

essence

essentially...south canterbury

7 Ingredients
Chefs dish of the month

Feature **15**
Ageing
Gracefully

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.

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.



Embossed Black and White Planter \$99 with Philodendron plant ▲

Distressed Mustard Small Vase \$119



Eco Felt Bag available in kowhai, pohutakawa and fern frond \$18.99

Large Sideboard \$745 (W140cm, D40cm, H85cm)



Oblong Log Storage \$79 ▼

Fantastic selection of cane baskets and storage - many shapes and sizes

Oblong Log Basket \$79 ▼



▲ Lined Grey Rope Handle Chest \$245

Tall Oblong Log Basket \$89 ▲

Open 7 Days

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



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



Boh Runga Feather Kisses Mini Pendant ▲ \$169



Boh Runga Feather Kisses Earrings ▼ \$159



Boh Runga Feather Kisses Ring \$99



Najo Ball Necklace \$280

Sterling Silver Memorial Pendant perfect for ashes \$215



Najo Ball Circle Necklace \$670

◀ Sterling Silver Memorial Pendant perfect for ashes \$225

304 Stafford Street, Timaru. Ph (03) 688 9835
www.ronbrownjewellers.co.nz



Guthrie Bowron
Jewellery Specialists

Locally owned and operated by Karen Chambers Design. At Guthrie Bowron you can browse everything from colour samples to furniture, fabric swatches and blinds right under one roof.



Karen Chambers Design - Guthrie Bowron Timaru
37 Bank Street, Timaru • Ph 688 1068



contents



Motoring

The hotrod has always been a car that is synonymous with unpretentious fun. Gilbert's 1933 Five-Window Ford Coupe is a classic case in point – a true hotrod. Page 14.



Cover

Gorgeous James Dunlop Textiles (Leila) available from Maree Hynes Interiors. Make sure you check them out on page 22, they have a fabulous giveaway!

Aging Gracefully

As we get older, we need to make some big decisions. Read our feature on page 15 to give you some great information.



Profile

Lucy Dillon is a new addition to our pool of talented musicians in Timaru. See her profile on page 6.



contact us:

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

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

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

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

Published by **IMPACT PUBLICITY 2005 LTD**
Opinions expressed in essence magazine are not necessarily those of Impact Publicity 2005 Ltd. No responsibility is accepted for unsolicited material. No material may be reproduced without prior written permission of the publisher.

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



MORRIS WADDELL ELECTRICAL
03 686 2422

'THE BOYS IN THE BLUE VANS'
SMART HOME AUTOMATION
Offering voice controlled lighting, heat pump control, added security via voice or smartphone, retrofit in existing or new homes.

60 GLENITI ROAD
P 03 686 2422 24HRS/7 DAYS
E mwaddell@xtra.co.nz

SITUATION VACANT GRAPHIC DESIGNER (CONTRACTOR)

We are seeking an experienced Graphic Designer on a contract basis to join our small team at Essence Magazine.

A unique opportunity has arisen for a Designer with a creative and artistic flair, who works well within a team environment and thrives on consistently delivering high quality innovative design work.

You will be competent in using InDesign/Photoshop. The role will mainly consist of setting adverts and supporting our Senior Graphic Artist with the layout of the magazine.

Skills and Experience:

- Strong time management, initiative and self-motivation to meet expectations and deadlines.
- Strong attention to detail and high level of accuracy.
- Problem solving skills requiring creativity and innovation
- Ability to work alone and as an effective member of a small and dynamic team.

This role provides great flexibility for the right candidate.

Please contact our Office Manager on mel@essencemagazine.co.nz to register your interest.

Applications close 31 October 2019.

Retractable Shade Covers



- Very cost effective.
- We use a high performance premium fabric and stainless fittings.
- Can be used in conjunction within existing structures.
- High UV & Heat protection.
- Mildew & Mould resistant, easy to clean.



Showroom open
8am - 5pm Mon - Fri

61 Church St, Timaru | Ph 03 684 9000 | www.theshadehouse.co.nz

Timaru Scottish Society Pipe Band PIPING TUTOR REQUIRED



For any interest please contact:

Pauline
Ph 03 614 7458
M 027 600 0826
or Terry
Ph 03 684 3104

Age is no barrier, so join us and grow with us

Get To The Point

A community fundraising day

On Saturday 9 November you should 'Get to the Point' for our biggest gala ever. This year all kids' amusement rides and activities are free! The main street will be blocked off with activities for the entire family. Animal balloons, sheep shearing, water rollers, magic shows, vintage & classic cars, pony rides, kapahaka, Highland dancing, sausage eating competition, helicopter rides, food and community stalls and plenty more - it's all happening in Pleasant Point! Get to the Point and support our local community groups.



Free Amusement Rides
 Crafts . Food . Markets
 Steam Train . Shearing
 Highland Dancing
 Live Music . Dog Trials
 Classic Cars . Tug of War
 \$1000 Cash Prize Draw

FAMILY FUN DAY

Get to the Point

FREE ENTRY

9th Nov 10am-3pm
 Pleasant Point Main Rd



High Country Fete

Four years on and the High Country Fete, Methven, is on everyone's calendar as a 'must go to event' on the South Island.

As well as returning boutique stallholders, there are new vendors bringing their awesome products from all over the Country.

To add to the excitement of the day, this year sees the introduction of the 'Best Decorated Hat' competition and best dressed, "Miss Fete Filly". Great prizes for the winners!

Moved to a Thursday this year, why not enjoy a long weekend break in beautiful Methven and with Christmas just around the corner it's the perfect time to shop.

For all the details Find us on Facebook!



Home & Lifestyle Show

The three-day show was held at the Southern Trust Events Centre with exhibitors from South Canterbury and across New Zealand. The show featured the latest trends and innovations for sustainable homes and living as well as a special guest, Annabel Coulter, inaugural winner of the television show, *The Great Kiwi Bake off*.



1. Alistair Mackay and Peter Prader 2. Bev and Jill de Joux
 3. Caroline Collins, Kevin Collins and Rhonda Markby
 4. Janette McKenzie and Rocket 5. Kim Rogers and Rosie Twist
 6. Lorriane Hall and Lorna Wickings 7. Stacey Hall and Trish Noble
 8. Macel Fekkes and Fiona Harrison 9. Nick O'Brien, Sam Turpin and Craig Chambers
 10. Laura Proudman and Kirsty Burnett

Wild Day at the Wetlands

A bit of wind and rain didn't stop more than 150 people from turning up to the 'Wild Day' at Otupua Wetlands in Timaru, for a fun day of nature-based activities to mark NZ Conservation Week.



Birthday celebrations

Helga Tisckenko recently celebrated her 90th birthday at the Strathallan Retirement Village. It was very special to have her daughter Sonja over from Uganda. Born in Germany, Helga was a much loved German teacher at both TBHS and TGHS, and she wrote about her personal journey from the Third Reich to New Zealand in her book, *Strawberries with the Führer*.



1. Helga Tisckenko 2. Madison, Stefanie, Helga Tisckenko and Maria Tobin
 3. Maria Tobin, Gunhild Gregor-Scott, Kate Elsen, Ulla Kuepper and Horst Elsen

Jewel of the Harem

Where's your shop?

After 30 years working, travelling and living around the world, this was the question I was constantly asked. I was selling my beautiful Turkish jewellery at markets all over the South Island. At the Remarkables market in Queenstown, big shows, expos, festivals, field days, local A&P shows and at farmer's markets.

I left Christchurch to travel in my early 20s, and returned home at 53. I fell into an exciting career in childcare, starting as a nanny in London for an eccentric heiress and I ended up 20 years later working for high profile families around the world.

Childcare satisfied my wanderlust and allowed me to travel extensively. I spent a lot of time in USA, Asia, India and Europe in between jobs. This lifestyle also enabled me to indulge my passion of collecting wonderful silver/gemstone jewellery. I scoured bazaars, markets and back street shops to find that elusive amazing silver jewellery shop. I was obsessed and the more I learnt, the more I was hooked. Everywhere I went I was stopped by strangers, asking where I got my necklace/ring/earrings. I soon realised that I had a good eye for beautiful, unique pieces. I enjoyed the research and the buying. I was a tough negotiator, I knew my stuff and I always got a bargain.



In 2015 I returned home. Finding bags of forgotten jewellery in my storage, I started selling items online. They sold like hotcakes. A friend encouraged me to share her small table at a Farmer's Market in Christchurch, where I sold a week's worth of wages in 4 hours. The same thing happened the next weekend at an annual street market and the decision was made. My business was born. I researched suppliers and started bringing in pieces in from Turkey and around the world, and I haven't looked back.

After a year in Oamaru, loving the quieter small town life, I took a lease on my new shop in Timaru. Jewel of the Harem is located three shops up from Ballantynes. Come and see for yourself!

