

# essence

essentially...south canterbury

17 Destination  
South on Stafford

Feature 9  
Spring is in  
the air

# 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.

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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.



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Plush Stag Day Cushion \$29.99



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Travel

Walking in the Amazon rainforest, climbing up to the magnificent Machu Picchu ruins - just some of the highlights of a recent trip our writer Gilly did to South America. Page 22.



## Wild Day at the Wetland

A fun day of exploration on the tracks, to get away from traffic and closer to nature. See page 8 to learn more.



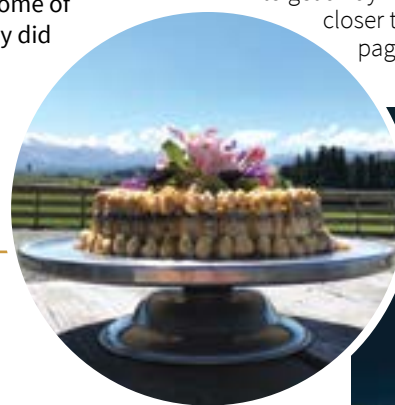
South on Stafford



Look fabulous this spring in new season's fashion from the Lemon Tree Design range, available from Camerons.

## Treat your taste buds

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



## Maree Hynes Interiors

WIN a trip to Australia for 7 nights! See page 18 for further details.



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



## Need an extra copy of essence magazine?

We have stands located at

- Sopheze on Stafford Street
- Northtown Mall opposite Sticky Cafe
- Outside Cobblers Inn at Highfield Mall
- Our office - 22 Chapel Street, Timaru

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## Hayden Paddon's new book

Hyundai was lucky enough to host the launch of "Driven", Hayden Paddon's new book on Tuesday the 27th of August. Timaru really put it on for us, with a BBQ trailer and yummy lunch time sausage sizzle which was a hit. Thank you to everyone who came along, Whitcoulls sold plenty of books to quite a few Hayden Paddon fans!



1. Hayden Paddon and Hayden Rayner 2. Rachel Wittermans and Lynda Lusty  
3. Sonya Gray, Barbara Ormiston and Hayden Paddon 4. Esther Paddon and Jocelyn Jones  
5. Barbara Ormiston and Sonya Gray 6. Liz West 7. Ben Terry 8. Dawn and Keith Maxwell  
9. Steve and Lil Dore

## WIN-WIN

### Flowers

Absolute Flowers are flower artists of the highest calibre. Why don't you nominate somebody special to receive a \$40 bunch of flowers?

Email your nominations to pat@essencemagazine.co.nz or write in to the office, 22 Chapel Street, Timaru. (www.absoluteflowers.co.nz)

**Congratulations to the flower winner Joy Dockrill. Workmate Sarah nominated her for being a great workmate, showing unflinching enthusiasm for her work. Essence Magazine and Absolute Flowers hope you enjoyed this special treat.**



## Mid-Winter Makeover

Shine Salon and Day Spa held their first makeup demonstration evening on Wednesday the 14th of August. What a treat for the ladies getting to learn all about the Jane Iredale skincare makeup range. It was a fantastic evening with a makeup demonstration by Melanie McConnell. Thank you to the Shine team for a great night out.



1. Emily Jolley, Susan Irvine, Emma Clark, and Melanie McConnell 2. Carleen Craw-Thomson and Allison Ross 3. Melanie McConnell (South Island Territory Manager & Technical Educator) and Dawn Edwards 4. Sue McNab and Dawn Edwards 5. Tala and Jade Kyles with Lorraine Newlands 6. Lisa Dowling and Emily Jolley

## Daffodil Day Breakfast

On Thursday 15th of August the Cancer Society hosted a Daffodil Day breakfast fundraiser at Columbus Coffee. Breakfast and a hot drink were enjoyed by all, with \$8 from each ticket donated to the Cancer Society.



1. The Columbus Team 2. Betts Funeral Services Team 3. Dee Street Medical team  
4. Danielle Glennie and Alan Cummins 5. Michelle Robertson, Leola Smith and Julie Cooke  
6. The Mike Pero Team 7. Dawn Wilkins and Lesley Rush 8. Aorangi Surgical Group

**MORRIS WADDELL ELECTRICAL**  
03 686 2422

**'THE BOYS IN THE BLUE VANS'**  
Awarded Gold at the New Zealand Master Electricians Excellence awards

Morris Waddell Electrical was awarded Gold at the New Zealand Master Electricians Excellence awards 2019 for the Southern Packers Processing Plant. This was in the projects under \$1 million category. They had two entries - Southern Packers (Winning entry) and the Dark Sky Project Tourist Centre, based in the Mackenzie Country Lake Tekapo.

This competition showcased the very best of electrical projects from throughout New Zealand, putting Morris Waddell Electrical head to head with the best in the country. Both entries were submitted in June 2019, and had an independent judging panel from Master Electricians New Zealand do a full walk through.

Morris Waddell have serviced Southern Packers for well over a decade. At the end of 2018, the plant underwent a multi million dollar upgrade of the entire onion sorting line. This took place over the 2018/2019 Christmas and New Year break. It required a large number of staff to work through the holidays with the large amount of work at hand, getting the plant back up and running under a tight time frame.

The judges looked at the quality of workmanship, design and innovation techniques, deadline management, health and safety and project budget of each entrants.



Logan Cunningham, Grant Watt, Sean Ferguson, Wayne Dennison, Karen King, Andrew Miller, Bevan Cunningham, Josh Mehrtens, ABSENT Jo Kurian and Jack Mcpherson

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**Introducing Jess to the Peter Herron team**



No matter how big or small, everyone is important!



# Wuhoo Timaru

Looking for free fun in Timaru? Find a Wuhoo!

Roselyn Fauth, her husband Chris and her father Geoff Cloake are the brains behind this initiative. This young mum is brimming with ideas to get people, both young and old, off the couch and into the local community to appreciate just what Timaru has to offer. "This creative outlet is bringing our community together, and helping others in ways they never imagined," said Roselyn. "From getting families outside into the fresh air for a modern-day treasure hunt, to giving kids and adults of all ages and abilities a new

creative hobby, a sense of belonging and pride in our community." Roselyn stresses that Wuhoo is very much a collaborative venture. She has had wonderful support from the Timaru District Council, the Library, the South Canterbury Museum, the Aigantighe Art gallery and community groups.

The first initiative was TimaruRocks. This group was established in 2017 to help spread the craze which sees participants paint rocks and hide them in public places for others to find, re-hide or keep. They might be found under picnic tables, hiding at the foot of trees in reserves or alongside the sculptures in the garden around the Art Gallery. The community rock boxes, which contain paints and brushes have so far been used by over 2400 residents at South Canterbury primary and secondary schools, retirement homes, community groups, Children's Day, the Rose Festival and the South Canterbury District Health Board.

Another initiative has been the popular Scavenger Hunts at the Timaru Botanic Gardens. Besides giving a brief history of the Botanic Gardens, there is an excellent annotated map and a myriad of fun and interesting activities to do. The informative activity sheets can be picked up from the Fernery in the gardens or at the TDC, Library, Museum, Information Centre or Aigantighe Art Gallery.

words: Gilly Oppenheim



The newest initiative is celebrating art in our environment. The Aigantighe Art Gallery, the Friends of Aigantighe and Wuhoo Timaru have launched a new programme to get artworks out into the community and the environments that inspired them. In December 2018 the first five signs were installed at Caroline Bay and at Patiti Point. They feature artworks from the Aigantighe Art Gallery Permanent Collection that relate to the signs and their surroundings. The signs also include explanatory text and historical images from the South Canterbury Museum's collection, giving the artworks greater context. Examples at Caroline Bay are William Green's The Unemployed, which is a painting of the well-known donkeys that gave rides on Caroline Bay and William Gibb's painting of Timaru Harbour in 1888. Another Green painting entitled The Roadmakers showing horses ploughing a road near the sea, can be found at Patiti Point, along with a painting by John L Higgs, which depicts the scene looking north towards central Timaru and the harbour in 1881 and William Ferrier's Breakwater, Timaru, Running in a Southerly Gale in 1888.

