

essence

essentially...south canterbury



5 Profile
Giving Women
Back Their
Confidence

Feature **10**
Healthy
Brunching

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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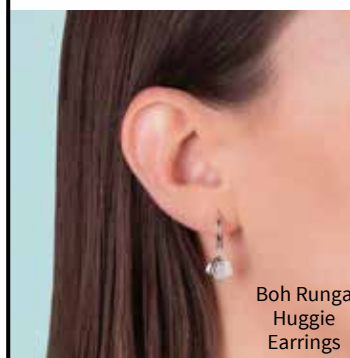


The Marigold collection brings you the pretty floral design highlights. The collection allows precious stories to be worn close to the heart and pulse points every day.

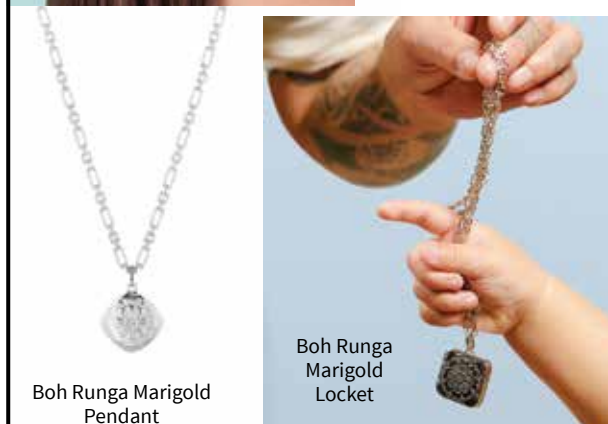
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Cover



Giving Women Back Their Confidence - New Zealand company MyReflection are making a difference to people's lives and it's clear from their customers' messages on social media. "Thank you, thank you, thank you...", "What a difference", "I love how it looks and feels." Our writer Pattie Pegler talks with Co-founder, Fay Cobbett about her product a 3-d printed, personalized breast prosthesis for women who have had a mastectomy. Page 5.

Local business owner Rosa of Madam Mat/ Peter Herron Flooring recently took the bold step of shaving off her much-loved dreads - all to raise funds for the New Zealand Anti-Vivisection Society (NZAVS). The society works to end animal testing and experimentation in New Zealand.

We wanted to find out more so we caught up with NZAVS director, Tara Jackson. Page 6.

Supporting local businesses has always been top of mind for us at Essence Magazine and we love having the opportunity to remind you of what is available locally. Check out our Home feature on page 7 and we have some very exciting news from Ben at Blank Space in Fairlie on page 8.

Enjoy your month - Dorothy



This month's cover is of the gorgeous new Blank Space Label from Blank Space in Fairlie. The label is being released to the market Thursday 29th July at 8pm. Turn to page 8 for your sneak peak!

Photography Bev Bell.



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Botanical evening at Matilda & the Metalman

A fabulous evening of fun at Matilda & The Metalman, learning the art of wreath making with our local florist Hannah. An evening enjoyed by all!



FROM THE Mayors Desk



Three Waters Reform

You may have spotted the 'green slime' ads currently trying to sway public opinion towards the Government's Three Waters reform plans.

While we can argue about the appropriateness or even the quality of this advertising, thankfully I don't recall the last time green slime came out of my taps, it's a bit of a sideshow to Councils across the country considering the more serious decision of opting in or out of the reforms.

Looking at the information we've been provided so far I'm still not convinced that this would be positive for our community, and in my opinion there are two pretty significant losses that we would suffer.

Loss of influence: There's going to be very little local consumer voice at the table going ahead. From the 22 councils that could make up a South Island water authority, there will be six representatives, and they won't even directly appoint the board. This group will appoint another group which then appoints the board.

Under this model there will be little to no local influence over decisions such as fluoridation and chlorination, and similar to the bold claims made about savings from the 90s power reforms, once it's all set up there will be little pressure in the long term to keep prices affordable.

Don't like what the company is doing to your water or how much it costs? Too bad...

