

essence

essentially...south canterbury

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Events

GET THE LOOK

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

Tievoli Trading
We believe that beautiful homewares don't have to cost a fortune.



Evoli Large Hide Tub Chair \$1,295 ▲



100 year old 6 pint solid copper jug \$125 with sunflower \$13.50 each




Pottery Rabbit \$82



Tapestry Poppy Cushion \$35 including inner ▲



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Wooden Ladder \$82

Tievoli Trading
72 - 76 Talbot Street, Geraldine (old Barker's Shop)
Phone 0274 313 362 or visit us on Facebook

HOPKINSONS

The friendly team at Hopkinsons welcome you to visit their store full of beautiful furniture and homewares. While you are there take the time to enjoy a coffee and something to eat from Cafe Pharlap. NZTA & NZ Post Agency.



▲ Beauty Bird Canvas (50 x100cm) \$114



Carry on Luggage \$259 ▲



▲ Cast Iron, maintenance free Garden Set \$699





Assorted Planters instore now

Open 7 Days
Cnr Seadown Road & Hilton Highway, Washdyke
Ph (03) 688 7662 www.hopkinsons.co.nz

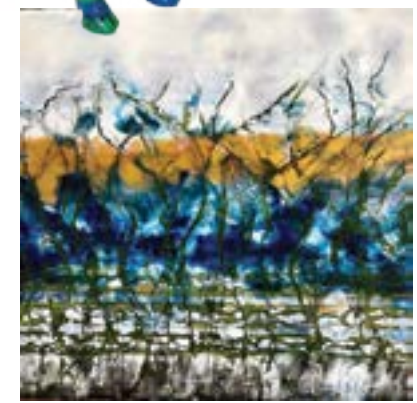
77 Art + Living
77 Main Street Fairlie

Matthew Hall Glass, Mini Colour Pop Bowl, Various colours


Glass Jelly Babies by Caslake and Pedlar, 12cm high


Sue Lund, "Piggy" 65cm long x 40cm high



Tracey Currington, "Burnt Earth", Encaustic painting



Glass Clouds, Caslake and Pedlar, Sml, Med and Lge



Simon Lewis-Wards "Jet Planes"

Open Wed-Sun 10am-3pm T: 021797984
E: artandliving77@icloud.com
www.77artandliving.com

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Profile



Timaru Festival of Roses

New events, more flowers, more food and more fun. There's something for the whole family at this year's Timaru Festival of Roses.



Dress to impress



Cover
This easy recipe for gingerbread men is great for baking with children, and it makes a lovely homemade Christmas present - see page 8.

Cheers to the silly season

There is no shortage of tasty things to tempt your taste buds in South Canterbury.



Beyond the Mulberry Tree

Rudi gives us an insight into silkworm cultivation.



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22 Chapel Street, Timaru, South Canterbury
Ph: 03 684 8439 | www.essencemagazine.co.nz

MORRIS WADDELL ELECTRICAL
03 686 2422

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The Ringmakers
Manufacturers of Fine Jewellery

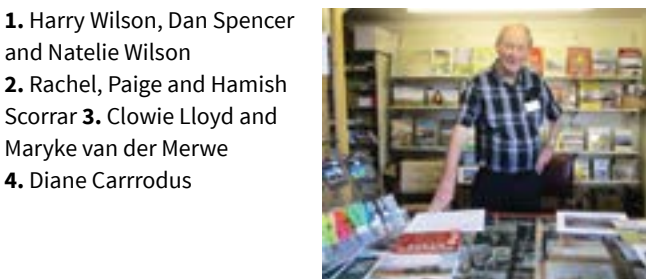
Call us today
03 688 1362
270 Stafford Street, Timaru
www.theringmakers.co.nz

Steaming weekend

Pleasant Point Steam and Craft fair was held over Labour weekend. The Ab699 was steaming the weekend taking people from Pleasant Point Station to Keanes Crossing where plenty of craft stalls were on display. The Craft Fair was free with lots of gift ideas for Christmas.



1. Harry Wilson, Dan Spencer and Natelie Wilson
2. Rachel, Paige and Hamish Scorrar
3. Clowie Lloyd and Maryke van der Merwe
4. Diane Carrrodus



Advocate for Health & Wellbeing

From voluntary work to teaching, to being in both the New Zealand and Australian Navy, to playing the saxophone and cooking French patisserie and now working with Alzheimer's South Canterbury, Cheryl is bursting with energy, her source of energy being the people and organisations she works with.

Cheryl grew up in a rural environment with most of her schooling being at the Temuka Primary and High Schools. After leaving school her first job was as an office junior with the Timaru Herald and then as secretary for the General Manager at Ballantynes. In 1972 she left Timaru for the big smoke of Christchurch, followed by the even bigger smoke of London in her early twenties. Here she worked for three years as a legal secretary and during this stint, she also spent three months in upstate New York teaching children with disabilities.

Back to New Zealand in 1978 saw her enrolled at Christchurch Teachers College where she trained as a Commerce teacher – typing, shorthand, accounting and economics were all part of her three year course. She started her BA at the University of Canterbury and finished it at Victoria University, all this time also working full time as a hospital secretary in Christchurch and in middle management in the disability sector in Wellington. Cheryl then completed a Masters in Health Administration which led to Hospital Executive Management



and then CEO of a Disability Service in New South Wales for four years. She also spent three years as the CEO of a Helicopter Emergency Medical Service.

In 1986 Cheryl joined the Royal New Zealand Navy Volunteer Reserves, followed by 30 years in the Royal Australian Navy Reserves in health administration and human resources. She rose to the rank of Lieutenant Commander and she loved every minute of this involvement. Hanging out of helicopters, firing weapons, jumping off the bow of a ship into the sea, learning to fight fires and, of course, going to sea – all part of the job. But also a sobering job when she went full time for six of the 30 years as case manager for sailors and officers in crisis.

Cheryl returned to Timaru in December 2018 and she took up her current role as a community co-ordinator with Alzheimer's South Canterbury in March. In all of her positions she finds the practical component the most satisfying. As well as this busy job, Cheryl has found time to join the Rotary Club of Timaru and the In Harmony choir, she plays the saxophone in the Bay City Big Band and she is in the process of establishing Café Cherie – the making of French patisserie. She is a Salvationist, being introduced to the Salvation Army by her father and she also moonlights as a clown! But it's not stopping there. She's now focused on being an eccentric and nutty great aunt to her three great nephews. What an amazingly interesting and varied life!

