

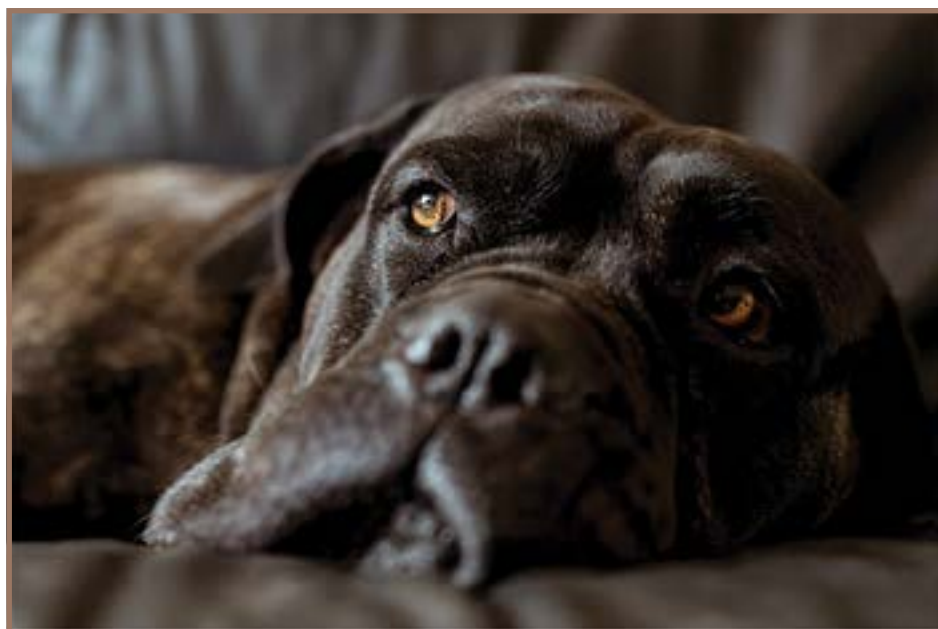
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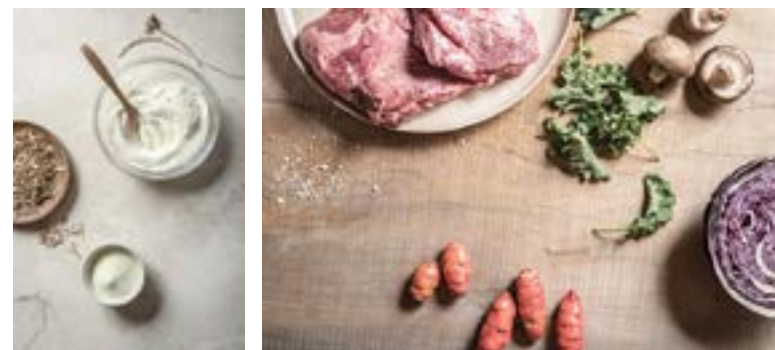
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Hanleys Essential Dog Roll



Essentials dog rolls have now rebranded to Hanleys Essential Dog Roll under owner Philippa Hanleys animal nutrition banner.

Philippa has been making natural horse and dog food for over 10 years and lives locally in Geraldine.

Hanleys Essential Dog Rolls are not just amazing meat. Philippa's own amino acids blend from NZ whey protein concentrate are added along with organic minerals, rice and hemp seed oil from Canterbury. Hemp seed oil has been dubbed 'nature's most perfectly balanced oil', due to its 3:1 ratio of Omega 6 to Omega 3, deemed an essential requirement for long-term healthy nutrition. Brown rice flour and other organic minerals are also added, making the rolls full of clean protein

and good fats. Hanleys contains 18% protein so next time you are buying your dog roll compare this figure. More protein means you need to feed less, so you are receiving far better value for money. Feed less and save more.

It is not just about what is in the rolls. What is missing is also crucial. No preservatives or chemicals are added. Many pet owners probably do not realise how hard preservatives are on a dog's kidneys and how much damage they may cause. The business mottos are: 'enhance all health' and 'health before money'.

Feed only a portion of normal supermarket rolls due to the superfood ingredients.

Free samples available at For Pets Sake



Available from North Street pet shop - For Pets Sake or if you live outside Timaru visit www.analessentials.co.nz

Or phone Philippa on 021 943 282

FAV PHOTO OF THE MONTH

We absolutely love this photo taken by **Alicia Haggart** of her daughter Freya looking super cute playing in the autumn leaves!



WHAT WE'RE LOVING...



This Mickey large clutch, perfect for holding your evening essentials. Available from Evolv.

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Environmentally friendly, durable, safe, and easy-to-clean, stainless steel water bottles are an excellent alternative to using plastic water bottles.



GOING TO



RETIREMENT VILLAGE CAPABILITY

Free seminar focusing on things to consider before choosing to live in a retirement village. Discussing the types of village structures, costs, and operations. Geraldine Bowling Club, Wed 29 May, 10am-12pm

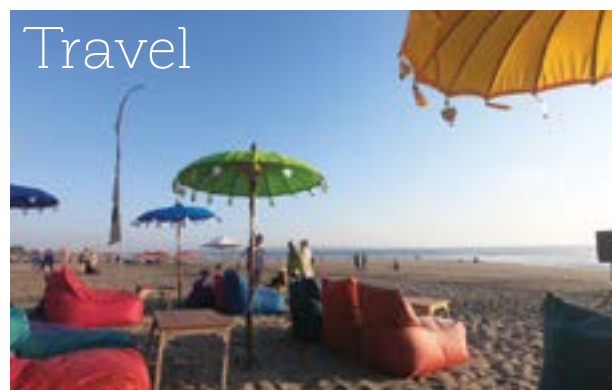


WASTE FREE PARENTING WORKSHOP

Attend Kate Mead's popular workshop to become inspired and entertained about ways you can minimize waste in your home whilst babies are around! Timaru District Council Chambers, Tue 4 Jun, 6:30pm-9pm

contents

Travel



It comes as no surprise why Bali is a popular tourist destination, as the tropical paradise boasts culture, zen and tradition.

Arcade

Once the main thoroughfare from Stafford to the old Post Office, the Royal Arcade is something of a closely guarded secret by locals

Weddings

Here in South Canterbury there are many venues, services and suppliers available to take the stress out of your wedding plans.



contact us:

Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz
Ph: 0274 507 532

Pat Naude - Advertising & Business Manager
pat@essencemagazine.co.nz
Ph: 022 684 5974

Liz Bell - Advertising Co-ordinator
liz@essencemagazine.co.nz
Ph: 022 176 4349

Larnya Bourdot - Graphic Designer
larnya@essencemagazine.co.nz
Ph: 027 525 8649

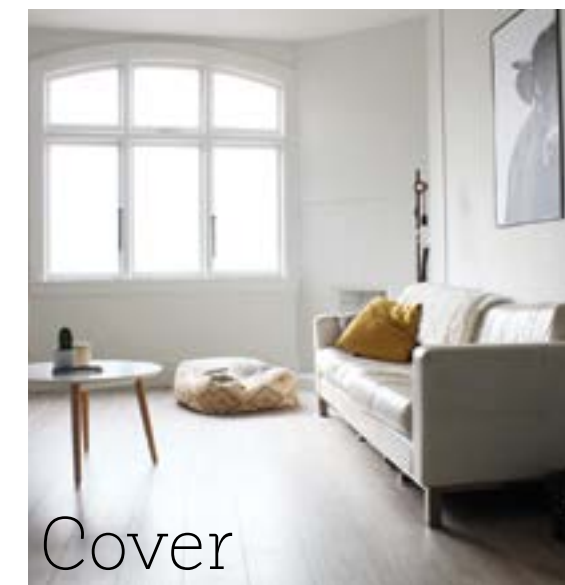
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Ingredients

Chocolate chia seed pudding
Loaded with nutrients and perfect for breakfast, a snack, or dessert!



Fashion



Cover

This month we take a look inside a 1920s commercial brick building that's been upgraded for central city living in Timaru's CBD. See the story on page 6.

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From INNOVATION to BUSINESS

Dave Woods works with innovations and as the manager of Precision Seafood Harvesting (PSH) his team won one of the 2014 New Zealand Innovator of the Year awards. The PSH technology is a new method of seafood harvesting and is being developed alongside a new brand name "Tiaki" (Maori for 'to protect' or 'guardianship'). The core technology is a modular harvest system (MHS), whereby the old polyethylene mesh fishing nets are replaced with ultra - high molecular weight fabrics which are high strength and lightweight. When used with new on-board handling systems, the fish caught suffer no fatigue or damage and high quality seafood is the outcome. As Dave said, "the result is the best fish



caught in the best way". There are currently ten inshore vessels fishing in the North Island that are using this new technology.

