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10 Travel
Essential Vietnam

14
Essential
Winter

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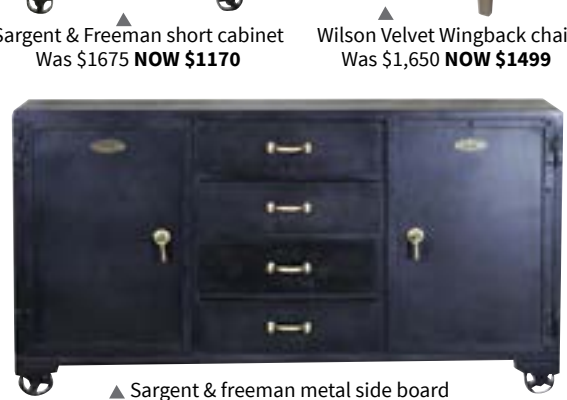
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contents



Travel

Nicki and Lucy from Helloworld Travel have recently returned from a conference in Ho Chi Minh City, Vietnam.

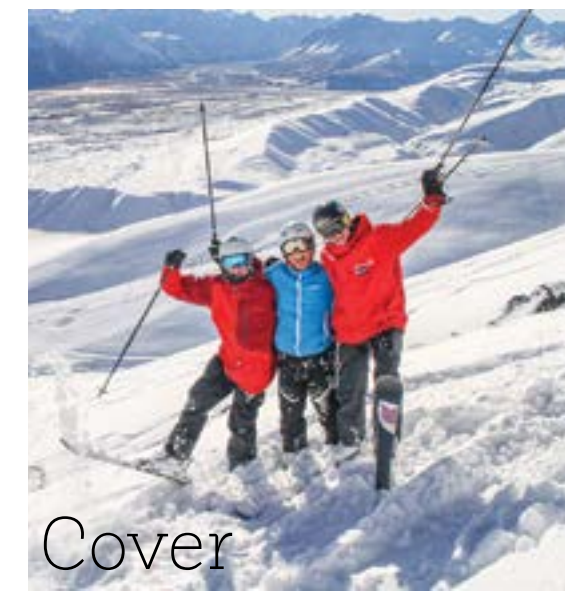


Profile

A Love of Lizards and Limestone, Hermann Frank has always had an affiliation with conservation and the landscapes around him.



Fashion



Cover

This month's cover is from Roundhill Ski Area, a family ski field with breathtaking views of Aoraki Mt Cook, the Southern Alps and Lake Tekapo. For the full story see page 15.

The Perfect Cuppa

Around here, coffee isn't merely considered to be a beverage on the morning menu, it is a right. Some of us need it for our brains to function correctly and some of us just really love the taste.



Pet care

Preparing your pets for winter. How to keep them warm, safe and happy during the cooler period.



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From the Mayor's Desk



Winter has arrived with a hiss and roar and on the first official day of June the Mackenzie District awoke to a blanketing of snow in many parts. This perfectly coincided with Queen's Birthday Weekend allowing many locals and out of town visitors to come and play in the snow as well as admire the magical winter scenery. The Irishman Vintage Car Rally who are annual visitors to Fairlie and the Mackenzie each Queen's Birthday Weekend, had the added delight of snow to contend with as they went on the mystery rides for both Saturday and Sunday around the District. Over 160 vintage cars participated in the rally this year which was great to see.

It is timely to remind readers about winter road conditions and to drive carefully especially early in the mornings and around shady areas. In areas where there is still snow around in the higher areas of the district, snow on the road can be compacted by vehicles driving over it and a cold frost will turn it to ice. Areas that are permanently shaded by trees also become icy in clear, frosty weather so please drive carefully.

We invite readers to come visit our winter wonderland over the next couple of months, to enjoy the beautiful landscape with the snow, the different colours that the winter season brings, the fun winter sports such as ice skating, perhaps curling, skiing, snow boarding, snow tubing and a soak in the hot pools at Tekapo.

In mid winter the Matariki constellation of stars rises in the night sky representing the start of a Maori New Year. Matariki represents a time of seasonal change, the opportunity to reflect over the passing year and prepare ground for new growth. When the Matariki constellation is visible between 25 June and 3 July it will a great chance to head outside in the evening and view this.

Keep warm over these chilly days.

Graham Smith - Mackenzie District Council

Pretty in Pink

Columbus Coffee Timaru held their Pink Ribbon Breakfast on the 23rd of May, raising money for Breast Cancer Research. Many came dressed in pink for breakfast and their morning coffee. Columbus raised \$948 for the Breast Cancer Foundation and thanked everyone for their support.



1. Kim Shore and Sri Gadiraju 2. Kim Kane and Dion Mackenzie 3. Cate Sutherland, Kim Kane and Sue Tily 4. Zena Snuggs and Sue Tily 5. Kaylee Prendeville, Hassan Raduan and Zena Snuggs 6. Judy Courtney and Joanne Smith 7. Richard Moore, Tracey Evans and Bronwyn Rumble

Pink Ribbon Lunch

Proud supporters of Breast Cancer Foundation since 2016, Vendella held their first Pink Ribbon Lunch last month. Raising a total of \$1,757.00 well exceeding their target of \$1,500.00. Special thanks to local businesses for their substantial donations, in particular the Team at Blackham & Co, Greg Brosnan and the Team at Thompsons.



