

Complimentary
MONTHLY PUBLICATION

October 2020

essence

essentially...south canterbury



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The Wet
Dog Gallery

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Home,
Garden &
Build

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contents

It's great to see the weather warming up and events and gatherings back on the radar around our beautiful region. This month we're looking forward to the Mackenzie Highland Spring Fling on Labour weekend. Turn to page 10 and you can read about one of the talented young musicians who is going to be performing there.

The Festival of Roses is set to launch a revamped festival starting on the 4th December. The event will bring together some of the Festival's regular activities and feature globally recognised designer costume and fabric artist, Jenny Gillies. Details on page 21.

It is the season to get out in the garden or perhaps you are thinking of building or renovating? Our Home, Garden and Build feature will give you some inspiration on page 8-9.

Check out the first piece from our new gardening columnist Rachel Vogan the Happy Gardener who joins the essence team to share her wealth of knowledge about life up the garden path. Lemons are plentiful at the moment so let's make lemoncello. She knew we were on deadline and obviously needed something stronger than coffee lol!

Meanwhile our writer Gilly has been out and about for our House and Garden piece visiting an inspiring two-storey home where French Provincial melds with beautiful mementoes brought back from overseas travel. If you're looking for some inspiration check it out on page 6.

Have a great month - Dorothy



contact us: Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz
Ph: 0274 507 532

Pat Naude - Advertising & Business Manager
pat@essencemagazine.co.nz
Ph: 022 684 5974

Liz Bell - Advertising Co-ordinator
liz@essencemagazine.co.nz
Ph: 022 176 4349

Larnya Bourdot - Graphic Designer
larnya@essencemagazine.co.nz
Ph: 027 525 8649

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The team at Canon Street Optometrists aren't just here to give you the best vision possible (although we strive for that!), we're also here to empower you to be the best you that you can be! View some of their fantastic selection on our fashion, page 19.



An eyecatching and elegant home

Fashion



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Goodstock Gardens

Goodstock Gardens has been open to the public since the end of September raising funds for the Hospice South Canterbury. What a glorious garden, where you can see all the hard work Bernie and Gwenyth have put in.



1. Bernie and Gwenyth Wilson 2. Bonnie Martin and Christine Bell 3. Grace Watt and Ann Rush
4. Carol Loomes, Jill Austin, Barbara Jack, Lyn Thompson
5. Sandra Hetherington, David Hetherington, Gracie Foster, Eddie Foster, Leanne Allnutt 6. Jan Hope and Margaret Baker
7. Lee Basill and Irene Palmer 8. Patsy Kelly and Elaine Bolitho 9. Jill Lyons, Yvonne Davoren, Luisa Potter

Pleasant Point Farmer's Market

The inaugural Pleasant Point Farmer's Market on Sunday 20 September was a huge success; fantastic weather, a great range of stallholders, enthusiastic crowds, and a very happy vibe. It attracted a great mix of locals and out-of-towners as people embraced the opportunity to get out and celebrate the range of produce and products that are grown and made in our area.

Organiser Sue Wills is promising an even greater variety of stalls at the next Market which is taking place on Sunday 18th October from 9.00-12.30pm. See you there!



WHAT'S ON...

GET TO THE POINT

Get To The Point is a community fair for local community groups to raise money, and for everyone to have a family fun day.

There is a great range of market stalls, food and coffee vendors, amusement rides, and activities for all ages and interests

Sat 7 Nov 2020, 10am-3pm
Pleasant Point Town Centre



TIMARU SOAP BOX DERBY

This year we are raising funds and awareness for Movember NZ, Victoria Trust & Timaru Suburban Lions Bike Skills Park! Be part of this amazing event!

Sun 15 Nov 2020, 9am-5pm
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THE GERALDINE SUMMER FÊTE

Bursting with hundreds of high quality stalls, New Zealand's finest home, garden & lifestyle Fête, attracts people from every corner of New Zealand. The Fête is about getting friends & family together for a day of indulgence and elegance.

Thu 5 Nov 2020, 9:30am-4pm. Stover Farm, 220 Main North Road, Geraldine. General Admission: \$23



Branded Kiwi

Owner operator Sean from Branded Kiwi is expanding his business into Timaru. Branded Kiwi is a division of the well-established Signage company Geraldine Signs and is located at "The Complex" 300 Hilton Highway (formerly Ken Wills).

Branded Kiwi is your full-service branding solution for your business including professional signwriting and graphic design, websites, social media and now Safety signage and clothing.

The flagship - Geraldine Signs was established in 1992, and since then the business has grown steadily servicing the High Country and throughout South Canterbury. This growth meant that a second premises was needed to keep up with demand and increase the profile of Sean's three businesses: Geraldine Signs, Safe Tradie and Branded Kiwi.

A "Good News" story for Timaru, as this move is providing new employment in South Canterbury as well as more choice for existing and new businesses when making their branding decisions. Branded Kiwi will be opening at the Timaru site in early November.

To find out more check them out online - www.brandedkiwi.com, www.geraldinesigns.co.nz, www.safetradie.co.nz



Sean Davidson, Owner operator of Branded Kiwi.



A sneak peek behind the scenes at Branded Kiwi



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An eyecatching and elegant home

"If you have good stock, you can't go wrong". This was the advice given to Bernie and Gwenyth Wilson when they decided to create their beautiful Goodstock Gardens Nursery in Pleasant Point.

