

# essence

essentially...south canterbury



8 Explore  
South  
Canterbury

Style 12  
Your Space



# GET THE LOOK

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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The friendly team at Hopkinsons welcome you to visit their store full of beautiful furniture and homewares. NZ Post Agency.



Console Table \$479



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## LIVING with style

The very best furniture, with a focus on quality, comfort, dependability, customer service and uniqueness.



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Marta Cushion \$109

Vincent Occasional Chair \$1460

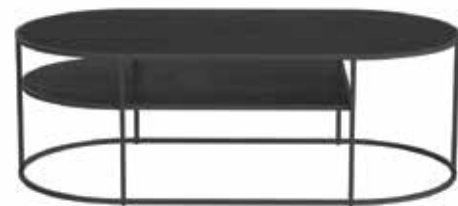


Deco Side Table \$419

Svend TV Unit \$1875



Deco Coffee Table Black \$959



Call into our Showroom  
79 Sophia Street, Timaru

Ph: 03 688 2960 | www.livingwithstyle.co.nz  
Monday to Friday 9am-5pm, Saturday 10am-3pm

## Tievoli Trading

Homewares, Garden Art & Lifestyle Store featuring unique Furniture by Evoli.



Doberman Side table \$395

Face Sculpture \$94.50



Leather Handbag \$299



Cowhide Shopper Handbag \$227.50

Leather Handbag \$269.50

Range of clocks available



Tievoli Trading  
72 - 76 Talbot Street, Geraldine (old Barker's Shop)  
Phone 0274 313 362 or visit us on Facebook

## contents

Well it's going to be another interesting year. Like many other small businesses we are trying to get our heads around the red light system and make contingency plans just in case. Please feel assured that we will do our best to continue to be here supporting our advertisers and keeping you entertained with local stories, personalities and as always - great ideas to shop and stay local.

My husband has the shop local down pat and prides himself on keeping it local - what got me a bit cranky on Christmas Day were the presents he brought me locally. A fishing rod and a replacement wheel for my wheelbarrow! Obviously the message to buy locally has got through - just not the shops I envisaged him visiting!

In this issue we encourage you to explore South Canterbury with our feature on page 8.

Venture Timaru give us some excellent ideas for seaside adventures on page 5 and we get some great advice from some of our fabulous businesses on styling your home space this year.

Team Holiday Highlights

Pat: I love staying local for the holidays - we managed a few day trips to Oamaru to explore the township and local stores.

Liz: I got very creative with sewing, knitting and art. When the sun was out I made the most of swimming at Caroline bay and doing local walks around South Canterbury.

Larnya: I loved spending time with my wee girl Milly and the family, we spent the holidays making the most of what Caroline Bay has to offer.

Dorothy: Time off was bliss - the weather was great. Finally got my wetsuit wet, caught a snapper on my new fishing rod (not that I wanted a fishing rod) and had time read a book.

We hope you enjoy this issue and please remember keeping yourself and your family safe is paramount, we encourage you to continue to support South Canterbury's business community wherever possible.

Enjoy your month - Dorothy

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22 Chapel Street, Timaru, South Canterbury. Ph: 03 684 8439 | www.essencemagazine.co.nz



Cover

Front Cover: This beautiful top is from The Accessory Shop, they have some gorgeous summer clothing and accessories to top any outfit off.



Quinoa cucumber salad with feta, dill & mint



Karen Walker, now available at The Ringmakers

## MEDITATION 2022

Tuesdays  
7.30pm

Mantra & Sound

Wednesdays  
7.30pm

Guidance & Silence

Thursdays  
9.15am

Guidance & Silence

Saturdays  
9am

Silence only

Sessions by \$5 donation to Nepali Orphan Fund  
Arma Spiritual Gallery  
Royal Arcade Timaru  
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## Resort Style Facilities

The Leisure Centre is the hub in which we hold communal entertainment and events. Offering resort style facilities: Indoor Swimming Pool, Spa, Library, Hair Salon, Craft Room, Therapists Room.

It is a modern facility surrounded by an outdoor lounge to enjoy barbeques, petanque, mini golf, bowls, putting green, croquet. Something for everyone at any time.

33 Connolly Street, Geraldine  
P 0800 845 524 or 03 693 8340  
E sales@mlv.org.nz  
www.mlv.org.nz



ACCREDITED VILLAGE OF THE RVA



Ask the experts



## MICHELLE KELLY Timaru Rentals

### How long have you been in the property management business?

2006 we started as an official business, but have been managing our own properties since about 1994 – so about 28 years

### What services do you offer your clients?

Full property management

### Do you manage both short-term and long-term rentals?

No, we only manage long term rentals

### Do you work alone or with a team of property managers?

There are 3 of us who work in the business. Michelle, Tracey & Annie

### Who will be my primary contact?

Me – Michelle Kelly

### What do you offer that sets you apart from other companies?

We are an Independent Property Management team, who work closely with our owners to keep their properties in a well-maintained condition. We also own our own Rental properties so know the struggle Landlords go through to get the right tenant

### What do you enjoy about your job?

I enjoy matching tenants with houses & enjoy meeting new people, I have some really nice tenants.



