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16 Christmas
Wishes

Profile 6
Studying
Oceanography
in Kiel

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contents

Well, here we are coming to the end of 2021. While it's been a bit of a challenging year, we have made it. Phew!

In a café in Oamaru over the weekend I read on the wall this alternative quote to the normal Merry Christmas and Happy New Year - "Merry everything - Happy always". It takes a minute or two to get your head around but I thought it was quite fun and the attitude we need to tackle Christmas and the year ahead. I think it is saying - live for the day.

The end of year is the perfect time for me to say, I'm grateful to the fantastic team who bring Essence to you each month - we are a merry little team that loves positively promoting our local businesses and communities. Thank you - Liz, Larnya & Pat - South Canterbury and Mandy, Mel, Janet and Johanna - North Canterbury. Thanks also to Pattie, Jo, Gilly and Michelle our fabulous freelance journalists; our regular proofreaders Helen and Briony, and Andrew the one lucky man in accounts who gets to work with us girls. A big thank you to our advertisers - you are an integral part of Essence Magazine and we appreciate the opportunity to support and promote your businesses.

Christmas Quiz - Have you ever looked up the word proofreader on google? Is it one word or two? It's definitely the reason I'm not the proofreader, proof-reader or proof reader! Let me know your thoughts.

We wish you merry everything - onwards and upwards! Dorothy

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

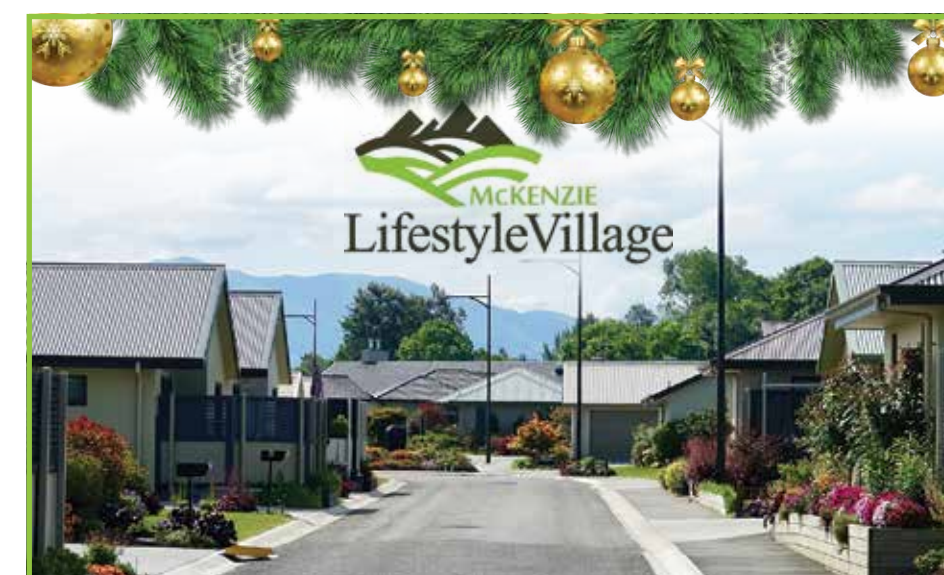
Pat Naude - Advertising & Business Manager
pat@essencemagazine.co.nz
Ph: 022 684 5974



We would like to wish everyone a Merry Christmas and Happy New Year. Thank you for your support this past year, we couldn't have done it without our fantastic clients. We value our opportunity to bring out our monthly publications and look forward to doing so in the future. May your Christmas be happy and blessed.



This month's gorgeous Christmas cover is from Matilda & The Metalman in Fairlie.



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Ticket Information. Adult: \$4.00 each
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NEW YEAR STEAMING

Pleasant Point Museum and Railway.
2nd and 3rd January 10:30am - 4pm
Come help us celebrate this New Year at Pleasant Point Railway. Lots to do, Ab699 will be in steam, model railway, Printing presses, a playground, vintage movies, coffee, and much more.



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Winner from the Croft

Carolyn Sexton-Phillips presents a \$50 Too Easy Frozen Meal Voucher to Mr Ford Johnston who attended the open day of The Croft's new supported living apartments on the 13/11/21 and won the competition.



Tievoli Trading presents...

Tievoli Trading presented an exhibition of Wire Oaks by Brian Laubscher on Tuesday the 16th of November. "Over the years Brian I have worked with bonsai trees and learned to shape and create different styles" says Brian Laubscher. This was a fantastic night, seeing and learning how his passion came to life.



Wire Oaks Tree Design

When Brian Laubscher started making trees made from wire, he had no idea how popular they would become.

Brian is the founder of Wire Oaks Tree Design and makes beautiful one-of-a-kind trees out of wire. Originally from Zimbabwe but now living in Ashburton, Brian started making the trees as a hobby in 2016.

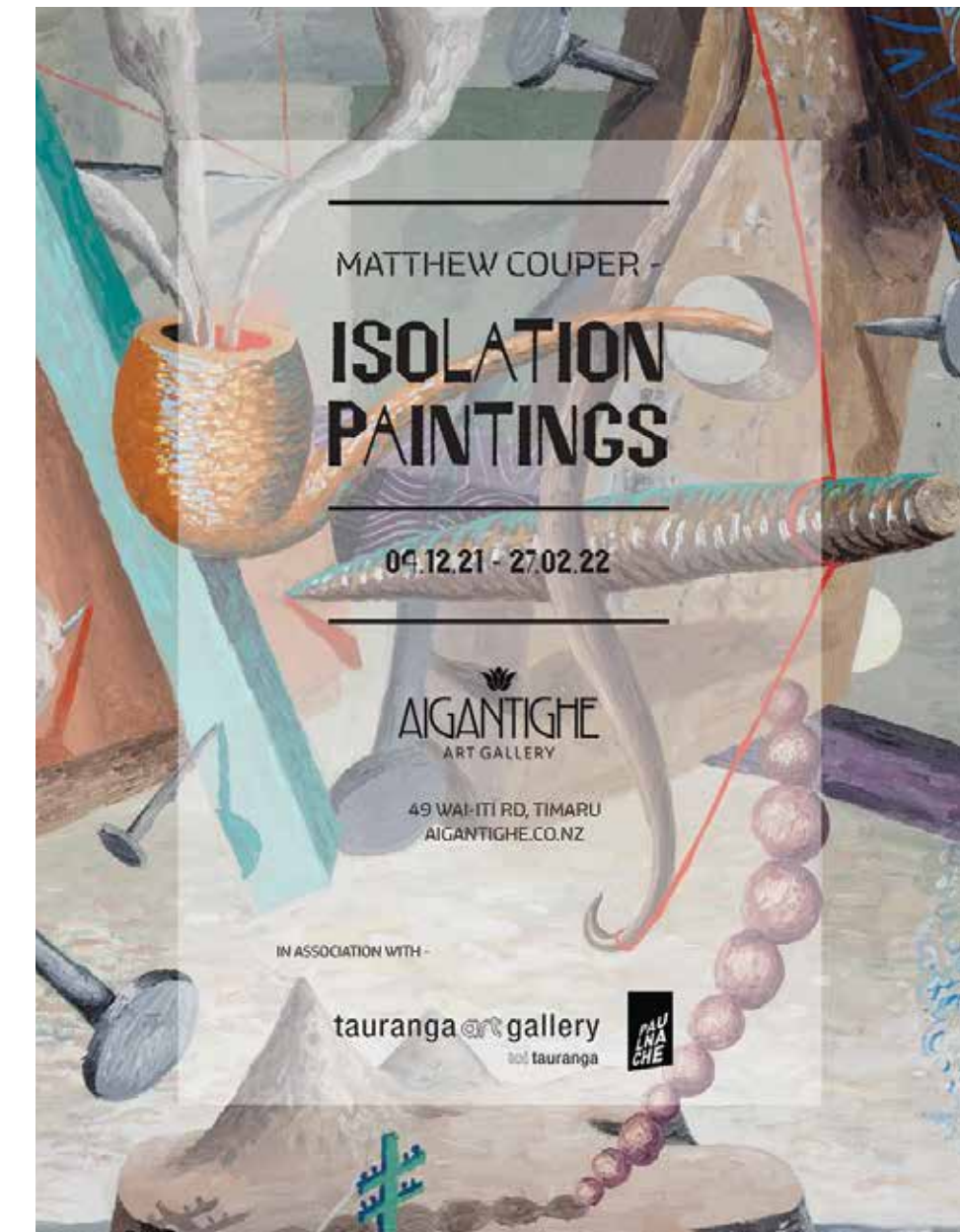
"I've always been involved in Bonsai, and I've always enjoyed trees, the different types and shapes. One day my wife showed me a picture on Instagram of a wire tree from China and I thought wow, that is awesome. So I thought I would try and make one because I've always liked working with my hands and art. The first ones I made were pretty pathetic but over time I perfected my skills. A friend suggested that I sell them and I thought 'Who is going to want to buy a wire tree - honestly?' But I thought I would try it and put a post up on Facebook."

