

# essence

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Track

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# SHOP THE LOOK

## FROM THE *Mayors Desk*

# contents



Autumn Eats



The Sealy Tarns Track is a 5.1km return track that leads to the freshwater lakes of Sealy Tarns. The views of the Hooker Valley and Mount Cook are just spectacular. Photograph: Liz Bell - essence



Winter Trends

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Tena Koutou, hello to everyone,

As we head into the cooler months, and the busy mornings of winter sports and activities we still have the effects of COVID-19 surrounding us. Our community has not gone untouched by this continued pandemic but we have all played a part in getting through this unprecedented time. I have been proud to watch our district come together showing compassion, supporting local and uniting together.

During this time, our Council has been working on our Annual Plan for the 2022/23 year. 2021/22 was a big year for the Timaru District, characterised by the uncertainty of the ongoing global pandemic and the flow on effects on the economy, supply chains and service delivery. As we move into the new financial year, the more recent impacts of international political tensions on the world economy, cost increases and significant proposed legislative changes affecting local government, means that 2022/23 looks to be another year with significant events for Council to navigate.

We remain committed to delivering on the objectives we agreed to with the community during the Long Term Plan (LTP) consultation which includes major infrastructure and community facilities projects, while keeping within agreed financial limits. In total, for 2022/23, we've budgeted \$72.5M for capital projects, and \$101.2M for our operating budget to run all of Council's day to day activities. To do this we are looking at a 4.9% increase in the amount of revenue we collect from rates, as agreed during the Long Term Plan consultation. We have been able to achieve this through careful financial planning as well as rescheduling or deferring some capital works projects.

If you would like more details on the Annual Plan and the key projects that are the focus please visit the Timaru District Council website - www.timaru.govt.nz

Stay safe out there

Kia kaha

Mayor Nigel Bowen



Well, after two very close calls I have finally succumbed to Covid. I had been thinking I was invincible considering I spent a week's holiday including many hours in a car with a group of friends who all tested positive, and then a week at home with my husband who had it. But no, a night out with friends on Friday has me self-isolating at home. I hope for those of you who have it are recovering well? I'm feeling good enough to plan a large list of jobs for my husband to get done between him keeping up with the housekeeping, cooking, and providing me with hot lemon drinks and anything else I might decide I need - this isn't going to be all bad! Mind you, it's only day one!

In this issue:

If you want a home that complements your lifestyle and reflects your personality, then there is no better option than building your own home. And that's exactly why local couple Lori McDonald and Ben Simpson decided to build their home. Their story is on page 6.

A global pandemic, a freak weather event, and the redevelopment of a busy hospital is all in a day's work for Tina Rogers. The Bidwill Trust Hospital general manager has been in her current role for only three years but has already successfully navigated a number of key events while keeping on top of her day-to-day role. Story page 4.

When it comes to displaying art in your new home, there is no need to rush, Bella Miller says. The 77 Art + Living owner believes that good things take time, and it is important to get to know your new abode before you get the hammer and nails out. The Fairlie gallery owner, who has spent the last 30 years collecting art from all over the world, advised homeowners to think outside the box when displaying artworks. Turn to page 12 for inspiration.

Enjoy our regular features on Home & Build, Health, Beauty and Fitness, Autumn Eats and Treats and Preparing for Winter.

Have a good month - Dorothy.

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Published by **Essence South Canterbury Ltd**  
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## Ask the expert



**EMILY COLDICOTT**  
Solicitor, Gresson Dorman & Co  
Geraldine & Timaru

*I have been working as a Solicitor for Gresson Dorman & Co in Geraldine since early 2019. I grew up in South Canterbury and having been away, am pleased to be settled in Geraldine with my three children and contributing to the community by providing legal services. A significant part of my role involves assisting elderly clients with selling their property, advising on trusts and Occupation Right Agreements for Retirement Villages which extends to advising on enduring powers of attorney and wills.*

### What is an Occupation Right Agreement (ORA)?

An ORA can also be known as a license to occupy. These are typically used for ownership of a unit or villa within a retirement village. Unlike property ownership where you own the house and land, an ORA means that you do not own the property but instead you have the right to occupy a particular part of the property along with the use of common areas within the complex. An ORA usually provides that the purchase price is paid to the resident upon termination, less a fixed sum (a village contribution) which is retained by the retirement village. It is vital to take advice before signing an ORA to ensure that you are aware of your rights and obligations.

### Do I need an Enduring Power of Attorney (EPOA)?

EPOAs are useful as they allow you to appoint a trusted friend/family member as an attorney to assist you with your affairs in circumstances where you are unable to make decisions for yourself. EPOAs cover two categories – one being your health, and the other relating to your assets. These documents provide your attorney with legal authority to assist you or handle your affairs if you find yourself in a situation where you are unable to. We all know that life can throw curveballs and this is one more way that you can have peace of mind that your affairs will be managed according to your wishes.

If you would like more detail on these matters or require personalised legal advice, please contact me on 693 8207 or emily@gressons.co.nz.

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**TINA ROGERS**  
General Manager  
Bidwill Trust Hospital

### A global pandemic, a freak weather event, and the redevelopment of a busy hospital is all in a day's work for Tina Rogers.

The Bidwill Trust Hospital general manager has been in her current role for only three years but has already successfully navigated a number of key events while keeping on top of her day-to-day role.

"I love the variety [of my role]. It involves keeping an eye on how things are going, planning, and taking care of the finances. Looking at how we can enhance things for our patients and our staff, and liaising with our consultants.

*"I love this organisation and what it stands for – looking after people to the highest standard."*

One of the biggest challenges faced by the private surgical hospital, which employs 70 staff and sees around 2400 patients pass through its doors every year, has been the cancellation of services due to the Covid pandemic, Tina said.

"When we have had lockdowns we have had to close, literally shut the doors. In more recent times, people have had Covid or have been household contacts and are isolating which means they can't have the surgery. Having surgery is a major life event for people and they've worked their life around it. It may mean they are off work, or unable to look after their family so not being able to have their surgery is very upsetting for them. It's also been very disruptive for the staff."

