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contents

Well it's that time again when I start to think skiing! It's been a couple of seasons since I broke my leg and collar bone in one exciting specular fall so I'm determined to put that behind me and get back on the slopes. Surprisingly Pat our office manager has given me permission and I think I may know why! The essence girls have put together a feature on the exciting Mackenzie District and it's a perfect reminder of what the district has to offer - great skiing, historic country pubs, hot tubs, star gazing, Tekapo/Mt Cook - could a winter holiday be any more perfect? Page 13.

The New Zealand Raptor Trust provides and cares for sick, injured and orphaned raptors until they are fit for release into their natural habitat. The Trust's aim is to educate and inspire future generations, raising awareness and boosting the populations of our vulnerable birds of prey. To date, the Trust has received 154 birds in four years and released 55 back into the South Canterbury region. The NZ Raptor Trust was thrilled to be the joint winner of the Community Organisation Award at the recent South Canterbury Business Awards. Page 12.

Alexa - she seems like quite a determined 'woman' that you have to be careful around sometimes! Home owners Kim Rutter and David Roche don't call her by name preferring to use 'her' on some occasions. Check out our writer Pattie and photographer Carmen's visit to their high tech home. Page 6.

Our herb enthusiast and horticulturist, Minette Tonoli's advice about weather proofing and the winter garden is invaluable. "Mark the positions of perennials that die back completely in winter, such as lovage and sweet cicely so that you don't inadvertently dig them up as you cultivate soil through winter". Lovage/sweet cicely? Who? What? I'm quite a keen gardener but clearly I have a lot to learn about edible/medicinal plants. Minette's column is on page 9.

Have a great month and I hope to have a photograph someday soon of the four of us essence girls on the top of Dobson or Round Hill.

Enjoy your month - Dorothy.



Dorothy McLennan



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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 13.

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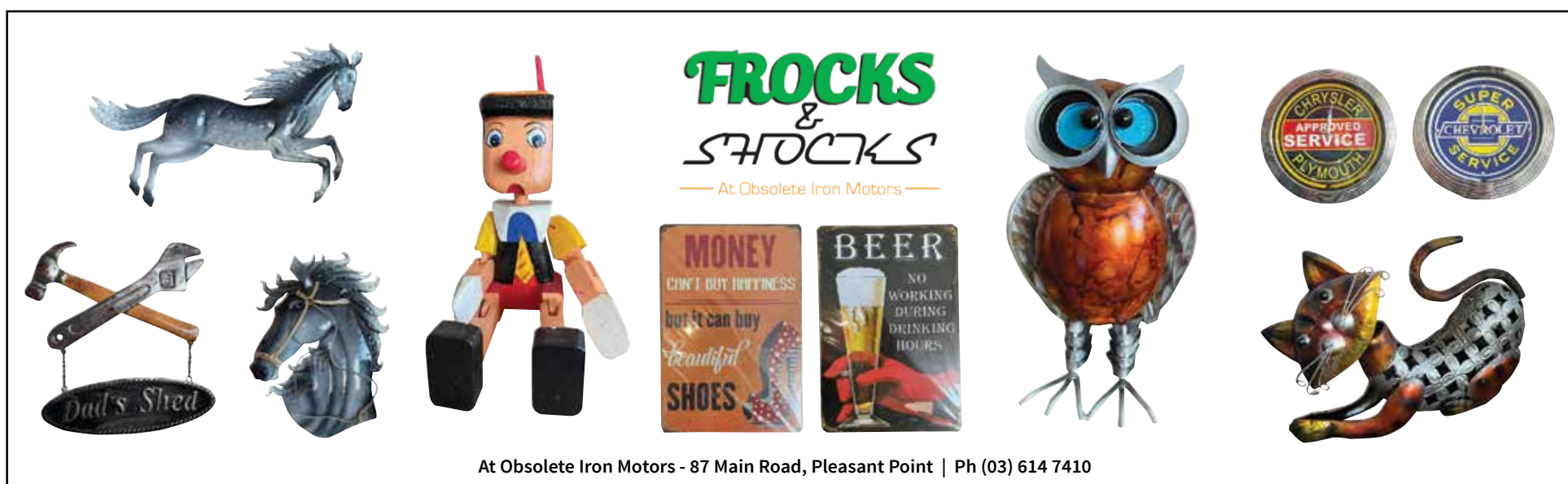
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New *Café* Venture

New Café Venture awaits Members & Non-Members – from 5th July 2021. The next venture for the TT&CC is the opening of their long-awaited Café for members and non-members alike, yes Non-Members, you don't have to be a member to enjoy a barista made coffee or a homemade goodie from our display cabinet. Accept the temptation of the homemade cookie, muffin, cake or what really tempted me to forget my diet, the large homemade YoYo, just like grandma once made for me. How do we know they're homemade, because Lara Wood, our new addition to our Café operation, makes everything we sell for the café from scratch.



I'm not pulling your leg, she outright refuses to buy anything in, everything displayed is her creation or overseen by her and thanks to our Catering Manager / Head Chef, Conrad Amaru for allowing her to utilize & share part of his kitchen. When you visit our Club, look for Lara on the food counter, greeting the very customers she so fondly & passionately cooks for, she would love to meet you and would welcome your feedback!

You are most welcome to enjoy the view of our Highfield Golf Course, the ample free parking, the centrally heated complex in the winter and the same set for cooling in the hotter summer months, indoor or outdoor options, beautiful modern décor, efpops with payWave and the list grows. Of course membership does have its benefits, 6% loyalty is enjoyed by members across all products the TT&CC has to offer and of course you must be a member to purchase

alcohol. But if there is no alcohol involved, a non-member is permitted to purchase whatever takes their fancy. To become a member is easy and extremely affordable via our online membership service on our website and recently updated New Membership application service. Only \$20 to join and \$20 per year thereafter, sounds really affordable I hear you say and to be honest, a quote we often hear.

