

# essence

essentially...south canterbury

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Businesses


# GET THE LOOK SHOP LOCAL

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### Fashion

Shop local and support local businesses.  
For fashion advice and new looks See page 12.



### Gloriavale

All together nearly 150 people have left Gloriavale over the past seven years and over half have permanently established themselves in the South Canterbury region.  
Read more on page 6.



### Timaru Sewing Centre

Timaru Sewing Centre  
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# Katie Vincent civil engineer

“Being the only female on site can be interesting!”

And so is this enterprising young civil engineer, Katie Vincent, born and educated in Timaru at Waimataitai and Mountainview High School is carving out a name for herself in the engineering field. After leaving school, Katie completed a four year Bachelor of Engineering Honours degree at the University of Canterbury. It was unusual for a girl to pursue a career in engineering, but Katie is thriving on it. About 30 % of the students in her year were girls. Engineering appealed to her, because you can create a design on paper and then see the finished results, and she also enjoys the physical side, although this can involve hard work and long hours. Hence the comment at the beginning of this article. Katie had to prove herself in a largely male field of work. Not easy for an attractive young 20 year old trying not to step on the toes of older men with 30 or 40 years of experience!



Another feather in Katie's cap was being asked to present a talk at the NZSOLD ANCOLD Conference in Auckland in October 2019 with the theme 'Resilient Dams for Resilient

Communities.' Katie and her research partner presented their Honours research project on embankment dams. It was unusual for undergraduates to be invited to attend this prestigious conference, let alone do a talk, which resulted in fourteen job offers! However Katie has decided to accept the job offer from Holmes Consulting which will focus more on structural engineering.

Katie starts her new job in February, but before then she has applied to do a Classic Outward Bound course. She enjoys tramping and water sports and she is also an accomplished musician, having passed Grade 8 in flute. She also plays the piano and the guitar and she enjoys singing. Another interest is art - painting and drawing. We will watch this talented young lady with interest.



## Community Extravaganza

Saturday 7th March was a great day celebrating South Canterbury's rich cultural diversity with international food stalls from 12+ countries, traditional dress up and photo booths. There were performances from local cultural groups, lantern making, henna painting, first aid training, origami, lego mania and much much more. What an enjoyable day with fun and great food.



## Relay for life Waimate

Relay For Life was held in Waimate where it was an inspirational and fun event for every one of all fitness levels, during which we celebrated with survivors, remember loved ones lost to cancer and come together as a community to fight back against cancer. Teams set up their site and took turns relay style walking/running around a track for 12 hours while enjoying a carnival atmosphere of live music, entertainment, games, activities and fantastic community camaraderie.

Photos supplied by Cancer Society



## SOUTH CANTERBURY TOYOTA HAVE DONE IT AGAIN

Branch Manager Mark Patterson had the pleasure of accepting not one but two major awards at the Toyota New Zealand Dealer Awards in Dunedin on February 29th. The awards, 2019 Presidents Trophy and 2019 Toyota Dealer of The Year, would not have been possible without the fantastic team at SC Toyota and the awesome and supportive community that we all live in.



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# LEAVING GLORIAVALE

The Gloriavale Christian community is an isolated religious group based on the West Coast, about 80 km from Greymouth. There are currently over 600 people living there, many of whom were born there and have never known life on the outside.

The group was founded in 1969 by Neville Cooper, later renamed Hopeful Christian. In the early years they were known as the Cooperites and lived on a farm at Springbank in Canterbury. Neville had a dream that the Bible should be lived out practically and that the principles of sharing and holding all things in common were important. In the early days new members were required to share their worldly goods and all money was held in a common financial purse. All incomes went into a common kitty, which was distributed equally according to the size of the family. However these days, the members do not have any of their own money.

*No one gets paid at Gloriavale, and they sign a vow promising that if they should ever leave, they will do so without expecting any financial help.*

Most of the community members do not realise they are receiving Working for Families Tax credits, or that income is allocated into their account and then withdrawn for the use of the community. The community has had various successful business interests over the years, including dairying, charter flights, collecting sphagnum moss, honey production, deer farms and hunting ventures and more.

