to be admitted to the Bar as a Barrister and Solicitor of the High Court of New Zealand. My goal is to be admitted to the Bar and practise as a Lawyer in New Zealand. I am looking forward to contributing to the Community to ensure the next generations (including our son) have a great future. I have

already attended some 'Business after five' functions and I am on the Committee of South Canterbury Indian Cultural Society. We intend to settle in New Zealand and make it our new home. We love the beautiful country and the kind people here. Moving to Timaru has been the best decision we made as a family. We love nearly everything about Timaru which is a very special place for us.

What makes you smile the most?
Our 5 year old son.



18 Butler Street Timaru Ph. (03) 688 4175
www.hsplaw.nz/contact.html



Rosa Ellen

Madam Mat & Peter Herron Flooring
FLOORING SPECIALIST

What is the focus of your business?

At Peter Herron Flooring, we provide quality flooring, preparation and installation guaranteed. No matter how big or small everyone is important.

What is unique about your business?

At Madam Mat, mat binding service, Lois, Lewis and I take pride in the finished mat that goes out the door. With the emphasis on a warm welcome for everyone and at times providing a few laughs along the way.

What influenced your career choice?

My husband Peter, who has 40 years' experience in the flooring industry and has an in depth knowledge on all things flooring. I like to think I'm

the wind beneath his wings. He is the front man working locally with local builders, retailers and private clients plus covering the South Island with our valued team of preparation and installation guys.

My greatest accomplishment is?

Naturally my children. But, I recently shaved my much loved dreads to raise Awareness on Animal Cruelty. The event took place in Dunedin on 23rd April, the eve of 'Special World Day for Animals in Labs'.

With the help of family, friends and the wonderful locals here in Timaru \$6,678 was raised. I would like to take this opportunity to THANK YOU ALL! Your support, love and kindness was overwhelming and very much appreciated.



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Renee Rowland

Timaru Booksellers
BUSINESS OWNER

What is the focus of your business?

We're in the business of bookselling, but our bookshops are more than just a place to find something great to read. We are an inclusive and safe place in the community where you can browse, find inspiration and where authors and readers can connect at bookclubs, workshops and book events.

What influenced your career choice?

A lifetime of reading, a love of books and no available jobs at the library.

Best advice you have received?

Go for it.

What are some of your goals and aspirations for the future?

This year we're staging a book festival in the Mackenzie, bringing authors, artists and readers together. We want the festival and our two South Canterbury bookshops to be world

class. Long term, I want the bookshops to grow and endure, to be part of a lively high street and an important and active part of a vibrant community and to increase literacy and encourage a love of reading in every corner of a community.

Do you have a role model or someone who inspires you? My parents were awesome. They worked hard and were a lot of fun, and taught me to work hard and play hard too.

Your greatest accomplishment is?

Becoming my own boss.

What has the emphasis on 'supporting local' meant for you as a business owner this year?

As an independent bookshop 'supporting local' has always been critical to our business. When you spend money you cast a vote for the kind of world you want to live in. If you want a world filled with diversity and interest and cool bookshops and strong communities, then you'll shop local.

What makes you smile the most?

Having a beer in the afternoon sun with my partner and munching down on salt and vinegar chips. Or watching re-runs of Kath & Kim.



331 Stafford Street Timaru
Ph (03) 683 138 www.bayhillbooks.co.nz



Millie Rose

Millie Rose Boutique Gifts Cake
BUSINESS OWNER

What is the focus of your business?

My boutique is a reflection of all the things I love, colour, design, fashion and cupcakes, your senses will be filled to the brim. I have re-invented the cupcake making it not only beautiful but decadently tasteful too, with that wonderful homemade taste. When I was unable to open my first shop on Church Street due to Covid19, it gave me more time to research all the hidden gems we have in our area, the people at home making and creating amazing things. I'd like to think that Millie Rose endeavours to showcase these creatives in a collaboration of all the other things I love.

Best advice you have received?

I have two amazing mentors, Mark Sandri, owner of Park Night and Day and Mark Bower,

Restaurant Manager for Timaru Ale House and Street Food. My advice to anyone starting up is get a mentor. Sometimes you don't want to hear what your family and friends are saying, even when it's well intentioned. My "Marks" were great at putting me back on the right path when I needed it.

What has the emphasis on 'supporting local' meant for you as a business owner this year? Timaru has embraced me, and their support is the only reason for my success, I endeavour to support other like-minded people in return. Millie Rose is essentially a collaboration of local creatives and myself. My point of difference is, I'm not just filling up shelves, I care about what I stock in my store, choosing things carefully, getting to know my suppliers and their values. Knowing my stockists means that I can pass on to my customers their homegrown Kiwi stories, which only adds to the richness of a gift. The companies I choose to work with are New Zealand owned and founded and at their core have an ethical integrity.



281 Stafford Street, Timaru
0210 865 5486 www.millierose.co.nz



Alice Caird

Timpany Walton
PARTNER

What is the focus of your business?

At Timpany Walton we are aiming to be extraordinary in what we do – extraordinary in customer service, work product, responsiveness, interaction with third parties whether they be other professionals, real estate agents, banks or whoever. If we use that as our guiding principle it gives a reference point for everyone in our firm to work towards and aspire to.

Goals and aspirations for the future?

To maintain an extraordinary firm at the top of our profession locally. To continue to find and employ great people to maintain and grow a strong business for the future, so we can serve the South Canterbury community for many years to come.

What has 'supporting local' meant for us this year? In looking at the 'year that was', we were lucky to enjoy the support of our clients over the lockdown period. We felt that the community and the country really came together and each person or business was thinking about how they could support others. This has meant that we came through lockdown as a strong team and were able to hit the ground running after lockdown so we could offer our services to our clients over what has proved to be an extremely busy time over the last few months. It has also meant that when we are thinking about suppliers or team activities or functions we look to support local businesses.

How important has our team been in achieving business goals?

