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Waimate

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contents

Running a business on your own is not an easy task – I don't think it matters if you are male or female – I'm sure we all have similar stories to tell about the good days and the bad, the highlights and the frustrations of owning your own business. The one thing we all agree on is that you need to have great staff – it's very hard to navigate this business minefield without them. I am exceptionally lucky to have Pat, Liz and Larnya here in Timaru and four fabulous women who make up the team for Essence North Canterbury. As women in business, undoubtedly our favourite issue for the year is when we get to introduce you to some of our exceptionally talented local Women in Business. We love learning about 'what influenced their career choice, the best advice they've received, how important the local business community is to them and what their future goals might be – I know you will find their answers as inspiring as we do. Turn to page 13.

We haven't forgotten the men in this issue – Mark Patterson proves hard work and dedication in business were the secret to his success in becoming CEO of South Canterbury Toyota. Congratulations Mark – his story is on page 23.

This month we travel to Waimate. Eat, explore walking and biking, feed tame wallabies or spend time in the eclectic group of shops. It's only a hop, skip and jump from our backdoor and well worth the visit.

One couple who couldn't resist the charm of Waimate are Steph and Rick Stevens. When they stepped through the front door of a gorgeous character Villa, they knew straight away it was to become their new home, so they sold up in Christchurch and are now loving life in Waimate. Our story is on page 6.

I hope you enjoy this issue, and you are all keeping safe. This is my 1st day back at work from seven days of isolation at home with a husband who caught Covid. I'm not sure what's worse – having Covid or being the one stuck at home (perfectly well) with a man who has it!!

Enjoy your month - Dorothy.

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A town like Waimate



Cover

This month's cover is of Rick and Steph in their gorgeous Waimate villa. See page 6 for their story.

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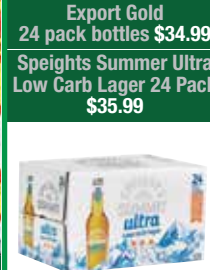
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words: Michelle McCullough

GREEN HAYES *Emporium & Coffee Cart*

Wander through the doors of the Green Hayes Emporium and step back in time.

One of Temuka's hidden gems, the Green Hayes Emporium is a treasure trove of antiques, retro pieces, and recycled furniture. From sofas and cabinets to crockery, furniture and toys, this funky store has something for everyone.

The Green Hayes Emporium is located inside the historic Green Hayes homestead at 45 Milford Clandeboye Road in Temuka. Built by pastoralist John Hayhurst in 1881-2, the house was one of the first homes in South Canterbury to have electricity. Owner Jane Sutherland has lived in the homestead for the past eight years, and opened the emporium a year ago. The self-proclaimed collector of the unusual runs the business alongside her husband Trev and daughter-in-law Jo.

"It's called an emporium because we have really unusual things, really different to what you would find anywhere else.

For a lot of people, when they come in, it brings them back to their childhood. It's a bit of a destination because it's not on the beaten track, but everyone that comes through loves the atmosphere," Jane said.

The pieces in the emporium have been sourced by Jane over the years, with some items being given a new lease of life by the talented collector.

"We recycle a bit of stuff and do our own upholstery. We find stuff, we recycle it, we upholster it and reutilize it into a really cool piece."

The emporium also sells large concrete statues and pots that are made on-site, and has kinetic sculptures for sale.

"I have Dave who makes and supplies moving sculptures, so I am just putting them out now. He makes really unusual things which are very cool."

Jane has also just opened up another part of the homestead, the garden area for large indoor plants.

"I have always had indoor plants but now I am sourcing really huge ones. They are not everyone's cup of tea, but the house plant people will love them, and I am going to keep them at a reasonable price. I have some Ruby Rubber plants that are about the size of a 9-year-old, and I am getting some big palms that people can have indoors or outdoors."

A trip to Green Hayes Emporium is not complete without a cup of coffee and a slice of cake from the coffee cart. From a renovated wooden wagon, Jo and Trev serve up cups of delicious coffee, milkshakes, soft serve ice-cream and a range of tasty treats.

"You can have a potter around, have a coffee and just take time to smell the roses," Jane said.

Whether you are looking for something specific, just fancy a browse or need a new coffee spot, a trip to this little piece of yesterday is well worth a visit.

The Green Hayes Emporium is open every Friday, Saturday, and Sunday from 10am to 4pm.

45 Milford Clandeboye Road, Temuka | Jane 027 688 7081



WAIMATE WEDDING

Waimate locals Matt and Abbey Hayman got married on the 5th of February 2022. Their ceremony was held in Arno at the Waimate Gorge. The day was structured so it was very informal, fun and relaxed for everyone. They had a private ceremony with just immediate family and bridal party, then afterwards they met with their other guests at the A&P showgrounds Pavilion to celebrate.

"It was the most surreal feeling walking into the pavilion, being married and knowing every single person in the room. Knowing they were there for us and to celebrate with us... It was amazing" says Abby Hayman.

Photos: Laura Johns Photography



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2022

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words: **Michelle McCullough** images: **Liz - essence**



WAIMATE *villa*

When Steph and Rick Stevens stepped through the front door of their Waimate villa, they knew straight away it had to become their next home.

"[The] preserved character of the home is not something you comes across often. It has beautiful high windows which flood the spaces with sunlight. There's stained glass throughout that is not garish, just the perfect colours and amount of detailing. And I love the hallway which has an arch and ornate mouldings on each side. The large, central hallway is kind of what sold me on the house," Steph said.

Within a week of seeing the 1920s weatherboard villa, the couple had put an offer in to purchase the property. A month later they had sold their Christchurch home and packed their bags. And now, two years have passed and the couple, along with their children, 15-year-old Rhys and 14-year-old Savannah, are loving their new life in Waimate.

"It was a reasonably quick decision made. My husband and I tend to not mess around when we know something is right. It's been that way since the beginning, we were engaged after three months, and married six months later so we make up our minds quickly," Steph said.

"[Waimate is] small compared to what we are used to. We are originally from Atlanta in the United States and had lived in Christchurch for over 15 years, so it's certainly been a change, but we're really enjoying it. We've made some great friends here. We socialise and see friends more frequently here than we did when we lived in Christchurch; it's easier to get around and visit people. And when you go to a local restaurant or pub

there's usually someone there that you know, and we really value that."

Since moving into their stunning four-bedroom villa, the family have been taking time putting their own unique stamp on the home.

"We have just renovated the kitchen. It's mostly a flat-pack kitchen that I designed myself, during the lockdown last August, and then ordered through Bunnings. My dad put it all together and I helped install it. He came down [from Christchurch] for about two weeks, and we stripped everything out and rebuilt it, which was an interesting experience in an old home."

"A lot of the features in the home are original aside from the previous kitchen, and a small laundry that has been added on. But other than that, the rest of the house is pretty original to the 1920s form, found through moderate research."

Steph said the family had spent quite a bit of time painting the interior of the home which boasts views from the kitchen of the famous Waimate landmark, the White Horse.

"Every wall of the house was covered in wallpaper, not uncommon in lath and plaster home but it actually seemed untouched and in such good nick, so we just painted over it, saving hours of stripping it all back."

The next items on the renovation to-do list include the laundry and a second bathroom.

"I love frequenting antique stores and op-shops, and much of my home decor is second-hand, handmade or re-worked in some way. There's not a lot in my house that is new. Most pieces have been collected along the way, and I don't tend to make a purchase unless I know that I have an immediate use for it, rather than stashing it away."

Situated on a quarter acre plot, the villa has a well-established garden which is home to some beautiful birch trees and roses that were planted by the previous owner.

Admittedly not gifted with green thumbs, Steph and Rick enjoy their outdoor space year-round but have no immediate plans to make any major changes to the garden, although Steph does acknowledge "there's often enthusiastic family discussions and some fun ideas being thrown around in regard to outdoor projects, but updating the interior is, and always was, our first priority".



When it comes to home decor, Steph said the Stevens' home was full of pieces that have been curated over time.