Jewel of the Harem | 330 Stafford St (3 shops up from Ballantynes)
 Ph 0212 957 277 | HOURS Tues - Fri 9.30am - 5pm, Sat 10am - 2pm

POP UP STORE

LIVING with style

Relocated to 209 Hilton Highway, Washdyke. Next to Robert Harris Café.

Pop in and see us!

209 Hilton Highway, Washdyke - Next to Robert Harris | Phone: 03 688 2960
 OPEN: Monday - Friday 9am - 5pm | Saturday 10am - 4pm | Sunday 10am - 4pm
 www.livingwithstyle.co.nz

Lucy Dillon

A Love of Music



words: Gilly Oppenheim
images: Focus Photography

Lucy Dillon is a new addition to our pool of talented musicians in Timaru. Lucy was born in Poole in Dorset and her family moved to Perth in 1982 when Lucy was just five. Lucy's first degree was a Bachelor of Music in Violin Performance at the Adelaide University and she is a very talented violinist. When she was 24, she completed a Graduate Diploma in Early Childhood Teaching and this led to her first jobs in New Zealand as a relief teacher, which she still does.

Lucy, her husband John and three children moved to Timaru in 2016 when John was offered a job as an electrical engineer at Alpine Energy. In August 2017 Lucy took up the position of Musical Director at St Mary's Church and her repertoire and reputation have since blossomed. Her St Mary's role involves working with the church choir and organising lunchtime concerts. So far Timaru primary schools which have taken part in these concerts are St Josephs, Sacred Heart, Waihi, Bluestone and Gleniti, whilst Craighead, Timaru Boys' and Girls' High and Roncalli have showcased their soloists and choirs and Mountainview High School their jazz band. St Mary's Children's Choir performs approximately once a month. Their next outing will be the popular Pets' Service on October 6th, when families are encouraged to bring along their loved pets to be blessed and donations of pet food will be given to the SPCA and to Street Cats South Canterbury.

In 2018 Lucy re-established a boys' choir at Timaru Boys High School. It has been ten years

since this last occurred. These boys went to this year's Big Sing Regionals in Dunedin as a non-competing choir and they thoroughly enjoyed this experience.

This year, the New Zealand Choral Federation introduced a second tier stage, Cadenza, to their Big Sing Competition. Timaru hosted the South Island section and Lucy had the role of South Island Coordinator. It consisted of the top 12 choirs from the South Island that didn't make it into the Finale. The other two Big Sing Cadenzas were held in Whanganui and Rotorua. This competition gives 36 more promising choirs the chance to strut their stuff and to experience a higher level of competition than the Regionals, also to aim for the Big Sing Finale in future years.

Lucy is finding her musical involvement in a smaller centre than Perth very satisfying. She loves having the opportunity to create concerts. One such example was the recent farewell concert for St Mary's vicar, John Shoaf, which filled St Mary's to capacity. Lucy also directed the Timaru District Choir's July performance of Music from the Movies, which involved twelve weeks of practice. She will be directing her second Xmas concert at St Mary's with the St Mary's Choirs and the Alpine Energy Brass Band on December 7th and 8th and she has also been asked to play her violin in the Xmas on the Bay concert.

WHAT WE'RE LOVING...

These very cool Huxley Counter Chairs give a real retro vibe.

Available from Maree Hynes Interiors



Think your hair is a lost cause? Meet damaged hair's hero. Repair and strengthen hair precisely where it needs it, when it needs it. Range available from Cocoon.



We are loving these gorgeous funky frames from Canon Street Optometrists



Range of Stolen Girlfriends Club available from Blank Space, Fairlie

GOING TO



BLESSINGS OF THE PETS

All creatures great and small are welcome at the annual pet service. Sunday 6th October at 2pm. Donations of tinned or dry pet food gratefully accepted which will be donated to the local SPCA. St Mary's Anglican Church, 24 Church Street.



BACK TO CLASSIC

Mozart Oboe Quartet and other hidden gems of classical music. Saturday 12th October at 6pm. Aigantighe Art Gallery. Adult \$30, Senior \$20, Student \$10, Children free.

Orari Temuka Opihi Pareora Water Zone Committee

Nocturnal visitors welcomed by Geraldine landowners

A farm near Geraldine is the home of a newly discovered roosting area of long-tailed bats; and landowners Evan and Clare Chapman are thrilled to host their nocturnal guests.

With a conservation status of nationally critical, the mouse-sized bats are in the same league as the likes of kākāpō, kōtuku and Maui's dolphin.

The Chapmans got in touch with Environment Canterbury to check for bat activity in old willow trees that had been earmarked for removal.

The Orari Temuka Opihi Pareora Water Zone Committee is a community led committee supported by councils.

fb.com/canterburywater

Automatic bat detectors, put in place for six weeks, showed bats were indeed active in the area and the old trees were a likely roosting place.

The OTOF Water Zone Committee granted \$1800 of Immediate Steps biodiversity funding towards fencing and re-planting costs to protect the bat habitat.

To find out more about the OTOF Water Zone Committee, visit www.ecan.govt.nz/water or come along to a public meeting.



Evan and Clare Chapman on their farm near Geraldine.



chefs

DISH OF THE MONTH

With an impressive amount of experience and their unmatched dedication to cooking, our chefs will always do their best to make sure you enjoy your meal.

Find out what inspires our local chefs, what techniques they prefer, and of course their favourite dishes!



COLUMBUS COFFEE

Our all-day Spring / Summer menu has arrived. Come and taste our most popular CAB (Chicken, Avocado & Bacon) Salad. Amazing grilled chicken, avocado, streaky bacon, tomato, salad greens, free rage poached egg, hazelnuts and a pomegranate dressing. This will satisfy your taste buds and best of all it's gluten free. Lunch time is a great opportunity to enjoy our fantastic new menu and a great coffee.

Open 7 days. Mon to Fri 7am-4.30pm, Sat & Sun 8am-4.30pm

COLUMBUS COFFEE PH (03) 683 1994
50 Theodosia Street, Timaru



NARUWAN

LUNCH SPECIAL \$17

We welcome you to experience our menu in our authentic Taiwanese style restaurant, you will love the flavours waiting for you. Lunch meals come with chicken corn soup and an Asian style salad, served with steamed rice, fried rice or fried noodles on your dish. Choose from a wide variety of dishes like, Taiwanese deep-fried chicken, sweet & sour pork, and many more.

Open 6 days Tuesday - Sunday
Lunch menu 11.30-2pm

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



HARLAU HOUSE CAFÉ

Chef Gary at Harlau House Café is passionate about all his dishes. However, one of his favourites is the Pork Belly.

Our pork is sourced locally. Gary chooses the most succulent cuts and then slow roasts the pork until tender. This delicious pork belly is then complemented with the crispiest crackling in town and served with season's vegetables and herb rosti.

The perfect combination is to finish with Gary's homemade apple pie which is wrapped in a beautiful light short crust. Come in and try for yourself - we are open 7 days a week 9am-4pm.

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



BENNY'S AGAIN

Our Head Chef here at Benny's Again is Shawn Castle. He has been with us for 9 months now and is a great asset to our team. He is from Albury N.S.W Australia and has been living in the South Canterbury district for the last 3 years with his partner and young daughter.

Shawn loves creating delicious dishes for everyone to enjoy. In his spare time he likes to get out and play cricket.

Fully licenced restaurant. Open 7 days, 11.30am till late

BENNY'S AGAIN PH (03) 686 9000
312 Otipua Road, Timaru



GERALDINE BUTCHERY

Have you tried our handmade sausages? If you have not tried these yet - you need to!

ALL of our sausages are freshly made and prepared on premise and they are GLUTEN FREE! We have more than just the gluten free sausages - come and have a look!

We are also trying to improve our carbon footprint so feel free to bring your own containers! This has been extremely popular with our local community and we thank you for doing your part to help reduce our use of plastic bags.

GERALDINE BUTCHERY PH (03) 693 8538
6 Wilson Street Geraldine



HECTOR BLACK'S

Located in Timaru's vibrant hospitality hub at the southern end of Stafford Street, Hector Black's Lounge Bar is your home away from home.

Relax in our laid back, eclectic bar and enjoy your favourite beverage. Opened in honour of the late jack russell Hector Black, we pride ourselves on good old fashioned service and plenty of good banter. We take our whisky, gin, wine, beer and cocktails seriously and offer a great range of platters and food to accompany.

Follow us on Facebook for live music and other events.

HECTOR BLACK'S LOUNGE BAR
129A Stafford Street, Timaru



WAREHOUSE LIQUOR

Norton's Own Irish Gin is a premium London Dry style, as distinctive as the man himself. Flavoured by mixed citrus zest, embraced by the sweetness of fuchsia petals.

