

essence

essentially...south canterbury



6 Profile
The Exhilaration
of Rallying

16
Essential
Environment

GET THE LOOK

Given the amount of time we spend at home, it's vital that we create an environment to be proud of, but also feel comfortable in. Therefore we want you, our readers, to know exactly where to shop so you can create a designer look and add personality to your homes by building collections of home accessories and staple pieces, such as standout trinkets, rugs, lamps, cushions, vases, artwork – whatever suits your style and to be able to mix and match them between seasons.

HOPKINSONS

The friendly team at Hopkinsons welcome you to visit their store full of beautiful furniture and homewares. While you are there take the time to enjoy a coffee and something to eat from Cafe Pharlap. NZTA & NZ Post Agency.

Four Gees Canvas (80 x 80cm) \$129.95 ▶



Grey Arm Chair \$529



Blush Velvet Chair \$529 Also available in charcoal



Bird Print Velvet Cushion \$45.50



Round Tray Table \$89 ▼



Parrot Print Velvet Cushion \$45.90



Open 7 Days

Cnr Seadown Road & Hilton Highway, Washdyke
Ph (03) 688 7662 www.hopkinsons.co.nz



Ron Brown Jewellers offer an extensive range of high quality, stunning jewellery, including watches, diamonds and rings or Stephen Brown can design and manufacture that special piece of jewellery, whether it's a ring, earrings or a pendant.



18ct White Gold Aquamarine & Diamond Cluster Ring \$5,800 ▲



9ct White Gold London Blue & Diamond Earrings \$1,150



9ct White Gold London Blue Topaz Pendant & Diamond Necklace \$785



Coeur De Lion Necklace \$385 ▲



Coeur De Lion Bracelet \$189



Black Fresh Water Pearls 11.5 - 15.5mm Graduated \$925 ▲

304 Stafford Street, Timaru. Phone 03 688 9835
www.ronbrownjewellers.co.nz

FROCKS & STOCKS

At Obsolete Iron Motors

Classic • Vintage • Retro Accessories • Jewellery



Riders Clock (38cm) \$49.95 ▲ Man Cave Clock \$25



Metal Bike Sign \$25



Motor Bikes \$40 each



Route 66 Clocks \$85 each



Retro Handbags \$75 each

At Obsolete Iron Motors - 87 Main Road, Pleasant Point
Ph (03) 614 7410

contents



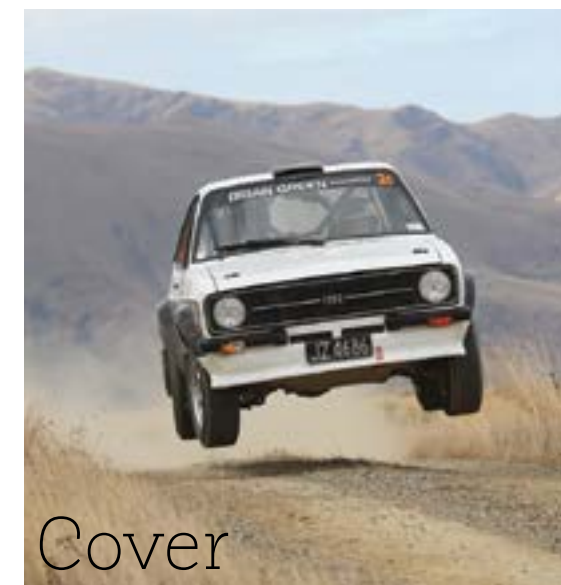
Ingredients



Fashion

Makeover

This month essence gave Kimberley a well deserved makeover.



Cover

Holding her nerve barrelling along at 190 km per hour, excellent concentration, accurate time management and organisational skills - we talk to Samantha Gray about her time in the rally seat with Hayden Paddon.

Photography: John Crouch - Kiwi Rally Fan - MotorSport Photographer

Penguin Jewellery

The Little Blue Penguins were the inspiration for a range of jewellery created by The Ringmakers that provide visitors and locals with a wearable reminder of Timaru



School Holidays at our Libraries

Timaru, Temuka and Geraldine libraries have some exciting things going on to help banish the school holiday boredom.



contact us:

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

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

Liz Bell - Advertising Co-ordinator
liz@essencemagazine.co.nz
Ph: 022 176 4349

Larnya Bourdot - Graphic Designer
larnya@essencemagazine.co.nz
Ph: 027 525 8649

Published by IMPACT PUBLICITY 2005 LTD
Opinions expressed in essence magazine are not necessarily those of Impact Publicity 2005 Ltd. No responsibility is accepted for unsolicited material. No material may be reproduced without prior written permission of the publisher.

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

MORRIS WADDELL ELECTRICAL

03 686 2422

‘THE BOYS IN THE BLUE VANS’

For any electrical job, no matter the size, you can rely on our certified professionals to handle it efficiently and with complete care and expertise.

For all your spa pool electrics give us a call

60 GLENITI ROAD

P 03 686 2422 24HRS/7 DAYS

E mwaddell@xtra.co.nz

Weathermaster

Come and ask about our special rate for July and August on Shutters and cellular blinds



61 Church Street, Timaru
Ph 03 684 9000

Showroom open 8am - 5pm
Monday - Friday

www.theshadehouse.co.nz



10% OFF PARTS ON A SERVICE

Grab yourself an awesome deal!

Stihl Shop Timaru will give you 10% OFF PARTS on a service until the end of July.



Mon - Fri 8am - 5.30pm
Sat 9am - 3pm
Sun 10am - 2pm

STIHL SHOP

Stihl Shop Timaru
105 Hilton Highway, Timaru
Ph (03) 688 2557

LIGHTING DESIGN



BUILDING? RENOVATING?

For friendly professional advice

Consult us now

Agents for David Trubridge Lighting

Lighthouse

85 Sophia St, Timaru Ph 688-1181



GOOD GRYF

Eyewear designed in NZ to be orsum

where vision never goes out of style

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

CANON STREET OPTOMETRISTS

Open Day at Harlau House a Success

On the weekend of 22nd and 23rd of June, Maree and Michael from Maree Hynes Interiors hosted a "Pre renovation open day" for Hospice South Canterbury at their lovely home - Harlau House. It was a superb day out with over 1600 people through the doors and \$3500 was raised for Hospice.



1. Maree and Michael Hynes with Peter O'Neil from Hospice 2. Michelle and Meghan McNally 3. Madeline Lowrie and Elaine Schlunegger 4. Susan Irvine and Paula Vou 5. Pauline Dawson and Fay Columb 6. Maree and Barbara Johnson 7. Judy Edwards, Ros Wenlock, Jan Bray and Margaret Jones 8. Jo Sullivan, Gina Miller and Ingrid Davies-Martin 9. Glenda Leckie and Anita McFarlane 10. Kathleen and Ruby Esler 11. Shelly Wilson and Jenny Guthrie 12. Amanda Morgan and Maureen McKenzie 13. Jaz Cartney and Nardia Townsend 14. Jan McMillan and Denise Watson 15. Liz Townsend and Marg Kane 16. Michael and Ruby Hynes 17. Barbara Henley and Jude Harding 18. Cheryl Coe and Tania Rose 19. Di Wills and Emily Stewart 20. Toni Pebbles, Viv Pebbles and Janelle Pebbles

Hayden Paddon visits

Hyundai South Canterbury recently had Hayden Paddon and local co-driver Samantha Gray visit us at the dealership. There was a Q&A session, poster signing and a rally car ride giveaway which was won by long-time Hyundai advocate, Patricia Naude.



1. Hayden Paddon, Samantha Gray and Amos Wheeler 2. Peter Thompson and Sophie Conroy 3. Natasha Alloo and Brad Gibbons 4. James Pearse and Shawn Spencer 5. Lisa Crotty, Pip Blatherwick and James Blatherwick 6. Jack Williamson and Samantha Gray 7. Daniel Naude, Deb Quested, Tom Quested and Grant Willocks 8. Hamish McPherson and Martin O'Brien 9. James Wilson and Amos Wheeler

Birthday celebrations

Celebrating their 3rd Anniversary Blank Space held a Late Night Shopping Evening with lots of awesome giveaways, nibbles and drinks.



1. Mollie O'Neill, Cheryl Just, Ben Dobbs and Hazel Groundwater 2. Holly Elliot and Megan Mclvor 3. Rebecca Kerr and Ayla Surtees 4. Bailey Smith and Janeen Keating 5. Kim Reid and Laura Black 6. Bella Miller and Kerry Bulling-Slocombe

Quadratic unveiling

On Friday 28th of June a number of guests eagerly awaited the unveiling of the Bay Hill's latest masterpiece 'Quadratic' by Matt Williams. Mayor Damon Odey accepted this gift on behalf of the people of the district.



At Kitchens Direct we manufacture exquisite designer kitset kitchens according to your exact measurements at a cost that is affordable. Kitchens Direct supplies all cabinets, doors and benchtops with a 10-year guarantee, and all hardware with a lifetime guarantee.

Give Karl a call today to arrange a FREE quote

4 King Street, Timaru
Ph (03) 684 0183



Custom-made Jewellery

Our goldsmiths take pride in custom-making quality jewellery. The entire process is completed on site, so you can be involved every step of the way. We manufacture diamond and coloured stone rings and all types of one off jewellery. We also repair and remake jewellery to a very high standard. Come and see the friendly team for an obligation-free consultation today!