"I don't have a particular decor style, but I do love colour. I am really inspired by fabrics and artwork. In my kitchen I have a framed William Morris print. I knew I wanted a green kitchen but after finding this print, I pulled colours from it, exploring additional shades of green and blues in the open space that combines with the dining room."

Steph owns Rewind, a clothing shop that specialises in selling preloved designer clothing. The central Queen Street shop incorporates the popular saying 'Reduce, Reuse and Recycle', which is a philosophy Steph applies to her everyday life, including when it comes to furnishing her home.

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Red Hot Real Estate's aim is to bring a personal and professional approach to buying and selling property in the SC and North Otago regions.

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Explore walking and biking

Explore the awesome selection of walking and biking tracks that cater for all ages and abilities. The fabulous network of tracks around Waimate township are suitable for prams, balance bikes and ebikes. Enjoy the tranquility of a bush walk and listen to the bird song. For the more adventurous, the exhilarating mountain bike tracks at the White Horse range from intermediate through to expert and are a great place to burn off some school holiday energy, plus the views are spectacular!

Hand feed tame wallabies

For a unique Waimate experience visit the famous EnkleDooVery Korna Wallaby Park and Sanctuary where you can pat, photograph and hand feed over 40 tame wallabies - a great opportunity to get up close to these cute critters.



Eat out

The district has earned a reputation as a foodie destination and has an outstanding selection of eateries that cater for all tastes and budgets. Whether you are after a hearty pub style meal, a coffee and cake, or a fine dining experience, the Waimate District has something to tempt any tastebud. Our eateries have a treat for you these school holidays with special school holiday deals - from free fluffies to kids eat free! Look out for posters at participating eateries.



Explore our Street Art

Be wowed by the grandeur of the incredible silo art towering over Queen Street; one of New Zealand's largest pieces of street art! The murals that decorate the silos pay tribute to the district's past. Waimate is also home to some other amazing street art. The vibrant murals around town make for some great photo opportunities and all have a story to tell.



Soak in the views from the White Horse Monument

The iconic White Horse monument and picnic area has recently undergone a major refurbishment. The new viewing platforms are the perfect place to soak in the panoramic views of the Pacific Ocean to the Southern Alps. To reach the monument you can choose to drive, mountain bike or walk or (a good level of fitness is required to bike or walk). The monument has been resurfaced and now glows in the dark - see if you can spot it at night while driving along State Highway One!

Disc Golf

Also known as frisbee golf, Disc Golf is the latest craze to come to Waimate! Played like regular golf, but instead of hitting a ball, a disc is thrown from a tee pad to a metal basket. Located at the stunning Victoria Park, the 9 basket course is set amongst beautiful established trees, and is a game suitable for everyone.



New recruits at Medi Clinic

Medi Clinic has employed two excellent new recruits to help in its busy practice. Michelle Peperkoorn (left) originally came from Dunedin and Hayley Hooper (right) from Pukehina in the Bay of Plenty. Both started working at Medi Clinic at the beginning of this year.

Michelle did her nursing training in Whangarei after which she spent 6 1/2 years working at Auckland City hospital, followed by 20 years at Middlemore. She has her Masters in Nursing and she has taught Advanced nursing papers for post-graduate diplomas at both Auckland and Otago Universities. In 2018 Michelle and her partner then moved to Waitati, where they bought the 170 year-old store, which has been a shop, an art studio and a movie theatre in its day. It is now a happily lived-in family home, from where Michelle commutes to work in the Medi Clinic from Monday to Wednesday every week.

Michelle never planned on being as nurse, with her mother and sister both being nurses. However, she likes making people's lives better and listening to their stories, so nursing was an obvious career path. She has also worked with the NZ Medical Assist Team and has been deployed in the South Pacific - to the Solomon Islands following flooding, to Fiji and Vanuatu after cyclones and to do Covid vaccinations in Rarotonga - so Michelle has a wealth of experience in different nursing fields.

Hayley is a paramedic. She was born in the Bay of Plenty then her family shifted to Nelson where she did her schooling, after which she did the first year of a Health Science degree at Otago University. Hayley then became a courier driver in Dunedin before moving to Timaru where she started as a volunteer for St John while still working fulltime as a courier. She remembers being told to slow down on corners for "patients now, not parcels!" This led to her deciding to do her three year Bachelor of Health Science in Paramedicine and in 2015 she became a fulltime paramedic with St John in Auckland. She married a fellow paramedic who sadly died young of prostate cancer in 2020. Her parents had moved to Timaru, so Hayley came south and worked fulltime for St John in Timaru. She needed a GP and hence her meeting Anton Van den Bergh and her being employed at Medi Clinic. Her job involves primary care in people's homes and triaging patients for assessments, whilst still doing casual work for St John.

Hayley intends to continue studies in the future, but she is enjoying learning from the Medi Clinic family in the meantime. She is hoping that having more regular hours and moving away from shift work will allow her to join in more social activities again, such as music and sports, as well as making time for escaping into the hills for a ski or a hike.

Both women are enjoying the slower pace of life in South Canterbury, being near family and the cheaper cost of living. However, they both miss the hot summers, the warm water for swimming and the very different lifestyle. In the meantime, they are loving their jobs at Medi Clinic and we are richer for having them in our midst.



About HOPE & ASSOCIATES LEGAL

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For school holiday inspiration the Waimate Way check out
waimate.org.nz/the-waimate-way

WAIMATE
a district to explore

Medi Clinic in Dee Street

MEDI CLINIC Timaru is now well established and expanding (we apologize for any inconveniences) come and see for yourself. It now incorporates Dr. Anton van den Bergh, Dr O'Connell and 4 more health practitioners. (3 nurse practitioners and 1 graduate paramedic).

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New chapter for SOUTH CANTERBURY MUSEUM

The South Canterbury Museum is about to head into a significant new chapter of its own history.

Having started in a house on the current site in 1952, the Museum has expanded to have several hundred metres of display space, and three floors of behind-the-scenes collection storage. Now it is planning to shift all of the exhibitions, education area and public programmes spaces to a new site beside the Theatre Royal on Stafford Street.

This new facility, planned to open in late 2023, will provide more space for these public-facing activities, along with much better access and a closer link to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections, and making them accessible for research.

The South Canterbury Museum is a community service provided by the Timaru District Council. It has always been a great place to explore the region's heritage. Locals and visitors can experience aspects of our region's stories, as well as take part in events and public programmes. The Museum is a rich resource for anyone wanting to investigate historical topics or research their family tree.

The Museum's focus is on the natural and cultural heritage of our region – nature, history and culture. Like other parts of New Zealand, our region has its own distinct heritage. This includes our landscape, from towering mountains to the sea, and the wide range of landforms found here. It includes the fossil record; evidence of past lives linked to how the land has changed from being former sea floor to a forested land full of now-extinct moa and many other fascinating creatures.

Our region's human history begins around 900 years ago when settlers from Eastern Polynesia arrived, the first known people to do so. The centuries that followed saw the development of Māori language and culture, with local traditions of settlement, migration and change. The first Europeans to live here were whalers, followed by run holders in the 1850s, with the last 170 years seeing a massive change as thousands of immigrants arrived, transforming the landscape and culture to what we have today.

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori

heritage, European settlement and how the region has taken shape over the last 150 years. The collection includes several thousand natural history specimens, hundreds of archaeological items representing taoka Māori, and thousands of artefacts, photographs and archival items representing the last 170 years of recorded history. These collections are the raw material for the Museum's programmes of research, exhibition, education, and exploration.

The Museum team work hard to catalogue every item, and ensure that it is kept safe to avoid damage or deterioration. The collections act as a library that can be drawn upon for the Museum's programmes.

One of the prime uses of the Museum's collections is in exhibitions. These tell our region's heritage stories – landscapes, life forms and people. In addition, the Museum currently features a small changing exhibition area that hosts changing displays from both within the Museum's collections and from elsewhere.

A small team of part-time teaching staff at the Museum make up the Heritage Education Service, who develop and facilitate education programmes for local schools. Funded by the Ministry of Education, more than 5,000 students take part in these programmes every year, either in the Museum, at heritage sites or other facilities that link to the Museum's programmes.

