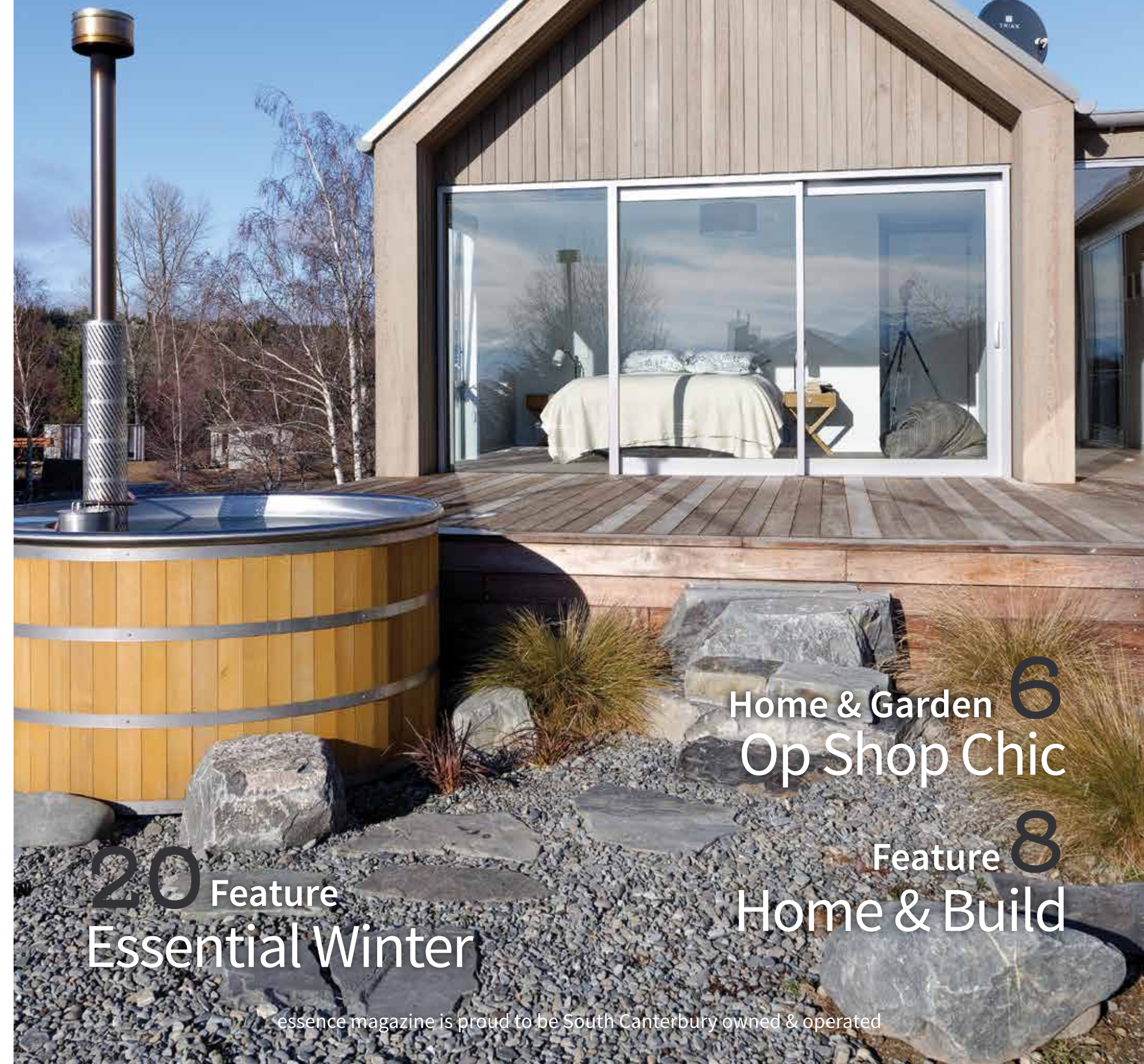


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Essential Winter

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Home & Build

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Fox Cushion

contents

We love sharing stories with our readers and this issue is no exception. We visit the refurbished Pleasant Point Hotel, we learn about the origins of The Dixieland Jazz Band who had their first gig at the Craighead School Fair in 1977, we celebrate the re-opening and new location of Matilda & The Metalman and you are invited to explore our heritage at the South Canterbury Museum.

The last year or so has seen us all spending more time at home. And it means many of us noticed more about how we live and use our spaces and are choosing to change or improve our homes and outdoor spaces. Looking at practical and functional elements of our houses is really important. If your space doesn't work for you no amount of beautiful wallpaper will change that. On a large scale this can mean things like house layout - moving rooms and walls often involves a major renovation. But smaller tweaks can also improve your space - change up the lighting? Sound proofing can be a big issue in many of our homes - so what can you do to make life a little more tranquil? Or can it be as simple as recovering your favourite piece of furniture?

Our home and garden story this month is a sunny seaside cottage. Beachy, tidy and with a touch of style, owner, Jess Orsmyby has a real eye for detail and had created a stylish home, combining second-hand treasures. Page 6.

We introduce our new gardening columnist, Minette Tonoli. A herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicine plants she grows and uses at her lifestyle acre.

Enjoy your month - Dorothy.

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Ph: 022 684 5974

Cover

Front Cover: Supplied by Nulook Morse, award winning house by Stephen Brooks Building. See our home and build feature on page 8.



