

essence

essentially...south canterbury

6 Profile
Living with
Alopecia

8 Home & Garden
House of the Year

SHOP THE LOOK

Love Shopping? 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.

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



Tin Herb Markers \$12 each

Ride on Soft Toy Elephant (carries up to 100kgs) \$290

Mats \$44 each

Stool \$285

NZ Sheepskin Long Wool Rug \$145

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

Millie Rose BOUTIQUE



Livewires Small Planter Pot \$55

Cavallini & Co 1000 Pce Vintage Puzzle \$59.99 each

Botanical Bubble Bath \$42

Stella Royal Dress \$199

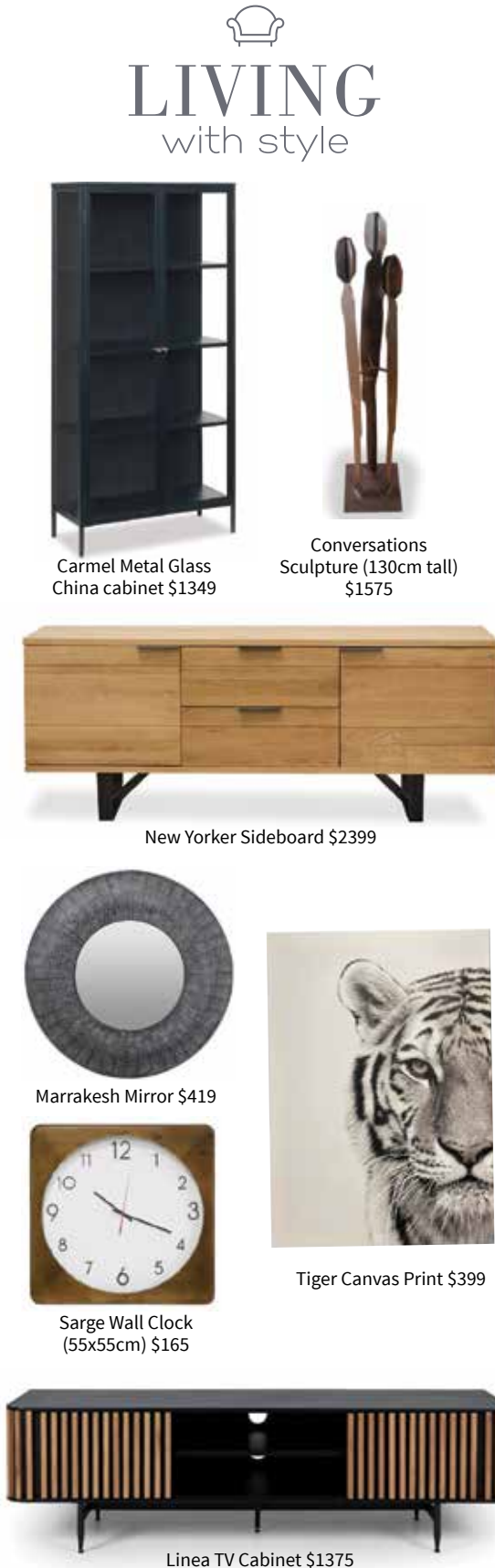
Rue Stiic Split Dress \$329

Mink Pink Tahlia Shirred Midi Dress \$199

Livewires Travel Pouch \$48

Millie Rose Boutique
281 Stafford Street, Timaru
www.millierose.co.nz

LIVING with style



Carmel Metal Glass China cabinet \$1349

Conversations Sculpture (130cm tall) \$1575

New Yorker Sideboard \$2399

Marrakesh Mirror \$419

Sarge Wall Clock (55x55cm) \$165

Tiger Canvas Print \$399

Linea TV Cabinet \$1375

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

contents

The talented team of builders and carpenters at Dimension Building love a good challenge. So when one of their clients came to them with an exciting design featuring a lot of glass, plenty of steel and a great deal of schist, they knew it was something they wanted to tackle. Check out this spectacular Timaru home that is one of Dimension Building's four entries in this year's Registered Master Builders House of the Year competition. Story page 8

Nestled at the south-end of Timaru, the suburb of Redruth is a hive of activity. Timaru's original industrial area, Redruth is home to a number of businesses and amenities including the Redruth Resource Recovery Park and landfill. But there is a lot more to this suburb than meets the eye. Discover the places to shop, the services available and where to explore on pages 22-24

Living with alopecia - It's a hard topic to discuss as for most of us, hair is an important part of our appearance and self-image, and any type of hair loss can be very hard to cope with. Our writer Michelle McCullough had a bit of a battle on her hands interviewing me on the subject. While I consider that I'm fortunate to be able to hide my hair loss - it's not as easy for others. On pages 6 & 7 we reproduce a story that we ran recently in our North Canterbury publication of Essence as it appears to be a common problem that is sadly affecting an increasing number of us.

After a high-flying career that included mixing with some of the international rich and famous, Juliana Sargeant and husband Mike came back to South Canterbury where Juliana returned to her passion working with animals. With a busy household and three young children her life took an unexpected turn. Her story is on page 13

Enjoy your month, Dorothy



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 **Essence South Canterbury Ltd**
Opinions expressed in Essence Magazine are not necessarily those of Essence South Canterbury Ltd. No responsibility is accepted for unsolicited material. No material may be reproduced without prior written permission of the publisher.

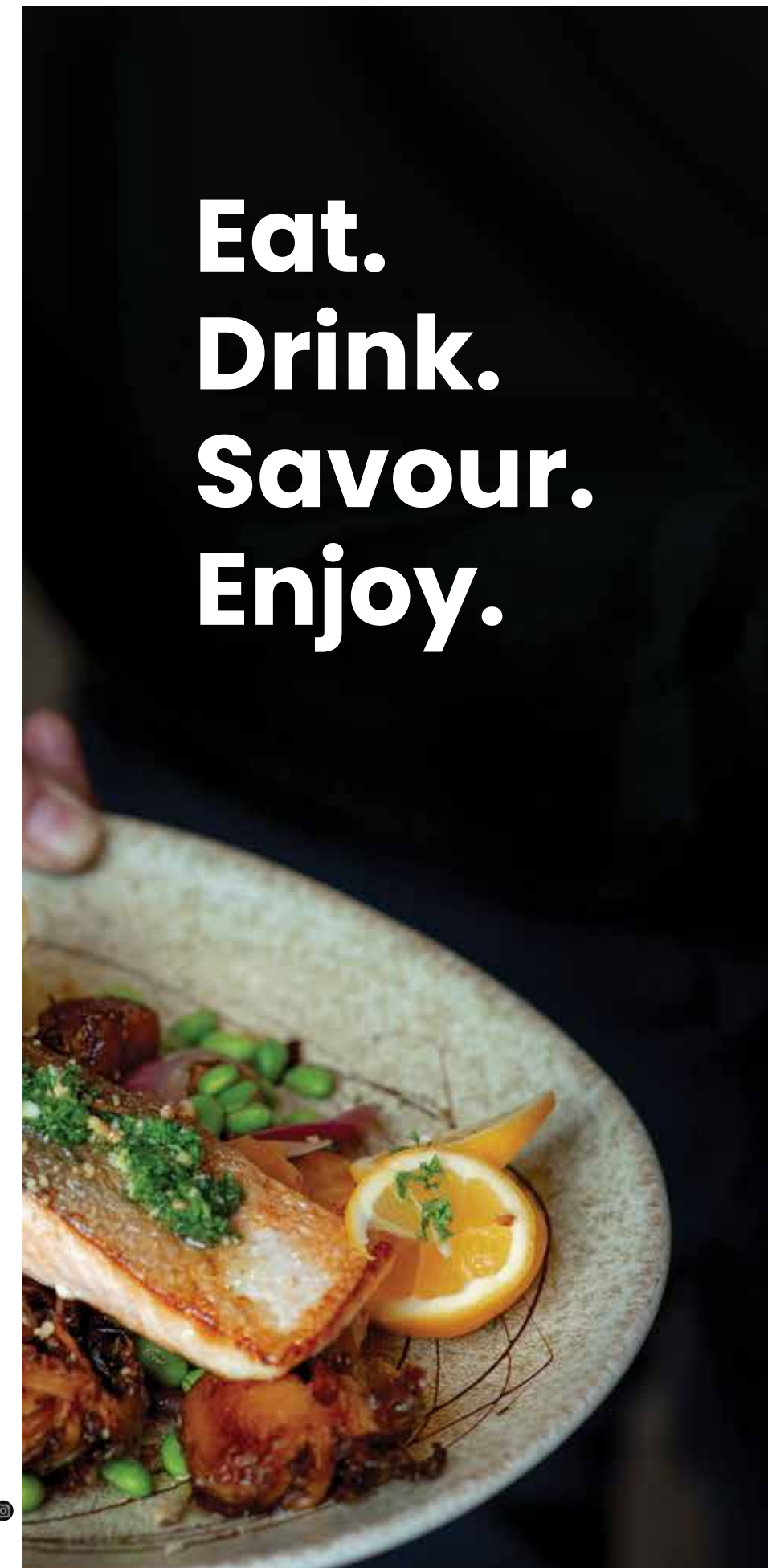
22 Chapel Street, Timaru, South Canterbury. Ph: 03 684 8439 | www.essencemagazine.co.nz



Cover

Our cover is this gorgeous, modern and stylish kitchen by Dimension Building, one of their entries to Master Builders House of the Year.


Photography: Cam McBride from Custom Images



Eat. Drink. Savour. Enjoy.

SCOFF

SOUTH CANTERBURY OUTSTANDING FOOD FESTIVAL
16 - 30 September | scoffsc.nz




KAREN WALKER
JEWELLERY

New Karen Walker Cupid Collection In Store Now!

The Ringmakers

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



Your trusted local builder for new homes and renovations in the Mackenzie area

HIGH COUNTRY Carpentry
BUILDING & RENOVATIONS

- New Architectural Homes
- Renovations
- Log Homes
- High Country Cabins
- Farm Buildings
- Light Commercial



Email: admin@hcclimited.co.nz
Office: 1 Gall Street, FAIRLIE 7925
www.highcountrycarpentry.co.nz

0800 922 883



BOOSTING LOCAL BUSINESS CAPABILITY

Ara and the South Canterbury Chamber of Commerce boost local business capability in South Canterbury

Ara Institute of Canterbury is committed to generating and growing a greater level of regional access for students and continuing to build strong relationships with businesses and employees in the South Canterbury region.

Coinciding with Ara's second semester, South Canterbury Chamber of Commerce members will have an exciting opportunity to study free papers from the Diploma in Business (Level 5) - can be studied in class or online via live zoomed classes.

Ara Acting Chief Executive, Darren Mitchell says, "Ara is very pleased to offer these Diploma in Business papers free to South Canterbury Chamber members and their employees for the next semester. This is another great example of how working closely with our partners can lead to shared success for the region."

Wendy Smith, Chief Executive of the South Canterbury Chamber of Commerce (SCCC) agrees, "We're thrilled to have partnered with Ara on this unique offering. The Chamber's focus is on Building Better Business - Together and this initiative aligns perfectly."

"Businesses can save approximately \$900 per employee on this fantastic opportunity, and they're investing in their staff by supporting them to upskill. It's a win-win," she says.

Six Ara courses are included in the new agreement: Business Planning, Budgets for Planning and Control, Business Environments, Organisations in a New Zealand Context, Analysis of Financial Information and Introduction to Accounting and Taxation.

Sefa Faletaoai, Business Development Manager at Ara says, "These courses are the cornerstones of developing and maintaining a successful business. For employees this is an amazing upskilling opportunity, providing a chance for them to grow professionally and feed that growth back into their career - where their employer will reap the benefits."

South Canterbury Chamber of Commerce members and their employees who want to enrol in the Ara Diploma of Business papers (running from 25 July to 2 December) should phone either:

- Charlie Auty (Ara Business Development Representative) - 021 318 642
- Steve Rackstraw (Membership Manager, SC Chamber of Commerce) - 03 687 2733

Businesses who want to become a member of the South Canterbury Chamber of Commerce and benefit from partnerships such as this one can join SCCC online: www.sccchamber.org.nz/membership/joinnow or phone 03 687 2733.

Push Kart Race at Mitre 10 Mega

Mitre 10 Mega recently held their second annual Inter school Push Kart race with Hyundai South Canterbury. Eight schools participated and special guest Hayden Paddon was there to show support. Great fun was had by all, with the BBQ running and prizes being given away - congratulations to Jesse Wilson who won a Webber BBQ.



Business Excellence Awards

Congratulations to all of the wonderful finalists and winners from the Ara Institute of Canterbury Business Excellence Awards! It's a great time of the year getting to recognise and celebrate the businesses that play an important role in making our region the place to be.