Promotion time – TT&CC Members only - Purchase any café product between the 5th July and the 1st of August, scan your membership and you can enter the draw to win \$200 worth of Membership points added to your Membership card. This includes any product on our Café Menu, located in our display cabinet, warmer or displayed on our counter housed in glass jars or under glass lids. If you wish to enter all you need do is place the entry form, printed automatically at time of payment into the entry box provided. Please note, only the Café/Restaurant pos (Till) allows entry to the Café promotion. Good Luck!



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Fairlie Fashion Show

Mint Boutique hosted a fashion show of the latest Stella + Gemma range. The Show was held on Saturday the 29th of May at the Fairlie Community Centre. Below are a few favs from Mint Boutique.



SC Toyota Celebrate

The team at South Canterbury Toyota celebrated their 2020 successes recently with a night of entertainment at Sopheze on the Bay.

After an incredible year of highs and lows, the team shared the top Toyota Supreme Award with Nelson's Bowater Toyota. They also won the Parts and Accessories Excellence cup and were a top four finalist in New Vehicles, Used Vehicles, Service and Presidents cups.

After starting the night with some songs by Cam Scott and then listening to the amazing life story of Paralympian Liam Malone they danced the night away with local band Sons of Remo.



Focus on Fashion

Fashion focus hosted their fashion parade on the 17th of June to raise funds towards 'Learning for You'. What a incredible night with Deeanne Hobbs and Gareth Hobbs in-store talking about their journey they've been on building their business - Jellicoe Arts.



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SCHOOL HOLIDAYS IN TIMARU DISTRICT

Get your friends and whānau to meet you in Timaru District these school holidays

We've got great events happening including the Geraldine Lantern Walk, inflatable fun at Family Fest, and the Pleasant Point Museum and Railway's famous Mid-Winter Steaming Day! Take the kids stargazing in Geraldine, chasing waterfalls in Peel Forest, joining the Explorer's Club at the South Canterbury Museum and heaps more.

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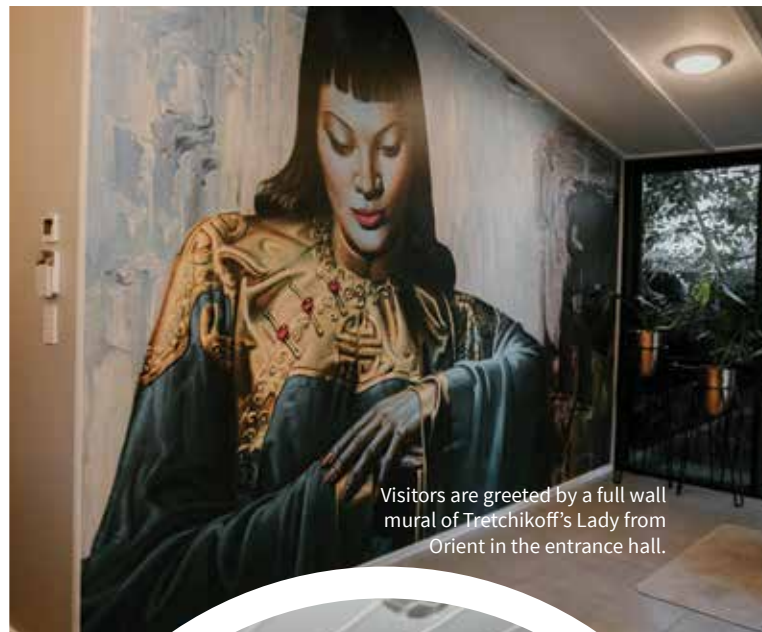
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The colourful mid-century style formal lounge with sunburst mirror, yellow bubble chair and orange Eames style recliner.



Visitors are greeted by a full wall mural of Tretchikoff's Lady from Orient in the entrance hall.



The House

The house itself is a rebuild of the couple's 1957 home. The original was destroyed in the quakes but they loved it so much that rather than opt for a new build they recreated it with its high ceilings, unusual angles and external beams.

Outside visitors are greeted by grey concrete block walls, grey pebbles and minimalist architectural planting. The gadgets start at the door, press the glowing blue button and the Ring video doorbell alerts David on his smartphone and he can see and speak to any visitors from wherever he may be. On this occasion he happens to be in the house, which is handy, as he opens the front door.

The Interior

Inside it's a stark contrast with the grey of the driveway. A mural depicting Russian artist Vladimir Tretchikoff's iconic painting 'Lady Of The Orient' covers the wall in the entrance. Floor to ceiling wrought iron gates lead to the lounge where there's a sunburst mirror on blue wallpaper; an orange Eames style lounge chair; a blue and gold floor lamp.

The kitchen and dining area is sleek glossy white with splashes of purple in the bar stools and cabinetry and fridge.

The technology

The technology feels like a good fit in this home with its strong streak of quirky and futuristic vibe.

"I'm definitely a gadget person," says David. He's not kidding - the coffee machine is on a timer; Alexa reads

“
The gadgets
begin at the
front door...
”



The quirky wall of eclectic objects with its lifesize Trump cut out figure.

his morning news to him (via an Echo - that's the hardware, Alexa is the executive assistant trapped in the little black speaker); the purple fridge allows them to add items to a digital shopping list that syncs with their phones. He even waters the outdoor plants via an app on his phone.

Kim is an equally enthusiastic user of all these apps, she reads all her books on a Kindle and deftly navigates around the home entertainment system via Alexa. But she also brings a more stylish perspective. "I don't care how good they are if they're ugly," she says of the various gadgets.

The majority of the technology here is controlled through one smart home system and an i-pad and many of the gadgets have been added on. And whilst David does have a sort of 'control centre' cabinet in his home office, it debunks the idea that to have a high-tech home you need to start at the new build phase.

"The audio visual stuff is hard-wired," explains David, "But most of the stuff we have here is modular and we've added to it as we go along."
What are the challenges?