34 Hobbs Street, Timaru  
Ph 027 484 5990



## EAMON HAGGART Origin Design & Web

I have been working in Timaru as a graphic and web designer for various local companies since 2001. Origin began April 2020 following the first nationwide lockdown.

### What is the purpose of your business?

Origin offers specialised services including graphic & website design, logos/branding, responsive mobile development, e-commerce solutions, digital-marketing, app development, social media, photography, brand strategy & website hosting.

### What does your business aim to do for my company?

Having the experience and strong track record of being both a graphic and web design company puts Origin Design in the unique position of being able to see a whole project from both ends of the form/function spectrum. With this in mind the design process would be the starting point however consideration of functionality will always play a part in every design decision that is made. Both from a print perspective as well as digital.

**If I have a Facebook page, do I need a website for my business?** This really depends on the services or products your company is offering. There is no single rule when it comes to digital marketing and Origin provides expertise on a case by case basis with your company's best interests in mind.

**What will be expected of me as a client?** From a client's perspective, Origin can help guide you through the design process from a simple logo right through to a full e-commerce site. Origin works with other local professionals including photographers, videographers, copywriters & digital marketing specialists to assist with content if required.

# ORIGIN

P 027 349 7462  
E [info@origindesign.nz](mailto:info@origindesign.nz)  
[www.origindesign.nz](http://www.origindesign.nz)

## FROM THE Mayor's Desk

I'd like to take this opportunity to wish everyone in the district a Happy New Year; I hope you have all had a lovely holiday break with family and friends. I understand that 2021 was a challenging year in a lot of ways. I hope that 2022 brings more certainty and stability.

2022 has plenty of great things happening here at Council. We will continue with our business as usual whilst striving to find new ways to improve our beautiful district. For example, The Timaru District Council has provided significant sponsorship for the new CPlay Playground development.

This development will be a fun, exciting and stimulating playground for children of all ages and abilities. It will have a considerable impact on the overall health and wellbeing of our community, and it's something that the Council stands behind with full support.

This will also be the year that our city hub strategy to reinvigorate our CBD starts to take shape. We're excited to be partnering with Isthmus and Gap Filler on this project, and in the short term you'll start to see some interesting things happening around Stafford Street. We'll also be looking at the future of our district towns as well with the creation of tailored development strategies for Temuka, Geraldine and Pleasant Point.

This year will also see physical works commencing on the new civic centre that will house the theatre and museum. We know it feels like we've been in the planning stages for a long time, but for a build this complex it's important to get all the details right before we start to build things.

There's lots of other things happening at council at the moment, including an unprecedented level of investment on the core infrastructure such as roads and water that our district needs to thrive.

This includes the major project to replace the pipeline providing the majority of water to the city, as well as major treatment upgrades for our rural schemes to bring them up to the latest standards.

Water is going to be a major point of discussion this year. We've joined up with the Communities 4 Local Democracy He hapori mō te Manapori group to provide a more workable alternative to



the Government's flawed proposal to centralise water provision to four huge companies.

We're confident we can deliver the improvements the government is wanting, without losing the strengths of local responsiveness and decision-making. We'll continue to fight hard to ensure the millions of dollars of assets this community has built over more than a century doesn't disappear into a faceless company.

Our events sector has seen some major disruption over the past year, but we'll shortly be seeing a new initiative this summer in the Seaside Festival. This festival is organised by Venture Timaru, celebrating all things good about seaside summers in the Timaru District. It will see a series of fun events held over a two week period including sand castle building, music, mermaids, and more.

For more details and to see what else is happening around the place check out [www.vttourism.co.nz](http://www.vttourism.co.nz). Make the most of the summer months and get out and enjoy what the Timaru District has to offer!

**Nigel Bowen**  
Timaru District Council

Text and images supplied

## Seaside summers in Timaru



### It's hard to beat a seaside summer.

That feeling of the sun on your face, sand between your toes, running from or jumping straight into the waves. Long hot days spent at the beach, picnics, ice creams, sandcastles, and cool coastal walks.

Here are some fantastic reasons to enjoy summer in little seaside city Timaru, aka 'the Riviera of the South'!

