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essentially...south canterbury

9

Rock and Hop
Feature

20

Wellbeing &
Health

GET THE LOOK SHOP LOCAL

Love Shopping? Then Shop Local for the greatest benefit. Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces; rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

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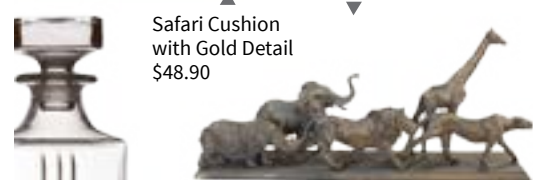
White Washed Weathered Oak Bed \$1,150



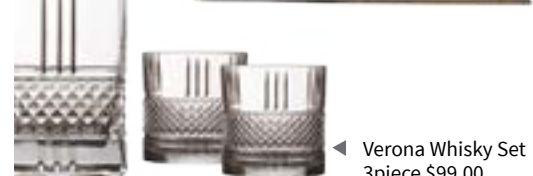
White Washed Weathered Oak Bench \$299



Wild animal bronze \$174



Safari Cushion with Gold Detail \$48.90



Verona Whisky Set 3piece \$99.00

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CONTENTS

Fashion

Shop local and support local businesses. For fashion advice and new looks See page 18.



Rock and Hop Hits the Town

The Lillyputs are coming! Owners will be delighted to host visitors to their campsite during the public displays on the Saturday.



Rusty Acre

You can breathe easy because wherever you're at in your home and outdoor living journey there are local businesses and experts on hand to guide you through the process. See page 6.



COVER - Eamon Barrett

ROCK N HOP FEATURES

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NEED AN EXTRA COPY OF ESSENCE MAGAZINE?

WE HAVE STANDS LOCATED AT

Sopheze on Stafford Street
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Our office - 22 Chapel Street, Timaru
Mint Boutique Fairlie

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Published by IMPACT PUBLICITY 2005 LTD
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Understanding crop residue burning

Late February means the start of crop residue burning season is upon us. This practice is also known as stubble burning and is an important practice for arable farmers. However, the impacts of these burns can be far-reaching and can negatively impact people several kilometres away from where the burn is located, with reports of 'out of control' fires and concerns about smoke, ash and visibility, common through the late summer.



Brian Reeves is Environment Canterbury's southern zone delivery lead and he says that this year, several agencies have joined forces to provide more guidance and information to both those who undertake crop residue burning and those impacted by it, to address frequent misunderstandings about what is or is not acceptable.



WHAT'S THE PROBLEM?

However, in certain conditions and weather, the smoke from these burns can travel beyond the property boundary, causing a nuisance effect for those in nearby towns. This can be particularly

WHY CROP RESIDUE BURNING?

Crop residue burning plays an important role in New Zealand's cropping systems and is a permitted activity under the Canterbury Air Regional Plan, except in two buffer zones around Timaru and Ashburton where a resource consent is required. The practice is a quick and economic way of dealing with crop residue which has less environmental impact than alternative methods. It is also an effective, non-chemical means of weed management and can contribute to pest and disease control.

troublesome for towns like Waimate where the geographical landscape means the smoke gets 'trapped' and sits over the town.

WHAT IS BEING DONE TO RESOLVE THIS?

The Canterbury Air Regional Plan has measures in place restricting outdoor burning to help reduce nuisance effects and improve the quality of the air our communities breathe, including that anyone undertaking a stubble burn must complete a smoke management plan. Industry organisations like Federated Farmers and the Foundation of Arable Research provide practical good management advice for burns to farmers.



Fire and Emergency New Zealand has seasonal restrictions and permitting requirements, and, even if burning is within the Environment Canterbury rules, farmers need to check if the location of the fire is in an open, restricted or prohibited fire season. They can find this out at

www.checkitsalright.nz

Paddle for Life

The Breeze Paddle for Life was on Saturday 15 February with teams dressed in an array of colourful costumes taking to the paddleboards in team relay races on Caroline Bay. The event is an annual fundraiser for The Pinc and Steel Cancer Rehabilitation Trust and its programmes helping South Canterbury cancer patients in their recovery from the debilitating effects of the disease and its treatments.