Supreme WINNERS Viberi with Sponsor Ara

Workplace Wellbeing WINNERS Bidwill Trust Hospital with Sponsor 2degrees

Innovation & Technology WINNERS Vetta Group with Sponsor Alpine Energy

Sustainability & Environmental WINNERS MenardsNZ Ecosanctuary Accommodation with Sponsor Environment Canterbury

Supporting Local WINNERS Timaru District Libraries with Sponsor Updated

Special Commendation WINNER Tony Shaw with Sponsor Forsyth Barr

Peoples Choice WINNER Timaru District Libraries with Sponsor ANZ

Emerging Business WINNER The Learning Barn with Sponsor Timaru District Council and Venture Timaru

Emerging Business RUNNER UP 360 Cranes & Haulage plus Sponsor Timaru District Council and Venture Timaru

Small Business WINNERS Petronella's Bookstore with Sponsor DB Draught Brewery

Medium Business WINNERS The Oxford with Sponsor Oceania Dairy

Large Business WINNERS Lynn River with Sponsor Stuff The Timaru Herald

Global Exporter WINNERS Viberi with Sponsor PrimePort Timaru

Emerging Leader WINNER Cassandra Slumskie and Runnerup Regan McLay with Sponsor SCCC

Jo Luxton



It's a privilege to be the MP for Rangitata. My background in business, early childhood education, and the rural sector means I am well placed to represent our communities. I am chairperson of the Primary Production select committee, a member of the Education and Workforce select committee, chairperson of the Labour rural caucus committee and a member of the Labour Maori Caucus.

How I can help

As an MP I have a number of roles - one of these is to connect with, advocate for and assist people who live in the Rangitata electorate. The kind of things I can do are:

- Assist you with engaging with government agencies like MSD, ACC, Inland Revenue and Immigration NZ
- Visit your group, business or school to discuss local issues or government policy
- Meet you to discuss your concerns and how to affect government policy

Where I can, I will help you personally. I also have staff in both my Timaru and Ashburton offices to assist me with this important work.

Getting in contact

Timaru office:
P: 03 688 9588, E: rangitamp@parliament.govt.nz

I have a regular newsletter to keep in touch, and an electorate survey here: www.labour.org.nz/JoLuxton

Please don't hesitate to get in touch if you need support.

Authorised by Jo Luxton, Parliament Buildings, Wellington



Study FREE Ara Diploma in Business Papers for South Canterbury Chamber of Commerce Members



Ara Institute of Canterbury, in partnership with the South Canterbury Chamber of Commerce, is pleased to offer South Canterbury Chamber of Commerce members a range of **FREE** business courses* (normally \$902 each).

South Canterbury Chamber of Commerce members have an exciting opportunity to study free papers from the Diploma in Business (Level 5) in Semester 2. Courses can be studied in class or online via live zoomed classes.

Six Ara courses are included in the new agreement:

- Business Planning
- Budgets for Planning and Control
- Business Environments
- Organisations in a New Zealand Context
- Analysis of Financial Information
- Introduction to Accounting and Taxation.

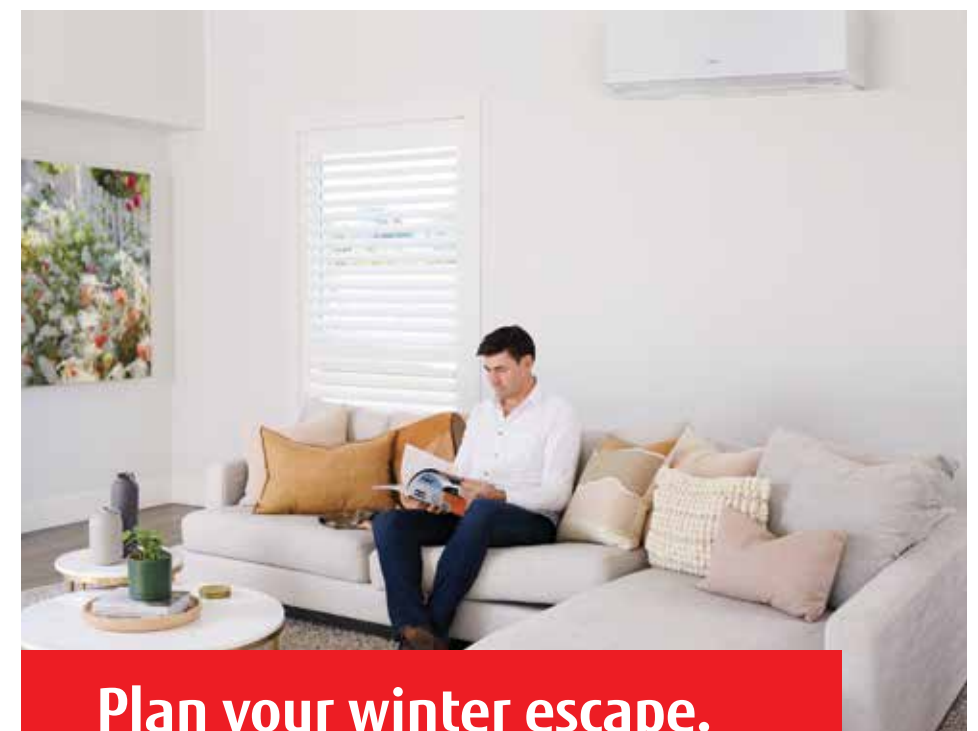
To join the Chamber and take advantage of this offer please contact:

Steve Rackstraw, Membership Manager, South Canterbury Chamber of Commerce, phone 03 687 2733 or email steve@scchamber.org.nz

South Canterbury Chamber of Commerce members and their employees who want to enrol in the Ara Diploma of Business papers (running from 25 July 2022 to 2 December 2022) should book now by contacting:

Charlie Auty, Ara Business Development Representative, phone 021 318 642 or email Charlie.Auty@ara.ac.nz

*Terms & Conditions apply



Plan your winter escape. Fit a Fujitsu.

Contact a trusted Fujitsu Accredited Installer today to get the right heat pump for your home so you can escape NZ's cold winter. No tropical getaway required.

03 684 8034 | 3 Cliff Street, Timaru, 7910
info@coolair.nz | www.coolair.nz



FUJITSU | NEW ZEALAND'S FAVOURITE AIR*



Debbie Albrecht, Dorothy McLennan and Marie Childs

Alopecia is a topic that is discussed on and off in the Essence office because about five or six years ago, I was unfortunately diagnosed with Frontal Fibrosing Alopecia (FFA) a form of scarring alopecia which is characterised by a slowly progressive band of hair loss along the front and sides of the scalp resulting in a permanent loss around the hairline.

Before my diagnosis alopecia wasn't really something I thought about - when I started noticing my eyebrows thinning, I just put it down to getting older. A few months later I realised the hair on my arms and legs had all but disappeared and I had a slight redness around my forehead. It didn't cross my mind that it might be alopecia.

However, these noticeable changes were enough to make me seek an appointment with my GP who referred me to a dermatologist. I remember my first appointment with the dermatologist who likened FFA to a forest fire - he assured me that it would burn out at some stage - hopefully sooner rather than later I thought and I'm quietly confident that's what is going to happen. I have my fingers and toes severely crossed!

In the early days of my diagnosis, I was constantly on Google reading any research there was - but to be honest there wasn't a lot. FFA was only diagnosed in 1994 and there seems to be no known cause or effective treatment but it is said to be increasing worldwide. I was prescribed daily antibiotics and steroids in the hope they would have some effect in halting the progression but in the end, I decided that the negative side-effects of the drugs and the fact that they were really only experimental at best made me decide that the uncertainty wasn't worth the

risk. I'm happy to wait until more research is done although I do have days when I wonder if I've made the right choice.

I'm fortunate that I have my close friend Michele, owner of Hi Gorgeous, who is able to use her amazing styling skills to disguise my hair loss. Most people don't know unless I tell them. Having a regular relationship with your hairdresser can be more important than you realise - they are often the first to recognise if things are going haywire. Michele has been quite surprised at the level of hair loss she is seeing in clients right now so something odd is going on. A worldwide group that I belong to, are convinced that it could be something in the ingredients of beauty products, skin care or it may be environmental - but who would know - it would be amazing to find out. Other forms of alopecia have been around forever so it's interesting that this is a relatively 'new' variant.

For most of us, hair is an important part of our appearance and self-image, and any type of hair loss can be very hard to cope with - for some of us it is helpful talking with others who are going through the same thing. It was great to grab a coffee with business woman Debbie Albrecht and Rangiora High School Sports coordinator Marie Childs who were happy to share their experiences with me.

Dorothy.

I must have had a premonition - I bought this cute little water colour years ago from the Rangiora Art Society's annual exhibition. It hangs in my ensuite and it reminds me that I'm not a fan of windy days. Every other day is fantastic!



LIVING WITH Alopecia

Story from our North Canterbury Essence words: Michelle McCullough images: essence magazine

For Debbie Albrecht, a problem shared is a problem halved.

The well-known Rangiora businesswoman has alopecia areata, an idiopathic disorder characterised by a rapid loss of hair that usually begins on the scalp.

"I started noticing hair loss when I was about 40. I had what is called a subtotal hysterectomy, and I am not sure if it's related but after that I started noticing less hair on my eyebrows, arms, and legs. Then about four years ago I started to get very noticeable patches of hair loss. At first I tried to disguise it, but it came to a point where I couldn't do that anymore.

When she received her diagnosis, the 56-year-old said she took it "very personally."

"There was a period of feeling sorry for myself, but I am not one of those people who will sit on that. I think when you are diagnosed with anything it's like goodness gracious what is this all about? And after that initial shock you say okay what do I need to do? How do I sort this out? And then you get on with it."

"I started wearing a topper which is a partial wig. Then I found out I could have a hair integration system, where they take what hair you have and attach real hair to it. I managed to do that for about six months, but I reacted to the net that they put on your scalp. So about three months ago I had my head shaved completely, and I started wearing a wig. But what has happened now is, and I don't know how long it will last, my hair has started growing back."

After her initial shock, the So You! Boutique owner made the choice to be open about her condition, and has used her experience to help herself and others.

"When I started this journey I did a Facebook video on the So You! page showing my hair loss. And after doing that, for months I had women come into the store and share their story about cancer or alopecia with me."

"We have a lot of conversations with women about what is going on in their lives. My hair loss is nothing compared to what some of these women are going through. For me, the way I have coped with it was to share and it has helped me immensely.

Everyone has their own journey; everyone is different, and everyone copes in different ways. And if you aren't coping that's okay but don't be too hard on yourself, it is going to take time. I think it's important to be kind to yourself, have a supportive network and to talk to other people who have alopecia."

The 56-year-old said a lot of the women who approached her were unaware of their options in regard to wigs and cosmetic treatments.

"A lot of them thanked me for sharing my story because they didn't know what their options were. My eyebrows are cosmetic tattoos, I wear eyelash extensions sometimes so there are things out there that you can do - there is choice. You can still be feminine with no hair!

There are also advantages to hair loss. You don't have to shave your legs or under your arms."

"A number of people also did not know that they could receive financial assistance from the government to purchase a wig or hairpiece", Debbie said.

Called the Wigs and Hairpieces Service Payment, this subsidy is for people who suffer from serious hair loss because of a medical condition, or have undergone treatment for cancer.

"The wigs these days look very real, especially the ones made with real hair. [For my wig] I went to Savanna Hair Solutions in Christchurch. It takes about six to 12 weeks to be made, and when you get the wig you can style it any way you want. You can colour it. You can use heated tongs on it. You can do everything and anything you would do on your own hair. The only thing you can't do is go swimming with it on, and you wouldn't go to sleep with it on."

“A lot of them thanked me for sharing my story because they didn't know what their options were. You can still be feminine with no hair! 🌸”

In addition to her alopecia, the 56-year-old has recently been diagnosed with haemochromatosis, a genetic condition that affects 1 in 200 New Zealanders. Also known as iron overload, haemochromatosis occurs when the body takes in and stores too much iron. This leads to a weakened immune system, and a toxic build-up of iron in your liver, heart, and pancreas which can result in permanent damage.

"They do not know what causes my alopecia, but the indication is that it is related to haemochromatosis," Debbie said.

As for the future, Debbie hoped that by sharing her story she would be able to help more women who were going through a difficult time.

Debbie.



Dorothy's alopecia is mostly only noticed if she is caught out in the wind or her hair is tied back. Debbie is seen here wearing her topper. Marie looks great with or without her wig.

'You don't need hair to paddle'. That was the reaction of Marie Childs' Waimak Dragon Boat Club teammates when she told them she was losing her hair.

To some that might seem like a strange thing to say, but it was exactly what she needed to hear. You see, Marie has alopecia universalis, an autoimmune condition where the lymphocytes around hair follicles release chemical messengers called cytokines that reject the hair, resulting in 100% hair loss on the scalp and body.