Loss of investment: Timaru District's food processing and manufacturing, brewing and drinks industries are built on the

availability of high quality water, and I'm determined that this shouldn't be put at risk by us becoming an infrastructure backwater.

With direct Council control we can make long term investments in growth to help spur economic development.

When you look at it from a multi-regional basis, history has shown us that major investments gravitate towards the cities and provincial New Zealand is likely to lose out.

If there's a choice of an upgrade happening in Christchurch, Dunedin or Geraldine, I have a real worry the money won't flow this way.

While Christchurch gets a superb new motorway to shave a few minutes off a commute, we can't even get a second lane on the lifeline Orari Bridge.

So there's a lot to think about, but we're taking our time and doing our own homework so that we don't sign away something so precious to our community, because once it's gone, it's gone forever.

We just hope the Government and Minister Mahuta keep their word and allow communities to make this decision themselves.

I hope you are all keeping warm on these chilly days of the winter months.

Nigel Bowen - Timaru District Mayor

Giving Women back their confidence

New Zealand company MyReflection is making a difference to people's lives. It's clear from their customers' messages on social media. "Thank you, thank you, thank you...", "What a difference", "I love how it looks and feels."

The product? A 3-d printed, personalised breast prosthesis for women who have had a mastectomy.

Co-founder, Fay Cobbett, was diagnosed with breast cancer in 2015, after surgery she realized that trying to find a decent prosthesis wasn't easy.

"It was all still very generic. I thought, but my breast doesn't look like that and it just didn't feel right," she says. "I was constantly aware of it, like a toothache. It just felt more comfortable to go flat-chested."

With a passion for technology her partner, Tim Carr, thought there had to be a better way. And it turned out there was.

Of course, it wasn't quite that simple and Tim teamed up with 3D print expert Jason Barnett and the product spent a year in research and development. Friends at the Weta Workshop helped by offering access to their material science knowledge. And there have been ongoing developments - Tim is always looking for ways to improve the process, says Fay. One of these developments has been going from an initial consultation that took over 400 images of a woman's chest to a simple handheld scanner that can be run from a smartphone with a specially developed app.

But Tim also spent a lot of time ensuring that all this could be done in a way that was affordable for women. He didn't want to create something that could only help if you have a lot of money. New Zealand citizens who have

had a mastectomy are provided a four-yearly subsidy to cover the costs of prosthesis and custom bras, and the product is designed within this budget.

The business launched officially in 2019 and such innovation soon had them on the television programme, Seven Sharp. "That night we were inundated with ladies getting in touch," says Fay. Today their services are available to women in many areas with a team of 14 scanners dotted around the country and 6 staff members working in Auckland, including Fay and Tim themselves.

Expanding meant finding the right people to do the MyReflection scans. "Empathy is really important," says Fay. "We have looked for people who are passionate and really care."

The process itself, says Fay, is not unlike going to a dressmaker. The initial scans are done by a MyReflection scanner in the local area and sent through to the production team. They use that information to perfectly



Detailed back of prosthesis



contour a prosthesis to fit each woman's individual chest wall curve or to create a mirror of an existing breast prior to surgery. Women are initially sent a 'test shell' - to wear and try out. They can then report back on how that 'fits' for them before the final product is tailor-made for them.

"It can be incredibly challenging but it's incredibly rewarding. Helping ladies feel confident and balanced again. Being able to give someone back a sense of self. I don't have a word to describe that feeling," says Fay.

MyReflection have scanners in South and North Canterbury.