It could equally apply to their stylish colonial-style home. Built in 1977 by Roger Gale the house has a Structex design with wooden framing, roughcast plastering and a black concrete tile roof. Inside Gwenyth's father worked on the joinery, putting in countless hours to create detailed mouldings in this classic and elegant home.

A rose-bedecked verandah opens out onto the immaculate garden and visitors can walk through French windows into the living room. One of the spaces Bernie and Gwenyth use the most in their home, there's a particularly calm and restful feel to this room. Soft butter yellow walls and duck-egg blue leather lounge suite are warm and welcoming. Mirrors, tasteful table lamps and treasured ornaments draw the eye. There are Willow Tree ornaments – a gift from their daughter Andrea and several lovely Lladró figurines.

Many of the pieces in this home were bought on overseas travels – from the Venetian glass to the ornamental elephant from Phuket, and all have some memory or meaning. The Lladró nuns were bought on a trip to Rarotonga, says Gwenyth. The couple had hired a motorbike and managed to get the precious porcelain figurines back to their hotel in one piece – stuffed between them on the motorbike.

The heart of the house is the blue and white kitchen. Here there are country style cabinets in pristine white and chandelier lighting that sit seamlessly beside a blue Smeg fridge. Extensive white shelving displays an impressive collection of blue and white china. Gwenyth

started her collection with the English Ridgway china that she bought in a dedicated china shop, Porters, that used to be in Timaru. The collection has grown from there and now includes Burleigh pottery. But these are not plates for decoration – "we use it all, all the time," says Gwenyth.

An elegant formal downstairs lounge turns to subtle sage coloured striped wallpaper, a pale green carpet and a fireplace. The lounge suite and curtains are both timeless quality Sanderson fabrics. An antique dining table, sideboard and lace web chairs add to the traditional tone here. And the room offers a view of the flowering cherry trees and pink camellias which come into blossom each year in time for Bernie's birthday.

Art works line the walls here from a stunning pair of paintings of Mt Egmont to works by local artists such as Wayne Patrick and Heather Hill. "We really like birds," says Gwenyth. "Wayne Patrick is particularly good at birds."

Upstairs a rogues' gallery in the hallway features family portraits and mementoes. There is a children's bedroom - a fun-filled delight, with Beatrix Potter books and ornaments. The master bedroom offers tranquil elegance with an original sage green Sanderson wallpaper featuring doves and squirrels.

Every piece in this house has been carefully chosen and has a story to tell, be it a memory from various travels or a family gift or heirloom. The colours, tones and furnishings come together with a timeless elegance. It's a reflection of Gwenyth's love of the French Provincial style and European influences.

"If I was starting from scratch I'd do it all in French Provincial style. I love it and it doesn't show the dust," says Gwenyth with a laugh.



Rachel Vogan, *The Happy Gardener* has plenty of soil under her fingernails, with over 30 years in the garden game. Rachel joins the *Essence* team to share her wealth of knowledge about life up the garden path. Rachel is an acclaimed writer, *International Garden Judge*, *Radio host* and has published many books, she offers advice on gardens and is a serious plant lover.



CITRUS on my mind

With an abundance of Lemons about and with Christmas just around the corner it seems timely that my first story with *Essence* be about (Booze) and making the most of Lemons.

LIMONCELLO

This is an incredibly easy recipe, and I can tell you it will put a smile on the face of anyone who samples it. This makes a wonderful gift.

- A good bag full of ripe juicy ripe Lemons 20 – 30
- 2 bottles of vodka
- 4 cups of water
- Juice from all the lemons
- 2-3 cups of sugar.
- 2 – 3 large bottles (you can use the vodka bottles) or if you are like me you may have some empty wine bottles.

1. Peel the yellow skins, avoiding the pith
2. Place peel, lemon juice, water in a pot, add sugar and heat to dissolve sugar, then allow to cool.
3. Add vodka and mix, pour into bottles, place in a dark cupboard (hide it from yourself)
4. The colour will start to change from cloudy to bright yellow once ready. Allow 6 to 9 weeks. This recipe was adapted to suit my taste.

Top Tips for Citrus:

- Full sun, the hotter the better, nestle them up close to the house, wine barrels make great containers for Citrus.
- Protect from frost
- Feed twice a year with citrus fertiliser once now and again in autumn. Avoid using Epsom Salts too often
- Water deeply once a week from now until Autumn, half a bucket of water once a week will do it
- Prune to allow air movement through the plant, this aids in fruit production and helps prevent a build-up of black sooty mould

Like and follow Rachels page on Facebook: [The Happy Gardener NZ](#)

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Summer is on the horizon and that can mean only one thing—soaking up the sunshine with an ice-cold bevvy in hand. And top of our list once said season arrives is DB Breweries' brand new beer seltzer—Club Setter—which hits shelves early October.

Take your pick of two deliciously refreshing, fruit-laced flavours—Watermelon & Strawberry, and Tropical—and prepare to let the summertime vibes flow. With packaging that'll have you reminiscing about tropical holidays (remember those?), these drinks are also low sugar, low carb and low calorie, and best enjoyed pool or beach-side, for optimum seltzer-drinking pleasure. So sit back, relax, and crack open a can to see what all the fuss is about.



35 Browne St, Timaru | P 03 688 1012 | warehouseliquor.co.nz

Home, Garden & Build

The thought of building, renovating or simply redecorating can be overwhelming - where to start? You might be after something practical like an extra storage space and garaging or need some landscaping inspiration. Maybe you're seeking stylised interior design ideas or perhaps your furniture needs a new lease of life. Well you can breathe easy because wherever you're at in your home and garden journey there are local businesses, experts in their field on hand to guide you through the process.