#### 1. Day at the Bay

It's easy to spend a day at **Caroline Bay**.

You'll find plenty of parking at the Marine Parade end, or drive down Virtue Avenue and right into the reserve for loads more.

If you've had enough of sand and saltwater, there's a playground, skatepark, bike skills park, disc golf, mini-golf, beach volleyball court, and a beautiful rose garden of National Significance to explore.

It's also the starting point for the **Dashing Rocks** walk.

#### 2. Dashing Rocks Walk

A favourite walk with locals, given its coastal views and proximity to the city centre, is the **Dashing Rocks** walk.

Starting at Caroline Bay, the walk takes approximately an hour and requires only moderate fitness.

It will lead you around cliffs overlooking the Pacific Ocean, past the site of historic shipwrecks, Blackett's Lighthouse, and fascinating basalt rock formations - aka 2 million year old lava from Mt Horrible.

Start with brunch, or finish with sunset drinks at the fabulous row of eateries on the Bay Hill.

#### 3. Penguins and Dolphins

There is a **resident rookery of kororā/little penguins** that nest at the southern end of Caroline Bay over the summer.

You can watch them noisily come ashore at dusk after a day's fishing for free. Head to the Marine Parade end of Caroline Bay at dusk.

Also calling the area home is a pod of Hector's dolphins. They love making themselves known to people boating and boarding around the bay.

#### 4. Timaru Trails

Download the free **Timaru Trails App** from **The App Store** or **Google Play**.

There are cool self-guided tours of street art, Caroline Bay, and the stories behind some of the earliest burials at the Timaru Cemetery.

You can also use the app to navigate Centennial Park, Timaru's inner-city biking and walking track reserve.

Bring your bike or hire one while you're there.

#### 5. Sunsational

Our friends at Timaru District Council are running the **2022 Sunsational Challenge** again!

Collect a challenge card, complete fun activities and win some great prizes like a free swim, and badges. The major prize draws include a laptop and a tablet.



  
**SEASIDE  
FESTIVAL**  
CAROLINE BAY - TIMARU  
3-14 FEBRUARY

**We're celebrating all things good  
about seaside summers with  
Timaru's new Seaside Festival!**



### Seaside Festival events include:

**LAZY SEASIDE SUNDAYS | PROFESSIONAL SAND SCULPTURES  
OUTDOOR MOVIES ON THE BAY | LET'S GO FLY A KITE  
WHĀNAU DRESS UP DAY/ MERPEOPLE GATHERING  
INFLATABLE FESTIVAL | SEASIDE STREET MARKET...  
AND LOADS MORE!**

To find out more about Seaside Festival  
head to [welovetimaru.nz](http://welovetimaru.nz), or scan here:



## MADAM MAT Mat Binding Specialist

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[www.spfwebsites.co.nz](http://www.spfwebsites.co.nz)

## essence magazine.

We're all about showcasing the best of beautiful South Canterbury and being 100% locally owned and operated – we know our region really well.

If you would like to advertise your business in our monthly publication get in touch with [pat@essencemagazine.co.nz](mailto:pat@essencemagazine.co.nz) or [liz@essencemagazine.co.nz](mailto:liz@essencemagazine.co.nz)





## FAMILY FUN AT CBAY

CBay is the perfect place to take the family to splash, swim and play. With three indoor heated pools, a 50m outdoor heated pool (open during the summer season) two hydrosides, a kid's water play area, toddlers pool, rapid river, big splash tower and chillax area (16yrs+) with steam, sauna and spa facilities, there's something for everyone.

While the kids are playing, you can pop into CBay Café, sit back and relax with a delicious Vivace flat white or cappuccino and maybe a tasty treat. And when they're finished in the pool, they can refuel with a range of delicious options for all appetites including gluten friendly and vegetarian options. Or browse the excellent range of swimwear and swim accessories from Speedo, Funkita and Zoggs in the CBay Retail Store.

Head upstairs to find CBay Fitness; you'll be greeted by a team of qualified, friendly gym staff there to help with your fitness requirements. The gym is fully equipped with Cybex strength and cardio equipment, all set out in a roomy, clean and air-conditioned environment. There are two fitness studios offering over 50 Les Mills Group Fitness classes and the Les Mills GRIT training series. For the cycle enthusiasts there are regular Les Mills RPM classes. Casual visits cost just \$15 per day and if you're interested in a

longer term option, you can sign up from as little as \$13.50 a week.

The facilities at CBay provide a warm, safe and fun environment for all the family. If you're passing through Timaru it's the ideal place to stop in for a break to stretch the legs, recharge with a coffee and if you have time, perfect for letting the kids burn some energy with a swim.

