

# essence

essentially...south canterbury



**6** Home & Garden  
In love with  
Log Homes

Our local **11**  
Men in Business

# GET THE LOOK

Love Shopping? Then Shop Local for the greatest benefit. Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces; rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

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## contents

It was very much a case of Déjà vu with this issue. We were moments away from sending the pages to print for August when we went into lockdown which was exactly what happened last March. Luckily we have bounced back a little quicker this time and with luck many of our other small businesses will be able to do the same. It really does come down to supporting local. With that in mind we asked Di Hay, Operations Manager for Venture Timaru to send a few words on what we can do to help.

Here we are again – grappling with Covid 19 Alert Level changes and trying to make the best of it.

At Venture Timaru we're doing our best to remind everyone that buying local helps support local businesses and saves jobs. It's really important to think of this whenever you go online to make a purchase – can I buy this item or similar from a local business? It really does make a difference.

Last lockdown we set up the business directory www.buylocalsc.nz, now we've reignited this

and are reminding people to check it out and find the services and products available at local businesses. This directory spans all of South Canterbury. It's free for businesses to sign up to and easily accessible.

SCOFF (South Canterbury Outstanding Food Festival) – change of date

We've made the decision to push the start date out for our SCOFF event, now due to kick off Friday 24 September – through to Sunday 3 October.

With the uncertainty of changing Alert Levels this will give eateries time to prepare and hopefully we'll be operating in Level 2 at least! Keep a watch on Instagram and Facebook and at www.scoffsc.nz to see what eateries near you are serving a SCOFF special, then when the time comes, go and support the eateries. Our hospitality businesses have a really tough time when lockdown occurs, so if we want these businesses to survive, we need to support them. Last year SCOFF was a huge success and made such a difference to the eateries – this year we're counting on everyone to get behind it again.

Kia kaha,  
Di Hay

Enjoy our stories in this issue and fingers crossed we avoid another Lockdown and stay safe and well. Dorothy, Pat, Liz and Larnya.



Cover

This month's gorgeous cover is from Maree Hynes Interiors. They have some great deals on at the moment with up to 70% off curtains.

## Artma Spiritual Gallery Crystals

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ACCREDITED VILLAGE OF THE RVA

## Business After 5

Timaru District Council hosted the most recent Business After 5 on the 28th of July. Mayor Nigel Bowen and Paul Cooper spoke about the local Civil Defence and Three Waters, as well as other projects the Council is working on for our community.



1. Duncan Bourne and Leonie Rasmussen 2. Mary Shaw and Juanita Maxwell 3. Stacey Gallager, Janet Hogan and Stephen Rackstraw 4. Leola Wilson, Michelle Robertson, Clare Tiplady and Nicole Kilgour 5. Anne Glendining and Brian Walters 6. Andrew Dixon and Darren Mitchell 7. Daniel Naude and Lucas Schempers 8. Hugh McCafferty and Viki McKenzie

## Blank Space Label

Blank Space hosted an exclusive launch evening to introduce his very own Blank Space Label. Ben Dobbs has worked very hard to make his dreams a reality – this was a great night celebrating with drinks and nibbles.



## Timaru Welcomes New Denture Clinician

The Timaru branch of Duchenne is delighted to welcome Jeevan Sapkota as their new Denture Clinician.

Jeevan has most recently been working as a clinician in Auckland and has returned to Christchurch to be closer to his family. He is highly qualified and experienced having graduated from the University of Otago in 2015 with a Bachelor of Dental Technology and then in 2018 he studied and completed his Postgraduate Diploma in Clinical Dental Technology.

Jeevan delights in his work, using his knowledge and experience of dental technology to bring smiles and new found confidence to the faces of his patients and is looking forward to getting to know his Timaru patients. He carries out all forms of denture work, including implants and digital denture work and is highly dedicated to providing the most appropriate and carefully considered treatment and care to his patients.

"I am really happy to have joined the Duchenne team, it has an outstanding reputation and the latest technology and that means better treatment for patients."



Timaru Dental Care in conjunction with Duchenne Denture Specialists welcomes Jeevan Sapkota to the team. Jeevan is at our clinic in Timaru every Monday from 9am to 2pm.

If you are concerned about your teeth and thinking of dentures speak to us and we can schedule you a free consultation with Jeevan.

50 Church Street, Timaru • P. (03) 684 3451 • E. timarudentalcare@xtra.co.nz

## DON'T MISS OUT

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- Do you find yourself easily exhausted or lacking energy?
- Do you have difficulty relaxing or sleeping well?
- Are you experiencing shortness of breath or feeling more breathless?
- Has your balance and coordination been affected?
- Has your diagnosis or treatment affected your ability to take part in activities and hobbies that you loved?
- Are you struggling to get back to work or manage with tasks around the house?
- Do you feel weaker or stiffer in your muscles and joints?
- Do you have new difficulties with your bladder or bowels?
- Do you feel stuck about how to be more active or get back to exercising?

We can help with that. If you know someone who has been diagnosed with cancer, encourage them to get in touch today.

**We are not open for face to face over Level 3 and 4 but are open for telehealth appointments.**

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SCAN ME





## In Love with Log Homes

*It was after the Kaikoura earthquake that Christine Hilton really fell in love with the idea of a log home. She met a couple who had been through the quake in their log home. Whilst their bed broke apart and windows smashed, the logs all stayed together and kept the place standing. They credited those logs with saving their lives.*

So when Christine returned to her home near Geraldine, she bought a 1 hectare section of Douglas fir trees, in Twizel, and started plans with an architect for a two bedroom log cabin. She then enrolled on a local log building course run by Graeme Mould of Natural Log Homes. "It's an international log building course and people come from all over to attend," she explains.

Using logs sourced from the local Geraldine forest, she set to work. It was a three week course and brought plenty of challenges not least of which was accurate chain-sawing and hand-peeling Douglas fir logs in 30° temperatures everyday and she had to juggle this with her work as a volunteer ambulance officer. But she thoroughly enjoyed her time working on her log cabin – and even got kitted out with a pink chainsaw and had the odd bit of help from her young grandsons. "They just loved the logs," she says with a laugh.

The full build of the home took six months from start to finish. Whilst the log cabin was started during the course, it was completed by the Natural Log Homes team which took around three months. "It's then put in a container with the logs all numbered and put together on site, like a jigsaw," says Christine.

Meanwhile the builder, Laine from High Country Carpentry, had already laid the foundations on the 1ha site.