When asked what her biggest highlight over the past three years had been, Tina said it was seeing how the hospital's "staff had coped through the Covid pandemic and continued to provide excellent service to our patients".

*"We have a really great team here. We have a lot of good people here who genuinely care. They care about each other, and they care about their patients, and that's really important."*

The former Timaru Girls High School pupil said the key to successful management during the pandemic was effective communication.

"We have been keeping everyone up-to-date with what is happening, and with the latest requirements because things are constantly changing - and that is not unique to us. We've been very open in our discussions, talking to people, talking to our team, letting them know what's going on and answering their questions. Everyone is learning new things so we have been pooling our knowledge."

Another event that was a challenge for the staff at Bidwill, was a severe hailstorm in 2019. This weather event, which is New Zealand's most expensive storm to date, caused significant damage to the hospital's roof which resulted in the whole roof being replaced.

As for current projects, Bidwill Trust Hospital is currently undergoing redevelopment and expansion to create a radiology facility, Tina said.

"Pacific Radiology is going to be moving in later in the year. There will be an additional MRI and CT machine within the community as well as additional x-ray and ultrasound capabilities. The new radiology facility will provide more choices and opportunities within our community."

53 Elizabeth St, Timaru | Ph. 03 687 1230



## SHOPPING AROUND

# South Canterbury

At Essence Magazine we know we are pretty biased, but we think South Canterbury really does have it all. Whether you've lived here all your life, have just moved to the area or visiting from out of town, there is always something new to see, do and explore. South Canterbury is the ultimate destination to mooch around this summer.

### FOX & THREAD

Locally owned, Fox & Thread is a fashion destination on Timaru's main street. As soon as you walk into the store you will see it's all about floral prints, fresh and different styles in mainly Linen and Cottons, made for women who want pure fabric qualities while being unique. Fox & Thread is also the only stockiest of the Helga May Linen range and has something for every occasion!

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## Awards evening

On Saturday 30th April, Harcourts Blackham & Co held their yearly awards evening as a team. The efforts made by agents, property managers, and support staff throughout the 2021-22 financial year were all celebrated in style with the night encompassing all four pillars of the Harcourts values: "Being Courageous", "People First", "Fun And Laughter", and "Doing The Right Thing".



*"We decided to build as we loved the idea of being able to choose all the little details of our home, and have it the way we wanted"*

Ben, who works at local company Simpson Flooring Xtra, was able to put his own mark on the home before the couple moved in.

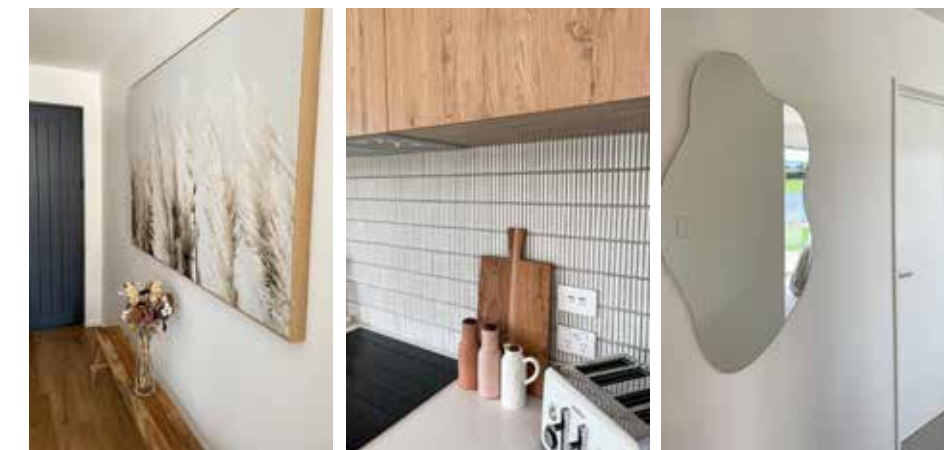
"For our garden plans we love anything evergreen, so it looks great all year around. We love the easy care."

"I was able to change products and put timber floors throughout our main areas and textured wool carpet in our bedrooms," Ben said.

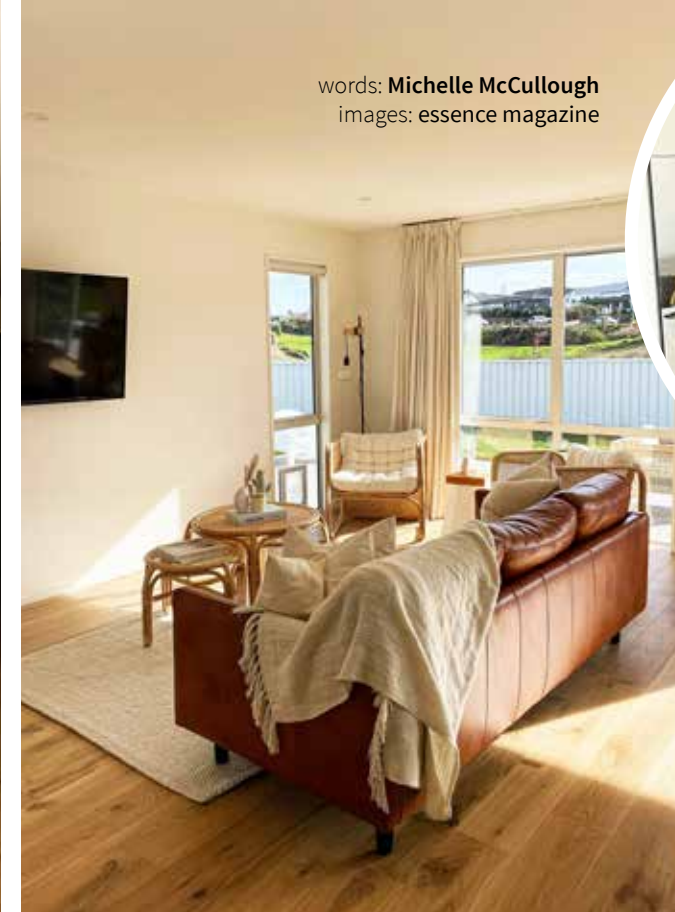
While the couple are extremely happy in their new home, they are already planning their next move, Lori said.

