

contents

Wow it's hard to believe we are putting the final touches to our Christmas issue. Can you believe it has been five years this month since Essence Magazine first went to print?

We hope you have enjoyed the content of the magazine throughout this year. When the girls and I reflect on the past year - our common thoughts are how fortunate we are working alongside so many motivated and successful business owners, getting to know interesting people and visiting special places in South Canterbury. We are truly grateful to be given the opportunity to showcase all that is great about our region.

In this issue we profile popular celebrity chef Nadia Lim who introduces us to her latest plant based cookbook, Vegful. Page 6.

We get excited about the up-coming Caroline Bay Carnival, page 7. We think celebrating five years of Essence Magazine is an achievement, but this amazing carnival is celebrating 109 years! We have a wee way to go!

Another business celebrating is Cocoon Hair Design. Their recent award recognises the best business, training and creative talent in New Zealand's hair, beauty and barbering industries. Well done girls.

Our Christmas House this year is Rachel Garden and David Carr's beautiful character home and garden which they have owned for 19 years. Page 11.

Don't forget to shop locally this Christmas - we have put together several pages of inspiring gift ideas on pages 14-17.

Invite some friends over to share our favourite cheese recipe on page 18 accompanied by 'the now not so secret' Peach Chutney recipe by Mandy from our North Canterbury office.

Enjoy your summer break - Dorothy, Larnya, Liz and Pat.



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LIVING WITH STYLES' FINAL SALE...

The lease is running out on our temporary premises, so all floor stock HAS TO GO.



20-50% off all Furniture, Homewares and giftware. Must end Christmas.





209 Hilton Highway, Washdyke Next to Robert Harris Cafe Ph: 03 688 2960 www.livingwithstyle.co.nz

Mon to Fri 9am-5pm, Sat 10am-4pm, Sun 10am-4pm essential I **limelight**





Fun Filled Night in Fairlie

Blank Space was open late on the 20th of November giving locals the opportunity to get started on their Christmas shopping - while enjoying drinks, nibbles, plus amazing specials and giveaways.



1. Ayla Surtees, Cheryl Just and Rebecca Kerr 2. Ben Dobbs and Lily Williams 3. Jan Mulligan and Hazel Groundwater 4. Lily Williams and Jenny Joblin 5. Maree Davis, Debbie Brown and Karen Clarke 6. Molli O'Neill and Gracie Hellmrich 7. Sandra Lambert, Megz McIvor and Keri Bulling-Slocombe 8. Nicki Lysaght and Karen Hernderson 9. Ben Dobbs and Isabel Clarke

Christmas Gifts Galore

Maree Hynes Interiors & Gifts had a relaxing evening of shopping on the 21st of November with many ideas for Christmas gifts.

They brought the JOY back into shopping at the late-night event.



1. Raewyn Redford and Raewyn Bell **2.** Sandra Brown and Toni Brown **3.** Colleen Smith, Glenda Newland, Martina O'Toole,Teresa Heap and Evelyn Leggett **4.** Ashleigh Greenwood and Leanne McLaughlin **5.** Ella Ramage and Sam Munro **6.** Bernie Young and Angela McGraith

Need a new kitchen?

Come and talk to us as soon as possible to make your dream come true.

Confirm your kitchen in January and receive a

FREE INSTALLATION

We are closed from the 20th December and back up and running from Monday 13th January 2020

Have a great festive season.

Give Karl a call today to arrange a FREE quote

4 december 2019 I essence

0800 KDIRECT 021 354 999



Vegful Cooking

Nadia Lim hosted a very enjoyable night at Mountainview High School. VIP guests were invited to have a chat with Nadia and get their book signed. She introduced her new cookbook Vegful and had many stories to tell. What an amazing night it was for all.











1. Rosa Ellen and Nadia Lim 2. Christine Chisnall, Rayn Buckman and Yvonne McEwan 3. Georgia McEwen, Frankie Pullar, Emily Bills and Caitlin McIvor 4. Maria van den Bosch and Kery Drake 5. Maryclare Wood and Joyce Shankor-Kay 6. Paige Butler-Baird, Jayne Butler and Diane Sutherland 7. Hilary McKnight and Suzanne Talbot 8. Trudie and Abigail Blay 9. William and Francine Schmidt, Kirsty Burnett

Focus on Fashion

On the 20th of November Fashion Focus held a fantastic night out with their annual Fashion Parade raising funds for Save the Children. Most of the ladies came dressed in red to represent the organisation. What a night!













1. Vicki Gamage, Maree Sherwin, Tracey Hodgett, Jo Russell and Suzanne Talbot **2.** Linda Hawkey, Fay Edgeler and Lorraine South 3. Anne Benny and Sandra Briscoe 4. Bernadette Simpson and Helen Pye **5.** Ngoure Osford and Rosemary O'Connor 6. Jan Pope, Joan Caswell and Jill Hull 7. Vonnie Schaab, Rose Brown and Janice Mitchell 8. Issie Kyle, Diane Ross and Hilary McKnight







A celebration of "beautiful, colourful, bountiful vegetables" is how popular celebrity chef, Nadia Lim describes her latest (and tenth) cookbook, Vegful, which is a stunning collection of vegetable-based recipes. "It was around four years ago that I first wanted to write a vegetable cookbook. However, the timing didn't feel quite right, as I wasn't sure the majority of Kiwis were ready for it. Today there is a definite wave or movement towards more plant-based eating, with far greater awareness around how delicious it can be, and the benefits of eating more vegetables and less processed foods and meat."

While all of the recipes in Vegful are vegetarian or vegan, Nadia prefers to call it a vegetable cookbook. "The idea is to simply get people, regardless of what way they choose to eat, to eat more vegetables and to explore new varieties, flavours and ways of cooking and serving them. It's easy to get into the habit of buying the same vegetables and cooking them the same ways, but there is such an incredible variety out there to try."

In the beautifully laid-out book, simple tips have been provided for people with special dietary requirements, so they can adjust the recipes to suit their needs.

Nadia says she "still loves a good lamb chop" and is not recommending fellow omnivores should give up meat all together. However, she believes in going for "quality (such as more ethically raised meat) over quantity" when it comes to meat consumption.

For the last few years, about half the main meals she cooks for her family have been vegetable based. "Straight after (winning) Masterchef, my cooking was still mainly centred around a protein, as like most of us, I had been brought up with chicken, meat, or fish being the starting point for dinner. Even as a cook, I had to shift my mindset to put vegetables at the centre, but once I got used to it, I started to become a lot more creative and try new things.



Now, I think 'should we have eggplant, courgettes or kumara for dinner tonight?' and build a meal around that."

Nadia says her husband Carlos Bagrie, a fourthgeneration sheep farmer who grew up in Southland on 'meat and three veg" was initially resistant to the idea of vegetarian meals but is now a huge fan. "I think his views were a reflection of the majority of Kiwis. These days he doesn't really distinguish between a meat and a meat-free meal - both are equally delicious and satisfying!"

With two young sons, Bodhi (3) and River (1), cooking at home has become more about "family favourites" rather than the more exotic and sometimes spicy meals she and Carlos used to enjoy. "I don't have time to cook twice, so our meals are definitely not as exotic as they used to be, but that doesn't mean they can't be delicious."