The Rangiora High School Sports Coordinator's alopecia journey started in 2010, and began with small patches of hair loss the size of a 20-cent piece that would appear periodically.

"I just felt a cool breeze one day and I put my hand up and thought oh my goodness - that's skin. I didn't think too much of it, and it grew back. Over the next three years I would get another one and it would grow back, then I would get another one and it would grow back. Then I noticed receding around my ears, and a patch on the back of my neck that just kept going up and up."

Initially diagnosed with alopecia areata, at the end of 2017 the mother of two was told that her condition had advanced to alopecia universalis. This news coincided with a number of stressful life events for Marie, including the death of her beloved father, and managing the New Zealand Open Dragon Boat Team's trip to the World Nations Championships in China.

"When I got back from China I went to the specialist, and he said it's probably all going to fall out and not grow back. And that was it. No suggestions that I should go see a counsellor, nothing - just that it's all going to fall out. And by Christmas it was all gone.

"I was devastated by it. There is a big difference in telling people you have no hair, and them actually seeing a totally bald scalp, no eyebrows, no eyelashes. There were moments where I thought I had to quit my job. I can't do dragon boating any more. I just wanted to go and hide."

A turning point for Marie came when she made the decision to be open about her condition with her teammates.

"There was one of the girls on the team who said to me, 'I don't care about your hair as long as you can still paddle'. And they [the rest of the team] were pretty much the same - 'you don't need hair to paddle'. They were interested, and they asked questions, but they didn't judge me. It felt good just to paddle and know that my hair wasn't their priority.

"That was kind of my turning point. I thought I can't be a recluse, it's not in my nature. So, I put a post on Facebook and did this major coming out."

While her teammates are not concerned by her lack of hair, the reaction of strangers can be quite confronting, Marie said.

"I get a lot of sympathetic smiles, and I have people come up to me in the mall because they think I have cancer. There was one guy very early on and he came up and he said, 'my daughter's got the same hairdo as you at the moment'. And I just turned around and said 'I'm not having chemo'. He was very apologetic, and I felt bad, but I was embarrassed. He was just trying to be kind to me. I feel guilty that people feel sorry for me when I'm not actually sick."

Now at the age of 54, Marie has started to make peace with her condition with the help of her family, and counselling.

"Everyone has been very accepting and supportive. My brother and his family have been very supportive, and my mum is amazing. At the start she struggled because she couldn't do anything to help, and as a parent that's really hard. My sons Nathan and Matt have been a tower of strength since the very early days, and my partner Rick continues to be my rock.

Late last year I had a couple of counselling sessions. It's the first time I have had counselling, and spoken about my hair. She said I need to go through a grieving process. Losing my hair and dad dying, I kind of blocked everything out and just got on with it because that's my personality, but it all caught up.

There is certainly a degree of lost identity. Hair can influence how you see yourself, and how others see you, so it becomes an extension of your identity. I used to have long blonde hair, and there are still moments when I really miss it, that's hard.

There are so many people out there with different conditions. I still have two arms, two legs, my brain, I can still do everything I did before, I just look different. When it comes to choosing your condition, I am pretty lucky really."

When asked if she had any advice for others experiencing hair loss, Marie said was important to be open with the people around you.

"My best advice would be don't try and hide it. Share it. Be open with it right from the start with people. I couldn't think of anything worse than to be imprisoned by it. The more people who know the more strength you will have. If you don't tell anyone, how can they support you?"

“It's life-changing and it's hard. There are times when you'll feel angry and naturally think why me? But if you want to live your life you've just got to get on with it.”

And that's exactly what Marie is doing. When she is not paddling up and down the Kaiapoi River with the Waimak Dragons, Marie coaches the Rangiora High School dragon boat team. From 2019 to 2021, Marie was the president of the Aoraki Dragon Boat Association, and in 2019 she founded the all-women team Pegasus Dragons. In 2021, the Aoraki Dragon Boat Association awarded Marie the prestigious Coach of the Year award.

Marie.

Special to us:

Melissa from Savanna Hair Solutions

www.savannahair.co.nz

Pip from Making Faces

www.makingfaces.co.nz

Michele from Hi Gorgeous

www.higorgeous.co.nz

Mint THE LABEL

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

Polly's Patchwork

www.pollyspatchwork.co.nz

72 Main Street, Fairlie
Ph 0273 705 098

Simply SKIN

Simply Skin Appearance Medicine Timaru

Simply Skin, situated in the Royal Arcade, is Timaru's first boutique appearance medicine clinic. Registered Nurse Debbie Gough, has over 20 years of experience in cosmetic medicine, dermatology and Appearance Medicine.

After an initial consultation, Debbie can offer guidance in choosing a treatment that is right for you. As well as the latest techniques in injectable treatments such as botulinum toxin and hyaluronic acid fillers, Debbie also offers a range of other treatments including general anti-aging interventions and advice on skincare for problem skin such as acne and rosacea.

Simply skin Appearance Medicine Timaru is a New Zealand Society of Cosmetic Medicine (NZSCM) accredited clinic.

Book in for your free consultation at www.simplyskintimaru.co.nz
P: 03 264 6054 M: 0224309117
E: contact@simplyskintimaru.co.nz

Skin Deep

Skin Deep is the perfect place to go for an indulgent beauty therapy experience.

From the moment you walk in the door, we are committed to giving you a rejuvenating experience with treatments that leave you relaxed, revitalised and restored.

It's a place where anyone can be pampered and feel special. Helping others feel beautiful is not just our job, it's our passion too.

Purchase a Vitamin A Serum and Activating mist and receive a FREE Luminous-Highlighter Primer. RRP \$92 *while stocks last

13 Theodosia Street, Timaru | 684 8871



words: Michelle McCullough images: Cam McBride from Custom Images

DIMENSION BUILDING

love a good challenge

The talented team of builders and carpenters at Dimension Building love a good challenge.

So when one of their clients came to them with an exciting design featuring a lot of glass, plenty of steel and a great deal of schist, they knew it was something they wanted to tackle, Dimension Building director Richard Phiskie said.

"When we saw the plans for this house, we knew it was going to be a challenge. There was not much tolerance because it's quite a slimline design with floor to ceiling windows. But at Dimension Building we love to be tested and we never say no. We're passionate about what we do, so if you have a design idea, we will make it happen."

Located in Timaru, the 348 square-metre home is one of Dimension Building's four entries in this year's Registered Master Builders House of the Year competition. Unassuming from the road, it's not until you get closer that you realise how spectacular the four-bedroom home is, Richard said.

"When you drive up the road you only get a sneak peek of it, and it doesn't look like anything flash. It's not until you come up the driveway that it hits you in the face how unique and cool the house is."

The split-level designed house has many unique features, including steps that take you down to the front door, and a pond in the entranceway that extends around the home.

The design also embraces sleek lines throughout, with schist used inside and out - a move which has added to the home's rustic vibe. The use of schist, which is a cladding system made from natural stone, is becoming increasingly popular in the building industry, Richard said.

The spectacular floor to ceiling windows look out over luscious South Canterbury farmland, with views extending from Aoraki Mount Cook to Mount Peel in Geraldine. The 3-bathroom house also features a massage room and waiting area, to allow the current owner the opportunity to run her own business from home.



A focal point of the home is its modern and stylish kitchen which features all the mod-cons expected in a new build. However, the highlight of this room is the magnificent custom-made kitchen bench which doubles as a breakfast bar.

In keeping with the industrial style feel of the home, a stunning steel pergola dominates the outdoor area, with a wooden hot tub nestled smartly underneath.

The stunning home, which was completed in December 2021, was built by five of the company's talented tradesmen - Matt, Brodie, Nick, Callum and Jack. The team will find out in October if their handiwork has met the judges' expectations.

The Registered Master Builders House of the Year awards celebrate the very best in residential building. The nationwide competition sees more than 300 homes assessed by a panel of experts, with numerous awards up for grabs including the coveted National Supreme House of the Year. In previous years, the team at Dimension Building have had a lot of success at the awards, winning a total of 36 accolades to date. Past wins include three national awards, six gold awards, a lifestyle award for design recognition, a craftsmanship award for dedication to craftsmanship, three category wins and an overall House of the Year Supreme award.

Despite the company's previous success in the House of the Year Awards, for Richard the wins are not about collecting trophies.

"It's really good for the guys to see the reward for the effort put in. They all take pride in what they do. And they care about what they do. Building is quite visual which is probably why we love our job - you start with some lines on paper and then get to see it created."

Locally owned and operated, Dimension Building has been helping Kiwis build their dream homes for more than 10 years. Hiring only the best in their trade, the team at Dimension Building pride themselves on offering exceptional craftsmanship, innovative design and strong and transparent communication with all their clients. With all builds backed by the family-run company's unique Build With Confidence Guarantee, as well as a 10-year Master Builder Guarantee, you can rest assured any work conducted by the team at Dimension Building will meet the highest expectations.

For more information on how Dimension Building can assist with your next build visit them online at www.dimensionbuilding.co.nz, or call 021 576 657.

Smart Generation
"Everything Electrical" 2013 Ltd

Proud to support Dimension Building

FOR ALL YOUR ELECTRICAL NEEDS please contact Smart Generation on

027 547 7751
www.smartgeneration.nz

Specialising in domestic, commercial and light industrial. Covering all of South Canterbury

PAINTERS & PLASTERS
COMMERCIAL & RESIDENTIAL

We offer quality painting and decorating solutions for interior and exterior of residential and commercial spaces that not only look good but also stand the test of time.

GJC
GRANT JENKINS CONTRACTING

52 North Street, Timaru
P 03 688 8630 E info@gjc.nz www.gjc.nz

AWARD WINNING REGISTERED MASTER PAINTERS



DIMENSION BUILDING

Dimension Building is an award winning, locally owned and operated company.

We utilize progressive building methods and innovative design techniques to guarantee your investment is durable, practical and aesthetically pleasing.

We approach each project with integrity, experience and enthusiasm and believe this to be an integral component to our success as a company.

Our priority is to develop real relationships with our clients and deliver award winning standards of craftsmanship, every time we build.

Phone: 021 576 657
www.dimensionbuilding.co.nz

Fine Floors
2015 Ltd

Fine Floors are proud to have supplied the flooring for Sally's lovely home.

Carpets, Vinyls, Cork Tiles, Ceramic Tiles, Timber Flooring, Warmup Heating Systems

Ph (03) 684 8249
Cnr North St & Craigie Ave
www.finefloors.co.nz

PR JOINERY LTD
supplying excellent craftsmanship

- Kitchen Renovations
- Free Consultations
- New Build Joinery
- Laundries & Wardrobes
- Prehung Internal Doors
- Full Installation Service

P 03 688 4808 C 027 435 0672
www.prjoinery.co.nz 40 Rothwell Street, Timaru

FABTECH
ENGINEERING SOLUTIONS LIMITED

- GENERAL & PRECISION ENGINEERING
- WELDING • FABRICATION • SHEET METAL WORK
- MACHINERY REPAIRS & MAINTENANCE
- MARINE/NETWORKS/AGRICULTURE/WATER

03 688 4899
31 MEADOWS ROAD, WASHDYKE office@fabtech.co.nz

LIKE US ON facebook

fairview
EXCEPTIONAL WINDOWS & DOORS

Love your view

For ideas and advice about our windows and doors talk to us.

Fairview Windows Timaru
Call: 03 688 7248 or email: nathan@fairviewtimaru.co.nz
28C Washdyke Flat Road Timaru. www.fairviewwindows.co.nz

JEFF ALLAN
PAINT & PAPER

We offer a variety of services to the South Canterbury region. Not only can we handle all of your interior and exterior painting needs, we are also proficient in wallpapering and Gib stopping.

Additionally, we offer our clients colour choice advice and consultations, lead paint removal services and eco-friendly paint options to ensure long-lasting quality.

Contact
M: 027 277 5830
E: jeff@jeffallan.co.nz
www.jeffallan.co.nz

Master Painters
Master Plaster



Timaru Heating Centre

Have you been thinking about upgrading your heating or hot water this year? Now is the perfect time to get in to Timaru Heating Centre to see Colleen Fairbairn and discuss the best options for your home and budget.

With a myriad of choices of wood, gas, electric and pellet fires, gas and electric hot water systems and boiler and radiator heating, there is no one with the range and service that Timaru Heating Centre provides.

Colleen can help you pick the right heating system for your space and her exceptional customer service will see your home heating ordered and installed and she can even do the Council Compliance paperwork for you with your fire and install package! Too Easy!

Since their rebrand in November last year, Timaru Heating Centre (formerly Timaru Plumbing and Gas) have been continuing to provide the best advice on home heating and hot water systems.