1. Wossen Agnew, Alberta and Vicki Brodie, Kathy Shu 2. Michelle McNally and Sabrina Small 3. Jenny Hune and Michelle Thompson 4. Greg Brosnan, Sabrina Small and Robert Hough 5. Wossen Agnew, Tania and Nils Macfarlane 6. Meghan and Michelle McNally

Sporting Legends

The ORIX NZ Canterbury Sports Awards is a celebration of the region's outstanding sporting achievements, from the grass roots to elite levels of performance. Administrators, Officials, Coaches, Teams and Athletes are acknowledged in a very special evening of celebration. Two new Sporting Legends of Canterbury will also be inducted into the Sporting Legends of Canterbury Hall of Fame. Over 700 guests attend the prestigious event.



1. Debbie and Phill Mackay 2. Justin and Michelle Bagust 3. Margaret and Graham Smith 4. Helen Beveridge, Leah McDonald and Mark Swindells 5. Alan and June Wilkinson 6. Steven and Hazel Fish 7. Leon and Georgia Slee 8. Megan Noone and Janine Tindall-Morice 9. Richelle and John Cannell 10. Mark Medlicott and Bevin Guthrie 11. Stephen and Phil Garner 12. Peter and Leanne Spite

Trophies for Toyota

Several Staff from South Canterbury Toyota were finalists at their annual Dealer Group awards recently, with two taking home the trophies.

Jeremy Kartolo fended off tough competition from Blenheim Toyota and Rangiora Toyota to take out Apprentice of the Year.

Talei Dickson had competition from Blenheim Toyota and South Canterbury Toyota, but prevailed in taking home the McDermid Group Leadership Award.



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A Love of Lizards & Limestone

German born Hermann Frank has always had an affiliation with conservation and the landscapes around him. He grew up in a little village near Stuttgart and he was fascinated by the German karst landscapes with their deep valleys, steep cliffs and caves, which are the habitat for owls, falcons and bats. The Chernobyl nuclear disaster was the catalyst for him to bring his wife and eight children to live in New Zealand in 1992.

They first lived in Auckland but they didn't want to bring up their children in a big city, so in 1996 they moved to their lifestyle block at Fairview, and Hermann's job was as an itinerant teacher for hearing impaired students for the next 18 years. This involved travelling all around South Canterbury offering support for deaf students. Although very busy with his job, his family and his farmlet, he found the time to get involved with Forest and Bird, which focuses on bringing positive change to New Zealand's environment. This was right up Hermann's alley and thus began his interest in the

local limestone landscape and the conservation of endangered lizards and plant life.

In 2008 he was awarded a Royal Society Teachers Fellowship and he spent a year surveying local limestone areas for lizard species, supported by the South Canterbury Museum and Landcare Research Dunedin. He had to get permission to access fifty properties with limestone outcrops for the study. Despite thorough searches, he only found three lizard species – the Southern Alps gecko, the Southern grass skink and McCann's skink. Two other species, known from subfossil findings, had already disappeared. The result of the surveys were the focus for two exhibitions at the South Canterbury Museum: Cold-blooded Locals in 2009 and Landscape of Dreams in 2018, which featured Hermann's beautiful photographs of local limestone landscapes and the biodiversity that occurs there. This last exhibition provided the basis for a lovely coffee table book entitled 'South Canterbury Limestone, Landscape of Dreams, Nature's Treasure Chest', which can be purchased at the museum.

Hermann's fascination with limestone has led to further research in the importance of the limestone ecosystem for remnants

of indigenous vegetation, and particularly in calcicolous plants which can only grow on soils rich in calcium carbonate. At least seven of these plants are endemic to South Canterbury limestone regions and the majority are listed as 'Nationally Critical'. Because very little was known about these species, Hermann started a survey of them in 2016. Another lifelong interest is photography and Hermann has wonderful photos of these rare plants, such as the rare Manahune limestone buttercup and the Manahune limestone gentian, both of which feature on the cover of his book.

Hermann is an award-winning lizard ecologist and is recognised for his work in researching, protecting and enhancing native lizard species in South Canterbury. He thoroughly enjoys this work for which there is limited funding. He just wants to raise people's awareness of our special limestone landscapes and the need to preserve them and the plants and animals that rely on them for survival. Loss of habitats through changing farming practices and predators such as stoats, ferrets and wild cats are major threats to both lizards and plants and it is passionate people such as Hermann Frank who are working to preserve this special ecosystem for future generations.



WHAT WE'RE LOVING...



Once you try this it will become a regular in your household I'm sure. Cooked in a slow cooker - both easy and delicious!



Winter hats to keep you warm and looking fab at the same time.



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GOING TO



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Leti, Mylenka and the team at CBay Café love coffee! They are passionate about serving their customers delicious Vivace coffee, every visit.

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We welcome to the team Brooke, the new manager at The Village Café.

THE VILLAGE CAFE PH (03) 684 5146
145 Wai-Iti Rd, Highfield, Timaru



COFFEE CULTURE

Since 2008, we've been a part of the Timaru community, and we're thrilled to have spent over a decade serving our famous freshly roasted espresso to the locals and visitors of our bustling little town! Our secret to great coffee isn't really a secret at all. We use the finest ingredients we can find and spend countless hours working with our baristas to make sure they prepare your favourite just the way you like it.

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New local entrant into this growing market is Cabins and Baches NZ, a New Zealand owned and operated company operating out of Timaru and Auckland.

The co-owner of the business is Tom Kerr, who after spending the past eight years in Auckland has moved back to his home town of Timaru, bringing with him his young family and his company, which specialises in manufacturing under and over 10m² cabins.