When sorting and grading fish, there are benefits in being able to keep the fish alive and the new water tank systems have increased the survival rates of any unwanted catch. The fish caught using the MHS are sold all around the world including markets in Auckland, Hawaii, Melbourne, Sydney and China. The highest grades of fish quality are used for sashimi. The PSH partnership has produced videos that demonstrate the new technology and have received favourable feedback from scientists and fishermen. The achievements of PSH have been recognised by some celebrities with high public profiles, such as Nathan Guy (Minister of Agriculture), the King of the Netherlands and Prince Charles. Graeme Sinclair, who hosts 'Gone Fishin'' on television has also been very positive about PSH, which has featured several times on his television programme.

Dave is a Wellington boy. He was educated at Rongotai College followed by a degree in Food Technology at Massey University. He has been

words: Gilly Oppenheim



working in the fishing industry since 1986 when he started his first job with Skeggs Seafood in Nelson. After three years working there, Dave then went to Alaska and worked on a factory ship for three month contracts based out of Dutch Harbour in the Aleutian (Unalaska) Islands. He worked here off and on for eight years. In between contracts, he and his mates backpacked as often as possible around Europe. He met his Canadian wife Kim in Greece on one of these backpacking adventures. His next move was to Port Alberni (Vancouver Island BC) on the Barkley Sound where he set up a seafood plant to process Pacific hake. While here they lived at Sproat Lake - an ideal existence for his young boys with a boat and a floating dock.

The family moved to Timaru in September 2000 where Dave was a member of Sanford's Deepwater Fleet Management team for ten years. It was whilst working here that the idea for Precision Seafood Harvesting was born. A primary growth partnership was set up with Sealord, Moana and Sanford with Dave ending up as manager of the process and reporting to the board. The deep water MHS design was given regulatory approval for fishing hoki, hake and ling species in May 2018. The process for getting inshore design regulatory approval,

predominantly for snapper, is a work in progress. It is a big business, with ten boats working inshore and ten factory boats deep water fishing all round NZ. The next task is to streamline the manufacture of the gear, so that the production is more efficient.

Dave is not a man to let the grass grow under his feet. While his three boys were still at school he coached junior rugby for Old Boys. The family spend many happy hours boating up at the lakes or in the Marlborough Sounds where they all enjoy their water sports. Dave also enjoys hunting and tramping and he was a member of the winning Aorangi curling team at Tekapo last winter. Next on the agenda is walking the 800km El Camino Norte with his wife Kim in May.



Dave Getting his award from Prince Charles



Dave talking fish with the King of Netherlands -Willem-Alexander

Fundraising breakfast for St Johns

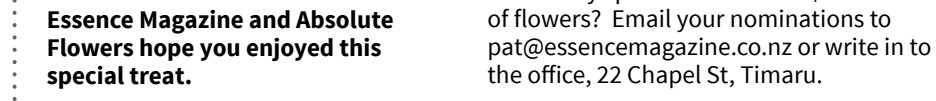
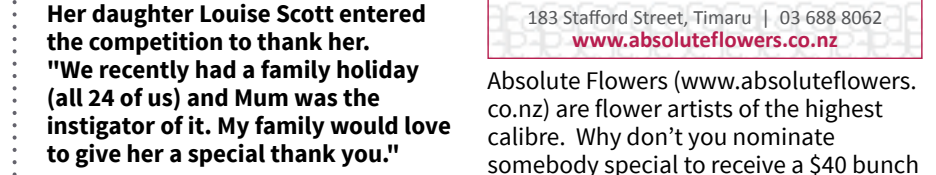
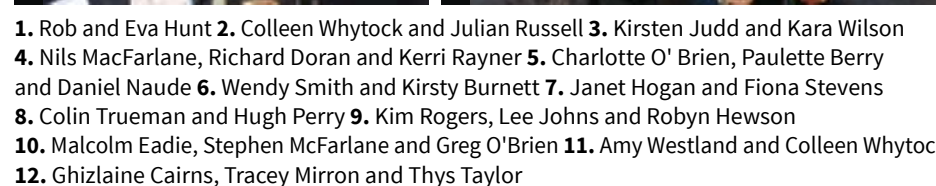
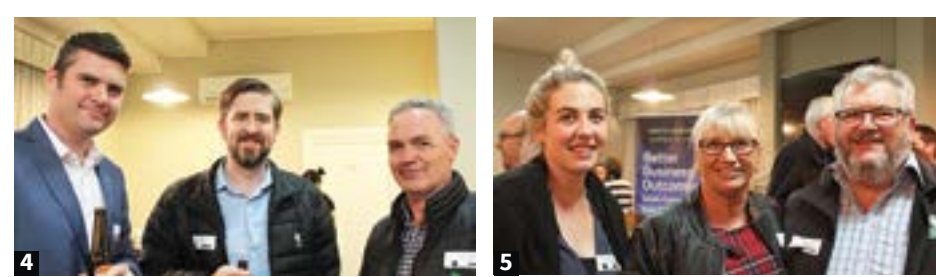
SideKick Timaru organised a fundraising breakfast at Sopheze on the Bay, Tuesday 30th of April. Thanks to the South Canterbury Community they managed to raise over \$1,000 to go towards the St Johns "Pay for a day in May" fundraiser.



1. Ash Ronald, Ayla Thompson and Naomi Craford 2. Rachel Nicholls and Ally Crane 3. Hebe Haughey and Tim Leonard 4. Lucy Johnson and Jess Hampton 5. Karen McKenzie and Tracey Curry 6. Mair Candy and Janki Trillo 7. William Bisset, Sandy Burleigh and Alice Coombes 8. Kristy and Travis Sim 9. Leanne Prendeville, Graeme Wilson, Beth Lambourne, Anne Glendining, Brian Walters and Katie Colson 10. Kaylee Carter and Corey Baxter 11. Lee and Tim Johns

BA5 at Mocca Café

In the heart of Stafford Street Timaru, Mocca Café held the BA5 on the 1st of May. This was a fantastic night with demonstrations from Eva and Rob on how to make the perfect dumplings.



1. Rob and Eva Hunt 2. Colleen Whytock and Julian Russell 3. Kirsten Judd and Kara Wilson 4. Nils MacFarlane, Richard Doran and Kerri Rayner 5. Charlotte O'Brien, Paulette Berry and Daniel Naude 6. Wendy Smith and Kirsty Burnett 7. Janet Hogan and Fiona Stevens 8. Colin Trueman and Hugh Perry 9. Kim Rogers, Lee Johns and Robyn Hewson 10. Malcolm Eadie, Stephen McFarlane and Greg O'Brien 11. Amy Westland and Colleen Whytock 12. Ghizlaine Cairns, Tracey Mirron and Thys Taylor

Congratulations to the flower winner,

Kate Waldie



Her daughter Louise Scott entered the competition to thank her. "We recently had a family holiday (all 24 of us) and Mum was the instigator of it. My family would love to give her a special thank you." Essence Magazine and Absolute Flowers hope you enjoyed this special treat.



Absolute Flowers (www.absoluteflowers.co.nz) are flower artists of the highest calibre. Why don't you nominate somebody special to receive a \$40 bunch of flowers? Email your nominations to pat@essencemagazine.co.nz or write in to the office, 22 Chapel St, Timaru.

Online Library browser

How amazing would it be to quickly find out whether your public library has a copy of a book that has been recommended to you, or that you have discovered while searching online? How convenient would it be to then push a button and be directed straight to the library's catalogue where you could place a hold on the title? Book lovers in South Canterbury can rejoice because Timaru District Libraries have been added to Library Extension.



Library Extension is a browser extension that can be installed on Chrome or Firefox from www.libraryextension.com. It is free to use and easy to set up. Once Library Extension has been installed and Timaru District Libraries selected, when browsing books on websites such as Amazon and Book Depository, you will instantly be able to see if Timaru District Libraries holds the book. If the book is held in the collection, pushing the 'borrow' button will take you to the library catalogue where a hold can be put on the title. It is so easy! If the library does not have

the book you can ask staff to consider purchasing it for the collection.

Goodreads is the world's largest website community for readers and book recommendations. Becoming a member of the site allows you to share book recommendations with friends, track what you have read and read reviews of books. You can also create a list of books that you want to read. Library Extension is available on Goodreads so once you have found your next great read, you can easily check to see whether it is available at your library.

