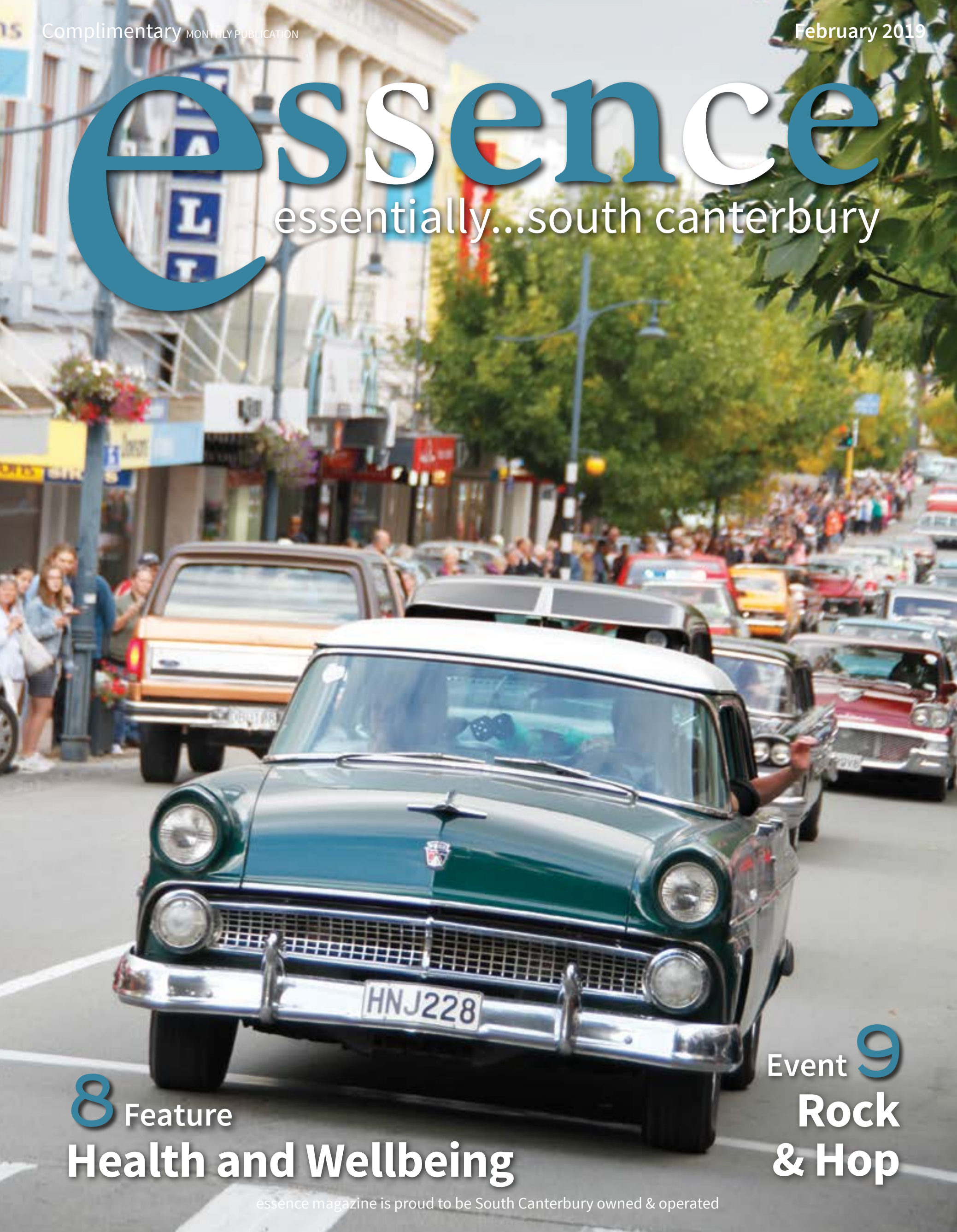


# essence

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**8** Feature  
**Health and Wellbeing**

Event **9**  
**Rock & Hop**

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# contents

This gorgeous summer has most of us embracing the sunshine and getting out for a beach swim, BBQ or a cold drink with friends. The girls and I threw on our fancy floral frocks and sun hats and enjoyed the day at the first garden party to be held at Claremont Castle in over a century. It was such a stunning day sitting under the trees listening to the music.

South Canterbury shines at this time of year with locals and holiday makers taking advantage of Caroline Bay or camping at the Lakes.

The next event we need to mark on our calendars is - The fabulous Rock and Hop. As the annual fundraiser for Hospice South Canterbury and one of the highlights of the late summer calendar, the nostalgia event has grown in popularity over the first two years. A major drawcard is the more than 1,000 classic and other show cars which will be seen cruising through the streets of Timaru and surrounding areas. We feature some of the amazing classic vehicles that you will get to see over the weekend and all the details about the event itself on pages 9 - 16.

Have a great month - Dorothy



Larnya and Liz - Claremont



18 Essential Profile



17 Ingredients



6 Home & Garden



front cover: The 3rd annual Caroline Bay Rock and Hop is on March 15 - 17 with an amazing array of classic cars, bikes and caravans from across New Zealand congregating in Timaru. All funds raised from the event will go to Hospice South Canterbury.

Photography: Timaru Stafford Street 2018 Dorothy - essence Magazine

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15 Rock & Hop

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## From the Mayor's Desk

There's a certain buzz about the Timaru District at the moment, as even more people continue to discover what an amazing place it is to visit and increasingly hold awesome events.

This month's Rock and Hop is a great example. This event, now in its third year, brings thousands of people into Timaru and is a huge boost to our whole district.

Although some say councils should be purely focused on the 'core infrastructure' of water, waste and roads, cultural facilities such as our event and sporting venues, theatre, museum, libraries and art galleries are the beating heart of the district and are what make it an appealing place for people to visit and live.

Developments such as the Theatre Royal upgrade will help us recapture some of the shows that currently bypass our town for smaller venues, and the museum development will be a huge shot in the arm for South Stafford Street, as well as offering a better place to share and protect our rich history.

Timaru District is growing on the tourism front and as we grow we're working to ensure we can keep up with demand.

One of the initiatives we're working on is to use technology to ensure visitors get an amazing experience, while keeping it sustainable for ratepayers.

We're aiming to be the most digitally connected district in the country, harnessing technology to ensure smart targeting of services, from things like equipping bins across our district to alert us when they need emptying, to sensors that enable us to deliver up to date and cost effective service to our community and visitors alike.

**Mayor Damon Odey - Timaru District Council**



## Winner

Congratulations to Christine Vaughan, our winner of last months Anti-Flamme giveaway.