Tom says that there are 13 designs currently on offer, though clients can adapt existing plans to ensure their unit works best for them. "We've sold cabins for use as hairdressing salons, pottery studios, off the grid baches, outdoor offices or even extra entertaining spaces," he says.

If you manage to keep your buildings footprint under 10m² and the maximum roof height under 3.5m, the new building also shouldn't require building consent - making it an economical and quicker solution to whatever your requirements are.



"We've sold cabins for use as hairdressing salons, pottery studios, off the grid baches, outdoor offices or even extra entertaining spaces"

Tom says one of the most popular cabin designs is the Euro cabin, which offers a modern buttruss design with loft mezzanine providing additional storage or sleeping space. Priced from just over \$12k, these units represent ideal sleepout, studio, games room or even home office.

Another one of Cabins and Baches popular designs is the Cabana Cabin which is the perfect addition to the backyard. Use it as a Garden Studio, Sleepout or separate entertaining area. There's also a spacious covered deck which gives the Cabana great indoor, outdoor flow.

There are also styles over the 10m², provided as a kitset including floor plan, design pack including building consent drawings and specs, and can include all materials delivered to on site.

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Vietnam WITH HELLOWORLD

Nicki and Lucy from Helloworld Travel have both recently returned from their annual Owner/Manager conference which was held this year in Ho Chi Minh City, Vietnam. They agreed it would be a perfect chance to experience more of this incredible country, taking the time to delve further into Vietnam and what it has to offer - Nicki with family and Lucy with her partner.

They have come back with many stories to tell and feel they can happily send their clients to Vietnam, knowing they will have a wonderful time.

Nicki, having been to Vietnam nearly 10 years ago as a back packer, decided to take her family and visit some of the more family friendly areas, treating them to a resort holiday in Hoi An followed by a few nights in Ho Chi Minh City. "Taking a 2 year old and a 5 year old on holiday can be chaotic no matter where you decide to go, so my partner and I were a little apprehensive about how they would fare in Vietnam, a few people were rather surprised that we were going to take them with us. My children are relatively well travelled but neither had been to Asia. Honestly, from the minute we stepped off the plane to the moment we got back on to come home we were in love with the country, the people were absolutely amazing with the kids and of course the kids lapped up all the attention.

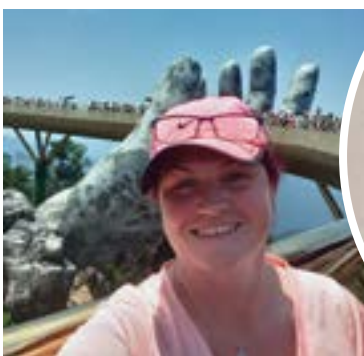
We spent 4 nights in a beachside resort in the lovely town of Hoi An, visiting the local markets, wandering the streets, swimming in the pools,

lounging by the beach and meeting the locals. We also were lucky enough to be able to visit the Golden Bridge in the Ba Na Hills which I would highly recommend, the cable car ride alone is worth the trip purely for the stunning views at the top.

After waving goodbye to Hoi An we embarked on a short 1 hour flight down to Ho Chi Minh City, this city is busy, crazy amounts of traffic and everyone seems to have somewhere to go. There is so much to do, so much to see and if you are travelling with children at first glance it can seem overwhelming. Once you find your feet and get your bearings you will soon realise that this city offers so much, even for families with young children.

We decided to visit one of the poorer areas of the city by Cyclo, and see some of the riverside slums by boat, the kids were amazed by how some people have to live and although they are young I think they really got a good understanding of how well they have it here in New Zealand.

I would recommend a family holiday in Vietnam, even if your children are young, they will be so welcomed by locals and immersed in such a wonderful array of culture, activities and fun!"



This was Lucy's first time to Vietnam and she spent 2 weeks with her partner travelling from the Southern City of Ho Chi Minh right up to the Northern destinations of Hanoi and Halong Bay. "This was such an amazing experience for both of us, we got to experience such a huge contrast between the South and the North of Vietnam. We spent 7 nights in Ho Chi Minh city because I had the conference first, then set off to Hoi An which would have to be my favourite place in Vietnam, such a laid back welcoming town with so much to see and do, the food was delicious and I even got clothing made.

After Hoi An we flew up to Hanoi where we spent a couple of days exploring and visiting some of the more historical parts, for example we got to see Ho Chi Minh's palace, One Pillar Pagoda, Temple of Literature and the museum of Ethnology, all really interesting places. We were also lucky to see one of the world famous Water Puppet shows which are definitely worth seeing.

To finish our two weeks in Vietnam we spent an amazing two days in Halong Bay, we stayed on one of the Junk Boats.

This was an incredible experience, we got to Kayak through the little fishing villages, take in some of the world's most stunning scenery and eat local cuisine. An absolutely perfect way to finish our tour of Vietnam" Lucy's private tour of Vietnam was with World Journeys, the details of the tour are in the advertisement on the bottom of the previous page..

If you want to visit Vietnam, whether it be on a group tour, private tour or independently, head in to the office to see either Nicki or Lucy, they would be more than happy to help plan your dream trip to this amazing country.

AROUND THE WORLD...

Vietnamese

WETLANDS CAFÉ

Located at the South of Timaru before Saltwater Creek, this place offers inexpensive, genuine Vietnamese food.