If you would like to know more about Library Extension, call in and speak to a member of staff at Timaru District Libraries.



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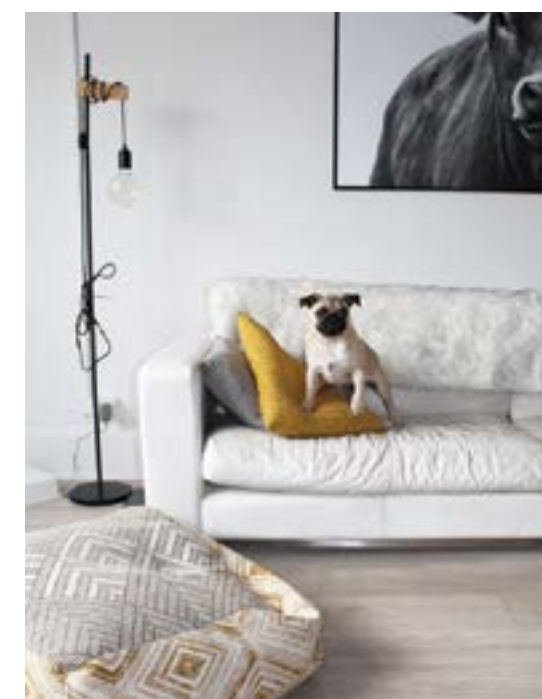
A City Apartment with just that little bit Xtra

Situated at the intersection of Stafford and George Street, 160 Stafford is pretty much dead centre of Timaru's CBD.

It's certainly busy enough, with retail shops and nearby Copper Café competing for passing trade on the ground floor. Above the bustle is a 2nd floor apartment, which was brought back to life recently by Ben Simpson, owner of the building for the past year.

Accessed through the carpark off George Street, the one-bedroom, 80m² apartment has been substantially modernised into an inner city pad.

Ben (24) opted for a DIY approach to what is his first home. It helps that he is involved in the family business – Simpson Flooring Xtra – which not only helped reduce costs but also provided ample choice of flooring options.



"We love being in the heart of the city where everything is within easy reach"

Ben and partner Lori paid a lot of attention to the smaller details, with the entire flat repainted, all new doors and fittings and a re-fitted kitchen and bathroom. Windows were replaced with double glazing, though they decided to retain the original wooden lounge windows.

The result is a clean, Scandinavian look. Ben says the decision to live in town was an easy one to make. "We love being in the heart of the city where everything is within easy reach. Timaru's CBD is just big enough to make it interesting and fun, so for us it really fits the bill."

Formerly the site of May's Tea and Coffee House, the ground floor is currently available for lease and was up until recently the home of Treats Café and Joyline confectionary sprinkle factory.



THE Creative Chamber

In a world of colour



Lots of people overlook the importance of colour in your interior. Colour can really make or break a space. Sometimes it is divided into two categories: warm and cool tones. Warm tones, like red, orange and yellow can energize a space and make you feel uplifted. Cool tones such as blue, green and purple generally create quiet, relaxing atmospheres.

The Dulux colour forecast is about more than colour - it helps bring trends to life in your home through styling and accessories. Here are a few of our favourite tips from the forecast.

- The kitchen is a cherished hub within the home and colour really helps make this space special. beyond tiles and splash backs consider the colour of your cabinetry, it's a great way to create a bold feature.
- Staying within a colour family is an easy way to create harmonious colour scheme. For example, combine yellow based green with mustard and warm timber finishes for a cohesive look and feel.
- When soft hues get just a tad too sweet, bring sophistication and edge back into your life by adding a touch of charcoal or black.
- Evoke a feeling of relaxation and wellness in your home by using soft greens, such as Dulux Wainui beach. For a truly chilled space choose tonal hues for your other elements.
- Remember that sometimes your paint colour doesn't come first. You may fall in love with a fabric, an artwork or the embroidery on your favourite cushion. Think about sourcing your wall colour from these most loved elements.
- Bringing the outside in can really bring your interiors to life, indoor plants improve your air quality, bring you closer to nature and have you feeling more relaxed.

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

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The Royal Arcade

— a class act —

As one of Timaru's uber cool retail destinations, the Royal Arcade has attracted a loyal following over the years, offering a quiet refuge from the relative bustle of Stafford Street.

The retail glass and steel alleyway takes its cue from arcades which sprung up across major cities during the 19th century. Timaru's version dates back to the early 1900s with the addition of a glass roof in 1996 creating a colonnade joining Stafford with Sophia Streets.

"In any big city it would be a major drawcard," says one tenant, the view being that in the Timaru context its understated entrance ways has made it a slightly clandestine destination for those on the hunt for a specialty shop or quietly visiting their lawyer or architect.

On the latter front the arcade has become a focal point for professional services firms, including two architectural firms (NB Architects and DLA Architects), Sloane Legal, design agency Goanna and structural engineering company Structex - all of which have been long term tenants.

The food and beverage offerings have been a bit more hit and miss. After taking over 16 Royal Arcade from the popular Petite cocktail bar in 2017, Francesca's Pizzeria closed its doors recently, while nearby Asian style outlet Food Haven has also recently moved shop. Essence understands two new eateries are moving in soon.

In general the common sentiment of those tenants who Essence spoke to is that it's a great place to work but not everyone does well unless you already have a client base who know where you are.

One Friday a month the Arcade also hosts the Arcadia Night Market, featuring eco-conscious products, live music and a healthy dose of community spirit. A lot of the ground floor businesses remain open during the evening markets, including the two popular hair salons - Sweeney Todd's and Cocoon Hair Design.



Once the main thoroughfare from Stafford to the old Post Office, the Royal Arcade is something of a closely guarded secret by locals



Arcadia Night Market



Hayley from CEN



Andy from Replenish Cafe

Cocoon owner Felicity Bruce says her business has thrived since she took the decision to open in the Arcade, merging with the former salon of business partner Sharon McConnochie. It was a partnership created of necessity, after their prior salons were damaged by earthquake and fire respectively.

"The circumstances were difficult but there was a definite silver lining," says Felicity. "We've been fully booked since we opened six years ago and we're now looking at expanding the business."

Felicity has been actively supportive of the arcade and of her co-tenants, starting the 'Arcadians' social media page when she first moved in. "There are quite a few small businesses here, so the Arcadians group was about supporting our community, keeping in touch and arranging events."

That, combined with a supportive landlord, has made for a great place to work, says Felicity.

That landlord is Christchurch based Shaun Stockman, whose company KPI Rothschild has been invested in the three major Royal Arcade buildings since 2006, owning 14-20 and 23-27

Royal Arcade and the Jay Jays Building at 196 Stafford Street.

Shaun says the arcade continues to perform really well as a property investment "We are long term investors in Timaru. It's a vibrant town and the arcade has a real heritage character. Many of our tenants are long term ones and we generally only have one or two vacancies."

The company has worked hard to retain the character of the precinct, while investing in earthquake strengthening of all its buildings to 80% of code.

EVOLV



Evolv - located at 200 Stafford Street (corner of the Royal Arcade) has its own personality. With a more urban feel it is directed at fashion forward customers looking for iconic brands such as Augustine, Elwood, Element, Silent Theory, All About Eve, Mons Royale and many more. From newborn to 'young at heart' (and everyone in between!) - there is always something new to inspire, uplift and truly feel great wearing.

Evolv is always buzzing and has great staff just waiting to help you find some treats for you or someone else in your life. If you're not after clothes, they have loads of accessories from wallets and handbags to candles and diffusers.

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Our beautiful gallery in the Royal Arcade specialises in natural crystals and is a centre for energy healing and meditation. We hold several meditation sessions weekly of which all proceeds go to The Nepali Orphan Fund. Next to our wide range of natural crystals we stock Himalayan Salt Lamps, Essential Oils, Incenses, Suncatchers, Cards, Books and CDs.

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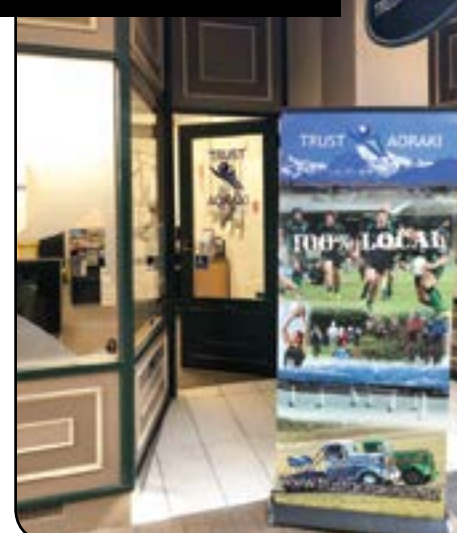


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NZIA PRACTICE

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Franz Lieber
Fartie Bakehouse owner

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Overnight Chocolate Chia Seed Pudding

Simple, 6-ingredient chocolate chia seed pudding that's naturally sweetened and so thick and creamy. Loaded with nutrients and perfect for breakfast, a snack, or dessert!