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Make sure your gardening equipment meets the proper safety standards. Be aware of electrical leads when operating a line trimmer or lawnmower. Always wear gardening gloves to protect against cuts, insect bites, etc. wear protective shoes and make sure you drink lots of water while in the garden and take regular breaks.



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words: Pattie Pegler

The Leithfield Boy Making Music



Teenager James Constable writes his own lyrics, releases music online and performs live. We caught up with him to find out what inspires this young musician.

As a toddler with parents who met in the Air Force Band, James was surrounded by music and liked playing around with music software on the computer. Even at a young age he says he became quite competent at writing "little ditties" on the computer but it was about five years ago that he really embraced music. A classmate asked him to write a song for a teacher that was leaving. He did. And he couldn't stop.

"I got the song writing bug," explains James. "And I recorded a few songs on my mum's iPad, burned them to CD and sold about 20 of them. Everything I have done since has been built off that."

He describes his music as a cross between 60's pop and 80's and 90's alt-rock and says influences include bands like the Smiths, R.E.M. and The Sundays along with kiwi bands like the Mutton Birds. And, of course, The Beatles figure "they're my musical DNA," says James. "And they were definitely a big factor in me beginning to write songs as well."

And James is a good songwriter. Good enough to scoop some prizes including in 2018 the Hookline and Singalong competition. Part of his prize was to go and record his winning song, The Smell of Sunscreen, at Roundhead Studios in Auckland with "all the bells and whistles" of a professional recording studio it was an amazing experience he says. There was also a performance at the New Zealand

Ukulele Festival where he performed in front of 2000 – the largest audience he has ever played for. Not bad for a self-confessed "introvert".

James has spoken on social media about living with Aspergers and it has some plus sides for creativity he believes. "It has been beneficial to my musicianship in a number of ways. The two main ones are drive and learning new skills. For me - it's different for everyone - my Aspergers means that I only really am majorly interested in one thing at a time... and I only focus on that one thing until I've found all the information I can about it. Therefore, I am able to push really hard to make my interest a career if I want to."

But, as for many striving to make a career in creative arts, one of the biggest challenges is getting his material out there James says. He appears on Spotify, Facebook and YouTube under James Constable Music but playing live also helps him promote his work and he's hoping to start doing a few more gigs around the South Island. "I've always viewed myself as a recording artist that does live gigs as promotion, rather than the other way around" he says.

James Constable will be performing at the Mackenzie Spring Fling later this month where you can hear both some of his older music and his upcoming single 'Maria, Let Him Go.'

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The Wet Dog Gallery

A 5 minute drive from central Timaru, the newly opened Wet Dog Gallery is set on five acres with beautiful native bush. And while you won't find any wet dogs you may bump into Blue, a dry black Labrador and you will find a charming and rustic collection of utterly unique art works made by artists and gallery owners Chris Doudle and Julie Boulton.

The couple decided to open up the gallery on their lifestyle property and though originally a garage, the light, bright space has been converted into the perfect place to showcase some of their unusual and eclectic artworks.

"Everything here is handmade," says Julie. "These are one-off pieces you won't see elsewhere."

Chris, an engineer by trade, is inspired by the longevity of hardwearing, natural materials – many of them reclaimed, also incorporating new materials into his work. He often takes old materials and old objects and gives them a new reincarnation - an ancient cattle skull has been fitted with iron horns; a tree is made with a steel

base and pieces of reclaimed Wharf timber. His style is Contemporary Obsoletism.

There are also furniture pieces and outdoor sculptures. From a unique bluestone stool, to a solid steel 'cookbook stand' and a metal spotlight proudly crafted on a steel tripod. The pieces are designed to last beyond a lifetime with their use of strong, hardwearing materials whilst also being completely unique and functional.

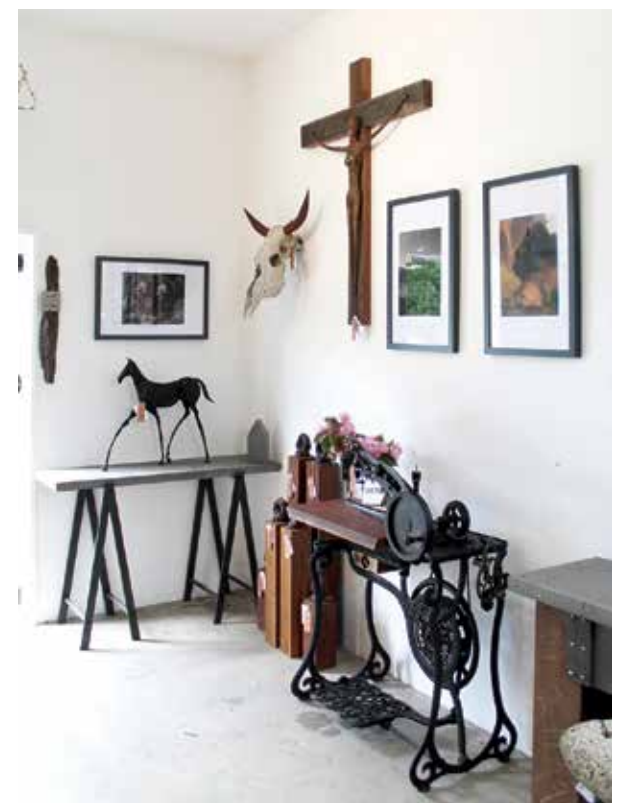
Julie is both artist and curator here and she creates pieces of her own including her Hope Houses. These small replica houses are made from reclaimed timber, metal and bluestone and are sold to support the New Zealand Cancer Foundation and Julie's own sister's battle with cancer.