They have a breakfast / brunch menu which offers classic Kiwi favourites like eggs benedict, burgers, homemade pies etc. But it's the Vietnamese menu that is worth trying. With traditional meals such as the Vietnamese noodle soup, Bún chả (grilled lemongrass pork belly), Mi xao (beef noodle stirfry), Thit kho (caramelized pork belly) and more. Each month there is a new special dish, worth keeping an eye out for.

They also provide catering options. Open Mon - Weds 7am - 4.30pm, Thurs & Fri 7am - 8pm and Sat 9am-3pm. Plenty of parking behind the café.

169 King Street, Timaru. Ph (03) 688 9424



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Designed to capture the true essence of Vietnam, this fascinating journey takes you from the bustling city of Saigon to the timeless capital of Hanoi.

Along the way enjoy a Mekong river cruise to observe countryside scenery and river life. See Hoi An with its grand architecture and quaint riverside setting. With ochre-coloured colonial buildings, treelined boulevards and scenic lakes, Hanoi is full of charm. Unique guided excursions provide insight into the country's architecture and traditional cultures and introduce you to the friendly local people and spectacular landscapes.

For more information and the itinerary to see amazing Vietnam come and see us.



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9ct Gold Aquamarine & Diamond Ring, \$860

Sterling Silver Blue Topaz Earrings, \$430

ICE Cosmos \$199.90, Glam Colour Sky \$159.90, Lo White Blue \$159.90

Mens winter fashion

Winter can present many challenges for the average fashionable man's wardrobe, and the ridiculous variety of weather and temperatures creates the opportunity for great success with your outfits or utter fashion failure. The key to surviving the winter is first and foremost, know how to layer properly.

The classic winter outfit for a man is a tailored sweater, which is perfect for just about any social or business situation when paired with a nice collared shirt underneath. For those cooler days a winter coat is a great addition to any outfit. Modern fashionable winter coats are available in a variety of styles, but wool and cotton continue to be the warmest and most popular. Some men prefer the appearance of the long winter coats that nearly trail the ground behind them, and those are fine if the weather and social scene allow. In many cases, a standard winter coat will do the trick.

To top it off a nice scarf and a pair of boots can protect against the biting cold, and can be incorporated in a number of ways to bring together a complete aesthetic.

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Mac Shaws

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Cosy winter essentials

Black Leather Gloves \$70

Snood \$18

Scarf \$18

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Scarf \$30

The Accessory Shop

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Top \$149

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Natural Pink Pearl Earrings was \$195 NOW \$165

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Dare to be bold
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Beauty edit



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Winter trends

Winter weather can be unpredictable, making it a challenge to get dressed for those cold-weather days. The trick? Dress in layers so you're prepared for any temperature and occasion. It also adds some dimension and is a great opportunity to mix and match patterns, colors, and textures to achieve those put-together, Instagram-worthy looks.

There is a reason layering is always on-trend in the winter: it's a massively practical way to dress when it's really cold. So don't be afraid to pile on the layers. A turtleneck, under a sweater, under a jacket, under a coat, for instance, will definitely keep you warm.

Add new life to your coat simply by belting it. Cinching your waist will make it seem almost like you have a brand new coat. The best news of all: this styling trick will work with just about any coat style.

Embrace fur (or faux fur, of course). Winter is the only time during the year that you can wear fur, so just have fun with it! You can wear fur with just about anything to give your outfit an instant upgrade.



Roundhill Ski Area

Ski or Snowboard in the heart of the South Island of New Zealand. Roundhill is a fantastic family ski field with breathtaking views of Aoraki Mt Cook, the Southern Alps and Lake Tekapo

Roundhill is owned by Tekapo locals Oskar and Karoline Rieder, their children grew up skiing at Roundhill and they have created a ski field with Mum, Dad and the kids in mind. It's a very relaxed, social, family atmosphere - you'll meet like-minded people who are only too happy to have a yarn about the day and the spectacular environment surrounding you.

There is a huge beginners area with a gentle gradient and plenty of space. The area features three surface lifts - a poma and two rope tows so you learn to ski on the way up and on the way down! This makes for a fun and easy way to find your feet in the snow.

The two T-Bars give access to plenty of super wide, perfectly groomed intermediate trails with lots of natural dips and curves.

For the more adventurous, head up the world's longest and steepest rope tow and see what Australasia's biggest vertical drop (783m) is all about. Offering super long natural half pipes and chutes this is skiing and riding at its best. For the freestylers, the terrain park has a small range of jumps, rollers, rails and boxes.

When you need a break, there are refreshments at the Von Brown Hut, where you can chill out in a deck chair and take in the scenery!



Safer Winter Driving

Planning your journey

- Always check the weather forecast and road conditions before you leave.
- Consider if you really need to travel, especially if the weather is poor.
- Think about where you're going and what route you should take - choose safety over convenience. Tell your family or friends when you are leaving and which route you will be travelling on, and the expected arrival time.
- Plan to drive during daylight hours when visibility is better and hazards such as ice and snow are less likely. Avoid driving at night when hazards rapidly multiply.
- Dress for the conditions, carry additional warm clothes and keep a survival kit in your vehicle in case you do get stuck.
- Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle in case you get diverted onto another route or you are forced to turn back.
- Be prepared for snow and carry tyre chains that you know how to fit and use.