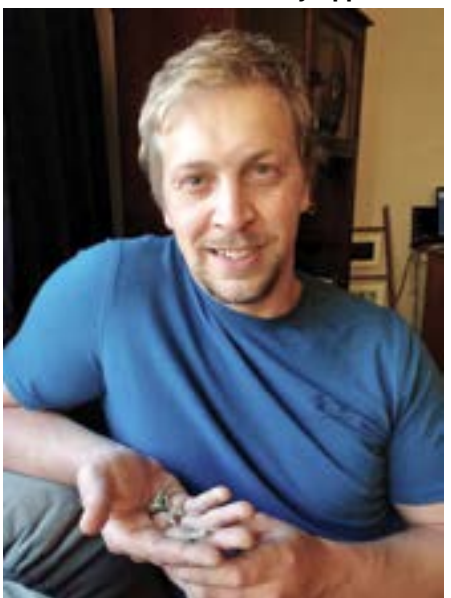
BEYOND THE Mulberry Tree

words: Gilly Oppenheim

Rudi Robberts was born in Northern Natal, where sericulture (the raising of silk worms) was part of his culture. He is a proud 'Boertjie' or Boer, a people who are descended from the mainly Dutch families that settled in South Africa in the 1600s as part of the East India Company. The traditions and association with silk and sericulture has had a long precedence in their culture.

However, silkworm farming is a relatively new hobby in New Zealand. Rudi's family immigrated to New Zealand in 2002, but this silkworm cultivation has only been taken up by Rudi since 2016. At that time there were only four silk worm breeders in New Zealand, but there are now more than forty and Rudi has over 20,000 bombyx mori eggs waiting to hatch and be sold. It took him five years to find a reputable source of silk worms and he started with just 50 eggs from an Auckland breeder, who bred them to feed his lizards. He has learned to master the art of raising the silkworms by trial and error, with help from books and YouTube and he is now selectively breeding disease resistant silk worms with a very strict feeding regime.

One requirement for successful sericulture is a ready supply of mulberry leaves. Rudi sourced the trees from the North Island, but he is hoping to propagate his own bushes in future. The silk worms are voracious eaters, so they need regular feeding. Female moths spin bigger cocoons and have slightly larger silk yield than the males, so gender is an



their lives are never in vain, as only the biggest and strongest are kept for next year's generation.

It takes about 2,000 cocoons to produce a pound of raw silk and the waste silk, which can cling to the box and cocoon can be made into a beautiful rough cloth called 'shantung'. Silk worms are highly prized in the reptile



The worms secrete a very fine filament of silk thread from an orifice located just below their mouths.

It takes about 2,000 cocoons to produce a pound of raw silk



important part of the breeding cycle. The tiny eggs are placed on paper in a container (such as a shoe box) in a warm, dry, well ventilated spot out of direct sunlight for two weeks. The eggs hatch out in between 11 and 16 days. Infant silk worms are tiny, often less than 1/8 of an inch long and in one month they can be as much as 1,000 times bigger! The incubation period until they hatch and start spinning their cocoons is about 1 1/2 months. The worms secrete a very fine filament of silk thread from an orifice located just below their mouths. As the strands leave this opening, they make contact with another secretion called sericin which becomes sticky when exposed to the air. This 'glue' allows the incredible little workers to shape their cocoons. The once plump caterpillar now becomes a shrivelled-up pupa. Some old practices used to boil the pupae to kill them but most practices today slowly freeze dry the cocoons to create a more humane silk. However,

breeding industry because the enzymes they produce stimulate the reptile's metabolism. The sericin can be used in medicine as a wound coagulant and in cosmetics to improve skin elasticity. The pupa can be used as fish and animal food and the krass or poop is a good soil fertiliser. In addition to any monetary gains, which are minimal at present, sericulture offers a rare opportunity to understand the workings of nature and a chance to learn about the miraculous transformation from mulberry leaves to beautiful silk! Further information about Rudi's venture can be found on his Facebook page entitled Beyond the Mulberry Tree- Silkworms.

Do you know the road code? Test your knowledge

G T A N C A P W B
A H L T K M M D A
B I V W M T L R R
R R V E E I B Y D
I T Y N S E V Y B
A Y L T Z T R Y J
N L E Y F U O H J
M N Y Z O I N P T
Y Y R F M V F Q J

WORD BANK: AIRBAG, ANCAP, FIFTY, FOUR, LISTEN, STOP, THIRTY, THREE, TWENTY, ZEBRA

- At a ____ crossing, drivers must give way to pedestrians.
- When turning, signal for at least ____ seconds, before you start the turn.
- Follow at least ____ seconds behind another vehicle when it rains.
- How far (METRES) can a private vehicle drive in a bus only lane?
- Max speed past a stationary school bus with signs activated.
- When crossing a road on foot, you should Stop, look, _____ before crossing safely.
- Never put your feet on the dashboard because of the _____
- This is the organisation that tests all new vehicles for Australia and NZ and rate them for safety.
- Safer speed around pedestrians and through residential streets?
- When you approach traffic lights and you can still stop safely when the lights turn orange. You should

Be in to win a double movie pass each week for the month of November

Name

Address.....

Phone.....

Closing date: 29 November

Send your answers to:
Timaru District Council – SCRS
PO Box 522, Timaru 7940

Or take a photo (no larger than 3 MB)
and email to:
Daniel.naudd@timdc.govt.nz



www.scrs.org.nz

A new look for Liquorland

At Liquorland Timaru, we pride ourselves on our ability to provide friendly and knowledgeable service, a great range of products and at a great price to all our customers. We have started renovations with a beer chiller, wine, spirit, gift section and fill your own flagon. This will be complete next year.

With Christmas just around the corner we are offering gift baskets and complimentary gift wrapping.

We are also your party planning specialist. Our outside catering and events service are extremely popular, with the chiller trailer and glassware hire always a favourite option for this time of year.

Rob, Megan, Carla and staff invite you to come and have a look at the new store and great gift ideas. If you'd rather take your time and check out products and prices online, Liquorland offers its 'click and collect' service and you can sign up for updates as to what's new in the world of drinks and cocktails.



LiquorLand
all the help you need

Liquorland Timaru
22 Dee Street, Timaru.
Phone 03 688 3149

Gingerbread Men Recipe

This easy recipe for gingerbread men is great for baking with children, and it makes a lovely homemade Christmas present.

INGREDIENTS

- 350g/12oz plain flour, plus extra for rolling out
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp golden syrup

TO DECORATE

- writing icing (optional)
- cake decorations (optional)

METHOD

- Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
- Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
- Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.
- Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
- Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.



WAREHOUSE LIQUOR

Clean Collective is a boutique beverage company founded by two young Kiwis, producing NZ's own 100% CLEAN Cocktails.

Made from pure sparkling water, their own distilled spirits and natural fruit flavours.

An option for people who care about what they put in their bodies but still want to enjoy and celebrate life with an icy cold one.

Come and get yours today and enjoy the hot summer nights.

WAREHOUSE LIQUOR
PH (03) 688 1012
35 Browne Street, Timaru



HARLAU HOUSE CAFÉ

For a Christmas party with a difference come to Harlau House Café (formerly The Stables).

Just a 5 minute drive from town is the idyllic location that is Harlau House. Enjoy the festive atmosphere, either inside or out in our glorious gardens - by the fire pit or under the shade of the handsome trees.