The next round of signs are nearing completion and it is hoped to have the next three in the ground by October. The Friends of the Aigantighe Art Gallery have commissioned their first artwork to give a contemporary reflection on Timaru's unique past for the Wuhoo signs. The painting has been created by local artist Mike Armstrong. This is a fantastic way to support our local artists.

Roselyn really enjoys the challenge of designing things and the discovery of our history thanks to the book Jubilee History of South Canterbury by Johannes C Anderson. "My goal is to celebrate what our district has to offer, encourage people to use it and to give some free family fun to our locals and visitors". What a wonderful philosophy!



## PITA PIT TIMARU

At Pita Pit Timaru we love tasty, nutritious and fresh food. Whether you're looking for breakfast on the go, a nutritious lunch option, an after-school snack or a freshly-prepared dinner, there's something for every occasion across our menu.

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Make sure you come and see us at Pita Pit Timaru located at: The Landings Theodosia Street Timaru (next to Columbus Coffee).

**PITA PIT TIMARU PH (03) 683 1157**  
9 Elizabeth Street, Timaru



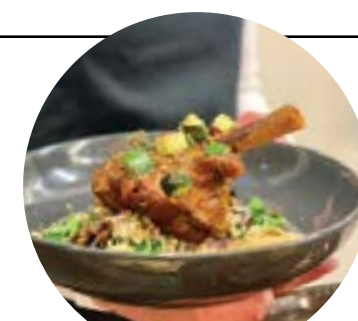
## AFRI-KAI TIMARU

We are an ethnic home-based food store and proudly sell traditional South African food items, spices, sauces, fresh homemade baking and meat products. Some of our favourites are our sweet Koeksisters, Milk Tart, Boerewors, Biltong and Dried Sausage.

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We are open to the public on Fridays 3pm - 6pm & Saturdays 10am - 3pm. Like and follow us on our Facebook page.

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## FUSION EATERY

Fusion Eatery is making a significant impact on the taste-buds of the region. Situated on Timaru's famous dining strip - The Bay Hill. Enjoy the fantastic views of Caroline Bay while enjoying a coffee, breakfast, lunch or dinner. Open daily from 10am.

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## SAIKOU

Our meals are designed to be shared, Tapas Style. Portion sizes to be savoured, each prepared with expertise and served to perfection. Order a single or variety of dishes to satisfy all tastes and appetites.

Saikou Teppanyaki & Whisky Bar delivers premium authentic asian fusion cuisine in a busy vibrant bar environment, located in Timaru's CBD, overlooking the beautiful Caroline Bay.

Lunch time is a great opportunity to be able to overlook the Bay while enjoying our fantastic menu.

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# TREAT YOUR taste buds

There is no shortage of tasty things to tempt your taste buds in South Canterbury. From traditional African food, homemade goodies, and fine dining to sweet delights, here are some mouthwatering options for you to try!



## FARM BARN CAFÉ

Offering the most picturesque café setting in our region with its 360° views over the beautiful Mackenzie Country.

Our hearty homemade food and baking is a hit with both locals and tourists alike. Local ingredients are sourced where possible and everything is made fresh on site. We also stock local home-baked specialties, such as the popular Fairlie Backhouse pies and Denheath Custard squares.

A family friendly café with outdoor play area, farmyard animals, large open car parking and Boutique gift shop. Free Wifi.

**FARM BARN CAFÉ PH (03) 685 8271**  
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## THE COUNTRY CAFÉ

Country styled café located in the heart of Four Peaks Plaza, Geraldine. Serving up hearty country style food, sourced from the best local produce Geraldine has to offer.

Offering a fantastic selection of homemade and gluten free options, whether you're wanting to have breakfast, lunch or simply just a snack. We freshly roast our own coffee for the perfect taste.

Open 7 days a week you'll find an enjoyable relaxed environment that the whole family can enjoy.

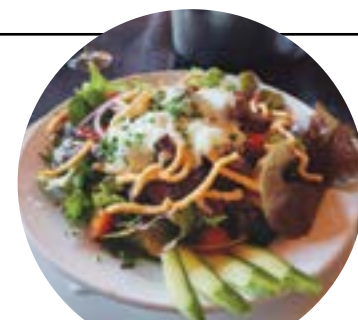
**THE COUNTRY CAFÉ PH (03) 693 8090**  
4 Peaks Plaza, 76 Talbot St, Geraldine



## 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 our all-time favourite Chicken Filo Parcel 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 & 7 salads to complement your main.

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



## HARLAU HOUSE CAFÉ

Harlau House Café is bringing the tastes of the Mediterranean with our divine Marinated lamb on a Greek Salad!

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2 George Street, Timaru

**Proud to support Wuhoo Timaru & other local heritage initiatives**

# SOUTH CANTERBURY MUSEUM

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Open: Tues-Fri 10am - 4:30pm  
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# EXPLORE

**NATURE HISTORY CULTURE**

# WILD DAY AT THE WETLAND

A wetland beside Saltwater Creek, just south of Timaru on Highway 1, is the focus for the South Canterbury launch event of Conservation Week 2019. Organisers plan a fun day of exploration on the tracks, to get away from traffic and closer to nature. It will be a Wild Day at the Wetland. Saturday 14th September, King Street, Timaru from 10am.

From a starting point on King Street, where Department of Conservation, ARA Polytechnic and Environment Canterbury will have some interactive riverside displays about bats, predators and pests, the route heads across the river bridge and initially towards the coast beside Saltwater Creek, then south again for about 10 minutes. There is a one-hour circular walk around the wetland and beach access, too, for those who wish to venture further. The track on the true left (north) side of Saltwater Creek is currently closed beyond the Rowing Club, however.

Rowers will be on the water in the afternoon, as will be a feathered quarry with the bird-watching guide (at 11am and 1.30pm) and there's an expedition to find small creatures with South Canterbury Museum (11am, 1pm and 2pm). Tree planting begins after 10.30 with Timaru District Council staff and some local Rotarians.

A second display site within the Wetlands, signposted along the tracks, features fish specialists with live fish in tanks and a marine life 'touch tank' brought by University of Otago Aquavan, plus information on invertebrates, lizards, food plants for butterflies and water quality. Water Watch will be explaining water quality monitoring

and recruiting volunteers for the spring and summer in Saltwater Creek Catchment.

The Timaru District Council-managed wetland was artificially made about 20 years ago to begin recreating what nature once provided here. One of its landscape designers, Di Lucas, is returning from Christchurch to celebrate the progress made, along with the range of government and voluntary organisations who care for the wetland today. "All are invited to join in the fun, and probably splash in a few puddles – so gumboots or walking shoes are recommended", says Rhys Taylor, facilitator of the Otipua Saltwater Creek Catchment Group. His part time role is supported by Environment Canterbury. "We hope that some of the Saturday visitors will record what plants, birds and invertebrates they see, adding photos and descriptions on the website I-Naturalist, so that we create a shared record of what is there on this 14 September Conservation Week event. It is an invitation to get nose about local nature, inviting experts to check and confirm online what is being found and posted by amateurs." The website is [www.inaturalist.nz](http://www.inaturalist.nz).

words and images supplied



The Catchment Group is also involved in a stormwater project with school students in South Timaru, finding advice for farmers on how to reduce silt losses, a study of if and how the Saltwater Creek weir can be modified to reduce summer water losses, and educational events. Its webpage is [www.ecan.govt.nz/saltwatercreek](http://www.ecan.govt.nz/saltwatercreek).



## Have an adventure - a wild day at the Wetland

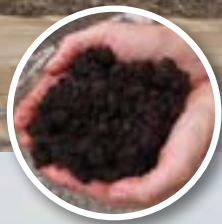
Otipua Wetland, Saturday September 14, King St, Timaru from 10am.

Meet the Aquavan team – brought to Timaru by Environment Canterbury – to learn about marine wildlife in the touch tank. See how pollutants enter streams, how water quality is sampled and what the Catchment Group does. Learn about native bats and their predators, see freshwater fish, food plants for butterflies and lizards, join an invertebrates hunt, plant some trees, watch birds with an expert. Come along to Saltwater Creek Bridge, King Street, on foot or by bike, to celebrate NZ Conservation Week 2019.

