

# essence

essentially...south canterbury



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As soon as the clock goes back it feels like winter is truly on the way. But whilst the evenings are darker and a bit chillier, there's still plenty of energy, enthusiasm and things to get excited about in South Canterbury.

This month we catch up with some of the amazing women running businesses in our region. We always love reading a bit more about their lives and businesses, as women we often juggle so many aspects of life and here at Essence we always have an endless fascination with how others do this. So make sure you check out our full Women in Business feature on page 9 - 14.

Talking of inspiring women, we were also super excited this month to be able to find out a little bit more about our Waimate born country star, Kaylee Bell. Kaylee started singing at just 4-years old and now she's back in New Zealand at the start of her tour, Boots 'N All. Find out more on page 8.

Elsewhere in the magazine, we look at the origins of ANZAC day, take a look at some ideas for Mother's Day and enjoy a little tale from Stewart Island from one of our writers.

So make the most of these chilly autumn evenings and curl up with the latest copy of Essence - packed full of stories, inspiration and plenty of local people and places.

Until next month!

The Essence South Canterbury Team

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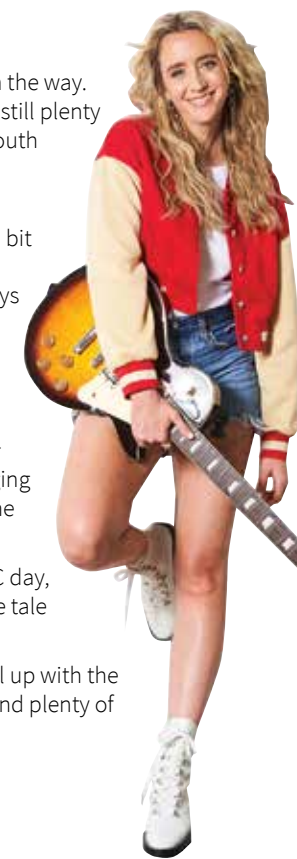
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Front Cover

Front Cover: Kaylee Bell kicks off her NZ tour, Boots n' All, in May in her hometown of Waimate. The Essence team got to ask her a few questions before she heads off on tour. See page 8.



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## An unusual way to promote safer choices

The road safety coordinators in South Canterbury devised a unique way to get the message about the most prominent crash types.

They run a quiz in one part of the display and have set up a slot car set where people can have a go at "driving."

**It is fascinating that the mistakes people make on the slot car set are typical of the mistakes many drivers make by driving too fast into bends.**

The layout of the slot car set is purposely designed to simulate a standard bend we commonly find on the road network. All the slot cars are "serviced" by cleaning the rubber wheels, and the track is also wiped down with methylated spirits to clean any debris on the track. However, after a few laps, rubber deposits from the friction of the wheels build up and make the surface slippery. The more laps the cars do, the slicker it becomes.

This typically happens with rubber and oil residues constantly being deposited on the roads. Cleaning the road daily is too costly and impractical, so drivers approaching bends at inappropriate speeds risk skidding out of control. Crash data shows that loss of control crashes make out nearly half of all fatal and severe injury crashes.

People are invited to see it for themselves and will experience it at our next display at the Waimate Strawberry Fare in December.



Lucy Merhtens handed over the radio set to William Nichol he won at the lucky draw at the 2023 Mackenzie Highland Show

There will be lots of freebies, and to enter the lucky draw for the grand prize of a weekend for two at Lake Tekapo Springs, including entertainment, meals, and fuel costs.



Daniel Naude 027 438 6285  
Lucy Mehrtens 027 288 2583  
www.scrs.org.nz



## Rock & Hop 2023

The Caroline Bay Rock and Hop is organised by a volunteer committee on behalf of Hospice SC and is a show for all cars, caravans and motorbikes from modern to vintage, from classic to muscle, from Japanese to English. Everyone is encouraged to dress for the era to make the most of this special event. Hospice South Canterbury had two aims when it launched the event in 2017, one as a fundraiser and two to benefit the local economy by bringing people to the district.



## Mackenzie A & P Show

The Mackenzie A & P Highland Show is the largest one day Show in New Zealand with 12-15,000 through the gates. A fun family day out with something for everyone! There were SOOO many things to see and do. The 125th Mackenzie A & P Highland Show was held on Easter Monday, the 10th of April 2023 at the Mackenzie A & P showgrounds.



## Women's Fund

Imagine a world where women and girls can reach their biggest, most ambitious dreams. Where women are safe, respected and not constrained by discrimination, sexism and old-fashioned ideas of what we can and should do. The Aoraki Women's Fund is creating impact and positive change to ensure that wāhine and taitamahinetanga can feel safe and have their voices heard in the future.

The Women's Fund Impact event in March saw 100 women giving 100 dollars each. The \$10,000 gift was split across five deserving causes that are elevating local women and girls. Together, we can create positive change and empower women to live the lives they want to live.

Photography: Ashlee Adam



## The Aoraki Foundation Women's Fund

The Aoraki Foundation Women's Fund launch event was a huge success, thanks to the support of everyone who attended or donated. As committee chair Tam Johnson describes "We are so grateful for the contribution of each person who played a part in making the night unforgettable. The event was not only enjoyable but also fruitful, as \$10,000 was distributed to five deserving causes in South Canterbury".



**The selected charities are making a significant difference in the lives of women and girls in the community who are going through challenging times. Charities or causes often struggle to get funding, and the support received from the event made a real and meaningful impact.**

Tam continues, "Several attendees expressed interest in becoming regular donors to the fund, and we welcome anyone who wants to join us in building a permanent fund to support women". Even a small contribution of \$10 a month can make a significant difference in elevating women in the community.

The success of the event and the generosity of the attendees and donors have made it clear that the Aoraki Women's Fund is a cause that resonates with the community. Donations can be made on the Aoraki Foundation Women's Fund website, and every dollar counts in creating a lasting impact on women's lives in South Canterbury.

Learn more about the fund on our website: <https://aorakifoundation.org.nz/womens-fund>

The event was a wonderful way to make an immediate difference in the community. However, the main aim of the Aoraki Women's Fund is to establish a permanent fund, an endowment fund, to support local causes forever. The committee has been working towards this goal for two years now and has already raised over \$20,000 through regular monthly donations from a small group of dedicated women, many of whom serve on the committee.

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The Timaru Town and Country Club is more than just a space to catch up with friends, it's a place to make memories.

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99 Douglas Street, Timaru | [www.timaruclub.co.nz](http://www.timaruclub.co.nz)





# Spectacular Stewart Island



WORDS: RÓISÍN MAGEE | IMAGES: RÓISÍN MAGEE AND REALNZ

When I first came to New Zealand, I was amazed by how few of the Kiwis I met had visited Stewart Island. My then boyfriend had grown up spending holidays in the family bach in Golden Bay and had a lot to say about how great Stewart Island was. An island that is 85% national park? With real, actual kiwi, that you can sometimes see even in the daytime?! Hold my beer, I thought, I'm off!

So when we got the chance, we took a couple of days to help the boyfriend's parents pack everything we needed for two weeks on the island. This included coal (for the range) petrol (for the boat – very few cars on the island) and raincoats. I looked out at the bright blue skies and packed my bikini.

About 30 minutes into our ferry crossing I started to feel sick. My boyfriend asked politely if this was normal. It wasn't. I had never been sea sick in my life, even on a mackerel fishing trip in Cornwall on which the other passengers had vomited throughout. Apparently this was the calmest he'd ever seen the Foveaux Strait. So either the Foveaux Strait is quite gnarly, or the coffee on board is not to be trusted.

Oban more than made up for the queasiness, however. It's a lovely fishing village clustered around the harbour, with a small shop (best to bring most things you need with you), a pub in the form of the South Sea Hotel and a tourist shop run by one of the nicest ladies I've ever come across. She lent us her car to drive home in, although I forget why, and we bought merinos.

Rakiura/ Stewart Island is New Zealand's third largest island. Polynesian people had arrived by the 1200s but they didn't stick around. Māori, on the other hand, settled around the coast and on some neighbouring islands. They caught fish and harvested tītī, which is still a bit of a delicacy in Southland and delicious spread on hot buttered toast. In the first half of the 19th century, European sealers and whalers arrived.

Despite this long history of human habitation, most of the island is as it was before people arrived. There are around 15,000 southern tokoeka (Stewart Island Kiwi), as well as several species of native parrot, including kākāpō.