Servings: (1/2-cup servings)

Category: Breakfast, Dessert, Snack

Cuisine: Gluten-Free, Vegan

Freezer Friendly No

Does it keep? 4-5 Days

INGREDIENTS

- 1/4 cup cacao powder or unsweetened cocoa powder
- 3-5 Tbsp maple syrup
- 1/2 tsp ground cinnamon (optional)
- 1 pinch sea salt
- 1/2 tsp vanilla extract
- 1 1/2 cups Almond Breeze Almondmilk Original Unsweetened (or light coconut milk for creamier texture)
- 1/2 cup chia seeds

METHOD

1. To a small mixing bowl add cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little dairy-free milk at a time and whisk until a paste forms. Then add remaining dairy-free milk and whisk until smooth.
2. Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency).
3. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.



1



2



3

Whether you're updating your kitchen as a single person or getting ready to form a household, here are some small kitchen appliances that will complement your living space.

1. UFO Table - \$369 Maree Hynes
2. Portuguese Stone Mosaic Beige - \$19ea Maree Hynes
3. Georgina Oak Chair - \$165 Hopkinsons

essential Weddings



It's your special day

Your wedding day is one of the most important days of your life, and that's why most brides-to-be spend a great deal of time planning for it. Once you are engaged the wedding planning begins and so too does the fun - and at times, the pre-wedding stress.

There are many things to consider when planning your wedding day and it's important to get everything just right. Have the support of a few people you can rely on just in case there are any hitches. From booking the venue, to finding the perfect wedding dress, co-ordinating the groom's outfit, the best man's suit and the bridesmaid's dresses, down to the wedding favours and table decorations, there is plenty to think about. Fortunately, here in South Canterbury there are many venues, services and suppliers available to take the stress out of your wedding plans.

We would recommend getting yourself a wedding planning checklist with everything you can think of and a timescale of how long it will take you to plan the wedding before you start booking dates and venues. Make sure you give yourself enough time to get everything organised and not make it into a stressful experience. After all, planning your wedding should be fun!

Start off with a wedding planning book and make as many notes as you can about what you want for your wedding and what needs doing. Try to stick to any schedules you have given yourself and you will be well on your way to a successful wedding day.

Timaru Town & Country Club

Priding themselves on modern and hi-tech facilities, making it the perfect choice for hosting a range of cost-competitive functions from weddings through to conferences. The club has a picturesque outlook over Timaru's only golf course within the city limits, Highfield. The upstairs internal function room offers both full bar and catering service. Pick up an information pack from reception to find out what they can offer.



Phone 03 688 0020
99 Douglas Street, Timaru
www.timaruclubs.co.nz

Fashion Focus

It's so important to allow plenty of time to find the right outfit. Sometimes an outfit needs slight alterations to make it fit well, this can all take time. It is great if you come in with an open mind and be prepared to try on new things - you might be surprised by what ends up being your final outfit!



FASHION FOCUS

Special occasion outfits
jewellery and accessories



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Ph (03) 688 8711 www.fashionfocus.co.nz

Claremont Castle Venue

Your wedding day is an occasion which should be hassle-free, unique and memorable for all the right reasons. You want to have stunning photography and a day which provides memories to last a lifetime. Our team at Castle Claremont are here to help manage and pre-plan every inch of your wedding and walk with you through the steps of designing and programming your very special day. We have a range of options available with a variety of packages to suit all your needs. If you have any questions, please don't hesitate to contact us 021 238 8448.



Claremont Castle

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Ph 021 238 8448 E:info@castleclaremont.co.nz

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Coeur de Lion Swarovski Crystal Bracelet \$259
Necklace \$589

Pearl Earrings \$79

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Ron Brown Jewellers offers an extensive range of high quality, stunning jewellery, including watches, diamonds and rings or Stephen Brown can design and manufacture that special piece of jewellery, whether it's a ring, earrings or a pendant.

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18ct Gold Diamond Ring

18ct White Gold Diamond Ring

18ct Gold, 4 Stone 1.00ct Diamond Ring

18ct Tanzanite & Diamond Ring

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Claremont Castle Bed & Breakfast
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Phone 03 688 3149

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Julie Neill's Dance Academy
Do you have a special occasion coming up? Surprise your friends and family by learning how to dance. Julie Neill's Dance Academy has Ballroom and Latin American classes for both adults and children. Learning to dance is also a great way to keep both body and mind active. For class and social dance schedules or to organise a private lesson contact us or find us on Facebook.




Creating a Mood Board
Making a wedding mood board is one of the most helpful activities in the wedding planning process. Not only does the practice encourage you to make decisions about the look of your day, but it can also aid in defining the overall vibe your wedding will have.

- 1. Identify Guide Words**
The first step in making a wedding mood board is identifying guide words that describe how you want your day to feel. It could be romantic, elegant, classic, vintage, rustic or bohemian to name a few.
You need to decide the context for the look and feel of your day. Decide what season the wedding will take place. This can impact the look and feel of your location and venue.
- 2. Embrace Color + Texture**
Whether you're using Pinterest, magazines, or found inspiration from your everyday life, start looking through your inspiration source to see which colors you most associate with your guide words. What kinds of plants, materials, and fabrics help tie the look of your day and the feel of your day together? Collect images for your board that depict those colors and textures.
- 3. Select Big Decor Elements**
It's time to transform some of those abstract ideas into real elements you want to use in your wedding. Start with the pictures of big decor pieces since the smaller details will depend on them. Big decor elements may include physically large pieces like your ceremony arch or backdrop.
Look for photos of flowers or textiles/fabrics that speak to your guide words for your board.
- 4. Curate Small Details**
Small details are where your personality really shines. Go back to your guide words and make a list of items that remind you of each one. Here's an example Winter feel: Cozy blankets, candles or Rustic: Wooden details
Once you've listed out a few items, find corresponding images that fit into the colors and textures from Step Two and that complement the big decor elements from Step Three.
- 5. Consider Cohesiveness**
After compiling all of the images for your mood board, you'll want to take a step back and look at the bigger picture. Do the photos you've collected represent the way you want your wedding to look and feel? Is there a common thread throughout the photos or does the design appear to be disjointed? Consistency at this stage in your planning will help you craft a more cohesive look and feel for your big day.

Wedding planning checklist
As a bride, you need to think about a thousand things at once. When do I need to buy my cake? When do I need to send my save-the-dates out? When should I book venues? Well, stress no more because we have you covered. If you're planning your wedding a year to a year and a half, this checklist is for you.

- 13-15 months**
- Pick your wedding date
 - Look at/book your venue
 - Start writing your guest list
 - Set a budget
 - Create a mood board
- 10-12 Months**
- Ask bridesmaids to be in the wedding
 - Start looking and book a photographer + videographers
 - Book your celebrant
- 7-9 Months**
- Order your wedding dress
 - Book the DJ + Florist
 - Purchase bridesmaid dresses
 - Send save the dates
 - Book honeymoon
- 4-6 months**
- 6 months - order invitations
 - 5 months - send invitations
 - Order wedding rings
 - Renew or get passports
 - Envision your wedding cake/ book a cake
 - Book rehearsal dinner
 - 6 months - start hair and makeup trial
 - 5 months - book hair and makeup
- 3 Months**
- Rent the men's formal wear
 - Hire wedding day transportation
 - Finalise dinner menu
 - Choose readings and readers
- 2 months**
- Purchase gifts for parents, attendants, wedding party and each other
 - Send group photo lists to your photographer
 - Buy lingerie for wedding and honeymoon
 - Apply for wedding license
 - Have name cards made for tables
- 1 month**
- Have final gown fitting and bring your dress home
 - Check in with bridesmaids: make sure they have their gowns ready for the wedding
 - Make last minute adjustments with vendors, confirm final head count
 - Create a wedding programme



- Finalise music with DJ
- Create seating chart
- Book waxing and nail appointment

Special Occasion Shoes



Naturalizer Hoda \$209.90
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Django & Juliette Killian gold \$269.90
Django & Juliette Missies Pewter \$199.90
Karston KZEC \$319.90

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Ph (03) 688 4251 | cobblersinn

Sopheze weddings



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Caroline Bay Tea Rooms, Timaru
03 688 9613

The Ringmakers
Manufacturers of Fine Jewellery



Of all the things you have to organise when you're getting married, engagement and wedding jewellery is one of the most important; after all, the rings you slip onto each other's fingers will be enduring symbols of your love for many years to come. At The Ringmakers, our goldsmiths take pride in custom-making quality jewellery, working closely with you right through the design and manufacturing process to ensure the perfect outcome. The entire process is completed on-site, so you can be involved every step of the way. We manufacture diamond and coloured stone rings and all types of one off jewellery, including pendants, earrings, bracelets, bangles and cufflinks, to suit your taste and budget. Come and see the friendly team for an obligation-free consultation today!