Find out more at [www.ecan.govt.nz/saltwatercreek](http://www.ecan.govt.nz/saltwatercreek)  
This event is organised by the Otipua-Saltwater Creek catchment group



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# Spring is in the air



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13-15 September, Southern Trust Events Centre **STAND #36** Ph 03 684 9000

## Marine and Auto Timaru

These past few winter months have been cold, but here is the good news: it's spring! The air is getting warmer, the snow will start receding soon, and the time is coming to bring your boat out of storage and get back on the water. This is the time of year that all boaters look forward to.

It's the perfect time of the season to get your boats in to Maurice and Andy for a service to ensure trouble free boating this summer. **Ph 03 688 6757**



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## Bike Barn

Spring marks the start of E-bike season in South Canterbury! It's the time of year when the warmer weather draws people outdoors and on their bikes.

Timaru is the ideal place to ride an e-bike, not just because of its natural hilly terrain, but the quiet roads and tracks are right on our back doorstep!

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**SPECIAL PRICE OF \$110**

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## TURF SERVICES



Let the new lawn experts at Turf Services put the icing on your property. Spring is just around the corner. Time to call 0800 529 648 now for a FREE QUOTE. For all your new lawns and renovations call the experts, Turf Services - For top quality and the best price.

- Readylawn
- Artificial Readylawn
- Hydro Seeding
- Soft Landscaping
- Sports Field Renovations

**Ph 0800 529 648**

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Do you have a special occasion coming up? Surprise your friends and family by learning how to dance. Julie Neill's Dance Academy has Ballroom and Latin American classes for both adults and children. Learning to dance is also a great way to keep both body and mind active. For class and social dance schedules or to organise a private lesson contact us on 03 693 9990 or through our facebook page.

## HR Power



There are numerous tools designed for use in the garden, but if you're new to gardening, focus on investing in tools that are necessary. You may even already have some of these in your garage or shed. Shovel, spade, hose, bucket, floral shears, pruners, brush cutter, chain saw, hedge trimmer, leaf blower, lawnmower, etc. Although you don't have to buy now, you can at least come and talk to us for all your gardening needs this spring. **Ph 03 684 4593**

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## TORNADO TUCKER'S Muay Thai Journey



words: **Gilly Oppenheim**

Kaitlyn Tucker aka "Tornado Tucker" is a Muay Thai fighter. This is a full-contact combat sport which originates from Thailand. This discipline is known as the "art of eight limbs" as it is characterized by the combined use of fists, elbows, knees, and shins. It isn't a sport for the faint-hearted, as the training is heavy and getting black eyes and bruised shins is just part of the sport. Your only protection from injury is a mouth guard and boxing gloves, so you must always turn up to a fight prepared. It is imperative to be fit, so Kaitlyn trains ten or twelve times a week, doing cardio at the gym or the pool and practising skills, techniques and sparring at night.

Kaitlyn has been fighting for five years and she has competed in fourteen fights. She recently won the Women's South Island ISKA title for Muay Thai. Her next goal is to compete for the New Zealand title in Timaru in December and she is also hoping to go to Thailand to compete next year. Her motivation for learning this sport was to get fitter, challenge herself, and to get pushed outside her comfort zone. Kaitlyn is passionate about helping other girls build strength and confidence. She runs a ladies only class and is keen to see more females take part, so this September it will be free to anyone keen to try it out. The class runs from 6.00pm -7.00pm on Thursday nights at the Lucky Nine Gym in Washdyke.

You can read more about how and why she started in her blog or sign up to a class by visiting [www.luckyninegym.com/blog](http://www.luckyninegym.com/blog) or follow her on Instagram #katiatornade.



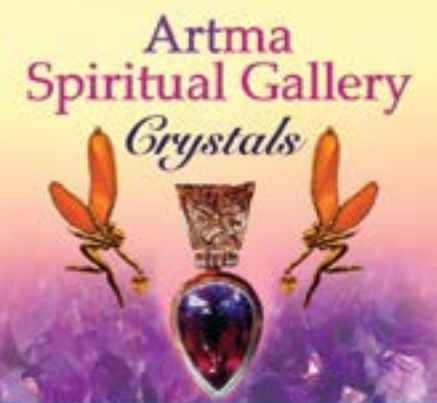
### 7 out of 10 girls feel they don't belong in sports



**#LikeAGirl campaign @witchpack19g**

Lucky Nine Gym  
LADIES NIGHT  
THURSDAY'S  
6-7pm

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Timaru, 03 688 4268  
[www.spfcreative.co.nz](http://www.spfcreative.co.nz)  
[www.spfwebstox.co.nz](http://www.spfwebstox.co.nz)

## Local dog biscuits made from real meat

At Coupland's, our recipe for success is a simple one. We use the best locally sourced ingredients available to create a dog biscuit that gives your best friend everything they need. There are no preservatives or artificial flavours – just good ingredients.

Living in South Canterbury we are surrounded by some of the best natural food ingredients in the world. Using these ingredients, our biscuits are baked in our automated, purpose-built baking oven. Each nutritionally-formulated batch is quality checked before being bagged up for sale at our drive-through retail store on High Street, Timaru. Freshness is guaranteed as our biscuits are baked and sold within a couple of days.

Our real point of difference is that our biscuits are made with real meat. The energy content means your dog needs less biscuits at each meal. We liken the quality of our biscuits to eating a Sunday Roast rather than a fast-food alternative.

Here at Coupland's we manufacture two types of dog biscuit – one for the working farm dog, the other to suit your family dog. Hence the names – Working Dog and Family Dog biscuits.

Coupland's Animal Foods is a second-generation family owned business. Established in 1991, we are one of New Zealand's longest serving animal feed companies. Locally owned and operated and using locally grown ingredients, we sell a full range of animal foods both direct to farmers and through our drive-through retail store, priding ourselves on our quality and service.

Many of our products, including our dog biscuits, are now available online through our website [www.couplandsstockfeed.co.nz](http://www.couplandsstockfeed.co.nz)




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A Nutritious & Healthy Diet Suitable for All Breeds.



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# Polly's Patchwork

Polly's Patchwork has recently opened right beside its sister store, Mint, in Fairlie. Rebecca Kerr owns both businesses. "You may be asking where the name Polly came from? Years back dad called me Polly as my nick name". When the original old Mint building was demolished to upgrade the area, Rebecca immediately saw the potential, and so the idea for a specialist patchwork store was born. This little store is

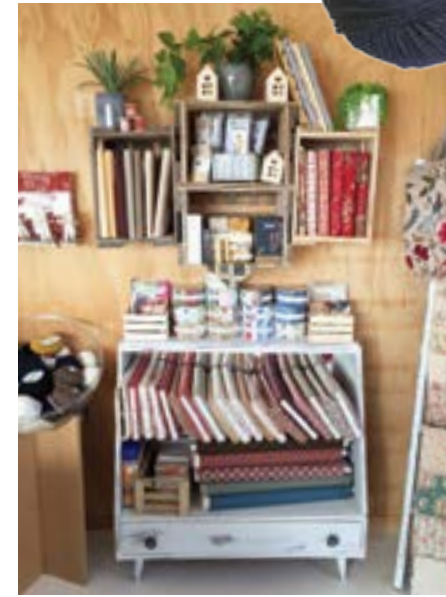


light and airy with its products attractively displayed.

Rebecca has always been keen on patchwork and Polly's Patchwork has a good selection of fabrics, cottons, buttons, patterns, DMC embroidery threads, tapestries and more for the keen sewer. Rebecca said her online sales are also proving popular. In the future she would like to run patchwork classes.

Products available will appeal to all age groups and there are some quirky gifts, such as the needle mender magnets and the Mt Dobson animals on skis. Embroidery books are also available as well as a small jewellery selection. Why don't you come in and browse to get some ideas for that needlework masterpiece, be it a patchwork quilt, a bag, a wall hanging or an item of clothing? You might surprise yourself!

