

essence

essentially...south canterbury

10 A town like
Geraldine

20 Profile
Career as a
soldier

SHOP THE LOOK

Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

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contents

Keeping it Local - As always at Essence Magazine our main goal is to promote shopping, living and staying local, especially in these current tough times.

However, with work and family commitments and the Covid pandemic, sometimes it's hard to shop in-store. Luckily for us, a lot of our region's businesses now offer online shopping. This means you can have the best of what's on offer locally, delivered to your front door with the just click of a button - no mask required. Check out our Shop Local and online features on pages 17 - 19

House and Garden page 6 - A charming, sun-trapped cottage is how Shawni Hammond describes her stunning Timaru home. The two-bedroom cottage is located in the suburb of Seaview and has views across Caroline Bay, with the cranes of the Timaru's PrimePort visible on a clear day.

Business page 12 - Since it opened six years ago, Matilda and the Metalman has been known as the go-to destination for unique gifts and homewares in Fairlie. So, when their customers started asking for interior styling advice, it was the natural next step for the business to take.

Interesting Career page 20 - Johannes Naude was born in Pretoria in South Africa but emigrated to New Zealand with his family in 2005. He spent his final year in primary school at Grantlea Downs then attending Mountainview High School before joining the Defence Force early in 2013.

Local student Tim Sheed is one step closer to his dreams of becoming an agronomist thanks to a scholarship from agricultural co-operative Ravensdown.

Discover 10 - Within 32 minutes from Timaru you can be discovering all Geraldine has to offer. Check out the rich history celebrated in many museums in the district. Enjoy a leisurely bike ride or challenge yourself on a downhill single track, spend time in the native bush at Peel Forest, discover Geraldine's strong creative arts scene and wander around the towns eclectic group of shops and eateries. For the adventurous - Geraldine is the perfect outdoors playground with some of the best adventure activities found anywhere in New Zealand.

Enjoy your month - Dorothy.

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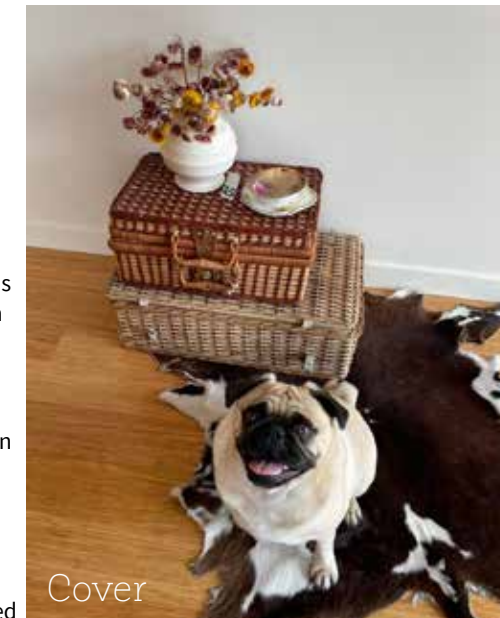
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Cover

This month's cute cover is Chappo the pug from our home and garden. Page 6



Fashion



Profile

MEDITATION 2022

Tuesdays 7.30pm
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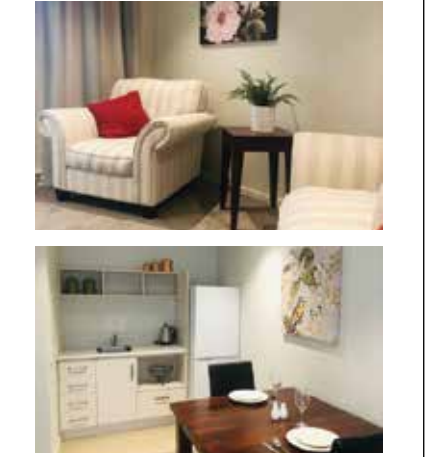
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PORSCHE SOUTHERN WEEKEND OF THE SUMMER

Friday 25th February saw 38 Porsche members from around the Sth Island gather at Hector Black's to 'Meet and Greet'. Di Hay from Venture Timaru gave insights into what makes Timaru and South Canterbury the fabulous place it is to live and work in. Hector Black's Host, Tim Black, enlightened the members of the background to creating Hector Blacks Lounge Bar and Tuesday and Black & Co retail shops. Dinner at various restaurants followed to end the first evening's entertainment.

Porsche vehicles were on show on Saturday morning at the Bullock Car Park followed by members enjoying a fabulous back road drive to Oamaru to Casanova House for Lunch. Dinner at Harlau House that night and the first of the Sheriff Sessions finished off a fabulous day.

Sunday was a lay day for members to enjoy the many and varied places of interest around Timaru and the wider region before gathering together at the Ponderosa for dinner and the final Sheriff session. A fantastic weekend all round was completed by the generosity of members donating \$1200 from the weekend's misdemeanours to Hospice South Canterbury.

Photo right: Helen & Roger Carter handing donation to Hospice



New Beginnings

Choosing a preschool can be a daunting process for parents. The good news is that here in South Canterbury we have plenty of great choices to suit all families.

Start off by making a list of essential requirements for you and your child. Perhaps good-sized outdoor space and a focus on the outdoors environment is important to you. But also consider the daily practicalities of things like location and opening hours, particularly if you also have school age children that you have to drop off and pick up elsewhere.

Fees can vary considerably depending on what is included, how long your child will be attending each day and other factors. All children over 3 years old are entitled to 20 hours of subsidised early childhood education (ECE) per week. But for younger children and those attending for more hours you will still need to pay additional fees.

Once you've narrowed down your options by considering these basics, then have a chat with other parents whose children attend your shortlisted preschools. You can also check out the Education Review Office (ERO) report for each preschool - these are available for free online.