It seems to run so smoothly. But it's not always like this, says Kim candidly. There are frustrating moments when it all goes wrong. And you do have to be careful sometimes not to call Alexa by name if you don't want her to do something, they use 'her' instead on these occasions.

And what about power cuts? "Well, honestly, we rarely have power cuts here," says David. "And if we do, it just means a reboot of things around the house. And we do have a guy who comes now and again and helps us with digital housekeeping once or twice a year."

When you look at home technology the possibilities really do seem endless. And in this home they've utterly embraced them. It's very appealing.

The High Tech Home

words: Pattie Pegler images: Carmen Peter Photography

"Alexa, Savannah sunset," says Kim Rutter as we stand in the informal lounge area of the Merivale home she shares with David Roche.

A slow, warm orange light creeps across the room - it does indeed feel like you might imagine a Savannah sunset.

"Alexa, Arctic Aurora," says Kim. And the room is turned a cool, pale blue and the transformation is gradual and soothing. It's all rather lovely.

These are the Hue lightbulbs at work explains David, all voice-controlled via the ubiquitous Alexa.



Voice controlled lighting in the informal open plan living area changes colour on command.



Floor to ceiling, wrought iron gates mark the entry to the formal lounge.



The formal lounge.

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What to grow this Winter



Minette Tonoli

Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicine plants she grows and uses at her home acre in Waikuku.

The talk of the town is the Canterbury deluge - what a weather event!

In my own garden, luckily not under sweeping floods, I saw the amazing difference that building good soil has made - the beds where I had concentrated my efforts in creating a living soil, and that had a lovely thick layer of mulch, drained away much faster than the newer garden beds where I'm yet to make all the amendments. Weather-proofing our gardens for these seemingly more common extreme events has become very important.



Green manure not only protects the surface of the soil and prevents erosion during extreme weather events, but increases the organic matter when dug in, further improving soil drainage.

Garden tasks this month

June is officially winter, and this month is also the celebration of Matariki, the start of the Maori New Year.

Did you know

Matariki played a significant role in determining when to plant foods such as kūmara (sweet potatoes). Clear, bright stars indicated a good season. But if they were hazy and bunched together, a cold winter was predicted, and planting was delayed. ~TEARA.GOV.NZ

Take time during the winter months to clear away spent annuals, cut back perennials, remove weeds, and spread compost to recharge the soil. As you do this cleaning up, take note of what worked in the garden this past summer and what did not - it's a perfect time to amend your planting plans for next season.

It's also a great time to focus on repairing structures, and sharpening tools, tasks that normally fall by the wayside during the very busy growing seasons

Top Tip

Mark the positions of perennials that die back completely in winter, such as lovage and sweet cicely so that you don't inadvertently dig them up as you cultivate the "bare" soil through winter.

Sowing and planting

The Canterbury region is rather large, with quite a few different climate zones scattered about - even the microclimate in your own garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

Veggies

Sow Seeds or plant out very young seedlings:

Broad beans, corn salad, lettuce, mesclun and mizuna, mustard, onions, (in seed trays, under cover), pak choi, peas, perpetual spinach, radish, shallots, silverbeet, spinach, strawberries, plant garlic

Plant out seedlings:

Broccoli, brussel sprouts, cabbage, kale

Herbs, Flowers and Fruit

Herbs and flowers that need stratification - that is when the seed is exposed to a period of very cold weather before warming up in spring in order to break seed dormancy and allow germination to take place - can be planted now, e.g., sweet cicely, echinacea, anise hyssop, scabiosa, rudbeckia and soapwort. Dormant fruit trees to be planted toward the end of this month.



Herbs for Healing

Perennial culinary herbs, such as rosemary, sage, thyme and oregano are good traditional home herbal remedies for colds and flu. Not actively growing in colder months, they still have enough leaves for us to partake of their bounty:

Rosemary (Rosmarinus officinalis): tea is tonic and uplifting, effective in treating headaches and colds.

Sage (Salvia officinalis): gargle, with some sea salt, relieves sore throats and treats mouth ulcers.

Thyme (Thymus vulgaris): tea is helpful in treating respiratory tract infections, and helps with coughs, bronchitis and laryngitis.

Oregano (Oregano vulgare): tea is useful in the treatment of colds, influenza, mild feverish illnesses.



DISCLAIMER: Any plant use details given are not intended as a diagnosis or prescription, and are purely for informational purposes. Individuals consuming the plants, or derivatives listed, do so entirely at their own risk. Always check with your healthcare provider before using herbs therapeutically when pregnant or breastfeeding, or if taking prescription medicines.

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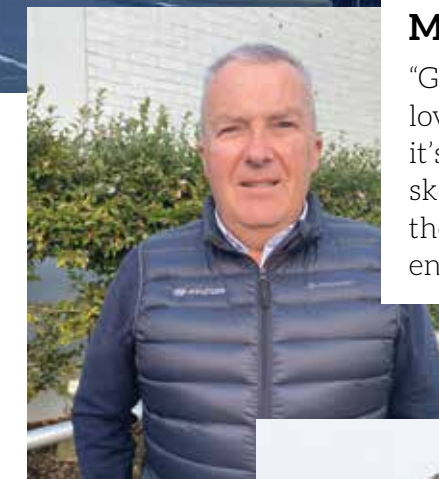
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ALMA VOLSCHENKA

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SALLY RANDS

"Easy to get a round town, love the surrounds and activities available."



CAROLYN SUTTON

"Lovely friendly considerate people".



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words: Gilly Oppenheim
photos: Ron Lindsay



Rescuing and Rehabilitating Raptors

The New Zealand Raptor Trust provides and cares for sick, injured and orphaned raptors until they are fit for release into their natural habitat. The Trust's aim is to educate and inspire future generations, raising awareness and boosting the populations of our vulnerable birds of prey. To date, the Trust has received 154 birds in four years and released 55 back into the South Canterbury region. The NZ Raptor Trust was thrilled to be the joint winner of the Community Organisation Award at the recent South Canterbury Business Awards.