This bottle is super eye-catching with a unique purple palette of colour. Through the bottle you'll see purple fuchsia petals printed across the back label, giving it a unique appearance and character. It's definitely one that will stand out from the rest on a shelf in a bar or shop.

Available now at Warehouse Liquor.

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



BIN INN

Bin Inn's extensive range of wholefoods and speciality groceries include: Fresh ground peanut butter, fresh ground coffee, allergy and gluten free foods, organic products, Dutch and international foods, home brewing ingredients, herbs and spices, pet and bird food products, superfoods, environmental products, dried fruit and nuts, baking and bread ingredients, breakfast cereals and mueslis, confectionary and snack foods, flours and sugars, beans and lentils, seeds and grains, health and wellness, chilled and frozen foods.

BIN INN PH (03) 684 9840
18 Dee Street, Timaru



TIMARU TOWN AND COUNTRY CLUB

Timaru Town and Country club delivers classic and contemporary dishes which are great value for money in a relaxed environment. From one of our favourite Cheesecakes to ever changing tasty chef specials, we offer a classic family dining experience. Coffee is served throughout the day in our cosy club overlooking the Golf course, and then in the evening, enjoy our fantastic buffet with a selection of 6 vegetables and 7 salads to complement your main.

TIMARU TOWN & COUNTRY CLUB
PH (03) 688 0025, 99 Douglas St, Timaru

SAFETY & SECURITY

Individual safety and security are important as they both affect an individual's well-being. Safety is freedom from physical or emotional harm. Security is freedom from the threat or fear of harm or danger. Threats to safety and security come in many forms, ranging from deliberate violence to accidental injury.

Driving in a car, make sure you put the seat belts on as it keeps passengers protected inside the 'protective shell' of the vehicle and the headrests minimise the effect of whiplash. Remember to drive to the conditions as we can become complacent. Even if we do several trips a day on the same road, we need to be aware that road conditions could have changed. There could be a slippery spot as a result of a truck that spilled diesel, or a piece of timber that fell off a tradies ute. Be attentive all the time and stay safe on our roads.

If you're on the water, wear a life jacket and look out for each other. Biking around, make sure you wear your helmet, lights and hi-vis jacket.

FXD @ Work Outfitters

Work Outfitters Limited is committed to supplying industry-leading work clothing, footwear and safety equipment. We stock a huge range of clothing and equipment so customers can get what they want, when they need it.

Work Outfitters have the full range of FXD Workwear for Men and Women with the FXD composite boots being the latest item added to their range.

With sites in Timaru and Ashburton, and in-house embroidery, we can now offer clients a one-stop shop for uniforms, team wear and branding.

We strive to offer customers a wide choice of products at the best possible price, and of course, outstanding customer service.



144 Hilton Highway, Washdyke, Timaru
Ph: (03) 688 6638 www.workoutfitters.co.nz



Autoworld Timaru

Next time you see 'Service Due', don't think the worst. It is merely your car telling you it wants some attention and care. Because to be fair, it has more than likely helped you to create a few memorable moments and reliably got you from A to B. Don't think of it as just another unwanted yearly expense, your safety is important. Have your vehicle checked regularly by a reputable

servicing center and eliminate some unwanted and unforeseen stresses. During your service checks, the service technicians will have a thorough look through your vehicle's braking, suspension and steering systems. Don't forget one of the most important parts on your vehicle are the tyres! These are what keep you and your car stuck to the road.

To book your service: Ph(03) 683 1215
or FREEPHONE 0508 AUTOWORLD
autoworldtimaru.co.nz



Bridgestone Tyre Centre

It's easy to lose sight of the simple truth that tyres are one of the most critical safety features of any vehicle. At Bridgestone, your safety sits at the heart of everything we do.

Whether it's tyres, wheel alignments, we take extra care to ensure your vehicle is as safe as possible for both you and your passengers.

Even if you think your vehicle is running at its best, there may be hidden problems that could jeopardise your vehicle's safety further down the track when you least expect it.

That's why having a safety check is a good idea — especially if you're planning a trip on the open road.



Heaton Street, Timaru
Ph: (03) 687 9270



Why do I need a safety check?

You might be planning a long weekend away or getting ready for that long-awaited lap of the map with a caravan in tow.

Call in and see us we will check your tyre pressure and have a visual check of your tread depths to make sure you're safe and ready to go.

South Canterbury Road Safety

Respect - Do you show people the same respect on the road they offer you?

We all have homes where we go after a busy day at work or school. Our homes may be in different environments, a residential street, a farm, a lifestyle area, or it could be close to a busy street, like a highway.

There is an expectation that other road users show mutual respect by

keeping to the speed limit. The LIMIT is the number that is on the speed limit sign. It actually means that the speed displayed is the MAXIMUM speed to travel when there are NO obvious hazards present. A driver getting ready to stop or pull out is a potential hazard.

Respect others by adjusting your speed to accommodate other road users when they want to enter or exit their property, wherever it may be.



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

Bike Barn

BIKE BARN STOCKING A FANTASTIC RANGE OF SAFETY AND PROTECTION GEAR...

Bike Barn is a one-stop shop for all your cycling needs and stockist of some of the world's leading brands. We cater for riders across all categories and age groups so whether you are an avid mountain biker, a commuter, a road cyclist, after your next adventure on the trails or simply looking to ride with the family we have a bike for you.

We stock one of the largest ranges of electric bikes across many categories and have one of the most comprehensive kids bike ranges in the country.



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

HR Power Equipment

Gardening is a relaxing and enjoyable form of exercise, but it can pose health risks. If you're careful, you can enjoy the benefits of your garden in good health.

Ignoring safety precautions and using the wrong tool for the job are common causes of gardening injuries. When mowing the lawn make sure you wear enclosed shoes, appropriate eye and ear protection and long trousers. When on a ride-on mower drive at slow speeds.

Make sure your gardening equipment meets the proper safety standards. Be aware of electrical leads when operating a line trimmer or lawnmower. Always wear gardening gloves to protect against cuts, insect bites, etc. wear protective shoes and make sure you drink lots of water while in the garden and take regular breaks.

6 Barnard St, Timaru Ph: (03) 684 4593 www.hrpower.co.nz



Marine And Auto Timaru

Going fishing, sailing, diving, cruising or just having fun, boating safety awareness is essential. Many tragedies are caused by an error in judgement relating to equipment, the weather or behaviour. Be responsible at all times.

Five rules for safe boating

- 1. LIFE JACKETS**
Boats under six meters in length, can sink very quickly. Wearing a life jacket increases your survival time in the water.
- 2. COMMUNICATIONS**
Take two separate waterproof ways of communicating.
- 3. MARINE WEATHER**
NZ's weather can be highly unpredictable. Check local marine weather forecast before you go.
- 4. AVOID ALCOHOL**
Safe boating and alcohol do not mix. You need to stay alert and aware.
- 5. SKIPPER RESPONSIBILITY**
The skipper is responsible for everyone's safety and the operation of the boat.

MARINE AND AUTO TIMARU

39 King Street, Timaru. Ph (03) 688 6757



An Eye For Detail Calibre Taxidermy

Grant and Chantel Drew emigrated to Timaru from South Africa ten years ago and they are the proud owners of Calibre Taxidermy in Redruth.

Q. What made you choose taxidermy as a career? I grew up on game parks and cattle ranches in Natal and I've always had a passion for animals, hunting and fishing. As a young fellow I was fascinated by a stuffed elephant in a museum in Bulawayo in Zimbabwe and I guess that sparked my interest in taxidermy.

Q. What did your training involve?

From 1990 -1995 I went to the Western Agricultural College in Mooi River in Natal and when I finished my apprenticeship I worked for Taxidermy Africa in Humansdorp in the East Cape area. I was the only young apprentice there. It is not an easy profession to get into, because taxidermy businesses are usually passed from father to son and you need to know the right people. It is also an expensive business to set up.

Q. So how did your business come about? I met my wife, Chantel in Pongola in Natal and we opened our business called Blaauwkranz in East Cape in 2000. Chantel was a city girl, so it was a huge adjustment for her, moving onto a farm and a completely different lifestyle. We ran this business for eight years.

Q. What made you decide to emigrate to New Zealand?

We were sick of the corruption in South Africa and we felt that the opportunities would be better for our young family in New Zealand. So in 2009 we left South Africa with backpacks, just



\$1,000 and two young children! We settled in Christchurch with Chantel doing office work and I worked for a taxidermy firm.