As a curator of the gallery Julie is also adding some 'outside' pieces to the collection at The Wetdog.

This is a space bursting with inspiration and creativity – a place to visit, stroll through the garden and browse around the gallery. So next weekend head along to The Wet Dog Gallery to check it out and support your local art scene.

The Wet Dog Gallery is open from 10am to 3pm every Saturday and Sunday at 179 Daniels Road, Timaru.

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SAFETY & SECURITY

Individual safety and security are important as they both affect an individual's well-being. Safety is freedom from physical or emotional harm. Security is freedom from the threat or fear of harm or danger. Threats to safety and security come in many forms, ranging from deliberate violence to accidental injury.

When driving in a car, make sure you put the seat belts on as it keeps passengers protected inside the 'protective shell' of the vehicle and the headrests minimise the effect of whiplash. Remember to drive to the conditions as we can become complacent. Even if we do several trips a day on the same road, we need to be aware that road conditions could have changed. There could be a slippery spot as a result of a truck that spilled diesel, or a piece of timber that fell off a tradies ute. Be attentive all the time and stay safe on our roads.

If you're on the water, wear a life jacket and look out for each other. Biking around, make sure you wear your helmet, lights and hi-vis jacket.

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MARINE AND AUTO TIMARU

Going fishing, sailing, diving, cruising or just having fun, boating safety awareness is essential. Many tragedies are caused by an error in judgement relating to equipment, the weather or behaviour. Be responsible at all times.

1. TAKE NOTICE OF THE WEATHER Check the local weather forecast before heading out. If it's not looking good, don't risk heading out.

2. TELL SOMEONE YOU'RE GOING No matter how short your boat trip, always tell someone that you're going out on the boat.

3. ENSURE EVERYONE WEARS THEIR LIFEJACKETS Check that everyone has their lifejacket securely fastened and knows how to work them if something goes wrong.

4. CHECKLIST FOR DEPARTURE Have a checklist which covers things like lifejackets for everyone on board, first aid kits fully stocked, or that flares are not out of date. This ensures that safety procedures can't be accidentally overlooked.

5. HAVE A BACKUP SKIPPER You should have someone who is familiar with safety procedures, boat handling, and operations as a backup driver if an emergency arises or even if the main skipper simply becomes too tired to drive the boat.



'BIRDS NEST' Don't let this happen to your boat make sure to service it before taking it on the water.

MARINE AND AUTO TIMARU 39 King St, Timaru. Ph (03) 688 6757



Swift spoilt for choice

When purchasing a new car, fuel economy is often top of the list as a consideration. Not only can choosing a more fuel-efficient car can save you money, it also goes a long way to protecting the world we live in. Car manufacturers are more aware of our environment than ever - investing in new technologies, designing lightweight yet strong vehicles and manufacturing alternative powertrains are all aimed at making a difference.

less efficient car, you are helping reduce the amount of greenhouse gas that is emitted into the atmosphere.

*Source NZTA Fuel Economy & CO2 Emission data - 2019 result for top 10 vehicle manufacturers in New Zealand.

Spoilt for choice

With more and more economical options available on the market, it is essential to understand the features and technology out there.

Consider powertrains like petrol, hybrid, electric, and hydrogen. They each require a way to generate power to drive its wheels and get you moving. Some source this from a fuel like petrol, others from electricity or a combination of both. There are even vehicles out there propelled by hydrogen or biofuel. Some of this technology comes with restrictions or additional infrastructure. Often there is a hefty price tag to match and you may need to balance your budget with your fuel efficiency requirements.

Within the vehicle design there are other eco-friendly technologies such as weight reduction technologies and powertrain configuration. At Suzuki, these include lightweight HEARTTECT platforms, aerodynamic and compact body shapes, and performance efficiencies through BoosterJet engine technology



Understanding fuel economy labels

All vehicles for sale through a registered motor vehicle dealership in New Zealand must carry a government-authorised fuel label. This lets you compare the fuel economy and running costs of any vehicle using a star system. The star rating gives up to 6 stars for the most fuel efficient vehicles based on a standard distance travelled over 12 months and a uniform cost per litre. This information must also be available on the seller's website.

The label also gives the cost per year to run the car based on the published fuel economy figure. It is expressed as litres of fuel the vehicle will use while travelling 100kms (L/100km), with an average fuel price of \$2.00/litre and driving 14,000km per year.

Saves you money

If you are looking for an economical car then you are in the right place. The lower fuel consumption of the Suzuki range is going to give you instant savings at the pump. Our much-awarded reliability and minimal regular servicing costs also means that overall running costs are kept very low by industry standards.

At Suzuki, we pride ourselves on producing cars to the highest quality, packed with sensible features and practical technology, and all for an affordable initial purchase price. We are committed to making new car ownership a real possibility for all New Zealanders and giving our customers the best quality, and value with our Real Value range of small cars and SUVs.

Minimises your carbon footprint

Simply put, the more fuel efficient a vehicle is, the less carbon dioxide (CO₂) it will produce. With fuel economy being such a strong focus for Suzuki it follows that our range has the lowest combined CO₂ emissions of the top 10 vehicle brands in New Zealand.*

Globally Suzuki is a leader in driving down these emissions, designing vehicles to comply with the strictest European emission standards, such as Euro 5 and Euro 6.

As a customer choosing a Suzuki model over a larger,

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Our opening hours: 7 days from 10am - 4pm, located at 72 Main Street, Fairlie.



