

# essence

essentially...south canterbury



**15** Essential Event  
**Mackenzie  
Highland A&P Show**

Feature **8**  
**Preparing  
for Winter**

# GET THE LOOK

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

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## contents

Like all our wider community we have spent the past week feeling shocked, angry and unbelievably sad. All those innocent people taken at a time when they should have been safe. It is incredibly hard to process how this could happen in New Zealand and it's even harder to put our true feelings into words. We all process life changing events in different ways and there will be many tough times ahead - let's do whatever we can to support our Muslim Community and each other. The girls and I at Essence Magazine offer our deepest sympathies.



THIS IS YOUR HOME AND YOU SHOULD HAVE BEEN SAFE HERE

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front cover: The much-awaited Mackenzie A&P Highland Show is getting closer and a trip to the Fairlie showground must be the best way to spend this Easter Monday!

See pages 15 - 19 for timetable, stories and more.  
Photo - Jan Macpherson Photography



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Essential Fashion



### Need an extra copy of essence magazine?

We have stands located at

- Sopheze on Stafford Street
- Northtown Nutrition at Northtown Mall
- Outside Cobblers Inn at Highfield Mall
- Our office - 22 Chapel Street, Timaru

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## Relay for Life

Relay for Life continues to go from strength to strength. The Cancer Society's flagship fund raiser this year raised \$45,000. Held at Caroline Bay, the event went from 10am-10pm which was a change in Timaru having previously held it overnight from 4pm to 10am. There were 200 survivors who walked the track proudly wearing their purple sashes with another 202 carers in green sashes supporting their loved ones. It had a lovely feel to the event and teams really got on board selling food around the track. A huge thanks to all those who dedicated their time and energy!



1. Maureen West, Lachie O'Neill, Margot Goodman, Jenny Guthrie and Chris Mather 2. Tania Wade, Maree Johnston, Noeline and Zara Codyre, Olivia Cross and Ross Wade 3. Hayley Goodman and Sara Chambers 4. Les Fowler and Dennis Hawke 5. Joy Elliott, Dorothy Gardiner and Danielle Glennie 6. Sharon Gray, Karen McClintock and Kirsty Burnett 7. Noel Henery, John Williams and Les Poulter 8. Steph Fraser and Sarah Whiting 9. Chris Jackson and Tania McLanachan 10. Aidan Pye, Ray Brosnahan, Eric and Linley Welford 11. Eoin Powell, Dawn Ussher and Marian Sawers 12. OJ - the Breeze

## Rock & Hop

What a fantastic day out for the community at the Rock and Hop 2019. Featuring 1000 cars, caravans and motorbikes from all eras on show and cruising the South Canterbury region over the three days. Saturday was the big Gala Day Show and Shine where all the vehicles are parked up for display and judging on the spectacular Caroline Bay. There was music, a Best Dressed Competition, 100's of Stalls, plenty of dancers, the SBS Bank Wear Your Parts Competition final, along with many other forms of entertainment. A great event organised by Hospice South Canterbury.



1. Shona Mehlhopt, Debbie Donald and Cathy Kewish 2. Andrea Armstrong, Robyn Haines and Steve Beetham 3. Joy Rose, John Nicol and Lyn Nicol 4. Road Safety - Daniel Naude 5. Nyia Strachan 6. Aimee White and Sophie Lyon 7. Colleen White and Pauline Cuthbertson 8. Tina and Ken 9. Kirsty Hopewell 10. Rhonda and Sarah 11. Claire Morgan and Jules Keen 12. Gerrit Bouwer and Rene Cherry 13. Carol Millar and Diana Brown



## South Canterbury Funeral Home have moved!

South Canterbury Funerals has recently moved to a modern new location. Guests were invited to view the new premises at 2 Latter Street in Timaru and treated to a wonderful array of nibbles from the Grazing Table platter.



1. Gary Burtenshaw and Julian Donaldson 2. Fr Brian Fennessy, Fr Huynh Tran and Rev Alan Cummins 3. Kath Wills, Wendy Lang and Jocelyn Batchelor 4. Rosie Staite and Jade Kyles 5. John Geels and Wayne Phillips 6. Lynette Donaldson and Pip Giles 7. Nic Bowen, Hayley Donaldson and Jodeen White 8. Pip McLachlan and Nyki Leonard 9. Robyn Balwin and Martin Reynecke 10. Tracey Tiffen and Chris Davies 11. Alan Roker, Trish O'Brien and Helen Simmons

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\*on average  
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# The Ringmakers

## From Concept to Completion

The first floor workshop directly above The Ringmakers' retail space is a hive of activity with four goldsmiths all at different stages in their respective projects: Oly is soldering links in a bracelet repair for a customer, Brent is drilling 'seats' in a shaped band into which he will later set seven stunning diamonds, Robert is rolling out gold for a bespoke pendant commissioned to celebrate a wedding anniversary, and Graeme is setting vivid Ceylonese sapphires into a ring for stock which will be on display in the shop by the end of the day.

This is a typical scene in the busy Stafford Street jewellery workshop where the individual goldsmiths, unlike in many big city workshops or factories, often complete the entire manufacturing process, from consulting with the customer in store and hand-drawing the design, to shaping the band and mount, setting stones and completing finishing work, themselves. This has allowed them not only to refine their skills in all aspects of the craft but it also makes them quite invested in each special piece. According to Brent, "It is possible to build a really

good rapport with customers who appreciate the time we spend making sure the details are just right for each commission. It is gratifying and quite humbling when customers return over many years because of their faith in our ability to meet their needs."

The added value of having a workshop staffed with goldsmiths attached to the shop is not lost on owner Brent White, who began his apprenticeship under previous owner Graeme Castle in 1993. "In a commercial environment where most product for sale is mass produced, the fact that we can respond in real-time to queries and our customers can put a face to the person who is making their jewellery is incredibly important in our business model. All aspects of design and manufacture are completed on-site, meaning that you achieve a result that is unique, and truly handmade, rather than constructed from mass-produced parts. This allows the goldsmiths to make an item that is exactly what you would like, rather than just 'close enough'."

Brent's 26 years, and Graeme's half-century in the industry mean that their customers benefit from a wealth of experience and tried and tested



BRENT

WE ARE SO LUCKY TO HAVE A TEAM MADE UP OF SUCH FRIENDLY, ENTHUSIASTIC PEOPLE WHO GENUINELY ENJOY SERVING THE PEOPLE OF SOUTH CANTERBURY AND BEYOND.



OLLY



SOPHIE, BURNETTA AND AIMEE

knowledge. Graeme is very highly regarded for his design and manufacturing skills, and has trained many jewellers in his time as a goldsmith. He has passed this mantle on to Brent who is relishing the opportunity to guide another young person as they enter the industry. Oly is about to start the fourth and final year of his apprenticeship and has flourished in the workshop environment. Learning the trade in a local business means that he is gaining detailed knowledge and practice in all aspects of jewellery manufacture. "It's nice that the work is so varied because it means I am not doing the same thing over and over again," says Oly.

