

# essence

essentially...south canterbury



**12** Profile  
From Scrubbing Pots  
to Super Yachts

Feature **14**  
Health &  
Wellbeing



# 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

As we go to print Dorothy is on her way to Kaikoura and has asked me to step in and write her editor's note whilst she watches whales and pets alpacas. More on that next month!

We've got some great South Canterbury stories lined up for you this month - check out the inspiring career path of a young Cantabrian who started out washing dishes in a restaurant and is now cooking up a storm on a super yacht. Or find out why one young Cantabrian ended up graduating in her gumboots recently.

We've also got some business stories and whilst the news cycle might be dominated by gloom, when we talk to people locally we're always blown away by the enthusiasm, innovation and passion that Cantabrian business owners show in their day to day work. We're always so grateful to people who share their stories with us and we hope you enjoy reading about family honey business Westlands and finding out what motivates Fairlie's young fashion entrepreneur who opened his first store at just 18.

Shop local is the slogan we're seeing everywhere now and it's something we've always supported at Essence, way before Covid-19 was even a thing. But more than just shopping, we would like to encourage you to get out and discover what's on offer locally - from business services to artisan food producers, community groups to cafés. You'll be surprised at what's available in your backyard.

So get out there and enjoy!  
Pattie - Feature Writer

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Staying Safe  
a refresher course for older drivers



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

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

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From Scrubbing Pots to Super Yachts

Matthews cooking skills have taken him round the world.

Fashion



Make your interiors come alive this Winter with homewares and furniture inspired by the outdoors. Image supplied by Maytime-Maree Hynes Interiors

**Need an extra copy of essence magazine?**

We have stands located at

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- Northtown Mall opposite Sticky Cafe
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Dorothy McLennan



Pat Naude



Liz Bell



Larnya Bourdot

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# Swap a gown for food

On the 11th of July at the St John's Rooms in Waimate, Amanda's Bridal held a swap a gown for food for the food bank. The event was a great success, bringing the community together.



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## Join Timaru's Great Blue Fish Hunt and win!

Timaru kids emerging from lockdown have the opportunity to embark on a new type of urban adventure, thanks to the Great Blue Fish Hunt!

For the month of July, explore your neighbourhood with a parent to discover how drains affect our waterways and native fish.

Pose for a photo with the blue fish and enter the draw to win a \$100 Prezy Card by emailing bluefish@timdc.govt.nz

Snap me and be in to win!



This competition has been organised by the community's Otipua-Saltwater Creek Catchment group www.ecan.govt.nz/saltwatercreek

Dozens of blue fish are appearing now on roadsides in south and west Timaru. Can you find them? Find as many as you can – the more fish you find, the more selfies you can take with them – and the more entries you can submit to the competition!

Extra prizes for the most creative photo with a poster or message about stormwater, and the school with the most student entries.

To enter the competition:

- Send a photo or video to bluefish@timdc.govt.nz OR
- Message Timaru District Council on Facebook and tell them where you found the fish OR
- Tag #timarubuefish on Facebook or Instagram and say where you found the fish.

We'll share our favourites on the Timaru District Council Facebook page @TimaruDC and on Instagram at Instagram.com/timarubuefish



## MyWay by Metro

Timaru's on-demand public transport service, MyWay by Metro, was officially launched on 22 June by Mayor Nigel Bowen, Timaru District Councillor Sally Parker and Environment Canterbury Councillor Peter Scott.

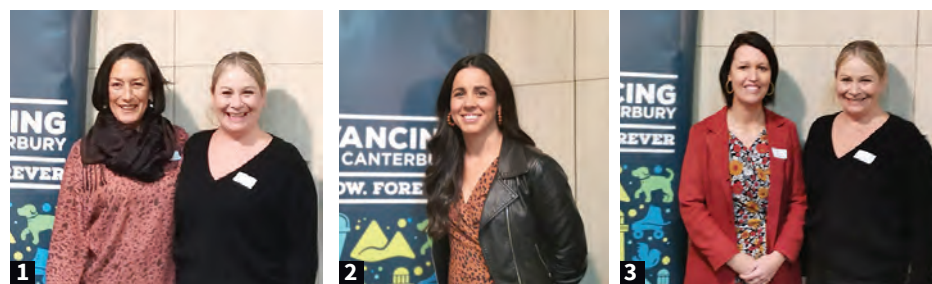


And the winner is ...

Congratulations to our lucky winner of the Waihi Bush Omega3 Super Boost giveaway – Raewyn van den Akker.

## The Aoraki Foundation Women's Fund

On Thursday 9th July an event was held to introduce the Ambassador for the South Canterbury Women's Fund. Four amazing and inspiring women were invited to speak about their lives and their passions.



1. Anah Aikman (Women's Fund Ambassador), Lesley Roy (Aoraki Foundation Trustee)
2. Tenika Reihana (Uncover Inspiration)
3. Stacey Scott (Scott & Associates), Lesley Roy
4. Rene Crawford, Leah Bradley (Executive Officer), Anna Wheeler, Lesley Roy and Robyn Hewson (Aoraki Foundation Trustees)
5. Jenny Carter-Bolitho, Alice Caird, Lauren Archer, Stacey Blissett, Letitia Glover, Emily White (Timpany Walton)

## Fairlie In Vogue

InVogue had their grand opening on Sunday the 12th of July, where locals were able to come and see the store for the first time. This was a fantastic afternoon filled with drinks, nibbles and plenty of shopping.



## Renovations complete at the Timaru Library

On Monday 6 July, the doors of the Timaru Library were once again opened to the public. This was a very exciting day as the extensive internal renovations that had taken place over the last couple of months were finally able to be revealed.

The Timaru Library has had a major makeover which includes new ceilings, paintwork, carpets, furniture,



available for groups to use as a meeting place. Already there have been a number of enquiries from local groups who are very interested in using the room.

The Children's Library has also been transformed and children and their families are enjoying the lighter, brighter and warmer space.

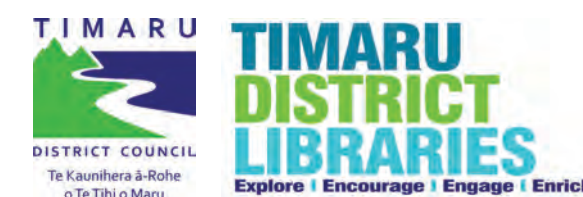
heating and lighting. The public toilets have also had a stylish upgrade.

A new feature in the foyer is the amazing living wall that welcomes people as they enter the main doors. The plants that make up the wall are self-watering and the vivid green creates a stunning pop of colour.

Another highlight of the renovation project was the creation of a new community room in the Adult Library. Public libraries are very much community hubs and this new, flexible space will

to the new ceiling, carpet and furniture, other highlights in this area include beautiful new shelving and a revamped story reading area, complete with acoustic paneling and a fabulous feature light.

The renovation project has resulted in a library that is modern, stylish and meets the needs of the Timaru community. Library staff look forward to welcoming you through the doors and we encourage you to explore all that our collections and facilities offer. There is something for everyone.





words: Gilly Oppenheim



# 'THE HOUSE'

## at Timaru Girls' High Celebrates 100 years

Affectionately known as 'The House', the Boarding Hostel is turning 100 in 2021 and is calling Old Girls to celebrate from April 16th-18th 2021. Opened in 1880 as a co-education facility, the Timaru High School was divided into two separate schools after a major fire in 1898, separating Boys and Girls with separate entrances and a very high fence in between them! Finally in 1913 the Boys moved to North Street where their own Boarding House was established. It took until 1916, with much pressure from the then Principal Miss Watt and parental demand, to firstly rent accommodation

off-site in North street for the Girls, and to finally open 'The House' on-site in Feb 1921.

The current school prospectus states: "The House" provides a nurturing, maternal environment for the girls, ensuring they feel a part of our extended whanau. With 24-hour staffing, it truly is a home away from home. The House provides a supportive extended family environment that encourages young women to experience personal growth and excellence and offers a unique opportunity to learn life skills and responsibility in a structured and caring environment".