Like many parents of small children, it can be a struggle for Nadia to get her sons to eat vegetables. Before she had children, she thought she would be able get them used to eating vegetables from a young age, but it hasn't quite worked out this way. "People often assume my kids must be great vegetable eaters, and while they're not terrible, they're not amazing either. Like most mums, I have to hide their vegetables and sometimes bribe them with ice

Today there is a definite wave or movement towards more plant-based eating, with far greater awareness around how delicious it can be, and the benefits of eating more vegetables and less processed foods and meat.

She says her boys love any kind of vegetable fritter, vegetable chips, such as carrot and parsnip roasted with a little olive oil and maple syrup, and Veggie Pops ice blocks, which are a "delicious and refreshing way" to get greens into young children. The Veggie Pops recipe features in Vegful along with Creamy Tomato, Mushroom, Kale and Black Bean Shepherd's Pie, another of the boys' favourites, says Nadia. "I substitute kale for spinach or silver beet when I'm cooking it for them, and they absolutely love it."

Nadia says her own favourite recipes in the book change depending on the season, however current choices include Cypriot Salad, which has lentils and freekeh or bulgur wheat as the base, with lots of vegetables, herbs.



haloumi and cherry tomatoes; and the Pumpkin and

Nadia's life is incredibly full and busy. As well as being a young mum, she writes and self-publishes her cookbooks and does most of her own marketing and publicity, including book tours. Her hugely popular magazine, Nadia, continues to go from strength to strength, and she is one of the founders of My Food Bag, now a celebrated

She even managed to find time to appear on this year's Dancing with the Stars television show. "I thrive on new challenges and it was really cool to do something right outside my comfort zone. Lioined for fun and was aiming to get about halfway through, but as time went on, I became more and more motivated and was thrilled to reach the semi-finals. My dance partner, Aaron Gilmore, the rest of the contestants, and the crew were all so lovely and we keep in contact a lot, which is a fantastic bonus."

Vegetables are the one food source we can't eat too much of, so if you are wanting to incorporate more plantbased cooking into your life or add some delicious new vegetable recipes to your repertoire, Vegful is the perfect addition to your Christmas wish list.

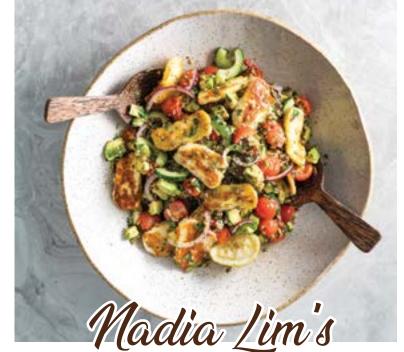


One Or Two Drinks Doesn't Mean I'm Impaired

Don't betcha life on it

Visit scrs.org.nz for more information





Cypriot Lentil & Freekeh Salad with Honey-glazed Haloumi

This salad was scored a unanimous, definitive 10/10 by a group of friends over for lunch. Freekeh — a young, green wheat, most similar to bulgur — is a delicious grain to incorporate in your diet; it has a fantastic subtle smoky, nutty flavour and is a little chewy. The combination of freekeh, lentils, sunflower and pumpkin seeds lends heaps of texture and nuttiness to this summery salad. It's hands down one of my favourite salads and is incredibly filling.

SERVES 4

Prep time: 20 minutes Cook time: 25 minutes

½ cup dried Puy lentils (French green lentils)
 ½ cup cracked freekeh (or bulghur)
 3 tablespoons sunflower seeds
 3 tablespoons pumpkin seeds

½ large telegraph cucumber

½ red onion, finely sliced

1/2 punnet cherry tomatoes, cut in half 1/2 cup each chopped flat-leaf parsley and mint

2 tablespoons chopped capers flesh of 1 firm-ripe avocado, diced

DRESSING

zest of ½ lemon
juice of 1 lemon
¼ cup chopped oregano leaves
¼ cup extra-virgin olive oil
1 clove garlic, finely chopped
2 teaspoons liquid honey
¼ teaspoon salt and freshly
cracked black pepper

HONEY-GLAZED HALOUMI

400g haloumi, sliced 0.5cm-thick ½ punnet cherry tomatoes leaves from a few sprigs of thyme or rosemary zest and juice of ½ lemon 1 tablespoon liquid honey

- 1. Bring a medium pot of water to the boil. Cook lentils for 5–10 minutes then add freekeh and continue cooking for a further 10–15 minutes or until lentils and freekeh are tender. Drain and run under cold water to cool and stop the cooking process.
- 2. Place sunflower and pumpkin seeds in a small fry pan (with no oil) and toast on low to medium heat for a few minutes, stirring frequently to avoid burning. Set aside.
- 3. Place all dressing ingredients in a jar, screw the lid on and shake well to combine.
- 4 Cut cucumber in half lengthways, scrape seeds out with a teaspoon (and discard), then slice. Place in a large bowl. Add cooled lentils and freekeh along with toasted seeds, all remaining salad ingredients and dressing. Toss together and season to taste with a little more salt and pepper, if needed.
- 5. Heat a drizzle of olive oil in a large non-stick fry pan on medium heat. Cook haloumi for 1–2 minutes each side until golden. Transfer to a plate and keep pan on the heat.
- Place cherry tomatoes and thyme/rosemary in the pan and cook, shaking every now and again, for a few minutes, until tomatoes are blistered. Add lemon zest and juice, let it bubble, then add honey and turn off the heat. Transfer blistered tomatoes to plate of haloumi and pour over the juices and herbs from the pan.
- 7. Top salad with haloumi, blistered tomatoes and honey glaze and juices.

DF omit haloumi | VEGAN omit haloumi and use maple syrup instead of honey

109th Caroline Bay Carnival

The Caroline Bay 109th Annual Carnival begins on Boxing Day and runs until 12th January 2020 with many activities for all age groups to enjoy. Great family entertainment is on daily with free concerts at 2pm and 7pm.

Artists performing include such shows as The Soul Agency, Recliner Rockers, NZ AC/DC, Badly Stuffed Animals, Queen & Robbie Williams Tribute Shows, Kenny Rogers & Dolly Parton Show with Frisky Business That 80s Show completing the carnival with a final 90 minute concert.

9pm – 11pm concert on New Year's Eve has Dangerbaby performing, games and rides are operating, then at midnight the volunteer pyrotechnic members set off the Pub Charity fireworks display, worthwhile staying

The annual Alpine Energy Talent Quest is on Sat Jan 4th & Sun 5th and is always very popular with a variety of talent on show.

Competitions include sand modelling, big dig, kids fancy dress and more. There is a variety of games, bouncy castles, mini golf, train rides, Merry Go Round, Octopus, Big Wheel and other rides with more for everyone to enjoy.

For holiday entertainment and a fabulous time then the Caroline Bay, 18 day Carnival is the place to be this summer. Check the website for when the artists are performing at carnival. www.carolinebay.org.nz or Caroline Bay on Facebook.