From Oban, you can visit Ulva Island, a predator-free scenic reserve in Patterson Inlet to see kākā, weka, kākāriki, South Island saddlebacks, little blue penguins and rare yellow-eyed penguins. If you have your own boat, or take a water taxi, you can also visit the spit, where there are old middens to see and the Norwegian whaling base. Spooky, but well worth a trip. If you're as lucky as we were, you might find an optimistic albatross flying alongside your boat.

Tramping is the main draw for a lot of visitors to the island (the Rakiura Track is a Great Walk). We fulfilled a childhood dream of my boyfriend's and walked

to the highest point on the island – Hananui/ Mt Anglem. After the disgrace of our ferry crossing, ruined by my retching, I marched ahead on day one leaving my boyfriend trailing behind me. He might have been carrying all of our gear. I forget.

We shared our hut on the first night with a man, who refused to say where he was from because he was a citizen of the world, and a generously proportioned German hiker who had twisted her ankle and was debating whether to ring the water taxi. She didn't have a mobile phone. I'm not sure there was any coverage.

The next morning, I was in such a hurry to get out that I didn't eat much breakfast. My boyfriend pointed out that just getting up and down Mt Anglem was a 1000 metre climb. On hearing this, the citizen of the world jumped up and announced he was going to run up Mt Anglem.

We left as quickly as we could.

The climb began in thick mist and about two thirds of the way up, we met the world citizen on his way back down. He said the top was about five minutes'

walk but there was no point us going any further because it was completely clogged in. We ignored him. About 45 minutes after this, we popped through the cloud and were rewarded with glorious views across to the mainland and over the whole island.

I was so moved that I proposed (for the second time). The answer was no (again). I then promptly ran out of energy and to my lasting shame at one point sat down and cried on the way to our second hut. But it is a lasting testament to the appeal and magic of this beautiful place that this memory in no way tarnished the experience as a whole.

Go, if you haven't been! And go again, if you have. Kiwis, you don't know how lucky you are!

(For anyone curious, no, I didn't swim. It was very cold. But we didn't use our raincoats much either – we had two weeks of beautiful blue skies.)



Writer Róisín Magee ready for action



## How to get there

Stewart Island Ferry Services ([www.realnz.com/en/experiences/ferry-services/stewart-island-ferry-services/](http://www.realnz.com/en/experiences/ferry-services/stewart-island-ferry-services/)) Stewart Island Flights ([www.stewartislandflights.co.nz/](http://www.stewartislandflights.co.nz/))

## Where to stay

South Sea Hotel. Prince Harry had a drink here when he visited, if that doesn't put you off. ([www.southseahotel.co.nz/](http://www.southseahotel.co.nz/))

## Where to eat

The van next to the children's playground serves the best fish and chips I have ever had. Battered blue cod, fresh from the sea – yum!

## What to take

Sturdy shoes, warm clothes and, yes, raincoats. Even in midsummer!

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# Getting Personal with Kaylee Bell

Kaylee Bell was born in Waimate, started singing at 4-years old and today is the most streamed, female country singer in Australasia. She kicks off her NZ tour, Boots'n All, in May in her hometown of Waimate. This month the Essence team got to ask her a few questions before she heads off on tour.

**essence:** What is a childhood memory that always make you smile? Just being home in Waimate playing music in the bedroom with my brother and sister and kicking about around home with my best friends...simple things.

**essence:** What's the best piece of advice you've ever been given and who gave it to you? If you can dream it you can do it- Kylie Harris, I had that note next to my bed my whole childhood.

**essence:** What was your earliest public performance and do you come from a musical family? The Waimate Country Music Competitions in Waimate at the Regent Theatre, which is where we are kick starting my tour. My Mum is musical and sang and played piano. She loves it and encouraged us all to learn so my brother and sister and I grew up playing instruments and singing in Country Music Awards around NZ from a young age.

**essence:** You moved to Australia at 21. What made you move and how did you find that first year overseas? I knew quickly there was a ceiling for me in NZ with Country Music and to be able to have a career I needed to go further abroad. Australia felt like a nice stepping stone rather than just straight to Nashville. I finished my degree at NASDA and jumped on a plane with no plan and only a couple of friends in Aus but I knew I wanted to be there to have a crack. There was a lot more going on there in the scene with artists like MORGAN EVANS and The McClymonts and they were who inspired me.

**essence:** Where is home for you now? Auckland North Shore, but I plan to base myself in Nashville from June onward and come back and forth between NZ, Aus and Nashville.

**essence:** How often do you come back to Waimate? As often as I can, Mum and Dad are still there and I love my family and catching up with old friends. I love the sense of home I still get there and the community of a small town.

**essence:** You travel and perform a lot – how do you relax? I exercise, write songs, read, do yoga and pilates, boxing and spend time with friends who fill my cup.

**essence:** What's your favourite time of day? Sunset, I get inspired and it's like the day is starting to settle.

**essence:** What's your worst habit? Impatience



images supplied



**essence:** What do you miss about New Zealand and particularly Canterbury? The community, it sounds clichéd but after being in Auckland for 6 years it really is becoming more noticeable for me. I miss the mountains and views and just the people.

**essence:** Can you recommend a podcast and a book to us? Podcast, 'The Girls Uninterrupted' - it's a laugh and informative-kiwi too!! Book – the Shania Twain biography 'From This Moment On' - I read it every year, it's so insightful.

**essence:** Social media – do you love it or loathe it? Both- it is necessary for what I do and has huge benefits when used correctly, but I have set firm boundaries around it of late and make sure I get off it and be present in my surroundings and conversations.

**essence:** What has been your proudest moment in your music career so far? Winning Toyota Star Maker in Australia in 2013, it's the biggest talent search in country music in Australia. I was the first kiwi to win it since Keith Urban at the start of his career in 1990.

**essence:** What is your biggest hope for the year ahead? To be happy and keep doing what I love- playing and writing music and sharing it with as many people as I can.

**essence:** The music business is super competitive. Can you give one piece of advice for young people looking to follow in your footsteps and create a career as a music artist? Never give up- it's really that simple.



## Women In Business 2023

We always love putting together our Women in Business issue and over the years it has become quite a fixture. But every time we discover more female-led or owned businesses. Women of all ages and walks of life are turning their great ideas into reality right here in South Canterbury and we always find it inspiring.

So dive in and discover the amazing contribution women are making to our local economy and business landscape. From lawyers to creatives, automotive technician to retailers and physios – we're delighted to be able to highlight some of the ideas, opinions and achievements of the fantastic women in our region.



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### Felicity & Sharon

Salon owners - Cocoon Hair Design

**What advice do you have for people interested in starting their own business?** Felicity: Spend time working on your team culture and your business ethos. It helps establish who you are and who can help you build your dream business.

**What have you learned about yourself going from an employee to an employer?**

Felicity: How much work goes on behind the scenes and how obsessed I was with the smallest details gave me lots of sleepless nights. I learnt how to be kind to myself and how resilient I could be in challenging times.

**What gets you out of bed in the morning?**

Felicity: I genuinely love what I do & we have the best team & best clients!

**What do you do to keep yourself motivated when things are not going well?**

Felicity: Training and education always keep me inspired. Learning new things or honing the skills I have to create new techniques. Getting out a dolly head and practicing something new gets me inspired.

**What are three keys to success?**

Sharon: 1. Have a clear purpose.  
2. Gratitude

3. Consistency and I'd have to add resilience after the last few years in business!

**Have you had to upskill, or do further education, to get where you are now?**

Sharon: We passionately believe in ongoing education and training at Cocoon for upskilling, staying motivated and as an opportunity to spend time together as a team. We love the chance to style at events such as NZ Fashion Week and recently Breast Cancer for a Cure events as well as regular in-salon or online training.

**How do you achieve a work-life balance?**

Sharon: Be realistic and have achievable expectations. Enjoy your work. Prioritise your health. Plan fun activities, and schedule some down time.

Shop 20, Royal Arcade, Timaru  
(03) 688 8841  
www.cocoonhairdesign.com22







**"Believe in yourself and you'll be able to achieve whatever goal you set for yourself. Success is not final; failure is not fatal. It is the courage to continue that counts."**

## Fashion, Style & COLOUR

**For Mackenzie business owner Rebecca Kerr, one of the keys to success is knowing your strengths and going all in on them.**

"Believe in yourself and you'll be able to achieve whatever goal you set for yourself. Success is not final; failure is not fatal. It is the courage to continue that counts."

