

essence

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6 Event
Spring
Garden Walk

Feature 20
The Essence of
Retirement

Business 11
Shop & Support Local

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contents

Michelle Aplin is a very talented and unassuming artist. She works with chicken wire to create both small and large individual pieces in animal, human, mythical and plant form. Friends and family encouraged her to exhibit at local markets and art galleries and now her intriguing business has really taken off. Her story is on page 18.

The Multiple Sclerosis South Canterbury fundraiser showcasing five beautiful gardens in the Pleasant Point area will be held on Saturday 2nd of October. Enjoy a special day out supporting this very worthy cause. Details are on page 6.

Some brides dream of a traditional wedding in a church, some dream of a destination wedding on a tropical island and some dream of eloping to the bright lights of Las Vegas. But for Sophie Myers and her husband Shane their wedding was held one of the South Island's most beautiful lakes. Story page 8.

Too many women today believe that hot flushes, sleeplessness and weight gain are all 'accepted' symptoms of menopause. But it doesn't have to be this way. Dr Libby shares her advice on page 16.

Studies have shown time and again that gardening improves mood, reduces stress, and boosts self-esteem. It provides physical exercise, and if you eat from your tended garden, it also gives you a chance to eat healthfully. Our gardening columnist Minette Tonoli sets us some spring tasks and gives advice on what to plant now. Page 17.

Enjoy your month and remember to support local - Dorothy.



This month's cover is from Barker's Foodstore & Eatery in Geraldine. Whether you shop local, eat local, invest local or visit local, now more than ever before is the time to support your community.

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- Sopheze on Stafford Street
- Northtown Mall opposite Sticky Cafe
- Outside Cobblers Inn at Highfield Mall
- Our office - 22 Chapel Street, Timaru
- Mint Boutique Fairlie
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New *Café* Open

If eating cheesecake in a beautiful setting is your thing, then you need to get yourself down to the Timaru Town and Country Club.

After more than two years of preparation, the popular club's new cafe is officially open and ready for business. With barista coffee, cabinet food and a menu full of options to suit every taste bud, the cafe is an exciting addition to the family-friendly club.

The menu has been carefully put together by Timaru Town and Country Club Catering Manager / Head Chef Conrad Amaru and Sous Chef and baker Brianne Wilson. It caters for different dietary requirements including gluten-free, vegetarian and Keto.

The catering team have spent the last few months fine-tuning the menu with the help of club staff including general manager Vince Gardner who has added chief taster to his list of duties.

"It's been a fantastic time but I've actually had to ask my team to stop giving me things to try. When you go up one and a half kgs you



have to think now hang on, I'm not doing things right here. So we've been getting other staff members to try the menu, and they've been speaking very highly of the food. And of course, they're all complaining about putting on weight."

Like the rest of the club, the cafe is open to members, non-members and their children, Vince said.

"Everyone is welcome to come to the cafe and make use of it. There is no requirement to be a member. It's a great place to be, we have such beautiful green vistas out the front windows, otherwise known as the Highfield Golf Course. We're away from the main road and we have ample car parking."

The club now boasts a popular family restaurant and a function area for special occasions and conferences. Twenty-eight different sporting and special interest groups call the club home, and it is also utilised by various service groups including the Returned Services Association, Zonta, and the Timaru Rotary and Lions Clubs.

From September 30, every member who orders something from the cafe menu will go into a draw to win one of two \$250 Membership Card Loads to use at the club.

The Timaru Town and Country Club cafe opens seven days a week at 9.30am.

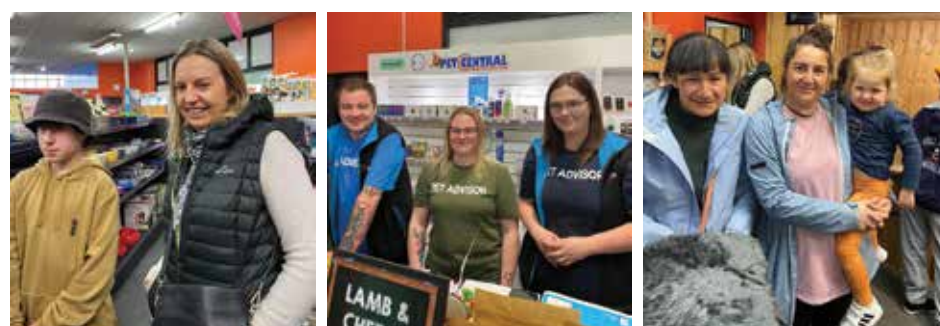


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NZ Raptors

Pet Central hosted the NZ Raptors where Ron Lindsay shared his knowledge about the rehabilitating of the birds. Adults and children alike enjoyed seeing the birds.



Roundhill Ski Area

What an amazing opening season with amazing people visiting and enjoying the slopes. A huge thank you to our incredible team who make Roundhill the best place to be everyday.



What's on



ANNUAL PLANT SALE

Caroline Bay Community Lounge, 1 Virtue Avenue, Timaru. Sunday 31 October, 1pm - 2:30pm. To all the plant lovers, come along and get yourself a bargain. And to those who haven't come to this event before, come along and give it a go! For more information, please contact Karen Paddon at sccc.secretary@xtra.co.nz.



GERALDINE SUMMER FETE

Stover Farm, 220 Main North Road, Geraldine. Thursday 4 November, 9.30am - 4pm. A unique shopping spree showcasing New Zealand's finest products of gorgeous wares you will NOT be able to resist, garden furniture, art, jewellery, woman's & children's clothing, delicious selection of food and much much more! Take time to wander around Stover's beautiful garden while listening to live music, and enjoying a Pimms & soaking up the friendly, fun relaxed atmosphere.



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SCAN ME



words: Gilly Oppenheim

Multiple Sclerosis Spring Garden Walk

Multiple Sclerosis is a neurological disorder and its cause is unknown. The results are varied, such as damage to the central nervous system, which includes the brain, spinal cord and optic nerves. Women are affected twice as often as men and each person is affected in different ways. Some of the effects are loss of muscle strength, movement, balance and co-ordination, also numbness, pain, vision, memory, concentration and fatigue.

