

essence

essentially...south canterbury



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GET THE LOOK

Shop local trends and given the amount of time we spend at home, it's vital that we create an environment to be proud of, but also feel comfortable in. Therefore we want you, our readers, to know exactly where to shop so you can create a designer look and add personality to your homes by building collections of home accessories and staple pieces, such as standout trinkets, rugs, lamps, cushions, vases, artwork – whatever suits your style and to be able to mix and match them between seasons.

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Craft Beer
Finding your perfect beer can be a challenge, one where taste is not just a matter of flavour. See page 18 to find where your top craft beers can be found.



The Mill

Affectionately known as The Mill, these iconic brick buildings with the familiar saw tooth roof, sit beside the State Highway at Waikuku. See the story on page 8.



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Interactive night at BA5

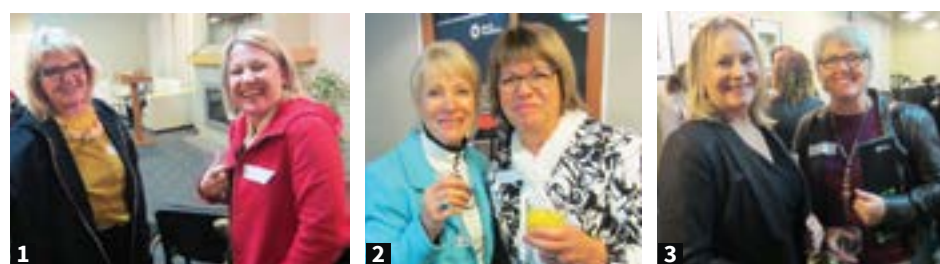
Ara Institute of Canterbury held the BA5 night on Wednesday the 31st of August. This was a fun interactive night where we found out what some of our local small and Not For Profit businesses are doing. Each of the 10 businesses got 2 minutes and 10 power point slides to explain what they are doing. Some very innovative businesses were presenting as well as some young entrepreneurs from our local schools. Amazing prizes were won by everyone who added their business cards in the bucket.



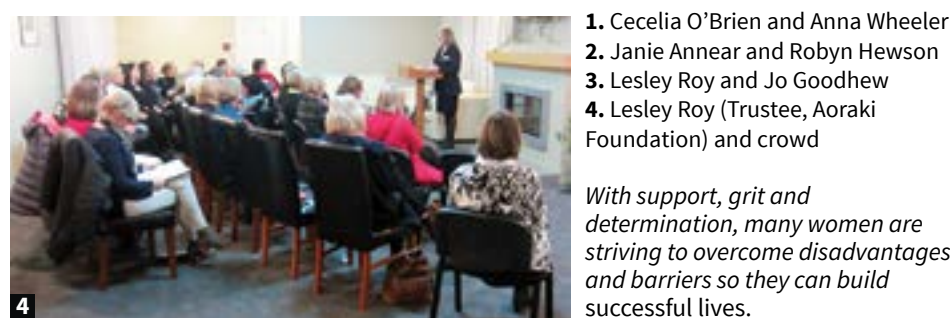
1. John Reyes and Emilie Ackroyd 2. Les Stoddart and Gary Lyons 3. Tarras Weir and Jonte Kydd-Law 4. Leah Bradley, Katy Houstoun, Lata Kumar, Kate Wright, Gunhild Gregor-Scott and Rarinder Battu 5. Murray Kitchen, James Valentine and Claire Morgan 6. Sharnae Naysmith, Gail Thompson and Daniel Naude 7. Kayla Forgeson, Tracey Gunn and Cheryl Ashton 8. Suzanne Talbot, Megan Calder- Weavers, Geneva Hati and Annie Light 9. Sarah Blatherwick, Vanessa Cumming, Sarah Lang 10. Rhys Taylor and Kerry Hiom AlSCO

Aoraki Foundation Women's Fund Presentation

Earlier in July the Aoraki Foundation hosted a presentation towards establishing a Women's Fund in our region. Guest speaker Dellwyn Stuart is the visionary behind the Auckland Foundation Women's Fund and spoke to around 30 local women about setting up a similar fund in South Canterbury. Dellwyn shared statistics highlighting the need including gender pay disparities and the gap in overall funding for women's organisations.



1. Cecelia O'Brien and Anna Wheeler 2. Janie Annear and Robyn Hewson 3. Lesley Roy and Jo Goodhew 4. Lesley Roy (Trustee, Aoraki Foundation) and crowd



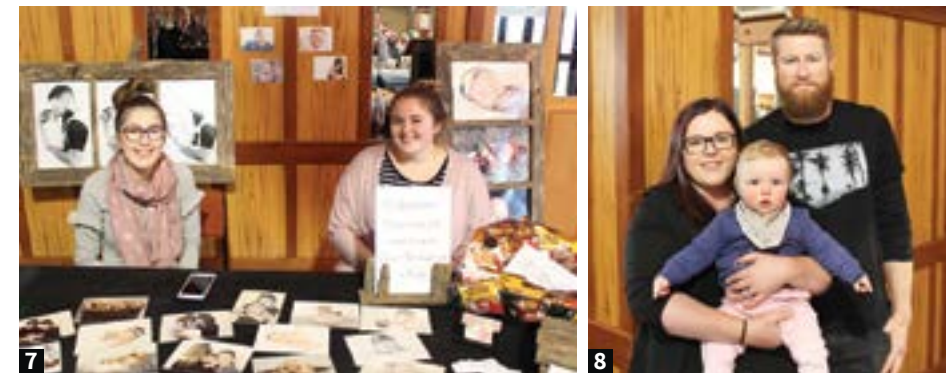
With support, grit and determination, many women are striving to overcome disadvantages and barriers so they can build successful lives.

Birth, Breastfeeding & Beyond

The Birth, Breastfeeding and Beyond Expo was held on the 3rd of August at Caroline Bay Hall. It was a fundraiser for Timaru La Leche League, which offers mother to mother breastfeeding & parenting support & information. It was the second year running it but the first time at this venue.

There was food, coffee & music, free goodie bags, and the some great stalls! Including a mixture of information/services such as Plunket, Midwives, Multiple Birth Club, as well as wooden toys, handmade baby items, carseats, and photographers.

They had about 300 people through the doors and well exceeded our fundraising expectations! We will hopefully be making this a annual event!



1. Amy and Matt Mills 2. Cynthia Stephens and Felicity Gabites 3. Kendra Short and Amanda Stoat 4. Jane Thompson 5. Anna Rothwell-Gibb and Michaela Rayner 6. Hayley Weston 7. Georgia Appleby and Abbie Geary 8. Toni, Mckenzie and Nigel Baker 9. Laura Carter and Sandra Brookland 10. Sarah Jessep, Stacey Brown and Melissa Sugrue 11. Kirsty Williams and Zalie Doyle 12. Vanessa Page and Janine Stewart 13. Karen Fraser and Hayley Casey 14. Janessa Murray and Kelly Stockwell

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words: **Kayte John**
photography supplied

My Mountain Therapy

For many of us, a typical Tuesday morning may include the commute to work, with expectantly a coffee in hand, while still reminiscing about the weekend. But for Rangiora local, Anna Frost, her Tuesday includes an adventure.

Anna, otherwise known as 'explorewithanna.nz' on Instagram has quite a following for her epic adventures where she shares tips, weather reports, and stunning scenic pictures of the mountains she has conquered throughout New Zealand.

Anna grew up living on farms in Mid and North Canterbury then moved to Christchurch for study and work opportunities. "I've lived in a few different cities over the years, but I relocated back to the Canterbury region as there really is no place like home," she says.

A lover of the great outdoors, the 35-year-old mum of two says that it became more difficult to conquer mountains after having children. "Before I had my kids, I would go on walking adventures by myself or with my husband, and after children it became harder to achieve. As a mum, I



Mt Isobel

know how hectic life can be, so I wanted to ensure I had 'me time' which involved getting outdoors and keeping active. Every mum or anyone for that matter needs 'me time' - so, I decided to take a day where I could do just that, and I'm such a better person for it!"

Anna began by researching the Visit Waimakariri website for local walks and came across an abundance of them. "My first hike was Mount Grey, then Mt Thomas. After that, I was hooked!"

Anna uses her Instagram page to encourage more people to be active and to seek out adventure, but more importantly ensuring they are taking time-out for themselves.

"When you reach the top, it's such a great feeling. The views simply take your breath away. I suppose you could call it my mountain therapy."

"My adventures give me a sense of achievement. And I absolutely love the sense of freedom I get from the outdoors, especially all the amazing places I have recently discovered that are right on our doorstep. There really is so much to explore in our region," she says. She adds, "Instagram is a great tool to share my adventures and I've made many connections with people who also love to explore and capture their journeys to share with the world. It's a great feeling looking back on your photos and reliving the moment, while inspiring others through social media."

When Anna is not in the mountains, she somehow manages to fit in F45 and hockey during the week. "My husband is so supportive of my love of fitness and the great outdoors. We encourage each other to ensure we are making time to do the things that we both enjoy," she says.

For anyone wanting to follow in Anna's footsteps, she says that a good hike to start with is Mount Grey. "Trust me - in time it will get easier and more enjoyable. I try and



Aoraki/Mt Cook

follow the sun and regularly check out Canterbury Weather Updates for the latest up-to-date weather reports and live weather cams. Don't forget to layer-up over winter. Merino layers are great as the higher you go, the temperatures drop, along with more wind exposure. Don't forget to bring water and snacks for the journey, along with a first-aid kit. When you reach the top, it's such a great feeling. The views simply take your breath away. I suppose you could call it my mountain therapy."

When asking Anna about her upcoming adventures, she says, "I frequently visit Craigieburn Forest Park and Torlesse Range as these areas are certainly some of my favourite places to explore. However, Mount Bruce, Avalanche Peak and Woolshed Hill are on my to-do list."

You can follow Anna's adventures on her Instagram page - [explorewithanna.nz](https://www.instagram.com/explorewithanna)



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Empowering Women in the Land of Rivers

words: **Gilly Oppenheim**

For the last four years, Chittagong, Bangladesh has been home for Dr Tiffany Cone. Dynamic and rapidly developing, Bangladesh is a Muslim majority country of 165 million people, located to the east of India on the Bay of Bengal. Bangladesh is truly a land of rivers, located within the world's largest delta - the Ganges-Brahmaputra. The landscape is thus very lush and fertile.