The cabin now stands amid the Douglas fir trees at Christine's section. By day fantails flit around and by night the Mackenzie sky is a cluster of stars. Inside the finished log cabin, sunlight pours in and white, bright décor is balanced by the beautiful natural wood of the exposed logs. But they don't just look good - they are very strong,



very sturdy and also act as a great insulation, says Christine.

The home is now available for all to enjoy and bookable through Airbnb. But Christine has spent plenty of time enjoying the result of her handiwork and has clear memories of the very first night she slept in the cabin. "The first night sleeping here was amazing," she says. "The main bedroom is on a mezzanine level and with the windows it almost feels like you're in the trees and then there are all the fantails flitting about outside in the morning."

This truly is a unique home in style and location. "Five years ago I wasn't interested in log houses," says Christine. "But now I love them. This cabin is a legacy for my family and it will last way beyond many of the modern houses we build now."

**“This cabin is a legacy for my family and it will last way beyond many of the modern houses we build now”**



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Mackenzie Book & Art Festival **create.**



Just after our national Level 4 lockdown last year, we came together to create something to look forward to, something that would highlight our amazing landscape, boost our vibrant community, and celebrate the things we know and love best: books, art and people. Thus, Create Mackenzie Book & Art Festival was born.

The Mackenzie Region has long been the muse of many a writer and artist, home to stargazers and mountaineers, explorers and scientists, authors and artisans. We already have a richness of culture and history in the region, and we are so proud to have attracted more of New Zealand's finest poets, artists, sculptors and authors for the festival.

Create festival will be rescheduled. The format will change, but all the events we've programmed will take place on alternative dates over the remainder of 2021 and early 2022. We encourage you to still use the programme and keep an eye on our website, social media and e-newsletter for updates. Our major festival partners - Petronella's Bookstore & Gallery, ArtSpace Tekapo and The Twizel Bookshop are still showcasing the amazing authors and artists we have scheduled and have all the latest updates on the new event dates.

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



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



**Petronella's Gallery and Bookstore**

On 8 Rapuwai Lane, sandwiched between delicious eateries, you'll find the shared space of ArtSpace Tekapo and Petronella's Bookstore. Make sure you allow enough time to browse the tables and shelves in the bookshop. We have literary fiction, holiday reads, books about mental health, political science, books for children and much more.

[www.artspacetekapo.co.nz](http://www.artspacetekapo.co.nz) | [www.petronella.co.nz](http://www.petronella.co.nz)



## Imperfectly Perfect... *The Art of Calligraphy*

When Emma Pearce-Hagen was pregnant with her daughter she decided it would be good to have a hobby for those long hours when her baby was sleeping. She laughs now at that memory. But nonetheless it was the start of a real passion for calligraphy.

"My father suggested calligraphy [as a hobby]. He said you like words and poetry and literature and you love art...why not try calligraphy?" So she signed up for a 12-week introductory course, but had to miss the last week as her daughter arrived early.

That was over 30 years ago and that initial course started a lifelong love affair with calligraphy. Emma studied with other calligraphers and then about five years ago started her business, Inkberry Calligraphy. She has also expanded into modern floral art. So what's the attraction of calligraphy?

"I just love its warmth. It's personal and thoughtful and I love the humanness of it. It's perfectly imperfect," she says.

So when she was offered the chance to share her skills and introduce others to the art - she jumped at the chance. Emma will be running two workshops at the Kimbell Hotel as part of the inaugural Create Mackenzie Book & Art Festival. The first workshop will introduce attendees to the art of calligraphy and the second to modern floral illustration.

And Emma also has family history in the areas. Her great great grandparents emigrated from Manchester in 1904 and settled in Fairlie. Her great-grandmother was a contralto singer who appeared in concerts all around Canterbury and her grandmother was born in Ashburton.

"When I was invited to run a workshop I jumped at the chance," she says. "And I am really looking forward to visiting the area to see some of the beautiful natural scenery and perhaps find out a bit more about my family history."



**Calligraphy & Modern Flower Illustrating with Emma Pearce-Hagen**

Selected works on display at 77 Art + Living, Main Street, Fairlie from September.

Workshop dates to be announced - register your interest at [hello@kimbellhotel.co.nz](mailto:hello@kimbellhotel.co.nz)

Check [www.createfestivalnz.co.nz](http://www.createfestivalnz.co.nz) for updates

Presented in partnership with Silverstream Hotel Kimbell



77 Art + Living is proud to present **9X9**

A collection of works by nine local creatives. This exhibition celebrates the inaugural Create. Mackenzie Book and Art Festival.

The collection will be hugely diverse, with each artist presenting a work of identical dimensions with no theme or medium constraint.

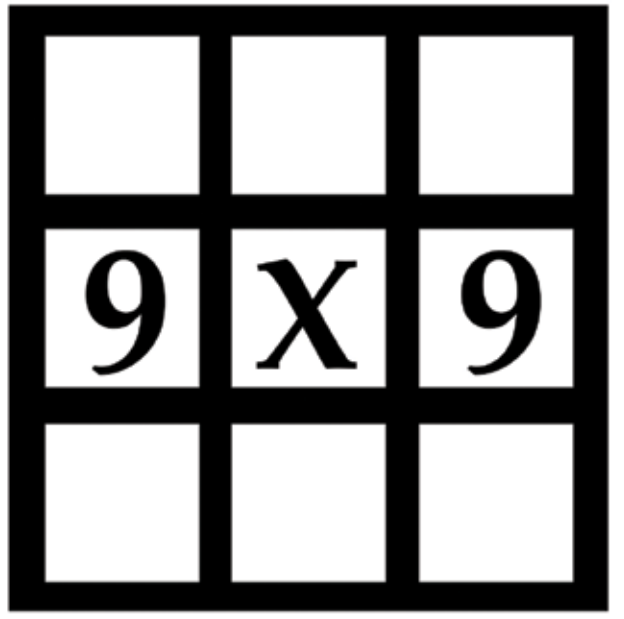
We are excited to see what these talented artists produce.

An opening event will be held on Friday 17 September from 4.30pm. Please join us to meet the artists (following government guidelines)

All nine works are for sale and the exhibition will run until Sunday 3rd October.

Art + Living will be offering contactless collection.