HE 10974 CAROLINE BAY CARNIVAL TIMARU **Entertainment Programme** Thursday 26th December Thursday 2nd January 2pm Dee May & The Saints 2pm Robbie Williams Tribute Show 7pm Kylie Austin & Noel Burns 7pm The Soul Agency & Guests Friday 27th December Friday 3rd January 2pm Kylie Austin & Noel Burns 2pm The Soul Agency & Guests 7pm The Recliner Rockers 7pm The Bay City Backing Band

Saturday 28th December Saturday 4th January 2pm The Recliner Rockers 2pm Junior Talent Quest Semi Final 7pm NZ AC/DC Show 7pm Intermediate Talent Quest Semi Final **Sunday 29th December** Sunday 5th January 2pm NZ AC/DC Show 2pm Senior Talent Quest Semi Final 7pm Badly Stuffed Animals 7pm Finals Talent Quest **Monday 30th December** 6th January - 10th January 2pm Badly Stuffed Animals 2pm Daily Acts on the Band Rotunda 7pm Dateless n Desperate Showband Friday 10th January Tuesday 31st December 7pm Black and Gold 2pm Dateless n Desperate Showband 7.45pmSweet Marie Band 7pm Dangerbaby Saturday 11th January 9pm - 11pm Dangerbaby 2pm Kenny Rogers & Dolly Parton Show Wednesday 1st January 7pm Kenny Rogers & Dolly Parton Show 2pm Dangerbaby Sunday 12th January Queen Tribute Show 2pm - 3.30pm Frisky Business The 80's Experience

BOXING DAY TO JANUARY 12TH 2020

For full programme details check out

www.carolinebay.org.nz

or email caroline.bay@xtra.co.nz

Do you know the road code?

Test your knowledge



- **1** When passing a horse and rider, what should you do?
- 2 The best way to merge is like a _____ where a vehicle from the left lane goes and then a vehicle from the right lane goes, and so on.
- **3** If you are being passed by another vehicle, move as far to the _ of the road as possible.
- **4** When driving at night, which vehicle lights should you turn on?
- **5** If your car was first registered before 1 January 2000, when must you renew its warrant of fitness? Every _____ months.
- 6 What is the maximum legal speed limit for a car towing a trailer on the open road? _____ km/h.
- 7 What is the maximum speed you may drive If you have a 'space saver
- **8** What should you do if you are driving and become sleepy?
- 9 When you experience a wheel skid (front or rear wheels). What should you NOT do?
- **10** A vehicle should not send out visible smoke for more than:______ seconds.

Be in to win a double movie pass each week for the month of December

Name
Address
Phone

Closing date: 6th January 2020

Send your answers to:

Timaru District Council – SCRS PO Box 522, Timaru 7940

Or take a photo (no larger than 3 MB) and email to:
Daniel.naude@timdc.govt.nz





South Canterbury Musuem

The South Canterbury Musuem is a great place to explore this summer, whatever the weather. From fossils to fashion there are hundreds of fascinating objects to see, and local stories from nature and history to discover. Explore our long-term displays to see our region's geological past, wildlife, stories of Māori settlement, the arrival of Europeans and recent social history.

Hands-on interactives, short films in a theaterette and activities for kids all help create an enjoyable family-friendly atmosphere for visitors. The Museum is open nearly every day over summer. Located on Perth Street, downtown Timaru, the Museum has free admission with donations encouraged.





Community Christmas Dinner

Wednesday 25th December 2019, 12pm. Caroline Bay Hall, Timaru.

Free Christmas meal for anyone wanting company on Christmas day. Bookings are essential. Transport available. Christmas gift for children 10 and under. enquiry@timdc.govt.nz

Carols by Candlelight

Sunday 15th Decembe

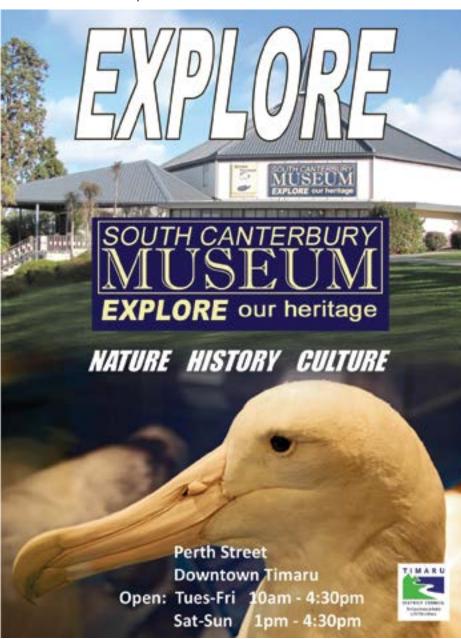
2019 at 7-8pm
Mountainview High
School. Pages Road,
Timaru.
Auditorium doors
open 6.30pm,
concert starts 7pm
Entry by FREE Ticket
only due to limited seating
Free Tickets available from the Timaru
iSite Visitor Information Centre.



Late night December 2019 at 5.30pm

Christmas late night Voucher - spend \$10

Shopping at Christmas late night shopping. We are giving away a \$500 Gift Voucher - spend \$100 instore on the night (cafe not included) and be in to win. Cafe PharLap will be open, offering yummy antipasto platters and Christmas Dessert.



essence | december 2019 7

Come and see the

for a great deal!

JewelCraft





would like to wish all their lovelu customers a Merry Christmas and Happy New Year.



We are open over the Christmas break - call to book your appointment!

We welcome Chris Hey everyone, I'm Chris, recently returned to Timaru with my feet on the ground up at Ruby Tuesday. I've been lucky enough to gain almost a decade of international experience - from in-salon hairdressing, to fashion focused high end runways and photoshoots all around Australia Based in Perth for the last 8.5 years, the city of blondes

and blow outs, I bring to you years of advanced colouring techniques, bundles of vast knowledge, skills and experience.

If you're looking for beautiful colour work or a clean fade, I could be the hairdresser you have been looking for!

197b Wai-iti Road, Timaru | Ph (03) 684 7456







The Industry Awards recognise the best business, training and creative talent in New Zealand's hair, beauty and barbering

2019 was a record year for entries from salons and stylists from all over New Zealand. The categories offer 21 awards including, Apprentice of the Year, Excellence in Marketing, Editorial Stylist of the Year. Five finalists in each section are judged by industry leaders, the awards presented at a black tie event held at Te Papa Tongarewa, Wellington.

Cocoon Hair Design were finalists in two sections, Sustainable Salon & Best Salon Design.

Cocoon has been a finalist in the Sustainable Salon award for two years. The practice of waste free colouring techniques, reduction of foil usage and a shampoo refill system that boasts over 200 refills annually are some of the sustainable practices that are an integral part of their day-to-day running.

The salon space in the Royal Arcade has been renovated and expanded 3



times over 7 years. Cedar flows from the $\,$ outside sign, through a window into a snug, an organic curved shape stretching up to the high ceilling. The latest addition offers a space for weddings, education seminars or clients who would like to work remotely. The finalists in Best Salon Design perfectly balance form and function, interior design and practicality

Industry 2018 FINALIS











A LOVE OF Christmas

Rachel Garden and David Carr have created something very special with their beautiful character home and garden, which they have owned for 19 years. The manicured formal gardens have box hedging, beautiful roses and peonies plus a huge old English beech tree. Rachel said the previous owners had created the paths and the two levels, but that is all that remains of the original garden today.