"I just love my job," says Colleen, "To be able to work with our lovely local clientele, and ensure that we get the right product for their home within their budget is very satisfying. There is nothing like walking into a warm house on a cold day or jumping into your shower and knowing that the hot water won't run out and I make it my mission to ensure that we do the right thing for every individual".

Whether you are upgrading your current indoor/outdoor heating, hot water system or building a new home, Colleen and the Timaru Heating Centre team are dedicated to ensuring that your experience with them is smooth and easy.

"The bonus of course, is that we work closely with our Breen Plumbing team to ensure that we can supply and install the fire with as little stress as possible, we are really lucky to have such a dedicated team who are all about getting it right."

The goal that Timaru Heating Centre works towards is making sure that your fire and install process are as painless as possible, even in these tricky Covid times.

"With a myriad of choices on wood, gas, electric and pellet fires, gas and electric hot water systems and boiler and radiator heating"

"Of course, like many businesses currently, Covid can be very disruptive to the supply chain, and we are seeing rising costs in steel, so if you wish to upgrade and install before winter really hits, now is the perfect time to chat to us."

Along with affordable prices and great brands, they also offer to get that pesky Council Compliance paperwork processed for you, meaning less headaches and smooth delivery. Timaru Heating Centre also offers special pricing if you purchase your fire and install with them, giving you even more in your back pocket!

Timaru Heating Centre is located at 10 Dee Street Timaru and welcome you to call by Monday to Friday from 8am to 5pm. You can also speak with Colleen on 03-688 6848 and they encourage you to have a look around their website to familiarise yourself with their brands and services www.timaruheatingcentre.co.nz

home.

CONSIDERED DESIGN OVER A LIFETIME OF LIVING

Great spaces take time, with thoughtful design we aim to incorporate considered pieces to create functional and beautiful spaces. At Matilda & The Metalman we believe in a 'buy once, buy well' philosophy. Hand picked by Luisa, our products are sourced from some of New Zealand's most reputable companies.

Merging old with new, drawing inspiration from our blogs combined with our styling services to ultimately capture your design dreams and turn them into reality.

Much like our bricks and mortar store, we are passionate about providing a service full of integrity, comfort and warmth.



Home Renovation Specialists

Get in touch with us today to get started on planning 2023!

Bathroom / Kitchen Renovation • Room Additions • Gib Board Fixing • Window Replacements • Decking • Free Estimates

Covering home renovations throughout the South Canterbury region. Visit our website or check out our Instagram.

www.renovationspecialists.org @renovationstimaru



Laser Electrical Timaru

Your Laser Electrician is experienced across a wide range of heating solutions and will help you select the best heating solution and system for your home and needs. Laser Electrical Timaru services a wide range of electrical fields including Industrial, Commercial, Rural, Residential and we also offer a 24 hour fault call out service. If it's electrical then we likely have an expert for you!

35 Holmglen Street, Timaru | Ph (03) 688 2732



GroundUp Safety

GroundUp Safety is a New Zealand owned and operated safety net specialist.

We take pride in keeping you safe to ensure complete customer satisfaction by ensuring all best practice techniques are used when installing nets on your job.

Contact us today to find out more.

Andrew Norton | M. 027 722 7787 | www.groundupsafety.co.nz



Trusted Brands. Competitive Prices.

Wood, Gas, Electric and Pellet Fires, Gas and Electric Hot Water Systems, Boiler and Radiator Heating

Stay warm this winter!

Purchase your Fire and Installation - we are your one stop shop!

We will also do the Council Compliance paperwork on your behalf - Too Easy!

Get a quote on your home heating or home hot water and you will not be disappointed.

Call or visit Colleen today and check out our product range online

www.timaruheatingcentre.co.nz

South Canterbury's largest home heating supply & install service

Timaru Heating Centre | 10 Dee Street, Timaru
P 03 688 6848 | E colleen@timaruheatingcentre.co.nz
www.timaruheatingcentre.co.nz

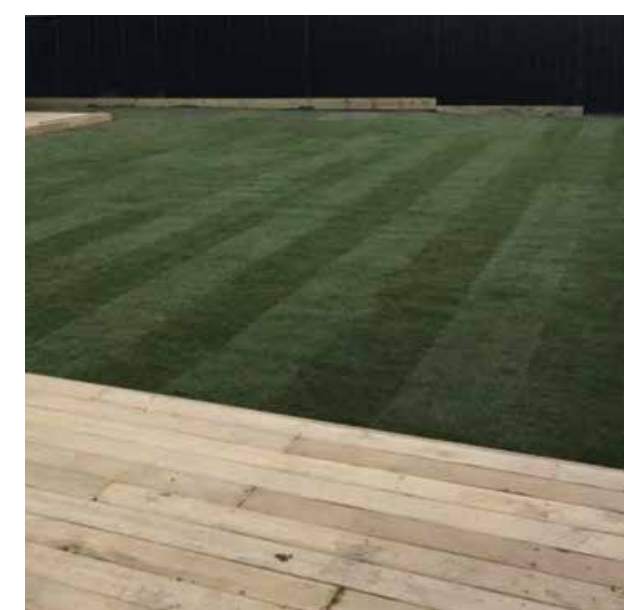


Chambers Building Ltd

Chambers Building offers over 30 years of experience in renovations, extensions, and new homes in South Canterbury and Mackenzie Country.

Renovating or building can be stressful, and it is our job to make this an enjoyable experience. Give Matt a call to discuss your next project.

Matt Chambers 021 992 559 | E: chambersbuildingltd@gmail.com or message us on Facebook



Turf Services

Turf Services are READYLAWN TIMARU. Readylawn goes down all year round with three varieties available - Domestic, Commercial, Large or Small. Lay Readylawn yourself or get the professional team to do it for you.

Turf Services also install Artificial READYLAWN and are Hydroseeding Experts and can deliver a lawn and landscape plan from start to finish, whatever your needs or budget is.

For all your new lawns and renovations, call the experts 0800 529 648 for a free quote or visit www.turfservices.co.nz or fb.



The Shade House

Maximise your indoor & outdoor enjoyment by controlling your environment. With diverse new products entering the market like our 'Verishade' soft window furnishing and the outdoor Alpha 'Magna Track' screen system, we have the solution for you. Call for a free measure & quote or come in and talk to our friendly team about our quality range of shade and privacy solutions for your windows and outdoor areas.

Ph (03) 684 9000 www.theshadehouse.co.nz



Gale Builders Ltd

New architectural homes, renovations. Our highly qualified and experienced tradesmen have the skills to get your new home built the right way. Our Tradesmen have the expertise needed for new home builds that make this process stress free and more enjoyable for you. Building Excellence in South Canterbury for over 20 years.

Timaru - Evan 027 555 4458 | Wanaka - Allan 027 435 8809



Timaru ITM

Timaru ITM is a family owned and operated business with over 100 years experience in the timber and building industry.

Servicing Timaru and into the Mackenzie country with our own trucks and Frame and Truss plant - We offer great products and top service. "We'll See You Right"

33 Seadown Road, Timaru | Ph (03) 688 8074



Silva Studio

Silva Studio is an architecture firm based in Timaru, we create bespoke designs specialising in both the residential and commercial sector. Designing to our client's specific needs, scope and budget to ensure your vision is turned into a reality. Contact us today to discuss your next project.

55 Theodosia Street, Timaru | Ph (03) 688 7575
info@silvastudio.nz | www.silvastudio.nz



words: Gilly Oppenheim images supplied



Juliana Sargeant Flying the Rich and Famous

Born and bred in Timaru, Juliana was educated at Claremont Primary school and completed her secondary education at Craighead. Horses were always important in her life and on leaving school she went to Telford Rural Polytechnic and studied Equine, after which she was asked to return as assistant tutor. She then moved to mid-Canterbury, where she was a stock manager at the Five Star Beef Feed Lot.

After five years in this job, she was off on her OE. In 2004 Juliana ended up in Bahrain where her uncle was a 747 Captain. While there, she saw an advertisement in the local paper for air hostesses and she was one of five chosen out of 75 applicants. So began her career with Gulf Air where she flew internationally and was also trained as a sky nanny at Norland College in England. Three years later she was chosen as the sole executive flight attendant for NetJets Middle East/ National Air Service. She was on board Gulfstream, Falcon and Hawker private jets and was responsible for setting up the aircraft, catering and in-flight service for the owners and private charter flights. Her clients included members of the Saudi Royal family and their entourage, Ministers and some celebrities such as Roger Federer and Tony Blair. One of the perks of this well-paid job was the one month on and one month off contract, including business class flights home on Emirates into Christchurch every rotation off.



Juliana met Mike, her future English engineer husband in Bahrain. They were married in 2010 at Seven Oaks, which was then owned by her parents. Juliana kept flying and commuting between NZ and Saudi Arabia for another 18 months. She had to have two New Zealand passports - one in her maiden name (because she couldn't reveal that she was married in order to be able to work in Saudi) and the second for personal travel and ease of entering visa waver countries (without certain countries' customs stamps in the passport denying entry).

After nearly ten years of living life at 30,000 feet Juliana returned to South Canterbury to work with her passion for horses and other animals. She was in her second year of studying vet nursing through Otago Polytechnic when she became pregnant with her son Ashley. After having three children, around her 40th birthday her life took a dramatic turn when she was diagnosed with colorectal cancer. After no prior health issues in her lifetime, this mother with three young children aged four, two and just five months old, was suddenly whisked away from her family to spend six weeks staying at Cancer society's Daffodil House in Christchurch and to have intensive radiation and chemotherapy treatment. Following this were three major operations. Mike had to take leave from work to look after their young children and become her full time carer. It was through this experience that Juliana got much needed help from Plunket's Giving People Support Home Visiting Service. Juliana is now the co-ordinator of this wonderful service. She told me that volunteering and helping families is far more rewarding than any salary, because she knows from first-hand experience that with GPS she is making a positive difference in someone's life.

Juliana is now in remission and her lifestyle is the total opposite of working with the rich and famous in Saudi Arabia. She and Mike and their three children Arabella (3), Amelia(6) and Ashley (8) are happily living on a lifestyle block in Taiko. Whatever direction life has pulled her in she always reminds herself 'Doubt kills more dreams than failure ever will'.



SPF
- DESIGN
- WEBSITE
- ONLINE MARKETING
- SEO

03 688 4068
www.spfcreative.co.nz
www.spfwebsites.co.nz

MADAM MAT Mat Binding Specialist

Located in the Peter Herron Building
17 Butler St
Timaru
03 688 3876
027 476 3593

Shop Hours
Tuesday - Thursday
12 noon - 4pm

Great ideas start here

website & graphic design
logos/branding/stationery
responsive mobile development
e-commerce solutions
digital-marketing
search engine optimisation
app development
social media
photography
brand strategy
website & email hosting

ORIGIN
P 027 349 7462
E info@origindesign.nz
origindesign.nz



Menzies

Environment friendly and sustainable pellet fires!

The Ravelli range of pellet fires combines the latest European technology with design excellence, colour options, robust cast iron top and door. Fully programmable with thermostat, timer & optional WIFI.

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



MORRIS WADDELL ELECTRICAL

'THE BOYS IN THE BLUE VANS'
03 686 2422

For all your home heating solutions call us today
Panel heating, under tile floor heating,
bathroom heating, wall heating

60 GLENITI ROAD | 24/7 03 686 2422
E admin@morrismaddell.co.nz
www.morrismaddellelectrical.co.nz

IT IS ALL ABOUT
KIWIS SUPPORTING KIWIS

de consulting engineers & inspection

DESIGN ENGINEERING INT LTD

- Structural / civil engineering
- Mechanical engineering
- Equipment inspections
- Weld testing and inspection
- Non-destructive testing

www.designengineering.co.nz ISO9001 Quality Management Systems

de calibration & compliance

DESIGN ENGINEERING LTD

- HV and LV testing
- Calibration of equipment
- Elevated work platform
- Inspections - EWP
- Other equipment inspections
- Non-destructive testing

www.decalibration.co.nz

Survey NZ
Engineering Inspection Specialists

SURVEY NZ (2018) LTD

- Crane inspections
- Pressure equipment inspections - PEI
- Elevated work platform inspections - EWP
- Weld testing and inspections
- Non-destructive testing
- Other equipment inspections

www.surveynz.co.nz ISO/IEC 17020 Inspection Body

ARE YOU SUPPORTING KIWI OWNED BUSINESS?
LETS MOVE FORWARD TOGETHER

Phone Dean 021 737 474 | www.designengineering.co.nz

Show us your plans
Meet our team • Arrange a FREE quote
Custom Joinery & Benchtops • Residential & Commercial

At Kitchens Direct we manufacture exquisite designer kitchens to your measurements at a cost that is affordable.

Kitchens Direct supplies all cabinets, doors and benchtops with a 10 year guarantee.