Quite simply, we couldn't operate without our great team. I'm really proud of how our team coped with the lockdown and how they've all worked really hard to support each other and our firm and clients since. We recognize that in order to offer our services and try to achieve our business goals it is really important to create and maintain a great team.



The Landings, 1st Floor,
Corner SH1 & Elizabeth Street, Timaru
Ph (03) 687 7126 www.timpanywalton.co.nz



Georgie Scott

South Canterbury Toyota
VEHICLE CONSULTANT

What is your business focus? Ensuring that every customer that I deal with is given the time, consideration and respect that they deserve in order to give them a personalised and memorable customer experience.

What is unique about your business?

Probably the way in which our team interact with each other and our customers. Even after a vehicle has been delivered, it makes my day seeing a smiley customer call in for a cuppa, simply to say hello and check - to me it couldn't get much more rewarding than that. Our customers are pretty special.

How important is the local business community to you and how do you engage with the local business community?

Extremely important. With what we have seen over the last 12 months especially, the local business community needs to support one another wherever we can, particularly with our smaller, locally-owned businesses as I believe that they are the heart of the business community. I try to support the local business community wherever I can and get behind any local events happening around the region.

Best advice you have received?

To listen with the intent to understand, not to reply.

What makes you smile the most?

It definitely comes down to being about the customer. The novelty will never wear off seeing a customer drive away in something they have worked so hard for. There have been hugs, happy

tears and people's hands shaking with excitement when you hand the keys over. To be able to share this with the customer is pretty special.

How important have your team been to you in achieving business goals? We wouldn't be able to achieve what we do if it wasn't for the hard work of the team behind the scenes. In our field, since the hailstorm it's been all hands-on-deck for everyone and it hasn't really stopped- I couldn't be more appreciative of the team and their support, as a female in a male dominated industry.



Cnr North & Stafford St, Timaru. Ph 687 9280
www.sc.toyota.co.nz



Rebecca Kerr

MINT BOUTIQUE
BUSINESS OWNER

What is the focus of your business?

Our business focus is to supply our customers with the best possibly customer service and best quality products at affordable prices!

What influenced your career choice?

Was a mother of 4 boys and wanted to take on a challenge and thought this was the perfect option!

What is the best advice you have received?

Is to learn from your mistakes and work towards making the problem better!

What is the best thing about owning your own business?

Having control over what you are buying for

the store and it makes you feel good when customers tell you, you have brought well.

What are your goals and aspirations for the future?

To grow our online store a fraction more and then maybe sell the business within 10 years!

Greatest accomplishment?

is our very successful online store!

What makes me smile the most?

Our happy returning customers when they visit us instore

What did you want to be when you were young?

A hairdresser so completely a different life to retail.

What advice would you give to young women who want to succeed in the workplace?

You need to put a lot of time into planning and design but once you have done that a few times you will be laughing and not wanting to turn back.



72 Main Street, Fairlie. Ph (03) 685 8084
www.mintboutique.co.nz



Heather Hellmrich

High Country Carpentry
DIRECTOR AND ADMINISTRATION

What is your business focus?

Based in Fairlie, we are a family owned Construction Company, with a strong focus on quality, and traditional building values.

What influenced your career choice?

16 years ago we started the business, I was home with the kids and it grew from there...

What is unique about your business?

Our staff are like family and we are a tight knit team. The variety of projects we get keeps us fresh! From Small Cabins to High End Architectural Homes, Log Homes to Hotel Projects.

How important is the local business community to you and how do you engage with the local business community?

Hugely important, we need each other to coexist.

A lot of us have grown up together so have built strong relationships over time, sounding boards for each other when we need.

Best advice you have received?

Be the energy you want to attract; and Growth comes from outside the comfort zone.

What are some of your goals and aspirations for the future?

To continue to grow the business, keeping our core values at the centre of all we do.

Do you have a role model or someone who inspires you?

My parents, and my late Grandmother - for their hard work ethic and resilience, and empathy towards others.

Your greatest accomplishment is?

My family, this business, and balancing the two with my other love, Veterinary Nursing.

What has the emphasis on 'supporting local' meant for you as a business owner this year?

When people engage us, they are supporting the 15 local families we employ - that means the world.



Ph 0800 922 883
www.highcountrycarpentry.co.nz



Julia Traylor

RSM LAW
DIRECTOR

What is your business focus?

In my role as a director of RSM Law, my focus is on ensuring that all our clients' legal needs are met by our experienced team. My personal focus is on providing individuals and business owners with a broad range of legal assistance from navigating business and property related issues to providing guidance with succession planning decisions and estate planning arrangements.

What influenced your career choice?

I decided I wanted to be a lawyer when I was about 10 years old. My grandfather was a lawyer in a small regional firm and I saw how fulfilling it was for him being involved in and helping people in his community. This was something I aspired to.

What has the emphasis on "supporting local" meant for you as a business owner this year?

This past year has been a difficult one for many of our clients and the community organisations we support. We have assisted our clients through this period by providing many hours of pro bono legal advice and have made donations to many community organisations. In addition, we have been part of the Venture Timaru Professional Services Grant which allows businesses affected by Covid-19 to access free legal advice and have run an initiative on our Facebook page giving away vouchers purchased from local client businesses.

How important have your team been to you in achieving business goals?

At RSM Law we work as a team to share our knowledge and ensure our clients are receiving the highest level of service. We are proactive in supporting flexible working arrangements for our team which has enabled us to retain the best staff and in turn enabled our clients to have access to the best legal advice and assistance. At RSM Law we have a very dedicated team and we could not achieve our business goals without them.



17 Strathallan Street Timaru 7910
Ph. (03) 687 9777 www.rsmlaw.co.nz



Karen Chambers

Guthrie Bowron Timaru
BUSINESS OWNER

What influenced your career choice? I grew up with my mother sewing curtains as part of her business. Being around design and watching her create beautiful interiors stuck with me and planted a seed for my own passion. Throughout my career in interior design, I have been able to gain experience in a multitude of different roles before going out on my own as Karen Chambers Design and now owning Guthrie Bowron Timaru. Our daughter, Sophie also has a passion for design and colour and works along with us as part of the team, so you could say design is in our blood!

