

Complimentary
MONTHLY PUBLICATION

August 2020

essence

essentially...south canterbury

16 Feature
Kindly giving
gift guide

Our local 10
Men in
Business

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contents

Isn't it great to feel we are on the other side of winter and the days are beginning to stretch out.

In this issue we chat with upholsterer David Brown and wife Tania who have one very neat Harley Davidson in their garage. We get some advice on house renovating - our writer suggests that it's a little like having a baby. You can read all the advice in the world, but you don't realise what it's like until you're in the thick of it.

The Land Girls are surely New Zealand's unsung war heroes. The Women's Land Service was established in 1940 to meet the shortage of male labour caused by their enlistment in the forces during World War 2. There were nearly 4,000 women working on the land and managing farms throughout New Zealand as part of the war effort. Writer Gilly Oppenheim chats with Sadie Lietze who joined the land service in 1942.

Patties story on page 7 'Getting Grandma tech-ed Up' is causing me some concern. I'm trying to get to grips with a new laptop and am forcing myself to use it at the moment but I would much rather be sitting at my desk top computer with keyboard and mouse - I'm not as tech savvy as I should be. As a grandmother myself - right now I'm probably letting the side down!

We put some questions to our men about town in our feature 'Men in Business'. We are very mindful of changing times and the role men play in not only running successful businesses but are taking on a much bigger role at home.

Enjoy reading essence this month - Dorothy



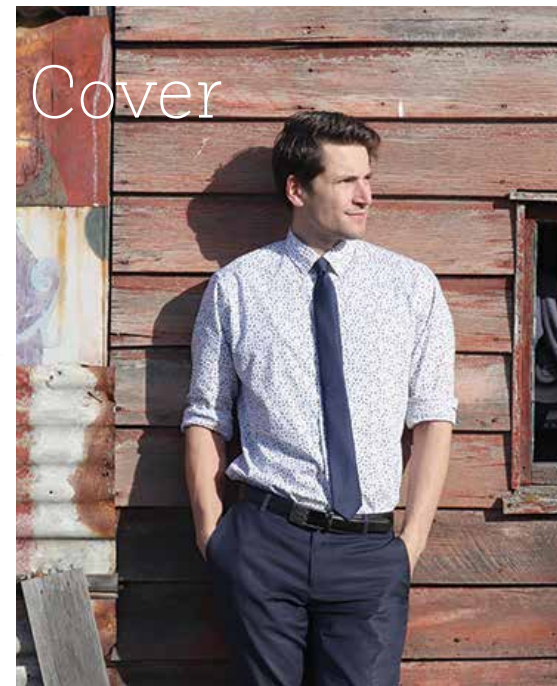
The Land Girls

Sadie Lietze's Land Girls war story on page 6.

Fashion



Cover



South Canterbury is bursting with wonderful businesses owned and run by dynamic and entrepreneurial men. See them all on page 10-13.

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We have stands located at

- Sopheze on Stafford Street
- Northtown Mall opposite Sticky Cafe
- Outside Cobblers Inn at Highfield Mall
- Outside Mint Boutique Fairlie

Gift Guide



Motoring

David Brown has one very neat Harley Davidson sitting in his garage. Page 21.



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Liz Bell



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DATE: 15 September 2020
TIME: 10am – 1pm
VENUE: Community House, Strathallan Street, Timaru
 Contact Robyn on 6877581

Hayden Paddon



Local rally driver champion Hayden Paddon was out and about in Timaru, featuring in several video interviews with local radio personalities. He is the new spokesperson for the latest South Canterbury Road Safety advertising campaign – Roads Don't Kill, Drivers do. Look out for it on radio, print and online.



1. Nick Symister, Owen Jackson(OJ) Breeze breakfast host, Hayden Paddon, Jackson Bray - More FM workday host, Daniel Naude. 2. Filming crew 3. Daniel Naude and Hayden Paddon 4. Wendy Wolluter and Nick Symister

WHAT'S ON...

PLEASANT POINT FARMER'S MARKETS

- Local food & produce
- Speciality food carts
- Other local product

Sunday 20th September 9am-1pm, green grass area in Main Street opposite the Taxidermist (if wet in the Town Hall)

Come out for a Sunday brunch and wander around the stalls.

Also, the Pleasant Point Steam Train will be steaming on this day.

Make a day of it and see some of the other local attractions while you are out here.

All enquires Sue Wills
 suewills35@gmail.com




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DAFFODIL DAY FUND RAISER AT TIEVOLI TRADING - GERALDINE

On Daffodil Day - Friday 28th August, Tievoli Trading and Sweet Tea @ Tievoli will be donating 10% of the day's sales to the Cancer Society.

Both located in the Four Peaks Plaza, Geraldine

Sweet Tea @ Tievoli will also offer Daffodil Lolly Bags for a gold coin donation to The Cancer Society.



Daffodil Day Breakfast

On Thursday 13th 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.