If you'd like to find out more about MyReflection visit their website at www.myreflection.co.nz

words: **Pattie Pegler** images supplied



Tim and Fay

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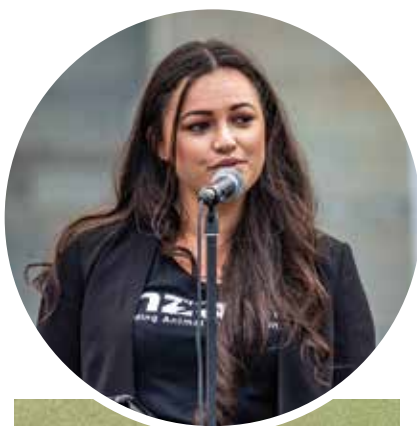
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Animal Testing In Our Backyard

Local business owner Rosa of Madam Mat/ Peter Herron Flooring recently took the bold step of shaving off her much-loved dreads - all to raise funds for the New Zealand Anti-Vivisection Society (NZAVS). The society works to end animal testing and experimentation in New Zealand.

We wanted to find out more so we caught up with NZAVS director, Tara Jackson. Originally from Timaru, Tara has been working for NZAVS for several years and says that many people are surprised by the animal experiments going on. "People often say, 'what? I thought animal testing was banned in New Zealand.' But it goes on in our backyard and we don't even know it's happening or where animal labs are."

Recent figures from the Ministry of Primary Industries show that 315,574 animals were used for research, testing and teaching purposes in New Zealand in 2019. An increase of 14,239 from the previous year. The numbers are huge and include everything from cattle to fish.

In fact, says Tara, dogs are also used and in one particular case were even sourced from a Council pound. Media coverage in 2019 told of the experiment approved by the Lincoln University Animal Ethics Committee to see what would happen to dogs fed poisoned possum meat - 10 dogs for the experiment were noted as being sourced from Christchurch City Pound. It was an event that led to NZAVS approaching all local Councils to ascertain their policies on handing over pound animals to research facilities. You can read in detail about this work on the NZAVS website.

One argument commonly heard in favour of animal experimentation is that medicines need to be tested. But it's a deeply flawed argument because all species are different. "When it comes to medical research animal models fail more than they work," says Tara. In fact when you see some

of the numbers - animal testing seems largely pointless, before you even consider the inhumane element of it. For example, more than 9 out of 10 drugs deemed successful in animal tests then go on to fail in human trials. That's a staggering 95% failure rate.

And the flip side of that coin is that a huge number of drugs might have worked fine in humans but never got past the animal trial stage. Think about it this way - chocolate is poisonous to dogs but not to people.

The breadth and depth of animal testing in New Zealand would leave many horrified. From astounding numbers of animals bred for the purpose to some truly awful and largely pointless experiments. Does it get Tara down working in this space?

"There's too much to get done," she says. "And there are wins." Like the ban on cosmetic testing and party pill testing on animals in NZ. And NZAVS are also building relationships with other organisations such as Humans Helping Animals (HUHA) to try and get ex-research animals adopted into homes.

And they're making inroads with some of those involved in the research - Tara has even been invited to speak at an animal testing conference, a first. "I really believe in sitting across the table and finding similarities," she says. "And as more people learn who we are, we are getting more support."

If you would like to find out more about animal testing and how you can support the important work done by NZAVS visit their website at www.nzavs.org.nz. There are many ways you can step up for animals and help NZAVS.

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www.nzpetfoods.co.nz



New Zealand Petfoods



BLANK SPACE.

Blank Space must be the coolest little streetwear shop in New Zealand. Established in 2016 by Ben Dobbs, this fashion store is about to launch its own designer label. Ben saw a gap in the market and started selling his streetwear both locally and online. Blank Space pride themselves on providing top quality clothing, accessories, and excellent customer service. In early 2019, Blank Space moved into a new store, which allowed them to more than double the retail space and bring an amazing shopping experience to Fairlie. New stock arrives daily to give clients a good and ever-changing range of products and Ben now has a nationwide and Australian loyal customer base.