The families are large, because birth control is not allowed! The community runs a private school and four Government-funded day care centres for the many children. Their education is aimed at those studies which will help the community – so trades for men and a more basic education for women. The women spend their lives in traditional domestic roles or childcare. Some women will do distance learning to get their Early Childhood Training and some men are allowed to do Trade courses in Greymouth.

All mealtimes are communal and the community runs on a strict timetable where no-one gets much free time. Everyone lives in hostels, which are set up with a large circulation space and family bedrooms all coming off this area. The bathroom facilities are shared with other families on the same hostel floor. Marriages are arranged by the leaders and the couples are usually very young and produce large families.

Gloriavale is well known for its trademark long blue dresses and head scarves for women. They are not allowed to roll up their sleeves, men must have their top button done up and definitely no hands in pockets. The community runs an amazing concert every two years, including a three course meal, as a way of spreading the word about their life. Outsiders can attend this event.

However, over the years the community has become stricter and stricter, as they feel the

world is encroaching on them. They despise vanity, competition and any disobedience. Hence some members are rebelling against the myriad of rules and regulations, some are doubting what they have been told their whole lives, and some don't feel it's a healthy place for their families. There are recent cases of men who have been excommunicated, and whose wives and children are still inside. Many wives choose to stay, because they are fearful of sending themselves and their families to hell and/or being separated from their own parents. The leavers say that it is a regime run by fear, but for the majority of people living in Gloriavale, this is all they have ever known. Their leaders exert absolute authority over every aspect of their lives and they are taught that they couldn't survive in the evil outside world if they did choose to leave.

Enter Liz Gregory, who founded The Gloriavale Leavers' Trust, which has been set up to help those who have chosen to leave Gloriavale. Liz and the Trust also work closely with people who are offering love and support to leavers in other regions. It's a great example of teamwork.

About seven years ago, a young ex-Gloriavale family visited her church one Sunday. Bronwyn and René Kempf and other church members realised this family needed love and support and took them under their wing. From there it has escalated with more church members, other leavers and supporters coming on board. All together nearly 150 people have left Gloriavale over the past seven years and over half have permanently established themselves in the South Canterbury region. This has been a daunting task, because most of those who have left, come out with little more than the clothes on their backs, possibly some bedding and no money.

Liz and her husband Graham have taken six families into their home for 4-6 weeks at a time to help them settle in the outside world. With help from lots of others and a very supportive church community, families have been clothed and houses furnished for them. The cost of settling one family is upwards of \$50,000. A lot of furniture, clothing and toys have been kindly donated by the local community and churches, but there is still a shortfall of approximately \$5,000-10,000 per family. This money is needed for bond and rent payments, insurance, vehicles (often vans for their large families), petrol, as well as money to get school uniforms and school supplies, food for their cupboards and personal items. Being a registered charity has given the Trust the opportunity to apply for funding grants from other groups, organisations and individuals. The Mid & South Canterbury Trust, the NZ Charitable Foundation and the AD Hally Trust have all been generous donors, as well as individuals.

The leavers have been blown away by the generosity of the local South Canterbury community. As Liz said, "When they come out here and experience kindness, it is a real challenge to their whole belief system. For families leaving, it is a big decision and I know it impacts them, because they've got loved ones inside and family they might never see again for a long time. People underestimate how overwhelming it can be". As one leaver said, "Life outside Gloriavale is a completely different world. After living your whole life learning not to make decisions and then once outside you have to make decisions about everything – decisions for yourself, decisions regarding your finances, your family, moral issues – even make decisions down to things like the way you dress". Choosing to leave the community is a huge leap of faith. "The best way I can sum it up is what it is like to have freedom. To be able to do things without having to worry what other people will think or worry all the time about getting into trouble ... it is just a different world".

The Gloriavale Leavers' Support Trust has set up a Facebook Page, and they regularly speak to local community groups to help raise awareness and funds.



# Online Edition



With the current change to businesses you can follow along with our amazing clients and Essence Magazine on facebook and view our magazine online! We are working hard to continue supporting our loyal clients and local businesses who pour their heart into the region.