The Pleasant Point Hotel gets a makeover

A customer recently commented that "The Pleasant Point Hotel has a great menu for three generations to all have a good choice. The food was really good with great service". This comment was music to new owners Bob Mason's and Tony Dahiyia's ears. The hotel suddenly ceased trading in December 2019, and the re-opening of the refurbished hotel last October was welcomed by regulars who had really missed the community hub for almost a year. Stage one was refurbishing the bar, Stage two was the dining and outdoor area and Stage three was the accommodation which is all up and running.



The bar has been updated with new bar taps and lighting, but the rustic bar surround of corrugated iron and fence posts remain, as well as the pokie machines, the pool table and the warm fire. Other additions include an 82-inch big screen television in the bar and new furniture in both the restaurant and bar's outdoor areas, which also has a fenced children's play area. The dining area has some delightful paintings of the hotel by local artist Lesley Brown. The menu has an extensive choice, with its hearty kiwi pub meals ranging from just \$12 for a light meal to \$35 for a big rib eye on the bone steak. The 60 years Plus specials are especially popular at just \$12 each. "Bookings are advisable, and walk-ins are most welcome too", said Lisa, who has worked here since reopening of the hotel, and she added that you get "good food, lovely staff and a great atmosphere."

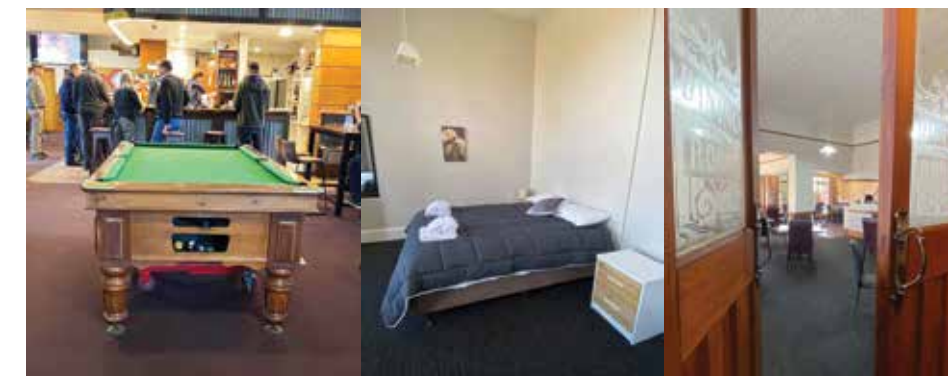
lounge with a tv set. Tony thanks the whole community for their wonderful support. In fact, the locals chipped in and bought the property when it closed, then Tony and Bob Mason became the joint owners and Tony's brother Kalu manages the pub side of the business.

It was a long time between drinks at the Pleasant Point Hotel, but business is now booming and the locals and others really appreciate the chance to socialize again. Accommodation is proving to be very popular, especially with truckies. The Hotel is open seven days a week for lunch and dinner. The full menu is available all day and is designed for all three generations in mind with its main focus being value for money.

So drop in and have a look, or better still, book a meal. You'll be spoiled for choice!



95 Main Road, Pleasant Point
Ph 03 614 7605



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Adrenaline-filled weekend

The team at South Canterbury Toyota were treated to an exciting adrenaline-filled weekend at Highlands Motorsport Park in Cromwell recently, thanks to the fantastic organisation of their Social Club Committee. They got to test their reaction times with Highlands' laser clay-bird shooting, compare their competitive streaks with a multi-lap group race in small but exceptionally quick go-karts and got their blood pumping with a true fast lap around the track in the Highlands 'Taxi', a Porsche Cayenne. Pair all that with a full weekend of stunning Central Otago sunshine and it truly was a memorable occasion.



Re-opening celebrations

On 1st of May, Matilda & The Metalman had a re-opening of their shop at the new location - 85 Main Street, Fairlie. It was a fabulous evening, celebrating the re-imagined Matilda & The Metalman. There was shopping, giveaways and some yummy food from Eat Cafe in Fairlie.



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Why is animal nutrition important?

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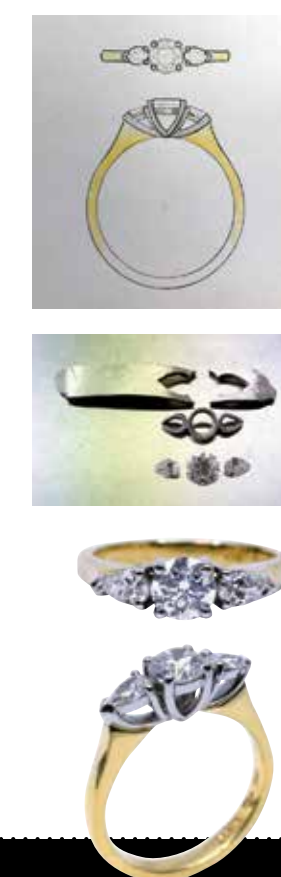


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words: **Pattie Pegler** photos: **Dorothy - essence**



Op Shop Chic

On the kitchen table in Jess Ormsby's seaside cottage, there is a small wicker tray holding a neatly placed row of sunglasses. Beachy, tidy and with a touch of style – it's a sign of things to come in this home.

White walls and grey toned wooden floorboards add to the beachy feel and propping open the living room door is a large glass jar brimming with seashells of all shapes, sizes and patterns. In the living/dining area a couple of comfy chairs, a couch, and a cute wooden dining table with seating for four keep it cosy whilst windows and French doors let the light pour in. Muted tones dominate – browns and taupes with splashes of colour – 70s style orange light shades hang from the ceiling, a teal cushion pops. Tucked in the corner a Scandi style black upright chair is punctuated with a mustard cushion. On the sideboard smooth, round ceramics jostle together in greys and browns. There is plenty to draw the eye here but it's subtle and simple. And that's no accident.