The South Canterbury Museum is a place where things happen, and people can be involved. The Friends of the Museum, set up through the Museum's founder the South Canterbury Historical Society, enables members to take part in opening events, historic site trips and to be kept informed of Museum happenings. The Museum holds a range of family events through school holiday times, as well as organising talks and events for general audiences such as the annual retro rock concert outside the Museum. The Museum Explorers Club, a free membership club for primary school students, has more than 2,000 members who are rewarded every time they visit the Museum.

The South Canterbury Museum is open Tuesday to Friday from 10am to 4.30pm, and on Saturday, Sunday, and public holidays from 1pm to 4.30pm. For more information, visit the Museum online here www.museum.timaru.govt.nz. You can also follow the South Canterbury Museum on Facebook and Instagram.



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SOUTH CANTERBURY MUSEUM
EXPLORE our heritage

Perth Street, downtown Timaru

Open: Tues to Fri 10am - 4:30pm

Sat & Sun 1pm - 4:30pm

FREE ADMISSION

TRADES AND SERVICES

This month essence would like to showcase the local Trades and Services available right here in South Canterbury, from plumbing to website design, to building and much more.



ORIGIN
DESIGN

Ph 027 349 7462
E info@origindesign.nz
www.origindesign.nz

ORIGIN



FOLEYS TIMARU
Plumbers, Gasfitters, Drainlayers

15 Dee Street, Timaru
Ph (03) 688 1140
E timaru@foleys.co.nz

FOLEYS



WAREHOUSE LIQUOR

Bombay Sapphire Sunset Gin is a marvellous special edition London dry gin inspired by delicate warmth and golden orange glow of the setting sun. This expression has been treated to an infusion of Indian white cardamom, turmeric, Murcian sun-dried mandarin peel, creating a softly spicy flavour profile highlighted by flashes of bittersweet citrus creating a complex but beautifully balanced, vibrant Gin.

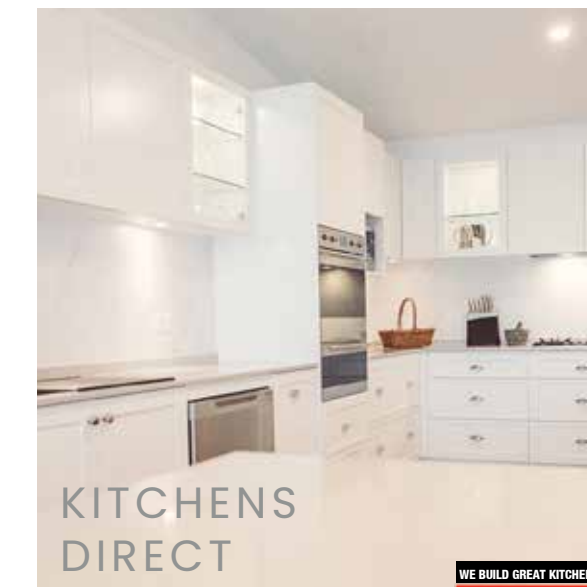
35 Browne Street, Timaru
Ph (03) 688 1012
warehouseliquor.co.nz

WAREHOUSE LIQUOR



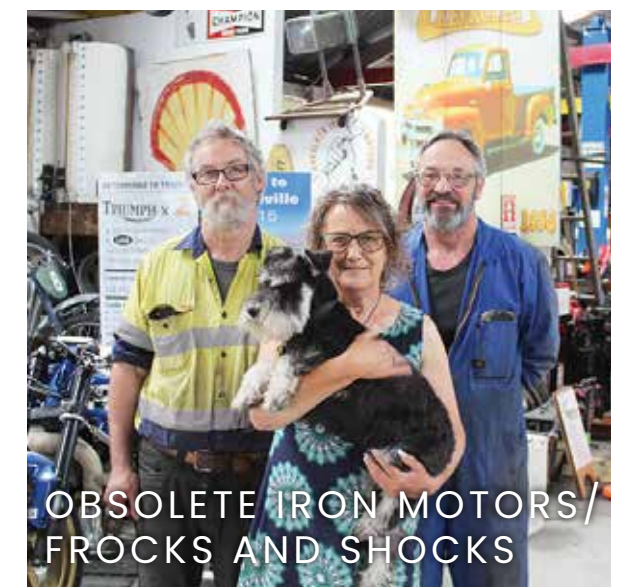
MATILDA &
THE METALMAN

Wood stackers available now
Ph (03) 685 6090
www.matildaandthemetalsman.co.nz



KITCHENS
DIRECT

4 King Street, Timaru
Ph 0800 534 732
kitchendirect.co.nz



OBsolete IRON MOTORS/
FROCKS AND SHOCKS

87 Main Road,
Pleasant Point
Ph (03) 614 7410

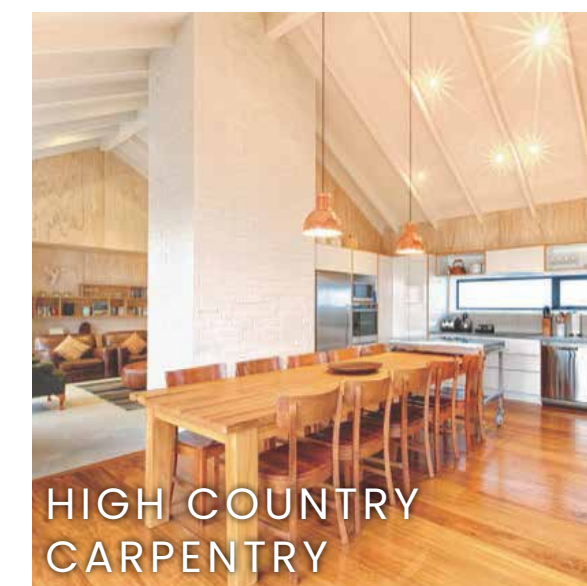


OPEN 11am-4pm
Tues, Weds, Thurs

MADAM MAT

Peter Herron Flooring Building
17 Butler St, Timaru
Ph (03) 688 3876 or 0274 763 593

MADAM MAT
Mat Binding Specialist



HIGH COUNTRY
CARPENTRY

1 Gall Street, Fairlie
Ph 0800 922 883
www.highcountrycarpentry.co.nz



CAROLINE MITSUBISHI

23 Barnard Street, Timaru
Ph (03) 684 8501
www.carolinemitsubishi.co.nz





Timaru Heating Centre

Have you been thinking about upgrading your heating or hot water this year? Now is the perfect time to get in to Timaru Heating Centre to see Colleen Fairbairn and discuss the best options for your home and budget.

With a myriad of choices on wood, gas, electric and pellet fires, gas and electric hot water systems and boiler and radiator heating, there is no one with the range and service that Timaru Heating Centre provides.

Colleen can help you pick the right heating system for your space and her exceptional customer service will see your home heating ordered and installed and she can even do the Council Compliance paperwork for you with your fire and install package! Too Easy!

Since their rebrand in November last year, Timaru Heating Centre (formerly Timaru Plumbing and Gas) have been continuing to provide the best advice on home heating and hot water systems.

"I just love my job," says Colleen, "To be able to work with our lovely local clientele, and ensure that we get the right product for their home within their budget is very satisfying. There is nothing like walking into a warm house on a cold day or jumping into your shower and knowing that the hot water won't run out and I make it my mission to ensure that we do the right thing for every individual".

Whether you are upgrading your current indoor/outdoor heating, hot water system or building a new home, Colleen and the Timaru Heating Centre team are dedicated to ensuring that your experience with them is smooth and easy.

"The bonus of course, is that we work closely with our Breen Plumbing team to ensure that we can supply and install the fire with as little stress as possible, we are really lucky to have such a dedicated team who are all about getting it right."

The goal that Timaru Heating Centre works towards is making sure that your fire and install process are as painless as possible, even in these tricky Covid times.

"Of course, like many businesses currently, Covid can be very disruptive to the supply chain, and we are seeing rising costs in steel, so if you wish to upgrade and install before winter really hits, now is the perfect time to chat to us."

Along with affordable prices and great brands, they also offer to get that pesky Council Compliance paperwork processed for you, meaning less headaches and smooth delivery. Timaru Heating Centre also offers special pricing if you purchase your fire and install with them, giving you even more in your back pocket!