We wish all our clients the absolute best and encourage them to continue posting on facebook so the community can stand behind them. When we return to whatever the new normal may be the Essence team will be here to help you all in whatever way we can. Thinking of you all, Pat, Liz, Dorothy, Laryna and Amber

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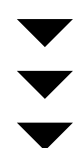
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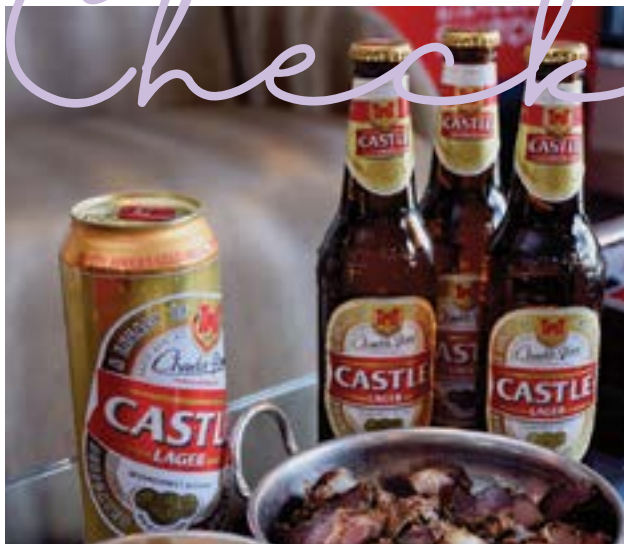
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Agatha Ruiz Kids \$265



Thardi Batwing Blouse Wine - \$ 159.90 - Mint Boutique



Skye Chiffon Skirt Blush \$149.90 - Mint Boutique



Lexi Shift Dress - \$ 159.90 - Mint Boutique



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# Inspiring CREATIVITY FOR TIMARU

It's not often that people like their jobs so much they buy the business. But that's what happened to Linda Butler of The Timaru Sewing Centre. She had been working there for the previous owner and when the opportunity came up, in 2005, she bought the business.

"Sewing has always been a part of me," says Linda, "I learnt a lot from my mother and I used to enter craft and sewing displays at the A & P shows. I've just always enjoyed sewing and crafts."

Over the last 15 years the Timaru Sewing Centre has gone from strength to strength, taking on more staff, moving premises and starting to offer classes in sewing, crocheting and other crafty pastimes. And while the area has always had a strong sewing community according to Linda, it has continued to grow and the store now draws in people from as far afield as Christchurch.

But the focus has changed with our changing world. In the early days they used to sell a lot of bridal and ballgown fabric for people who were creating their own outfits, says Linda, but nowadays that's less common. However knitting and crocheting are both undergoing a big revival with social media images providing inspiration for many newcomers to the craft.

"We are about inspiring creativity here and we find people come for various reasons. Creating is a good way of escaping," says Linda.

The store stocks everything from sewing machines to beads and everything in between. And for those who need a bit of advice, Linda or one of her knowledgeable colleagues is always happy to discuss projects or point newcomers to an appropriate class.

**"Don't be afraid to try new things," says Linda, "People see things and think 'I could never do that' but actually they probably can."**

During the birthday week, wear or bring in something that you have made using at least 50% of Timaru Sewing Centre product, get a photo taken and put onto Facebook to be voted for Facebook Viewer's Choice Award. **Winner receives a \$200 voucher!** It could be a garment, patchwork, knitting, a craft item, anything that you could imagine and create.

## TIMARU SEWING CENTRE CELEBRATING 15 YEARS IN BUSINESS



### WEEK LONG SPECIALS

MONDAY MARCH 23RD  
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- 20% OFF ALL MCCALL'S, SIMPLICITY, BURDA OR BUTTERICK PATTERNS
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- 30% OFF FABRICS - INCLUDES ALL DRESS AND PATCHWORK
- 20% OFF MAGAZINES



[WWW.TIMARUSEWING.CO.NZ](http://WWW.TIMARUSEWING.CO.NZ) | 158 STAFFORD STREET, TIMARU

# ASK AN EXPERT

If you have a question you would like our panel of experts to answer please drop us a line at [pat@essencemagazine.co.nz](mailto:pat@essencemagazine.co.nz)



## Renae McClenaghan

Renae is General Manager/ Finance and Insurance Specialist at Autoworld Timaru with over 14 years' experience in the finance and insurance industry.