School teacher Jess has lived in the cottage for nearly 4 years and during that time she has embraced the seaside location, truly putting her own style into it. "I really like the mid-century modern

look from the 50s and 60s. But I do love minimalism too, so I like things to be very simple," says Jess. This combines with her love of earthy tones and natural fibres – woods, wickers, coppers, ceramics, plants and shells all bring touches of nature inside. The added benefit of natural materials, says Jess, is that they don't date in the same way as manmade. She manages to combine all these in her home, with stylish touches like the yellow glass jug and bowls on the coffee table and the copper dish sitting behind the ceramic pots on the sideboard.

Jess' passion for interior design and styling dates right back to her childhood when she used to spend hours moving her room around and creating little scenes and collections of trinkets and objects. But a certain flair for art and style runs in the family, her sister has a Master in Fine Arts and a 'very stylish nana' inspired her as did an auntie who ran her own second hand shop and would take Jess looking for treasures around the weekend flea markets of Auckland.

This family heritage has given her not only an intuitive eye for interior styling but also for op shop bargains. A dedicated

"This is home styling done on a budget, Jess rarely spends more than a couple of bucks"

second-hand shopper, Jess gets a real thrill from finding treasures and knows how to pick well. A large copper bowl with a chunky wooden button in the middle is both unique and functional. "It looks great with something in it, fruit or something. And it looks great just as a piece on its own," says Jess. An elegant looking mannequin head made of black plastic with flaking gold lips was picked up at the Salvation Army shop in Westport and is an all-time favourite. One of her most memorable finds is a 'tooth stool' from well-known designer Philippe Starck.

This is home styling done on a budget, Jess rarely spends more than a 'couple of bucks' at the op shops and the benefits are many. You can work on a small budget, you can find some amazing things for a great price and then when you want to refresh the look, or if you simply change your mind – you can take the pieces back and someone else will come along and love them. And she is firm about one piece of advice for others looking for second hand treasures. "Never, ever leave something behind. If you're going to get something for a couple of dollars, then get it, trust your instinct. It's such a little cost". She still remembers her regret the time she passed on a trio of china flying fish. They were only 50 cents but one of them had a chip on a fin and she decided she didn't really need them. She went back the next morning but they'd already been snapped up by someone else.

This approach to shopping sounds like a recipe for clutter but Jess is also a 'ruthless' declutterer. She regularly declutters and restyles her home, rearranging collections and changing things up. She draws inspiration from home and architecture magazines but also uses her own instinct. She advises setting up a room on a sunny day so you can see where the light falls, it makes a big difference. And she has a keen eye for creating little scenes, art on the wall picks up complimentary tones from nearby objects. A shelf of ornaments 'doesn't work' because they are all too similar in height and size, she says. And this careful eye, the regular re-styling, the attention to detail and the carefully curated whole create a beautiful space but they also make a home. "It's the best feeling," says Jess, "a mixture of peace, calm, happiness. I don't want to leave, I just want to be at home".

Friends and family also love the laid back vibe of the beach house, whether it's sitting in the morning sun watching the estuary or enjoying bubbles on the back porch.

"Oh my God, it's like I'm stepping into a magazine or something", said Jess's mother when she first came to visit. How did that make Jess feel?

"Great" she replies unequivocally. "This is my thing. I do it for fun and it makes me happy to see others enjoy it".



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Home & Build

The last year or so has seen us all spending more time at home. And it means many of us noticed more about how we live and use our spaces and are choosing to change or improve our homes and outdoor spaces.

Looking at practical and functional elements of our houses is really important. If your space doesn't work for you no amount of beautiful wallpaper will change that. On a large scale this can mean things like house layout – moving rooms and walls often involves a major renovation. But smaller tweaks can also improve your space – improving lighting, changing room uses, getting that heat pump working properly.

When it comes to the appearance of your home there are so many fabulous and inspiring ideas around in magazines and on social media

but it's worth taking some time to think about what you really like. There are plenty of awesome materials in all types of textures, colours and forms and an interior designer can be invaluable in guiding you and helping you achieve the look you want. Rethinking open plan spaces; expanding the home office or just going for a bit of a design revamp.

Whatever you plan to do to your home over the coming months – you will find a fantastic array of talented professionals ready to help in South Canterbury. We're delighted to feature many of them here in our build pages – from landscapers to homeware retailers; interior designers to plumbers and property inspectors.

So read on and get inspired.

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Feature: Home and Build

Keeping It QUIET

words: **Pattie Pegler** images: **Supplied**



Whether it's your noisy neighbours' barbecue or your teenager watching Netflix into the small hours, noise can be a big issue in many of our homes. So what can you do to make life a little more tranquil?

"Noise is increasingly an issue for many of us", says Christchurch-based acoustic consultant, Mark Lewthwaite.

Mark typically works on large residential developments and commercial projects where sound is considered an important aspect of a build. But it's also something that individuals should consider in the home.

"People are getting fussier and expectations are changing. In residential builds people are paying more attention to sound issues," says Mark.

Think About Design

So, if you're building or undertaking major renovations think about noise considerations early on. Contact the duty planner at your local council and ask whether there are any rules around acoustic installation where you are building. These are typically in place if your home is close to a busy road or the airport for example and can have an effect on the type of materials used, says Mark. For example, some places see Rigid Air Barrier (RABs) used in place of building paper to provide extra acoustic insulation and some people may run 'sarking' under their roofs.