But nothing beats visiting the preschools themselves. So give them a call and fix up a time to pop along with your little. What is the routine for the day? Does the physical environment seem safe, clean and interesting for littlies? Are the children separated into age groups? Most preschools at least have a separate nursery area for 0 to 2 year olds.

Chat with the staff and ask them how they engage with the kids. How do they manage difficult behaviour? Do they have certain philosophies in their teaching? What is the teacher to child ratio?

And trust your emotions. How does it feel when you walk in? If it seems warm, welcoming with engaged staff and happy children - that's a pretty good testimonial. But if there's something that you feel uncomfortable with - then go with your instinct, you will be dropping your child off here for years to come. You and they need to be happy.

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- We encourage:
- curiosity and confidence as learners
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 - whakaaro pākiki - critical and courageous thinking

- We grow:
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 - kaitiakitanga - care and protection



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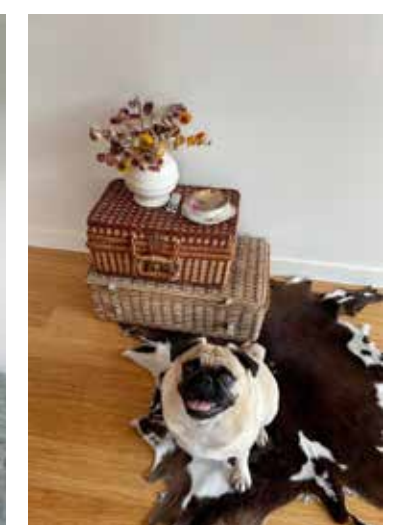
THE ANIMAL LOVER

We've taken the guesswork out of family holiday activities.

The school holidays can be a little daunting. So we've put together a list of suggested itineraries to suit everyone from the urban explorers to the BMX bandits, and from paid activities to totally free.

Venture Timaru
DISTRICT - ECONOMIC & TOURISM AGENCY

Check out the itineraries at vttourism.co.nz, or scan



words: **Michelle McCullough**

Charming, sun-trapped cottage



A charming, sun-trapped cottage is how Shawni Hammond describes her stunning Timaru home.

The two-bedroom cottage is located in the suburb of Seaview and has views across Caroline Bay, with the cranes of the Timaru's PrimePort visible on a clear day.

"What attracted me to the house was the fact that it was set on a bit of a hill. And when I first looked at it, the sun was just in every corner. It has good bones, and the layout is what really made me fall in love with it. And it was cute, not too big, and quick to clean. I call it my charming sun-trapped cottage."

"I just love being able to sit up in bed in the morning with all the light coming through the windows and looking out at the view. And I just love that it's tucked up on the hill."

The apprentice builder bought the cottage in 2015, and has spent the last seven years renovating her piece of paradise with a little help from her close-knit family.

"I have been chipping away at things on my own but to get more motivation over the last few years my family and I

have been getting involved in working bees. We spend time at each other's houses to get a list of things smashed out during winter, and the lead up to Christmas. We have fun doing it. It's great but I have to provide smoko. It's a good way to get motivated as well."

The working bees allow Shawni to bounce ideas off her family, including her dad Mitch, who is also a builder and her boss at Home Renovation Specialists.

"It's nice to get some input into what they think I should do. There are a few things when it comes to renovations that can be tricky, for example you could be pulling something down and you don't really know what you've got behind the wall. So, it's good to have family around to help problem-solve, and to see what their perspective is."

"I do have to keep an eye on mum though, if she's ever got a paint brush in her hand, to make sure she's not going all over the place. Sometimes she has a glass of wine in her other hand so you can't always trust her with a paintbrush."

Built in 1912, Shawni is the Seaview cottage's fourth owner with the home added to over the years by its previous owners. While she has no plans to add anything more to the structure

of the home, Shawni said she might extend the cottage's deck in the future. She described her interior decor style as "pretty eclectic with a mix of modern".

"Everything is very mixed. I have a lot of old, op-shop stuff with a bit of modern. When it comes to the finishings, the hallway still has the original panelling look but in the other rooms the finishings are more modern. It's a bit of a mix but I have made it my own."

Precious family memories are dotted around the 80-square-metre cottage, with wall-mounted tennis racquets a focal point of the living room.

"One of them was actually my mother's from when she was a teenager. Tennis has always been one of those sports that we've enjoyed playing as a family. I've just always loved having tennis racquets in the house. So, it's quite cool to have little bits and pieces like that. I've also got a lot of my grandmother's Burleigh Calico, and I've just started a plate wall with vintage plates."

Shawni is currently renovating her spare bedroom, and putting the finishing touches to the cottage's fully renovated kitchen.

"I am just working on my splashback, and I am going to put up some floating shelves so I can put my grandmother's Burleigh Calico on display. It's getting to the stage where it is finished, I just need to finish my tiling. It's just been something that I have been chipping away at. It took me ages to work out what tiles to use but I have gone with some simple subway tiles."

She also has plans to continue to cultivate her garden.

"I've always been interested in gardening, and when I moved in the garden had nothing to it. I have been busy getting it to look like a cottage, and it deserves a really nice garden. It's taken a few years to get it established, and there's still more to do. I love being out in my back area. It's just nice and private. I love sitting out there with a hot coffee and relaxing."

When asked what renovation advice she would give the readers of Essence, Shawni said it was important to remember who you were renovating for.

"I was focused for so many years on renovating and getting ready to sell. I just thought that was what people did, renovate for other people's tastes. One day I was like no, I want to do what I love rather than make everything really plain and simple. So, I would say don't play it safe. Do what you want, not what you think other people want. Don't worry about putting holes in walls. Hang the pictures."



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"Everything is better with tea."
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Your Garden this Month

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.