Rebecca owns Mint Boutique, a popular women's fashion store that stocks a wide range of leading New

Zealand and international fashion brands including Home Lee, Seeking Lola and Stella + Gemma. Originally a second-hand clothing store, Mint Boutique has gone from strength to strength and is now a popular fixture on Fairlie's Main Street and is well-known throughout New Zealand.

"I took over Mint 13 years ago this August. It was a wee second-hand tin shack that I slowly changed to include new accessories and clothing and just grew it from there."

The past 13 years have been full of highs for the mother of four, including moving the store to a bigger space with a future expansion planned, and the launch of an online store seven

years ago. The move online saw the business transform into a nationwide entity that now accounts for a majority of Mint Boutique's total sales, and helped the business survive during the Covid pandemic. Another highlight has been the creation of Mint The Label, a collection of New Zealand-made everyday wear that has been designed by Rebecca for Kiwi women.

For Rebecca, who employs 3 full-time and 3 part-time staff, one of the key attributes needed to be successful in the retail world was the ability to manage a good team.

"It is extremely important to have a strong team. Working in retail you need to have good sales ethics and relationship with the customers if you are working in the store, and the office team need to have good customer service skills while dealing with tricky situations."

It is also important to be able to purchase the right stock for your customer base and be active in your local business community, Rebecca said.

"We love to cater for locals, and we're always sponsoring when we can and are involved in Pink Ribbon breakfasts. We even hosted our own Stella + Gemma fashion show."

And when asked if she had any advice for people interested in a career in fashion, Rebecca's answer was simple.

"If you love fashion, style and colour give it a go you will love it."

Mint Boutique is open seven days a week from 10 am to 4.30 pm and offers a range of affordable, high-quality fashion clothing, footwear and accessories for everyone and anyone. You can also shop online 24/7 at [www.mintboutique.co.nz](http://www.mintboutique.co.nz)



72 Main Street, Fairlie | Ph (03) 685 8084  
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**Beth Stewart-Wright**

Group Manager User Experience and Community Engagement at Timaru District Council

**What have you learned about yourself going from an employee to an employer?**

Nothing operates in isolation. When team members feel valued, appreciated and empowered, then that's half the battle won.

**What gets you out of bed in the morning?**

There's a saying that was told to me since arriving in Timaru that has really resonated with me; "it only takes one stone to change the course of a river."

**What do you do to keep yourself motivated when things are not going well?** I find infinite value in honest self-reflection.

**What are three keys to success?**

- Curiosity. Without curiosity we stagnate.
- Adaptability. Humans have a remarkable ability to overcome challenges through adaptation.
- People. I love the Māori proverb, "He aha te mea nui o te ao? He tangata, he tangata, he tangata!" (What is the most important thing in the world? It is people, it is people, it is people!).

**What skills are needed to be successful in your industry?**

The ability to actively listen, be intellectually curious, and collaborate.

**How do you measure personal success?**

I've had moments where I momentarily felt like I succeeded, like when I graduated with my degrees, got my pilots licence, bought a house on my own, but I haven't naturally known how to reflect and appreciate progress made. It's something I'm actively working on.

**Have you had to upskill, or do further education, to get where you are now?**

I have a Bachelor of International Development and a Masters of Public Policy and Management. Having worked in executive roles in the not for profit sector for years, I thought it wouldn't be a significant leap into local government. But it's been a learning curve!

**Where do you see yourself in 10 years?** My goal is to work deeply and closely with people to build their own leadership styles and skills, ultimately running my own gig.

03 687 7302 | [www.timaru.govt.nz](http://www.timaru.govt.nz)



**Steph Stevens**

Owner/Operator of Rewind

**What advice do you have for people interested in starting their own business?**

Take the time to work out the 'look and feel' of your brand and space, whether it's bricks & mortar or digital. You'll want to set yourself apart from similar shops and leave a lasting impression.

**What do you do to keep yourself motivated when things are not going well?**

There's always going to be those quieter days; I like to keep busy by creating content for social media, chatting with customers, and sometimes working on personal projects...a perk for being your own boss.

**What are three keys to success?**

Customer service is key! Get to know your customers, listen to their feedback, go out of your way to offer a great experience. Also, stay connected with local business owners. It's a great asset being able to learn from each other.

**What skills are needed to be successful in your industry?**

It's not essential, but I recommend having previous experience in retail and marketing. I came from a background of retail buying, management, visual merchandising, sales and marketing. These have all been resourceful tools to the success of the shop. And keep learning, there's plenty of cost-effective business and marketing apps available, you just have to be willing to give them a go.

**As a child, what did you want to be when you grew up?**

**How does that align with where you are now?**

As far back as I can remember, I knew I wanted to be involved in a creative role, which lead me to a BFA in Interior Design and Architecture. However, after graduating, I started in a retail sales role and never looked back. I've always loved colour, fabrics and forms of display, which I'm continuously surrounded by in store.

75 Queen Street, Waimate  
FB and Instagram - @rewindshopnz



**Nina Mackay**

Director of JMJ Lawyers Limited

**What advice do you have for people interested in starting their own business?**

Do your research, the more you know, the more prepared you will be to face the challenges that undoubtedly will arise. Get sound advisers on board that you feel comfortable in talking to, so you have someone to turn to get detailed advice when needed. Back yourself but don't be afraid to further your learning, develop new skills or do things differently.

**What have you learned about yourself going from an employee to an employer?**

The timing needs to be right. It is a huge step and a shift in mindset but if it is something you want to do you will be surprised at your ability to take on new challenges.

**What gets you out of bed in the morning?**

The alarm clock followed by the cats and the kids!

**What do you do to keep yourself motivated when things are not going well?**

Focus on the positives and what is really important. Life is precious and sometimes you just need to spend time with the ones you love to put things in perspective.

**What skills are needed to be successful in your industry?** Integrity, hard work and a sense of humour.

As a child, what did you want to be when you grew up?

**How does that align with where you are now?**

A vet until I realised in college how much science that would entail! My career choice was settled on in university by going against the career advisor's advice and pushing myself to aim higher. Ultimately you can't really know what a job will be like until you are actually doing it, so I would encourage getting some real life experience of the job you are interested in even as a volunteer.

State Highway 1,  
177 Evans Street  
Timaru  
Ph: 03 687 9010



**When asked if she had any advice for women interested in a career in the automotive industry, Talei Dickson's answer was simple: "Do it, it's a lot of fun".**

The McDermid Auto Collective administration manager has worked for the company, which owns South Canterbury Toyota, for 26 years and loves the variety that comes with her role.

"No two days are the same, I get to deal with lots of the staff from the whole business and I like being part of planning the direction that the company is going to head in the future."

The McDermid Auto Collective employs approximately 150 staff, at South Canterbury Toyota; 17 of those employees are women, making up 40% of the workforce here in Timaru, Talei said.



**Tam Johnson**

Creative Director for Scooch Marketing

**What advice do you have for people interested in starting their own business?**

Do your market research and create a solid business plan which will act as your roadmap. Along with passion and hard work, you will be able to build a successful business that you are proud of.

**What are three keys to success?**

- Persistence – the ability to keep going even when faced with challenges.
- Learning – be open to new ideas and ways to grow and develop.
- Focus – prioritising what is important and concentrating on the things that matter.

**Have you had to upskill, or do further education, to get where you are now?**

Yes, I am completing a Bachelor of Applied Management currently. This is helping with my leadership skills and business management. As well as many other professional development courses and workshops along the way. I enjoy learning and am open-minded when it comes to new learning opportunities.

**What does a typical day look like for you?**

My day typically begins around 6am, I like to spend the morning with my family chatting about what's ahead for the day, and then I head into the office from 8am – 5pm followed by a session at the gym or one of my volunteer roles. It's important for me to have balance in my life, and I often will work shorter days on Fridays to achieve that.

**As a child, what did you want to be when you grew up?**

**How does that align with where you are now?**

I wanted to be a teacher when I was growing up. I think a lot of the skills that a teacher needs are similar to my role, great communication, leadership, and the ability to inspire and motivate others.