We can accommodate large or small groups. Bookings are filling up fast, BOOK NOW! Call 03 683 1887

Check out the Christmas buffet menu on our website www.harlauhousecafe.co.nz

PH (03) 683 1887 or text 027 683 1887
253 Beaconsfield Road, Timaru



NARUWAN

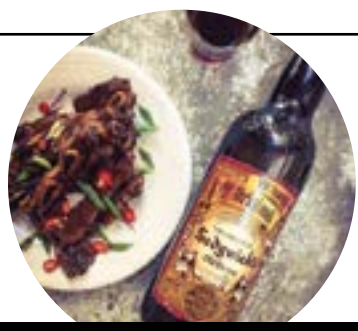
Prawns are a healthy type of seafood. They are known for being low in fat, rich in antioxidants and a good source of healthy omega-3 fatty acids.

Come and enjoy a dinner and try our King Prawns with Black Pepper (Sizzling) dish! It's Gluten free!

Feel free to give us a call or email us with any enquires or any information you want to find out.

Open 6 days Tue-Sun. Lunch menu 11.30-2pm
Now taking bookings for the festive season!

NARUWAN PH (03) 688 879
16 George Street, Timaru



BOTTLE O SEAVIEW

We have a huge range of liquor in store including Wines, Beers, Spirits, Premixes, low & non alcoholic options, mixers, blends, single malts and much much more.

We stock a large range of South African brands so come and get your beer, wine and brandy to name a few. Our staff are highly trained and experienced in making your shopping experience easy.

We offer the best experience in Timaru, and our aim is to always keep our customers happy.

BOTTLE O SEAVIEW PH (03) 971 5546
Shop 4 The Landings, 50 Theodosia St, Timaru



PLEASANT POINT BUTCHERY

Get a head start and order your Christmas Ham and Turkey today.

From the centre piece on your Christmas table through to the corporate banquet, we have you sorted. We can custom make your turkey with 3 flavours of stuffing to choose from - Apricot Macadamia/Cranberry Chestnut/Brandy Almond.

Plus a large selection of fresh meats to cater for all your festive and holiday season needs.

PLEASANT POINT BUTCHERY
PH (03) 614 7400
Main Road, Pleasant Point



THE SHEARERS QUARTERS

Escape the hustle and bustle of the busy Christmas season and come enjoy the relaxing family environment here at The Shearers Quarters.

Our country styled Café has everything from outdoor dining perfect for the summer, to multiple activities for the family like mini golfing, the maze, outdoor play ground and feeding our friendly farm animals.

Book now for Christmas work dos, open 7 days from 8.30am.

THE SHEARERS QUARTERS
PH (03) 615 9043 • Seadown Rd, Seadown

2019 Christmas Gift Guide

Where we shop, eat and have fun is what makes our community home. Many of our one-of-a-kind businesses are an integral part of the distinctive character and that's why it is so important to shop locally. Local businesses are owned and staffed by people who live in this community and often know many of their customers personally, which provides a unique shopping experience - especially at Christmas when things can get a little tense! Discover plenty of gorgeous gift ideas for family and friends in our Christmas Gift Guide.

'Tis the season to go shopping with Christmas just around the corner. Here at essence we have found a wide variety of perfect gifts for the loved ones in your life. There is no such thing as impossible-to-buy-for as these great options show:

Farm Barn Cafe

GIFT GUIDE 2019

4 Mount Michael Road Fairlie
Ph (03) 685 8271

Tumleweed Notebooks
Lamington Merino Wool Baby Socks
Stainless Steel Drink Bottle
Keep Cups
Colouring Book
Beeswax Crayons
Beeswax Candles

Absolute Flowers

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183 Stafford Street, Timaru
Ph (03) 688 8062

Villawood

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Made in New Zealand
Cnr Church & Wilson St, Timaru
Ph 027 486 9215

JewelCraft

GIFT GUIDE 2019

297 Stafford Street, Timaru
Ph (03) 684 4882

18ct Diamond Cluster Halo Ring \$3,899 ▲
1.11ct Sol Diamond Ring was \$11,999
▲ NOW \$9,999
9ct White Gold Blue Topaz Ring \$650
9k White Gold London Blue Topaz Ring \$499

WAREHOUSE LIQUOR

Check out our website or instore for our weekly top ten specials

November Specials!

Jim Beam & Cola 330ml cans 4.8% **\$19.99**

Long White Vodka mix 320ml bottles 10 pack **\$24.99**

Export Gold 24 pack bottles **\$32.99**

Speights 24 pack bottles **\$33.99**

Coruba Rum 1Litre **\$39.99**

Ivanov Vodka 1L **\$30.99**

Dewar's White Label 1L **\$33.99**

Seagers Gin 1L **\$30.99**

Christmas gift ideas

Valid until Monday 18 November 2019

35 Browne Street, Timaru | P 03 688 1012 | www.warehouseliquor.co.nz

JewelCraft

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Living with Style

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Lighthouse Lighting

GIFT GUIDE 2019



Cameron's

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Guthrie Bowron

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Stihl Shop

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Timaru Can-Am

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Ron Brown Jewellers

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Marine & Auto

GIFT GUIDE 2019

MARINE AND AUTO TIMARU
39 King Street, Timaru
Ph 03 688 6757



Carbine Wakeboard Package

Adult Life Jacket

Combo Water Skies

Kids Life Jacket

Water Sport Helmet

Biscuit

Kneeboard

Blank Space

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BLANK SPACE
79 Main Street, Fairlie
Ph (03) 685 6112
www.blankspacethestore.com



GSTAR RAW Resistor Tee \$70

GSTAR RAW Bristum Slim Shirt \$170

Ben Sherman Trunks \$59.95

Federation+ Aye Tee - Oui \$69.95

Triumph & Disaster Hair Products \$45

Ted Baker Water Bottle \$59.95

ONETEASPOON Vanguard Skirt \$150

Trellis Cooper Eyewear On Point Sunglasses \$195

Ted Baker Jewellery Box \$94.95

DJango & Juliette Resign Sandal \$239.95

Stolen Girlfriends Club Rose Sleepers \$99

Eb&Ive Masai Jumpsuit \$179.95

Menzies

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MENZIES GROUP LIMITED
6 High Street, Timaru
Ph (03) 684 8440



Broil King Monarch 390 \$1399

Smoke It All genuine smoking mix

Heat Beads

Highland Offset Smoker \$999

Gasmate Urbo Gas Fire Table \$1399

Trueform Spa Pools

Mint Boutique

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



Lemon Tree Lucy Reversible Bag \$129.90

Stella & Gemma Gold Pearl Oval Earrings \$34.95

Lemon Tree Alice Top \$99.90

X Body Leopard Phone Wallet \$60

Mor Boutique Hand Balm \$12.99

Stella & Gemma Flower Earrings \$44.95

Mor Blood Orange Body Butter \$20

Blush Croc Camera Bag \$49.90

Stella & Gemma Velvet Quilt Vanity Bag \$44.95

Shave me Soap and Brush Mens range \$49.95

Tote Bag \$15.95

3 Bee Ultimate Treat For Skin Set \$139

Fashion Focus

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



Ring \$95

Bracelet \$30

Scarf \$35

Park Lane Design \$15 Candle

Necklace \$70

Honey Collection Body Lotion \$30, Repairing honey cream \$30, Soap \$15

The Ringmakers

GIFT GUIDE 2019

The Ringmakers
270 Stafford Street, Timaru
Ph (03) 688 1362
www.theringmakers.co.nz