Tiffany finds living in Bangladesh so rewarding, because she knows she is making a difference to a "beautiful network of amazing young women who are thriving on the opportunities to learn. Their sense of gratitude is huge", said Tiffany. Tiffany holds a First Class Honours degree in Anthropology from the University of Otago and a PhD in Cultural Anthropology from the Australian National University (ANU) in Canberra. This enterprising young woman is now an Assistant Professor of Cultural Anthropology at the ANU in Chittagong. On top of teaching six courses per year, she is also the Programme Head of the Core Curriculum. Tiffany was originally a volunteer at AUW with the NGO Filmmakers without Borders before taking up her present position. At AUW, scholarships enable students from 18 different countries throughout Asia to study here. Many of the students undertake internships and project work throughout their time of study, and go on to study at prestigious graduate schools throughout the world. They all have to speak and study in English.

Tiffany was born in Pleasant Point and attended Pleasant Point Primary School, changing to George Street Normal School followed by St Hilda's Collegiate in Dunedin. Her family travelled a lot and Tiffany says her

life choices have been influenced by her very creative parents. For example, in 1994 her father did research for his PhD in Jakarta, Indonesia and the family lived there for a year. Tiffany described this as 'a transformational experience'. Her schooling was done by Correspondence and at 12, she learned the Indonesian



"Amazing young women who are thriving on the opportunities to learn. Their sense of gratitude is huge"



language and was exposed to a completely different way of life. In 1997 she spent six weeks on exchange in Dunedin's Sister City - Otaru in Japan. These experiences sparked Tiffany's interest in anthropology. During her honours degree, Tiffany went to China several times as a research assistant making films for educational purposes. Her PhD topic at the ANU was Sufism in China.

Living in Bangladesh, what does Tiffany miss the most? Clean green spaces to walk in the city and fresh salads! Tiffany said that there are good supermarkets and good delivery services for take-out food, such as Thai, Japanese, pizzas and burgers. However, she mostly cooks chicken and fresh vegetables, because one tires of constant curry, dal, lentils and rice! In a male dominated society, especially in public places, women tend to be seen together in pairs or groups and they do not usually drive, but this is changing as females driving for AUW are overcoming stigma and stereotypes. Tiffany said that despite the challenges of living in a bustling developing country, she is making the most of this opportunity, because of the mission of the Institute. The government has allowed the Institute to be established with academic freedom and it has also been granted land, where hopefully a new campus will be built to improve the quality of life of the students lucky enough to be educated here. Tiffany wants to stay in higher education and she would love to return to New Zealand one day, but it would have to be to a fulfilling job and a very different lifestyle to the one she is living now.

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THE MILL

Affectionately known as The Mill, these iconic brick buildings with the familiar saw tooth roof, sit beside the State Highway at Waikuku.

The Mill started life as a rope and twine works in the 1870s and through to the 1930s concentrated on wheat sheaf binder twine. The 1940s were lean years for binder twine and many workers served overseas helping the war effort. During this period an opportunity to manufacture linen fibre saw camouflage nets being made for the Americans for use in the Pacific.

Post war saw an improved economy and the hay baler found a place on every farm. The little mill at Waikuku expanded its hay baler production to satisfy demand, but by the late 1980s synthetic baler twine had taken over. The natural fiber twine works at Waikuku closed.

Paul and Jeni Sanderson, who were operating from the old Tutton Flour Mill in Rangiora, were looking for larger premises to expand their pottery business. The Mill was ideally suited with loads of character, history and a place to grow.

Once the manufacturing plant had been installed and the kilns up and running they set about making their colourful and whimsical hand painted pottery, high quality kitchenware, and oven to tableware. The old scotching house caught their eye as being suitable for a retail outlet and the dirt floor was refurbished with tongue and groove timber rescued from the Heathcote Malt Works and finished with windows from the Farmers Co Op building in Rangiora. A few years later and the need for a café was obvious. The pottery shop moved to the engineering workshop and The Brick Mill Cafe was established.

The site has enjoyed an increase in retail over the years. The I.D. Gallery (Incredible Discoveries) supports local and international art and gifts. There is the Emporium of Lost Treasures, where

often a bargain can be found. The Big Room showcases large pieces, from macrocarpa slab furniture to French antiques and exquisite bespoke up-scaled pieces. The Exhibition Room is filled with natural light streaming in through the gabled roof. This part built in the 1920s is set aside for exhibitions, weddings and events.

These spaces are large and open, with huge timbers supporting the roof. There is an overwhelming sense of old world craftsmanship in these solid structures. Her brick façade is used as backdrops for phot shoots, movies and documentaries. Currently she stars in a feature film presently in production. She has a lot to offer other than bricks and mortar. Sentiments not lost on the Sanderson children who grew up in the industrial landscape and historic spaces the mill offered. They were surrounded by artists and craftspeople with strong work ethics.

While Oliver campaigns for higher office, Amelia's fashion and accessory shop 'Oh Me Oh My' has settled in the old engineering shop. Bianca's Soap Lab is a recent manufacturing enterprise, and the youngest Chelsea applies her skills to screen printing.

Paul and Jeni see their role as guardians of the Mill and are very aware of its uniqueness. Weather events and earthquakes have played a role over the last 100 plus years, but the old mill still stands. She proudly shows a few scars, but still has many stories to tell. She is inviting and welcoming.

*Id - Incredible Discoveries. The Brickmill, Waikuku
Mon - Fri 10 - 3, Sat & Sun 10 - 4, Ph (03) 312 7978.*



NOW AVAILABLE AT The Ringmakers

Time has never quite been the same since the arrival of Ice-Watch to the watch market in 2007. A watch whose colourful fashion-focused and accessible concept would lead to an international, intergenerational and intercultural brand that's ticking along nicely. And Timaru now has an Ice-Watch stockist!



"We are delighted to bring the Ice-Watch brand to Timaru," says The Ringmakers' Aimee White. "It is an iconic brand that is well-known for its impressive blend of innovation, creativity, affordability and simplicity."

According to company founder Jean-Pierre Lutgen, "This is a fashion statement. Watches have become fashion accessories that allow people to express their personality." Ice-Watch collections feature stylish and eye-catching looks, and a great level of affordability. Quality is a cornerstone of the brand, with key features being silicone straps to maximise strength while maintaining flexibility, 100 metre water resistance and screw-on case backs.

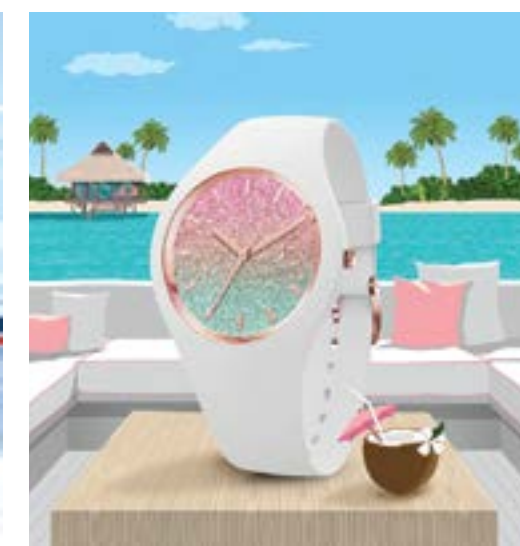
With multiple styles: minimalist, sporty, urban, colourful, glamorous, romantic; multiple materials: Ice-Ramic, silicone, metal, leather; and multiple audiences: men, women, kids and juniors, the wide range of Ice-Watch timepieces can adapt to the lifestyle and activities of those who wear them.

Two of its key new collections include the ICE Steel and the ICE Cosmos.

Elegant and robust, the ICE Steel is a full metal offering from Ice-Watch. It reinterprets

the original 2007 design in soft silicone that the brand was famous for, instead using shiny and sleek stainless steel. The ICE steel watch is also urban and masculine. Whether black or coloured, with a glossy, matte or brushed finish, this watch will add a touch of virility and assertiveness to your wrist! Wear it with a shirt and rolled-up chinos for a simple and laid-back summer look or with your most stylish suit and a smart shirt for a business lunch! Whatever the season, the ICE steel watch can be worn on any occasion.

Glitter and all things sparkly lovers, the Cosmos collection was made for you! Both festive and subtly glitzy, the dials of the ICE cosmos collection will captivate you! Adorned with Swarovski® crystals, ICE cosmos watches complete your outfits with a chic and luxurious glow. Classy and elegant, they are the perfect watches for evening wear but also add the perfect touch of glam to daytime looks. Available in a variety of colours ranging from the lightest to the darkest, the collection of ICE cosmos watches offers you a galaxy of possibilities!



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Bailey Lissington

A Passion for Engineering



This 18 year old TBHS student recently stunned his opponents by winning the Len Basser Award for Scientific Leadership at the Harry Messel International Science School in Sydney. It was presented by the Governor of New South Wales and the Chancellor of Sydney University. Students are selected not only because they are achieving very highly in science academically, but they are also contributing to their school community in other ways such as leadership and mentoring roles. Bailey is Deputy Head boy at TBHS this year. He has won a number of prestigious science awards, but this latest win was extra special for this young inventor.



What sparked your interest in Science?

Asking questions that my parents couldn't answer sparked my interest in electronics and computing, and optimising environmental resources has always been important to me. My research is an attempt to solve some of the environmental issues that NZ faces.

Tell us about your invention?