## Need an extra copy of essence magazine?

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- Sopheze on Stafford Street
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- Outside Cobblers Inn at Highfield Mall
- Or pop down to our essence office at 22 Chapel Street

## Castle Claremont Garden Party

The manicured gardens of Claremont Castle proved to be a perfect venue for a garden party on 9 Feb – the first such party held at the estate in well over a century. Timaru's gentry took full advantage, enjoying the refreshments and entertainment on offer, while the castle tour proved to be a popular drawcard.



1. Barbara Chapman and Patricia Baker 2. Ashley Shaw and Ellen Walsh 3. Cath and Caroline Cooney 4. Kerry Chambers, Michelle Smith and Candy Penney 5. Kirsty Burnett and Viv Solly 6. Mary and Grant Eames 7. Naomi, Gary, Sharyn and Jaimee Harrison 8. Lynn Callon and Shirley Edginton 9. Marlene and Maree

## Paddle for Life

The Breeze Paddle for Life was on last Saturday with 27 teams in an array of colourful costumes taking to the paddleboards. There were team relay races on Caroline Bay, tai chi and a variety of fun beach challenges.

This year's event raised \$15k for The Pinc and Steel Cancer Rehabilitation Trust, helping South Canterbury cancer patients in their recovery from the debilitating effects of the disease and its treatments.



1. Industrial Controls team 2. Morris Waddell team 3. Becks Wallis, Ally Stock, Jannene Tackney and Helen Beveridge 4. Burnetta Galpin, Sue Cawte, Bridgette Barwood and Kristen Errington 5. Sandy Alexander, Diane Matthews, Logan Gillan and Caitlin Alexander 6. Alister Rowland, Ben Beard, Rob Stevens, Eamon Haggart, Andy Ross, Cody Finn and Laura Steer 7. Sean Ferguson, Josh Mehrtens, Bevan Cunningham, Andrew Miller and Logan Cunningham 8. Lauren Archer, Emily White, Angelique Kinsman and Stacey Blissett 9. Annalyse Shaw, Veronica Hearn, Michelle Mitchell and Sally Parker 10. Sam Jones, Maddy Glynn and Jamie Cox



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Almost 40 tonnes of local stone link the new Dennison home to North Otago. The 500m<sup>2</sup> home was one of the attractions of the sold out NZ House & Garden fundraising tour in mid-Feb, which also featured the Riverstone Castle.



## Drumena's Grand Design

On 7 February 1919, shortly after arriving back from WWI, Harry Dennison bought Drumena, a 140-acre property in Hilderthorpe, situated near the original site of his father's family farm.

It was the start of what is today a commercially successful 1,150 acre (450 ha) arable and dairy operation. Its current custodians are Chris and Kay Dennison, who represent the third generation of the Dennison family's relationship with the property. Chris's dad Jim (93) still lives in the property's original home and provides input into the farming operation.

Chris and Kay met in Christchurch – while Chris was at Lincoln and Kay doing nursing at Christchurch Polytech. Armed with a specialist interest in cropping and arable, Chris decided to join the family farming business in 1988. He brought his young wife with him.

At that stage Chris and Kay moved into a 95m<sup>2</sup> house that had been bought by Jim about five years prior –

bought and transported from Twizel for the princely sum of \$15,000.

A decade later part of the farm was converted to dairy, with 400ha dedicated to cropping – primarily wheat, barley, canola and ryegrass for which it is famous, winning world yield records for both canola and wheat.

About five years ago the couple decided to upgrade. "We wanted something that could accommodate the growing and extended family, while taking advantage of our beautiful location, particularly the views of Kakanui mountain range. For that we needed a relatively high spot," said Kay.

Jimmy helped out and eventually they decided on a one-hectare section on the site of an old hay barn, known to be elevated.

The couple had a good idea of what they wanted, but struggled to translate that into a concept design. They turned to respected architects Mason & Wales, well known



Xteriorscapes Master Plan



for their rockery work in the Lakes region. Dunedin based architect Hamish Muir got the job.

"He really brought some fresh thinking, covered all our requirements and brought in some 'wow factor,'" said Kay.

And wow it is. Key features of the four bedroom 405m<sup>2</sup> house (500m<sup>2</sup> including car and separate boat garages) include cedar cladding and a max raft foundation, fully encased in polystyrene for thermal break.

Construction started in earnest in 2017 with the involvement of local builder Roger Gilchrist and other local contractors including Firman Joinery, engineering firm Apex Engineering, who provided the structural steel in the main section of the house, stonemason Gareth Mitchell and interior designer Annabel Berry.

Local stone is an important feature of the build, with an estimated 40 tonnes of river stone sourced from the Kakanui River, each stone personally selected and prepared by Gareth. Natural materials are a hallmark of the home, from the river stone pillars at the entrance, to the American oak floors, window and door frames and vaulted ceiling in the open plan living area.

Builder Luke Gilchrist said the job presented the typical challenges of any architecturally designed home. "There are a mix of building materials, from

cedar beams to structural steel, so we had to pay specific attention to getting the cladding junctions right. But all up, it's a superb home and we were privileged to be part of it."

Xteriorscapes were engaged to add the special touches on to the outside, including various outdoor dining/living areas, spa, raised stone planters/seats, petanque court, vegetable gardens, and a courtyard with a rain sensing louvre roof. Practical 'farm' innovations include a grated floor outside the back entranceway, allowing mud to drop off footwear in the wetter months.

Inside, a signature piece is a specially commissioned chandelier, a bespoke housewarming gift from Jimmy made from 162 individual glass filament wheat heads made in Martinborough and diligently assembled on site.

Behind the scenes the house creates its own ambient warmth through hydraulic heating, is wired for potential solar panels and even for Electric Vehicle charging in the garages.

And Chris and Kay's favourite room? "it offers a lot for the family and it's great for entertaining, particularly the large kitchen island. We like the whole package, but we both really like the den and the lounge in particular, where we can have a read and a coffee," says Kay.



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# THE Creative Chamber

## MID-CENTURY MOD

They say trends come in full circle if you wait long enough, that is definitely the case for interior design. Mid-century modern styles have been super popular lately and its easy to see why! Sleek, cool, clean, sophisticated, functional and colourful are all words we can use to describe the **Mid-Century modern trend.**



If you love the look but don't want to blow your budget on furniture, there are other simple ways to get the look. Colours around this trend range from bright and bold to the more sophisticated earthy tones. Pull some bold colours into your space by incorporating a funky upholstered chair or a piece of art for your wall.

Another way to add colour is to use a loud statement wallpaper in your bathroom - it can be a cheaper option than tiling while keeping on trend. Sleek lines and curves were all the rage, try adding a statement lamp or ceiling light with a large circular exposed bulb for a dramatic look and practical light.

A lot of designs have been inspired from the 50s and 60s so take a look around your home - you might be surprised at what you've got and how a quick rearrange of items can transform a room.



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Most of us don't consciously think about or prioritise our health.