Q. Tell me about your business today - Calibre Taxidermy

In 2011 we decided we would prefer to live in the country, so we moved to Maungati, partnered with two investors and set up shop in a woolshed in the Hunter Hills. When we outgrew the woolshed we moved to Redruth, where we currently rent our custom-built premises. Chantel does all the administration, office work, permits and emails and I run the taxidermy side. We complement each other in business and have worked together for 18 years. We have four employees, including our son, who has just left school and our daughter often helps in the spray area.

Q. Any plans for the future?

Ideally I would love to own a rural property on which to establish the business. One day I would also like to open a taxidermy school for students interested in learning the taxidermy trade. Anyone interested in learning more can contact Grant at: info@calibretaxidermy.com



SPEEDING ISN'T A PROBLEM

Don't betcha life on it



**LESS SPEED
LESS HARM**

Visit scrs.org.nz for more information



Local CANDIDATES



I'm now 6 years after being your Mayor more skilled, knowledgeable and nationally connected than I was before. I am ready to hit the ground running and if you would like me to, lead again a District that I love and believe in!



My short-term goal is simply having a conversation with the community on what they want for their district and what they want their future district to look like.



Now that I am not immersed in running a full time business, I have the time, energy, and dedication to help our region grow and thrive.

VOTE
Jo Goodhew
Number 1 for District Health Board
Our Health Matters
Authorised by Jo Goodhew, 88 Wai-iti Road, Timaru

Why do nurses make great councillors and board members?

We're hardworking, well-educated and work in the heart of the community.
We're also used to doing more with less.
For good health and good business, vote Barbara Gilchrist.

Council
DHB

#votebarbforboth
Authorised by Barbara Gilchrist, 117 King Street, Timaru

VOTE FOR CHANGE
VOTE
Te Raki
Strong voice in our community

Timaru District Council
Authorised by Barbara Gilchrist, 117 King Street, Timaru

Cocoon Hair Design

NZFW 2019

Cocoon were invited to be part of the JOICO squad styling for the Fashion Quarterly & miss FQ runway show in Aotea Square, Auckland. Featuring a variety of designers including Kate Sylvester, Liam, stolen girlfriends club, Karen Walker, the hair vibe for the 30 models was '70s glam' waves or straight & sleek. Backstage is such a buzz, a great opportunity to meet other stylists from throughout NZ and stay ahead of fashion trends.

The Fashion Quarterly & miss FQ runway show featured a live performance from NZ rapper Jess B and each guest received a goodie bag of treats including perfume & hair accessories.

Fashion for a Cure

Breast Cancer Cure NZ hosts a series of 6 fundraising fashion shows throughout NZ called Fashion for a Cure. The Christchurch show raised \$56,000 and was held in the ambient Great Hall of the Art Centre. It was edgy and featured giant light boxes for the models to showcase the looks from 9 premier fashion labels including Zambesi, Trelise Cooper & Edmund Hillary. A real highlight of this event was seeing the glamorous guests arriving for bubbles in the courtyard of the Art Centre which is still in 'recovery.'

Cocoon will also be backstage in the JOICO squad at the next Fashion for a Cure shows to be held in Wanaka and Queenstown.

1 in 9 New Zealand women will be diagnosed with breast cancer, this is why



it is so important to fund research, to save lives. Check out www.breastcancer.org.nz for more information, where you can donate to this worthy cause or tickets to the shows.

Top \$139
Striped Long Sleeve Top \$149
Top \$139
Top \$115
Wallet \$27
Pant \$225

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

BLACK & CO
PURVEYORS OF FINE GOODS
92 Stafford Street, Timaru

Ortman Swim Trunks \$89 and Towel \$85
Dorothy Pleated Skirt \$209
Haven Re-r Skirt/Top \$85 Shorts \$95
Tashtastic 3pc suit \$199
Festival 3pc suit \$199
Lolita Gingham Dress \$229
Kinney dress \$269
Haven Top \$95 Skirt \$95

JOIN OUR TEAM!

Cocoon Hair Design is looking for a passionate senior stylist to join our team!

Email: contact@cocoonhair.co.nz
Shop 20, Royal Arcade, Timaru
(03) 688 8841

Anne & Valentino

where vision never goes out of style

26 Canon Street, Timaru | 03 688 9791
info@canonstreet.co.nz
www.canonstreetoptometrists.co.nz

CANON STREET OPTOMETRISTS

Ice Check Watch \$169
Bering Gents Watch \$269
9ct Rose Gold Morganite & Diamond Pendant \$475
Sterling Silver Multi-strand Pearl Bracelet \$380
NZ Greenstone Toki \$89
NZ Greenstone Pikora \$159
Pandora Sterling Silver Moments 'O' Pendant, from \$69
Pandora Sterling Silver Multifaceted Ring, \$69
White Gold London Blue Topaz Ring, \$1950

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

Rainbow Ringer Tee \$89.95

Star Cuff Tee \$89.95

3/4 Apartment Pants \$89.95

Netta Leather Hole Punch Shoe \$139

Black Top Safari Cross - PREORDER DELIVERY EARLY NOV \$49.95

Sunshine Leopard Star Sweater \$89.95

Range of ETC wallets available

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

the Merino Story

Scarf \$29

"UP" pants \$149

Skirt \$129

Weave Bag \$59

Jump Dress \$198

"UP" pants \$149

Spring selection in store

299 Stafford St, Timaru. Opposite Coffee Culture Ph (03) 688 7329

Home-Lee Three Quarter Apartment Pants \$89.95

Jellicoe star tee \$159.90

Stripe Me Out Pant \$179.90

Tantrum Neon Bloom Tee \$119

Foxwood Jimbaran Dress \$79.95

Yarra Trail Check Top \$159.90

CAMERONS CLOTHING OUTFITTERS SINCE 1924

176 Stafford Street, Timaru. Ph (03) 688 4036
Available at Timaru, Oamaru & Waimate stores or see more at www.cameronsclothingstores.com

Bag \$38

Necklace \$39

Earrings \$19

Necklace \$47

Earrings \$22

Scarf \$19

The Accessory Shop 268 Stafford St, Timaru Ph (03) 684 5220

JewelCraft

Dare to be different

Ellani Morganite CZ and CZ Pendant \$99

Ellani Double Row Hoop Rose Gold Plate Earrings \$54

Ellani Filligree Rose Gold Plate Earrings \$54

Ellani Filligree Ball Rose Gold Plated Locket with Rose Quartz Ball \$99

Soften your spring with Rose Gold

9ct Gold and Diamond Infinity Pendant was \$899 **NOW \$799**

9ct Rose Gold Smokey Quartz and Diamond Earrings \$295

9ct Rose Gold Morganite Earrings \$399

9ct Rose Gold Bangle \$1,349

Boccia Watch \$285

Boccia Gants Watch \$365

Workshop & Showroom 297 Stafford Street, Timaru ph 684 4882 www.jewelcraft.co.nz

BLANK SPACE WWW.BLANKSPACESTORE.COM 79 MAIN STREET, FAIRLIE P. (03) 685 5112

STOLEN GIRLFRIENDS CLUB

Step into Spring

Belle Scarpe Restore (Pink, White, Black) \$175.00

Belle Scarpe Rodney \$165.00

Jose Saenz 2001 Multi \$319.90

Alfie & Evie Pickle Starlight (Blue, Pink, Black, White) \$159.90

Django & Juliette Lester (Black/White, Pink/Orange) \$189.90

Belle Scarpe Ride (Pink, White) \$185.00

Cobblers Inn Highfield Mall 145 Wai-iti Road, Timaru Ph (03) 688 4251 cobblerinn LAYBUY

HOT clothing for real men

CUTLER • NO EXCESS • LTB arriving now but limited editions

Great world designs available DOWNTOWN TIMARU

MAC SHAW CLOTHING FOR MEN

macshaw@xtra.co.nz | www.macshaw.co.nz

Facebook SuperGold

Caroline Abram \$699

Caroline Abram \$699

Good Gryf \$399

Jaguar \$599

Woodys \$449

Agatha Ruiz \$265

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



words: **Grant Shanks** images: **Larnya - essence**

A creative workshop providing innovative services

Obsolete iron motors can handle all of your auto repair services including

- Brake Service • WOF
- Part Procurement • Oil Change
- Cam & Timing Belt Replacement
- Battery Health Check
- Custom and Classic Vehicle Repair
- Motorcycle Servicing

87 Main Road, Pleasant Point
Ph (03) 614 7410
www.obsoleteiron.com



F for Fun, F for FORD

The hotrod has always been a car that is synonymous with unpretentious fun. Back in the day when mostly young guys with limited cash but great imagination and mechanical skills created the originals, the hotrods were rough, bittsa's or basically RATs in today's vocabulary. Later came the show cars but the good old hoonable hotrod did and still does rule, especially for Timaru's Gilbert Bailey, owner of Obsolete Iron Motors and member of the Tornado's Rod and Custom Club and Countrywide Cruisers.