Robert, who has recently joined the workshop team, has nearly twenty years' experience as a goldsmith in South Africa, where he had the pleasure and challenge of completing some very high-end



ROBERT

commissions. He is particularly skilled in working with platinum and making cluster rings using platinum wire-work is one of the aspects of jewellery manufacture he enjoys most. Robert is excited about his new role and the lifestyle the move to Timaru will afford his young family.

Brent's wife, Aimee, manages the retail and financial side of the business, allowing him to focus his energy on the workshop and maintaining the steady work output that the large numbers of repairs, custom orders, valuations, insurance work and

stock requirements demand. She enjoys her role and says, "We are so lucky to have a team made up of such friendly, enthusiastic people who genuinely enjoy serving the people of South Canterbury and beyond. The goldsmiths are able to work away happily upstairs knowing that our customers' first point of contact in store is more often than not either Burnetta or Sophie, both of whom have recently undertaken Gemmological Institute of America (GIA) study to ensure their industry knowledge remains up-to-date. The three of us downstairs work hard to make sure the store is stocked with jewellery that caters to as many tastes and budgets as possible, and we love nothing more than seeing people leave the store delighted with their purchases."

A notable recent success has been the official Timaru Penguins jewellery range, designed and manufactured by the team at The Ringmakers. Items from the range, which includes earrings, necklaces, bracelets, a charm and a ring, all available in sterling silver or 9ct gold, have been selling like hotcakes. They have found their way all over New Zealand and as far afield as Australia, the UK, Germany, Sweden, Holland, Denmark, Taiwan, the USA and New Caledonia. "Being a productive part of the local community is really important to us," Brent explains, "which is one of the reasons we are so delighted with the success of the penguin jewellery range. For each item sold, we donate a portion of the proceeds to the Timaru Penguins group allowing us to support an incredibly worthwhile local initiative."

Brent and team find their work richly rewarding and look forward to continuing to serve the jewellery lovers of South Canterbury.

# THE Creative Chamber

## LET'S GET COSY

Autumn is here and winter is fast approaching and the grey skies, wet mornings and the cold evenings are on their way. The change of seasons is an opportunity to give your interiors a refresh, here are a few ideas to help you get inspired.

One quick way to give your home that cosy feeling is by adding texture and colour, a large floor rug is a fantastic way to easily warm up any room. The new floor rug collection by WEAVE is one of our favourites. They are a beautiful hand-woven wool blend and come in a variety of textures and patterns to suit any home. For your homewares think about bringing in faux furs, wool, cashmere and a personal favourite velvet will really add the intimate feel.

Lighting is also a great way to create ambience, changing your ceiling light bulbs to a warmer hue can do wonders, also adding lamps to create mood lighting and if you have any with exposed bulbs try choosing some vintage bulbs with an amber glow. Bringing greenery indoors can help satisfy our cravings for the outdoors when its too cold to be outside. Find plants that are all different shapes and sizes to create interest. Three of our favourites are the fiddle leaf fig, string of pearls and the mother-in-laws' tongue.



Come in and see your local Dulux colour specialist at Guthrie Bowron Timaru for more inspiration.



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# Preparing for winter driving

Have you heard of a condition on roads called summer ice? Exhaust emissions, and other substances like tiny fractions of tyre rubber, oil and diesel are deposited on the road, and when it rains, roads become as slippery as black ice in winter. This usually happens when there had been a long dry spell and it rains just a little bit. It will eventually be washed away by heavy rain, but until then, drive very cautiously. Then the cycle starts again.

Early autumn is the best time to start preparations for winter driving conditions. The sun is now getting low at times when most people drive to and from work. Being visible to others is the key to avoid a serious incident. Drive with the headlights on dipped beam, and unless the visibility is poor due to fog or smoke, do not use the fog lights. It is illegal to use fog lights when the visibility is good, and extremely blinding to other road users at night.

### Never drive with only the park lights on!

Make sure your vehicle's windows are clean and clear on the inside and outside. Do the same with the mirrors, lights, reflectors etc. I use an old towel to wipe off the dew/frost in the morning. Use clean paper towels or even old newspapers.

There are products on the market like de-ice spray or water repellent spray. I have used Rain-X water repellent on several windscreens with great results. Remember to follow the instructions that come

with these sprays. There are good window cleaning products on the market, but if you don't want to spend the money, use a couple of drops of dishwashing liquid and about a litre of lukewarm water in a clean bucket. You may have to repeat the process and then wipe it off with clean old newspaper or a clean rag.

This should make a huge difference when driving because there will be less glare. Do not clean or polish the dash with products that leave a gloss finish. It will reflect onto the windscreen and become very annoying for the driver.

This is also a good time to have your vehicle checked for the condition of the battery, the tyres (including the spare), radiator fluids, windscreen wipers, etc.



Fog light switch



**1. Do not use fog lights unless there is actual fog**  
**2. Always drive with your headlights on dipped beam**  
**3. The pictures on the left are common symbols for fog light switches.**

## Winter is coming...

Check: Windows clean?  Battery ok?  Fluids ok?  Tyres ok?  Driver ok?

Phone: 03 687 7235 Email: Daniel.Naude@timdc.govt.nz  
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## PREPARING FOR WINTER

**"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade." - Charles Dickens**

**It's not quite here yet but March does herald the premonition of winter.**

**Make sure you're ready for it. Take a look at what's on offer to help ensure you and your family keep warm and healthy when it's frosty outside.**

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Heat transfer systems are designed to utilise your excess heat by transferring it from your lounge or heat source room, and distributing it to other cooler areas of your home.



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## Got your firewood?

Choose wisely and make sure your wood is 'good'

If you are planning to use a wood burner to heat your home this winter, it's not too late to organise your firewood. Finding a good source of dry wood that doesn't produce excess smoke makes for a cosier home, reduced air pollution and will save you money in the long run.

**Judith Earl-Goulet, Environment Canterbury's operations manager in Timaru, has some tips on what to look out for and what to avoid, to ensure your wood is 'good'.**

### Earlier is better for buying your wood

Buying wood early allows time to dry your wood before using it and is usually a cheaper option. Generally, it takes 1-6 years for wood to dry properly, so if you're buying wood to use for this winter it needs to be pre-dried or seasoned.

Burning wet wood is not an option as it won't get hot enough to produce efficient warmth in your home and it leads to smoky chimneys and air pollution. You might want to consider using an alternative heat source if you haven't got a good supply of dry wood to use.

### Buy from a reputable source

We recommend buying from a wood merchant who is part of our Trusted Good Wood Merchant programme. Merchants are audited annually and testing the moisture content of their wood supply is part of this process.

They usually have a good supply of dry, seasoned wood. If not, they will ensure their customers know how 'green' the wood is and when it should be ready for use.