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So it's important to take stock every so often. That may involve developing a personal wellness plan, focused on work life balance – like ensuring we stick to a healthy diet, sleeping enough and getting enough exercise. We are prone, however, to running the other way when faced with change or conflict. So best laid plans at the beginning of each year for "getting fit" or lifestyle changes go by the wayside.

We've all heard the refrain: "I've had such a tough day. I deserve that drink or those fish and chips." In reality, what we 'deserve' is to treat ourselves better. We 'deserve' healthy foods and we 'deserve' to take time to do some physical movement during each day.

So make 2019 your year for getting in tune with your body, mind and soul. Get up, get moving and take time for yourself. Over the next few pages we introduce you to some of our talented local health and wellbeing specialists.

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## The South Islands largest festival of its kind

The Caroline Bay Rock and Hop is a Nostalgia festival with a 50's, 60's theme. Featuring 1000 cars, caravans and motorbikes from all eras on show and cruising the South Canterbury region over the three days.

The event kicks off with vehicles meeting at Caroline Bay to cruise together to the picturesque town of Geraldine where there is entertainment galore. They then return for the 'main streets' cruise which takes the vehicles past spectators through the main streets of Timaru, Pleasant Point finishing with a street party in Temuka. Pop into your main streets early with the kids and see our sponsors Mitre 10 who will be there with treats for them.

After the cruise those wish to party can then join us back at Caroline Bay in the Hall for a night of Art and Rock and Roll. We have the amazing "SBS Bank Wear Your Parts Awards" preview party hosted by Kirsty Burnett, watch the show then rock to band Th'ART of Cheese until late.

Or party with our local Rock and Roll Clubs who are both holding dances. One at the RSA featuring "Shallow" and one at the Landing Services building

featuring Dee May and the Saints and we also have The C-Bay band playing at the Timaru Town & Country Club.

The Saturday is the big Gala Day Show and Shine where all the vehicles are parked up for display and judging on the spectacular Caroline Bay. We have music, the Drama Queens will be rocking, a Best Dressed Competition, 100s of stalls, plenty of dancers, the SBS Bank Wear Your Parts Competition final, along with many other forms of entertainment.

We finish the day off with the prize giving winners parade and then the draw for our lucky ticket winners, with the main prize being \$10,000. Yes, we're giving away \$10,000. It's a live draw up on the stage and it would be great to see you all there.

The town then rocks for the night with many Rock and Roll Parties including the famous "Rock Your Socks Off" party held in the Bay Hall, this year's band is Candi and The Rockets. Tickets are sold out however you can still rock the night away at the Landing Services building with a party held by the Timaru Rock and Roll Club featuring "Retro Rockin'", or the RSA where they will also have "Shallow"

rocking the night away. The Timaru Town & Country Club have the C Bay Band playing and we have "The Groove" playing at The Empire Hotel for those of you in Temuka.

Everyone can meet up again down at the Bay Hall in the morning for breakfast before heading off on the final cruise which this year is going to Ashburton.

This is a Hospice South Canterbury Fundraiser, all money raised goes straight back to helping provide care for those in our region.

Vehicle entry to all cruises and the Show and Shine competition costs \$35. Party tickets are for sale for different prices and only the parties arranged by Hospice are for sale on our Rock and Hop website, however we can certainly help you get tickets to other venues.

Public Entry to the Gala Day Show and Shine is a donation to our Hospice, please be generous as it's all going to a great cause and all money raised stays in our area.

We would love you to dress up in your best 50' 60's gear and join in the atmosphere, come along and celebrate with us.


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# Rock N Hop Moves Into Top Gear

Mark it in your calendar. Rock and Hop is coming to Caroline Bay from 15 March and organisers are expecting more than 10,000 people at the three day event. As the marquee annual fundraiser for Hospice South Canterbury and one of the highlights of the late summer calendar, the nostalgia event has grown in popularity over the first two years. A major drawcard is the more than 1,000 classic and other show cars which will be seen cruising through the streets of Timaru and Geraldine.

More than 500 of those will be vehicles driven in from outside of South Canterbury. "We dub it as a South Island festival, but we've got a lot of interest from the other end of the country with people literally getting on the road weeks before the event," says Jeanna Munro, marketing and events manager for Hospice South Canterbury.

Jeanna is one of more than 20 people who put the event together. "We have a 10-person volunteer committee who work year round to ensure the event goes off without a hitch. But it's down to our supporters, our wonderful sponsors and the South Canterbury community who make it so successful."

Last year the Rock and Hop generated an estimated \$3 million for the local economy, with around \$70k going directly to Hospice South Canterbury. It's about 10% of Hospice South Canterbury's annual funding requirement.

"We require about \$800k this year over and above Government funding which comes via the SCDHB. Hospice provides specialist nursing care, in patient support, a day care service and other support for patients and families and we are in the process of launching more support services. Not everyone's needs are the same but all up we touch the lives of more than 200 families per year."

## \$10k top prize for Rock & Hop Raffle



After winning a KTM 350 SX-F motorbike in a local competition last year, Lana Cox donated the trail bike back to Hospice, which has decided to use the funds from the sale of the bike for this year's main prize – an amazing \$10,000! Fittingly, Lana will be pulling out the winning ticket at the end of Gala day.



Mike Gould, Dealer Principal from Goulds Motorcycles testing the bike before selling.

Tickets are only \$10 with all proceeds all go to Hospice South Canterbury.

- Other prizes include:
- A night's accommodation at Mantra Lake Tekapo
  - Two \$500 Pak 'n Save vouchers
  - \$1,000 travel voucher from House of Travel

# Rock and Hop Gala Day Sponsors Competitions and giveaways

## THE \$10,000 LUCKY TICKET

Get yours for \$10 from our Hospice Shops or office and be in to win. A limited number of tickets are for sale so you may like to get yours early to be sure you're in the draw. Someone will win \$10,000. There is also a \$1000 travel voucher courtesy of House of Travel Timaru, two \$500 Pak 'n Save vouchers and a night's accommodation at The Mantra, Tekapo to be won. Get your ticket today before it's too late. The live draw will take place on the stage at 3.45pm after the vehicle prizegiving, come down and watch, it could be you!!

## TIMARU MOTORS - Cash n Cars

Try your luck at hitting a table tennis ball into the stack of tyres and go into the draw to win \$1000 cash or one of two very stylish electric mini Ford Rangers. We will have three lucky winners come up on stage at 2.50pm to collect their prizes. Be in to win!

## HEARTLAND POTATO CHIPS - Great Chip Giveaway

Guess the number of bags of chips in the Heartland VW and be in to win a year's supply of delicious Heartland Potato Chips. Yummmm someone is going to be lucky.

## GERALDINE AUTO RESTORATIONS - Old Time Speed Giveaway

Go to The Geraldine Autos display and put your name down to win a Twin high-rise intake manifold to suit a Ford flat head V8. If you know what this means, and you have the vehicle for this then you know what a great prize it is. So, get to Geraldine Autos and be in the draw to win. This will also be presented on stage at 2.55pm.