1. Sonny Innes, Clint Richardt and Reece Henderson 2. Timpany Walton - Lauren Archer, Stacey Blissett, Emily White and Tara Norton 3. Ally Stock, Helen Beveridge, Jannene Tackney and Keryn Dennison 4. Shore Construction 5. My Physio - Megan Shaw, Dean Paterson, Steve Fennessy and Amy Trainor 6. Paddlin Chicks - Bridgette Barwood, Kristen Errington, Burnetta Galpin and Sue Cawte

South Canterbury MUSEUM

RETRO ROCK



AUTOWORLD BA5

The Autoworld team were super excited to be hosting the Timaru Chamber of Commerce Business After 5 (BA5) on the 20th February. A NEW product was launched and there were loads of prizes to be won. A very enjoyable night for everyone.



1. Andrew Brosnahan, Jacques Mocke, Christine Brosnahan 2. Kirsty Burnett, Sharleyne Diamond, Graeme Diamond, Jordan Diamond, Santana Simpson 3. Mark Patterson, Amos Wheeler 4. Sarah Nicholas, Kate Le Lievre, Rabie Alkountar, Warrick Thompson 5. Dawn Edwards, Helen Pye 6. Susan & Peter Irvine

FROM THE Mayors Desk

Tēnā koutou
Welcome to 2020, and what a start to the new decade it has been.

The Timaru District has had a busy start to the year hosting the New Zealand Roller Sports Speed Championships, Super Truck racing at Levels Raceway, New Zealand Mountain Bike South Island Cross Country Championships and Soundsplash Timaru. All these events brought a huge number of visitors to our District which is fantastic to see. I hope some of you got to enjoy some of the fun as well.

But it's not over yet, in the coming months the District will host another great Rock and Hop weekend, Hadlow to Harbour fun run, Children's Day at Caroline Bay, COMMUNITY Extravaganza to celebrate our cultural diversity, and the 2020 NZ Golf Women's autumn foursomes. We are extremely lucky to be able to host these events in our community and without the dedication of the volunteers that co-ordinate and run these events, they just wouldn't happen.

It has been an exciting to watch the Timaru Port become a busy hub again as we welcome back the cruise ships, this is thanks to significant investment from Primeport. Aoraki Development, Aoraki

Tourism and Primeport have led the charge in welcoming the visitors to our shores, presenting each visitor with a woven harakeke (flax) rose which were handmade by the community. Hosting these ships with their diversity of visitors is a great opportunity for the District and we look forward to welcoming the ships back next season.

It is the people that make our District special and unique and it is something that makes me very proud to be a member of this community and an honour to be its Mayor. I encourage you and your family to appreciate what our community has to offer. Make the most of the summer months, try something new, experience what is on your door step, there is always something happening in our District to enjoy.

Ngā mihi
Mayor Nigel Bowen



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words: **Pattie Peglar**
photography: **Dorothy - essence magazine**

Rambling at the Rusty Acre



Andrea Wadsworth and Allan O'Loughlin

The interesting thing about rural blocks is that nobody really knows what others get up to behind those macrocarpa hedges. Step through the little gate into the Rusty Acre at Mandeville and you're taken into another world – with a touch of the Alice in Wonderland about it.

Winding pathways lead through the green and shady garden. There are towering trees and splashes of floral colour and birds flit and fly through the canopy. In the trees and undergrowth figures and shapes sculpted from steel peer out at you. It feels cool and enchanting on a warm summer's day and it's hard to imagine this space any other way. But when Allan O'Loughlin and Andrea Wadsworth moved on to this 2-acre block back in 1993 it was a bare paddock.

Shortly afterwards they went overseas, spending a couple of years in the UK and came back with "lots of ideas" says Andrea.

So was there a master plan when they moved on to a bare paddock? "There were no plans," laughs Allan, "Around here you need to get shelter belts up. So the only plan was for the easterly, the nor'wester and the southerly".

An old shed made with big, sandy coloured bricks looks like something lifted out of an old English cottage garden; a unique formation of old gas bottles has been transformed into nesting boxes for wild birds and a formidable wooden gate with a huge rusted handle leads into the herb garden.

This was one of the first areas of the garden they developed and it is Andrea's first love. "I love herbs and I'm always out picking flowers, often to press. We bottle all our beetroot and make jams and chutneys," she says.

But centre stage in this garden are the sculptures. A long-legged man sits atop a penny farthing bike his scarf blowing in the wind; towering, willowy figures are scattered around the open lawn; an abstract shape of galvanised steel takes centre stage. But everywhere you look there is something to catch the eye - like the rusty fairy spreading her steel wings high in a tree.