Unfortunately, we do hear of people buying wood online or from trailers on the side of the road that contain wet wood. If you'd like to know what you're paying for, our Better Burning Advisors are available to test a sample of wood for its moisture content.

### Choose a 'better burning' wood

Do you know which wood burns hottest and with the least amount of smoke? Plantation Pine, Douglas Fir and Blue Gum are the best woods to use and mix to get your fire just right. Old Man Pine tends

to smoke a lot, so we recommend you use this only for kindling and burn it with other wood.

Once winter is underway, make sure you're burning dry firewood of the right size (less than 110mm in diameter) and burning cleanly by adjusting the amount of wood burning rather than turning down the air supply if you still have this function on your wood burner.

### Don't forget about kindling!

Having great kindling can make a real difference when it comes to running an efficient wood burner. Lots of small pieces of dry kindling, combined with knotted newspaper, helps a fire get established more quickly, increasing efficiency and reducing the amount of smoke emitted.

### Here's some other tips for better burning

- Use Plantation Pine for getting a fire up to temperature quickly.
- Do not burn firewood with a moisture content of 25% and over. We can help with testing this, call us on 0800 329 276 to arrange.
- Use dry, seasoned wood and buy unseasoned wood well in advance of needing it: 12 months minimum for pine, longer for hardwoods or those with more sap.
- Store your wood under cover and allow air flow. A small woodshed is great, or under some eaves or along a fence line.
- Keep your wood burner well-maintained and look after your chimney and flue to remove build-up of soot.

**For more advice on choosing good wood and burning better check out warmercheaper.co.nz or call 0800 329 276 and ask to speak to one of our Better Burning Advisors.**

To see a list of local Trusted Good Wood Merchants, head to [warmercheaper.co.nz/](http://warmercheaper.co.nz/) findamerchant



Judith Earl-Goulet, Operations Manager from Environment Canterbury Timaru.

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# THE SHADE HOUSE

# Answering the burning questions

It's getting to that time of year again, when we South Islanders are stocking up on enough dry wood to get us through the colder months.

The burning question is, which wood do we choose?

Whether you buy or source your own, proper dry firewood is tough to find of late.

Burning wet wood comes with both health risks and environmental concerns, as it increases airborne toxins and particulate matter. In effect the moisture has to be burned out of the wood before it even starts to heat your home – serving to reduce extractable energy (or net calorific value).

Manufactured logs such as locally produced BioBriQs are proving popular. "People like them because they are reasonably priced, they are uniform in size and offer a consistent burn at a very high temperatures with reduced smoke," says Allan Booth, who started making the briquettes from compressed beechwood sawdust last year.

Booth says other advantages are that they don't spark and because they

limit creosote build-up, they are better for the fire burner. "We also think they may have a role in helping to improve our air quality."



One tonne of BioBriQs is equal to more than four cubic metres of dry firewood, so they take up only about a quarter of the equivalent firewood by energy. They can easily be stored inside, making them easy to access.

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## The Shade House

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# AUTUMN DAYS

The new season is here, which means it's time for cosy jumpers, warm scarves - and a beauty update. Here's how to switch up your look.



## Focusing on colour this winter

If international autumn winter colour trends are anything to go by, it'll be all about flash, colour and pop as we head into our southern hemisphere winter.

The new boss of Fashion Focus, Suzanne Talbot, is relishing the thought.

"Winter can be a fairly drab, grey affair. So we're all about adding a colour tint to those winter staples. And we've got the colours to suit," says Suzanne.

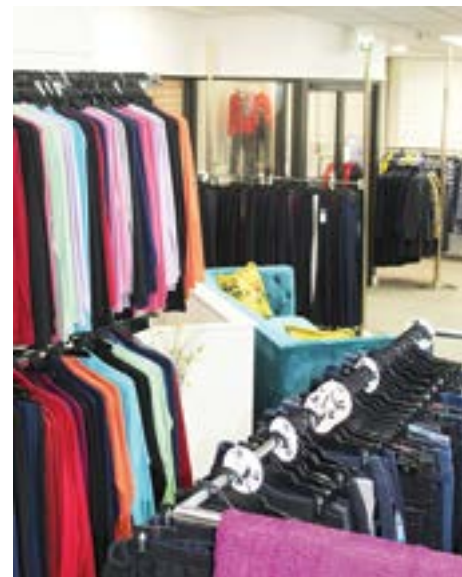
There's no doubt the former primary school and speech and drama teacher is excited about the future after taking over ownership of the iconic Highfield store earlier this month from Jan Hyde. "I've always liked fashion and thought this shop had a lot of potential with its specific focus on the over-30 market."

She doesn't intend to dramatically change the successful recipe that Jan built over the past 12 years. "It's all about supporting our loyal customers while looking out for new ranges to add to our existing collections."

While her specific business focus hasn't been into the fashion scene, Suzanne has been involved in running the family's Claremont sheep and cropping farm with husband Graham. The two have

four young children, two of whom are at Barton Rural School, where she is Board of Trustees Chair.

She admits it's a daunting prospect. "Running a fashion retail shop is challenging in this digitised era of Instagram and online shopping. But I've got a highly supportive family and am really keen to get stuck in."



## 1 OSMOSIS HIGHLIGHTING QUAD

Osmosis' holistic approach to Skincare, Wellness and Colour provides your skin with the tools it needs to create an ideal environment to encourage permanent change and overall radiance. For a luminous glow try the new Osmosis highlighting quad. Dust cheekbones, temples, bridge of nose, and eyes. Swirl a blend of all 4 illuminating shades or choose individual colors for different areas to provide impact with these antioxidant-rich, hydrating mineral formulas.

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photos: Jan Macpherson Photography

# Mackenzie Highland A&P Show

## Easter Monday 22nd April 2019

The much-awaited Mackenzie A&P Highland Show is getting closer and a trip to the Fairlie showground must be the best way to spend this Easter Monday! It may be the 121st show but there is always something new to see, do, and of course, eat! Enthusiastic site holders will be setting up over 400 sites; annual competitions will create some competitive tension; demonstrations and live entertainment will amuse everyone from the kids up and the carnival will keep the festive atmosphere pumping throughout the day!

It really is a great family day out and excellent value for money with world-class entertainment. This year's competitions include favourites such as the New Zealand

Kennel Club dog show and trials. While top wood choppers battle it out with their chainsaws and axes, award-winning sheep shearers get their blades snipping. Clap your hands along to the Highland dancing, piping and solo drumming. Other attractions include Cooking demonstrations from ARA, Highland games demos, Western Riding and Cowboy Challenge.

On the live stage, Li'l Chuck - The One Man Skiffle Machine and local acts and Freestyle NZ Motocross - NZ's #1 Professional FMX Team. There really is something for everyone!

For a break in the action, get some retail therapy by browsing the stalls of farm produce, wine and home brew.

Photography, flower arranging, patchwork, needlework, art, and crafts including card making, scrapbooking, jewellery, sculpture, carving and pottery will inspire your inner artist. Or take a look at the livestock including alpacas, miniatures to draught horses, sheep, cattle, goats and chickens, ducks and pigeons.