Strathallan

Rosie Chambers, Village Manager, enjoys building relationships with residents and their families to ensure wellbeing is at the heart of every decision made, enabling our residents to live well everyday.

Tania Buchanan's role at Strathallan Retirement Village involves helping individuals and couples find the right retirement choice that best suits their needs.

The Arvida attitude of living well fuels Rosie and Tania's passion to help their residents enjoy personal interests, engage in the lifestyle activities on offer and build genuine neighbourly connections.

If you have a question about your retirement choices call Tania 027 525 6725 or tania.buchanan@strathallanretirement.co.nz



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Fashion Focus is a women's clothing store specialising in quality clothing for women aged 30 and over. We also have an ongoing commitment to stock styles suitable for our more mature customers.

We offer casual wear, work attire, dresses, special occasion outfits, plus size ranges, scarves, jewellery and other accessories from a wide range of carefully selected fashion labels.

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Betts Funeral Services

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. The 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



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The team at Canon Street Optometrists aren't just here to give you the best vision possible (although we strive for that!), we're also here to empower you to be the best you that you can be! Bold, classic, fun, unique, YOU. We think the trick to ageing to perfection is to age honestly and gracefully and make it look so good that everyone looks forward to it. We can help choose the best shape, colour, size, style and lens type to complement and enhance your personality. Because at Canon Street Optometrists, vision never goes out of style.



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Betts Funeral Services have been caring for South Canterbury families and their loved ones for over 70 years.

Today, more and more people are taking the time to plan their final farewell in advance. Pre-arranging with Betts Funeral Services provides peace of mind for you and your family, knowing that you're not leaving them with difficult decisions at an emotional time, that your wishes are understood and your funeral details are in good hands.

Our team are available, free of charge and with no-obligation, to guide you and answer any questions. You can call us, visit our office, or we can come to you.



"Our people make the difference"



McKenzie Lifestyle Village

McKenzie Lifestyle Village is set on beautifully landscaped grounds which offers a relaxed and independent lifestyle for people 55 years and over.

Our Village offers a combination of freedom and security. The villa you occupy is your home, with the freedom to come and go as you please while we take care of the external maintenance of buildings and grounds.

Providing a lock and leave lifestyle for regular weekends away, or even longer. Knowing your home is secure.

Our residents have a strong lively sense of community spirit and enjoy excellent village facilities. With help discreetly on hand, should you need it, we offer Luxury Care Suites and preferential access to the adjoining McKenzie Healthcare aged care facility.

Your villa is modern and energy efficient so you can relax and enjoy living.

With great indoor and outdoor facilities, there's always something to do, no matter what the weather.



Resort Style Facilities

The Leisure Centre is the hub in which we hold communal entertainment and events. Offering resort style facilities: Indoor Swimming Pool, Spa, Library, Hair Salon, Craft Room, Therapists Room.

It is a modern facility surrounded by an outdoor lounge to enjoy barbecues, petanque, mini golf, bowls, putting green, croquet. Something for everyone at any time.

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SC Road Safety

When was the last time you had a good chat about your or someone else's driving? You may have noticed that the road environment has changed. There are now more vehicles on the road, and you may find it harder to get into traffic.

We offer a free staying safe workshop where you could share your experiences with people with similar challenges.

The Road Safety Coordinator, Daniel Naudé, will be the facilitator and will help answering questions and share advice on how to overcome these issues.

Come along to the next session which is about two hours long. Please call 03-6877581 to book your place.



Keeping active

Being active is an important part of a healthy lifestyle at all ages. Older people who take part in regular exercise enjoy many health benefits. Exercise can improve mood, self-esteem and overall mental health. Exercise helps maintain muscle strength so you can continue to perform everyday tasks, help manage your weight, improve heart and lung health and keep your joints healthy. Physical activity can also improve balance and co-ordination which may reduce your risk of falling or tripping over. Not doing any exercise can be unhealthy no matter what age you are.

TOP TIP! Any amount of physical activity is better than none at all. The more active you are, the greater the benefits to your health.



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... And that's exactly what you'll get at Duchenne Denture Specialists! With 14 clinics throughout the South Island and a state-of-the-art laboratory, the only one of its kind in New Zealand, Duchenne are at the forefront of patient-orientated care and treatment.

Thanks to Duchenne's international reputation, they enjoy early access to new digital innovations from industry leaders around the world. So you can rest assured that, with Duchenne, you are getting the very latest and best in digital solutions.

But when it comes to your new dentures, there are only four things that really matter – appearance, fit, strength and comfort. And Duchenne Denture Specialists' new Advanced DigiCare Technology offers major improvements in all these areas.

Appearance

This new technology allows us to make adjustments and changes that are more precise than before for a better, more natural appearance.

Fit

Duchenne can now also measure the final fit in microns, there is no shrinkage and you can try out your denture before it is finished – all helping to ensure a better, more accurate fit.

Strength

Thanks to the technology's unique bridging system, there is significantly less chance of dentures breaking or fracturing.

Comfort

Even the best technology is no use if dentures aren't comfortable, and again digital dentures show their superiority here, as they are crafted from a much denser acrylic so are thinner and lighter.

However, everyone at Duchenne believe it is still the human touch that matters most. "The most satisfying thing is the personal contact, and relationships we build with our clients," explains Tristan, who is based at Timaru Dental Care in Church Street.

For a free consultation, call Duchenne on 0800 866 8448.