Allan is the sculpting half of this partnership. "It's just my hobby," he shrugs. It feels like a serious understatement. The garden is filled with amazing steel sculptures of all shapes and sizes that he has created in his workshop. He uses steel which he buys new and 'the odd bit of scrap'.

In fact the couple are both very creative in their own ways. While Allan is working away with his mig welder, Andrea can often be found in her own shed restoring an old vase with delicate hand painting or re-upholstering an old chair. "I love that sort of thing," she says, "Mum always had an eye for colours and I just love titivating and reorganising my surroundings." Many of the pieces that Andrea restores are now destined for her home décor shop which is an absolute treasure trove for those after something a little bit different.

The Rusty Acre opened to the public just over a year ago, but it was mainly driven by Andrea's love of home décor. "It was the shop that came first. I just love home décor, quirky stuff and I wanted to do something here," she explains. She continues to work part time as a theatre nurse, commuting into Christchurch and spends the rest of her time running her shop and events at The Rusty Acre while Allan is the sculptor and gardener of the organisation.

This talented couple might have started with "no plan" for their bare paddock – but what they have created is enchanting. A true testimony perhaps to the power of not planning.

The Rusty Acre is open from Friday to Sunday. For more details visit The Rusty Acre on Facebook.



Kaylum McAuley

Inline Speed Skating At Its Best

Teenager Kaylum McAuley, aka "Tough Guy Jack", won the prestigious Open Men's 15,000 metres road elimination event at the New Zealand Speed Skating Championships in Timaru on New Year's Eve. The talented 15 year-old McAuley, in a brave move from a long way out, sprinted clear and held on to win from favourites Andrew Jones (Wanganui) and Mark McCormack (Dunedin). This young speed skater has won over one hundred medals and trophies, but this would be one of his proudest wins. Another proud moment was breaking the national speed record in January 2019 over 1000 km in Palmerston North. This record had been held for 14 years by Peter Michael, a NZ long track speed skater from Wellington, who has won several world inline skating titles and at the last winter Olympics placed 4th. Peter, who is now based in Europe, is likely to be a team mate and race senior at this year's world speed skating championships in Cartagena, Colombia in July.

Kaylum has been skating since he was 8 years old. He was given roller blades for Christmas and every Sunday in summer was spent with his sisters at the South Canterbury Speed Skating rink on Caroline Bay. He is now a member of a strong established speed team with plenty of up and coming talented young skaters. The club is hugely indebted to the Begg family. Bill Begg has coached the NZ speed skating team for many years and has attended more than 40 world championships in some official capacity. He has won the region's Coach of the Year award 6 times in the last 8 years, and the world body want to use his coaching experience as a resource. Kaylum said Bill was a hard taskmaster, but he certainly gets the results and he will support any young person who is keen and prepared to put in the hard yards. Many young skaters have him to thank for instilling a love of inline speed skating and for giving them the opportunity to compete at a national level.

Unlike quad skates, which have two front and two rear wheels, inline skates typically have three to five wheels arranged in a single line. And the wheels are not cheap. Kaylum has to replace these, and now as he grows bigger and stronger, he wears them out even more quickly. Custom speed skates have to be moulded to the competitor's feet and the only protective gear worn by skaters is a helmet and gloves. Injuries are common, mostly burns from falling on an indoor track. It is imperative to be fit and Kaylum puts in long hours of training. This could be a Saturday morning road bike ride



Nicknamed 'Pieman', (another Bill Begg nickname), he provides transport to and from events and Kim is a very proud inline skating mum. She travels to all of the events to watch and encourage the children, including a trip to the Vidi Veni Vici Skate Club at Bekasi in Indonesia in 2018. Kaylum's next competition is the Bank Tracks in Hamilton in February and then he will represent New Zealand at the Easter Oceania 2020 World Skate Oceania Speed Championships at the Timaru Bank Track in six events and the marathon at Levels Raceway in April. Kaylum is also hoping to be able to represent NZ at the World Junior Speed Skating Championships in Colombia in August. Kaylum helps fund his skating by working at the New World supermarket after school. He has just passed his NCEA 1 exams with merit and he also won the Year 11 Art award at TBHS last year. Sponsors such as RSM Law, Alpine Energy, the House of Travel and Trust Aoraki have been generous sponsors to the sport.