What is unique about your business? Guthrie Bowron Timaru has the strength of a nation wide brand and the passion of a locally owned and operated business. It was important to me that we could create the final product instore, and last year we opened The Sewing Chamber.

Our customers can come in, have a consultation with our design team and we can help them bring their design dreams to reality, most importantly making sure their home oozes their personality from start to finish.

Best advice you have received?

Look after your clients as they are your best form of advertising, being born, living and opening a business in your home town as people know and trust locals. Employ locals where possible so we help keep the community growing.

Your greatest accomplishment is?

Over the last four years in business, we have a passionate team that have delivered amazing bespoke results to our customers and built the business with me to the place it is today. In 2019/20, Guthrie Bowron Timaru won the Supreme Award for top store nationwide. We were also recognised as top store for windows and wallpaper design which we constantly striving to improve. Thank you to our community for engaging Guthrie Bowron to help with all aspects of interiors and we look forward to seeing you in our bright and beautiful showroom.



37 Bank Street,
Timaru
Ph (03) 688 1068



Sue Boyce & Jocelyn Gillespie

Back to Health

Sue: MESSAGE THERAPIST & POSTPARTUM PELVIC RECOVERY THERAPIST. Jocelyn: MESSAGE THERAPIST

What is the focus of your business?

Helping people recovery from pain, injury and stress.

What influenced your career choice?

I had a shoulder injury and part of the treatment was massage. I liked how I felt, so I wanted to pursue this and help others get relief from pain, or just to relax.

What is unique about your business?

I pride myself on really connecting with each client and enhancing their experience by focusing on the individual. My skills go beyond the basic massage, along with that I offer a Postpartum Pelvic Recovery treatment which is unique to this area.

How important is the local business community to you and how do you engage with the local business community?

The local community is

good for promoting my business and finding others who are growing their business as well.

Best advice you have received?

Surround yourself with people who can help you grow. If you aren't good at a certain area in your business find someone who is.

What are some of your goals and aspirations for the future?

First of all, continued growth and expansion with new skills and people. Promoting and increasing my postpartum pelvic care. Secondly to engage a wider range of clients in the postpartum area to help with the after birth treatment.

Do you have a role model or someone who inspires you?

My Dad taught me that patience and understanding are the two most important features in life.

Your greatest accomplishment is?

My children. They have taught me so much over the years and watching them grow along with their families has been such a gift. Building my own tiny house with my 2 sons.



The Complex 300 Hilton Highway,
Timaru. Ph 021 766 034
www.backtohealth.nz



Louise Aubrey

Aubrey Podiatry
PODIATRIST/BUSINESS OWNER

How important is the local business community to you and how do you engage within the business community?

The local business community is crucial, along with my team members to keep Aubrey Podiatry in motion. I love small community values hence I chose to setup my podiatry clinic in Timaru. I think it is an integral part of my business to help support other local businesses through purchasing consumables or equipment or sponsoring local events such as the Mackenzie Marathon or Charity Bike ride as in turn they support Aubrey Podiatry.

What are some of your goals and aspirations for the future?

I have two primary goals – I am focusing on providing the ultimate patient experience through my practise from booking, arriving for initial

consultation and assessment, diagnosis and treatment to education to prevent further injury and follow up care.

I would also like to be proactive and help educate people to prevent injuries occurring by getting involved with supportive footwear. Currently we sell Archline Slippers and Archies Jandals that support your foot during gait when not wearing orthotics which leads us to the next stage of providing a range of fashionable orthotic friendly shoes and summer sandals especially for women.

How important have your team been to you in achieving business goals?

Aubrey Podiatry has two most valuable assets. Firstly, my team members. Involving my team in my business goals motivates and educates my team to why we have particular systems in place. It can complement their strengths, improve morale and foster creativity within the team which in turn which leads to our second most valuable asset – The client experience. A happy team create a happy environment within the workplace.



Paraside Medical Centre
45 Heaton St, Timaru. Ph 03 688 9095
www.aubreypodiatry.com



Margaret Hayes

Shine+ & P & M Golf
BUSINESS OWNER

What is the focus of your business?

Shine+ is about Beauty Spa Hair & Wellbeing. P & M Golf with Peter Hayes Golf. Promoting Golf through Clinics, Lessons, including Pro Shop Golf, Driving Range & soon to open Coffee Shop

What influenced your career choice?

General interest in health and wellbeing. I have a Diploma in Homeopathy.

What is unique about your business?

Shine+ a Studio is situated level 1 Oxford building. So if you are looking for a beautiful place that caters to all beauty and hair needs. Where we can ensure your privacy personally and culturally. We also have three wonderful brave beautiful women using Shine+ to grow their wellbeing businesses- Massage Therapy, Naturopath, Homeopathy – all using different modalities

Best advice you have received?

Never fear the shadows... there is a light shining nearby!

What are some of your goals and aspirations for the future?

To make Shine+ a centre of Beauty and Wellbeing.

Do you have a role model or someone who inspires you?

At a past conference I attended long time ago. A man without legs got up on stage on scaffolding, then he told his story about being 18 years old and losing his ability to walk, play sports this happened in the Vietnam War. What I took from that inspirational segment at conference; was in the face of adversity and struggle if you believe you can, you do.

Your greatest accomplishment is?

My son... How he has grown into a wonderful young man. How he's achieved his goals by being determined and that dreams do come true albeit not always in a straight forward way.

What makes you smile the most?

For me it's seeing a child gently holding a butterfly, ladybird or praying mantis and watching it fly away... it's about the wonder on the face of the child.



Oxford Building Level 1
Corner George & Stafford Streets, Timaru
Ph. 03 684 7699



Jane Gibson & Robyn Irvine

McKenzie Lifestyle Village

What is unique about your business?