Multiple Sclerosis South Canterbury is showcasing five beautiful gardens in the Pleasant Point area on Saturday October 2nd as a fundraiser for this very worthwhile cause.

Judy Bagrie and Alan Cone's lovely garden has been developed over 25 years. The limestone house built in 1903 has been lovingly restored and the extensive garden has been developed as a year-round beauty. Fiona and Wayne Pierce have developed a new garden full of trees, shrubs and bulbs surrounding a 1911 two storey character home. Melva Drummond's delightful all-year round garden and Gwyneth and Bernie Wilson's charming garden are well known to garden lovers, whilst this is the first time that Jo and Barry

Taylor's garden has been open to the public. The gardens will be open from 10.00am to 4.00pm

Tickets cost \$25 and include entry into the gardens, a lucky number, a map and information about various demonstrations, displays and activities. There will be raffles, refreshments (kindly provided by Altrusa) and entertainment at the Taylor garden. At each garden there will be something different to view as well as the garden. Displays include art by Tracy Austin, Sharon Leonard, Anne Gregerson and Nina Devereux. There will be displays of topiary, exquisite Fair Isle knitting, porcelain jewellery, embroidery by the Aoraki Embroiderers Guild, a hanging basket demonstration by Ngaire Orford and a Floral Art demonstration by Jan Chambers, as well as plants for sale. You can also go for a Classic Car ride to Pleasant Point and back for \$10. So why not fill up a car with your friends and enjoy a lovely day out in the country to support Multiple Sclerosis South Canterbury.

Tickets are available from The Shoe Box, Stompz, Cobblers Inn, Community House or phone 027 611 9692. Tickets are also available at the garden gates.



One in 10 people have kidney disease
Is it you?

Nearly half a million New Zealanders have kidney disease right now, and don't know it. Kidney disease is TOUGH but an early detection test isn't!

- Kidney Health New Zealand says one in 10 Kiwis have kidney disease, yet there is no kidney disease prevention programme in New Zealand. (Auckland District Health Board is the only DHB running an early Chronic Kidney Disease (CKD) programme, as research has shown kidney disease can be improved when it is managed properly.)
- Over 450,000 New Zealanders have no idea they have kidney disease. Early detection saves lives. It's a simple set of tests – blood pressure, urine and a blood test.
- Uncontrolled diabetes and high blood pressure are often associated with CKD. But there are many other reasons that kidneys are not working properly. In all cases, early detection is critical.
- CKD has no warning signs until it's too late. A kidney function test will find problems sooner, so they can be treated. The real danger with kidney disease is it's an insidious disease where people can be on the brink of kidney failure before they suspect anything is wrong.
- There are no symptoms until up to 90% of kidney function is lost. People don't go to their GPs to ask for a kidney test, because they often don't feel unwell. It goes unnoticed in the general community.
- World Kidney Day is 11 March 2021. Before then KHNZ needs to raise awareness, and it aims to raise funds to start a kidney disease prevention programme: education in the community and free community testing.
- COVID angle – many of the people who die from COVID have underlying health conditions, kidney disease in many cases. The last two COVID deaths in NZ both had kidney issues.
- There is very little private kidney treatment available in New Zealand. All care is funded by the government through DHBs. Costs associated with kidney disease treatment are high. Dialysis costs \$80,000 per year per person, and each transplant costs \$120,000. There are three transplant centres in Auckland, Wellington and Christchurch.
- 2019 was a record year for kidney transplants, 2020 was down considerably because of COVID restrictions. The Australasian Donor Exchange Programme has been restricted due to Covid.

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Ohau Perfect

words: **Michelle McCullough** photography: **Focus Photography**

Some brides dream of a traditional wedding in a church, some dream of a destination wedding on a tropical island and some dream of eloping to the bright lights of Las Vegas. But for Sophie Myers, her dream was to marry her love as quickly as possible beside one of the South Island's most beautiful lakes.

The 29-year-old married her husband Shane in an 8-minute ceremony on the shores of Lake Ōhau on February 27, 2021.

"It was just such an easy day for us both. We were in the most beautiful place with all of our favourite people.

"We wanted to make the wedding as cruisy as possible. We don't like being the centre of attention and the night before I was very, very nervous. From when my bridesmaid started walking down the aisle to when we said what we needed to say, the ceremony was about eight minutes long from start to finish."

The ceremony was conducted by celebrant Christy Parry-Jennings, who has a very special connection to the Timaru couple.

"Our celebrant was actually my

husband's older sister, so that made it quite special."

The couple met in 2014 at Hyundai and Isuzu Mid/South Canterbury where they still work together. Shane proposed to Sophie in 2018 while on holiday in Bali.

"He came in for an interview, and he told this story at our wedding reception that he saw me and set himself a goal to get me to fall in love with him. [When he proposed] I honestly wasn't expecting it. It was really amazing."

The couple had previously camped at Lake Ōhau and thought it would be the perfect spot for a wedding.

"It's a really secluded beautiful area. We were so lucky with the weather because there was supposed to be a storm coming in, but the lake was just like glass and usually it kind of looks like the sea."

After the ceremony, the newlyweds hosted a reception for 75 family and friends at Lake Ōhau Lodge.

"The staff at Ōhau Lodge took care of the reception. They were bloody amazing and bent over backwards to help us. It's such a perfect place to have a wedding,

overlooking this big, beautiful lake with Mount Cook in the distance."