Rachel just loves Christmas. The

traditions, the festive food and decorations, the pleasure of giving and receiving presents, but most of all the joy of being surrounded by family. Rachel lived overseas for fourteen years, travelling to 26 countries, but she always came

shops in the United States, which are open all year round.

Rachel has opened her house and garden this year for the Hospice fundraiser, because she lost a very dear friend to cancer in August. Every room has a tasteful display of Christmas decorations, including two gorgeous Christmas trees. The dining table is stunningly set and beautiful stockings adorn the mantlepieces. Elves are hiding everywhere, even in the beech tree in the garden

Rachel makes a point of visiting gardens whenever she travels







Jewelcraft would like to thank the people of Timaru for the outstanding support in 2019, wishing you all a Merry Christmas and happy New Year

We hope you take time to enjoy family and friends and look forward to seeing you in 2020

> All the best Glen, Sharon and Sydney

Dec 19th & 20th 9am - 7pm Dec 21st & 22nd 10am - 3pm Dec 23rd 9am - 7pm, Dec 24th 9am -5.30



297 Stafford Street, Timaru

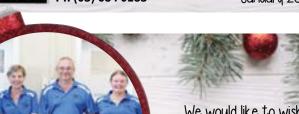






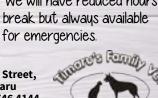


Our business will be closed from Friday 20 December and reopen Monday 13 January 2020



We would like to wish you a Merry Christmas from all of the team here. Remember to check your pet's vaccination status before boarding, ensure you have enough medication to last and NO chocolate or cake for your pets. We will have reduced hours over the break but always available

9 Latter Street, Ph (03) 746 4144





Have a safe and happy holiday from your local Environment Canterbury team. Meri Kirihimetel

Our offices will be closed from 5pm Friday 20 December 2019 until 8.30am Monday 6 January 2020



75 Church St, Timaru Ph 0800 329 276 www.ecan.govt.nz

To report an environmental incident contact 0800 765 588



Closed from December 24th till

CHRISTMAS HOURS Monday the 6th January

87 Main Rd, Pleasant Point. Ph (03) 614 7410



New Year. Closed over the festive season but you can contact me for private lessons

HOLIDAY PERIOD HOURS:

Mon 23rd Dec 8.30-4pm, Tue 24th 830-3pm Wed 25th & Thu 26th Dec EMERGENCY ONLY

Fri 27th 8.30am-4.30pm, Sat 28th 10am-12pm

Mon 30th Dec 8.30am-4pm, Tue 31st Dec 8.30-3pr Wed 1st & Thu 2nd Jan EMERGENCY ONLY

Fri 3rd Jan 8.30-4.30pm, Sat 4th 10am-12pm

Julie Neill's Dance Academy

would like to thank all their

clients and we wish you a

Merry Christmas and happy



Julie Neill's **Dance Academy**

65 Church Street, Timaru Ph (03) 693 9990 or 027 206 8456



www.scrs.org.nz

72 Main Street, Fairlie. Ph (03) 685 8084

The Team at Mint Boutique Rebecca, Keri, Penny, Andrea, Sophie, Eliza and Lizzie would like to wish all our customers a very Merry Christmas and happy New Year.

Safe travels over the festive season and look forward to seeing you all in the New Year

Open Mon to Fri 9-4pm. Sat to Sun 10-4pm and 24/7 shopping online at www.mintboutique.co.nz



when you are leaving and when you expect to arrive at your destination.

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

FASHION FOCUS

The Ringmakers would like to

thank their lovely customers

HOLIDAY PERIOD HOURS

Dec 24th 9am - 5.30pm Dec 25th & 26th CLOSED

Dec 27th 9am - 4pm, Dec 28th 10am -2pm

Dec 29th CLOSED

Dec 30th & 31st 9am - 4pm

Jan 1st & 2nd CLOSED

The team at Fashion Focus would like to wish you all a very Merry Christmas and the happiest of New Years. We would like to thank you all for your support over the last year and look forward to catching up with you again in 2020.

We are closed 25/26 Dec and the I/2 Jan.





The team at Warehouse Liquor would like to wish everyone a Merry Christmas and Happy New Year.

Enjoy a responsible festive season.



35 Browne St, Timaru. Ph (03) 688 1012

The team at Ron Brown

Dewellers would like to

wish everyone a Merry

Christmas and a happy

New Year. We have a large

range of gift ideas, come

and have a look

304 Stafford St, Timaru. Ph 03 688 9835

www.ronbrowniewellers.co.nz

HOLIDAY PERIOD HOURS Christmas Eve 8am - 9pm Boxing Day 10am - 6pm New Year's Eve 9am - 9pm January 1st & 2nd llam - 6pm

RON BROWN

ELLERS LT (



38 North St, Timaru Ph 03 684 7006

Timaru Dental Care wishes all their patients a very Merry Christmas and a Happy, safe & prosperous New Year.

CHRISTMAS HOURS

Monday 23rd December 9am - 5pm Tuesday 24th December 8.30am - lpm Closed over Christmas / New Year

Re-opening Monday 6th January 2020 at 9am



Cobblers Inn would like to wish all their lovely customers a

essential I christmas wishes

Happy New Year.

Merry Christmas and

Cobblers Inn



BLANK SPACE

79 Main St, Fairlie. Ph (03) 685 6112 www.blankspacethestore.com



Ph (03) 688 4251 😝 cobblersinn

very merry festive season.

We are open every day 9am - 5pm

over this holiday season. Closed

Christmas and Boxing Day.

Finding the perfect gift this

Christmas is easy with all of your

favourite labels, shop in-store or

online. Thanks, Ben and Team

E V LAYBUY

The team and animals at For Pets Sake wish all their clients a Merry Christmas and Happy New Year! CHRISTMAS HOURS Closed Christmas day and New Year's Day Open Dec 26, Jan I & 2, 10am - 2pm

All other weekdays 9am - 5pm

Sat 10am - 3pm

Sunday 10am - 2pm

a safe and happy festive season. COLUMBUS 50 Theodosia Street, Timaru Ph (03) 683 1994

We would like to wish all our customers



The team at South Canterbury Toyota would like to wish the South Canterbury community a very safe, happy and healthy festive season and thank our loyal customers for their business throughout 2019.

An emergency on call service will be operating over this period if you require urgent assistance. Contact us on our free phone 0800 186 968 or email sales@sc.tovota.co.nz

essential I christmas wishes

Open every day

except Christmas

Dau.

No surcharge on

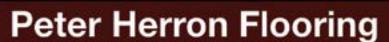
Statutory Holidays.

Holiday hours:

8am - 4pm









We are just wanting to thank our valuable staff and clients for their support and custom this past year and to wish them a safe and happy festive holiday season.