When You're On The Road

- Drive slower than you normally would - it only takes a split second to lose control in wet or icy conditions.
- Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently, and use your highest gear when travelling uphill and your lowest downhill.
- For vehicles without anti-skid braking systems, pump the brake pedal in short rapid bursts rather than pressing long and hard to avoid skidding or sliding.
- Drive at a safe travelling distance because it takes longer to stop on slippery roads. In winter, especially in poor weather, double the two-second rule to ensure a safe distance between you and the car in front.
- When travelling in fog, rain or snow, drive with your lights dipped for increased safety.
- As well as other drivers, there could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and don't pass unless you're instructed to.

For the latest in winter fashion

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2544 Lilybank Road, Lake Tekapo Ph 021 680 694
www.roundhill.co.nz

WINTER IS HERE...

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

- watch video at www.scrs.org.nz

Car light switch

Phone: 03 687 7235
Cell/Text: 027 436 6285
Email: Daniel.Naude@timdc.govt.nz
Web: www.scrs.org.nz

Keep out of the cold this winter...

The South Canterbury Museum is a great place to explore the region's heritage. Its collections of specimens, artefacts and documents cover a wide range of subjects from local nature, history and culture. Long-term 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.

All of this is presented through exhibitions, school programmes, research access, public events and holiday programmes for children. The Museum team of staff and volunteers work hard to ensure that our heritage can be explored and enjoyed by everyone. Children can join the free Museum Explorers Club to gain a Museum "passport" start collecting exhibition badges. Adults can join the Friends of the Museum to receive invitations to exhibition openings, public meetings, local historical trips and more, as well as receive the Museum newsletter.

The Museum also stages special events such as behind the scenes tours and the very popular Retro Rock outdoor music event held on Perth Street below the Museum. Facebook users can follow Museum happenings through the Museum's Facebook page, and general information about what's happening at the Museum can be found on its webpages at museum.timaru.govt.nz.

The Museum holds thousands of local documents and

photographs, a great resource for anyone wanting to dig deeper on family history or other heritage interests. The archives area is open from 1:30pm Tuesdays to Fridays and Sundays. A Museum team member is always on hand to help with inquiries. Much of the Museum's collections are searchable on the Collections Online section of its website.

Located on Perth Street, downtown Timaru, the South Canterbury Museum is a community service provided by the Timaru District Council. Admission for local residents is free, with donations encouraged.



NOW ON: All Creatures Great and Small - Biodiversity from the Museum storeroom

Take a closer look at the weird and the wonderful, the beautiful and the beastly, with an array of creatures large and small from around the world. This exhibition highlights how unusual and fascinating the natural world is, with a range of specimens that have found their way into the Museum over the years.



Maintenance around home

Winter is upon us and now is a good time to make sure your property is ready to face the harsher weather conditions. Easy to start, easy to use, easy to maintain: these are the right tools for getting things done quickly and professionally.

Powerful, versatile and easy to use - your indispensable helpmates for cutting and pruning.

937 Chainsaw \$399

Lightweight brushcutters are recommended for tending the lawn and finishing the edges.

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Sullivan & Spillane

Sullivan & Spillane are still one of South Canterbury's leading Fujitsu suppliers and installers of heat pumps to keep you warm this winter. With Fujitsu's e3 Series with built in WiFi, there is no need to rush home before dark to warm your home, with a touch of a button you can start your unit from your smartphone, anywhere, anytime.

Sullivan & Spillane are proud to be an approved supplier and service provider of heat pumps through the Healthier Homes Canterbury Scheme which enables ratepayers one more way to upgrade to more efficient home heating. Conditions apply. Please visit www.ecan.govt.nz/healthierhomes to find out more.



Control your Fujitsu from your smartphone

Winter wellness

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. While it sounds tempting just to stay inside and hide from it all, being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free, and in tip-top shape to enjoy the summer. Here are some tips for supercharging your winter wellness.

Wash hands

Sounds simple but it's the number one way to stop the spread of germs. Winter illnesses are easily spread by hands. Wash hands in particular after using the toilet and before meals.

key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

Keep exercising

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.

Stay hydrated

Drink at least eight glasses of water each day. If cold water is unappealing try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

Eat well

Keep your immune system in shape by making sure you're eating a healthy balanced diet. For your body to be able to respond to infection, it needs to have enough protein. Dose up on vitamins and minerals. Iron, zinc and vitamin C are also

Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

Save your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

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Preparing your pets *for winter*

How to keep your pet warm, safe and happy during Winter

Extra protection

If you must keep your pet outdoors, consider this: would a fur coat alone (even if it is faux mink) keep you warm against the elements? No? Well, your pet's fur coat isn't enough protection for your pet during winter, either.

All animals need extra shelter and extra feed in winter, especially older animals. Good covers or coats are advisable when exercising older dogs, especially if they are short-haired or thin-skinned.

Ideally, dogs should be able to come inside where it is warm and sheltered in the winter. If dogs are outside, they

should always have access to a warm and weatherproof kennel. Use extra bedding, block draughts and fix leaks.

Check that your dog will always have ready access to a bowl full of clean, fresh water that will not freeze.

Cats are pretty good at finding sheltered places to sleep, but make sure they can always access a comfortable indoor area. Cat beds such as igloos give the cat a safe and warm space to snuggle into.

Older Pets

Many older animals suffer from arthritis and other conditions which may cause them to struggle in the winter. This may present in dogs as limping or stiffness with walking or struggling to get up and down. In cats they tend to not jump up as much to higher places, groom less and sleep more. Please check in with your vet to see what can be done to help them cope better with the winter weather.

Be very careful with antifreeze

The worst of all the wintertime chemical spills is antifreeze, which often leaks from a car's radiator. It may taste delicious to your cats or dogs, but it is extremely

deadly -- even the smallest sip can be fatal. If your pet starts acting "drunk" or begins to convulse take him to the vet immediately. The faster the treatment the better the chances of recovery.