P: 021 222 0875  
E: [hello@scoochmarketing.co.nz](mailto:hello@scoochmarketing.co.nz)  
[www.scoochmarketing.co.nz](http://www.scoochmarketing.co.nz)



**Seeing customers drive out of the showroom with a smile on their face is a highlight hard to beat.**

"There are many roles where having a great sound knowledge of vehicles is a must, but there are plenty of roles where that is not necessary, there are many different roles particularly if you are with a full dealership."

Parts adviser Samantha Lloyd's interest in cars started when she was a child, and she encouraged more women to seek a career in the auto industry.

"Just go for it and don't let the idea of it being a male-dominated industry scare you. It's a great industry to work in and so many women are getting into it which is awesome to see. I originally studied to be a mechanic but after a year of study I decided that wasn't for me, but I still wanted to pursue something in the automotive industry. I think what attracted me to the role was being able to help people and being able to increase my knowledge and understanding of different parts and how they work."

Vehicle consultant Georgie Scott spends her days helping customers find their perfect vehicle.

"Seeing customers drive out of the showroom with a smile on their face is a highlight hard to beat. The novelty will never wear off seeing customers that have worked so hard head off to start their next adventure in their new vehicle. You meet people from all walks of life, and I enjoy the stories that customers share over my time here."

Apprentice mechanic Hannah Cartwright has been at South Canterbury Toyota for two years and enjoys being part of a diverse team. The Timaru local said the skills necessary to be a successful mechanic included "solving basic problems and being able to work with your hands".



**Alvena Vaughan**

Administration/sales for Goodyear Autocare Timaru

**What advice do you have for people interested in starting their own business?**

Do your homework. Set a budget so you know what your overheads are and how you can be financially sustainable. Surround yourself with people who will encourage and support you. If you plan on working with your partner, keep your work life at work, and personal life at home. If you work hard and smart, the benefits will pay off but make sure you have a good work/life balance so you don't get burnt out.

**What have you learned about yourself going from an employee to an employer?**

I've learnt that I don't like confrontation

**What gets you out of bed in the morning?**

Starting a new day fresh. Getting motivated to achieve and get things done.

**What do you do to keep yourself motivated when things are not going well?**

I think you need to stay positive and believe that nothing is forever. Don't let things get to you – keep on with your routine. Use down time to catch up on things you may be putting off. Destress by exercising - going for walks or runs. Have a support system, close friends that you can talk to. Wine helps also!

**What are three keys to success?**

Hard work and perseverance.  
Honesty, integrity – be true to yourself.  
Don't let work become your life

**What skills are needed to be successful in your industry?**

Knowledge is key. Don't bluff your way through things – if you don't know something, find someone who does. Attention to detail is vital. Take no shortcuts.

**How do you measure personal success?**

When someone recommends you to others. Getting good feedback and repeat business. Knowing that you have helped someone.

14 Arthur Street, Timaru  
Ph 688 6666



Service Team Leader Bethany Milliken was attracted to her role, which involves booking vehicles for repairs, invoicing, quoting and warranty claims, because of the reputation of the Toyota brand.

"What makes my role interesting is learning about vehicles and how they work and how they are repaired. Something I had never had experience with before working here!"

Administration Manager Alana Fitzgerald, whose work-life balance mantra is to leave work at work, enjoys the freedom her role gives her to work with all departments at the Stafford Street dealership.

"The interesting part about my job is helping people from all departments, and often having to figure out solutions to new problems. So, I am always learning new things."

So, when you need help with all things Toyota, pop in and see one of the friendly women at South Canterbury Toyota or visit the all-female crew at the MAC Trade-In Centre and they'll see you right.

Corner North & Stafford Streets, Timaru | Ph 687 9280  
[www.mcdermidautocollective.co.nz](http://www.mcdermidautocollective.co.nz)

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



**Jennifer Smith/Tangrey**

Kingswood Motels Ltd  
Owner/Operator

**What advice do you have for people interested in starting their own business?**

The joys of being your own boss are very rewarding and the more effort you put into your business the more you will get out of it.

**What gets you out of bed in the morning?**

Being my own boss and everyday you meet new people and it is good to see your regular guests return.

**What do you do to keep yourself motivated when things are not going well?**

Have a break and do something for yourself and also remember that things can't go well all the time. Think about how you can improve things to make it better.

**What are three keys to success?**

In our line of work it is our personality, and keeping our units modern and clean.

**What does a typical day look like for you?**

Office work, organising future upgrades, cleaning and servicing units and we do all our own laundry, gardening and mowing the lawns and checking in our guests of course.

**Where do you see yourself in 10 years?** Hopefully retired!

**What things do you do to engage with the local community?**

We are on the committee for the Waimate Shears and we also sponsor it too.

**How do you achieve a work life balance?**

I am lucky I work from home and I can do things for myself and still be working checking in guests in the afternoon. If I need to be somewhere since I am my own boss I have the flexibility to do that.

**How do you wind down?**

We are a 7 days a week business so I am always on duty, but I enjoy cooking with a wee wine and watching our favourite programmes.

03 689 8022  
16 Timaru Road, Waimate  
[www.kingswoodmotels.com](http://www.kingswoodmotels.com)





## MAKING A DIFFERENCE *in the community*

The chance to make a difference in the community gets Lucy Mehrtrout out of bed in the morning.

And that's precisely what the Timaru District Council Road Safety Co-ordinator gets to do every single day. Lucy works with various local agencies, including police, emergency services, Waka Kotahi- NZ Transport Agency, schools, driving instructors and community groups to promote road safety throughout South Canterbury.

"We can make a difference in one person's life around road safety and driver education. In that case, that's success for me."

"We educate people about road safety, speed, impairments and distractions on the roads to reduce the number of deaths and serious injuries."

With a background in media and communications, and previous experience working for the Cancer Society, Lucy is not one to shy away from a challenge, especially when educating the public on road safety.

"Most crashes in South Canterbury are due to driver behaviour and attitude. And that's what we need to stop. We're promoting safer choices regarding road user behaviour."

Similar to the smoke-free campaign she was part of at the Cancer Society, Lucy challenges people's perceptions about taking personal responsibility for their actions.

"Sometimes it may be habits they have done for years, especially on open rural roads. Some people think they know the road like the back of their hand, and it's never been an issue. We're trying to educate people

that even though a road has a speed limit, it doesn't mean it's a safe and appropriate speed at all times."

At the time of writing, the total number of South Canterbury severe and fatal crashes for January to March this year was 16, which is an increase of eight on last year's total for the same period.

"It's difficult when you see that there has been a crash because you feel like you're trying to do your best to try and eliminate them, but they still happen. It's similar to when I was at the Cancer Society. People were still dying from cancer, even though we tried to do all this to help. That makes it hard."

Lucy's role at the council concerns more than facts and statistics, as the University of Canterbury alum knows first-hand what being in a car crash is like.

"I have experience of what it's like. There is the impact of the crash and the ongoing stuff that people don't realise—the effect it has on your family and friends and the impact on the emergency services."

"When you go through something like that, it changes your outlook and makes you re-evaluate what you should be doing and what makes you happy. And that's one of the reasons why I wanted this job. I don't want other people to go through what I went through."

"We can make a difference in one person's life around road safety and driver education. In that case, that's success for me."



Ph 027 288 2583  
www.scrs.org.nz



## New faces OF AUTOWORLD



Laetitia Odendaal, Georgia Dickason, Tuiana Davis, Natasha van der Walt

The next time you pop into Autoworld Timaru you might notice there are a few new friendly faces behind the counter.

Over the past few months, the popular Timaru dealership has hired four new employees who are looking forward to offering the best possible service to the South Canterbury community.

With more than 20 years of experience working in the automotive industry in her homeland of South Africa, Finance and Insurance Business Manager Natasha van der Walt has been at Autoworld Timaru since January this year.

"I love working with people, being able to assist them in looking after their needs and making the finance process as effortless and easy as possible. I would like to be known as the 'go-to' person in town who can be trusted to take care of all your vehicle finance needs."

"[To be successful] you need to be driven and stay motivated, committed and work hard."

Fellow South African Laetitia Odendaal is the dealership's Service Manager and is responsible for Autoworld Timaru's After Sales Department. With more than 20 years working for Audi in

South Africa, Laetitia loves the variety that comes with working in the automotive industry.

"Every day is different and there is always something new to learn. I enjoy working with people and in this industry, one of our focus areas is to exceed the customer's expectations and ensure they have a positive service experience."

For the busy mum, there are three attributes necessary to be successful in her role: communication, excellent customer service skills and professionalism.