Timaru Heating Centre is located at 10 Dee Street Timaru and welcome you to call by Monday to Friday from 8am to 5pm. You can also speak with Colleen on 03-688 6848 and they encourage you to have a look around their website to familiarise yourself with their brands and services www.timaruheatingcentre.co.nz

"With a myriad of choices on wood, gas, electric and pellet fires, gas and electric hot water systems and boiler and radiator heating"



Trusted Brands. Competitive Prices.

Wood, Gas, Electric and Pellet Fires, Gas and Electric Hot Water Systems, Boiler and Radiator Heating

Stay warm this winter!

Purchase your Fire and Installation before winter!

We will also do the Council Compliance paperwork on your behalf - Too Easy!

Get a quote on your home heating or home hot water and you will not be disappointed.

Call or visit Colleen today and check out our product range online

www.timaruheatingcentre.co.nz

South Canterbury's largest home heating supply & install service

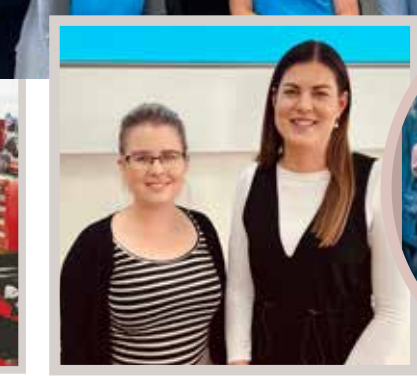
Timaru Heating Centre | 10 Dee Street, Timaru
P 03 688 6848 | E colleen@timaruheatingcentre.co.nz
www.timaruheatingcentre.co.nz



Women In Business 2022

We always love putting together our Women in Business issue and over the years it has become quite a fixture. But every time we discover more female-led or owned businesses. Women of all ages and walks of life are turning their great ideas into reality right here in South Canterbury and we always find it inspiring.

So dive in and discover the amazing contribution women are making to our local economy and business landscape. From lawyers to creatives, automotive technician to retailers and physios - we're delighted to be able to highlight some of the ideas, opinions and achievements of the fantastic women in our region.



ACTIVE HEALTH

Karina Savage - Practice Manager

What is your business focus?
The focus of Active Health, Timaru is on providing a variety of health services under one roof. The Active Health team is comprised of Physiotherapy and Occupational Therapy and admin support. But we also have other health related

businesses in our building who sub-lease rooms from us. My role is to look after not only our team but those tenants and make sure everything functions smoothly for all.

Best advice you have received?
Nobody will die if I make the wrong decision and nothing cannot be undone.

Your greatest accomplishment is?
Returning to work after 2 years off with ill health, I never thought I would come back to a managers role, and I'm so proud I have and I am loving it.

Do you have a role model or someone who inspires you?
My boss Rachael inspires me daily, she has run a successful business for over 20 years, as well as being a mother, she truly understands the pressures and complexities life throws at us and is always there to support and encourage her staff.

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

I would love to be an exceptional practice manager, to keep learning and to lead a strong, close team of professionals, to give our clients service beyond their expectations and for this to be our base standard.

Valuable learning experiences?
To sit back and learn how things work first before trying to implement change

How important is the local business community to you?
We understand business and know it has been a tough time for many in the last couple of years. Part of our mission is to help South Canterbury businesses thrive, by helping their staff maintain or gain full fitness quickly but also by helping with injury prevention for companies and we also rent out rooms for smaller businesses to hire at reasonable rates. We provide a professional setting, friendly reception, on site Practice manager to look after tenants and our fun team to hang out with!

How do you engage with the local business community?
I have recently joined the Chamber of Commerce through Active Health and look forward to meeting more businesses there!

30 Church Street, Timaru
Ph 03 683 1122
www.activehealth.nz





LIDA FASHION

Clothing alterations & tailoring

Doing what she loves has been a catalyst for success for local businesswoman Naomi White.

Naomi owns Lida Fashion, a clothing and alterations business on Stafford Street specializing in tailoring services, pattern making and fabric design. The talented designer also creates made to measure garments from everyday wear, bridalwear, ball gowns and lingerie to fascinators,

Edwardian and Victorian clothing and steampunk outfits. She recently designed an evening dress for a young model to wear during New York Fashion Week.

"I was an artist before I was a fashion designer, and I wanted to do something creative with my life. I was looking for jobs that I could do that would be creative and fun, and my Gateway teacher [at Waimate High School] suggested I try sewing. I started working at Amanda's Bridal Services and I really enjoyed it, and decided that's what I wanted to do after High School."

With qualifications from both Aoraki Polytechnic (now Ara Institute of Canterbury) and Otago Polytechnic, the 29-year-old set up Lida Fashion six years ago, naming the business after her Dutch grandmother.

"I am serious about my business, but I also want to have fun, and I want to enjoy what I am doing. I love sewing and talking to people. It is really lovely having really nice customers that support me, and who are genuinely happy to see me. It's just different every day which is great."

Originally based in Waimate, Naomi relocated to Timaru three years ago in an effort to grow her business - a move that has paid off for the young designer.

"Waimate felt a bit too small for what I wanted, and Timaru had a wider range of customers. Now I get customers from



Timaru but also Twizel, Tekapo and Oamaru. [The Timaru Business Community] has been really supportive. I have had a lot of shops in Timaru support me, especially during the hard times with Covid. It's been really great."

In a bid to give back to the community that has supported her, Naomi has been helping to train the next generation of seamstresses.

"I have a high school apprentice who wants to learn, so I teach her once a week. I try to take on one apprentice a year. I think it is important that we teach the next generation to do these sorts of things. A lot of people my age and under don't know how to sew anymore. I think if it is something you are interested in you should definitely learn."

175 Stafford St, Timaru
Ph. 027 863 3169

LIDA FASHION

"I shop locally and support many other small businesses."

Amanda Keen

Amanda Jayne Creative

What is your business focus?

To continue to create bespoke leather goods that merge both practicality and beauty together. I am a strong advocate for New Zealand made products and supporting small businesses.

What influenced your career choice?

My absolute love affair with New Zealand leather and my passion for New Zealand made products.

What is unique about your business?

I am a strong believer in re-using and re-purposing quality products where possible and my baby shoes are now made from both new and recycled New Zealand leathers - helping to lessen some waste within our region.

Best advice you have received?

To just not over-think everything too much and most importantly to be mindful of keeping a good life/work balance as a small business owner.

Your greatest accomplishment is?

Reaching 8 stockists around New Zealand!

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

My Mum is my biggest role model and is forever inspiring.

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

To continue to grow and expand my stocklist throughout New Zealand.

www.amandajaynecreative.co.nz | Ph 022 106 0483



How important is the local business community to you?

Huge, as all success begins small. I shop locally myself and support many other small businesses.

What have you learnt about managing people during your time as a businessperson?

I have definitely learnt how important time-management is for myself!

What is one thing people may not know about you?

That I'm actually still quite shy!



Handcrafted in New Zealand

Karyn Geary

Driving Miss Daisy
Timaru

What is your business focus?

Our focus is to offer a safe, friendly and reliable companion driving service that offers independence and peace of mind. We do our best for every single client every single time. I am incredibly proud of our service, we will shop, take to appointments, go for a drive or coffee, take shopping or anything at all that we are needed to do. We are family when family can't be there. We are also ACC accredited, and often take babies and children to preschool and school as needed.

What influenced your career choice?

I love to help people, this career lets me do this every day.

What is unique about your business?

We offer so much more than just transportation. We'll drive you to and from your destination and provide further assistance as needed. We tailor our service to meet individual needs. We will unlock doors and make sure everyone is safely back home inside, also taking shopping inside as well. One lovely client told me she tells her friends "Getting Driving Miss Daisy is like your daughter taking you out".

How important is the local business community to you?

Very important, we are in this together and should support each other when we can, we are lucky to have some amazing businesses in Timaru.

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

So important! My team are the best! We must have the most trustworthy staff and they go through a lot of training to get to finally be here doing what we do. I am very proud of my team they do an outstanding job.