When you get hungry, a wide variety of food will be available from the kid's favourites to more unique flavours such as Mexican, Global Street food, 'Wild' NZ food, Cornish pasties etc.

So, make sure you and your family come along on April 22nd and enjoy all the traditional A&P experiences mixed with modern activities.

Free parking. Only \$15 adult, \$5 students and under 15, pre-schoolers free.

Lastly, a special thank all to the sponsors - the Show couldn't run without you...in particular: Alpine Energy, Barwoods, Des Segar Motors 2006 & Auto Trans, Fairlie Early Learners, Farmlands, Four Square Fairlie, Goldpine, Gordon Handy, Heiniger New Zealand Ltd, Lemacon Ltd, Mackenzie Supply Services, Mainland Wools, Makikihi Fries Chip Factory, Mighty Mix Dog Food, Peppers Bluewater Resort, Peter Walsh & Associates, PGG Wrightson Wool Ltd, Pinewood Motels, Point Lumber, Rabobank, Ravensdown Fertiliser Co-Operative, South Canterbury Toyota, The Front Store Engineering Supplies/Andar, Wasteaway.

# Unbeatable show specials at the Mackenzie A&P Show



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# WIN • WIN • WIN

Congratulations to the flower winner this month, Liz Harding. Michelle Vickery entered the competition for her. "Liz is not only our local postie but she is also a volunteer firewoman. She drops whatever she's doing to rush to fire calls, she waves and chats to any child on her postie run, helps with anything local she can but most of all she is a great friend to me and many others too."

A lovely bunch of flowers from everyone would be a great way to say thanks for all she does."

We hope you enjoyed this special treat!



Why don't you nominate somebody special to receive a \$40 bunch of flowers? Email your nominations to [pat@essencemagazine.co.nz](mailto:pat@essencemagazine.co.nz) or write into the office, 22 Chapel Street, Timaru.



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## Good time music with 'old time style' hits Fairlie

Visitors to this year's Mackenzie Highland A&P Show on Easter Monday can look forward to a Skiffle Extravaganza!

Dubbed the 'one man Skiffle machine' Li'l Chuck (AKA David Thorpe) hails from the UK but considers himself a Kiwi after living in Christchurch for the past 16 years. There he honed his talent working with bands the likes of Irish group, 'The Black Velvet Band', and 'The Vanguard', the official house band of The Crusaders' rugby team in Canterbury.

**Q. You perform two quite different shows, can you tell us more?**

I will be down in Fairlie with my genuine 'One Man Band' - Li'l Chuck The One Man Skiffle Machine, playing 'good time music with old time style' - one man band style - guitar, harmonica, drums, vocal simultaneously.... I'll also perform my 'Backyard Skiffle Band' show, an interactive show where I form a band from members of the audience 'on the fly' as well as give a music history lesson...

**Q. Tell us how you started/came up with such contrasting shows?**

My mind is like a firework display at the best of times, I constantly have creative ideas exploding all over the place. Over the years I have developed many acts and shows that fit into all sorts of environments which collectively keep the wheels turning as a professional musician.

**Q. What are you working on right now?**

I am working on my 3rd album release - MONO. The album is released on 29th March. I went over the the UK and recorded MONO in one day at a vintage recording studio using only one microphone and all 1950s recording equipment - playing all my instruments simultaneously of course!

**Q. What /who is your music influence?**

That's too hard! I have influences that cover so many music genres but I guess at the core of it all is The Blues.

**Q. What other genres of music do you listen to?**

I am really into old time jazz / western swing / old time country and trad folk stuff.

**Q. What has been your favourite venue to perform at / in so far?**

I have been very fortunate to play in some great venues including the Wellington Opera House and Isaac Theatre Royal, but what really blew me away was playing at Geraldine Arts and Plants last year, where the stage that was provided was a Morris Minor flat bed ute very similar to the one I used on my Utility Blues album cover... this exceeded all expectations!

**Q. Do you ever perform covers, or always your own material?**

With Li'l Chuck, it's mainly my own



stuff done in an old time style, so folks often think they have heard the songs somewhere before, but I also like to throw a few reinterpreted Blues and folks songs into the set.

**Q. If you could perform a duet with ANYONE, who would it be?**

I think Hank Williams would be top of the list.

**Q. What can the spectators expect to see from you at the Mackenzie Highland Show?**

I am pretty high energy and I like keep my shows vibrant and good fun... both shows have to be seen to be believed! - they are very visual.

**Q. How can fans-to-be listen to your music?**

All the usual digital stores have my music, I also do a lot of videos on my Facebook and Youtube channels...

<https://www.youtube.com/c/LilChuckTheOneManSkiffleMachine>

<https://www.facebook.com/skifflemachine>

<https://www.facebook.com/backyardskiffleband/>

Plus albums via my website

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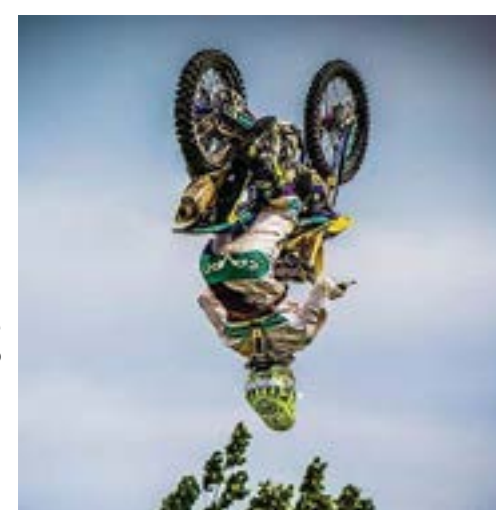


Freestyle New Zealand is New Zealand's No1 Professional & most successful FMX Team.

Freestyle New Zealand returns to the Mackenzie Country with a show that is sure to astound you, with 3 riders performing death defying stunts 3 stories in the air including the backflip ticks upside down.

Over the past 7 years, Freestyle New Zealand has been a dominant name in the Freestyle Motocross scene. We continue to bring our fans and event promoters high adrenaline and edge-of-your seat FMX shows throughout the country. We are excited to head back to the Easter Show with a show that is sure to impress. Our team will be taking to the air to defy the laws of gravity and show what can be done with a 100kg motorcycle 3 stories high in the air.

We will be demonstrating some of the most dangerous and difficult tricks in the FMX sport including the famous backflip, with blackflip tricks!! While our professional M/C will take you though step by step the details of these amazing tricks and bring the atmosphere alive. Be sure not to miss this show!



*From the Mayor's Desk*

Autumn is now officially here and until recently we have been enjoying hot days. We are grateful for the rain we have received which has dampened down parched paddocks, lawns and gardens as well as starting to replenish our low river levels. We are hopeful that we will receive more rain during autumn to continue the grass growth.