### Fleet Solutions

Do you have a fleet of cars and need help managing them? Whether it's one or 15, we have solutions that will suit your transport and work needs.

We often see companies with a fleet of vehicles that are not managed or taken care of in a manner that limits exposure and provides the best possible outcome for a company.

From replacing them at the optimal time to get as much value as the company can, to fully understanding the importance of maintaining a fleet to manufacturer's specifications.

Keeping an eye on the all round condition of a car, from exterior to interior damage on a regular basis is essential to limit issues that may devalue your fleet.

Companies often opt to service a car still under warranty with the local garage, missing vital software updates that minimise running costs and support the longevity of the car concerned. A branded store will have these updates as part of the car's maintenance schedule. It is vitally important to maintain the manufacturer's warranty by getting it serviced and all software updates are completed by getting it serviced and maintained by the correct and approved Brand.

There are so many options when it comes to how to finance your fleet from Leasing to H/P. As a company, we can give you solid advice on how to replace your fleet and offer tailor made solutions for your company's needs from financing, full replacement, disposing of your existing fleet to maximise your return and service plans so you know what your yearly operating costs are.

There are so many alternatives and tax implications, let us help you negotiate and make sure you are not leaving any opportunity to claim what you are entitled to. We can create as much Value for you as possible by protecting your fleet during the entire ownership period of your car, ute or commercial.

Our team are more than happy to guide you through the whole process.

Pop in to see myself and the team for a chat about your needs and let us come up with a solution for you.

  
6 Sefton Street, Timaru  
Ph (03) 683 1215 or 0508 AUTOWORLD  
[autoworldtimaru.co.nz](http://autoworldtimaru.co.nz)



## Jamie Crilly

Jamie knows that helping clients with their pets starts with providing a good understanding of health care issues and treatment options.

### Q. What is the fastest way to get rid of fleas on my cat or dog?

Use a high quality flea prevention, such as Advantage or Bravecto. Both have a high efficacy rate and Bravecto even lasts up to 3 months in 1 dose. This makes it easier on you and your pet as well as tying in well with worm preventions. With the changes in the weather that we have been experiencing, flea problems are expected to continue to be more of a problem. Unfortunately while home remedies might appear to work, some can cause harmful effects on your pets and most only repel the fleas while in small numbers. Vet supplied products will always be the best to use.

### Q. How often do I have to bring my cat/ dog in for its vaccinations?

For most adult cats and dogs, the typical vaccines are suitable for 3 years. Depending on the risk factors and other outside influences, it may be recommended that more frequent dosing is required eg. Cats going into catteries need to have their vaccine within the last year. If your dog is going into kennels, they will need to have the Kennel Cough vaccine up to date which is a yearly dosing. This is also highly recommended for dogs that have regular contact with foreign dogs. Puppies have a different regime for vaccinations and should be enquired from the vet.

### Q. What age can I get my pet microchipped? If it's an old cat/dog do I still get it microchipped?

Pets can be microchipped at any age, but due to the size of puppies, it is often left till their last puppy vaccinations around 12 weeks. It is never too old for your pet to be microchipped and is necessary for council registration. In NZ we have an organisation NZCAR that oversees a nationwide database for microchipped pets. This is a one-off fee of \$15. All councils, vets, registered animal rescue organisations have access to it.



9 Latter St, Timaru  
Ph (03) 746 4144  
[www.familyvet.co.nz](http://www.familyvet.co.nz)



## Liz Nolan

Liz Nolan Manager of Presbyterian Support South Canterbury (PSSC) Family Works Service.

Liz has worked for PSSC for 10 years. Prior to this Liz worked for IHC for 19 years and was Area Manager for Mid and South Canterbury for 12 of those years.

Family Works currently employs 40 staff in South Canterbury.

### What does Family Works do?

We provide a wide range of services to support children, young people, individuals and families in our community.

We offer social work support and counselling services, along with a wide range of group and individual programmes. This support can be provided to a family in their home, in the child's school and from our Family Works service in North Street.