Winter exercise

Even though the temptation to stay inside snuggled under the blankets is high, animals still require exercise during winter to maintain a healthy weight and to decrease boredom. If going for a walk is not an option then playing with toys inside will help burn off excess energy and stay mentally alert.

If you are finding your pet is being exercised less you may need to adjust the amount of food accordingly. After all, no one wants an overweight pet.



Avoid Car Cat-astrophes

Cars are particularly attractive to animals in the winter-time, especially frigid cats that love to climb up under the hood and curl up on the warm motor. This, as you can imagine, has led to many mishaps when motorists start their car ... ouch! Avoid such accidents by tapping your car's hood before starting the vehicle. Sure, you may wake Kitty from her deep slumber, but she'll thank you in the long run.



ASK AN EXPERT

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



Warrick Thompson

Warrick is the Service Manager at Autoworld Timaru, having worked there for eight years. He has what we need to know about vehicle maintenance

Why vehicle maintenance is important

Your 'Service Due' light has just flashed up on your dash. You think, "Oh, it's just another unwanted yearly expense!" Yes this is an annoying cost and just before a holiday is an even bigger annoyance.

The reality is, keeping your vehicle up to a high level of maintenance can also avoid additional costs over and above the cost of a standard service. Having your vehicle checked regularly by a reputable servicing centre can eliminate some of these unwanted and unforeseen stresses.

Replacing oils and fluids with the model-specific types recommended by the vehicle's manufacturer can reduce engine or transmission wear, letting your car run at its smoothest and most fuel efficient.

During your service checks, the service technicians have a thorough look through your vehicle's braking, suspension and steering systems. This is the time where things that may be otherwise overlooked, can be brought to light and the necessary repairs brought to the attention of the customer.

Don't forget one of the most important parts on your vehicle are the tyres! These are what keep you and your car stuck to the road. The overall tyre condition, tread depth and tyre pressures should be regularly checked and adjusted when required. A correctly inflated tyre will give you a smoother and safer ride while also improving your fuel efficiency. Remember to check the spare as well!

Next time you see 'Service Due', don't think the worst. It is merely your car telling you it wants some attention and care. Because to be fair, it has more than likely helped you to create a few memorable moments and reliably got you from A to B.



6 Sefton Street, Timaru
Phone: (03) 683 1215 or FREEPHONE 0508 AUTOWORLD
autoworldtimaru.co.nz



Vanessa Cumming

Passionate about optics and client care. I really enjoy inspiring clients to discover the love of exquisite frames to suit their personalities.

Q. What is the best to wear- contact lenses or glasses?

This very much depends on your prescription. Contact lenses work extremely well if you have an active lifestyle and you get better peripheral vision with contact lenses. But glasses can make a fashion statement and are easy!

Q. How often will you check my eyes to make sure they are not getting worse?

Generally I would recommend a two yearly examination but if there is anything suspicious found during the examination or a family history of eye disease I may recall you 12 monthly.

Q. Will hobby glasses improve my vision?

On occasion yes, I would advise after an examination. Anyone with a difference between their eyes, astigmatism or myopia will not cope with hobby glasses.

Q. What can I do to protect my vision?

Eat lots of vegetables, fresh fruit and fish. Wear sunglasses to protect against UV and don't forget Safety glasses when in a dusty environment or when missiles are involved!

Q. Can regular computer and cell phone usage damage my eyes?

The blue light from screens can cause fatigue which is why we get so tired. We also don't blink as often when we are staring at a screen which causes dry eyes. There is a coating available to eliminate blue light but I would also suggest the 20/20/20 rule. Every 20 minutes, look 20 feet away, for 20 seconds. This exercises the eye muscles.

Q. Why does an examination take so long?

The examination is usually 45 minutes, you will be put through rigorous testing and don't forget this is a general health check. We can see signs of high cholesterol, diabetes and other diseases by looking at your eyes. I want you to have the best eye care and vision and getting this right takes time!



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



Marlene White

Marlene has been a Vehicle Detailer at South Canterbury Toyota for 2.5 years. She loves her job and the amazing people she gets to work with.

Why do I need to protect the paint, leather and fabric in my vehicle?

Purchasing a vehicle is one of the most costly purchases you'll make in life, so why not go the extra mile to protect and preserve your vehicle?

Dura-Seal Ceramic Paint Protection provides the most up to date Paint Protection Technology for your vehicle. It forms a hard, durable finish which bonds permanently to your vehicle's clear coat, providing an environmentally friendly, invisible barrier that protects the paint work from the detrimental effects of constant exposure to environmental forces and naturally occurring contaminants. This makes cleaning your car quick, easy and saves time not having to wax or polish your car.

Leather is a natural product and therefore needs to be maintained as it deteriorates due to soiling, air conditioning, climatic conditions and normal wear and tear. This deterioration can make the leather crack and split. With Leather Protection your upholstery will stay soft, supple and crack resistant. It also assists with the removal of everyday soiling and reduces food and drink spills from permanently staining the leather.

Fabric Protection has a unique formulation that penetrates deep into each fibre, creating an invisible barrier that protects your fabric and carpets, making the removal of stains and spills easier.

All the above products come with a lifetime warranty and are a must have for all vehicles.

Please give us a call at South Canterbury Toyota to book your vehicle in to have this completed. You won't regret it.