After water, tea is the most consumed beverage in the world. While this statistic is based on "common" tea - from *Camelia sinensis*, there has been an increase in drinking of herbal teas worldwide as the global trend of consumer interest in natural health and wellness lays the foundation for herbal tea's increased popularity.

Extracting herbal flavour and benefits with water is one of the oldest ways to enjoy herbs. Drinking herbal tea can be either a pleasure simply in enjoying the taste of the brew, or herbal tea can be taken for the particular healing benefit of the plants chosen to infuse. Whether you are interested in expanding your beverage repertoire, or keen to delve into natural home remedies, herbal teas are a fascinating topic to explore.

Tea vs infusion vs decoction

Herbal teas and infusions are made from the softer arial parts of plants - leaves & flowers, while herbal decoctions are made from the harder plant parts such as seeds, bark, roots, and dried berries or nuts.

A herbal tea is made with less plant material, steeped for a shorter time, in warm water, and often made cup-by-cup to be enjoyed immediately. E.g., 2tsp dried chamomile flowers to 2 cups hot water steeped for 5-10 minutes.

A herbal infusion is made with more plant material, steeped for a longer period of time, in either hot or cold water, and often made in larger amounts (a litre)

at a time. e.g. 45g of nettle to 4 cups of water steeped for 4-8 hours.

A herbal decoction is made by simmering herbs in water for between 30 and 60 minutes, depending on the plant material. e.g. 1Tbsp dandelion root to 1½ cup water simmered for 20 minutes.

Herbal teas can be enjoyed as simples, where only one herb is used, or in blends where more than one herb is combined for a particular flavour, or benefit.

How much herb

This is very much a question of personal taste, and the herb used. If you are new to herbal teas, start with a weaker tea, increasing amount of herb and steeping time until you find what works for you. Stronger herbs, like peppermint will need less per cup than herbs that are not as intensely flavoured, like raspberry leaf.

Good practices

- Always use excellent quality herbs
- Use distilled water (not chlorinated water or hard water)
- Let boiled water cool for a minute before using
- Cover the brew while it is steeping with a lid (teapot), or plate (cup) so that the volatile oils released in the steam, condenses back into the tea
- Take the time to enjoy. Making and drinking herbal tea should be an enjoyment, and engagement of all the senses



Minette's Garden Tea

This is a delicious tea with subtle uplifting and general healing benefits which can simply be enjoyed for its beautiful taste:

- A handful of lemon balm (*Melissa officinalis*) leaves
- A few anise hyssop (*Agastache foeniculum*) leaves
- A sprig of lemon verbena (*Aloysia triphylla*)
- Calendula (*Calendula officinalis*) petals from one flower
- Some Borage (*Borago officinalis*) flowers

Steep in two cups of hot water for 10 minutes, strain and enjoy.



While getting as many nutrients as you can from what you eat is one of the best ways to keep your body from catching any bugs, supplements can also be helpful to boost your immune function.

Yet, not all supplements are created equal. The quality and source of the nutrients in the supplements, as well as what other nutrients they are packaged with, all play a role in the bioavailability (usability) of the supplements in your body, so it's important to choose carefully.

Practitioner-only supplements, for example, will provide much higher doses of targeted nutrients than those you can buy off the shelf from a chemist or supermarket. And as the name suggests, these will need to be prescribed to you by a practitioner. However, food-based supplements are always the best choice since what's included in the supplement is not made synthetically in a lab and the supplements simply contain concentrated levels of food-sourced nutrients. There is so much power inherent in our food, and this is a key reason why I created my Bio Blends supplements range. I wanted to harness the power of nature and deliver concentrated doses that made a real difference to people's health.

When it comes to boosting immune health, there are some specific nutrients that are incredibly beneficial and are ideal to look at boosting through supplementation during illnesses or simply to prevent them.

Vitamin C

This powerhouse nutrient that plays many outstanding roles in the body. Not only does vitamin C improve immune function it also aids wound healing, strengthens blood vessel walls, increases absorption of iron, and acts as an antioxidant—slowing down the ageing process. Since our body cannot produce or store vitamin C, it must be consumed daily to receive enough for optimal

health. Increase your intake of vitamin C during colds and flus.

Zinc

Another superstar among the nutrients, zinc contributes to hundreds of processes inside your body. It is not only required for optimal immunity, but is also vital for the maintenance of vision, taste and smell as well as good digestion. It is very hard to obtain enough zinc from food alone these days and so supplementation is often necessary. It's best to take zinc regularly to boost your immune system and avoid getting sick rather than only taking it during illnesses.

B vitamins

B-group vitamins help to regulate the immune response and the amount of antibodies produced to help fight an infection. B-group vitamins are also essential for good liver function and so can be great to supplement outside of illness too.

Echinacea

This herb has been used to support the immune system for centuries. It is best-used long term and helps to modulate the amount of white blood cells present, which are what fight infection in the body.

Andrographis

This east-Asian herb can be used to help shorten the duration of colds and flus and fight infection so it's an ideal herb to supplement during bouts of illness.

Please remember that while nutritional supplements can help to bridge any nutritional gaps or to address nutrient deficiencies, they cannot replace a highly nutritious way of eating. Nothing in this world can.

Nutritional biochemist, Dr Libby Weaver (PhD), is a thirteen-times bestselling author and speaker and founder of food based supplement company, Bio Blends. Her practical and supportive online courses have helped over 10,000 women around the world find freedom from their health challenges, visit www.drlibby.com

Two Raw Sisters

Margo and Rosa are best-selling authors and incredible cooks.

Their mission is to inspire, motivate and educate people on the benefits of plant-based eating and create healthy, happy and sustainable lifestyles.

Two Raw Sisters have a unique approach to plant-based living. They build delicious meals starting with vegetables, unprocessed, raw, whole food and pantry staples, then add meat, poultry or fish as you choose. Neither Margo or Rosa are vegan, vegetarian or gluten-free and welcome all eaters into their kitchen.