Pandora Pave Heart and Angel Wings Necklace, \$119

Pandora Rose Geometric Shapes Open Ring, \$219

Pandora Christmas Carousel, \$79

Handmade 9ct Rose Gold Morganite Ring, \$1,490

Pandora Christmas Penguin, \$59

STOW 9ct Rose Gold Lucky Elephant Charm, \$89

Pandora Blue & Clear Sparkle Slider Bracelet, \$119

STOW 9ct Rose Gold Shooting Star Charm, \$115

STOW 9ct Rose Gold Tree of Life Charm, \$89

Bering Gents Watch, \$269

Bering Ladies Watch, \$309

Ice Sunset Marine Watch, \$199.90

Frocks & Shocks

GIFT GUIDE 2019

FROCKS & SHOCKS
87 Main Road, Pleasant Point
Ph (03) 614 7410



Betty Boop Art \$55 each

Pinocchio Medium \$35

Pinocchio small \$25

Tin Horse \$45

Cat & Owl Door Stop \$25 each

Tool Key Hanger \$15

Drummond & Etheridge

GIFT GUIDE 2019

DE DRUMMOND & ETHERIDGE
40 Racecourse Road
Ph (03) 687 4005 • 0800 432 633
www.dne.co.nz



1:16 Tractor with Wagon \$89.95

Green Steel Tricycle \$139.95

Fun On The Farm Playset \$57.95

6V Battery Operated Gator \$319.95

Johnny Tractor Soft Small Vehicles \$6.95

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Pedal Bike with Trailer \$175.43

Tractor-opoly Game \$59.95

Classic Tractor with Trailer & Loader Ride On \$263.18

15cm Big Scoop Sand Pit Vehicles 2 Pack \$16.95

Jewel of the Harem

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Jewel of the Harem
330 Stafford Street, Timaru
Ph 0212 957 277

- Bi-coloured Crystal Earrings \$25 ▼
- Mystic Topaz Ring \$55
- Tibetan Necklaces \$125 ▶
- Tibetan Earrings \$45 ▲
- Turkish Ottoman Rings, Topaz, Amethyst & More \$45-\$160
- Indian Gemstone Bracelet \$115 ▲

Mr Jones

GIFT GUIDE 2019

Mr Jones
Shop 1 Ken Wills Complex, Timaru
Ph 022 139 8486

- Belly Baskets from \$12.90
- Leaf Pots \$20 each ▲
Tray from \$45
- Pot Plant Stand \$89 ▲
- Rattan Chair \$259 ▲
- Handled Serving Boards from \$85 ▲
- Locally painted Tui Art \$350

Bike Barn

GIFT GUIDE 2019

bikebarn
57 Sophia Street, Timaru
Ph: (03) 684 8900

- MGP scooters \$219 - \$489 ▼
- Gel saddles from \$59.99
- Lezyne GPS computers \$139 - \$549
- Locks from \$19.99 ▶
- Helmets \$59.99 - 499.99 ▶
- Floor pumps from \$49.99 ▲

Headworkz

GIFT GUIDE 2019

headworkz
Northtown Mall (03) 684 5747
www.headworkz.co.nz

- Brush on Block \$44 (SPF 30 Mineral Sunscreen)
- Youngblood Sheer lip crayon \$33.50 each ▼
- Sunescape Candle \$62
- GHD Queen P Gift Set \$395.00 ▼
- Pureology Strength Cure Pack \$88 ▲
- O Cosmetics Mineral Pro SPF 30-\$74 (Triple defence protection moisturiser, sunscreen + primer in one)
- Sunescape Tanning Travel Kit \$62 ▲

CBay Aquatics

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CBay Aquatics
11 Te Weka Street
Ph (03) 684 2229

- Womens Swimwear**
Assorted styles from Funkita, Speedo & Zoggs
Sizes 8 to 22
Priced from **\$75.00**
- Mens Swimwear**
Assorted styles from Funkita, Speedo & Zoggs
Sizes S to 2XL
Priced from **\$39.00**
- Girls Assorted Swimwear**
Assorted styles from Speedo, Funkita and Zoggs
Sizes 2 to 14
Priced from **\$37.50**
- Boys Assorted Swimwear**
Assorted styles from Speedo, Funkita and Zoggs
Sizes 8 to 14
Priced from **\$37.50**
- Swim Caps & Goggles**
Assorted styles for infants, kids & adults
Priced from **\$15.00**
- Assorted Squad Backpacks**
Assorted colours & patterns
Priced from **\$95.00**

The Little Red Fox

GIFT GUIDE 2019

THE LITTLE RED FOX
65 Main Street, Bobby's Square, Fairlie, Ph 021 556 919

- Le Creuset Kettle \$220
- Charles Viancin lid \$18 ▶
- Tealogy Red Teapot \$59 ▶
- Sachi lunch bag \$38 & Oasis drink bottle \$28 ▲
- Le Creuset Honeypot \$62 ▶
- Bundanoon Mugs \$8 each
- Kambukka Large mug \$59 & Avanti small mug \$32 ▶

The Kitchen Cupboard

GIFT GUIDE 2019

the kitchen cupboard
34B Talbot Street, Geraldine
Ph 03 693 8632
www.thekitchencupboard.co.nz

- Le Creuset Kettle \$220
- Charles Viancin lid \$18 ▶
- Tealogy Red Teapot \$59 ▶
- Sachi lunch bag \$38 & Oasis drink bottle \$28 ▲
- Le Creuset Honeypot \$62 ▶
- Bundanoon Mugs \$8 each
- Kambukka Large mug \$59 & Avanti small mug \$32 ▶

Timaru Sewing Centre

GIFT GUIDE 2019

TIMARU SEWING CENTRE
158 Stafford Street, Timaru
Ph (03) 688 6764
www.timarusewing.co.nz

- Janome sewing machines from \$299
- Jelly rolls \$62.50 each
- Thread organisers \$16.00 each ▼
- Jesse James Christmas button packs - \$6.40 per packet ▶ (huge range)
- New knitting needle holders \$31.90
- Prism scissor gift boxed \$99.95 ▲
- Latch Hook Kits \$38.00 each

Shop Local this Christmas

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GIFT GUIDE 2019

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- Billabong Fun Fair Backpack \$65
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- Second Nature Card Holder \$29.90
- Second Nature Tab Wallet \$79.90 ▼
- Second Nature Bag \$85

SAVE THE DATE

Timoru Soap Box Derby 2019

Sunday 10th of November at 10am. The Oxford Restaurant & Bar, 152 Stafford Street, Timaru.
The Timoru Soap Box Derby is a fun, family, free event for all ages. Come watch the Timoru Mo Bro & Sista's race two at a time down a hill for the top spot. Juniors in morning 10am start and Open/Corporate in the afternoon. There will be food stalls, fun events to do and some amazing race action to watch. Free Entry

Night Market - St Joseph's School

Friday 22 November 2019, from 4.30pm-7.30pm.
Get all your Christmas gifts sorted early while enjoying yummy food and entertainment at a special Crafts and Food Night Market at St Joseph's School Timaru. The Night Market will feature more than 30 stalls, with gift ideas for all the family. There will also be food stalls and coffee to keep up the shopping stamina - and entertainment for those who need a break.