"Being new to the company, I would like to grow with the team and be the dealership with the best customer service."

Working alongside Laetitia is Service Advisor Tuiana Davis who is responsible for booking services and repairs and liaising with customers and the workshop team. The automotive industry is new to the Timaru local, but she loves the variety that comes with her role and encouraged other women to get involved in the industry.

"Whether it be something that you're familiar with or not just give it a go. I walked in here and started working in this industry without any knowledge of the automotive industry and I have learnt so much over the last seven months."

At the time of writing, After-Sales advisor Georgia Dickason has only been at Autoworld Timaru for two days but is enjoying the challenges that come with working for a new company.

"Everything at this point is a bit different from the experience I have had within the automotive industry. My main goal is to study further and grow within the company."

Also from South Africa, Georgia said the key to achieving a work-life balance was the ability to set boundaries.

"Enjoy your work but take time for yourself."



6 Sefton Street, Timaru  
0508-AUTOWORLD (0508-288696) or (03) 683 1215  
www.autoworldtimaru.co.nz



*Hannah Goddard-Coles*

Group Manager Engagement and Culture at Timaru District Council

What are three keys to success?

I think there are so many different things that support success, but my top three would be, never stop learning, to listen to understand and not to respond, and always ask questions.

What skills are needed to be successful in your industry?

I think the top skills to be successful in any people-related role, is an ability to communicate and engage with others, to listen and take it all in (we can learn so much from our peers and those around us), be proactive, empathetic, and encouraging.

How do you measure personal success?

Feeling like I have achieved a great day's work and made a positive difference, no matter how small. I also think being a great role model for my daughter and showing her you can achieve your goals with hard work.

Have you had to upskill, or do further education, to get where you are now?

I feel like I learn every day in my job still, but I do have a law degree which has provided a great foundation but certainly isn't the only way to get into local government or a people-related field.

Where do you see yourself in 10 years?

I'd like to see myself continuing to support great teams and people in the workplace to achieve their goals, to continue learning, and maintain a work-life balance as a professional and mum.

How do you achieve a work-life balance?

Being organised is key, use lists, have a plan, and set time aside to complete different tasks. Turning off the devices is also great, something I am still learning!

How do you wind down/ shut off after a busy week?

Spending time with my daughter, nothing is better than watching her grow and learn about the world.



03 687 7302  
www.timaru.govt.nz



*Debbie Gough*

Director of Simply Skin Appearance Medicine Timaru

What advice do you have for people interested in starting their own business?

Having had previous exposure in working for larger franchises I wanted to set up a more bespoke and individualised approach to appearance medicine, that specifically catered for each client. Setting up the business in the latter stages of covid, including a lockdown, caused a level of anxiety and self-doubt, especially when you see businesses failing locally. I continued to forge on although I knew nothing about owning a business let alone how to set up one or even run one. I was fortunate that my business model had relatively low outgoings and I was well supported by a mentor who wanted to see me succeed and believed that I would succeed. My advice to anyone who is thinking about starting a business is to be realistic in what your projected business worth is, ask questions from successful business owners and be passionate in what you do. Most importantly seek advice from an accountant to ensure a sound financial beginning.

What skills are needed to be successful in your industry?

I really believe in taking a customer centric approach. That means gaining a strong understanding of my client's needs and devoting time to talk to them. This will ensure that the treatment plan is exactly what the client requested.

Have you had to upskill, or do further education, to get where you are now?

I achieved my Bachelor of Nursing in 1995 from the University of Technology, Sydney, spent the next 28 years working in the industry and learning from some best doctors in the field of aesthetic medicine in Sydney and central London. I attend yearly conferences with the New Zealand Society of Plastic Surgery and Cosmetic Medicine to keep up to date with new skill and techniques.

Where do you see yourself in 10 years?

I am keen to work alongside another registered nurse, mentor them and to develop a growing business with them.

How do you achieve a work-life balance?

As a busy mum of 3 children, 10, 12 and 14, I am thankful that I can run my clinics around the busy family life. I work hard during the week and juggle child care with my husband.

25 Royal Arcade, Timaru  
03 264 6054  
www.simplyskintimaru.co.nz



*Hannah Harrison*

Owner/Co-Manager of Leora Curtains Ltd.

What advice do you have for people interested in starting their own business?

Create goals and be prepared to work hard to achieve them. Don't be afraid to come up with new ideas even if you end up throwing away 50% of them.

What have you learned about yourself going from an employee to an employer?

I have had to develop my communication skills. To be a leader you not only need to be able to formulate ideas, but you also need to be able to inspire your employees to believe in those ideas.

What gets you out of bed in the morning?

I am a very goal-oriented person, but goals will only take you so far. I enjoy creating things that will make someone's home or business look and feel better and know my employees and customers rely on me to be able to achieve their goals.

What do you do to keep yourself motivated when things are not going well?

I find the best way to motivate myself, is to make something for the joy of creating rather than to make money from it.

What are three keys to success?

Hard work, clear communication, courage to try something that may fail.

How do you measure personal success?

Success is not about what you achieve, but how you treat people along the way.

As a child, what did you want to be when you grew up?

I always wanted to be a Seamstress and loved working with textiles to create things.

How do you achieve a work-life balance?

My life is oriented around my faith and family, my career always comes second which helps me to keep a good balance, without work taking over.

32 Woolcombe St, Timaru  
Monday to Friday 9am - 5pm,  
Saturday 10am - 12pm



*Carolyn Cooper*

CEO of Presbyterian Support South Canterbury

What gets you out of bed in the morning?

The alarm clock, I am not really a morning person.

What do you do to keep yourself motivated when things are not going well?

I remind myself that things can only get better and then work with the team to make sure that things do get better. There is always a way forward, it is just sometimes hard to find it when things are not going well.

What skills are needed to be successful in your industry?

Empathy, patience and the ability to listen - that's the nursing side of me talking

Then there's a sound business acumen and the ability to understand the financial position of the company. It certainly does help to have some basic accounting skills and sound HR skills.

Where do you see yourself in 10 years?

Retired which is why I want to ensure that we have excellent services available for older people in South Canterbury just in case I am in need of them.

What things do you do to engage with the local community?

Being the CEO for Presbyterian Support South Canterbury which includes the Family Works service means I get to engage with the local community on a very regular basis. I attend a number of local events every year in my role. I love getting out and about in the community and working with other organisations. The community is stronger because we all work together to provide what is needed for all age groups

How do you wind down/ shut off after a busy week?

It is hard to shut off completely however playing indoor bowls helps. Fortunately, my husband plays as well otherwise we mightn't see much of each other. Another thing I love to do is read and I will read anything and everything.

12 Park Lane, Timaru  
Ph 687 7945  
www.pssc.org.nz



*Dorothy Tucker*

Owner / Manager of Kidstuff

What advice do you have for people interested in starting in this career?

Don't. There's a lot more to it than you would ever imagine. Unless you're willing to

make tremendous personal sacrifices and overcome countless obstacles for very little initial return and no guarantee of being successful, you should not start a business.

What have you learned about yourself going from an employee to an employer?

Being in business is very difficult, but no matter how hard things get, I never let it get the better of me. I work hard to turn crisis situations into an opportunity.

What gets you out of bed in the morning?

I enjoy what I do; interacting with our customers and helping them to find the perfect product and having a great team to work with.

What are three keys to success?

Never give up. Listen to what your customers want. Be adaptable to the market.

What skills are needed to be successful in your industry?

Good communication, people skills and a good memory.

How do you measure personal success?

Still being in business after 22 years and still growing.

Have you had to upskill, or do further education, to get where you are now?

Yes, especially computer skills. I have had to learn a lot about running an online business & how to improve/grow our social media presence.

What does a typical day look like for you?

Home to work Monday to Saturday. Busy from the moment I get up.

Where do you see yourself in 10 years?

Semi-retired and teaching how to run a business.

What things do you do to engage with the local community?

We donate prizes to our local kindies, sports teams, schools, etc. We also run lots of in store promos & competitions. We try to promote any local kids/family related events or activities to help spread awareness.

170 Stafford Street, Timaru  
Ph (03) 688 5152  
www.kidstuff.net.nz



*Vicki Patterson*

Owner/Celebrant Mt Nimrod Pods and Vicki Patterson, Wedding Celebrant

What advice do you have for people interested in starting in this career?

My advice for people interested in doing accommodation or celebrant work is if you have a passion for people, go for it. You won't be disappointed.