## SBS BANK - \$500 Repco Voucher Giveaway


Visit the friendly team at the SBS Bank site and be in with a chance to win a \$500 Repco voucher. It's free to enter so make sure you get along and give them a visit on the day.

## MITRE 10 MEGA - Strongest and Fastest

Get to the Mitre10 Mega marquee and enter this fun competition. Compete against your friends and get your name on the leader's board. Mitre10 Mega will have a great prize for the winner on the day, so not only do you get huge bragging rights you get a great prize too.

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**Original:** Yes.



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**Rock & Hop Dances**  
Friday 15th and Saturday 16th March at the Landing Services Building, 2 George Street  
Tickets available.  
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Timaru  
Ph 03 684 9000

## Friday 15<sup>th</sup>

**9am** Gates Open, Marine Parade entrance.  
**11am** "Go Geraldine" cruise leaves from the Bay  
**2pm** Geraldine cruise returns to Timaru  
**3pm** Gates open for main streets cruise, Marine Parade entrance  
**4pm** Rock and Hop Street party starts, Timaru main street.  
**5.30pm** Mitre 10 Mega will start on the main street with their kids giveaway.  
**6pm** Main streets cruise starts.  
**8pm** Doors open for The SBS Bank Wear Your Parts Preview Party. Watch the show then party with our band "Th'ART of Cheese" until late. Hosted by Kirsty Burnett this is going to be a great show and party.  
**ENTERTAINMENT:** Timaru Rock 'n Roll Club have D May and The Saints playing at the Landing Services Building. The RSA Rock 'n Roll Club will be rocking to Sha-Low. The Timaru Town & Country Club will have The CBay Band playing till late in the upstairs function centre.



## Saturday 16<sup>th</sup>

**7.30am** Gates Open at Caroline Bay for vehicles to park up off Marine Parade.  
**9.30am** The Groove will start us off with their rock music  
**10am** Festival Opens - voting opens - band playing, Stalls and Best Dressed registrations open. All information from the Information centre beside the entertainment area  
**11am** The Drama Queens start their entertainment.  
**12pm** Wear Your Parts entrants meet behind stage.  
**12pm** All Best Dressed entrants must have checked in before 12.00.  
**12.30pm** SBS Bank Wear Your Parts Awards/parade and prize giving.  
**12.25pm** All Best Dressed entrants need to report to The Bay Hall for pre judging  
**1pm** The Drama Queens entertain us  
**1.30pm** Best Dressed Entrants meet behind stage area.  
**1.30pm** Voting for Participants and Peoples Choice closes  
**2pm** Best Dressed Competition parade and prize giving, this is also a crowd favourite with plenty of colourful contestants it's a real hit.  
**2.55pm** Timaru Motors "Money Shots" winners drawn.  
**2.50pm** Geraldine Auto Restorations "Old Time Speed" competition presentation.  
**3pm** Car winners announced - trophies presented. Vehicles paraded in front of stage  
**3.30pm** The \$10,000 Grand Prize draw will be made live up on the stage, make sure you have your ticket and we would love it if you came down to see the live draw. You never know it could be you. Tickets on sale at Hospice Shops and office and a limited number of tickets will be available on the day so you may want to get yours early.  
**4pm** Festival finishes.  
**7pm** "Rock Your Socks Off" party doors open at the Caroline Bay Hall.  
**ENTERTAINMENT:** Timaru Rock and Roll Club has "Retro Rockin" playing at The Landing Services Building. The RSA Rock and Roll Club have Sha-Low playing. The Timaru Town & Country Club have The C-Bay band playing. The Groove will be playing at The Empire in Temuka. *Get your dancing shoes on because South Canterbury will be ROCKING.*

**Owners:** John and Deborah Austin

**Make:** Toyota **Model:** Sprinter SL 1200 KE 25 **Year:** 1970

**History:** A private import. This was one of a trio comprising 1400cc and 1600cc models, all registered on the same day in Wellington in 1971. The 1200 is the only survivor. It is now a very rare vehicle. Winner of Rock & Hop Best Japanese Car and People's Choice Awards.



**Engine:** 1200cc 3KB twin carb producing 77 bhp  
**Original:** Totally original but for a repaint in 2017

## Car Fact #2

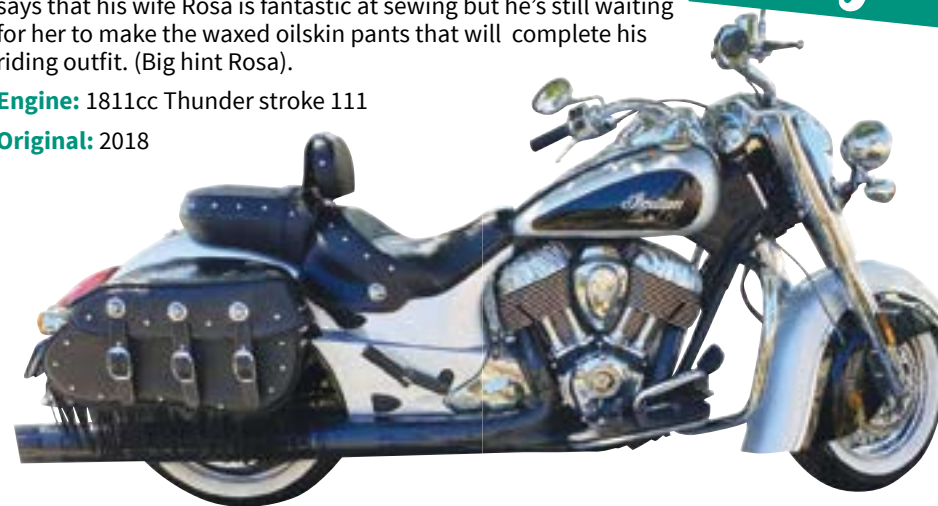
**Owner:** Peter Herron

**Make:** Indian Chief **Model:** Vintage **Year:** 2018

**History:** Peter has owned the Indian for 8 months and has already done over 5000 ks in that short time. Every fine day he gets the bike out and enjoys every minute he spends on it. Peter says that his wife Rosa is fantastic at sewing but he's still waiting for her to make the waxed oilskin pants that will complete his riding outfit. (Big hint Rosa).

**Engine:** 1811cc Thunder stroke 111

**Original:** 2018



## Indian Chief

## Sunday 17<sup>th</sup>

**8am** Breakfast on the Bay in the Marquee begins.  
**10am** Breakfast closes  
**10.30am** Sunday cruise leaves heading to Ashburton, visit the Aviation Museum (\$5 entry fee) and have your car photographed beside a genuine fighter plane.