Temuka Christmas Parade & Market Day

Saturday 30 Nov 2019, 10am-2pm. King Street, Temuka. A fun event for all the family. Free Entry.

Go Geraldine Christmas Parade

Friday 6 December 2019 6pm - 8pm. Talbot Street, Geraldine. Come and join the fun with the best Christmas Parade in South Canterbury! The parade route commences at the Hislop and Talbot St corners and travels along Talbot St to Peel St. Get along to the Domain after the parade for Santa's lolly scramble and a Popsicle give-away for the kids. Free Entry.

PrimePort Timaru Santa Parade 2019

Sunday 1 December 2019 1.30pm - 10pm. Join Santa on his annual journey of fun as he travels along Stafford Street, down the Loop Road and onto Caroline Bay.

Fetes & Events

The cold weather is fast becoming a distant memory and we are looking forward to revelling in fabulous summer. Mark these dates on your calendar as there is a diverse collection of events organised throughout the region in the lead up to Christmas. The opportunities to explore our beautiful area and enjoy the best of local fare and produce on offer are outstanding.

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 please call or contact through our facebook page. Call Julie for more information 03 693 9990



PrimePort Timaru Christmas Parade

Join Santa on his annual journey of fun, colour and excitement as he travels along Stafford Street, down the Loop Road and onto Caroline Bay where you can then enjoy a free family-friendly festival with activities from parade-end into the night. At the Bay the results of the float competition will be announced, Caroline Bay Association rides will be available and live entertainment, craft and food stalls and a night market will be operating.

Waimate Strawberry Fare

The fare today...is hailed as the largest annual regional event. Visitors swell to 14,000 attracted from all over New Zealand to this free family day out offering all day entertainment, upmarket stalls and colourful rovers and entertainers. Come and enjoy the day and lots of strawberries. This year the date is the 14th December.



Rose Festival

New events, more flowers, more food and more fun. There's something for the whole family at this year's Timaru Festival of Roses.

The Rose Festival is well known for its stunning gardens to visit, art exhibitions and free markets to wander and this year is no different with feature workshops by Lynda Hallinan an added highlight.

Lynda, author, broadcaster and former NZ Gardener editor, has spent half her life writing about her passion for plants. She is also an amateur homebrewer, pickler, preserver, part-time farmer, occasional farmer's market stallholder and mad-keen gardener who will present two popular workshops at this year's Rose Festival - edible gardening and growing your own Christmas gifts - at the gorgeous Jakar Gardens.

HOMEGROWN HARVESTS

Saturday, November 30, 0am - 12pm

An informative and entertaining edible gardening workshop, with handy hints and practical tips for making the most of your plot. Whether you're happy to grow herbs in pots or want to take a shot at suburban self-sufficiency, Lynda's expert advice will include: seed sowing, soil improvement, crop rotation, planting for pollinators, eco-friendly pest and disease control, the best veggie varieties, seasonal fruit crops and money-saving suggestions.

FRESH FLOWERS & FESTIVE FLAVOURS

Saturday, November 30 1pm - 3pm

Grow your own Christmas gifts, from old-fashioned cottage posies to preserves with a festive flavour in this delicious hands-on demonstration by Kiwi gardening guru

Lynda Hallinan. Learn how to make floral buttonholes, herbal tussie-mussies and table decorations, plus seasonal gifts to share, from strawberry jam to candied citrus zest to luscious liqueurs, cordials and rhubarb champagne.

BOOKINGS for the Lynda Hallinan workshops are essential and numbers are limited. \$40pp.

Homestyle Lunch \$20 per person incl. tea/coffee. If you book both workshops and lunch, it's only \$90 for the day. To book please visit www.festivalofroses.co.nz or find us on Facebook (no booking fees).

The incredibly popular Night Market in the entertainment area on Caroline Bay is back on Saturday, November 30 from 5pm to 9.30pm followed by the Christmas market on Caroline Bay the next day. New stalls and favourites return and local band, The Soul Agency will be headlining the entertainment for the Market Day.

In conjunction with the Timaru Festival Of Roses and with the support of the local Harcourts team, Hospice



South Canterbury are once again proud to bring you the Home and Garden Spectacular.

A selection of properties will showcase some of the region's finest homes and gardens. There will be something for everyone to see. Tickets are \$30 for all properties over both days or \$10 per individual property. The tour is over two days: Friday November 29, 2pm to 7pm and Saturday November 30, 11am to 4pm, - a lovely lunch is available, plants for sale, art and much more.

Santa and friends in this year's Timaru Christmas Parade join in the Festival fun on Sunday 1st December, making their way to Caroline Bay from Stafford Street from 1.30pm.

Follow the parade down and you can then enjoy the free family-friendly Rose Festival Market with its activities, food, garden and craft stalls; say hi to the Ballantyne's Santa and meet his friends and the floats from the parade. Caroline Bay Association rides will also be running and at the completion of the parade, on the Sound Shell, come and listen to Santa's Christmas message.

WAIMATE STRAWBERRY FARE

14 December 2019, 10.30am - 4pm

Celebrate the Waimate Strawberry Fare at Seddon Square and Boland Park, Waimate. A day full of fun, free family entertainment, fantastic stalls, fabulous food and, of course, scrumptious strawberries. A great day out for all (please leave your dogs at home).

Contact: Joy pit: 03 689 8057 / email: info@waimatestrawberryfare.co.nz
web: www.waimatestrawberryfare.co.nz

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PrimePort Timaru Christmas Parade
PRIMEPORT TIMARU
Sunday 1st December 2019, 1:30pm
Stafford street to Caroline Bay
FB: PrimePort Timaru Christmas Parade
<https://timarusantaparade.co.nz>

Rose Festival
Timaru Festival of Roses
FRI 29, SAT 30 NOV & SUN 1 DEC
Night Food Market Sat 5pm
Market Day Sun 10am-4pm
Hospice Open Homes & Gardens Fri & Sat
www.facebook.com/RoseFestival

Family • Fun • Flowers • Food

2019 **Rose Festival**
Opening
Friday 29 November, 7pm
Caroline Bay Hall
Doors open 6.15pm
Tickets including wine tasting \$30

THE ART OF FLOWER PHOTOGRAPHY
WITH VANESSA HARDLEY
Saturday 30 November 2019
10am - 12.30pm
Trevor Griffiths Rose Garden, Caroline Bay, Timaru
Tickets \$40

HOMEGROWN FLAVOURS
Lynda Hallinan
Saturday 30 November
Jakar Gardens, Hedley Road, Seddon, Timaru
Tickets from \$40

www.festivalofroses.co.nz

DRESS TO IMPRESS.