CBay is a Vaccination Certificate Site so you'll need to show your vax pass if you're 12 years or older to enter the facility.



# FAMILY FUN AT CBAY

Waitangi Weekend  
Sat 5th to Monday 7th

You can ride the hydrosides from 10.30am to 5pm and play volley ball from 12noon to 3pm all Waitangi weekend.

IT'S THE BEST PLACE TO SPLASH SWIM AND PLAY

<b>ADMISSION PRICES</b>	
<b>ADMISSION:</b>	
Child (5-17 years and high school pupil with ID)	\$4.00
Adult	\$6.00
Senior* (65+)	\$5.00
Spectators accompanying a swimmer	No Charge
<b>HYDROSLIDES: 5 years &amp; over</b> (additional to admission price)	
Unlimited rides per session	\$4.00
<b>CHILLAX: 16 years &amp; over</b> (additional to admission price)	
Sauna/Steam/Spa	\$3.00
SHOWER	\$3.00
GYM CASUAL VISIT*	\$15.00

\* Senior (65+) Goldcard or proof of age required  
\* Includes Les Mills group fitness classes. Booking may be required.  
Pool Safe Child Supervision Policy Applies.  
My Vaccine Pass required for entry.

TIMARU T: +64 3 684 2229 www.cbaytimaru.co.nz  
CAROLINA BAY TRUST AORAKI CENTRE www.facebook.com/CBayAquaticCentre

# Book Club

## SUMMER READING

words: **Gilly Oppenheim**

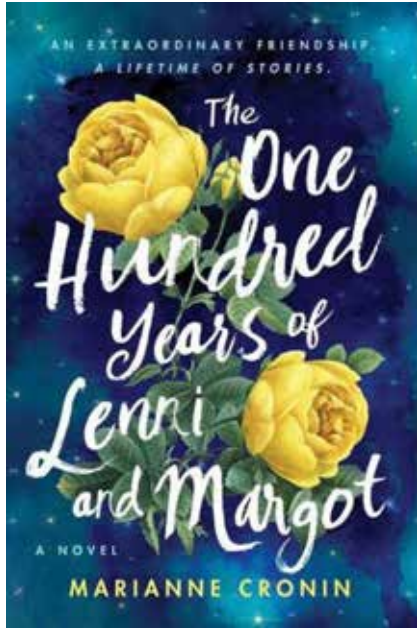
### The One Hundred Years of Lenni and Margot

**Marianne Cronin**

Seventeen year old Lenni lives on in the terminal ward at the Glasgow Princess Royal Hospital. Though she knows she is dying, Lenni still has plenty of living to do. Joining the hospital's arts and crafts class, she meets the magnificent Margot, an 83 year old purple-pyjama-wearing, fruitcake-eating rebel, who transforms Lenni's life in ways she never imagined.

As their friendship blooms, a world of stories opens up for these unlikely companions who, between them, have been alive for 100 years. Though their days are dwindling, both are determined to leave their mark on the world. With the help of Lenni's doting palliative care nurse and Father Arthur, the hospital's patient chaplain, Lenni and Margot devise a plan to create 100 paintings showcasing the stories of the century they have lived -stories of love and loss, of courage and kindness, of unexpected tenderness and pure joy. Though the end is near, life isn't quite done with these two just yet.

This charming and funny novel is a brave testament to the power of living each day to the fullest, a tribute to the stories we share and a reminder of our unlimited capacity for friendship and love. This book is full of wisdom and kindness and I loved it!



### The Freedom of Birds

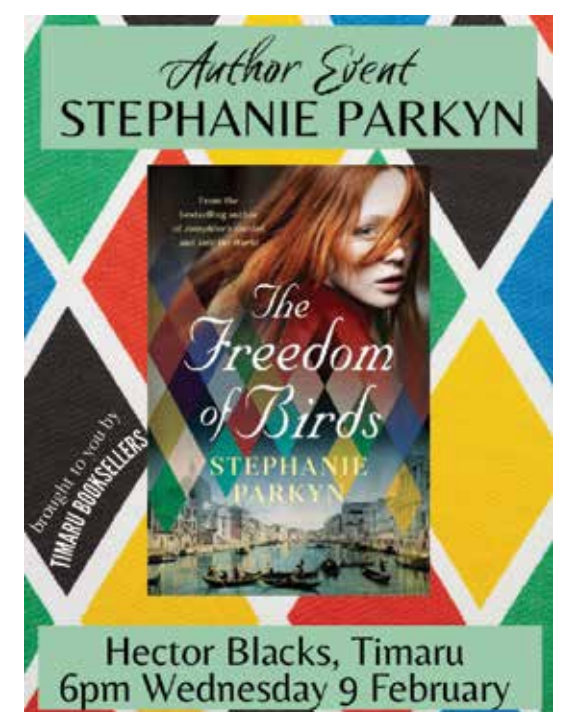
**Stephanie Parkyn**

Stephanie Parkyn is a NZ author and The Freedom of Birds is loosely connected to her previous two releases, Into the World and Josephine's Garden