Further sponsorship for Kaylum is coming from Team Labeda Test Facility California USA, a wheel manufacturing friend of Bill's, whom he coached back in 1984. Kaylum won the 15,000 open men's Elimination and other medals on Curts wheels and he will sponsor him for wheels and special custom personal made skin suits for training. He also won the three

out into the country - out past Whalebone Corner, down the zig zag, up Lime Works Hill, through Cave, Pareora George, Holme Station and up Briggs zig zag. Other options are off skate training, marathon training at the Levels Raceway or at the indoor Southern Trust Events Centre and of course the Purpose Built Bank track 200 meter speed track, a pride of Timaru facility, that even the Melbourne skaters love to come over to train on, as they do not have anything similar.

The whole McAuley family is involved in the sport. Sisters Jazmyn and Tasha have both competed successfully, winning many NZ titles and Tasha still holds NZ Junior grade records. Father Simon also speed skates and recently clocked the fastest lap at a go cart race meet.

intermediate titles and was second in the men's 10,000 elimination event at the recent National Inline skating championships in Hamilton, as well as being a member of the winning senior men's relay team. **This is a young man going places. We wish him every success with his future inline speed skating.**

words: **Gilly Oppenheim**
photography: **Richard Benson**

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The Caroline Bay Rock and Hop has grown to a four-day festival of nostalgia with '50s,'60s theme, featuring 1000 cars, caravans and motorbikes from all eras. Keep an eye out as these cars come from all over NZ and many you have not seen before.

The event kicks off with a cruise to Riverstone near Oamaru on Thursday March 19. Being a new cruise the organisers, Hospice South Canterbury, thought that this would not be a large day but tickets to tour the castle sold out in less than 24 hours. With four tour times on offer vehicles will be leaving and returning to Timaru all day.

Our Timaru CBD will have Beswick Street closed off from 4pm with lots happening, including with food vendors and entertainment. Come on down, wander around and enjoy the atmosphere then watch these fantastic vehicles cruising both sides of Stafford street.

The Saturday is the big Gala Show and Shine Day where all the vehicles are parked up for display and judging on the spectacular Caroline Bay. We have music from The Groove and the Drama Queens, a best dressed competition, 100s of stalls, plenty of dancers, a fashion parade, lots of competitions and so much more it will be hard to know where to look. 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 cash. It's a live draw up on the stage, and while you don't have to be there to win, it would be great to see you all there.

YES, WE'RE GIVING AWAY \$10,000 CASH

Lucky Ticket Draw

Your Hospice is once again very excited to be running it's \$10,000 Lucky Ticket Draw.

The giveaway was started thanks to local lady Lana Cox who donated a motorbike that she had won, Hospice sold this and used the \$10,000 to hold the lucky draw last year. Enough money was raised to ensure the competition could continue this year.

Tickets **SOLD OUT** last year and some people missed out. If you would like to ensure you have a lucky ticket pop into one of the Hospice Shops or call 03 687 7670. Alternatively you may see some around town, don't miss out, **YOU DO NOT NEED TO BE AT THE ROCK AND HOP DRAW TO WIN**, but we would love to see you come up and collect your prize. The live draw will happen at 3.45pm at the Gala Day on the 20th of March.



COMPETITIONS

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 Dinner, Bed and Breakfast at The Hermitage Mount Cook, to be won. So get your ticket from your Hospice Shops or call us on 03 687 7670 today before it's too late. **YOU DO NOT HAVE TO BE THERE TO WIN**, The live draw will take place on the stage at 3.45pm after the vehicle prizegiving, come down and watch, it could be you!!

SBS BANK \$500 SUPERCHEAP AUTO VOUCHER

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

ALPINE ENERGY MYSTERY WEEKEND

Alpine Energy have an awesome competition for you. Make a gold coin donation to Hospice and guess the number of balloons in the electric car and go into the draw to win an Air New Zealand Mystery Trip.

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, then compete in the finals on stage before the lucky ticket draw. Mitre10 Mega will have a great prizes for the winners on the day, so not only do you get huge bragging rights you get a great prize too.

HEARTLAND POTATO CHIPS "GREAT CHIP GIVEAWAY"

Enter on the day and be in to win a year's supply of delicious Heartland Potato Chips. Yummmm someone is going to be lucky.

AUTO LOAN SERVICES

Visit Shannon at the Auto Loan Services tent and get your raffle ticket to win a King Tony toolbox valued at \$2000! Tickets are \$3 each or two for \$5. All proceeds from the raffle will be donated to your Hospice.