What do you do to keep yourself motivated when things are not going well?

To keep motivated we surround ourselves with people who support what we want to do. Set goals, think about the next steps to achieve them, and keep the end in sight. Also, to know that from the mistakes comes learning and improvement, the hard times make you stronger.

What are three keys to success?

Three keys to success are to keep your end goal in sight, be flexible and know you can do this.

What skills are needed to be successful in your industry?

The skills you need to be successful include keeping on top of your work-load - to communicate positively, and to prioritise your work so it is manageable.

How do you measure personal success?

Helping people make memories. There is great satisfaction when you love what you do and from a job well done.

Have you had to upskill, or do further education, to get where you are now?

Yes, currently I have completed two courses through The Celebrant School.

How do you achieve a work-life balance?

Doing things that you love means they feel less like work and like what you enjoy doing regardless. Living life fully but stopping to 'smell the roses' occasionally.

How do you wind down/ shut off after a busy week?

Getting up into the hills with the dogs, enjoying the fresh air, nature, the sun on your back and breeze in your face.

41 Mt Nimrod Road, Cave South Canterbury  
027 244 7015 | www.mtnimrodpods.com







*Moana Kitta*

Designer & Junior Architectural Designer at Silva Studio

**What do you do to keep yourself motivated when things are not going well?**

It doesn't come naturally not to stress, but after some time and past experiences and the help of an amazing woman, if there is a problem there is always a solution & not to stress

the small stuff as that's all that is at the end of the day. We are human and should only ever be treated as human.

**What are three keys to success?**

- Confidence - attempting hard work independently & taking risks.
- Perseverance - continuing to try even when something is hard. And always communicate.
- Setting boundaries – Making sure you aren't walked over and sticking up for yourself.

**What skills are needed to be successful in your industry?**

It's a male dominant industry and you may find yourself being one of few females onsite, so making sure you are heard and them being aware of your presence is a must.

**Where do you see yourself in 10 years?**

You never actually know what's going to happen tomorrow let alone the next 10 years. But ultimately be more skilled than am I today with in my designing career. And can only hope for people to accept change.

**How do you wind down/ shut off after a busy week?**

Having a hobby. A hobby that isn't a chore or a job. For me this looks like painting pieces of art for all types of people that have come and gone throughout my life 55 Theodosia St, Timaru | 03 688 7575 info@silvastudio.nz | www.silvastudio.nz



*Marise Muleahy*

Business owner at The Upcycle Barn

**What are three keys to success?**

1. Always striving to be/do better & being open to new ideas
2. Customer satisfaction – If it's not good enough for me it's not good enough for my customers.
3. Hard work & perseverance

**How do you achieve a work-life balance?** This hasn't been easy in the past but we no longer have any staff within our businesses so we have definitely reduced our stress levels! This enables us to work when we like, how we like etc. When I'm working, I work really hard and it's not unusual to work weekends to get the job done and then escape for a few days mid-week. We also take a compulsory day off to have our grandson. I think we have finally nailed our 'work-life' balance!

**What gets you out of bed in the morning?** I'm generally a pretty motivated person & doing something that you love to do is fun & exciting. Upcycling furniture to me is just another form of crafting (I'm a crafter from way back!). Getting out of bed is never a problem but sometimes going to bed when I'm working on a project can be a problem as I sometimes just don't want to stop!!

**As a child what did you want to do when you grew up? How does this align with where you are today?** Funnily enough I really wanted to be a kindy teacher but it was never encouraged. Then a few years ago our daughter and her husband had this brain wave about opening a childcare centre, so we sub-divided off some of our lifestyle block and built/developed a purpose built ELC centre 'The Learning Barn' next door to us which they run. So I happily get my 'little people' fix easily these days.

**How do you wind down/shut off after a busy week?** We actually have a building/painting business (mainly painting these days & 'The Upcycle Barn' is incorporated in this) where I run the painting side & paint interior/exterior houses, fences etc. as well. So I guess it's a bit weird but when I'm not out painting on jobs I find painting/upcycling furniture at home in my workshop very therapeutic! When you do something you love it's not work! We also love to escape to our holiday home in Twizel & go biking, walking etc. But I'm an active relaxer so it's not unusual for me to take a piece a furniture with me or my sewing machine!

Poplar St, Timaru | 027 552 3876 | like and follow our facebook page



*Katie Meindoe*

Registered Nurse and owner of Transform Clinic

**What advice do you have for people interested in starting in this career?**

My advice would be don't wait! Start in Beauty

Therapy and go on to do a Bachelor of Nursing degree. The combination of these two qualifications go hand in hand and make for a very exciting career.

**What are three keys to success?**

Integrity, passion and professionalism.

**What skills are needed to be successful in your industry?**

Having an 'aesthetic eye' including an eye for detail is very important. Being a good listener and building rapport with the client to achieve their desired results.

**How do you measure personal success?**

Happiness and having a good work life balance. I work hard which means I get to enjoy quality time with my husband and my four year old daughter, extended family and friends!

**Have you had to upskill, or do further education, to get where you are now?**

Yes, absolutely. I actually have two conferences in Australia next month. I keep up to date with the latest treatments and technologies, ensuring the best treatments are able to be offered to our clients. As a registered nurse we have professional development hours we have to adhere to also.

**What does a typical working day look like for you?**

I wake up early before my family, exercise, organise my day (emails, messages) get ready for work and then out the door for first client at 9am through to 5pm most week days. I then come home and spend time with my family.

**Where do you see yourself in 10 years?**

Hopefully still enjoying work as much as I do now.. I don't want to get too big. I pride ourselves on our client care and to be able to have that, comes with having a small team. I have four wonderful staff. I am very lucky!

**How do you achieve a work-life balance?**

This has taken me a while to learn how to do so. I love my job and shutting off to have 'me' time can be difficult. I have read some empowering books which have provided me with some strategies which I implement on a daily basis.

I have employed more staff to keep up with demand for this rapidly growing business.

www.transformclinic.co.nz | (03)3551311  
At Skin Deep – 13 Theodosia Street, Timaru



*Catic Rowe*

Owner of Catic Rowe Podiatry

**What advice do you have for people starting their own business?**

Keep it simple and just have a go.

Don't over commit just upgrade as you have more money. I've never been employed really. From the age of 20 fresh out of podiatry School I have been self employed.

**What do you do to keep yourself motivated when things aren't going well?**

Exercise and gardening. Have a change of scene and breathe.

**What are the three keys to success?**

Hard work - Humour - Be Yourself

**What skills are needed to be successful in your industry?**

A love of people young and old, dexterity and creative thinking and good listening skills.

**How do you measure success?**

I've been practicing for 38 years and I now treat three generations of many families which is an honour. Success isn't measured in monetary terms it's measured in client satisfaction.

**Have you had to upskill or do further education to get to where you are now?**

You never stop learning there is constant change and new industry standards.

**How does a typical day look for you?**

An early morning gym session and then into work. We hit the ground running at 8.30 and don't stop until 5.30 - 6pm.

**Where do you see yourself in 10 years**

Well hopefully retired but with the limited amount of Podiatrists graduating I might still be chipping away.

**What things do you do to engage with the local community?**

I belong to a gym, and a Floral Art Group. I enjoy delivering flowers, from my garden to people who need help.

**How do wind down after a busy week?**

We have a small farm I'm never inside when I get home. It's important to clear your head and enjoy being with your animals.



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*Rosa Ellen*

Madam Mat - mat sales and binding services

**What is your business focus?**

The focus of my business is to provide a quality mat binding service where clients can bring in their left-over pieces of carpet to be made into extra mats for their home. I also have readymade mats in different sizes to choose from.

**What is unique about my Business?**

I like to think that my clients can come in to a warm welcome and a chat if they feel the need. The world has changed in the past few years, and we all need to remember to show kindness as you never know what might be happening in some one's life.

**What influenced your career choice?**

My Husband, Hmmmmm!

**How Important have your Team been to you in achieving your business goals?**

Lois is my right-hand lady. With running the financial side of our business Peter Herron Flooring, I would be lost without her. I am good on the binding machine, but Lois is the master. Plus, Peter and Lewis are my master cutters. I value them all and count myself lucky to have them.

**Valuable learning experience?**

'Be sure to build your own dreams or you will end up helping someone else build theirs'. I am still working on mine, watch this space!!!