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At this time of year our pet's health often seems to decline and is the right time to look at the feeding requirements of your pet. High quality premium food ensures that your pet receives all of the nutrients they need to last through the winter as well as they can. This is ultimately vital for our senior pets.

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Spyhole driving



Daniel Naudé

Road Safety Coordinator for the SC Region. Educating our people to improve road safety in our region.

Have you seen any of our local spyhole drivers we occasionally find on the road? They usually appear with other normal drivers en route to work on frosty winter mornings. If you haven't noticed any of them, they are the ones who only clear enough frost off the car window for them to see through with one eye. It is bewildering to consider they actually think it is all good and safe to share the road with other people they may not essentially see.

More than half of all reported crashes have "poor observation" as a contributing factor. Have we lost the ability to look properly? Spyhole drivers may probably see less than 25% of the road and road users around them.

Another common problem about visibility, is the number of drivers who do not turn on their head lights (dipped beam) when other drivers

clearly indicate they experience low light conditions by having their lights on.

I know our road rules say headlights must be turned on half an hour after sunset and half an hour before sunrise, or any other time if a driver cannot clearly see a person or vehicle a 100 meters away. Remember that road rules are minimum standards.

It is extremely dangerous not to have the lights turned on when everyone else has because your vehicle is basically hidden from other people. It is not about you as the driver who can still see, it is about other people who need to see you.

Here are a couple of handy tips to clear frosty windows quickly.

- Start the engine a few minutes earlier and put



the heater on high to blow onto the windows. Use the wipers to remove any water before you drive off.

- Whenever the windows start to fog up, turn the air conditioner on and select the defrost button.

For detailed information about winter driving tips and how to use defrost options, visit www.scrs.org.nz



Smoky Lentil Chili

INGREDIENTS

- 2 tablespoons olive oil
 - 1 red onion, diced
 - 3 garlic cloves, minced
 - 1 1/2 tablespoons diced chipotle chillis
 - 1.5 lbs. ground beef
 - 1 red pepper and green pepper, diced
 - 2 carrots, diced
 - 1 tablespoons ground cumin
 - 3 teaspoons chilli powder
 - 3 teaspoons smoked paprika
 - 1 1/2 teaspoons sea salt
 - 1 teaspoon dried oregano
 - 1/2 teaspoon ground cinnamon
 - 3 tablespoons of tomato paste
 - 1 can diced tomatoes
 - 3 cups of water
 - juice of 3 limes (about 1/2 cup)
 - 1 1/2 cup lentils, rinsed
 - 1 can black beans, drained and rinsed
 - 1 can kidney beans, drained and rinsed
 - 1 can corn kernels (no salt), drained and rinsed
- Optional: garnish with plain greek yogurt, chives, sliced avocado



INSTRUCTIONS

- On the oven top heat a pan to medium high heat. Add in olive oil and red onions. Sauté until onions are translucent, stirring occasionally. About 2-3 minutes.
- Add the garlic and chipotle chillis. Stir and sauté for 2 minutes.
- Next add in the ground beef, cook until the beef is cooked through and no longer pink, about 5-7 minutes. Chop up the beef to smaller pieces throughout the cooking process.
- Add the red pepper, green pepper, carrots, ground cumin, chilli powder, smoked paprika, salt, oregano, cinnamon, and tomato paste.
- Stir and cook for about 3-4 minutes.
- Then add your diced tomatoes, water, and lime juice. Stir, cover, and bring to a boil.
- Once boiling, add the lentils, black beans, kidney beans, and corn. Stir, reduce to simmer.
- Cover the chilli and simmer for 10-15 minutes. Serve!

THE GRAZING TABLE

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Servicing South Canterbury.

Contact Hayley
M: 021 705 118
E: thegrazingtablenz@gmail.com



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Serving platters, trays and cheese boards are very popular, and make fabulous gifts. Most items are our own inspired design but can be made to individual requirements and specifications. We specialize in making unique one-offs, and there will be very few identical pieces.

172 Church Street, at the Roundabout In the Anderson & Bremford Studios building. www.villawood.co.nz



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We have all your family favourites!

From Hearty soup to Sticky date pudding. We are very flexible and can personalise our menus for your special event... With putting a family favourite on the menu or working within your budget or making the event a special time that suits your family. "We aim to please".

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3 kitchen must haves



If you can't handle the heat, then get out of the kitchen! Or hang in there with these cool gadgets guaranteed to bring a smile to even the most stressed cook. 1. Brighton Shopping Basket - \$39.00 2. Empire Therapeutic Hand Wash - \$16.99 3. Florentine Ochre Cup - \$19 Maree Hynes



Harlau House Cafe

Maree and Michael Hynes purchased this Georgian home last December, renaming the attached cafe Harlau House Cafe to pay homage to the history and people of this iconic property.

The original Beaconsfield Road homestead dates back to 1890, when it was built by Edward George Kerr, one of the early owners of the Timaru Herald.

Operating as the Stables cafe for the past several years, the cafe and three hectares of gardens have proven to be a popular destination, as much for the food and coffee as the domesticated animals and gardens.

Operating seven days a week, 9am until 4pm. Maree and Michael are proud to employ a team of 18 local people at Harlau House cafe. They are passionate about bringing their customers locally sourced products when they can. For instance, the ham and bacon is free range and antibiotic free.

Harlau house cafe caters for most dietary requirements, with a number of Vegan and gluten free items on the menu. Others can be made gluten free on request.