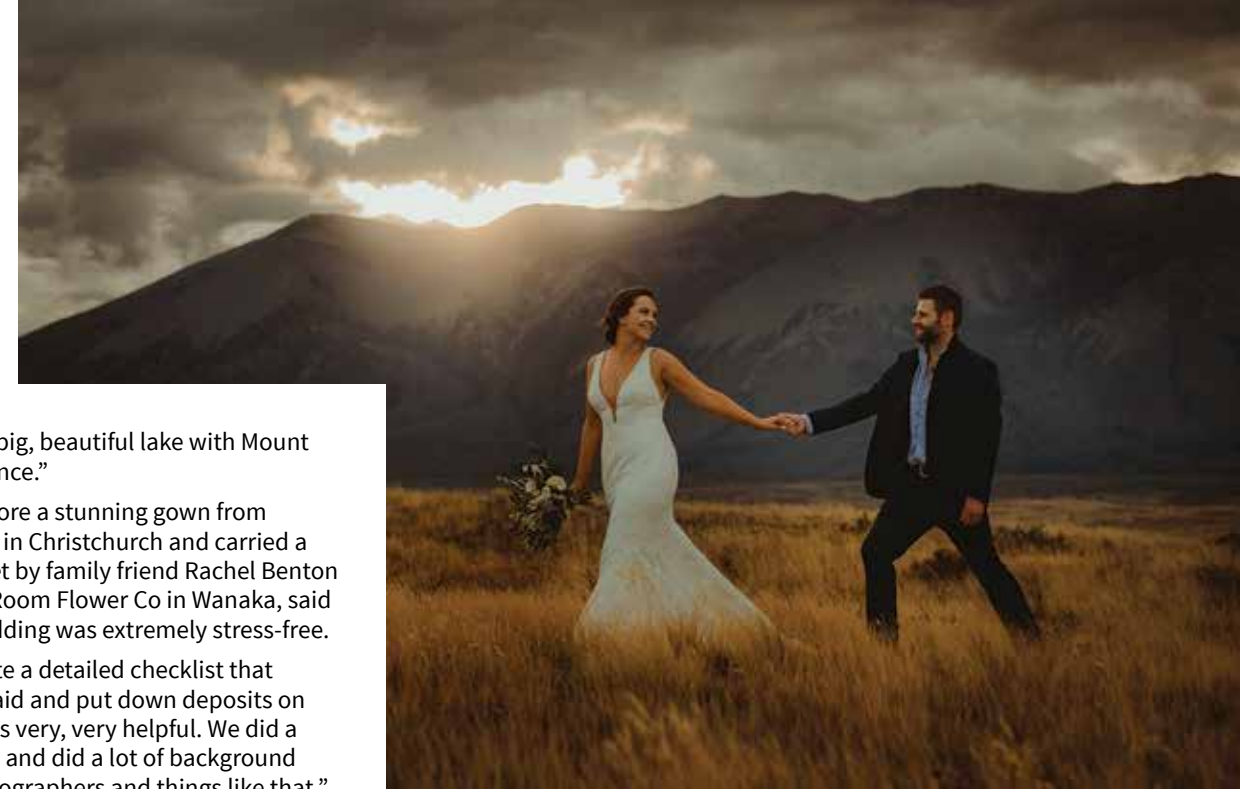
Sophie, who wore a stunning gown from Paperswan Bride in Christchurch and carried a beautiful bouquet by family friend Rachel Benton from The Green Room Flower Co in Wanaka, said planning the wedding was extremely stress-free.

"I did have quite a detailed checklist that showed what I paid and put down deposits on things so that was very, very helpful. We did a lot of it ourselves and did a lot of background research on photographers and things like that."

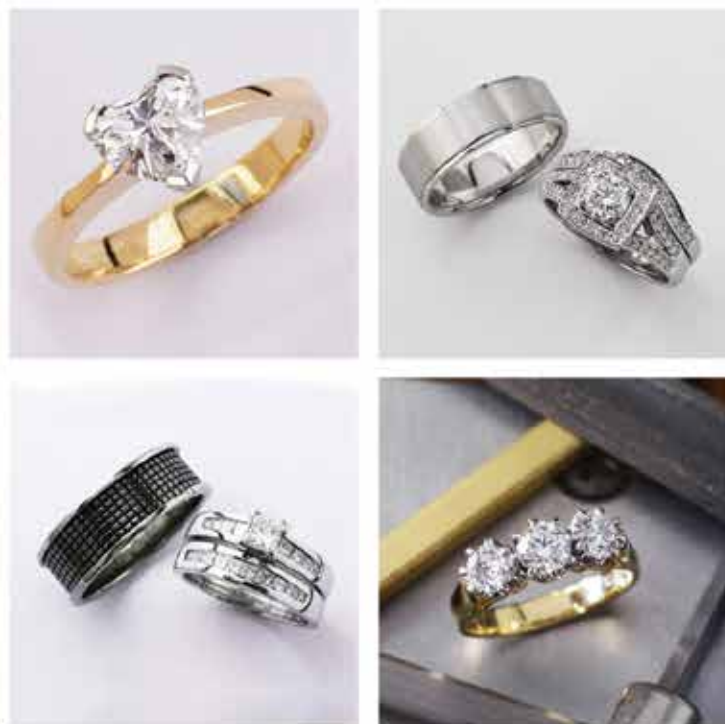
That research led the couple to Chris Stanley of Focus Photography. Based in Timaru, Chris has won multiple accolades for his wedding photography, including an award for a photograph of Sophie and Shane standing at the edge of Lake Ōhau.

"Chris is such an amazing photographer and after the wedding we sat down with him to go through the photos, and it was so difficult to pick a favourite because there were so many beautiful photographs. He was amazing to deal with and I would highly recommend him to anyone."

Following the wedding, the Myers honeymooned in Queenstown and Milford Sound. They are now busy renovating their dream home together.