Fast forward to now, and Brian has sold more than 200 trees, sending his creations to customers throughout New Zealand and Australia.

"I make a variety of different sizes, shapes and types of trees. A lot of customers will ask for a particular tree and some are happy with whatever I make. Other customers will show me a photo of a tree from their family home and ask me to replicate it."

Brian's trees, which take about a week to complete and use 200 to 300 metres of 0.5 millimetre wire, have also featured in galleries in Timaru, Geraldine and Ashburton.

For more information visit Wire Oaks on Instagram and Facebook.





Studying Oceanography in Kiel



Boat driving activities in Peru



Before customs inspection of scientific equipment Callao, Peru 2019



Bunde Republik President Gauck



Group of scientists in Peru

Allannah Paul grew up in Waimate and Timaru and for the last ten years she has been studying and working in Kiel in Germany. Allannah was educated at Waimate High School and Craighead, after which she completed a 1st class Honours degree in Chemistry at Otago University, followed by a PhD in Oceanography at Kiel in Germany. She tells us her story.

After leaving Craighead, I went to Otago University and studied Chemistry and received my 1st class Honours degree at the end of 2009. I had always been interested in Environmental Sciences and I managed to combine this with Chemistry. I chose research projects looking at ocean acidification, a consequence of increasing atmospheric carbon dioxide levels, and how fast calcium carbonate (chalk) dissolves when seawater acidity changes. This is important for some plankton in the ocean that build their exoskeletons out of chalk. This led me to Germany and to a Professor who was well-known in this field at the time, because I wanted to better understand how marine organisms might respond to changes in ocean chemistry under climate change. Although I had arranged to go to Germany already for my PhD, in 2010 I spent some time in Australia and the UK and Europe working and travelling, because the Professor advised me not to come to Kiel in the autumn because the winters are terribly grey and dreary. In hindsight, this was very wise advice!

The research group I joined at GEOMAR in Kiel in 2011 uses "mesocosms", essentially large flexible test tubes that are deployed in the ocean. We change the seawater chemistry and sample the water over weeks and months to see how the phytoplankton and zooplankton respond and how marine food webs (and ultimately how much fish there might be) may change in future. This was what my PhD research was on and I studied food webs from the Baltic Sea and joined experiments in remote biological research stations in nature reserves in Finland and Norway. Since finishing my PhD in 2016, I have joined experiments in Gran Canaria (Canary Islands in Spain), Kiel, and Peru around 5 months on German and Peruvian scientific research vessels off the Pacific Coast of South America stretching from Panama down to Valparaiso in Chile. This time all adds up and in total I have spent around 1.5 years living and working in these countries because of this field work.



Local market Peru



Spi sailing regatta Baltic Sea 2018



Boat driving activities in Peru



Finish line sailing regatta Kiel Yacht Club on a Folkeboat double hand



German and Peruvian colleagues on Peru research vessel Oct 2019

"Being out on the water and working surrounded by the local wildlife such as the Humboldt penguins, seals, schools of anchovy churning the water and pelicans amongst the morning mist in Peru, is very special."

These field campaigns are usually a lot of work so there isn't a lot of time for sightseeing, but I try to make the most of every opportunity. Supermarkets can be fascinating for their product selection alone! Sometimes we had to be ready for sampling at 6am and stay in the lab until midnight, ready to repeat the next morning, especially if things go wrong at sea or on land which almost inevitably happens- duct tape, cable ties and Eddings permanent markers are incredibly useful! Being out on the water and working surrounded by the water and pelicans amongst the morning mist in Peru, is very special. Unfortunately we did have to discontinue a field project I was coordinating with Peruvian scientists to understand why the ecosystem there is so productive and if any tipping points might exist, as these could cause dramatic changes in the amount of fish in coastal Peruvian waters. This is an essential income source for local fisherman and communities. It has been a great and somewhat unique opportunity to get to know different cultures and foods through the eyes of the local researchers who are involved in the studies and I have been invited to baby showers, street festivals and dinners with local colleagues. I've shared my research (even in German) with the German president, Prince Albert of Monaco and local politicians and I also ran a summer course for local gifted and talented teenagers between 11-13 years old on Marine Research.

Aside from work, I've taken up a new hobby since finishing my PhD, and that is sailing. Kiel is a fantastic place to learn to sail on flatwater with decent wind- sometimes too decent! The winter work in the barn sanding, painting and repairing is worth it for the fun sailing in the summer. I've crewed in some regattas, including ORC (Off-shore Racing Congress) regattas in the Kiel Bay area and during the Kiel Week Aalregatta. And right now, of course, it is Christmas cookie baking season. I hope the Christmas markets will still be on this year, as the pandemic is into its fourth wave in Germany now.



Lab on RV Meteor Peru 2017

FROM THE *Mayors Desk*

How would you spend the perfect Christmas day?
At home with extended family and friends and the BBQ going and a quiet Speight's.