The Ringmakers
Manufacturers of Fine Jewellery

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

THINK ROAD CONDITIONS SHOULDN'T AFFECT THE WAY YOU DRIVE?

Don't betcha life on it



Visit scrs.org.nz for more information

The road you drive today is different to yesterday

Adjust your speed to suit the conditions.



Samantha Gray

The Exhilaration of Rallying



Holding her nerve barrelling along at 190 km per hour, excellent concentration, accurate time management and organisational skills, as well as having good neck strength (as the rallies are spent looking down at pace notes in her lap) are all attributes Sam Gray has in spades. Not to mention sheer guts as the car skids on shingle, slides off the road on black ice, rolls down a bank or spins into a tree stump – all in a day's rallying for this petite blonde 24 year old co-driver.

Rallying is in Sam's blood. Her grandfather competed, and her parents, Sonya and Steve Gray met through rallying and competed together. Sam remembers watching them rallying when she was a pre-schooler, but it wasn't until she was twenty and in her second year of her B.Ag Sci at Lincoln University, after standing on the side-line at Otago Rally in 2015, that she decided she wanted to give rallying a go.

And what remarkable strides she has made in the sport. A couple of months after watching the Otago Rally, Sam got her motorsport licence and started competing, never dreaming that one day she would be sitting in a rally car alongside Hayden Paddon. A friend of her parents, Barry Varcoe, needed a co-driver and so her rallying path was set. Her first start was in 2015 at the Catlins Coast Rally where they had not one but two crashes and unfortunately did not finish, but in the 2015 Spring Rally held in the Kakahu Forest near

Geraldine, Sam and David Quantock had finished third in their class and sixth overall. She then teamed up with Keith Anderson and their first rallies were a chapter of mechanical gremlins – in the 2016 Mainland Rally Series they had an engine blow up, then a tyre rod arm bent, and the radiator hose broke, all within the first three rallies together. But none of these incidents deterred Sam from continuing to compete and Keith and Sam had a brilliant finish to the season with two first in class



finishes and finished 3rd overall for the series.

In the past three years, Sam has certainly made an impression on the sport. She was selected for two national academies in 2017. The first, the Motorsport New Zealand Elite Motorsport Academy takes eight drivers or co-drivers from all four-wheeled motorsport events in New Zealand and teaches them "everything outside the car". She was then chosen for the first Rally NZ Elite Co-drivers Academy, to develop top level navigators. Since then Sam has paired up with Regan Ross to drive in the New Zealand rally championship in a classic Ford Escort RS1800. Last year they won the International Otago Classic Rally and Sam took out the historic co-driver's championship for the New Zealand Rally Championship.



Sam told me that "You rely on man and machine, so you have to have talent, a good car and a good team". It is an expensive sport and Sam hasn't had a real holiday for years. Her real job is as an onion agronomist for Southern Packers. The ultimate goal would be to go professional and Sam would love the opportunity to compete on the international stage.

Chance of a Lifetime

Liz and I were sent to cover the story of Hayden Paddon's new racing car for Essence. Little did I think that this innocent evening would result in my lucky number seven being chosen for a spin with him in his rally car!

Then the panic set in! What if I get motion sickness? How embarrassing would that be! The Sunday for my ride arrived and it was a stunning sunny winter's day. My emotions were a mixture of excitement and anxiety. The venue was just outside Geraldine and there was Hayden's s racing support truck with the gazebo alongside, where the support team work their magic to make sure that the car is always mechanically safe, including tyres being changed after every five trips.

After signing all the paperwork and being briefed on what to do, I was fitted into a flash Hyundai branded racing suit and helmet. By now my heart was beating furiously. What had I let myself in for? Samantha strapped me into my harness and Hayden asked if I was ready. I trusted his driving skills but was I emotionally ready?

We slowly pulled onto the road and then turned left onto the track. Hayden gave me the thumbs up confirming that I was ready. I grabbed my harness with both hands and we were off. It felt like sitting in an airliner when the pilot opens the throttle to take off. The G-force thrust me back into the seat, and as we quickly accelerated, the vegetation on both sides

of the car became fuzzy. Hayden was completely focussed on driving as he effortlessly switched through the gears, moving the steering wheel left and right to stay on the track. Left, right, then left again as we swung through a bend. The road ahead turned into a blur, just like in a Star Trek warp speed scene.

I think I screamed at times and I know that I occasionally shut my eyes and opened them again, because I didn't want to miss out on what was happening! Rows of trees flew past on both sides of the track. At times I thought that Hayden was deliberately aiming for the trees and that we were going to crash, but then he would skilfully manoeuvre the car back onto the track. At the turning around point Hayden suddenly slowed the car and we stopped in a cloud of dust. After checking on me again, we were back into blast-off mode and everything was again a blur. I'm sure that I had a huge smile on my face for whole eight minutes of the ride, which felt like an eternity! My mind was relieved that it was over, but my body wanted more of it! When we pulled into the pit, Hayden shook my hand, as I thanked him for one of the highlights of my life.



WINTER IS HERE

1. It is illegal to use fog lights when there is no fog
 2. Always drive with the headlights on dipped beam
 3. Expect black ice in shady areas
 4. Drive slower during frosty conditions
 5. Use gears to slow down vehicle
- watch video at www.scrs.org.nz



Phone: 03 687 7235
Cell/Text: 027 436 6285

Email: Daniel.Naude@timdc.govt.nz
Web: www.scrs.org.nz

+ FREE
3 YEAR
SERVICE
PLAN!*



HYUNDAI
SANTA FE
FREE ELITE
UPGRADE

2 King Street, Parkside, Timaru | 03 688 9995
www.southcanterburyhyundai.co.nz



New Location 37 Bank Street

Guthrie Bowron Design Hub

Locally owned and operated by Karen Chambers Design

With over 30 years' experience renovating and building her own homes as Karen Chambers Design, Karen took over as franchise owner for Guthrie Bowron Timaru just over 18 months ago. Along with her highly experienced team she loves helping people create the perfect environment for them – whether it's

a new build home, a renovation or a one room revamp. It's not just residential spaces they can also help create stunning workplaces and commercial premises. Now with a new, more spacious and revamped Guthrie Bowron store having recently opened its doors the team are set to become the one stop shop for all your design needs in Timaru.

At Guthrie Bowron you can browse everything from colour samples to furniture, fabric swatches and blinds right under one roof. While everyone is welcome to take their time browsing through wallpaper books or looking for that perfect carpet for the living room if they want guidance the experienced staff are able to step in and help with everything from creating a colour scheme for the home right down to advising on the best flooring options for high traffic areas or providing some insight on wallpaper or paint for your particular space.

Wallpaper can be like a piece of art in the room, adding texture and a punch of colour. It does need to work with

the rest of the décor in the room, so if it's a bold, floral wallpaper then it will probably be best complimented by plain fabrics in the curtains for example. As well as the beauty of great wallpaper, it also has a practical element advises Karen as it adds a further degree of insulation to walls. Guthrie Bowron carry a great range of samples from modern art style prints to bold botanical wall murals and fun patterns for kids' rooms.

Window treatments are another key element of your home décor and again Guthrie Bowron can help. With an extensive range of beautiful curtains, from plain linens to luxuriously textured fabrics, blinds, shutters and don't forget the outdoor awnings. With the latest up-to-date technology, we can offer motorisation on all aspects of window coverings inside and out. With the touch of a button from anywhere in the world. Guthrie Bowron also provide a free measure and quote service for window treatments making it completely stress free for the customer.

They also provide a free measure and quote service for flooring and clients can find a fantastic range in store for all areas of their home – from hardwearing stylish modern vinyls, to warm, luxurious wool and nylon carpets and they can even make bespoke rugs with your choice of trim from felt to leather or rope.

The new Guthrie Bowron store is a thoroughly inspiring spot for anyone considering some form of interior décor. Karen and her team can make the process

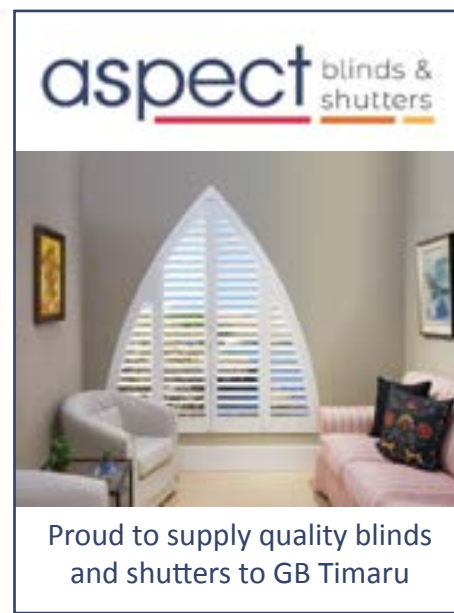
fun rather than stressful. Those perhaps feeling overwhelmed by the scope of their project and the number of decisions to be made can book in for a free interior design consultation with Guthrie Bowron. "It can be a lot of fun," says Karen with her trademark enthusiasm, "it's all about getting to know the client and what they love and helping them create something that works for them and is unique". Karen suggests people bring in something they love – whether it be a piece of art or a scrap of fabric from an old chair. From this starting point she helps build a story with colour and texture helping them create their dream home. So if you're considering a home decor project, make sure your first stop is a visit to Guthrie Bowron Timaru.