(Representation of artists work pictured)



77 Art + Living  
77 Main Street  
Fairlie

9 Mackenzie creatives  
X  
9 works

Exhibition runs  
18th September  
to  
October 3rd

Open Thurs-Sun  
11am-3pm

## ASK THE EXPERTS



**Nicole Kilgour**

Nicole is a Marketing Consultant for MediaWorks Central South Island, based here in Timaru. She is passionate about working with businesses to meet their goals through effective marketing strategies.

**Q. What do you do?**

A. As a Marketing Consultant, I wear a ton of hats - but I'm always focused on creating successful marketing strategies for local businesses. Whether you have a goal to achieve or a problem that needs a solution, my job is to listen, ask the right questions and make a plan. I love really getting to know businesses and understanding where they want to go, because it allows me to put together the best possible strategy - and get you the best results!

**Q. What makes a successful marketing plan?**

A. There are so many variables, but one thing connects all successful marketing - a clear objective. But let's face it, sometimes it can be difficult to distill your goals into an actionable plan. Any good Marketing Consultant will help you identify what you want to achieve, and how you can achieve it. Are you wanting to strengthen your brand? Increase foot traffic, enquiries, overall spend per customer, sales of a specific product or service? My job is to sit down, have a chat and identify these objectives.

**Q. We have our objectives, what's next?**

A. Here's some good news... you get to focus on your business - while I get stuck into creating your marketing strategy! One thing we'll consider is how best to reach your target. Luckily for us, MediaWorks has multiple platforms. We're not just home to brands like More FM, The Breeze, The Edge, The Rock, The Sound, and Magic, we also offer bus backs and billboards, plus targeted digital advertising. So wherever your target are listening, watching or reading - we are too!

**Q. I'm not great with words, I can't write my own scripts!**

A. At MediaWorks, we have a team of specialised creatives who will do a diagnostic with you, and come back with effective, targeting advertising - at no extra charge. If you're ready to invest in a more in-depth, comprehensive creative strategy, our in-house strategists are on the job!

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**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.

Known in London's social circles as the Merciless Mr Bean, he is an international speaker and consultant on corporate health, resilience and wellbeing. Tim has presented many TV programmes in the UK and co-authored six books on this fascinating topic.

Would it surprise you to know that 'drop-out' and 'bounce-back' from weight loss programmes can be as high as 70 % over a 6 month period?

I know, right?

We all hear the same messages, set achievable goals, cut down the amount we eat, reward positive behaviours, track progress, check our emotional triggers, etc.

Yet, while these are all vitally important, there's a deeper level of habit change we rarely discuss...

Research at Yale University found that people who want weight-loss results have to put in place *visible* actions such as working out, eating better, etc, BUT these get side-tracked over time as people try to change *too many things* - and old habits slip in.

Those who *do* succeed have a deeper mind-set, which focuses on one core behaviour at a time - such as never missing a work out. **Why?**

When just focusing on this one behaviour, change actually ripples to the outer layers of your goal with much less effort. The mood enhancing benefits of consistent exercise, and being around like-minded people, is transferred to a reduction in emotional eating, better skills at overcoming barriers to healthy eating and a shift in daily choices - leading to much better results long term!

So what ONE THING will you start working on from today?

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Oceania's new architecturally-designed village, The Bellevue, is set in beautiful gardens, close to your favourite shops at Northlands and Merivale, as well as the city centre and the airport.

Local resident, Kate Fraser, recently moved to The Bellevue and loves the convenience of apartment living. "When I walked in the door, I knew immediately I was going to live here."

On a typical day you could start out with a barista-made coffee and a treat at the café, get in your steps at the gym, then join neighbours for a game of pool before moving to happy hour. "The village has a feeling of a resort hotel. I thought — it reminds me of that hotel in Spain." Kate added.

The Bellevue is now open, so come in for a coffee and something delicious from the chef to get a taste for why Kate loves living here.

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# MEN in BUSINESS

South Canterbury is bursting with wonderful businesses owned and run by dynamic and entrepreneurial men. Across all sectors from doctors to carpenters, hospitality to flooring, men in Business are flourishing and dynamic in the South Canterbury business world.

## TIMARU TOWN AND COUNTRY CLUB

Transforming the Timaru Town and Country Club from what was considered by the community to be an old mans booze barn to a popular community space has been a labour of love for Vince Gardner.

Vince has been the general manager of the Timaru Town and Country Club since 2008 and has spent the past several years spearheading its modernisation. Under Vince's watch, the Timaru Town and Country Club has transformed from a club with less than 1000 members to a diverse membership base of almost 4000 members.

"My biggest fear was we wouldn't be able to break the back of what the club was considered to be. It was considered an old man's booze barn when I took over. Now we've got a lot of younger members, and a lot of families and children coming through."

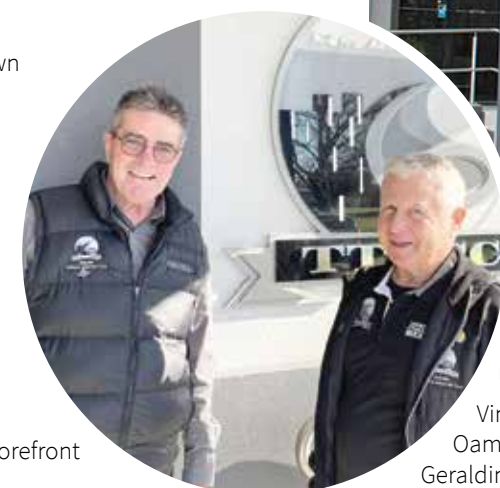
A sense of inclusivity and community has been at the forefront of the club's transformation, Vince said.

"It doesn't matter who you are or what background you have, everyone coming through the front door feels welcome and they feel comfortable. And that's what we've been trying to do, is create an environment where everyone feels welcome to be there."

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 Retired Services Association, Zonta, and the Timaru Rotary and Lions Clubs.

However, Vince was quick to point out that the growth of the club has been a village effort.

"There are so many things we can point to that we are proud of but it hasn't been just me. It's been the whole team, from the governance side of the club and the staff to engaging the right people. All those people add up. I work very closely with club



president Peter Leggett and have done for a number of years."

Vince, who grew up in Oamaru but now lives in Geraldine, has spent most of his adult life in the hospitality industry.

After high school he embarked on an internal training program under the Cobb and Co brand where he was trained as a chef, bar person and in accounts. He later spent time working in hotels and managed the Geraldine Town and Country Club for five years.