Peter Herron Flooring - Closing 12noon Friday 20th Dec Returning Monday 6th January **Madam Mat** - Closing 4pm Friday 20th Dec Returning Tuesday 11am 14th January

Office 021 370 750 I info.peterherronflooring@gmail.com



SITE

MADAM MAT

Located in the Peter Herron Building | P: 03 688 3876 Shop Hours: Tues, Weds, Thurs I 11am - 4pm

essential I christmas gift guide



























essential I ingredients



GET A HEAD START AND ORDER YOUR CHRISTMAS HAM AND TURKEY TODAY.

From the centre piece on your Christmas table through to the corporate banquet, we have you sorted. We can custom make your turkey with 3 flavours of stuffing to choose from- Apricot Macadamia/Cranberry Chestnut/Brandy Almond. Plus a large selection of fresh meats to cater for

all your festive and holiday season needs. Main Rd, Pleasant Point Ph (03) 614 7400

HARLAU HOUSE CAFE - Fully licensed Café/

restaurant nestled in the country, only 5 minutes

rom town. We offer a delicious festive menu with

stunning indoor/outdoor dining. Or relax and

for your Christmas function.

253 Beaconsfield Road

Timaru Ph (03) 683 1887

Open 7 Days 9am-4pm. Closed

25th-26th Dec and 1st-2nd Jan.

un-wind by the fire pit making it the perfect place

Check out our website or instore

for our weekly top ten specials

December

Pimm's

Lemonade &

Ginger Ale

250ml cans

\$22.99

Export Gold

24 pack bottles

\$31.99

Woodstock & Cola 12 pack bottles

\$20.99

Speights 24 pack bottles \$33.99

Seagers Gin 1L

\$30.99

Ivanov Vodka

\$30.99

Specials!

Ш

BUTCHERY

HARLAU HOUS

WAREHOUSE

Valid until Monday 16 December 2019



Come and dine n and enjoy our delicious specials. Chicken \$24

Taiwanese scrambled egg with tomatoes \$24

Deep fried Prawns

with mayonnaise

dressing and diced

Naruwan Summei Specials for Dec,

Jan. Feb



Great deals for a

Timaru Ph (03) 688 8799



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ever popular fruit mixes, nuts and grains. We Christmas baking at great prices. Plus we have

18 Dee St. Timaru



Chop the peaches fairly finely and boil them in vinegar with the garlic until the peaches are soft. Add the remaining ingredients and boil for 30 minutes, stirring occasionally. Spoon into hot, clean jars and seal.

500g dates, finely chopped

2 teaspoons cayenne pepper

3 ½ cups malt vinegar 2 cloves garlic, finely chopped

500g raisins

1kg brown sugar

2 tablespoons salt

Mandy's Peach Chutney

chutney a superb accompaniment.

1 kg stoned and peeled, ripe peaches

100g preserved ginger, finely chopped

This is probably the best chutney ever! The longer it is kept

the better, as the cayenne pepper mellows and makes the

Makes about 3 litres.

Baked Camembert

You will need: 1 x clove of garlic, peeled 4 fresh thyme sprigs 2 small bay leaves 1 or 2 tablespoons of white wine ½ cup peach chutney Sea salt and ground peppe

Camembert

with Thyme

and Peach

Having friends around for

North Canterbury Essence girls

Dorothy and Mandy combined

a favourite cheese recipe with a

drinks and nibbles this

holiday season?

secret Peach Chutney.

Chutney

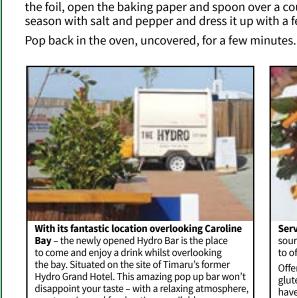
Preheat your oven to 180° fan bake.

Use a larger wheel of camembert (250 grams) and make sure it is at room temperature

Place the cheese on a sheet of baking paper, slightly larger than the cheese then place on a sheet of tin foil

Rub the top of the cheese with the garlic then and poke in the thyme sprigs. Place the bay leaves on the top and pour over a couple of tablespoons of white wine. Wrap the baking paper over the cheese and then seal the foil tightly. Place in a baking dish slightly larger

Bake for about 20 minutes, or until the cheese is very soft when lightly pressed. Remove the foil, open the baking paper and spoon over a couple of tablespoons of the chutney, season with salt and pepper and dress it up with a few more thyme sprigs.



Serving up good hearty country style food, sourced from the best local produce Geral to offer, delivering a uniquely local flavor. Offering a fantastic selection of homemade and

gluten free options, whether you're wanting to have breakfast, lunch or simply just a snack. We freshly roast our own coffee, creating that perfec asting coffee. Open 7 days a week

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Hydro Grand Hotel. This amazing pop up bar won' disappoint your taste – with a relaxing atmosphere great service and food options available. Open Thurs-Sun 4-10pm (weather permitting).

Closer to Christmas 7 days a week, 2-10pm. Corner of The Bay Hill
THE HYDRO IST



Christmas has arrived at Maree Hynes Interiors Up to 40% off selected fabrics

Christmas is just around the corner and at Maree Hynes Interiors we are making it easy.

One stop shopping with ample parking and friendly staff. We have something for everyone! For example, Handmade Indonesian pottery, hanging baskets starting from \$19 or stunning Gardeners gift packs. If you can't find something in store, try the back-clearance room. Giftware is up to 70% off, if you are still stuck a Maree Hynes Interiors voucher always goes down a treat.



NEW IN - Handmade Indonesian Pottery Now in Store



LATE NIGHT SHOPPING

AT MAREE HYNES
INTERIORS
AND GIFTS

On Thursday 12th December we are hosting a late night shopping evening. Come to our beautifully decorated store and enjoy the relaxing atmosphere... it's shopping bliss. Also there are great deals to be had in our back room clearance shop.

The winner of the trip for 7 nights to Australia will be announced on a special evening to be held at Maree Hynes Interiors. You have to be in store to win. Remember you have to spend \$1000 to go in the draw.

19 Theodosia St, Main Rd (opposite Ara Polytech) Timaru Servicing High Country, Mid and South Canterbury areas Locally owned and operated

www.mareehynesinteriors.co.nz
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Brenna Shaw Classrooms in the Clouds

Classrooms in the Clouds has been working in the remote regions of Nepal building classrooms and sponsoring teachers since 2007. Reaching some of the most disadvantaged communities of rural Nepal, CITC works in partnership with fellow Nepalese to improve the life chances of families providing educational opportunities for students in their local villages. Education is the key to improving living standards and creating healthier families. Children's life chances improve when their mothers are educated. Classrooms in the Clouds are continuing to work with local communities to restore the day to day routine of school life after the devastating earthquakes in 2015.