And so it has always been, according to two Old Girls who recently shared their boarding school experiences with me. Joy Slade was a boarder at TGHS from 1955-1959 and Jo Goodhew from 1974-1978. Joy came from a very small country primary school near Lincoln with only 5 in her class. Her sister Margaret preceded her by two years and was happily settled in The House, so Joy had some idea of what she was in for. In 1955 there were approximately 160 boarders in the House.

Jo was so excited to be going to boarding school that she had her bags packed by the Xmas before she started at TGHS! She had a big bag and was so proud of her uniform bought from Ballantynes. There were 180 boarders in 1974 and 36 in the third form. Jo loved Elinor Brent-Dyer's "Chalet School" books about boarding school in Austria, and the heroine was also called Jo, so she had a romantic notion of what to expect and she loved almost every minute of her boarding school life.

Both Joy and Jo said that one of the best things about being a boarder was making such wonderful long lasting friends. There was always someone to talk to and to share confidences and problems. They both spoke of sharing long weekends and holidays with hostel friends, often going by train or bus. They really enjoyed dancing classes with TBHS boys, and they had film evenings together once a month. Both enjoyed the hostel food. Joy was apparently a fussy eater at home, but she ate everything at the hostel, especially the Sunday roasts with ice cream and caramel sauce for dessert.

There were also a few bad experiences! Joy was 'gated' from attending the TBHS Ball in her second last year because she had skipped tea. She had to phone Thomas House and explain to her partner that she couldn't go to the Ball that very evening! Another bad time was running off the stage in tears during the third form speech competition, which they all had to enter. Jo was suspended in the fifth form for letting a friend's boyfriend into the hostel via the fire escape. The worst part was that her father was on the Board at the time and she had to spend a week out of the hostel living with an elderly family friend. Incidentally she has kept in touch with this naughty boy!



Typical hijinks were often around food - midnight feasts, 'pinching' bread for extra toast, or getting day girls to sneak in food, such as fish'n'chips and sweets. Experimenting with smoking rolled dock leaves behind the swimming pool, DIY ear piercing, Saturday morning hair washing, cutting and colouring sessions, and Sunday visits from Rectory boys in the summer, sitting

out on the lawn on rugs were laughed about.

Other memories included going by 'crocodile' to church every Sunday, mail being handed out with cream buns at morning tea time, singing "Now is the Hour" whenever a girl left school and having baths on a roster- junior girls were only allowed 20 minute baths three times a week! The senior girls took it in turns to be their 'dorm mum'. These girls were kind and fun and helped the younger girls deal with homesickness. Most girls played Saturday sport and attended music lessons. They also had Department classes, encouraged through marching and gymnastics, and they enjoyed sharing each others mufti clothes. Joy's uniform was a navy gym frock with a white blouse and they also had tea dresses for special occasions with lisle stockings. She said they all hated the 'awful' gym rompers they made in sewing classes! She wore either a felt or a panama hat. In Jo's era they wore baker boy hats and her uniform was similar to that worn today. Jo remembers the 1975 storm when Matron and the headmistress (who both lived in hostel) came through to the dormitories to calm them down, wearing their dressing gowns and with rollers in their hair! Joy said it was a safe place to try new things and she felt she grew in confidence and she knows that her boarding experience added great value to her life.

Many girls left at the end of the 6th form (Year 12) in the 1950s, moving into tertiary training such as teaching, nursing, dental nursing or office jobs for commercial girls. Gradually 7th form numbers (year 13) increased as more girls moved on to University. As the post-war baby boom slowed down, the Education Board put more money into District High schools and bus services, which in part led to a downturn in hostel numbers nationally. The spirit of the Old Girls Association has been alive and well for 100 years, now depending on modern connecting technology to support each other and the school. Today, in 2020, TGHS is a thriving school, with a hostel of over 70 girls and growing.

The school is hosting "The House Centennial" celebrating 100 years from 16th-18th April 2021. Details are available from: [hostel2021@gmail.com](mailto:hostel2021@gmail.com)



# The Business of Bees

When Andy Westland gets up in the morning he puts honey on his toast before heading out to tend to his bees. Wife Amy uses honey to sweeten her Milo and their school age children both eat honey straight off the spoon. The family behind Westlands Honey clearly love the business they're in.

Andy's love affair with honey goes way back to childhood and he was a teen beekeeper even in high school. Along with wife Amy, he set up Westlands Honey 13 years ago with a few hives from other beekeepers who were downsizing. They would split and grow those hives to develop more and breed their own queens - an intricate process. "Whether they become a queen is down to the size of the cell that they're in," explains Amy, "They are either workers or drones and the queen is in the biggest cells. So you take the little grub out and put them in a bigger cell cup to grow a queen."

In the early years the couple were juggling the business of beekeeping with their then day jobs. Andy was working scanning and shearing sheep and Amy worked at a bank in Fairlie so the honey was a side business.

"The bee industry can be quite up and down," says Amy. "So having that other work gave us a bit of security - you can't control mother nature."

They initially sold all their honey through the NZ Honey Co-op in Timaru. It meant that they could focus on the bees and the honey rather than worrying about how to market and sell. But NZ Honey Co-op closed a few years ago and then two years ago after selling through different organisations, Amy and Andy decided to start their own brand - Westlands Honey.

Today it is a full-time job for both of them and even the kids earn their pocket money in the summer holiday by helping out with honey extraction. They have some 840 hives spread around the surrounding Mackenzie District. "All the hives are on farmers' land," says Amy. "And most farmers want the bees as they pollinate the clover which puts nitrogen in the ground. It stops them having to spread nitrogen and especially when you've got a lot of hill country - that can be an expensive prospect."

Westlands Honey produce clover, multiflora and raw honey as well as honeycomb. But whilst many of us might

raise our eyebrows at the price of manuka honey, the rest of the honey industry is not quite so fortunate, says Amy.

So the family work hard on different ways to sell their honey. You'll find it in the local Four Square; they sell it directly online; they sell it for fundraisers and they've even supplied honey to another business who makes chilli based products - the result is a Carolina Reaper infused honey which apparently goes a treat on pizzas. More recently they've added a tour of their honey processing facility to the list - and visitors can now book in to see exactly what goes on behind the scenes.

Amy, who is allergic to bee stings, admits to being fascinated by the bees and the whole family love the business these smart little creatures have given them. "We're learning different things everyday, it's not easy but it's fun, it's challenging and it's satisfying."



words: Pattie Pegler



**DON'T LET YOUR GIRL MISS OUT...**  
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Timaru Girls' High School  
SOUTH CANTERBURY | NEW ZEALAND

### "EXPERIENCE SUCCESS"

"The House" offers high quality boarding facilities and we currently have limited places available for 2021. View our "Day in the Life of a Hostel Girl" Instagram story or visit [www.timarugirls.school.nz](http://www.timarugirls.school.nz)

Call now for a private tour of the hostel and school. Contact us on 03 688 1122 ext 220 or [principal@timarugirls.school.nz](mailto:principal@timarugirls.school.nz)



## Elloughton Retirement Village

Our community is rich and varied, made up of friends and neighbours who have led amazing, inspiring lives. Teachers, preachers, nurses, naturopaths, pilots and sports champs - it's really quite an extraordinary group of people you will find living here.

With superb amenities, beautiful surrounds, tailored care services and engaging activities, you too will find a rewarding, inspiring life waiting for you at Elloughton Village.

Anne-Kathrin Bretzke, our Site Manager, would love to take you on a personalised tour, answer any questions you have and introduce you to our vibrant, ever-growing community. Give us a call to make an appointment.

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Our Village sales office has more information and is open from Monday to Thursday. Bookings for tours are essential.







Owners Julian and Mitch recognised a need in Timaru for a specialised area to accommodate families who don't want a big public funeral service, but still want to acknowledge their loved one's passing in their own way.



# New Lounge at Betts Funeral Services

Julian and Hayley Donaldson, together with Mitch and Kirsty Ireton have owned Betts Funeral Services since 2016, but the family involvement with Betts goes back many years. Richard Ireton (Mitch's dad and Julian's uncle) along with Richard's father Howard, have run the business since 1983 and they are extremely proud to now be the third generation of the family involved in helping the people of South Canterbury.