WE BUILD GREAT KITCHENS
Kitchens Direct
Your Total Solution

50 YEARS **0800 534 732**
kitchendirect.co.nz

New chapter for SOUTH CANTERBURY MUSEUM

The South Canterbury Museum is about to head into a significant new chapter of its own history.

Having started in a house on the current site in 1952, the Museum has expanded to have several hundred metres of display space, and three floors of behind-the-scenes collection storage. Now it is planning to shift all of the exhibitions, education area and public programmes spaces to a new site beside the Theatre Royal on Stafford Street.

This new facility, planned to open in early 2024, will provide more space for these public-facing activities, along with much better access and a closer link to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections, and making them accessible for research.

The South Canterbury Museum is a community service provided by the Timaru District Council. It has always been a great place to explore the region's heritage. Locals and visitors can experience aspects of our region's stories, as well as take part in events and public programmes. The Museum is a rich resource for anyone wanting to investigate historical topics or research their family tree.

The Museum's focus is on the natural and cultural heritage of our region – nature, history and culture. Like other parts of New Zealand, our region has its own distinct heritage. This includes our landscape, from towering mountains to the sea, and the wide range of landforms found here. It includes the fossil record; evidence of past lives linked to how the land has changed from being former sea floor to a forested land full of now-extinct moa and many other fascinating creatures.

Our region's human history begins around 900 years ago when settlers from Eastern Polynesia arrived, the first known people to do so. The centuries that followed saw the development of Māori language and culture, with local traditions of settlement, migration and change. The first Europeans to live here were whalers, followed by run holders in the 1850s, with the last 170 years seeing a massive change as thousands of immigrants arrived, transforming the landscape and culture to what we have today.

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori

heritage, European settlement and how the region has taken shape over the last 150 years. The collection includes several thousand natural history specimens, hundreds of archaeological items representing taoka Māori, and thousands of artefacts, photographs and archival items representing the last 170 years of recorded history. These collections are the raw material for the Museum's programmes of research, exhibition, education, and exploration.

The Museum team work hard to catalogue every item, and ensure that it is kept safe to avoid damage or deterioration. The collections act as a library that can be drawn upon for the Museum's programmes.

One of the prime uses of the Museum's collections is in exhibitions. These tell our region's heritage stories – landscapes, life forms and people. In addition, the Museum currently features a small changing exhibition area that hosts changing displays from both within the Museum's collections and from elsewhere.

A small team of part-time teaching staff at the Museum make up the Heritage Education Service, who develop and facilitate education programmes for local schools. Funded by the Ministry of Education, more than 5,000 students take part in these programmes every year, either in the Museum, at heritage sites or other facilities that link to the Museum's programmes.

The South Canterbury Museum is a place where things happen, and people can be involved. The Friends of the Museum, set up through the Museum's founder the South Canterbury Historical Society, enables members to take part in opening events, historic site trips and to be kept informed of Museum happenings. The Museum holds a range of family events through school holiday times, as well as organising talks and events for general audiences such as the annual retro rock concert outside the Museum. The Museum Explorers Club, a free membership club for primary school students, has more than 2,000 members who are rewarded every time they visit the Museum.

The South Canterbury Museum is open Tuesday to Friday from 10am to 4.30pm, and on Saturday, Sunday, and public holidays from 1pm to 4.30pm. For more information, visit the Museum online here www.museum.timaru.govt.nz. You can also follow the South Canterbury Museum on Facebook and Instagram.



NATURE • HISTORY • CULTURE

SOUTH CANTERBURY MUSEUM
EXPLORE our heritage

Perth Street, downtown Timaru

Open: Tues to Fri 10am - 4:30pm

Sat & Sun 1pm - 4:30pm

FREE ADMISSION

Partners IN BUSINESS

Tim Bean & Anne Laing Performance Health Club

How did you get into this business?

Performance Health Club was born over 30 years ago out of a life-long passion to train and understand health and wellness, following early family and friends experiences with illness and disease - and seeing the havoc it inflicts on people's lives. Much being preventable.

Who are Tim & Anne?

Having established the Club in 1990, and learning all they could in NZ, they moved to London where, for 18 years, they were able to make an impact working at the top end of the Health and Wellness industry. They ran a gym called the Executive Health Club while Tim presented a TV series for Channel 4 called Turn Back Your Body Clock - a fascinating look at tracking participants medical biomarkers as they worked at getting them back into health. After years of failed attempts, one male participant improved his fertility profiles to the point he and his wife were able to conceive!

Tim went on to appear on many other TV shows and was dubbed 'The Merciless Mr Bean' by the British Press. Tim and Anne were also both expert guests on the popular Lorraine Kelly TV Show.

Meanwhile Anne was working on their first book commissioned by Hamlyn, and subsequently completed an Australasian promotional tour. She says, "The UK was a great place to totally

immerse ourselves in all the latest medical, integrated health and anti-ageing research, conferences and workshops."

Tim also travelled widely, speaking at both corporate events and medical conferences around the world. His audiences included senior teams in 7 of the world's 10 biggest investment banks. He also ran Executive MBA programmes on Leadership Performance, Longevity and Wellbeing, and lectured as adjunct professor at Singapore Management University.

"As we worked to keep up our media profile, Anne wrote our second book 'The Wealthy Body in Business', which was commissioned and printed by Bloomsbury - The Harry Potter series publisher" says Tim. "However, illness in the family finally bought us back to NZ again and, with the help of our wonderful family, came about the resurrection of Performance Health Club."

What is unique about your business?

Our members are our friends. All our staff are highly qualified, and we're all passionate about enjoying great health. We have seen so many amazing transformations amongst our members (pictured) - it's life-changing! People love our huge facility with massive air space and multitude of unique machines for all ages; beginners to experienced. The latest



Les Mills classes are also "on demand" with the addition of dynamic Polefit classes and weight-loss courses. And just in case you feel a little lost, we offer free nutrition or exercise consultations!

What people may not know about you?

We have been fortunate to meet some of the biggest names in show business, and our client list included Hugh Grant, Ross Kemp, Jemima Khan, Richard E Grant, Lady Cosima Somerset & Angelina Jolie!

We are also founders of The Institute of Physique Management (London) and creators of The Hard Edge Executive Performance Programmes.

Best advice you ever received.

- Never be scared to question - and find the "WHY"
- Age - concede NOTHING!
- Never miss Leg Day!



Performance Health Club
1 Heaton St, Timaru | Ph 03 684 6664

Gilbert Bailey & Sharon Venmore Obsolete Iron Motors/Frocks and Shocks

When did you first go into business together?

11th January 2016

What inspired you both to go into this career path together?

Gilbert was in need of a large man cave/garage to store his toys and give himself somewhere to work on his projects, we found Pleasant Point Motors which already had a mechanic so decided to change the name and keep the business going. We both have a passion for vintage, retro whether it be car, motorcycle, clothing or memorabilia. We made a few changes, moved the office which now had a retail area which became Frocks and Shocks

What are some of the changes you have over come together in being in business?

The Covid pandemic has made it a challenging couple of years.

What advice do you have for couples interested in starting a business?

Do your homework, check and recheck. Make sure you are

working together, supporting each other even when it gets hard, this means making time for each other away from business.

Where do you see yourselves in 10 years?

Gilbert will still be working on his own projects as I don't think he will truly retire, Sharon will be enjoying long walks with the dogs Archie and Coupe. Definitely travelling together as we still have a lot of places on our bucket list to see.

What skill/strengths do you both have that make your business successful?

We are quite the opposite in some ways as Gilbert is very outgoing, loves talking to people about his achievements, challenges, his projects and of course their projects.

Sharon is quieter, I love the day to day people contact, enjoy running the office, making coffee and meeting new people but also really like my own time to chill out.



87 Main Rd, Pleasant Point
Ph (03) 614 7410



If you seek to simplify your life, whether that's a two bedroom villa or one bedroom luxury suite, we offer you the relaxed and independent lifestyle you deserve.

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



ACCREDITED VILLAGE OF THE RVA

WINTER Warmers

As the weather gets chillier, we're packing away our barbeques which means it's a great time to head out and enjoy having brunch, lunch or dinner cooked for you at one of our many local eateries.

From freshly brewed coffees and sweet treats to a full 3-course dinner or the fresh flavours of Asian cuisine - we are spoilt for choice in South Canterbury so get out and enjoy.



Now that lemons are back on the menu we can enjoy our favourite lemon posset.

Serve these easy to make desserts at your next dinner party - your guests will love them.

Ingredients

- 600 ml of cream
- 145g of caster sugar
- 100ml of lemon juice
- Lemon rind of one lemon

Method

- Mix the cream and sugar and lemon rind together in a saucepan until the sugar is melted.
- Bring the mixture to the boil, then turn down to a simmer for 6 minutes.
- Remove from the heat and mix in the lemon juice.
- Strain through a fine sieve into a heatproof pouring jug, and then divide evenly between eight fancy glasses.
- Chill until set.
- Garnished with a slice of lemon and a mint or lime leaf.



PASTY PARLOUR

Traditional Baking including our famous British Pork Pies, Supreme Pies, Eccles Cakes as well as our delicious Pasties with enticing ingredients suitable for carnivores or vegetarians. Perfected recipes such as Beef & Vegetables, Chicken & Pumpkin, Lamb & Mint. Else try our Gluten & Dairy Free Tarts such as Salmon & Asparagus or Cheese, Leek & Potato. Plus freshly made Sandwiches, Bacon Butties, Great Espresso and huge range of Irish & UK Imported Goodies too.

180 Stafford Street, Timaru. Mandy & Ian Ph 021 182 2045
www.canterburyclanger.co.nz



HUTTON'S HONEY

The best honey in South Canterbury!

At Hutton's Honey we believe that great quality honey shouldn't cost you an arm and a leg. We are a second-generation, family owned and operated business with over 35 years' experience in beekeeping, specialising in Certified Organic Clover Honey, Beeswax and Lemon & Honey products. Shop us online or visit us at the Timaru Artisan Farmers Market every Saturday morning.

73 Talbot Road, Timaru
Ph 021 139 8601
www.huttonshoneynz.com



NOSH ROADSIDE GOURMET

Classy cafe at the Waimate turn-off on State Highway 1. Exceptional freshly made cabinet food, great salads, and lots of choice.

Arguably the best cheese puffs in the country, huge and delicious, served warm with butter!

2412 Waimate Highway, Makikihi
Ph 03 689 7229

WAREHOUSE LIQUOR

Valid until 01 August 2022

Teacher's Scotch Whisky 1L \$37.99

Export Gold 24 pack bottles \$34.99

Speights Summer Ultra Low Carb Lager 24 Pack \$35.99

Gordon's Gin 3 flavours \$22.99

Long White vodka 10 pack \$26.99

Stone's Green Ginger Wine 750ml \$14.99

35 Browne St, Timaru | P 03 688 1012 | www.warehouseliquor.co.nz



REAL MILK TIMARU

If you like the idea of buying local produce, made fresh each day from the farm or delivered to your door each week that comes in a 1 litre glass reusable bottle then you should contact us for details.

Our fresh milk is unpasteurised and non homogenised so it's had no processing done to it so it's completely natural and is so good for you.

We are open at the farm shop 24/7 and our delivery truck delivers once a week around South Canterbury. Our shop has a viewing window so customers can watch the cows being milked at milking time.

Come down and check us out at 22 Fairview Rd Timaru or
www.info@realmilktimaru.co.nz

THE VILLAGE CAFE

Located in the Highfield Village Mall, the Village Café provides our customers with a warm and inviting environment perfect for family gatherings or a good catch up with friends. We have a popular All-Day Menu and fabulous freshly made baking and cabinet food. We also cater for those with special dietary requirements, including a wide range of gluten free options. Top your visit off with a cup of Allpress coffee made by our expert baristas and your day will be set!

145 Wai-iti Road, Timaru
Ph. 03 684 5146



MRS M'S CAFE

Come in for a Supreme coffee and grab yourself a bite to eat from our freshly stocked cabinet or our all day menu. Did you know we have the best cheese scones in town?

We are passionate about creating high quality, delicious food and also specialise in catering for any small to medium sized events or corporate morning teas. With delivery options in and around Timaru, give us a call to get your catering needs sorted.