What has been the best thing you have eaten, cooked or made for the day?
Two years ago we were lucky enough to have some staff originally from India who joined us for Xmas and we had just the best Curry - it was hard to go back to the traditional kiwi Xmas food.

Do you uphold any family traditions and why?
The wearing of Xmas Jerseys and other Xmas themed items has crept into our household over the last few years.

Where is your favourite place to visit in South Canterbury over the holidays?
I will be spending time training out in awesome Peel Forest area this summer.

What has been your most memorable Christmas?
Every Xmas is great being able to celebrate the importance of family and when the majority of us get to enjoy a few quiet days.

Meri Kirihimete, **Nigel Bowen - Timaru District Council**



How would you spend the perfect Christmas day?
With my wife and family on the lakeside at one of Mackenzie's pristine lakes.

What weird or wonderful gift have you given or received?
As a young lad I received a brand new bike and I remember it sitting right beside the Christmas tree, and the feeling of amazement when I caught sight of it and that's when my love for cycling began.

What has been the best thing you have eaten, cooked or made for the day?
The best thing is always a traditional Christmas dinner with all the trimmings, and you can't go past a classic kiwi pavlova

Do you uphold any family traditions and why?
I think our most important tradition is simply getting together with family and enjoying the special time together.

Where is your favourite place to visit in South Canterbury over the holidays?
A group of old-time friends catch up every year in our caravans around Benmore and we always have a wonderful time without fail.

What has been your most memorable Christmas?
Christmas when the grandchildren were young, enjoying the magic of Santa and waiting for him to come down the chimney and land with the reindeers.

Merry Christmas and kind regards, **Graham Smith - Mackenzie District Council**



How would you spend the perfect Christmas day?
BBQ meal with family and friends

What weird or wonderful gift have you given or received?
Nothing unusual really just the usual stuff lots of jocks and socks

What has been the best thing you have eaten, cooked or made for the day?
Wild venison back strap cooked on the BBQ at home

Where is your favourite place to visit in South Canterbury over the holidays?
Favourite place in South Canterbury over the holidays is Waimate lakes camping areas.

What has been your most memorable Christmas?
Most memorable Christmas would be when my kids were all younger. Family atmosphere with small children.

Merry Christmas **Craig Rowley - Waimate District Council**



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Languages take you places

Jan Stiebert's ability to speak German took her to interesting jobs in Germany and Austria and she has travelled extensively for various trips and holidays.

Born in Timaru, Jan moved to Wellington when she was five, then to Sydney at 15. She began an English degree at Victoria in 1964, this plan being disrupted when she met and married her German husband, Uwe. He loved the NZ lifestyle but Jan wanted to travel, so in 1970 they and their two small daughters, aged nearly 5 and 11 months, moved to Uwe's home town of Hamburg. Germany in the 70s was exciting, forward-looking and progressive and Jan found work immediately with the Hamburg-based Lloyd's agency, taking German classes at night. She went on to work for six years for Unichema, a division of Unilever. Jan liked the predictability and precision of Germany where everything is spelled out and there are no mysteries! Her children grew up bilingual, although the family spoke English at home.

Jan later taught English at *Inlingua*, also running a private translation company as a secondary job. A dream job then came up as assistant to the owner/manager of a hunting, fishing and shooting tour company, which offered individually-planned, upmarket sporting tours to an exclusive clientele - big game hunting in Africa, salmon fishing in Alaska and Iceland, and deep-sea fishing in the Azores and Walker's Cay/Florida, - in addition to individually-planned family holidays to out-of-the-way European locations. The position involved negotiating contracts with lodges and airlines, attending conferences, and using her writing and translation skills. It also involved long hours and a lot of travel. Now on her own with daughters at Intermediate and Secondary school, Jan made the decision in 1980 to return to Wellington, where she worked in the Consular Section of the Australian High Commission for 4 years and later in the Policy Division of the MAF for more than six years. She says this was the best employer she ever had, and she resumed her studies during this time as well as doing a number of in-service courses and continuing with contract translation work.

In 1991, Jan moved to Vienna as assistant to the Trade Commissioner for Central and Eastern Europe, based in the NZ Embassy. Just 8 months later, the NZ embassy closed and the Trade NZ office was moved, - first to Bonn and then to Hamburg where Jan became the Administrative Officer for a large trade hub at the newly-established NZ Consulate-General. She spent 7 years there until a major restructure saw Hamburg reduced to a minor office and redundancy for many trade staff, including Jan. Another interesting job beckoned and Jan moved again in spring 1999 to Bonn and the Administration Officer's position at the NZ Embassy. The Bonn Embassy closed in late 1999, with the opening of the new NZ Embassy in Berlin, once again Germany's capital. Jan was with the new Embassy from Day 1.

In 2001, Jan returned to NZ, becoming Finance and Administration Manager for St Johns in the City - a busy inner city church and remained there until May 2008. Several months as "Nanny" to her two infant grandchildren followed, spent in the US and in Wales. The intention had been to remain abroad for a full year, but in early 2009 Jan returned to New Zealand to help care for her terminally ill sister in Auckland. In late 2009, she bought a house in Timaru, spending 6 very happy years as part-time administrator at St John's Highfield parish office, retiring and downsizing into her current apartment in 2016. She enjoys the luxury of going to daytime films; membership of U3A, a Dinner Club, and the Labour party; cooking, eating out, and various cultural activities.

With her daughters and grandchildren living abroad, and a lifetime fascination with India, travel always beckons. So, Covid permitting, Jan will travel to Europe in March, her languages once again being put to good use.



How you can change your stress levels by changing what you eat

In today's world, most of our stress is psychosocial—meaning it stems from our thoughts in response to our surrounding environment. Yet that doesn't mean that we can't adjust our stress levels by changing what we eat. There is nothing on this planet that can replace a nourishing way of eating and we can support the biochemical pathways that promote a sense of calm in the body through what we consume. Here are some tips to consider.

1. Increase your nutrients

If you are not getting enough nutrients, your body simply doesn't have the tools it needs to be able to support the millions of biochemical processes that promote great health. Any nutrient deficiency creates stress for the systems that run your body so make a conscious effort to boost your nourishment with more home-cooked meals and additional serves of vegetables.

2. Foods that promote calm

Certain foods help to support a variety of interior pathways which promote a sense of calm. Some examples include foods rich in omega-3 fatty acids such as oily fish for their anti-inflammatory actions, those rich in magnesium such as green leafy veggies for their relaxing properties, and vitamin C-rich foods such as citrus and broccoli for their adrenal support.

3. Increase antioxidants

Stress hormones create free radicals which are unpaired units of oxygen (or other elements which run around our body causing havoc when in excess. Antioxidants donate part of themselves (electrons) to free radicals which quells their destructive tendencies and reduces oxidative stress. Coloured plant foods—think berries, red cabbage, leafy greens—are bursting with antioxidants. Eat the rainbow for a large array of nutritious substances.