Its work do season and you deserve that perfect outfit. Say goodbye to simple suits and boring black dresses and get ready for life's "wow" moments. There's a knockout ensemble for every major event.

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Orlando

Blank Space

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Olive Tiger Bag \$52.50 ▶

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Victoria Street Signature Dress \$299 ▶

Floral Bird Kimono \$109

Blackstone V Neck Dress \$149

Up Basic Slim Pant \$149 ▶

The Merino Story plum Cape \$69 ▼

Pricilla Dress \$159

Pricilla Top \$139

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Pricilla Dress \$159

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Dress \$365 ▶

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CANON STREET OPTOMETRISTS

ASK AN EXPERT

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



Isabelle Bromham

Isabelle Bromham is Environment Canterbury's community transport advisor in Timaru, and the project leader for the introduction of an on-demand public transport trial in the city next year.

Q. On-demand public transport? What is that exactly? Think of it as a corner-to-corner service at times that suit you. Instead of going where the bus goes, you can go where you want to go, and arrive when you want to arrive. You'll be picked up at the time you request, and then dropped off near your destination.

Q. Why do we need to change? The reality is that of our population of more than 29,000, only a few hundred people regularly use the current service. It's neither sustainable nor meeting the needs of the wider community.

Q. Will the current buses keep running? This service will replace the Grantlea, Watlington and Gleniti services in around April next year.

The Timaru Link, Temuka service, and scheduled school services will continue to operate as normal. If the trial is successful, the on-demand service will also replace the Timaru Link and additional school services would be provided immediately before and after school, to cater to school students currently using the Timaru Link.

Q. How will people use the on-demand service? You will choose whether to book your trip by calling the customer service centre, using a smartphone app, or by using the website.

Q. Is it going to work for everybody? The service will offer room for wheelchairs, prams, walking frames and so on. We expect that it will offer much greater convenience and flexibility for people - for instance, home to a hospital appointment, or to visit a friend across town, without relying on bus routes or schedules.

Q. What happens now? Early next year, we will pilot the service with a small group of people, and then introduce the full service trial after that. At the moment, we're working closely with community groups across Timaru to ensure we are meeting their diverse needs.

Keep up to date at metro.co.nz/Timaru, follow Timaru Public Transport on Facebook, email ask@metroinfo.co.nz or call 03 688 55 44.



75 Church St, Timaru
Ph 0800 329 276
www.ecan.govt.nz



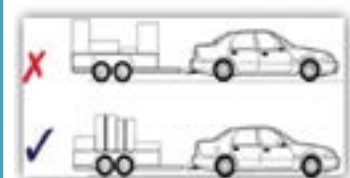
Daniel Naudé

Road Safety Coordinator for the South Canterbury district.

Educating our people to improve road safety in our region.

TOWING - One of the characteristics of holiday traffic is the increased number of vehicles towing trailers, caravans, or boats on our roads. Here are some tips for drivers towing and for drivers not towing to make your journey less stressful.

LOADING - Picture courtesy NZTA



- Keep the load as low as possible
- Put heavy objects at the bottom
- Most of the weight should be placed over the axle/s
- Secure the load with rope or load straps
- Check the tyre pressure and the tyre speed rating on the towed vehicle.

An unbalanced load can cause the trailer to pivot on the tow bar, forcing the towing vehicle to sway from side to side.

SPEED - The maximum speed allowed for any vehicle towing a trailer, caravan or boat is 90km/h.

At places where you may experience cross winds, you should drive much slower or even stop until the situation improved. Many things could affect the stability of the vehicle, like a large truck passing in the opposite direction, or a rut or debris on the road surface.

At higher speeds:

- the vehicle combination becomes less manageable
- tyres become hotter and could blow out
- you will use significantly more fuel
- increase the risk of a roll over

FOLLOWING DISTANCE - Follow at least four seconds behind the vehicle ahead. Even more when the weather conditions are bad. This will give you more time to react to traffic suddenly slowing down. When towing, you want to avoid any sudden vehicle movement like hard braking, or swerving.

BRAKING - Apply brakes lightly before cornering. Remember avoid harsh braking! When you drive downhill, rather use a lower gear than riding the brakes. When the brakes overheat, they become ineffective. In most modern vehicles with automatic gearboxes, you have the option to manually shift to a lower or higher gear when in drive.

IF THE TRAILER STARTS TO SWAY

- Do not apply your brakes
- Remove your foot from the accelerator and allow the vehicle to slow down.

Visit www.scrs.org.nz for more detailed information.

Daniel Naudé Ph (03) 687 7235
www.scrs.org.nz



Glenn Allan

Architectural Designer IDSGN Timaru

Glenn studied his NZ Diploma in Architectural Technology in Dunedin and spent some time drawing for a firm in Christchurch. He now owns his own firm located in the heart of Timaru and employs 2 full time designers who are responsible for bringing client's dreams to life whether it be a family home or a commercial build, they can do it all!

Q. What makes you different to other designers? I prioritise the client's needs first and foremost. I can work to a budget and can adjust the plans to suit new ideas throughout the process. I keep up with all the modern building substrates and I'm not afraid to give an ambitious project a go. I maintain a relationship with the client from the beginning through to completion.

Q. Why do people need to use an architectural designer? Most people have dreams about how they want their house to look and feel, so we can create something that suits their needs and lifestyle. It may be that you want a bathroom with a view or a tricky plot of land that needs something unique, I can work through those issues and requests to get it just right. If you have a vision for a home that may be almost perfect but there is something that's not quite right, well I can make adjustments to the plans and submit it to Council. I can even help with renovations and recladding changes.

Glenn's designs are evident around Timaru and Mackenzie Country. He has designed for clients from Auckland down to Te Anau and everywhere in between. Glenn's children attend(ed) Mountainview High School and his wife Kelly is known to many in the community as she is a popular midwife in Timaru. Glenn lives with his family in the greater Timaru area on a lifestyle block, which is currently being renovated as we speak!



7 Theodosia StReet, Timaru Ph 027 226 1756
www.idsgn.nz

ASK AN EXPERT

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



Hayley Grant

Village Manager, McKenzie Lifestyle Village Geraldine (MLV).

Hayley talks about all the positives of Lifestyle Living in a village.

Q. What is the criteria for moving to a village? Villages vary in entry age from over 65-70 years. At McKenzie Lifestyle Village, we offer a lifestyle option for over 55 years. An independent, lock and leave lifestyle.