Best Hot Rod

**Owners:** Wendy and Warren Dunkley

**Make:** Chevrolet  
**Model:** Belair  
**Year:** 1959

**History:** Owned by Wendy and Warren since 2012 and extensively worked after sitting in a shed for 40 years. A great cruising car and a frequent participant in shows around the country. Winner of the Rock & Hop Participant's Choice Award.

**Engine:** 350 V8 with 350 Turbo Trans.

**Original:** Non-original. The V8 replaced the original 230 V6. 18-inch Ridler Mags added.



## Timaru Town & Country Club

### Entertainment

Friday March 15th and Saturday March 16th - 7:30pm  
**C-BAY**  
C-Bay plays that old time Rock n Roll. Great to dance to, plus it soothes the soul!  
**Admission \$15 per person** (\$5 per person will be donated to Hospice SC)  
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Email: timaruclubs.co.nz

## Car Fact #3



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## The Wear Your Parts

Enter our SBS Bank 'Wear Your Parts' Awards. This exhibition is open to anyone and has a wide creative brief. In short, there are no rules apart from the works being vehicle themed and must contain one car, caravan or motorbike part.

The organisers are aiming to recognise design flair, imagination and practical skills in a novel concept that will engage a wide audience, and that may in time grow to be something substantial for the district but also recognised within the arts community.

Outfits shown on the Friday night at the preview party and on the main stage for final judging on the Saturday. If you can't make the Friday night we can display your outfit for you.

Tickets are available to all locals to come along and enjoy the evening from the website. So get busy and come up with something creative. Entry forms are on our website, fill yours in today. Tickets to the show are also available from our website [www.carolinebayrockandhop.co.nz](http://www.carolinebayrockandhop.co.nz)

After the show party with our band TH Art of Cheese until late.



**TOP 10** Holiday Parks Classic  
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HOSPICE SOUTH CANTERBURY



## Flight of the Concord

Carl and Alhena Vaughan bought their first caravan in 2009, and fully renovated the 1970s Sunbird, spawning an enduring love affair with classic caravans.

Since then the Timaru couple have become adept at renovating and repurposing older caravans. They've done five to date including an 18-year old Zephyr that was bought, renovated and then sold and a 10-foot Sprite which was refurbished for their two children.

In 2012, the caravans were sold in favour of investing in a bach in Twizel. But the bug was still there and a scant few weeks later Carl, who owns the Timaru Goodyear Auto care shop in Timaru, noticed a 16-foot, 1968 Concord being sold out of Motueka. "It was in terrible shape but we couldn't ignore it - as it is truly an iconic kiwi caravan."

They bought it and embarked on a full rebuild to bring it back to life. The addition of some mod-cons such as a three-way fridge, gas hot water cylinder and gas oven makes it perfect for freedom camping, though it can also be plugged in.

Almost finished with the Concord, the couple realised they needed something with the correct street credentials to tow it.

Enter a 1966 Ford XP station wagon. "It's a great complement to the caravan in looks and in that it shares a strong kiwi link. However as it was it was certainly not up to the job in its current state it also needed a full refit of its running gear," says Carl. So after dropping in a new V8 motor, transmission and brakes out of a 1996 Falcon and adapting the interior colour spec to fit the caravan, the car was declared fit for purpose. "It's about 98% there and it's done the job through a few great trips, though not sure the lower suspension of the caravan will get us onto the Interislander," laughs Carl.

Never mind, we're happy to keep the pair on the Mainland.

*Proud to say we've been a part of the Rock and Hop for the past two years.*



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### Car Fact #4

**Owner:** N.T. McDonald  
**Make:** Jaguar  
**Model:** Series 1 E-Type 3.8 fixed head coupe **Year:** 1962

**History:** First registered in 1962 in San Diego. In 1972 the coupe went into storage due to US fuel emission restrictions. Imported into NZ with only 48,000 miles on the clock for the current owner. It was restored and converted to right hand drive in 2018 by Geraldine Auto Restorations.

**Engine:** 3.8 DOHC 6-cylinder  
**Original:** Upgrades/Modifications, RHD Conversion, Willwood Brakes, Lightened flywheel, Stainless Headers and free flow exhaust system.

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A/H MOB 027 495 8255 E [mwaddell@xtra.co.nz](mailto:mwaddell@xtra.co.nz)

## FAMILY FUN AT CBAY

Located just up the road from the RocknHop, CBay is the perfect place for a fun family outing or to supplement your daily fitness regime. You can clock up some km's in the pool, attend a fitness class or just relax with a delicious coffee at CBay Cafe.

A modern fitness and leisure centre, with three indoor heated pools, a 50m outdoor pool (open mid-Nov to mid-March) two hydroslides, a children's water play area, Rapid River, Big Splash tower, and Chillax area (16years +), there's something for everyone all year round.

The CBay Fitness gym is fully equipped with Cybex strength and cardio equipment, plus two fitness studios offer over 50 Les Mills classes per week and for the cycle enthusiast a dedicated Les Mills RPM room. Refer to the CBay website for class timetable and details.

So whatever the weather, it's the best place to splash, swim or play because it's always summer at CBay.

**Admission:**  
Child (5-17 years and highschool pupil with ID) .....\$3.50  
Adult .....\$5.50  
Senior 65+ (ID required) .....\$4.50  
Spectators accompanying a swimmer .....No Charge

**Adult/Child Combos:**  
1 Adult and 1 Preschooler (under 5) .....\$5.50  
1 Senior 65+ and 1 Preschooler (under 5) .....\$4.50  
1 Adult and Child (5 to 7 years) .....\$7.50  
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1 Adult and 2 Preschoolers (under 5) .....\$7.50  
1 Senior 65+ and 2 Preschoolers (under 5) .....\$6.50

**Hydroslide: (additional to admission prices)**  
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Mon-Fri 4pm - 6pm, Weekends & school/public holidays 10.30am - 5pm

**Chillax Area: (additional to admission prices)**  
Sauna/Steam/Spa per session (16 years and over) .....\$2.50

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\*Includes Group Fitness classes.

**Pool Safe Child Supervision Policy**  
CBay Aquatics endorses NZ standards for the industry and the aquatic code of practice. Pool Safe Policy is children under 8 years must be actively supervised by a caregiver 16 years or over and under 5 years within arm's reach of their caregiver at all times. Actively supervised means watching your child at all times and able to provide immediate assistance.

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# Pop-up Parlour

SCARH - South Canterbury Association of Registered Hairdressers are teaming together to create some amazing Rockabilly styles for the Caroline Bay Rock and Hop in Timaru. A pop-up hair & makeup parlour will be available for the Best Dressed and Wearable Parts contestants to achieve a polished finished look with a professional hair and makeup team. SCARH also welcome other guests attending the Rock Your Socks Off Party on Saturday night, to book in and be transformed by the SCARH team into a Rockbilly Beauty.