"I was going to quit the hospitality industry when a friend suggested I look into the club movement, and now I've been in it for quite a number of years."

Future plans for the Timaru Town and Country club include the introduction of a cafe and growing the club's profile as conference space, which Vince hopes will have a positive flow on effect for other South Canterbury businesses.

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# PETER HERRON FLOORING

When it comes to getting new flooring one name often springs to mind for many in the Timaru area – Peter Herron Flooring. It's not surprising, Peter has been working with floors for 35 years and he still loves it, he says.



Peter started installing carpets and went self-employed when he was just 21 years old. He had completed an apprenticeship and spent a couple of years working under the guidance of an experienced installer but when the opportunity came to go out on his own he seized it with both hands. He is he admits a fairly driven person.

After a couple of years and still only in his 20s Pete took on a couple of staff to help him with installations. The business was growing. Today Peter Herron flooring employs four other installers and a storeman. Whilst Peter's wife Rosa keeps everything running in the background taking care of paperwork and the all important finances.

"I just bury my head in the sand and get on with the work," says Peter. He might be the boss of the company and have staff but he still likes to get out and about installing carpets and various hard flooring including planks and vinyl. He likes the physical aspect of the work and genuinely enjoys meeting and chatting with customers. In fact he says when you get customers coming back year after year that feels really rewarding.

Peter has learned some business lessons over the years including the hard lesson of finances and dealing with debtors. He's also learned to keep it small, he says. "At one point we were up to 13 staff that was a couple of years ago. It was just too much."

Over the years Peter has seen trends in flooring. "There's a lot more variety of flooring now and the houses are much bigger," he says. And whilst he used to put in a lot of



Axminster carpets, those are now a rarity.

When he's not installing flooring Peter and his wife Rosa are big Warriors fans, in fact they are the southernmost season ticket holders. They also enjoy spending time with their children and grandchildren.

Born in Gore, Peter moved to Oamaru with his parents when he was just 10 years old and since then has always lived in South Canterbury. "We live right in the center of Timaru and everything is only 5 minutes away. We love it," he says.

Peter Herron Flooring are skilled and experienced flooring installers. From vinyl planks to laminate flooring and carpets of all kind – whatever your flooring needs they can help.

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“Our staff are like family, and we are a tight knit team”

## Lain Hellmrich

High Country Carpentry  
Director, Lead Carpenter

### What is your business focus?

Based in Fairlie, we are a family owned Construction Company, with a strong focus on quality, and traditional building values.

### What influenced your career choice?

I loved Woodwork at school. My Great Grandfather was a Carpenter, my Grandad was an Electrician, my Dad was a Chef, my brother is an Electrician. Being in the trades is in the blood.

### What is unique about your business?

Our staff are like family, and we are a tight knit team. We also get some amazing and varied projects - Small Cabins to High End Architectural Homes, Log Homes to Commercial Projects.

### Valuable learning experiences?

Working through Covid-19 was a valuable learning experience, and now following on from that, dealing with building materials cost increases, supply shortages, and demand for sub trades. Everything needs to be meticulously planned for and locked in months ahead now.

### Best advice you have received?

Calm waters never produced skilled sailors.

### What is one thing people may not know about you?

When I was six years old my family lived in the Cook Islands for a year working in a restaurant. So many great memories of always being outside and in the water.

### What makes you smile the most?

Seeing my family happy and healthy.

### Your greatest accomplishment is?

My Family.

### Do you have a role model or someone who inspires you?

My Parents. I was raised in restaurants and their work ethic was inspiring. Spending my teenage years in The Old Library Cafe shaped who I am now.

### What are some of your goals and aspirations for the future?

To do some building work in a third world country. Like the work Sir Ed did in Nepal.

### Top 3 things on your bucket list are?

1. Travel to Nepal.
2. Walk all of the NZ Great Walks
3. Get to our 50th Wedding Anniversary

Ph 0800 922 883 | www.highcountrycarpentry.co.nz



## Anton van den Bergh

Medi Clinic prides itself on being a locally owned family practice, adopting the Health Care Home (HCH) model of care.

### Medi Clinic goals are to:

- Improve access to urgent and unplanned care
- Deal faster (and better) with those patients with more complex problems
- Provide the highest standard of care to patients with routine and preventative care issues
- To engage with the newest technologies, to prepare for another possible Level 4 Lockdown
- To work with Secondary Care (Hospital) as a TEAM, acknowledging the great work they do
- Improve the business model of MEDI CLINIC to be sustainable for many generations

### Why the Health Care Home model (HCH)?

The Workforce survey of the Royal New Zealand College of GP's clearly shows the decline in GP numbers. The HCH has everyone working at the top of their skill-level to be more effective.

Nurse Practitioners are an integral and valued part of our HCH model here in Timaru.

The HCH model is more effective to reduce Emergency Department presentations for conditions that could have been dealt with in private practice. Every problem, big or small is dealt with effectively, especially the difficult long term and complex issues.

### How do I intend to achieve my business goals?

With the best Medical Team in Timaru!

Medi Clinic has a fantastic reception, administrative and clinical team.

Developing the team to be successful and the best they can be, is developing and achieving our goals.

### WE FOCUS TOGETHER, PLAN THE WORK AND THEN WORK THE PLAN!

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## MAINLAND FUNERALS

When Peter Shaw started Mainland Funerals three years ago, he wanted to bring a real choice to how people celebrate and farewell their loved ones, and to make the process affordable for all families. "Some years ago, I was talking to a group about funeral care, and one man said 'funerals are so expensive, I can't afford to die'. It's haunted me to this day, and I vowed to change it," says Peter.

The business of funerals is primarily "a people business" and Peter is thoughtful when talking about his work. People experience different types of grief, he says, and have different ideas on how a funeral should be conducted. Over the years he has been involved in numerous personalised funerals at golf courses, race tracks, sports clubs and private gardens, to name a few. One memorable funeral was held on a beach where the deceased had had his first date and later his wedding. "People tailor the service to their needs. It's very unique and we always support folk to say goodbye their way," says Peter.

But there's also a practical side to funerals and Peter believes that we are mostly unaware of it. "Funeral literacy", as he terms it, covers the realities of who we contact when someone dies, what the process is, and various administrative details.

People often pre-plan their own funerals, says Peter, deciding what music and kind of service they want. "It makes their wishes heard, and takes a huge pressure off the family," he says.