Our Village, ensconced in resort like facilities, nestled in the heart of Geraldine is called home by 161 residents - enjoying the life they deserve. Whether they are more inclined to enjoy the company of others or prefer privacy and solitude, Jane and Robyn are here to ensure each individual's needs are met.

How important is the local business community to you and how do you engage with the local business community?

Robyn and Jane consider it a privilege to be part of this community and enjoy heading out into the wider community in the MLV bus with our "team" to enjoy all that Geraldine offers. Residents are encouraged to bring

friends and families to share in their "extended lounge" at our Leisure Centre for meetings and celebrations which creates word of mouth advertising outside of the Village. When items are required to be purchased for the Village, we like to support our local businesses.

What are some of your goals and aspirations for the future?

We provide a safe environment allowing peace of mind for residents and their families. Providing the opportunity for new experiences for our residents is an ongoing challenge.

What makes you smile the most? Working in a fabulous environment in our beautiful part of New Zealand is enough to make anyone smile! Bringing joy and serendipitous

moments to the community we serve provides the satisfaction of a job well done.

What have you learnt about managing people during your time as a business person? The most important thing we can do is to listen Everyone deserves a smile and a moment of our time.

How important have your team been to you in achieving business goals?

Our team of 176 (161 residents and 15 staff) is awesome! We work together striving for happiness and harmony.



33 Connolly Street, Geraldine
Ph. 03 693 8340 www.mlv.org.nz



Pam Allan & Myra Adams

My Physio

What is your business focus?

We like to think we are helping improve the health and wellbeing of the South Canterbury community. We work from injury prevention to injury management, right through to health and wellbeing programmes including one-on-one breathing retraining, cancer rehabilitation and exercise (mainly Pilates) classes.

What is unique about your business?

3 of our 4 Physiotherapists hold post graduate qualifications in a variety of fields and while we treat your normal expected sports injuries and musculoskeletal injuries, we have added a couple of more unique services to our business, including: Cancer rehabilitation programmes and Breathing Retraining. We have been the only local providers of this since 2009. The Pinc and Steel Cancer Rehabilitation Programs are dedicated to improving the strength, quality of life and sense of wellbeing of men and women

diagnosed with cancer. If people don't get rehabilitated after cancer it can affect their ability to work, their families, their physical, emotional and social wellbeing and their long-term health. Cancer rehabilitation and exercise can reduce side effects of the disease and debilitating cancer treatments, and can improve functional ability, quality of life and ultimately, survival.

We also have a Bradcliff method trained Physiotherapist, a breathing retraining and education method for breathing pattern disorders which can often give us a range of symptoms that we don't even associate with poor breathing patterns, including: disturbed sleep, feeling anxious and uptight, sore neck shoulders and back, frequent sighing and yawning.

How important have your team been to you in achieving business goals?

Our team is a crucial part of why our business ticks. This starts at the hiring process and comes down to finding and recruiting the right people, with the same values as our business, and integrating these values through the culture of the business. I like to think that our clients can see the culture and values we have built from their first to their last interaction with us.



136 Wai-iti Road, Timaru
Ph (03) 686 9399 www.myphysio.health.nz



Liezel van den Bergh

South Canterbury Immigration Medicals
DIRECTOR

What is your business focus?

We provide a high quality professional general medical and Immigration medical services.

What influenced your career choice?

I studied Psychology, and I have a heart for people. I emigrated to this country 20 years ago, so I can identify with the stress of the whole process.

What is unique about your business?

We are proud to be the only designated Medical Practice in South Canterbury that was approved by New Zealand Immigration to provide this service.

Best advice you have received?

There are three types of people: those who make things happen, those who watch things

happen, and those who wonder what happened. I decided to 'make things happen'.

How important is the local business community to you and how do you engage with the local business community?

We believe our collaborative approach with local business around us, improves our ability to deliver better services. We engage with the local business community on several levels - from business mentoring to suppliers.

What are some of your goals and aspirations for the future?

To grow our business and our business model, so that we can provide more services and employ more people.

Do you have a role model or someone who inspires you?

Yes I have, this is the easiest answer so far! My husband Anton van den Bergh. He has always been the biggest inspiration in my life. His story of overcoming the odds, I use daily to motivate myself and to raise the bar for myself.

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words: Pattie Pegler

Gorgeous Indoor Greenery

"From plant swaps, to pricey peace lilies in malls and tiny, rooted cuttings on Facebook's Marketplace - we're all going crazy for indoor plants. But it's not the first time this trend has come around" says Darren Tillet, collection curator for the conservatories at Christchurch's Botanic Gardens.

"House plants were always popular in the 60s and 70s but with the changes in interior trends in the 80s and 90s to more modern and sometimes minimalist styles, house plants were seen as Grandma plants," says Darren. "Moving into the 2000s interior designs changed, outdoors were being brought indoors in fabrics, wall coverings and certainly with plants."

Bringing the outdoors in is a key goal for Ben Murgatroyd, one half of Christchurch's indoor plant specialists, *Monstera And Men* who provide and maintain plants for many local hospitality and retail outlets.

"I think in general it's people reconnecting with nature," he says of the current trend. "Young people are upset with the state of the world. So if you can create a little oasis at home, well, why not?"

Choosing Your Plant

Why not, indeed. There are plenty of stunning sources of inspiration and information online and the array of indoor plants available is amazing - think about your own space and what is realistic. Do you want something that will stand tall or something that will trail? Do you want foliage or do you prefer flowering plants? And if you've got a pet be aware that several common plants such as aloe vera and peace lilies can be toxic to cats and dogs that like a chew.

"My advice is not to buy the first pretty indoor plant you see," says Darren. Indoor plants often require conditions that are not natural to Canterbury, he explains. So they rely on us to create them in our homes - most need varying degrees of warmth, light and humidity all year round to thrive and achieving that can be tricky.