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Wedding Checklist

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12 Months

- Decide your budget
- Choose your bridal party
- Book wedding venue for ceremony and reception
- Make a guest list and send out 'save the dates'
- Start looking for your dress
- Book main services: Registered Celebrant, Entertainment, Florist, Caterer, Transport, Cake, Photographer, Videographer, Honeymoon, Planner

6 Months

- Dress fitting
- Choose shoes and accessories
- Order wedding rings
- Arrange outfits for bridal party
- Order favours & stationery
- Book beautician & hairdresser
- Dates in diary for hen & stag nights

3 Months

- Buy marriage licence
- Send out invitations
- Select gift list/wishing well/travel register
- Finalise music and order of service
- Hair & make-up trials
- Rough draft seating plans
- Purchase gifts for bridal party
- Arrange ceremony rehearsal

1 Month

- Final dress fitting
- Re-confirm arrangements with: Venue, Catering, Florist, Photographer, Videographer, Transport, Entertainment, Honeymoon
- Write wedding speeches
- Hen & stag nights
- Finalise seating plans
- List of essential pictures for your wedding photographer
- Meet with Celebrant to go through your ceremony

7 Days

- Wedding rehearsal
- Honeymoon money
- Pack for your overnight stay and honeymoon
- Run through bridal party duties
- Beauty appointments

After

- Send thank you cards
- Preserve bouquet
- Clean dress
- Finalise photo album/video
- Change name on documents

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

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

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

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

Sopheze weddings



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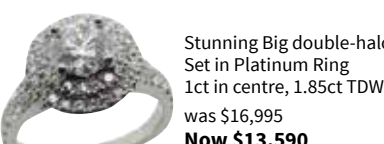
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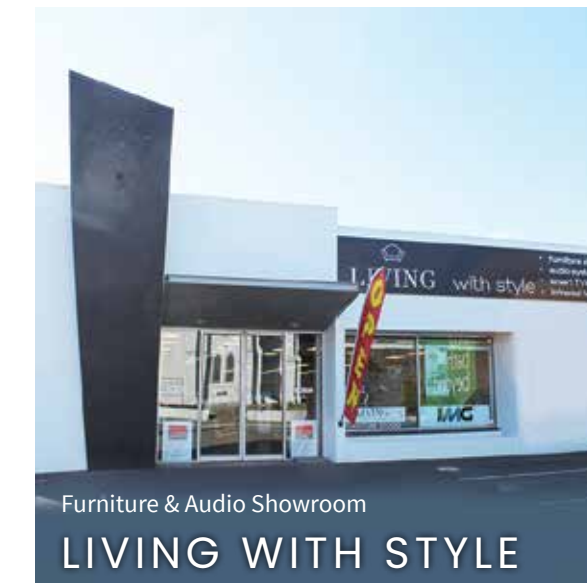
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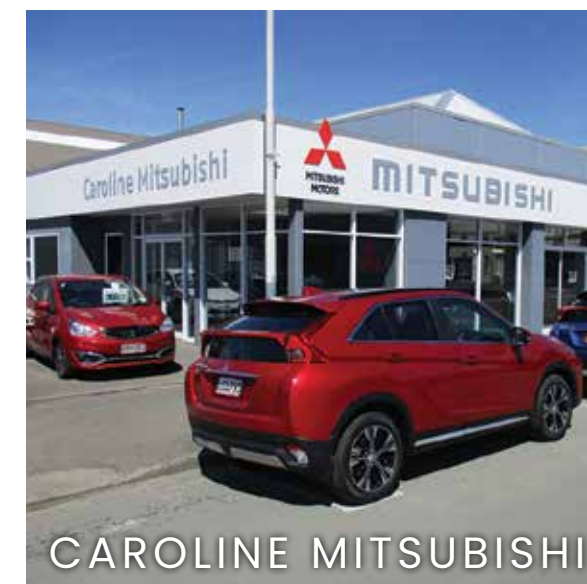
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We're all about showcasing the best of beautiful South Canterbury and being 100% locally owned and operated - we know our region really well.

That's what makes us the ultimate local read. From new businesses to local events and gardens, innovative entrepreneurs and inspiring personalities - we're bringing you the very best of the region.

essence magazine has acquired a reputation as an award-winning and award-winning news with special photo plans on the premieres, places and businesses in our region.

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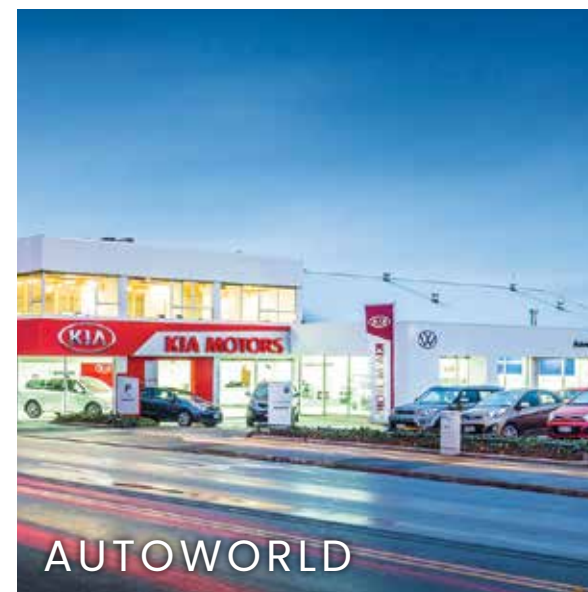
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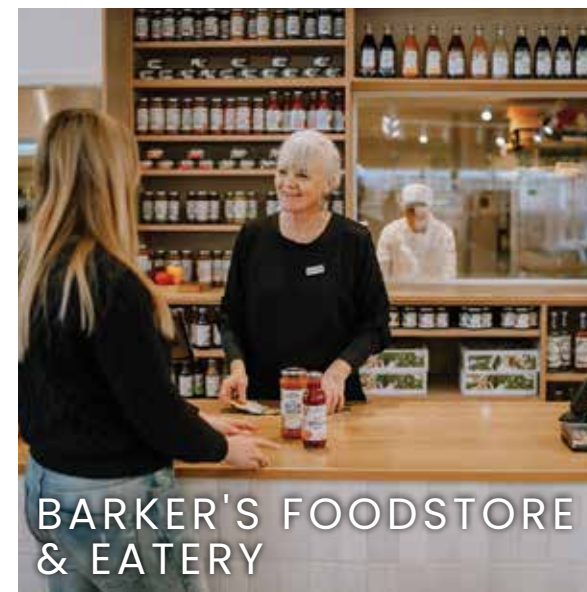
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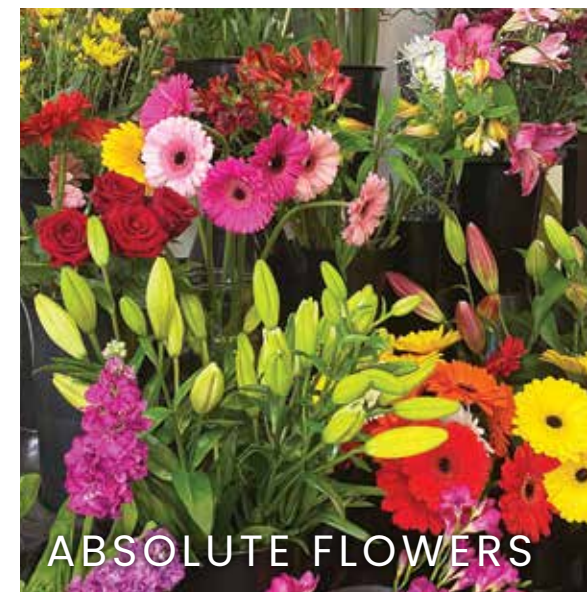
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Whether you shop local, eat local, invest local or visit local, now more than ever before is the time to support your community.