Polly's Patchwork is open every day from 10.00am until 4.00pm and is found at 72 Main Street, Fairlie. Products can also be viewed on Facebook and our website [www.pollyspatchwork.co.nz](http://www.pollyspatchwork.co.nz)



Handmade Rings, clockwise from bottom left: Citrine \$1,495  
Morganite & Diamonds \$2,990  
Golden Sapphire & Diamonds \$2,995  
Mandarin Garnet \$245

ICE Flower Spring Nude \$199.90 ▶

Bering Ladies Ceramic ◀\$349

Pandora Rose Beads & Pave Bracelet \$269 ▼

Daisy London Bee Studs \$70 - \$110 ▶

Pandora Rose Acorn & Leaf Hanging Charm \$89  
Nino the Hedgehog Charm \$59

Pandora Rose Pink Murano Glass Leaf Hoop Earrings \$89

Daisy London Bee Ring \$90

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Blackstone Top \$129

Blackstone Top \$129 ▲

Mint Design Necklace ◀\$39

Tory Basic Slim Pant \$149

Plum Top \$149

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Necklace ▼\$25

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Handmade Sterling Silver Bangles FROM \$99

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Peacock Top \$139 ▼

Marco Polo Dress \$177

Necklace \$48

Marco Polo Pant \$135 ▼

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Kate Sylvester \$449 ▲

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Ph (03) 688 9791

# Get to know your local CANDIDATES

Local elections decide who is on your local council, regional council, district health board, and other important organisations in your area.

Meet your local candidates and learn more about what they stand for.



## JANIE ANNEAR

**What is your personal/professional/government experience and how does this make you the most qualified to serve as mayor?**

- 18 years in local government, 9 years as the previous Mayor.
- Awarded Officer of the NZ Order of Merit for services to Local Govt.
- An experienced Director in the public and private sector.
- A Member of Lotteries for 5 years distributing over \$100 million towards NZ community projects.
- Currently a Local Govt. Commissioner working with Councils all around NZ on efficiency and effectiveness, representation, boundary changes, and amalgamations.
- Currently Chair of the Local Govt. Commission's representational review board.
- Currently Deputy Chair of Ara Institute of Canterbury.
- Co-Owner Injury Management.
- Janie Annear Consulting.
- When I was Mayor we achieved the Tauranga Port partnership, lead NZ in recycling, strong economic development and promotion, strong rural urban relationships, award winning waste water upgrade that removed wastewater from our rivers, battled the Gangs and Legal Highs, Cbay, Mitre10, Caroline Bay upgrade, increased public art, cycle and walkways.

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!

**If elected name 1 short and 1 long term goal as mayor that you hope to accomplish in office?**

**Short Term:** Review and prioritise all capital projects so they can be completed on time and within budget.

**Long Term:** "A District that is affordable, dynamic, colourful, arty and fun, with caring people who respect the environment and each other, where innovation is embraced, businesses thrive and talent wants to live."

**If elected what 3 steps would you take to put our District on a firmer financial footing?**

- A steely eye on the Rates as I am very concerned at the forecasted 7% increase on our Rates for the next 2 years and a strong overview of debt levels.
- Better Council organisational performance and decision making.
- Being more innovative in finding other funding sources rather than just relying on Rates eg. Public/Private partnerships and Central Govt.

Authorised by Janie Annear, 21 Elmsdale Terrace Timaru. [www.facebook.com/janieannear](http://www.facebook.com/janieannear)



## NIGEL BOWEN

**What is your personal/professional/government experience and how does this make you the most qualified to serve as mayor?**

For the past 14 years we've run The Speight's Ale House restaurant, The Landing Service Conference Centre and, more recently, Street Food Kitchen.

I have been a Timaru District Councillor for 2 years in roles in Community Development and Audit and Risk.

I'm honoured to have served the community as a Timaru councillor, Chairperson of the Timaru CBD Group, board member on The South Island Master Games and Chairperson of South Canterbury Aoraki Football.

I'll be even more honoured to serve as your Mayor.

**If elected name 1 short and 1 long term goal as mayor that you hope to accomplish in office?**

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.

This will involve the governance team being proactive in reaching out and engaging with all our stakeholder groups.

My long term or medium goal is to push for CBD revitalisation and further Caroline Bay Development.

These tie together as it is key that our CBD has good linkage to one of our biggest assets. This again requires a conversation with the community on what they want in their CBDs in Timaru, Geraldine, Temuka and Pleasant Point to look like into the future.

We have a real opportunity to have a fresh modern revitalised district that is user friendly for people of all ages.

**If elected what 3 steps would you take to put our district on a firmer financial footing?**

- Currently the dividend paid from TDHL is used by Council to soften Rates by just over \$100 per household per annum.
- A more financially prudent way of using this money could be to directly pay down debt or borrow less for key infrastructure renewals.
- There would need to be a stepped approach out of this practice to have less effect for those on fixed incomes.

Authorised by Nigel Bowen, 69 Elizabeth Street Timaru. [www.facebook.com/nigelbowentdc](http://www.facebook.com/nigelbowentdc)



## GORDON HANDY

**What is your personal/professional/government experience and how does this make you the most qualified to serve as mayor?**

With any business there needs to be clear leadership from the top, that leads by example, inspires a team dynamic and respects individual's strengths.

This was my focus over the 40 years that I owned and managed Gordon Handy Machinery. I worked hard to establish an empowered management team and a strong governance structure.

While people may question the fact I am not currently involved in Council, it enables me to offer a fresh approach – untainted by past issues, relationships and agendas. My governance experience within numerous organisations provides me with the skills and personal understanding of the needs across our community.

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.

**If elected name 1 short and 1 long term goal as mayor that you hope to accomplish in office.**

We need to make it easier to do business – to motivate investment and stimulate opportunities for growth.

With this in mind my short term goal is to ensure that we have the core services and infrastructure in place to make our region resilient and fit for the future.

Longer term, we need to focus on attracting younger rate payers to our district. This could include driving industrial programmes to attract young people into the workforce, to releasing land for development.

**If elected what 3 steps would you take to put our district on a firmer financial footing?**

- 1. An action-based, long term approach to repairs and maintenance.** Our infrastructure is old. We must start replacing it instead of wasting money and 'patching' until the next election.
- 2. Greater efficiency and collaboration.** An information funnel approach enables more open collaboration and diverse viewpoints by reducing Council committees and utilising existing skills within our community.
- 3. A more diverse rate payer base.** Attracting young families with good employment opportunities, affordable housing, and safe facilities is vital to the on-going development and success of our region.

Authorised by Gordon Handy, 40 Rolling Ridges Road, Timaru. [www.facebook.com/gordon.handy.31](http://www.facebook.com/gordon.handy.31)

## RE-ELECT PETER BINNS



- Doctor - Previously Orthopaedic Surgeon at Timaru Hospital.
- Long experience in medicine and service on your Health Board.
- Concerned to maintain robust Rural Services and to meet the health needs of South Canterbury's aging population.
- Passionate about safeguarding and improving local Health Services.
- A strong advocate, seeking your support for re-election.

Authorised by Peter Binns, Normanby R D 1, Timaru.

**Jared Ross**  
Environment Canterbury  
REGIONAL COUNCIL  
South Canterbury Otuhituhi

Fresh perspective

Authorised by Jared Ross, 446 Piri Road, RD 5K, Dunbar

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

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

## Vote Michael Boorer

For Council and the SCDHB

**If you want:**

- Financial Accountability
- A Community-connected Organisation
- Efficient & Effective Governance
- Open & Transparent Communication

**From someone who has:**

- 17 Years Local Authority Experience
- 6 Years Health Board Experience
- Financial Management Skills
- Time to devote to the Community

**Vote for Michael Boorer Working for your Community**

Authorised by Michael Boorer, 488 Spur Road, Rosewill, Timaru

# Saying Goodbye is Important

More and more people in New Zealand are choosing a no-frills direct cremation for their loved one, or following their loved ones wishes for this. South Canterbury Funerals see first-hand how important saying goodbye is, so have created a space in their new premises at 2 Latter Street, Timaru, for families opting to mark the occasion with a simple and dignified service to say goodbye, while avoiding the extra expense of a full funeral service.