BEST DRESSED COMPETITION

One of the highlights of the day is our Best Dressed Competition, get your entry in before mid-day and join in the fun. With three sections, Best Dressed Lady, Best Dressed Junior and the Distinguished Gent. This is a crowd favourite so if you are not entered make sure you are there for the show at 2pm

Parlour at the Rock and Hop

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4th PRIZE \$500 Grocery voucher - courtesy of PAK'n SAVE Timaru
5th PRIZE \$500 Accommodation voucher - dinner, bed and breakfast at The Hermitage Hotel, Mount Cook for four people (order alternative travel option will be distributed as needed)

SEE BACK FOR CONDITIONS

Organiser: J Murray, 55 Broadway Ave, Timaru, Ph 03 687 7670

Prizes secure against entrance proceeds

Corresponding numbers will be placed in a barrel and winning numbers will be drawn under Police Supervision at the Caroline Bay Rock and Hop on Saturday 21st March 2020 at 5.00pm (or 03.00 if time to be passed at the office, but please fill in your phone number so we can reach you)

Results will be published in The Courier (March 2020) and the Timaru Herald (March 2020). If for any reason the raffle does not proceed, ticket holders will be refunded in full and a consolation raffle will be published in The Courier (March 2020) and the Timaru Herald (March 2020) by raffle raised under section 37 of the Gambling Act 2003 (unless approved number 20030010)

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Department of the South Canterbury Region, 100 St. Andrew's Road, Timaru Ph 03 687 7670

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ROCK AND HOP TIMETABLE

THURSDAY

1:00pm Riverstone cruise leaves from Caroline Bay.
2:15pm Cruise meets at Riverstone.
3:15pm Cruise leaves Riverstone to cruise back to Timaru.

FRIDAY

9:00am Gates Open, Marine Parade entrance.
11:00am "Go Geraldine" cruise leaves from the bay
2:00pm Geraldine cruise returns to Timaru
4:00pm Rock and Shop Street party starts, Timaru main st.
6:00pm Main Streets cruise starts.
6:00pm Temuka "Rock and Stop" street party starts
8:00pm Doors open for The Surfing USA Party



SATURDAY

7:30am Gates Open at Caroline bay for vehicles to park up off Marine Parade.
9:00am Music starts
10:00am Festival Opens - voting opens -band playing, Stalls and Best dressed registration opens
11:00am Band - The Drama Queens
12noon All Best Dressed entrants must have checked in before 12.00.
12:25pm All best dressed entrants need to report to The Bay Hall for Pre Judging
12:30pm Pre judging for best dressed in the bay hall, (Doors Closed).
1:00pm Band - The Drama Queens
1:30pm Best Dressed Entrants meet behind stage area.
1:30pm Voting for Participants and People's Choice closes
2:00pm Best Dressed Competition parade and prize giving
3:00pm Car winners announced - trophies presented. Vehicles paraded in front of stage
3:30pm Band - The Drama Queens
4:00pm Festival finishes.
7:00pm "Rock Your Socks Off" party doors open at the Caroline Bay Hall.

SUNDAY

8:00am Breakfast on the Bay in the Marquee begins.
10:00am Breakfast closes
10:30am Sunday cruise leaves heading to Tekapo, with lots of choices in what to see and do.



LAST YEARS WINNERS

PEOPLE'S CHOICE 2019

ABOVE Despite the confusing double-barrelled name Duster/Twister, there's nothing else confusing about this serious piece of US motoring hardware. Stuart Higginson picked up this mighty 1973 Plymouth off Craigslist. The 6-cylinder power plant has gone and a 440 V8 is under the bonnet.

Last year's winner of 'BEST USA' **BELOW** Frank Bray and Lyn Sherriff's superb 1953 Buick Riviera is back. This mouth-watering set of wheels took 3 years of painstaking restoration. A Camero front-end, Cheveller rear, Pontiac GTO transmission, a 1963 401 under the hood. There's simply so much good stuff in this car that it's impossible to list here. Get along to Caroline Bay for Rock'n'Hop and check it out up close and personal.



GRACE-PACE & SPACE The Nicholls family Jaguar XJR (X306) offers all of these. Take a 1996 XJ6, with a 4 litre 24 valve 6-cylinder twin-cam engine, add an Eaton supercharger with an air-water intercooler, add sports suspension and you have this magnificent XJR.

Bought from a Christchurch dealer's lot, the first test-drive sealed the deal. With a limited top speed of 155 mph, running through a heavy-duty XJ12 gearbox and an XJ12 differential, you have a magnificent beast that Brendan says, "Goes fast and loves petrol."