Supporting local means of course that you care about the community that you live in. You'll be able to put money back into our community and the other people who call it home, too. It'll give our local economy a chance to thrive in these difficult turbulent Covid times.

These are the businesses that support your local rugby and netball teams, sponsor your events and reinvest back into the communities we live in.

The economic benefits of spending locally are obvious. Keeping the money in the local economy creates a resilient marketplace, builds a self-sufficient town, creates local jobs, enables local decision making and so the value of the money merry-go-round goes on to support our community.

So when you are unable to get to the shops due to alert level changes just check out those local businesses websites and Facebook pages; most products and services can be purchased remotely. Stay connected and support these businesses.

Also look to join the South Canterbury Chamber of Commerce, another small local business that has been representing our businesses for years. Together we petitioned the government and convinced them to extend the Resurgence Support Payments, this piece of work alone will bring millions of dollars of government

support back into the South Canterbury community. We need your support too so join up.

Over the past few weeks, months and perhaps looking forward maybe even years to come there has been a period that has seen the lives of so many changed dramatically. In this environment supporting local and shopping local will become symbolic of so much more.

It will be to the local shops that people will go to get their social connection. Meetings at cafes, shopping with friends, eating at restaurants and simply passing on the streets. Our CBDs are the heart of our communities and a destination that connects people together.

It is local business that will provide the backbone to supporting and recreating our vibrant communities. Local businesses are run by our families, our friends and our neighbours and will reinvest into other businesses the money that we spend in theirs.

We need to support these businesses that create our social fabric, to help keep them trading and to ensure their survival, as these are the businesses that contribute to the individuality of our towns and CBDs.



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Meno Magic

When it comes to health, there are many symptoms I refer to as being 'common, but not normal'. In other words, you accept any suffering you experience, not realising there are steps you can take to alleviate (or prevent) your challenges. This statement can be particularly true when it comes to menopause.

Too many women today believe that hot flushes, sleeplessness and weight gain are all 'accepted' symptoms of menopause. But it doesn't have to be this way. It is entirely possible to experience a gentler transition through menopause by providing your body with the additional support it requires in the lead up to menopause, as well as during this transition.

By medical definition, menopause has three phases—perimenopause, menopause and post-menopause. The first phase, perimenopause, refers to the years leading up to menopause. Lasting around 4-6 years on average (though some experts suggest that it could be closer to 10 years for some women), this is a time where sex hormone levels fluctuate as the ovaries begin to wind down regular ovulation and hence progesterone production (as the majority of progesterone is made by the ovary after ovulation). This can lead to symptoms such as an irregular cycle length, periods that may be lighter or much, much heavier than usual, flooding, breast tenderness, PMS/PMT, hot flushes or a general sense of feeling warmer, night sweats, disrupted sleep, more anxious feelings, heart racing (particularly as you are trying to fall asleep), brain fog, fatigue and unexplained changes in body fat.

Menopause is defined as the point at which 12 months have passed since your last menstrual period. By this time, estrogen and progesterone levels are low and some women tend to experience unpleasant symptoms associated with low estrogen, including hot flushes, interrupted sleep, mood changes, fatigue and vaginal dryness.

To best support your body during the transition of menopause, it's important to nourish yourself with plenty of whole real foods including plenty of vegetables, minimise or avoid alcohol and caffeine, and to do what you can to reduce or manage your stress levels. Incorporating stress reduction techniques—such as breath-focused practices and exploring your perceptions of pressure and urgency—is particularly important to support the adrenals (the glands that produce your stress hormones) as your ovaries wind down their production of your sex hormones.

Post menopause, the adrenals become a primary site of sex hormone production. If a woman is still suffering at this stage, it's usually a sign the body is still adjusting to the lower levels of sex hormones and/or the consequence of constant, relentless stress hormone production for years or even decades leading up to this time. Continuing the type of support outlined above is often beneficial.

It's also important to note that our calcium, vitamin D and vitamin B6 needs all increase post menopause while our iron requirements go down. After menopause, the levels of fats (lipids) in our blood—such as cholesterol—also commonly tend to move in a direction that isn't ideal. This is due to a variety of biochemical changes that occur post-menopause, including cholesterol no longer being needed to make significant amounts of sex hormones. Blood lipid increases also tend to occur at this stage, as over time, and as a result of too many poor-quality food and drink choices, fat accumulation in the liver can start to disrupt some of the liver's vital tasks, including those involved in estrogen clearance from the body and cholesterol metabolism. Again, regular movement is helpful, as well as supporting the liver by focusing on

The nutritional and lifestyle changes you make ahead of time can have a profound effect on your day-to-day health and set you up for a more comfortable transition.

choosing predominantly whole, real foods, particularly plenty of vegetables for the unique phytochemicals they offer, as well as the health benefits that come from eating more bitter foods.