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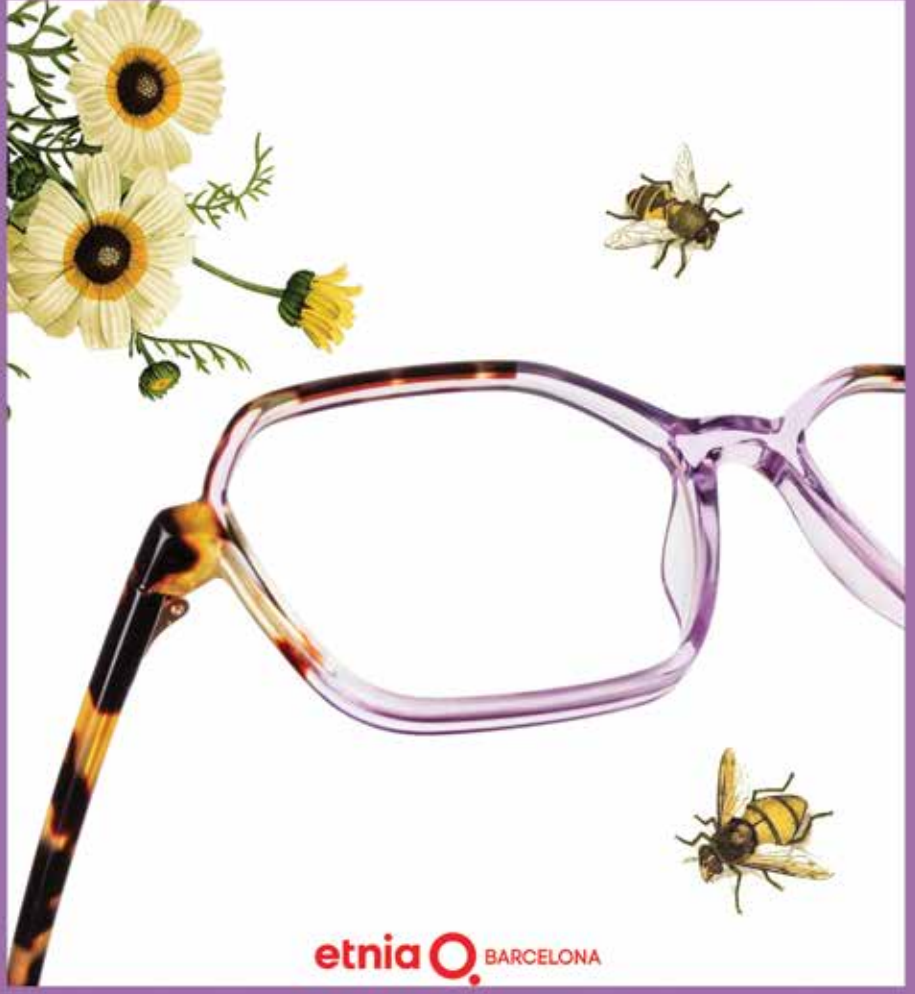



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Sadie's Story

One of the Forgotten Land Girls



The Land Girls are surely New Zealand's unsung war heroes. The Women's Land Service was established in 1940 to meet the shortage of male labour caused by their enlistment in the forces during World War 2. There were nearly 4,000 women working on the land and managing farms throughout New Zealand as part of the war effort.

Sadie Lietze (née Stuart) was one of these Land Girls. Sadie grew up on a dairy farm at Highcliff on the Otago Peninsula, so she was used to milking cows, rearing calves, riding horses and having a dog. However, during the Depression the family had to move off the farm. In 1942 Sadie was just 19 and working in the Tip Top Milk Bar in the Octagon in Dunedin, when an advertisement caught her attention. "Women over 17 years of age. For a healthy vital war job. Join the Women's Land Service".

Sadie was interviewed and accepted into the women's Land Service. She was sent to Omarama to work on Tara Hills, a high country station. She spent two years here as a cowman, assistant rabbit, gardener, horse breaker, musterer, wool classer and general rouseabout. She milked the cows every day of the year, morning and night, and never had a break. As well as being up at 6am every morning to do the milking, Sadie was expected to catch



and saddle up the children's ponies for school and help with domestic chores. Trapping rabbits was a full-time job in winter and was backbreaking work, but the biggest hardships were the conditions and the cold. There was no electricity. A Delco engine charged batteries for the light and the wireless, which they listened to for war news at nine o'clock in the evenings. Sadie slept in an old tin hut, powered by candles and she kept warm at night by putting sacks off the floor on top of her bed! Hot, nutritious meals were served in the homestead and her weekly bath was a treat.

When she turned 21, Sadie asked to be transferred and she then spent 8 months on a property at Kelso in West Otago, where she was treated like a daughter until the war ended and the Women's Land Service was disbanded. Most of these women stayed on the land. They married farmers, brought up families, and until recently, Sadie met every year with her fellow Land Girls for an annual reunion.



The Land Girls kept the country's wheels turning when the men went off to serve in World War 2. These women achieved so much, in terms of demonstrating that women were equal to men both in farm and stock management, but their efforts are largely forgotten. After the war was over, there was no acknowledgement of their efforts and the NZ Government doesn't even have a record of these women. There is no national monument to the Land Girls, although several woolsheds around the country have bronze bells, made by Jai Hall to honour their contribution.

Now aged 97, Sadie wanted a memorial for her friends and colleagues. She was so impressed with the views and plantings at the Rongomaraeroa Peace Walk in Maungati, that she has raised the money to install a memorial plaque to recognize the efforts of the Women's Land Service. A seat, provided by Fiona Elworthy, has been built by John Brownlie. The seat and plaque will be blessed at Maungati on Sunday, October 18th at 11am.



Getting our Grandparents Tech-ed Up

Lockdown was proof, if we needed it, that technology can be amazing when it comes to keeping in touch with family and friends. And it's just as useful to senior citizens - increasingly we're finding that grandma has an i-pad and our great aunt is playing poker on her tablet.

"Tablets are definitely more widespread amongst seniors now" says Wendy Burrows, secretary of Senior.net in Rangiora and avid tablet user herself. Senior.net provides technology support to senior citizens and Burrows says the courses they used to run were all about Word and Excel. "People don't need that now," she says. "Now we have drop-in sessions where people can bring their tablet or smartphone, often they'll want to find out how to download photos, that sort of thing. It's more about personal use."

That personal aspect is important. If you have an elder relative you think might benefit from owning a tablet then talk to them about it first and consider some of the practical aspects of devices. Do they need something lightweight? Is the display size important? Is it easy to use - many consider Apple devices to be very intuitive but the reality is that Android tablets are now pretty simple too. Or perhaps you want to consider a voice activated device - could Alexa be better than an i-pad for some seniors?

Either way, it's often something that family members need to support. A research report funded by Internet NZ last year examined the use of digital technologies for residents in retirement communities and aged care.

One of the findings was that family and friends play a key role in encouraging the use of digital technology.

"It is often a family member who purchases the device, arranges the wi-fi connection and sets up any software. Even if the resident doesn't use technology themselves, family and friends will bring their own devices to share photos and videos," says Dr Wendy Wrapson, a social psychologist at AUT's School of Public Health and Psychosocial Studies.

So if you think grandma needs an i-Pad, talk to her about it.