The towns of Fairlie, Tekapo and Twizel have continued to be busy with visitors, both international and domestic. With plenty of sports activities and events occurring either in our district or further beyond, there have been plenty of people about. The Pass to Pub mountainbike ride, Wanaka A & P Show, Motatapu Challenge, the Bert Munro Challenge, the different rowing events at Lake Ruataniwha, Gibbston Valley Summer Concert and concerts have all contributed to a happy vibrancy in our towns.

The Mackenzie Highland A & P Show is in Fairlie on Easter Monday. As always, this one day Show is very popular for locals, exhibitors, businesses and visitors. It is the largest one day Show in New Zealand with on average between 12-15,000 people through the gates. This is a guaranteed great fun family day out with something for everyone. There are over 400 sites and this year there is Freestyle NZ Motocross with New Zealand's number one professional FMX team as well as the usual Mackenzie Shears, Wood Chopping, NZ Kennel Club Show, Vintage Machinery and Li'l Chuck - The One Man Skiffle Machine. Also the Celebrity Chef and Cooking Demonstrations, a demonstration of Highland Games, Free Riding, Pedalmania, demonstrations of Cowboy Challenge, Mackenzie Trail Challenge, Exhibition Dog Trial, Animal Tent, Vintage Machinery, Mackenzie Highland Pipe Band, Barwoods Entertainment stage, Fairlie Four Square lolly scramble, Grand Parade, shopping, food, animals and much, much more.

Please continue to drive safe and look out for one another. We live in a special District and we encourage you all to come and enjoy our hospitality and all that our area has to offer.

**Graham Smith - Mackenzie District Council**

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**Visit us at the Mackenzie A&P Show**

# Mackenzie Highland A&P Show TIMETABLE



- 7.30 am Sheep Dog Trials
- 8.00 am Mackenzie Shearing Competition- Machine Heats (Shearing Pavilion)
- 8.15 am Judging of Equestrian District Class (Hacks, Park Hacks, Saddle Hunters, Riding Horse and Cobs)
- 8.30 am Judging commences for Ponies, Miniature Horses, Hacks, Park Hacks, Saddle Hunters, Riding Horses & Cobs
- 9.00 am Judging commences for Black & Coloured Sheep, Led Horse/Pony, Shetlands to follow Miniatures, First Ridden Ponies followed by Lead Rein Ponies. Clydesdales/Shires to follow Led Horse/Pony
- 9.30 am Freestyle NZ Motocross 15 min show. Judging commences for Produce Shed
- 9.45 am Judging commences for Alpacas
- 10.00am Judging commences for Highland Dancing, Sheep, Goats, Poultry, Pet Lambs & Pet Sheep
- Country Kidz Class One commences
- Li'l Chuck - The One Man Skiffle Machine 45 min show (Barwoods Trailer)
- 10.30 am Judging commences for Piping
- 11.00 am Freestyle NZ Motocross 15 min show
- Hunter Jumping Horses/Ponies followed by RTR (approx. time)
- 11.30 am Country Kidz Class Two commences
- Mackenzie Shearing Competition-Blade Heats (Shearing Pavilion-approx. time)
- 11.45 am Judging commences for Drumming
- 12.00 pm Shepherd's Hack judging commences in Mackenzie Cowboy Challenge Ring
- Champion of Champion Ram. Local Pet Dog Competition (meet at Secretary's Office)
- 12.15 pm Wood Chopping (Underhand)
- 12.30 pm Freestyle NZ Motocross 15 min show
- 12.45 pm Small Standing Chop
- 1.00 pm Mackenzie Shearing Competition Open Machine Heats with Semi Finals (Machine and Blade) to follow. Judging commences for Light Harness (approx start time)
- 1.15 pm Li'l Chuck - The One Man Skiffle Machine 45 min show (Barwoods Trailer)
- Wood Chopping (Mackenzie A & P Championship)
- 2.15 pm Wood Chopping (Big Underhand Chop). Freestyle NZ Motocross (Main Ring)
- 2.30 pm Grand Parade, Judging of the FMG Cup for The Supreme Champion over all Livestock, Presentation of Best Trade, Craft & Promotion. Four Square Fairlie Children's Lolly Scramble
- 3.00 pm Wood Chopping (Big Standing Chop)
- 3.30 pm Freestyle NZ Motocross 15 min show. Mackenzie Shearing Competition Finals (approx)
- Wood Chopping (Tree Chop, Dave Lorrie Memorial Cup, Single Handed Sawing)
- 4.00 pm Wood Chopping (Double Handed Sawing)
- 4.30 pm Wood Chopping (Jack 'n Jill Sawing)

Mackenzie Cowboy Challenge/Western Riding demos throughout the day (Cowboy Challenge Ring)

Live entertainment throughout the day (Barwoods Trailer).

NZ Fire Service Display, Red Cross and St John's units.

Main Ring 12-2pm- Dog Trial Showcase, Highland Games display, Cowboy Challenge/Western Riding display.

Other entertainment available from 9.30am including carnival rides, Pedalmania, NZKC Dog Show, ARA Cooking Marquee, Pet Tent, Vintage Machinery display, Mackenzie Highland Pipe Band, shopping, etc.

*All times approx. and subject to change. Listen to Announcer for any time changes.*



## The Ara long lunch

Ara Institute of Canterbury is bringing a team of top professional chefs to the Mackenzie Highland A+P show in April 2019. Using only locally sourced, high quality ingredients, the team will showcase top regional cuisine to our tent of foodie guests.