Even if there are no specific rules around noise, remember it's you that will be living in the home. So if you think that traffic noise will bother you – ensure your architect and builder are aware of this and ask them for recommendations – types of cladding, insulation, double-glazing are some of the solutions to consider.

Inside the home, good design is key to minimising noise so again raise it with your architect in the planning stage. Some basic guidelines include grouping quieter areas and busier areas together – so bedrooms should ideally be separated from the living area perhaps by a corridor. Bedrooms that come off lounges or communal areas and are only separated by a door can be problematic.

Consider also the impact of all those functional things - like heat pump units outside windows or water pipes running through walls and take care with the placement of toilets. You don't want cisterns that sit on walls adjoining bedrooms for example, advises Mark.

Cutting The Noise In Existing Homes

If you're looking to reduce noise issues in an existing home it can be a little trickier but there are some options. First think about what noise is bothering you and where it's coming from.

An additional layer of plasterboard on existing walls can reduce noise from an adjoining room. But be aware if the wall has skirting boards and door frames this will mean these will then sit differently, unless you adjust these as well. Insulation in internal walls is another option if you are removing plasterboard, pink batts or an equivalent will reduce noise travel.

If noise is travelling through doors then you should look at the door itself – often modern hollow core doors are very poor at blocking sound. But also look to see if there are any gaps between the door and the framing or underneath the door. "Minimising that undercut on the door is really important," says Mark. A good solution is some sort of door bottom seal – these are typically flexible strips of rubber or a brush strip attached to the bottom of the door.

Softening It Up

When it comes to the acoustics in a room and stopping noise reverberating then often soft furnishings can help – as they absorb sound whilst harder surfaces will reflect it back.

"IT'S ALL ABOUT UNDERSTANDING AND CONTROLLING THE SOUND IN YOUR SPACE," SAYS MARK.

So, if you struggle to have a conversation over the clatter of knives and forks in your dining room, then easy measures you can take are things like putting down a rug, hanging curtains and choosing upholstered chairs or perhaps a padded, fabric banquette. Other DIY options that might help with acoustics include things like cork wall coverings or even timber battens.

Ask the Experts

As with most things in life, start by really looking at the problem – what is the noise that bothers you most? Where is it coming from? How could it be prevented? And how much are you prepared to spend on resolving the issue? From there you can work out your options.



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Finding a piece of furniture to suit your own style and fit your own space can sometimes be a daunting task. But at Mr Jones Furniture & Restoration, you can do just that!

Crafting unique, solid timber furniture in both contemporary and traditional styles, you are sure to find some inspiration in their gorgeous Showroom at 300 Hilton Highway, Washdyke.

Also specialising in furniture restoration projects, as well as stocking a stunning range of giftware, Mr Jones Furniture is your one-stop shop for stylish living.

Ph 022 139 8486 E mrjones@outlook.co.nz www.mrjones.nz



Keep an eye out for our big June promotion!



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Your to-do list for the Autumn garden



Minette Tonoli

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

Garden tasks this month

While there may still be some produce to harvest from summer crops, most warm season annual edibles have done their duty for this season. Clean up and feed empty garden beds before sowing or planting cold season crops. Mulching helps keep in soil moisture, and keeps plant roots safe from surface frosts.

Plant out seedlings: Cauliflower, Celery, Collards, Florence Fennel, Kale

Sow seeds: Corn Salad, Lettuce, Mizuna, Mustard, Pak Choy, Peas and Snow Peas,

Radish, Shallots, Spinach, Turnip

Plant: Garlic

Plant out seedlings in warmer areas: Kohlrabi, Leeks,

Plant out seedlings or sow seeds: Onion, Silverbeet

Sowing and planting

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



Pak Choy

Kohlrabi

Collards



Top Tip:

Plant garlic early! You can plant your garlic into prepared beds in May. Many growers have found that starting garlic earlier than the traditional "shortest day" in June, means that by the time pesky rust issues lay the plants low in summer, when it comes to harvest time around Dec/Jan, the heads of garlic have well-formed cloves and are of a better size.

Did you know?

Tomatillo, Physalis ixocarpa grows well in Canterbury. This annual makes green (or purple) tomato-like fruit encased in a papery "lantern", similar to groundcherries aka Cape Gooseberries (just bigger). Harvested before the frosts, the fruits can be roasted to perfection and blended with other key ingredients like chillies, garlic, onion and lime to make Salsa Verde.



Herbs, Flowers and Fruit

Herbs that can be planted now include chives, coriander, mint, oregano, parsley, rocket (warmer areas), rosemary, sage and thyme.



Flowers for the veggie and herb gardens to plant in May are calendula, cornflower, phacelia, poppies and viola. Bareroot roses are in store soon for winter planting, so prepare beds for new roses.

If you still have not put in your spring flower bulbs, this is probably the very last chance to get a good show this coming season.

A good number of fruit trees and berry bushes can be planted in May. Look out for delicious cultivars of apples, pears, citrus, feijoa, raspberry, blueberry and strawberries. Remember to check pollinator partners if your fruit tree needs cross pollinating. Bareroot fruit trees should start appearing in garden centres soon.

Top Tip:

It's always better to plant more than one blueberry – even the ones that are self-pollinating will end up giving a far greater yield if they have a pollinator partner.