Ph. 06 683 1073
or 021 503 398



ladies IN LAW

Since the 1930s Timpany Walton Lawyers has been known as one of the strongest law firms in South Canterbury. Today, the firm boasts a talented team of 14 legal staff covering a wide range of legal work. The firm has recently promoted three of its female legal staff, two to Partnership and one as an Associate.

Timpany Walton Lawyers' new Partner Jenny Carter-Bolitho specialises in property and commercial law.

"I get a great sense of achievement from a job well done, and to me that means achieving results for my clients that are tailored to their needs, commercially realistic and delivered for them in an efficient and timely manner."

Jenny, who earned her law degree from the University of Otago, said she was inspired to embark on a legal career by her parents.

Jenny Carter-Bolitho
Partner

Stacey Blissett
Partner

Lauren Archer
Associate

"They owned a land surveying business, and I was influenced by them, firstly in encouraging me into a law degree, and then secondly in relation to my specialist practice areas of property, commercial and subdivision legal work, due to my background in surveying and business knowledge that they had imparted to me."

Specialising in property, commercial law, and estates, Timpany Walton Lawyers' new Partner Stacey Blissett believes success comes from "continual improvement".

"I just want to be the best lawyer, colleague, and employer that I can be. I measure personal success in terms of happiness. If more good things happen than bad things, then it's a good day."

"Rome wasn't built in a day, but they were laying bricks every hour. It takes time to create great things, and you cannot expect success to come immediately."

New Associate Lauren Archer originally planned on becoming a pharmacist, but at the last minute changed

her mind to law. With a key interest in employment law, Lauren does not regret her decision to pursue a career in the legal field.

"[I love] the variety of work, and never having two days the same. I enjoy being able to assist people through difficult times and help them to reach a resolution in their legal proceedings."

Originally from Invercargill, Lauren said it was important to achieve a work-life balance.

"I enjoy focusing on my work and being productive during set working hours. I find it very important to keep a good work-life balance and ensure that I am spending my out of office hours focusing on all the other aspects of my life."



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



"Believe in yourself and your product"



Jacqui Fraser

Mortgage Express

Having had previous experience in the Real Estate industry for 15 years making the transition to a Mortgage Adviser enabled me to have a better life/work balance whilst still having the challenge of being involved in my clients' important decisions around buying property.

"Deciding to purchase property and get a mortgage can be a daunting process. Finding the right adviser to work with - someone who understands your needs and objectives - can be equally unnerving. As your mortgage adviser, I am here to work for you - to achieve the best result and a stress-free outcome for you and your family."

I appreciate that all clients have unique needs. Whether you are a First Home Buyer, Property Investor, upsizing/downsizing, checking your mortgage health or just want to know more, talk to me about how I can help achieve your property investment goals.

Backed by the Mortgage Express brand, systems, and support, I have the resources and flexibility to:

- Guide you through the process of buying your first home, the benefits, and risks of utilising a First Home Grant and First Home Loan.
- Assist in finding out how much you can borrow.
- Arrange a pre-approval for finance before you make an offer or bid at auction.
- Advise which Bank can offer the most appropriate loan for your individual situation and needs.
- Compare your existing lender against many other options in the market.
- Assist you with a loan structure that suits your needs.

Mortgage Express Branded Advisers are paid by the lending institutions which in most cases means there is no cost to you and no surprises. This in no way affects the rate options that we get from the Bank's, the Bank's view us as another channel of business for them and are happy to pay us to provide this service.

"If you want to have an enjoyable and successful mortgage adviser experience with someone you can trust, who will make the process of getting a mortgage as stress-free as possible, then talk to me about how I can help you achieve your goals."

19 Church Street, Timaru
Ph 027 529 7925
jacqui@mx.co.nz



Jacqui Fraser gives advice through MJCFSM Financial Services Limited trading as Mortgage Express.



Jenni Kerr

Kerr FX Graphix & Signage

What is your business focus?

To provide a professional quality product, outstanding service and deliver on time.

What influenced your career choice?

Restructuring at previous job so took the plunge and backed myself that I could fulfill the dream and through my business my artistic talents can be utilised to the full, and

that in turn creates immense job satisfaction

What is unique about my business?

I am the person in charge of everything - there is no where to hide, you get one on one service, no job is too big or too small. Also offering a service that provides a wide range of design and graphic capabilities for your every need.

Best advice you have received?

Believe in yourself and your product - and be honest

Your greatest accomplishment is?

Probably installing a full car wrap for the first time - that in itself was a bit daunting. Another big accomplishment was building up this business from ground zero, and providing a quality product that shows with repeat business

What are your goals and aspirations for the future?

Just to keep doing what I am doing, as it is working. To support local businesses where I can, and they in turn support me

What is one thing people may not know about you?

I have the ability to provide and print on clothing, from team orders to one-offs. Unique designs for that special birthday surprise are popular gifts. My 30+ years experience in graphic design allows me to help you with anything from wedding invitations, programme design, logo design, general signage, flags, banners, canvas prints - the list goes on, I am always contactable by email or phone and I guarantee I will always get back to you as your business is important to me. Bring in your dream and see what we can do with it. The best result is seeing the clients reaction to a job - it's priceless.

40 Holmglen Street, Shed 5, Washdyke
Ph. 021 133 4352





Natasha Clemens

Temuka Pharmacy

What is your business focus? To create a holistic healthcare experience for our patients. We focus on providing up to date and knowledgeable healthcare advice and services.

What is unique about your business? There is so much more to pharmacy than just medicines. No interaction with a customer is ever the same - it might start as a simple prescription question that can then flow into choosing a new lipstick colour or gift wrapping a grandchild's birthday present. We get to follow our patients at all stages of their life and be there to help and support them.

Your greatest accomplishment is? Having just hit my one year anniversary in business, it's been really important to reflect on the year that has been. Not only was it my first year in business but it was also a tumultuous year as a country, especially working in healthcare. I'm very grateful to have gained so many additional skills whilst navigating constant changes in regulations, but also kept our team healthy, motivated and positive - (in spirits of course)

Do you have a role model or someone who inspires you? I have been lucky enough to have a fantastic mentor, Paul Townend, supporting me since I was a pharmacy student, right up until now still guiding me with Temuka Pharmacy. Having a fellow colleague and business owner to support and develop me right through my career has been invaluable

How important have your team been to you in achieving business goals? The team at Temuka Pharmacy have been vital in my transition into business management, and frankly surviving 2021. As cliché as it is 'Teamwork makes the dream work'. Having committed, loyal and hardworking women at Temuka Pharmacy has made all the difference in achieving all that we have in 2021/22.

81 King Street, Temuka
Ph. 03 615 7529



“ You seriously cannot beat a good team ”

Sophie Myers

Hyundai & Isuzu SC
Sales & Marketing

What is your business focus?

Personally, it would be to keep up with the boys who have been in the trade for a long time. I am learning every day, and my plan is to keep pumping out cars like the big guys! Being a female in vehicle sales can be both rewarding and challenging, but it's all good fun.

What influenced your career choice?

After an interview with John Bradley Hyundai in 2011, I secured a job. Since then, I have been lucky enough to have the opportunity to go through various role changes, ending up in car sales today. The addition of the Isuzu brand was a bonus too - I am very passionate about both our Hyundai & Isuzu brands and having confidence in the products your selling is obviously quite beneficial!

What is unique about your business?

Workplace culture - you seriously cannot beat a good team! Our dealership is a great place to be for both staff and our customers, people enjoy coming to visit.

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

Many, here at the dealership. I have worked alongside some great people over the years and have a few guys here for advice and support as I navigate another new role.

How do you engage with the local community?

We have always enjoyed our community involvement, from sponsorships to local events and everything in between. We support our customers and their local golf clubs and dog trials, and we are happy to be approached by local schools for rowing, rugby and more. We love to support those who support us - including other local businesses.

2 King Street, Timaru
Ph 03 688 9995 | www.hyundai.co.nz



Rosa Ellen

Madam Mat - mat sales and binding services

What is your business focus? The focus of my business is to provide a quality mat binding service where clients can bring in their left-over pieces of carpet to be made into extra mats for their home. I also have readymade mats in different sizes to choose from.