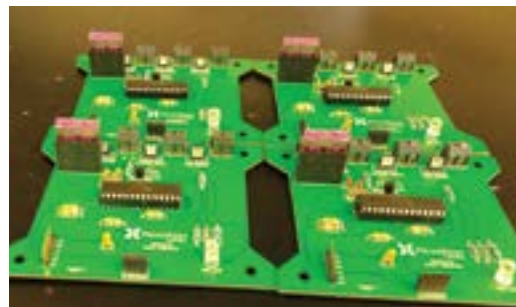
My 'Automated Garden Watering System' is aimed at optimising the growth of plants while reducing any wasted water. I believe the region over-waters its gardens, and sometimes its land, hence my invention to try to find a solution to the problem. The result is a system which limits and controls the amount of water based on the current environmental conditions. My invention measures certain variables, including soil humidity, air temperature and air humidity, to determine when the water should be outputted. While this idea and prototype was geared towards residential usage, I am now

developing the system for farmers. This new system measures variables on farms, processes the information and can predict changes in a farm's operation. The system is automated and Information will be relayed back to the farmer, with recommendations made to reduce the amount of water used, to reduce soil leaching and to optimise crop yields. I have contacted farmers and ECAN about possible improvements to my invention, current boards which I have designed are being printed and so far, I have written up 42 of 60 pages of the prototype.

What did you have to do to be a finalist in this competition?

Bailey has collected a formidable list of achievements in the last couple of years, leading up to his latest success.

- Overall winner of 2018 Sanford's Science and Technology Fair with his water management project.
- One of 23 finalists, and sole representative from South Canterbury in the ASB Bright Sparks Competition in November 2018 with his water management system. This competition showcases young inventors interested in electronic and digital technologies.
- Chosen to attend National Science & Technology Forum run by Rotary in Auckland in January 2019.
- One of six NZ finalists chosen to attend a two-week programme at the Harry Messel International Science School (ISS) based at the University of Sydney in July 2019. The ISS gathers together 140 top science students from Australia, China, Japan, India, New Zealand, Thailand, the USA and the UK, for a residential programme of talks by world-renowned scientists, laboratory tours and hands-on activities, along with social events like a Sydney Harbour cruise and a talent quest.
- The Talented School Students Travel Award, which is administered by Royal Society Aparangi and funded by the Ministry of Innovation and Employment, funds 60% of each student's travel and registration costs. This fund supports



passionate science students who have been selected to attend international science or technology events.

Do you have other interests outside of your passion for science and engineering?

Besides my school work, I am studying a first year university Maths course. I also enjoy playing basketball and I am a National basketball referee. My distance running has had to take a back seat at the moment. There just aren't enough hours in the day!

What next?

Next year I hope to study Mechatronics Engineering at either the University of Canterbury, Auckland or Sydney. I am also applying for other opportunities, such as the Google Science Fair, which is a worldwide online science competition based in the USA. I would like to especially thank my TBHS science teacher, Keri Whytock who has been very supportive of my projects and the application process. I would also like to thank my parents for letting me take up room in the house for my electronics work.

Comment from Keri Whytock (HOD Science TBHS)

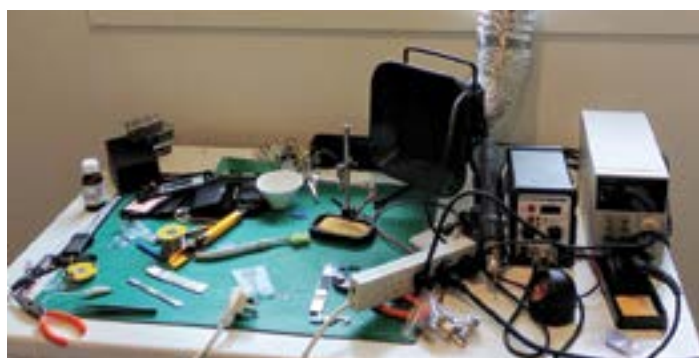
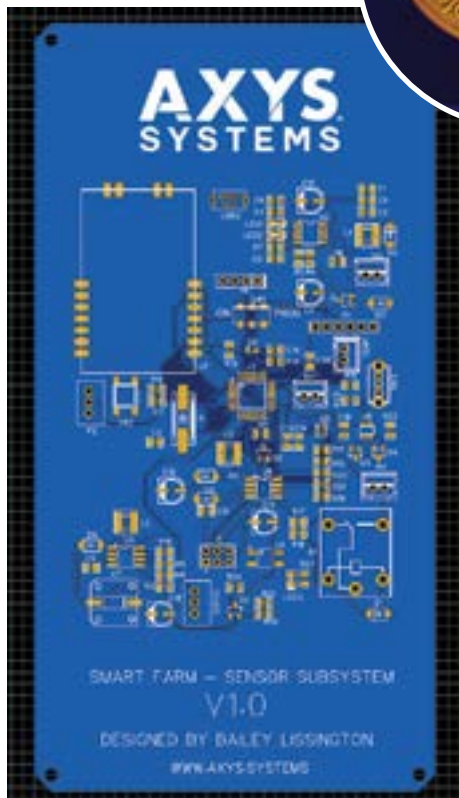
Bailey has shown himself to be an outstanding young man who contributes widely both in academic, sporting and leadership roles. He has a passion for Science and the environment and is an extremely able and insightful student, who works well beyond the level of his peers. Bailey's love of learning extends well beyond the classroom and he is always looking for new ideas and opportunities to challenge and extend himself. He is a problem solver. Bailey is enthusiastic about sharing his ideas and passion with other students and has started up an electronics club at lunchtimes where he is teaching other students about coding and electronics, he is very much hands on. We are extremely proud of Bailey's accomplishments here at Timaru Boys' High School.

MEN in BUSINESS

Our South Canterbury towns are bursting with wonderful businesses owned and run by dynamic and entrepreneurial men. Across all sectors from Jewellers to Taxidermist, Builders to Motoring, Men in Business are flourishing and dynamic in the South Canterbury business world.

Despite economic challenges and changing roles in society, or perhaps in part because of them, Men in business are driven, enterprising and continuing to succeed, managing, leading and growing businesses in all walks of life.

This month we want to celebrate and inspire you with an insight into some of the fabulous men in business here in our region. So read on for some inspiration!



Good men in the making

Join us at Timaru Boys' High School to see who we are and what we do.

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www.timaruboysschool.nz

Julian Blanchard

6 YEARS IN BUSINESS
4 EMPLOYEES

Harcourts Blackham & Co Real Estate Ltd

Q. What is the focus of your business? Real Estate

Q. If you had one piece of advice to someone just starting out, what would it be? Don't worry about the small things, these can take you away from the big picture of why you wanted to get into business in the first place. Don't worry about what the competition is doing, focus on what you can do better, and exceed expectations. Timaru is a changing town, full of wonderful people and a great community. Try new things, they won't always work, but keep trying.

Q. What is the best advice you have received in business? If it is not broken and working well, now is the time to change it. The market is changing constantly and you don't want to be left standing still.

Q. What are some of your business core values? Our values are People First, Doing the Right Thing, Being Courageous, and Fun and Laughter.

Q. What can business owners do to attract and keep high calibre employees? Don't treat them just as employees, pay them well and treat them with respect. Be a workplace of attraction where people want to work for you, rather than have to work for you.

Q. Aside from necessities, what one thing could you not go a day without? Siri, but that could count as a necessity...



41 Sophia Street, Timaru
Ph 027 228 4522 E: julian.blanchard@harcourts.co.nz



Riley Blackham

8 YEARS IN BUSINESS
54 EMPLOYEES

Harcourts Blackham & Co Real Estate Ltd

Q. What is the focus of your business? To deliver exceptional, personal service with the best possible outcome for every client.

Q. If you had one piece of advice to someone just starting out, what would it be? I believe that you should listen to the people who have walked the path before you and take the advice of the more experienced.

Q. What were some of the challenges you had to overcome? I was a very shy, quiet person coming into this industry, but real estate has given me plenty of opportunities to grow. I believe that you need to step out of your comfort zone, if an opportunity presents itself to you that makes you feel uncomfortable you should take it, doing this you will learn and grow as a person.

Q. What are some of your business core values? We believe in people first, doing the right thing, being courageous, fun and laughter and above all, enjoying what we do.

Q. What made you choose this type of business? Because of my family background, I am passionate about people and seeing others succeed, whether that is a salesperson achieving their next level, owners obtaining the best result, or buyers acquiring their next home.

Q. What motivates you to work hard? The ambition to continuously grow and upskill in this ever changing world. I believe if people and companies don't focus on growth and adapting to this constantly changing environment, they will be left behind.



41 Sophia Street, Timaru
Ph 027 372 2481 E: riley.blackham@harcourts.co.nz

Kieran Farr

6 YEARS IN BUSINESS
AS VEHICLE CONSULTANT

South Canterbury Toyota

Q. What is the focus of your business? Meeting with customers to discuss their vehicle needs. Showcasing Toyota's wide range of product.

Q. If you had one piece of advice to someone just starting out, what would it be? Better to listen than talk.

Q. What is the best advice you have received in business? Even though we're here selling product (in this case, vehicles), it's really about the people. It's about the relationships we build with our customers – at the end of the day, the cars are just hunks of tin.

Q. What have been some of the major challenges of your business journey? A little over a year ago, Toyota NZ launched what's called the "Drive Happy Project". At the time, it was a daunting change for sales staff (myself included). We didn't really know how it would play out. It took a real shift in mindset. But the proof is in the pudding, as they say. It's allowed us to focus on what really matters – the customer experience (see above).

Q. What made you choose this type of business? I'm a "brand" orientated person. For me, it wasn't so much about selling vehicles. It was more about aligning myself with a brand that I respected and valued. Like most Kiwis, for me Toyota is right up there in terms of reputation.

Q. What motivates you to work hard? It might sound funny, but I don't really see it as "hard work". If it's really difficult, you're probably doing it wrong! But then I do enjoy a holiday as much as the next bloke, so there you go.

Cnr North & Stafford Streets
Ph (03) 687 9280 E: Kieran.farr@sc.toyota.co.nz



Regan Koster

14 YEARS IN BUSINESS
7 EMPLOYEES

Cool Air (2005) Ltd

Q. What is the focus of your business? Reliable and cost-effective refrigeration/air conditioning solutions for SC.

Q. If you had one piece of advice to someone just starting out, what would it be? Be prepared to work hard, get systems in place early and stick to them. Always review these, make sure they are working, have controls in place. Keep connected to your community, be involved, honest, stick to your word.

Q. As a business owner, what are your top three priorities? Customers – without them there is no business. Staff – without reliable qualified staff we also don't have a business. Keep up with modern technology, trends, the latest in your industry.