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Jewelcraft's motto is dare to be different! So when it comes to your engagement and wedding rings, why be the same as everyone else?

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Daisy London Swooping Bird Necklace, \$155

PANDORA Tree of Life Necklace, \$99

5 Disc Drop Earrings, \$35

STOW Charms, from \$35

Black Matter Penumbra Studs, \$299

Freshwater pearl studs, from \$35

STOW Jewellery Box, \$99

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The Ringmakers
Manufacturers of Fine Jewellery

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Ph (03) 688 1362
www.theringmakers.co.nz

Dress to impress

The Accessory Shop

The older we get, the more we're invited to all different kinds of celebrations. And whether it's a wedding, a bridal shower, an engagement party or a black tie gala, the first thing we think of when that invitation comes in the mail is what we'll wear. It can be a bit tricky to decipher exactly what the dress code is for all of these special soirees.

So what should I wear to these special occasions? Before we answer that, let's define exactly what special occasion clothes are. Special occasion attire, unlike casual and business wear, is typically very formal and are made of fine fabrics like silk, velvet, and lace. They're worn on the dressiest occasions of life, like Formal dinners, Formal dances, Engagement parties, Weddings and more.

Fashion is one of the best ways to express your personality. The clothes you wear tells one story, but the way you accessorize your clothes tells the minor details of that story that may have been left off. The necklace, shoes, or handbag you choose with your outfit shows everyone your style, your taste, and what you want to put out into the world.

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Ph (03) 684 5220

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Workshop & Showroom
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ph 684 4882
www.jewelcraft.co.nz

Eos Toggy (Portugal handcrafted) 319.90

Nude La Reu Tan 239.90

Nude La Reu 239.90

Top End Merritts 269.90

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STOMPZ shoes

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www.mode.co.nz/stompz/ Follow us on facebook

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Over The Ditch Earrings \$22 each

Lizzy Dress Black \$329

Contrast Sleeve Dress \$169

Mini Furmoo Wallet \$59

Lizzy Dress Ink Stripe \$329

Happening Open Sleeve Dress \$159.90

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

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Dress \$349

Sheer Poncho \$99

Dress \$269

Dress \$269

Dress \$479

Bracelet \$15

FASHION FOCUS
Highfield Mall, Wai-iti Road, Timaru
Ph (03) 688 8711 www.fashionfocus.co.nz

Woodys \$449

Kate Sylvester \$449

Anne Et Valentin \$739

Charmant \$449

Ice Cream \$449

Joules \$349

CANON STREET OPTOMETRISTS
26 Canon Street, Timaru
Ph (03) 688 9791

Is passing your driver test on the first attempt possible?

The purpose of a driving test is to assess the competency of a road user against a standard to check they are safe to be on the road and that they make the correct decisions. The first step is to get a copy of the "Road code"!

The reality is that like all things worth having, it's worth doing right. Unless they put in some effort they are not going to be successful in the process. Gaining a drivers licence is about ensuring your child is safe on our roads and they can drive to the standards to make safe decisions. Testing Officers are professional people who are trained and certified to observe the driving skills and behaviours you display and record them according to pre-set standard. Three main areas that all new drivers can work on, are observation, speed control and positioning on the road.

Observation

"Many applicants go through the motions, like when looking in the mirrors or checking their blind spots, but fail to actually comprehend what they are doing. It is not about moving the head, but about taking in what they see", says one of the local Testing Officers.

Speed control

Speed control is important and is another common mistake during the driving test. The Testing Officer will tell you to drive to the conditions, and obey all the posted speed limits including temporary speed limits. Being

aware of these are you proceed around the course and adjusting accordingly prior to the sign shows that you have mastered the skill of managing your speed control.

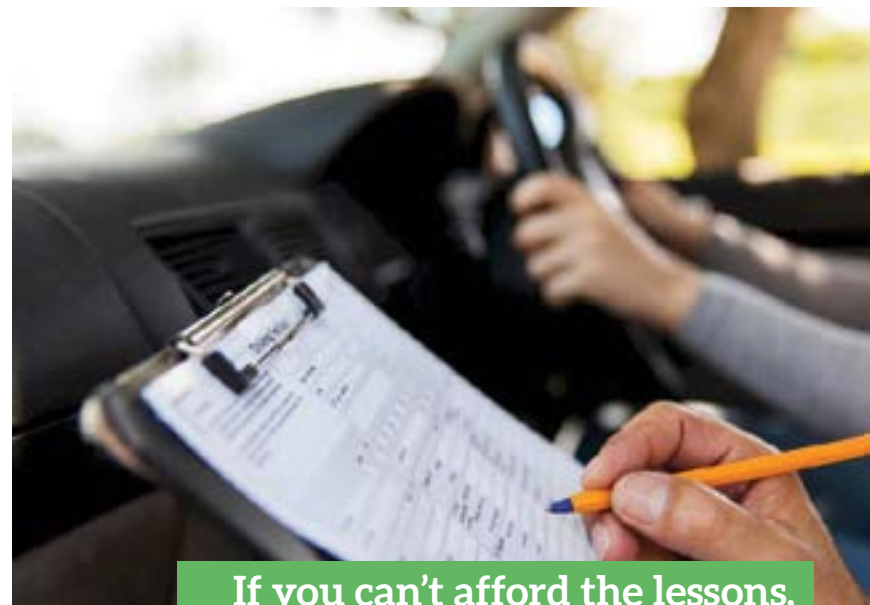
Position on the road (before turning and when turning)

When driving it is important to stay in your lane. When making a right hand turn ensure that you do not cut the corner, this can be very dangerous. As per the road code try to stay as far left as practicable which will keep you safe from oncoming vehicles.

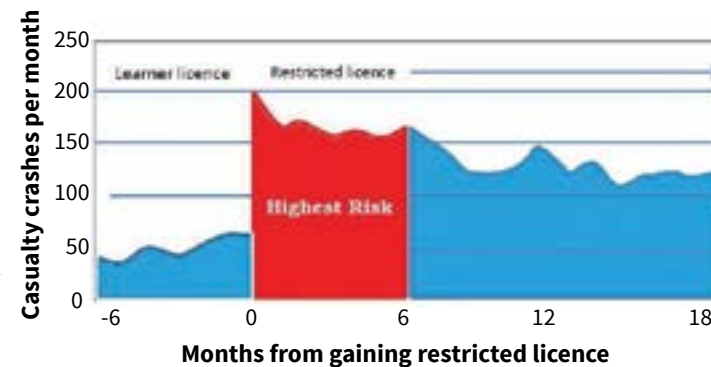
All drivers should know the road code as this is the basic guide for all our road rules and how to apply them. We recommend getting a few lessons with a registered driving instructor and practise, practise and practise! It is a good idea to make sure that you practice the correct ways shown by the instructor. Lastly it is always a good idea to get a couple of lessons before the actual test as this will help to polish your child's driving performance

If your child was unsuccessful and had to re-sit the restricted test it would cost \$86.60. For this amount you can get more than an hour worth of professional instruction, something to ponder.

Robyn Mulder-Willis - Driver Testing Officer VTNZ



If you can't afford the lessons, visit www.scrs.org.nz to see how we could assist.



Driver Fatigue

What is driver fatigue?

Driver fatigue is also not just falling asleep behind the wheel of a vehicle.

Losing focus on your driving task, missing important prompts on the road like road signs is also an indication of driver fatigue.

Research shows that most fatigue related crashes happen within twenty minutes from home or on trips of two hours or less.

Driver fatigue is one of the most under reported causes of crashes worldwide. Some countries estimate that driver fatigue is prevalent in as many as 30 percent of all injury crashes.

What causes driver fatigue?

Again, there are various causes, but the following are the most common ones:

- Lack of sleep
- Lack of concentration on driving task
- Tired after a full day at work
- Illness and/or medication
- Driving after a long flight.