Deciding how you would like to remember and honour your loved one is a personal choice. With so many options available, you can customise the perfect farewell to reflect their life and passions. Today, funeral and memorial services can be as varied as the individuals they represent. One trend that the Betts team have noticed is that having a direct cremation and/or small private gathering is becoming more and more popular. To facilitate this need and in recognition of how important it is to say goodbye and acknowledge a loved one's death, rather than just have a direct cremation or burial, Betts have recently redesigned their catering lounge to also suit private family and friend gatherings of up to 50 people for those who do not want to use their larger chapel, which seats up to 200 people. Family and friends can farewell their loved one and have the opportunity to grieve, share stories, have a cup of tea or coffee, a glass of wine or a toast with their loved one's favourite tippie. There are excellent kitchen facilities, and you can use your own choice of caterer, or Betts will arrange this for you. With the option to have a complete private service there, with their loved one present or a memorial service after the burial or cremation, all needs of the wider community and their wishes to farewell their

loved one are now catered for with Betts.

The previous two rooms have been opened into one large open plan area, thus creating welcoming spaces where you can relax on the couches by the cosy gas fire or sit outside in the sun. There are two large television screens where you can either have a static photo of your loved one or you can play a video recalling their life story. The lounge has a real ambience with soft colours, comfortable and modern furniture and prints of local South Canterbury scenery and landmarks, such as the Church of the Good Shepherd at Tekapo, Lake Benmore and a large triptych of Mt Dobson. The area also caters for children with an area especially for them to keep them occupied.

Betts are passionate about caring for the families in our community to the highest of standards during the difficult time when a loved one passes. They believe in delivering exceptional service and having an outstanding team of people that you can trust. They aim to provide the best of facilities as well as innovative products and services to ensure the perfect celebration of your loved one's life and this new lounge area is just one more way the team at Betts are leading the way in funeral care in South Canterbury.

This catering lounge will also be available for hire for community groups and charity organisations. For further details contact office@betts.co.nz or phone 03 6884033.



Creating the ultimate



We've all spent a little more time in our own homes this year and it looks like a trend that's set to continue. So if you've decided you want a bit more inspiration for your living area then head along to Living With Style's new showroom. With a unique combination of quality furnishings and entertainment equipment - there is everything you need to create the ultimate relaxing home environment.

You'll find quality, contemporary furniture for your living area from brands such as Stressless, IMG and Christchurch made Kovacs. There are chairs to sink into and couches that will ease away the stress of the day - and many can be customised so you can change up the colour or the size. So there's no need to settle for the 'one size fits all' approach you may find in many big stores.

Meanwhile the entertainment department specialises in bringing the very best experience to your living area. And again, it's about what you want. John is passionate about audio and carries a range of equipment to suit all requirements and budgets whether you just want to play a



few tunes from Spotify, get a smart TV for the lounge or are rediscovering the vinyl experience - he is the go-to guy. And he also offers an installation service so you don't have to spend hours trying to figure out how your new equipment works.

So head down to Living With Style and start creating an environment so relaxing - you won't want to go out.



# Book Club NEEDING SOME GOOD READS?

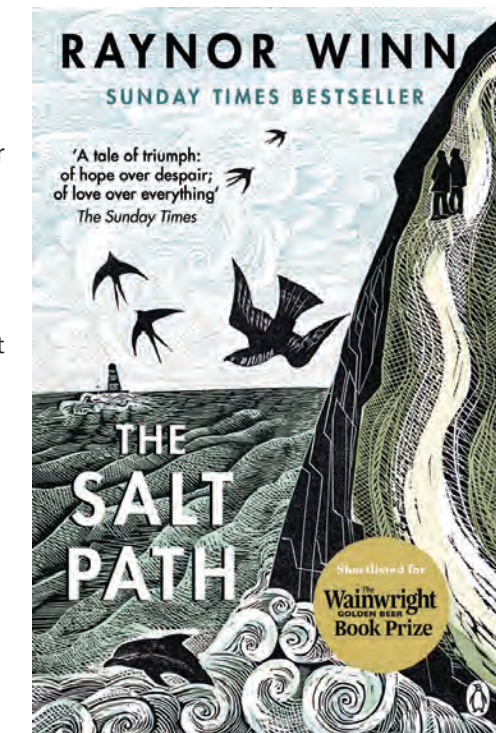
## The Salt Path Raynor Winn

This is an inspiring memoir written by Raynor Winn, wife of Moth and mother of their two children. This devoted married couple find themselves homeless at the age of fifty. They've spent their married lives restoring a farmhouse in the English countryside stone by stone, which they also built into a family business. When they make a failed investment on the advice of an old friend, a court case ensues against them. Not only did they lose the court case, but everything they had built together their whole marriage. They would be homeless in five days. As if this tragedy wasn't enough, Moth's persistent shoulder and arm pain was just diagnosed as CBD, or corticobasal degeneration - a degenerative brain disease, which is terminal.

Raynor remembered reading a book called "Five Hundred Mile Walkies" which involved walking the entire coastline from Minehead in Somerset, North Devon, Cornwall, South Devon, to Poole in Dorset...otherwise known as the "South West Coast Path". This would involve walking approximately 630 miles over rivers, moorland, hills, rocks and beaches and wild camping! So, they stored some treasured furniture, purchased a used tent on eBay, bought two large rucksacks and put one foot in front of the other. Their only financial sustenance was 48 pounds weekly, which would be deposited into their bank (a government tax credit due to Moth's recent inability to work) and which they could withdraw from cash machines.

They had to make their money stretch by eating noodles, tuna, rice, and when desperate, fudge bars. Every morning, they would heat up their own tea on a tiny gas stove. They were often hungry, hot, cold, smelly and wet, and finding a safe place to pitch the tent for the night was always a challenge. Many times people they encountered would approach them, intrigued upon seeing "older people" such as the Winns with large rucksacks, and wondering if they were walking the South West Coast Path. However, when found out they were they were homeless people, they would get a distrustful look in their eyes and quickly drift away.

I loved this book. It is filled with wry humour and is wonderfully uplifting. It deals with coming to terms with grief and the healing power of the natural world. Ultimately, it is a portrayal of home, and how it can be lost, rebuilt, and rediscovered in the most unexpected ways.



Please contact us for a free information pack.

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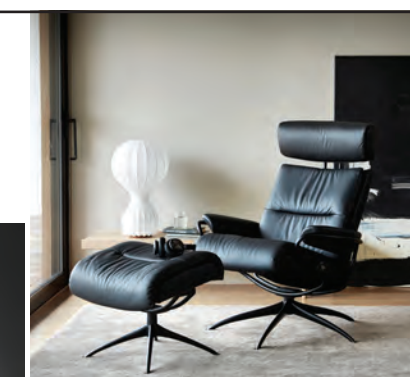
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# Are you wintering well?

## Steps to prepare your car for winter

With cooler temperatures you must take extra care of your car, here's some tips to look at.

### Get your car serviced

If your car is due for a service, get it done before the winter.

### Check the battery

Check the battery: with colder temperatures and increased use of lights and heating, the output will be reduced. If your car won't start because of a flat battery, you can try giving it a jump start.

### Top up engine coolant with antifreeze

Engine coolant should be a 50/50 mix of water and antifreeze.

### Check your tyres

Your car's tyres are key to both steering and braking, make sure they are in good condition. Recommended a 3mm depth during winter also.

### Clean your lights

Check that all lights, indicators and rear reflectors are clean.

### Wash windscreen and wipers

Give your windscreen a thorough clean inside and out and top up your screen washer fluid with antifreeze. Check for nicks and tears on your wiper blades and any chips in the windscreen, as these can grow in the cold weather.

We can do it all at Hollands Suzuki Cars, book now for your appointment 03 688 8297.



## Answering the burning questions

It's getting to that time of year again, when we South Islanders are stocking up on enough dry wood to get us through the colder months.

The burning question is, which wood do we choose?

Whether you buy or source your own, proper dry firewood is tough to find of late.