Wendy Burrows, secretary at Senior.Net the organisation that helps seniors get to grips with tech, is an avid tablet user. "I get all my emails on it, I play patience and I do paint-by-numbers and I also do jigsaw puzzles - I use it everyday", she says. And she's not the only one, a lot of seniors are following suit she says with tablets becoming increasingly popular at Senior.net's drop-in help sessions.

People bring their tablets or their smartphones usually says Wendy and they get help with all sorts of things - like downloading photos or how to use a particular app or emails.

If you're thinking of getting grandma an i-pad, or even updating an existing one, there are a few things to consider. Is weight important? Is the size of the display important? But don't be patronising - plenty of seniors are very tech savvy but just have different requirements from their tech.



Senior.net Q&A technology sessions are on the second Tuesday of every month at the Learning Centre next door to the Methodist Church on King Street. All are welcome. For details call 03 310 7606.



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Images and words: Supplied by Pattie Peglar

The Realities of Renovation

There's no end of advice on renovating your home. Be prepared, be organised, have a budget, maintain good communications with all your contractors, remember that old houses can uncover some nasty surprises.

But the problem is - it's a bit like having a baby. You can read all the advice in the world, but you don't realise what it's like until you're in the thick of it.

We decided to renovate our 3-bedroom, weatherboard house for many reasons. There were rooms leading onto rooms, the living room was a thoroughfare, half the windows were rotting in their wooden frames, the wiring was ancient, insulation was patchy and it was hard to heat. So the plan was to extend the kitchen/dining area and reuse the existing floorspace to create a better flow and add in a laundry and study.

We found an architect to help with plans and went with a builder that a friend had recommended. Once the builders were on-site, things started to move fast and it was exciting to see walls coming down.

But it was also stressful as time went on and we learnt a few lessons. That advice you see everywhere about being prepared - turns out that's pretty important. We should have had everything packed up and cleared out of the house sooner. It would have been good if we'd already chosen the style of certain fixtures and fittings instead of having to make decisions quickly with builders already on site.

And don't be afraid to ask questions either during the planning phase or the building itself. Some things might not seem logical to you or you might wonder if something can be achieved a different way - just ask. Your architect and builder know their business, but sometimes a question can throw up other possibilities that you weren't aware of.

Finally, no matter how big your budget, it's probably never enough. Once you start delving into the world of interior décor - the sky is the limit and you're



always going to want that beautiful granite counter-top or those brushed nickel look bathroom fittings. It's easy to get caught up in the marketing so try to be really pragmatic about what actually matters to you and balance out those more expensive items by perhaps cutting down elsewhere.

It took just under four months for our house to be ready to live in again. We

spent some time staying with generous friends and some time camping in the garage - in mid-winter (more poor planning). It was stressful and uncomfortable and the invoices were eye-watering.

But the final result is a home we really love and much like having a baby the less appealing parts of the process are soon forgotten.

Tips to Prep for Your Reno

Sure plans are important but there are also some practical steps that it's well worth thinking about ahead of time.

1. Organise storage for your furniture and other belongings. Got a friend with a shed? Or a large garage? If not think about hiring a storage unit or if you've got the space, a shipping container.
2. Salvage and sell where possible. If you're getting rid of old leadlight windows or things that people can reuse then then put them on TradeMe and you might make a little cash back on them and save some space in landfill. We sold some old windows and doors and it was good to see them get reused.
3. To stay or not to stay? If you're doing a large scale reno you're most likely going to have to move out entirely. You can ask friends and family (but if they've already given up their shed to your belongings they might be getting a bit tired of you asking for favours), look for a nearby rental or if it's summertime you might be able to get the tent up. But either way - plan ahead.
4. Pet accommodation. If you've got pets and are moving out think about where they are going to stay. Try for a pet friendly rental or hit up some animal loving friends. If all else fails book them into a kennels but if it's summer time make sure you do this well in advance.



Timaru Town & Country Club A Social Hub

The RSA is the latest local community group to join the Timaru Town & Country Club as one of their 'sections'. It's a win-win situation for all - RSA members now get access to all the club's facilities; the RSA in Timaru no longer needs to worry about managing a building or catering and the Town & Country Club increases its membership, which is now at nearly 4000.

The RSA now becomes one of nearly 30 sections at the Town & Country Club. Other sections cover a wide range of interests from go-karting to golf, indoor bowls to wine tasting, hockey and petanque. "There is a lot of interaction between sections," says Club General Manager, Vince Gardner. "There are things like shared outings and some good sporting rivalry and quite a mixture of age groups. We see the club as a hub for all these sporting and special interest groups".

And it's perhaps not surprising that so many of these groups have become part of the Town & Country Club. This long-established facility has everything from restaurant and café style meals, three bars, an air-conditioned gaming room with 18 gaming machines, dartboards,

billiards and an outdoor BBQ area. It's a great place for families to grab dinner on a Saturday night, or to get together with the grandparents for a roast Sunday lunch. And if you're making a night of it there's even a courtesy van to take you home.

For access to all these facilities club members pay just a \$20 joining fee and then an annual fee of \$20. It's no wonder that the club is fast turning into the meeting place for Timaru.

For more details or to join online visit www.timaruclubs.co.nz



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What is the focus of your business?
We are the big little business – we cater for the little guys who have a plug that needs to be fixed and we service major industries, lifts, cranes and all commercial and dairy sheds etc. – lots of variety for staff.

Best advice you have received?
The job you do is the best advertisement to our future (repeat clients).

What is one thing people may not know about you?
Last year we won a gold metal award from all other competitors in NZ.

Your greatest accomplishment is?
Having won our Gold Award last year with my son standing up there helping us achieve these targets.

What are some of your goals and aspirations for the future?
To step back and hand the reins to Logan and the boys.

What makes you smile?
Happy clients makes us all smile.

How do you balance running a business and having a life? Life has become easier now with good staff, I get a life again. I love

old cars, motorbikes, family and friends – it just happens!

Top 3 things on your bucket list are?
1. Retire role and be a worker
2. Travel overseas when all clear
3. Watch Logan grow the business

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MYTCHALL BRANSGROVE
Artikel & Swint

What is the focus of your business?
An agribusiness and rural creative marketing agency

What is unique about your business?
Based in South Canterbury we deal a lot with agricultural businesses, a core sector in the community. As part of a small creative team I get a lot of variety in my work - I can be coding a new website one day, setting up a studio for product photography, capturing the workings of local businesses or filming with our drone in the middle of a harvest the next.