Final thought

Before raking up all the leaves from your deciduous trees, or ripping out spent flowers, take a moment to investigate the critters that may live in your garden that need those leaves or twigs as hide-outs over winter or who perhaps lay their eggs in the leaf litter. Biodiversity is important in an organic garden.

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Saikou TWB delivers premium Asian fusion cuisine in a busy vibrant bar environment, located in Timaru's CBD, overlooking beautiful Caroline Bay. We offer exceptional Asian fusion cuisine with an emphasis on whiskeys and craft beers. Our chefs offer a sensational menu, designed to be shared (tapas style).



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Teeth Cleaning & Whitening

Stained teeth can ruin a beautiful smile! Timaru Dental Care offer a full teeth cleaning & whitening service

Joy Dunn is Timaru's only Dental Hygienist & Oral Health Therapist for complete teeth and gum cleaning, scaling, polishing, removal of surface staining and teeth whitening.

Why is teeth cleaning so important?

Gum disease and tooth decay can be prevented, typical signs are bleeding gums, bad breath, loose teeth or receding gums.

To ensure you have a beautiful healthy smile, cleaning your teeth at least twice a day is highly recommended for both children and adults. Various substances such as calcium continually moisten your teeth that help to keep them healthy & strong. However, over time it leads to the build-up hard deposits and plaque called tartar. Plaque or tartar cannot be fully eliminated by brushing your teeth or using dental floss and over time can accumulate, this becomes the ideal conditions for bacteria to thrive on gums and teeth. It needs to be removed by a dentist or hygienist otherwise it may lead to tooth loss or a risk of gum disease. This is why it is recommended to get a dental check-up & clean at least once a year. Teeth cleaning or 'scale & polish' involves removing the tartar and plaque built up on your teeth and leaves the surfaces of the teeth smooth and clean so that bacteria are unable to stick to them, this helps with keeping your teeth clean during your regular brushing and oral hygiene at home.

Whitening - A bright confident smile creates a lasting impression.

Brushing your teeth may not be enough to get that smile you desire. Teeth

whitening is a way to brighten your smile, leaving a confident & lasting impression. With a good selection of teeth whitening methods available, whitening your teeth has never been more accessible & easier.

Teeth whitening is the safest dental cosmetic procedure available. Our treatments use a medical grade gel which doesn't affect the tooth structure in any way. We can also provide an at home treatment option for you for your convenience. A custom-made bleaching tray provides a gradual approach in the comfort of your own home. Our hygienist will take an impression of your teeth to make a precisely fitting tray (similar to a mouthguard). This will require a return visit for collection, at which point your whitening package and education needed for this course will be provided.

You don't need to be a patient at Timaru Dental Care to see our Hygienist, make an appointment today.

50 Church Street, Timaru
Ph: (03) 684 3451



TIMARUDENTALCARE

It's never too late to start caring for your teeth so don't be embarrassed or scared if you haven't been for years. Techniques have come a long way over the years taking the stress out of a dental visit. A simple check-up is a good place to start; it takes 15-30 minutes for a full examination and xrays and it's much better for peace of mind than waiting for a major problem.

Want to improve the look of your teeth then spring clean your mouth before Christmas

Have a full scale, clean and polish with our Hygienist. A regular scale, clean and polish means stronger whiter teeth, fresher breath, healthier gums and with anaesthetic available if required it's painless, then follow up with inhouse whitening for a whiter brighter smile.



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

Juliet Marsden

Juliet is co-owner of Bellbird Hearing which is the only 100% locally owned hearing care provider in South Canterbury. Juliet is a qualified audiologist with over 12 years' experience in the hearing care industry and in the prescription of hearing aids.



What are the advantages of being 100% locally owned hearing care provider?

I can access hearing aids from all manufacturers. This enables me to prescribe the best solution for the client. Being a local also ensures continuity of care.

What is the first sign of hearing loss?

Early signs of hearing loss include: difficulty hearing other people clearly and misunderstanding what they say, especially in noisy places, asking people to repeat themselves, turning up the volume of your TV.

What should I do if I suspect I have a hearing loss?

First step is to make an appointment with a qualified audiologist. After a full assessment the audiologist can then advise the next step - whether it is an application with ACC (due to exposure to noise at work) or if other funding options are available.

245 Otipua Road, Timaru. Ph (03) 683 1545 E: timaru@bellbirdhearing.co.nz

What are some of the recent improvements in hearing aid technology?

The majority of hearing aids are now Bluetooth compatible and can be paired into most smartphones and adjusted through an app. This can also enable remote adjustments from the comfort of your home.

In the interest of protecting the environment and for clients with dexterity issues you can also purchase Rechargeable Hearing Aids.

How much does a hearing aid cost?

The cost depends on the level of technology - the more features the greater the cost. All New Zealand citizens are entitled to the government subsidy for hearing aids every six years if no other funding options are available (\$511.11 per ear)



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Canon Street Optometrists Keeping Eyes Healthy

One of the most popular and well-established optometrist practices in Timaru, Canon Street Optometrists have patients that range from one year old to nearly 100 years old. Keeping your eyes and vision healthy is important at any age.

The team at Canon Street provide a wide range of services from general and comprehensive eye examinations to more specialised areas such as dry eye treatment, concussion assessment and glaucoma prescribing. They also provide a full range of contact lens related services and orthokeratology - a process which temporarily reshapes the cornea by the use of lenses worn at night. It can help to reduce sight issues related to myopia, hyperopia and astigmatism.

The team of eight includes four optometrists who share general optometry but also have their own specialist areas including visual therapy and macula issues.