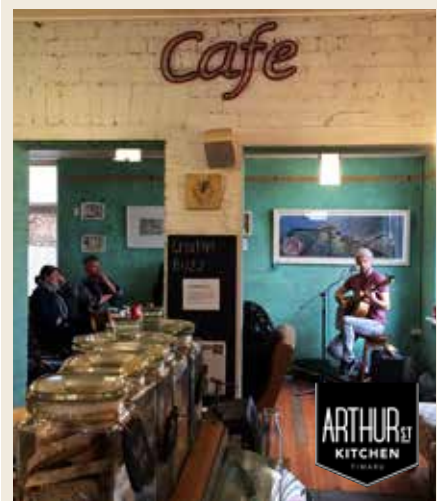
Open Mon to Fri 7.30am-4pm, Sat 9am-1pm
209 Stafford St, Timaru | 027 677 3667

ARTHUR ST KITCHEN

We pride ourselves on innovative freshly prepared cabinet items, specials board and vibrant healthy salads that cater to many dietary needs such as Keto, Vegan, Vegetarian and gluten free. You can enjoy breakfast through to lunch or afternoon tea in one of the three spacious rooms or outside in the sunny courtyard. According to Lonely Planet it's Timaru's funkiest eatery!

Winter hours: Mon - Fri 7am - 4pm, Sat 9am - 3pm

8 Arthur Street, Timaru | Ph. 03 688 9449



A place to make memories

The Timaru Town and Country Club is more than just a space to catch up with friends, it's a place to make memories.

With three modern and spacious functions rooms to choose from, the Timaru Town and Country Club is the perfect spot to host your next get together. From family reunions, birthdays and weddings, the popular Highfield club is well-equipped to host a wide range of celebrations, general manager Vince Gardner said.

"There is a whole list of reasons why people should have their next function at the TTCC. We have everything you need on site. And we've got a beautiful outlook overlooking the Highfield Golf Course, which people can use for photographs.

"The beauty about people coming to functions here is they don't have to do anything. Everything's done for them, including the clean-up at the end. They just walk in, enjoy themselves, and walk out and forget about it."

The talented team at the club will work alongside you to create a function that reflects not only your personality but your budget, Vince said.

"We do get some pretty wonderful requests, and if we can, we'll make it happen. We will try to supply anything anyone asks for. Some people have a limited budget, and some have a very open budget so we will work with them to find something that works. We had one couple who wanted a Harley Davidson in the room with them. And as a matter of fact, I supplied the Harley Davidson."

As for catering, the talented chefs at the club will also work with you to create a menu that suits your tastes.

"One of our chefs, Brie, is a City and Guilds qualified Baker. She also owns her own cake business called Brie's Cakes. From a three-tiered cake to a family favorite cheesecake - she can do it."



Phone 03 688 0025

99 Douglas Street, Timaru
www.timaruclubs.co.nz



The club can obtain a photo booth that guests can use, and have ample car parking and a courtesy van to help transport your guests to and from the venue. Vince said the club has recently upgraded its audio and visual systems, and had microphones, televisions, and speaker systems available to use.

"What we don't own ourselves we can hire it. There's no problem with that."

Non-members can use the club's function spaces, however, alcohol can only be purchased and consumed by members or guests of members, Vince said.

"Anybody can come into a club and consume food or non-alcoholic drinks. But when it comes to the sale of alcohol, you must be a member, an affiliated member, or an invited guest. So we often do cheaper membership deals to assist people who wish to come in for functions."

To discuss how the Timaru Town and Country Club can help with your next function, pop in and speak to one of their friendly Duty Managers today.



THE GREEN MAN

Warm yourself this winter with our Spanish-inspired Chicken, Chorizo & Rice.

With a saffron-infused broth, tender chicken, paprika spice from the chorizo, and a few chunks of rustic rye bread to mop it all up, this dish is a cuddle in a bowl.

Open Thurs-Sun from 10am

The Green Man at Peel Forest
1202 Peel Forest Road, Peel Forest
Ph 03 696 3567
www.thegreenmanpeelforest.co.nz



WAREHOUSE LIQUOR

Treat your taste buds to this exotic rum. Hand crafted by blending the finest Bundaberg Rums with the richest aged reserves matured in Brandy & Cognac Barrels to deliver exceptional fruit flavours and the perfect balance of vanilla, honey and spice. Bundaberg Rum's Master Distillers' Collection showcases the finest, award-winning rums from our best master blenders. The complex character of Bundaberg Small Batch Reserve will shine in many tiki style rum cocktails, or neat over ice.

35 Browne Street, Timaru
Ph 03 688 1012 | www.warehouseliquor.co.nz

CBAY CAFE
coffee • food • friends

Open 7 Days:
Mon to Fri:
9am to 5pm
Sat, Sun & Public Holidays:
9am to 4pm

11 Te Weka St,
Ph 03 687 2229

Come in from the cold and warm up with a delicious Vivace coffee and a tasty treat from CBay Café.
Gluten friendly, vegan and keto options available.
There's plenty of parking, the team at CBay Café look forward to seeing you soon.



THE *lazy* TAX

words: Pattie Pegler

So what should we be looking at? First up the simple things, we can overpay for those things that we use all the time – power, mobile, broadband. And whilst switching providers does require a bit of admin - it's not difficult.

"It's never been easier to shop around online and there's so much information out there. One thing that's important to know, is that often these comparison sites are sales funnels. So they funnel you towards a given provider but once you know that you can still be armed with the information of who has the best deal," says Hartmann.

It's also worth asking about discounts, he advises. If there's a discounted rate being offered to new customers, why not ask if you can have it? The worse they can do is say no.

Insurance should also be reviewed annually, says Hartmann. Things like contents and car insurance can vary in price and some companies offer a discount if you have more than one policy with them. Whilst with things like life insurance and income protection - the risk you're seeking to mitigate is likely to change over time.

Home loans are another thing to keep an eye on. Whilst most of us just chip away at the mortgage and keep one eye on the glacial pace of decrease, little tweaks can make a big difference in the long term, says Hartmann. This might include things like adding a little extra to your repayments or looking around at rates.

There is plenty of help out there – and it can be worth tapping into that. "Those bigger questions, planning for retirement, mortgages, investing for specific goals, insurances...all those have become both complex but highly configurable," says Hartmann.

A good financial adviser can really help you make sure that things are set up properly for your goals.

It's not just what you're spending that needs a regular review, but what you're saving too. If you're putting money aside for a specific goal, your kid's education or a first home deposit then you want that money to work as hard as it can for you. This also applies to your KiwiSaver, says Hartmann, be aware of things like management fees which can vary between providers.

Ultimately, we are creatures of habit, says Hartmann and this shows in our money as much as other areas of our lives. We spend at the same coffee shop or on the same apps time and again. "Everybody likes their routine but we get into habits that have us spending money in certain ways, so it's really good to check in," says Hartmann. "There are very real long term implications."

From streaming services that we haven't watched in weeks to an app we signed up for last year and forgot about – we might be wasting more money than we know. Sure, sitting down and combing through your bank transactions might not sound like the most exciting way to spend an evening, but financial apathy is an attitude that is costing us.

Apathy is a bit harsh, says Tom Hartmann, Personal Finance Lead for Te Ara Ahunga Ora Retirement Commission. "We talk about a 'lazy tax' and that's something any of us can get stung by. It's not necessarily about being lazy, it's more about things that we put off," he says. And if you think that saving \$10 here and there doesn't sound too exciting, take a tip from Hartmann and put the "10 year lens" on things. That \$10 a week becomes \$520 a year, becomes \$5,200 over 10 years and that's before you take into account the interest you could build up on it. The point is – small changes can make big differences in the long term.

What's happening in the *market*



JACQUI FRASER
Mortgage Express

What service do you provide?

I am a mortgage adviser providing expert advice to all types of home buyers. I offer advice and support for buyers navigating the South canterbury market. I will work with you at every stage- from figuring out how much you can borrow to finding the right lender best suited to your needs and completing and submitting applications on your behalf.

Why choose a mortgage broker rather than going direct?

I will save you time and stress. I can offer other options that you may not have known were available. I know the interest rates and application criteria for different lenders on our approved list of lenders and can negotiate on your behalf. My advice is impartial and over a broad range of lenders.

Is it hard to get a home loan in these times?

Recent changes to the CCCFA (Credit Contracts and Consumer Finance Act 2003) may have created more hoops to jump through when making a loan application. There are ways to improve the quality of your application e.g., keep your expenses as low as possible, clear/reduce debt. Come and talk to me to find out what to do to improve your financial position prior to applying for a mortgage.

Can I borrow if I don't have 20% deposit?

This type of situation is not always straightforward, and professional advice will help outline the full range of options available to you e.g., using different lenders. Government assisted schemes such as **First Home Loan** make it easier to get into your first home with only 5% deposit - eligibility criteria to meet. If you have less than 20% deposit, give me a call today.

Is it good to have a fixed interest rate over these times?

Choosing a fixed or variable interest rate home loan can help you reduce interest charges over the life of you loan - I have a loan structure discussion with all my clients where we go over the pros and cons of Fixed versus Floating and what is the best structure for your circumstances.



19 Church Street, Timaru
027 529 7925 | jacqui@mx.co.nz



CARLAE KEATES-MAY
Proppy.co.nz

With everything going on in the world, is it a good time to buy?

It takes courage to buy property at an uncertain time. Traditionally, property has always been a great long-term investment and the best time to buy is when you have little or no competition. It's not so much when you buy that matters, but rather what you buy. Finding the right home for you is the key part, especially if you intend to stay there for 5-10 years. It's important to know that nothing lasts forever, and the market can change very quickly.

What can you assist me with when buying or selling?

We have developed technology that makes the buying and selling process as easy as can be. You can sell or buy property from the comfort of your couch any time of the day or night.

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

Reputation and rapport. You want to be confident that the agent can produce a successful result for you, but you also want to know that they are going to manage the relationship between vendors and purchasers well. They must be genuine during all transactions and want the best for all involved.

How can I increase my chances of making a successful offer on a property?

It's always a matter of putting your best foot forward. Make sure that if you require finance, you are pre-approved and it is up to date. Make sure you seek legal, and/or any technical advice early on so that you know exactly what needs to be included in any offers you make.

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

Presentation is key. Finish those little jobs that have been lingering. Declutter and deep clean the property. Buyers need to be able to imagine themselves living in your home so give them the Wow factor, romanticise them. Obtaining a pre-sale builders report is advantageous as then if any issues arise you are able to attend to them before going to market.



Stafford Street, Timaru
Ph 027 210 5556



RED HOT REAL ESTATE

With everything going on in the world, is it a good time to buy?

Absolutely. Property has always been seen as a reasonably solid investment option and we believe this is still true. There may be dips in any market, but buying when the market is slower also means you'll have less competition when you are purchasing.

What can you assist me with when buying or selling?

Red Hot Real Estate can offer advice when buying or selling. Our experienced team of salespeople are happy to travel South Canterbury wide. When selling, our competitive commission rate and free marketing packages will be of a huge benefit.

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

Ultimately you need to choose a salesperson who you relate to and trust. Be wary of over inflated appraisal values and choose a salesperson who provides you honest information based on relevant recent sales.

How can I increase my chances of making a successful offer on a property?

The least number of conditions you put on a Sale and Purchase Agreement the better. If you are in a "multi-offer" situation you need to put your best offer forward as you may not get another chance to negotiate.

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

Presenting your house to the best possible standard is important. Speak with your salesperson about any items you could attend to prior to marketing. It is best to use a professional photographer and consider using staged furniture to maximise your sale price.

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

Ask the salesperson for all the information they have on hand about the property and if there are any known defects. Most people like to know about rates, insurance and school zones. Make sure you research the local area and consider what your resale options will be like in the future.



0800 733 468 | info@redhotrealestate.nz
www.redhotrealestate.nz



JACKIE REUBEN
Loan Market Agile

What service do you provide?

After many years in banking, I've recently stepped out as a certified mortgage adviser in the Timaru and surrounding areas. I help my clients to get finance for a number of reasons such as for their first home, next home, investment properties, business loans, commercial property loans – basically anyone who needs to borrow money, I help them with this.

Why choose a mortgage broker rather than going direct?

I work for my clients – not the banks and the amazing thing about my service is that it is completely free! This is not the only reason to choose an adviser, working with me takes the stress and hassle away from my clients as I work with the banks on their behalf. I work with 25+ lenders so I get the absolute best deal for my clients and their best interests is at the heart of all I do. Our relationship continues beyond just the initial transaction too!

Is it hard to get a home loan in these times? How much will I have to put down as a deposit?

The market is constantly shifting and banking policies change. Using a mortgage adviser means that we are always up to date with the current market and strive to make sure each and every client can achieve their goals. For a home loan, generally 20% deposit is required, but there are definitely other options for a lesser deposit with various lenders, some as low as just a 5% deposit.

What plans do you provide if I don't have 20% deposit?

Now more than ever, it can be challenging for first home buyers to achieve their 20% deposit. Everyone's situation is different and I encourage clients to chat to me early so we can tailor a plan. Kaingora.govt.nz is a great website for first home buyers to visit to see if they are eligible for as little as 5% deposit and a first home start grant – whether they want to buy an existing property or purchase land and build a new home.

"If you want to chat about how I can help you, feel free to contact me at any time, my door is always open."