Burning wet wood comes with both health risks and environmental concerns, as it increases airborne toxins and particulate matter. In effect the moisture has to be burned out of the wood before it even starts to heat your home – serving to reduce extractable energy (or net calorific value).

Manufactured logs such as locally produced BioBriQs are proving popular. "People like them because they are reasonably priced, they are uniform in size and offer a consistent burn at a very high temperatures with reduced smoke," says Allan Booth, who started making the briquettes from compressed beechwood sawdust last year.

Booth says other advantages are that they

don't spark and because they limit creosote build-up, they are better for the fire burner. "We also think they may have a role in helping to improve our air quality."



One tonne of BioBriQs is equal to more than four cubic metres of dry firewood, so they take up only about a quarter of the equivalent firewood by energy. They can easily be stored inside, making them easy to access.

## Novus Glass

At NOVUS Glass Timaru, we believe that it is our responsibility to consistently provide the highest quality of service and products in the market. It's winter – so make sure you have your windscreen cracks/ chips sorted.



Simply contact us today and we will assess the repair and discuss the options with you. Should the glass not be repairable, we will replace your windscreen.

"If you notice it- Novus it" come and see us at 21 King Street.



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Winter is here, so make sure you have your vehicles in check. Our auto repair shop is capable of servicing a variety of models. We only do the work that is needed to fix your problem. If you want the quality you would expect from the big companies, but with a more personal and friendly atmosphere, you have found it!

## Obsolete Iron Motors

We also work on custom and classic projects. So call the team today to find out how we can help.



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

## SC Road Safety

### Five principles for driving on ice or snow

- Drive much slower than you normally would – it only takes a split second to lose control in wet or icy conditions.
- Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently, and use your highest gear when travelling uphill and your lowest downhill.
- Avoid skidding or sliding – If your vehicle does not have an ABS anti-skid braking system, pump the brake pedal in short rapid bursts rather than pressing long and hard.
- Keep a safe following distance – at fifty kilometres per hour, it takes up to ten times longer to stop on an icy road than on a dry road.
- Headlights on dipped beam - when driving in fog, rain or snow, drive with your headlights on. If your vehicle is equipped with fog lights, turn them on as well.

The Madams, Rosa and Lois will handle your mats this winter. If you have just had carpet laid in your home, it is highly likely that your installer has left you with some offcuts. Why not turn these into practical made to measure rugs? Just tell us what size you want your finished item. We will cut it to size and bind the edges in a matching or contrasting colour of your choice.

## Madam Mat



## MADAM MAT Mat Binding Specialist

Madam Mat Binding specialists have you sorted this winter providing Fire Mat edging to protect your carpets! Made to Measure.



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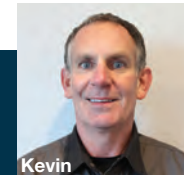
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**Kevin Hunter:** Service Manager M 027 917 7053

## HOLLAND'S SUZUKI CARS

13 - 15 North Street, Timaru  
 Ph 03 688 8297 www.hollandstimaru.co.nz



## BIOBRIQ™

Recycled wood briquettes made from compressed sawdust, BIOBRIQs are an economical, environmentally friendly option to traditional firewood

BIOBRIQs are competitively priced, long lasting, high heat, natural wood briquettes, offering:

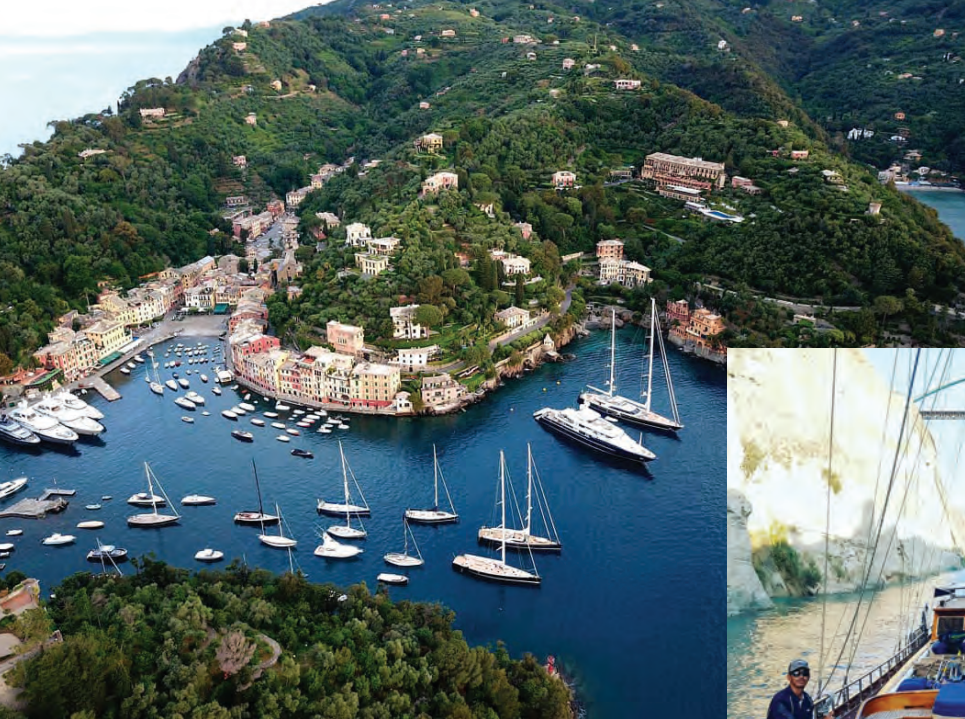
- A consistent moisture level of 8% (compared to levels of around 20-40% with traditional firewood)
- Less smoke and less ash
- Uniformity of shape, making them easy to stack and handle

BIOBRIQs are produced from waste sawdust by product of a local food products factory, whose beech wood is sourced from an environmentally sustainable and certified sawmill.

Instead of sending the sawdust to landfill it is recycled into compressed BIOBRIQs for home heating.







# From Scrubbing Pots to Super Yachts

Most 13-year-olds haven't thought much about careers. So when Cantabrian Matthew Dickie started washing dishes in Akaroa's Trading Rooms restaurant he really just wanted to earn a few dollars. But he started watching the chefs creating dishes and preparing plates and it sparked an interest in the culinary world. That was 10 years ago and since then his cooking skills have taken him round the world.

A few years after starting at the Trading Rooms, the mother of one of his friends offered him the chance to work as the chef on a boat in the Mediterranean. Matthew jumped at the chance. In what sounds like a daunting 'interview' he had to travel to Napier and cook a private celebration dinner 60 people. His memories of his exact menu are hazy but one of the mains was lamb in 'some sort of pistachio crust' - and it was clearly convincing because a few weeks later he was heading to Greece to start his new role on a 26-metre 'gulet' boat touring the Greek coastline.

"It was just dive straight into it," says Matthew. "The day that I got there I was shopping for food in the markets in Athens. I had zero Greek so it was sign language. I was super-excited and I just winged it."



## Welcome to our new Village Manager Rosie Chambers

Rosie is already very popular here and has been working with us for the last five years, most recently as our Wellness Leader. She works closely with residents and families to ensure personal wellness is at the heart of every decision made. Rosie is supported in her new role by sales and services manager Tania Buchanan, they have kept the community connected during these challenging months. We welcome you to give Rosie or Tania a call anytime to say hi or find out about life at Strathallan.

31 Konini Street, Gleniti, Timaru.  
Phone 03 686 1996

ARVIDA  
**Strathallan**  
strathallanretirement.co.nz



words: **Pattie Pegler**



travel to Monaco for an interview. It clearly went well because he now works alongside a head chef on a super yacht in a 'massive' kitchen with sea views - it's a step up from his galley on the 'gulet'. Fully crewed, the 68-metre super yacht has 19 to 20 crew members. But Matthew works alongside the head chef, one of just two people in the kitchen.

So can he dish some dirt on the rich and famous? Sadly, no, like most crew on these boats he has signed a non-disclosure agreement and he might be grinning whilst I ask questions - but he's giving nothing away. And besides, he adds, they have very little to do with the boat's owner. The captain is the 'boss' of the crew and their contracts and wages are all organised through a management company.