SHED FIND TURNED TO GOLD

Peter Southgate's 1972 Monaro GTS has gone from a blocked up relic in an Invercargill shed to a show-stopping example of what many call Australia's finest. With only one owner and 21,000 original miles on the clock, it sat on those blocks down south for 37 long years until discovered by Peter and set free. He spent 3-years restoring the GTS. With its 308 under the hood and four-speed manual, this stunner is as original as it gets.



MAGNIFICENT MONARO.

This is the car just about every petrol head wishes they'd bought back in the day. Guy Stewart put the clock back and picked this beauty LS Monaro off TradeMe some 7-years ago. Eleven months of hard work went into getting it up to its stunning present day state, and since then life has been a bunch of smiles. There's a 202 cubic inch six under the hood and this beauty will definitely be turning heads at the 'Hop' and the Holden Nationals.

Not Pictured



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The Lilliputs are Coming

The Lilliput Caravan Club of New Zealand is dedicated to the preservation and enjoyment of the iconic Lilliput Caravans which were manufactured in Auckland from the early sixties through

Rotorua, Matamata, Taupo, Onga Onga in Hawkes Bay, Palmerston North, and Patamahoe. The rally itself starts in Havelock on March 7th and from then on, southern based Lilliputs will join in. These



are expected to be from areas as far afield as Blenheim in the north and Waikouaiti in the south.

This journey has been planned for over a year and the Club hopes to have at least twenty vans onsite for display and they will be featuring in the Friday night parade. Owners will be delighted to host visitors to their campsite during the public displays



on the Saturday. A lot of work, travelling and research has been done by Rob Carthew, who has written a book entitled "One Man's Dream. The Unique world of Lilliput Caravans". This book normally retails for \$59.95 but it will be available, both on the journey south and at the Rock and Hop Festival for the special price of \$40, 25% of which will be donated to the Hospice.



to the late seventies. This is the only 'one make' caravan club in the country. Production of these iconic caravans ceased in 1979 owing to the prohibitive sales tax introduced by the government at that time and the original Lilliput company went into liquidation, but not before some 300 Lilliputs had been made. Nine years later, in 1988, some 50 owners of these beautiful iconic relics gathered in Taupo to form the Lilliput club, which still thrives today. Ownership of a Lilliput is a prerequisite to full membership of the club. Many Lilliput Caravan club members are retired people, with a good mix of young families and a range of people in between.

A National Rally is held annually in February, usually in a central North Island location. However this year, for the first time in its 33 year history, the Lilliput Club is mounting its own Rock and Hop Rally and members are coming from all around the North Island to be the star attraction in the caravan section of our event in March. North Island vans are coming from Titirangi, Auckland, Thames, Tauranga,

FOLLOW THE CRUISE

As well as our Show and Shine Gala Day we have four great cruises lined up for your Rock and Hop weekend. The fee for all Cars and Caravans is \$40, Motorbikes are \$35 and this gets you and all of your passengers access to all cruises and the Show and Shine Gala Day.

THURSDAY CRUISE

Riverstone Cruise
Cruise with us or meet up with us on Thursday the 19th March 2020 (included in vehicle registration cost)

From 1pm we will leave Caroline Bay and cruise to the gorgeous Riverstone Castle and Restaurant.

Browse the shops, wander through the amazing gardens or have a cuppa in the world renowned restaurant. If you are wanting a meal we suggest that you book as it is an extremely popular place to eat. You can then cruise back to Timaru in time to have a look around, a meal and rest up in time for your big weekend.

FRIDAY NIGHT CRUISE

STARTING AT THE PORT LOOP
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The Friday evening Main Street Cruise takes your breath away, with

hundreds and hundreds of amazing cars cruising in front of thousands of people who line the main streets and bring out their deck chairs, nibbles and drinks to watch in the suburbs.

The cruise leaves from Caroline Bay at exactly 6pm and takes in the main streets of Timaru, Pleasant Point and Temuka.

This is an extremely popular cruise being the highlight of the weekend for some, so please leave plenty of time to line up. You will leave in the order you arrive and in 2019 it took just over an hour for all vehicles to exit the Bay.

The streets are lined with people all the way around so please take the time to toot your horns and wave to the crowds. There is a street party organised in Temuka, where you can choose to drive through the Main Street and head back to Timaru or you can drive through and park up and walk back to the main street to enjoy the party atmosphere. Alternatively for those of you who have tickets to our Surfing USA Party, we will see you in the Caroline Bay Hall when your cruise has finished.