M: 027 242 9774
E: jackie.reuben@loanmarket.co.nz
Facebook: @jackiereubenloanmarket

CLEAN CAR NEUTRAL

Time to PLAY

From urban missions to off road adventures – the world's your playground in a new Suzuki Vitara.

Superior SUV design, advanced 5-star safety, impressive performance, 2WD or AWD, and Clean Car neutral. Get in the zone and start your adventure today!

JLX FROM \$28,990 PLUS ORC TURBO FROM \$34,990 PLUS ORC
OR FROM \$127/WEEK NO DEPOSIT FINANCE TOTAL PAYABLE \$33,066.09*

SUZUKI VITARA

*\$126.69/week based on Vitara JLX 2WD Manual, \$28,990 plus ORC, total amount payable \$33,066.09. \$156.09/week based on Vitara Turbo 2WD Auto Two Tone shown, \$35,790 plus ORC, total amount payable \$40,738.49, nil deposit, 4.5% p.a. fixed interest rate and 5-year term. On payment of on-road costs to the Dealer, finance payments include a \$305 documentation fee and \$10.35 PPSR fee. Suzuki Finance lending and credit criteria apply. Offer available 1-31 July 2022. Excludes fleet purchases, demo vehicles and all other promotions. www.suzuki.co.nz

HOLLANDS SUZUKI CARS 13-15 North Street, Timaru 03 688 8297 www.hollandstimaru.co.nz



Gloria Merino Navy \$199

Pink Leather Earrings \$34.95

Gisele Top Khaki \$75

Merino Fingerless Gloves \$49

Dreamy Dress \$179.95

Days End Top \$139.90

Yarra Boot \$289

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

Gallery 329

Gallery 329 Creative Art Collective at the north end of Stafford Street displays a vibrant and eclectic mixture of affordable one-off artworks and gifts.

The gallery showcases paintings, sculptures, pottery, photography, quilting, event posters and much more. They operate on a non-commission basis so when a piece of art is sold the local artist receives the full amount – so pop in and support one of our local artists today!

Large Segmented Wooden Vessel by Gary Lowther

Floral Design by Ineke Dench

Batik by Jane Ayres

Collectable event posters by Richie Tompkins

Modern sculptures in timber and steel created by Mark Johnson

Pottery Dish by Pete Dunn

CREATIVE ARTS COLLECTIVE
329 Stafford Street, Timaru | Ph 021 053 0373
Director - Lynley Simmons

Polly's Patchwork
www.pollyspatchwork.co.nz

100% Baby Cotton 50G \$7

Needle Minder \$14.95

Old Mini Stool \$149.95

Maria's Sky Mini Charm \$10.95

Poppy Charcoal Tote Bag \$19.95

POLLYS PATCHWORK
72 Main Street, Fairlie | Ph 0273 705 098
www.pollyspatchwork.co.nz

PJ Jeans Simple Sweater \$189

Tooralie Bronte Knit \$249

PJ Jeans Treasure Sweater \$199

Bay Road Merino Vee \$135

Tooralie Somers Skirt \$263

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

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

Ivys Beanies \$20

Beau Finger Print \$130

Autn Scarf \$25

Forever Young Bag \$40

Beau Riley Trousers Navy \$110

Bead Necklace \$40

Sneakers
with a point of difference

Gioseppe Sirdal \$219.90

Gioseppe Bellflower \$219.90

Gioseppe Aseral \$219.90

Gioseppe Uluik \$219.90

Gioseppe Lunar \$239.90

STOMPZ shoes
236 Stafford Street, Timaru | Ph (03) 684 3389
www.stompz.co.nz | Follow us on facebook

Karen Walker Cupid's Arrow & Heart Necklace in Sterling Silver, \$389

Karen Walker Mini Cupid's Wings Earrings in Sterling Silver, \$229

Stolen Girlfriends Club Lucky Star Ring, \$179

Pandora Moments O Pendant T-Bar Necklace, \$219

Handmade Platinum & Diamond Ring, \$10,500

Pandora Opalescent Ocean Blue Charm, \$69

Pandora Triple Blue Stone Safety Chain, \$69

ICE Glam Artic Blue Watch, \$199

Marvel x Pandora The Avengers Thor's Hammer Dangle Charm, \$89

STOW Locketts Charms - Iolite, Blue Topaz, Lapis Lazuli, Turquoise, \$49 each

The Ringmakers
Manufacturers of Fine Jewellery
270 Stafford Street, Timaru
Ph (03) 688 1362
www.theringmakers.co.nz

essential | fashion

JewelCraft

WORKSHOP

FROM Jewellery Repairs

TO Fully Custom Manufacturing

Your one stop jewellery shop

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



Dan Cosgrove Ltd

Dan Cosgrove 2014 Ltd has been a mainstay of the South Canterbury business community since 1935.

Originally located where Warehouse Stationery now sits, the sheet metal and engineering company moved to its current location in the Timaru suburb of Redruth in the 1950s.

Dan Cosgrove 2014 Ltd Managing Director Gary Fahey said it was important for the company to stay true to its roots, and support the local community.

"We are 100% locally owned and operated, and Redruth is a great place to do business. It's a great environment and it is the original industrial area of Timaru. There are a lot of businesses here that work together, support each other, and look out for each other as best they can."

Gary purchased the company from the Cosgrove family in 2014, and has spent the last eight years growing the company into one of New Zealand's most trusted and reputable brands. Known throughout Australasia, for their extensive range of products, affordability and impeccable craftsmanship, the team at Dan Cosgrove 2014 Ltd specialise in silos and water tanks, certified structural steel, sheet metal/metal work, and are suppliers of roofing and cladding material.

The secret to the company's longevity was the ability to offer customers products that stand the test of time, Gary said.

"High-quality, high-end products are what we are trying to sell. We've got a very strong, supportive network with clients that come back to us time and time again for top quality products.

"Consumers expect high quality products at a fair price and that's what we offer. Value is about getting the

right product that is fit for purpose for a fair price. Some people think value is the cheapest option but often it's not, because it doesn't last and the money they spent is wasted because they have to go and replace it."

Innovation has also been a key factor in the company's success.

"The company started out with plumbing, manufacturing spouting and other things. It just kept evolving and now we sell silos and water tanks. We've developed silo accommodation and we're working on our first silo house.

"We are the only silo manufacturer in New Zealand, all of our competitors import them into the country. All of our products and silos are designed and engineered for New Zealand. A lot of the imported silos meet the conditions of the country they are made in, but not necessarily New Zealand. And I think that's a really important feature. Farmers want something that's going to last, and will be there in 20, 30, 50 years' time. We've got silos out there that are 50 years old."

"With imported products you don't know what you're going to get. Our products have been well and truly proven over time. We look after our clients. If you bought a silo 40 years ago and you need some parts, we still have them, we still make them in our factory."

Gary said that while the Covid pandemic had thrown a few spanners in the works, the Leckie Street business was now busier than ever.

"We have about 30 people working for us, but I could do with about 10 more to be honest."

For more information on Dan Cosgrove 2014 Ltd visit their website, or pop in and see the friendly team at 31 Leckie Street in Timaru.



31 Leckie Street, Timaru Ph 03 687 9440
www.dancosgrove.kiwi.nz

words: Michelle McCullough

Redruth

Nestled at the south-end of Timaru, the suburb of Redruth is a hive of activity. Timaru's original industrial area, Redruth is home to a number of businesses and amenities including the Redruth Resource Recovery Park and landfill. But there is a lot more to this suburb than meets the eye.



Explore

Whether you like to bike, run or just meander, there are lots of areas to explore in the suburb of Redruth.

One of the area's most popular destinations is Saltwater Creek, and its easy 3km walk. Popular with those of all ages and fitness levels, the Saltwater Creek Walk features incredible views of the mountains and local farmland. What makes this track special is the abundance of bird life inhabiting the area - keep an eye out for shags, geese, ducks, pukekos, and the occasional white heron and royal spoonbill.

On the south side of Saltwater Creek, you'll find the magnificent Otipua Wetlands. Consisting of a four-hectare lake with two islands in the centre, the wetlands provide a haven for local and migratory birds to nest. The Otipua Wetlands are part of a restorative project which has seen volunteers spend many hours planting a wide variety of native trees, sedges and tussock to form a Kahikatea forest. The wetlands also feature an ancient basalt lava rock wall from the flow from Mt Horrible.

For a front-row view of the area's stunning fauna and flora, the Otipua Wetlands Walk is an easy 4km loop that takes you alongside the lake to where the lagoon meets the Pacific Ocean. With pied stilts, swans, chestnut breasted shelducks, scaup, mallard and paradise ducks on display as well as herons, cormorants or black billed gulls, this walk is a must for anyone who loves to get outdoors and experience all that nature has to offer.

Shop

South Cantabrian's pride themselves on providing top-notch products and exceptional service, and the businesses in Redruth are no different.

From their base on Leckie Street, Totalsite Supplies have everything you need to complete that building project. With more than 35 years' experience, Totalsite specialise in tools, equipment and consumables for the building and construction industry.

Around the corner on Redruth Street, the team at New Zealand Petfoods have been feeding pets around the country for more than 30 years. Locally owned and operated, New Zealand Petfoods offer a range of natural pet foods and treats, all of which are made on site.

"We believe in the benefits of raw feeding as the natural choice for pets, just as nature intended."

New Zealand Petfoods have a great range of products and natural treats all made in the factory on-site. Sourcing their own raw ingredients so guarantee quality and freshness. The Retail Shop is located at 32 Redruth Street, Timaru or shop online (just \$7 local delivery Oamaru to Ashburton).



U WASH

Your one stop location for a car wash, dog wash, laundry, fuel and something to eat.

80 King St
Redruth, Timaru





Help make South Canterbury more sustainable

Sustainable South Canterbury Trust is developing an Eco Centre for Timaru and surrounding districts, to demonstrate ideas and educate on practical solutions for sustainability. It is next door to our busy Crow's Nest reuse shop, off Redruth Street, on a District Council landfill site.

Everyone in the community will have access to this resource, and all are welcome to join in creating it. Perhaps you would like to learn how to grow your own food, help protect wildlife or waterways? Or maybe know more about building eco-design, heating, insulation, recycling and minimising your waste. Whatever the query, we aim to help you towards sustainability: through displays, events and education. Explore our site and make contact, to join a mailing list, become a volunteer.

Next door to the EcoCentre is a famous re-use shop, The Crow's Nest, off the end of Redruth Street. It provides 7 day a week bargain housewares, crockery, furniture, small appliances (tested & tagged), books, DVDs and CDs, tools, window frames, bricks and much more.

Services

Whether you need to wash your smalls, or bigger items such as duvets and blankets, U Wash Laundromat has you covered.

The King Street business offers nine gas-powered Speed Queen washing machines as well as shower facilities. For ease of access, all the machines and showers are powered by Eftpos, meaning there is no need to scramble for coins or tokens. The laundromat also offers free WIFI, allowing customers to catch up on their favourite shows and movies while they wait for their laundry to finish.

If it's your car that needs a bit of TLC, then pop into Redruth's one-stop mechanic - Autotech Panel & Paint. Offering exceptional workmanship at a price that won't break the bank, Autotech offers a wide range of services including paintjobs, touch-ups, tyres and warrants of fitness for motorbikes, cars buses and boats.

Play

Did you know that the Leckie Street Reserve is home to one of the South Island's largest dog parks? Covering almost two hectares, this well-equipped dog park is an excellent spot to let your four-legged friend run free. The dog park features a large grass area to explore, an agility course and picnic tables. And for those pooches who can't resist a roll in the mud, there is a dedicated dog-wash area to clean them up before you head home.

At the entrance of the dog park, there is also a children's playground which is popular with the kids of Redruth. The playground, which is fenced for extra peace of mind, features a large jungle gym complete with all the favourite bits and pieces including slides, monkey bars and a swing bridge.



The MAC Trade-In Centre

Timaru's newest car dealership aims to take the stress out of buying and selling pre-loved vehicles.

The MAC (McDermid Auto Collective) Trade-In Centre specialises in all makes and models of quality pre-loved vehicles under \$20,000, South Canterbury Toyota Chief Executive Officer Mark Patterson said.

"We saw an opportunity with the site as an outlet to further promote our 200 used vehicles throughout the McDermid Auto Collective, as well as offering a more diverse, and lower value option to our familiar Toyota sites that ensures we have something for everyone."

Visitors to the new dealership, which opened in April, will experience the same level of exceptional service that South Canterbury Toyota is known for, Mark said.

"Being a part of a wider group and franchise, we're able to provide expertise and services for all areas of the industry ensuring buyers peace of mind even after they've purchased their car. We have a 12-bay

workshop, in-house wheel and tyre centre, full parts and accessories offering and NZTA facilities."

