

Complimentary
MONTHLY PUBLICATION

August 2022

essence

essentially...south canterbury

8 Feature
Men in
Business

Event 6
Spring Garden
Walk Fundraiser

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contents

It's time to introduce you to our talented Men in Business for 2022. We really enjoy putting this feature together as it gives us a more up close and personal insight into some of the men running many of our successful South Canterbury businesses. Our feature starts on **page 8**.

I think, well I'm hoping, we are through the worst of winter and we can start planning some spring events. First up is the Multiple Sclerosis Spring Garden Walk Fundraiser on the 1st of October. We have all the details of the five beautiful gardens that will be showcased on **page 6**.

Steeped in history, with a picturesque landscape and adventures around every corner, the Waitaki District is the South Island's ultimate quiet achiever and this is the perfect time to be visiting – our feature is on **pages 18-19**.

When a man walked into Obsolete Iron Motors in Pleasant point and said he had a replica 1956 D-Type Jaguar for sale, Chris Bromwich could not believe his luck. "It was amazing. I just happened to be in the right place at the right time – Chris's story is on **page 14**.

Mavis Thompson was drafted into her husband's pétanque team 23 years ago to make up the numbers, she had no idea that one day she would have a cabinet full of trophies. Her story is **page 19**.

If the idea of going without something for a while or trying something new fills you with terror, that is wonderful fodder for your growth according to Dr Libby. She encourages us to pause and reflect on the habits and behaviours that detract from health and happiness. **Page 7**.

Enjoy your 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
Johanna Ditmer - Graphic Designer
johanna@essencemagazine.co.nz

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contents | essential

Favourite Things: Page 16

Front Cover; This month's front cover is supplied by Canon Street Optometrists.

Men in Business Page 8

Motoring: Page 14

Spring Garden Walk Fundraiser: Page 4

Visit Waitaki: Page 18

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What's Happening at the SOUTH CANTERBURY MUSEUM



The South Canterbury Museum is about to head into a significant new chapter of its own history.

Having started in a house on the current site in 1952, the Museum has expanded to have several hundred metres of display space, and three floors of behind-the-scenes collection storage. Now it is planning to shift all of the exhibitions, education area and public programmes spaces to a new site beside the Theatre Royal on Stafford Street

This new facility is planned to open 2024, and will provide more space for these public-facing activities, along with much better access and close links to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections and making them accessible for research.

A major part of this project will be the development of new exhibitions for the new facility, a project supported by the South Canterbury Museum development Trust who are raising funds to enable the development of a world-class exhibition experience.

The South Canterbury Museum is a community service provided by the Timaru District Council. It has always been a great place to explore the region's heritage. Locals and visitors from elsewhere can experience aspects of our region's stories, as well as take part in events and public programmes. The Museum is also a rich resource for anyone wanting to research historical topics or research their family tree.

The Museum's focus is on the natural and cultural heritage of our region - nature, history and culture. Like other parts of New Zealand, our region has its own distinct heritage. This includes our landscape, from towering mountains to the sea, and the wide range of landforms found here. It includes the fossil record; evidence of past lives linked to how the land has changed from being former sea floor to a forested land full of now-extinct moa and many other fascinating creatures.

Our region's human history begins around 900 years ago when settlers from Eastern Polynesia arrived, the first known people to do so. The centuries that followed saw the development of Māori language and culture, with local traditions of settlement, migration and change. The first Europeans to live here were whalers, followed by run holders in the 1850s, with the last 170 years seeing a massive change as thousands of immigrants arrived, transforming the landscape and culture to what we have today.

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori heritage, European settlement and how the region has taken shape over the last 150 years. The collection include several thousand natural history specimens, hundreds of archaeological items representing taoka M, and thousands of artefacts, photographs and archival items representing the last 170 years of recorded history. These collections are the raw material for the Museum's programmes of research, exhibition, education and exploration.

The Museum team work hard to catalogue every item and ensure that it is kept safe to avoid damage or deterioration. The collections act as a library that can be drawn upon for the Museum's programmes.

One of the prime uses of the Museum's collections is in exhibitions. These tell our region's heritage stories - landscapes, life forms and people. In addition, the Museum currently features a small changing exhibition area that hosts changing displays from both within the Museum's collections and from elsewhere.

Exhibitions serve as a springboard for Museum education programmes for schools. Typically between 5,000-6,000 students take part in these programmes every year, whether in the Museum or out at heritage sites or other facilities that link to the Museum's programmes. The small team of part-time teaching staff at the Museum make up the Heritage Education Service, funded by the Ministry of Education.