The story is told in shifting perspectives between Remi, Pascal, and Saskia. Remi Victoire is the golden child among all the theatre orphans; he dreams of a life on a Paris stage. But when this future is stolen from him, Remi and his faithful friend Pascal turn their backs on Paris forever. With Saskia, a runaway orphan girl, Remi and Pascal form a performing troupe, travelling through the fairy tale lands that are home to the Brothers Grimm, before finding a safe haven in Venice.

Adventures abound for these three characters and I enjoyed the travelling life they had, the storytelling, the performing, the creative and artistic lifestyle of centuries ago coming to life within these pages. However, behind their artistic faces was real pain, as each was an orphan wrestling with their own pasts, attempting to come to terms with how this baggage translated to a viable future. This novel is also one of political history, and the author has done an excellent job of broadcasting the resistance that spread across Europe as Napoleon plundered and conquered with zeal. None of the main characters remained untouched by the French Revolution, each of their future paths set in a certain direction because of the unending war. One thing I really liked about the story was how connected to each other Remi, Pascal, and Saskia were, and yet, they were also each drawn to their own destinies, despite the knowledge that this may eventually force them apart.

From picturesque villages to Italian theatres and on to the battlefields outside of Paris, this is a beautifully told story about the bonds of love and friendship, the importance of stories, and finding a place to belong.



**Author Event**  
**STEPHANIE PARKYN**  
The Freedom of Birds  
STEPHANIE PARKYN  
brought to you by  
TIMARU BOOKSELLERS  
Hector Blacks, Timaru  
6pm Wednesday 9 February

## Why send Flowers?

- 1. TO EXPRESS INTEREST**  
Sending flowers to someone you're dating conveys your interest in the relationship you're building. Beautiful bouquets are a well-known sign of love or passion for the receiver, especially someone you've been dating.
- 2. MAKE A GOOD IMPRESSION**  
If you're newly dating someone, you'll want to put your best foot forward. Sending flowers to someone you enjoy getting to know and spend time with is an excellent way to make a good impression. You're still establishing a connection and learning everything about this person, so presenting your best self can help show your interest as your connection deepens.

- 3. GIFTING FLOWERS AS TRADITION**  
Sending flowers to someone special on specific holidays, like birthdays and Valentine's Day, is a tradition many people enjoy. If you know one of these occasions is coming up, make sure you order and send flowers in time for them to arrive.

- 4. MAKE THEM SMILE**  
If you know the person you're dating had a bad day or has been busy at work all week, send them flowers to cheer them up. Flowers are the perfect gift that will put a smile on anyone's face.

- 5. JUST BECAUSE**  
You don't need a specific reason to send flowers to someone you care about. If you find a lovely bouquet at the store or see one online that you think the person you're dating would enjoy, send them a "just-because" gift.





Cotton Shirt Navy \$75



White Top \$80



Linen Palazzo Pants \$120



Earrings \$25



Necklace \$39



Earrings \$25



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

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Leon & Harper creates fashion that is stylish and loose, designed for free movement and subtle seduction. We are an unpretentious brand that is all about celebrating what we love about you most... Your authenticity.











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Vera Wang \$499
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## Dare to be different

# NAJO



Flower Pendant Necklace \$169



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Sterling Silver Ring \$169



Gold Plated Earrings \$109



Sterling Silver Huggies \$99



Twisted Sterling Silver Bracelet \$589



Sterling Silver Pearl Necklace \$149



Rose Gold Pendant \$139



Silver Rose Gold Earrings \$89

**Workshop & Showroom**  
 297 Stafford Street, Timaru  
 ph 684 4882  
 www.jewelcraft.co.nz



# Explore South Canterbury

Take a break this summer and spend time discovering South Canterbury. The businesses, the eateries, the beaches, the small towns. You don't need to travel far to realise we have the best of the best right here on our doorsteps! Make it your New Year's resolution to always SHOP LOCALLY!



## Millie Rose Boutique

At Millie Rose Boutique we are more than just cupcakes! Come and discover everything that makes us special, a world filled with art, gifts, fashion and friendly welcoming faces. The cupcakes are just the cherry on top. Let's look and feel good every day, embrace our differences, have a positive body image and enjoy delicious creations. Shop local, see us for a cupcake, relax and see our range of fashion, giftware and accessories. We have something for everyone. I look forward to seeing you all.