We Make Great Smiles

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words: Gilly Oppenheimer



The River People A different sort of Retirement

Marg Cochrane and John Stewart are both in their seventies but a typical retirement is not for them. Marg relinquished her busy job with Bupa in 2014 and John also finished working at the Shade House. They decided to rent out their Timaru home, they bought a comfortable motor home and hit the road. This has been their home for the last six years and they have travelled all over New Zealand, working when necessary.

Their first job was at the Makarora Café en route to Haast. John was the barista and handyman and Marg cooked the meals and served the customers, mostly tourists. It was a very busy job, with often six busloads of tourists arriving between 11.30 and 2pm and sometimes having 300 tourists to feed in 2 ½ hours!

Marg and John are avid whitebaiters. Their nets are set and they're out in their waders most mornings by 6.00 am. On the east coast of the South Island the whitebait season is open between 15th August and 30th November. Last season Marg and



and the beautiful sunrises and sunsets. A not so nice event was when the river mouth recently blocked, causing the river to slowly rise. The water appeared to be receding when they went to bed, but at 5.30am they woke to find both car and motor home completely surrounded by water. Luckily they managed to get both vehicles to higher ground, but the car "sounded like a jet boat" when they got it started and the higher motor home was unscathed. Another scary event was last year's hailstorm. Marg said, "The river looked like boiling mud" and their two vehicles were written off with hail damage.

John were out on the river for 98 days. They select a likely 'possie' and fishing is permitted between 5.00am and 8.00pm, and from 6.00am – 9.00pm when daylight saving kicks in.

This is a lifestyle which really appeals to this couple. There is much camaraderie amongst fellow white-baiters and they often share meals and stories around their campfire in the evenings. They heat up a thermette to boil water for their coffee, use a gas barbecue for cooking and Marg is an expert scone maker on a hot skillet over an open fire. The only reason they leave the river is to get fresh water and supplies. They enjoy the freedom a motor home offers and they really enjoy meeting like-minded people who come back year after year to go whitebaiting or fishing.

Their 'possie' on the Opihi riverbed is sheltered from the southerly wind and they both enjoy the variety of bird life

When the whitebait season is over, Marg and John pick up seasonal work, such as blueberry and elderflower harvesting or they house-sit. Then over the colder months they head to the winterless north where they can choose to stop wherever they want. They have visited most of the DOC camping grounds around the top of the North Island and they also did a stint in a kiwifruit pack house just out of Opotiki. They both worked ten hour days when it was fine. A highlight here was being invited onto a marae to attend the dawn parade and they also visited White Island before it erupted. Next on their agenda is Great Barrier Island – but only after those whitebait stop running! This adventurous pair don't look like slowing down any time soon!



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Toyota's new *Yaris*

Let's be honest, the 'small car market' has always been somewhat monotonous. The majority of people wanting a small car generally have a list of needs as small as the car itself; cheap to run, easy to park and enough boot space for some bread and a lotto ticket. So that tended to be what you were offered.

But in recent times the tide has begun to turn and a sector of the automotive industry that was once predominantly reserved for retirees and, perhaps, learner drivers, has begun to appeal to a far broader audience. And there are several reasons for this.

A global push by manufacturers to reduce their carbon footprints and improve their image as 'clean green car-making machines' has resulted in a number of advances in engine design and production. Toyota's introduction of Hybrid Synergy Drive – a petrol-electric hybrid engine – in 1997 was the forward-gear in a new train of thought around vehicle emissions and fuel consumption. Though somewhat daunting at the time for those less welcoming of 'technological advancement', the hybrid engine very quickly earned its stripes for frugality and reliability; having been shovelled under the bonnets of more than 7 million Toyota and Lexus vehicles by September 2014.

Toyota's new Yaris has joined the Hybrid family with a 1.5L 3-cylinder engine – and what a difference! As is to be expected, fuel economy and performance have both been vastly improved over its predecessor. There is torque in

abundance from a very low range and the throttle is more than adequately responsive. What's even more impressive is the noise this thing makes when you feed it the fat. Have you ever heard a Lioness in heat? I haven't either, but I imagine its not too dissimilar.

The other shift has been in how we look at safety in a vehicle. No longer are disc brakes and seatbelts enough. In an age where Alexa turns on your toaster and wrist-watches read your heart rate, vehicles too have become remarkably intelligent. If someone had told you ten years ago that you'd one day buy a car with a camera that senses the white lines while you drive and would keep you inside them if you veered to the side, you'd have laughed them out of your house. But not now. If someone had told you ten years ago that your car would brake itself if someone walked out in front of you, you'd probably have run them over. Not anymore.

The ways in which your vehicle can look out for you are simply mind-boggling. Toyota's 'Safety Sense' encompasses a number of these features including Lane-Trace Assist, Blind Spot Monitoring and Radar Cruise Control. Yes, some of these features have been around for a few days now and people are becoming more aware of the fact. As human beings, we tend to want for nothing. We simply have to have the latest and greatest before it hits the shelves. Toyota acknowledged that heightened



expectation on the consumers' minds and decided to make Safety Sense standard across the entire range – even the entry level GX model. Now you know that you truly are getting the best your money can buy. And it's a small car – remember?

So it would seem that Toyota has slammed their fists on the desk of automotive injustices and said 'the small car market deserves just as much as the rest'. The new Yaris showcases some of the latest and most advanced features around and has completely transformed itself into a sleek, exciting and fun car to drive. If you're in the market, this should be the first on your list!

Check out the all new Yaris GX from just \$25,990 Drive Away and Yaris ZR from \$29,990 Drive Away!