Q. What are some of your business core values? We pride ourselves being honest/customer focused. Back up product with support, make sure we come up with fast solutions. Provide a safe/enjoyable environment for staff/customers alike.

Q. What have been some of the major challenges of your business journey? On the heating/air conditioning side, we're competing with non-qualified business/retailers supplying heat pumps which means customers often end up with wrong size/style of heat pump or wrong installation position. The right air conditioning unit in the right place is not draughty or cold. Our qualified staff will give you the right result. A warm cosy house!

Q. Where is your favourite family holiday destination? Lake Benmore, relaxing with friends camping around us. Spending summer days teaching the kids (I have two girls 9 & 7) skiing, survival skills/living the "kiwi dream" boating, fishing, drinking beer (not the kids!)

3 Cliff Street, Timaru. Ph (03) 684 8034 www.coolair.nz



Daniel Naudé

14 YEARS IN BUSINESS AS
SC ROAD SAFETY CO-ORDINATOR

South Canterbury Road Safety

Q. What is the focus of your business? Preventing road trauma.

Q. If you had one piece of advice to someone just starting out, what would it be? You may be a smart person or be the best in your field. If you are killed or seriously injured in a crash, it is game over. Avoid it at all costs!

Q. What are some of your business core values? Honesty and integrity. I have seen that being honest with people will always outlast a lie. It depends on how you say things too.

Q. What have been some of the major challenges of your business journey? Red tape and people's reluctance to make unpopular decisions on issues that WILL save thousands of lives. It seems that there are different standards when it comes to comparing road safety with other forms of tragedies. In New Zealand, around 400 people are killed every year, but we cannot seem to get the traction/support to change laws or systems to reduce it. It is bizarre that many people see this as a necessary sacrifice for having a diverse transport system.

Q. What made you choose this type of business? As a police officer, I experienced the devastation that fatal and serious road crashes have on families, friends, and colleagues. That converted me to specialise in road safety.

Q. Where is your favourite holiday destination? Rarotonga

Ph (03) 687 7235 www.scrs.org.nz



Stephen Brown

41 YEARS IN BUSINESS
4 EMPLOYEES

Ron Brown Jewellers Ltd

Q. What is the focus of your business? Retail & manufacturing jewellery for over 70 years.

Q. What is the best advice you have received in business? Pay your bills.

Q. What would you say is your greatest accomplishment? The Antwerp Diamond buying trips. This really has been so wonderful for the business and customers.

Q. What is one thing you've learned as a business owner? Nothing stays the same, towns change, customers change.

Q. As a business owner, what are your top three priorities? Always sweep the street first thing in the morning, have a warm and friendly environment and always give excellent service.

Q. What are some of your business core values? Never believe you have made it, be friendly to all customers, give excellent service.

Q. What is the best and worst decision you've made? Best – accepting an offer from my father to buy his business. Worst – is there one?

Q. What is the best thing about owning your own business? You are your own boss.

Q. What made you choose this type of business? Born into it, worked there as a nine year old.

Q. Aside from necessities, what one thing could you not go a day without? My wife and family.

Q. What did you want to be when you were young? Mechanic, I love cars, dad said that's a cold job.

304 Stafford Street, Timaru. Ph (03) 688 9835

www.ronbrownjewellers.co.nz



Peter Herron

34 YEARS IN BUSINESS
11 EMPLOYEES

Peter Herron Flooring

Q. What is the focus of your business? To provide a high quality service and finish to our customers with their flooring needs. With our eleven highly trained staff, from our management team through to the poor bugger that gets to lift rotten smelly flooring, we care about what we do and most of all we care about our customers who are mostly repeat and word of mouth.

Q. If you had one piece of advice to someone just starting out, what would it be? Get a good accountant and ask long-standing business people for advice. It's free but priceless. Keep an open mind, you may think you're the best and you know it all but no one does.

Q. What would you say is your greatest accomplishment? Having people from across the South Island ring daily for us to install their flooring. That only comes from hard work and great workmanship from dedicated staff.

Q. What were some of the challenges you had to overcome? The bigger flooring retailers think they can bully you and dictate what you are worth. Having recently dumped two of them, we have found ourselves with a massive growth in demand because our customers get personal care and they are not just a number. I think we are well on our way to conquering this.

Q. What is the best and worst decision you've made? Best - backing my staff and their ability to finish their job to the highest standard and to now work for the best retailers in the region. Worst - to have worked for retailers who don't back their contractors, some retailers treat their customers like a number and their contractors worse.

17 Butler Street, Timaru Ph 021 370 750
E: peterherronflooring@gmail.com

Peter Herron Flooring



Nigel Shore

18 YEARS IN BUSINESS
8 EMPLOYEES

Colin Shore Building Limited

Q. What made you choose this type of business? It's in our blood with my father Colin starting his Building Company back in 1966.

Q. What was your first job? My first job was an apprentice welder/engineer. So now I'm a qualified Engineer and a qualified Carpenter.

Q. What would you say was ONE of your greatest accomplishments? In all the years in business, I have learnt a lot in the building sector and have worked alongside a lot of great Designers/Contractors and Sub Contractors.

Still think the best project was the Timaru Business Hub at the top of the loop bridge. It had some amazing challenges but was very rewarding.

Q. What is the best thing about owning your own business? If you are prepared to put in the hard yards right from the outset, then you receive the benefits also taking the knowledge from years of experience and getting positive feedback is really satisfying.

Q. What is one of the best pieces of advice you have received in business? Never bite the hand that feeds you!

147A Gleniti Road, Timaru Ph 027 209 4579



Mike Spijkerbosch

2 YEARS IN BUSINESS, 8 YEARS IN
MANAGEMENT, 3-4 EMPLOYEES

Geraldine Landscapes & Hire

Q. What is the focus of your business? To provide a quality landscaping and property maintenance service along with yard supplies and general hire equipment.

Q. If you had one piece of advice to someone just starting out, what would that be? Do your market research and aim to provide the highest service possible.

Q. As a business owner, what are your top 3 priorities? 1 - Never compromise on service and quality. 2 - Listen to the customer. 3 - Establish a flexible marketing plan.

Q. What are some of your business core values? To offer and deliver the highest quality service we can, and to make sure we give our customers the right advice for their properties, within their budget. It's all about that personalised and friendly customer service! Each property is unique and deserves special attention – there is never a "one size fits all" plan!

Q. What made you choose this type of business? I have a passion for landscaping that started from an early age when helping my parents develop their holiday park facilities. I love to see my ideas working with the customer's vision and becoming a reality! I also have previously worked in the hire industry for a number of years, and have a good knowledge of operating and servicing all types of machinery/equipment.

Q. What motivates you to work hard? I have been instilled with a strong work ethic and enjoy delivering great personalised service to our customers. My hard work and perseverance will help Geraldine Landscapes & Hire to become a success, and I feel a sense of achievement when I see my ideas become a reality.

193 Talbot Street, Geraldine. Ph (03) 693 9580

www.glh.co.nz geraldinelandscapes



Gilbert Bailey

4 YEARS IN BUSINESS
2 EMPLOYEES

Obsolete Iron Motors

Q. What is the focus of your business? Restoration/ custom fabrication and problem solving, servicing car and motorcycle range.

Q. If you had one piece of advice to someone just starting out, what would it be? Keep focused and be prepared for a few knockers.

Q. What would you say is your greatest accomplishment? I feel Obsolete Iron Motors has enhanced the experience that people have when visiting Pleasant Point through our vehicle and memorabilia display and Frocks and Shocks shop.

Q. What made you choose this type of business? Obsolete Iron Motors came from my love of the challenge to keep something old alive. The variety of classic car and motorcycle events up and down the country- Rock and Hop, Mike Pero Southern Classic, has got people dragging old family vehicles out of the sheds and back on the roads, we are providing a service to help them reach this goal.

Q. Aside from necessities, what one thing could you not go a day without? Social interaction and people contact.

Q. Which of the five senses would you say is your strongest? Vision- I would say my ability to visualise customer's ideas has been my greatest asset.

Q. Where do you see yourself in five years? Still here.

87 Main Road, Pleasant Point Ph (03) 614 7410 www.obsoleteiron.com



Grant Drew

22 YEARS IN BUSINESS
7 EMPLOYEES

Calibre Taxidermy

Q. What is the focus of your business? We focus on being the best in the industry with friendly staff and great customer service. We have an open door policy and everyone is welcome for a coffee or a chat.

Q. If you had one piece of advice to someone just starting out, what would it be? Be patient, have respect, listen to what's been taught. Head down and bum in the air, hard work pays off and loyalty goes a long way.

Q. What is the best advice you have received in business? Good things takes time, work hard and the rest will follow.

Q. What are some of your business core values? Honesty and hard work.

Q. As a business owner, what are your top three priorities? Family and work, along with my pets and farm animals.

Q. What is the best and worst decision you've made? Best decision was to emigrate from South Africa 10 years ago, worst was buying a 2-seater "family" car.

Q. What is the best thing about owning your own business? All the blood sweat and tears you put into it and the long hours will finally pay off as everyone wants to be a success in life

Q. Aside from necessities, what one thing could you not go a day without? A can of coke.

Q. What did you want to be when you were young? A helicopter pilot.

26 Shaw St, Timaru. P: 03 684 9724 E: info@calibretaxidermy.com



Nigel Davenport

36 YEARS IN BUSINESS
3 EMPLOYEES

Aoraki Development

Q. What is the focus of your business? We are the Economic Development Agency for the Timaru District.

Q. If you had one piece of advice to someone just starting out, what would it be? Important to firstly land on WHY you are doing what you are doing – makes the HOW that much easier. Also remember you and your business are only as good as what someone says about you when you are not in the room.

Q. What is the best advice you have received in business? Get stuck in, stand out and prove your worth by doing the boring or sh*tty jobs better than anyone else.

Q. What can business owners do to attract and keep high calibre employees? Create a culture where it is obvious to everyone that you value your staff as your most important asset.