New Zealand is home to four species of raptor or birds of prey. The most common is the kahu or harrier hawk, which can often be seen soaring about looking for prey or eating roadkill. They often end up as roadkill themselves because they are bigger and slower than the falcon or karearea. Falcons almost exclusively take live prey, whereas hawks are opportunistic foragers. The falcon is smaller and sleeker and can fly at speeds in excess of 100km/hour. New Zealand is also home to three species of owls, of which the morepork or ruru is the only remaining native owl species. The barn owl was introduced from Australia and the little owl or German owl was deliberately introduced in Otago and Canterbury to try and control the numbers of exotic small birds feeding on orchards and crops.

The New Zealand Raptor Trust was the brainchild of former Zimbabwean school teacher Vaughan Skea. Having grown up with falconry, he was determined to continue his passion for raptors when he immigrated to NZ in 2002. His dream was to establish a sanctuary, complete with hospital wing, education centre, raptor experience and a captive breeding programme, especially for the endangered falcon. In 2016 Vaughan called a meeting of like-minded locals with the idea of setting up the sanctuary for the New Zealand Raptor Trust and the project began in December 2017 with the arrival of three 40 ft containers. The Timaru District Council has given the trust a peppercorn lease on two hectares of land near the Sustainable South Canterbury Trust's planned Eco-centre at Redruth. Together with support from local businesses such as Fulton Hogan, Bunnings and a grant from the Community Trust of Mid and South Canterbury, the site has been cleared and levelled and the containers installed. One is used for administration (housing freezers, fridges and food) and the others house the hawks and the owls and the falcons respectively. Prior to the establishment of the site, trust members cared for the birds in their homes or they were taken through to Christchurch. Timaru Vet Life are an integral part of the rehabilitation and they have underwritten all veterinary care. The Trust also works closely with the Department of Conservation.

The NZ Raptor Trust at Redruth and its facilities can be visited by appointment. Ron Lindsay runs a Raptors in Schools education programme and will visit schools, service clubs and other groups to talk about the care and rehabilitation of the rescued birds. When visiting schools or groups, Ron (the chairman of the Trust) takes Tom Thumb, a female harrier hawk (kahu) and talks about her story, from being a sick chick to being nursed back to health. "It is an incredible feeling to have a hawk sitting on your arm, to let it fly and then to come back and sit on your glove", Ron says. "These birds require specialist care and feeding. It is illegal for people without an adequate permit to hold these birds. They need to be surrendered to DOC or to a rescue operation like ourselves."

The Trust needs at least \$275,000 to complete its facilities, so funding is essential. The plans are to have flying displays in future. You can have a raptor experience of feeding and handling these magnificent birds for \$50 for 30 minutes for two people. Ron can see the Raptor Trust becoming a tourist attraction in South Canterbury in the future, much like Wingspan in Rotorua which is recognized as NZ's leading conservation education and research organisation for birds of prey. Our centre at Redruth could become the South Island equivalent. You can follow the Trust on Facebook or visit info@nzraptor.org



"It is an incredible feeling to have a hawk sitting on your arm, to let it fly and then to come back and sit on your glove"

Explore Mackenzie

Roundhill Ski Area

Surrounded by the Southern Alps with breathtaking views of Lake Tekapo and Aoraki Mt Cook, it's easy to see why Roundhill is the obvious choice for many during the winter months. Situated in the heart of the South Island, Roundhill is a family-owned and operated business with quality skiing and family-friendly service at the core of its operation.

Enjoy stunning scenery and a relaxed and welcoming atmosphere when you arrive. Our slopes are groomed every night for optimum skiing conditions. With a spacious beginner area on a gentle gradient, finding your feet on the snow is made easy. Two T-Bars give access to wide intermediate runs, and the more adventurous can head up the world's longest rope tow and experience Australasia's biggest vertical (783m) offering long natural half-pipes and chutes. Roundhill has earned a reputation for its highly qualified team of ski and snowboard instructors, so no matter what level you're at, you can always improve!

If hitting the slopes isn't your thing, the Base Lodge Café is the place to go for delicious



barista-made coffee, great food, and expansive views. Toboggans are available for hire too.

One experience not to be missed is a visit to the Von Brown hut located at the top of the field. Here you can find a cosy seat inside or bask in the sunshine with a coffee while taking in the most incredible views. Roundhill is the perfect place for friends and family to meet for a relaxing day on the slopes.

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- 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.

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

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



Fairlie

Often described as one of the gateways to the Mackenzie but there's a lot worth stopping for in this wee town. Grab a hearty pie or barista coffee at Fairlie Bakehouse. Check out the local stores or discover a little history at the Fairlie Heritage Museum. And don't miss the Garage Gallery as you head out in the direction of Tekapo, there are some beautiful works depicting iconic NZ landscapes.

Nature

Stunning countryside and spectacular natural views are some of Mackenzie's big attractions. But try to check out the amazing Haupapa/Tasman Glacier in the Aoraki/Mt Cook National Park. It's apparently one of New Zealand's longest glaciers and is around 300 to 500 years old. Check out the DOC website for short walks that take you to a viewing point or if your dollars are flowing freely – there are boat tours and even helicopter trips that will land you on the glacier.

Star-gazing

In 2012 a 4300 square kilometre area was declared the Aoraki Mackenzie International Dark Sky Reserve. With light pollution strictly controlled in the area it's one of the best places in the world to see the night sky in all its glory. You can simply walk outside your accommodation and look up at the skies but if you head to the Dark Sky Project Base on the lakefront at Tekapo you can also find out about official tours to the nearby Mount John Observatory and other ways to learn about the night sky.