"The boat is all very, very high end. I was just...I couldn't believe it when I first started. I was blown away really. The lifestyle is amazing," says Matthew. He's been to the Formula 1 Grand Prix, dished up canapes for celebs, seen some amazing places and faced some cooking challenges - including what to do with the Asian delicacy 'century' eggs that some guests brought on board.

And he now also holds all his tickets for working on a super yacht - things like certificates in health and safety, firefighting and sea survival, as well as a licence for driving the small tender boat that takes passengers into shore.

What's the best thing about work on a super yacht? "It's the experience," he says, "to experience the money that is around, the lifestyle that they have and to meet some massive names, actors and... all of the above."

Update: Whilst Matthew spent lockdown at home with his family in Canterbury, he's not done with the world of super yachts. He is currently waiting for the call to head back overseas and re-join the crew.

# Treat your Taste buds



## WAREHOUSELIQUOR

Long White Vodka is a premium New Zealand made and New Zealand loved vodka ready mixed drink. Blending triple distilled vodka with naturally flavoured sparkling water, the flavour profile is naturally refreshing and less sweet than other ready mixed drinks. Instead of using table sugar, Long White is made sweeter using only natural apple juice. This naturally sweet taste of New Zealand is made from only locally sourced ingredients. Long White Vodka is available in four flavours: Lemon and Lime; Passionfruit; Raspberry, Apple and Pear, Feijoa and Cranberry.

35 Browne Street, Timaru  
Phone: 03 688 1012

## HARLAU HOUSE CAFE

Only a 5-minute drive to an idyllic location in the countryside with delicious food on offer. Try their Roast of the Day with seasonal vegetables, peas, and gravy. Finish it off with a gorgeous apple shortcake. With a generous menu there is something for everyone from sweet treats to beautiful meals.

New winter hours at Harlau House Cafe now open Wednesday to Sunday 9-4.  
253 Beaconsfield Road, Timaru  
Phone (03) 683 1887



## SCRATCH & WIN WITH BIN INN



Be in with a chance to win loads of fantastic **Make It From Scratch instant prizes** valued at over \$25,000! We've got Breville Breadmakers, SodaStream sets, Easiyo Yoghurt makers, Hauraki Brewing beer starter kits and Euro Multistill Spiritmaker kits to give away, plus loads more. Shop instore or online to be in to win! Competition runs from July 6th to August 2nd 2020. Every transaction over \$10 entitles the customer to receive ONE scratch card.

Ph: (03) 684 9840 18 Dee Street Timaru

When it comes to cosy comfort food this winter, you can't go past a rich hot chocolate or freshly baked scones with steaming tea. We've narrowed down some of the fabulous foodie spots we have around South Canterbury to warm your stomachs this winter...

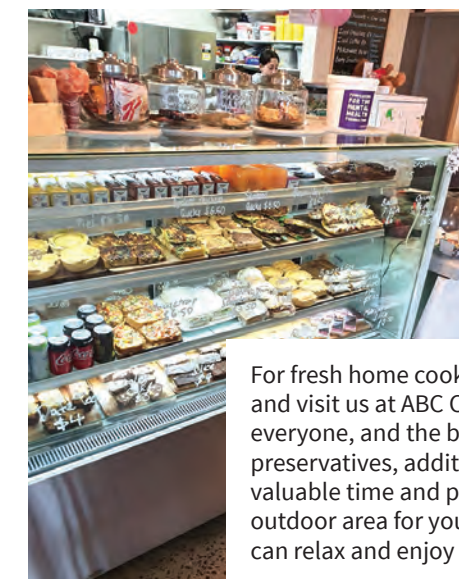
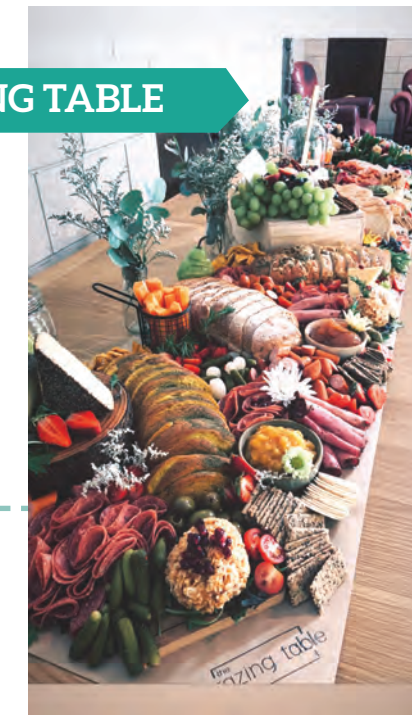
## THE GRAZING TABLE

Take the hassle of home catering out and get The Grazing Table in.

We come to your home/venue, set up and leave before your guests arrive. You'll be sure to get that WOW factor at your next function.

Catering from 2-100s, it really is a creative way to feed your guests.

Find us on Facebook **The Grazing Table** or phone **Hayley 021705118**



## ABC CAFÉ

For fresh home cooked meals, catering, or morning teas, come and visit us at ABC Café. Family friendly café with something for everyone, and the best coffees in town! No Nasty Numbers - no preservatives, additives, colourings or chemicals. Free up your valuable time and phone for meals to be delivered. We have an outdoor area for your young ones to play, while mum and dad can relax and enjoy a cuppa with something nice to eat.

Open Tuesday - Sunday Closed Mondays  
300 Hilton Highway Washdyke. Ph: (03) 688 2852

## AFRI KAI



What a hidden treasure in Timaru! Gerry and Mariët welcome you to their shop. They proudly sell traditional South African food and products. Biltong, droewors, Milk tart, koeksisters, rusks, some gluten free products and all the other yummy goodies. Make sure to pop in, have a chat and get some of your favourites you miss from South Africa. They also have payment by internet banking or paywave if you want to place your orders and it will be ready for pick up.

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# Health and Wellbeing

## DC Cycles

We are an independently & locally owned bike shop that caters to all your cycling needs, whether you're a seasoned cyclist or someone that enjoys getting out on your bike at a leisurely pace, we have you covered. DC Cycles stocks all the biggest bike brands such as Merida, Cervelo and many more. We provide the full service, with bike accessories, along with a full workshop which delivers expert advice and bike repairs.



57 Sophia Street, Ph 57 Sophia Street

## Curves



**Curves**

Curves Timaru, 6 Heaton Street, Ph 684 6478, fitness@curvestimaru.co.nz

The Curves program provides women of all ages and fitness levels with what they need to feel great and build a healthier future.

*"The best project you'll ever work on is you."*

Women are busy and don't have hours to spend working out. At Curves a total body workout takes 30 minutes providing strength training, cardio activity and stretching to create lean muscle, raise our metabolism, burn more fat and tone your body.

**We are offering a 6 week special for \$139.**

## Timaru Dental Care

It's never too late to start caring for your teeth so don't be scared if you haven't been for years. Techniques have come a long way over the years, taking the pain and stress out of a dental visit. A simple check-up is a good place to start.

Our dentists Mark, Emily, Jeremy and Hygienist Joy aim to help you achieve optimal oral health by providing the highest standard of dental care. Everyone can have a healthy smile and with our help it's easier than you think. You don't need to be a patient at Timaru Dental Care to see our Hygienist, so phone and make an appointment today.



**TIMARUDENTALCARE**

50 Church St, Timaru  
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## Health 2000

We are Timaru's only locally owned health food and supplement store. Our wide range of products include supplements, sports products, natural skin care, organic makeup, Homeopathic, organic foods, essential oils and more. We offer hair follicle scanning that will take the guesswork out of what your body really needs. We also have an instore Naturopath and experienced staff to help care for your health. Your store loyalty points never expire, or you can use Farmlands card or Layby. We are open 7 days a week



**Health 2000**  
where caring comes naturally

289 Stafford Street, Timaru  
Ph 03 6880276.

## Morse Chiropractic Centre



We are a family orientated chiropractic centre, where you receive hands on health care, in a professional caring environment. With our service we give regular spinal assessments and alignments to ensure that bones, nerves, muscles and other tissues in your body are fully operational, ensuring the best health possible.

Even if you are seeking care for back or other pain, the chances are that chiropractic care will assist your other health problems too.