Q. What made you choose this type of business? We are so fortunate to live and work in such a great part of NZ and I love doing all I can to make people and business aware of this. Our local businesses have such great career opportunities and when you couple this with our enviable lifestyle – why would you want to be anywhere else?

Q. What is your favourite family holiday destination? Having just returned from a great family holiday to Europe its currently Majorca – great beaches, food, sights and climate (and surprisingly very few English).

2 Sefton Street, Timaru Ph (03) 687 2682
www.aorakidevelopment.co.nz



Amos Wheeler

17 YEARS IN BUSINESS. 19 EMPLOYEES IN THE SC BRANCH, 46 IN TOTAL (OVER THREE BRANCHES)

Hyundai South Canterbury

Q. What is the focus of your business? Hyundai & Isuzu South Canterbury is a locally owned vehicle dealership representing the award-winning Hyundai and Isuzu brands in the South Canterbury region. We have a proud history of exceptional customer service delivered by our professional, knowledgeable and friendly team – and what a team it is! We aim for excellence in all departments, inclusive of new and used vehicle sales, parts, service, finance and insurance.”

Q. If you had one piece of advice to someone just starting out, what would it be? Enter an industry you know, enjoy and get excited about it, if you're passionate you'll make it work.

Q. What is the best advice you have received in business? “Failing to plan, is planning to fail”. Have a plan in place that involves your whole team.

Q. As a business owner, what are your top three priorities? First and foremost, people. You need to have the right people in and around your business and give them the opportunity to grow and develop. Secondly, customer experience, we monitor our service to ensure we deliver the best experience, repeat business in our industry is key. Thirdly, a great product like ours, the brands we represent are fast becoming industry leaders in new technology.

Q. What are some of your business core values? We have four core values. Act with integrity, people make the difference, be the best, find a better way.

Q. What did you want to be when you were young? Right through my teenage years into adult life all I wanted to do was work for myself, I just wasn't sure what I wanted to do!

2 King Street, Timaru
Ph (03) 688 9995 www.southcanterburyhyundai.co.nz



Mike Risman

19 YEARS IN BUSINESS
2 EMPLOYEES

FloorPride Timaru

Q. What is the focus of your business? Carpet and Vinyl Retail and Installation.

Q. If you had one piece of advice to someone just starting out, what would it be? Be honest to yourself and your customers.

Q. As a business owner, what are your top three priorities? Honestly, quality and customer satisfaction. Be honest to your customers about the products you are selling. Only sell quality products that will perform the way customers require. Use a skilled and professional installer as we want our customers to be completely satisfied with their entire experience.

Q. What is one thing you've learned as a business owner? Only use motivated and skilled staff and contractors. We use our own in store flooring contractors for our domestic and small commercial contacts and we know the best workmanship is always achieved. For large commercial projects we have access to the largest flooring contractor in South Canterbury who has a highly qualified and professional team.

Q. What made you choose this type of business? My family was already in the flooring retail and installation industry. In 2000 I trained under my brother as an installer and then moved into the retail side with plans to buy the business off my parents which my wife and I did in 2015.

Q. What motivates you to work hard? I really enjoy working in the flooring industry and of course my family. My wife and brother both work in the business, my parents still help out from the time to time and my two daughters who always want to be involved.

Corner Arthur and Latter Streets, Timaru. Ph (03) 688 5038



Andy Ross

11YRS IN BUSINESS 1YR WITH MARINE & AUTO
2 EMPLOYEES

Marine and Auto Timaru

Q. What made you choose this type of business?

I will be succeeding Maurie in the near future and will keep providing reliable/ trustworthy service as Maurie has done all this time.

Q. What are some of your business core values? Start with confidence, knowing that we have a product which is far superior to our competitors, backing it with outstanding service, complemented by honesty/integrity. Most of the business is through referrals creating a network through clients and close contacts. Clients want to have a good experience, better service, value, advice, etc. and when they really feel comfortable, they will introduce you to their friends.

Q. Who inspires you and why? The people I work alongside, I have been involved in existing businesses where I had to start from the ground up working with and learning from the team members.

Q. What is the best thing about owning your own business? I can create my own environment/culture that best suits me, pursue my passion and makes me happy. Most of all the flexible work hours.

Q. What did you want to be when you were young? An engineer or mechanic, my grandfather taught me to use a lathe, welder and most workshop tools from a young age, if it could be pulled apart, I was into it, putting it back together was another story. I passed my apprenticeships, worked in several engineering related businesses and now I'm fulfilling my dream of becoming a mechanic specialising in outboard motorboats.

39 King St, Timaru. Ph (03) 688 6757

MARINE AND AUTO TIMARU



Tim Bean

30 YEARS IN BUSINESS
3 EMPLOYEES

Performance Health Club, Timaru, and Institute of Physique Management, London

Q. What is the focus of your business? Helping men/ women of all ages, especially those in business, live healthier, happier, longer.

Q. If you had one piece of advice to someone just starting out, what would it be? Be fully committed – do your homework, then cut the strings and don't look back.

Q. What is the best advice you have received in business? Making decisions, if it's not 100% “Yes”, then the answer should be 100% “No”.

Q. What would you say is your greatest accomplishment? It's a toss-up between presenting a TV series for ITV in the UK or co-authoring two best-selling books on health and ageing.

Q. As a business owner, what are your top three priorities? Daily Exercise, healthy food, and getting enough sleep. Without those you're in no shape to run your business effectively.

Q. What is one thing you've learned as a business owner? Developing your strengths, not your weaknesses.

Q. What was your first job? A holiday job working at a market garden in Christchurch. Every morning I'd cycle with my best mate up Wairakei Rd straight into the Nor'Westers to get to work, which was physical. After one Christmas doing this I'd saved enough money for a 10-speed racing bike (don't laugh, it was 7 gears more than my Raleigh Twenty).

Q. Which of the five senses would you say is your strongest? Probably a sense of humour, though a lot of people would probably disagree...

1 Heaton St, Timaru Ph (03) 684 6664

Performance Health Club



Craig O'Keeffe

CRAIG OKEEFFE BUILDERS 6 YEARS
AND BETTA TWO. 4 EMPLOYEES

Craig O'Keeffe Builders and Betta Inspect It Timaru

Q. What is the focus of your business? For both companies it's to provide an excellent service in extensions and renovations to existing dwellings and with Betta, an in depth Pre purchase building report, asbestos surveys, management including sampling and Methamphetamine testing .

Q. If you had one piece of advice to someone just starting out, what would it be? Be hooked into it and surround yourself with people who want the best for you and are willing to back and support you.

Q. What is the best advice you have received in business? "You built this beast and only it can feed itself". Things do get bloody tough at times and we have been very lucky with our suppliers and sub-contractors who have been patient and stuck with us .

Q. What are some of your business core values? Staff with the same core values bringing quality workmanship, pride and attention to detail.

Q. Who inspires you and why? We've been inspired and encouraged by family members in business and business development within the Betta Inspect National Brand has been invaluable.

Q. What motivates you to work hard? 'Put in the mahi to get the treats', family time and travel are big players in our motivation. Always having something to look forward to, be it small or large is super important.

117 Otupua Road, Timaru
Ph 021 264 6806



Top tips for Business

1. Know your market and do the research

This is the foundation. You might think that developing and selling sunglasses for dogs is a no brainer. But perhaps we need to think it through.

2. Keep focused on what you're trying to do

You are potentially your own worst enemy so don't be afraid to be original and have the courage and the belief in what you do.

3. Think big

Set yourself some Big Hairy Audacious Goals (BHAG). If it doesn't scare you then it's not big enough. Think bigger. And think global.

4. Remember who your customers are

Most motivational books are full of ideas around how to be a great leader. Most successful business folks will tell you it comes down to execution and consistency for your customers, your team and your company.

5. Play well with others

Building a business won't be done at your desk. You can't do it by yourself, you need to get out there and network. List it as a KPI. The name of the game is collaboration and building a close knit influencer network

Peter Wakelin

25 EMPLOYEES

Fairlie Four Square

YEARS IN BUSINESS 20 years as a butchery manager, 7 years as store manager/owner operator

Q. What is the focus of your business?

Every day we focus on providing the best possible value and range of products to our customers, together with friendly and unbeatable service.

Q. If you had one piece of advice to someone just starting out, what would it be? Try not to be overwhelmed by debt and be prepared to put in the hours.

Q. What's the best advice you have received?

As a butchery apprentice I was taught "if you wouldn't purchase it, then don't try and sell it". That's a saying that I still use today for my staff.

Q. What's the best thing about owning your own business? Taking the knowledge from my 30 years' retail experience and being able to execute those ideas into my own business, and then receiving positive feedback. It's extremely satisfying.

Q. What made you choose this type of business? I always received a tremendous amount of pleasure helping customers over the years in the butchery with meal and cooking advice, and also the day to day challenges of running a department. Now with owning a supermarket the challenges have increased two-fold but so has the satisfaction I receive from owning my own business. I thoroughly enjoy walking through the shop doors every day not knowing what the day is going to bring.

Main Street, Fairlie Ph (03) 685 8081
www.foursquare.co.nz/south-island/canterbury/fairlie/



Roger Patterson

17 YEARS IN BUSINESS
5 EMPLOYEES

Novus South Canterbury

Q. What is the focus of your business?

Auto Glass windscreen chip repairs and replacements.

Q. If you had one piece of advice to someone just starting out, what would it be?

Work hard and you will eventually reap the benefits and no matter how hard your day is the sun will always rise the next day.

Q. What is the best advice you have received in business? You only get as much out of it as you put in and that goes for everything, including sports etc.

Q. What is one thing you've learned as a business owner? No matter how hard you try you will never please everybody, you just need to keep on smiling.

Q. What is the best and worst decision you've made? Best decision- deciding to go into business 17 years ago. Worse decision(s)- not paying better attention at school and deciding to give the hole away on a 4 foot putt on the 36th hole in the 2001 Waimate Golf Club Championship final.

Q. What did you want to be when you were young? Police Officer.

Q. Where is your favourite family holiday destination? Anywhere involving a cruise ship and my wife.

21 King Street, Timaru
Ph (03) 684 8940 www.novusglass.co.nz



Jamie Crilly

9 YEARS IN BUSINESS
7 EMPLOYEES

Timaru's Family Vet

Q. What is the focus of your business?

Veterinary services for companion animals.