Their first book has sold over 18,000 copies, and their second, All Eaters Welcome, has sold over 19,000 copies since its launch in November 2020 and ranked in the top 5 New Zealand cookbooks for the year. Their third book, SALAD, was released October 2021 with an impressive 20,000 copies ordered and is currently ranking number 2 in New Zealand.

The Two Raw Sisters App launched in July 2021 and has had an instant and significant pick-up.

Rosa and Margo host weekly sold-out workshops in their Christchurch kitchen and are in-demand speakers for major events nationally.

In addition, their new salad range with Hello Foods launched into Supermarkets nationwide earlier in 2021.



Potatoes, Pea Mint Smash & Herbs

Serves 6

'You've always got to have potatoes for the boys' is something our mum has always said when she is planning a dinner party with friends or our Christmas Day feast. Rosa and I have always thought boiled potatoes were quite boring so we've taken potatoes to the next level with this salad.

Vibrant green minty pea smash with punchy preserved lemons, fresh herbs and a good drizzle of good quality extra virgin olive oil. This one is for the boys in your family who can't live without their potatoes. Delicious served with any meat, fish or poultry.



Ingredients

- 1.5kg potatoes, cut into chunks
- Pinch sea salt
- Water

To Serve:

- Fresh rocket
- ½ quantity of Pea Mint Smash (refer to book)
- ¼ cup frozen peas, blanched in boiling water then drained
- Fresh herbs, roughly chopped
- ½ preserved lemon, finely chopped
- 2 tbsp Black sesame seeds
- Extra virgin olive oil

Method:

Place a large pot of salted water on high heat. Bring to the boil, then add the potatoes + boil for 15-20mins or until soft. Drain + set aside.

To serve, roughly crush approx. ½ of the potatoes, leaving the remaining whole.

On a salad plate, start with a layer of fresh rocket followed by potatoes, pea mint smash, peas, herbs, preserved lemons, black sesame seeds and a drizzle of extra virgin olive oil. Continue this layering process for another 1-2 times.

Any leftovers will keep in an airtight container in your fridge for up to 2-3 days.

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Top 5 Things to Do in GERALDINE

1 From leisurely town or countryside rides to challenging down hill single track, Geraldine has it all

With its mix of flat plains and hills, Geraldine offers some great biking country, whatever your level. From mountain bike tracks to on-road rides you'll enjoy all that the Geraldine District has to offer.



2 Discover Geraldine's rich history

Geraldine is a town founded by names synonymous with Canterbury's pioneering days, when huge stations such as Mt Peel, Erewhon, Orari Gorge and Mesopotamia were first claimed and brought working families to the area. Logging and flax milling joined agriculture as the backbone industries of the area, forging communities who knew how to thrive on the land. Today, this special history and culture is celebrated in many museums in the district.

3 Discover ancient native bush at Peel Forest

An historic bush-clad retreat named after British Prime Minister Sir Robert Peel, who died in the same year the New Zealand province of Canterbury was founded, Peel Forest offers excellent walking for all levels, with tracks through the bush leading to waterfalls and the 1311m summit of Little Mt Peel. The gateway to the Rangitata Valley, Peel Forest is the base for many adventure activities in the area, including rafting, kayaking and horse trekking.

4 Discover Geraldine's strong creative arts scene

Artists and crafts folk are drawn to the picturesque beauty of the Geraldine district as well as the relaxed lifestyle. A number of renowned artists, including John Badcock, Mike Deavoll, Henry Lowen-Smith and the late Austen Deans have made homes in the area. Many artists have studios open to the public, or display at one of the range of galleries around town. Budding amateur artists can also learn from the masters at regular workshops held in the town.

5 From rafting to horse trekking, adventure is right here

Geraldine is set in the foothills of the Southern Alps sandwiched between the sweeping Rangitata River to the North and the McKenzie country to the South. Stunning scenery, combined with landscapes and rivers begging to be explored, makes Geraldine the perfect outdoors playground with some of the best adventure activities found anywhere in New Zealand.

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Peter McIntyre War artist



AA Deans War artist

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Business Hours: 10am to 3pm and by appointment outside these times.

The Gallery is located in Four Peaks Plaza, Cox Street, Geraldine.

Donald Goulter Ph. 027 833 6506

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www.barkersfoodstore.nz



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www.mcatamneygallery.co.nz

Exhibition

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5th March 2022 > 26th April 2022

40A Talbot St, Geraldine | Carolyn 027 305 3000 | carolyn@mcatamneygallery.co.nz



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You'll find a fantastic selection of wholefoods and pantry essentials packaged in eco tin tie bags. In addition to the 'Pantry' the attached cottage is home to British sweets, Kiwi favourites, Dutch liquorice, handmade chocolates and fudge. As you walk through each room more delights await with a great range of gifts, jewellery, artwork and more. Pauline and Steve look forward to welcoming you. Open 7 days

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- ✓ connection with our environment to be better guardians.

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words: Michelle McCullough images supplied



"Matilda and The Metalman offer a range of interior styling services for all types of spaces from properties going on the market and new builds to single rooms, holiday homes and commercial areas."

Matilda and the Metalman

Since it opened six years ago, Matilda and the Metalman has been known as the go-to destination for unique gifts and homewares in Fairlie. So, when their customers started asking for interior styling advice, it was the natural next step for the business to take, owner Luisa Potter said.

"So many of our clients were coming in and asking if we could help with different spaces around their homes, or they needed help finishing off rooms that didn't quite feel right. We were popping out to people's homes regularly just to help them out, and after a while thought there's obviously demand here for stylist services. We added it to our business plan along with some solid processes, and it has naturally evolved and grown from there."