281 Stafford Street, Timaru  
www.millierose.co.nz



## Polly's Patchwork



Polly's Patchwork is a country vintage patchwork/craft store. We stock materials, fabrics, sewing kits, books, patterns, crafts, knitting gear and so much more. Located in a small rural town, Polly's Patchwork is the perfect store to get you projects moving and sorted. Mint Boutique, our sister store, is located next door and is a clothing fashion store, so even more reasons to head to Fairlie for a drive and treat yourself to some shopping.

Open 7 days a week from 10am - 4pm.

We look forward to seeing you in store sometime soon.

72 Main Street, Fairlie  
www.pollyspatchwork.co.nz



## Mint Boutique

If you love fashion, then you'll love Mint Boutique. Embracing the gamut of occasions and moods, there is a style, a feel and a fabric to excite everyone who walks through the door. Customers will find the most gorgeous pieces from established brands such as Lemon Tree, Siren, Stella & Gemma, Betty Basics and much more.

Here at Mint Boutique we aim to provide something for everyone and anyone. We look forward to welcoming you in store sometime soon or connecting with you online if this is your choice of shopping, either way thank you for supporting us!

72 Main Street, Fairlie. Ph (03) 685 8084 www.mintboutique.co.nz

## The Ringmakers

The Ringmakers is THE destination jewellery store in South Canterbury.

The manufacturing jewellers on site have the skills and vision necessary to make your jewellery dreams a reality. Whether it's an engagement ring, a rebuild of an heirloom piece or a 'just because' treat for yourself, you can rest assured that their close consultation and excellent craftsmanship will result in a piece to be treasured forever.

With PANDORA, Karen Walker, Stolen Girlfriends Club and STOW Lockets in store too, The Ringmakers really is a one stop shop!

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



## U Wash Laundromat

This gas-powered laundromat features nine user-friendly Speed Queen washing machines of different sizes and 14 dryers that will efficiently and quickly dry your items, allowing you to wash everything from everyday items like clothes and towels, to bigger, more bulky items such as duvets and blankets. It's not just delicate and duvets that can be washed at U Wash Laundromat; it also features three showers, including a family shower room with accessible facilities for those with disabilities or impairments. For ease of access, all the machines and showers at U Wash Laundromat are powered by Eftpos, meaning there is no need to scramble for coins or tokens. The laundromat also has free WIFI, allowing you to catch up on your favourite shows and movies while waiting for your laundry to finish. Bring your dog and car for a clean as well.

80 King Street, Timaru



## Performance Health Club

Your health is your greatest asset.

Are You Ready to Come out of Hiding?

February is our Mental Health Month!

You can increase resilience, build a new sense of wellbeing and connect with wonderful new friends!

Want to be more active but not sure where to start?

30 Days for 30 Dollars is a taster programme designed for those who've not been to Performance Health Club before - or if you just want to reboot again for the New Year!

Our goal is to help you gradually build a healthier lifestyle one day at a time.

Strong people stay young - in body, and mind!



1 Heaton St, Timaru  
(close to Smiths City)  
Ph (03) 684 6664

## South Canterbury Museum

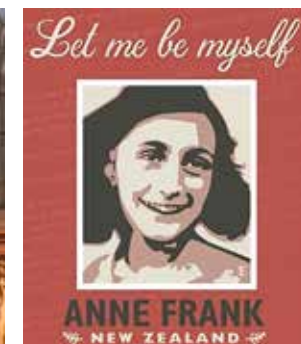
South Canterbury Museum is the perfect place to explore our region's heritage - nature and history. From fossils to fashions, there are hundreds of fascinating things to see that tell stories of our region's past.

Kids can join the free Museum Explorers Club and enjoy a range of activities. A changing exhibition programme brings a mix of local and travelling shows to the temporary display area.

Starting in February is a touring show from Anne Frank House in Amsterdam, titled Let Me Be Myself, with a powerful message and educational focus.

Admission is free, koha/donations encouraged.

4 Perth Street, Timaru  
Ph. 03 687 7212  
www.museum.timaru.govt.nz



## Timaru Town and Country Club

The Timaru Town and Country Club is a chartered club that houses the only golf course in the city, the Highfield golf course. We pride ourselves in having modern and hi-tech facilities that make the stay of our visitors more fun and memorable.

We are very proud and confident that we provide top service to our members and guests because we have 15 trained staff and state-of-the-art facilities.

Our gaming rooms have 18 gaming machines and have separate air conditioning systems. We have 2 registered kitchens that serve some of the finest dishes in town which is also one of the reasons why our guests keep coming back.

We're open 7 Days from 9:30am, lunch from 12, dinner from 5pm. Café options available all day.