What influenced your career choice?
Family was a big part - I learnt creative media and technology from my Dad. I also worked in video production with my grandad and learnt photography from my uncle and polytech.

The creativity and ability to tell stories with photography and video always appealed to me.

With technology and programming, I like the challenge of problem solving, creating apps and websites people can benefit from, as well as making workflows more efficient.

What are some of the challenges you have had to overcome?
Working with changing technology is always a challenge. Being self-taught I had to experiment a lot to teach myself which included many failed projects over the years.

The reward is pushing through to achieve, constantly learning new things and exploring endless creative mediums such as game design, mobile apps, 3D modelling, animation and special effects, virtual reality, and automation.

Communication can be another challenge - being able to tell a story in an accurate, concise way perhaps through a single photo or structured video. Also understanding and presenting technical information in a simple manner.

What makes you smile the most?
Having fun with friends and family. Also exploring the outdoors, trying new things, accomplishing goals and pursuing meaningful activities such as helping and teaching others.

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What is the focus of your business?
Origin offers specialised services including graphic & website design, logos/branding, responsive mobile development, e-commerce solutions, digital-marketing, app development, social media, photography, brand strategy & website hosting.

What influenced your career choice?
Growing up I always had a passion for drawing and design and luckily I had enough ability to turn that passion into a career.

What is unique about your business?
A born and bred local having grown up and attended school here in Timaru. With over 20 years of experience in the design industry combined with a strong track record of being both a graphic and web designer puts Origin in the unique position of being able to manage a project from both ends of the form/function spectrum.

What are some of the challenges you have had to overcome?
My former employer, Plato Creative, unfortunately closed their Timaru office due to Covid and myself and my wonderful colleague were made redundant. Trying to bounce back during lockdown and get my business up and running was certainly challenging but I had a lot of support from our great community and things are going really well now.

Best advice you have received?
Don't waste time feeling sorry for yourself when things go wrong. If you are truly passionate about something, find a way to make it work and don't rely on anyone else to do it for you. Remember who you are and what got you where you are in the first place.

Your greatest accomplishment is?
Raising 3 crazy kids together with my wife who also works full time.

What are some of your goals and aspirations for the future?
To expand the business and open an office in town with a few employees down the track.

Top 3 things on your bucket list are?
Go to the Melbourne Grand Prix, see a live State of Origin match, a family road trip around NZ.

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GLENN ALLAN
IDSGN Architecture Ltd
ARCHITECTURAL DESIGNER

What is the focus of your business?
Architectural design for all residential and light commercial projects nationally, with technology allowing this to be possible.

What influenced your career choice?
It was Technical Drawing in High School that sparked my interest into design and a career behind the drawing board. Architecture was a perfect choice.

What is unique about your business?
As a small business, I guess prioritizing the client's needs first and foremost while still providing inspiration and ideas to achieve the best overall result.

Valuable learning experiences?
Working alongside other Architects and Designers, especially those who are passionate about certain key values in design and construction methods. It broadens your knowledge base and shows you that you can never know enough.

Best advice you have received?
Always back yourself and your abilities. Even if its an opportunity to do something you have never tackled as a designer before, just grab it and know you are more than capable.

What are some of the challenges you have had to overcome?
Learning to establish, run and grow IDSGN as a brand and business. Unfortunately, there is no handbook out there with all the answers, but there is a great local community of other small business owners with lots of experience.

Your greatest accomplishment is?
So far it has to be having a completed home recognized with an award and by new clients. Very humbling to say the least.

Do you have a role model or someone who inspires you?
I wouldn't say there is just one person that does. I guess from a business inspiration comes from every client, through their vision and excitement.

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ANDREW SYKES
Warehouse Liquor Store
OWNER

What is the focus of your business?
It is a retail liquor store.

What influenced your career choice?
It was one of those right place, right time things. I was here helping prepare the store for its grand opening and the Owner at the time liked my work ethic and offered me a job. It was basically a baptism by fire learning liquor retail on the go as we opened just before Christmas.

What is unique about your business?
That would have to be the longevity of my staff, I'm lucky to have had a low turnover of employees with one staff member being here for over 20 years and another more than 10.



BRENT WHITE
The Ringmakers
OWNER/JEWELLER

What is the focus of your business?
Jewellery design, manufacture and retail, including repairs. We have an on-site workshop upstairs, as well as a retail space on the ground floor where we sell handmade jewellery from the workshop and branded jewellery and watches, including Pandora.

What influenced your career choice?
I really wanted to find a career that would provide an artistic outlet and involved physically creating something. As a child and then into my teens, I always enjoyed creative processes and loved it when there was a tangible product of my hard work. I was very lucky that Graeme (Castle, former owner and founder of The Ringmakers) happened to be looking for an apprentice at just the right time.

What is unique about your business?
We have three manufacturing jewellers on site and are one of only a few jewellery manufacturing businesses of this scale in the South Island. Customers are able to talk face to face with the person who will design and manufacture their items from whoa to go, which is not something that happens in much of the retail sector anymore, unfortunately, but is a huge positive for us and our clients.

What makes you smile the most?
Getting to see excited, happy customers collect jewellery that we have manufactured for them. People's happiness is always so contagious – and it's nice to be part of their special moments.

What are some of your goals and aspirations for the future?
Getting a better work/life balance! Actually, I don't mind working fairly long hours as I love my job and get a lot of enjoyment and satisfaction from what I am doing. There's always a need for more time to play the guitar and read, though, so I'm working on that. Also, our children are getting older now (Olivia is 11, and George, 8) and I would love to get back to spending more time tramping NZ's many awesome back country tracks; we are so lucky to live in a place where there are so many beautiful places that are easily accessible.

The Ringmakers
Manufacturers of Fine Jewellery
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www.theringmakers.co.nz



BEN BEARD
Ranger Specialist Coatings
DIVISION MANAGER – RESIDENTIAL & COMMERCIAL PAINTING

What is the focus of your business?
To provide the highest quality painting and coating services to our clients.