4. Calming minerals

Stress can deplete us of certain minerals yet there are some that are necessary for a true sense of calm. Magnesium plays a key role in hormone production, and it also helps to reduce anxious feelings and relaxes muscles. Calcium is vital for maintaining pH levels in our blood, as well as for relaxation. If

"Eat the rainbow for a large array of nutritious substances."



stress has been ongoing and persistent for you, you may benefit from supplementing these minerals for a period alongside a nourishing way of eating.

5. Avoid low-carb eating

While there are many carbohydrate-based products on the market today that are not at all nourishing, carbs themselves play an integral role in our energy production and are the preferred source of energy for the brain and red blood cells. Not eating enough carbs can affect blood sugar levels. Healthy blood glucose sits within a scale of 3.5-7 mmol/L and if your body drops to the lower end of that scale, it has several mechanisms it can employ to bring it back up. If you're not going to eat any carbs, one way is to release a flood of adrenaline. This can lead to night waking and trouble falling back to sleep. Try to skip the processed and refined sources of carbs but include a whole-food carbohydrate source, such as root vegetables, with each meal.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author, speaker and founder of Bio Blends, the plant-based nutritional supplement range, visit www.drlibby.com

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Shop Hours
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www.spfcreative.co.nz
www.spfwebsites.co.nz

Christmas and Birthday Specials

WAREHOUSE LIQUOR

Valid until 20 December 2021



Seager's Gin 1L \$32.99



Smirnoff Red Ice 12 pack 250ml 5% \$19.99



Coruba Rum 1L \$39.99



Speight's Summer Ultra Low Carb Lager 24 Pack \$34.99



Barrel 51 12 pack bottles \$18.99



Speight's Summit Zero 12 pack bottles 0.0% \$19.99



Malibu Cola 10 pack cans \$21.99



Export Gold 24 pack bottles \$33.99



Gordon's 3 flavors 12 pack 250ml cans \$22.99



Speight's 24 pack bottles \$34.99



Teacher's Scotch Whisky 1L \$34.99



Ivanov Vodka 1L \$32.99

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

Festive Foodies

THE BOTTLE-O SEAVIEW



Shop 4, The Landings, 50 Theodosia Street, Timaru Ph 03 971 5546

Bottle-O Seaview has a wide range of Christmas specials available. Christmas gifts and summer deals. Larios Original 1L, Medoff Vodka 1L, Black Heart 1L, Bell's 1L, Jameson Irish Whisky 700ml, Jameson Cold Brew 700ml, Absolut Flavours Range 700ml, Pepe Lopez 700ml, Beekeeper Gin Pink 700ml, Beekeeper Gin Orange 700ml.

Buy any 2 for \$69

Please drink responsibly over the festive season.

LIQUORLAND

Savanna dry is naturally brewed and matured and is made from granny smith apples grown in the Elgin area in the Western Cape, SA.

Come and get your Savanna's before it's gone! We have lovely gift options for Christmas so pop in and see our special deals today.

22 Dee St, Timaru
Ph (03) 688 3149



TIMARU TOWN AND COUNTRY CLUB



Timaru Town and Country Club delivers classic and contemporary dishes which are great value for money in a relaxed environment. From our all-time favourite Chicken Filo Parcel to ever changing tasty chef specials, we offer a classic family dining in experience.

Coffee is served throughout the day in our cosy club overlooking the Golf course, and then, in the evening, enjoy our fantastic buffet with a selection. Six vegetables and seven salads to complement your main.

Start booking in now for any Christmas bookings.

99 Douglas St, Timaru Ph (03) 688 0025
www.timaruclubs.co.nz

WAREHOUSE LIQUOR

As the name suggests, the Blue Lagoon is the perfect way to add a summery splash of colour to the table. A mix of vodka, blue curacao and lemon juice. The ultimate cocktail experience for every occasion in a convenient 2L cask. 6% ABV. Vok have created a refreshing mixed cocktail, an amazing taste for this Christmas holiday season. Come and see in store and get your Vok Blue Lagoon now.

Please drink responsibly.

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



Christmas is less than seven weeks away and if you're anything like me I like to be organised. Whether you're having the whole family over or been invited to a friends, it's good to plan ahead. It's also an ideal time to pre-order your ham, turkey or salmon fillet at New World Rangiora. Everyone has their favourite recipe they bring out at Christmas and it's always nice to try something new.

This month I've gone with something Christmassy from our New World Collection, a Festive Gingerbread Cheesecake. This baked cheesecake has all the flavours of Christmas, ginger, cinnamon and mixed spice. You can make it the day before and store in the fridge. The recipe is simple to follow and very straight forward to make. I've added Stars to the top but Mini Gingerbread Men are also a good option. I just made half a gingerbread biscuit recipe and used cookie cutters. When slicing the cheesecake make sure you use a warm knife to get a smooth cut. Serve up a wedge with whipped cream and caramel sauce on the side.

Serves 8-10 | Prep time 20mins + chilling time | Cooking Time 1 hour

Ingredients

- 300g Pams Finest Ginger biscuits
- 150g butter
- 3x 250g pack Philadelphia Original Cream Cheese block, room temperature
- 300g sour cream, room temperature
- 1tsp vanilla extract
- ½ cup caster sugar
- ¼ cup brown sugar
- 4 eggs, room temperature
- 2tsp ground ginger
- 1tsp ground cinnamon
- 1tsp mixed spice
- Pinch of salt
- Caramel sauce, whipped cream and mini gingerbread men, to serve (optional)

Method

- Preheat your oven to 150 degrees celsius fan bake. In a food processor, blend the biscuits until they reach a fine, sandy consistency. Transfer to a mixing bowl.
- Melt 150g of butter, then pour into the crushed biscuits. Stir well to combine, then press into the base and sides of a lined 20cm springform cake tin. Refrigerate for 30 minutes.
- To make the cheesecake filling, place the Philadelphia Original Cream Cheese, sour cream, vanilla extract, caster sugar and brown sugar in a mixing bowl. Using a whisk or electric beater, mix until smooth and fluffy.
- One at a time, whisk the eggs into the cream cheese mixture until fully incorporated. Finally, add the ground ginger, cinnamon, mixed spice and a pinch of salt, then whisk to combine.
- Pour the cheesecake mixture into the chilled biscuit base. Place onto a tray and bake in the oven for 60-75 minutes or until just set in the centre. Leave to cool until the cheesecake is cool enough to handle, then place into the fridge to set completely for a minimum of 4 hours.
- To serve the cheesecake, pipe whipped cream around the border of the cheesecake. Nestle gingerbread men amongst the cream, then slice and drizzle with caramel sauce. Serve immediately and enjoy.



Barb Palmer has been part of the friendly team at New World Rangiora for 18 years, the last 7 as their Brand Ambassador sharing recipes and ideas with customers.



Baked Camembert with Thyme and Peach Chutney

Having friends around for drinks and nibbles this holiday season?