Gary Burtenshaw, of South Canterbury Funerals, says of their decision to provide this modern, customised space and the trend towards direct cremations: "Down the track, families can find they have not grieved properly and really struggle. A funeral service, even a small private family gathering, often starts the grieving process. We wanted to create this unique space for the families of South Canterbury to use, to help them say goodbye, on their terms".

Funerals are for the living; they provide us with an opportunity to say our goodbyes, to be with people to give and receive support and to reflect and share the memories of the life of someone we have lost, who mattered to us. When someone we love dies, the funeral is not for them, it's about them. The funeral is

for everyone who knew, loved and was connected to that person. Its significant therapeutic value for those left behind is widely recognised.

Gary is happy to show any interested families around the new facility as well as talk about pre-arranging or pre-planning a budget friendly, on your terms, service at his office at 2 Latter Street, or in your home. You can contact him on 03 684 9090, office@scfunerals.co.nz or visit the website [www.scfunerals.co.nz](http://www.scfunerals.co.nz) for more information.

We invite you to our open day on the 22nd September, 10am - 2pm. Come and look around, have a chat and enjoy some refreshments and nibbles.

As a long established provider in South Canterbury, we pride ourselves on our experience, compassion and knowledge of all aspects of funeral care and we know how to help families who wish to give the perfect send off, at an affordable price. We have great relationships with our suppliers and low overheads, so can pass these savings onto our families that we care for. We are proud to offer our honest and dignified services for the most affordable prices in Timaru, while

providing the very best in care for your family and your loved one.

South Canterbury Funerals has recently moved to a modern new location where we can offer the perfect private family farewell at 2 Latter Street in Timaru. We can also officiate a service at any location of your choice including the historic church on Bank Street that we were previously based in.

**SOUTH CANTERBURY FUNERALS**

2 Latter Street, Timaru • Ph 03 684 9090  
office@scfunerals.co.nz • www.scfunerals.co.nz





Jakar Gardens is a unique and whimsical wonderland that tickles the young and even better — the young at heart.

Located on Hedley Road, a stone's throw from the airport, this hidden oasis is the perfect place for your next lunch date!

From the 20th of September, Jakar Gardens is open for pre booked groups every Friday between 11am – 2pm for group sizes from 4–25 people.

With no café on the premises, lunches are made by an outside caterer therefore bookings are essential.

Arrive, enjoy the many spellbinding pathways that make up the gardens, help yourself to a tea/coffee, then find a place to perch and enjoy your pre-ordered meals.

Chill out, relax and enjoy our little piece of paradise for only \$27.50 per person.



- SET MENU OPTIONS**
- Pasta Choices: Chicken and Bacon  
Lamb and mint
- Salad Choices: Broccoli  
Potato  
Leafy Greens  
Beetroot
- Toasted Sandwich (3 fillings)  
Chicken Filo with salad  
Veggie Quiche with salad  
Bacon and Egg pie with salad  
Egg Benedict  
Chowder and Bun  
Burger and Wedges
- Fruit Smoothie with Cheese Roll  
Sweet & Savoury platter for 2



Contact Maria today to book!  
maria@jakargardens.co.nz  
Ph 021 0359411 or 03 6882100



## The Timaru Home & Lifestyle Show

September's The Timaru Home and Lifestyle Show has a focus on sustainable living, and is a must see event for home and lifestyle enthusiasts.

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

Event organiser, Chris Thomas, says "The show is for all new and existing homeowners, those who want to improve their home, add real value, carry out renovations, and those who are thinking about redecorating, installing new appliances, or even upgrading their outdoor facilities.

A key theme for the show this year is sustainability, so it is particularly useful for those who are interested in a more sustainable lifestyle; offering products and services that can help reduce our impact on the environment.

This ranges from simple concepts like recycling and reusing products, through to the trends for electric vehicles and

bikes, generating power and growing your own food."

Discover new trends and innovations, talk to the experts, find inspiring ideas and take advantage of exclusive show specials for building, renovating, decorating and landscaping for every taste and budget at the three day event held on September 13, 14 and 15.



**All the latest ideas, trends and inspirations**

[www.timaruhomeshow.co.nz](http://www.timaruhomeshow.co.nz)

**THE TIMARU HOME & LIFESTYLE SHOW**

**13, 14 & 15 SEPTEMBER**

**SOUTHERN TRUST EVENTS CENTRE, TIMARU**

# Destination

## South on Stafford

### Something old, something new, something on the South of Stafford for you!

Breathing new life into the South end of Stafford Street, where confidence is growing with plenty of building renovations, new shops opening and existing businesses offering service with a smile. But don't take my word for it, come and see for yourself.

Timaru's South-end has some amazing shops. It's all on offer in the lower part of Stafford Street with a traditional barbers, healthy options and advice, delightful unique gift boutiques, antiques and collectables for the eclectic personality,

or why not channel your musical ability and learn an instrument? The latest studies say it's very beneficial for your mental health. Design and create that special one-off outfit or that timeless gift made with love. Take the hassle out of your book work and get your accounting sorted. Kick back and relax in one of the fabulous eateries where you're spoilt for choice, and check out the trendy fashion stores where you can 'Step Out onto Stafford Street South' looking and feeling fantastic.



### ABSOLUTE FLOWERS

Absolutely Timaru's best florist bursting with fresh flowers, everlasting, living gifts, helium Balloons and so much more.

High quality, artful flower design suitable for any occasion, backed by service that is friendly and professional. Locally owned servicing Timaru, South Canterbury and World-Wide. Delivering several times throughout the day ensuring the freshest of blooms are always delivered.

Awarded "For outstanding contribution and for being one of the Top 10 Florist in Teleflora Network 2017 - 2018".

Let Absolute Flowers be your first choice for Flowers. They will always go the extra mile to make your floral gift perfect.

Pop in or order online.

Mon - Fri 9am - 5.30pm, Sat 10am - 1pm, Sun /after hours by appointment.  
183 Stafford Street, Timaru  
Ph: (03) 688 8062 or Free phone 0800 909 096 [www.absoluteflowers.co.nz](http://www.absoluteflowers.co.nz)



### ARTIKEL & SWINT

Artikel & Swint are a full-service, South Canterbury owned Advertising Agency specialising in the Agribusiness and rural based sector. With offices in New Zealand's core Agribusiness hubs – South Canterbury and Waikato, we work with clients across New Zealand and Australia.

Artikel & Swint is a full member of the Commercial Communications Council of New Zealand and are proud to be an official judge for NZ's premier communication awards - The 2019 Effie Awards.

If your marketing needs a strategy, contact the team at Artikel & Swint.

**artikel & swint**  
STRATEGIC MARKETING & DESIGN  
Level 1, 156 - 158 Stafford Street, Timaru  
Phone: 03 683 1833



### ORLANDO FASHION

Orlando Fashion is a New Zealand women's lifestyle fashion brand, offering new styles weekly to stylish women in New Zealand and beyond!

Our retail HQ is located at 175 Stafford Street. We have recently relocated our manufacturing to Timaru and established our own in house design and manufacture team. This enables us to efficiently supply our 30 plus stockists around New Zealand.

With new styles and old favourites produced weekly, we aim for effortless everyday lifestyle pieces you will love to wear season after season!

With a focus on sourcing gorgeous prints, the result is unique yet timeless quality nz made style.

Support nz made - shop instore or online - [orlandofashionion.co.nz](http://orlandofashionion.co.nz)

175 Stafford St  
Ph 0800 FORSTYLE  
[orlandofashion.co.nz](http://orlandofashion.co.nz)



### TIMARU SEWING CENTRE

Summer sewing is fast approaching!

For a cool lightweight garment try a cotton lawn or a flowing rayon in an amazing print, while a woven cotton spandex will create a more structured skirt, dress or jacket.

The fashion colour of mustard is slowly giving way to hues of greens, especially emerald tones.