We recognise that to achieve the best results we must partner with families, other agencies, schools, government and communities. Our strong commitment to partnership means we can coordinate services and ensure that families have their needs met in the best possible way.

It is 'Family Works' on the ground presence in local communities that make us different and truly responsive to local needs

We will also be providing resettlement support services to former Refugees. This is a new service for us and is based at 3 Sophia Street in Timaru.

### How can I help or get involved?

There are many ways that you can help. You can donate your time and become a Big Buddy as part of our Buddy Mentoring programme or volunteer to support with the resettlement of former refugees in our community. Make donations to our Guardian Angels regular giving programme or our Food bank, donations of swimming tickets and petrol vouchers are also very much appreciated. Contact us to find out more.

Quote: "Pooh what is the bravest thing you have ever said" asked Piglet.

"HELP!" said Pooh.



[www.pssc.org.nz](http://www.pssc.org.nz)  
PH: 03 688 5029  
[efamilyworks@pssc.co.nz](mailto:efamilyworks@pssc.co.nz)



## Lauren Archer

Lauren Archer has been a solicitor with Timpany Walton since 2018. Lauren specialises in criminal, family and employment law. She has a particular interest in assisting and advising employers.

### Q. If my employee has a holiday booked to Australia next month and they have told me that they want to come to work straight after, what can I do?

You can direct your employee not to return to work. As there has been a Government directive on mandatory self-isolation upon return from overseas (except for the Pacific Islands), this is a reasonable lawful instruction to give your employee.

If your employee still decides to turn up to work despite your request, you may want to look at suspension.

You should always keep in mind your other employees and the obligations you have to them under Health and Safety legislation. If you were to let the employee return to work, you may be in breach of those obligations.

### Q. One of my employees is at work and is visibly sick with symptoms similar to those of Coronavirus, what can I do about it?

Plan ahead for what you will do if one of your employees catches the Coronavirus.

Discuss the expectations you have of your employees prior to the Coronavirus entering your workplace.

If an employee is displaying symptoms of Coronavirus then you can direct them to leave work.

If they are displaying symptoms but are well enough to work you can direct them to work from home, this would be paid. If they are too sick to work, then their sick leave entitlements will apply.

This article is not intended to constitute legal advice, it is for general guidance only but if you do require specific professional advice, please get in touch with us at the details below.



Timpany Walton Lawyers,  
The Landings, Cnr SH1 & Elizabeth Street,  
Timaru  
Ph (03) 687 7126



## SC Toyota

South Canterbury Toyota has a team of 12 Technicians plus support staff ready to look after your vehicle and give you the right advice.

### Knowledge is Power

When it comes to maintaining your vehicle, you want to know that you're in the right hands. South Canterbury Toyota's service team have 255 years combined experience. Four of the technicians exceeding 30 years. Some of them are even second or third generation technicians, with the skills being passed down through the family.

But a long time in the industry doesn't mean we sit still and get complacent. In fact, it's quite the opposite. Our investment into training, improved technology and ensuring you leave our workshop with a successful outcome is second to none.

We also ensure a wide knowledge bank of technicians, from Auto Electrical work, air conditioning, full rebuilds and diagnostics to day to day servicing.

Our technicians have also worked with a wide variety of vehicle brands, allowing us to take care of all makes, models and ages of vehicles. So, if you have a mixed fleet, there's no need to drive all over town, we can service them all in house.

It's important to know that your vehicle is being looked after by the right people, with the right skills and the right training. Here at South Canterbury Toyota, we tick all the boxes.



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[service@sc.toyota.co.nz](mailto:service@sc.toyota.co.nz)  
[www.sc.toyota.co.nz](http://www.sc.toyota.co.nz)

# Book Club

## NEEDING SOME GOOD READS?

### Henna House : Nomi Eve

"A heady mix of henna, history, and the power of words written on skin, sand and paper. An engrossing, surprising, compelling read"

This vivid work of historical fiction begins in Yemen in 1920. Adela Damari's parents' health is failing as they desperately seek a future husband for their young daughter, who is in danger of becoming adopted by the local Muslim community if she is orphaned. With no likely marriage prospects, Adela's situation looks dire—until she meets two cousins from faraway cities: a boy with whom she shares her most treasured secret, and a girl who introduces her to the powerful rituals of henna. Ultimately, Adela's life journey brings her old and new loves, her true calling, and a new life as she is transported to Israel as part of Operation On Wings of Eagles. Between June 1949 and September 1950 almost 50,000 Yemenite Jews were transported from Aden to the new state of Israel in this secret operation.