As for plans for the exterior of the home, Lori said the couple planned to install a simple but luscious garden in their outdoor area to complement the minimalist nature of their Meadowview home.

"We would definitely build again. We already have big plans and hopes for our next home. [Through this build] we learned that good things take time, and for next time to take note of the small things. As we would have changed minor things, knowing what we know now."



words: Michelle McCullough  
images: essence magazine



## Building your own home

If you want a home that complements your lifestyle and reflects your personality, then there is no better option than building your own home.

Building your own home has many benefits, from choosing your own fixtures and fittings through to customising your floor plan to suit your family's unique needs. You can also make the key decisions such as installing environmentally-friendly appliances and using sustainable building materials, to truly make your house a home.

And that's exactly why local couple Lori McDonald and Ben Simpson decided to build their home rather than purchase an older, more established house.

"We decided to build as we loved the idea of being able to choose all the little details of our home, and have it the way we wanted," Lori said.

The couple started the building process a couple of years ago and despite delays due to the Covid pandemic they found the whole experience incredibly rewarding.

"With this being our first home and our first build, we really enjoyed the building process. Although like most people building around this time we all

have had hold ups due to COVID, but we made it here finally and couldn't be happier."

The couple's new abode is located in the stunning Meadowview development in the popular Timaru suburb of Gleniti. The three-bedroom, two-bathroom home is approximately 150m<sup>2</sup>, and sits on a generous land area of 890m<sup>2</sup>. The stunning new build features modern appliances, large open windows that allow the light to pour in, and statement lighting in the kitchen. The tiling in the bathroom and kitchen is simple but effective giving the home a modern and sleek look.

The colour palette of the home features a mix of earthy tones against bright whites, which give the home a "minimalistic and bohemian" style. These tones are complemented by Lori and Ben's furniture choices.

For the social couple, the best part of their home is the modern and spacious kitchen, Lori said.

"Our favourite part of the house would be the kitchen. We both love cooking and baking, and having friends and family over. We also love our outdoor area and think it's going to be great for entertaining in the summertime."



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## LOCAL HOME shout out ....

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# Growing Garlic

It's garlic time! Garlic (*Allium sativum*) is loved the world over for its culinary and therapeutic uses.

As one of the most expensive produce items (per kilogram) from the supermarket, it is well worth growing your own.

Garlic comes in two basic types: softneck and hardneck, with some sub-types and then named varieties within those - so there's plenty to choose from for their specific growing conditions and unique flavour profiles.

Did you know that elephant garlic isn't a garlic? It is actually a type of leek and more closely related to onions.

### Basic differences, generalized, between types of garlic:

- | Hardneck   | Softneck   |
|--|--|
| <ul style="list-style-type: none"> <li>• Has a central woody flower stalk, a scape, that forms bulbils.</li> <li>• Fewer cloves (4-12) that are uniform and larger.</li> <li>• Mostly easier to peel, but generally has shorter storage (depends on variety).</li> <li>• Tolerates, and requires exposure to cold winters.</li> <li>• More intensely flavoured.</li> </ul> | <ul style="list-style-type: none"> <li>• No central stalk.</li> <li>• More smaller cloves (8-20) of irregular shape</li> <li>• Longer storage, depending on exact variety.</li> <li>• Can grow well in milder climates.</li> <li>• Milder in flavour.</li> </ul> |



## 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 medicinal plants she grows and uses at her home acre in Waikuku.



### How to grow garlic

**When:** The old adage "Plant by shortest day, harvest by longest day." does not necessarily hold true. Many growers find the dreaded fungal disease- garlic rust.

Planting time also depends on your climate and the variety of garlic you are growing. My Artichoke softneck has been in the ground since March, my Creole was planted in April and I will be planting Silverskins in May.

**Site:** Sunny.

**Soil:** Fertile, well-drained soil with rotted manure or compost raked through. Heavy wet soils benefit from planting in mounds (15cm high and 20cm at base).

**How:** Break bulbs into separate cloves and plant the largest ones with the flat end down and the pointy end up. Plant them 2.5-5cm deep, 15cm-20cm between plants in a row, and rows 30cm apart. Mulch.

**Water:** Water regularly in dry weather, watering at the base not overhead.



**Feed:** Feed every 4 weeks during active growing, less during bulb forming (October onward).

**Other:** Keep weeds down to stop competition, and if you plant hardneck varieties, cut the scape off as it forms (they're edible too!).

**Harvest:** Bulb formation is daylight length sensitive, so no matter when you planted, garlic is harvested from November through January as the leaves start to turn yellow and die down. Gently lift the bulbs (don't pull by the leaves), and leave to dry for a couple of days in full sun before storing.

#### Notes on Rust:

Garlic is susceptible to allium rust (*Puccinia allii*), a fungal infection that has no organic cure. Orange rusty spots develop on leaves and affect the plant's ability to photosynthesize.

While the bulbs are perfectly safe to eat, and plant (rust is not carried on dry bulbs), if the infection affected the plant early on, the bulbs may be small. Best practice is planting good stock in autumn and keeping good airflow between plants.

#### FAQ:

Can I plant supermarket garlic? Yes, you can, if it is NZ grown garlic, but know that supermarket garlic is sometimes imported from other countries, and could be treated with various chemicals including those that delay sprouting, and may carry a number of viruses.



### The Power of Detoxification

Detoxification is a process that is often misunderstood. It goes on inside us all day, every day.

We wouldn't be alive without it. However, the lifestyle choices we make influence how efficiently our body does its critical detoxification work.

The liver plays a major role in detoxification, which is essentially a transformation process. It takes substances that would harm you if they were to accumulate and changes them into substances that are less harmful so that you can excrete them.