Anne Et Valentin \$699



Etnia \$499



Res Rei \$699



Bellinger \$549



Face A Face \$829



Woodys \$449



Canon Street Optometrists also stock a unique range of frames including European brands such as Res Rei and Anne et Valentin. These combine function and style and well-crafted, high quality frames tend to last longer and need less maintenance to keep their shape.

So, when do you know it's time to see an optometrist?

"We recommend a full examination every two years," says practice manager, Vanessa Cumming. "But if there is a sudden change or loss of vision come to us immediately."

She explains that certain issues such as double vision, flashing lights or things moving around in your vision are all things that require immediate attention as they could be a sign of trauma.

Eye diseases can be "sneaky and symptomless" says Cumming. So it's a good idea to have regular eye checks, as you would for your dentist. "It is good for us to see you while you are healthy," says Cumming. "So we can start to monitor for eye diseases. It gives us a healthy baseline for each clients' normal."

If you are concerned about your vision or eye health, contact the team at Canon Street Optometrist.



Catie Rowe Podiatry settled on Dee Street

The team at Catie Rowe Podiatry are marking three months in their new premises. Right in the hub of things, with ample parking out front and a relaxed and friendly vibe inside - the team and their clients are loving it.



Catie and Adele, the two podiatrists, treat people of all ages from children to the elderly with all sorts of issues that are causing them problems with their feet. They also offer an innovative shockwave treatment which is excellent for helping to remedy things like plantar fasciitis, problems with the achilles tendon and painful fibrous lumps in the feet. The results have been very impressive says Catie, and can often get people back on their feet and moving comfortably again.

themselves and get their confidence back. Good podiatry treatments can do that."

As well as podiatry treatments Catie Rowe Podiatry also carries an excellent range of all things foot related. From jandals and slippers that combine style with foot friendly functionality to foot creams, tapes and orthotics. It's no wonder they are fast becoming the one stop shop for all things foot related in Timaru and the surrounding area.

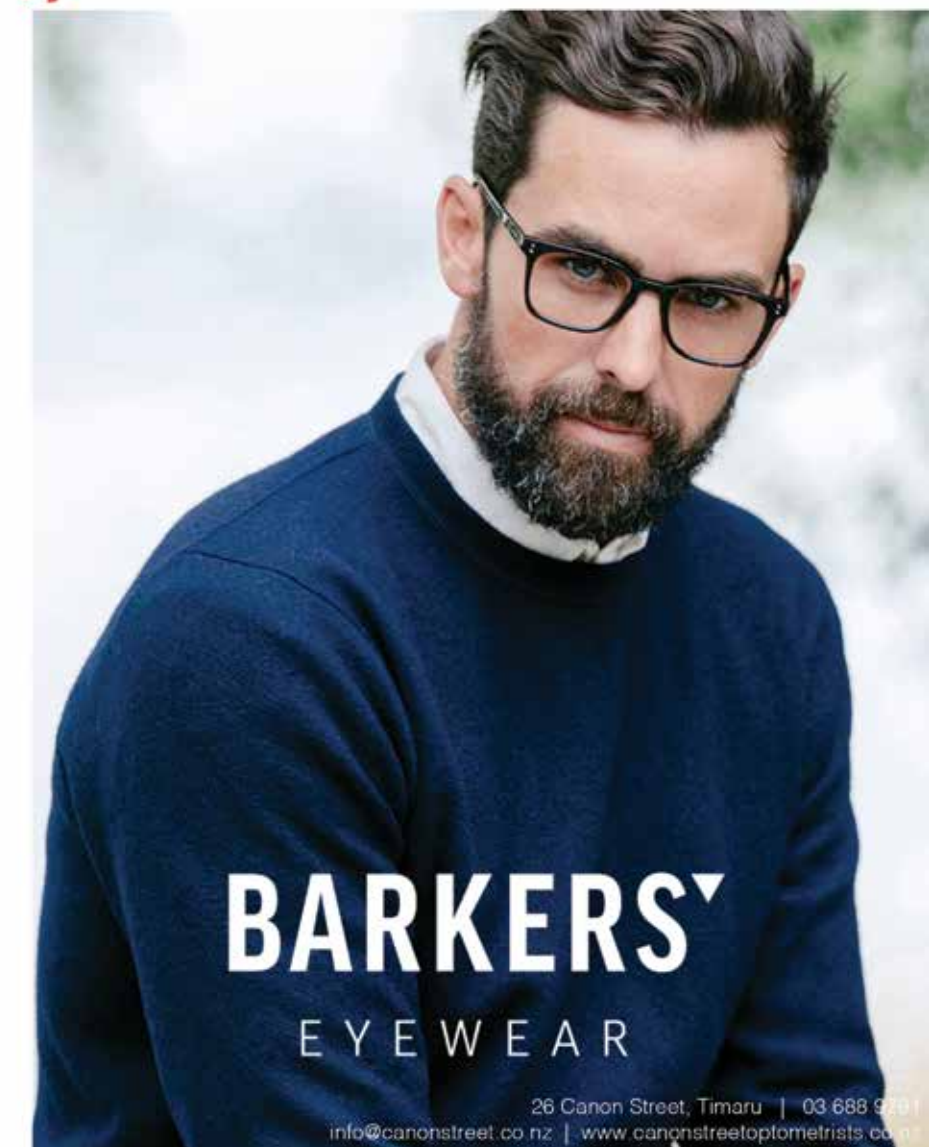
So if you've been having discomfort with your feet and think you might need some help - pop along and see the friendly team at Catie Rowe Podiatry.