Rich, evocative, and enthralling, Henna House is an intimate family portrait interwoven with the traditions of the Yemenite Jews and the history of the Holocaust and Israel. This sensuous tale of love, loss, betrayal, forgiveness—and the henna dyes that adorn the skin and pierce the heart—will captivate readers until the very last page. I loved this story of a young woman in the rarely portrayed community of Yemenite Jews in the early 20th century.

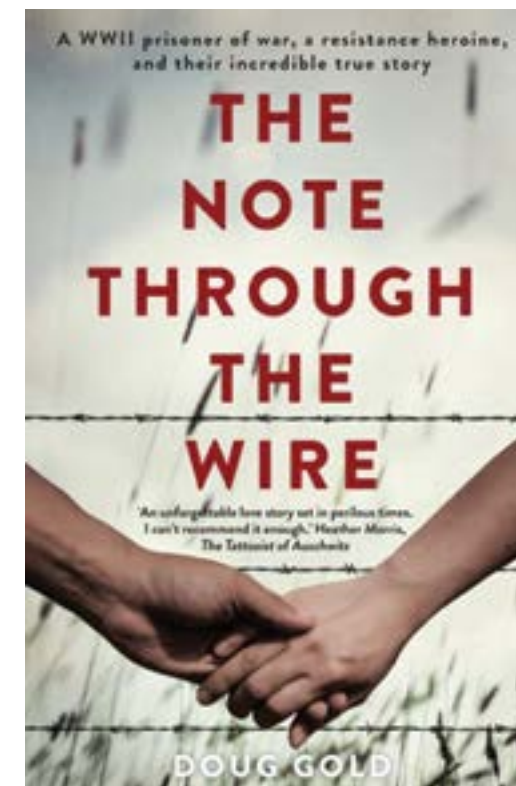
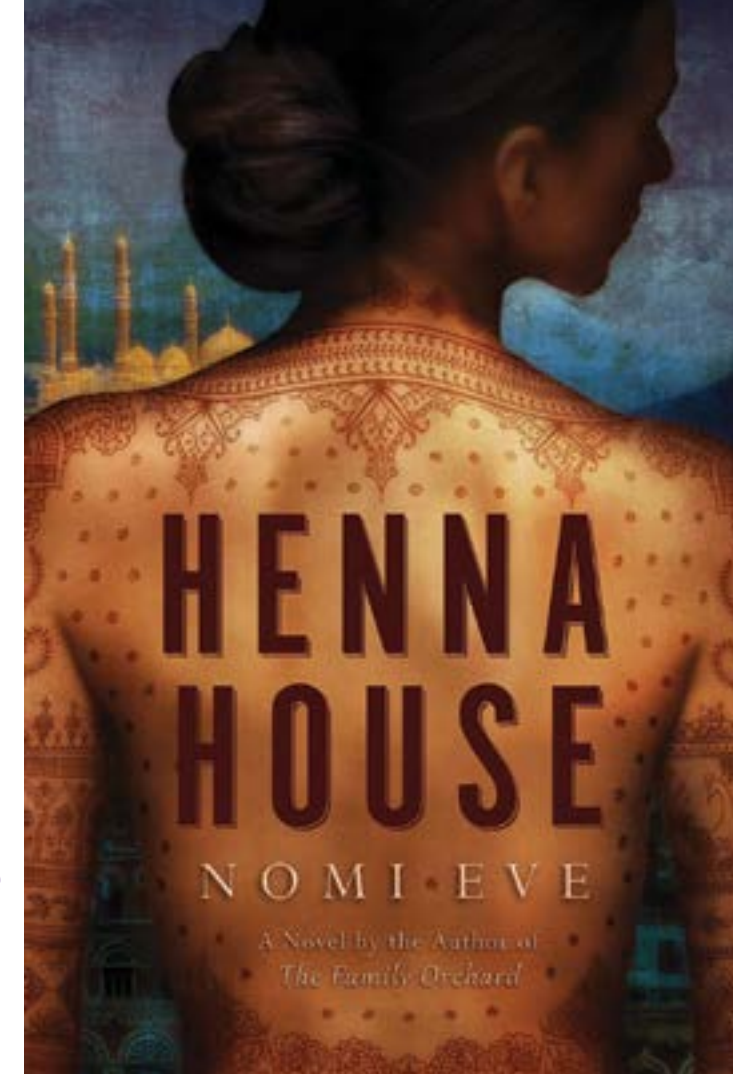
### The Note Through the Wire : Doug Gold