Guthrie Bowron, 37 Bank Street, Timaru
Monday to Friday: 8:30am - 5pm
Saturday: 9:30am - 3pm
Tel: 03 688 1068

- Luxaflex
- Aspect
- MCP
- James Dunlop Textiles
- Warwick
- Charles Parsons
- Harlequin
- Unique
- Belgotex
- Polyfloor
- Dulux
- Plus many more



Dulux
 Colours of New Zealand
Talk to a Dulux Colour Expert today.



Proud to supply quality blinds and shutters to GB Timaru



Peter Herron Flooring

Registered Members of FLOOR NZ and members of the South Canterbury Chamber of Commerce, we provide quality flooring installation and preparation guaranteed.



Proud to support Guthrie Bowron



Phone Peter - 021 370 750

17 Butler Street, Timaru | peterherronflooring@gmail.com

No matter how big or small, everyone is important!

MADAM MAT
 Mat Binding Specialist

Located in the Peter Herron Building
 Ph 03 688 3876

Shop Hours: Tues, Weds, Thurs 11am - 4pm



CHRIS CORRY PAINTING & DECORATING

Proud to support the team at Guthrie Bowron

We think Quality is everything

☎ (03) 688 7320 ✉ office@corrypainting.co.nz

Proud to support Guthrie Bowron in their new premises

CB JOINERY

- Kitchens
- Bathrooms
- Laundries
- Furniture
- General
- Timber Work

15 Martin Street Washdyke, Timaru

M 027 741 5141
 AH 03 688 9827
 E cbjoinery@xtra.co.nz

Find us on Facebook

NZ'S ONLY STAIN PROOF CARPET



Not Resistant. Stain PROOF.

Belgotex PSDN carpet is the only stain proof carpet in New Zealand. Able to take anything you can throw at it and more. It's so durable you can even clean it with bleach. Bringing you a world of choice. Belgotex offers the best the flooring solutions from around the world. From stain proof carpet to wood look LVT and a huge selection of vinyl. Belgotex has something for every floor.

GB Guthrie Bowron
 Decorating Specialists

Belgotex

UNIQUE FABRICS
 www.uniquefabrics.com

INSPIRING UNIQUE INTERIORS

nulook MORSE
 windows & doors

67 Church St, Timaru
 03 688 3062
 sales@morse2018.co.nz

TSG
 TIMARU SIGNS GRAPHIX

YOUR IMAGE SPECIALIST

- + SIGNAGE
- + DESIGN
- + WRAPS
- + FLEET

TIMARUSIGNS.CO.NZ
 03 688 9226



The Farm Barn A Real Country Vibe

words: Gilly Oppenheim



This must be one of the most picturesque café settings in our region with its snow-covered mountains, rolling green countryside and 360 degree views over the beautiful Mackenzie Country. The café exudes country ambiance with its big exposed wooden beams and eclectic artwork, such as the antler sculpture of red and elk deer covering one of the beams, which was sourced from the family farm at Raincliff Station. The café has wooden floors and a warm inviting fireplace area with comfy couches and cushions and a suitcase full of woollen blankets. There is plenty of both indoor and outdoor seating and a children's playground, complete with pet animals like deer and sheep to entertain them.

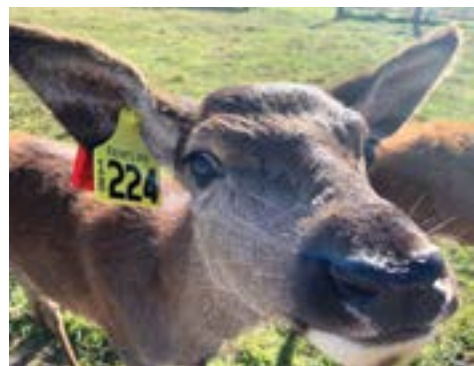
stock local home-baked specialties, such as the popular Fairlie Bakehouse pies and Denheath Custard squares. They cater for those with food allergies and intolerances, with dairy and gluten free options available and they will also host parties for special occasions. The tables are decorated with fresh flowers and herbs grown on site. New Zealand made boutique food products are available for purchase – shelf foods such as Viberi organic blackcurrants, beautiful NZ honey, chocolates, oils, seasonings and peanut butters.

The gift shop is full of stunning New Zealand made boutique products. There is a good selection of merino and possum wear and there are lots of quirky and stylish gifts. Children's NZ themed books and beautiful coffee table books showcasing the Mackenzie country, tea towels, natural skincare and homeware products and the list goes on. Ellie has an excellent eye and carefully chooses her products for a particular market. She is a perfectionist, so exceptional presentation of both food and giftware is imperative.

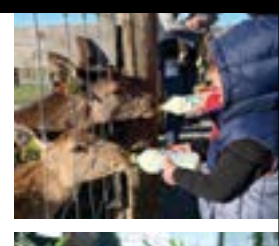
If you are looking for a friendly country atmosphere and wonderful food in a truly memorable setting, you can't go past the Farm Barn. Whether it is to take a break while touring, to have a special birthday celebration, or just simply to get away from the city for a good cup of coffee or a hearty lunch, this is your destination. It is located on the corner of the Geraldine-Fairlie Highway 79, the inland tourist route between Christchurch, Aoraki Mt Cook and Queenstown. Opening hours are daily from 9.00 am - 4.00pm, except for Tuesdays from 9.00am - 2.00pm. There is free wi-fi available and plenty of parking space for camper vans and towing vehicles. So stop by and make your day a day to remember!

Ellie Morgan took over the management of the Farm Barn in 2015. Armed with her degree in graphic design, Ellie saw the potential to rebrand the business with its rural vibe into a place with a friendly relaxing atmosphere, excellent food and quality New Zealand giftware. This business is a real family affair. Ellie's Mum helps in the café most days and experiments with new recipes. She makes wonderful cakes which are enjoyed by customers and can also be purchased whole for special occasions. The family did most of the outside landscaping and they are constantly thinking up new and exciting changes.

The hearty homemade food and baking are a hit with both locals and tourists alike. Local ingredients are sourced where possible and everything is made fresh on site. They also



MAKE THE FARM BARN YOUR 'GO TO' DESTINATION THIS WINTER



Farm Animals
Outdoor Play Area
Indoor & Outdoor Dining



Unique spaces,
Inspirational spaces,
Enjoyable spaces

Petronellas
INTERIOR DESIGN

Interior Design • Custom made Drapes & Blinds

Sweet Treats FOODIES



TIMARU TOWN & COUNTRY CLUB

Mid-Winter Christmas Party - this Saturday 13th of July

\$35 per head. Christmas Buffet
With a live band "Black Sheep"

Throughout the month of July we are holding mid-winter parties for local groups and businesses - we can personalise any group parties!

Book today! www.timaruclubs.co.nz

99 Douglas Street, Timaru.
Ph (03) 688 0020



WAREHOUSE LIQUOR

BROWN BROTHERS MOSCATO

Like 'em a bit sweet?

Just 5.5% in alcohol - a great lunchtime drop and super with sweet, fruity desserts!
It's slightly spritzzy, it's totally vibrant and fruity and it's for those that like 'em a bit on the sweet side!
Bust it out of the fridge nicely chilled and pair it with spicy curries and with ice-creams and fruit desserts.

35 Browne Street, Timaru
Phone: 03 688 1012

XPRESSO SOUVLAKI PAREORA

A TASTE OF GREECE

Wanting something crispy, nutty and extra syrupy? Baklava is a scrumptious delicacy, a quite controversial delicious traditional Greek dessert made of layers of crispy golden brown phyllo, filled with chopped nuts and garnished with lemon scented syrup..... Just heaven! Come and try some or take it home, you will love it.

Open 6 days a week
3 The Avenue, Pareora. Ph (03) 612 6062



COLUMBUS COFFEE

Lightly spiced, with a hint of turmeric and cinnamon, these beautifully sweet little cakes are made with coconut milk, have a hint of lemon and are a perfect vegan option.

Topped with a Coconut Frosting, they are great with an afternoon coffee.

OPEN 7 DAYS
Mon to Fri 7am-4.30pm, Sat & Sun 8am-4.30pm

50 Theodosia Street, Timaru
Phone (03) 683 1994



CAFÉ PHARLAP

Cafe PharLap instore at Hopkingsons offer morning and afternoon tea, light lunches and fantastic coffee.

Using Fairtrade, specialty-grade Atomic coffee which is rich and robust in flavour.

Their range of food made on and off site includes gluten and dairy free options ensuring there is something to tempt all taste buds. The intimate cafe space seats up to 27 people. Group bookings are welcome and recommended.

HARLAU HOUSE CAFE

Our sumptuous sweets are simply irresistible. From a cheeky macaron for Mum and Dad or a fun and incredibly tasty gingerbread man for the kids to devour over the school holidays. Our freshly made treats will have you licking your lips in anticipation.

Open 7 days a week 9am -4pm

253 Beaconsfield Road, Timaru
Phone (03) 683 1887



WAREHOUSE LIQUOR

Check out our website or instore for our weekly top ten specials

July Specials!