The cafe offers something for anyone, with an extensive "All day" menu catering to parents and children alike. A wide selection of cabinet food is on offer, including fresh salads, tasty muffins, slices all made right here at Harlau House. Coffee aficionados

have been known to drive out just for their range of barista made coffees and teas. They also have gift vouchers which always make for a lovely present.

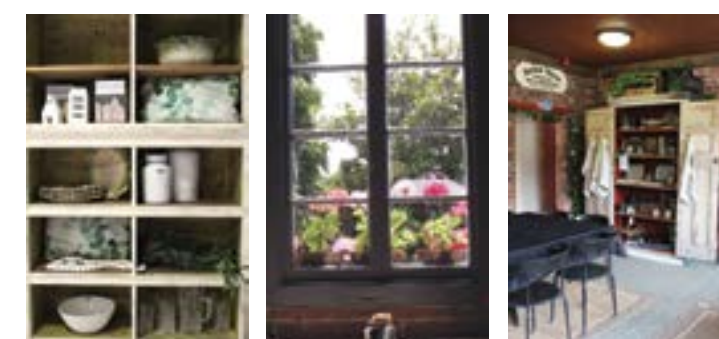
The winter months provide the opportunity to enjoy the cosiness of a well-appointed fire or relax in the gorgeous snug area which has many lovely pieces of homewares sourced from Maree Hynes Interiors, available for purchase.

The cafe has recently welcomed the arrival of another great local Chef. Gary Le Comte (previously of the TNC and RSA) has joined the team of passionate food enthusiasts at Harlau House. During these Winter months, on Tuesdays and Fridays Harlau House are treating their customers with "Roast of the Day" including roast beef, lamb, chicken, pork and lamb shanks.

Harlau House cafe has seating for 80 people indoors and is well set up for private functions including mother's groups, corporate functions/lunches, private evening functions, birthday celebrations and now Weddings. Just give them a call to discuss your plans.

This lovely cafe is just a 5-minute drive from town at 253 Beaconsfield Road and they are open from 9am until 4pm every day. For bookings call 03 683 1887 or email admin@Harlauhousecafe.co.nz

Check them out on Facebook and Instagram.



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House Tour at Harlau House

Maree Hynes Interiors in association with Hospice South Canterbury are thrilled to bring you a tour of one of South Canterbury's iconic homesteads built in 1890 - Harlau House.

Tour dates are Saturday the 22nd and Sunday the 23rd of June. The entry fee is a gold coin donation to Hospice South Canterbury and the house is open from 9 - 4pm on both days. Devonshire teas are also available at \$5.00 per person.

Bookings essential - pop into our showroom on 19 Theodosia Street Timaru, call on 0800 439 463 or PM us via our Facebook page.

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House Tour at Harlau House



Maree and Michael Hynes together with Hospice South Canterbury are opening the doors to Harlau House pre - renovation with all donations going to Hospice SC.

The open days will be held on the weekend of June the 22nd - 23rd. Doors will be open from 9am - 4pm. Devonshire teas are also available at \$5.00 per person, bookings essential.

To book pop into the shop or email marketing@mareehynesinteriors



words: Gilly Oppenheim

Peel Forest Outdoor Centre

What a wonderful philosophy. "To inspire, empower and educate within the outdoor environment" and where could you find a more beautiful environment to do this than at Peel Forest, with its mountains, rivers and bush?

Did you know that the average NZ teenager spends more than four hours a day on their devices and 80% of their day is spent inside – be it at home, at school, at work or in the car? Enter the Peel Forest Outdoors Centre with its courses designed to connect our young with the outdoors. This could entail white water rafting, rock climbing, abseiling, kayaking, tramping or doing a high ropes course – all activities designed to instil confidence and team building skills.

The Centre was established in 1994 by Wayne Keenan under the guidance of the Peel Forest Outdoor Charitable Trust. He saw the potential for developing outdoor education opportunities which would present a challenge and also promote social change

and environmental awareness. The Centre took over the old Department of Conservation headquarters in the late 90s and subsequently purchased the 22 hectares of land adjacent to Clark Flat by the Rangitata River. In 2003, Forest Creek Station donated their shearers' quarters to the Trust. This building is currently being upgraded after 16 years of outdoor education use.

The present development includes upgrading the water supply and the kitchen area, replacing the outdoor decking and providing a back-up generator. Once this stage is completed, an alternative energy upgrade, replacing bunks and mattresses and exterior painting are on the to-do list.

The programmes are tailored for their clients' needs - schools, corporate retreats and private groups are all catered for. School camps and outdoor education programmes are popular for personal development, confidence enhancement and team building. There are also custom made courses designed for community and corporate groups, as well as second chance youth development courses and holiday programmes. There are three permanent staff members with up to twelve others who are contracted in the busy season which runs from September through to April. Courses then are full to bursting, with some activities taking place in other parts of South Canterbury.

In an increasingly digital world spent inside, the courses are designed to create unique and experiences in the outdoors. The qualified staff will provide a safe and flexible programme to help you achieve this. For more information contact info@peelforestoutdoors.org.nz



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5

YEAR 150,000 km

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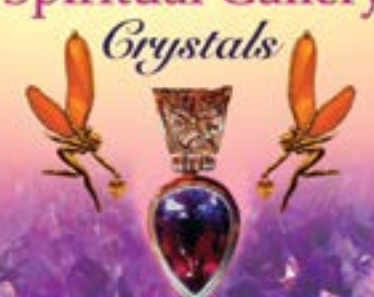
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