What influenced your career choice?
My Grandfather and Father were both in the painting and decorating trade so I followed in their footsteps. I really like working in an industry where each day you can see your progress and be part of the transformation

What is unique about your business?
We offer a range of services including painting and decorating, industrial surface coatings and resin flooring. We are also one of the only painting companies in South Canterbury who have a diverse workforce with 50% of our staff being female.

What advice do you give to your team?
Take your time, really take in what you're being shown, understand the client's expectations.

Best advice you have received?
"A narrow focus brings big results"

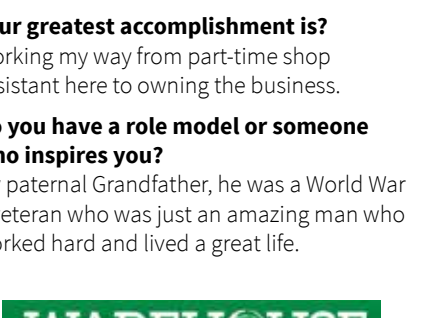
What are some of the challenges you have had to overcome?
Becoming a manager in my early 30s has been an interesting challenge for me. Working with my peers in a different role as their manager has been a big adjustment.

Your greatest accomplishment is?
My wife Larnya and I had a wee girl Milly earlier this year. This is definitely my best accomplishment to date, other than marrying my beautiful wife of course.

What are some of your goals and aspirations for the future?
To grow with Ranger and become the best manager I can possibly be. I'm very excited about my future ahead.

Top 3 things on your bucket list are?
Have a completely finished well painted house is definitely one!

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by Suzuki



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How it works

The Swift's Smart Hybrid system uses an electric motor called an Integrated Starter Generator (ISG). Working alongside Swift's petrol engine to help improve fuel efficiency, the ISG is powered by an extra 10 Ah lithium-ion battery that is charged as the car decelerates and brakes. While cruising the battery helps power all of the additional electrical systems like safety features, air conditioning, Bluetooth and smartphone connectivity.

Hybrid efficiency

As New Zealand's fuel economy experts in small cars, the new Swift Hybrid from Suzuki is designed to save you money every day at 4.1 L/100km*. Light on emissions at 94g/km, it is as affordable and as environmentally friendly as ever.

Switched on innovation

Technology in the new Swift Hybrid makes things easier, more fun, and more convenient. All the features are

cleverly integrated to enhance your experience behind the wheel while the Swift's light, quiet interior impresses with a striking, modern look. So, switch on and have some fun!

- 7-inch touch screen
- Reverse camera
- Apple CarPlay and Android Auto†
- Adaptive cruise control
- Speed limiter
- Digital running speed indicator
- Engine performance and hybrid status

Peace of mind

It's a busy world, so prevention and protection are essential. The new Swift Hybrid incorporates the stronger HEARTECT chassis, ESP®, ABS with EBD, LED daytime running lamps, hill hold control and the six airbag system.

In addition, the Swift Hybrid LTD also comes with a suite of advanced safety technology including:

- Dual Sensor Brake Support
- Lane departure warning and prevention
- Weaving alert
- Blind spot monitor
- Rear cross traffic alert
- Rear parking sensors
- Headlamp high beam assist

Switch up your Swift

Make your new Swift Hybrid a real stand-out. Switch it up with a range of interior and exterior accessories to suit your unique style

†Check the compatibility of your device at www.apple.com or www.android.com. Apple and CarPlay are trademarks of Apple Inc. AndroidAuto is a trademark of Google Inc.

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Book Club

NEEDING SOME GOOD READS?

The Dictionary of Lost Words

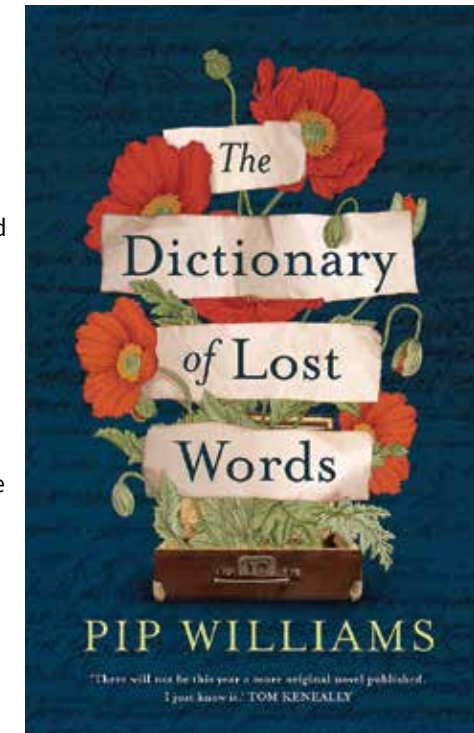
Pip Williams

This book is an historical fiction gem based on real events. The premise is just so uniquely compelling, not to mention important. I loved it!

Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the 'Scriptorium', a garden shed in Oxford where her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary. Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word 'bondmaid' flutters to the floor. Esme rescues the slip and stashes it in an old wooden case that belongs to her friend, Lizzie, a young servant in the big house. Esme begins to collect other words from the Scriptorium that are misplaced, discarded or have been neglected by the dictionary men. They help her make sense of the world.

Over time, Esme realises that some words are considered more important than others, and that words and meanings relating to women's experiences often go unrecorded. While she dedicates her life to the Oxford English Dictionary, secretly, she begins to collect words for another dictionary: The Dictionary of Lost Words.

Set when the women's suffrage movement was at its height and the Great War loomed, The Dictionary of Lost Words reveals a lost narrative, hidden between the lines of a history written by men. It's a delightful, lyrical and deeply thought-provoking celebration of words, and the power of language to shape the world and our experience of it.