The South Canterbury Museum is also a place where things happen and people can be involved. The Friends of the Museum, set up through the Museum's founder the South Canterbury Historical Society, enables members to take part in opening events, historic site trips and to be kept informed of Museum happenings. The Museum holds a range of family events through school holiday times, as well as organising talks and events for general audiences such as the annual retro rock concert outside the Museum. A free membership club for primary school students, the Museum Explorers Club, has over 2,000 members who are rewarded every time they visit the Museum.

The South Canterbury Museum is open Tuesday to Friday from 10am to 4.30pm, and on Saturday, Sunday, and public holidays from 1pm to 4.30pm. For more information, visit the Museum online at www.museum.timaru.govt.nz. You can also follow the South Canterbury Museum on Facebook and Instagram.



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National Wills Month

The Aoraki Foundation provides a simple and long-lasting way for people to help their community, and make South Canterbury brighter for future generations.

With September being National Wills Month, now is a great opportunity to make sure your will is up to date and think about whether you want to leave a gift to the community, Aoraki Foundation chief executive officer Richard Spackman said.

Through the Aoraki Foundation you can bequeath money from your will, which is then invested, and the income generated distributed to a charitable cause of your choice.

"It's a smarter giving model, and is the best way for people to support causes that they love in the community they love. We often keep in contact with the family, and send them a letter every year with what has been done with the money. It's a really beautiful way to keep that legacy alive.

"South Canterbury is full of wonderful, giving people but often it's hard to know how to give and

the best way to give. People can donate to one of our existing funds or set up one of their own."

The smarter endowment model turns your one-off gift into an ongoing payment that can help your charitable causes, Richard said.

"Given the choice, charities actually prefer regular sums that they can rely on rather than large lump sums which can be quite hard to manage. We have a dedicated investment team, including an advisor with over forty years' experience, so we know what to do with the funds to protect them for the future."

Since 2009, the Aoraki Foundation has built up seventeen unique endowment funds totalling \$3.4million. These include funds for education, health, heritage, the environment, nursing, and a wide-ranging general impact fund.

For more information on leaving a gift to the community you can contact your legal advisor or contact the Aoraki Foundation by visiting www.aorakifoundation.org.nz.



Digital skills beneficial at any age

Becoming 'digitally savvy' has had many advantages for former national ice figure skating champion and Order of New Zealand Merit recipient, Jeanne Begej.



Jeanne Begej was awarded an ONZM in 2020 for services to ice figure skating. As a leading administrator for the sport, her enhanced computing skills have proven very beneficial.

Thanks to free computing courses at Ara Connect, 75-year-old Jeanne has significantly increased her digital skills and is putting them to good use every day.

As President of the Canterbury Masters Figure Skating Club, her new-found digital confidence and enhanced computing skills and have been enormously beneficial. Her skills in Word, Excel and Publisher could put many people half her age to shame and she quite possibly knows her way around smart phones and apps better than most of us.

Jeanne had some computing skills prior to attending Ara Connect but wanted to gain more. "I've used computers for a long time, but everything I've done on them has been self-taught or just what I've learned through

my employment at the time. And with skating administration, I'm on the computer a lot so I just wanted to upskill."

Jeanne attends Ara Connect's Woolston hub, conveniently located just around the corner from Christchurch's main indoor ice rink where she still skates. She says the hardest part about starting was simply walking in the door on the first day. "But once you've been through that door, it's very easy."

She started off with Digital Basics then went on to courses in Word, Excel and Publisher and is now — at the suggestion of her tutors who were impressed with her ability to pick things up — studying towards a New Zealand Certificate in Computing.

"I'm up to web fundamentals at the moment, which I just love. Learning how to design fully functioning websites and make PowerPoint presentations have been highlights."

Jeanne says the tutors at Ara Connect are excellent — "very friendly and helpful" — and she loves being able to study when it suits her, often after a skating session or a coffee with friends nearby.

She encourages anyone who wants better digital skills to just go for it. "It's brilliant and the more people who know about it the better. If you want to improve yourself by upskilling, there's no reason not to do it. It's a golden opportunity."

Aoraki Foundation

SEPTEMBER IS WILLS MONTH

If you are considering leaving a gift to the community in your will, now is the time to act. During the month of September these four local law firms have partnered with the Aoraki Foundation to offer a **free initial consultation** on giving to the community in your will.