This is the favourite go to for the Essence girls.

Preheat your oven to 180° fan bake.

Use a larger wheel of camembert 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 and poke in some thyme sprigs, place 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 than the cheese.

Bake until the cheese is very soft when lightly pressed. Remove the foil and spoon over a couple of tablespoons of chutney and season with salt and pepper.

Pop back in the oven, uncovered, for a few minutes.

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 pepper



MATILDA & THE METALMAN

A gift and interiors store dedicated to quality, gorgeous, functional design



Burnished Finish Spreader Knife



Flat Sheet



Glass Dome



Beef Seasoning



Manuka Smoked Wild Venison Salami

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Pig Seasoning



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all the help you need

Liquorland Timaru
22 Dee Street, Timaru.
Phone 03 688 3149

Christmas Wishes

It's the most wonderful time of the year, and during this season our thoughts turn thankfully to the clients who have made our year memorable. It is in the spirit of Christmas that we say thank you and best wishes for the holidays.

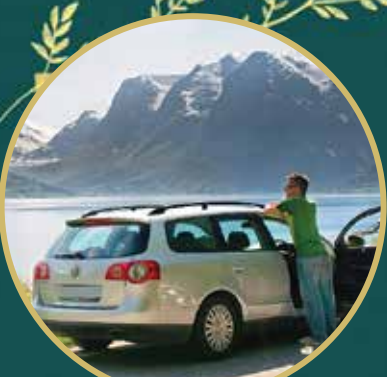


From us to you...a wish for Love, Warmth & Happiness with friends & family this Christmas.

Open 7 Days 10am - 4pm
Christmas Day - Closed
Boxing Day - Closed

matilka & the metalman
DESIGN STORE & MORE

85 Main St, Fairlie. Ph (03) 685 6090
matildaandthemetalmn.co.nz



Safe journey and have a Merry Christmas!

Here are four points that would significantly reduce the risk when you are driving:

1. Only drive when you are physically and emotionally alert or share the driving.
2. Make sure your vehicle is roadworthy, licenced and serviced.
3. Drive to the conditions - be patient. Ask yourself: Is it really necessary to pass?
4. Plan your journey www.journeys.nzta.govt.nz

Let a family member or a friend know when you are leaving and when you expect to arrive at your destination.



www.scrs.org.nz



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

Enjoy a responsible festive season.

Holiday Period Hours

Christmas Eve 8am - 9pm
Boxing Day 10am - 7pm
New Year's Eve 9am - 9pm
January 1st 10am - 7pm
January 2nd 11am - 6pm

WAREHOUSE LIQUOR

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



Lain, Heather and the High Country Carpentry team, would like to wish you all a very Merry Christmas, and a Happy New Year.

Enjoy time with your family and friends, and safe travels over the festive season.

Maybe plan that next home improvement or new build project... and contact us for all your Building & Renovation needs in the Mackenzie.

Closed from 23rd Dec - 17th January

HIGH COUNTRY Carpentry

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



Rosa & Peter would like to thank their valued Team, Clients & Retailers for their outstanding support during 2021. We wish you all a safe & happy festive season & new beginnings for 2022..

Peter Herron flooring
Closing Thursday 23rd Dec 2021
Opening Monday 10th Jan 2022

Madam Mat
Closing Thursday 2nd Dec 2021
Opening Tuesday 18 Jan 2022

PETER HERRON FLOORING

17 Butler St, Timaru. Ph 021 370 750
info.peterherronflooring@gmail.com

100% locally owned and operated



Wishing all a Merry Christmas and a safe, happy and prosperous New Year from the Obsolete Iron Motors - Frocks and Shocks team, Gilbert, Sharon, Chris and Archie.

FROCKS SHOCKS

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

Dr Anton, Dr Barbara and the team at the friendly **Medi Clinic Surgery** wish you a Merry Christmas and very Happy New Year, please stay safe over the holiday period and make sure to use your mask when out and about in public spaces.

Closed all stat days.

Medi Clinic staff are all vaccinated

5A Dee Street - Opposite Medlab behind the Dee St Pharmacy

Mon - Fri 8.30am-5pm
Ph: 03 684 9988
or 03 688 6009



Johan and the team at Autoworld Timaru would like to thank all their valued customers for the support in 2021.

Wishing everyone a Merry Christmas and happy New Year. We will be open except on the stat holidays. Like our Facebook page and stay up to date with hours and news.

AUTO WORLD TIMARU VW KIA HONDA

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



The team at Caroline Mitsubishi would like to wish everyone a Merry Christmas and a happy New Year.

Come and drive our demonstrators today and order for early 2022 delivery.

Caroline Mitsubishi

23 Barnard St, Timaru | Ph (03) 684 8501



The team at Mike Pero Timaru wish you a joy filled Christmas and a united 2022.

Thank you for your support over this past year and we look forward to working with you in 2022.

We have duty agents on call over the festive season.

0800 500 123
timaru@mikepero.com
MIKE PERO 339 Stafford St, Timaru

MIKE PERO REAL ESTATE

From all of us to all of you, Peace and Joy this Christmas, from the team at Hollands Suzuki Cars serving you South Canterbury wide.

Open all trading hours for December. Closed on stat days.

13 - 15 North Street, Timaru
Ph (03) 688 8297
www.hollandstimaru.co.nz



HOLLANDS SUZUKI CARS



Julie Neill's Dance Academy would like to thank all their clients.

We wish you a Merry Christmas and Happy New Year.

No classes over the festive season but you can contact me for private lessons

Julie Neill's Dance Academy

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



DE group incorporating DE Consulting Engineers & Inspection, DE Calibration & Compliance & Survey NZ would like to wish all our loyal customers a very Merry Christmas and a safe holiday. We are still available on request during the Christmas break and will be back to normal business hours from Monday 10th of January 2022.

degroup

Visit www.designengineering.co.nz
Ph (03) 688 6713
Email: admin@detim.co.nz

Wishing all our lovely customers a safe and happy festive season.

We are having a summer break - closing from the 24th December to the 6th January

50 Theodosia St, Timaru
Ph (03) 683 1994



COLUMBUS COFFEE

Bernie and the team at Wavelength would like to wish everyone a Merry Christmas and a Happy New Year.

Closed all stat days. Please make appointment before hand and remember vaccinated clients only.

Wavelength

37 Kent St, Timaru | Ph (03) 684 4536
www.wavelength-hair.co.nz



A very Magic Christmas and a happy & exciting New Year to all our Members, their Invited Guests and our many visitors. Be safe is the Message from us to you all, take care wherever you go and whatever you wish to do. Our hours over the Christmas season are simple, we close for Christmas and Boxing-day only, after that it's almost business as usual. A full festive season hours-notice is on our website www.timaruclubs.co.nz/entertainment/ please print off and leave in a handy location.

Phone 03 688 0025
99 Douglas Street, Timaru
www.timaruclubs.co.nz



The team at Flawless Beauty wish everyone a very Merry Christmas and a Happy New Year.