Originally from Dunedin, Peter started his working life as a builder before joining the army. He then worked in the mental health area providing educational, recreational and prevocational opportunities to people who experience mental illness. This diverse work experience gave him a good grounding in varied personalities, beliefs and people.

In 2006 he was invited to join a team of highly professional funeral directors in Timaru, and it was here that he was introduced to sincere, top quality funeral care and all of the associated roles involved in serving families.

Peter's grandfather was a mortuary assistant at the Otago Medical School, and now one of his sons is a mortuary affairs specialist for the NZ Army.

When Peter is not working he teaches Taekwondo, and for his contribution to the sport was inducted into the NZ, Australasian and World Halls of fame.

With a natural, thoughtful empathy and a real understanding of the practical and emotional elements of funerals, Peter truly feels his work is a privilege. "We walk alongside people in their grief and it sounds a cliché but you become more than a funeral director - for some you become a friend."

Today Mainland Funerals has a team of four people supporting families in funeral care including Andrew Rosanowski. Andrew brings a wealth of life skills to the role from his former vocations, including working in the District Courts and as a Minister.

Peter and the Mainland Funerals team are experienced in the different rites and rituals of funerals for traditional, diverse cultures and religions; they take care of all aspects of funeral care.

40 Harper Street, Timaru  
0800 WITH CARE  
(0800 9484 2273)  
www.mainlandfunerals.co.nz



Still operating at Level 3



## COMPREHENSIVE ENGINEERING SOLUTIONS

Design Engineering was established in 1991 when Managing Director Mr Dean Van Buuren was working in the tertiary sector and was being requested on a regular basis to assist with large projects for drawings, structural steel inspection and welding qualification testing.



Realising a need in the industry, Design Engineering was launched and has quickly grown over the past 30 years to be a highly respected industry leader.

In 2021 a major restructure was implemented due to Covid 19, a few bumps and

the huge growth experienced over 29 years so the DE Group was formed, this includes 3 separate limited liability companies trading as the following entities:

- DE Consulting Engineers & Inspection
- DE Calibration & Compliance
- Survey NZ

There are in excess of 35 staff across four branches within the 3 new entities located in Christchurch, Timaru (Head Office), Te Rapa Hamilton, Nelson and Dunedin.

The four main areas that DE Group specialise in are calibration, certification, compliance and consulting including DSA, ISA EQ Assessments, Multi level apartment buildings and Mechanical/Safety Designs.

Our team have worked on an array of high profile medium and large structural steel projects, including:

- Sky Stadium Wellington
- Indoor Stadium Christchurch
- Remarkables Base Amenities Building Queenstown
- ASB Don Street, Invercargill
- 5 Mile Development Queenstown
- St Albans School Christchurch
- Holcim Timaru & Holcim Auckland - new cement facilities and loadouts.

We pride ourselves on the results achieved for these and many other projects.

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Reopening  
at Level 2

## Explore our heritage

The South Canterbury Museum, located on Perth Street, downtown Timaru, invites people to explore our heritage. Our heritage is what makes South Canterbury unique; the landscape, the life forms and the people who settled here over the last 900 years. By exploring our heritage, we can learn more about where we are and who we are.

The South Canterbury Museum preserves our heritage. The Museum holds more than 100,000 items in its collections, from tiny insects and fossils to thousands of local photographs, household artefacts from the last 150 years, fashions, taoka Māori from local sites, and so much more. A small team of curators and volunteers work to catalogue and store these collections so that they are available for research, exhibition, education and other museum programmes.

The South Canterbury Museum presents our heritage. Long-term displays tell the stories of our region, its geological past, the wildlife and habitats that occur here, our Māori heritage stretching back hundreds of years, the arrival of European settlers, how our landscape has been shaped by settlement, and how people have lived their lives over the last 150 years. A temporary display area brings a changing programme of displays. The current show, Anyone for Tennis?, has a focus on local tennis history, linking to Tennis South Canterbury's centennial celebrations this year.



Every year, several thousand local school students participate in programmes with the Museum's Heritage Education Service. Funded by the Ministry of Education and based at the Museum, educators provide programmes for all primary and secondary levels both in the Museum and around the region at local nature and historical sites, and in other participating local museums and galleries. Learning in museums and heritage sites makes our heritage come alive for students, giving them experiences that make nature or history real.

The South Canterbury Museum is a place to participate with heritage. From expert talks on heritage subjects to outdoor retro rock concerts, every year the Museum provides a range of programmes where local people can take part in events that explore or celebrate local heritage. School children can join the free Museum Explorers Club. With over 1,500 members, members receive a "passport" which is stamped for every visit, and start collecting special badges. Adults can join the Friends of the Museum, with invites to exhibition openings, member's events and the Museum's quarterly newsletter in the mail.

The Museum is also facing an exciting period of its own history with planning for a new facility on Stafford Street underway. When completed in late 2023, the new facility will have more exhibition space and areas for education and public programmes, all part of the wider heritage hub site along with the Theatre Royal. Keep an eye on your Museum, follow us on Facebook and visit as often as you can.

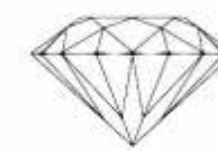


# EXPLORE

Perth Street  
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Open: Tues-Fri 10am - 4:30pm  
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FREE ADMISSION

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# Inspired on Stafford



The 'Sister Store' to Fashion Focus. Inspired on Stafford was "inspired" by every modern woman who wants to take their wardrobe to the next level and have some fun with it along the way.

We chat to business owner Suzanne about her aspirations and goals for Inspired on Stafford.

### What is your business focus at Inspired on Stafford?

Inspired on Stafford came about by a need to increase our Plus sized range at Fashion Focus and having limited ability to be able to do so with the floor space available to us. By opening another store we are able to offer a larger size range and more brands. We now offer up to a size 26. It also came about because I have a huge passion for fashion and wanted to offer more fashion forward labels which also work hard to look after our environment.

### What influenced your choice to open Inspired on Stafford?

We decided to open Inspired on Stafford for two main reasons. Firstly I noticed a growing number of empty shops down Timaru Main Street and wanted to offer more options for our local women. The decision to stay local was easy as I have 4 children who still need a lot of my time and so keeping it local has enabled me to continue to put them first.

### What are some of your goals and aspirations for the future with Inspired on Stafford?

I really want to offer high end fashion for all sizes with ethically sourced fabrics with a real focus on natural fibres. I have a number of European brands coming in this coming winter and I can't wait to see the local reaction to this. As always I am super proud to offer a large range of New Zealand designed and made garments.