What is unique about my Business? I like to think that my clients can come in to a warm welcome and a chat if they feel the need. The world has changed in the past few years, and we all need to remember to show kindness as you never know what might be happening in some one's life.

What influenced your career choice? My Husband, HmMMMM!

How Important have your Team been to you in achieving your business goals? Lois is my right-hand lady. With running the financial side of our business Peter Herron Flooring, I would be lost without her. I am good on the binding machine, but Lois is the master. Plus, Peter and Lewis are my master cutters. I value them all and count myself lucky to have them.

Valuable learning experience? 'Be sure to build your own dreams or you will end up helping someone else build theirs'. I am still working on mine, watch this space!!!

What is the one thing that people may not know about you? I am a Vegan who is passionate about 'Ending Animal Experimentation' and a supporter of NZAVS.

Situated in the Peter Herron Building
17 Butler St, Timaru. 0274 763 593 or 03 6883 876



Mercedes Mulder

Hyundai & Isuzu SC
Automotive Technician

What influenced your career choice?

As a kid I was always into vehicles, fascinated by all the components that work together to create such a complex machine. I have been brought up around cars with my father being a petrol mechanic and my step dad, an auto electrician.

What is unique about your business?

We are a family-like team! My dad was a mechanic at South Canterbury Hyundai 10 years ago, so as a kid I always felt part of the family. It is great to have secured my role here following in his footsteps.

Your greatest accomplishment?

I am proud to have purchased my own home with my partner before the age of 20, building a home along with our fur baby Indie.

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

Although I came from a car involved family, I still had very little knowledge on vehicles. I want to take in as much information as possible and take "female mechanic" to the next level by being the best I can be and proving the stereotypes wrong.

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

The team at South Canterbury Hyundai play an important part in me working towards becoming a fully qualified mechanic. They are extremely supportive, never hesitating to help or provide me the opportunity to give something a go. Most importantly their kind, friendly attitude makes it extremely easy to turn up to work every day.

Top three things on your bucket list are?

The first of three things on my bucket list would be to head back to South Africa for a holiday and to meet up with my family again.

A second is that I want to complete my apprenticeship as soon as possible.

My third thing would be to continue to challenge myself, moving forward in the workplace. I am hoping to tackle a bigger role in the future.

2 King Street, Timaru
Ph 03 688 9995 | www.hyundai.co.nz



THE RINGMAKERS

Preserving precious memories

The talented jewellers at The Ringmakers don't just design, manufacture and sell beautiful jewellery, they also preserve precious memories.

A lot of the work that came through the doors of the Stafford Street jewellers was restoring or re-modelling special pieces of jewellery, co-owner Aimee White said.

"We can use the material from a piece of jewellery that has sentimental value to you but is maybe a bit tired or not really your style and remake it into something wearable. We also safeguard people's precious items for the future through careful restoration. We feel very privileged to be

entrusted with the task of taking care of people's treasured objects and ensuring their longevity as family heirlooms."

Aimee and her husband Brent took over ownership of The Ringmakers in 2016 - a move that saw Aimee take a break from her career as an English teacher to manage the day-to-day operations of the business, supported by her stellar 'downstairs team', Jenna and Madeline.

"I was used to doing a lot of administrative work as a teacher, so I have found that side of the business easy to adapt to. I actually love paperwork! As an English teacher you also think in the abstract and think laterally across

topics. [These skills have] helped with driving the macro aspects of the business that require adaptability and creativity."

While Aimee was able to utilise her teaching skills in her role at The Ringmakers, the career change has also led her to discover new things about her personality.

"I used to think of myself as shy and not partially social, but I love spending time in the shop; I really enjoy talking to people. If I ever feel a bit down I deliberately take a break from my desk to serve customers, and it really cheers me up. We have a lot of regular customers that we have got to know over the years, and there is a lovely sense of camaraderie and community."

When asked if she had any advice for anyone thinking of having a career change, Aimee encouraged people to "be brave."

"I think if you have any doubt at all that you might like to do something else it is definitely worth exploring. I lived and breathed teaching, and there is a lot I miss about it. But having taken the step to change career I have discovered a set of untapped skills. In terms of personal discovery, I am really glad that I pushed myself to do something different. In taking that step I discovered that I am actually more versatile than I thought I was."

270 Stafford St, Timaru
Ph (03) 688 1362
www.theringmakers.co.nz



“ I very rarely have to go outside of South Canterbury for a solution. ”



Heather Hellmrich

High Country Carpentry

What is your business focus? We are a family owned Construction Company servicing the Mackenzie. We are passionate about our craft, the environment, the materials we use, and our region.

What influenced your career choice? I fell in love with the Builder at an early age... and it all just evolved as we dabbled in different vocations early on.

What is unique about your business? The variety of projects we do - Architectural Homes, Log Homes, Renovations, Cabins, Transportables, Hotel Projects, Farm Buildings, School Refurbishments...

Valuable learning experiences? Having periods of engaging a Business Mentor to help with development, systems, and as a sounding board.

Best advice you have received? Be the energy you want to attract; and Growth comes from outside the comfort zone.

Your greatest accomplishment is? My beautiful family.

Do you have a role model or someone who inspires you? The Bossman. Lain does a tremendous job running our ship; he's a great leader and has always inspired me as to what he can achieve in a day! He's passionate about Carpentry.

What are some of your goals and aspirations for the future? Lots of goals on the dreamboard, but essentially - continue to grow the business and our people; systemising and upskilling, and continuing to support our community clubs & initiatives.

How important have your team been to you in achieving business goals? Our team are absolutely our biggest asset, and we simply couldn't do what we do without them. We have a tight-knit crew who share our values and love of Carpentry.

What have you learnt about managing people during your time as a business person? Communication is everything; and remember to tell your people how valued they are. Tell them, show them, celebrate your successes together.

What is one thing people may not know about you? I have around 100 houseplants at last count...

1 Gall Street, Fairlie | Ph 0800 922 883
www.highcountrycarpentry.co.nz



Kate Le-Lievre & Sarah Nicholas

Autoworld Timaru

If you take a look under the hood of Timaru Autoworld, you will quickly see that the motoring industry is no longer a male-dominated world.

The Sefton Street car dealership employs a number of women in a range of roles throughout the company's different

departments, including Kate Le-Lievre which saw her passion for vehicles lead her career path. The 28-year-old has been working at Autoworld Timaru for more than five years, and has worked her way up the ranks, taking on the role of Aftersales Manager six months ago.

"Since I have been here, we have had a stronger female presence in our parts and service team. It's been good to appoint women into these roles, and watch them grow in what was a male-dominated industry. [For myself] it's been great to have the opportunity to advance further through the roles that have arisen within the dealership, which in turn has really enabled me to learn and grow within the industry."

Timaru Autoworld Administrator Sarah Nicholas agreed that the number of women working in the motoring industry was increasing.

"Our frontline staff in the parts and service department are all female, we've had female groomers and we have had female high school students come into the workshop for work experience which is really cool."

Sarah also said that working at the dealership provided many opportunities to learn new skills.

"A lot of the brands offer training, and our Operations Manager [Jennifer Logan] is our go-to person. She's always willing to offer training."

Timaru Autoworld dealer principal Johan Smit said that the passion of the woman working at the dealership added immeasurable value to the business.

"We have a vibrant and energetic team who go out of their way to make our customers feel welcome. They are passionate about what they do, they love their jobs, and they love the industry."

www.autoworldtimaru.co.nz
Ph (03) 683 1215





WELLCUT & MORE

Wellcut & More is a well-established Boutique Hair Salon. Our Soft Chic feel gives all our clients a place to relax and rejuvenate. Wellcut & MORE's team is highly trained award winning stylists that can help you achieve your hair goals.

LEIA

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

For me personally I draw inspiration everyday from our team at Wellcut, the women that sit in my chair (and of course my very own Mum) listening to their stories and accomplishments in their life really moves me and makes me proud to be a woman.

KENNEDY

What influenced your career choice?