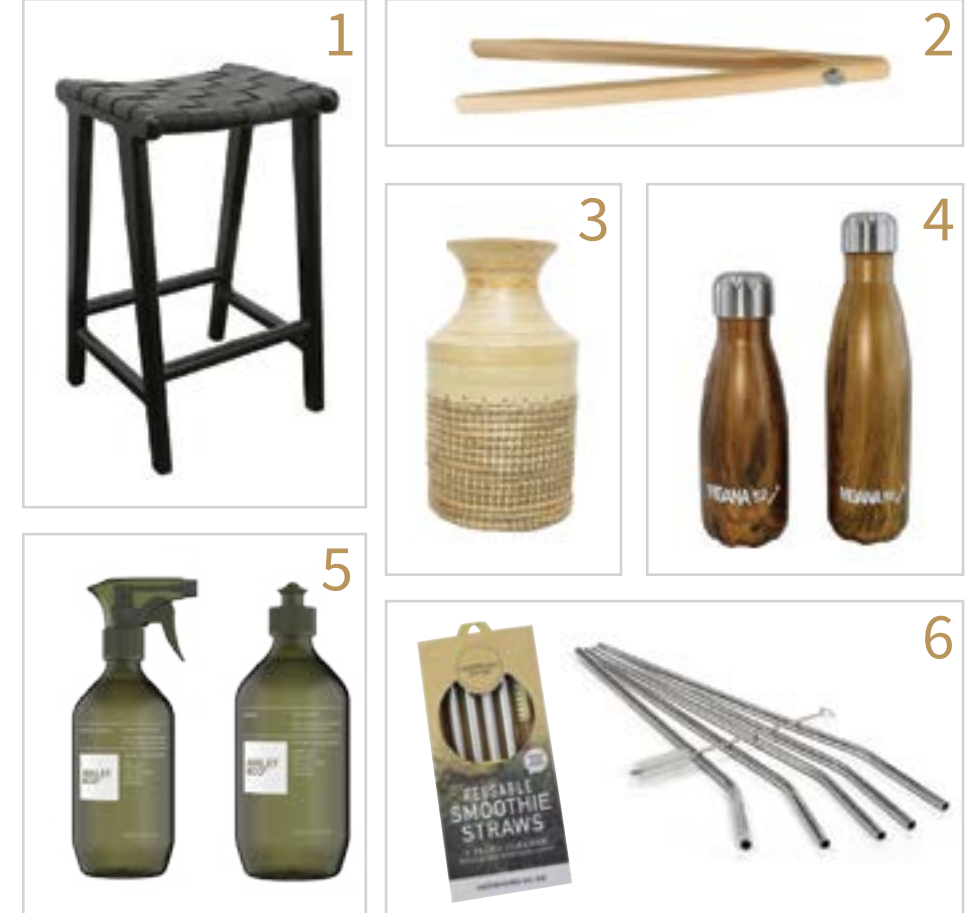
Guests will enjoy a hands-on cooking experience with one of our expert chefs, then sit down at our Long Lunch tables and enjoy a two-course taster that they have prepared, while speaking with the chefs and having the chance for a Q+A session.

Ara will be supplying this awesome experience for just \$5 per person and we have limited spaces available, with 30 people being seated at once and the sessions lasting 35 minutes. We will be offering six sessions throughout the day, starting at 10am, on the hour throughout the day.

You can expect to learn, taste and get hands-on cooking tips and tricks with our fun and engaging team and we will also be showcasing our upcoming Business Breakfast Speaker Series, Experience Ara taster activities and our Sector Days. Get involved, learn something and test your skills against our experts!

While t in the Ara tent, why not have a look at the great range of courses that Ara offers locally and online, or for more information just click: <https://advantageyou.co.nz/>

## 6 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.** London counter stool - \$439 *Maree Hynes* **2.** Bamboo Toast Tongs - \$5.99 *Hopkinsons* **3.** Bali bamboo & seagrass vase \$65 (45cmH) *Maree Hynes* **4.** Moana Rd Drink Bottle - 350ml \$19.95, 50ml \$25 *Mint Boutique* **5.** Home Keeping Bench press \$19.95 and Dish Wash \$19.95 *Blank Space* **6.** Stainless Steel Reusable Drinking Straws 4 Pack - \$21.90 *Hopkinsons*



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The Lilac Girls  
by Martha Hall Kelly



This book, based upon a true story, is about three very different women during World War 2, whose lives eventually intersect. The story rotates in chapters between the points of view of each of these women, telling their stories before, during, and after the war.

Caroline Ferriday is a single New York socialite who does volunteer work for the French Consulate aiding orphans. Compassionate about her work, twenty-something Caroline wants to do something meaningful with her life. She ultimately ends up helping raise money to rehabilitate women whose lives were severely impacted at Ravensbruck, a labour camp for women under the Nazi regime.

Kasia Kuzmerick is a 17 year old, living in Poland who joins the resistance when her country is invaded by the Nazis. She is eventually taken by the Germans to Ravensbruck, and is one of the rabbits. The rabbits were a group of young, healthy, women on whom the Germans performed ruthless, unnecessary operations, debilitating them for life, and sometimes just killing them outright. Herta Oberheuser is a young German doctor who is really striving to get herself noticed as a female doctor and shows her unwavering support for the Reich. She is the doctor who performs those operations. She is such an evil person who shows no remorse for what she does as it's done for the good of Germany. This book is a compelling read, even though it was difficult to read in parts.



# Approachable Street Ambassadors

words: Esther Ashby-Coventry

Love or loathe parking time limits – without them Timaru CBD could well degenerate into a ghost town.

The township would risk losing its vibrancy, group manager environmental services Tracy Tierney suggests.

Businesses which relied on moving foot traffic could suffer, she says.

“The inner township could become one big (longterm) parking lot.”

The most common excuse for staying too long in a carpark space was that the driver thought they had only been “five minutes”.

“They’ve been there at least 10 minutes over the time limit because we chalk (the tyres) and come back,” \*Eve says.

Walking about 17kms a day, the two officers spoken to for this story, say they do the job because they like people and the Council was very supportive particularly when they deal with a handful of unpleasant individuals.

Eve says she loves the job because she's out and about talking to people and being social. It means she knows what's going on in the community and feels involved.

“We are friendly not horrible. We are very approachable... we don't want abuse we are here to enforce the rules. We are ambassadors for the council,” \*John says.

After working in the hospitality sector previously Eve says she learned how to deal with abusive drunks who were far worse than annoyed drivers.

She feels sorry for others in service industries who are subject to verbal abuse as they cannot walk away so easily.

“It's not normal to abuse people.”

Much of the job involves explaining the reason behind the parking tickets and other infringements such as the dangers of driving an unwarranted vehicle.

“If people are upset with a ticket I will explain their options,” she says.

Any defendant can challenge their infringement and write to the Council outlining their reasons. A manager makes a final decision on whether the infringement stands or not.

There was no particular type of person who was the abusive minority but former security guard John knows how to de-escalate a situation.

Most members of the public in Timaru are nice people, he says.

Wearing cameras for the last year has given the officers more security and reduced the number of abusive incidents. Potentially abusive people are now watching what they say, according to John.

“When people only park as long as they are supposed to then they will only ever receive positive interactions with parking officers,” Eve says in conclusion.

*\*Names have been changed to protect the privacy of parking officers.*

Metered and time restricted parking has been well established in Timaru since the 1960s. It is self-funding with revenue used to fund the costs of maintenance, cleaning, providing parking and enforcement.

The parking revenue per annum 2018/2019 budget is:

- Parking fees \$430,500
- Car park leases \$72,300
- Infringements \$450,000

Supplied by TDC Land Transport Manager Andrew Dixon

# 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](mailto:info@essencemagazine.co.nz)



## Brian Reeves

Environment Canterbury's Southern zone delivery lead. Part of his role includes investigating complaints about excessive outdoor burning and helping people to understand the rules.

### Q. What does the Air Plan say about outdoor burning?

The Canterbury Air Regional Plan prohibits most outdoor burning activities on properties under two hectares and restricts outdoor burning on other properties. This is to reduce pollution, manage effects on air quality and prevent smoke from affecting neighbours. It allows for some outdoor burning on properties over two hectares if certain conditions are met, but we encourage alternatives where possible such as composting, mulching, kerbside collection services or transfer stations.