In 2016 TGHS started an initiative to fund a teacher in the village of Damku, with the then principal, Sarah Davis, together with funding from the Rotary Club of Timaru. The catalyst was Chris Jensen-Burke, an ex-TGHS head girl, and now a lawyer in Sydney who regularly climbs in Nepal and is now married to a Nepalese Sherpa.

ex-TGHS student had the opportunity to spend three months in rural Nepal seeing first-hand the work CITC provides to many communities. Brenna has always been passionate about everyone having access to a quality education and also about empowerment and equality for women and girls. She was immediately struck by the warm and welcoming Nepalese culture and she soon got used to their quaint ways. The 'company car' was a blue moped, 'a small walk' meant a whole day's hiking and 'light showers' were torrential rain and flooding. The schools where she volunteered were all based in the Solukhumbu district – the home of Mt Everest.

a 12 hour drive along muddy roads and then at least a further day's walking! Literacy rates in Nepal are extremely low. Only about 50 % of the population can actually read and in rural areas, many children will never attend school, because they are needed to work on the family land or to earn money to support their families. Any children who are able to attend school will often walk up to two hours to school each day and then two hours home again. Some families send their childre to boarding school in Kathmandu out this threatens their local communities and traditions. And, as in many developing countries in the world, when girls reach puberty, the majority of them drop out of school due to the lack of resources and understanding surrounding this

CITC's priority is to help support the delivery of quality education, encouraging strong literacy abilities as well as continuing to try to break the gender inequality for most women in rural Nepal. Brenna spent time in five villages helping to set up libraries, and to deliver first aid and menstrual health training

to students, teachers and families in the communities. For many of the village people, the libraries were the first time they had ever seen a book, let alone a whole room full of them! Brenna helped paint and decorate the simple classrooms and she also taught the children how to use pois. Beyond the school, village life was beautiful but very primitive. There were no real showers or toilets, no power in many places and certainly no wi-fi. The villagers only eat what they can grow, so much time was spent gardening and night times were spent with families instead of watching television or being on devices! Brenna surprised the boys by playing

aboo topic.

and in a attend work on support able to wo hours ars home dren

volleyball
with them
and she herself was
surprised when walking
home in a downpour
to find herself infested
with leeches. Not a
comfortable experience!

Here is an extract from Brenna's diary. "
CITC is invaluable to the

lives and children supported by them in Nepal. Sponsoring a child's education, building safe earthquake resistant classrooms, setting up a library for a child who has never had books or providing first aid and menstrual health training for people who have never had the opportunity to learn. All of it. Every single part. It's the start to changing the world. I'm so grateful to be here, a part of it."





Briony Woodnorth

Briony has been the Zero Waste Advisor with the Timaru District Countil for 23 years. Briony educates the public, schools and businesses about the importance of recycling and sustainability in our world today and into the future.

What does Zero Waste do for South Canterbury?

I can only speak for the Timaru District, but if we had not instigated the three bin system in 2006, Redruth Landfill would have been full last year. Thanks to the commitment of our community. this asset now has a remaining life of over 28 years! Of course, the more resources we divert from landfill, the longer all the assets will last..

What can i do to make things easier for Zero Waste?

Remember that all your little bits count! Each dirty tissue to green, each clean can to yellow all makes a difference in the long run. The government is guiding us to a Circular Economy, and the only real way of getting there is to recognise 'waste' as what it truly is: misused resources. Consult Council's 3 Bin Guide if unsure, or give us a call on 03 687 7200. Don't forget that there are many items you can drop off for free at all our transfer stations: check out www.timaru.

What's the worst thing in the yellow bins that should not be there?

Dirty nappies! Please remember that your yellow bins are sorted out by 7 human beings, in a noisy and difficult environment. Please show your consideration for their job by making sure that your recycling is clean and that you only recycle things we can accept – dirty nappies MUST go in the red bin; although if you are interested in reusable, modern cloth nappies, give me a call 03 687 7489.

What are your plans for 2020?

To continue diverting waste from landfill to beneficial use. Even though our district has just about the best waste management system in NZ, there is always more to be done, and more opportunities for job creation by materials diversion.



We welcome questions on 03 687 7489. or email briony.woodnorth@timdc.govt.nz



Jenny Wang Jenny completed training at

university of Otago in 2008. She is the owner of Oamaru Denture Clinic, SC Denture Care in Timaru and Christchurch Denture Care. "I believe in making a pair of functional and natural looking dentures, will rejuvenate people's life quality, and building a personal rapport with my customers. Happy customers lead to referrals and more business. It's a win win"

Q. I am getting my teeth extracted, can I get dentures straight away?

Yes, you have that option. Immediate dentures are made prior to extraction and fitted immediately after the teeth have been extracted. As your mouth heals from the extraction, your gums will shrink. These changes can continue for several months so it's important to keep up with regular follow up appointments with your clinician. With the digitally made dentures, we can easily restore your previous look.

Q. How long will my dentures last?

Dentures are not meant to last a lifetime. We recommended people get their dentures looked at every 3-5 years, and replacement may be required around 10 years.

We have three different hardness acrylic teeth available; we recommend you talk to our clinical dental technician who will help you choose the best teeth. We provide free consultations and free aftercare check-ups for the lifetime of the dentures.

Q. How should I clean my dentures?

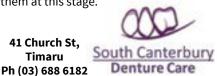
We recommend brushing your dentures using a soft denture brush and warm soapy water. Any liquid soap or mild detergent is suitable or soak them in a cleaning solution. Do not use toothpaste or a coarse brush as these may scratch the denture. We recommend weekly use of a heavy-duty cleanser, like Caldent, to remove stains and any calcium buildup, which we have in store.

Q. How many times do I need to reline my dentures?

As we age our gums continually shrink and therefore our denture changes its fit. If you have a loose-fitting denture, a reline may solve the problem rather than replacing your denture. Approximately every 3 – 5 years you may require a reline however this is a personal choice

As the teeth wear out, we can replace them at this stage.

Timaru





Daniel Naudé

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

Why are there so many serious and fatal crashes in New Zealand?

For many years you have been given the standard road safety messages - Don't drink and drive, don't speed, wear your safety belt then you should be ok on the

Well, now recent New Zealand research and research done in Sweden in the late 1990s highlighted the fact that this is not necessarily the whole truth.

Yes, these messages are still valid but the part that is not entirely true is that vou should be ok.

More people are killed on our roads by just using the road network normally. Nearly three quarters of the serious injury crashes are due to drivers driving

Contrary to what many people believe, most of our roads evolved from being horse tracks, to horse drawn coach tracks, to become wider unsealed roads and finally sealed roads.

In many cases, none of the road side hazards, (the objects drivers crash in to that cause serious injury or death), had been removed. These hazards include trees, poles, ditches, embankments, water canals, and so on.

The common attitude is that as long as you manage to stay on the roadway you'll be right. But what about situations out of the driver's control, like swerving out for an obstacle on the road, avoiding a head on crash, grit or slippery substances on bends?

The scenario mentioned in the previous paragraph is not fiction, the weekly crash reports verify that statement.

Internationally, experts now acknowledge the fact that people are likely to make driving mistakes (mostly unintentionally). The goal is to work towards a transport system that minimises the likelihood of seriously injury or death.

Always be vigilant, less trusting and keep your knowledge of road rules current by visiting our website www.scrs.org.nz

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





Danny Tawhiti

Danny is the new Business & Fleet Sales Manager for South Canterbury Toyota. He has a passion for people and understands the importance of relationships in business.