Contact them today to discuss how you can create something special.

The Aoraki Foundation offers many ways for you to give back to your community. For further information, or to discuss your options in person, please get in touch.

Richard Spackman, Chief Executive | C: (03) 687 7363 | E: richard@aorakifoundation.org.nz | www.aorakifoundation.org.nz

The Aoraki Foundation is a registered charity (CC42600) under the Charities Act 2005.

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Patricia
Ara Pacific Advisory
Group chair

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Ara | **Te Pūkenga**

Multiple Sclerosis *Spring Garden Walk Fundraiser*

When: Saturday October 1st 10.00 am – 4.00pm

Cost: \$25 a ticket or \$5.00 per garden.

Once again Multiple Sclerosis South Canterbury is showcasing five beautiful local gardens as a fundraiser for this very worthwhile cause. This will be a wonderful day out in spring with several of the gardens being wheelchair friendly.

Phillippa Worthington's gorgeous little townhouse garden is just three years old. It is full of alpine treasures and shows you how you can create year-round colour in a small garden.

Lynn and Tony Hammond's beautifully manicured garden has many interesting plants which have been collected and propagated over the past twenty years. Many of these cannot be found in nurseries. Ngaire Orford will demonstrate hanging baskets here at 10.30am, 12.30pm and 2.30pm.

Mary Tait's garden has evolved over the last forty years.

This hidden gem features many rooms with exciting plants and trees. This is the first time that this garden has been opened to the public. Linda Allan will show how to make topiary pots here at 10.30am and 2.00pm.

Liz and Warren Taylor's garden has an abundance of year-round colour with lots of little nooks. From here you can take a Classic Car ride to your morning or afternoon tea for just \$5.00 per person – or you may even be chauffeured to a garden of your choice.

Veronica and Syd McAuley's spectacular garden is spread over two acres with a pond, mature rhododendrons, camellias, roses and a variety of trees and shrubs. Refreshments will be provided here by Altrusa Timaru, along with specialty stalls and various demonstrations. There will be a variety of interesting displays and ideas, plus a plant sale for Multiple Sclerosis.

Jonel Clemett will show her collection of vintage, shabby chic and rustic Christmas ideas – perfect for home or gifts. Sharon Leonard will be showcasing original art by Ludmilla Carol, an artist from Kiev in the Ukraine.

Liz Gray will be demonstrating a style of floral art, using traditional flowers and foliage, whilst Helen Macdonald will be demonstrating more modern, simplistic floral designs, incorporating other interesting features.

Anne-Marie Chapman's Serendipitous Creations includes handmade jewellery, using reclaimed materials, vintage cutlery and wire. Ali Gurr makes figurines, tiles and pottery bowls and Tracey Hutchison will be selling items from the Silver Connection. Mitre 10 will demonstrate how to put together a small vegetable garden to have at your back door for easy picking.

This will be a day out not to be missed. A \$25 ticket includes entry into the gardens, a lucky number, a map giving directions to, and information about each garden, descriptions of the demonstrations and displays, and refreshments supplied by Altrusa. You can also visit individual gardens for \$5.00 per garden. All tickets are numbered and go into a draw for 15 prizes. However, by pre-purchasing a \$25 ticket you go into a draw for one of two very special prizes, which are donated by Hyundai SC and Ballantynes. Winning ticket numbers will be on display at the McAuley garden and prizes can be collected on the day. Tickets are available from Stompz, J Walk, Cobblers Inn, The Shoebox Outlet and Community House or ring Rose on 027 611 9692.

Multiple Sclerosis has over 200 clients in South Canterbury. This is just touching the surface, so if you know of anyone who has MS and would like some assistance, please contact the Field Officer, Fiona Pierce at 03 687 7375 or 027 211 4497.

Do you continuously make choices that you know don't serve your health?

We all know someone who regularly complains to us about something and then does nothing to change it. It can be frustrating to listen to that person – or offer them advice – and watch as they continue to engage in whatever it is that is causing them discomfort. While it may not be immediately obvious to us, we are all are that person – in one way or another.

From a daily chocolate fix to escalating screen time, spending beyond our means to having porous boundaries – all of us do things that we know in our heart are not serving us. Yet, for various reasons, many people feel powerless to change these habits that detract from their health and happiness. Life is too busy, or the idea of living without whatever it is just feels unbearable, or making the change feels too hard. So we put it off... until it becomes untenable for us. And then, often we go so far the other way that we can't sustain whatever it is we change, and end up back where we started feeling defeated and ashamed.