Gilbert's 1933 Five-Window Ford Coupe is a classic case in point – a true hotrod. While Gilbert says the upholstery may never be finished, the car is certified and on the road.

"I heard about the '33 in 1980 and finally tracked it down in '81 in Geraldine. The price tag was a grand for what was a fairly complete car. Having just married and bought a section, money was tight and I was working on a 55 Chev at the time, so the Ford became a work in progress."

That work in progress included a heap of panel work and the fitting of a 396 big block Chev, which was later



replaced with the current 51 Ford 8BA flathead. Gilbert, a marine engineer by trade, took a Wade Supercharger off a Commer truck engine and cast a drive snout and fitted it on top of the over-bored engine (80 thou oversize) which has a blower cam, centre crank bearing support and electronic ignition.

"At the time LPG was being touted as a cheap fuel alternative, so I purchased an Air Research LPG carburettor from OZ and ran the Ford on LPG for a while. When LPG became less available I changed back to petrol, fitting a Edelbrock 500 cfm carb."

The gearbox is a Saganaw 4-speed and the rear-end is Ford 9-inch (3:1 ratio) mounted in a 4 bar arrangement. Front end is Holden HR with HQ discs and rack and pinion. The wheels are Vintique replicas 15x5 and 15x8 rather than the original 17x4s.

The '33 shares garage space with a '59 Chev Apache pickup, Gilbert's twin-engine Triumph land speed record bike (more on that in a future essence) plus BSAs, Greeves and a heap of memorabilia.

"Over the years I've built custom bikes and raced vintage motocross, but apart from having a bit of a hoon around in the Ford, the focus today is getting the Triumph to Bonneville and building up the business. It's a busy time," says Gilbert. "Wouldn't have it any other way."

Ageing gracefully



As we get older, we need to make some big decisions – should we stay in our own home, move into a smaller house or unit, maybe go into a villa in a retirement home? On the following pages are many local businesses which can help you make these important decisions.

Fashion Focus

LOOK AND FEEL GREAT IN THE CLOTHES YOU WEAR

Fashion Focus is a women's clothing store specialising in quality clothing for women aged 30 and over. We also have an ongoing commitment to stock styles suitable for our more mature customers.

We offer casual wear, work attire, dresses, special occasion outfits, plus size ranges, scarves, jewellery and other accessories from a wide range of carefully selected fashion labels.

You can find our store in the Highfield Village Mall in Timaru or buy directly from our online shop.



FASHION FOCUS

We are 100% committed to offering both top quality products and service to our customers.

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



Strathallan Retirement Home

Strathallan Retirement and Care is South Canterbury's most comprehensive retirement village, offering a full range of living and care options - including independent living villas and serviced apartments as well as rest home, hospital and dementia care. As an Arvida community we have a holistic approach to health and wellbeing, we'll help you continue to enjoy the things that you love to do. We encourage participation and engagement with a focus on the attitude of living well.

Set amongst beautiful gardens, Strathallan is a community within a community – with residents spending time with each other at events and activities.

Timaru Town and Country Club

The Timaru Town and Country Club is a chartered club that houses the only golf course in the city, the Highfield golf course. We pride ourselves in having modern and hi-tech facilities that make the stay of our visitors more fun and memorable.



Today the club has around 3000 members, some of our many assets include three Bars, 3 Function Areas, Air Conditioned Gaming Room with 18 Gaming Machines, 3 registered Kitchens, an Outdoor Bowling Green, Pool, Darts and an adjacent 9 hole, Highfield Golf Course. We also offer ladies nights/ men nights.

TIMARU TOWN & COUNTRY CLUB

Here's a short list of what we have in store for our customers:

- One restaurant
- 4 bars
- Self serve TAB
- 2 function venues
- Bottle store
- 10 competition dart boards
- 2 petanque rinks
- Off street car parking
- 23 sporting groups
- 18 gaming machines
- 8 pot black pool tables
- Outdoor bowling green

Subscribe to our newsletter

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

Arrived

IGNIS

A one-of-a-kind design, easy to drive and a canny fuel saver, the limited edition Ignis GLX NAV has arrived. With Sat Nav, reverse camera, 7-inch touchscreen, Android Auto™, Apple CarPlay® and bright new colours, it's where you want to be.

NO DEPOSIT 2.9% FINANCE

IGNIS GLX NAV MANUAL \$18,990 | AUTO \$20,990 -ORC.

HOLLANDS SUZUKI CARS 13-15 North Street, Timaru 03 688 8297 www.hollandstimaru.co.nz

Strathallan, the most comprehensive retirement community in South Canterbury!

Offering a full range of living and care options, you'll find villas and serviced apartments alongside a rest home, hospital and dementia care facilities. Residents love the wide range of activities on offer along with our community centre's gym, multi-media room, café and more!

For more info call Tania Buchanan 027 525 6725 or email tania.buchanan@strathallanretirement.co.nz
31 Konini St, Gleniti, Timaru. www.strathallanretirement.co.nz

ARVIDA Strathallan



South Canterbury Denture Care

Are you sick of your old, loose dentures? Missing teeth, discoloured or they need relining?

Come and see the Team at South Canterbury Denture Care. Give yourself a Christmas present this year!

We offer **FREE** consultations, **FREE** after care on all new dentures and lifetime polishing. Same day repairs, fast and friendly service, great quality dentures. New and Existing Customers Always Welcome.

OCTOBER SPECIAL DEAL
FREE Upgrade with FREE Gift pack on all new Full Set of Dentures

Improve your Smile by a Mile – Call Us Today 03 688 6182
South Canterbury Denture Care 41 Church Street, Timaru

South Canterbury Denture Care

Dentures can have a huge impact on both peoples' appearance and quality of life so if you are looking for quality service, dentures and aftercare then a visit to South Canterbury Denture Care is in order.

Offering everything from full and partial dentures from conventional acrylic to metal framed to flexible dentures, implant overdentures, relines, mouthguards, teeth whitening trays and repair, clinical dental technician Emily Kim offers professional advice and a quality product.

As an extra service to our senior residents, we offer free site visits to local rest homes and we also work with Work and Income, most insurance companies and Gold Card Services.



Timaru District Libraries

Timaru District Libraries now offer LinkedIn Learning (formally Lynda.com). Unlock exciting opportunities for lifelong learning with over 10,000 on-demand courses. There is a huge variety of business, technology and creative skills topics on offer and these high quality courses are taught by real-world professionals. LinkedIn Learning is the place to head for learning new skills and gaining valuable knowledge. All that is needed to get started is a LinkedIn profile and your library card number and password. For more information, or for help getting set up, visit your local library.



Mainland funerals



At Mainland Funerals, we have one goal - providing the funeral care you need in a cost-sensitive way. We are a boutique funeral home offering a wide range of choices to embrace you or your loved one's lifestyle, interests, personality, religious or cultural beliefs. As our name suggests, we're 100% locally-owned and operated and have a wealth of experience with Peter having served the South Canterbury community as a funeral director for over a decade.

Croft Retirement Village

The Croft Retirement Village is situated in Timaru between Park Lane, St John's Avenue and June Street in inner-city Highfield. Recognised as one of the best addresses in town, for over 40 years, the Croft has continued to be Timaru's 'jewel in the crown' for living options designed for people aged over 65 years of age.

The Croft Retirement Village has a range of apartments and one and two bedroom villas. With wide views and lush gardens and trees, you don't feel hemmed in by other people or properties. You can be as independent as you choose to be and comfortable in the knowledge that there are 24 hour registered nurses on site and multiple call bell points in each unit. You will feel safe, while retaining your independence.

We currently have available a fully refurbished modern one bedroom cottage beautifully nestled amongst the gardens and scenic walkway. This beautiful cottage has plenty of storage space and comes with modern whiteware, it has been superbly refurbished to make it warm, modern and stylish - giving you complete independence and the peace of mind that quality care, excellent additional services and practical support is right at your door step as and when you need it. Priced to sell at only \$260,000.



Of course retirement village living is about being an active part of the community. Being close and in walking distance to Highfield Village Mall with its New World Supermarket and the variety of shops and great café culture will mean that your involvement with life outside the village can continue, but if you prefer to be more engaged with village life you can participate in the regular van trips or choose to be part of the Croft entertainment, the programme for this is delivered to your unit every day so you can plan your time.

Presbyterian Support South Canterbury operates the Croft Retirement Village and has full membership of the NZ Retirement Village Association to ensure your peace of mind.

Why not call to arrange a visit and a viewing today?

Digital technology brings huge benefits to denture wearers

When it comes to dentures, there are only four things that really matter - appearance, fit, strength and comfort. And Duchenne Denture Specialists' new Advanced DigiCare Technology offers major improvements in all these areas.