"Luckily we now have access to so many very easy, almost kill proof plants which are widely available," says Darren. He suggests three good ones for newbies are Mother-in-Law's Tongue (Sansevieria); ZZ plant (Zamioculcas

zamiifolia); Cast Iron Plant (Aspidistra elatior) so called because it is incredibly hardy.

Ben says spider plants (Chlorophytum comosum) are a 'great starter plant'. Whilst Boston Ferns and Ficus Trees are very trendy at the moment and of course, Monstera with its big green, glossy leaves is the "absolute classic" he says. Be aware that some indoor plants like Wandering Jew (Tradescantia Zebrina) have a limited life and after two or three years can get very long and spindly. At that point take some cuttings from your plant and start again.

Staying Alive

Of course, many of us have unwittingly killed a houseplant despite the best intentions. So what do we need to know? Well, surprisingly, too much light can be an issue. All too often we pop our plants on the windowsill or some sunny spot but it's not always what they need.

"A lot of plants come from under the canopy in the outdoors. So they prefer being in the back of the room," explains Ben, who installs and maintains plants for businesses all over Christchurch.

Overwatering is another common problem for indoor plants. According to Ben it can be better to let the soil dry out between waterings rather than keeping your plant in permanently wet soil and it's essential that the plant is in a pot that can drain. "In summer you may want to water once a week, in winter even less so and things like air

conditioning and the humidity level in the room all play a part", says Ben. Again, it comes down to understanding the specific plant and the conditions they prefer, so do some research before you start stocking up.

And don't forget nutrition, stuck in pots, inside plants need to be fed so find a good, liquid fertiliser for indoor plants Ben uses an organic compost tea. Fertilising can vary with the seasons - as a rule of thumb most plants will need more frequent fertiliser during spring and summer as they grow and of course, if you've just repotted into good quality potting mix that will contain the nutrients your plant needs for the first few weeks.

Bringing the outdoors in can be a lot of fun. Just choose plants that work for you and your space, sit back and enjoy.



Boston Fern



ZZ Plant

Cast Iron Plant



Mother-In-Law's Tongue (Snake Plant)



Spider plant



Inch plant

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Mr Jones



Maree Hynes Interiors



Matilda and the Metalman



Living with Style



Tievoli Trading

Six tips for Great Displays

1. The first rule of plant displays is to make sure that the plant is somewhere it will thrive with enough light/heat/humidity. Beyond that the choices are endless.
2. One big indoor palm can stand alone and look great, but sometimes smaller plants look better together and create a bolder impression.
3. If you want to look beyond the plain then mix and match pots of different textures, materials and styles.
4. Create a display of several plants in one large container giving the impression of an indoor garden bed
5. Vary heights with some plants on windowsills, some in hanging baskets, some in dedicated plant stands
6. Get creative. I have seen indoor plants in boxes, baskets, birdcages and if you're the crafty type you can make them look really stunning.



Dear Veronica

I am really struggling to keep my peace lily alive - the flowers have turned brown, and the leaves are very droopy. Please help! Is it too wet, too dry or in the wrong area of the house?

- Debbie

Dear Debbie,

My peace lily just loves the bright light in my living room but needs to be kept out of direct sunlight. I keep it well watered but never let it sit in water. It generally lets you know it's thirsty with a tell-tale droop. Just pop it in the sink give it a good drink then let the water drain through. I fertilize with Yates plant food about every 2nd week through spring and summer.

- Veronica



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Daniel Naudé

Road Safety Coordinator for the SC Region. Educating our people to improve road safety in our region.



Spyhole driving

Have you seen any of our local spyhole drivers we occasionally find on the road? They usually appear with other normal drivers en route to work on frosty winter mornings. If you haven't noticed any of them, they are the ones who only clear enough frost off the car window for them to see through with one eye. It is bewildering to consider they actually think it is all good and safe to share the road with other people they may not essentially see.

More than half of all reported crashes have "poor observation" as a contributing factor. Have we lost the ability to look properly? Spyhole drivers may probably see less than 25% of the road and road users around them.

Another common problem about visibility, is the number of drivers who do not turn on their head lights (dipped beam) when other drivers clearly indicate they experience low light conditions by having their lights on.

I know our road rules say headlights must be turned on half an hour after sunset and half an hour before sunrise, or any other time if a driver cannot clearly see a person or vehicle a 100 meters away. Remember that road rules are minimum standards.

It is extremely dangerous not to have the lights turned on when everyone else has because your vehicle is basically hidden from other people. It is not about you as the driver who can still see, it is about other people who need to see you.

Here are a couple of handy tips to clear frosty windows quickly.

- Start the engine a few minutes earlier and put the heater on high to blow onto the windows. Use the wipers to remove any water before you drive off.
- Whenever the windows start to fog up, turn the air conditioner on and select the defrost button.

For detailed information about winter driving tips and how to use defrost options, visit www.scrs.org.nz



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Preparing for winter driving this autumn

Have you heard of a condition on roads called summer ice? Exhaust emissions, and other substances like tiny fractions of tyre rubber, oil and diesel are deposited on the road, and when it rains, roads become as slippery as black ice in winter. This usually happens when there had been a long dry spell and it rains just a little bit. It will eventually be washed away by heavy rain, but until then, drive very cautiously. Then the cycle starts again.

Early autumn is the best time to start preparations for winter driving conditions. The sun is now getting low at times when most people drive to and from work. Being visible to others is the key to avoid a serious incident. Drive with the headlights on dipped beam, and unless the visibility is poor due to fog or smoke, do not use the fog lights. It is illegal to use fog lights when the visibility is good, and extremely blinding to other road users at night.

Never drive with only the park lights on!

Make sure your vehicle's windows are clean and clear on the inside and outside. Do the same with the mirrors, lights, reflectors etc. I use an old towel to wipe off the dew/frost in the morning. Use clean paper towels or even old newspapers.