Alpine Energy will be hosting an open tent at the Rock and hop call in and see us for a "Walk in time down the line", EV filled with balloons competition, chill out bean bag area and so much more!

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Glen wants to keep calves with their mothers for longer and provide the milk in reusable glass bottles

Words: Pattie Pegler Images: Supplied

Sitting at his laptop in t-shirt, jeans and jandals at Christchurch's Bizdojo workspace, Glen Herud looks focused. He's on his third coffee of the day and was at the gym at 7am.

So far so urban entrepreneur. But appearances can be deceptive - Glen isn't pitching lifestyle apps but rather a kinder, greener way to do dairy. The son of a Southland dairy farmer he grew up around cows and milked his first one when he was 10 he says. He went on to get a diploma in agriculture from Lincoln and in 2014 he started Happy Cow Milk in North Canterbury with a mobile milking machine he had developed himself. He wanted to try and do dairy differently - he wanted to keep calves with their mothers for longer, provide the milk in reusable glass bottles and be able to do this on a small scale. Last time I interviewed him for a magazine we did the interview in a paddock in North Canterbury as he dealt with his cows.

But there were endless obstacles and Happy Cow Milk was forced into liquidation in early 2018 - which was well documented in the media. Assets were seized, Glen lost control of the bank accounts and there are still approximately \$100,000 of unpaid debts left in his wake - he will pay these back he says. The failure also came at a cost to his personal life - savings were dwindled to nothing and his marriage of 20 years broke up.

For many that might have been the point at which they changed track. There can be a thin line between determination and misguided self-belief. It's a thought that has occurred to Glen.

"We've all got that friend who wants to be an actor or a singer or something like that and they try and try...but only

a very few make it. How do I know I am that guy that will make it?" he says.

The answer, of course, is that he doesn't know but he is a self-confessed 'relentless optimist' and overwhelmed by support from customers and other contacts he decided to give his idea another go. He spent the last year and a half analysing what went wrong and coming up with a better, more scalable plan. Then in December last year he raised \$400,000 in a single day crowdfunding for his Happy Cow 2.0 venture. Confirmation, if he needed it, that there's a very keen public appetite for this kind of project.

The new system is like a sort of 'milk factory in a box'. It will allow farmers to pasteurise their own milk in stand-alone tanks that are also used to transport the milk to the retailer. So the farmer will milk the cows, the milk will go into the tanks, the tank will pasteurise the milk and then be delivered to the retailer. People will then fill their bottles and pay at the tank. The proceeds will be split between the farmer, the retailers and Happy Cow 2.0 - with the lion's share going to the farmer. And all this will be possible without prices being unreasonably high, Glen estimates they will be able to charge \$2.50 a litre and still make a fair return.

The next few months will see the prototype of this system built. It will then be inspected by the Ministry of Primary Industries for approval. If all goes well then the first trial will be run with an enthusiastic farmer in the Auckland area.

It's a big idea and whilst it's garnered him plenty of media coverage and support from consumers, it's drawn a more sceptical approach from some of those in the established



"I am just challenging the way dairy is done"

dairy model. Along with some quite negative feedback online.

Glen is happy to debate the merits or otherwise of his idea and doesn't take the criticism personally, "I think a lot of them probably think "who is this guy with no cows telling us what to do?"...they think I'm criticising them. But I'm not, I am just challenging the way dairy is done ... A lot of people in Canterbury think I am an idiot," he says candidly.

But setbacks and failure are an integral part of the back story to many very successful people. Perseverance and being able to handle failure can make all the difference. And Glen isn't giving up. He's full of conviction when he talks about his plans and he's convinced he can make dairy better for farmers, cows and the environment.

"That's what drives me," says Glen, "it's not that hard to make dairy really good and nobody is really doing it."

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Carolyn Sexton-Phillips

Carolyn's role at Presbyterian Support's Enliven Service involves liaison with families and discussing aged care options to best meet their needs. With a background in Occupational Therapy and 30 years work history in helping people with physical and mental challenges she has developed a great repertoire of knowledge and Timaru support networks.

Q. What Services do Enliven Presbyterian Support Provide?

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Q. How can I best plan for my retirement?

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Julian Donaldson

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Today, more and more people are planning their funerals in advance to ease the burden on their family by having their wishes recorded. Pre-planning takes the stress of decision making off your family and gives them comfort knowing they are doing it your way. It also allows for your final wishes to be followed like specific requests to be cremated or buried, favourite music you wish to be played or even a favourite food to be served at the service.