For many women, additional support from medicinal herbs can also be very helpful through each phase of menopause, and this is why I created a supplement called Bio Blends Meno Magic. Remember too, that preparing for menopause is just as important as supporting yourself through menopause. The nutritional and lifestyle changes you make ahead of time can have a profound effect on your day-to-day health and set you up for a more comfortable transition.



To help support a gentler transition to menopause, we are giving away 5 bottles of BioBlends Meno Magic which has been formulated to support the body during times of changing hormone levels.

To enter head over to our South Canterbury Essence facebook page and find this post for instructions.



Your Garden this Month

Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicine plants she grows and uses at her home acre in Waikuku.

Happy Spring! Fruit trees are in blossom, bees are starting to buzz about more, and the lovely days of near summer sunshine we've had, has definitely raised a spring feeling!

I hope that you have a garden, or even just a few indoor pot plants to nurture. During this time of lockdowns, gardening has become an increasingly popular activity, and for good reason - last month I delved into the benefits of having a garden for senior citizens, but the truth is that the act of being in nature, tending a few plants, whether they are for produce or pleasure, is an incredibly effective strategy for building mental and physical health.

Mental Health Awareness week 2021 runs from the 27th of September to the 3rd of October this year, and in this day and age, Covid notwithstanding, the mental health of our human populace is greatly fragile. Gardening may offer some a welcome way to boost their head space.

Benefits of Gardening for Mental Health

Studies have shown time and again that gardening improves mood, reduces stress, and boosts self-esteem. It provides physical exercise, and if you eat from your tended garden, it also gives you a chance to eat healthfully.

It provides mindfulness, putting you in a state of flow, where you can be fully present, focusing on the here and now. It connects you to your world, and others – even just inside your bubble, or online with a community of gardeners.

Gardening also helps you develop a growth mindset, moving your thoughts beyond perfectionism, and helping you practice acceptance.

Garden tasks this month

Get ready to plant, plant, plant! It's the time make final touches to garden beds, sprucing up tired soil by adding some

good compost, making sure everything is as weed free as you can get it, and then starting to get plants in the ground.

Sowing and planting

The Canterbury region is rather large, with quite a few different climate zones scattered about – even the microclimate in your own garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

Veggies

Pretty much anything goes for the month of September – remember to start frost sensitive plants (*) undercover, and plant out in the garden only when risk of frost is low.

Sow or transplant seedlings: Amaranth*, globe artichokes, beetroot, broad bean, Cape gooseberry*, cardoon*, carrot, celery, chicory and endive, corn salad, kale, kohlrabi, lettuce, leek*, pak choi, mustard greens and mizuna, onion, spring onion, shallots, parsnip, peas, silverbeet, sunflowers*, sweetcorn*.

Start these undercover for planting out Oct/Nov: Broccoli, cabbage, cauliflower, capsicum (sweet and chilli peppers), cucumber, aubergine, luffah, marrow, NZ Spinach, tomatillo, tomato, zucchini, beans.

Plant crowns/tubers/plants: asparagus crowns, Jerusalem artichokes, seed potatoes, strawberry.

Herbs

Basil*, chives, chervil, coriander, dill, fennel, mint, marjoram, oregano, parsley, rocket, sage, savory, rosemary, thyme.

Fruit and Flowers

Still a great time to plant fruit trees, berry bushes and most annual and perennial flowers.



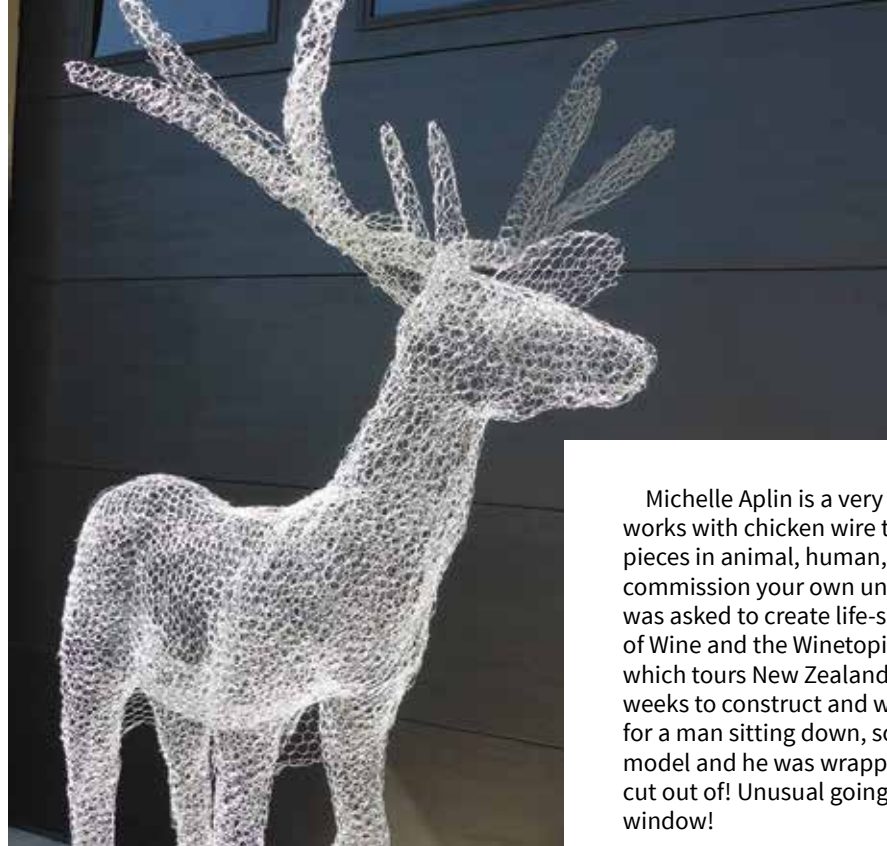
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Chicken Wire Creations

words: Gilly Oppenheim

Michelle Aplin is a very talented and unassuming artist. She works with chicken wire to create both small and large individual pieces in animal, human, mythical and plant form. You can commission your own unique creation. For example, Michelle was asked to create life-size statues of Dionysis, the Greek God of Wine and the Winetopia lady for Winetopia – the wine festival which tours New Zealand. This particular pair took about three weeks to construct and was stunningly lit up. Another order was for a man sitting down, so Michelle's husband Jason was her model and he was wrapped in chicken wire which he had to be cut out of! Unusual goings on for anyone looking through the window!