There are products on the market like de-ice spray or water repellent spray. I have used Rain-X water repellent on several windshields with great results.



Remember to follow the instructions that come with these sprays. There are good window cleaning products on the market, but if you don't want to spend the money, use a couple of drops of dishwashing liquid and about a litre of lukewarm water in a clean bucket. You may have to repeat the process and then wipe it off with clean old newspaper or a clean rag.

This should make a huge difference when driving because there will be less glare. Do not clean or polish the dash with products that leave a gloss finish. It will reflect onto the windscreen and become very annoying for the driver.

This is also a good time to have your vehicle checked for the condition of the battery, the tyres (including the spare), radiator fluids, windscreen wipers, etc.



Prepare for Winter

Get your car serviced before the winter.

This should include:

- Battery test – most dealers do this for free
- Engine coolant (if needed) and fill it with quality antifreeze mix
- Lights and reflectors – keep spare fuses in the vehicle
- Wind screen washer filled with quality antifreeze fluid mix
- Tyres and spare wheel – most dealers do this for free. A minimum of 3mm thread is recommended – (the law says minimum 1.5mm but that is not the safest option)
- Brake, clutch and transmission fluid levels
- Engine oil level

SURVIVAL KIT

- Ice scraper, clean cloth/towel, and small shovel
- Sand/bag of cat litter or other traction aid
- Booster cables
- Road flares or warning lights
- Torch and charged batteries
- First aid kit
- Small car tool kit
- Extra clothing and footwear

Local Events



The Lantern Walk

Geraldine Academy of Performance and Arts, 79 Talbot Street, Geraldine
Saturday 17 July, 6pm - 9pm

The magical Lantern Walk is back this winter!

Rug up, bring your lantern and be prepared to be transported through a magical journey alongside the Waihi River trail...You never know what you might see.

The walk begins at Todd Park, in Geraldine and finishes at the Academy of Performance & Arts.

There will be a small performance to open the Walk at 6pm.

Braziers will be at the Academy for those desiring the sweet urge to roast marshmallows (for sale) by the fire and enjoy a warm cuppa while enjoy a winter's night out.

You will love it... you may be surprised at what you might see around the corner but you will have a magical, winter's night in Geraldine.

RSM Law Plunket Art Show

Aigantighe Art Gallery,
49 Wai-iti Road, Timaru

Friday 14 May, 7pm - 10pm

The exhibition is now in its 43rd year, is an exhibition held at Timaru's Aigantighe Art Gallery, Timaru, raising funds for the Timaru branch of Plunket NZ. This is a mixed media exhibition featuring fabulous artworks from all round the country.

Opening night 14 May. Ticket Entry: \$40
All funds raised go to the Timaru branch of Plunket.



The Big Bike Film Night

Craighead Diocesan School, Wrights Avenue, Timaru

Thursday 27 May, 7pm - 9:15pm

The Big Bike Film Night is on a mission sharing the best cycling short films from around the world with you!

Showcasing our 2021 collection that has everything a cycle-centric audience could want - action, drama, humour, and plenty of inspiration; the evening is unashamedly and utterly, utterly designed and devised for the two-wheel devotee!

Adults: \$22.50, Youth (Under 17): \$17.50, Youth (Under 12): \$12.50. Buy Tickets - 021748441

FROM THE Mayors Desk

On the 25th April, we remember 1915 when New Zealand and Australian soldiers first landed on the Gallipoli Peninsula in Turkey. Unaware of the immense challenges and horrific conditions they would face and consequently costing 2779 New Zealanders their lives. Lest we Forget.

This day always stirs so many emotions for me, we remember our veterans who served and sacrificed for our country and its people, we remember with war stories and memorials, a chapter of family history which will be passed down for generations. This is a time to reflect and remember what we have lost.

It is always sad to realise that the ranks of our veterans are diminishing however it is also pleasing to see more and more young people honoring our fallen soldiers and giving thanks for the sacrifices they made. I think it's important to note that the numbers that travelled to war represented 10 per cent of our population at the time, and in today's terms the thought of sending half a million young men and women off to War, we simply couldn't comprehend. It is sobering to remember that these young people were just young folk, not trained in warfare but farmers, factory workers, office workers and home makers and they were volunteers. What a legacy they have left for us and our future generations.

We should celebrate the peace and take the opportunity that we have been given



by those who have fought for our freedom and the spirit of ANZAC. These brave people have inadvertently contributed to the wonderful district we live in today.

For those brave who gave their lives so we could live ours. We will remember them.

Nigel Bowen
Timaru District Mayor

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WINTER IS COMING

The icons below are the common symbols for fog light switches



1. It is illegal to use fog lights when there is no fog
2. Always drive with the headlights on dipped beam
3. Expect black ice in shady areas
4. Drive slower during frosty conditions
5. Use gears to slow down vehicle - watch video at www.scrs.org.nz



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Remembering our local heroes



Images supplied: South Canterbury Museum



John Walter Weeks two inset images. On the left is his brother Albert Weeks, who died in service with the British Army, and the image on the right is another (later) image



17_15-Private-C-E-Stevenson



Corporal Reginald (Rex) Bealey Williams



Alexander Rattray (Waimate Museum & Archives 2002-1026-00386)



34th Specialist Company, NZ Machine Gun Corps, circa 1917

Cheese, bread, and jam group photograph featuring Ernest Murphy (2nd from left, back row). Also pictured are James Turnbull 63185 from Pleasant Point, James Arnold



Catherine-Fox (Waimate Museum & Archives 2002-1026-06103)



Spencer Bennington, circa 1918



2nd (South Canterbury) Company, Cairo

The entrance to the Suez, Port Said From an album belonging to Major David Grant, commander of the South Canterbury infantry contingent. Grant was killed in action



Alister Ross (fourth from left) with other Home Guard soldiers, 1941. Ross, posed here on lower George Street in Timaru, served with the Home Guard in Washdyke during



Spencer Bennington, circa 1918 B



We wanted to recognise and remember some of our South Canterbury locals who served our country and were sent to fight far from home. They travelled in terrible conditions, some suffered horrific injuries and saw friends and colleagues die alongside them. History matters. Their stories should not be forgotten.