Interior styling is the art of dressing a space so that it reflects your individual tastes, while still staying functional. This can range from implementing a new colour scheme, maximising the layout of your space, furniture placement and the use of soft furnishings such as curtains, rugs, cushions and throws. Matilda and The Metalman offer a range of interior styling services for all types of spaces from properties going on the market and new builds to single rooms, holiday homes and commercial areas.

"New builds, renos and even some small updates can be exhausting. By the time you get to what we think is the best part, you may already be running on empty."

"Typically, people approach us in-store to briefly discuss whatever the project may be. We then usually do a site visit

which helps us really pinpoint what they want to achieve based on their brief. We see site visits as a fantastic way for us to get a real feel for what their personal flavour is, based on furnishings and colour palettes throughout their home."

The talented team at Matilda and The Metalman use this information to create a brief based on each client's individual needs.

"We present a digital mood board backed up with actual fabric and product samples so they get a real sense of what the end result can look like. We eliminate anything they are not keen on, and fine tune any areas that need it. Then we order what we need, get what needs to be made organised and help put it all together at the other end."

"We have recently added drape making and upholstery to our repertoire, and are working on building up our fabric options in store. We have an excellent curtain maker and a local upholsterer who can do absolutely any upholstery work for us. Our focus over the last year has been to secure some of the very best interior brands, and have excellent rep support that have helped us source these ranges."

When the doors to Matilda and The Metalman opened for the first time in March 2016, the focus of the store was to provide New Zealand artisan-made products to the domestic and international tourist market. When the coronavirus pandemic took hold, the shop saw an increase in demand from local customers for homewares and furniture.

"We pivoted our business plan to ensure that we could stay afloat while maintaining and staying true to our ethos of supporting other New Zealand artisans and businesses. We understand the stress that comes with having a business,



"We are a small but fab team of five that all love, and are passionate about, great products and interiors. We have a relaxed environment so that people don't feel under pressure to make decisions or purchases when they come in-store."

especially in the last couple of years, and naturally have had doubts along the way. But thanks to amazing support from our accountant James at Sidekick, along with a few late-night contemplations over a good gin, we have managed so far."

This increase saw the business relocate to a more suitable premises last year. Now located at 85 Main Street in Fairlie, the new store has dedicated areas set up to resemble different rooms in a house which the team have fun changing up on a regular basis.

"With the larger premises we have been able to expand our offerings. We added a larder section with New Zealand artisan-made food not typical on supermarket shelves. There are some really high calibre foods available, made right here in our own backyard. We love to showcase these not-so mainstream makers with regular in-store evenings. We also feel good knowing we are helping other small businesses live their dreams. We are trying to make the overall experience at our store a visual feast, to really indulge the senses and give people ideas that they can take away."

"We are a small but fab team of five that all love, and are passionate about, great products and interiors. We have a relaxed environment so that people don't feel under pressure to make decisions or purchases when they come in-store."

"We will happily help you from start to finish with whatever the project may be, and you can rest assured that we're not going to push our own ideas onto you. Ultimately we want to achieve an outcome that we can all be proud of."

When asked if she had any advice for people who wanted to change up their space, Luisa encouraged people to "be brave with their decision making".

"Don't waste time sitting on the fence thinking for too long about what you could, should or shouldn't do. It's easy to talk yourself out of your decision to only be having the same conversation with yourself again in a few months' time. Often our clients have great ideas. We love hearing about them and see people fizzing with the possibilities. We see our role as helping people realise these ideas. Sometimes a fresh set of eyes, a little bit of help and a few wee tweaks can make all the difference."

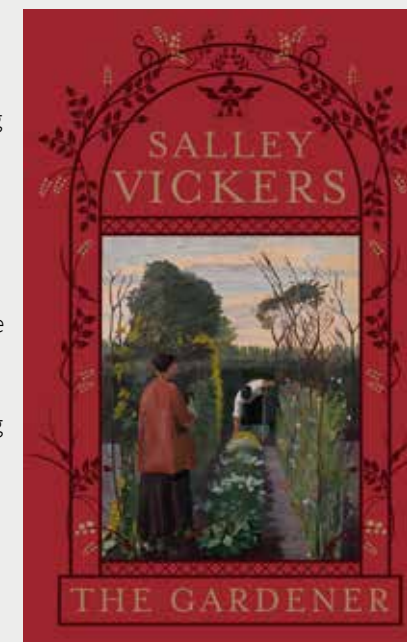
Matilda and The Metalman offer interior styling services throughout New Zealand. For more information see them in-store or check out their journal at www.matildaandthemetalman.co.nz.

Book Club

words: Gilly Oppenheim

The Gardener - Salley Vickers

Artist Hassie Days (whose real name is Halcyon) has purchased a Jacobean manor house with her sister, Margot. The two sisters, never very close, have pooled their inheritance from their father and purchased this crumbling manor near the Welsh borders in Shropshire. While Margot continues her London life in high finance, Hassie is left alone to work in the large neglected garden. She is befriended by the eccentric, sharp-tongued Miss Foot, who recommends Murat, an Albanian immigrant, who is out of place in the village, to help Hassie in the garden.



Through fate, Hassie meets Robert, a charismatic artist. They have a passionate long relationship that is only able to be maintained on the sly, as Robert is married and has no intention of leaving his wife. When they are together Hassie finally feels adored. The inevitable happens and they are caught out. Three years later and Hassie is still grieving.

Settling in the country, Hassie feels a connection to her father through the birds in the garden and the countryside. With the help of Murat, she throws herself into restoring the garden. She also begins to think about her past life - her hostile mother, her diffident father and the sibling rivalry that tainted her childhood. The scratchy relationship between Hassie and her sister Margot is gradually healed, along with her broken heart as the seasons pass and their old house and neglected garden are brought back to their former glory.