If you prefer natural fibres, linen or linen/cotton mixes in plains, crinkle or prints of shapes and stripes are timeless.

Making gifts is becoming so much more popular, it gives a two-fold reward as you have the enjoyment of creating the gift as well as giving it. Think easy to create patchwork baby cot quilts, Christmas stockings, knitted projects and more.

Lastly, remember that any type of sewing or creativity is good for the mind and the soul!

158 Stafford Street, Timaru  
Ph (03) 688 6764  
[www.timarusewing.co.nz](http://www.timarusewing.co.nz)



Flower Puss Diamond Dotz \$85.90

DMC Amie Soft Cotton \$15 per ball, \$5 per pattern

JANOME Skyline S7 - back due to popular demand Special \$2,699 (rrp \$3,999)

**TIMARU SEWING CENTRE**

# WIN WIN WIN!!

Now there is even more incentive to purchase your curtains with



Over the next 3 months whenever you confirm your curtain order over \$1000 with Maree Hynes Interiors, or spend over \$1000 in store or online, you will automatically be in the draw to WIN a trip to Australia for 7 nights!

We will be hosting an evening of celebration and late night shopping just before Christmas when this wonderful prize will be drawn. You will have to be at this event to claim this prize.

Conditions Apply.

**20% off  
Selected  
Fabrics**

**Ask us  
about  
our FREE  
LININGS**

**FREE  
measure  
and FREE  
quote**

**15% off  
Luxaflex  
Roller  
Blinds**



## BEDDING SALE NOW ON AT MAREE HYNES INTERIORS

September is BEDDING month and we have slashed prices on all our bedding including:

Throws, Comforters, Duvets, Euro Pillowcases and Quilts!

Be into our showroom at 19 Theodosia Street Timaru to purchase yours TODAY!

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](http://www.mareehynesinteriors.co.nz)

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## Safer vehicle choices are affordable

It is shockingly common that people have a very limited understanding of safer car choices. Too many people are still selecting cars based on its performance alone.

If people realise how many crashes happen on our roads, they would review their choices. As our roads become increasingly busy, and the road users are more diverse, the risk increases.

Small cars are over represented in fatal or serious injury crashes. We could argue that everyone should be alert when travelling, but that is unfortunately not reality. As humans, we are vulnerable because there are too many things that affect our concentration and abilities.

Research that Mackie Consultants had done for the AA Research Foundation a few years ago, shows that a small portion of crashes actually happen because of "reckless" driver behaviour. Their research showed that the majority of crashes happened when drivers were driving normally.

One of the actions the World Health Organisation recommends is that we should work towards operating a safer fleet. This is also one of the proposed actions for the latest New Zealand road safety strategy.

We know that crashes will happen. Our challenge is to manage the outcomes of crashes, so they do not end in fatal or serious injuries.

"Your choice of car can make all the difference if you are involved in a crash. Our Used Car Safety Ratings provide you with a crash safety rating that shows how well each vehicle protects its driver from death or serious injury in a crash.

So if you are thinking of buying a car, check out its safety rating. There are lots of safe, less expensive cars to choose from. In fact, some of the most affordable used cars are among the safest. A vehicle with a 5-star rating is the safest option.

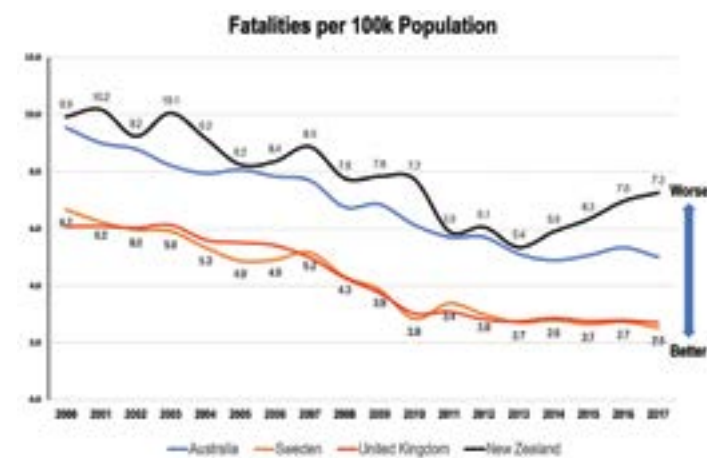
Some vehicles can significantly reduce your chance of being seriously injured in a crash, and even can help avoid a crash altogether. Your vehicle also needs to offer good protection to other road users, such as people walking and cycling, if it collides with them, Rightcar website ([www.rightcar.govt.nz/used-car-safety-ratings.html](http://www.rightcar.govt.nz/used-car-safety-ratings.html)).

"When using a vehicle for work, we need to consider the vehicle an extension of the workplace. Just as we provide employees with a safe workspace in the office, factory, or worksite, we must also provide them with a safe vehicle." Australian New Car Assessment Programme ([www.ancap.com.au/safer-rides](http://www.ancap.com.au/safer-rides)).

In New Zealand, the number of work place related crashes make up twenty five percent of all crashes.

Some fleet supply companies like Fleet Partners offer late model 5-star rated vehicles fit for purpose with a full maintenance plan for under \$300 per month. This cost is fully tax deductible and for that, your staff enjoy the protection they deserve.

In the same manner business owners actually contribute to making our NZ fleet safer, because after these vehicles



are withdrawn from leases, they are sold to the public. At 14-years, NZ has the oldest fleet in developed countries and our high fatality and serious injury rate reflects that.

The safety of your staff on the road is in your hands.

Daniel Naudé  
Road Safety Coordinator

## WHO SURVIVES?

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1998 MODEL



CATASTROPHIC STRUCTURAL FAILURE.  
EXTREMELY HIGH RISK OF SERIOUS  
HEAD, CHEST AND LEG INJURY.  
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# ASK AN EXPERT

If you have a question you would like our panel of experts to answer please drop us a line at [info@essencemagazine.co.nz](mailto:info@essencemagazine.co.nz)



## Kate Le Leivre

Kate is Autoworld Timaru's Parts Manager and has been part of the family for 3 years.

**Q. Why are genuine parts important for your vehicle?**  
Genuine parts are crafted by the vehicle's manufacturer and strenuously tested and developed to meet safety, high quality and performance standards.

When your vehicle requires replacement parts due to a crash or servicing or just routine maintenance, it's advisable that genuine parts are fitted. Genuine parts are new and warranted/approved by your vehicle's manufacturer.

Non-genuine parts might look like the real thing, but they have not been made, selected or approved by the maker of your car. They haven't been through as many thorough tests as a genuine component will have been by the manufacturer.

Non-genuine parts can't necessarily promise the same quality and safety points that come with a genuine part but there may be times when aftermarket parts are required due to the manufacturer no longer being able to supply genuine parts due to the vehicle age and/or demand.

**Q. What are the benefits of using genuine parts?**

**Easier to choose your part:** If you go to the parts counter at a dealership and ask for any part, you will usually get one type. You don't have to worry about assessing the quality of different brands and prices.

**Greater assurance of quality:** The genuine part should work exactly as the one you are replacing. It is what the vehicle was manufactured with and provides peace of mind in its familiarity and performance.

**Comes with a warranty:** Genuine parts come with a Factory backed warranty. Usually this is based on the timeframe and mileage the part has done after fitment. If within the required constraints, the distributor will assist with replacement.

Autoworld Timaru are suppliers of Genuine parts for various models including Kia, VW, Skoda and Nissan. Make us your first point of call for any of your parts requirements.

**AUTOWORLD TIMARU**  
6 Sefton Street, Timaru  
Phone: (03) 683 1215 or FREEPHONE 0508 AUTOWORLD  
[autoworldtimaru.co.nz](http://autoworldtimaru.co.nz)



## Robyn von Pein

All things web, design & marketing

**Online Marketing**

Now is the perfect time to plan your online marketing strategy for Christmas and we are here to help. Nearly all can be planned and scheduled now so sit back and enjoy your stress-free marketing countdown by simply pre-planning it.