**What is the one thing that people may not know about you?**

I am a Vegan who is passionate about 'Ending Animal Experimentation' and a supporter of NZAVS.

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# Tired All The Time

Words: Dr Libby | Images: Supplied

Energy is a key issue for so many people these days. I can't tell you how many people share with me that they are addicted to their snooze button because they're too tired to get up straight away! It's not supposed to be this way. We're supposed to bounce out of bed in the morning, full of energy to start a new day, restored from our sleep overnight. In my view, energy is the true currency of great health, for not only is it an excellent marker for what's happening in the body, it's something that benefits us all when we have it in abundance.

We don't often consider our liver when we are feeling tired, irritable, headachey and run down, but this mighty organ is often at the heart of these symptoms and many others. In today's world, we are exposed to more pollutants than ever before, through what we eat, drink, breathe and put on our skin. Our exposure to some of these are beyond our control because they are in the air or used in manufacturing. Other problematic substances like alcohol, trans fats from processed cakes, biscuits and deep-fried foods, we choose to consume. If our liver is overwhelmed and the mechanisms of detoxification and elimination are compromised, every process inside of us that creates health and energy, as well as those processes that help to prevent disease, can be affected.

There are two ways to support the liver for better energy. One is to up your intake of liver-loving foods. These tend to be your bitter foods like green leafy vegetables and colourful plants. In particular, the liver loves the Brassica family of vegetables which includes broccoli, Brussels sprouts,



cabbage, kale and cauliflower. The liver also needs B vitamins (found in a wide range of whole, real foods) as well as amino acids from protein-containing foods. The second way to support the liver is by reducing the substances I like to call 'liver loaders'. They include alcohol, trans fats, refined sugars and synthetic substances, such as those found in pesticides and conventional skin, laundry and cleaning products. The liver also has to deal with substances the body makes itself such as oestrogen and cholesterol, and when our detoxification pathways aren't keeping up with their task list, these substances risk being recycled, rather than continuing on their way to be eliminated in our urine and/or faeces. The recycling of oestrogen can contribute to hormonal imbalances, which can be significantly debilitating to energy.

So if fatigue or low energy is a recurring issue for you, I encourage you to consider offering your liver some additional support both through what you choose to consume and what you minimise. You may be surprised how quickly your energy revives!

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive Detox courses has helped more than thousands of women around the world find freedom from their health challenges. Detox by Dr Libby starts on the 3rd of April, 1st of May and 5th of June.

For more information go to [www.drlibby.com](http://www.drlibby.com)



*Kiwi Can*

It is Wednesday and Bella arrives at school excited as today is Kiwi Can day. Bella, her class, and school mates at Timaru South School will have a session over the day with the amazing young, motivating Kiwi Can Coordinators.

Her school is one of six schools including Ocean View Heights, Bluestone, Waimate Centennial, Waimate Main & Makikihi Schools which have the Kiwi Can programme running in their school. Across the six schools, over 750 children participate every week in the lifeskills and values programme delivered by the Graeme Dingle Foundation. Operating now in South Canterbury for over 20 years, the outcomes are proven and the ability to deliver wider than the six schools is only limited by funding.

The focus of the programme through activities based around several themes develop sense of self-worth & self-confidence, responsibility for actions, life skills and a can do attitude to meet the life challenges that they face.

Providing a safe and supportive environment space where they can explore new things, step out of their comfort zone, the kids encourage each other. The tools delivered and reinforced each week and over successive years as they move through the school, can be taken home and shared.

School feedback is that through the programme and involvement of every child in the school they see a behaviour & culture change in the classroom and the playground between children, as they apply the values. The four themes which are focused on each term are:

- positive relationships
- integrity
- resilience
- respect

Our programmes empower tamariki to overcome life's obstacles and we know our programmes improve attitudes and behaviour, helps young people set and achieve goals, boost self-confidence, and develop life skills.

The children also learn about giving back through an annual community project which will impact on their school or local community. Projects have included graffiti removal, tree planting, rubbish removal, visiting rest homes. We love to have local Business in the region involved in our Community Projects.

Bella will be at the gate waiting to welcome her Kiwi Can leaders who arrive at the school and engage with the children before school & during the morning tea and lunch breaks as well as the structured class sessions.

"Kiwi Can instils vital life skills in our tamariki that support them in becoming happy, responsible, resilient members of society. During the weekly lessons, students develop invaluable social skills and positive attitudes that support them through life's challenges. Kiwi Can is a highlight of our school week and we love the energy and enthusiasm that the leaders exhibit."

Sally O'Donnell – Timaru South School











# Garden Remedies for winter ills

WORDS: MINETTE TONOLI

For the colds we suffer in the colder months, here are two recipes (that can be made from your own garden produce) that can help remedy some of the symptoms commonly associated with winter ills:



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 medicinal plants she grows and uses at her home acre in Waikuku.



## Sore Throat Sage & Thyme Gargle

At the first sign of an itch or scratch in the throat, my family knows to make an herb gargle with either sage or thyme, or even better – both! These culinary herbs are easy to grow and are available as plants or seeds from most garden centres

Sage and thyme are antiseptic and have been used as domestic remedies for sore throats and upper respiratory tract infections for many years.

### Gargle Ingredients

- 1 ½ - 2 Tbsp fresh sage (or 1 ½ - 2 tsp dried)
- 1 ½ - 2 Tbsp fresh thyme (or 1 ½ - 2 tsp dried)
- 2 Cups water, just boiled

### Method

Steep the herbs in water, covered, for about 10 to 15 minutes.

Strain and cool slightly.

Gargle the tea, making sure you swish well all round the inside the mouth and as far down the back of your throat as you can.

A weaker infusion can be sipped as a warming tea, and will benefit the digestion, calm the nerves, and serve as a general tonic.

\*Do not use either of these herbs in therapeutic doses when pregnant or breastfeeding.

## Spicy Tomato Drink for Stuffy Sinuses

This hot (spice), hot (temperature) drink is great for nasal congestion.

Tomato juice is rich in Vitamin-C, a well-known natural cold-fighting nutrient. It is also rates high in other vitamins, minerals and antioxidants. Make your own from your tomato harvest, or use a good quality (no added salt or sugar) from the store.

Garlic is a powerhouse – strongly antifungal, antibacterial, and antiviral. Great for the circulation and heart too. Freshly crushed is better than jarred.

Lemon juice is good to reduce nasal congestion, ease sore throats, and is rich in vitamin C.

Cayenne (or chilli) is muco-kinetic (moves mucous), and relieves sneezing, stuffy nose, and postnasal drip. It's warming, nourishing, and supports good circulation and immune function.

### Spicy Tomato Drink Ingredients

- 1 litre Tomato juice
- 4 Cloves garlic (or more)
- Juice of 1 lemon
- ¼ to ½ tsp Cayenne pepper (dried) or 1 small chilli (finely chopped)

### Method

Add all ingredients to a small saucepan and heat to boiling. Reduce heat and simmer for 10 -15 minutes stirring often. Drink warm.

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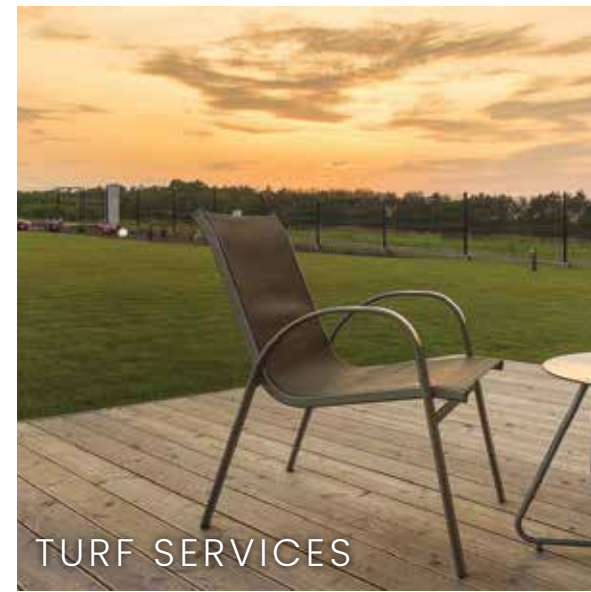
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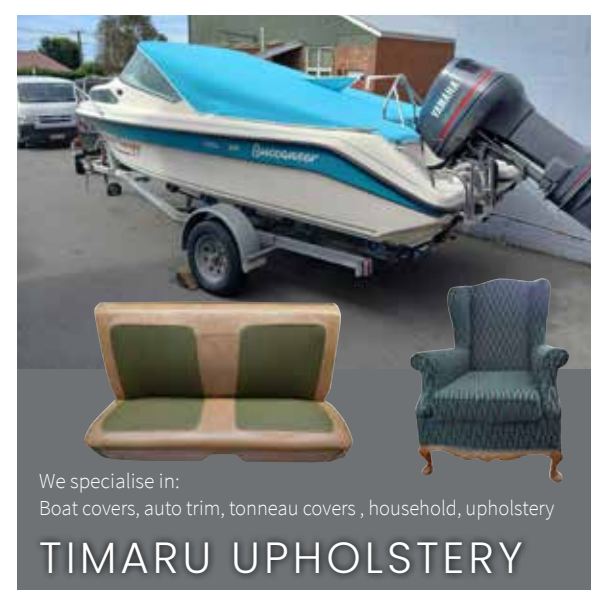
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# Do you know the difference between each crossing?