How can I reduce the risk?

How can you reduce the risk of driver fatigue? Here are ten tips that may save a life:

1. Never drive when you are feeling tired
2. Get enough sleep before the trip
3. Share the driving with other licenced passengers
4. Plan for regular rest stops
5. Eat light meals or fruit throughout the journey
6. Stay hydrated

What doesn't work?

7. Get fresh air – put the air vent on fresh air and not on recycle
8. Power nap – it is a short nap of between 20-40 minutes
9. Avoid using any alcohol or drugs before the trip
10. Stop over at "driver reviver" stops or stop.

What doesn't work?

- Opening windows
- Loud music
- Drinking lots of coffee or energy drinks
- Exercising in the vehicle

Doing these things has not been proven to increase driver alertness.

Warning Signs

- Frequent yawning or blinking
- Difficulty in keeping your eyes open
- Feeling irritated
- Finding it difficult to maintain a constant speed
- Trouble staying focussed on your driving task
- Slow reactions, like braking too late
- Making incorrect choices
- Taking unnecessary risks
- Travel over some distance without remembering doing it
- Trouble keeping your head up
- Drifting all over the road, like over the centre line or too close to the side of the road.



Other interesting facts about driver fatigue

Good drivers can read the road and traffic conditions to take evasive actions when needed. On the other hand dodgy drivers drive like zombies, unaware of what's happening around them. This makes them and other road users extremely vulnerable.

- It is more dangerous to drive between 1am and 5am than at any other time of the day. The next most dangerous time is between 1pm and 5pm
- If you drive after staying awake for 17 hours, you will behave like a driver who is just below the legal blood alcohol limit
- If you drive after staying awake for 24 hours, you are just as dangerous as someone who is over the legal blood alcohol limit

On short trips in town, take a taxi, catch the bus or ride with a friend or colleague.

Visit scrs.org.nz for more information

TOP 3 REASONS PEOPLE FAIL THEIR DRIVING TEST



Speeding



Lane Position



Observation

Local Driving Education

Advanced Driver Training	Neville Cross 027 688 3748	RBM Driver Training	Ralph & Margaret Burrell 03 439 5355
Goody's Driving School	James Goodman 027 538 6226	YMCA South and Mid Canterbury	Sharyn Kake 027 368 7018
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- Pre-collision system with autonomous emergency braking, and pedestrian and cyclist detection
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- Lane departure alert with steering assist and vehicle sway warning
- Automatic high beam
- Lane tracing assist
- Road sign assist
- Active cornering assist
- Anti-lock braking system
- Blind spot monitor
- Brake assist
- Drive-start control
- Electronic brake force distribution
- Emergency stop signal
- Hill-start assist control
- Rear cross traffic alert
- Secondary collision brake
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IF YOU Notice it, Novus it call in and see us

Not all cars are equally safe

Vehicles have evolved over the past hundred plus years, from being basically a motorised horse cart to the modern autonomous models available today.

However the basic design and controls have not changed that much. As we learned from experience, cars were equipped with features that made driving more convenient and especially in the past decade, made them much safer.

We acknowledge the millions of people who paid with their lives and billions of victims who were killed or seriously injured during this time.

There are active and passive safety systems in cars. Active safety systems are those that assist by trying to prevent a crash in the first place and Passive systems reduce the injury during a crash.

Vehicle manufacturers compete by offering latest technology in their models. However, you will find that most of these safety systems are only available in the high end models.

There are several vehicle safety assessment facilities (New Car Assessment Programme – NCAP) in the world, of which the models we get here in New Zealand, are usually tested at the Australian New Car Assessment Programme – ANCAP www.ancap.com.au.

The maximum achievable score is five stars. There are four categories, adult occupant protection (38), child occupant protection (49), vulnerable road user protection (48), and safety assist (13). The numbers in brackets indicate the maximum achievable score for that particular

category. Nevertheless not all cars receive the maximum score, you have to compare the performance of the different models.

It is important to know that while all cars are given a safety score zero to five stars, that within the same classes, the scores may be different.

All tests at NCAP are done under similar conditions.

In New Zealand we also have the Used Car Safety Ratings (UCSR – <https://rightcar.govt.nz>). Safety ratings are created by using records from over 8 million vehicles involved in police-reported road crashes. The vehicle's size and weight, design, and safety features it has, such as airbags and types of seat belts, are all taken into account. (Source Right Car website)

Common myths about vehicle safety

MYTH: *When you drive a car with safety features, you can take more risks as these safety features will save you from crashing and serious injury.*

FACT: The safety features are designed to assist during normal driving conditions. It may likely improve your chances of surviving a crash or reduce serious injury, but they have only been tested for common crash scenarios. For example, frontal impact crashes have only been tested at 64 kilometres per hour. Safety features require the user to use safety belts.

MYTH: *The safer the vehicle the more expensive it is.*

FACT: There are many older models available with good safety features as seen on the Rightcar website.

MYTH: *Old cars are heavier and built more solidly that is why they must be safer.*

FACT: Modern cars are built to reduce the physical forces on the occupants inside the vehicle. Older cars may be solid, but in crashes they do not absorb the impact forces as well as modern cars do.

A good example of this is a video showing the difference at <https://scrs.org.nz>.

Below is a sample of older 4 and 5 star rated models in the Small car category.

MAKE	MODEL	YEAR	DRIVER PROTECTION RATING
Audi	A3	2004-2013	★★★★★
BMW	1 Series E81/E82/E87/E88	2004-2013	★★★★★
Volkswagen	Golf VII	2013-2016	★★★★★
Ford	Focus LV	2009-2012	★★★★
Holden	Cruz JG/JH	2009-2016	★★★★
Hyundai	i30	2007-2012	★★★★
Peugeot	307	2001-2009	★★★★
Subaru	Impreza	2007-2011	★★★★
Subaru	Impreza/IV	2012-2016	★★★★
Toyota	Prius 2	2003-2009	★★★★
Volkswagen	Golf/Jetta	2004-2009	★★★★
Volvo	S40/V40	1997-2004	★★★★

Visit scrs.org.nz for more information

SAFETY TIPS

Sometimes there are just some things you can't avoid when driving out on the roads, such as tyre punctures, traffic accidents, windscreen cracks and dead batteries. Below are some tips from the experts to help you avoid or manage such situations.

Hyundai

No matter how safely you drive, the actions of others can sometimes put you and your precious cargo in danger. At times like this, the opportunity to own a safer car has long passed. Next time you're in the market for a vehicle, insist on the safety and reliability of a Hyundai.



Autoworld

When was the last time you checked your tyre pressures? Checking your tyre pressures is important for the safety and handling of your car in both normal and adverse conditions. It will also help improve fuel economy and reduce wear and tear saving you money in the long run.

THINK ROAD CONDITIONS SHOULDN'T AFFECT THE WAY YOU DRIVE?

Don't betcha life on it

The road you drive today is different to yesterday
Adjust your speed to suit the conditions.

Visit scrs.org.nz for more information

Smallbone

Regularly service your vehicle and ensure your Warrant of Fitness is up to date. This is fundamental in keeping your vehicle running and safe to use.

Doing regular checks on areas such as your tyres, window wipers, battery, lights and the coolant system will not only maintain your vehicles' safety but will also save you money.

Novus Glass

Make sure your windscreen is chip and crack free and your headlights are working properly, clear and clean. Stones can not only chip but also put a hole in your headlight, allowing moisture which will reduce light output and can result in you failing your WOF. "If you notice it - Novus it!" come and see us at 21 King Street.

SC Toyota

With all of the modern safety and assist technology in our vehicles, one could get complacent. It is important that we still use the same levels of concentration and awareness of others that we always have. The technology is there to assist you, not drive the car for you.

Holden Acadia

Safety - Priority #1

Advanced safety features standard on all models

Autonomous Emergency Braking

Lateral Impact Avoidance

Lane Keep Assist with Lane Departure Warning

Haptic Safety Seat Alert

Rear Seat Passenger Reminder

From \$49,990 + ORC

SMALLBONE 100 YEAR Starting price for Acadia LT model.

177 Evans Street, Timaru / 03 687 7530
Facebook: Smallbone Timaru smallbone.co.nz

2019

SPORTAGE

NEW MODEL

SRRP

\$31,990

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FEATURES INCLUDE:

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- Autonomous Emergency Braking
- Blind Spot Detection
- Smart key with push button start
- Privacy glass (rear and back)

- 18" alloys
- Forward Collision Warning System
- Rear Cross Traffic Alert
- Electronic parking brake with auto hold
- Apple Carplay™ & Android Auto™

3 YEARS Free Service

5 YEAR Warranty Programme

5 YEAR Roadside Assist

ANCAP SAFETY 2019 ★★★★★

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www.autoworldtimaru.co.nz



Danny Tawhiti

Danny Tawhiti is the KIA brand Manager at Autoworld with three years professional sales experience with KIA vehicles.