Overnight Stays

With so much to see and do in the Mackenzie District it's worth booking an overnigher. We love the character and country charm of the Silverstream Hotel Kimbell, a historic country pub with rooms. Or head to the Musterers' Huts near Fairlie where newly-built, self-contained units offer the perfect place to relax after a day in the outdoors. Units even have private hot tubs where you can sit back and be amazed by the night skies. Or if you want to explore the beauty of the Aoraki/Mt Cook National Park, splash out and book into the iconic Hermitage Hotel with its amazing alpine views and facilities.

Ski-ing

Roundhill Ski Area near Lake Tekapo is perfect for families with easy access; great beginner areas and a café for that all important coffee. Or head to Mt Dobson, another firm favourite with locals and skiers of all abilities. You'll find a good mix of groomed trails, beginner areas and more challenging options for advanced skiers. These ski-fields offer the best of both worlds – great ski-ing and less crowds.

Reading in Tekapo

Petronella's Gallery and Bookstore is just one more reason to love this beautiful, little lakeside town. An unexpected delight, it's packed with the latest titles and some fabulous reads for young and old as well as a quirky selection of gift items, it will have book lovers browsing for hours as they choose their next read.

And if you're a fan of the arts look out for further details of the first Mackenzie Book and Arts Festival taking place later this year.

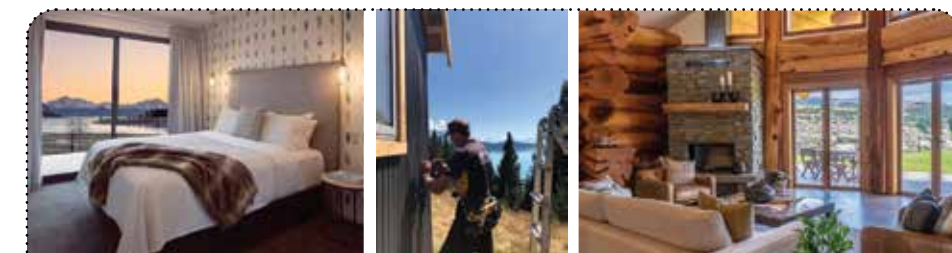
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High Country Carpentry are your trusted local builder for new homes and renovations in the Mackenzie area - in fact, there's no place we'd rather be! Family owned and operated with over 20 years industry experience, locals Lain and Heather together with their tight knit team, deliver projects of all sizes. Talk to us about Architectural New Builds, Log Homes, Renovations, and Light Commercial Projects. Our in-house plans are very popular with 35 to choose from! We offer innovative and inspiring design ideas and solutions to meet your needs and budget, creating a sanctuary you can enjoy for years to come.

Visit www.highcountrycarpentry.co.nz and see the '7 reasons why you should choose High Country Carpentry!' - 1 Gall Street, Fairlie. Ph 0800 922 883



Matilda & The Metalman

You may have noticed we have moved!

We invite you to come check out our new, much larger space, indulge the senses and immerse yourself in products sourced from some of the very best suppliers in NZ and Australia. We now offer clients gorgeous furniture, homewares and gifts that have been carefully curated into a showroom setting that is bright and set out in a way that offers ideas to take home.

Open 7 days 10-4pm at 85 Main Street, Fairlie.
Or check out our website at matildaandthemetalman.co.nz

The Greedy Cow

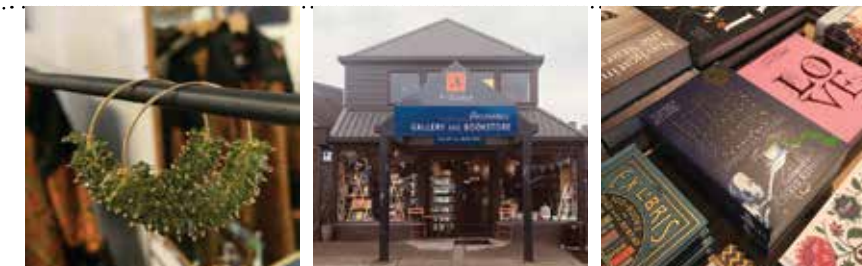
Situated in the beautiful Mackenzie high country of Lake Tekapo, with surrounding views of the stunning mountains and lakes, The Greedy Cow has a lot to offer!

Our inhouse Pastry chef creates stunning pastries to please all. Along with our very talented baristas, Hawthorne coffee roasters with their award winning specialty beans means The Greedy Cow coffee is a must! The best coffee in town! A pastry and coffee... who could resist!

We have fresh, delicious cabinet food and a fantastic menu with Gluten free, vegetarian and vegan options available.

We are open every day 7.30am - 4pm.

16 Rapuwai Lane, Lake Tekapo Ph. 027 434 4445
www.greedycowtekapo.com



Petronella's Bookstore & ArtSpace Tekapo

On 8 Rapuwai Lane, sandwiched between delicious eateries, you'll find the shared space of ArtSpace Tekapo and Petronella's Bookstore. Make sure you allow enough time to browse the tables and shelves in the bookshop. We have literary fiction, holiday reads, books about mental health, political science, books for children and much more. Then wander through to peruse the rooms of ArtSpace Tekapo and enjoy the eclectic collection of paintings, sculptures, wool clothing, handmade coats & bags, homewares and jewellery.

www.artspacetekapo.co.nz | www.petronella.co.nz

Polly's Patchwork

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

Our opening hours: 7 days from 10am - 4pm.



72 Main Street, Fairlie | Ph 027 370 5098
www.mintboutique.co.nz

Mint Boutique

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

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

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



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We offer a carefully curated collection of original art and artisan giftware in the heart of Fairlie's Main Street. Celebrating and supporting both local and wider New Zealand creatives. We have a selection of handcrafted jewellery, ceramics, glass, paintings, object and boutique fragrances available.

Open Thursday to Sunday 11am - 3pm or by appointment.
Email: artandliving77@icloud.com or call Bella on 021 797 984.
Alternatively, you can visit our website 24/7 www.77artandliving.com

SC Toyota

Here at South Canterbury Toyota we're all about helping you get the most out of your vehicle. In this Winter Wonderland at this time of year, you'll probably be filling the thermos and loading up the skis. If you're running a little tight on space inside the car, why not come and check out our huge selection of roof racks?