Supporting the network of New Zealand brands and designers makes for unique products. This is the idea behind Ben wanting to release his own brand of clothing – the Blank Space Label to the market. Ben found the right connection last year with a New Zealand manufacturer, with whom he has worked for the last six months to design and develop his Blank Space Label. The official Blank Space Label launch will take place online on Thursday July 29th at 8.00pm. Ben always wanted to create his own label for fashionable, affordable clothing in sizes 6 -20, and by sourcing product direct from the factory, he is able to cut out the middle man. He continues to grow his social media following, both nationally and internationally, but the personal touch is also important and he uses local photographer Bev Bell and local models to showcase his clothing in the beautiful Mackenzie District.

**ONLINE LAUNCH
8PM, 29TH JULY**



Ben said, 'Our core offering to our clients is quality designer clothing from a retailer that will provide a fast, efficient and friendly service. We have used predominantly social media to grow our brand awareness, and this has significantly excelled the online side of the business. Customers are buying from a small business run by real people rather than a chain store. I take pride in the excellent customer service provided by my team and as well as receiving good feedback from customers for our great service, we give back to our local community by supporting local organisations.'

Covid-19 hit all NZ businesses hard and Blank Space was not exempt from this. They have worked extremely hard to come back as a stronger business since lockdown, and they have been able to increase their sales by 200% from last year. This is testament to Ben's enthusiasm at keeping a small and friendly local team operating efficiently and maintaining their excellent personal customer service.

"Just want to say how awesome you guys are! Yesterday morning I had purchased my earrings online and they were delivered to me by 10am this morning! How awesome is that! You guys rock! Keep up the fab work, I'll be back."
Customer



Photography Bev Bell



The Footwear Company

The Footwear Company in Beswick Street is owned by cobbler Evan Walker. Although shoe mending is the main function, Evan and Lisa are now moving into a new premise. Evan has had a variety of jobs, but when he left school in Dunedin, his first job was in shoe repairs and he also made orthopedic footwear at Wakari Hospital.



Lisa Myers has always loved shoes and since July 2020 she has been learning the trade from Evan. Evan is the only shoe repairer in Timaru, and in the wake of last year's lock-down he was inundated with shoes needing to be repaired. Lisa was a customer and she approached Evan after reading a news article about the effects of the Level 4 on the business. Evan is training her up as his apprentice and she loves her job where she says that no two jobs are the same. Evan said that, "Lisa has a strong creative bent and she always looks outside the square." They both enjoy refurbishing and restoring older items. Besides mending, dying and resizing shoes and boots, Lisa has mended the leather on bellows, made belts, hats and vinyl aprons, fixed the leather on an old telescope, mended handbags and a biker's jacket after an accident.

These two have a complementary relationship and they are open to any ideas concerning leather goods – all types of repairs, restoration and enhancements for footwear, plus accessories and more. Their shoe care products are big sellers and they have a great range of shoe laces and shoe polish, plus shoe horns in various sizes as well as insoles. This small shop will also cut keys and sharpen your tools. The business is a steady one. Particular requests can take time, but out-of-townners like the convenience of their repairs being done whilst they are completing their shopping. Shoe repairers are increasingly hard to find in smaller centres, many having closed down as older cobblers have left the trade. Not so for The Footwear Company in Timaru where it is envisaged that Lisa will take over the shop when Evan eventually retires. Shop hours are 9.00am to 4.30pm on weekdays and 10.00 – 12.00 on Saturday mornings.

WE ARE MOVING!

THE FOOTWEAR COMPANY

After years in the same spot The Footwear Company is moving. Evan and Lisa invite you to come and see them at the new shop from 2nd August.

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Timaru Town & Country Club A Social Hub

The RSA is the latest local community group to join the Timaru Town & Country Club as one of their Associated Service Groups. It's a win-win situation for all - RSA members now get access to all the club's facilities; the RSA in Timaru no longer needs to worry about managing a building or catering and the Town & Country Club increases its membership, which is now at nearly 4000.

The RSA now becomes one of nearly 30 Associated Service Groups at the Town & Country Club. Other sections cover a wide range of interests from go-karting to golf, indoor bowls to wine tasting, hockey and petanque. "There is a lot of interaction between sections," says Club General Manager, Vince Gardner. "There are things like shared outings and some good sporting rivalry and quite a mixture of age groups. We see the club as a hub for all these sporting and special interest groups".