Appearance

"Dentures need to look good, and let you eat, talk, and smile with confidence," explains Duchenne's Clinical Dental Technician Tristan Pattinson. "Our new technology allows us to make adjustments and changes that are more precise than before for a better, more natural appearance."

Fit

Duchenne can now also measure the final fit in microns and there is no shrinkage, so denture wearers can enjoy a better fit. And you can now try out your denture before it is even finished, for greater accuracy.

Strength

Thanks to the technology's unique bridging system, there is significantly less chance of dentures breaking or fracturing. (But if you do have the misfortune to lose or break your dentures, Duchenne can now create a duplicate denture quickly and easily at a markedly lower cost than in the past.)

Comfort

Even the best technology is no use if dentures aren't comfortable, and again digital dentures show their superiority here. "They're crafted from a much denser acrylic so can be made thinner," Tristan continues. "Patients tell us that they find them lighter than their old traditional denture."

However, all at Duchenne believe it is still the human touch that matters most. "The most satisfying thing is the personal contact, and relationships we build with our clients," explains Tristan, who is based at Timaru Dental Care in Church Street.

For a free consultation, call Duchenne on 0800 866 8448.



LinkedIn Learning is now available

Unlock access to 10,000+ on-demand courses to help you learn more and achieve success.



MAINLAND FUNERALS

*Quality, innovation
sincerity and value*

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with all of the information about Mainland Funerals - affordable tailor made services, and important information with regards to planning a funeral. People often ask us about recording their details well in advance, so their wishes will be carried out and family spared unnecessary worry.

We can come out to you and discuss your needs, and are able to provide a free no obligation estimate. Your details will be on file for when they are required - you just have to make sure that your family and close friends know about them. It is a good idea to keep a copy with your will.

"Pay your respects, not a fortune"

Feel free to drop-in or call Peter any time for obligation-free, friendly, experienced and caring advice, or to discuss any aspect of funeral care.

0800 WITH CARE (0800 9484 2273) Located at 40 Harper Street, Timaru



VILLAS PRICED TO SELL

The Croft Retirement Village, 12 Park Lane has a one bedroom villa available.

Priced to sell from \$260,000. View Today!



Become part of a connected, friendly and respectful community in a safe and secure environment while maintaining your independence and freedom.



For more information contact Vivien Clemens 03 687 7945

We Make Great Smiles

The finest dentures in the world aren't any use to you if they don't fit properly. That's why we make comfort our number one priority. How?

- We spend a lot of time with you before deciding on which system will suit you best
- We individually craft your dentures using the latest digital denture technology
- We only use premium grade materials
- We follow up with you regularly

Call now to book your **FREE Consultation**

50 Church St
(in association with
Timaru Dental Care)

03 684 3451

duchenne.co.nz

So you can eat, talk and smile with confidence.



:Duchenne
Denture Specialists





Today, more and more people are planning their farewell in advance. Working together with Betts Funeral Services will ensure these details will be taken care of and your wishes are secure.

- Do you want your family to have the benefit of a meaningful farewell?
- Do you want to be self-reliant and have your affairs in order?
- Do you want to assume the financial responsibility for your funeral?
- Do you want to ease the stress on your family?
- Do you want your final wishes to be followed?



Please contact us for a free information pack.

Proud members of



33 North Street, Timaru
Ph 03 688 4033
www.betts.co.nz



Betts Funeral Services

Betts Funeral Services are community leaders in their profession, dedicated to excellence of service, integrity and professionalism. Their caring team are committed to supporting you and your family 24 hours a day, 7 days a week, 365 days a year and pride themselves on their attention to detail, honesty and respect. The staff are trained to the highest standards and belong to the Funeral Directors Association of New Zealand and the New Zealand Independent Funeral Homes organisation, which gives you peace of mind that the services, staff and practices are the very best in funeral care. P. (03) 688 4033 (24 Hours)



*Life is short
break the RULES
FORGIVE quickly
LOVE truly
LAUGH uncontrollably
and NEVER REGRET
anything that made
you SMILE*

SC Road Safety

Entering our golden years, we usually enter a period where we have the freedom to do what we choose to with our time. It is imperative that we stay active.

One of the big threats to having a pleasant retirement is injury. Vehicle crashes are commonly the cause of life changing injuries.

Even a minor crash could lead to severe mental and/or physical challenges.

At these sessions, we discuss ways to minimise the risk of being involved in a crash.



STAYING SAFE WORK SHOPS



Why should I attend?

As we get older, driving conditions change rapidly and may become challenging. Our eyesight deteriorates, and we may have hearing problems. We physically slow down and our attention span shortens. Learn about things you could do to make sure you and your passengers stay safe.

We offer workshops for people who are interested in:

- ✓ Updates on road rules only
- ✓ Road use with confidence
- ✓ Brief on current road crash trends
- ✓ Settings inside the car to make driving easier
- ✓ Latest vehicle technologies

Attend a free Staying Safe driver workshop

Usually held every second Thursday of the month (10am to 12pm) at Timaru District Council - booking is essential for catering and space.

Evening sessions 7-9pm are now available (Summer only)

These 2-hour workshops are designed and presented in a friendly and interesting way. NO test involved.

Email: Daniel.Naude@timdc.govt.nz
Web: www.scrs.org.nz

Phone: 03 687 7235
Cell/Text: 027 438 6285



Ron Brown Jewellers

At Ron Brown Jewellers we have the finest quality of natural pearls, where some have been highly valued as gemstones and objects of beauty for many centuries. Because of this, pearls have become rare, fine, admirable and valuable. Come and see our range of pearl necklaces, earrings, bracelets and rings. With over 70 years' experience we will help you choose the right piece for that special occasion. From white to black pearls our friendly team will help you.



The Kitchen Cupboard

The Kitchen Cupboard prides itself on quality brands and equipment to make your time in the kitchen an easier and more pleasurable experience. From neutrals to brights, we have a colour palette for every interior. Want to bake that special cake for your grandchild's birthday? We have it all. Come and see us or give us a call to reserve that special cake pan of your choice.

Pop in store or online and see what we have to offer - bakeware, cookware, giftware and more.

CBay Fitness



As we get older our physical fitness tends to deteriorate, so if you want to maintain a healthy lifestyle, and ward off the chances of injury or age-related diseases then regular exercise is the way to go. Proven to help you keep a healthy lifestyle, so you have more energy to continue doing the things you enjoy, comfortably. ageFIT is a fun and rewarding exercise programme. Specifically designed for senior members, CBay Fitness qualified instructors teach balance, stability and strength exercises. It's also a fun and social time with a great bunch of motivated people.

RON BROWN JEWELLERS LTD

EST. 1949

Splash out on the one you love

Pearls, rings, watches and much more
Come in and we will help you find the right piece for that special occasion.

304 Stafford St, Timaru. Ph 03 688 9835 www.ronbrownjewellers.co.nz

the KITCHEN Cupboard

Bring boutique style & functionality to your kitchen.

Looking for something different? Let us know and we will go the extra mile to source it.

Come and visit us and we will help you find that special item for your kitchen.

34B Talbot St, Geraldine | Ph 03 693 8632 | www.thekitchencupboard.co.nz

AGE IS NO BARRIER TO Fitness & Health!

CBay offers...

... a wide range of fitness activities for our active seniors from low impact aquaGENTLE classes in the pool to the ageFIT exercise programme which provides strength, balance and conditioning workouts.

Join ageFIT to improve strength, balance and fitness in a fun and warm environment. Participating regularly in physical exercise, like an ageFIT class is proven to help improve flexibility, mobility and body and brain fitness.

Another option is aquaGENTLE which runs on Mondays, Wednesdays and Friday mornings with two classes on each day to choose from. This low impact, water based exercise class increases mobility as well as cardiovascular fitness under the guidance of qualified CBay Fitness aqua instructors.

CBay is more than just a gym or pool, there's a team of enthusiastic instructors who are passionate about motivating and guiding customers to a fitter, healthier and happier life through exercise and nutrition. If you are considering changing your lifestyle for good, come in and talk to one of the team about an exercise programme suited to you. And with an off-peak membership starting at just \$13.50 per week there's never been a better time to make a positive change to your lifestyle.

Memberships:

CBay Fitness Off-Peak Standard: \$13.50 per week
Access to Gym and Les Mills Group Fitness Classes from 8.30am to 3.30pm, 7 days a week

CBay Fitness Off-Peak Premium: \$16.50 per week
Access to Gym, Les Mills Group Fitness Classes, Aqua Classes, pools and the Chillax area from 8.30am to 3.30pm, 7 days a week

No joining fee, with the flexi membership options. Join with a minimum term of just 30 days.