Smirnoff Red Ice
250ml cans
12 pack
\$20.99



Riverstone Wine
Range
\$7.99



Monteith's Cider
Range
12 pack bottles
\$19.99



Export Gold
24 pack bottles
\$33.99



Teachers Whisky
1L
\$33.99



Seagers Gin
1L
\$30.99

Necklace \$20

Amberlene Jacket \$45

Pink Line Dress \$48

Floral Scarf \$15.90

Joe Browns Coat \$245.50 (limited edition)

Joe Browns Jean \$160

Jersey \$48

29 Queen Street, Waimate
03 689 8188

Amandas
Bridal Services

15% Off Possum / Merino Garments

Koru Fur Trim Poncho

Lothlorian Possum and Merino Scarf

Koru Colour Block Loop Scarf

Lothlorian Possum and Merino Beanie

Royal Merino

Merinomink 2 tone poncho

"UP" pants

Sale Selected Winter stock

299 Stafford St, Timaru. Opposite Coffee Culture
Ph (03) 688 7329

the Merino Story

Necklace \$42

Head Warmer \$25

Poncho \$57

Scarf \$18

Possum Merino Gloves \$22

Grey Handbag \$135

The Accessory Shop

268 Stafford St, Timaru
Ph (03) 684 5220

Necklace \$32

Jacket \$210

Vivid Knitwear- Top \$129

Scarf \$39

Jellicoe Dress \$223

Jean \$268

Jump Shirt \$149

FASHION FOCUS

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

JewelCraft

Dare to be different

Sterling Silver Circle Within Teardrop Pendant was \$309 NOW \$229

Sterling Silver Textured Concave Disc Pendant \$80

Sterling Silver Funky Heart Pendant \$210

Sterling Silver Twist Double Drop Earrings \$65

Sterling Silver Black Oxidated Wavy Disc Pendant \$155

Sterling Silver Hammered Koru Style Coral Style Pendant \$100

Sterling Silver Double Dome 20mm Earrings \$235

Sterling Silver Plain Oval Locket 40mm \$265

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

Wild Rhino Men's Shoe Sale

30% off original price

STOMPZ shoes

236 Stafford St, Timaru
Ph (03) 684 3389
www.stompz.co.nz

Follow us on facebook

299 Stafford St, Timaru. Opposite Coffee Culture
Ph (03) 688 7329

BLANK SPACE.

79 Main Street, Fairlie. Ph (03) 685 6112

T Scarf \$60

Ink Dress \$435

Tassel Necklace \$34.99

Khloe Ink Wash High Rise Jeans \$89

Maggie Poncho \$169

ETC Vintage Wallet \$34.95

Traveler Sneaker \$84.90

MINT BOUTIQUE

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

Blackfin \$599

CZone \$449

Etnia \$499

Face A Face \$889

Good Gryf \$499

TitanFlex \$499

CANON STREET OPTOMETRISTS

Canon Street Optometrists
26 Canon Street, Timaru
Ph (03) 688 9791

Be prepared...

We can't predict natural disasters, but we can prepare for them. One of the best places to start is with your home.

In most emergencies you should be able to stay in your home. You should plan to be able to look after yourself and those in your household for at least three days or more. Consider the following for keeping as a basic emergency supply kit:

- At least 3 days of water (9L for each person). You can use old fizzy drink and juice bottles, but milk bottles are a no-go as residual bacteria can infect the water. If you're storing tap water from a mains supply treated with chlorine, you don't normally need to add anything to the water.
- Long-lasting food that doesn't need cooking, at least enough to sustain each member of the household for 72 hours. Also include food for babies and pets.
- Toilet paper and large plastic buckets to fashion an emergency toilet.
- Dust masks and work gloves.

It suggests you have the following items in a getaway bag in the event of a quick evacuation:

- Torch
- Radio
- Spare batteries
- Hand sanitiser
- Cash
- Photo ID and other important documents
- Walking shoes
- Warm clothes
- First aid kit and any prescription medicine
- Water and snack food
- Medication

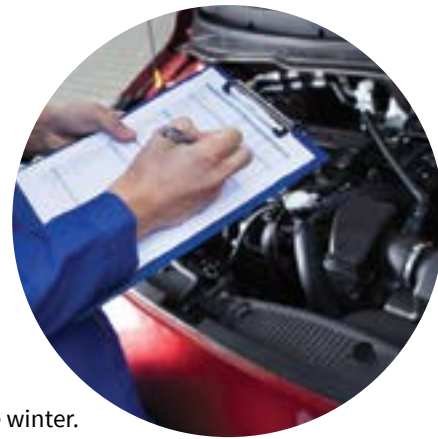


1 Person
Grab 'n' Go Kit
(\$238)
Available from
www.survive-it.co.nz

The most important thing is having a conversation and making a basic plan with your family. This just means sitting around the table one night and jotting down a few quick points covering where you'll meet if you can't get home, what you'll need, where you'll go, who can help you and who might need your help," she says. "You don't have to have all your supplies in one place, but you might need to find them in a hurry and/or in the dark.

When a disaster strikes, it is important that you are prepared in all aspects of your life. Whether it be a natural disaster, a power outage or making sure your car is all set for winter - read below to find out some tips from the experts.

Steps to prepare your car for winter



With cooler temperatures you must take extra care of your car, here's some tips to look at.

Get your car serviced

If your car is due for a service, get it done before the winter.

Check the battery

Check the battery: with colder temperatures and increased use of lights and heating, the output will be reduced. If your car won't start because of a flat battery, you can try giving it a jump start.

Top up engine coolant with antifreeze

Engine coolant should be a 50/50 mix of water and antifreeze.

Check your tyres

Your car's tyres are key to both steering and braking, make sure they are in good condition. Recommended a 3mm depth during winter also.

Clean your lights

Check that all lights, indicators and rear reflectors are clean.

Wash windscreen and wipers

Give your windscreen a thorough clean inside and out and top up your screen washer fluid with antifreeze. Check for nicks and tears on your wiper blades and any chips in the windscreen, as these can grow in the cold weather.

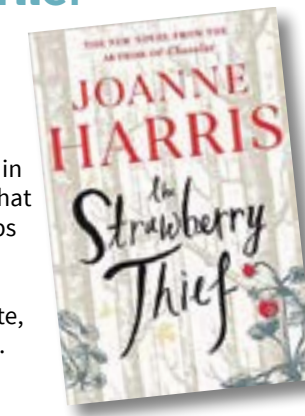
We can do it all at **Hollands Suzuki Cars**, book now for your appointment 03 688 8297.

Grab a book this July

Book review by *Jilly Oppenheim*

The Strawberry Thief

by **Joanne Harris**



I loved *Chocolat* and this is Joanne Harris's fourth novel following the life of chocolatier Vianne Rocher. In this latest novel, Vianne has finally settled in Lansquenet-sous-Tannes, the village that once rejected her, and her relationships within the community are strong. Her eldest daughter, Anouk, has followed the call of the wind to Paris, but Rosette, Vianne's "special child", remains close.

All of our old friends from *Chocolat* appear in the book - Roux, the gypsy who still lives on the river; Francis Reynaud, the village priest; Josephine and more.

Again, the time of year is Lent, provoking tensions between abstinence and self-fulfilment. The sleepy village inevitably faces disruption, however, when the florist Narcisse dies, bequeathing some land to Rosette, the strawberry thief, and a confession to the priest, Reynaud, that has ramifications for many. With the arrival of a charismatic new woman, Morgane Dubois, who opens a mysterious tattoo shop, Vianne faces a threat that unsettles her and forces her to call upon the talents she has worked so hard to disguise in the interest of a peaceful existence.

Mysticism and mystery abound in this book which focuses on the conflicts within families. Harris writes sensitively about the precarious bond between mothers and children. The wind is a constant presence, signalling both change and the threat of danger. This is a wonderful whimsical winter read!

July School Holidays at our Libraries

The July School Holidays are here now, parents and caregivers will be on the hunt for fun activities to keep children busy. Timaru, Temuka and Geraldine libraries have some exciting things going on to help banish the boredom.

It's all about gadgets, gizmos and cool things that move at Timaru District Libraries these holidays. Join library staff for stories and fun craft sessions. In Timaru on Thursday 11th of July in the morning session there will be a demonstration of a 3D printer and drone. Please note that bookings are required to attend the holiday programme sessions in Timaru and Geraldine.

Children who love to be inventive will enjoy entering the 'Make a Gadget' competition. Any materials can be used and children are encouraged to let their imaginations go wild as they dream up interesting uses for their gadget. There are great prizes to be won at each library branch.

The winter months are a great time for children to read their way to a free pizza. The Hell Pizza Reading Challenge is open to school-aged children up to Year 10. A reading wheel can be picked up from the library. Children read seven books and report back to library staff about what they have read. Once the wheel is complete, they take it to Hell Pizza to redeem their prize. This promotion runs until the beginning of December.

As well as fantastic fiction and non-fiction book collections, children can also borrow DVDs, magazines, jigsaws and music CDs. Timaru District Libraries have extensive eBook and eAudio collections for those who enjoy accessing books on devices. Visitors to the library can use the free wifi and there are computers available for internet access.

Your local library is a cosy place to head during the school break. There is something for everyone.



Powercuts

Having electricity is something many of us don't think about until it isn't there.