Q. Do you purchase a villa or rent? What do you get for your weekly fee? Moving into a village these days it is common to live under an Occupation Right Agreement. It gives you a contractual right to live in the unit and use all the amenities the operator offers. The use of all the amenities along with having gardeners and maintenance team available are all supplied via the weekly fee. This fee, also referred to as outgoings, also covers rates, building insurance, security. At the time of moving to a village often these fees are fixed for the term of your occupation. Knowing you can budget accordingly. Obtain a copy of the village operator's disclosure statement for further details.

Q. Can a resident transfer within the village? What are the options? When looking at villages, consider what you might need in the future. MLV offer a lifestyle pathway for most. If you seek a little more help along the way, you can transfer to one of our brand new Care Suites. One bedroom with ensuite bathroom, separate living room and kitchenette. We welcome subsidised care providers that you might already have in place. Care packages can also be tailored to suit, right here in the village. Hospital level of care is offered next door at McKenzie Healthcare.

Q. What are the costs when leaving a village? When the residence is sold or re occupied there is an operator's deferred payment or often referred to as village contribution. This is a fixed deduction of anywhere between 20-30% of the original entry price paid. Some operators will stop the weekly outgoing fee soon after a resident moves out. Others may seek to charge until the unit is on sold.

Q. What happens when residents want to go away on holiday? MLV offer a lock and leave lifestyle. With various forms of security monitoring, so your time away is stress free. We can collect your mail and the team will tend to the gardens and lawns in your absence. You just sit back and relax.



33 Connolly Street, Geraldine
Ph 03 693 8340
www.mlv.org.nz



Louise Aubrey

I have been a practising podiatrist for over 10 years, I love helping my patients and, there's nothing more satisfying than helping someone in pain become pain free.

Q. What is the most common cause of foot pain? Incorrectly fitted footwear - This can result in several complications in the forefoot such as nerve compression, bursitis, capsulitis and boney changes. It is essential that every individual has the correct footwear for the activity they are participating in. A person cannot expect to wear fashion, or steel capped shoes out for an active walk without the possibility of causing an injury.

Q. My feet seem to be getting bigger? As you age, your tendons and ligaments start to loosen, and your arch begins to fall. Those two shifts make your foot longer and wider. Pregnancy can also cause your feet to go up a half or full size—and, in some cases, stay that way postpartum, thanks to the appropriately named hormone relaxin, which makes the ligaments in your body spread and lengthen ready for birth.

Q. Why is it that my feet hurt after wearing heels? Regularly wearing heels can contract/shorten the muscles in your lower leg/foot allowing the muscles get used to that position. When in flat shoes, these muscles that have been contracted for so long have to stretch and elongate, which can cause a lot of discomfort and pain as the muscles aren't used to the positioning.

Q. What is the best way to avoid ingrown toenails? The best way to avoid ingrown toenails is to cut them properly! Never bite, rip or peel your toenails as this causes rough edges. It's good practice to cut your toenails straight across; never down the sides of the plate and file them afterwards.

Q. What Treatments Are Available?

- Sports Podiatry - biomechanical analysis of walking or running gait and treatment
- General foot care - including corns, callous and nail care
- Minor Surgery - ingrown toenails
- Diabetic Foot Care - assessment and treatment of diabetic feet.
- Childrens Feet - Assessment of gait - and advice regarding care

Remember you don't need a referral just phone (03) 688 9095 for an appointment. We would love to hear from you.

Parkside Medical Centre
45 Heaton St, Timaru
Ph 03 688 9095
www.aubreypodiatry.com



Bryan Jarvie

Bryan has recently joined the team as the Vehicle Sales Manager.

Toyota Drive Happy Project
Have you ever bought a brand-new car but wondered if your neighbour got a better deal?

Toyota have eliminated the 4 main bothers of purchasing that new vehicle.

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- Test drives can sometimes feel like stress drives.
- It's hard to have the time to really get to know your vehicle - so we're looking at 15 minutes, extended, overnight and even weekend test drives.
- You can take a car for a spin on your lunch break or even take it home to see if it'll fit your garage - and your lifestyle.

Time to design

- Build your perfect car online, Add accessories
- Calculate finance options and view warranty information too
- Share your vehicle with your local Toyota Store
- No more time wasted trawling through the car yards - do it from the comfort of your home or desk instead.

Toyota Driveaway Prices

- We're making the new car buying process more transparent, by being upfront about our pricing information. In other words, we tell you how much the car will actually cost, including the on-road costs.
- Toyota Driveaway Prices also include the Toyota Care Service Advantage, which gives the customer certainty about their servicing costs in the first four years of regular use.



Cnr North & Stafford Streets
Ph (03) 687 9280 Email: bryan.jarvie@sc.toyota.co.nz

Chris Churchward

Chris Churchward is Managing Director for Autoworld Timaru - proudly home of Volkswagen, Nissan and KIA.



Trading a car with a dealer.

Q. How does this work? A good trade price on a new or used car closes the gap of what the difference will be paying for your new ride. When trading a car, it is best to present it in the best way possible to maximise your trade price. This includes; how tidy it is, non-smoker or smoker owned, status of WOF and REGO, and tread on your tyres. It is also an advantage to have all service records with the car - being able to confirm it has been well looked after will increase the trade value.

Q. How do we get a price on your trade? We appraise your car, looking for anything that needs to be done. For example, paint and panel work, scratches, legal stuff, WOF, Rego, how many kilometres it has travelled, and service history. Once we have an accurate

appraisal, we then go to the market to find for a trade price. We do this through a network of wholesalers and traders who buy from dealers. Most respectable dealers will 'shop your car' to at least three wholesalers to get the best deal. We will offer you the best price less the cost of anything that needs to be done on the car to get it ready for sale.

Q. What if you are not happy with trade price? In my twenty-seven years of dealing in cars, I have never had anyone jump up and scream, "Wow, I am getting more for my trade than I expected!" However, over time I have traded thousands of cars and always at a fair price. People will go to Trade Me and look for the highest priced one for sale but ignore the fact it had been listed for a long time, or how many views it has had. Generally, they are overpriced. We look for the lowest price, lowest KMs cars, closest to your trade. This is the price set by the market and other sellers.

Q. Insulting your intelligence? We like to be transparent and do not want to insult your intelligence by telling you your car is worth more by inflating the price of the car you are buying. This is misleading and misrepresents the actual value of your trade. We work with realistic prices. If any discount is given, it will be on the vehicle you are buying, not attached to your trade. Real price, real deals, and fair transparent business.

If you would like to see how much your car is worth as a trade, come see me, Chris Churchward, and the team at Autoworld Timaru.



6 Sefton Street, Timaru
Ph (03) 683 1215 or FREEPHONE 0508 AUTOWORLD
autoworldtimaru.co.nz

Peter Herron

Owner of Peter Herron Flooring, where their aim to provide every client with a quick, clean and tidy installation within their own personal budget.