### What has the emphasis on supporting local meant for you as a business owner this year?

I love our local community and the fact that our community get in behind our local businesses. This was very evident after last year's Covid Lockdown. Both our businesses are locally owned and we are proud to employ locals - so support us and it helps our local community.

Click and Collect at Level 3. Check our Facebook page or Website for further details.

**298 Stafford Street, Timaru**  
Ph (03) 688 4434  
www.inspiredonstafford.co.nz

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# Nothing quite like Spring

Summer is on the horizon and that means the CBay Aquatics Retail store is bursting with new swimwear styles from Speedo, Funkita and Zoggs with a style and cut to suit every body.

Stylish swimwear that performs in all situations, whether you are an aqua jogger, competitive swimmer or you're looking for a fun print for the kids to splash around. The styles this summer, are bright, fun and designed to provide maximum comfort while in the water.

Instore you'll find loads of fun colours and prints arriving weekly over the next two months. Plus loads of swimming accessories, goggles, fins and ruck sacks, but don't delay some styles are limited, so it's definitely first in best dressed at the pool this summer.

**New Season's Swimwear Styles Arriving Daily.**

**FUNKITA speedo ZOGGS**

Summer is on the horizon, this means the new swimwear from Speedo, Funkita and Zoggs are starting to arrive. There's a style, colour or print to suit the whole family, plus loads of swimming accessories including goggles, fins and ruck sacks.

Picture shown is for representation only, actual product may vary due to stock availability.

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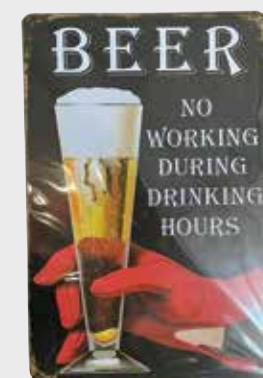
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FROCKS AND SHOCKS



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### Doing your washing in Timaru just got a lot easier thanks to Megan and Rob Anderson.

Last week the local couple, who also own Caltex Timaru and Liquorland on Dee Street, launched U Wash Laundromat with the aim to make the everyday task of laundry faster, easier and more affordable for both locals and travellers.

Located at 80 King Street in Timaru, the gas-powered laundromat features nine user-friendly Speed Queen washing machines of different sizes, allowing you to wash everything from everyday items like clothes and towels, to bigger, more bulky items such as duvets and blankets.

The washing machines at U Wash Laundromat include two 10kg machines, four 18kg machines and two 24kg machines. There are also six 14kg dryers, two 21kg dryers and two huge 34kg dryers. Users have the option to bring their own laundry powder and liquid, or it can be purchased from the Caltex Petrol Station next door. The cost to use the laundromat would vary depending on the size of the load being washed, and ranged from under \$10 for a 9kg load, under \$13 for a 15kg load and under \$16 for a 24kg load. All of the machines will be sanitized daily by a professional cleaner.

And it is not just delicates and duvets that can be washed at U Wash Laundromat. The new laundromat also features three showers, including a family shower room with accessible facilities for those with disabilities or impairments. For \$5.50 users can enjoy five minutes of piping hot water in a clean and secure shower. Toiletries can also be purchased from the shop at Caltex.

For ease of access, all the machines and showers at U Wash Laundromat are powered by Eftpos, meaning there is no need to scramble for coins or tokens. The laundromat also has free WIFI, allowing customers to catch up on their favourite shows and movies while they wait for their laundry to finish. With Caltex next door, customers can also grab a coffee while they wait, or utilise the petrol stations car and dog washing facilities.

A U Wash Laundromat App is also in the works, which will make it even easier to keep track of your washing while you run errands.

While the idea to set up the laundromat came from a desire to service to the local community, Megan hoped the laundromat would also be an asset to travellers visiting or passing through Timaru.



*“With more and more Kiwi’s getting out and exploring their own backyard, U Wash Laundromat gives people the opportunity to do some washing while they are tiki-touring around.”*

A lot of work has gone into setting up U Wash Laundromat, and Megan and Rob would like to thank the following businesses for all their help.

Thompson Construction Engineering Precast, Breen Plumbing, Plunket Electrical, Grant Jenkins Contracting, Simpsons Flooring Xtra, Cleantastic Brilliant Commercial Cleaners, Genesis, Speed Queen, Corporate Print and LB Outfitters.

“Thompsons were the designers and project managers, and we appreciate the amazing job they did, as well as all the other wonderful companies,” Megan said.

U Wash Laundromat at 80 King Street in Timaru is open seven days per week from 5am to 9pm Monday to Saturday, and from 7am to 9pm on Sunday.



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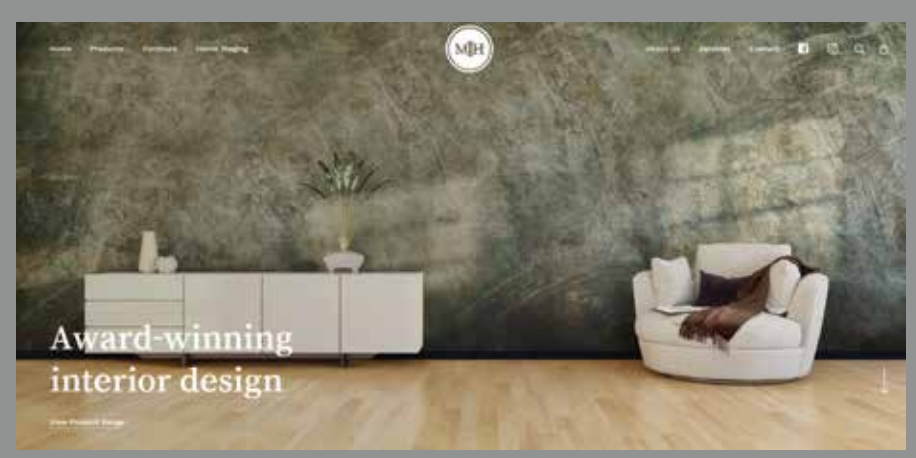


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U Wash Laundromat - 80 King Street, Timaru

## Cactus Fire

Overlooking beautiful Caroline Bay, Cactus Fire offers a wide range of food and flavours. Some people like it hot, some not so much! With a menu that caters for varying spice levels and dishes that meet your dietary requirements, this eatery has something for everyone ... including your pups.