Power outages can be unplanned and sudden, causing disruption for the whole community and the local economy.

Depending on the severity of the event, it can range from hours to days before the lights are back on. In a natural disaster, it might be weeks before power can be restored safely.

There are ways to minimise the impact of an extended unplanned outage. For example, you can use a BBQ for cooking, have a torch in a place where it's quickly found, keep freezers and refrigerators closed and have a battery-operated radio with plenty of spare batteries.

You should also turn-off or disconnect appliances, electronics and sensitive equipment to prevent damage as the power may surge and spike when it comes back on.

An alternative power source to run lights and household appliances is a generator, these should be placed outdoors due to the risk of carbon monoxide poisoning from the fumes.

It is essential that a proper generator fitting is used, and never connect loads which exceed the generator's maximum output rating.

If you don't have a generator, consider going to an alternative location which has power, but only if it is safe to do so.

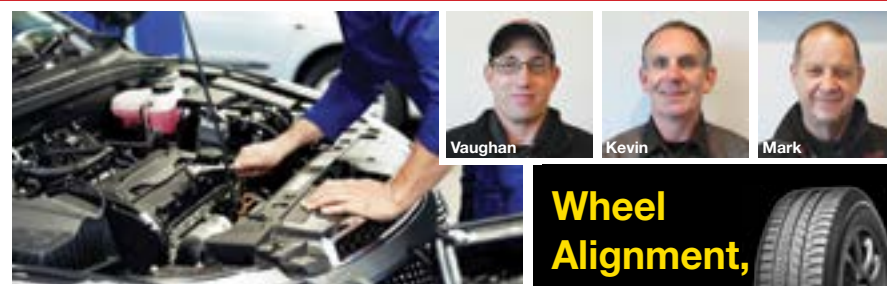
As there is no warning when the power may come back on always treat lines and cables as live at all times.

If you see power lines hanging down, or on the ground, call Alpine Energy immediately on 0800 66 11 77.

For more information, visit alpineenergy.co.nz/safety



WORKSHOP SERVICING ALL MAKES & MODELS



WOF inspection only \$40

Experience Holland's customer care. Book now or online for your WOF inspection and receive a loyalty card.

Every 5th WOF inspection check is FREE!

Wheel Alignment, Safety Inspection from \$85

We are also authorised to carry out WOF inspections on motorcycles, trailers & caravans

Call us today.

	David Hunt: Branch Manager Monica Smith: Sales Manager Lisa Hunt: Sales Kevin Hunter: Service Manager	A/H 0275 757 885 A/H 027 428 8406 A/H 027 474 2594 M 027 917 7053	
--	--	--	--

HOLLAND'S SUZUKI CARS

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



WHAT TO DO IN THE EVENT OF A POWERCUT

- Treat lines and cables as live at all times**
- Disconnect sensitive appliances like computers and TVs to avoid damage from a power surge**
- Always keep a torch and spare batteries handy**
- Leave a light switch on so you know when the power returns**
- Phone our 24 hour faults service on 0800 66 11 77**

Complaints procedure:
www.alpineenergy.co.nz/contacts/complaints-procedure

Timaru District Libraries July School Holiday Programme



... And cool things that move!

Timaru Children's Library

Tuesday 9 and 16 July: 10:30 am and 2:30 pm

Thursday 11 and 18 July: 10:30 am and 2:30 pm

Remember to book!
Email anita.dawson@timdc.govt.nz
drop into the Children's Library,
or call 03 687 7498

Geraldine Library

Wednesday 10 and 17 July: 10:30 am

Friday 12 and 19 July: 10:30 am

Remember to book!
Email libger@timdc.govt.nz
or call 03 693 9336

Temuka Library

Wednesday 10 and 17 July: 10:30 am

Friday 12 and 19 July: 10:30 am

Any enquiries, drop into the Library
or call 03 687 7591



Environment Friendly

"Environmentally friendly, eco-friendly, nature-friendly, and green are marketing claims referring to goods and services, laws, guidelines and policies that inflict reduced, minimal, or no harm at all, upon ecosystems or the environment."

Being environmentally friendly simply means having a lifestyle that is better for the environment. Its all about taking small steps towards mother earth so as to make this planet a better place for our communities and generations to come.

Natures Flame Pellets at Menzies Group

Wood pellet fuel from Nature's Flame is a premium heating fuel made from waste wood shavings, sawdust and offcuts, sourced from New Zealand's extensive plantation forestry sector and the timber processing industry. The raw fiber is good old New Zealand white pine, which is renewable and can be grown sustainably.

Nature's Flame wood pellets are essentially compressed sawdust parcels that are uniform in size and shape and are held together with 100% naturally occurring lignin.

Our wood pellets contain only 5-10% moisture which means they burn longer, hotter and more efficiently than firewood or wood chips which typically have a much higher moisture content.

Menzies Ph (03) 684 8440



DID YOU KNOW? Hybrid Vehicles

Q. Do you plug them in?

A. The only plug-in Hybrid we offer as a new vehicle is the Prius Prime, which also switches seamlessly to 'normal' hybrid if the battery has run out of charge. All other new Toyota Hybrids don't require to be plugged in as they self-charge while driving using regenerative power like braking.

Q. What is a Hybrid?

A. A vehicle that has an electric and petrol engine. Using regenerative sources (like braking), it recharges the battery itself and will alternate between using the petrol and electric engines to maximise your fuel economy and performance.

Q. Do I drive a Hybrid differently?

A. You can drive it exactly you would drive any 'normal' car! You refuel it when it needs refuelling, service it as usual and the car will manage the hybrid system to deliver you improved fuel economy.

Q. Do Hybrids have any guarantee on the battery?

A. All New Zealand new Toyota Hybrid vehicles carry an 8 year or 160,000km (whichever occurs first) warranty on their High Voltage Hybrid Battery.

Q. Do you have anything I can drive for myself?

A. Yes! We carry a range of new Hybrid demonstrators available for you to test drive anytime.

Q. How can I find out more?

A. Check out this link to view more information about Hybrids and the range we can offer you: www.toyota.co.nz/our-range/the-toyota-difference/hybrid/

5 ways to make your kitchen more sustainable

Here we share top five tips for maintaining sustainability in your kitchen:

1. Reduce food waste by planning a menu and writing a shopping list. This way you are more likely to eat everything you buy and you will know which bags and containers to take shopping with you. Any food scraps that you do end up with need to be fed to animals or composted.
2. Reduce food packaging by taking containers and jars to collect meat, fish, cheese and small goods from the butcher and delicatessen. Take cloth bags to collect bread from the baker, and find stores that sell staples like flour, sugar, rice, and nuts from bulk food bins so you can use your own bags.
3. Avoid as much plastic as possible. Buy or make reusable food covers, store food in glass jars or stainless steel containers, and choose compostable cleaning cloths and scrubs that can go in your compost when you are done with them.
4. Simple, natural cleaning products like soap, vinegar and bicarb soda can be used effectively everywhere in the kitchen. You can also buy detergents from bulk and health food stores using your own reusable bottles.
5. Grow your own food (herbs are a good place to start) and choose local, seasonal and ethically produced food.

The Good Green Bin

Save money! Save waste! And save the planet! It's a win-win when you use your good green bin.

The Timaru District Council's 3-2-1- ZERO New Zealand leading three-bin kerbside collection system was introduced to divert 75% of household waste from landfill, with over 50% of that being organics! At the same time, a composting facility was constructed to process the organic waste from the green bin collection, transfer stations and commercial sources. Keep your good green bin happy by putting in all your garden waste, food waste, soiled paper and shredded paper.

Drop in your slops and bin your bones, fats, fish and flowers- it all adds power to the compost we make. Put in food loose or food in paper, or buy a Council bio-bin to put it all in. The variety of organic material received contributes to making our wonderful Timaru Eco-compost, which can be used to rebuild the health of the soil and yields stunning results. This superfood increases the nutritive soil value, the yield and the water retention capability, as well as the diversity of the little creatures in the soil. Just remember that healthy soil = healthy food = healthy people (Oranga ruku = Oranga kai = Oranga tangata)

While carbon dioxide is typically painted as the bad boy of greenhouse gases, methane is roughly thirty times more



potent as a heat-trapping gas. Methane is emitted by the decay of organic waste in landfills, so putting all forms of compostable material and organic waste into our green bins is an easy way for us all to contribute towards reducing the effects of climate change.

There are 20,000+ green bins in the Timaru District, largely in urban areas. Each kerbside collection for green waste ranges from 600-800 green bins per day, depending on urban density and distance to travel. Timaru District Council Waste Minimisation Manager Ruth Clarke says that you can purchase bio-bins and compostable liners from the Timaru District Council or the Crow's Nest. Council has approved these compostable liners to make sure that they are able to be processed in our facility. They are also printed with handy hints for what you can put in your green bin.

When you put food waste into your green bin, look at it carefully - is it really waste or is it something you could have eaten? Check out the Love Food Hate Waste website www.lovefoodhatewaste.co.nz for some staggering statistics on how much food New Zealanders waste, eg 20 million loaves of bread per year, as well as handy hints and tips on how to change this behaviour and save yourself some hard earned cash.

We can all do our bit to reduce waste to landfill, restrict greenhouse gas emissions and to feed our gardens by using our good green bins effectively and then buy the compost. Why wouldn't you do it? And enjoy a good old-fashioned bread-and-butter pudding at the same time!