The real story is about nature and time's healing power in the restoration of both a garden and a soul.

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www.theringmakers.co.nz

Timaru Heating Centre

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

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

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

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

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

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

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

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

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

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

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



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LET'S SHOP Online

THE INS AND OUTS OF ONLINE SHOPPING LOCALLY

From fashion and footwear to homewares, gifts and sports equipment, when it comes to retail therapy South Canterbury is spoilt for choice. However, with work and family commitments and the Covid pandemic, sometimes it's hard to shop in-store.

Luckily for us, a lot of our region's businesses now offer online shopping. This means you can have the best of what's on offer locally, delivered to your front door with the just click of a button - no mask required.

At Essence we've put together a handy guide to shopping online, and profiled some of our favourite local businesses who offer online shopping.

TIPS FOR SAFE ONLINE SHOPPING

- Genuine e-commerce websites should provide a physical address clearly on their website. By looking for an address on a website, you will be able to tell whether you are purchasing from a New Zealand company, or from an overseas supplier.
- An SSL certificate shows that a website is secure and helps to prevent thieves from accessing usernames, passwords and credit card numbers. To check if a website has an SSL certificate, look for the padlock symbol in the website's address bar, or make sure the website address starts with 'Https'. The s on the end stands for secure.
- Check the retailer's returns policy to avoid disappointment in case the product you have purchased does not meet your expectations.
- Look for reviews of the store online on other websites, e.g. TrustPilot or Google business listings - these will give you an idea of other customers experiences with that store.

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Rochelle is the owner of Llama Cookie Drama based in Timaru. Llama Cookie Drama creates bespoke cookies for all occasions including corporate cookies. The cookies are decorated in either royal icing or fondant.

Llama Cookie Drama has just expanded and created a website online which has cookies and cookie and cake decorating supplies which are available to purchase. Afterpay is available online and shipping nationwide. New products are online such as Llama Cookie Drama's new designer sprinkle range and cookie cupcake toppers which are a great way to personalise cupcakes.

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www.millierose.co.nz

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www.hisandhersfashion.co.nz
105 King Street, Temuka



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Timaru Sewing Centre

Do you have some spare time on your hands due to isolation or wishing to find a new hobby to 'de-stress'?

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www.timarusewing.co.nz

158 Stafford Street, Timaru



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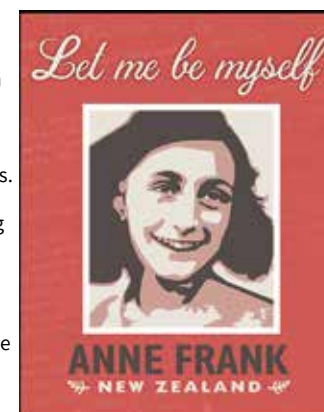


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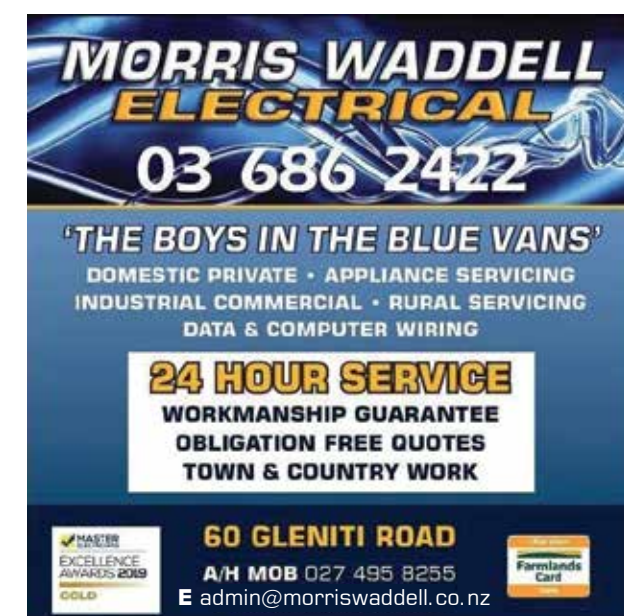
Shopping at it's very best. Find boutique stores, restaurants, galleries, local producers & retailers around South Canterbury. Whatever you want or need, you'll find the pretty, practical, unexpected and gourmet throughout local shops and galleries.

The South Canterbury Museum is the place to explore our region's heritage and see travelling exhibitions. **Anne Frank: Let me be Myself** is showing until 1 May, toured by the Holocaust Centre of New Zealand. It tells the story of a remarkable young Jewish woman hiding from Nazi authorities in wartime Amsterdam. The exhibition helps us understand her life, recorded in her wartime diary, before her final capture and death. It reminds us living today about the need for understanding and acceptance. The Museum is located on Perth Street, downtown Timaru, and open from 10am-4:30pm Tuesday to Friday, and from 1pm on weekend and public holiday afternoons.



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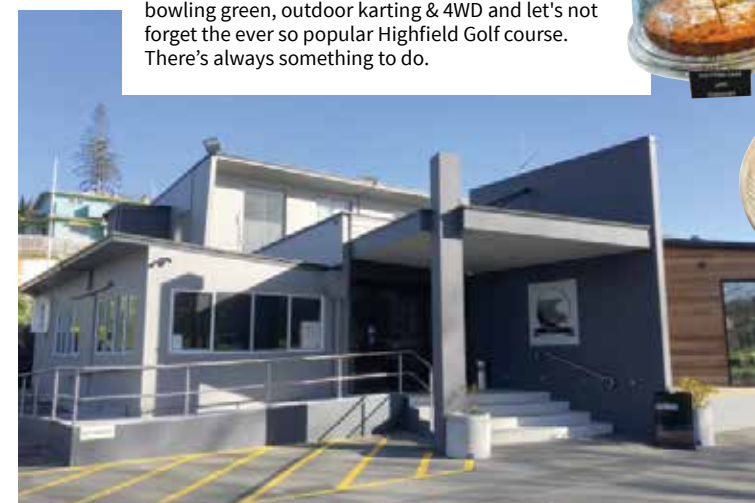
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Como (also in metallic, black)



Osaka (also comes in black, black lizard, cherry, gunmetal)



Dublin (also comes in black lizard, Cognac)



Limoges with metallic feature on heel (also in black)

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Temuka Pharmacy - To be the health hub of our local community! We want to help people through health issues and see everybody enjoying their lives. Temuka Pharmacy is located on the main street in Temuka and is proud to service the community.