Substances that either require detoxification, or impact on this process, include alcohol, caffeine, synthetic substances (such as medications, pesticides, and synthetic ingredients in skincare and household cleaning products), trans fats (damaged fats usually found in bought cakes and biscuits, snack bars and deep-fried foods), and sugars, such as refined sugars. These are the substances I refer to as 'liver loaders'. The liver also has to detoxify substances your body makes itself, such as estrogen and cholesterol, which can have their own impact on your health.

When I am guiding people with what foods serve their health, one element that is firmly in my mind is minimising (or, in some cases, eliminating) 'liver-loaders', as

this allows the body to pull problematic substances out of storage (from body fat and other tissues) to be processed and excreted.

#### Foods to support detoxification pathways:

##### Leafy Greens

The liver loves, and is stimulated by, bitter foods and there is no better way to stimulate the bitter tastebuds than with green leafy veggies.

##### Turmeric

Turmeric naturally contains a substance called curcumin, that is well known for its powerful anti-inflammatory and antioxidant actions.

##### Broccoli

A member of the brassica family of vegetables, deserving of its super star accolades, this green vegetable contains powerful phytochemicals that are highly beneficial for liver detoxification pathways.

##### St Mary's Thistle

Also known as milk thistle, St Mary's thistle helps to maintain liver health and supports liver detoxification processes. It also has antioxidant properties, helping to reduce free radical damage to cells, which can occur during the detoxification of problematic substances.

##### Globe Artichoke

Helpful for stimulating bile (made by the liver), which is necessary for digestion as well as preparing some problematic fatty substances for elimination (e.g. most pesticides and herbicides are fat-soluble). This herb also has antioxidant properties.

##### Gentian

A highly bitter herb, that is commonly used by those with digestive complaints. Additionally, the bitterness assists the detoxification and elimination of fat-soluble substances that we don't want to accumulate in the body.

The power of the body's natural detoxification process is often forgotten, which is one reason I am brimming with encouragement for people to consume a wide variety of whole, real foods, including plenty of plants, that assist with stimulating and supporting all body systems, particularly those involved in detoxification processes.

*Is it time you showed your liver a little extra love?*

Dr Libby Weaver (PhD) is a nutritional biochemist, international speaker, best-selling author of 13 books and founder of the food based supplement company, Bio Blends. Dr Libby runs a 28-day online Detox program designed to help you decrease your total body burden and help you discover just how good your body is truly supposed to feel. For more information visit: <https://www.drlibby.com/detox>

The Team at PA





Here at Parkside Apothecary, we're on a mission to provide premium grooming products to men, while providing well-being support to our younger generation so they may live a life free from distress. Our hair products are made with natural ingredients and exclude unnecessary chemicals that can damage your hair. All of our grooming oils and hair clays are made in small batches with care. We provide support to our young people that are struggling with suicidal ideation, anxiety and depression.

The team at Parkside Apothecary have pledged to donate 10% of profits to Gumboot Friday.

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# Home & Build

The last year or so has seen us all spending more time at home. And it means many of us noticed more about how we live and use our spaces and are choosing to change or improve our homes and outdoor spaces.

Looking at practical and functional elements of our houses is really important. If your space doesn't work for you no amount of beautiful wallpaper will change that. On a large scale this can mean things like house layout – moving rooms and walls often involves a major renovation. But smaller tweaks can also improve your space – improving lighting, changing room uses, getting that heat pump working properly.

When it comes to the appearance of your home there are so many fabulous and inspiring ideas around in magazines and on social media

but it's worth taking some time to think about what you really like. There are plenty of awesome materials in all types of textures, colours and forms and an interior designer can be invaluable in guiding you and helping you achieve the look you want. Rethinking open plan spaces; expanding the home office or just going for a bit of a design revamp.

Whatever you plan to do to your home over the coming months – you will find a fantastic array of talented professionals ready to help in South Canterbury. We're delighted to feature many of them here in our build pages – from landscapers to homeware retailers; interior designers to plumbers and property inspectors.

So read on and get inspired.

## INTERIOR DESIGN WITH *Karen Chambers*

**Karen Chambers knows a thing or two about making a house feel like a home.**

The owner of Guthrie Bowron Timaru has more than 30 years' experience in the building, renovating and interior design industry.

When it came to decorating your home, Karen said it was important to "know what tone you want to set".

"There are many different styles to choose from such as modern, contemporary, farmhouse, transitional, and many more."

"Making an appointment with one of our team will not only save you money by getting the project completed correctly the first time around, but you will also be able to draw on their experience, and discover new ideas that will suit your project."

"At Guthrie Bowron we are all very passionate about helping people create the perfect environment for their home - it is so exciting seeing our clients' dreams come to life."



### LAURA ASHLEY WALLPAPERS

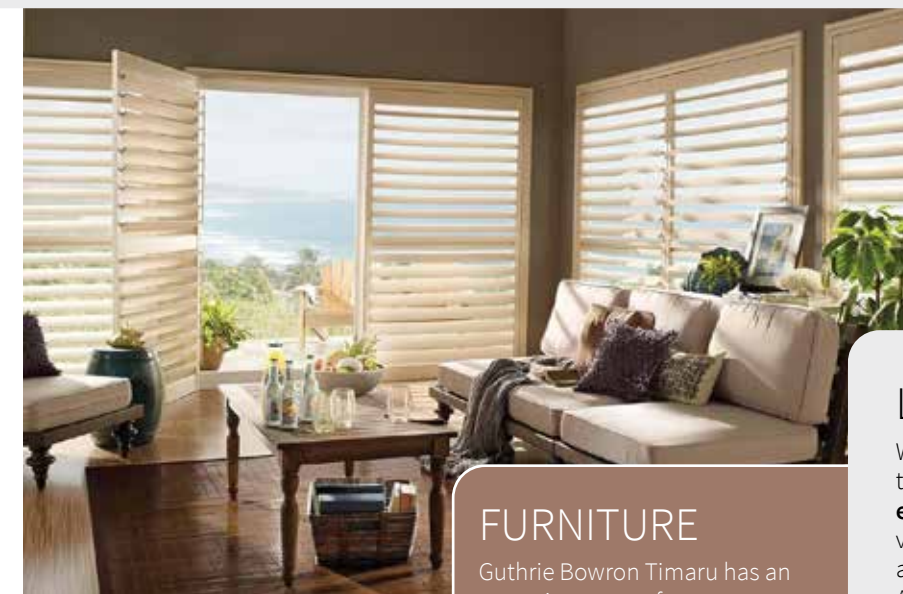
"Guthrie Bowron Timaru's new collection of Laura Ashley wallpaper are both glamorous and sophisticated. It is renowned for adding personality, charm, and luxury to any interior. Using soft and delicate patterns, this beautifully British brand will create a sense of warmth and expense in any home and can be applied to the wall in a simple paste the wall application. Wallpaper by Laura Ashley will get your guests talking too, as they'll be amazed at the beauty and impact it has on a room because the design and patterns of Laura Ashley wallpapers are traditional yet in keeping with trends, you can be confident with wherever one you choose won't go out of fashion."