So how did this creative hobby start? Michelle comes from Somerset in England, trained and worked as Registered Nurse for several years, including commuting back to the UK nursing whilst living in France for three years. She and her husband Jason grew tired of the rat-race in the UK and decided to emigrate to NZ with their teenage son Kalon. They originally settled in Auckland for their son to complete his schooling and Michelle worked at Mercy Hospital for several years. They decided to move south to Cromwell where they had angora goats. About three years ago, becoming bored with constructing wire fencing, Michelle made 'Granny Goat' her first chicken wire creation, which she still has. Friends and family encouraged her to exhibit at the Cromwell market and at local art galleries and so Chicken Wire Creations was born. The family moved to a farmlet at Willowbridge in 2019, and since listing on FaceBook and the internet, this business has really taken off.

With Jason's help, manageable sized pieces are electrically cut from large rolls of chicken wire. Armed with a pair of pliers and hand cutter, a basic structure using one layer of wire is formed



free hand. When happy, Michelle begins to add muscle tone and the sculpture's individual features. Several layers provide it with strength and definition. Having to remain gloveless can be painful and she told me that 'sometimes the air goes blue'. Fingernails and soft hands are things of the past! If her creations are painted, a primer spray binds to the wire and a final zinc coating applied for extra protection. Customers often send her pictures of what they want and it can be time-consuming making them to scale. Jason makes the frames used for transporting the finished creations and they use the local Headford Propagators Ltd for freighting them all over NZ.

These clever sculptures would be a charming addition to any garden and they are now on sale at the Terraces Gallery in Oamaru. Michelle and Jason's Sculpture Garden and tea room is in the process of moving from its current site at Willowbridge to Waimate. It will be open after the New Year by appointment to interested individuals and groups, including school groups. Michelle can be contacted at 021 02476923 or at michellejaynanz@hotmail.com

ASK THE EXPERT



Nicola Hornsey

Nicola Hornsey is a Senior Solicitor with Gresson Dorman & Co. Nicola has provided employment law advice to both employers and employees for thirty years and is also an experienced resource management and civil litigation practitioner.

With so many different employment arrangements in place today, working from 9 to 5 Monday to Friday, is no longer the norm and employers need to take care to ensure that they are paying their staff properly.

Hours of Work

It is a legal requirement that an employee's agreed hours of work are recorded in their employment agreement. Hours of work include

- The number of guaranteed hours of work
- The days of the week on which work is to be performed
- The start and finish times of work
- Any flexibility regarding the days work is to be performed or the start and finish time of work

As long as there is agreement, there is no maximum number of hours an employee can work in a day or days an employee can work in a row. This allows for many different working combinations such as those commonly seen in industries that use rosters.

Whatever arrangement is in place, the Employer must keep a record of working hours and wages for all employees. This includes employees who are on salaries and who have regular working hours.

Wages versus Salary

In industries where the work can be busier during some seasons or have peak periods during the year, employers have often averaged out their employees' pay to ensure that they receive a constant flow of income throughout the year and have agreed to pay their employee an annual salary.

Depending on the hours worked by an employee each week, this practice can run the risk of breaching minimum wage rates. Pay can be averaged out over a maximum of two weeks or over a period of one week if the employee is paid weekly. Employees must be paid at least the minimum applicable wage for any hours worked and so, even when the employee is on a salary, their pay may need to be topped up to comply.

Breaches of minimum wage rates can attract fines of up to \$50 000 for an individual and \$100 000 or three times the unlawful financial gain made by the body corporate from the breach, whichever is greater, for a company.

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The Essence of Retirement

If you've recently stopped working and have some spare time on your hands then get out there and use it! There are so many interesting and exciting opportunities in our local communities.



Time to sign up for that new hobby

Always wanted to write your memoirs or paint that landscape? Retirement is the perfect time to really get into that hobby and there are plenty of examples of late starters hitting the big time. The author of Pulitzer prize winning novel, *Angela's Ashes*, Frank McCourt started writing at 65.



Volunteer

So many local initiatives and organisations need help so why not give a little time and help out? From local op shops to meals on wheels, animal charities and community gardens – there are plenty of places where you can make a real difference.



Keep fit

Staying physically active is key to quality of life so get moving. You just need to find something that you enjoy – from walking to playing bowls; swimming to tennis – you'll find plenty of options locally.



Stay connected

Humans are social creatures and we all need a little bit of interaction with others during the day. So catch up with friends for coffee, pick up the grandchildren from school or join a club and make some new mates.



Gardening for Seniors

"We don't stop playing because we grow old. We grow old because we stop playing."

- George Bernard Shaw

And indeed, what better place to "play", than in the garden! Good for the body, mind and soul - gardening is beneficial at all ages, but can be an especially positive hobby for retirees and senior citizens. It keeps the body active and the mind healthy, with many research studies confirming the physical and psychological advantages for the elderly of being in nature, and specifically of tending gardens.

The wonderful thing about gardening for seniors is that it is a completely adaptable hobby and can be modified to suit a large range of abilities! Be a smart senior citizen gardener - stay sun safe, hydrate often, and rest when needed.



Get a good night's sleep

To make the most of your days, you need to get a good night's sleep. So develop a healthy night routine to make sure you get those necessary hours of shut eye.