Book an appointment through the SCARH Facebook page. Wellcut & MORE will be providing FREE hair consultations for any one needing advice on their hair, all who have a consult will go into the draw to win a Lakme Aura Smoothing Service. Our award winning stylists are very creative and love to inspire a new shape or colour that would suit YOU! Along with discounts on our high quality retail ranges, Wellcut & More is definitely worth a visit to our tent site at the Rock & Hop 2019.



# Rocking the Look

Choosing the right style of '50s clothes to wear to a retro "Sock Hop" will make you the life of the party. Decide whether a poodle skirt or the bad-girl look is the one you want. In addition to finding the perfect '50s clothes, you'll want to style your hair and apply makeup to give yourself a complete costume.



Hair played a big role in '50s fashion, with styles ranging from the short, soft and curly to the simple ponytail held in place with a dainty chiffon scarf. Women dressed in tailored dresses, complete with gloves, stockings, heels, handbags and hats. Flared "swing" skirts and the silhouette-flattering pencil skirt were both popular. Feminine and tailored dresses highlighted the hourglass figure. Visit 19 Black for everything you need, including handbags and accessories - they have it all.

Plaids, solid colors, stripes, patterns and pleats were all popular. Skirt hemlines landed at the knee or just below it. If you're crafty, head to the Timaru Sewing Centre and create your own. They have everything you need along with some fabulous patterned fabric! Once your outfit is sorted, add a scarf around the ponytail and apply bright red lipstick. Wear white socks along with a pair of saddle shoes, and you're ready for the party!

# The power of whole, real food



Dr Libby shares her five top beauty foods for radiant skin.

Skin that truly glows is cultivated from a vast array of physical and emotional processes inside you, including the nutrients you supply your body with as well as how lit up you feel about your life. Everything, even what you are focused on in this

very moment, tends to be reflected on the outside and contributes (or not) to your sparkle. When it comes to our radiance, I can't underplay the power of whole, real food—especially plants. Plants are absolute superstars when it comes to what they provide for our bodies. They are packed full of vitamins, minerals and antioxidants that fuel our biochemical processes. Without plenty of them, the wheels begin to fall off our health. What you may not realise about nutrients is how your body utilises them. Let's say you consume a food that contains zinc. This indispensable nutrient is required for sex hormone production, proper immune system function, as well as the maintenance of vision and taste. It is essential for the function of over 300 enzymes, some of which are necessary for great digestion. It's also critical for wound healing, contributes to our nail strength and even nourishes the scalp, helping to maintain the integrity and strength of hair. But here's the thing: if you're not getting enough zinc in your diet (which today, many people are not), your body



has to choose where it sends the zinc first. Do you think it's going to choose to send it to maintain the strength and integrity of your hair before it builds your digestive enzymes or strengthens your immune system? Of course not. It's going to choose the most important processes first. Your body isn't worried about how your skin looks, so long as it's doing its job protecting you from the environment. And that is why it's so vital to ensure you're getting the nutrients your body needs to thrive—especially if you want beautiful skin. While it's important to consume an abundance of plants and eat in a way that focuses on whole, real food, here are my five top beauty foods for radiant skin.

- Blackcurrants** – Blackcurrants are rich in anthocyanins, potent antioxidants that help to protect against oxidative damage and premature ageing. This is a key reason why I chose to include them in my Bio Blends Organic Daily Greens & Radiant Reds powder.
- Wild caught salmon** – Salmon is one of the main dietary sources of long-chain omega-3 fatty acids, and is highly nourishing for the skin. Many people don't consume enough of the anti-inflammatory omega-3 fats.
- Avocado** – Rich in nourishing fats, fibre and a range of vitamins and minerals, avocado is a truly special beauty food.
- Pumpkin seeds** – Also called pepitas, pumpkin seeds are one of the richest plant-based sources of zinc, an essential nutrient for healthy skin, hair and nails.
- Broccoli** – A member of the Brassica family of vegetables, broccoli contains superstar substances that support liver detoxification pathways and sex hormone metabolism, both of which are critical for clear skin.

\* Dr Libby Weaver (BHS (N&D) (Hons) PhD) is Australasia's superstar of all things health and nutrition, combining many years of experience, learning and clinical practice to her holistic approach to health. As New Zealand's leading health voice, Dr Libby travels the world speaking at conventions and workshops as a keynote speaker and expert on weight loss, nutrition, hormones, emotions and total wellbeing. [www.drlibby.com](http://www.drlibby.com)

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words: Gilly Oppenheim

# For Love of Dance

"I just love my job and the lifestyle that goes with it. I've been very lucky and all my hard work has paid off", this petite attractive 26 year old told me recently when she was at home in Timaru. Ever since she was a little girl Natasha Hammond has loved to dance and she has now made a career out of dancing on cruise ships.

She started learning ballet with Jenette Borrell aged just four. At six, jazz ballet and gymnastics were added to her repertoire, followed by tap and contemporary dancing taught by Melanie Wheeler. From age 14 upwards she often danced six days a week and when she was a pupil at Craighead, she added aerobics to the mix, being ranked second nationally in her age group for aerobics.

The road to dancing in shows on cruise ships has not been an easy one. To fund this lifestyle Natasha has done several stunts as a lifeguard at CBay. She loves her ballet, but in order to get the cruise ship jobs, she needed to learn the commercial side of jazz and musical theatre, so she spent two years studying full-time at the Whitirea Performance Centre in Wellington, which gave her confidence and she had to learn different dance styles. This led to going to America to audition for her dream job. She said being judged both on your dancing ability and your looks was difficult and

frustrating, but she asked lots of questions, in order to be noticed and she thinks that her kiwi accent also helped! After a few unsuccessful auditions, aged just 20, she decided to accept a job dancing in Five Star hotels in Taba Heights, the northernmost resort of Egypt's Red Sea Riviera. This was a real eye-opener for Natasha and after three months she came home after civil war broke out and it was no longer considered safe.

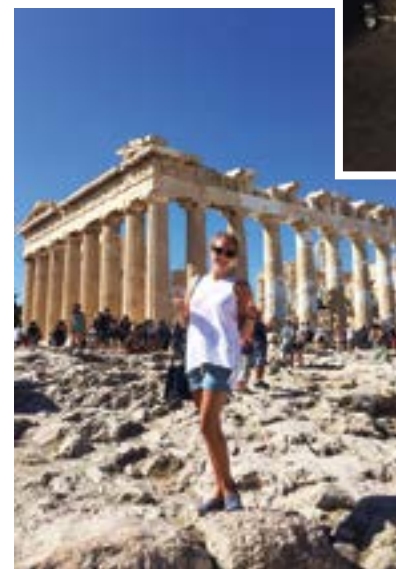
After a gruelling six hour audition in New York in 2013 Natasha was one of 20 dancers chosen from over 300 hopefuls and she was on her way. The waiting game was over and her first posting was with the Celebrity Cruise Line where she worked as a dancer and aerialist. The latter was a 10 minute trapeze act (like Cirque de Soleil) with four others where she was a flyer without a harness! This involved three

weeks of aerial training and three weeks of dance training in Florida to learn the routines. It was very intensive training, six days a week and she said they all cried through the pain. She then spent ten months on board the Celebrity Equinox in both the Caribbean and the Mediterranean, often with three shows a night and she was free to explore the areas during the day time. This she really enjoyed.