To make an appointment with Steve Morse or Mike Blandy, call us on (03) 688 1279  
46 North St, Timaru



## Canon Street Optometrists

Dry Eye Syndrome is caused by chronic lack of sufficient lubrication and moisture on the surface of the eye. Consequences of dry eyes range from subtle but constant eye irritation to significant inflammation and even scarring of the front surface of the eye.

Dry eyes can occur when you're unable to produce enough tears or the tears you are producing are of poor quality, resulting in rapid evaporation.

At Canon Street Optometrists, we use multiple methods to analyse and treat Dry Eye Syndrome. Contact us now for your free 15 minute consultation, we'd love to help.

26 Canon Street, Timaru  
Ph (03) 688 9791



## Catie Rowe Podiatry

Many people will have developed a fitness regime during Lockdown and therefore might be experiencing some Ankle, Heel, Calf, or Achilles pain.

As Podiatrists we can provide a Biomechanical Assessment and footwear advice to help make your feet and legs comfortable.

Many put up with foot pain which is unnecessary. Podiatrists treat very young children to elderly active seniors.

We have an exciting new treatment called Shockwave Therapy. This treatment has proven so successful for Plantar Fascia and Achilles injuries that most of our patients are pain-free after 3-5 treatments.

Our clinic is open 5 days / week and we hold clinics in Waimate and Geraldine. We also offer Housecalls in all these areas.

So why not "Free your Body - Reclaim your Feet - Get your life back!"

276 Wai-iti Road, Timaru. Ph (03) 686 0820



# Graduating in Gumboots



Renee Olley has just graduated from the University of Wisconsin - Madison with a Bachelor of Science in Geological Engineering, and Geophysics. Renee was awarded a scholarship at the end of her secondary schooling to attend the university in the USA from 2015 - 2020. Due to the Covid-19 pandemic, Renee had to hightail it back to

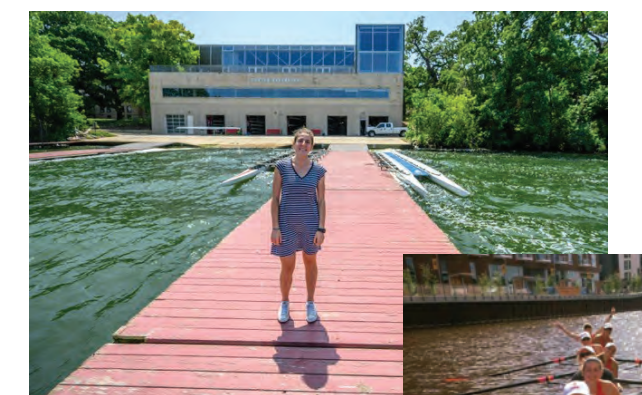
Winchmore, where she had to complete the final six weeks of her degree at home online, with recorded lectures because of the different time zones. Then she celebrated her graduation at home on the farm - dressed in her graduation regalia (which the university sent over to NZ) and her gumboots!!

Renee grew up at Bannockburn in Central Otago and at Shepherds Bush, near Mayfield. She boarded at Craighead for her secondary schooling. Renee was always sporty, playing netball and tennis, then in Year 10 she discovered rowing and she went on to represent NZ in this sport. She credits her local coach Dean Milne with instilling her love of rowing and giving her the opportunity to compete at a national and later an international level.

From a rank amateur, and tentative phone calls to her older sister at the beginning, she worked like mad on her fitness to compete at the top level. At 5'9" she was

relatively short for a rower, so she had to put in the extra miles getting fit and training over winter at Saltwater Creek. In her second season she was one of the youngest in the bow position in the Timaru Club Eight and she sometimes rowed with Emma Dyke, who has gone on to be a member of the successful NZ Women's Eight, who won gold at the World Rowing championships in Austria in 2019. Jackie Gowler and Beth Ross, also members of that winning eight, rowed with Renee in the Women's Coxless Four at the Junior World Rowing Champs in Hamburg and at the Junior Olympics at Nanjing in China in 2014.

At the end of her secondary schooling Renee accepted a scholarship to attend the University of Wisconsin - Madison where she completed a five year engineering degree. She described this as 'an awesome opportunity' and she loved her five years of travelling and competing. The university is located in a beautiful town about the size of Christchurch between two lakes. The huge boathouse is right on the campus and she was the only Kiwi on the rowing team for most of her studies. She was attracted to the very good geological engineering department, which fully supported the mix of academia and her rowing commitments. Time management was hugely important, because Renee had to miss a lot of lectures during the spring racing season. However one to one tuition was offered and she forged very close friendships. She trained indoors over the winter, as the temperatures could drop below -20 and the lakes froze over, so instead of rowing, there was ice fishing! Although Renee loved the cold winters (our summers) she came home every Xmas and her family often visited her in Wisconsin over her summer break (our winter), when she also worked in the boathouse and in the university laboratories.



The boathouse was a huge multi-storey building with gyms and an indoor rowing tank. Her team, the Badgers, reached the Grand Final in the Women's Second Varsity Eight, finishing sixth in the USA in her second year. The rowing was hugely competitive with the NCAA (National Collegiate Athletics Association) controlling all of the collegiate sports competitions. Competition was full on, and Renee competed in 6 or 7 major regattas each year all over the USA. After training all last winter, in March this year everything ground to a halt with Covid-19. Renee had just two days to pack up five years of her life and she flew home with only 6 people in her plane sitting three rows apart from Wisconsin to Los Angeles! After the mandatory two weeks in isolation, she completed her degree and graduated in her gumboots! She is so grateful to be home, and whilst I was interviewing her, she got the great news that she has got the job of graduate geotechnical engineer at AECOM, a multinational engineering firm in Christchurch, and like Jacinda, she did a little dance!

words: Gilly Oppenheim

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Ph (03) 688 2557



# The Ringmakers Penguin Jewellery Range

Korora/little penguins have the conservation status 'at risk-declining' making their presence along the Timaru coastline, and Caroline Bay in particular, significant from an environmental perspective. It is the fact that they are so accessible to the curious public in spite of their reputation for being hard to spot (due to their small stature – they are the world's smallest penguins – and the fact that they are nocturnal on land), though, that has given them virtual celebrity status in Timaru.

By day the penguins are generally out at sea, fishing and feeding. They congregate in small groups, or "rafts" offshore at dusk. Visitors to Caroline Bay, particularly in the summer months, have the privilege of observing them making their way in from the sea to their nesting area adjacent to Marine Parade. There is often a sizable crowd of onlookers, comprising locals and tourists, as well as a number of generous local volunteers who give so much of their time to ensure the penguins are safe and the interested public well-informed.

Since its launch in 2018, The Ringmakers' penguin jewellery range has become a wearable reminder of Timaru for locals, ex-pats and visitors alike, with the added bonus of supporting the protection of Caroline Bay's korora/little penguin population. The range, which features variations of a simple penguin design, includes pendants, earrings, a bracelet, charm and brooch/tie pin, all available in sterling silver or gold. A portion of the proceeds of each sale is set aside for donation, in cooperation with the Timaru District Council, to projects which directly benefit the local penguin population.

The Ringmakers' owner, Brent White, who designed the jewellery range, is delighted with its continuing success. He believes that combining a positive environmental message around preserving our precious coastal and marine ecosystems with a well-made, fun item of jewellery that represents Timaru ticks several boxes for his customers. "Buying something that you get enjoyment from which also supports a tangible local environmental initiative is a win-win, and definitely has the feel-good factor."

Protecting our precious ecology is a community effort and The Ringmakers are proud to work in partnership with the Timaru District Council to support projects to ensure the continued growth and safety of our little penguin population.

## Timaru's Little Penguin Jewellery Range




All pieces available in sterling silver and 9ct gold. A portion of the proceeds of each penguin jewellery item sold is donated to finance projects to help and support Caroline Bay's little penguin population.







Call us today 03 688 1362  
270 Stafford Street, Timaru  
[www.theringmakers.co.nz](http://www.theringmakers.co.nz)

## What is a 'Hybrid'?

A Centaur is a hybrid (half-human, half-horse). A Broccoflower is a hybrid (half-broccoli, half-cauliflower). A Zeedonk is also a hybrid (half-zebra, half-donkey).