Catie Rowe Podiatry - 17 Dee St, Timaru
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E: catierowepodiatry@outlook.com



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South Canterbury MUSEUM

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



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

The South Canterbury Museum presents our heritage. Long-term displays tell the stories of our region, its geological past, the wildlife and habitats that occur here, our Māori heritage stretching back hundreds of years, the arrival of European settlers, how our landscape has been shaped by settlement, and how people have lived their lives over the last 150 years. A temporary display area brings a changing programme of displays. The current show is toured from Te Papa; Buller's Birds; The Art of Keulemans and Buchanan, running until 25 July.

levels both in the Museum and around the region at local nature and historical sites, and in other participating local museums and galleries. Learning in museums and heritage sites makes our heritage come alive for students, giving them experiences that make nature or history real.

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

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



Re-enacting early school days with the Heritage Education Service at the Museum.



Exploring our natural heritage in the exhibition area at the Museum.

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SOUTH CANTERBURY MUSEUM
EXPLORE our heritage

NATURE HISTORY CULTURE



Burning smoke-free means a warmer, cheaper fire

Winter is almost here, and we want everyone in South Canterbury to be warm and cosy in their homes. A smoke-free fire means a warmer, cheaper fire – and cleaner air for us all to breathe.

There are three components to ensure a smoke-free fire:

1. Use of dry, well-seasoned wood,
2. Adopting good burning technique, and
3. Use of a modern, well-maintained burner.

Ensuring your wood is dry and well-seasoned is key to burning a hotter, more efficient fire with less smoke. It'll also save you money as you'll use less wood to achieve a better result. See our list of Trusted Good Wood Merchants at warmercheaper.co.nz – we audit the merchants in this programme annually, and testing moisture content is part of this.

Remember, it's best to buy your wood well ahead of winter, ideally in spring, storing it somewhere tucked away and dry. Not all dry woods are equal, either. Some burn hotter and produce less smoke. Plantation pine, Douglas fir and blue gum are the best, while old-man pine can be smoky, and so is probably best for kindling or mixed with other woods.

Adopting good burning technique is also important to ensure a hot, smoke-free fire. The 'upside-down' fire building technique can last anywhere between 30-60 minutes before reloading is required. This method involves placing larger wood at the bottom and kindling on top. See warmercheaper.co.nz/burning to learn this 'upside-down' burning method.

The final component for a smoke-free fire is the burner itself. A modern, well-maintained burner with a clean flue will achieve the best results. There are subsidies and other forms of financial assistance available to those in Clean Air Zones, to help you upgrade to an ultra-low emission burner or alternative forms of heating such as an Energy Star qualified heat pump.

However, we understand that not everyone is able to invest in upgrading their home heating. If this is the case, it's possible that you may be eligible for a temporary waiver to operate your non-compliant wood burner in winter, if certain conditions are met.

If you'd like to discuss your home heating situation, one of our friendly Better Burning Advisors will be happy to talk to you. We can even visit you at home if you like, to give a better burning demonstration and test your wood moisture.

Get in touch if you have any questions about home heating:

- Visit our website warmercheaper.co.nz for help with your burning technique and for our list of Trusted Good Wood Merchants



- Visit ecan.govt.nz/heating-rules for our Clean Air Zone rules, information about wood burners, and financial assistance that may be available to you

- Call us on 0800 329 276 to talk to a member of our Customer Services team.



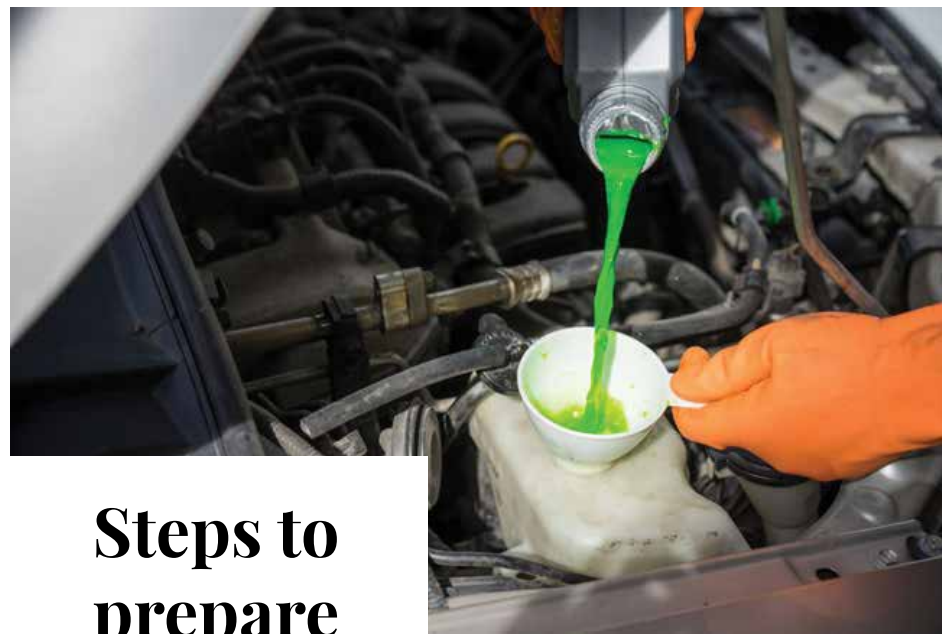
Smoke-free burning means a cosy nest...