Upon doing some investigating here in the essence office around local community groups, clubs and activities we stumbled across so many options. A visit to the local Citizens Advice Bureau would be a great start if you are seeking information on how to volunteer, stay socially connected and exactly what group or club may be right for you – the ladies were so helpful, we came away with lots of brochures and booklets to peruse!

Different Types of Retirement

words: Gilly Oppenheim



Jan Young (85) is happily settled in the Strathallan Lifecare Village where she has lived for the past seven years. Her villa is spacious with a pleasant outlook and friendly neighbours. Jan said one of the advantages of living here is that everyone is very friendly, including the staff. There is organised entertainment – musical groups, speakers, dress-up soirées, discussion groups, happy hours, coffee mornings and an optional Christian group – so something for everyone. During the Level 4 lockdown one of the highlights was several residents gathering on their drives with a coffee in the morning or a wine in the afternoon, carefully observing the distancing rules but feeling uplifted and less isolated. The Tongan gatekeeper even played his guitar to entertain them.

Jan grew up on a farm at Taiko and she recently wrote a book called *The Tale of Taiko*, all about the district. Jan is a keen reader, helps in the Strathallan library and is a member of U3A. As an ex-school teacher, she is an excellent organiser and she enjoys arranging outings for her fellow residents. Until recently she organised the Women's Independent Discussion Group. She is very happy with her choice of Strathallan as a retirement option with all the opportunities it offers.



Pat Currie (nearly 80) taught pottery at the Aoraki Polytechnic prior to her retirement and says that pottery is the most important activity in her life. Two years ago she realised that she needed to downsize and she moved into her lovely apartment overlooking Caroline Bay with a garage large enough for her kiln. Even on the coldest of mornings she can be found creating her beautiful pots down here. She recently won the supreme award at The Alchemists – the current pottery exhibition at the Aigantigie Art Gallery.

Pat is a firm believer in volunteering and she enjoys working at the library. She enjoys the camaraderie and keeping her brain active. She belongs to two book groups, loves her daily walks on the beach and also the tranquility of her family bach at Lake Alexandrina. Pat thinks that your attitude is very important in retirement, that we should be grateful for what we've got (and can still do) and that occasional loneliness is a small price to pay for independence.

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Off the Book Shelf

words: Gilly Oppenheim

Great Circle

MAGGIE SHIPSTEAD

Spanning Prohibition-era Montana, the Pacific Northwest, Alaska, New Zealand, wartime London, and modern-day Los Angeles, Great Circle tells the unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost.

After being rescued as infants from a sinking ocean liner in 1914, Marian and Jamie Graves are raised by their dissolute uncle in Missoula, Montana. There, after encountering a pair of barnstorming pilots passing through town in beat-up biplanes, Marian commences her lifelong love affair with flight. At fourteen she drops out of school and finds an unexpected and dangerous patron in a wealthy bootlegger who provides a plane and subsidizes her lessons, an arrangement that will haunt her for the rest of her life, even as it allows her to fulfil her destiny: circumnavigating the globe by flying over the North and South Poles.

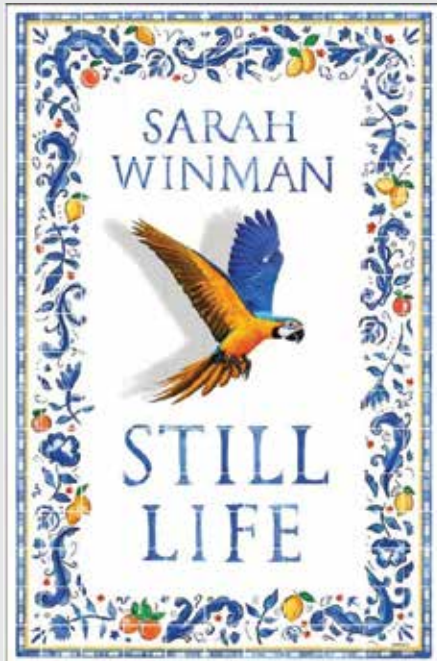
A century later, Hadley Baxter is cast to play Marian in a film that centres on Marian's disappearance in Antarctica. Vibrant, canny, and disgusted with the claustrophobia of Hollywood, Hadley is eager to redefine herself after a romantic film franchise has imprisoned her in the grip of cult celebrity. Her immersion into the character of Marian unfolds, thrillingly, alongside Marian's own story, as the two women's fates--and their hunger for self-determination in vastly different geographies and times--collide. This book is meticulously researched and is a great read.



Still Life SARAH WINMAN

A chance meeting in Florence during the war in 1944 forges a bond between sixty four year old art historian Evelyn Skinner, who is there to help save paintings and twenty four year old, British soldier Ulysses Temper. The impression they make on each other results in an enduring friendship, even though years go by before they see each other again. Evelyn goes back to London to teach and Ulysses returns to London and the people he left behind, a motley cast of characters at the pub where he worked. While the novel in many ways is centred on Ulysses and Evelyn's lives, it's an ensemble of characters that bring so much life here. Ulysses' singer wife, Peg who wasn't exactly true to him and has a child called Alys, whom Ulysses loves and raises as his own. Cressy, the closest thing to a father to Ulysses, is so endearing that you just can't help but go with the conversations he has with a tree at times! There's Pete the wonderful piano player and Col the inimitable proprietor of the pub. When Ulysses, Alys and Cressy move to Florence after Ulysses receives an inheritance from a man whose life he saved as a young soldier, we meet the amazing Massimo who is the friend we all hope for. And then there's Claude, the wise parrot who quotes Shakespeare.

This is a beautiful story that spans decades in the lives of characters that connect beautifully with each other. The art, the richness of the Florentine heritage, the wine, the food, the glorious characters with lively conversations that make you feel as if you're a welcome guest at their table and they are also your friends. There is war at the beginning and the flooding of Florence in 1966, and through the years there is heartbreak and grief and loss, but there is Italy and art and music and food, friendship and love and joy. It is a wonderful read.



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