Q. If you had one piece of advice to someone just starting out, what would it be? Follow your dream and ensure you seek the help and advice from business coaches, they do not have to be from the same industry. Business coaches allow you to focus your ideas, discover new ideas and approaches, and help to keep you on task to complete your goals.

Q. What is one thing you've learned as a business owner? You need to surround yourself with people smarter than yourself. Being successful relies on having others perform their duties to the best of their ability so your role becomes redundant. You should be spending time 'on' the business and not 'in' it.

Q. What have been some of the major challenges of your business journey? One of the major challenges we face is the world-wide lack of vets, and attracting them to Timaru is really difficult. We have had to change our advertising and use a marketing specialist to 'sell' Timaru/South Island/New Zealand.

Q. Aside from necessities, what one thing could you not go a day without? My day runs much better when I can ride my bike to work and home again. I feel energised for the day and happy to be helping the environment at the same time. It only takes 10 minutes and driving would be 7 mins on a good day!

9 Latter Street, Timaru Ph (03) 746 4144 www.familyvet.co.nz



Vince Gardner

20+ YEARS IN BUSINESS
22 EMPLOYEES

Timaru Town & Country Club & Highfield Golf Course

Q. What is the focus of your business? Hospitality, Special Interest & Sports group.

Q. If you had one piece of advice to someone just starting out, what would it be? Check, double check and then check again.

What is the best advice you have received in business?

As an assistant manager/ bottle store manager, my back then employer whom I had a great deal of respect for said to me in his office one day, "stop wasting your time boy, you're way more than this position, only you can do something about it". That statement caused me to turn a career corner. Trust and believe in your own abilities became my motto and provided the drive and ambition to build up the Geraldine club over 5 years before moving to Timaru Town and Country Club Inc & Highfield Golf Course where I've now been for 11 years. Advice, I guess can come in an array of forms, for me it was like an awakening, someone you considered a clever business person telling you that you were just as clever or perhaps cleverer. The trick was to hear the advice, accept it and do something about it.

Q. What have been some of the major challenges of your business journey? People- if it's your idea they might not be interested and likely not support you- make it their idea, involve them and the next major challenge you face is holding the journey back.

Q. What was your first job? A grain stacker, 50-80kg bags of grain stacked 5 to a row and up to ten rows high, at age 17.

99 Douglas Street, Timaru Ph (03) 688 0020 www.timaruclubs.co.nz



Brent White

3 YEARS (INVOLVED IN THE BUSINESS FOR 26 YEARS) 7 EMPLOYEES

The Ringmakers

Q. What is the focus of your business? Jewellery design, manufacture and retail, including repairs. At the heart of our business is the close working relationship we develop with the customers who come to us for manufacturing and remaking. They appreciate the opportunity to be involved in the design process and trust us to create special pieces for them. We also have many regular customers in the purely retail part of the business who tell us that they love being able to pop in and be served by a friendly face who knows them by name.

Q. If you had one piece of advice to someone just starting out, what would it be? Be prepared to be incredibly busy! Business success relies on many different factors but one of them is definitely hard work and the more successful your business is the busier it will get and the more work will be generated!!!

Q. What can business owners do to attract and keep high calibre employees? Value them and their contributions to the business, provide agreeable working conditions and provide opportunities for training and growth. We must be doing at least some of these right as we have brilliant staff!

Q. Aside from necessities, what one thing could you not go a day without? My stereo system and music collection. I love music: going to concerts, discovering new bands, and reading about music, but even if I couldn't do any of those things, I'd still be happy as long as I could listen to music every day.

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



Steve Morse

29 YEARS IN BUSINESS
5 EMPLOYEES

Morse Chiropractic Centre

Q. What is the focus of your business? To provide our community with the best chiropractic healthcare for people of all ages and from all walks of life.

Q. If you had one piece of advice to someone just starting out, what would it be? My advice would be to get a mentor. Getting advice and support from someone who has walked the path before you can be invaluable. A mentor can help guide you through, and avoid the potential pitfalls of starting out in business.

Q. What would you say is your greatest accomplishment? Creating a thriving business in a very competitive healthcare environment.

Q. What can business owners do to attract and keep high calibre employees? Creating a team environment is important. Every staff member should feel like they are a vital part of the team, and that they are valued. Involve them in the decision making process. Happy staff add real value to your business.

Q. What made you choose this type of business? My father was a Chiropractor, so I grew up with an understanding of how chiropractic could help people. In my late teens I realised that, like my father, I had a strong desire to help people reach their healthcare goals, and achieve a higher level of function.

Q. Where is your favourite family holiday destination? Definitely the Marlborough Sounds. I love to go fishing, and water skiing, and getting back to nature. My family love relaxing in the remoteness of it.

Morse Chiropractic Centre
46 North St, Timaru. Ph 03 688 1279



Reader Wren Glasses \$59.90 ▼

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Cobblers Inn
Highfield Mall
145 Wai-iti Road, Timaru
Ph (03) 688 4251
cobblersinn

LAYBUY

Stepping into *spring*

The winter-spring transition can be a freeing moment. Wool gives way to cotton, black to beige (or better yet, blush or yellow), and boots to something strappy as all-get-out.

So, what to wear for a smooth seasonal change? Here's a couple of ways to spring-up your winter wear, winterise your spring wear, or maybe just invent a whole new season altogether. Call it "sprinter."

Light Layering - You don't need a heavy coat to keep warm during the in-between days. Hang up the wool and pull out something lighter.

Add Colour - Colour can change a mood as quickly as sunlight breaking through clouds. Or a tulip blooming yellow. Take a cue from nature and use some colour to get into spring. Nothing says "sure, it's chilly, but not for long!" like white -- and pink, beige, peach, yellow, coral and even amethyst. Oh, and grass-green! Lighten your sweater, blouse or jacket colour to get a spring feel in the final days of winter.

Introduce Print - Mixing it up is always advised, but in the transition to spring fashion in particular, a purely solid ensemble is just a waste: A great print can make almost anything seem reborn.

Accessorise - Half the time, all you need to do go from "winter" to "sprinter" (yep, we said it again) is the right scarf. Go for one that's lightweight, knit or woven, and airy in a spring print. Floral, tribal or a pale-coloured animal print will work wonders. Loosely wrap it in an effortless drape when possible; if it's too cool for that, go snug. It'll still change the feel of your ensemble.

LaFont \$649 ▼

Canon Street Optometrists

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Fashion Focus

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268 Stafford Street, Timaru
Ph (03) 684 5220

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FASHION FOCUS
Highfield Mall, Wai-iti Road, Timaru Ph (03) 688 8711 www.fashionfocus.co.nz

How to choose the *perfect frame*

words: Vanessa Cumming - Canon Street Optometrists

A new pair of glasses can be anything you want them to be: classy and refined, bold and beautiful, quirky and adventurous! Regardless of the style you're after, they must make you look and feel fabulous! There is no point purchasing something quirky if you don't have the confidence to wear it!

Try some different colours and see how they complement your skin tone and hair colour. A cooler colour will detract from natural colouration, whereas a warmer colour will enhance a pale complexion.

Don't rush your purchase, take your time and enjoy the experience. Our Dispensing Opticians will encourage you to try something different and push you a little out of your comfort zone but remember we know faces and we will help you find what is right for you, in terms of your lifestyle, the look you are after and your face shape.



Three golden rules

- eyebrow line** - the top of the frame should caress the eyebrow line and follow the natural curve. This will bring symmetry and balance to the frame/face.
- Cheekbones** - the frame should come down to the top of your cheekbones, filling the centre third of your face. The shape of the lower part of the frame will influence the appearance of your jawline. If you have a rounder jawline, like me, try a straighter edge to square off your natural curve.
- Width of Cheek/Jaw** - the frame width should be in line with your cheekbones and follow your natural shape towards your jaw.

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CANON STREET OPTOMETRISTS



CRAFT beer

Finding your perfect beer can be a challenge, one where taste is not just a matter of flavour. Whether you prefer bitter, sour or fruity, there is a brew to suit every palate.

So to help you out, we've gone straight to the source – in this case, our local bars and restaurants. Whether you're a beer novice, a crafty connoisseur, or just have a thirst for some brewing knowledge, read on to get a heads-up on which of these brews is likely to be your perfect match.



SAIKOU

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Through innovative Japanese brewing techniques, Asahi Super Dry has achieved a delicate, yet rich, full-flavoured body with a refreshing, dry aftertaste. The lager is brewed using the finest quality yeast, malt, hops, maize & rice. Firmly focused on taste preferences, Asahi is brewed to perfectly complement any meal while retaining its refreshing quality.

SAIKOU TEPPANYAKI & WHISKY BAR
PH (03) 686 6830
4a Sefton Street, Timaru



THE OXFORD

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Double dry hopped with full solid flavour but a medium body weight and light malt characters. We match it with our Reuben Sandwich from the lunch menu, as it can handle the local corned beef, the pickles and capers with our house made beer rye bread, not forgetting IPAs are always good with cheese.

Closed Tuesdays. Open for Lunch, Dinner and weekend Brunch.
THE OXFORD PH (03) 688 3297
152 Stafford Street, Timaru



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PH (03) 688 0020
99 Douglas Street, Timaru



WAREHOUSE LIQUOR

Panhead APA Supercharger

Hops are where it starts for the born-again craft head and Supercharger APA is where Panhead delivers. This is an all-American show with Centennial, Citra and Simcoe overwhelming your nose, kicking you in the taste buds and departing with more bitterness than a Palm Springs divorce. It's a seriously addictive combination. Call it the beer lovers' beer of choice, after all to be voted top brew by the country's most avid consumers must mean something.

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A great tasting snack to enjoy with a beer. Biltong available from Burgers Butchery.

A variety of flavours available.

305 Church Street, Timaru
Ph (03) 688 9338



HARLAU HOUSE CAFÉ

Harlau House Café is now a LICENCED PREMISES!