We can get you sorted for the slopes with racks from some of the biggest brands including Thule, Rhino-Rack and Yakima! We can also source bike racks, roof boxes and heaps more. Come and see our knowledgeable Parts team and let us take the weight off your shoulders... by putting it on your roof.

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SC Toyota Cnr North & Stafford Streets, Timaru, (03) 687 9280



Silverstream Hotel Kimbell

One of the last historic country pubs of the Mackenzie Region, the Silverstream Hotel is conveniently located on State Highway 8 in Kimbell, five minutes from Fairlie. It's an ideal stopping point between the coast and the Mackenzie Basin, and just 30 minutes to the top of Mt Dobson Ski Area. Owners Caro and Lockie Broadfoot welcome locals and travellers to pop in and warm up by the fire, sample craft beer on tap, and enjoy a hearty country-style meal. If your timing is right, you can listen to live music or relax in the beer garden.

762 Fairlie-Tekapo Road, Kimbell. PH 03 685 8370
hello@kimbellhotel.co.nz | [SilverstreamHotelKimbell](http://SilverstreamHotelKimbell.com)

Stolen Girlfriends Club Rose Quartz Halo Cluster Ring, \$269

Stolen Girlfriends Club Rose Quartz Love Claw Necklace, \$259

Casio G-Shock GA-700SKE-7A, \$299

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Casio G-Shock Solar GAS-100CT-1A, \$349

Ania Haie 14ct Gold-plated Geometry Hoop Earrings, \$99

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Jellicoe Black Spot Over Dress \$237

Jellicoe Cerise Flower Dress \$249

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www.accessoryshop.co.nz
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Driving Miss Daisy Timaru

Karyn Geary is the proud owner of the Driving Miss Daisy Timaru franchise. She is committed to helping clients get out and about, so they can live life to the full.

At Driving Miss Daisy, they are always mindful of their clients' wellbeing ensuring that they are comfortable and safe. This reliable service is for everybody, whether you cannot drive, choose not to drive or no longer drive. It's about helping people maintain, or regain, their independence. They provide a professional and flexible service, catering to specific needs and requirements.

Driving Miss Daisy can accompany clients to appointments, to the hairdresser, medical appointments, help with shopping, go on a scenic drive or even an outing to the beach for a breath of fresh air or coffee with friends, anywhere the heart desires. They will always go the extra mile, open the car door, carry the shopping and assist clients to and from their front door as required.

Driving Miss Daisy is a pre-booked, pre-quoted service. The Total Mobility Scheme cards are accepted and are an ACC contracted supplier.

To make a booking or discuss your requirements, call Karyn today.

Phone: 06 683 1073 / 021 503 398.



Canon Street Optometrists

Choosing the right frame styles can actually help you look younger!

Look for frames with eye shapes that are uplifting to the face; think rounded corners which help soften and naturally lift the facial features. We love cat-eye shapes for women, and upswept rectangular shapes for men. Warmer colour tones look great on both men and women. And no one has ever regretted having a bit of sparkle! Shiny materials help give your eyes a natural effervescence – it's time to allow your best features to stand out, not blend in with the crowd! We can help choose the best shape, colour, size, style and lens type to complement and enhance your personality. Because at Canon Street Optometrists, vision never goes out of style.



Strathallan Retirement Home

Arvida Strathallan Retirement and Care where you can discover the simplicity of an all in one Retirement Community, offering a full range of living and care options which includes independent living villas, serviced apartments as well as rest home, hospital and dementia care.

As an Arvida community we have a holistic approach to health and wellbeing, we'll help you continue to enjoy the things that you love to do, offering better choices and living well.

Set amongst beautiful gardens, Strathallan is community that cares – with residents enjoying spending time with each other at events and social activities.

CBay Fitness



As we get older our physical fitness tends to deteriorate, so if you want to maintain a healthy lifestyle, and ward off the chances of injury or age-related diseases then regular exercise is the way to go. Proven to help you keep a healthy lifestyle, so you have more energy to continue doing the things you enjoy, comfortably, ageFIT is a fun and rewarding exercise programme. Specifically designed for senior members, CBay Fitness qualified instructors teach balance, stability and strength exercises. It's also a fun and social time with a great bunch of motivated people.

McKenzie Lifestyle Village



Our residents have a strong lively sense of community spirit and enjoy excellent village facilities. With help discreetly on hand, should you need it, we offer Luxury Care Suites and preferential access to the adjoining McKenzie Healthcare.

The Leisure Centre is the hub in which we hold communal entertainment and events. Offering resort style facilities: Indoor Swimming Pool, Spa, Library, Hair Salon, Craft Room, Therapists Room. Modern facility surrounded by outdoor lounge to enjoy barbecues, petanque, mini golf, bowls, putting green, croquet. Something for everyone at anytime.

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Join ageFIT to improve strength, balance and fitness in a fun and warm environment. Participating regularly in physical exercise, like an ageFIT class is proven to help improve flexibility, mobility and body and brain fitness.

Another option is aquaGENTLE which runs on Mondays, Wednesdays and Friday mornings with two classes on each day to choose from. This low impact, water based exercise class increases mobility as well as cardiovascular fitness under the guidance of qualified CBay Fitness aqua instructors.

CBay is more than just a gym or pool, there's a team of enthusiastic instructors who are passionate

about motivating and guiding customers to a fitter, healthier and happier life through exercise and nutrition. If you are considering changing your lifestyle for good, come in and talk to one of the team about an exercise programme suited to you. And with an off-peak membership starting at just \$13.50 per week there's never been a better time to make a positive change to your lifestyle.