The Island of Sea Women

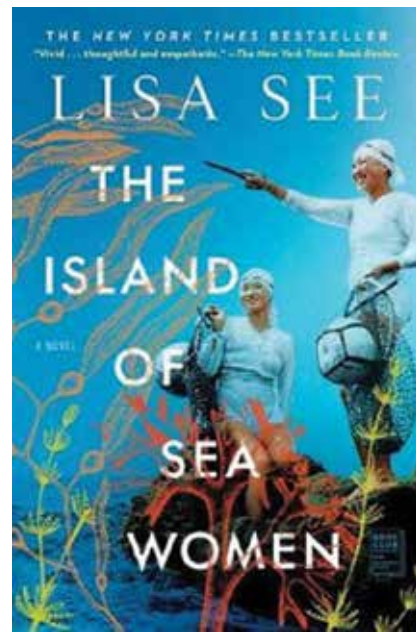
Lisa See

I loved this very different book of historical fiction – my favourite genre. It is set on a small Korean island and draws on the centuries-long history of the haenyeo or female divers who have effectively created a matri-focal society – they are the breadwinners for their families, while their husbands take on the domestic duties of cooking the meals and raising the children. The main theme is the friendship of Young-sook, the daughter of the head diver and Mi-ja, the orphaned daughter of a Japanese collaborator. As the girls take up their positions as 'baby divers', they know they are beginning a life of excitement and responsibility but also danger.

The narrative alternates in time between 2008 – when an ageing Young-sook is sitting on the beach sorting algae and fielding incessant questions from onlookers – and her early childhood years, starting in 1938 during the Japanese occupation of Korea which began nearly 30 years earlier. The girls' friendship begins to fray when their marriages are arranged. Mi-ja marries the wealthy son of a Japanese collaborator who lives in Jeju city, whilst Young-sook's humbler marriage is to Jun-bu, a neighbour's boy.

The second half of the novel chronicles the horrific violence of the 4.3 Incident – April 3rd 1948, 3 years after Japan surrendered occupation of Korea. A communist insurgency was suppressed by the US-installed government and the police in a campaign that killed tens of thousands of people, including the Bukchon massacre, during which Young-sook loses most of her family, and the friendship of Mi-ja

I had never heard of these female divers before or the dramatic history that shaped their lives.



The Barefoot Surgeon

Ali Gripper

This is the inspiring story of one man's dream to bring sight to millions of people who cannot see. Sanduk Ruit was born into the lowest rungs of society in a tiny remote Nepalese village. After long and difficult treks to attend boarding school in Darjeeling and later, to the best of Indian medical colleges, he met the remarkable Australian ophthalmologist, Fred Hollows, whose invaluable mentorship would enable him to take on his lifelong mission to restore vision to the poorest of blind people across Nepal and the rest of Asia.

Operating in makeshift theatres with plastic sheets for walls, using equipment and intraocular lenses donated by other surgeons and institutions, fighting adversity and criticism from the medical establishment, Ruit performed 70 operations per day, built a hospital and numerous treatment centres in Nepal and is training more eye surgeons. Ruit took his unmatched prowess in stitch-free cataract surgery, along with world class medical care and equipment, to those whose lives were plunged into darkness, who were ostracized and abandoned for being blind with no access to proper treatment. Dr Ruit is known as the 'God of sight' for restoring the light to millions of people who have been prey to curable blindness and vicious poverty. This is an extraordinary, inspiring read.



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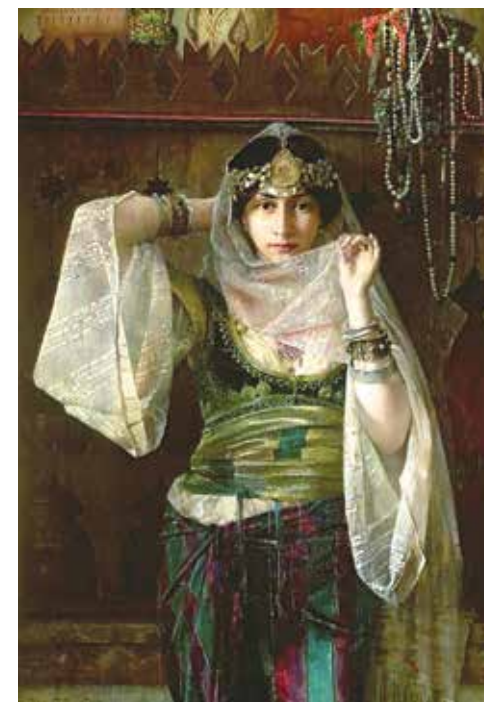
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Sunday 6th September is Father's Day. Make sure you book a table in advance to treat your dad in our amazing family friendly café with great food. Remember we do vouchers for that gift if you do not know what to give dad. Come and enjoy a lovely day with us.

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FROM THE Mayors Desk



Kia ora,

It has been great to see the District full of life with people out and about discovering our own back yard and supporting local businesses since we moved out of lockdown.

However, I know some of you may be finding it unsettling entering level 2 again, and its really important in these times to ensure you take care and reach out to others.

The Stimulus Fund applications closed on Friday, 14 August with funding allocation decisions to be made on Tuesday, 1 September by our Elected Members. The fund is a one off fund, of \$2 million, in response to the effects of COVID-19. It is aimed at supporting initiatives that enhance and boost recovery in response to COVID-19, contributing to community wellbeing and stimulating economic activity. The details of the applicants will be detailed in the September Council agenda.

The government's water reform proposals have now been released. If implemented it will have significant effects for the governance and delivery of drinking water and wastewater, as

they will be removed from councils and run and delivered by other entities. This will mean considerable investment in water and wastewater across New Zealand. Councils will continue to be responsible for the delivery of many, and possibly more, services, facilities and activities.

I attended my first official RSA function at their new location recently commemorating VJ Day (the end of the war with Japan). This was a special occasion that I was proud to be part of. It was also fantastic to see Timaru's first 'Light up the Night' festival sell out, raising money for a local charity. It is great to see South Canterbury supporting these events, ensuring they will return again.

Remember that we are living in a unique time and that we need to take care and look after each other.

**Kia kaha
Noho ora mai (stay well)
Mayor Nigel Bowen**

Emily and Fin Top \$155

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One Supercar you can afford – maybe?



This article is for true petrol heads.

Some time ago I was driving down near Twizel on a fishing trip, when seemingly out of nowhere a silver car suddenly appeared in my mirrors. It didn't look anything really spectacular, just a nice looking coupe that could have been made by GM or Ford or anyone really. It glided past me as if I weren't there. No effort, no drama and it was gone in seconds - my last sighting was of a set of distinctive round tail lights vanishing over the horizon.