How do I know that Betts is the right funeral home to choose?

We are locally and family owned with a dedicated team who are committed to supporting you and your family during your time of grief and we are here for you 24 hours a day, 7 days a week. We pride ourselves on our professional attention to detail, care, honesty and respect at all times for your loved one who has passed. Our staff are trained to the highest standards and we belong to the Funeral Directors Association of New Zealand and the New Zealand Independent Funeral Homes organisation which gives you peace of mind that our services, staff and practices are the very best in funeral care.

Do we get to choose what happens at the service?

Yes, there is 'no one size fits all' with funerals. There are many opportunities to personalise the service and to make it one of significance. We can advise on options and ideas based on our many years of experience and knowledge of the practicalities involved.

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



Caira Uy

Caira Uy is a qualified Clinical Technician. Caira completed her training at University of Otago and worked with the PHD research team. She has worked in Wellington and Oamaru and now joins us in Timaru as a full-time Clinician.

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

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

Q. How long will my dentures last?

A. Dentures are not meant to last a lifetime. We recommended people get their dentures looked at every 3-5 years, and replacement may be required around 10 years. We have three different hardness acrylic teeth available; we recommend you talk to our clinical dental technician who will help you choose the best teeth. We provide free consultations and free aftercare check-ups for the lifetime of the dentures.

Q. How should I clean my dentures?

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

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

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

SOUTH CANTERBURY
DENTURE CLINIC

41 Church Street, Timaru
PH | 03 688 6182



Emily Wheatley

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

HELP! We have just returned from our holiday break and had a look at our banking, which we have been avoiding, and realised we have used up much more of our savings than we had expected. Even with the New Year it is hard to get the motivation to start from scratch again. Christine.

Welcome back to reality - it's hard to restart yourself and get back into healthy budgeting after a holiday break. So, you spent more money than you were planning to? Beating yourself up over it won't do anyone any good. Accept the fact that your holiday is now over and it's time to get back into your regular routine.

Replenish your Savings Account

As you pulled money out of your Savings account to fund the holiday period, it is now time to rebuild this account. Pay yourself first by setting up a regular automatic transfer to your Savings account.

Back to Meal Planning

Get back into your routine of a once a week supermarket shop and planning your meals for that week. The extra trips to the supermarket when you haven't planned or when you are hungry will cost you.

It's okay to say NO!

After doing your budget it can be easy to get off track. One invite from a friend for dinner and drinks could blow the budget. Find a free alternative that you both enjoy doing. A bike ride, a hit of tennis or even just a drink around at your place. While it can be hard to re-motivate yourself, don't think of your budget as a restriction, rather as being there to help you meet your financial goals.

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



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



Mark Patterson

Mark is the Branch Manager at South Canterbury Toyota. Having been with Toyota for 12 years and 10 of those in sales, he knows a thing or two about getting you the right vehicle.

Accessories for your car? Look no further.

Some of us like to blend in, while others like to stand out from the crowd. Here at Toyota we like to cater for all types, from the trusty reliable White Toyota Corolla to the Edgy Yellow and Black C-HR. Or it might be choosing a conventional petrol drive train versus cutting edge and environmentally friendly Hybrid (petrol/electric) technology.

It's not just about the car, there're also a huge range of accessories on offer to spice up every model. And it's not uncommon for a further \$10,000 to be spent getting that Hilux "just right". On top of the thousands of Toyota Genuine accessories, we also offer a wide range of wheel upgrades and can wrap them in-house with either Bridgestone or Cooper tyres. We can supply roof racks and roof boxes from ProRack, Thule and Rhino Rack. It might be as simple as arranging to have your windows tinted or facilitating the next famous artwork on your company vehicle.

Come and see one of our friendly team and let them get you standing out from the crowd!

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mark.patterson@sc.toyota.co.nz
www.sc.toyota.co.nz



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KEY FACTS

- Up to \$6000 available per eligible ratepayer.
- Paid back with interest over nine years via rates bills.
- Ratepayer must use a registered supplier and accepted product/s.
- Expected to run until 2028
- Can be used for heating, insulation and ventilation products (and their installation).
- Home performance assessment strongly recommended before applying.
- Environment Canterbury pays registered suppliers directly.

MITRE 10
MEGA

TIMARU



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Bank Street, Timaru 03 687 2033

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