This is a fictionalised memoir by New Zealand author, Doug Gold. Gold's in-laws were reticent regarding their wartime experiences, and died before he could record their story, so the events and incidents in this tale are taken from press articles, military records, official war histories, eyewitness accounts and letters.

It is an extraordinary true story of a love that emerged, against all odds, between two young people from opposite sides of the globe fighting for freedom during World War II. In the heart of Nazi-occupied Europe, two people meet fleetingly in a chance encounter. One is an underground resistance fighter; the other a prisoner of war. A crumpled note passes between these two strangers and sets them on a course that will change their lives forever.

This is the true story of Josefina Lobnik, a Yugoslav partisan heroine, and Bruce Murray, a New Zealand soldier, who, due to a succession of near-impossible coincidences, discover love in the midst of a brutal war. Woven through their tales of great bravery, daring escapes, betrayal, torture and retaliation is their remarkable love story that survived against all odds. This is an extraordinary account of two ordinary people living through the unimaginable hardship of Hitler's barbaric regime.

This is a great read and one that I could not put down.



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Guided & Silence  
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All sessions by \$5- donation towards Nepali Orphan Fund  
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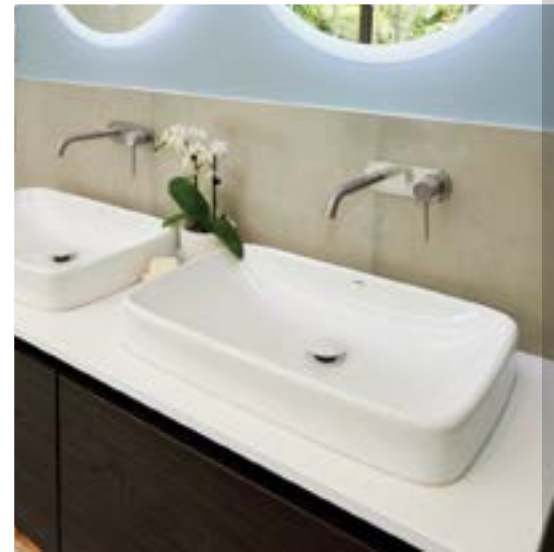
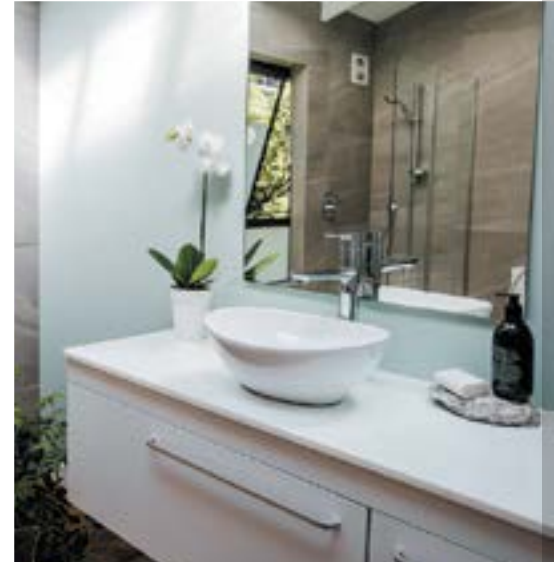


# KITCHENS & BATHROOMS

Your kitchen and bathroom are very important rooms in your home and whether you are wanting to change these entirely or just update a few things to give a fresh look or better function, our friendly, knowledgeable staff can help you get it done right!

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