Q. What are the rules? On properties under two hectares, you can't burn outdoors unless it is for cooking purposes e.g. BBQ, pizza ovens, hangi or umu. On properties over two hectares, you can burn vegetation, paper, cardboard or untreated wood, if you meet certain conditions such as the material being burnt is dry, and the smoke does not cause a nuisance beyond your property boundary.

### Q. What's the deal with crop residue burning?

Crop residue burning (also known as stubble burning) is considered an important practice for many arable farmers. However, we understand that large-scale outdoor burning in rural areas can be a concern to those living nearby and at times the nature and movements of the smoke from these can be a nuisance and offensive. The Air Plan has measures in place restricting outdoor burning to help reduce the nuisance and improve the quality of the air. Anyone carrying out crop residue burning must fill out a smoke management plan. There are also two designated crop residue burning buffer zones, one in Timaru and one in Ashburton, where anyone wanting to carry out crop residue burning must have a resource consent.

Q. What is your advice for anyone planning an outdoor burn? We encourage anyone planning an outdoor burn, including a crop residue burn, to contact us beforehand to discuss. There's also plenty of information at [www.ecan.govt.nz/outdoorburning](http://www.ecan.govt.nz/outdoorburning). Fire and Emergency New Zealand has its own restrictions and permitting requirements – you can view these on their handy tool [www.checkitsalright.nz](http://www.checkitsalright.nz).

Q. How can I report a burning-related incident? Call our incident response team on 0800 765 588 (24 hours). It's helpful if you can provide as much detail as possible, e.g. an address where the burn is occurring, to help our team to investigate and respond appropriately.



75 Church St, Timaru  
Ph 0800 329 276  
[www.ecan.govt.nz](http://www.ecan.govt.nz)



## Gareth Heywood

Been at south Canterbury Toyota 21years, starting as an apprentice, working up to service manager 2 years ago.

### Why service your car?

**Safety** - Regular servicing can help to identify potential problems before they become real ones. Servicing will make sure that essential checks are carried out to critical vehicle components such as your braking system and suspension to make sure that these vital parts don't let you down when you need them most. Regular servicing provides peace of mind that the vehicle is in road-worthy condition. Just because a car feels ok, it doesn't automatically mean all is working as well as it should be. As the kms clock-up so too does the wear and tear, but because deterioration is often gradual and hidden out of sight, motorists may not see and feel the change. This can lull motorists into a false sense of security, mistakenly believing that all is ok because nothing major has gone wrong with their vehicle.

**Save money** - Failing to service your vehicle each year to save a few dollars really is a false economy. Regular servicing can help to identify issues early on that could later become costly and expensive to rectify. Take engine oil for example, it's needed to lubricate and protect the moving parts inside your engine. Without it, your engine could seize up costing thousands to repair or replace. All our service schedules include checking the engine oil and, if needed, replacing this with fresh oil specifically designed for your car. Regular servicing can also save motorists money at the petrol pump. New oil and air filters make for a smoother running engine and a more fuel efficient car, while addressing issues such as under inflated tyres will reduce rolling resistance and improve fuel consumption.

**Longevity** - Simply put, regularly servicing your car will undoubtedly improve the life span of the vehicle. Just like your body, the better you treat it – the longer it is likely to last. And with more and more people choosing to hold on to their car for longer – regular servicing is crucial if you are to enjoy many years of trouble-free driving.

**Maintaining vehicle value** - The second hand market is always competitive, with buyers expecting more for their money. A car with evidence of regular servicing – or even better a full service history - is likely to attract more potential buyers and a higher selling price.



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## Nicki Mitchell & Lucy Davidson

When clients come to see us they generally have an array of questions, some of those questions include general information about their dream destinations, others are about the best way to get there, but we also frequently get asked “what is the best way to see everything” or “I want something different, something unique”.

### Did you know that you can cycle your way around the world?

Cycling Tours have become increasingly popular recently and we are finding more and more people showing interest in seeing their dream destinations on two wheels.

There are many wonderful cycle tours in some of the world's most famous locations. Small groups of 8 – 16 people enable you to get to see some of the more “off the beaten track” areas, you cycle through small towns, meet the locals all the while taking in some of the most picturesque sights the world has to offer.

Some of the more common questions we get asked when it comes to cycling adventures are, where can I cycle and what level of fitness do I need?

Firstly, there are so many locations you can cycle, wonderful itineraries in places like Vietnam, Sicily, Greece, Mexico, Japan, Italy, Namibia to name a few. Each tour has its own fitness level recommendation, but generally they range from Moderate to Challenging. For those of you who feel like you may need a little assistance on those daunting hill climbs, or who want a more leisurely approach, there's several tour options on which you have the option to hire an E bike. The introduction of electric powered bikes to touring has really opened up many opportunities for people who want to see the world in a unique and exhilarating way.

If small groups aren't your thing, why not tailor make your own self-guided cycle itinerary? Simply choose your destination/s and we will help put together a wonderful adventure.

If you think this might be for you, come and talk to us, this is definitely an experience of a lifetime

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## John Simpson

John has been providing audio and video solutions to his customers for over 25 years.

### Home Heating Solutions - part 2

**Q. How efficient are Herschel Infrared Panels. The future of heating!**  
Infrared panels can be very cost effective in terms of ongoing heating costs for your home. In order to ensure optimum performance, we would always carry out a home visit prior to designing and quoting a heating solution for your home.

A site visit also reveals any considerations to be factored into the heating design.

Customers can choose to heat specific rooms that are cold spaces, or consider a whole home heating solution, using Herschel Infrared panels.

Bathroom and bedroom areas can be heated using mirror finish panels.

Panels can be ceiling or wall mounted and panel positioning will be part of the design solution for the space.

**Q. Can Herschel be retrofitted?**  
Yes, our panels can be fitted to existing homes and can be part of the solution for new home builds.

**Q. Can Herschel Infrared be used in commercial spaces?**  
Yes, infrared heating can be used in offices, cafes, restaurants, showrooms etc.

There are multiple designs of infrared heating solutions. Wall mounted bar heaters, suspended heaters as well as panels make up the range of Industrial and Commercial heating solutions.

**Q. Heat just the space you work in!**  
A suspended or wall mounted Herschel Infrared

heater can be positioned to heat just the area of a large workspace, meaning you are not wasting energy heating large spaces. Commercial packing areas fall into this category.

As part of our service, we will arrange site visits and heating designs to ensure a successful outcome for our customers.

Call John Simpson on 0274 347 320 to arrange a site visit, or visit our showroom at Living With Style, 300 Hilton Highway, Timaru.