### COLOUR

Colour is one of the critical factors needed to make your house a home. The size of a room, and natural light available, will help indicate which hues will bring your space to life. To choose your base colour, start with the colours you love, and then create a colour scheme around it that is unique and appealing to you.

### LATEST TRENDS

With the stress of the pandemic, and lockdowns, there is an emphasis on creating **calming environments** with natural lighting and ventilation, incorporating plants, and creating a visual connection with nature and each other. Another emerging trend is **70s Retro Throwback**. A touch of retro adds personality and character to your home, and is relatively easy and cheap to curate, along with being sustainable. Ask at your grandparents or check around your own home for pieces that can be repainted, reupholstered, and repurposed to look groovy in your home today. **Light and dark greens** are very much on trend for 2022. Emerald green has become extremely popular because of its versatility, and ability to complement many colours, designs, and decor. It also lends itself to a home that is welcoming, relaxed, and comforting.



### FURNITURE

Guthrie Bowron Timaru has an extensive range of contemporary furniture to enhance your living space. With cosiness in mind, one of the latest additions to our showroom is the Yak chair. Long haired shaggy sheepskin brings plenty of wild style, and an essence of warmth to your home. Be sure to snuggle into the Sherpa Loveseat - this couch has been purposely designed for luxuriant lounging. Wrapped in luxe, long-haired New Zealand sheepskin, the bold silhouette provides exceptional softness and sink-in comfort.

### TEXTURE

Adding texture to your home means creating visual interest and diversity among the decor and furnishings of your space. There are several ways to achieve this, including the addition of a natural woollen floor rug to wooden floors, or draping a sheepskin rug on your couch or favourite chair. The addition of texture will transform summer vibes to winter cosiness in an instant. Wall art, ambient lighting, window treatments such as curtains, shutters and roller blinds can be dominant ways to add texture and warmth to your space.

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# Displaying Art

When it comes to displaying art in your new home, there is no need to rush, Bella Miller says.

The 77 Art + Living owner believes that good things take time, and it is important to get to know your new abode before you get the hammer and nails out.

"I always advise people who are building to wait until they have lived in the space. You've got to see a place through all the seasons. If you were creating a garden you'd want to see which bit got sun and which bit didn't

it's the same kind of thing with art. For example, you can't hang an original artwork in front of a big window that takes all day sun because it can be affected over time."

The Fairlie gallery owner, who has spent the last 30 years collecting art from all over the world, advised homeowners to think outside the box when displaying artworks.

"A lot of people think they need to hang something in the middle of the room but if you're buying smaller works it's a good idea to group smaller pieces together rather than having a tiny little picture on a huge wall. If you've got paintings and photographs, or a hanging piece of ceramic or glass you can hang them together to add texture and depth to the space."

"If you have a narrow space you can also hang your work from the floor to the ceiling. To fit everything in you hang quite low and

work your way up the wall. You have to give them space to breathe but there is a way to do it that looks quite effective."

"A hallway can become a great gallery space. Mixing large and small works, and frame children's artwork to mix things up."

"Some people like to cluster pieces together that have the same meaning to them, or all mountains or flowers but I don't think that's necessary. While hues and colourways can complement your space, if you're buying original art you're buying something that speaks to you in some way or it reminds you of a place, not because you can match it to your cushions."

Bella, who is married to oil painter Charlie Miller, said purchasing original art did not need to be a frightening or expensive endeavour.

"Original art gives you the opportunity to have something that's unique and different. You can buy original artwork for as little as \$230 to \$2500. If it's something you love and want then go for it! There is a lot that goes into the making of art - study, time, knowledge, skill. There are artists whose work will increase in value and make excellent investments."

"Don't be afraid of original art and don't be afraid of something that is different, because that is what makes life interesting."



# Jennian Homes

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With Jennian Homes Canterbury you can design your perfect home from scratch with the help of their expert architects. They also have an extensive range of plans to suit every budget, size, and requirement. Experience the best of both worlds by customising one of their ready-drawn plans to match your family's needs. The team at Jennian Homes will happily take care of the building side of things, while you focus on the fun stuff - choosing colours, textures, and fittings to suit your individual style.

Building your new home is an exciting time and the Jennian Canterbury team will make the countdown to moving day easy by keeping you fully informed and involved throughout this exciting time and delivering your home on time and within budget. For extra peace of mind, Jennian Homes also offer a 100% completion promise on all builds. This means that your home will be completed in accordance with the terms and conditions of your Jennian Master Builders Residential Building Contract.

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only work with trusted New Zealand-based brands and suppliers. This means that everything that goes into your home is of the highest quality, and is backed by market-leading New Zealand brands and warranties. All Jennian Homes builds also come with a Registered Masterbuild Guarantee and 36-month defect warranty policy - 24 months more than the current industry standard. The warranty is supported by a Jennian Home Owners Maintenance Schedule, created using the Master Builders Maintenance Schedule tool. This guide outlines maintenance practices to assist you to keep your home in top condition.

For more information contact Jennian Homes Canterbury, or visit Jennian homes online. You can also check out one of Jennian Homes award-winning show homes at 64 Spring Road in Timaru or at 1 Waterford Place in Ashburton.