"I'll just pay cash..."

During my time in the Automotive Industry, I couldn't tell you how many people had said they will be paying 'cash' for their new car. Truth is, most don't have the cash sitting in the bank. Chances are, they've ticked it up on their mortgage thinking the low interest rate is a winner.

People don't seem to realise that most dealerships offer in-house financing and insurance products giving the customer an option to finance their new vehicle over a shorter term. Taking advantage of the competitive finance and vehiclefocused insurance products from your dealer increases the opportunities to build a strong relationship with the dealer. This can only be a benefit to you long term - dealing with someone who you know, trust and who understands your personal needs

Toyota Finance have several outstanding options for financing your new vehicle, whether you're looking to hold onto it forever or trade-in every three years and keep it fresh. Quite often, placing a balloon/residual value at the end of your finance term can greatly reduce your day to day payments, making your new car more affordable. Toyota Finance also offer a guaranteed buy-back value at the end of your term, allowing you the opportunity to refinance the balance and keep your vehicle or hand it back and start again on a brand new one -**HOW GOOD IS THAT?!**

"What's the interest rate?"

Each finance company will establish the interest rate on a vehicle loan differently. Several people will focus on the interest rate of a loan and not the length of time they are looking to finance for. Would you rather pay a lower interest rate for 20 years or reduce your exposure by paying a slightly higher rate for 5 years?

Nowadays things are getting competitive in the world of Automotive Finance and, often, brands can offer interest rates similar to or even lower than the banks -why would you not keep everything in one place? At the end of the day, it's our responsibility as Business Managers and Responsible Lenders to ensure we have offered financing options that best suit our customers' individual requirements. Come and see me at SC Toyota and have a chat about what we can do for you you may be surprised!



SOUTH CANTERBURY TOYOTA

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Cnr North & Stafford Sts. Ph (03) 687 9280 Email: danny.tawhiti@sc.toyota.co.nz

ASK AN EXPERT



Aki Yamasaki

Director and Immigration Adviser NZ Visa Partner Limited

Q. What are Licensed Immigration Advisers (LIAs)?

LIAs are immigration law professionals licensed by the IAA under MBIE to give immigration law advice and help migrants to get NZ visas. We can even represent a client at the immigration tribunal for deportation or declined residency applications.

Q. How long does it take to get a decision by Immigration?

Currently, partner work visas between 38 days and 5 months, essential work visas up to 3 months approximately. As Hearned, as at 2 October 2019, there were a massive 7106 SMC residency applications unallocated to case officers.

Q. I am on an employer-assisted work visa but want to auit and work for another employer. Can I do that?

You will need to vary your visa conditions or apply for a new visa depending on your new job offer before your new work. Working for a different employer who is not listed on your visa would be a breach of visa conditions and not only you but also your new employer may potentially face dire consequences.

Q. What is your fee for a work visa application like?

It depends on the type of WV and the complexity of the cases. So. I can't really give you a definite answer until evaluation is completed. However, because we provide very personalised services, our services might not be for the price cautious but definitely money well spent.

Q. Why should I ask you to do my visa? I am highly qualified with 8 tertiary

qualifications including an immigration law Gradcert. I lodge your application as swiftly as possible and even offer afterhours services for urgent cases. I am anti-racism and treat your application as my own, committing 100% to the outcomes. We have a high success rate! This article is not intended to constitute legal advice; it is for general guidance

Send your CV for a free visa eligibility



Visits by appointment only. Ph (03) 669 0110 Info@nzvisapartner.com



Tammy Brosnahan

Studied Diploma in Beauty Therapy at Aorkai Polytechnic in Timaru. Tammy then moved to Christchurch to further her beauty therapy career and study Micropigmentation (Semi-permanent makeup). As of February 2019 Tammy now has her own business, The Beautician, which is based in Christchurch but she travels to Timaru the last week of every month

Q. What Is Micropigmentation?

Also known as semi permanent makeup. it is a treatment in which semi permanent pigment is applied in the skin to create volume and shape, to enhance natural features. This can be done on the eyebrows, eyeliner & lips.

O. How much does It cost?

The treatment is a two step process, to begin the initial treatment starts from \$375 and you will need to allow about 2 hours for the treatment. We will discuss colour, shape and what your desired outcome is for your brows. Once we are both happy with the pre draw we can begin the treatment, 4-12 weeks later you then return for a top up treatment which is \$160 and this is to solidify the colour into the skin and to make any adjustments to shape or colour that we may want to.

O. Does it hurt?

I use 2 very effective topical anesthetic gels that make the area very numb, in saying that everyone has different pain tolerances so at any stage during the treatment I can apply more numbing cream. Q. How long will it last?

Micopigmentation can last about 1-3 years - it very much depends on each individuals' skin type, medication and external factors eg sun exposure. Once you feel they are starting to soften in colour or the shape is becoming less defined, a top up treatment will refresh and revive your Semi Permanent Makeun

Q. Is the treatment right for me?

If you have thinning eyebrows, struggle to apply makeup and when you do it smudges everywhere, or just want perfect brows all the time this treatment is for

NB If you are pregnant, breastfeeding or on any serious medications please contact me and we discuss if the treatment is right for you.

If you have any more questions or are wanting to book your appointment you can contact me

Tammy Brosnahan the.beautician@ hotmail.com Ph 027 869 6725



Rosie Twist

I have recently joined the team at PR Joinery as a Design Consultant. There is nothing better than helping people put their dreams into reality, I absolutely love it.

Q. Who is PR Joinery? PR Joinery is a family run local Joinery business, that has been operating from its current site in Rothwell Street, since 1995. We manufacture joinery for commercial fit outs and residential homes, new house builds and renovations. There is a close link between the design team and the manufacturing team. We offer exceptional, friendly service and we love to see our clients happy

Q. I want a new kitchen - how do I go about it? You need to find a designer who asks the right questions to understand you, how you use your space in order to put your dreams into reality and make the process enjoyable. I understand just how important your kitchen is and how it can really influence how much enjoy your home. It's because of this I take the time to listen and really understand what you, our clients, need. The extra time listening means we can really absorb what you want. Call to make a time for a chat this can

be done either in our showroom over a coffee or in your own home. We can explain how we work and the process we will take you through to make your thoughts, wish list come true. If you are building a new home bring in your house plans, we can spread them out and discuss your ideas just the same.

Q. How much will a new kitchen cost?

Always the big question. There are many variables involved in the amount of financial investment you make in your kitchen space. As part of the discussion process, I will ask you some of the following questions: • How long do you intend to be living in

- your home?
- Is this your dream home?
- Do you intend to update and sell? Also, the size of your space, final design, materials used and finish will also be a

The most expensive part of your kitchen is what is used to make it look "pretty" ie, fronts, handles, benchtop and splashback. I will discuss with you the options, that will assist you in making the right choice for your budget.





If you have a question you would like our panel of experts to

answer please drop us a line at pat@essencemagazine.co.nz

Chris Churchward

Chris Churchward is Managing Director for Autoworld Timaru - proudly home of Volkswagen, Nissan and KIA.