Yaris GX 1.5 Petrol **\$25,990** Yaris GX 1.5 Hybrid **\$27,990**
Yaris ZR 1.5 Petrol **\$29,990** Yaris ZR 1.5 Hybrid **\$32,990**

Rose Festival will be

Blooming Amazing

The Festival of Roses is set to launch a revamped festival to be held on 4th, 5th and 6th December at Caroline Bay.

The event will bring together some of the Festival's regular activities along with a stunning floral couture fashion show and exhibition compacted into a format to work around the possibility of COVID-19 alert level changes.

'*Blooming Amazing*' is the award-winning show of Christchurch based costume and fabric artist, Jenny Gillies. The globally recognised designer describes it as "handcrafted flowers as fashion".

Gillies' costumes have been featured both nationally and internationally in exhibitions and live performances. Beauty, humour and an abundance of colour are showcased in her works, which change seasonally, just as the flora in the gardens does.

The exhibition of her treasured collection will run daily on Friday, Saturday and Sunday in the Caroline Bay Hall. Entry is \$5 per person with school children and pre-schoolers free.

On Friday and Saturday evenings, the Hall will transform into a dazzling catwalk function featuring Jenny Gillies' spectacular spring and summer *wearable flower show* including live music from Timaru soloist, Ella Thomas.



Tickets include the show, a complimentary glass of bubbles, grazing table and cash bar.

Tickets are \$30 per person and available from iTicket.co.nz, Newman Music Works or the Timaru Information Centre.

Jenny Gillies will also hold a TED-style talk about her experiences at 11 am on Saturday and Sunday in the Bay Hall. The talk is included in the \$5 door charge but limited seating is available.

But wait, there's more...

Also featuring in the Caroline Bay Hall will be the magnificent colour, splendour and bouquet of the annual Rose Show and an exhibition of local embroidery and needlework art from Aoraki Embroiderers' Guild.

The free Sunday market is all about browsing and Christmas shopping, eating and relaxing with all-day entertainment and featuring top international street food stalls to transform the Bay and the Gardens into a food lovers' paradise.

Visitors will have the opportunity to sample and buy crafts, fashion, plants and tasty treats from a range of

themed areas. As usual, the market will also feature dedicated children's activities and acoustic live sets from local bands.

Sunday Market Day, 6 December, from 10 am on the Bay.

Santa and friends in this year's Timaru Christmas Parade join in the Festival fun and make their way to Caroline Bay from Stafford Street from 2 pm.

Follow the parade to the Bay and join the free family-friendly Rose Festival Market with its activities, food, garden and craft stalls; say hi to Santa and meet his friends and the floats from the parade. Caroline Bay Association rides will be running, visit the Sound Shell, watch the free busking shows, listen to Santa's Christmas message and grab what you can at the giant Christmas lolly scramble.

'flowers are an interesting thing to love, because... well, most people love flowers'

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Rose Festival

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JENNY GILLIES
Blooming Amazing

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for more info visit festivalofroses.co.nz

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



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.

Vehicle safety features are so impressive these days, we wonder when cars will drive themselves. Until then, it's important we understand how the systems work, so we break down a few for you below.

Active Park Assist - Never worry about parallel parking again! Some vehicles use sonar and radar to measure empty parking spots and actively steer the vehicle into them while the driver accelerates and brakes. The system isn't perfect, but it offers a helping hand for tricky places!

Blind Spot Monitor - This feature uses sonar sensors or cameras to monitor common blind spots in a vehicle, alerting the driver through steering wheel vibrations, noises, or via a light on the wing mirror when another vehicle is in their blind spot.

Driver Attention Monitor - Some vehicles can detect driver's fatigue and attention levels by monitoring movements. If the vehicle detects too many steering corrections, it will alert the driver with a visual or audio reminder to take a break from driving.

Lane Departure Warning - Activated through camera-based monitoring, this system identifies lane markings and alerts the driver if the vehicle is at risk of departing the lane without the turn signal on.

Lane Keeping Assist - A step up from the lane departure warning, lane keeping assist makes small corrections to the steering to keep your vehicle in the correct lane. Some systems warn drivers audibly, visually, or with steering wheel vibrations.

Pedestrian Detection - This feature uses cameras to watch for pedestrians and bikers on the road. Some systems will automatically brake if collision is imminent, while others provide warnings.

Radar Cruise Control - Combine the convenience of cruise control with the vehicle's radar and camera modules to alter the set cruising speed to match vehicles ahead. The vehicle will maintain a safe distance while driving and some even stop when the vehicle ahead stops, reducing driver fatigue and allowing the use of cruise control in traffic.

Although these safety systems are clever, it's important to remember that they don't replace attentive driving. Make driving your number one priority, always.



David Forman

David Forman has been a director of RSM Law for over 13 years and has considerable experience over a wide range of legal services including commercial, litigation, property and employment law.

Purchasing your first home is a significant financial commitment, but it is also an exciting time. Due to recent low interest rates, lending criteria and other financial considerations buying a home is now more appealing and achievable.

Q. What funding is available for a First Home Buyer?

First home buyers should ensure that they take advantage of every available source of funding. A mortgage will, in most cases, be the primary source of funding, but other sources should be considered. As well as being able to withdraw your Kiwisaver, you may be eligible for a First Home Grant. This grant is an invaluable source as it does not need to be repaid.