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# New chapter for SOUTH CANTERBURY MUSEUM

The South Canterbury Museum is about to head into a significant new chapter of its own history.

Having started in a house on the current site in 1952, the Museum has expanded to have several hundred metres of display space, and three floors of behind-the-scenes collection storage. Now it is planning to shift all of the exhibitions, education area and public programmes spaces to a new site beside the Theatre Royal on Stafford Street.

This new facility, planned to open in late 2023, will provide more space for these public-facing activities, along with much better access and a closer link to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections, and making them accessible for research.

The South Canterbury Museum is a community service provided by the Timaru District Council. It has always been a great place to explore the region's heritage. Locals and visitors can experience aspects of our region's stories, as well as take part in events and public programmes. The Museum is a rich resource for anyone wanting to investigate historical topics or research their family tree.

The Museum's focus is on the natural and cultural heritage of our region – nature, history and culture. Like other parts of New Zealand, our region has its own distinct heritage. This includes our landscape, from towering mountains to the sea, and the wide range of landforms found here. It includes the fossil record; evidence of past lives linked to how the land has changed from being former sea floor to a forested land full of now-extinct moa and many other fascinating creatures.

Our region's human history begins around 900 years ago when settlers from Eastern Polynesia arrived, the first known people to do so. The centuries that followed saw the development of Māori language and culture, with local traditions of settlement, migration and change. The first Europeans to live here were whalers, followed by run holders in the 1850s, with the last 170 years seeing a massive change as thousands of immigrants arrived, transforming the landscape and culture to what we have today.

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori

heritage, European settlement and how the region has taken shape over the last 150 years. The collection includes several thousand natural history specimens, hundreds of archaeological items representing taoka Māori, and thousands of artefacts, photographs and archival items representing the last 170 years of recorded history. These collections are the raw material for the Museum's programmes of research, exhibition, education, and exploration.

The Museum team work hard to catalogue every item, and ensure that it is kept safe to avoid damage or deterioration. The collections act as a library that can be drawn upon for the Museum's programmes.

One of the prime uses of the Museum's collections is in exhibitions. These tell our region's heritage stories – landscapes, life forms and people. In addition, the Museum currently features a small changing exhibition area that hosts changing displays from both within the Museum's collections and from elsewhere.

A small team of part-time teaching staff at the Museum make up the Heritage Education Service, who develop and facilitate education programmes for local schools. Funded by the Ministry of Education, more than 5,000 students take part in these programmes every year, either in the Museum, at heritage sites or other facilities that link to the Museum's programmes.

The South Canterbury Museum is a place where things happen, and people can be involved. The Friends of the Museum, set up through the Museum's founder the South Canterbury Historical Society, enables members to take part in opening events, historic site trips and to be kept informed of Museum happenings. The Museum holds a range of family events through school holiday times, as well as organising talks and events for general audiences such as the annual retro rock concert outside the Museum. The Museum Explorers Club, a free membership club for primary school students, has more than 2,000 members who are rewarded every time they visit the Museum.

The South Canterbury Museum is open Tuesday to Friday from 10am to 4.30pm, and on Saturday, Sunday, and public holidays from 1pm to 4.30pm. For more information, visit the Museum online here [www.museum.timaru.govt.nz](http://www.museum.timaru.govt.nz). You can also follow the South Canterbury Museum on Facebook and Instagram.



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## FELLOW & FOX

A love of people, the planet and new possibilities is what gets Riki Arras out of bed every morning.

The talented Timaru hair stylist has spent the last 16 years honing his craft at a number of South Canterbury's best hair salons and is now the proud owner of his very own salon - Fellow and Fox.

"I get itchy feet, and I am always looking for a new challenge. I don't like to plateau; I like to move forward in my career, and this was the next step. I thought I had a year or so to plan it slowly and find my own space. But the opportunity presented itself, and it all happened very quickly."

For Riki, it was important that Fellow & Fox, which can be found at 327 Stafford Street, was a safe space for everyone to enjoy.

"I have a fantastic client base who identify as gender-neutral or transgender, and I have created a gender-neutral price list. So, there's no labels - you just come in and get your hair done. You're charged according to time and products used. I'm trying to create a really comfortable space for all walks of life."

Being environmentally friendly was also an important part of Riki's business plan, with the stylist aiming to create a "sustainable salon".

"A big thing for me is making sure my day-to-day work is as sustainable as possible. I am really lucky to have the Evo Hue-verse colour range in my salon. It's brand new into New Zealand this year and has the latest and greatest technology. They are a sustainable company, which means all the products that I use both professionally, and retail are all vegan and cruelty-free. All cleaning products I use are all sustainable and earth friendly as well. I am also trying to recycle, reduce waste and reuse as much as possible."

As for future plans, Riki hopes to add team members to Fellow & Fox, and pass on his skills to those starting out in their hairdressing career.

"I get a lot of pleasure out of training apprentices. It is amazing. I find it quite fascinating that I can share my knowledge and help them. I would say (to anyone interested in becoming a hairdresser) to go for it, especially if they are given the opportunity. It's hard work but it's incredibly rewarding. Being able to pamper people, make them feel comfortable and then walk out feeling refreshed and rejuvenated is incredibly humbling."

For more information or to book an appointment with Riki, check out Fellow & Fox on Facebook and Instagram.



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## BENEFITS OF GOING TO A Beauty Salon

The best way to relax after a long and stressful day is by visiting a hair and beauty salon. So, why not pamper yourself and enjoy the benefits a professional salon has to offer? Whether you visit a salon for a rejuvenating facial, haircut, or some other beauty treatments, it will help you relax, enjoy and love your life!

The professionals from the salon will not only help you get a glowing skin and a new look, but will also give you some suggestions on how to take care of your skin, hair and body at home. Simply said, hair and beauty salons are places where you can relax and enjoy because you will be treated like royalty.