Since under the age of 5 I was introduced to the hair industry by my grandmother. Because of her I am very grateful that I have always been surrounded by stylists and the salon environment. It's always been one of my dreams and goals to be a hairdresser and follow in her footsteps.

MINDY

How do you engage with local business community?

I love shopping locally and support local business. And even if I don't require their particular services, and I've heard good things, I'll pass that info on too. And definitely engaging with their social media by liking and sharing posts can be a great way of interacting and can help get the word out about local businesses in our community.

RACHEL

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

My team have been extremely important in achieving all my business goals. A team of people who can grow individually is always going to grow my business in so many ways. One of my 1st business goals when I first brought Wellcut was to grow a highly specialized team, with focus on client service as well as creating an enjoyable environment for clients to relax and staff to be happy. I know have an amazing group of young women that work extremely hard and know who they are.

MELISSA

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

Some goals and aspirations I have for the future include working towards building up my clientele to be able to one day rent a chair. I'd also love to train as a professional makeup artist to combine my love of hair and makeup as one.



299a Stafford Street, Timaru
Ph 03 688 8239



ACTIVE HEALTH

Rachael Boyce

Rachael purchased Active Health (then called Physical Health Centre) in 2001. At that time she was the sole physio in the business, which has now expanded to have 8 physiotherapists and an occupational therapist.

What is your business focus?

Active Health is a Physiotherapy and Occupational Therapy



for 25 years, worked with the elderly, delivered pain management and done extensive rehabilitation and strengthening for complex injuries.

business. My focus at Active Health is to have our whole team get on board with our clients journey, providing exceptional care and individualised treatment and guidance to help you reach your goals. Our vision is for South Cantabrians to thrive living a healthy life to their fullest potential; and for businesses to excel using innovative ways to look after their staff to keep them fully fit, and productive.

What is unique about your business?

Our business has a huge range of experience over a wide range of physiotherapy and occupational therapy areas. We have clinicians who have worked with teams directly in sports physio, return work and ergonomic assessments in workplaces, trained in hand therapy, given workplace talks, taught pilates, delivered respiratory and breathing therapy, massaged for

Our experience is one of our major strengths and our team work, sharing these experiences and supporting each other, allows us to deliver the best, most appropriate treatment for patients, or put patients with the best therapist for them.

Valuable learning experiences?

I came into business a good physiotherapist, but without knowing how to be a business owner. There have been many learning experiences along the way good and bad. 21 years in, I have learnt a lot but I approach each day and week humbly as I know it can bring a challenge I've still never seen!

Best advice you have received?

Stay true to your values and you won't go far wrong.

Your greatest accomplishment is?

My two beautiful daughters are without a doubt my greatest accomplishment. They are my why every day.

Top three things on your bucket list are?

My bucket list is about 40 items long, so I better live to 100 as I still have so much to do! This winter I'm doing the mid winter swim with my oldest daughter which is a mind over matter bucket list challenge as I hate being cold!!

30 Church Street, Timaru
Ph 03 683 1122
www.activehealth.nz



“My team have been extremely important in achieving all my business goals. A team of people who can grow individually is always going to grow my business in so many ways.”

Nyki Leonard

Betts Funeral Services

What is unique about your business?

We are privileged to be able to care for a person and be involved in their very last moments on earth.

Best advice you have received?

Don't put off till tomorrow, what can be done today (courtesy of my colleague, Gary).

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

In this industry its extremely important to know that any person in our team has your back and is always there for support. We face many challenges, in many forms, on a daily basis, looking after families through such a difficult time and I guess my on-going goal is to continue to meet those challenges with an open mind, recognising that every family's journey is different and respecting that fact.

What was your background before you joined the funeral industry?

Moving to South Canterbury in 1984, I completed my high school years at Timaru Girls High School. The majority of my working life has been in dentistry, however I have had an interest in funeral directing from the age of 19, knowing it was a profession I wanted to be in eventually.

What do you enjoy most about the industry you work in?

Something I hear quite a lot from families is "thank you for making this so much easier". This is why I love my job; helping families through this difficult and often stressful journey is a privilege and I love the feeling of making a real difference in people's lives.

33 North Street, Timaru
Ph 03 688 4033
www.betts.co.nz



Megan Anderson

Liquorland

What is your business focus?

Customer service is key focus in our business. Hopefully every person who walks through our door leaves happy and satisfied with their purchase/s and wants to return.

What influenced your career choice?

This was my husband's idea. It has been a big change from nursing. Retail has had its challenges but is both rewarding and satisfying. You meet the most amazing people.

What is unique about your business?

We have been very passionate from the start about growing our range of spirits, wines, RTDs, non-alcoholic drinks and merchandise in order to cater for most people's taste and requirements. This hopefully makes our business unique from all the others.

Valuable learning experiences?

I think you learn something most days in life.

Your greatest accomplishment is?

Our five beautiful boys.

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

My husband and I would love to travel more and hopefully have some grandchildren.

22 Dee Street, Timaru
Ph 03 688 3149



Renee Ackroyd

Ackroyd Design and
Renee's Floral Studio

What is unique about your business?

Working across different creative sectors allows me to bring a unique perspective and skill set into any project. The crossover of Interior design and floristry has made me very focused on texture, form, colour and... all about the Details!

What influenced your career choice?

Education, family and friends. Studying performance design at Massey and Toi Whakaari was an eye opening experience, and it pushed me in ways I never thought possible. Working at a florist part time whilst at Uni is where I found my passion. My Floristry took me from Wellington over to Melbourne. The return home opened design opportunities and I started working for the family company JE Dennison Ltd as a Kitchen designer. This in combination with becoming a Mum had led me to where I am now.

Do you have a role model or someone who inspires you? I am inspired everyday by the women in my life. I am lucky to have family and friends who constantly strive to be their best selves and always support me in my endeavours.

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

Small term goals are getting on top of social media - posting more regularly and setting up the Ackroyd design website. My long term goal is having a creative hub where woman across many creative industries can work together offering, support, inspiration and driving work flow.

Your greatest accomplishment is? The

everyday work that has to be done to achieve any goal, I'm a big believer in enjoying the journey and not putting all the focus on the final destination. So my greatest accomplishment could be washing on the line one day, the next day it could be a meeting with clients or a floral install that has been weeks in the making.

Ph 027 4889 059
www.reneesfloralstudio.com



“I am inspired everyday by the women in my life”



Amanda Rosewall
Skin Deep Beauty and Health

What is your business focus?

My focus is to create an ultimate client experience through exceptional service, great atmosphere and superior technical skill using the best products we can source.

What is unique about your business?

We are fortunate to be able to stock Osmosis skincare and internals. Osmosis Beauty is a disruptive skincare brand, that utilises exclusive skincare and internal wellness technology that holistically restores the skin to a youthful and toxin-free environment. This places us in a unique position to be able to assist our clients to transform and restore their skin to its best health by bringing balance and overall well-being to the entire body.

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

My work as a beauty therapist is inspired by Dr Ben Johnson, the innovative founder of Osmosis. His aim was to create non-toxic skincare products and treatments that combine the purity of naturally sourced ingredients with revolutionary, doctor-developed, and scientifically validated formulas that deliver on his promise of permanent change. He wanted to create medical strength results using all natural ingredients, and I believe he has achieved this. His adage is "Permanent change is possible, your skin just needs to be inspired" and that is what I am trying to do at Skin Deep Beauty and Health for my clients. Inspire them and their skin to achieve permanent radiance.

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

I believe that everyone deserves a skincare experience that promotes healthy skin. My goal is to continue to assist clients to achieve the most radiant skin possible. I want to assist people to feel good about themselves by achieving glowing skin, and I want to continue to meet client needs by providing a high level of service and skincare advice in a calming and relaxing environment.