We want to say a big thank you to the tireless work of the South Canterbury Museum. Without their dedication to compiling and preserving our local history, the stories of these individuals would be lost forever.



Trooper-H-W-Hopkins



Paul-Austin-ELDER pictured include 2321 Captain Alan Innes Walker of B Company 1st New Zealand Rifles Battalion, a Lieutenant Jones (possibly 2120 Lieutenant Thoma



Waimate-ANZAC-parade-early-1920s



Trooper E A Rickman



Joseph Mahoney (right), 1916



Godfrey (Toby) Burrows, posed behind the machine-gun, while training at Burnham Military Camp, circa 1918



Frank Prestidge (service no. 34727) and a group of other unidentified men, circa 1916



words: Gilly Oppenheim

ANZAC 100 year Commemorations

Anzac Cove is a place of immense sacrifice. 13,000 NZ soldiers were sent to the Gallipoli Peninsula in WW1, of whom approximately 2,700 lost their lives and another 4,700 were wounded. Jonathan Curr, who was born and bred in Timaru, was the NZ Ambassador to Turkey at the time of the WW1 100 year commemorations in 2015 and he delivered the welcome speech at Chunuk Bair. This was one of the significant positions captured by the Kiwis during the campaign.



10,000 pilgrims attended the commemorations, all of whom had camped overnight on the peninsula. The joint Australian /New Zealand dawn service attended by the two Prime Ministers, John Key and Tony Abbott, was very moving. After the service the thousands of Kiwis and Australians walked from Anzac Cove up Artillery Road to Lone Pine, where the Australians held a special service and the Kiwis climbed higher to Chunuk Bair for their service. Wreaths were laid and Jonathan Curr delivered his welcome address.

"You are here today on sacred ground. It has been sanctified by the shedding of blood. The blood of soldiers from all nations who fought and died here 100 years ago. It is in their memory that we gather. This place, this sacred place, now represents peace and remembrance."

It took several years of preparation for the Gallipoli centenary celebrations, led by the NZ Defence Force, together with the Australian Department of Veterans' Affairs. The security was huge with the Turks deploying their Jandarma. There had to be careful seating arrangements on this heritage site, which is a gigantic grave site, with many soldiers buried where they fell.

Prior to 1915 NZ had very little to do with the Ottoman Empire and the Gallipoli Campaign served as a 'political adhesive' in Turkish - NZ relations. Today the relationship between the two countries has a promising future. Jonathan's tour of duty in Turkey ended in 2017 and he has been NZ's High Commissioner in Fiji since February 2018.



Sydney Lidstone



Lieutenant C Hayter

John Iverach (left) and Archibald Shaw, 1917



Lt David Grant, circa 1910

Major David Grant and his subalterns pictured at Addington in September 1914 Pictured are (from left to right) BACK ROW Lt Francis Maurice, Lt Cliff Barclay, LK1 Jo



Dylan Murray's ANZAC Experience

words: Gilly Oppenheim

The "Peace is Possible" project was created to involve Rotarians from Australia, Turkey and New Zealand in undertaking a three week long programme in Turkey culminating in the attendance of the 100 year Memorial Services at Gallipoli on Anzac Day 2015. Senior Sergeant Dylan Murray, who is also the current Rotary 9980 District Governor was chosen to lead the NZ contingent to this event.

"Anzac Day itself was one of the best experiences I have had in my life. We arrived at Anzac Cove at around 1am after going through heavy security. By that point the front grassed area was covered in sleeping ex-pats. Unfortunately for them it had been raining heavily, but they were quite well prepared with plastic covers. Despite the smaller than expected crowd, we were entertained by the defence force bands, singers, cultural groups and by Gallipoli documentaries on the big screens. The Dawn Service was very well organised, and followed the usual format. Afterwards we walked the 6.2km uphill towards Chunuk Bair. It had been cold overnight, but became fiercely hot during the walk. The Australians stopped briefly at the Lone Pine memorial before continuing onto Chunuk Bair, mainly because in a break in tradition, there was no Australian service. All the way up the hill, and the walk took a couple of hours, there were many of the smaller cemeteries you could duck into, pay your respects and learn the history if you wanted to. The service itself was excellent and you could not help being affected emotionally throughout it. From the NZ Defence Force performing the most impressive Karanga I have ever heard, to the speeches, the singing, the music, the pomp and ceremony, it is without doubt the best I have attended. To be in such a sacred and historical place was amazing.

The Defence Force performed the first official haka on Anzac Day at Chunuk Bair since 1915 when the Maori Battalion utilised one before mostly advancing to their death. It was clear at the conclusion of the ceremony that the Defence Force had invested plenty of themselves into the ceremony. My experience in Turkey and the Gallipoli encounter was simply incredible and I was very proud to be a New Zealander. It was the cultural learning and the networking with the Turkish people (especially the Rotarians) that made the entire initiative extraordinary and very rewarding. My team represented New Zealand and Rotary very well, and I was very proud of each and every one of them."



words: Gilly Oppenheim

Opportunities Through Rotary

Most young people have heard about Rotary but they have no idea about what Rotary does nationally and internationally. Two young Timaru men recently had the experience of attending RYLA (Rotary Young Leaders Awards) in Queenstown. This is an intensive five - day residential high energy programme designed to develop young leaders between the ages of 20 and 29. The participants engage in a variety of seminars, activities and group discussions, interacting with like-minded young leaders from all walks of life, and for many, this is life changing. The course helps develop self-confidence, personal organisation and public speaking, and it also helps participants to understand the requirements of many aspects of personal leadership, community and business.