Have a look at some of the most important benefits of visiting a hair and beauty salon regularly:

**Be Up To Date With the Recent Trends** – By regularly visiting a hair and beauty salon, you will be in touch with stylists who can inform you about the latest trends in hairstyles. Hair trends and techniques are constantly evolving and beauty salons have hair stylists who are devoted to their profession and follow every new trend. This is great since you can be sure that your hairstylist is up-to-date with new methods and techniques, thus will be able to cut and style your hair according to your face shape.

**Skincare Professionals** – Maybe this is the most important benefit of all because no one wants to have a bad skin. A reliable beauty salon must have people who are specialists in skincare in order to provide its clients with the best and most effective services. With the help of the latest technologies, methods, and products, you will receive the best of service that will make your skin glow.

**Clean and Gentle Hands** – Beauty salons also have manicurists who can help you keep your hands soft and beautiful. Manicure can be done at home, but the final result is not the same as is the case with the manicure you get in beauty salons. Why? Because at home you do not have the same professional tools and products.

Nowadays, modern and professional hair and beauty salons offer a great range of services in order to keep your body, face to toe, looking beautiful and healthy. So, why not rejuvenate and visit a local salon today? Treat yourself at least once every two weeks and enjoy your healthy body, silky smooth skin and stunning hair!

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### BLOOM HAIR STUDIO

In 2017, Charlotte Doudle & Jessie Guthrie-Biggs were working together in a rural town salon. Jessie as a senior stylist and Charlotte as an apprentice. Fast forward to 2022 and they are proud owner/operators of Bloom Hair Studio on North Street. After purchasing the salon they refreshed the interior to bring in the warm and relaxed ambiance to welcome new and existing clients. Their business has grown steadily and the girls pride themselves in their services. A great addition is the in-house artwork that Jessie creates in her down time. Pop in and see Jessie and Charlotte, the delightful hair stylists at Bloom Hair Studio.



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# Keeping your child safe

Keeping your child safe is one of the most crucial jobs you have as a parent, and one of the most important things you'll buy for your child is a carseat.

Right from the beginning whether you take your baby home from hospital or the first time leaving your home, you need an appropriate car seat until they grow big enough to fit an adult seatbelt, at approximately 148cm tall. That's why we say "It's safer to wait until 148".

There is no single "best carseat" out there. The best car seat is the one that fits YOUR child's weight, height and age, and is properly fitted into YOUR vehicle, ensuring maximum safety if the unfortunate event of a crash was to happen.

As your child grows, you will need to transition from one car seat stage to another, but with each stage you may lose safety and protection, so it is important not to make the move to the next stage too early.

## Five ways to ensure your child's carseat is safe.

### 1. Make sure that the seat fits the child.

Different carseats have different height, weight and age limits, which can be confusing so make sure you check out the specifications of the seat before you purchase. You could have the "Safest" seat on the market but if your child is not in an age appropriate seat, they may receive life threatening injuries in a crash.

### 2. Make sure the seat fits the vehicle.

Different makes, models and years of cars have different shaped seats, different material, differing usable space to work with. Some cars don't have an anchor point installed, some vehicles don't have isofix compatibility, some cars have inflatable airbags in the seatbelt. You could have the "safest" seat on the market but if it doesn't fit your vehicle then it will not perform how it should in a crash.

### 3. Make sure the seat is being used correctly.

This involves having tight, untwisted straps. Chest clip in the correct position (if there is one as some seats do not use them). Straps at the correct height. No aftermarket accessories added. You could have the "Safest" seat on the market but if your child is not properly restrained in the seat, they may be ejected from the seat in a crash.



### 5. Check with your local Child Restraint Technician

At South Canterbury Child Restraint Rentals, we are qualified and trained to give advice and install the appropriate seat for your needs and what will best suit your vehicle. We are an independent charity, supported by

the community, therefore, we are unbiased and have no loyalties to any particular seat or brand. We can hire our seats to you, or we can point you in the right direction to purchase your own and we will happily install it for you.

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# 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.

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!

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.

"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".

Whether you are upgrading your current indoor/outdoor heating, hot water system or building a new home, Colleen and the Timaru Heating Centre team are dedicated to ensuring that your experience with them is smooth and easy.

"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."

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."

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!

Timaru Heating Centre is 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](http://www.timaruheatingcentre.co.nz)



**Trusted Brands. Competitive Prices.**  
Wood, Gas, Electric and Pellet Fires, Gas and Electric Hot Water Systems, Boiler and Radiator Heating

# Stay warm this winter!

**Purchase your Fire and Installation before winter!**  
**We will also do the Council Compliance paperwork on your behalf - Too Easy!**  
**Get a quote on your home heating or home hot water and you will not be disappointed.**  
**Call or visit Colleen today and check out our product range online**  
[www.timaruheatingcentre.co.nz](http://www.timaruheatingcentre.co.nz)

South Canterbury's largest home heating supply & install service

Timaru Heating Centre | 10 Dee Street, Timaru  
P 03 688 6848 | E [colleen@timaruheatingcentre.co.nz](mailto:colleen@timaruheatingcentre.co.nz)  
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## WINTER'S HERE... Are you ready for our roads?



Time to get your car/Ute ready for the roads. Roof racks and snow chains from the biggest brands. Order now to save disappointment.

**THULE** **RHINO-RACK** **YAKIMA**

### We have a service team that's ready to help.

The friendly girls and guys will get you sorted for warrants, services, wheel and tyre packages.

Make sure your tyres have enough tread and are inflated to the correct pressure including your spare. FREE winter tyre safety check. New tyres available to suit most cars & 4wd including wheel alignment.

Don't forget batteries and accessories.

Remember to book in advance. We service all makes of cars.

Give one of our friendly service advisors a call on 687 9275 to make a booking.



**South Canterbury Toyota** **McDermid**  
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Freephone 0800 1 TOYOTA | [www.sc.toyota.co.nz](http://www.sc.toyota.co.nz)



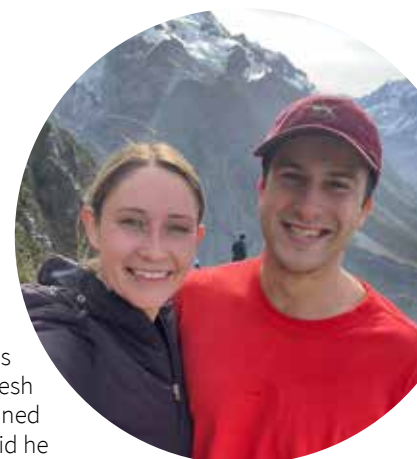
## experiencing Sealy Tarns Track

words: **Michelle McCullough**

Liz from essence magazine shares her experience with conquering the Sealy Tarns Track.