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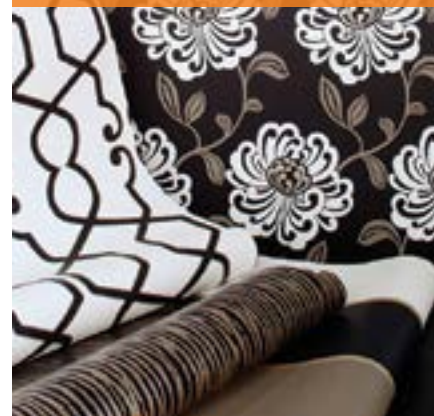


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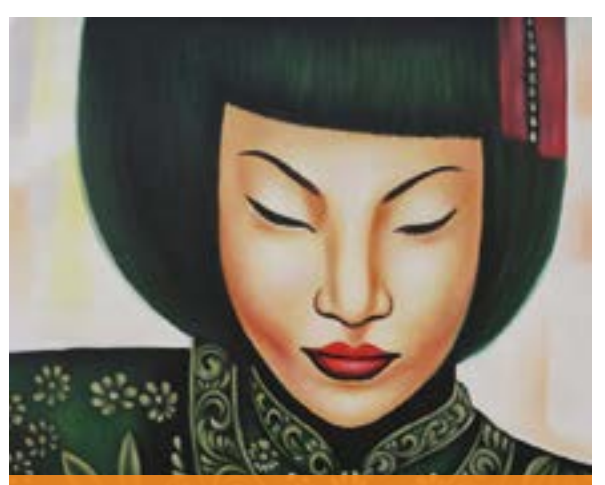
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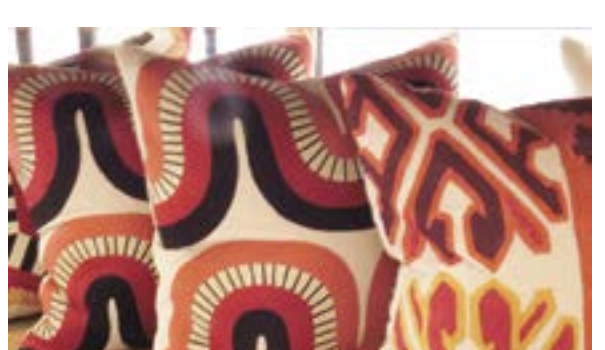
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words: Gilly Oppenheim



**The Sustainable South Canterbury Trust**

The Sustainable South Canterbury Trust (SSCT) is led by a group of volunteer trustees with professional skills, drawn from Timaru and surrounding districts, dedicated to making our place a better place. The Trust chairperson is Brian Gallagher with the other Trustees being Syd Horgan, Ross Wells, Horst Elsen and Rhys Jones. Originally called the Aoraki Wastebusters Trust, the SSCT was established in 2002. They run The Crow's Nest, a re-use and recycling shop, which has recently undergone a make-over. Through 'in kind' donations and by securing grant funds, the Trust has improved this site near the Redruth Resource Recovery Park



insulated concrete foundation. A new roof has been sponsored by Bluecore Steel to ensure building code compliance for the coastal location. Rushton Architects are undertaking the project management. Stage Two will include the fit-out and completion of the grounds. It is hoped that the centre will be up and running by 2020.

which is owned by the Timaru District Council.

Their next step towards being more sustainable is the development of an Eco-Centre. Stage One of the \$1.1 million Eco-Centre is almost complete. This project has received \$300,000 in funding from the Timaru District Council and the Mid-South Canterbury Community Trust.

The former Highfield tennis and bowling club building donated by Timaru property developer Kevin Pateman is being converted into the Eco-Centre. In 2015 the Trust arranged for the building to be moved in two parts onto the Eco-Centre site. Colin Shore Building Ltd is undertaking the construction work with the two parts recently placed on an

The Trust wants to convert the building into a facility which will be eco-friendly and include aspects of environmental sustainability involving heat and rainwater. The building will be used to educate schools and other groups on energy efficiency, waste minimisation, water quality protection, food growing, bio-diversity and protection of wildlife. A wide variety of groups is expected to use the Eco-Centre once it is completed, including the Department of Conservation, Forest and Bird, Fish and Game and schools. It will also give organisations a venue for displaying products and information about conservation and management. A wonderful concept to educate us on sustainability and what we can do to improve our environment.

**The Crow's Nest Gets a Makeover**

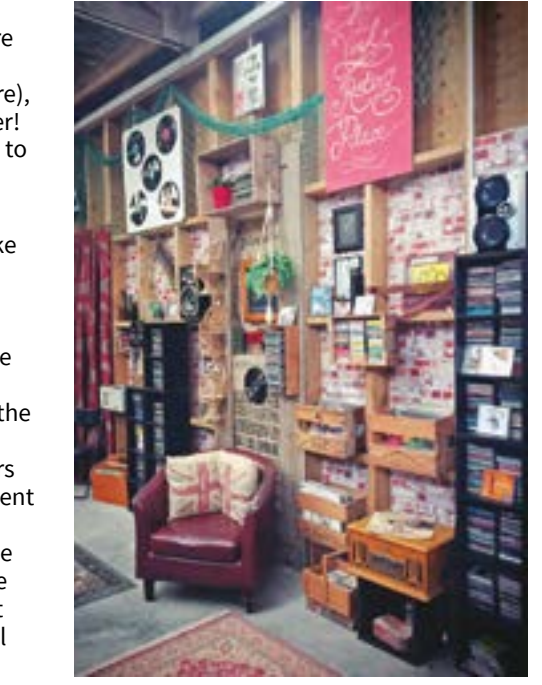
What an amazing transformation! The new manager of the Crow's Nest is Sharon Breakwell and she and her staff have been working overtime to convert the shop into a 'go to' more user-friendly place. There are currently more than 27,000 regular paying customers, five full-time staff and four part-timers. The two women, Sharon and Rochelle, do the sales and displays and the men do the hands-on collection of items and general fixing and maintenance jobs.

Sharon worked for the Ashburton Wastebusters Trust for 18 years and she is passionate about sustainability. Part of her Ashburton job was to educate people about Zero Waste in the Ashburton and Selwyn District Councils. When she saw the Crow's Nest job advertised on Trade Me in December 2018, and its proposed affiliation with the Eco-Centre (any profits from the shop are going towards the establishment of the Centre), she decided that this was the job for her! Sharon still commutes from Ashburton to manage the shop.

She saw the potential as an asset to the community and she wanted to make the Crow's Nest an inviting shopping experience. There are now tables and chairs scattered around, where the customers can relax and chat and in the future she is hoping to establish a shed for handymen and women. She wants the shop to cater for all tastes - those with limited incomes, middle income earners and dealers. A new initiative is the advent of the silent auction. This means that everyone gets an opportunity to browse some of the amazing items which come in and to place their bid. The first silent auction will run from March 15th - April 15th.



The Crow's Nest is currently open from 9am until 4.45pm from Wednesday to Saturday. Ideally Sharon would like the shop to be open seven days, like the Drop off area at the Resource Recovery Park, Redruth. Sharon says they receive some amazing items and she really enjoys meeting and chatting with the customers. The car park was chocka the day I visited and there were many smiling faces coming out of the shop. This is a niche market which can only get bigger and better as people realise the treasures that can be found here!



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words: Gilly Oppenheim

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