TIMARU Ph 03 687 7723 www.cbaytimaru.co.nz/fitness

Find us on Facebook

Caroline Bay TRUST AORAKI CENTRE
Equity | Fitness | Learning | Wellness | Cafe

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



Regan Koster

Cool Air, 14 years owner/operator. 20+ years' experience in the industry specialising in heat pumps, air conditioning, Ventilation, Refrigeration, Dairy farm refrigeration, Freezer and cool stores.

Q. How do I choose the right heat pump for my home?

It is important to get a qualified home heating expert in to measure up the area you require heating or cooling in. If you get the wrong size, style or position of heat pump installed in your home you will experience elevated heating costs, drafts, breakdowns and overall poor performance from your system.

We provide free assessments and no-obligation quotes and can provide and install heat pumps throughout the South and Mid Canterbury and North Otago regions.

Q. Do you offer heat pump servicing on any model of heat pump?

We sure do! To ensure you are getting the most economical performance from your heat pump we recommend a twice-yearly full system service consisting of the indoor and outdoor unit coils being cleaned, pressure, temperature and electrical tests, cleaning of the filters and fresh air filters and the drains flushed out.

Q. How do I get moisture out of my home?

By installing a positive pressurized ventilation system. It is important when choosing a moisture removal system for your home to get a system that is specifically designed for your home.

We provide a moisture removal ventilation system that is custom designed to suit your home at a lesser cost than the bigger brands you see advertised.

Q. What services do you offer on Dairy Farms?

We offer a free on-site farm assessment of your refrigeration equipment.

We supply, install and service milk silo refrigeration, milk silos, water chill plants and heat recovery systems.



3 Cliff Street Timaru
Email: info@coolair.nz
Phone 03 684 8034 www.coolair.nz



Riley Blackham

Director of Harcourts Blackham & Co, we help people buy and sell properties to help them take their next step in their life.

Q. I'm looking at buying my first home, what now?

Get your finances sorted, know how much you can borrow right from the start. Multi-offer properties are common in Timaru and the people who typically buy the property are those who have pre-approval already sorted. Talk to your bank or a local mortgage broker, they will determine how much you can borrow and also determine the price bracket you should be looking in.

Q. I keep missing out on properties, what do I do?

Again, get your finances sorted, offers with a finance clause are much less favourable to the sellers. Make your best possible offer, you don't want to miss out on your dream home by a mere \$5000, when you know you had the ability to go more. Come in and sit down with one of our sales consultants, they'll break down the exact steps in detail to help you put a strong offer forward, which could drastically increase your chances of attaining your dream home.

Q. Do you have any tips on selling your home?

Declutter, this makes your property look bigger and allows prospective buyers to picture themselves within your property. Tidy the garden, mow the lawns, clean the windows, the exterior is the first thing buyers see and if it doesn't look good buyers will move on to the next listing.

Q. How do I select a sales consultant to list my home?

Speak with a handful of sales consultants and ask yourself "do you trust this person, are they honest and reliable with good communication skills?" Speak to other clients who have bought and sold with the sales consultant, word of mouth is a useful guide to establishing performance.

Q. Why should I list my property with Harcourts Blackham & Co?

We sell more property than any other company in Timaru. In August there were 63 properties sold in Timaru and Harcourts Blackham & Co sold 31 of them, that's 49%. We have 26 sales consultants working as one team to get your property in front of as many buyers as possible, personally and digitally.

41 Sophia Street, Timaru
Ph (03) 688 0088
blackhamandco.co.nz



Anne Laing

Anne Laing is co-owner of Performance Health Club, a dedicated researcher and international author on Health, Wellbeing & Ageing.

Q. Why do I need to be "fit" to be healthy?

Most of our health problems develop silently over many years. To push the biological clock back you must balance the components of fitness, much like four legs of a chair...

Q. Why does it start with your plate?

Simple, but one people get so wrong! Less than 1 in a 100 people actually eat healthily for protection from disease, obesity and environmental toxicity. For robust immunity it's vital to eat a varied diet, rich in coloured vegetables and low in packaged convenience foods and sugars.

Q. The second leg of your fitness chair?

Muscle strength - the next most neglected aspect of fitness. The 660 muscles of the body can be likened to a corset holding the body's internal organs firm, keeping a youthful posture and shape. Moving the same muscles repetitively through only one type of exercise creates imbalances and injuries. Strong muscle tone is vital for weight loss, hormonal balance and strong mental health!

The third leg is Flexibility. Flexibility in your muscles and ligaments are essential for your joints to move through their full range freely without strain or tension. Walk like a panther - supple and graceful. Lack of flexibility makes our bodies look old and stiff.

Q. Why is Aerobic fitness the last leg our fitness chair?

Most get this one right! A healthy trained heart is like a V-8 car motor, pumping greater volumes of blood with each stroke without stress. You should be able to jog for 40 minutes and climb many flights of stairs without heaving over the banister for breath.

This model is a fantastic tool towards prevention of modern day ills - and turning back your Age Clock

Q. How do I start?

Sign up today for our Famous 8 Week Weight Loss Challenge. You'll feel right at home - a spacious club, amazing team, plus a terrific bunch of members!

Performance Health Club

1 Heaton Street, Timaru Ph (03) 684 6664

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



Alicia Bradley

My name is Alicia Bradley. I have been working for South Canterbury Toyota for two years and come from a finance and insurance background. My position allows me to assist our customers in finding the car of their dreams and providing the knowledge to allow these customers to make informed decisions on what kind of finance, lease, insurance, warranty or servicing needs they require.

Leasing vs buying?

Whether you're buying a new or a used vehicle, it will be one of the most significant purchases you will make aside from purchasing property. That's why it is really important to be well informed when deciding between financing or leasing if purchasing outright isn't an option for you.

We live in a world now where interest rates for financing vehicles are much lower than they traditionally were. Attitudes have changed from "if you can't afford to pay cash for it then you don't buy it." With the low rates, we are finding people are being smart about it. They realise that they are often better off leaving that money in a term investment than withdrawing it to pay cash for the vehicle, because they could earn more and spend less by leaving it in the bank.

You also need to consider other factors when purchasing a vehicle. How often do I want to upgrade? Do I want to take advantage of all the extra safety features of a new car? Do I have money to spend on costly repairs on an older one? When we start to ask ourselves these questions, we realise that perhaps what we thought we originally wanted isn't viable now. What if we like the idea of a new car and the benefits that this entails but don't think we can afford it? This is where leasing might be something to consider.

With leasing, you are effectively making payments which cover the depreciation costs of the vehicle rather than the entire purchase price. There is usually low or no initial outlay which is good for those who don't have the funds for a large deposit. You choose the term and the kilometre allowance you wish to have over the term and the lease payments are based on what the value of the vehicle will be at the end of the lease. There are lease options that give you the ability to return the vehicle or give you the choice to purchase at the end of the lease.



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



Martina Fellmann

Martina talks about a non-surgical option which provides vision correction, without the need for glasses or contact lenses to be worn throughout the day, Orthokeratology.

Q. What is Orthokeratology?

Rigid contact lenses are worn at night, while you sleep, to reshape the cornea and provide visual correction when the lenses are removed in the morning. This means you can leave the house without wearing glasses or contact lenses.

Q. Who is ortho K suitable for?

Ortho K works best for people who are short sighted and have a prescription -1.00 to -6.00. More complex prescriptions such as astigmatism and low degrees of long sightedness can often also be fit with ortho k. Ideal for people with active lifestyles who want the flexibility of good "uncorrected" vision throughout the day. Think playing sports, water skiing, swimming, skiing, cycling etc.

Q. Is there a minimum age for ortho K?

Children are great candidates for ortho K. All the lens handling is done at home before bed and on waking so when they leave for school there is no worry of losing/breaking glasses, losing a contact lens or eye irritations. Kids love the freedom ortho K gives them. Ideally the child should be comfortable handling the lenses themselves so 7-8 years old, depending on maturity, would be the youngest I would fit. Beyond 60 years of age the cornea can become more rigid and results with ortho k therefore haven't been as good. That leaves a big age range in between though!

Q. Are there any other advantages of ortho K?

Myopia (short sightedness), is on the rise and ortho K can be used as a therapy to slow myopia progression. Children whose prescription is changing rapidly each year need to be considered for myopia control therapies such as ortho K, multifocal contact lenses or atropine eye drops.

Q. What happens if I stop wearing the ortho K lenses? Your cornea (front surface of the eye) will return to their original shape. You will need to resume wearing glasses for visual correction.

Ortho K does take a bit of dedication but once you are in the routine it is super easy!



Canon Street Optometrists
26 Canon Street, Timaru Ph (03) 688 9791



Autoworld Timaru

How do you attract sensational people to your business?