Q. How long does it take to get flooring put into my home? On average it would take 2 days to complete a house as a lot of new houses are up to twice the size of what they were 20 years ago.

Q. Is there a charge for removing and disposing of the old carpet? Yes there is a charge of approximately \$300.00 per house depending on the size, disposal fees have gone up over the last 5 years. Some natural fibre carpets can be used as weed mat without hurting the environment.

Q. Do I have to move the furniture out before? Is there a charge for moving my furniture? It is preferred that you shift your

own furniture but we can do it for a small fee. All we would ask is that you move all your small items.

Q. Does the final price include carpet, padding and installation? Yes the final price will include everything needed to install your chosen floor coverings and itemized for you to see exactly what has been allowed for. On some occasions we would only be able to estimate the cost of floor preparation due to existing coverings hiding possible issues.

Q. How much will it cost for a quote? We give a free written quote that is valid for 30 days and on some occasions we can extend it out for our client's different needs.

Q. What is the focus of your business? Our focus is to provide a high quality service and finish to our customers with their flooring needs. With our eleven highly trained staff, from our management team right through to the poor bugger who gets to lift rotten smelly flooring we all care about what we do and most of all we care about our customers of whom most are repeat and word of mouth.

Peter Herron Flooring

Ph 021 370 750
17 Butler Street, Timaru
info.peterherronflooring@gmail.com

Christmas has arrived at Maree Hynes Interiors



Up to
40% off
selected
fabrics

With a stunning display of new seasonal stock and a room filled with clearance furniture, homewares, giftware and Christmas stock - Maree Hynes Interiors on Theodosia Street is your one stop shopping this Xmas.

With amazing deals on curtain fabrics and the opportunity to be in the draw to Win a trip for 7 nights to Australia, why not book your free measure and quote today? All you have to do is spend over \$1000 on your curtains, blinds, or instore and you are in the draw to win! You have to attend the special evening on December 12th when the prize is drawn to win.



Get your curtains made
for Christmas, save up to
40% off selected fabrics.



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SHOPPING**
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AND GIFTS**

On Thursday November 21st we are hosting a late night shopping evening. Come to our beautifully decorated store and enjoy the relaxing atmosphere... it's shopping bliss. Also there are great deals to be had in our back room clearance shop. We have a large variety of clearance giftware and Christmas stock. Grab a great deal and take advantage of our free gift wrapping service.



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Laura Bishell Nursing in Saudi Arabia

words: Gilly Oppenheim

"There are so many misconceptions about this country", this attractive blonde 24 year old told me when she was recently home in New Zealand, getting her visa for her next adventure. After leaving Craighead in 2012, Laura did her Bachelor of Nursing at the Otago Polytechnic, after which she worked for 2 1/2 years in the gynaecological department at Christchurch Womens' Hospital. A nursing friend suggested they attend an information evening about nursing in Saudi Arabia and the perks of the job sparked Laura's interest. These included no living costs, tax free benefits and 54 days of annual leave. And so began an amazing 13 months for Laura in this fascinating country, the site of several ancient cultures and a mainly Muslim population.

Contrary to what we are led to believe about the poor treatment of women, Laura didn't find this at all. She wore an abaya when out on the street, but she didn't have to cover her head and she felt quite safe going out alone. She learned some basic Arabic and the important medical terms for her job at the King Faisal Specialist Hospital and Research Centre in the capital city of Riyadh. She was very well paid and she made friends from all over the world amongst her colleagues. The huge hospital had state of the art equipment and over 1,500 beds. Laura worked in in the VIP ward for five months caring for members of the royal family and her shifts were long, often 12 hours or more. However, the upside was the free time and Laura managed to clock up visits to 24 countries during her time there.

Her favourite country was Lebanon. Although it was a war-torn country, there are still beautiful buildings, a great atmosphere and wonderful Roman ruins at Baalbek and Byblos. She also really enjoyed visits to Beirut with its

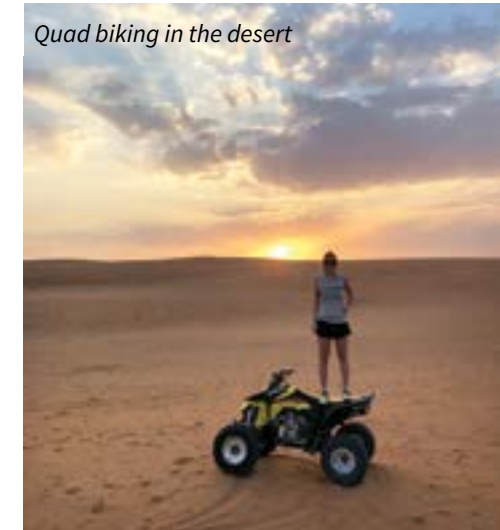


Edge of the World escarpment

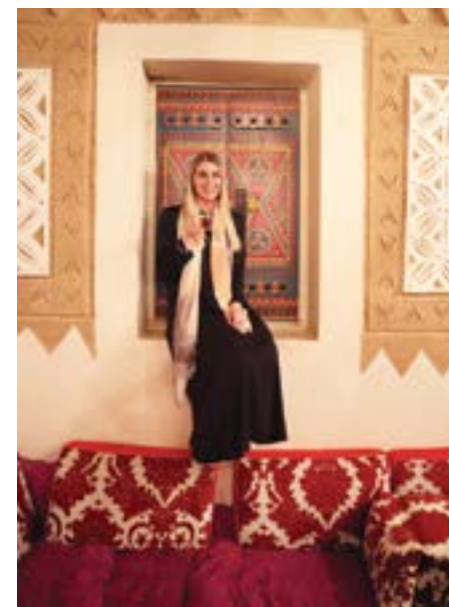


Byblos

Quad biking in the desert



*"There are so many
misconceptions about this
country"*



amazing clubs and night life, Jordan with its extraordinary archaeology at Petra and trying to swim in the Dead Sea, the vibrancy of Istanbul and the dawn service at Gallipoli. Besides these side trips, Laura said they had a wonderful social life in Riyadh. She went quad biking and horse riding in the desert, to the famous Edge of the World escarpment, snorkelling in Jeddah with its beautiful beaches and to up-market balls at several of the embassies. Things happen slowly in Saudi Arabia and prayers are said five times a day, when everything stops and the shops all shut for half an hour. Laura loved the food, especially the humus, the dates and the stuffed vine leaves. The hottest temperature she had to endure was 46 degrees.

Laura said that this was the most exciting social experience of her life and she would love to return to Saudi Arabia. From September 19th this year tourist visas have been issued and those places untouched by tourism are on her bucket list - places such as the old tribal villages and abandoned palaces and souks. Al-ula is the Saudi equivalent of Petra and she would also like to go snorkelling at Farasan Island in the Red Sea. In the meantime she is taking a break from nursing and applying for nannying jobs in London. I'm sure that she will return to Saudi Arabia when time and finances permit.

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