## Crossing Point

**Purpose:** To offer footpath users a smooth transition between the footpath and carriageway. It can sometimes feature kerb projections or protrusions, as shown in the photo.

**Action:** Footpath users must give away to road users.



## 'Zebra' Crossing

**Purpose:** It offers footpath users an opportunity to cross a busy street.

**Action:** Road users must prepare to stop when approaching zebra crossings.

Footpath users must give road users a fair chance to enable them to stop safely and not just rush onto the crossing.



## Refuge Crossing

**Purpose:** To allow footpath users to cross the street in two stages, one traffic lane at a time.

In some places, some protrusions minimise the crossing distances.

**Action:** Footpath users must give way to road users.



## Traffic Signal Crossings

**Purpose:** To offer footpath users an opportunity to cross a road safely.

**Action:** Road users must stop and give way to footpath users crossing, even if the pedestrian light changes from green to flashing red.



## Staged 'Zebra' Crossing

**Purpose:** It offers footpath users an opportunity to cross a busy street.

**Action:** Road users must stop and give way to footpath users who are on the length of the crossing directly in front of them.

Footpath users must give road users a fair chance to enable them to stop safely and not just rush onto the crossing.



## Kea School Crossing

**Purpose:** These provide school children a controlled place to cross the street. The school patrol stops road users and guides the children across the street.

**Action:** Road users must prepare to stop when approaching a Kea school crossing point.



Footpath users — include pedestrians, mobility scooter, wheelchair, and scooter users | Road users — include cyclists, motorcycle riders or drivers of motor vehicles

Daniel Naude 027 438 6285 | Lucy Mehrrens 027 288 2583

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# ANZAC Day

ANZAC Day was first observed in 1916 and the date, 25th April, was originally chosen as the anniversary of the ANZAC troops landing on the Gallipoli Peninsula, Turkey the previous year.

The aim of the Gallipoli campaign was to capture the Dardanelles and open a sea route to the Black Sea. But it did not succeed and tens of thousands died on both sides, including 2779 New Zealanders and 8500 Australians.

In total some 18,000 New Zealanders died in World War I and while Gallipoli is often referenced, the majority of those deaths occurred on the Western Front in Europe.

But while the campaign at Gallipoli did not succeed, it is often seen as a signal that New Zealand was becoming its own, distinct nation. And ANZAC Day was officially made a public holiday and day of national remembrance in 1921.

The numbers of New Zealanders killed, particularly in WWI, sometimes feel just like statistics. You can find tables and charts that show how many people were killed in particular wars and particular battles. But take a moment to consider – every number has a name. And those names had friends and families and places in their community.

## The Poppy

The red poppy that many wear on ANZAC Day signifies remembrance. It's an internationally recognised symbol that sprang up from the Western Front in WWI. Poppies apparently thrive on disturbed land – and the churned up, shelled mud and ground of the battlefields saw these distinctive red flowers popping up all around.

They even provided the inspiration for the poem In Flanders Field by Canadian physician and Lieutenant Colonel, John McCrae.

"In Flanders fields the poppies blow  
Between the crosses, row on row..."

The poem was written in May 1915, after McCrae witnessed the death of his friend, Lieutenant Alexis Helmer, 22 years old, the day before. McCrae himself died in January 1918 in a British military hospital in France – he died of pneumonia and meningitis.



Alister Ross (fourth from left) with other Home Guard soldiers, 1941. Ross, posed here on lower George Street in Timaru, served with the Home Guard in Washdyke

It was that same year that an American teacher and humanitarian, Moina Michael, read his poem in a magazine and decided to campaign to make the poppy a symbol of remembrance to honour the war dead.

## The Dawn Service

The tradition of a dawn service on ANZAC day draws on history. The ANZAC forces started landing on the Gallipoli peninsula at dawn. The following year, on 25th April 1916, an Australian battalion held a dawn service on the Western Front to remember their fallen colleagues.

That dawn service marked the start of the traditional dawn services now held to commemorate ANZAC day. These now take place all over New Zealand and Australia.

## The Bugle

At dawn services the poignant bugle call often played is called The Last Post and is often used to at military funerals to mark the soldier going to his last resting place. At ANZAC ceremonies it is usually played before the minute's silence to remember those killed in wars.

## Canterbury Soldiers Heading To WW1

Many of those young men that signed up in 1914 in Canterbury left later that same year on one of the first troop ships that sailed out of Lyttelton – the Athenic. The ship joined a convoy that took soldiers and horses from New Zealand and Australia to join the war, initially in Egypt.

The journey took several weeks, through rough seas and incredible heat and the conditions on board were poor. On the Athenic 500 soldiers shared just five washbasins and four toilets – and the heat often drove men to sleep on the upper decks.

They travelled in terrible conditions, some suffered horrific injuries and saw friends and colleagues die alongside them. History matters. Their stories should not be forgotten.

We want to say a big thank you to the tireless work of the volunteers at South Canterbury Museum. Without their dedication our local history and individual stories would be lost forever. Support your local museum for future generations.

## The Anzacs

The word Anzac is part of the culture of New Zealanders and Australians. People talk about the 'spirit of Anzac'; there are Anzac biscuits, and the two countries' rugby league teams play an Anzac Day test. The word conjures up the shared heritage of two nations, but it also has a specific meaning.

ANZAC is an acronym for Australian and New Zealand Army Corps, a grouping of several divisions created early in the Great War of 1914–18. In December 1914 the Australian Imperial Force and New Zealand Expeditionary Force, both of which had just arrived in Egypt, were placed under the command of Lieutenant-General William Birdwood. Initially the term Australasian Corps was suggested for the combined force, but Australians and New Zealanders were reluctant to lose their separate identities.

No one knows who came up with the term Anzac. It is likely that Sergeant K.M. Little, a clerk in Birdwood's headquarters, thought of it for use on a rubber stamp: 'ANZAC' was convenient shorthand, and became the telegraph code word for the corps.

The Anzacs first saw action at Gallipoli on 25 April 1915. The small cove where the Australian and New Zealand troops landed was quickly dubbed Anzac Cove. Soon the word was being used to describe all the Australian and New Zealand soldiers fighting on the Gallipoli Peninsula. Later it came to mean any Australian or New Zealand soldier.

## The Anzac parade

Another ceremony takes place later on the morning of 25 April. Returned service personnel wearing their medals march behind banners and standards. The veterans are joined by other community groups, including members of the armed forces, the Red Cross, cadets, and veterans of other countries' forces.

The march proceeds to the local war memorial. Another service takes place there, and representatives of various organisations and members of the public lay wreaths. This service is a more public commemoration than the dawn service. It is less intimate and less emotional. The speech, usually made by a dignitary, serviceman or returned serviceman or woman, may stress themes of nationhood and remembrance.

After these services, many of the veterans retire to the local Returned and Services' Association (RSA) club or a hotel, where they enjoy coffee and rum (after the dawn service) and unwind after an emotionally and, for elderly veterans, physically exhausting event. At the end of the day, the ceremony of the retreat is performed.



Waimate-ANZAC-parade-early-1920s



John Walter Weeks two inset images. On the left is his brother Albert Weeks, who died in service with the British Army, and the image on the right is another (later) image



Spencer Bennington, circa 1918



Private C. E. Stevenson



Sydney Lidstone

Joseph Mahoney (right), 1916



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