But when we're talking about vehicles, a hybrid is a combination of an internal combustion engine (normally petrol-powered) and an electric motor. Battery packs inside the vehicle store energy which is used to power the wheels.

Dependant on how much power is being drawn, the hybrid system determines whether or not the combustion engine is required. If you're putting around town, probably not. If you're trying to break a land-speed record, probably.

There is no need to plug in a hybrid vehicle (unless it is a plug-in hybrid, which is a thing) meaning everything just happens as if by witchcraft and wizardry. You can drive a hybrid vehicle just as you would any other. The only difference is, you will save mega-bucks at the pump!

When it comes time for a service, things aren't much different here either. The car

will still go up on the hoist. It will still have its oils and filters changed. And it will, more than likely, still cost just as little as your old bomb used to.

The long and short of it is, Hybrid vehicles are not as much of a 'scary unknown' as they used to be. In fact, Toyota have been producing Hybrids since 1997 – that's over 20 years. So it's safe to say they know what they're doing. Fun fact: the first patent application for a gas-electric hybrid system was in 1889 by some bloke called William H. Patton. So there you go!

If you're wanting to know more about hybrid vehicles, or if this impeccably-written article has convinced you that you're ready, come and see the team at South Canterbury Toyota and bathe in the fountain of knowledge that is our fantastic team!

## 5 ways to make your kitchen more sustainable

Here we share top five tips for maintaining sustainability in your kitchen:

Reduce food waste by planning a menu and writing a shopping list. This way you are more likely to eat everything you buy and you will know which bags and containers to take shopping with you. Any food scraps that you do end up with need to be fed to animals or composted.

Reduce food packaging by taking containers and jars to collect meat, fish, cheese and small goods from the butcher and delicatessen. Take cloth bags to collect bread from the baker, and find stores that sell staples like flour, sugar, rice, and nuts from bulk food bins so you can use your own bags.

Avoid as much plastic as possible. Buy or make reusable food covers, store food in glass jars or stainless steel containers, and choose compostable cleaning cloths and scrubs that can go in your compost when you are done with them.

Simple, natural cleaning products like soap, vinegar and bicarb soda can be used effectively everywhere in the kitchen. You can also buy detergents from bulk and health food stores using your own reusable bottles.

Grow your own food (herbs are a good place to start) and choose local, seasonal and ethically produced food.

# The Good Green Bin

Save money! Save waste! And save the planet! It's a win-win when you use your good green bin.

The Timaru District Council's 3-2-1- ZERO New Zealand leading three-bin kerbside collection system was introduced to divert 75% of household waste from landfill, with over 50% of that being organics! At the same time, a composting facility was constructed to process the organic waste from the green bin collection, transfer stations and commercial sources. Keep your good green bin happy by putting in all your garden waste, food waste, soiled paper and shredded paper.

Drop in your slops and bin your bones, fats, fish and flowers – it all adds power to the compost we make. Put in food loose or food in paper, or buy a Council bio-bin to put it all in. The variety of organic material received contributes to making our wonderful Timaru Eco-compost, which can be used to rebuild the health of the soil and yields stunning results. This superfood increases the nutritive soil value, the yield and the water retention capability, as well as the diversity of the little creatures in the soil. Just remember that healthy soil = healthy food = healthy people (Oranga ruku = Oranga kai = Oranga tangata)

While carbon dioxide is typically painted as the bad boy



of greenhouse gases, methane is roughly thirty times more potent as a heat-trapping gas. Methane is emitted by the decay of organic waste in landfills, so putting all forms of compostable material and organic waste into our green bins is an easy way for us all to contribute towards reducing the effects of climate change.

There are 20,000+ green bins in the Timaru District, largely in urban areas. Each kerbside collection for green waste ranges from 600-800 green bins per day, depending on urban density and distance to travel. Timaru District Council Waste Minimisation Manager Ruth Clarke says that you can purchase bio-bins and compostable liners from the Timaru District Council or the Crow's Nest. Council has approved these compostable liners to make sure that they are able to be processed in our facility. They are also printed with handy hints for what you can put in your green bin.

When you put food waste into your green bin, look at it carefully – is it really waste or is it something you could have eaten? Check out the Love Food Hate Waste website [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz) for some staggering statistics on how much food New Zealanders waste, eg 20 million loaves of bread per year, as well as handy hints and tips on how to change this behaviour and save yourself some hard earned cash.

We can all do our bit to reduce waste to landfill, restrict greenhouse gas emissions and to feed our gardens by using our good green bins effectively and then buy the compost.

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## HYBRID

Corolla ZR Hybrid Hatch shown. Combined fuel consumption 4.2L/100km  
 Rav4 Limited Hybrid shown. Combined fuel consumption 4.8L/100km  
 C-HR Limited Hybrid shown. Combined fuel consumption 4.3L/100km



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**Georgie Scott**  
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# Timaru District Council - Zero Waste Events

As a Zero Waste Council, the Timaru District Council helps event organisers provide a successful waste management plan for events within the Timaru District and provides a significant level of assistance to groups planning public events.

A Zero Waste Event is not merely providing composting and recycling services at the event, but with careful planning, ensuring that no residual waste is generated. By holding a Zero Waste Event, you will minimise the disposal of valuable materials to landfill and increase the amount of compostable and recyclable material recovered.

By good planning at the early stages to ensure that all materials to be discarded are reusable, recyclable or compostable, waste bins should not be needed. This is the goal.

With this goal in mind, the Council provides assistance to event organisers to ensure that waste materials generated at their events are recovered for composting and recycling.

## The Timaru District Council is a Zero Waste Council and is committed to reducing, re-using, recycling and composting waste materials.

We welcome questions on 03 687 7489, or email [briony.woodnorth@timdc.govt.nz](mailto:briony.woodnorth@timdc.govt.nz)



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Wearing merino takes the decision making away from what to wear out on your walk or lounging at home. And when you eventually get around to washing your merino you will not be contributing to the 0.6-1.7 million tonnes of microfibres that are released into the ocean each year. You are contributing to helping the environment with this embracing its natural, renewable and biodegradable longevity with us.



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# Fairlie's Young Entrepreneur



Photo: SimplyInspired Photography by Bev Bell

At just 22 Ben Dobbs is already an experienced operator in the retail fashion business. We caught up with him after the recent opening of his new store, InVogue.

"I like buying for the season, I like the challenge of selling, I like doing the displays...I just like everything about it," says Ben, when asked about the positives of retail. Loving what you do is a pretty good space to be in and Ben's enthusiasm for fashion retail shines through.

Working at his mother's fashion boutique in the school holidays gave Ben a good grounding in retail. But when he started out with his first store, Blank Space, in Fairlie four years ago – the concept was very different to what shoppers see today.

"I was really into photography then and the first concept was a place to display my photography with a gift shop and some street wear," explains Ben. But it was the clothes that just grew and grew and pretty soon the only photography he was doing was of new fashion stock that arrived in store.

Eighteen is young to start a business but the only time it was an issue was with some hesitant suppliers. "Right at the beginning when I was contacting brands it could be a bit tricky but now I'm more established," says Ben.

A physical store alone is simply not enough in these days of e-commerce and within a month of opening Blank Space Ben also had his online store up and running. He built the site himself using an e-commerce platform and now he is always updating it, improving it and working on it nearly every night, he says.

But he's often also found in the store, serving customers and keeping an eye on what sells. It has helped him to hone his skills when it comes to ordering stock, one of the most important skills of a good fashion retailer. He admits that in the early days there were a few mistakes – items he thought would



'sell like hot cakes' that ended up on the sales rack at the end of the season. Now those mistakes are few and far between.

"It's really good to actually work in store and see your customers looking at things, choosing things, what they like...it helps when you're trying to choose stock," says Ben.