Small plate, shared plate or maybe it's just going to be your plate! The options for the family are endless here!

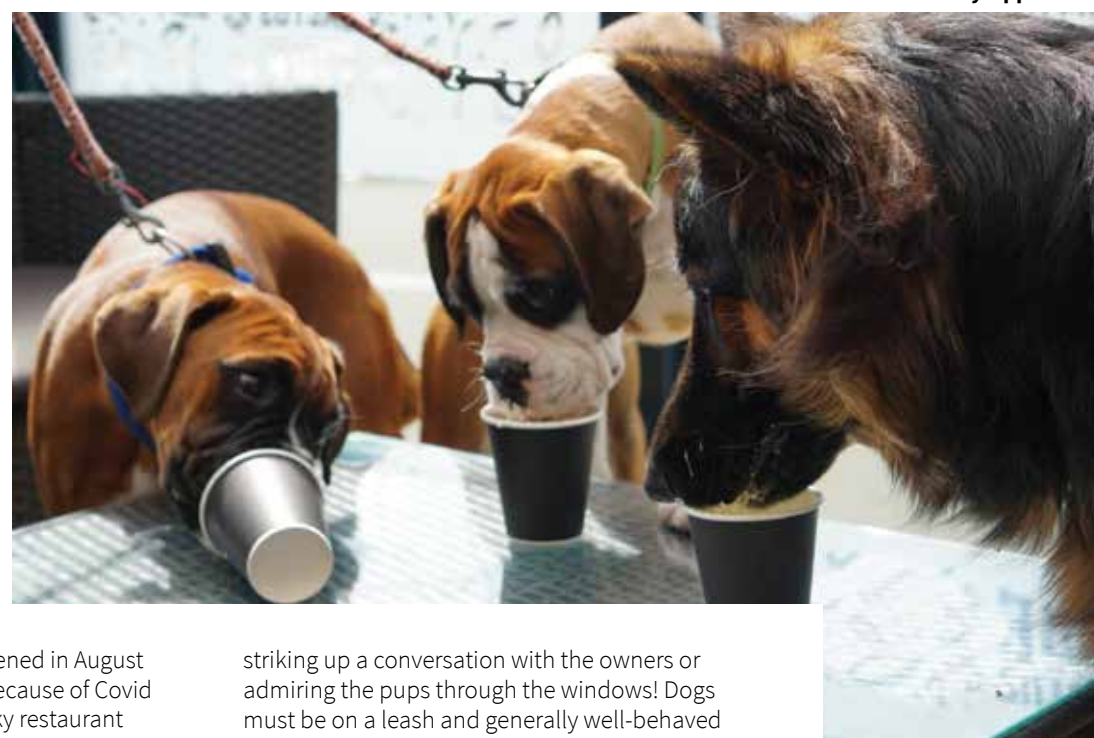
Open Wednesday to Monday from 10am everyday (closed Tuesday).

Contactless pick up, or delivery during level 3.



64 The Bay Hill, Timaru. Ph 03 688 8550  
www.cactusfire.co.nz

# Cactus Fire for fun and relaxed dining



Cactus Fire on the Bay Hill opened in August 2020 after a four-month delay because of Covid 19 restrictions. This fun and funky restaurant overlooking Caroline Bay prides itself on being family friendly, including customers' beloved dogs being welcomed to try their puppuccino treats. Kristy and Grant Phillips who own Zest Restaurant wanted to recognize the loyalty of their staff, so a shared business ownership has been established. The shareholders are head chef, Sarah Heurea, and managers Selena Cowan and Jess Wessman. The idea was "to explore menus, ideas, colours and flavours and to have fun", said Kristy, so the menu has influences from the Southern States of North America, Cuba, Mexico and Jamaica, keeping Timaru locals in mind. The décor is fresh, funky and bright with eclectic paintings, furnishings and fittings.

Local designers and tradespeople contributed to the refurbishment including Petronellas Interior Design, Trade Related, Butler Electrical, Rangers, Hadlee & Brunton to name a few.

It was Sarah's idea to introduce the puppuccinos. These doggie delights consist of whipped cream topped with a sprinkle of Couplands Animal Food crushed dog biscuits, with a biscuit-bite garnish. At \$4.00 each, a portion of this is donated to Pound Paws Rescue which is based in Oamaru. Their dogs are housed in foster homes, and they go through an adoption process when the time is right. This not-for-profit organisation is run by volunteers and is totally self-funded, so they were thrilled when the restaurant tagged the charity in their social media announcement.

This dog-friendly restaurant is great for dog owners, as well as for other guests who enjoy

striking up a conversation with the owners or admiring the pups through the windows! Dogs must be on a leash and generally well-behaved and under control. If a dog is not happily social, getting a takeaway puppuccino is another option. Kristy said that many owners enjoy grabbing a coffee for themselves as well as a treat for their pets after a stroll on the Bay. Creating a dog friendly space has helped build a sense of community for many of the regular patrons and some recent guests who were travelling in a campervan around the South Island said that visiting Cactus Fire was the highlight of their trip for both themselves and their dogs. The Cactus Fire team are very grateful to the locals and domestic travelers who continue to support them.

Cactus Fire is open at 10am till late from Wednesday till Monday with on-line booking now available via the website ([www.cactusfire.co.nz](http://www.cactusfire.co.nz)).

The menu has a wide variety of choices, from small to large or shared plates, complemented with a cocktail menu you need to try. The specially designed children's menu comes with a colouring-in option on the back. Online ordering and takeaways are available. There is something for the whole family – either dine-in or takeaway, remembering the puppuccino for your dog!

During level 3 you can order online or call, with payment over the phone or with contactless payment on pick up. Vouchers are available for Father's day.



## Monarch Kitchen

Exciting new cafe open in Temuka. Breakfast, lunch and cabinet food plus delicious Grid coffee.

Thursday night PIZZA NIGHT 5 - 7:30pm

All pizzas \$18.50

Hawaiian, Chicken Apricot, Chicken Cranberry, Meat Lovers, Salmon, Vege.

Garlic pizza bread \$6.50, Fries \$ 4.50

Gluten free pizza bases available on request



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## Warehouse Liquor

The Glenlivet Caribbean Reserve Single Malt Scotch Whisky has some sweet notes of pear and red apple mixed with bold tropical flavours for a balanced and exceptionally smooth finish. The taste is smooth with a tropical twist of ripe bananas in syrup, rich caramel toffee notes, followed by flavours of tropical fruit. Enjoy it neat, on the rocks, topped with Coconut water or in a Mai Tai.