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



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## QUINOA CUCUMBER SALAD WITH FETA, DILL & MINT

This hearty vegetarian salad can double as a main dish. It gets a tzaziki vibe from cucumbers and dill combined with crunchy radish, kicky lemon garlic vinaigrette, fresh mint and feta. Easy and nourishing.

SERVINGS: 4 servings

### INGREDIENTS

- 1 cup (185 g) uncooked white quinoa
- 1 ½ cups (350 ml) filtered water (plus more as needed)
- Fine sea or kosher salt as needed
- 2 large garlic cloves, peeled and put through a press or minced
- 1 cup (60 ml) flavourful olive oil, plus extra for drizzling
- 3 tablespoons (45 ml) fresh, strained lemon juice
- 1 tablespoon (15 ml) champagne or white wine vinegar
- ¼ teaspoon freshly ground black pepper
- 2-3 medium-sized cucumbers
- 1 small bunch radishes
- ¼ cup chopped mint leaves (more to taste)
- ¼ cup chopped dill (more to taste)
- 4 ounces (110 g) feta (I like French sheep feta), sliced or crumbled
- flaky salt

### INSTRUCTIONS

1. Place the quinoa in a very fine mesh strainer and place the strainer in a bowl. Fill the bowl with enough cool water to cover the quinoa and soak for 5-10 minutes, washing the quinoa occasionally with your fingers. Rinse until the water runs clear and drain well.
2. Place the rinsed quinoa in a large saucepan with the 1 ½ cups water and ½ teaspoon salt. Bring the quinoa to a simmer, then cover and reduce the heat to low. Cook until all the water is absorbed and the quinoa is tender with a hint of bite, about 15 minutes. If the quinoa isn't yet cooked by the time the water is absorbed, sprinkle with a splash of water and continue cooking.
3. Let stand 5 minutes, then fluff gently with a fork. Transfer to a large bowl and let cool to room temperature, or cover and chill for up to 3 days.
4. Whisk together the pressed garlic, olive oil, lemon juice, vinegar, ¼ teaspoon salt, and the pepper. Add more salt if you feel the dressing needs it. Set aside.
5. If your cucumbers are wider than an inch or so across, cut them in half lengthwise. Slice the cucumbers into 1/8" thick rounds or half moons and add to the quinoa. Trim the radishes and slice them thinly. Add to the quinoa.
6. Pour the dressing over the salad and toss well. Toss in the mint and dill and taste, adding more lemon, vinegar, salt, or pepper. The flavors will become more subtle as the salad sits. Scatter the feta over the top.
7. Serve the salad topped with an extra drizzle of super flavourful olive oil and a big pinch of flaky salt. It's best eaten within an hour or two, while the mint is fresh and green, but leftovers can be refrigerated for 1 or 2 days. As the salad sits, the quinoa will absorb flavour and moisture, so you'll want to taste it again before serving, adding more of the vinaigrette components to boost the flavors if needed.



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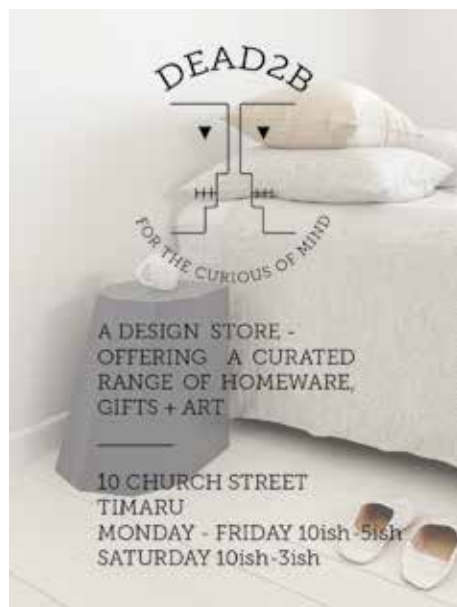
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The famed She Shed



Black and white hen house



Cleopatra's Terrace

words: Pattie Pegler images: essence magazine

# FROM GORSE TO Greatness

Not long after Caroline Hammond finished her very pretty She Shed she entered in a She Shed competition with a gardening magazine. The shed was highly commended which felt good she says.

But for Caroline it was more than just a nice place to potter in the garden. It helped her to feel at home in her new space.

Along with husband Ricky, Caroline moved to this Fernside block back in 2013, but it was a move that they had to make. The couple had been living in a home they loved in Brooklands when the earthquakes struck – the house was left standing but the land was damaged beyond remediation. It was devastating says Caroline and she was very sad to leave what they had thought would be their forever home.