Have a hail damaged car? What to do next? You need to contact your insurance company to get your car assessed. They will book a time with an assessor to determine the extent of the damage whether the car will be written off or repaired.

What do I do if it's written off?

Each insurance company will handle each claim individually and in a slightly different way. Some insurance companies might opt to write off a vehicle, while others will choose to repair a similarly damaged car. It is hard to determine the reasoning behind some of the decisions.

What to watch for: You as the owner want your car fixed to an acceptable condition and repaired to a level that the car was pre-hail damage. Beware of cheap repair options such as skimming and repainting over hail damage. Take as many photos as possible of the damage before the repair and list all plastic damaged areas. Don't forget to list any damaged accessories such as weather shields. And remember to check your windscreen and don't sign off or accept the vehicle back or sign anything until you are happy with the repaired condition of the vehicle

What shall I do if my car is written off?

Now is your chance to get a new car or replacement! If your car is near new, get in and order one as soon as possible as once the insurance company writes it off they will want to take it off your hands. potentially leaving you without a car. If your car is written off and you find vourself in a position this time of the year without a car, we have many options like Buy Now Pay Later finance. Whatever your circumstances we can help, pop in for a cuppa. We are in a position to help you negotiate your way through this process and somewhat emotional time.

Here's an Autoworld 'TOP TIP'

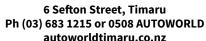
If you're buying a new car and order it now (pre New Year) make sure you get it registered for January, so it's a 2020 registered car.

What's our obligation?

As a dealer we are required to inform you if we are selling you a hail damaged repaired car, so ask the question. Autoworld has committed not selling repaired hail damaged cars to the public.

The team at Autoworld are more than happy to help walk you through this process.





22 december 2019 Lessence

Ocean Cruising

Nicki from Helloworld Travel has iust returned from her first Ocean Cruise holiday experience, and is absolutely sold on Ocean Cruising as a family holiday. She did a 7 night cruise aboard P & O's Pacific Dawn up the coast of Australia to the Great Barrier Reef and back.

When deciding on what we would do this year as a family holiday, I decided that I should really give Ocean Cruising a go as I always believe experiencing these things is the best way to give advice in this industry. To be honest I was a little sceptical about taking my kids aged 6 and 3 on a cruise as I was worried about amusing them on board

I can honestly say that all of my concerns went out the window on the first day.

We boarded with ease, and due to having young children we got to go into a different line which saw us checking in quickly. I guess they want to keep everyone happy so try their hardest to avoid keeping tired kids lined up for long periods of time.

When we arrived on the ship itself we were greeted with big smiles and high fives for the kids, we went straight to our cabin to check it out. The cabin was the first thing that I was pleasantly surprised with, it was bigger than I expected and very comfortable. We spent that first day exploring the ship and discovering that there was absolutely no way any of us were going to get bored. Our first full day on the cruise was spent at sea. Each night you received a newsletter which details the next day's activities, seminars, fitness events, shows and films that are available The biggest challenge was deciding how to fit everything in. Pacific Dawn has 3 age specific kids clubs/hang outs for children and teenagers. We dropped our kids off for a short time on the first "at sea" day, when we came back to see how they were getting on we were told that we had to go away and pick them up later because they were simply having too much fun. The kids clubs are incredible, they are so much more than a minding service, they put on such incredible activities for the kids as they



are aware that the kids are also on holiday and not just there to be looked after. The leaders are all fully qualified and genuinely love children. My son loved his kid's club leader so much that he would ditch me at the family events and hang out with her. My children participated in discos, baking, science experiments, kids bingo, PJ parties, messy play, movie nights to name a few. The good thing is that they close down the kids clubs for a period of time during the day and put on family events which means parents can have fun with their kids too.

The next few days were port stops, we got to see Airlie Beach which is a lovely little (very warm) beach town, we did a shore excursion through P & O for the morning and spent the afternoon exploring on our own. Next was Yorkeys Knob, here we got to do a city tour of Cairns followed by what was probably one of my highlights,

Artma Spiritual Gallery Grystals oyal Arcade Timaru 686 9878 a full day excursion to Green Island. Green Island

MADAM MAT is a very small eco island in the Great Barrier Reef. The **Mat Binding Specialist**



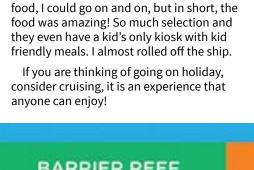
Peter Herron Building 17 Butler St Timaru **Shop Hours**

03 688 3876 **ONLY OPEN** ues, Weds, Thurs 11am-4pm

absolutely amazing. The next day we stopped at Port Douglas where we spent the morning on our own exploring, WEBSITE Port Douglas is lovely and is a - DESIGN place we want to return to in ONLINE MARKETIN Our final 2 days of the cruise were "At Sea" days. During the course of the cruise the kids had been rehearsing for a junior talent show, on our final day both of my kids got up on stage and performed, it was such a wonderful



www.absoluteflowers.co.nz



To sum it all up, cruising is a really fun,

singles, groups of friends do it all the time

Once you have paid for your cruise fare

you literally do not need to spend a cent if

you don't want to as it includes your room,

your entertainment and all meals.....oh the

family friendly way to travel. Couples,

and rave about it, but news flash, it is

absolutely perfect for families too.

end to an amazing trip.

water is clear, the beach is

our tour was a glass bottom

boat experience where were

tropical fish including Nemo,

we also saw turtles and some

got to see thousands of

beautiful and included in





PLUS more exciting activities to look forward to.

Welcome Kit ntains 1 x energy cake 1 x cake feeder, 1 x seed bell nd a helpful wild bird identification guide

\$4998

2 Person Dome Tent

tection. Mesh door for ventilation. Includes 4 x 100mm anchoring pegs. H 1100mm W 1400mm D 2000mm.



BBQ Gift Pack

00% natural, NZ artisan crafted rubs and sauce Gluten free, no MSG, no preservatives or artifical







WorkTunes Wireless Earmuffs



80gsm Novasun fabric, UV 50+. quare: 2620 x 3000 x 3000mm, Round: 2680mm x 3500mm.



















ction, 510 x 2440mm

Shaded Play Pool





TIMARU



BARRIER REEF DISCOVERY 7 NIGHTS

FROM \$868*PP TWIN SHARE

Departs: 3 October 2020 from Brisbane on Pacific Dawn

"Conditions: Pricing is based on inside Cubins and is subject to availability at time of booking, GENEPAL; All prices are in New Zealand dollars. Towel agent service fees are correct as at time of pointing & may be subject to change without socion. Prices are based on payment by cash or EFTPOS only. Missionum & Maximum and Sealand Control of the Control of Sealand Control

VANUATU 10 NIGHTS \$1410

DISCOVER

Departs: 8 June 2020

helloworld Travel Timaru 257 Stafford St timaru@helloworld.co.nz 2036886099

helloworld

Power Steel Rectangular Pool Includes pool, sand filter pump, ladder and adhesive repair patch. Corrosion resistant metal frames with heavy duty 3 ply sidewalls. Built-in flow control valve for easy draining, 2006 litre water capacity.

H 1000mm W 2000mm L 4000mm.

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