Pamper your loved one this holiday season with a Christmas Gift Voucher now available in store.



265 Stafford Street, Timaru (opposite Farmers)
Ph (03) 395 9596



Extended Christmas hours:
Saturday 18th December: 10am - 3pm
Sunday 19th December: 11am - 2pm
Wednesday 22nd December: 9am - 7pm
Thursday 23rd December: 9am - 7pm
Friday 24th: 9am - 5.30pm

Holiday Hours:
Saturday 25th - Tuesday 28th December: CLOSED
Wednesday 29th, Thursday 30th December: 9am - 5.30pm
Friday 31st December: 9am - 3pm
Saturday 1st - Tuesday 4th January: CLOSED

Brent, Aimee & The Ringmakers team thank you for a wonderful 2021! We wish you a merry and bright festive season and look forward to seeing you in 2022.



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



NEW STOW LOCKETS THRIVE COLLECTION

STOW Green Ribbon (Mental Health) Charm, \$59

STOW Pink Ribbon (Breast Cancer) Charm, \$59

STOW Heartbeat (Alive) Charm, \$59

STOW Sunshine (Silver Linings) Charm, \$59

STOW Mountain (Rise Above) Charm, \$59

Nigel and the Team at Colin Shore Building would like to wish all our valued Clients and Contractors a very Merry Christmas and Happy New Year.

Look forward to working with you all in 2022



Email: nigel@colinshorebuilding.co.nz
Ph: 027 209 4579
www.colinshorebuilding.co.nz



Pro+Med would like to thank their customers for their support this last year. We wish everyone a happy Christmas and prosperous New Year.

59 Church St, Timaru
Ph (03) 971 5276



ANIA HAIE JEWELLERY

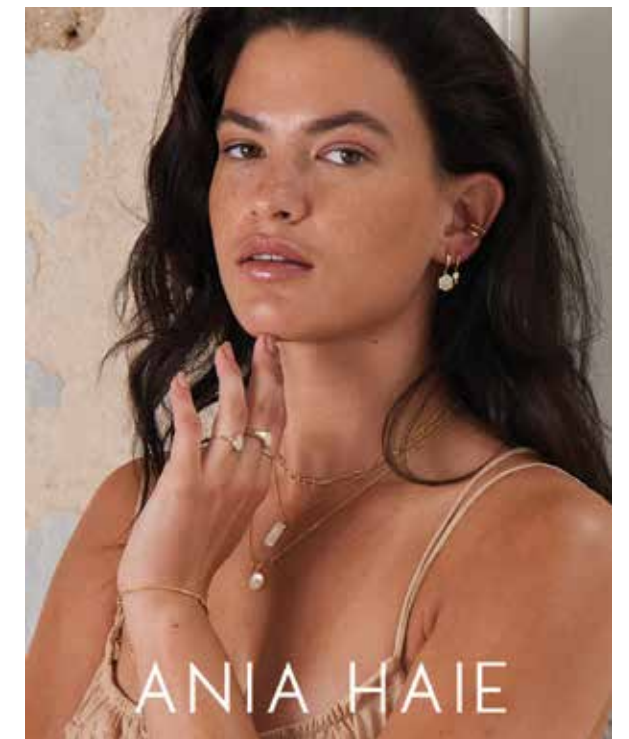
Ania Haie Silver Links Double Adjustable Ring, \$59

Ania Haie Gold Plated Key Necklace, \$99

Ania Haie Silver Knot Double Band Adjustable Ring, \$99

Ania Haie Silver Key Sparkle Studs, \$59

Ania Haie Silver Padlock Bracelet, \$69




CHRISTMAS HOURS
24th Dec 8am - 1pm
25th - 28th Dec CLOSED
29th & 30th Dec 8am - 5pm
31st Dec 8am - 1pm
1st - 4th Jan CLOSED
5th Jan - Normal hours resume

To all our loyal customers and the entire South Canterbury community, have a safe and happy festive season. From everyone at South Canterbury Toyota



Cnr North & Stafford St, Timaru | Ph 687 9280
Freephone 0800 1 TOYOTA | www.sc.toyota.co.nz



To all our valued customers and supporters from the Shade House Team, we wish you all a Merry Christmas and have an awesome 2022!

Thank you for all your support throughout this year, and if you haven't found that perfect shade solution for Summer, we look forward to working with you to get that sorted in the new year. Cheers from the Team Rob, Amanda & Joel.

Finishing on Friday 24th and restart on Monday 10th January.



61 Church St, Timaru. Ph 03 684 9000
www.theshadehouse.co.nz



After a stressful year, give thanks for having a fur-baby to enjoy your festive season with. Merry Christmas and a happy New Year!

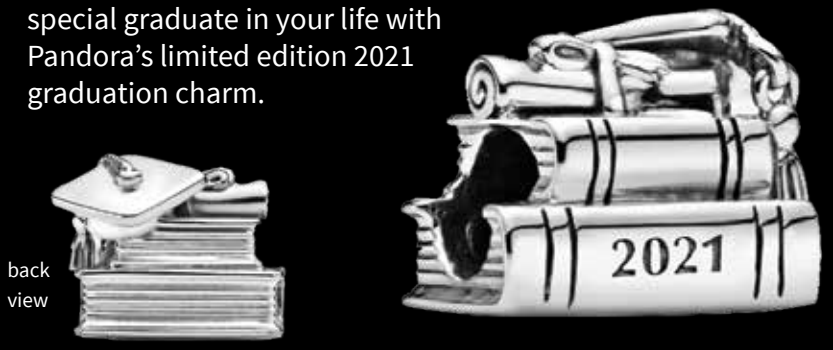
Holiday Period Hours
Fri 24th 8.30am - 12.30pm
Sat 25th - Tue 26th Closed
Wed 29th - Thu 30th 8.30am - 4pm
Fri 31st 8.30am - 12.30pm
Sat 1st - Tue 4th Closed



Timaru Family Vet 9 Latter Street, Timaru
Ph (03) 746 4144

LIMITED EDITION

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back view

MORGANITE JEWELLERY

9ct Rose Gold Morganite Earrings, \$609

Handmade Platinum, Morganite & Diamond Ring, \$4,200

9ct Rose Gold Necklace with Morganite Pendant, \$595

THE TEAM AT ARTIKEL & SWINT WOULD LIKE TO WISH OUR VALUED CLIENTS A

Merry Christmas & Happy New Year

We will be closing Friday 24th December and re-opening Monday 11th January



artikelandswint.co.nz

PEARL JEWELLERY

9ct Freshwater Pearl Drop Earrings, \$399


9ct Freshwater Pearl Drop Earrings, \$335

Sterling Silver & Baroque Pearl Bracelet, \$1295

Sterling Silver & White Keshi Pearl Bracelet, \$855


Sterling Silver Pearl Huggie Earrings, \$165

9ct Rose Gold Pink Edison Pearl Enhancer, \$479



Manufacturers of Fine Jewellery

Call us today 03 688 1362
270 Stafford Street, Timaru www.theringmakers.co.nz



festive faves

AMANDAS Bridal Top

FASION FOCUS Lily Button Front Dress

AMANDAS BRIDAL Jumpsuit

MINT BOUTIQUE Dusty Blue Plait Sandal

BLANK SPACE Status Anxiety Bag

The Accessory Shop
268 Stafford St, Timaru
www.accessoryshop.co.nz
Ph (03) 684 5220