Now I was driving my old off-roading 4x4 and a horse and cart could have probably passed me. In truth, even if I'd been going flat out in just about any other car in Godzone, with a few possible exceptions, I would have been left in the dust anyway.

You see that undistinguished looking silver two-door is arguably the fastest production saloon car in the world - a true supercar. A budget rocketship that doesn't cost the Bugatti Veyron's US\$3,000,000, or the Scuderia Cameron Clickenhaus's (not chickenhouse) US\$2,600,000, or even the McLaren P1's more modest US\$1,150,000. This

particular silver rocket costs about US\$150,000, yes, you read it right. One hundred and fifty thousand dollars, and it gives the big names including the super two-seaters such as the Hennessey Venom, Pagani Zonda, a real run for their money - at a fraction of the price.

The car in question was of course the Nissan GTR. Some of us will remember way back when the original Godzilla won Bathhurst. The reaction from the Ford and Holden fans was rabid. Their V8's had been blown off the circuit by a 6-cylinder Nissan. Jimmy Richards who drove Godzilla on the day called the booing Bathhurst crowd 'a pack of bastards'.

The reason the GTR is so cheap in comparison to the other so-called 'supercars' comes down to the simple philosophy of chief designer, Shiro Nakamura, who aimed to produce a true supercar that was affordable for the 'average' driver. Yeah I know, average and affordable are relative terms here.

The current GTR range is something very special indeed, and the cars are being continually tweaked to extract even more grunt from them. In 2013 a Nismo GTR set



the Nurburgring fastest volume production car lap of 7.879 minutes and sat behind only the Porsche 918 and the Lamborghini Aventador for the fastest production car laps ever. However, neither the Porsche nor Lambo can be classified as true volume production machines. A GTR currently holds the world ¼ mile road car record of 219.94 mph covering the quarter mile in an amazing 6.47 seconds. There is even a 2100 horsepower GTR dragster out there. Check them out on Youtube and start saving your pennies for your very own Godzilla clone.

Softail Fatboy harley



Timaru upholsterer David Brown and wife Tania have one very neat Harley Davidson sitting in their garage. Their 2009 Softail Fatboy is a superb example of one of America's most popular bikes. David bought it off TradeMe about a year ago. "It was owned by a 70-year Aucklander," David recalls. "It hadn't had a lot of use and in fact currently it's only got 10,000 Ks on the clock, so it has barely been run in."

Timaru born and bred, with a spell in Australia as a twenty-something, David started in the upholstery business when he was 16. Naturally, one of the first things he did when he took possession of the Harley was to reupholster the seat. "It was a pretty hard ride, so I softened it up and added more lower back support. Apart from that, the chrome wheels and the S&S exhaust and power commander fuel injection module, the bike is pretty standard."

Prior to the Harley David had a Suzuki Boulevard that he and Tania, his wife of 18-years, did a lot of travelling around on including runs to spots like Takaka. "Since we got the Harley we've taken it across the hill to Woodstock on the Coast, and we're planning a run to St Bathans when the weather warms up a bit."

David is a member of the Timaru Town and Country Motorcycle Division and the St Bathans jaunt is scheduled as a club run. "I've been riding motorbikes since I was a kid. I actually got my first one when I was

12 and my license as soon as I turned 15. My dad told me I couldn't afford to run a car. He was probably right. Anyway, I enjoy the camaraderie of the club. We have a lot of fun." As well as the Harley, David is into off-roading he has a Suzuki DRZ 400 in the garage for when he wants to get down and dirty.

Technically, while David advertises as a 'conventional' upholsterer, he is what is known in the trade as a Motor Trimmer. "It's a term that not everyone is familiar with," he says. "Basically a Motor Trimmer is a specialist in upholstering anything with an engine, from bikes to cars and even boats and caravans and motor homes. So while I do all general upholstery, if anyone needs to have any specialist work done on a vehicle, I'm trained to do that. After 37 years in the business I think I know what I'm doing," he says with a laugh.

Anyone wanting to get in contact with David, give him a call on 03 684 5001. Otherwise keep an eye out for him out on his very neat Harley Softail with Tania on the back.



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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 pat@essencemagazine.co.nz



James Carroll

James has been in the tyre industry for over 20 years, he has fitted everything from loader tyres, truck tyres, car and 4wd tyres and has done wheel alignments on everything from Kingswood to Hilux and everything in between.

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Having the correct wheel alignment is important when it comes to the safety and the lifespan of your tyres - even your vehicle's fuel efficiency. Wheel alignment can change by simply hitting a pothole, having faulty suspension or any number of other reasons.

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If you answer yes to any of the following questions you may need your wheels re-aligned.

- Is your car resisting your steering?
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- Have you recently had new tyres fitted?
- Have you had the components in your suspension replaced?
- Have you hit anything on the road such as a pothole?
- Has it been 6 months, or have you travelled more than 10,000 km since your wheels were re-aligned?

If you're questioning your vehicle's wheel alignment, bring it to your local Bridgestone Tyre Centre for a check. Using the latest technology, our experienced technicians will check your wheel alignment, as well as the condition of your suspension components to make sure it's all in order.



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Email: tyres@sc.toyota.co.nz



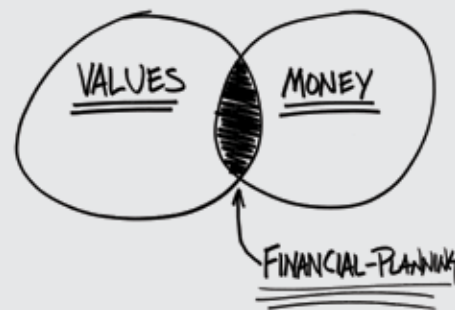
Emily Wheatley

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

Q. Hi Emily, we are managing okay financially, however, I do not feel we have always made the best choices when it comes to money. I have just received my annual bonus and am deciding whether to use this on a holiday or to save it?

Life is full of choices and normally more of one thing means less of something else. By saving money it may make you feel better as you are providing a safety net, or it may enable you to take advantage of a future opportunity if it arises. While a holiday can help create new experiences and memories that you will cherish; is it more important to you to spend now and enjoy it, or save for a rainy day?