AVAILABLE AT MENZIES

Environment friendly and sustainable pellet fires!

PELLET FIRES
Combing the latest technology with the sleek Italian styling you cannot go wrong with a Ravelli pellet fire, or go for the simpler, more traditional looking Enviro range, both available in freestanding and inbuilt.

Pellet fires deliver real wood heat without the hassle of wood. Push button ignition or turn it on /off, up/down straight from your cellphone (only on selected models) and simply let your pellet fire do its job while you put your feet up.

Wood pellet fires deliver comforting warmth to your home, circulating the heat to quickly and efficiently warm the entire room, while the look and feel of a real flame simply can't be beaten for romance, ambiance and comfort.

For more sustainable heating options visit our show room 6 High Street, Timaru. Ph 03 684 8440

HANDS-ON DRIVING PRACTICE FOR YOUNG DRIVERS

Holden Street Smart is all about getting young drivers ready for life on Kiwi roads.

Now coming to Timaru 8 October 2019
Spaces limited. Book now!

Email info@holdenstreetsmart.co.nz
Or book online www.holdenstreetsmart.co.nz/canterbury-1

Timaru event co-funded by South Canterbury Road Safety

www.scrs.org.nz

SOUTH CANTERBURY TOYOTA

THE HYBRID SELECTION THAT KEEPS ON GROWING

FROM AS LITTLE AS 1.0 L/100KM FUEL AND 22 G/KM CO2 EMISSIONS

PRIUS PRIME FROM \$48,490 TDP
1.0 L/100KM COMBINED FUEL USAGE
22 G/KM CO2 EMISSIONS

COROLLA HYBRID FROM \$33,490 TDP
4.2 L/100KM COMBINED FUEL USAGE
97 G/KM CO2 EMISSIONS

NEXT GEN RAV4 HYBRID FROM \$39,990
4.8 L/100KM COMBINED FUEL USAGE
112 G/KM CO2 EMISSIONS

HYBRID

New & Used Cars

Bryant Jarvis
Vehicle Sales Manager

John Neale
Vehicle Consultant

Harold Bradar
Vehicle Consultant

Steven Poir
Vehicle Consultant

Cor North & Stafford Streets, Timaru, Ph 687 9200
Freephone 0800 1 TOYOTA | www.sc.toyota.co.nz

After Hours: sales@sc.toyota.co.nz

John Neale 021 254 7747
Steven Poir 03 54 638 301
Harold Bradar 027 650 8014

Timaru District Council - Zero Waste Events

As a Zero Waste Council, the Timaru District Council helps event organisers provide a successful waste management plan for events within the Timaru District and provides a significant level of assistance to groups planning public events.

A Zero Waste Event is not merely providing composting and recycling services at the event, but with careful planning, ensuring that no residual waste is generated. By holding a Zero Waste Event, you will minimise the disposal of valuable materials to landfill and increase the amount of compostable and recyclable material recovered.

By good planning at the early stages to ensure that all materials to be discarded are reusable, recyclable or compostable, waste bins should not be needed. This is the goal.

With this goal in mind, the Council provides assistance to event organisers to ensure that waste materials generated at their events are recovered for composting and recycling.

The Timaru District Council is a Zero Waste Council and is committed to reducing, re-using, recycling and composting waste materials.

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

One Planet
Let's not waste it

www.timaru.govt.nz

The Ringmakers Penguin Jewellery Range

In 2018, The Ringmakers' Brent White saw an opportunity to contribute positively to a local environmental initiative while also creating a jewellery range that could provide visitors and locals with a wearable reminder of Timaru.

In conjunction with Timaru Penguins, an official jewellery range, designed and crafted by The Ringmakers team, was launched. The range, which features a little blue penguin, includes pendants, earrings, a bracelet, charm and brooch/tie pin, all available in sterling silver or gold. A portion of the proceeds of each sale is donated to Timaru Penguins, which directs the money into specific projects, such as the building of nesting boxes at the Caroline Bay little blue penguin colony adjacent to Marine Parade.

"We've been blown away by the huge response from both locals and tourists," Brent says. "Timaru Penguins jewellery has winged its way throughout New Zealand and much further afield to Australia, the UK, Germany, Denmark, Sweden, the Netherlands, Norway, New Caledonia, Taiwan, China, and the USA, amongst others. There are also a fair few Timaruvians living overseas who got penguin jewellery for Christmas last year; what a neat reminder of home that also helps promote the preservation of our precious coastal and marine ecosystem."

The Ringmakers team is proud to be working with Timaru Penguins and the local community to help ensure the ongoing success of Caroline Bay's little blue penguin colony.



New Fujitsu wall mounted heatpumps at Cool Air

Slim and modern design

Designed to be less obtrusive and integrate seamlessly with the room's interior. It's slimmer by 30mm* in depth. Matte finish and smooth edges create a modern aesthetic to suit contemporary homes.



Human sensor control

An intelligent feature which detects movement of people to deliver optimum efficient and temperature control. If no movement in the room after 20 minutes, it will automatically switch to energy saving operation. When movement is detected again it reverts to its previous setting.

Energy efficient

The lifestyle range of Hi Wall reverse cycle air condition units are Fujitsu General's most efficient to date.

Upgraded heat exchanger

The heat exchange efficiency has been significantly improved with the hi-density and large heat exchanger. With the large-diameter fan, efficient air volume can be obtained at low power.

Optional smart device control

This model can be controlled from anywhere using a smart device by fitting the optional USB wireless LAN interface. This can be achieved without the need of any additional specialised installation work or optional PCB's.

Cool Air are your local Fujitsu dealers in South Canterbury - see them for more information



NEW FUJITSU WALL MOUNTED HEATPUMPS

- Energy Efficient – The lifestyle range of Hi Wall reverse cycle air conditioning units are Fujitsu General's most efficient to date!
- New modern design and 30mm* in depth in some models
- Upgraded heat exchanger
- Human Sensor Control
- Optional smart device control



Office: 03 684 8034 | Email: info@coolair.nz | Web: www.coolair.nz
Come and see our showroom at 3 Cliff Street Timaru

PLASTIC IS NOT FANTASTIC

Join millions of people reducing their plastic waste.

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

Want some tips to find out how you can reduce plastic waste? The good news is, anyone can get involved. You can start out small, or really challenge yourself!

Tops tips to becoming plastic free

1. Avoid as much plastic packaging as you can
2. Remember your reusable shopping bags or use a cardboard box
3. Check the products you buy for microbeads (polyethylene, polypropylene, nylon) visit beatthemicrobead.org
4. Buy from a bulk store (fill your reusable container or opt for cardboard boxed product)
5. Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw
6. Bring your reusable cup or sit and enjoy a real cup (your coffee will taste better)!
7. Support food vendors offering compostable alternatives (bamboo or card), BYO reusable or sit and enjoy 'dine-in'
8. Instead of buying bottled water, fill a reusable bottle from the tap
9. Use a reusable lunch box to store food, store food in containers, use beeswax wraps or lunch paper

Visit the website for more information www.plasticfreejuly.org



Foodbank Canterbury

The Green Solution to Hunger



words: Gilly Oppenheim

Foodbank Canterbury was founded by John and Janice Milligan in 2015. It is the only independent secular organisation in Christchurch that links the food industry to community groups. And now it is coming to Timaru.

Foodbank wants to keep food products out of our landfills. New Zealand is not a good country with respect to food waste. In fact we are ninth on the OECD list for food waste. John and Janice returned to NZ in 2015 after a long stint working for the not-for-profit sector in America. They realised that food waste is a growing social, environmental and economic problem in this country, so they decided to do something about it.

Foodbank Canterbury's mission is "to collect as much food as we can and to get it to the people who need it most as effectively as possible." Their first pick-up was fifteen sandwiches from a café in Christchurch three years ago and this has now grown to two tonnes of food rescued a day. The food is collected from supermarkets and other food producers. It is quality surplus food – such as from bent tins, ripped packets or products nearly at their use-by date. For food safety reasons no opened food is collected. 90% of the food collected is cleared within 24 hours. It is sorted and turned over to charities such as the City Mission, Salvation Army, St Vinnies, Family Works, Presbyterian Support and Women's Refuges, who then distribute it directly to disadvantaged and at risk families and to individuals that they support.

John is the CEO and fundraiser and Janice is the General Manager of the Foodbank Canterbury. Jo Goodhew has been co-opted onto the Board. John wanted someone in South Canterbury who had a good



knowledge of the community, and Jo was the perfect choice with her past experience as an MP with the Food Safety and Community and Voluntary Service portfolios. Two local co-ordinators have been appointed – Tracy Dawe and Ingrid Moore.

Last year Foodbank Canterbury was the Supreme Winner: Small Enterprises in the Westpac Business Champions Awards.

John and Janice have been blown away by the phenomenal sense of community in South Canterbury since the idea of the Foodbank Canterbury facility in Timaru was floated. The Mid and South Canterbury Trust gave initial funding to secure the building they have leased from the Grosvenor Hotel. Pub Charities donated a chiller and Countdown, a chiller van. Local tradesman have generously donated their labour to upgrade the building and local trusts have also chipped in. Some local schools have already offered their support to this new initiative in Timaru. To donate or volunteer from Foodbank contact info@cityharvestnz.org



Timaru Penguins Jewellery Range

We donate a portion of the proceeds of each sale from the Official Timaru Penguins Jewellery Range to Timaru Penguins to help protect and support Caroline Bay's little blue penguins. All pieces are available in sterling silver, 9ct yellow or rose gold.