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Johannes Naudé

Career as a soldier

words: **Gilly Oppenheim**

Johannes was born in Pretoria in South Africa growing up in a small town called Empangeni on the east coast. He attended a multi-cultural school where he learned to speak both English and Afrikaans although Afrikaans was his primary language. At the end of 2005 his family made the decision to emigrate to New Zealand to give the children a better chance for a higher education. Upon his arrival he spent his final year in primary school at Grantlea Downs in Timaru, after which he attended Mountainview High School for his secondary schooling.

Within a year, he knew he needed to decide on a career path and he applied to the NZ Police, the Navy and the Army all on the same day. He decided, "whichever of the organisations gets back to me first is the career I will pursue". Even though he had his heart set on the NZ police, the NZ Army replied first and thus his career as a soldier started within the Defence Force early in 2013. Basic training was in a remote and cold town in the North Island called Waiouru. It was a gruelling, yet challenging four months learning to become an effective soldier and learning basic life skills. During these four months he developed some life-long friendships with the people he worked with and he learned a lot about his mental and physical limits. This helped to build resilience and discipline.

Once they finished their basic training, they were relocated to Linton Military Camp and shortly after their arrival, they were sent to Burnham Camp to complete another three months of training. Although this training period was enjoyable, Johannes started to doubt himself and wondered whether he had made the right choice. He was sent back to Waiouru for three months, where he experienced a range of field activities,

from pack walking to fighting by day and night. Seeing how great the army can be once training is complete made him change his mind about staying. However, he had to wait another twelve months for the next Combat Corps Training intake in Burnham and he spent most of that year learning about Light Armoured Vehicles and their roles within the Unit.

After completing his Combat Corps Training early in 2014, he was put on an NZLAV Gunners course, which teaches every soldier the fundamentals of how to be an effective gunner within LAV. Although the course is only five weeks long, it was jammed packed with fun and

"It was a gruelling, yet challenging four months learning to become an effective soldier and learning basic life skills."

technical data. He spent the next year and a half learning and developing in the role as a gunner, before moving onto the driver's course. This is one of the most exciting and adrenaline rush experiences there is!

He spent the next year enhancing his driving ability, before being privileged to be chosen to attend an Armoured Vehicle competition in Gage Town in eastern Canada. This competition is where some of the best armoured operators and crews get sent to test their skills against other countries like USA, Canada, UK, Chile and Australia. Whilst over there, he received the good news that there was an opportunity to go on his first deployment to the Middle East.

He spent a good three months on various pre-deployment training packages to prepare for his time on tour, before finally heading to a new country and experiencing very different cultures and customs in Iraq. After six months in the Middle East his contingent returned to NZ in mid-November, 2017. After returning and having some rest time, Johannes integrated back into work and received his first promotion to Lance Corporal. The promotion was a big step up, not only in leadership



Tour to Iraq



Promotion to Corporal

but in responsibility, as the next step is the Junior Non-Commissioned Officers Course, which teaches newly promoted soldiers the fundamentals of leadership and basic administration work. Once that course was completed, he was put on the most challenging course so far in his career, this being the NZLAV Crew Commander Course.

This course involved about three months back in Waiouru, this time learning to be a good commander and managing his own gunners and drivers. The most difficult part of this course was multi-tasking four or five jobs at once and being super effective with quick decision making. After finishing that course, Johannes had a small window for training in this role before the country went into their first lockdown in 2020. His role then changed dramatically from soldiering and training to assisting the government with outputs at isolation facilities country wide. This transition was equally challenging for a lot of people, who now had to learn

soft skills, learning to deal with people from all walks of life. They spent the first 6-8 months in Auckland adjusting to shift work working in a six week rotation in three shifts. In August 2020 Johannes was promoted to Corporal in Auckland where his hierarchy saw more potential in developing his leadership abilities. Next on the cards within this rank bracket is more complex tactics training and greater responsibility as a more senior NCO.

Outside of the army Johannes has a deep passion for fitness and helping people become the best versions of themselves. He spends every day reading good books and listening to material that helps him grow in a professional and personal capacity. This very positive and ambitious young man has a lot to offer and his career within the Defence force has really helped steer him in a positive direction. "It is definitely a career path worth looking into if you want a challenge and you are not sure what you want in life" he says.

One step closer to his dreams

words: **Michelle McCullough**

Local student Tim Sheed is one step closer to his dreams of becoming an agronomist thanks to a scholarship from agricultural co-operative Ravensdown.

The Lincoln University student has been awarded The Hugh Williams Scholarship which offers \$5,000 per year for a student studying agriculture or horticulture at Lincoln or Massey universities for the duration of their studies. The recipient is also offered a paid holiday internship with Ravensdown.

Tim, who grew up on a beef and sheep farm in Beautiful Valley, is in his third year of a Bachelor of Agricultural Science degree. He plans to use the scholarship to fund his fees for the year, and intends to add an extra year to his studies to complete an Honours degree specialising in arable crop protection.

"When I graduate I want to be an agronomist – an expert in soil management and crop production. Climate change is one of the biggest challenges facing the sector and I

want to use my degree to help farmers grow crops in ways that are sustainable and consider the environment.