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Shop 4, The Landings, 50 Theodosia Street, Timaru Ph 03 971 5546

## Zest



Set in an old church hall, Zest offers a tasty all-day menu including a great range of gourmet Pizzas, Pasta, Salad, Ribs or Fish... you can have it all!

Stay warm and cosy by the fire during winter or enjoy the courtyard in summer. Whether it's family celebrations, or coffee and home-made desserts with friends, you can relax, unwind, and let us take care of the rest at Zest!

Open Tuesday to Saturday from 10am and Sunday from 10.30am. (Closed Monday).

Contactless pick up, or delivery during level 3.

4A Elizabeth Place, Timaru. Ph 03-688 8313  
[www.zestrestaurant.co.nz](http://www.zestrestaurant.co.nz)

# SPRING SPECIALS



Bells Whisky 1L  
\$34.99



Speights Summit Zero 0.0% alcohol  
12 pack bottles \$18.99



Speights 24 pack bottles  
\$33.99



Speights Ultra Summit 24 pack bottles  
\$33.99



KGB Vodka & Lemon  
12 pack bottles \$21.99



Baileys Irish Cream 1L  
\$39.99



Brown Brothers Tawny  
750ml \$19.99



WAREHOUSE LIQUOR

Valid until  
Monday  
13 September  
2021



Woodstock & Cola 12 pack bottles  
\$21.99



Ivanoff Vodka  
1L \$32.99



Seagers Gin  
1L \$32.99



Coruba & Cola 10 pack bottles  
\$23.99



Pals Vodka range 10 pack cans  
\$23.99



Heineken 24 pack bottles  
\$41.99



DB Draught 24 pack bottles  
\$32.99



Export Gold 24 pack bottles  
\$32.99



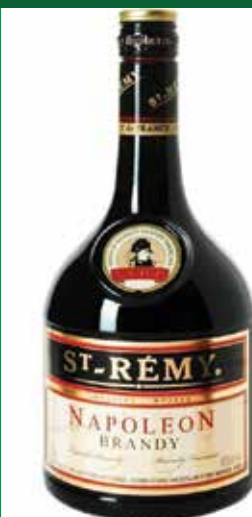
Ranfurly Draught 18 pack 440ml cans  
\$25.99



Gordons Gin range 3 flavors 12 pack cans  
\$22.99



Jim Beam Bourbon 1L  
\$39.99



St Remy Brandy 1L  
\$39.99

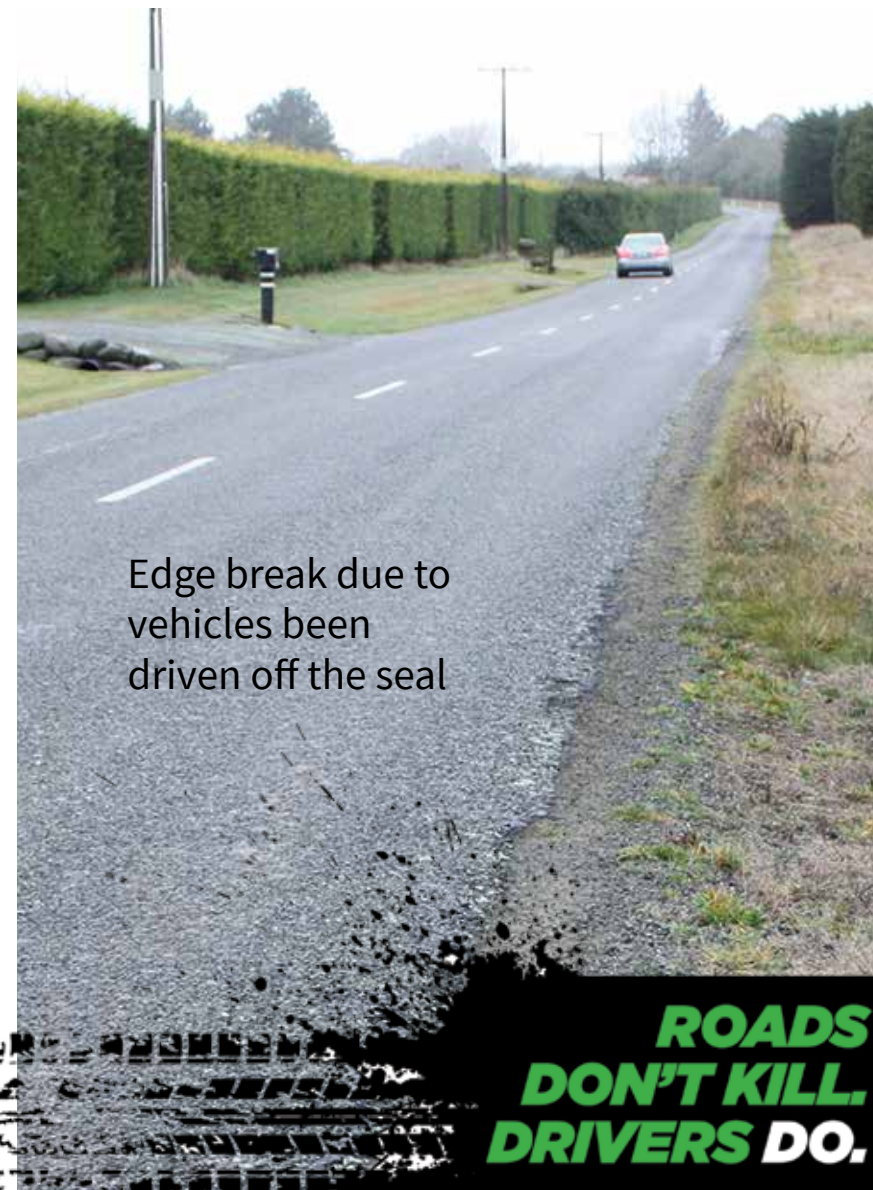
35 Browne St, Timaru | P 03 688 1012 [www.warehouseliquor.co.nz](http://www.warehouseliquor.co.nz)



# 33% of serious crashes happen at right hand bends...

## SAFETY TIPS

- ✓ Brake/Slow down when approaching the bend
- ✓ Keep to the middle of the lane



**ROADS  
DON'T KILL.  
DRIVERS DO.**



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