Mention you have seen this advert when you book in for a skin consultation and receive 15% off your product purchase on the day. Available until the 31st of May

13 Theodosia Street, Timaru. Ph 03 684 8871
www.skin-deep.co.nz



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www.millierose.co.nz
281 Stafford Street, Timaru


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E: catterowepodiatry@outlook.com

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Workshop & Showroom
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ph 684 4882
www.jewelcraft.co.nz



JANFRE GIBBS Blue Light Advocate

words: **Gilly Oppenheim** photo supplied

Jan Gibbs always wanted to join the police force, which she duly did two years after leaving school. After six months at Police College in Wellington she was posted to Timaru, where she has lived ever since. She married a local lad in 1985 and her son Jack was born in 2000.

Jan's first ten years were spent policing on the front line, followed by a stint with Operation Shovel in the Tactical Squad, where she was dealing with gang issues. Then it was two years in the Watch House followed by three years working as an Intelligence Analyst, following up local 'corridors of crime'. Her next job was as a Youth Education Officer in schools, a job she really enjoyed.

Jan took maternity leave in 2000 with the birth of her son and since then she has been a Youth Aid Officer. This is a hugely fulfilling job which involves Youth Justice issues and Care and Protection of our young people. Youth Aid deals with children and young people under

the age of 18 who have offended, are on the verge of offending, are subject to Care and Protection measures, or just need help to go in the right direction. Obviously there are wins and losses, but Youth Aid officers can have a really positive effect on young lives.

The Blue Light programme delivers and supports a multitude of youth programmes nationally and has been doing so for more than 30 years. The Blue Light Life Skills programme centres on a week-long experiential-learning camp for youth aged from 14-17 years. It is held at Burnham and is run in partnership with the NZ Defence Force, focussing on leadership training, practical skills, self-confidence, teamwork and leaderless tasks. Participants in this course can earn NCEA credits and it can also lead to opportunities to join the services. At the conclusion of this camp there is a formal ceremony which is attended by police, the Defence Force and Blue Light staff as well as the referees and families of the attendees. A proud moment for the latter!

The Blue EDGE (Educate Develop Grow Empower) is an 'in-school' programme of activity based experiential learning for young people between the ages of 14 and 18. This involves groups of up to 20 for 6 weeks with sessions on two days a week before school. This means a 6am start for fitness training, the provision of mentors and role models, inspirational guest speakers from the police and breakfast before school. The final event is "The Longest Day" which is a 12 hour period of various challenges – such as biking from Mt Cook to Caroline Bay- culminating in an awards ceremony and presentation. Timaru Boys High School and Roncalli have so far taken up the offer of this course.

The Blue Light programme also offers an activity camp for young people in years 7 & 8. The participants are nominated by their schools and get to spend three days in Queenstown, enjoying activities such as zip lining, jet boating and riding the gondola and the luge. The cost is all covered by Blue Light.

Jan loves working for the police. She likes the fact that every day is different and her fellow officers are a great group to work with. We are lucky to have her in our community.

Still feeling the pinch from high fuel prices?

You can improve the fuel economy of your vehicle by driving slower and more safely.

Try these tips:

- Avoid fast acceleration and sharp braking
- Reduce speed
- Check tyre pressure at least once a month
- Reduce short trips – you use 20% more fuel when the engine is cold! Walking and biking to your destination is good for your wellbeing and is better for the environment too!



South Canterbury Toyota *Mark Patterson*

Mark Patterson has come a long way in the motoring world since taking his first driving lessons on the streets of Timaru.

Born and bred in Timaru, Mark started working at South Canterbury Toyota as a salesperson in 2008 and has spent the last 14 years working his way up the ranks. On April 1, he took his career a step further, becoming the Chief Executive Officer of South Canterbury Toyota and Ashburton Toyota. Both dealerships are part of the McDermid Auto Collective, a company with more than 150 staff across five South Island sites.

"I have always taken each opportunity full on as it has come with some level of planning. Initially my goal was to own my own business. But it soon became clear that the opportunities that Toyota and the McDermid Auto Collective offered, I chose to take this career path."

To help prepare his new role, Mark, who has a degree in marketing from the University of Otago, studied management remotely through Deakin University in Melbourne.

"It was extremely stressful, but we made it work. I have three young boys at home, and one was born the first week of study. So, it was a bit of a struggle, but I am super

lucky to have a wife at home who is supportive, and who could see the opportunity and the bigger picture."

Throughout his time at Toyota there have been many highlights, the former Timaru Boys High School pupil said.

"There have been multiple successes by the team throughout the different departments so it's hard to name just one. The biggest and proudest was our South Canterbury Toyota team winning Toyota Dealer of the Year in 2019."

One of the biggest challenges Mark has faced during his time at Toyota, was dealing with the consequences of a severe hailstorm that pummelled Timaru in November 2019. Described as one of New Zealand's costliest weather events, the hailstorm destroyed more than 80 of the company's vehicles.

"It just decimated the vehicles. It put a huge amount of pressure on our frontline staff and our workshop to the point of almost a reset to get up and running again. It was extremely overwhelming because it was the first time any of us had experienced something like that, including the insurance companies, assessors, and panel beaters. We didn't really know where to start but through the support



of our staff, Toyota New Zealand, local suppliers, and our community we were able to move through it."

When asked if he had any advice for those on their own career journey, Mark said to "be the best at what you do, every day".

"Focus on being the best you can be in the role you have been given at the time then you should naturally be seen as an opportunity for progress."

We are proud to be South Canterbury's only authorised Toyota Dealer, employing forty five people from the Timaru area. South Canterbury Toyota offers an award winning customer experience, including new and used vehicle sales, service and tyre & wheel alignment facilities and also Genuine Toyota, Subaru and Holden parts and accessories. South Canterbury Toyota has a one stop shop Finance and Insurance facility, and offers many after sales products including service plans and paint & fabric protection. We look forward to being of service to you in the near future.

Fuel-saving technical tips

Many of us feel the sting at the pump whenever we get fuel. Add that to the ever-increasing cost of groceries, pushing many family budgets over the edge.

Is there a way to lessen the cost without going extreme, like leaving your car at home or buying an electric vehicle? Yes, there is.

A cold engine uses more fuel. The automatic choke kicks in when you start your vehicle to make the mixture *rich*. This means the mixture will contain more fuel in it. Here is your first opportunity to reduce the cost by accelerating smoothly.

Another factor to consider is the lubrication inside the engine. When you turn off the engine, all the oil that lubricates the moving parts flows to the sump at the bottom of the engine. Come the next day; you start the engine up. The oil pump pumps the cold, thick oil to the top of the engine. Only once the engine warms up does the oil properly lubricate all moving parts. Until this point, it is bare metal on bare metal, which is when the most wear happens.

The smoother you accelerate, the less fuel you will use. We all know how hard it is to move a loaded wheelbarrow when the wheels are underinflated. When tyres are underinflated, the engine must work harder – use more fuel.

Tyre pressure information is usually displayed on a sticker placed at the driver's door pillar. Check the pressure regularly and inflate when the tyres are still cold. Alternatively, you could go to a tyre dealer and ask them to check the pressure. Some may charge you a small fee, but they will also check the condition of your tyres. If you hit a deep pothole or bumped hard against a curb, you should get the wheel alignment checked as well.



| | | | |
|----------------|----------------------|----------------------|-------|
| | | | |
| 225/60R18 100H | 230 (2.3) (33) | 230 (2.3) (33) | |
| 42A50 | TJ | kPa (bar) | (psi) |

Once the engine is warmed up, the automatic choke disengages. Now the fuel/air mixture becomes *leaner*, which means the mixture contains less fuel. It is now up to the driver to drive efficiently to use less fuel.

Most vehicles have what is called a **second stage** on the carburettor. The carburettor is the part that mixes air and fuel. When the driver pushes hard on the accelerator pedal, the **second stage** kicks in to give the engine more fuel to accelerate quicker. There is a sweet spot where the vehicle gets enough fuel to speed up gradually, without the need for the **second stage** to engage. Unless you need to accelerate quickly, like when passing, there is no need to step hard on the accelerator. Once you find this **sweet spot**, you will noticeably use less fuel.

In my next article, I will discuss more ways to save fuel by driving smartly.

Daniel Naudé - South Canterbury road safety coordinator

Meet our Timaru team



PARTS TEAM: Danny, Jody & Sammy



ADMINISTRATION: Alana, Donella, Stacey



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