One of our most popular meals to accompany beer is the Classic fish'n'chips -which will never go out of style! Especially when the fish is BLUE COD! The crunchy coating on our Blue Cod and the crisp fries washed down with your favourite beer makes for a mouth-watering tasty treat.

Enjoy the warmth and ambience of our idyllic cafe. Open 7 days a week 9am-4pm

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5 kitchen must haves



1. Scooter woven basket planter - \$55 Maree Hynes
2. Handmade Organic cup - \$19 Maree Hynes
3. Natural bone handle salad server - \$35 Maree Hynes
4. Taylor Container - \$45 Maree Hynes
5. Wishbone Dining chair - \$319 Maree Hynes

words: Gilly Oppenheim

Chips from the Heartland

"Our chips are made from potatoes grown by a New Zealand farmer in a New Zealand paddock and processed in a New Zealand-owned factory. It's fair to say that potato chips don't get more Kiwi-made than that." Heartland Potato Chips production is a real family affair. Raymond is the boss, his wife Adrienne is a company director, son James runs Fallgate Farm which supplies the potatoes and daughter Charlotte manages the factory.

So how did it all come about? South Canterbury farmer Raymond Bowan grew up around potatoes. As a young lad he earned his pocket money digging up spuds on a neighbour's property, so it wasn't surprising when he grew up that potato growing featured on his Fallgate Farm at Orari and they were suppliers to Bluebird. When the local Bluebird factory in Washdyke decided to close its doors in 2008, Raymond saw this as an opportunity. It was huge and expensive gamble, taking on the gutted processing building in February 2009. However Raymond quotes the old adage, "When one door closes, another door opens".

He had to completely fit out the building with processing equipment and to source markets. Here Brian Kirby was invaluable. As the former Bluebird sales representative, he already had a good relationship with Foodstuffs and their locally owned and operated New World stores. He knew that they had to have a point of difference in the market – this being the very best quality product. Heartland chips are gluten free, they are made using canola and sunflower oil (no palm oil), they contain no hydrogenated or trans fats and they have a low carbon footprint, being produced just 30 km away. When the potatoes leave the farm they are transported to the factory where they are washed, then thickly sliced and cooked in their unique blend of all-natural oils.

About 250 -260 hectares of potatoes are grown annually at Fallgate Farm. Charlotte needs to forecast how much needs to be grown to sell and to let the farm know six months in advance. The potatoes are planted in September and digging begins in early January. They are used directly off the paddocks from January till



Heartland Potato Chips production is a real family affair.

Pictured left - James, Raymond, Adrienne and Charlotte Bowan



May, with the excess then going into storage and processing takes place all year round. Four varieties of potatoes are grown and they are trying to be innovative with their flavours. The southern salt old-fashioned wave cut chips are still a favourite and new flavours include apple cider vinegar and maple bacon chips. Both salt crinkle cut and kettle cooked chips are produced in the spotlessly clean factory. There are thirteen full-time staff in the factory and maybe an extra five for seven months of the year, with seven or eight working full-time on the farm.

This very successful business is going from strength to strength. In the beginning, they just serviced the South Island, but Heartland chips are now sold nationwide. They will celebrate nine years of production in October this year and they are now the number two producer in the South Island. For quality tasty chips, you just can't go past them!

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Here's a short list of what we have in store for our customers:

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- 2 function venues
- Bottle store
- 10 competition dart boards
- 2 petanque rinks
- Off street car parking
- 23 sporting groups
- 18 gaming machines
- 8 pot black pool tables
- Outdoor bowling green

WAREHOUSE LIQUOR

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August Specials!

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- Export Gold 24 pack bottles **\$32.99**
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- Bells Scotch Whisky 1L **\$33.99**
- Seagers Gin 1L **\$30.99**

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35 Browne St, Timaru | P 03 688 1012
www.warehouseliquor.co.nz

Learning to drive is a fun but risky business.

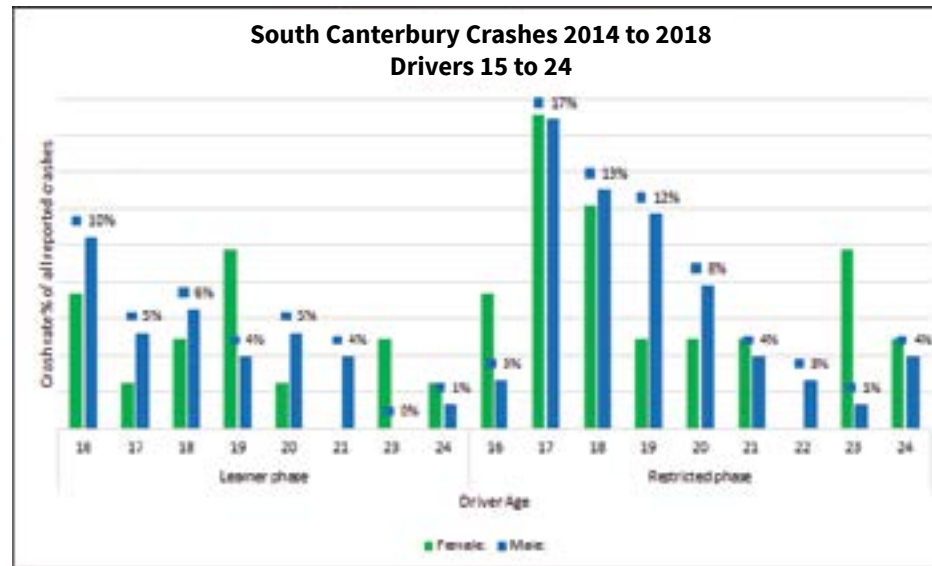
Young drivers have high crash risk

Road crashes are one of the leading causes of death and serious injury for young people. In New Zealand, fatal crashes involving young drivers are amongst the highest in the Organisation for Economic Co-operation and Development (OECD).

Crash data for learner and restricted licence holders from 2014 to 2018 shows that ten drivers/passengers were killed and 152 were seriously injured in South Canterbury.

Sixty-nine percent of fatal or serious injury crashes happened on the state highway network in 100km/h speed limits. The rest are on local rural roads with 100km/h speed limits.

Fifty-three percent were loss of control crashes; eight percent were overtaking crashes. Forty-one percent were single vehicle crashes.



In the chart, we see that male drivers in the 15 - 18 year group are more likely to crash than females in the same age group. Then, in the restricted licence phase, females have more crashes than their male peers do. The chart also shows that crash rates for both groups increase significantly once they move to the restricted licence phase.

It is at the early stages of both licence phases that we can instil good driving foundations with the Holden Street Smart (HSS) programme.



photos: courtesy of Holden Street Smart



Proper driver education is the key to reducing road trauma.

HSS is an excellent best practice cognitive based driver programme that aims to influence the lives of young Kiwis across the country in a positive manner.

HSS is not your traditional defensive driving, classroom lesson or school-based environment. We are a one-day event, offering a practical hands-on learning experience and providing young drivers and their parents/caregivers the opportunity to undertake supervised driving practice. This provides the parents the opportunity to assess themselves also, in order to be a better coach and mentor to their teen.

Holden Street Smart focus on:

- developing good decision-making strategies for safe driving, including self-assessment and learning,
- reading the road environment,
- resisting peer pressure,
- managing or eliminating distractions and,
- planning ahead.

The learner will be behind the wheel for the majority of the day, and will most likely experience situations s/he may not already have faced on their driving journey. The programme offers real world situations drivers may have to deal with at some stage during their driving life.

HSS takes place in safe, controlled, off-the-road environments, under the watchful eye of qualified coaches, who will help teach you their many years of learnings. While our venues are racetrack circuits, there is no racing involved and everything is conducted under normal road rules and conditions.

Our aim is to give you better understanding of where you are in your driving journey, so that you can leave HSS as a safer and more aware driver, but most importantly where you may need further instruction through the help of your parent / caregiver as mentor or via driving lessons from a qualified driving instructor.

For more information about Holden Street Smart visit www.scrs.org.nz

Donella Hope

Donny is the Receptionist and part of the Administration team at SC Toyota.



Q. What is your role?

I've been working in the motor industry for over 10 years in varying roles – my current role is Receptionist/Administration. I enjoy working as part of our fun team here at SC Toyota. The reception is like the beehive of the building, so it is my job to help keep the day to day operations of the business running as smoothly as possible. I will greet you when you ring or come into the dealership and I can help point you in the right direction.

Q. Why South Canterbury Toyota?

We are a friendly bunch of people who go out of our way to help you in every department

from sales, service, tyres and parts. We have amazing customer service and a reliable brand you can trust.

Q. What can you expect?

We pride ourselves being friendly and welcoming- we have great customer service and great coffee. Whether you are buying a vehicle or getting your vehicle serviced you can expect a warm friendly environment.

Q. What can we offer over other vehicle Dealerships?

We have a wealth of knowledge in all areas with several of our staff being in the industry for 15 years. Our knowledge and great customer

service are what we pride ourselves in.

Q. How do you choose the right vehicle?

I will point you in the direction of one of our friendly sales team, they are all very knowledgeable and with our range of new and used vehicles there is something to suit everyone.



Cnr North & Stafford Streets
Ph (03) 687 9280

Email: donella.hope@sc.toyota.co.nz

ASK AN EXPERT

If you have a question you would like our panel of experts to answer please drop us a line at info@essencemagazine.co.nz



Sarah Lang

The only Behavioural Optometrist in Timaru. My passion is to ensure my patients have comfortable vision for learning and reading.

Q. What is a Behavioural Optometrist?

Behavioural Optometry considers more than just eyesight and aims to ensure your vision is working easily and comfortably for your visual demands including learning to read and write. The word "Behavioural" refers to the effects on a person of vision problems, not to misbehaviour!

Q. What is different about a Behavioural Vision Examination?

The eye health and eyesight are checked as usual, and then more tests may be done to investigate the efficiency of focusing, convergence, eye coordination and tracking eye movements. Sometimes visual information processing abilities of a child are also assessed.

Q. How does a Behavioural Optometrist treat any visual problems detected?

Glasses are often prescribed, frequently to prevent discomfort and enable comfortable vision. Sometimes a course of Vision Therapy is recommended.