The Ringmakers
Manufacturers of Fine Jewellery

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

BIOBRIQ™

Recycled wood briquettes made from compressed sawdust, BIOBRIQs are an economical, environmentally friendly option to traditional firewood

Buy directly from the factory 54 Racecourse Road, Timaru or order online www.biobriq.nz

BIOBRIQs are competitively priced, long lasting, high heat, natural wood briquettes, offering:

- A consistent moisture level of 8% (compared to levels of around 20-40% with traditional firewood)
- Less smoke and less ash
- Uniformity of shape, making them easy to stack and handle

BIOBRIQs are produced from waste sawdust bi-product of a local food products factory, whose beech wood is sourced from an environmentally sustainable and certified sawmill.

Instead of sending the sawdust to landfill it is recycled into compressed BIOBRIQs for home heating.



time to Shine



Dear essence,
Dad passed away just after we moved home from Perth and I feel like I've lost myself. Trying to sort everything for everyone and making everything be ok.
We have just purchased our own business in December 2018 and life has just been full on for a while now.
I feel sad / stressed and just down a lot of the time and I know this affects my family which is the most important thing in the world to me.
I'm not a girly girl but I want to show my wee girls that it is important to look after yourself and sometimes put yourself first. I want to feel good about myself and have self-confidence and self-esteem again. This makeover might be a way to kick start that.

Regards, Kimberley Emmerson

When Kimberley wrote to us her email was frank. Recent events in her life and her role as a busy mum and wife had left her 'feeling like I've lost myself' she told us. Kimberley said she wanted to show her girls that looking after yourself matters and she wanted her self-confidence back.

So we wanted to help her try and achieve that in a small way by giving her the Essence makeover treatment. We took Kimberley to see the lovely team at Shine Salon & Day Spa where hair stylist Marlize took time to have a chat with her and find out how far she would go with her new look. They settled on a lift to the colour with some light blonde foils through Kimberley's darker natural colour, then toning it to add a little warmth to the overall look.



Then beauty therapist Emily got to work. She applied primer to give an even texture and help to set the makeup. She then used full coverage BB cream blending it down the neck with a beauty brush to ensure a flawless look. She



words: Pattie Pegler

used concealer under her eyes and then layered over Pure Press base powder and finally Jane Iredale Pommist Hydration Spray to give the make up a natural glow. To contour and help define the look she used Great Shape Contour Kit.

For Kimberley's eyes Emily used a brown shimmery tone from the Natural Gram pallet for the base, she felt this would really help to accentuate Kimberley's natural hazel brown eyes. She used a little Mineral eye shader in a lighter tone over the top and then blended the eye colour before finishing off with black mascara. She also used the Great Shape Eyebrow Kit in Brunette to darken and add shape to Kimberley's eyebrows.

She finished off the look with a nude lip liner for the bottom base, topped with a nude lip gloss.

We took Kimberley along to see Mitch at Evolv. She styled Kimberley in different looks that were both casual and comfortable, but just pushed her slightly to try new things like the Augustine blush floral blouse. It was something she would never have normally picked for herself she said but once she put it on she loved it. Finally for footwear the lovely people at Stompz provided the Marco black boots to add a little height and give a slimming effect around the ankle.

We think you'll agree Kimberley looks absolutely stunning – and is hopefully well on the way to getting that self-confidence back!

thank you

I just want to thank you all so much for giving me the chance to be glammed up for the day. I was so nervous beforehand that I couldn't sleep - I almost felt sick by the time of got to the Essence office... but then I was made to feel like a queen. I was spoilt to be taken to Shine Salon and Day Spa for my hair and make-up, Evolv for clothing and shoes from Stompz. I was made to feel so welcome by everyone. What a day, what an experience - thank you so so much, Kimberley

WAKE UP WITH GREAT BROWS



Semipermanent Micropigmentation is here and ladies all around the world have rejoiced in this transforming treatment. They ain't lying when they say 'I woke up like this'. Semipermanent Micropigmentation Brow Makeup is a two-step treatment giving you perfect brows all day, everyday, and lasts up to 3 years. If you are one of the unfortunate people living with an eyebrow disaster, fear not, Tammy now offers Micropigmentation Colour Removal. Visit a trusted, certified micropigmentation specialist like TAMMY BROSNAHAN who's got the experience and reputation to boot.

The Beautician - Tammy
Ph 027 869 6725 or book online
at Facebook@thebeautician



MEET OUR NEW BEAUTY THERAPIST BROOKE

Brooke is our new beauty therapist at Ruby Tuesday. She is passionate about all aspects of Beauty Therapy. Available in salon on Thursdays & Fridays for eyebrow shaping, tinting, waxing, manicures, pedicures, facials, Swedish & Indian massage. **Introductory offer eye trio (eyebrow shape & tint & eyelash tint) \$20.**

Phone 684 7456 to make your appointment.
Ruby Tuesday
Ph (03) 684 7456
197b Wai-iti Rd, Timaru



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



Memories Connection Team - Rachel Little, Brigitte Kempf, Natasha Griffin

Memories Connection

Passionate about travel, the team's destination and travel experience spans the globe. They love inspiring others to have confidence to travel and create their own travel memories.

Why book with a 'Travel Specialist'?

How fun to have your own personal 'Travel Shopper'! A Travel Specialist who knows what you like and works with you for your perfect getaway. Everyone 'holidays' differently, and one size doesn't fit all. Our team are not overwhelmed by all the travel options and can help choose the perfect tour, cruise or travel experience for you.

How great to have us on your 'Travel Planning Team' who are looking out for all the best deals. A team with links to the best flights, accommodation, tour and cruise deals; many of which are not found on the internet, and access to 'industry only' deals.

How good to be prepared and know what to expect, so the only surprises are good ones! It is good to have a Travel Specialist who keeps up with latest travel developments and have lots of 'tips and tricks' to help with all parts of your holiday: from packing your bag, using technology while traveling, or how best to carry your money.

How reassuring to have your own 'Travel Advocate' especially when something doesn't go to plan (travel can be like that!). Someone to call on 24/7 and advise what to do next, especially when you are on the other side of the world, and help with a travel insurance claim on return.

How cool to have someone who's interested in your holiday on your return. Someone who is passionate about travel too, and is keen to receive feedback so other travellers can benefit.

How great to know Travel Specialists who are experienced travellers, who know where to go, think of things you haven't, pitfalls and places to avoid, and who work as a team to make your holiday the best it can be!

Contact our local Memories Connection Team of Travel Specialists for exceptional customer service, with 'one stop' personal shopping for all your Travel plans.



Phone 03 6888 486 Mobile 027 2333 027
Email: travel@memoriesconnection.co.nz
www.memoriesconnection.co.nz



Graeme Wilson

Graeme is passionate about assisting people with their real estate goals.

Q. When considering selling, what are the main points to consider?

Presentation is critical to achieving a premium price for your property. Tidy section, de-clutter inside your home, smelling fresh and repairing those small jobs that you have been intending to do for years! Remember first impression is important, so make the entry to your home attractive and welcoming.

Q. Why Mike Pero Real Estate?

We are a company led by a marketing division, not a sales division, so we specialise in providing advice and strategies that will ensure the best price is achieved from the market at any one time. Also, we offer a very competitive fee while still providing an extremely high standard of service, skill and presentation in both print and web media.

Q. What to consider when selecting an agent?

I believe the most important aspects to consider in an agent are; are they competent, trustworthy, have empathy and do you feel comfortable in their presence. When interviewing agents during the appraisal stage, ask them to share how they negotiate an offer once a purchaser has written up one for presentation. Their description of the process should expose to you whether they are working for the purchaser or you, the seller, who pays the bill!

Q. A real estate myth

Often agents from larger firms will state they have a larger pool of buyers because they have a large team. Reality is that today's buyers register with most agencies and are not loyal to an agency. They just want to buy a house irrespective of who the listing agent is. When you hear an agent say "we are a large team therefore we have more buyers!" it is not the reality.



265 Stafford Street, Timaru
Ph (03) 688 4164 www.timaru.mikepero.com



John Neale

John Neale is one of the vehicle consultants at South Canterbury Toyota. With over 25 years' experience.

Should I buy a new or used vehicle?

As a car buyer, you must look at the pros and cons of new vs used and decide based on your situation, what you want to achieve long term and what your finances will allow.

People used to assume that used cars were a way of "buying someone else's problems." This is not the case at all, particularly when purchasing through a Franchise Dealer.

Yes, a new vehicle is lovely but not everybody can run to owning a new one, especially when the average person owns 13 vehicles over their lifetime.

Let's look at some of the advantages of a used vehicle and then compare this to new:

1. Lower insurance premiums – the value of the vehicle is a large deciding factor in what the insurance premium will be.
2. Cheaper – the vehicle's value has dropped, and depreciation has slowed.
3. Get a higher class of vehicle – because you are saving money by buying used instead of new, you can afford to get a better class of vehicle. You might have come in for a new Rav4 but can get a used Highlander instead!