**Promotions**

December is the month where most offers exist in almost all sectors. In order to penetrate the market you need to think about some online promotions that help you to attract your customers and encourage purchase. Incentives to up-sell like buy X get Y discounted or buy X & Y then get Z free or use code XXX and receive free freight but limit the time so it is a now or never offer. Add these onto a Master Plan calendar.

**Social Media**

As your bricks and mortar shop will be full of Christmas decorations, make sure your website emanates the Christmas spirit as well, the visual identity is the main contact that customers have with your brand. So prepare your images for website and schedule your social networks posts with details alluding to Christmas. For this you can create special Christmas icons, adapt your logo, designed images, add effects, etc. and schedule dates to post & boost fresh content as well as the planned incentive deals. Re-targeting attractive incentives advertises linking directly to products to your specific targeted market. Make it enjoyable and easy to buy with direct links to products - don't have them searching everywhere for the very products you just put in front of them on Social Media.

**Email Campaigns**

Newsletter campaigns can be very effective as they are your existing customers from the beginning but remember that the messages must be short, clear and very creative! So create and schedule weekly newsletter campaigns throughout the couple of months to announce Christmas promotions and offers to them first - again with time limits on offers.

*If you need help no worries just give us a call for a free half hour consult.*

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[www.spfwebsites.co.nz](http://www.spfwebsites.co.nz)



## Jamie Crilly

Jamie knows that helping clients with their pets starts with providing a good understanding of health care issues and treatment options.

**Q. What is the fastest way to get rid of fleas on my cat or dog?** Use a high quality flea prevention, such as Advantage or Bravecto. Both have a high efficacy rate and Bravecto even lasts up to 3 months in 1 dose. This makes it easier on you and your pet as well as tying in well with worm preventions. With the changes in the weather that we have been experiencing, flea problems are expected to continue to be more of a problem. Unfortunately while home remedies might appear to work, some can cause harmful effects on your pets and most only repel the fleas while in small numbers. Vet supplied products will always be the best to use.

**Q. How often do I have to bring my cat/ dog in for its vaccinations?** For most adult cats and dogs, the typical vaccines are suitable for 3 years. Depending on the risk factors and other outside influences, it may be recommended that more frequent dosing is required eg. Cats going into catteries need to have their vaccine within the last year. If your dog is going into kennels, they will need to have the Kennel Cough vaccine up to date which is a yearly dosing. This is also highly recommended for dogs that have regular contact with foreign dogs. Puppies have a different regime for vaccinations and should be enquired from the vet.

**Q. What age can I get my pet microchipped? If it's an old cat/dog do I still get it microchipped?**

Pets can be microchipped at any age, but due to the size of puppies, it is often left till their last puppy vaccinations around 12 weeks. It is never too old for your pet to be microchipped and is necessary for council registration. In NZ we have an organisation NZCAR that oversees a nationwide database for microchipped pets. This is a one-off fee of \$15. All councils, vets, registered animal rescue organisations have access to it.

**Q. What does it mean if my pet is drinking heaps of water?** Drinking heaps of water is often a tell-tale sign of your pet needing to see the vet. It can mean that the kidneys are working too hard, kidney disease is beginning to occur, or that your pet is dehydrated. Call the vet when you pet is drinking heaps of water consistently.

9 Latter St, Timaru  
Ph (03) 746 4144  
[www.familyvet.co.nz](http://www.familyvet.co.nz)



# ASK AN EXPERT

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## Leanne Prendeville

Leanne believes the most rewarding part of being an agent is helping improve people's lives when buying and selling properties.

**Q. What to consider when selling/purchasing?**

This can be a very stressful experience and a decision that you should consider carefully before embarking upon, also it can be an exciting time!

The right choice or real estate agent and financial advisor can have a big impact on the whole process, working with a company that can incorporate both from the start will help you to have this process speed up and can make for a smooth transaction.

**Q. Why Mike Pero Real Estate?**

When you decide it is time to sell your home, you need to do research and pick the best agency to represent you and your property. Recommendations from friends, family and your solicitor are often the best advice givers. Our team at Mike Pero are helpful and friendly, we are easy to talk to and to discuss your options with.

Our fees are competitive in today's market and we have a smart marketing package. We are a one stop shop, Real Estate - Mortgages - Insurance.

**Q. What to consider when selecting an agent?**

You need to feel comfortable with your agent and know they will get you the best possible outcome, these agents are well worth their weight in gold!

You don't always have to pick the agent who has given you the highest appraisal when you know they are only doing this to get your listing, always go with your 'gut feeling'.

**A Real Estate myth - All agents are the same**

This is a common misconception among buyers and sellers, the facts - No two agents are the same nor is their approach to Real Estate. The public often tar all agents with the same brush without really taking the time to study the difference in their approaches, presentation and personal achievements.



265 Stafford Street, Timaru  
Ph (03) 688 4164 [www.timaru.mikepero.com](http://www.timaru.mikepero.com)



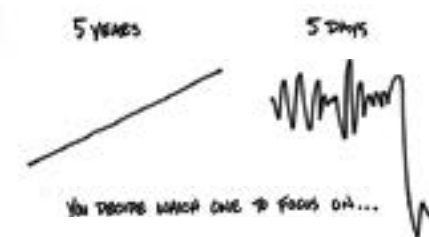
## Emily Wheatley

Is an Authorised Financial Adviser in Timaru and sees the difference that financial stability and success has on people's lives.

**Q. I am looking at retiring in 5 years' time at which stage I plan to draw an income from my KiwiSaver. This month my KiwiSaver has dropped \$8,000.00. Should I move my money to a cash fund? - Chris**

Over the last 10 years we have had remarkably low volatility compared to historical standards, so when markets move it reminds us that markets are volatile. Last month saw increased volatility in the markets and this can cause different degrees of angst for investors.

As I do not have details of your personal situation, let's assume that you would like to use your KiwiSaver for income over retirement. When drawing an income over an extended period, a long-term view of investment would be taken.



Long-term investing doesn't happen by accident. You need to understand your goals, investment, timeframe and risk tolerance. Then when markets fall, you should be better prepared and be able to focus on the things that matter and ignore the noise. It would also help if you know where your KiwiSaver is invested and what your provider's investment philosophy is. Is your KiwiSaver well diversified? Does your KiwiSaver provider have a plan to manage downside risks?

A good adviser will help you understand your investment, assess your risk tolerance and help you chart a course accordingly. If you haven't written down your own plan, speak to an adviser to support you with this.

A disclosure statement is available on request and free of charge.



Ballantynes Building 7 Canon Street, Timaru  
Ph (03) 03 372 1900 | M: 027 519 1898  
[www.lifetime.co.nz](http://www.lifetime.co.nz)



## Tim Bean

Partner at Performance Health Club and International Speaker on Corporate Health. Our passion is to teach people how to age well by keeping their body and brain in great shape.

**Q. Help I am overweight and just starting out but find it all too complicated.**

Make it simple; just remember "The Power of Eight": 8 hours sleep, 8 coloured vegetables, 8 glasses of chemical-free water, and 8,000 foot strikes a day. Oh, and cut back on sugar - one glass of wine is equal in calories to a cheeseburger! A high sugar / carbohydrate diet causes wear and tear on your DNA making you older, faster!

**Q. I do aerobics and cycle, isn't that enough?'**

Our aim is to give you the tools for fantastic ageing where you will be fit in all dimensions. Aerobic exercise is great for cardiovascular fitness, but it won't make you strong, or improve your metabolic rate. We see marathon runners with trim legs, but flabby, underdeveloped upper bodies and thinning bones.

The worst possible scenario would be to live to an old age only to find yourself too feeble to remain independent. Strength training kick-starts fat burning. In fact, top athletes will always include hard resistance training to improve their performance and prevent injuries.

**Q. I am too busy to exercise and eat well.**

Keeping your body lean, fit and functional is no job for the uninformed or careless. Doing it well requires an understanding of the body, good eating practices and exercise habits. The results are immeasurable - more energy to get things done, happier moods, radiant health, agelessness, a disease-free body and high achievement. Disease and illness take away your time - and your money!!