Autoworld Timaru is a multi-brand car dealership which requires varying layers of technically savvy staff. With the difficulty in acquiring qualified staff, we need to be great employers, involved in our team's appointment and continued support.

The Autoworld management team work hard to ensure that once we have found the 'bang on right' employee, we integrate them quickly with positive support around them. If they have moved to Timaru for a position with our group, we make sure we help the family settle well,

with recommendations for schooling and rental areas, as well as helping with home comforts while they wait for the container to arrive with their own belongings. By doing this consistently, we have created a company culture that is second to none.

Our management team is invested in the staff's personal and professional development - generally, we find it's not all about the money! It is about good people wanting a future, a good work environment and culture with a sense of belonging. No matter what we do as a trading business, ultimately OUR PEOPLE are our business.



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

Craig O'Keeffe

Craig is a fully qualified builder and an industry qualified inspector on the SC and Mackenzie Country areas. He's also an LBP, Member of Registered Master Builders and a Site Safe Member.



Q. Why do I need a building inspection?

Buying a house will likely be the biggest investment that you ever make so it's important to get it right the first time. That's why we recommend getting a full written report that we carry out being specialist in this field.

Q. Do I need to have my house tested for meth? Unfortunately, in this day and age this is a very common problem in all areas. We



would recommend talking to your insurance company and see what their policy is around meth, but also personal preference and peace of mind comes into play.

Q. How would I know if I have any asbestos in my house or the house I plan to buy?

There are some tell-tale signs of types of cladding, baseboards, soffits, gable ends, outbuildings, right down to the switchboard. Again, we advise talking to your insurance company in regard to asbestos, with that in good condition and well-sealed it is of very low risk.

Q. Are there any Beta Inspect It agents in South Canterbury? Beta Inspect South

Canterbury is based here in Timaru, we cover all of South Canterbury, Oamaru, Ashburton and the Mackenzie region. For all of your pre purchase property inspection, asbestos testing and surveys, methamphetamine testing and property compliance/insulation reports.

We endeavour to reply to enquiries within two business hours. Call us on 0800 422 388 or Beta Inspect It.



117 Otupua Rd, Timaru. Ph 021 264 6806



MAREE HYNES GIFTS & INTERIORS

SPRING is the perfect time to think about new curtains for your home.

Maree Hynes Interiors have amazing deals on fabrics making it an ideal time to take advantage of a free measure and quote. Also their gorgeous showroom is brimming with new fabrics, come and see the friendly team at 19 Theodosia Street, Timaru.

Also over the next 3 months whenever you confirm your curtain order over \$1000 with Maree Hynes Interiors, or spend over \$1000 in store, you will be in the draw to WIN a trip for two to Australia.

T&C's Apply

WIN a trip for two for 7 nights to Australia

Up to 40% off selected fabrics

15% off Luxaflex Roller Blinds



CARPARK SALE

The very first Maree Hynes Interiors Carpark Sale - Save the dates 17-19th October

We are going to have amazing deals on selected furniture and homewares including, side tables, drawers, a large range of coffee tables, barstools, and much much more. Also deals in store. Cash and carry, no holds or laybuys.



19 Theodosia St, Main Rd (opposite Ara Polytech) Timaru
Servicing High Country, Mid and South Canterbury areas
Locally owned and operated

Phone: 03 686 6784

www.mareehynesinteriors.co.nz

Follow us on Facebook & Instagram



Exploring Thailand

Jordan, along with her 9 year old daughter and 14 year old niece, have recently returned from a wonderful time in Thailand. This was their first experience in Asia where they had an incredible time.

After spending the first few days in the lovely Phuket, they made the 3.5 hour journey to Elephant Hills where they would spend the next four days.

The Elephant Hills is situated in Southern Thailand and is the first luxury tented camp that is located in the middle of Khao Sok National Park. Here they got to experience the magnificent Asian elephant and learn about them from the local guides.

"We were just in awe the moment we arrived. Getting to feed them, wash them and just being able to touch them and know that they are being treated the way they should was an amazing experience. They honestly loved the children and would often put their trunks out to the kids rather than the adults as if they were their own young. What I loved about the camp is that they treat the animals in an ethical way which means there is strictly no riding of the elephants and you can just see the love and care that the guides have for them. Fortunately for the animals, it is not possible to swap activities or to request more time with the elephants as I understand as a travel agent that people would want to spend more time with them, however they limit interactions with them

to allow them as much time as possible to just be elephants - and keep their environment as natural as possible which is what I absolutely love.

After spending the first day with the elephants, the rest of our time there was spent doing activities in and around Khao Sok National Park. We went canoeing down the Sok River, taking in spectacular views of the nature surrounding the camp as well as taking a speedboat to the Mangrove rainforest where we went down a phenomenal fig tree channel to spot some wildlife. We were lucky enough to see some snakes and a few monkeys. One of the other activities is taking a speedboat to Cheow Larn Lake where we spent our lunch break swimming with fish as well as kayaking. There is so much to see and do and they really take the time to make sure that everyone is catered for. You also get a cultural feel for Thailand as they do cooking demonstrations, movie presentations as well as some dance performances from the local primary school. This was such an amazing experience for us and I would definitely recommend this for singles, couples and families as they cater to all!"

Artma Spiritual Gallery Crystals

Royal Arcade Timaru 686 9878

MADAM MAT Mat Binding Specialist

Located in the Peter Herron Building
17 Butler St Timaru
03 688 3876
Shop Hours ONLY OPEN
Tues, Weds, Thurs
11am-4pm

SPF

- WEBSITE
- DESIGN
- ONLINE MARKETING
- SEO

Timaru: 03 688 4068
www.spfcreative.co.nz
www.spfwebsites.co.nz

absolute flowers

Let them know you are thinking of them... send flowers

183 Stafford Street, Timaru | 03 688 8062
www.absoluteflowers.co.nz

HELLO RIVER CRUISE TOUR

HIDDEN WONDERS OF MYANMAR
18 DAYS
FROM **\$13,245*** PP
TWIN SHARE

Includes: Sightseeing in 18 destinations, 14 night luxury River Cruise with 3 nights at Inle Lake, main meals & complimentary beverages on board.

helloworld Travel Timaru | 257 Stafford St | timaru@helloworld.co.nz | 03 688 6099

helloworld TRAVEL THE TRAVEL PROFESSIONALS

*Conditions: Itinerary and inclusions are subject to change. Prices include port charges, gratuities and sundries. Disruptions to cruising and itinerary may occur. Prices are for land/airfare and internal flights as specified only. GENERAL: All prices are in New Zealand dollars. Travel agent service fees are not included. Prices are correct as at time of printing & may be subject to change without notice. Prices are based on payment by cash or EFT/00 only. Offers valid for new bookings only. Product in this ad is supplied by reputable suppliers with their own terms & conditions, please ask your helloworld Travel professional for full terms & conditions. HWO023

GET SET FOR SUMMER

We have outdoor settings and BBQ's to suit all your outdoor living requirements. Call in and see the full range available today.



\$1599

Mondo
3 Piece Lounge Setting
 Eucalyptus (FSC® 100%) with powder-coated aluminium frame loungers with olefin seat cushions. 1150 x 625mm eucalyptus (FSC® 100%) coffee table. Drinks trolley and props not included.
 89625

\$1999

Siena
3 Piece Bench Setting

2200mm x 1000mm reinforced concrete table with powder-coated aluminium frame and 2 bench seats. Props not included.
 89625



\$429

Sirocco
3 Piece Cafe Setting

650mm powder-coated steel frame with aluminium plated top. Heavy-duty resin chairs.
 89625



\$449

Rattan
4 Piece Setting

Hand-woven hanging wicker with powder-coated aluminium frame pouf. Hand-woven rattan with powder-coated steel frame bistro chairs.
 89625



LOW PRICE
\$999

Gasmate
Hydra 3 Burner Gas & Charcoal BBQ

Independent fire boxes for gas or charcoal cooking. Double skinned high gloss powder-coated hoods. Stainless steel burners. Temperature gauge on each hood. Split cast iron grills. Crank adjustment heat control.
 342570

PROUDLY LOCALLY OWNED



TIMARU MITRE 10 MEGA
 23 Bank Street, Timaru
 PHONE 03 687 2033

Offers expire 15th November 2019. Terms & conditions apply. While stocks last.

LOW PRICE
\$969

Weber
Q3100 Family LPG BBQ

2400cm² cooking area. Easy to read infinite control burner control knobs. 2 thermostat swing out work surfaces. Patio cart with tool holders. Removable drip tray.
 318131



LOW PRICE
\$248

Everdure
Cube Portable Charcoal BBQ

Totally portable. Integrated storage. Safe and easy on the go cooking. Stylish design. Available in assorted colours.
 307341



MITRE 10 MEGA

TIMARU