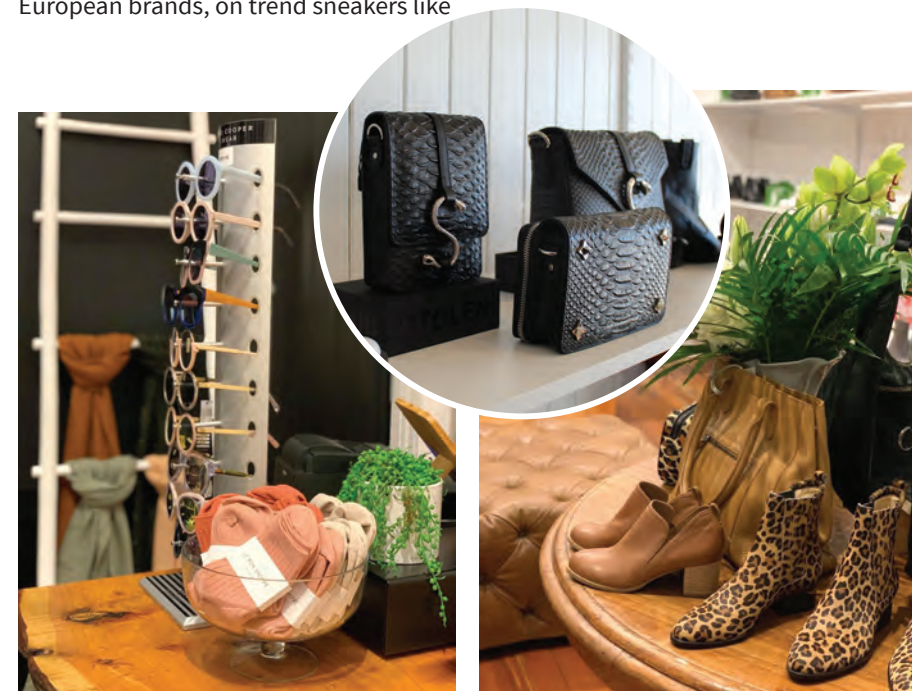
His second store, In Vogue, opened this July and is focused on fashion footwear for men and women. It was a natural expansion really from Blank Space where he carried a small selection of shoes. InVogue stocks luxury European brands, on trend sneakers like

Rollie, Django & Juliette, Lacoste and Beau Coops.

"I like buying for the season, I like the challenge of selling, I like doing the displays...I just like everything about it,"

Ben's enthusiasm brims over when he talks about his stores but he's also got another project that he's working on – which is to create his own Blank Space clothing label. He is currently in the process of talking to manufacturers and is hoping to create some good basic street wear pieces that are "clean, simple, and a little bit edgy."

For this Fairlie-based entrepreneur this is just the start of his business journey. "I'm always thinking of what to do next," he says.



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At our Veterinary Practice, you'll be fully supported with sound advice first and foremost. We know that helping our clients starts with providing a good understanding of health care issues and treatment options. With good advice and professional recommendations, you'll be well equipped to make the best ongoing health care decisions for your pet.

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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](mailto:pat@essencemagazine.co.nz)



## Tim Bean

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.



## Josie Sararie

Josie Sararie, Registered Nurse with Presbyterian Support South Canterbury Enliven Community Services.



## Stacey Blissett

Stacey Blissett has been a solicitor with Timpany Walton since 2015. Stacey specialises in property, trust and estate law.



## 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.

### Here are some great success tips - submitted by our clients..!

**1. Achievement is never a straight line for successful weight loss.** However, ditching sugars and grains should be your top priority for improving brain function, insulin sensitivity, and overall health. Why? They play havoc with your skin, cause cell damage and accelerate ageing.

**2. The health of your body influences your mind.** There is no separation. The healthiest foods come from healthy soils. There's no question your health, and that of your family, is directly related to the quality of the food you eat.

**3. Eat Early** - in fact it's best to avoid any food or calories for at least three hours before bed. Your body should be working on repair and maintenance while sleeping - not storing excess calories as fat.

**4. Fitness is not just Fitness.** Only ever doing one exercise, whether it be running, cycling or swimming, won't balance energy systems - or your body. Adding weight lifting to your routine improves posture, bone density, hormone balances and even treats depression..!

Remember, a healthy lifestyle isn't restrictive - it's protective, and your body is the only vehicle you have to carry you through life. Without a body in great shape, your brain has nowhere to go.

This year Performance Health Club is celebrating 30 years in Timaru! We continue to be the biggest Gym in South Canterbury, with a huge variety of exercise options. Congratulations to our members who have been with us from the start - each one looking vibrant, healthy and energetic. Living proof that strong people stay young!

Here's a question: would you prefer to go into summer 5kg lighter, or 5kg heavier? For the entire month of August, why not start a trial membership? At thirty days for thirty dollars, you can't get better than that!

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### Q. What does Enliven Community Services do?

Enliven Community Services is one of the Home-based Care providers in South Canterbury. Currently we provide restorative support to over 500 people in South Canterbury.

### Q. What services do you offer?

Community FIRST is an alternative to rest home, dementia or long-term hospital care. We provide people with flexible, comprehensive support in their own home. We focus on your strengths and abilities to help you improve or maintain your health to enable you to remain living independently. Home Support is our largest service and can help you if you have an aged-related condition, a short-term illness, or disability.

HomeFIRST is a 'wrap around service' for up to 6 weeks for people transitioning back from hospital or people referred by the GP for a short package of rehabilitative assistance. Our qualified Support Workers can help you with showering, dressing, medication supervision, exercise programmes, household tasks, shopping and social outings. Our services are available in Timaru, Temuka, Pleasant Point, Fairlie, Geraldine, Waimate and surrounding areas.

### Q. What is the Enliven Day Centre?

The Enliven Day Centre offers support, friendship and social engagement for people aged 65+. It is located in the Timaru Botanical Gardens and open from 9am-4pm Monday to Saturday.

**Q. How do people get the support they need?** If you are over 65 you can talk with your GP about the tasks you can no longer manage and they may send a referral on your behalf to Needs Assessment Service Coordination (NASC). NASC determine which services you may benefit from and you're given the choice to select a Home-based provider to coordinate your care. You can contact NASC directly yourself to arrange an assessment or if you are not eligible for funded assistance, we do offer private 'fee for service' support.

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Ph: 03 87 1117, [www.pssc.org.nz/enliven](http://www.pssc.org.nz/enliven)

The Trust Act 2019 (the Act) comes into force on 30 January 2021 and will impose new obligations on trustees as well as affecting how trusts operate generally.

### Q. What are the trustee duties set out in the Act?

The Act sets out the core trustee duties - these were already part of existing trust law. However, it splits the duties into "mandatory duties" and "default duties". The mandatory duties must be performed but the default duties can be excluded in the trust documents.

The mandatory duties include requirements for the trustees to know (and act in accordance with) the terms of their trust, to act honestly and in good faith, and to exercise their powers for a proper purpose.

In addition, the Act imposes requirements on trustees to retain information and disclose information to beneficiaries.

### Q. What information must be provided to beneficiaries?

The Act requires trustees to actively consider what information they will give to beneficiaries, but must provide certain information. This includes telling all of the beneficiaries that they are included in the trust, giving them the trustees' details, advising them of any change of trustees, and advising them that they have the right to request trust information (which is information that is reasonably necessary for the beneficiary to see the trust is properly administered).

### Q. Want to know more?

If you want more information about the Act and the upcoming changes and how they could affect your trust, we recommend you talk to your property lawyer. You may decide that the changes won't affect your trust. Alternatively, it may be that your family trust no longer suits your needs in its current form and should be either wound up or varied to prevent any unwanted implications of the new legislation.

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Make your interiors come alive this Winter with homewares and furniture inspired by the outdoors.

Exotic prints are huge this season with products including pendant lighting and decorative screens embracing the beauty of the natural world. Textures including rattan and bamboo are used to add interest like the pendant lights pictured. Ground the space with modern accent pieces, like our new black metal side tables. With new stock arriving weekly the showroom on Theodosia street is the perfect place for inspiration.

The team at Maree Hynes Interiors would like to say thank you to all our loyal customers and clients during these last few months. We are overwhelmed with the support and are looking forward to exciting times ahead.



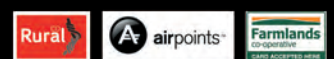


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