And it's perhaps not surprising that so many of these groups have become part of the Town & Country Club. This long-established facility has everything from restaurant and café style meals, three bars, an air-conditioned gaming room with 18 gaming machines, dartboards,

billiards and an outdoor BBQ area. It's a great place for families to grab dinner on a Saturday night, or to get together with the grandparents for a roast Sunday lunch. And if you're making a night of it there's even a courtesy van to take you home.

For access to all these facilities club members pay just a \$20 joining fee and then an annual fee of \$20. It's no wonder that the club is fast turning into the meeting place for Timaru.

For more details or to join online visit www.timaruclubs.co.nz



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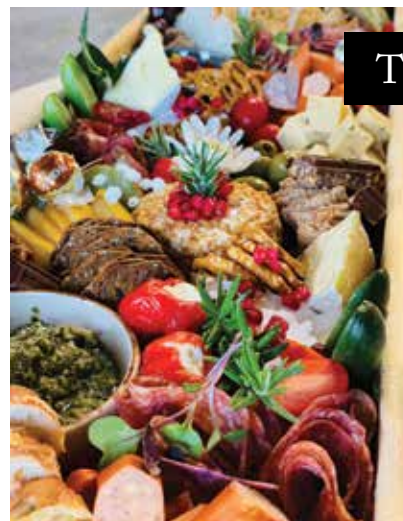
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✓ Keep to the middle of the lane



Safer position



Too far left



Edge break due to vehicles been driven off the seal

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Cashews Cloe Curve Dress \$265



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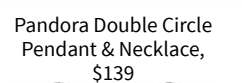
Pandora Signature ID Bangle, \$139



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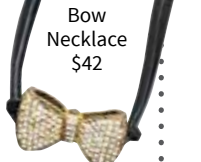
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What is happening in the Real Estate Market?



MIKE PERO

What are the key attributes I should look for when choosing a Real Estate agent?

The selection of your real estate agent is an important decision as that person/company has a significant influence on the value of one of your biggest assets. Attributes to consider: - Skilled negotiator; trustworthy; market knowledge; listener; proven success. As you will be working together over a period of time, it's important you feel 'comfortable' with the agent and that they are genuine in protecting the value of your asset.

How can I increase my chances of making a successful offer on a property? Making an offer on a property can be overwhelming, if you can make your offer with the fewest conditions possible, this will make it easier for you as a buyer.

Gather as much information as you can about the property; do your research; talk to your local council; get pre-approved from your bank or mortgage broker and if you are in a position to, do your building report and electrical report before putting in your offer and make a fair offer.

As a seller, what are the key things I can do to assist in achieving the best price?

Preparation in all components of a real estate sale is key to achieving a good result; declutter, tidy gardens and maximise your street appeal. Talk to an agent regarding any minor renovation work that might enhance both the interest in your property and the perceived value. When deciding on an agent prepare yourself with questions that include marketing options and any associated costs to you, how they negotiate on sales, any

unique sales propositions they may have to offer. The skill of a good agent will increase your chances of achieving maximum return on your property.

When viewing a property, what questions should I ask the real estate agent?

Specific questions you could ask when buying a property locally are, is the fire compliant; has there been an insurance claim for hail damage or an EQC claim on the property; how much are the rates; is the property insulated; other questions that are good to ask are what is the neighborhood like; what chattels are included and excluded in the sale.



JACQUI FRASER

What is a Mortgage Broker?

A Mortgage Adviser (commonly known as Mortgage Broker) knows the interest rates, application criteria and products for different lenders and can negotiate on your behalf. They act as an intermediary and will put the application together on your behalf. They approach different lenders and seek out the best fit in terms of the borrower's financial situation and interest rate needs.