**Q. How do I start?**

Try our **Spring Fling Special - 90 days for 90 dollars** - a wonderful special trial membership (exp.21 Sept) You'll feel right at home - we have a spacious club, amazing team, plus a terrific bunch of members!

## Performance Health Club

1 Heaton Street, Timaru Ph (03) 684 6664

## Roger Patterson

Roger has had the Novus Franchise for the South Canterbury region (incorporating the larger region from the Rangitata river to Mount Cook, Twizel, Otematata, Kurow, Waimate and everywhere in between) for 17 years.



**Q. Does Novus repair make the break totally disappear?**

With any chip repair the earlier it is repaired the better, there may at times still be a slight blemish that is visible from certain angles.

**Q. How long does it take to repair?**

A chip repair can take approx. 30mins and can be done either at our workshop or mobile by our technician.

**Q. Can I drive immediately after you have repaired my windscreen?**

After a chip repair your vehicle can be driven straight away.

**Q. After the replacement how soon will I be able to drive my vehicle?**

After a windscreen replacement the vehicle may need to sit for a minimum of an hour if it has a glued in windscreen or if a rubber fit then the vehicle can be driven straight away.

**Q. Can you bill my insurance company?**

Yes, the majority of Insurance companies allow us to put the insurance through on behalf of the customer as long as we have policy numbers.

**Q. Can you replace my windscreen at**

**my home or work?**

Most vehicles we are able to offer a mobile service to either a home or work address, these can be weather dependant and some vehicles are better suited to be done at our workshop in Timaru.



21 King Street, Timaru  
Ph (03) 684 8940 [www.novusglass.co.nz](http://www.novusglass.co.nz)

## Peter Sprague

Peter has returned to South Canterbury Toyota as a senior tech this year and has 30 years' experience in the automotive industry.



### Why do I need to service my car so often?

Many car owners think dealers want to over-service your vehicle to make more money. A 12-month interval seems too soon especially if you've only driven 5,000kms since the last service. But it's the manufacturer who recommends these intervals and for good reason. Without regular intervals it's more likely your vehicle will develop small defects which can cause bigger costs down the track. Oil deteriorates not only through use, but also over time and after 12 months no longer provides optimum protection for your motor which increases the risk of problems later on. The same applies for filters and other fluids.

Most of us these days have busy lifestyles, and many find the financial burden a good reason to skip a service. But this can cost you more time and money down the track.

How much do you rely on your vehicle in your everyday lives? It's amazing that so many of us just expect our cars to never break down but won't ensure it's maintained to provide that reliability especially when most family's lifestyles these days are dependent on the family car or SUV.

In addition, almost every manufacturer has its own dedicated electronic test equipment

that is specific to its range of vehicles. Such tools are needed to diagnose the car's computer, find intermittent faults and to perform computer software upgrades to overcome specific issues. Such equipment is very expensive and available only to dealers.



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# South American Splendour

words: Gilly Oppenheim

Walking in the Amazon rainforest, climbing up to the magnificent Machu Picchu ruins, bargaining for beautiful alpaca knitwear with colourful Andean Indians, traversing the torrents of the Iguazu Falls, swimming on Copacabana beach and dancing the samba in Rio and the tango in Buenos Aires. Just some of the highlights of a recent three week trip to four South American countries.

We flew from Lima to Puerto Maldonado, a rather ramshackle little town and the capital of biodiversity in Peru. From here we were ferried by motorised boat to a stunning eco-lodge on a tributary of the Amazon – the Madre de Dios. Our accommodation was rustic chalets on stilts because of flooding, nestled in lush tropical gardens with hammocks overlooking the river and cheeky little spider monkeys and colourful birdlife abounding. We walked in the jungle with an excellent interpretive Quechua Indian guide. He had a wonderful knowledge of the flora and fauna and the giant ficus trees with buttress roots weren't unlike our huge kauri trees in Northland.

Our next stop was Cusco in the Sacred Valley. It is a lovely old Inca town at 3,400 metres and is well-known for its archaeological remains and Spanish colonial architecture. The central plaza had lovely arcades, carved wooden balconies, Inca wall ruins and the most gigantic cathedral, which was very ornate and full of treasures – canvas oil paintings, much gold and silver and beautiful wooden carvings. From here we also visited Saqsaywaman (pronounced 'sexy woman') which had been an Inca fortress and the ancient town of Ollantaytambo, which was built by the Incas in 1537 and was a wonderful archaeological complex.

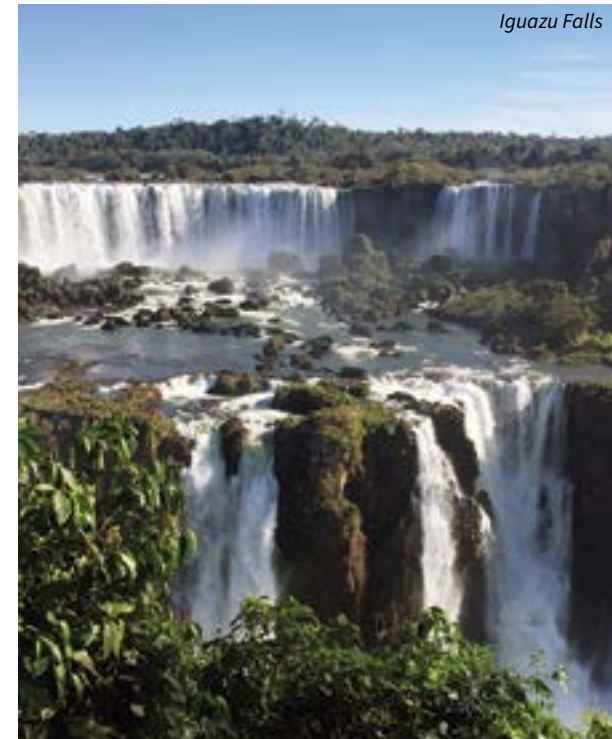
We then took the Vistadrome train through spectacular scenery along the Urubamba River valley to Aguas Calientes at the foot of Machu Picchu for what proved to be the highlight of this trip. The queues were horrendous as 7,000 tourists a day visit the ruins in the high season and 500 hikers walk the Inca Trail which takes 4-5 days. On Sundays local Peruvians can visit the ruins for free, and it was Sunday, so it was busy! Machu Picchu means 'old mountain' and these ruins, built in 1438 lay undiscovered by the Spaniards for centuries, until Hiram Bingham found them in 1911. They are an extraordinary example of architecture and engineering. About 60% are original and 40% have been restored. Very steep forested hillsides have a sheer drop into the valley below and towering peaks are all around. It really is a magical place and quite spiritual. I was very glad of my altitude gym training and I coped well with the altitude apart from a slight headache. Chewing on coca leaves and drinking coca tea also helped!

Our next adventure was a ten hour train trip through quintessential Andean landscapes from Cusco to Puno

in a lovely old 1920s-style Pullman train which had an open-air observation carriage at the rear. We climbed to the dizzying height of 4321 metres at La Raya (Mt Cook is 3724 metres). The landscape was not unlike our Mackenzie country with snow-capped peaks surrounding the flat Altiplano and acres of brown tussocks. The difference was the typical farming communities with crumbling adobe buildings and small herds of llamas, sheep and cattle, some in little stone-walled enclosures. Puno lies on the shores of Lake Titicaca, reputedly one of the most traditional and conservative places in South America, and also one of the most touristy!

Bolivia is the poorest, highest and most undiscovered of all the Latin American republics. It is a country which never fails to surprise – where the women wear bowler hats, where coca leaves are the staple diet, where a navy is maintained in a landlocked country without a sea, and where dried llama foetuses are sold in the witches market!

Lake Titicaca is the world's highest navigable lake with 60% in Peru and 40% in Bolivia. It has over a hundred floating manmade islands made of reeds, on which 3,000 people live in communities and depend on the lake for their living – mostly fishing and handicrafts. These islands are anchored by logs and are connected to each other by ropes. If there is a dispute in a community, they can simply cut you free and you have to anchor elsewhere!



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