Q. What does this little light on my mirror mean?

Many new vehicles are filled with an array of advanced modern safety features, and getting your head around them all can be overwhelming if you're coming out of a '92 Corolla!

One of the most common features you'll find is 'Blind Spot Detection'. Generally there will be a small amber indicator on your wing mirrors or A-Pillars. When there is another vehicle behind you in either Blind Spot, these indicators will illuminate to let you know without having to break your neck to look behind you.

With the shorter days and outstanding Timaru fog that we have to endure at this time of the year, Blind Spot Detection is an indispensable and potentially life-saving function.

Q. What's this 'Forward Collision Warning' nonsense all about?

Let's be honest, we live in a stunning part of the country. Of a Sunday afternoon you'll probably find yourself cruising around the countryside, surrounded by Autumnal beauty. It is very easy to lose focus of what is in front of you simply because of all that is around you.

Forward Collision Warning uses a central radar (and/or camera system) in the front of the vehicle to detect if the distance between you and an object/vehicle in front of you is approaching too quickly. If the vehicle recognises that you are not going to pull the reins in quick enough, it will give you an audible and/or visual warning to draw your attention in quickly and avoid a serious accident.

Gone are the days where you'd easily squeeze a family of 8 into the Datsun and a seatbelt was an optional extra. Although all these fangle things can appear from the outside as nothing more than a distraction, these driver aids are there to ensure one thing – your safety.



Steven Morse

Steve has practiced chiropractic in Timaru since 1990. He is a past President of the NZ Chiropractors' Association, and is a third generation Chiropractor.

Q. What is Chiropractic? Chiropractic is about helping the body to work at its best. Your nervous system, which controls all the functions of your body, is protected by your spine. Sometimes the stresses and strains of daily life cause nerve messages from the brain to get blocked. By making small adjustments to the spine, nervous system and soft tissue, chiropractors can remove these blockages so that the messages reach the organs effectively. The philosophy is simple: if your nervous system is working properly, your body is better able to heal itself and perform at its full potential.

Q. Why choose Chiropractic? With more and more people looking for a natural approach to healthcare, chiropractic is the fastest growing wellness profession in the world. It's now the third largest primary healthcare profession in the West after medicine and dentistry and is legally recognised in over 45 countries.

Q. Who can seek chiropractic care? Chiropractors treat people of all ages, from newborn babies to the elderly. The style of treatment will be modified and techniques adapted depending on what is appropriate for each situation. A healthy spine and nervous system can help anyone at any time in their life regardless of age, condition, presence of symptoms.

Q. What type of education do chiropractors have? Chiropractors are educated with an emphasis on diagnosis and treatment of conditions related to the musculoskeletal system, the muscles, ligaments and joints of the spine and extremities, and the nerves that supply them. Gaining a chiropractic degree in Australasia involves 5 years of tertiary education.

Q. Do I need to go to my GP first if I want to visit a chiropractor under an ACC claim? No you don't. Chiropractors practice as primary contact practitioners and therefore can take on new patients without a GP referral and can lodge an ACC claim for a patient if needed.

Q. Why do I hear a popping sounds when my chiropractor adjusts me? Sometimes during a chiropractic adjustment, you'll notice a distinctive "pop". Don't be alarmed - it shouldn't be painful. The noise is often due to a change of pressure between joints that results in a release of a gas bubble.

Morse Chiropractic Centre
46 North St, Timaru. Ph 03 688 1279



Jeremy Kartolo

Jeremy is a second-year apprentice at South Canterbury Toyota. From fitting shiny accessories to rebuilding engines and diffs, they do it all.

Benefits of having an apprenticeship

A common dilemma found in the early stages of adulthood is, "What path in life should I take?" Let's face it, the idea of chasing a university degree may be more enticing than heading straight into the work force, surely university will be remembered as the glory days of your youth.

But the reality is, an apprenticeship is the perfect opportunity to get a head start in life. Through an apprenticeship you can gain real on the job experience, and very real life skills.

Starting an apprenticeship is perfect for people who want to make a stable career straight from school, there are many programmes out there to accommodate your passion, whether it's in building, automotive or engineering.

Often people think an apprenticeship is easy, but the truth is, it requires lots of hard work, dedication and a good work ethic. All these aspects are crafted during your training and will always lead to good use in life. The great thing about learning as an apprentice is you are paid to learn and study on the job.

If you compare the likelihood of getting a job after achieving a university degree to that of an apprenticeship, you will find the odds might be against you.

Firstly, you may have a student loan that needs to be paid off, maybe around \$40-50k.

Secondly think about how many people also have the same degree, consider the volume of graduates that come out in that year, all to apply for the same job.

Thirdly, the most common question asked by employers, "Do you have any work experience?"

On the other hand, once you've completed your apprenticeship, you will have already gained work experience, an understanding of the trade and placement for a job.

Getting through an apprenticeship may seem daunting, but in the end, hard work really pays off!



Remember the basics to burn SMOKE-FREE THIS WINTER



Ray Hermens

Using a modern wood burner is a great start to improving air quality, but it's equally important to remember the basics to burn smoke-free – good wood and good fire lighting technique.

Ray Hermens is one of Environment Canterbury's local Better Burning Advisors, and he stresses the importance of getting the basics right if you choose to burn wood as a heat source.

How do you light your fire?

An upside-down fire-lighting technique can save time and reduce air pollution. The upside-down technique – also known as 'top down' or 'Swiss style' – is gaining in popularity and the team gets plenty of feedback that it's working well for people.

"If you want a fire that gets going quickly, saving on time and excess smoke, then we'd recommend trying this technique, which uses larger pieces of wood at the bottom and kindling on top. You can walk away with confidence that your fire will be getting off to a good start and heating up fast," says Ray.

If you prefer the traditional bottom-up approach, you can still get your fire going quickly and efficiently by using a good amount of dry kindling.

Resist the overnight smoulder

Adding a log to your wood burner and turning down the airflow to slowly burn through the night is not only a big cause of air pollution but also an inefficient way to heat your home.

"If your wood burner is working well, and your house is well-insulated, then you shouldn't need to leave wood smouldering overnight at a low temperature

as this causes excess smoke," says Ray.

He suggests getting your fire burning hot and smoke-free before going to bed but to accept and plan for it to burn out.

"Resist the habit of 'keeping the fire burning' overnight. If you feel your house is getting too cold overnight, then you may have an issue with insulation and draughts."

Is your wood 'good'?

It may sound simple, but having good wood is key to running an efficient fire that burns clean.

"If a chimney is smoking badly it's often the fuel that's the problem," said Ray.

"It's important to ensure the wood you're using is dry and seasoned. Wet wood will simply not burn hot enough to heat your home well and will also smoke out your neighbours."

Ray advises using a Trusted Good Wood Merchant to source wood and stocking up at least a season ahead. Environment Canterbury can also test the moisture content of wood for you.

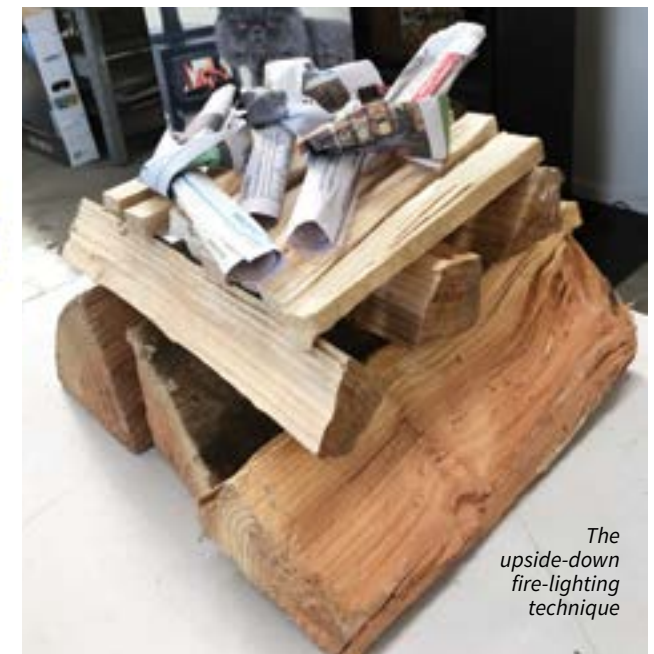
Support is available

If you need to upgrade from an older-style wood burner, Environment Canterbury's Better Burning Advisors are happy to talk through different financial options available for Timaru, Geraldine and Waimate households.