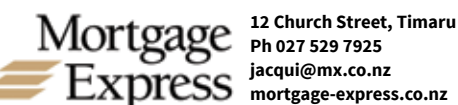
What banks do you use? As a Mortgage Adviser I have access to a wide range of lenders and loan options for people buying a new home, second home, investment property, buying land, building a home or refinancing.

How much deposit do I need? First Home Loans make it easier to get into your first home with only 5% deposit, however there is a maximum you can borrow and there may be eligibility criteria to meet. If you are looking to borrow more than the 80% threshold, you should talk to Jacqui at Mortgage Express. This type of situation is not always straightforward, and professional advice will help outline the full range of options available to you, such as the way you structure your loan, or using different lenders.

What is the difference between fixed and floating rates? You can get a mortgage at a fixed interest rate, a floating rate, or a combination of the two. Floating rates give

you flexibility of repayments and the rate is subject to change, whereas a fixed rate will give you certainty of repayments during the fixed rate term and allow you to budget. Talk to Jacqui at Mortgage Express to get advice as to how best structure your loan.

How can I pay off my home loan faster? You could consider paying fortnightly rather than monthly - increase your repayment amounts, structure your mortgage with flexibility - make lump sums - if your interest rate goes down, don't reduce your repayments. **Talk to Jacqui at Mortgage Express to get advice - 027 529 7925.**



Important information: Jacqui Fraser is a financial adviser who gives regulated financial advice to retail clients through her company MJCSM Financial Services Limited trading as Mortgage Express. The views and opinions expressed in this article are of a general nature, and do not constitute regulated financial advice for retail clients. Before taking any action in relation to the matters dealt within this article you should consult a financial adviser.

The low-down on Low-Emission Vehicles

Q. What is an emission?

A. Well according to the Oxford, an emission is "the production and discharge of something" which isn't very specific. However when we apply that to car 'gibberish' that 'something' becomes greenhouse gases and the various levels at which our vehicles are omitting them.

Q. Should I be concerned about Greenhouse Gases?

A. That's entirely up to you. Of course we all want the best for ourselves and, ultimately, the planet. Greenhouse gases come from a number of different sources, not just cars. They have a large effect on air quality, increased pollution levels and global warming - something you would have definitely heard about by now.

Q. Is there a way I can reduce the level of emissions my car produces?

A. Absolutely. There are a number of different options on the market that utilise not just internal-combustion (more car gibberish) engines but also electric motors. Petrol-Electric Hybrid, Plug-in Hybrid and full EV (electric vehicle) options are the most common. When the vehicles are being powered by electricity alone, they are omitting no carbon dioxide, carbon monoxide or hydrocarbons.

Q. How reliable are these 'odd job' hybrid cars?

A. Cast your mind back (if you're old enough). Harry Potter and the Philosopher's Stone. NASA's 'Pathfinder' Mars landing. Mike Tyson bites Evander Holyfield's ear. Toyota release their very first hybrid system in the first-generation Prius.

What on earth do all these things have in common? 1997. That's right. Toyota have been producing and continuously improving hybrid engines for 24 years, and some of those



RAV4 Limited Hybrid shown. Combined fuel consumption 4.8L/100km

first-generation engines are still running today. So we'd say they're pretty reliable.

Q. Do low-emission vehicles cost more \$\$ to maintain?

A. Short answer, no. Because the electrical side of a hybrid vehicle's engine needs very little maintenance, you would expect very similar costs for ongoing servicing as you would for a standard petrol or diesel vehicle. So not only are you producing fewer emissions and saving money on fuel, your long-term cost of ownership is also much of a muchness.

Q. What options do Toyota offer for low-emission vehicles?

A. Currently Toyota have more than 20 different hybrid and plug-in hybrid vehicle options. From small cars to SUVs, all offer exceptional fuel economy and much lower emissions than conventional internal-combustion engines. Speak to the team at South Canterbury Toyota today.



Corolla ZR Hybrid Hatch shown. Combined fuel consumption 4.2L/100km

C-HR Limited Hybrid shown. Combined fuel consumption 4.3L/100km



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