Q. What is Vision Therapy?

Vision Therapy is a series of exercises or activities that allow someone to develop important skills to help them with focussing, eye alignment or interpretation of visually derived information.

Q. Who would benefit from Vision Therapy?

Anyone who cannot read or use a computer easily and fluently without eyestrain, blurred or double vision, despite the use of the best glasses for near work. Also, any child who is having trouble learning to read, or reading to learn would probably benefit. Someone who has suffered a concussion may also find Vision Therapy helpful if glasses don't resolve their visual problems.

Q. What sorts of activities are involved in a course of Vision Therapy?

Some aim to improve control of things like eye movement, focussing or convergence/divergence. Others improve spatial awareness and all work on increasing self-awareness.



Canon Street Optometrists
26 Canon Street, Timaru Ph (03) 688 9791



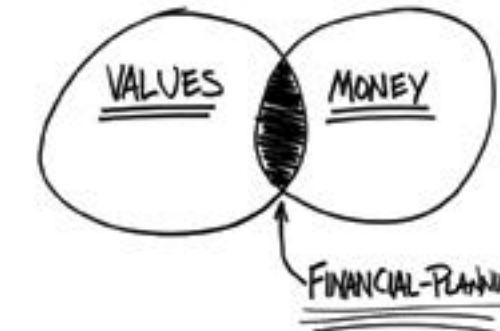
Emily Wheatley

Is an Authorised Financial Adviser in Timaru and sees the difference that financial stability and success has on people's lives.

Q. Hi Emily, we are managing okay financially, however, I do not feel we have always made the best choices when it comes to money. I have just received my annual bonus and am deciding whether to use this on a holiday or to save it?

Life is full of choices and normally more of one thing means less of something else. By saving money it may make you feel better as you are providing a safety net, or it may enable you to take advantage of a future opportunity if it arises. While a holiday can help create new experiences and memories that you will cherish; it is more important to you to spend now and enjoy it, or save for a rainy day?

If you know what is most important to you then you should take the time to make the decision. Don't do it impulsively, or spend the funds before they are even in your bank account. Make the decision with your values in mind. You may find an option that enables you to do both. Maybe it's not that weeklong holiday to Hawaii you wanted but rather a weekend in Hammer Springs and saving the difference?



If you don't know what is most important to you or would like to model how different approaches might impact your financial goals, then you should seek advice from an adviser who can help you with that.



Ballantynes Building 7 Canon Street, Timaru
Ph (03) 03 372 1900 | M: 027 519 1898
www.lifetime.co.nz



Stephen Allington

The General Manager at NZ Petfoods. After 20 years' experience with the company, he has a vast knowledge of what goes into making premium petfood.

Q. Why is buying nutritious pet food important for your pet? Just like humans it is important for pets to be fed wholesome, nutritious food so they stay healthy and happy. This will assist with a shiny coat, healthy teeth and gums, good digestion and vitality with high energy levels. Just like the foods we eat, there are quality, healthy choices we can make on behalf of our pet. It is imperative they get the nutrients they need from a meal that's both tasty and satisfying. Love your pet by investing in their health!

Q. Why buy petfood from NZ Petfoods?

At NZ Petfoods our passion and speciality is raw feeding which we believe is the natural choice of food to promote all of the above factors for a healthy, happy pet. We have a huge range of raw frozen petfood products to suit your pet. Whether your pet likes beef, lamb, chicken, fish, game, or a mixture of meats and offal, we have something for all even if your pet has allergies or is fussy. We are locally owned and operated and have been making petfood for 30+ years so come and talk to us! As well as two factory shops, customers can also buy online and have petfood delivered nationwide.

Q. How much petfood should I be feeding my adult pet?

This depends on the type, size and activity levels of your pet, but generally it is recommended to feed 2-3% of their body weight daily. We believe in convenience when feeding, so we make individual frozen portions in a variety of sizes to help you know how many grams you are feeding. If in doubt have a chat with our friendly staff.

Q. Where does my petfood come from?

We procure meats and fish mainly from our local region and have an MPI approved factory where we control the process from source to finished product. This means we can ensure the quality of what we produce so we know your pet eats well.



32 Redruth Street, Timaru
Ph (03) 683 1084

Email: admin@nzpetfoods.co.nz

www.nzpetfoods.co.nz | and like us on Facebook

Catie Rowe

After graduating in 1985 I established several private practices in Timaru and Christchurch. My special interest is in childrens feet, menopause women and diabetes.



Q. How do I contact a Podiatrist?

You can self-refer to Podiatrists or be referred under ACC. You can also register any foot injuries directly with us.

Q. What do Podiatrists actually do?

Podiatrists are highly experienced medical professionals who treat from very young children with walking problems i.e. knock knees, flat feet and painful feet and growing pains to the elderly who are trying to maintain mobility. We offer footwear advice, shoe modifications and orthotic therapy. Podiatrists are experts at treating ingrown toenails and in treating the ever increasing fungal toenails.

Q. My feet look like my mother's?

A commonly expressed view from women. With regular visits our clients feet will remain comfortable and pain free. Even the hardest toenails can be filed into order. We treat painful bunions and fallen arches.

Q. Whats new in Podiatry?

"Shockwave Therapy"- Not an actual shock but a series of high energy percussions that create a physical soundwave that breaks up scar tissue. In my 34 years of Private practice shockwave therapy is the most exciting and successful innovation ever.

Worldwide success rates are around 80-90% with at least 75% reduction in pain.
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-Heel Pain
-Achilles Tendonitis
Most patients require 1-3 treatments only.



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Ph: 686 0820

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- Home Staging
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Be inspired with the plethora of gorgeous cushions, throws, wall art and furnishings. With new stock arriving daily our showroom is worth a weekly visit. Various payment options are available including Farmlands, Rural Co and Q card.

Check out our website www.mareehynesinteriors.co.nz and browse on the go! follow us on Instagram and Facebook for latest news and products.

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words Grant Shanks
images Ken Block's
Gymkhana Files/
Hoonigan Industries.

Burning up a Mountain

Given the huge success of Muscle Car Madness and the popularity of the burn-out pad action, I thought it appropriate to write about the ultimate tire-torturing (note American spelling) driving event I have ever witnessed, albeit onscreen.

Amongst the motoring fraternity, particularly rally drivers and drifters, the name Ken Block is very familiar, however, to many reading this article he will be unknown. Yet, Ken Block is one of the most incredible and spectacular drivers to ever burn rubber. His job description, in his own words, 'I destroy tires.'

To say Ken is a legend at his craft would be an understatement. He has made a career out of rally driving as a top class professional and in stunting and drifting. His online images, posters and Gymkhana videos sell in their thousands. Individually his videos have averaged 40 million hits apiece. He's appeared on Top Gear several times doing crazy stuff including burning up the streets of London. However, Ken is still relatively faceless to those not in the know. On top of all the auto-action, Block is an overachiever in other areas, co-founder of DC Shoes, which was sold to Quicksilver for 87 million dollars. A snowboarder, mountain biker, wakeboarder, KB is also a very savvy marketer with his Hoonigan



range of auto-apparel, one of the fastest growing sport clothing brands on the planet.

This writer came upon Ken quite by accident. I'm not a great fan of drifting, however, when I saw the video of Mr Block driving Hoonicorn V2, his 1400 horsepower, twin turbo, methanol-powered 1965 Mustang up the notorious 14,000 feet, Pikes Peak, I became an instant fan.

The incredible images here are from that video. To watch it, simply go to You Tube and dial up Ken Block Climbkhana Pike's Peak. You will be stunned at the incredible driving and this absolute monster of a car.

To quote Ken, "This car is insane. I feel it genuinely wants to kill me."

The warnings at the start of Ken's videos state plainly what you are about to witness is done by a professional driver on closed roads/streets etc. Anyone trying to emulate Block's antics is worse than an idiot. This man is the ultimate professional driver. You Tube the videos and enjoy some of the most incredible driving you will ever see. Great scary fun delivered by one of the world's very best.

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Image: Majorelle collection by Mokum

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*\$68.80/week based on Celerio GLX Manual, \$15,990 plus ORC, total amount payable \$17,956.82; nil deposit, 3.9% p.a. fixed interest rate and 5-year term. On payment of on-road costs to the Dealer, finance payments include a \$300 documentation fee and \$10.35 FFSR fee. Offer available 1-31 August 2019. Normal lending and credit criteria apply. Excludes 2019 Jimmy, fleet purchases, demo vehicles and other promotions. www.suzuki.co.nz

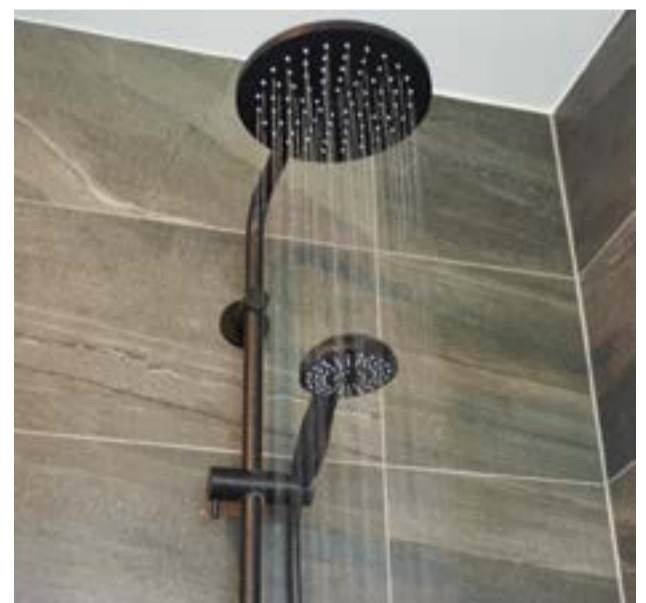
HOLLANDS SUZUKI CARS 13-15 North Street, Timaru 03 688 8297 www.hollandstimaru.co.nz

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See in-store for full terms and conditions. (Installation not included).

Mitre 10 MEGA TIMARU
Bank Street, Timaru
03 687 2033



OPEN 7 DAYS

Monday-Friday 7am - 6pm

Saturday 8am - 6pm

Sunday 8am - 5pm

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