Memberships:

Cbay Fitness Off-Peak Standard: \$13.50 per week
Access to Gym and Les Mills Group Fitness Classes from 8.30am to 3.30pm, 7 days a week

Cbay Fitness Off-Peak Premium: \$16.50 per week
Access to Gym, Les Mills Group Fitness Classes, Aqua Classes, pools and the Chillax area from 8.30am to 3.30pm, 7 days a week

No joining fee, with the flexi membership options. Join with a minimum term of just 30 days.



Discover the simplicity of an all-in-one community

Offering a full range of living and care options, you'll find villas and serviced apartments alongside a rest home, hospital and dementia care facilities. Residents love the wide range of activities on offer along with our community centre's gym, multi-media room, café and more!

Call Tania Buchanan 027 525 6725 or email tania.buchanan@strathallanretirement.co.nz or visit strathallanretirement.co.nz





Betts Funeral Services

Betts Funeral Services are community leaders in their profession, dedicated to excellence of service, integrity and professionalism. Their caring team are committed to supporting you and your family 24 hours a day, 7 days a week, 365 days a year and pride themselves on their attention to detail, honesty and respect. The staff are trained to the highest standards and belong to the Funeral Directors Association of New Zealand and the New Zealand Independent Funeral Homes organisation, which gives you peace of mind that the services, staff and practices are the very best in funeral care. P. (03) 688 4033 (24 Hours)

SC Road Safety

Entering our golden years, we usually enter a period where we have the freedom to do what we choose to with our time. It is imperative that we stay active.

One of the big threats to having a pleasant retirement is injury. Vehicle crashes are commonly the cause of life changing injuries.

Even a minor crash could lead to severe mental and/or physical challenges.

At these sessions, we discuss ways to minimise the risk of being involved in a crash.



Medi Clinic in Dee Street

Medi Clinic LTD Timaru incorporates the practices of Dr Anton van den Bergh and Dr Barbara O'Connell, this is a newly formed entity.

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The Medi Clinic welcome new patients. Situated opposite Medlab behind the Dee St Pharmacy and has free parking available.

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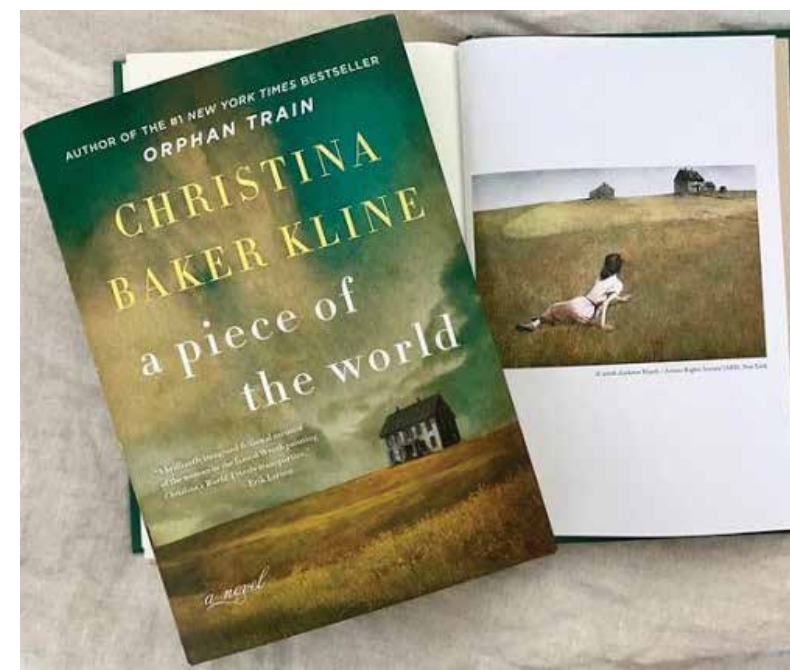


MEDI CLINIC

Dr Anton van den Bergh
and Dr Barbara O'Connel

5A Dee Street
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A Piece of the World CHRISTINA BAKER KLINE

This is a stunning and atmospheric novel of friendship, passion and art, inspired by Andrew Wyeth's mysterious and iconic painting, Christina's World.

To Christina Olson, the entire world was her family's remote farm in the small coastal town of Cushing, Maine. Born in the home her family had lived in for generations, Christina lived her life mostly as a shut-in, born with a degenerative disease that takes away the use of her legs in childhood. She bravely deals with the hardships of her disease and we become immersed in the life of the farm, the changing seasons and the never-ending chores in a delapidated home which lacked modern day conveniences. Increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than twenty years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best - known American paintings of the twentieth century - Christina's World.

Christina Baker Kline interweaves fact and fiction in a powerful novel that illuminates a little-known part of America's history. Bringing into focus the flesh-and-blood woman behind the portrait, she vividly imagines the life of a woman with a complicated relationship to her family and her past, and a special bond with one of our greatest modern artists. This is a beautiful read.

STAYING SAFE WORK SHOPS



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Off the Book Shelf

The Vanishing Half

BRIT BENNETT

This book examines sisterhood, black identity and parenthood with compassion and conviction. The Vignes twins grew up inseparable in the '60s in Mallard, Louisiana, a small town reserved for black residents with light skin. Stella and Desiree Vignes are tall and beautiful, and they dream of lives beyond the lynching of their father and housekeeping for white people, like their mother does. When they flee to New Orleans as teenagers, Stella discovers that she can pass as white, and so begins the fracture that will forever separate the twins. Stella disappears in California and continues to play the part of a white woman, keeping her past a secret from her husband and daughter. After leaving her abusive marriage, Desiree returns to Mallard with her daughter Jude, who is "black as tar." Jude, desperate to find a place where she fits in, goes to college in California and discovers she was searching not just for herself but for her mother's sister. Told in flashbacks and alternating points of view, this novel asks what is personal identity, if not your past. A riveting and sympathetic story about the bonds of sisterhood and just how strong they are, even at their weakest.