So when she started to create her She Shed in this new space, she decided to reuse parts of that old home. The roof came off their old barbecue area, the window was a glass wall they had installed outside and even the columns were brought from their garden in Brooklands.

"Once I had the columns up I felt better," says Caroline. "Then I thought - 'right, I'm going to create this garden. And I got started."

And she doesn't seem to have stopped since. With several distinct outdoor rooms from Honeybee Cove where the beehive is located, to Cleopatra's Terrace inspired by a visit to Greece – Caroline has created a garden full of interesting spaces and places to relax and enjoy nature.

There are manicured lawns and a gorgeous gazebo; Easter Egg Alley (where Caroline used to hide Easter eggs for her grandchildren) and statues, gumboot planters, fruit trees and natives. All with the gentle babble of the river beyond. Hard to imagine then that all this was covered in gorse and broom just eight years ago.

"The block was empty and the grass was really long and dry," recalls Caroline. "And my husband said 'right we're going to shape the driveway.'" So he drove the truck while Caroline told him where to put the curves. Now that drive leads up to the garden and their new home.

A black and white colour scheme ties the outdoor rooms together, from the She Shed to the hen house, the black and white beehive with its fleur-de-lys emblem to the white wheelbarrow bursting with colourful blooms and a black café style table and chair.

So where does she track down all these garden accessories? A lot come from local stores. "I really do believe in shopping local when you can," says Caroline. But she also loves the thrill of finding the perfect item on Marketplace and Trade Me. The wooden furniture outside her She Shed was an online buy that she cleaned up and spray painted.

A garden like this doesn't create itself and Caroline is tireless when it comes to getting things done. During the first Covid lockdown she built a stone wall and archway single-handed. She worked on it for three hours a day, everyday, for six weeks. Now, at this time of year she estimates she spends around 30 hours a week in the garden and she's also a big fan of watering by hand "as I see what's going on with my plants."

And when she's not working on the garden, she's planning. "I'm the mastermind," she says. "I come up with all the ideas and Ricky says 'oh no not another one of your projects.'" Most recently Ricky has been concreting in the gazebo so that it doesn't fly away in the nor'wester.

"it's my haven, it's beautiful and I don't mind a bit of hard work," says Caroline.



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## 'THE BOYS IN THE BLUE VANS'



# Road Safety January 2022

Test your knowledge

S T O P Z Q L S V D  
M V Z B Y B L J E X  
T S A F O O T T W Z  
T L Z Y W K C I L C  
R M T D T A L L M N  
Z I O W R R F L T Z  
L W G T E P I I U P  
N Y S H W N R H V P  
K I J M T G T L T E  
D R N B M L N Y L Z

- 1 You suddenly feel sleepy when driving. P... over and rest ASAP.
- 2 The main reason drivers lose control at bends. Driving...
- 3 Safest option when approaching a bend in the road?
- 4 Maximum speed past a stationary school bus.
- 5 First thing to do when getting into a vehicle. Make it...
- 6 Safer speed when approaching a school or pedestrians.
- 7 The maximum time allowed for parking on a P5 parking bay. ...minutes
- 8 Common driver behaviour prior to crashing. Being...
- 9 Required driver action at a stop sign.
- 10 At roundabouts, give way to traffic on your...

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# SWIFT RSX



## RSX APPEAL GOLD RUSH!

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### STYLING

Rush Yellow Metallic (ZYK) body with contrasting two-tone Premium Silver Metallic (ZNC) roof and side mirrors, silver rear upper spoiler, silver fog lamp bezels, silver side skirts, silver skid plates front and rear, silver instrument panel accents, exclusive RSX badging, and rear privacy glass.

### WHEELS

16-inch polished face alloys with 185/55R16 tyres.

### INFOTAINMENT

9-inch touchscreen, six speaker tuner/MP3/WMA, Bluetooth®, smartphone connectivity for music, navigation apps and calling, USB input.

### COMFORT

Climate control air conditioning, keyless entry and push button start, telescopic adjustable leather-covered steering wheel with audio controls, height-adjustable driver's seat, auto light-sensing headlamps, and electrically folding, heated door mirrors.

### SAFETY

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### ENGINE

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105  
DIAMOND  
ADVANTAGE



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## SC CRASH TALLY JULY - DECEMBER 2021

Crash categories	% of Crashes
Lost Control at Bend	25
Lost Control on straight road	14
Head On Crash	9
Crossing at intersection ONE driver turns	7
Miscellaneous	7
Crash into object	7
Same direction Turning	7
Manoeuvring	5
Overtaking	5
Rear End Crash	5
Crossing straight through intersection	4
Pedestrian Crossing Road	4
Merging	2
<b>Total</b>	<b>100</b>



Safer position



Too far left

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