Wanting a change after this, Natasha joined the Princess Cruise Line, her first contract being nine months on the Ruby Princess, going to Alaska, the Californian coast and Mexico. Here the producer of her show was Stephen Schwartz, the famous American musical theatre lyricist and composer who wrote hit musicals such as Godspell, Wicked and Pippin. The show for the three Princess Cruise Line ships was called 'Magic to Do' and cost \$US4 million to produce! This attracted huge audiences and was very successful. After this stint, Natasha took five months off to spend time at home with her family and friends, as well as being back working at CBay as a lifeguard.

Her last contract was with the Pacific Princess, known as the Love Boat because of the television show! It was here that Natasha fittingly met her boyfriend, who is the First Officer and they cruised the Caribbean and the Mediterranean for five months. After another two months at home, they cruised for a further seven months, notching up 38 countries in Northern Europe, including Iceland, the Scandinavian countries and the Baltic through to St Petersburg. Natasha's next contract is with the Crown Princess for which she will begin rehearsals in March.

Natasha loves her lifestyle. She is doing what she loves, getting to travel the world and making friends all over the world. The downside is being away from home and occasionally sea-sickness if the weather is rough! Choreographers are chosen world-wide and she loves the beautiful sets and her amazing costumes. She said it is really important to look after her body, to stay fit and to warm up properly. She thinks she may do this job for a couple more years and then decide what to do next. What an interesting career choice!



# Safety around Schools

Preoccupied parents and distracted kids all converging on the road before and after school.

It's at the heart of a new radio campaign by South Canterbury Road Safety which lets the kids do the talking - reminding their parents to be extra vigilant while they're behind the wheel.

It has also provided a great opportunity for schools to incorporate road safety awareness into their curriculum.

At the start of each term, James Valentine from 100.3 FM will be visiting selected schools and recording pupils - who will then be heard on the radio daily advising drivers to look out for them. Each spot is 15 seconds and will be run from Monday to Friday between 8-9am and then again between 3-4pm.

Daniel Naude from South Canterbury Road Safety said the initiative had commenced at the beginning of the

school year. "Feedback has so far been very positive. The idea is for a school child to simply say, "Hi Parents, we're on our way to school. Look out for us. A message from South Canterbury Road Safety."

Naude says traffic congestion is one of the biggest issues around schools during drop offs and pick up times. "We advise people to be patient and aware as children can be impulsive. We therefore encourage all drivers to be aware, particularly in the urban areas at this time of day.

"Research shows that when road safety is discussed by the local community, it has more impact than national road safety programmes and that creating conversation around road safety is the most effective way for road users to maintain awareness. By using school aged children, it encourages us to open up discussions about how we drive and remain aware of hazards which we might take for granted. It has also provided a great opportunity for schools to incorporate road safety awareness into their curriculum.

James Valentine and 100.3FM had really got in behind the project, with the community notices also being played on More FM and The Hits FM.

For more information contact Daniel Naude on 03 687 7235 or visit [www.scrs.org.nz](http://www.scrs.org.nz).



Bluestone Schools Kyla Beveridge, Alice Robinson and Dominic Eddington get some airtime with DJ James Valentine. It's part of a campaign by South Canterbury Road Safety to heighten awareness during the busy school run.

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## THEIR SAFETY IS IN YOUR HANDS

Be aware



### Do's

- ✓ Kids enter & exit vehicle from footpath side
- ✓ Park away from school frontage
- ✓ On foot? Only cross at pedestrian crossing points
- ✓ Keep your speed low - around 30km/h max
- ✓ Watch out for kids

### Dont's

- ✗ Double parking creates risk and congestion
- ✗ U-turns are risky
- ✗ Do not block driveways or footpaths
- ✗ Do not exceed parking time limits
- ✗ Avoid being distracted

Visit [scrs.org.nz](http://scrs.org.nz) for more information



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# ASK AN EXPERT

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



## Alicia Bradley

My name is Alicia Bradley. I have been working for South Canterbury Toyota for two years and come from a finance and insurance background. My position allows me to assist our customers in finding the car of their dreams and providing the knowledge to allow these customers to make informed decisions on what kind of finance, lease, insurance, warranty or servicing needs they require.

### Leasing vs buying?

Whether you're buying a new or a used vehicle, it will be one of the most significant purchases you will make aside from purchasing property. That's why it is really important to be well informed when deciding between financing or leasing if purchasing outright isn't an option for you.

We live in a world now where interest rates for financing vehicles are much lower than they traditionally were. Attitudes have changed from "if you can't afford to pay cash for it then you don't buy it." With the low rates, we are finding people are being smart about it. They realise that they are often better off leaving that money in a term investment than withdrawing it to pay cash for the vehicle, because they could earn more and spend less by leaving it in the bank.

You also need to consider other factors when purchasing a vehicle. How often do I want to upgrade? Do I want to take advantage of all the extra safety features of a new car? Do I have money to spend on costly repairs on an older one? When we start to ask ourselves these questions, we realise that perhaps what we thought we originally wanted isn't viable now. What if we like the idea of a new car and the benefits that this entails but don't think we can afford it? This is where leasing might be something to consider.

With leasing, you are effectively making payments which cover the depreciation costs of the vehicle rather than the entire purchase price. There is usually low or no initial outlay which is good for those who don't have the funds for a large deposit. You choose the term and the kilometre allowance you wish to have over the term and the lease payments are based on what the value of the vehicle will be at the end of the lease. There are lease options that give you the ability to return the vehicle or give you the choice to purchase at the end of the lease.

### Q. Am I not just throwing money away on a lease with nothing to show for it at the end?

Answer: No. Think of it this way. Bob comes in with his cheque book and spends \$57,000 on a new vehicle. In three years time, Bob sells his vehicle after having put 60,000km on it. Bob gets \$38,000 for his vehicle. He has lost \$19,000 in depreciation.

Mary comes in and decides she wants to lease the same vehicle that Bob bought. She can't afford to purchase it outright so decides to lease it for 60,000km over three years. At the end of the three years, Mary's vehicle is worth \$38,000 as a minimum guaranteed trade in value on the type of lease she took out with her vehicle.

Who's better off? Bob or Mary? They are both in the same position. Except Mary didn't need to part with a large chunk of cash when she bought her new vehicle and she knows that she can afford to upgrade her vehicle every 3 years with low or no initial outlay.