Dear Mrs Bird

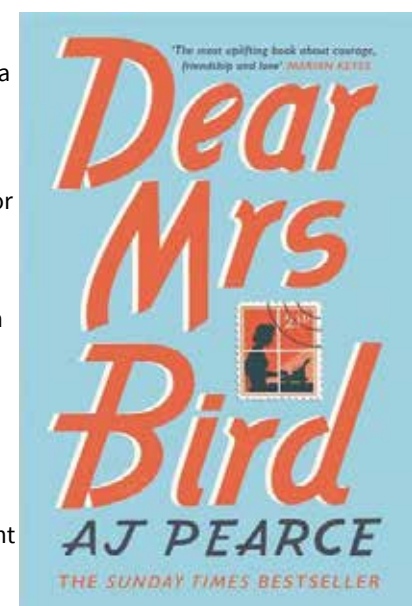
A J PEARCE

A charming, funny and quirky novel set in London during World War II about an adventurous young woman who becomes a secret advice columnist.

London 1940 and bombs are falling. Emmy Lake is Doing Her Bit for the war effort, volunteering as a telephone operator with the Auxiliary Fire Services. When she sees an advertisement for a job at the London Evening Chronicle, her dreams of becoming a Lady War Correspondent seem suddenly achievable. But the job turns out to be typist to the fierce and renowned agony aunt, Henrietta Bird. Emmy is disappointed, but gamely bucks up and buckles down.

Mrs Bird is very clear: Any letters containing Unpleasantness must go straight in the bin. But when Emmy reads poignant letters from women who are lonely, may have Gone Too Far with the wrong men and found themselves in trouble, or who can't bear to let their children be evacuated, she is unable to resist responding. As the German planes make their nightly raids, and London picks up the smouldering pieces each morning, Emmy secretly begins to write letters back to the women of all ages who have spilled out their troubles.

Emmy and her best friend, Bunty are spirited and gutsy, even in the face of events that bring a terrible blow. As the bombs continue to fall, the irrepressible Emmy keeps writing, and readers are transformed by AJ Pearce's hilarious, heart-warming, and enormously moving tale of friendship, the kindness of strangers, and ordinary people in extraordinary times. This is a fun read.



Today, more and more people are planning their farewell in advance. Working together with Betts Funeral Services will ensure these details will be taken care of and your wishes secured.

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Where Does Your Fat Go?

We are hosting an amazing team of 36 men and women going through a 15-week, "Biggest Loser" challenge. This will help build a healthy foundation that will benefit them for the rest of their lives! It's often difficult to go on this journey alone, so accountability, inspiration and practical guidance are essential. As the inches draw in, the big question we are always asked is, "Where does that fat go?"

Many health professionals are confused by this, as are our members. Some thought fat turns into muscle; others thought it turned into energy, whilst others assumed it went down the toilet. So if not energy, muscles or the loo, where does fat go?

The correct answer is that fat is converted to carbon dioxide and water. You exhale the carbon dioxide and the water mixes into your circulation until it's lost as urine or sweat. The only way you can consciously increase the amount of carbon dioxide your body is producing is by moving your muscles. It's an amazingly complicated process but one that always requires more muscle movement, and of course, a diet that supplies less "fuel" and fewer processed foods than you burn, will certainly do the trick!

Sadly no pill or potion you can buy will increase that figure, despite many bold claims.

So why choose Performance? We're a top-end Club where people get into great shape for life. It's incredibly spacious with the biggest range of unique equipment in South Canterbury, outlasting the faddy trends that come and go in the fitness industry - and we boast the very best qualified coaches! Strong people stay young because they make better sports athletes; they look better, stay leaner, have fewer injuries and maintain optimal physical and mental function. It's a no-brainer!

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



Anne Laing

Anne Laing is co-owner of Performance Health Club, dedicated to keeping you in the best shape of your life.

South Canterbury MUSEUM

The South Canterbury Museum, located on Perth Street, downtown Timaru, invites people to explore our heritage. Our heritage is what makes South Canterbury unique; the landscape, the life forms and the people who settled here over the last 900 years. By exploring our heritage, we can learn more about where we are and who we are.



The South Canterbury Museum preserves our heritage, holding more than 100,000 items in its collections. From tiny insects and fossils to thousands of local photographs, household artefacts from the last 150 years, fashions, taoka Māori from local sites, and so much more. A small team of curators and volunteers work to catalogue and store these collections so that they are available for research, exhibition, education and other museum programmes.

The South Canterbury Museum presents our heritage. Long-term displays tell the stories of our region, its geological past, the wildlife and habitats that occur here, our Māori heritage stretching back hundreds of years, the arrival of European settlers, how our landscape has been shaped by settlement, and how people have lived their lives over the last 150 years. A temporary display area brings a changing programme of displays. The current show is toured from Te Papa; Buller's Birds: The Art of Keulemans and Buchanan, running until 25 July.

levels both in the Museum and around the region at local nature and historical sites, and in other participating local museums and galleries. Learning in museums and heritage sites makes our heritage come alive for students, giving them experiences that make nature or history real.

The South Canterbury Museum is a place to participate with heritage. From expert talks on heritage subjects to outdoor retro rock concerts, every year the Museum provides a range of programmes where local people can take part in events that explore or celebrate local heritage. School children can join the free Museum Explorers Club. With over 1,500 members, members receive a "passport" which is stamped for every visit, and start collecting special badges. Adults can join the Friends of the Museum, with invites to exhibition openings, member's events and the Museum's quarterly newsletter in the mail.

The Museum is also facing an exciting period of its own history with planning for a new facility on Stafford Street underway. When completed in late 2023, the new facility will see an increase in exhibition space and more areas for education and public programmes, all part of the wider heritage hub site along with the Theatre Royal. Keep an eye on your Museum, follow us on Facebook and visit as often as you can.



Re-enacting early school days with the Heritage Education Service at the Museum.



Exploring our natural heritage in the exhibition area at the Museum.

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