Now let's explore why you might instead decide to purchase new:

1. You can have exactly what you want instead of having to go with whatever is sitting on the car yard eg colour, accessories.
2. You can potentially get deals which may include servicing, low interest rates for finance and the vehicle comes with a new vehicle warranty.
3. The latest technology - new features for comfort, safety and performance are launched every year.
4. There's nothing quite like having a new car!

Making the decision can be tough as everybody has varied views on what the best way to go is. The best thing you can do is research yourself and rely on the expertise and experience of a trusted Vehicle Consultant.



Cnr North & Stafford Streets
Ph (03) 687 9280 Email: john.neale@sc.toyota.co.nz



Callum MacLeod

Callum is Operations Manager at Sullivan & Spillane. With 20+ years with the company he has the electrical knowledge and heat pump expertise.

Q. How do you begin to choose the right heat pump?

A number of factors have to be considered such as the size of the room, how many rooms you wish to heat, your home's insulation etc to ensure you get the right unit for your home or workplace. We do an on-site assessment and are pleased to provide a free no-obligation quote.

Q. What can you offer over other heat pump suppliers?

We are based in Timaru and provide our services throughout South Canterbury. We are Fujitsu accredited installers therefore

we can provide a 6 year warranty, most heat pump manufactures only offer up to 5 years. We can also supply other heat pump brands if required.

We not only supply and install heat pumps, we can also service your heat pumps and address other electrical requirements in your home or workplace.

We are one of South Canterbury's preferred supplier and installers for the Canterbury Healthier Homes Scheme. This is an opportunity to provide better warmth for your family and put the costs of your heat pump on your rates to make it a more viable financial outlay. To find out more visit www.ecan.govt.nz/healthierhomes

Q. What else does Sullivan & Spillane do?
We are a diverse company and offer a variety

of electrical services for Commercial, Industrial and Domestic clients. We also operate a Rural division with the know-how on dairy sheds, irrigation and effluent pumping, farm monitoring and refrigeration.

Q. Why Sullivan & Spillane Electrical?

We are proud to say we are a locally owned electrical company, operating since 1972. We have skilled and experienced staff with a wide range of knowledge. Phone 03 688 6690.



114 Hilton Highway
Ph 03 688 6690
www.spillane.co.nz

Mid-winter makeover to make your body and spirit shine

WINTER WARMING RETREAT – \$99 package

Your spa experience includes -

- * Pre-steam in our aromatherapy infusion steam shower
- * Relaxation massage (back, neck & shoulders)
- * Deluxe facial by candlelight
- * Relaxation Room timeout with a warming drink – Bliss!

Level One, The Oxford Building Cnr George & Stafford St, Timaru
Ph (03) 684 7699 www.shinesalonspa.co.nz

RON BROWN JEWELLERS LTD
EST. 1949

Beautiful new **Karen Walker jewellery**
NOW IN STORE

304 Stafford St, Timaru. Ph 03 688 9835
www.ronbrownjewellers.co.nz

Ruby Tuesday HAIR & BEAUTY

197b Wai-iti Rd, Timaru

The home of temptations is having a **PRE SPRING CLEAN SALE!**

Add finishing touches and shop essentials for your home without the price!

Never seen before prices on furniture, homewares and accessories NOW ON at Maree Hynes Gifts and Interiors 19 Theodosia Street Timaru.

Launching daily, Taryn and the team are featuring a covetable range of sale items that need to vacate the premises to make room for new stock.

“Maree Hynes Interiors - Destination shopping at its best!”



GREY HONEY COMB VASE FROM \$19.50



CLEARANCE CUSHIONS FROM \$20



MARBLE CHEESE BOARDS NOW \$15



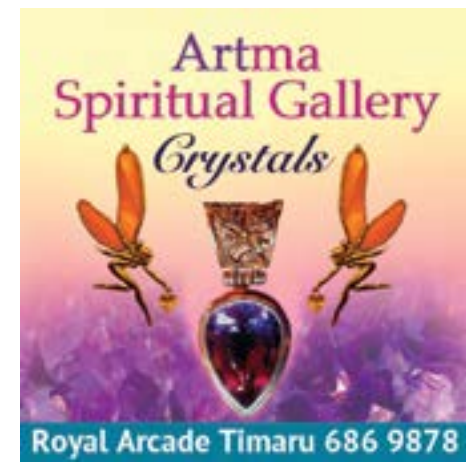
The Bean - Chicago



Kate and Michael Flynn at Niagara Falls



Let them know you are thinking of them... send flowers.
183 Stafford Street, Timaru | 03 688 8062
www.absoluteflowers.co.nz



Royal Arcade Timaru 686 9878



MADAM MAT
Mat Binding Specialist
Located in the Peter Herron Building
17 Butler St Timaru
03 688 3876
Shop Hours ONLY OPEN
Tues, Weds, Thurs
11am-4pm



SPF
- WEBSITE
- DESIGN
- ONLINE MARKETING
- SEO
Timaru. 03 688 4098
www.spfcreative.co.nz
www.spfwebstax.co.nz

Dreams do come True

From a very young girl to now I have always dreamed of visiting Prince Edward Island. Why? you ask, well it is the home of Anne of Green Gables, my childhood heroine.

For all of the fellow Anne fans, I was thrilled to be able to enjoy the scenes straight off the pages of the Anne storybooks including strolling down Lover's Lane, the Haunted Woods and gazing over the Lake of Shining Waters from her childhood bedroom.

The advantage of traveling to this part of the world we had the bonus of flying into Chicago, Toronto and Montreal. And from Montreal we sailed on the Holland America Zaandam to Boston. The itinerary included exquisite Quebec City, Sydney (Nova Scotia), Halifax, Bar Harbor and Boston.

Chicago is a sophisticated dynamic city sitting on the edge of Lake Michigan. We had a beautiful day to wander the city marvelling at the fascinating architecture and the spectacular view from the Willis Tower Skydeck.

Toronto, Canada's largest and most diverse city was next on our agenda. Toronto, the capital of the province of Ontario is situated along Lake Ontario. It is a dynamic metropolis with a core of soaring skyscrapers. The absolute highlight of our stay in Toronto was another bucket list item, Niagara Falls. This is truly one of the world's most magnificent natural wonders.

Niagara Falls is a group of three waterfalls at the southern end of Niagara Gorge, between the Canadian province of Ontario

and the US state of New York. From largest to smallest, they are Horseshoe Falls, American Falls and Bridal Veil Falls. Horseshoe Falls straddle the international border between Canada and the United States and the highlight was the ride aboard the Hornblower Niagara Cruise to the base of the Horseshoe Falls.

Montreal, from where we were to embark on our Canada and New England cruise, sits majestically on an island in the St Lawrence River and amazingly is the second largest French speaking city in the world! There are so many things to do in Old Montreal and so many sights to see that it can be hard to know which way to go; with its cobblestone streets filled with history and its European sophistication. We opted for an architectural walking tour which we thoroughly enjoyed, and I would highly recommend it to any visitors to this beautiful city.

Quebec City was our first port of call on our cruise and it did not disappoint, it is exquisitely French from its cobblestone streets and walled old town, to its language and fashion. Our tour provided a comprehensive orientation of historic and modern Quebec City, and a trip out into the countryside for a beautifully rustic French meal.

The cruise also took us to Prince Edward Island, as already mentioned, Sydney in Nova Scotia, Halifax on the Atlantic Coast and Bar Harbor in Maine. These maritime communities of Atlantic Canada boast simply stunning natural scenery and historic waterfront sites.

In short, it was a wonderful holiday and they only thing that could have been better was to be able to stay in each destination for longer - NEXT TIME!



Zaandam Cruiseline



Anne of Green Gables Bedroom

Window treatments for your home.

Warm your home this Winter with our sizzling deals on blinds, thermal curtains and free make on selected fabrics. **We offer FREE measure, FREE QUOTE and FREE Colour Consultation.** You are in safe hands when you choose Maree Hynes Interiors for all your curtain and blind needs.

Maree Hynes Interiors "100% locally owned and trusted in South Canterbury for over 25 years".



**INFO
& QUIZ
NIGHT**

Helloworld Timaru and Tracey Brown from Trafalgar and Uniworld warmly invite you to join them for a fun filled evening of travel.

Need inspiration for your next holiday destination? Come along to hear about TTC's selection of guided holiday options and current deals, followed by a quiz to test your travel knowledge - prizes up for grabs!

When: Wednesday 31 July 2019
Where: South Canterbury Club Timaru
Please RSVP to Helloworld 03 688 6099 as spaces are limited.

4 STEPS TO YOUR DREAM KITCHEN

1.
**GET
INSPIRED**

2.
**PLAN YOUR
KITCHEN**

3.
**CHOOSE YOUR
FINISHES**

4.
**PLACE YOUR
ORDER**



*Timaru Kitchen Designers
Shirley Barton and Craig Dick*

See in-store for full terms and conditions. (Installation not included).

Mitre 10 MEGA TIMARU
Bank Street, Timaru
03 687 2033



OPEN 7 DAYS

Monday-Friday 7am - 6pm

Saturday 8am - 6pm

Sunday 8am - 5pm

**MITRE 10
MEGA**

TIMARU