It is not my job to advise but to inform. It is so important to do your own research when purchasing your new vehicle. However, I am here to assist you in the process which can sometimes be nerve wracking! Here at South Canterbury Toyota, we pride ourselves on making the experience enjoyable for you from the moment you step in to the Dealership.

Please contact me today for all your leasing and financing requirements. I look forward to meeting you and getting you into that car you've always dreamt of.



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2017 SERVICE EXCELLENCE CUP



## Nicki Mitchell & Lucy Davidson

Nicki Mitchell has been a travel consultant for just on 8 years and has recently taken over ownership of Helloworld Travel Timaru with her colleague and friend Lucy Davidson. Nicki has a wealth of knowledge and experience in the industry.

**Q. Why Cruise?**  
Cruising, in all of its capacities is a fantastic way to travel. Not only do you see some of the world's most amazing destinations, but you are taking your resort along with you. Cruising cuts out all the boredom that can come with long distance travel. You literally unpack once! Also, if you are like me and love food, look no further! Some of the best meals I have ever eaten have been while cruising!

**Q. Who cruises?**  
Anyone and everyone cruises. There are cruises for families with kids, cruises for couples, themed cruises, luxury cruises, the list goes on. I have found a lot of singles finding cruising to be their favourite way to travel as they meet many like-minded people from all over the world.

**Q. Can I afford a cruise?**  
Cruising can be a lot more affordable than you think - when you pay for a cruise, you are also paying for your accommodation, main meals and entertainment. While there are some charges that can be incurred, like shore excursions, specialty restaurants and alcohol, when you work out how much you are getting for your money compared to a resort holiday, you will be pleasantly surprised.

**Q. Do I really see much when cruising?**  
The common misconception when it comes to cruising is that you really do not see much of the destinations. This is not true! While you may only spend a day or two in one port, there are fantastic shore excursions on offer that let you see loads. River Cruising is an incredible way to experience destinations and still have the cruise holiday you have always dreamt of. River Cruise ships pull right into the heart of a place, you can literally step off and wander into a town or city.

Most importantly, talk about what you want, ask for advice and have an open mind, some of the best experiences of your life may just be waiting for you aboard a cruise ship!

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## John Simpson

John has been providing audio and video solutions to his customers for over 25 years.

### John Simpson is now providing home heating solutions.

**Q. How does Herschel infrared work?**  
Herschel infrared heats your home the same way the sun heats the earth. It uses far infrared energy to warm up the fabric of the building and all the things inside it, including you. This turns the very surfaces of your home into part of your radiant heating solution, delivering you a consistently warm and comfortable environment.

**Q. What is the difference between radiant and convection heat?**  
Simply put, convection heat is heating the air and moving it around the house. Radiant heat travels through the air and is instead absorbed by objects and the room materials itself. Once the objects and room have been heated enough, they radiate the heat as well, and your whole room becomes part of the heating system.

### Q. Why is radiant better?

Heating the air is an inefficient heating solution because air cannot hold much heat. This is why a cool draught can cool your room quickly, or if you switch off your heater or heat pump the warmth seems to disappear.

Using convection to heat a room, you need to heat the entire volume of air and convection heat rises, meaning most of the energy you are creating is sitting over your head where you can't feel it.

Radiant heat is ideal for heating people, as we are radiant ourselves. We absorb radiant heat into our bodies far better than when hot air is blown around us. Once the environment around us has reached our selected temperature it is surprisingly easy to maintain a comfortable, warm environment lower in the room where you actually sit, without losing

heat unnecessarily or being forced to run your heater continually.

Have you ever sat in front of a fire and marvelled at the way it heats you all the way through? This feeling is radiant heat at work.

Something you may not have realised, but warm air attracts moisture. Heating the air inside your home actually contributes to moisture and dampness issues. Heating the home itself dries it out, reducing dampness and mould.

**Want to know more?** Give John a call and he can arrange to carry out a site assessment to calculate a solution for you.

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# What's "HOT" at Maree Hynes Gifts & Interiors

This season's hot new trend is "TRIBAL" and everything that lends itself to this look including natural materials, colours and even patterns which can be vibrant or subdued.

Mix it up with pieces you have adored on your travels – bring that hand carved wooden chair that you purchased for a song in Africa, unleash new life on it with a heavy linen or woollen throw.

When thinking of styling your home, we are in love with beaten metal and natural woods. They bring an abundance of texture and interest – remembering there is perfection in imperfection when it comes to hand made pieces.

Check out our beautiful collection of Large Scale hand beaten urns, vases and bowls. They look magnificent on a hall table or even as your fruit bowl.

If this sounds somewhat overwhelming, you could always start your walk on the wild side with cushions - they offer instant impact without rearranging the furniture. Our online and in store collection of cushions is bountiful! Go to [www.mareehynesinteriors.co.nz/cushions](http://www.mareehynesinteriors.co.nz/cushions) or just pop in store to view.



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## Community Trust supports City Harvest Food Rescue



The Community Trust of Mid and South Canterbury has approved a \$30,000 grant to City Harvest Food Rescue Canterbury (CHFR) to establish a food collection and distribution centre serving the Mid and South Canterbury region.

2018 marked the 30th anniversary of our country's 12 Community Trusts which, with the closure of Trust Bank in 1988, were established to reinvest and to distribute the former bank's investment returns for philanthropic purposes within each geographic region. Mid and South Canterbury Trustees wanted to celebrate that anniversary through funding a landmark project which would have a significant and sustainable impact for communities across both Mid and South Canterbury, ideally addressing a previously unmet community or environmental need.

Replicating a model successfully established in Christchurch (and by others elsewhere), CHFR Mid and South Canterbury will rescue quality surplus food from the local wholesale and retail chains for sorting and redistribution to the front-line agencies serving those in immediate need and at-risk in the region. In doing so CHFR will not only support local groups but the rescued food is diverted from landfill where it would release gases toxic to the environment.

CHFR will be based in Timaru but will encompass wider areas such as Ashburton and Waimate.

The CHFR Board is also currently reviewing nominations for a South Canterbury appointee to its Board.

Says Community Trust Chair David Forman, "CHFR's project fits squarely within our vision of a region of healthy, caring and vibrant communities. We are incredibly proud to be instrumental in bringing it to our region and are excited to see the difference it will make."

"At Family Works we have seen a significant increase in the number of whānau accessing food parcels over the past 18 months. Having City Harvest in Timaru will enable us not only to meet that growing demand but also provide a greater range of food for our families/whānau," says Family Works Manager Liz Nolan.

"The most important benefit of having City Harvest in South Canterbury will mean that more organisations will have the opportunity to access high quality, nourishing food to provide meals for children and families with less food wasted and thrown out.

"New Zealanders throw away 122, 547 tonnes of food a year. Let's change that statistic for South Canterbury."



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