Learn clean burning techniques, for a healthier region at warmercheaper.co.nz

Low pollution days and nights require everyone with fires to burn smoke-free.

You'll get a warmer home, use less firewood AND help improve Canterbury's air quality.

...and better breathing for our tamariki.



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: 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

Rugs & Mats

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.



Pumping out the Heat

Sullivan and Spillane Electrical have been warming South Canterbury homes for almost 50 years. Heat pumps and air conditioning are a large sector of their diverse electrical company.

From supplying to installing and ongoing servicing and maintenance, they know what it takes to warm a home and get the best performance out of your heat pump – all backed up with a 6 year warranty as an accredited installer and leading supplier for Fujitsu.

You are in good hands knowing they are qualified electricians and experienced refrigeration engineers to tackle all aspects of your installation. Give the local team a call today to arrange your free quote.



Planning your journey

- Always check the weather forecast and road conditions before you leave.
- Consider if you really need to travel, especially if the weather is poor.
- Think about where you're going and what route you should take – choose safety over convenience. Tell your family or friends when you are leaving and which route you will be travelling on, and the expected arrival time.
- Plan to drive during daylight hours when visibility is better and hazards such as ice and snow are less likely. Avoid driving at night when hazards rapidly multiply.
- Dress for the conditions, carry additional warm clothes and keep a survival kit in your vehicle in case you do get stuck.
- Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle in case you get diverted onto another route or you are forced to turn back.
- Be prepared for snow and carry tyre chains that you know how to fit and use.

When You're On The Road

- Drive 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.
- For vehicles without anti-skid braking systems, pump the brake pedal in short rapid bursts rather than pressing long and hard to avoid skidding or sliding.
- Drive at a safe travelling distance because it takes longer to stop on slippery roads. In winter, especially in poor weather, double the two-second rule to ensure a safe distance between you and the car in front.
- When travelling in fog, rain or snow, drive with your lights dipped for increased safety.
- As well as other drivers, there could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and don't pass unless you're instructed to.



Prepare for Winter

Get your car serviced before the winter.

This should include:

- Battery test – most dealers do this for free
- Engine coolant (if needed) and fill it with quality antifreeze mix
- Lights and reflectors – keep spare fuses in the vehicle
- Wind screen washer filled with quality antifreeze fluid mix
- Tyres and spare wheel – most dealers do this for free. A minimum of 3mm tread is recommended – (the law says minimum 1.5mm but that is not the safest option)
- Brake, clutch and transmission fluid levels
- Engine oil level

SURVIVAL KIT

- Ice scraper, clean cloth/towel, and small shovel
- Sand/bag of cat litter or other traction aid
- Booster cables
- Road flares or warning lights
- Torch and charged batteries
- First aid kit
- Small car tool kit
- Extra clothing and footwear



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WINTER IS HERE

The icons below are the common symbols for Fog light switches

1. It is illegal to use fog lights when there is no fog
2. Always drive with the headlights on dipped beam
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Dixieland Jazz Band

The Dixieland Jazz Band had its origins in a conversation in 1977 between Nevis Jones (dentist) and Gerald Byrne (dental technician) who decided to set up a band using their musical friends. Their first outing was at a Craighead School Fair in 1977 and the rest of their success story is history. The original group consisted of Nevis Jones (clarinet), Gary Morrison (drums), John van der Geest (bass), Gerald Byrne (guitar and vocals), Ian Geary (trumpet), and John Lewis (trombone). They played in gigs from Christchurch to Dunedin at a wide variety of events and venues, and often at fundraising charity events. When Wynne and Nan Raymond were mayor and mayoress they played at many civic and local functions and this has continued to the present day.

The music scene has changed a lot over the years with a reduction in Saturday night dances in venues such as the RSA and many pubs. Nevis told me that some consider their music to be 'too old-fashioned without today's emphasis on guitars and high volume'. A funny story occurred one night when they were playing at The Sail - two young blokes who were leaning on the bar said, 'Do you know that those old geezers are actually playing those machines!' The original band members all played by ear, but today Nevis is the only one to do so, so he is often blamed for any mistakes! The band practises regularly at Grant Keeley's home - Grant is now their man on the piano and their practices are often curtailed by the need for a drink!



L to R: John Lewis, Gary Morrison (at rear), Ian Geary, John van der Geest, Nevis Jones. Hans Dykstra and Gerald Byrne are obscured.



The members have changed over the years, but they never have trouble attracting members when needed. Today's band members are Nevis Jones (clarinet), John Forrest (trombone), Jim McLaughlan (bass), Grant Keeley (piano), Peter Winnington (trumpet), Bob Flynn (drums) and Colin Teahen (banjo). Carolyn Bunting (keyboard), Norm Scott (drums) and John Willis (trumpet) are also available to play when needed. Some stalwarts over the years have been Len McGoldrich, Jack Johnston, John Lewis, Ian Geary, George Kinch, Barrie Rhodes, Alan McQuarters and Gary Stewart among many others.

Highlights include playing in the Theatre Royal for a Malvina Major concert, at the Autumn Festival in Arrowtown and playing for a farmer's event at Cave in the Lange era, where their payment was a side of lamb each! They also joined the Timaru Brass Band playing on the wharf when the Endeavour paid a visit to Timaru. The Dixieland Jazz Band is still an active band and they meet regularly to enjoy their continuing

love of music and to maintain a high standard. Although the gigs are reduced from the grand old days, the band is always willing to perform for any events or celebrations. Timaru is lucky to have them in our midst.

words: Gilly Oppenheim

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