"The familiar and friendly faces of Louise and Hannah are there to help with your next vehicle purchase. On site you'll also find our bubbly and experienced grooming team of Marlene, Dallas, Liz and Danielle, who prepare all the vehicles ready for their new owners from both MAC Trade-In Centre and South Canterbury Toyota. Our customer relations team also reside in the office space."

The MAC Trade-In Centre offers full finance and insurance options on all vehicles, and can arrange delivery anywhere in New Zealand.

For more information, visit the dealership at 53 Stafford Street in Timaru, or view their extensive range of vehicles online at www.mcdermidautocollective.co.nz/used-vehicles



Louise



Hannah



Staying safe when driving in Winter

Interestingly, there are fewer crashes during winter compared to the warmer months, probably because people travel less in winter and take extra steps to ensure they are safer.

People check their tyres, batteries, fluid levels, etc. and then think they have done everything needed to reduce the risks on the road. Doing that is good. However, that is not where things should stop. As we will show in this article, the decisions and actions of drivers are crucial for safety.

I suspect many drivers may think that because they have done these basic vehicle checks, they can drive in the same usual manner. Considering what crash data shows, this is not the case.

It may surprise you that the top five of all thirty-seven contributing factors associated with driving on ice/snow or wet roads are as follows.

Two out of every three crashes involved alcohol or drugs, loss of control or incorrect position on the road. One in ten involved inappropriate speed or inexperience. These factors add to 70% of all the reported crashes. Note that unsafe speeds or not paying attention to driving may be the reason someone loses control.

What could and should we do differently? Apart from avoiding the apparent issues listed above in the contributing factors, the first step is acknowledging that the driver is responsible for making the right choices. Do not disregard a passenger's influence on those choices to speak up when noticing the driver behaving unsafely. Rather be the unpopular person for a moment than the silent one that is dead forever.

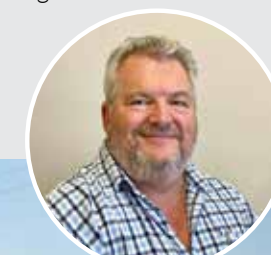
As a driver, you are the one who is ultimately answerable for your actions when you cause injury or death to other innocent people. It takes a noble person to set aside their egotism to respond in a sensible way when the lives of people in their care are at stake.

It is shocking to see that someone would deliberately put their loved ones in danger to prove a point to someone else who may have only made a mistake. I'm referring to drivers who would not slow down or even pull over to avoid a potentially deadly crash when an approaching driver may have made a judgement error to pass when it wasn't safe.

During cold spells, our roads are unpredictable. Road controlling authorities may not be aware of ice or other slippery conditions. Between the time maintenance teams arrive to remedy the problem, it is up to each driver to drive to the prevailing road conditions.

Take responsibility and make it safer for everyone.

Daniel Naudé
South Canterbury Road Safety Coordinator



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

Phone: 03 687 7235
Cell/Text: 027 438 6285

SHARE THE EXCESS*

Bring your insurance job to us and get up to \$100 back on your insurance excess!

- Panel beating & Paint refinishing
- Wide selection new tyres & wheels available
- Puncture repairs

- Engine diagnostics
- WOF repairs
- Car transporter trailer available to hire
- MTF finance available

Autotech Panel & Paint Ltd
50 Redruth Street, Timaru
Tel: 03 688 6488
Email: autotechpnp@yahoo.co.nz

RENOVATING?

Shop at your locally owned Trade Store & Hire Depot

Buy	OR	Hire
Ladders & scaffold		Gib lifters
Plastering products		Ladders & scaffold
Painting tools		Floor grinder/polisher
Hand trowels		Dry wall sander
Tiling tools		Carpet cleaner
Sanding tools		Floor scrubber
Masking tapes		Tile lifters
Drop cloths		Trailers
Power tools		Scissor lifts

35 Leckie St, Timaru ☎ 688 5656

"NATURE KNOWS BEST"

Check out our huge range of meat and fish based products for cats and dogs.

We specialise in raw, natural, fresh and frozen petfood.

Come and visit our Retail Shop!

32 Redruth Street, Timaru Ph 03 683 1084

Shop online

www.nzpetfoods.co.nz

Get ready for winter at

HYUNDAI | South Canterbury

- ✓ Snow Chains
- ✓ Tyres
- ✓ Warrant of Fitness
- ✓ Servicing

Contact us today to book your winter check up.
Hyundai South Canterbury | 2 King Street | 03 688 9995.

Looking for snow chains?

We have options to suit all types of vehicles. Hire or buy.

14 Arthur Street, Timaru | Ph 688 6666

TIMARU FAMILY CHIROPRACTIC

At Timaru Family Chiropractic we have a passion for health and well-being - caring for all ages from babies right through to the elderly.

Dr Leteisha Roberts has recently welcomed Dr Michelle Behr to join the team. She has a holistic and gentle approach, aiming to get your body functioning at its best.

24 Arthur Street, Timaru 03 688 5466
E: timarufamilychiro@gmail.com

Certified Organic Products for People, Pets & Plants

- Neem Skin and hair care products
- Neem Garden Care Products
- Neem Pet care products
- Ayurvedic health supplements
- Diatomaceous earth powder (Animal feed and soil conditioner)

greentrading for good living www.greentrading.co.nz
native neem www.native neem.com

CANON STREET OPTOMETRISTS where vision never goes out of style

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



How you can change your stress levels by changing what you eat.

In today's world, most of our stress is psychosocial—meaning it stems from our thoughts in response to our surrounding environment. Yet that doesn't mean that we can't adjust our stress levels by changing what we eat. There is nothing on this planet that can replace a nourishing way of eating and we can support the biochemical pathways that promote a sense of calm in the body through what we consume. Here are some tips to consider.

Increase your nutrients
If you are not getting enough nutrients, your body simply doesn't have the tools it needs to be able to support the millions of biochemical processes that promote great health. Any nutrient deficiency creates stress for the systems that run your body so make a conscious effort to boost your nourishment with more home-cooked meals and additional serves of vegetables.

Foods that promote calm
Certain foods help to support a variety of interior pathways which promote a sense of calm. Some examples include foods rich in omega-3 fatty acids such as oily fish for their anti-inflammatory actions, those rich in magnesium such as green leafy veggies for their relaxing properties, and vitamin C-rich foods such as citrus and broccoli for their adrenal support.

Increase antioxidants
Stress hormones create free radicals which are unpaired units of oxygen (or other elements which run around our body causing havoc when in excess). Antioxidants donate part of themselves (electrons) to free radicals which quells their destructive tendencies and reduces oxidative stress. Coloured plant foods—think berries, red cabbage, leafy greens—are bursting with antioxidants. Eat the rainbow for a large array of nutritious substances.

Calm minerals
Stress can deplete us of certain minerals yet there are some that are necessary for a true sense of calm. Magnesium plays a key role in hormone production, and it also helps to reduce anxious feelings and relaxes muscles. Calcium is vital for maintaining pH levels in our blood, as well as for relaxation. If stress has been ongoing and persistent for you, you may benefit from supplementing these minerals for a period alongside a nourishing way of eating.

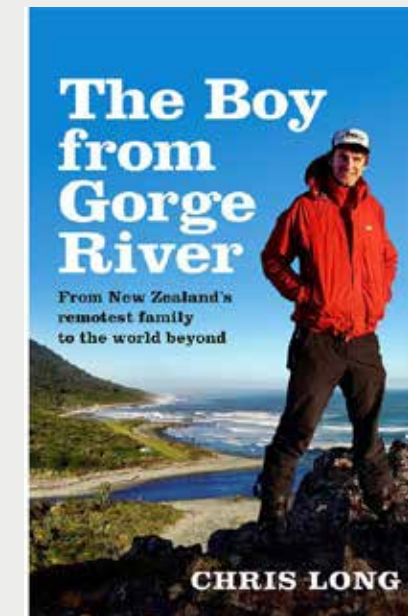
Avoid low-carb eating
While there are many carbohydrate-based products on the market today that are not at all nourishing, carbs themselves play an integral role in our energy production and are the preferred source of energy for the brain and red blood cells. Not eating enough carbs can affect blood sugar levels. Healthy blood glucose sits within a scale of 3.5-7 mmol/L and if your body drops to the lower end of that scale, it has several mechanisms it can employ to bring it back up. If you're not going to eat any carbs, one way is to release a flood of adrenaline. This can lead to night waking and trouble falling back to sleep. Try to skip the processed and refined sources of carbs but include a whole-food carbohydrate source, such as root vegetables, with each meal. **Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author, speaker and founder of Bio Blends, the plant-based nutritional supplement range, visit www.dr libby.com**

Winter Reading

words: Gilly Oppenheim

The Boy from Gorge River Chris Long

This is the story of how an extraordinary childhood shaped an extraordinary life. Chris grew up on the West Coast of the South Island, two days' hike from the nearest road. He was born into the country's most isolated family and in this inspiring memoir, he describes a childhood with nature on his doorstep. His isolated childhood was full of fishing, foraging and making the most of what was at hand. He learnt to be self-sufficient, both mentally and physically, to work hard and be self-motivated. He was a diligent Correspondence School student and he was also entrepreneurial, finding ways to make money by selling whitebait, possum fur and later on, possum skin hats. He was smart, curious and gregarious despite the lack of social connection to kids his own age. All of this has stood him in good stead as an adult.



The subtitle of Chris's book is 'from New Zealand's remotest family to the world beyond' and, just as it says on the jacket, Chris has had a life of two very different halves. In his final year of schooling, he decided to leave home and attend Aspiring College, in Wanaka, well regarded for its outdoor education. This laid the groundwork for what has become a globe-travelling life that has seen him work as a sea kayak guide in Milford Sound, a kitchen hand on an Antarctic cruise ship, a ski patroller, a field trainer at Scott Base and a husky sled driver in Norway. In between he has visited plenty of countries (more than 60) and helped crew a small yacht through the Northwest Passage.

Chris's memoir is a boy's own adventure yarn that will appeal to teenage boys and armchair adventurers of all ages. His writing is easy to read and he intersperses tales of growing up with home-spun philosophy about life's lessons. There are plenty of delightful moments.

Chris ends the book not knowing what he'll do next - but something will come up and you can be sure that in his usual spontaneous way this nice young man will seize the opportunity to head off on another adventure to add to his already rich collection.

A CASE OF Canine Cough

It's definitely that time of year when coughs, colds, and flus become common. And unfortunately, for our pets too.

Canine cough, also known as kennel cough, can describe several bacteria or viral conditions causing a cough in dogs, much like a cold and humans. Usually a loud hacking cough, it can sound like something is caught in their throat. This is often viral or can be bacterial, and it is highly contagious to other dogs only. Usually, with kennel cough, affected dogs are otherwise bright and happy, have no temperature, and are eating normally.

There are vaccinations for kennel cough but they do not provide 100% cover.

Like the flu, even if your dog is vaccinated against the common strain, they are often not 100% protected, and there are other causative strains for the cough.

Depending on the case and whether your dog has concurrent disease, treatment often involves anti-inflammatories, sometimes antibiotics, rest, and isolation from other dogs. If your dog presents, of course, please keep your dog away from other dogs and call your vet for advice to find out what the best approach is.



NEED TO KNOW

The main symptom is consistent, forceful cough.

Apart from coughing, your dog shouldn't feel ill and should have a good appetite.

Kennel cough is highly contagious and can easily spread from one dog to another.

Kennel cough usually clears up within three weeks but can take up to 6 weeks.

Most cases shouldn't need treatment, but if you worried your vet can advise.



PET CENTRAL Where Pet Lovers Shop

Pet Central Timaru
where pet lovers shop
Check out our awesome selection of Pet accessories.

Are your pets feeling the cold?

Spoil them with the Snugglesafe heat pads

\$59.99

Microwavable heat lasts for 10 hours

8 Elizabeth Street Timaru | 0800 487 738

Artma Spiritual Gallery
The Positive Power of Meditation and Natural Gems
Crystals
12 Royal Arcade Timaru 03 686 9878 Monday - Saturday 10am-5pm

Wayne Patrick Gallery
A gallery with a difference

Original Art
Art Commissions
Pet Portraits

Custom Framing
NZ made - Hand Finished
Individually colour matched
Exclusive to gallery
Available for gallery sales and art commissions

11A Royal Arcade Timaru
Phone: 027 606 0833 (Text only)
www.waynepatrickfineart.com
Hours: By appointment

The road you drive today is different to yesterday

BE AWARE

Sun-strike

Ice & Rain

**Decreased visibility
In black ice conditions**

- ✓ Keep speed very low
- ✓ Avoid using brakes
- ✓ Avoid vigorous steering movements
- ✓ Focus on where you want to go, not on the hazards

Visit scrs.org.nz for more information