Formal Footed Tote bag Tan \$240

Traveller Cross Body bag navy \$115

Formal Footed Tote bag Taupe \$240

Multi purpose Satchel \$240

Tan Bag \$175

Multi purpose Satchel \$240

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www.amandabridalandfashion.co.nz

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26 Canon Street, Timaru | 03 688 9791
info@canonstreet.co.nz | www.canonstreetoptometrists.co.nz

Kompanero Handbags

Alegra Bag Black \$339

Annastacia Mustard \$239

Cleo taupe \$149.90

Hartley \$299.90

Alegra black

COBBLERS INN
— FOR THE SHOES YOU WANT —
Highfield Mall - 145 Wai-iti Rd, Timaru
Ph (03) 688 4251 | cobblersinn
www.theshoeshop.co.nz

Honey and Beau Dress \$225

Ceed Swan Lake Tulle Tutus Skirt \$159

Ceed The Gallery Dress \$229

Cordeila St Print Jacket \$85

Cordeila St Dress \$149

Christmas is right around the corner so pop in to see our fantastic collection

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

Quote Butter Poppy Dress \$285

Zacket & Plover Slinky Blouse \$149

LD & Co Cotton Crinkle Shorts \$123

Newport Lillian Dress \$209

Honey and Beau Take me there Trench Coat \$295

Inspired
ON STAFFORD
298 Stafford Street, Timaru 7910, NZ
p. 03-688 4434
e. shop@inspiredonstafford.co.nz
w. inspiredonstafford.co.nz

Find your perfect Christmas Day dress at Camerons

Season's greetings from CAMERONS
CLOTHING OUTFITTERS SINCE 1924

Available at Timaru, Oamaru & Waimate stores
176 Stafford Street, Timaru. Ph (03) 688 4036 www.camerons.co.nz

Crafty Christmas Ideas

There is nothing nicer than handmade Xmas decorations or homemade food items. Here are some simple ideas for that special gift (or that gift for a special person)

Christmas Baubles

You need 8cm round craft balls with 2 1/2" squares of material. Best pins purchased from Coin Max, as they are slightly bigger and heavier than dressmaking pins. These are used at the point of each bit of material, and are not the coloured head pins you can see in the picture. A bow attached is the loop to attach balls to Xmas tree. These baubles are quite fiddly to make and you need lots of pins! Detailed instructions can be found on UTube - No-Sew Christmas Ornament with Jennifer Bosworth of Shabby Fabrics.



Christmas Cracker boxes

Instead of the usual Xmas crackers, 9 year-old Alice made these cute little boxes for each dinner guest. You will find the boxes at the \$2 shop, as well as the foam sheet designs of Xmas trees, reindeer, strawberries etc. Each box contained a paper hat, a joke and small chocolates.

Christmas Trees made from old magazines

These are easy to make by recycling magazines. The one pictured used old Readers Digests. Good instructions can be found on Utube under Magazine Xmas Trees

Hello Dolly doll's clothes

These beautiful doll's clothes have been made for the hospice shop by Raewyn Guise using material scraps from Trelise Cooper. They start at \$15

Xmas Masks

Available from the Hospice shop for \$10 each



Off the Book Shelf

Sunflower Sisters

MARTHA HALL KELLY

Lilac Girls introduced readers to Caroline Ferriday, an American philanthropist who helped young girls released from Ravensbruck concentration camp. Now, in Sunflower Sisters, Kelly tells the story of her ancestor Georgeanna Woolsey, a Union nurse who joins the war effort during the Civil War, and how her calling leads her to cross paths with Gemma, a young enslaved girl who is sold off and conscripted into the army, and Ann-May Wilson, a southern plantation mistress whose husband enlists.



Georgeanne (Georgy) Woolsey isn't meant for the world of lavish parties and demure attitudes of women of her stature. So when the war ignites the nation, Georgy follows her passion for nursing during a time when doctors considered women a bother on the battlefield. In proving them wrong, she and her sister Eliza venture from New York to Washington, D.C., to Gettysburg and witness the unparalleled horrors of slavery as they become involved in the war effort.

In the South, Gemma is enslaved on the Peeler Plantation in Maryland, where she lives with her mother and father. Her sister, Patience, is enslaved on the plantation next door and both live in fear of LeBaron, an abusive overseer who tracks their every move. When Gemma is sold by the cruel plantation mistress Anne-May at the same time the Union army comes through, she sees a chance to finally escape--but only by abandoning the family she loves.

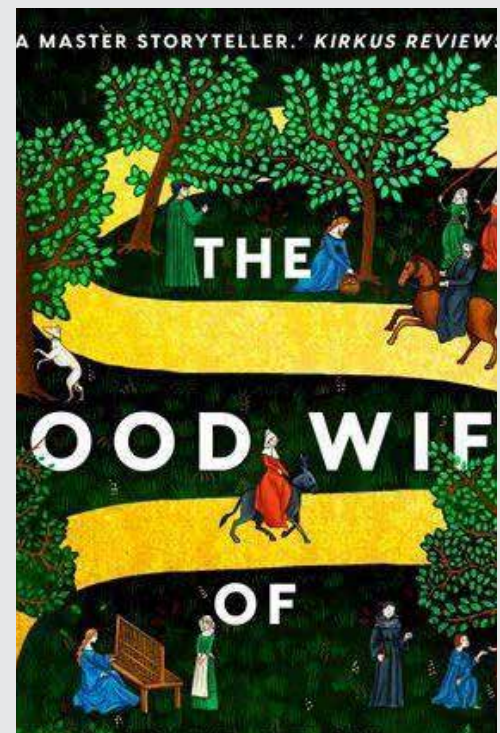
Anne-May is left behind to run Peeler Plantation when her husband joins the Union Army and her cherished brother enlists with the Confederates. In charge of the household, she uses the opportunity to follow her own ambitions and is drawn into a secret Southern network of spies, finally exposing herself to the fate she deserves.

Inspired by true accounts, Sunflower Sisters provides a vivid, detailed look at the Civil War experience, from the barbaric and inhumane plantations, to a war-torn New York City to the horrors of the battlefield. It's a sweeping story of women caught in a country on the brink of collapse, in a society grappling with nationalism and unthinkable racial cruelty, a story still so relevant today.