Subsidies ranging from \$500 to \$5000 are available for low-income households who meet certain criteria. In addition, Healthier Homes Canterbury launched in September last year, where eligible ratepayers can apply for a rates advance of up to \$6,000 to help purchase home heating, insulation and ventilation.



You can get in touch with Environment Canterbury for personalised help or to arrange for a free 30-minute in-home demo by calling 0800 329 276. For more information on burning smoke-free, and to see a list of Trusted Good Wood Merchants, visit warmercheaper.co.nz



From the Mayor's Desk



E ngā hau e whā, tēnā koutou katoa! To people from all corners of the District, hello!

Nau mai, tauti mai ki te rohe o Te Tihi o Maru, te pito o te ao. Welcome to Timaru District, the best place in the world.

Timaru District, the best place to live, work and play.

While you know you are located in the centre of the South Island, what you may not know is, you are also located in the centre of the universe! Because of this location it makes the Timaru District a fantastic place to live and enjoy. Timaru and its surrounding towns offer many opportunities, there is something for everyone.

A focus the Council is currently working towards, is establishing a vibrant and exciting City Centre. Timaru's retail is largely concentrated around the Stafford Street area and, with the rise of online shopping, we want to ensure people are still coming into the city to shop and dine. We want to create an atmosphere that

the whole family can enjoy when they head into the CBD, a great service, a fun social experience, somewhere locals can be proud of and one where visitors want to stop.

While people may not consciously realise it, the city centre is a reflection of the wider community's health. We want our heart to beat strong! We want to work with what's real, what's local and what's important, to get there. Our future is looking promising. Working together with local retailers and the community, our town will come together and have a strong future.

I hope you all get out and enjoy our city and what it currently has to offer as well as our smaller more intimate town centers. Taste, look and buy local, we are all ambassadors for Timaru and with everyone's help we can make our District one of the best.

Ngā mihi
Mayor Damon Odey

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MAREE HYNES GIFTS & INTERIORS

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Brilliant Bali

Good for a party or just family fun

Bali is consistently rated at the top for traveller's choice awards. In 2017 it was ranked number one in TripAdvisor's global destination rankings. Former Craighead and current University of Auckland student Sam von Melville recently spent 10 days in Indonesia's hot spot on a family visit, finding out first-hand what all the fuss is about.

It comes as no surprise why Bali is a popular tourist destination, as the tropical paradise boasts culture, zen and tradition. We started our trip in the upmarket international tourist haven of Seminyak, renowned for its international cuisine, boozy beach clubs and top-notch shopping. We made sure to indulge in all the local food. I would strongly recommend eating at warungs, locally owned restaurants or street food which serve traditional (and very cheap) meals. The standard of international cuisine in Bali is incredibly high and we found ourselves enjoying a range of other types of cuisines throughout our stay.

The shopping in Seminyak is an adventure and I found I had a natural knack for bartering - almost as important a skill as dodging the thousands of mopeds that zoom through the streets. A good way to relax after a day of sightseeing and bartering is enjoying a cocktail at one of the bustling beach resorts that dot the shoreline. Make sure you arrive early for a good seat for Seminyak's famed sunset.

Our amazing secluded villa in the middle of town, Sandi Agung Villa, allowed us the luxury of our own relaxing home base, with private pool and meals prepared in house if we wanted - and was a perfect example of the impeccable hospitality standards on offer in Bali for a fraction of the price one would find elsewhere.

Further north and inland Ubud is a must see for those who enjoy culture and tradition, as the many temples, rice terraces and walks give insight into the culturally diverse and interesting Balinese world. For some more fun and to make some furry friends, a visit to the Ubud Monkey Forest, where you can explore the natural forest sanctuary alongside the cute Macaques, is a must do.

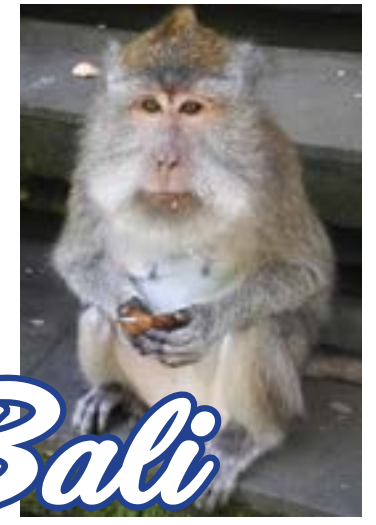
From Ubud we booked a driver (you really don't want to drive in Bali, trust me) for what is a relatively short 3 hour drive (about 30kms!) to Sanur, on the Eastern side of Bali. As it was the last couple of days of our trip we thought it time for some luxury. And that we got, poolside at the Grand Palace Hotel, close to the launch points for the fast boats from Bali to Lombok and numerous islands in between - including the famous Gili Islands - most famous for the party island of Gili Trawangan (Gili T).

We were on a time budget so we opted for Lebongan Island; a place where the crystal clear water and pristine beaches are reminiscent of travel brochures. Renowned for diving, we were disappointed that the swells were

too large to do any scuba-ing during our day trip, as well as made for a somewhat bumpy boat ride over.

However renting two mopeds to explore the island provided much more excitement (as well as trepidation). Make sure you practice before you ride, as the very narrow, windy roads can be intimidating to first-time riders - which we were. But we did manage to negotiate ourselves over the yellow bridge to Ceningan island - finding a classic beach side restaurant with picturesque beach views and an infinity pool in which we enjoyed our well-deserved chilled Bintangs and ice teas.

It was a really enjoyable trip. I'd go again - and I'd see the attraction of going with friends. My only word of advice - it's hot and humid. So pack accordingly. Better yet, don't pack much. It'll give you the chance to barter more.



EXPERT ADVICE on BALI?

I have visited Bali 8 times and can recommend the best places to stay, eat and drink. Plus I can give you the inside scoop on purchasing furniture and homeware.

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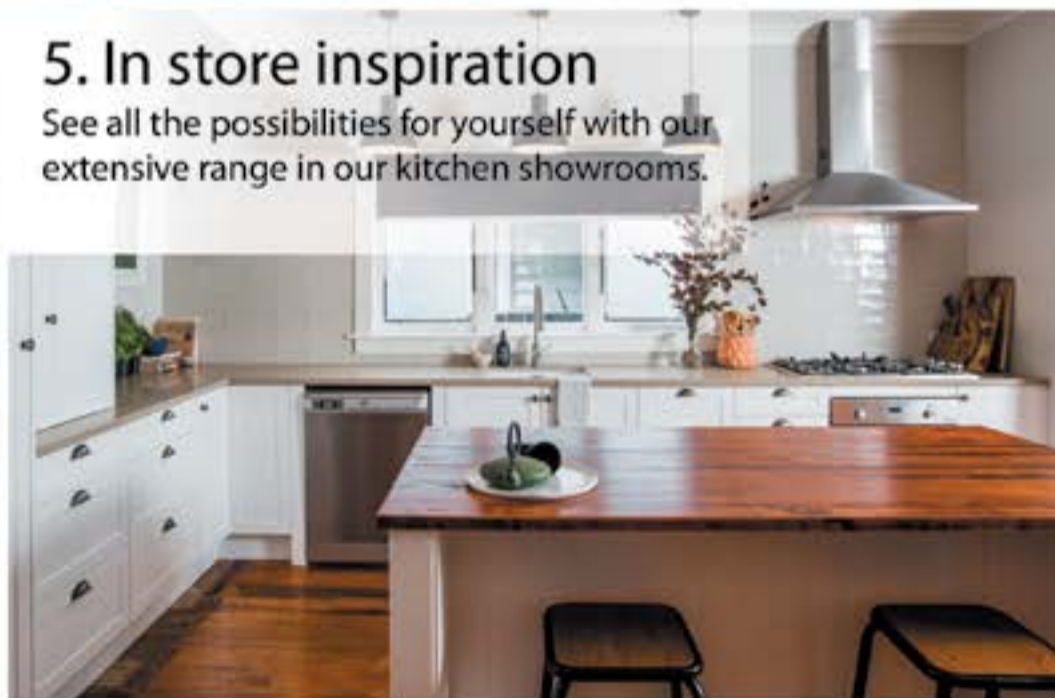
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