If you know what is most important to you then you should take the time to make the decision. Don't do it impulsively, or spend the funds before they are even in your bank account. Make the decision with your values in mind. You may find an option that enables you to do both. Maybe it's not that weeklong holiday to Hawaii you wanted but rather a weekend in Hammer Springs and saving the difference?



If you don't know what is most important to you or would like to model how different approaches might impact your financial goals, then you should seek advice from an adviser who can help you with that.



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Renae McClenaghan

Renae is General Manager and Finance and Insurance Specialist at Autoworld Timaru with over 14 years' experience in the finance and insurance industry.

Buying a vehicle can be stressful enough without having to decipher 'dealer-speak'. We're here to help dissect a few of the most commonly used, but oft-misunderstood, words in the car industry.

Runout - Think of a 'runout sale' or 'runout model' like an end-of-season sale or item at your favourite clothing store. Runout sales are a dealer's chance to sell their older (tried-and-tested) models, usually at a discounted rate, before the new models are on market.

Facelift - A facelift is a model update that offers a few key improvements, allowing the manufacturer to freshen up a model without doing a complete redesign. Unlike the full unveil of a new model, a facelift tends to retain a similar chassis and overall design of the previous model, while providing a few changes to styling, interior design, technology, and mechanical changes.

Trade-in - A trade-in vehicle is one that you 'trade-in' to the dealership in exchange for credit towards a vehicle purchase. Effectively this could act as your deposit, although trade-in values vary greatly depending on the condition of vehicle, demand, and more.

On-road Costs - On-road costs are the additional costs you owe post-purchase that allow your vehicle to be road legal and ready. These costs include new vehicle registration, WOF, road user charges for diesel vehicles, and pre-delivery inspection.

MRP and MSP - MRP stands for Manufacturer's Retail Price, previously often referred to as the 'RRP' or 'Recommended Retail Price'. The MSP, or Manufacturer's Selling Price, is a special sale price on a vehicle.

Demonstrator - Demonstrator models are vehicles we've registered as part of our stock, but are used at the dealership for various purposes. They're allocated for test drives, staff vehicles, or service loan cars and usually drive local, easy kilometres. These vehicles are often late-model and well cared for to showcase the latest range and its features, making them a great buy.

With a little clarification, the mysteries of car industry jargon can be cleared up - leaving you to focus on what vehicle is best for you.



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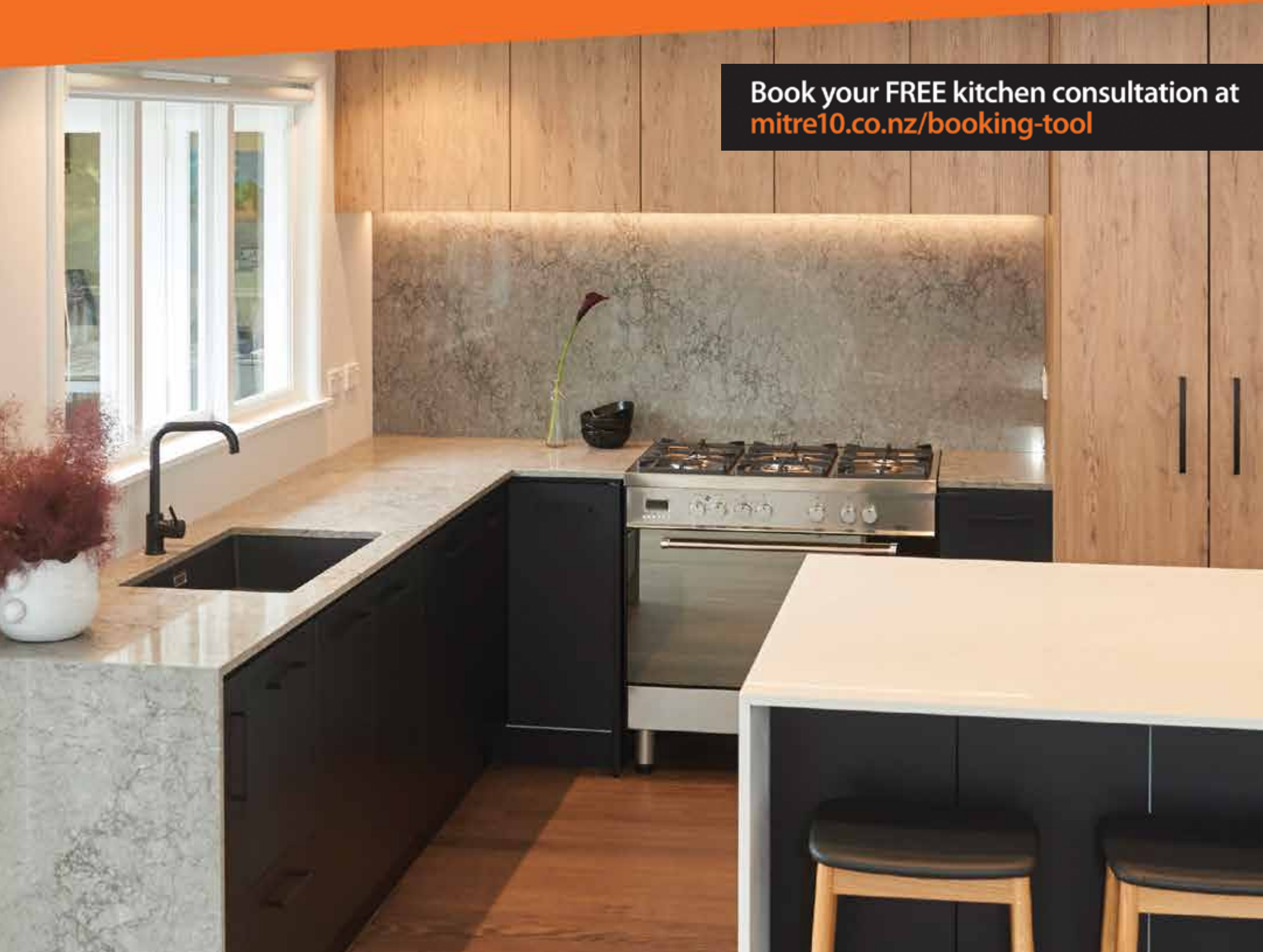
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