Q. What is involved in a First Home Grant?

Kainga Ora provides grants of between \$3,000 and \$10,000 to eligible people depending on the property being purchased and the length of time they have contributed to Kiwisaver. You may be eligible if:

- You are over 18 years old;
- You have an income below \$85,000 if purchasing alone (or below \$130,000 if purchasing as a couple or group);
- You do not currently own any property;
- You have made at least the minimum contributions to Kiwisaver for 3 years or more;
- You agree to live in the new home for at least 6 months; and
- The Purchase Price is within the regional price cap.

Q. Should I have pre-approval for a First Home Grant?

We recommend that you apply for pre-approval from Kainga Ora before starting to look for a property. This application can be made online and, if successful, will be valid for 6 months. This also means that the final approval process can begin two weeks before settlement, rather than four, giving you more freedom if other processes are held up.

If you are thinking of purchasing your first home you should obtain legal advice and assistance regarding this process. RSM Law have an expert team of Conveyancing Professionals and Solicitors ready to help.



17 Strathallan Street, Timaru
90 Queen Street, Waimate

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Anne Laing

Anne Laing is co-owner of Performance Health Club, dedicated to keeping you in the best shape of your life.

The 4 Stages of Health

Experts say many people live well until they are 25 or so, after which they vertically disintegrate until they are 80. Most degenerative diseases start around 25 to 35 years of age, yet from that point many seem to give up.

So how can you tell where your health is at.?

1: Slowly Drowning. (No effort)

Low threshold to bugs/flu's, poor diet & alcohol, no exercise. Poor sleep, fatigue, malnourished, reliance on medication. Low energy, irritability, depression.

2: Just Keeping Head above Water. (Some effort necessary)

Occasional sickness, little spare energy: Overweight, eating better but snacking for energy. Only just make it through the day: Exercising occasionally. Need weekends to recover.

3: Swimming Strongly. (Requires consistent effort)

More confident, clear-headed, positive. Maintaining healthy bodyshape & composition. Plenty of energy, balanced diet and sound sleep. Going to the gym.

Few instances of illness/fatigue/aches or pains. No requirement for sugar or drugs.

4: The Optimal Level of Existence. (Requires discipline and commitment)

High level of activity most days : Strong, fit and dynamic. Elevated energy and mood levels. Great body composition, toned, feeling sexy and supremely confident. Optimal nutrition and smart food choices. Illness and disease rare, high levels of enjoyment of life. This is attainable at any age, and the rewards are huge!

At Performance Health Club we have changed people's lives. We know that anyone, at any age, can look better, feel better and think more clearly.

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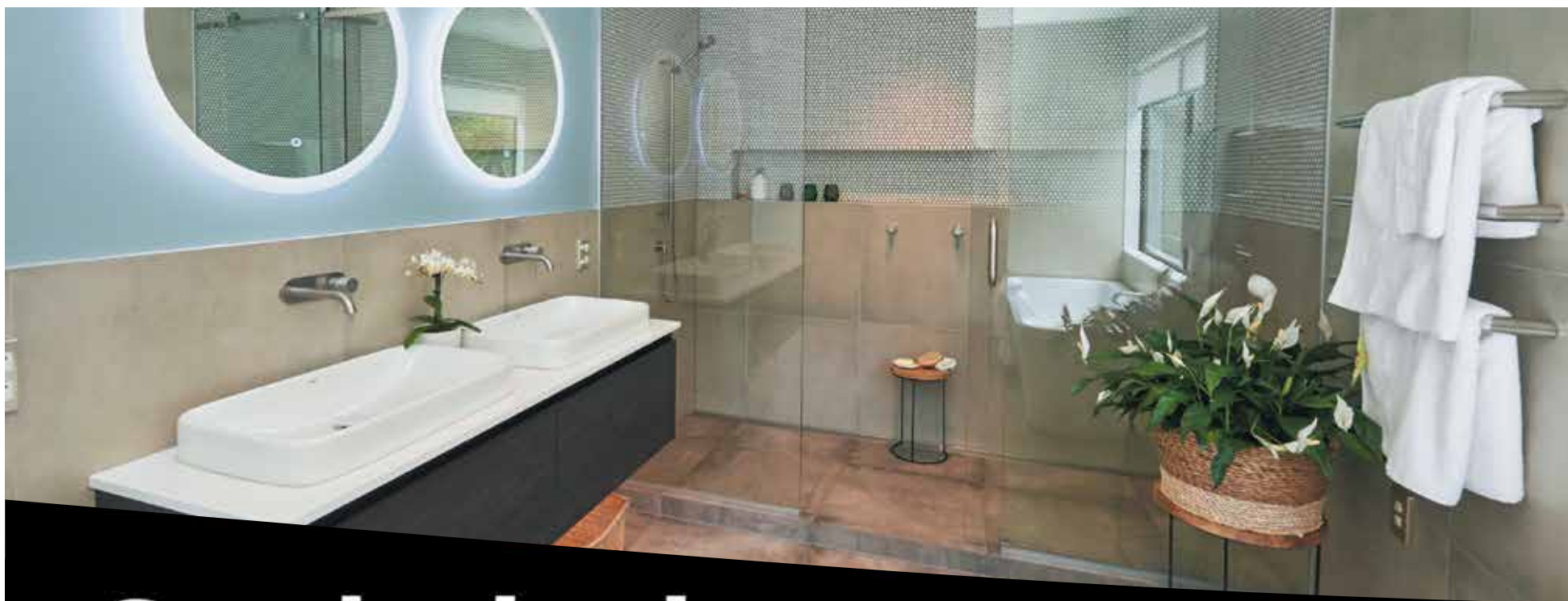
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