"What we're learning now will put the sector in good stead to face the challenges of climate change over the coming years, and I'm looking forward to learning more as I continue my degree. Winning the Hugh Williams scholarship is another step toward achieving my goals."

The 20-year-old is looking forward to completing his study, and embarking on his internship with Ravensdown.

"I grew up farming alongside my grandfather, John Sheed, and my dad, Hamish, and have always loved the industry. My family has dealt with Ravensdown for years and I admire the respect that the company has built within the farming community. I've always wanted to work for Ravensdown one day and am looking forward to my work experience with them this year."



Armoured Vehicle competition in Gage Town eastern Canada



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South Canterbury Toyota *More than a car yard*

Have you ever walked into a car yard and thought “they only sell cars”?

It's quite a common misconception. I guess the reality would be such if you visited a vacuum cleaner shop. Chances are they probably sell vacuum cleaners and that's it. But a vehicle dealership is quite a different kettle of fish, especially South Canterbury Toyota.

At some stage, your car is going to need a service or a Warrant of Fitness. Where do you go? Well, you come back to the same place you purchased the vehicle. The only difference is which end of the building you will visit.

South Canterbury Toyota boasts a full workshop with a team comprising of some of the most experienced technicians in the region. Not to mention having two of just a handful of Toyota Master Technicians in New Zealand – that's impressive!

Think about this. It's 8am and you're heading into town on your usual commute when all of a sudden: pop. You've got a puncture. What happens then? You come back to South Canterbury Toyota.

We also have a full Tyre Department that can repair your punctures, sort your wheel alignments and even offer

you a vast range of wheels and tyres to give your pride and joy the 'edge'. You may not know this, but South Canterbury Toyota's Tyre Department has a fully functioning Bridgestone Tyre Centre and is the only authorised Cooper Tire agent in South Canterbury. Not bad for a place that 'just sells cars'.

Ever wondered where you would go if you needed a towbar or if your wiper blades disappear during a mild shower? Have a guess. Walk through our showroom and you'll find a full Parts Department. Although we specialise in Toyota, Holden and Subaru, our knowledgeable Parts team can source a number of different parts for all makes and models.

And then there's the question of Vehicle Insurance. Let's set the scene. Your policy is coming up for renewal. You've received an email advising of the impending revised value of your car. You're a little shocked and decide to pop in to your local branch only to discover they've closed their doors. What do you do now? Call the 0800 number and sit on hold for much too long, only to realise that your hometown can't be found on a map? You don't have

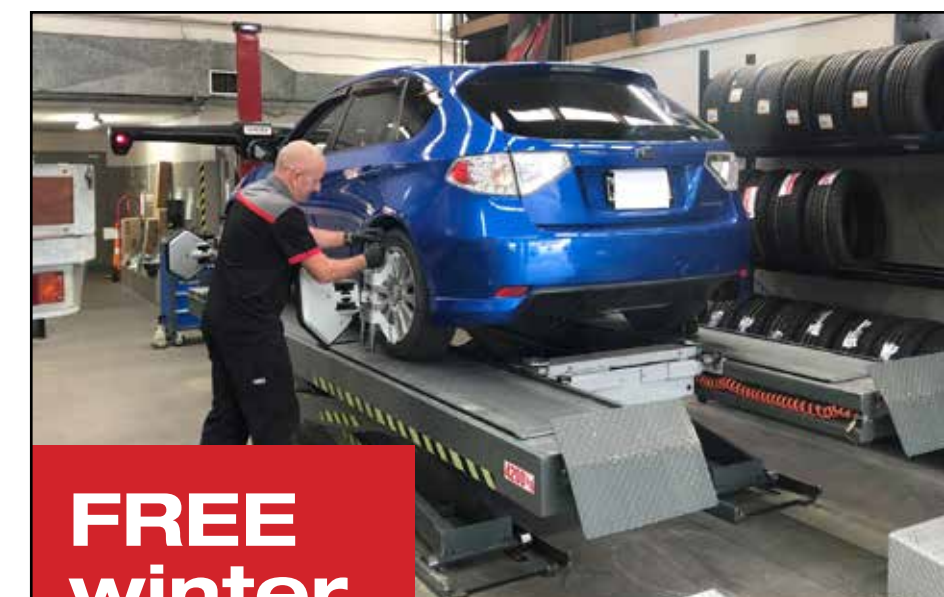


SC Toyota won the 2021 Service Excellence Cup at the annual Toyota New Zealand Business Excellence Award.

to because, believe it or not, Toyota also offer Vehicle Insurance.

For you, our loyal and valued customer, there are a number of additional benefits to having your vehicle insured with a company that deals with vehicles every day, every way. So when you next walk through the front doors at South Canterbury Toyota and say to yourself “there are a lot of people working here”, you'll know that it's because we 'just sell cars'... as well as a whole range of other stuff you probably never even thought about.

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Call into Bridgestone tyre Centre at South Canterbury Toyota for a FREE winter tyre safety check.

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Winter is nearly here and time to get your car/ute ready for the road. Kiwis are more out on the roads which means those vehicles need a checkup.

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33% of serious crashes happen at right hand bends...

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- ✓ Keep to the middle of the lane

Edge break due to vehicles being driven off the seal

SC CRASH TALLY JULY - DECEMBER 2021

Crash categories	% of Crashes
Lost Control at Bend	25
Lost Control on straight road	14
Head On Crash	9
Crossing at intersection ONE driver turns	7
Miscellaneous	7
Crash into object	7
Same direction Turning	7
Maneuvering	5
Overtaking	5
Rear End Crash	5
Crossing straight through intersection	4
Pedestrian Crossing Road	4
Merging	2
Total	100



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