I wouldn't call myself a natural hiker or especially fit, but I have always loved nature and the outdoors. Nevertheless, one chilly Saturday morning, I decided to throw caution to the wind, and give the Sealy Tarns Track in Mount Cook a go. And I'm so glad I did.

My partner Stas and I had never done this track before, and we thought it would be a great experience for the both of us. Before we set off on our adventure, Stas checked the forecast, and saw that it was going to be a fresh -1 degrees. With this newfound information Stas determined that it was definitely ski jacket weather, but boy oh boy did he regret it once we started hiking!



The Sealy Tarns Track is a 5.1km return track that leads to the freshwater lakes of Sealy Tarns. The views of the Hooker Valley and Mount Cook are just spectacular - I'd stop and pause, take silent pictures with my mind (as well as my camera) and try to catch my breath so I could continue on the top.



Yes, hiking is a physical challenge, but you experience the most gratifying, unique, and memorable experience of your life. All the positives vastly outweigh any niggly negatives. Once you get to the top and experience that view, all the struggles getting to the top make it so worthwhile.

It was amazing to see how many others were out and about enjoying the track, including lot of families with children which was great to see.

The Sealy Tarns Track is definitely a local track to tick off the bucket list. Although I am not ashamed to admit that I was extremely happy once we got to the bottom again!

## Fuel-saving technical tips PART 2

Last month I wrote Part One on tips for saving fuel.

I received feedback on the last article to say that most modern cars today have fuel injection systems. That is true, although our car fleet is on average fourteen years old. A fuel injector system is more efficient than the old carburettor system because it uses injectors to pump the fuel at high pressure into the engine. This process generates a gas rather than a fluid which improves the ignition that burns cleaner, adding more power.

However, you hear of people with a "heavy foot". That means their driving style is to step hard on the accelerator pedal. That wastes fuel because there is no need to do that in most cases. It may seem like nothing, but it all adds up over months.

Driving more smoothly is the secret to saving fuel. Moving a vehicle from a stationary position also uses more energy. Ideally, you do not want the car to come to a complete stop in traffic. The law requires that drivers come to a completely stationary position at a red signal, a stop sign or when stopped by a stop/go controller, school patrol or police officer.

If you can, choose a route that has fewer stop controls. At traffic signals, adjust your speed to approach the lights slower when it is red. The idea is to time it so that

the traffic ahead of you clears the intersection and you will not need to stop.

Looking at traffic at least twelve seconds ahead should give you enough time to alter your speed or move into a different lane.

Be smart when driving on the open road. Reconsider the urge to pass another vehicle because it is going a few kilometres slower than you are. We have all experienced someone who passed your car at speed, only for you to pull in behind it at a red traffic signal or slower traffic.

Be smart and save fuel and reduce your carbon footprint.

**Daniel Naudé** - South Canterbury road safety coordinator



## Prepare for Winter

Get your car serviced before the winter.

This should include:

- Battery test – most dealers do this for free
- Engine coolant (if needed) and fill it with quality antifreeze mix
- Lights and reflectors – keep spare fuses in the vehicle
- Wind screen washer filled with quality antifreeze fluid mix
- Tyres and spare wheel – most dealers do this for free. A minimum of 3mm tread is recommended – (the law says minimum 1.5mm but that is not the safest option)
- Brake, clutch and transmission fluid levels
- Engine oil level

### SURVIVAL KIT

- Ice scraper, clean cloth/towel, and small shovel
- Sand/bag of cat litter or other traction aid
- Booster cables
- Road flares or warning lights
- Torch and charged batteries
- First aid kit
- Small car tool kit
- Extra clothing and footwear



## LiquorLand

all the help you need

It wouldn't be winter without something different to drink, we have it all from the well known to the not so known.

**Keeping your distance? Shop with us via Click & Collect!** Once your order is confirmed, sit tight, and we'll let you know when your order is ready to collect! We'll aim to have it ready the same day! Choice!



LiquorLand Timaru | 22 Dee St, Timaru 7910 | Phone 03 688 3149

## Holland's Suzuki Cars (Timaru)



### Here's some tips to look at

- Get your car serviced
- Check the battery
- Top up engine coolant with antifreeze
- Check your tyres
- Clean your lights
- Wash windscreen and wipers

To book your service with us call now 03 688 8297

With cooler temperatures you must take extra care of your car.

**HOLLAND'S SUZUKI CARS**

13-15 North Street, Timaru 03 688 8297 [www.hollandstimaru.co.nz](http://www.hollandstimaru.co.nz)

# WINTER IS HERE

The icons below are the common symbols for Fog light switches

1. It is illegal to use fog lights when there is no fog
2. Always drive with the headlights on dipped beam
3. Expect black ice in shady areas
4. Drive slower during frosty conditions
5. Use gears to slow down vehicle – watch video at [www.scrs.org.nz](http://www.scrs.org.nz)

Car light switch

**SOUTH CANTEMBERBURY ROAD SAFETY**

Phone: 03 687 7235  
Cell/Text: 027 436 6285  
Email: [Daniel.Naude@timdc.govt.nz](mailto:Daniel.Naude@timdc.govt.nz)  
Web: [www.scrs.org.nz](http://www.scrs.org.nz)

# The road you drive today is different to yesterday

## **BE AWARE**

**Sun-strike**

**Ice & Rain**

**Decreased visibility  
In black ice conditions**

- ✓ Keep speed very low
- ✓ Avoid using brakes
- ✓ Avoid vigorous steering movements
- ✓ Focus on where you want to go, not on the hazards

Visit [scrs.org.nz](http://scrs.org.nz) for more information