Josh Rooney (25) is an accountant with HC Partners and Andy van der Heyden (28) is a constable in the NZ Police currently stationed in Timaru. Both men heard about RYLA through Rotary connections. Josh was sponsored by the Timaru North Rotary Club and Andy by the Timaru Rotary Club. Both men thoroughly enjoyed the experience, which was full-on, their days starting at 6.00am and often not finishing until 10.30pm each day, with very little downtime. The 35 participants, who were complete strangers to each other, were put into teams of 9, where they had to learn to work as a team and to value different team members' strengths, as well as having fun and making connections.

One of the course highlights was the team project called Discovering Tahuna (Maori for Queenstown) where each team designed and created an orienteering course for children aged between 8 and 16. This will be a real asset for children from all over NZ. Also, as another part of their community service project, they planted over 350 natives and grasses in a

gully bordering the Lakeland Park Christian Camp.

There were 11 guest speakers during the week, all with a different experience to share on leadership and motivation. These included Annabel Anderson, the world champion woman paddle boarder, who talked about the ups and downs of competing, and about accepting personal limits. Aaron Fleming, a world champion triathlete, who has overcome multiple lung operations, spoke about diversity and his experience of coming out as a gay man. He is also the South Island DOC manager with 250 employees under him. Dr Sam Hazeldine (Med Recruit) spoke about goal setting and having the courage to see them through, no matter what stands in the way. Rasha Abu-Safieh, who escaped with her family from the Gaza Strip just one year ago, is an inspirational young woman who has worked hard for better understanding and women's freedoms.

Andy felt the course really helped him with goal-setting and Josh learned the importance of knowing ones limits and when to step back. Both liked the emphasis on the value of working as a team. Although all the participants were pushed outside their comfort zone, they committed 100% to all the activities, even though some of them were totally foreign to them! At the end of the week, Josh was surprised to be voted by his peers as best representing the values of RYLA. These values were harnessing diversity and utilizing strengths in others, tolerance and understanding uniqueness, developing self-leadership and inspiring courage.

If you see potential in someone in your workplace that needs to be unleashed and positively developed, do not hesitate to contact one of your local Rotary clubs.



Book Club

words: Gilly Oppenheim

The Paris Library Janet Skeslien Charles

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together.

Paris, 1939: Young and ambitious Odile Souchet has it all: her handsome police officer beau and a dream job at the American Library in Paris. When the Nazis march into Paris, Odile stands to lose everything she holds dear, including her beloved library. Together with her fellow librarians, Odile joins the Resistance with the best weapons she has: books. But when the war finally ends, instead of freedom, Odile tastes the bitter sting of unspeakable betrayal.

Montana, 1983: Lily is a lonely teenager looking for adventure in small-town Montana. Her interest is piqued by her solitary, elderly neighbour. As Lily uncovers more about her neighbour's mysterious past, she finds that they share a love of language, the same longings, and the same intense jealousy, never suspecting that a dark secret from the past connects them.

A powerful novel that explores the consequences of our choices and the relationships that make us who we are—family, friends, and favourite authors—The Paris Library shows that extraordinary heroism can sometimes be found in it.



Addressed to Greta Fiona Sussman

I absolutely loved this quirky book. It is beautifully written and a charming read. Aged 30+ Greta has spent her whole life pleasing others. She works in a pool-chemicals shop, has big feet and a pet chicken called Marilyn Monroe. She is scared to make herself a life that includes her dreams and ambitions, preferring the security of her quiet and unfulfilling life. When her friend Walter dies, his strange bequest is to send Greta on a mystery journey, with each destination revealed in a letter on the eve of her departure. The different people she meets in New York, London and Rwanda become her friends and she relishes the new experiences at each destination. Greta has verbal diarrhoea and she makes inappropriate comments, but you can't help but love her, as she learns to take up each challenge and to lead a fuller life. She eventually manages to find happiness as well as the perfect pair of shoes! With international travel off the cards this year, anyone desperate for armchair travel will enjoy this book. I found it funny and uplifting.



Harry Osborne

Harry John Teague Osborne was the youngest of three sons from Cornwall in England. The family immigrated to Timaru in 1912, where Harry was a clay worker. All three sons - Thomas Edwin, William Henry and Harry served in World War 1. All three were noted bandmen in Timaru, and it is understood that Lieutenant Harry Osborne was the last Timaru man to return from the war. He left with the 24th Reinforcement, and at the front he was in charge of the Wellington Band, often playing the Last Post. He left as a private and returned as a lieutenant.

On October 4th 1917 Osborne marked his 24th birthday at Passchendaele in Belgium, the day during WW1 known as the Battle of Broodseinde, when 350 New Zealanders lost their lives. On October 12th 1917, Osborne was among the hundreds of men seconded to clear the battlefield of that day's disastrous failure. Because of the appalling conditions, it took three days to bring in all the wounded, many of whom were from South Canterbury. Osborne's job was to collect the injured from the battlefield and then the corpses. Harry suffered being gassed and he had bad lungs all of his life. He returned to South Canterbury after the war and died in Timaru aged 78. There is a memorial window depicting the names of the fallen in the former Bank Street Methodist church and the names of all who served, including the three Osbornes, are inscribed in a memorial book in the church.



words: Gilly Oppenheim

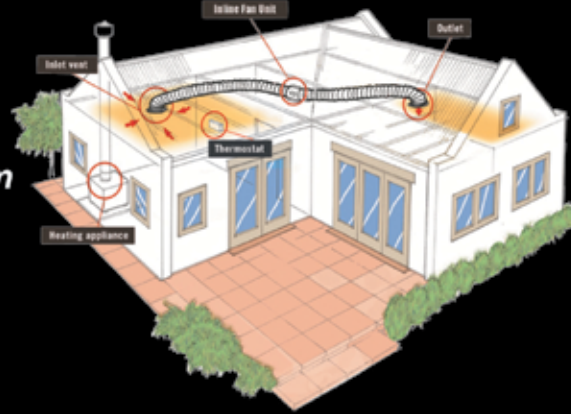
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