The Good Wife of Bath

KAREN BROOKS

In the Middle Ages, a poet told a story that mocked a strong woman. It became a literary classic. But what if the woman in question had a chance to tell her own version? Set in England in the mid -1300s and it was not a comfortable time to be alive. The Black Death was always there to be reckoned with, sanitation in the cities was non-existent, health care was primitive and poverty was rife. When married off aged 12 to an elderly farmer, Eleanor Cornfed, who is constantly told to seek redemption for her many sins, quickly realises it won't matter what she says or does, God is not on her side - or any poor woman's for that matter. Both a lover and a fighter, she will not bow meekly to fate. Even if five marriages, several pilgrimages, many lovers, violence, mayhem and wildly divergent fortunes do not a peaceful life make.



Aided and abetted by her trusty god-sibling Alyson, the counsel of one Geoffrey Chaucer, and a good head for business, Eleanor fights to protect those she loves from the vagaries of life, the character deficits of her many husbands, the brutalities of medieval England and her own fatal flaw... a lusty appreciation of mankind. All while continuing to pursue the one thing all women want - control of their own lives.

This funny, picaresque, clever retelling of Chaucer's 'Wife of Bath' from The Canterbury Tales is a cutting assessment of what happens when male power is left to run unchecked, as well as a recasting of a literary classic that gives a maligned character her own voice, and allows her to tell her own (mostly) true story. Beautiful writing, many delightful characters, lots of humour and a great story all make this a very readable book.

TURN IT UP

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FROM \$21,990^{ORC}
LTD JUST \$24,990^{ORC}

NO DEPOSIT FINANCE FROM \$95 PER WEEK*

*\$94.14/week based on Ignis GLX Manual, \$21,990 plus ORC, total amount payable \$24,570.54; \$106.79/week based on Ignis LTD Auto, \$24,990 plus ORC, total amount payable \$27,872.19, 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 \$305 documentation fee and \$10.35 PPSR fee. Normal lending and credit criteria apply. Offer available 1 December 2021 to 31 January 2022. Excludes fleet purchases, demo vehicles and all other promotions. For more info on our Real Value 3 year/100,000 km comprehensive warranty, 5 year/100,000 km powertrain warranty, PLUS a full 5 year roadside assistance plan, visit www.suzuki.co.nz

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"The Street Smart Programme is something that we believe is hugely important and potentially life-saving."

SKODA **CARTERS** tyre service **roadsafety** **Highland** **Highlands**

Street Smart is a world-class, cognitive-based driver programme that aims to positively influence the lives of young kiwis across the country, and help them to become safer and more aware drivers on our roads.

Offering a practical hands-on learning experience, Street Smart is a one-day event providing young drivers and their parents/caregivers the opportunity to undertake supervised driving practice.

There is a focus on developing good decision-making strategies for safe driving, including assessing themselves, reading the road environment, resisting peer pressure, managing or eliminating distractions, and planning ahead.

Street Smart takes place in safe, controlled, off-the-road environments, under the watchful eye of qualified coaches plus the parent/caregiver. This provides the parent the opportunity to also assess themselves, in order to be a better coach and mentor to their teen.

Coming to Timaru on Friday 17th December 2021.

If you permanently live in the Mid & Canterbury Region, (Ashburton, Timaru, Mackenzie, or Waimate districts) then use the discount code Timaru in your registration to unlock a \$100 discount sponsored by South Canterbury Road Safety.

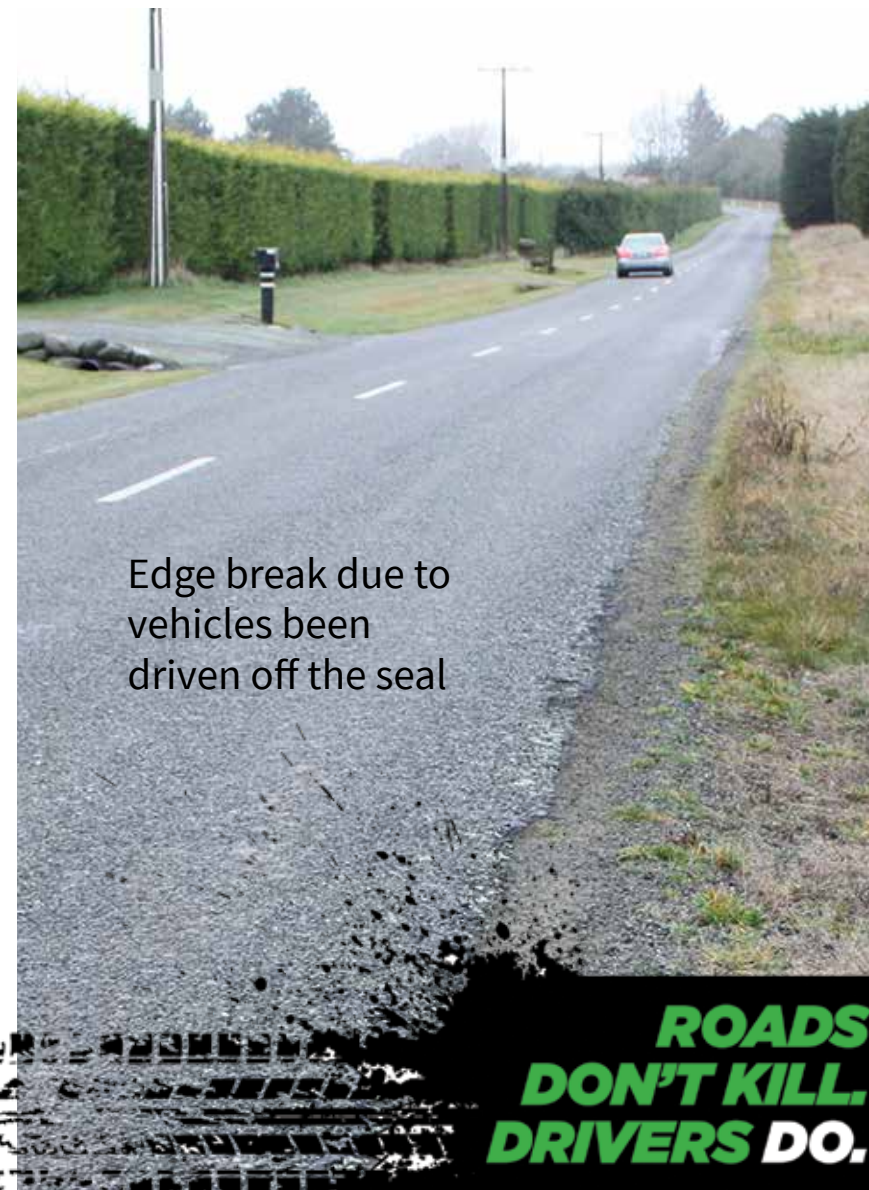
To register visit: www.streetsmart.nz

WWW.STREETSMART.NZ

33% of serious crashes happen at right hand bends...

SAFETY TIPS

- ✓ Brake/Slow down when approaching the bend
- ✓ Keep to the middle of the lane



**ROADS
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DRIVERS DO.**



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