Pausing to reflect on the habits and behaviours that aren't serving us is incredibly important. Otherwise, they can add up and take a significant toll on our health.

And when it comes to kicking them, the way to make the change stick, is to take small, incremental steps that feel manageable within your lifestyle. Many

people also respond well to challenging themselves to a break from whatever it is. Taking four to six weeks away from something is such a short period of time in the scheme of your very long life.

If the idea of going without something for a while or trying something new fills you with terror, that is wonderful fodder for your growth. Through my work over the years, I have made many a suggestion to clients that they trial an elimination period of a substance I suspected may have been impacting on their health in a lousy way. Quite often the response was a flat out, "I couldn't possibly!" If this feels relatable, I encourage you to bring curiosity to the scenario and consider what might be behind this strong emotional response to taking a break from whatever it is. Sometimes, what we avoid with the greatest force is what we need most.

So, as we move into Spring, consider: what habit or behaviour could you benefit from kicking? Whatever it is, I encourage you to take steps towards change sooner rather than later.



Feel like you could do with a little support kicking the things out of your life that really aren't serving you? Join the Bio Blends Kicktember challenge and we'll help you to kick out the things that are detracting from your health and happiness while 'kicking in' some goodness to take its place! For more info or to sign up, head to www.kicktember.co



ZONTA: Building a Better World for Women and Girls

It is the heart-warming and satisfying feeling of helping women the world over that local Zonta Club members say is the best part of belonging to the Zonta International network.

"We help and empower women locally, across New Zealand and internationally and we couldn't achieve that as individuals but we can as an organisation that spreads across 67 countries" says Zonta Timaru President Floss Dynes.

Local groups that benefit from Zonta Timaru include:

- Grandparents Raising Grandchildren
- Look Good Feel Better
- Refugee Settlement Service
- Life Education
- Women's Refuge

Globally, Zonta supports women and girls with education, health care and human rights and to achieve their full potential on an equal basis with men. It envisions a world in which no woman lives in fear of violence.

Current global projects include:

- Ending Early Childhood Marriage
- Adolescent Girls and Protection in Peru
- Let Us Learn Madagascar

New Zealand has 28 Zonta Clubs who aim to empower women through service and advocacy. As well as contributing to the community in a rewarding way, members enjoy the friendship within their club.

If you would like to find out more about what being a member of the Zonta Club of Timaru involves, call Dianne Mills on 027 367 9507, email her millsmail@slingshot.co.nz or check our Facebook page: Zonta Timaru.



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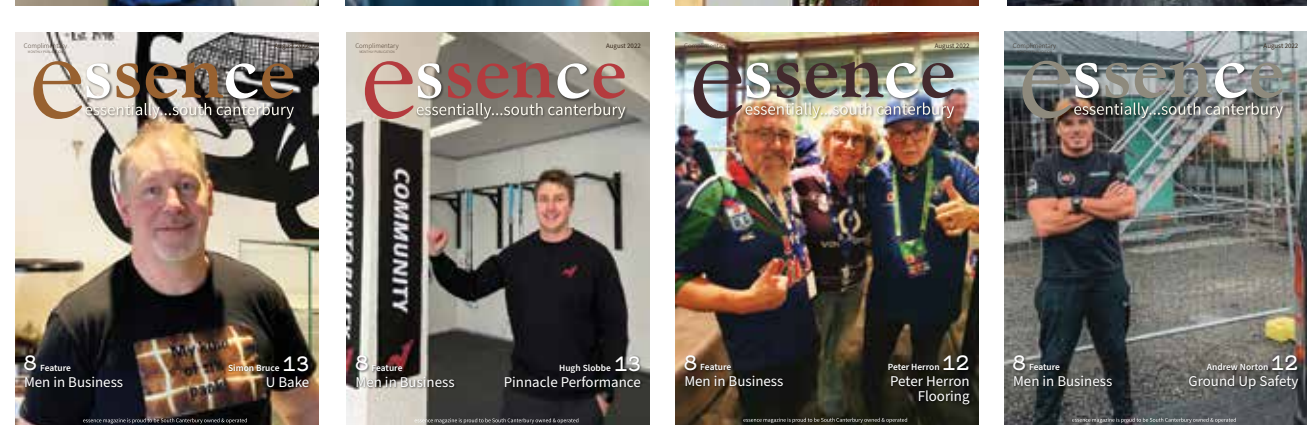
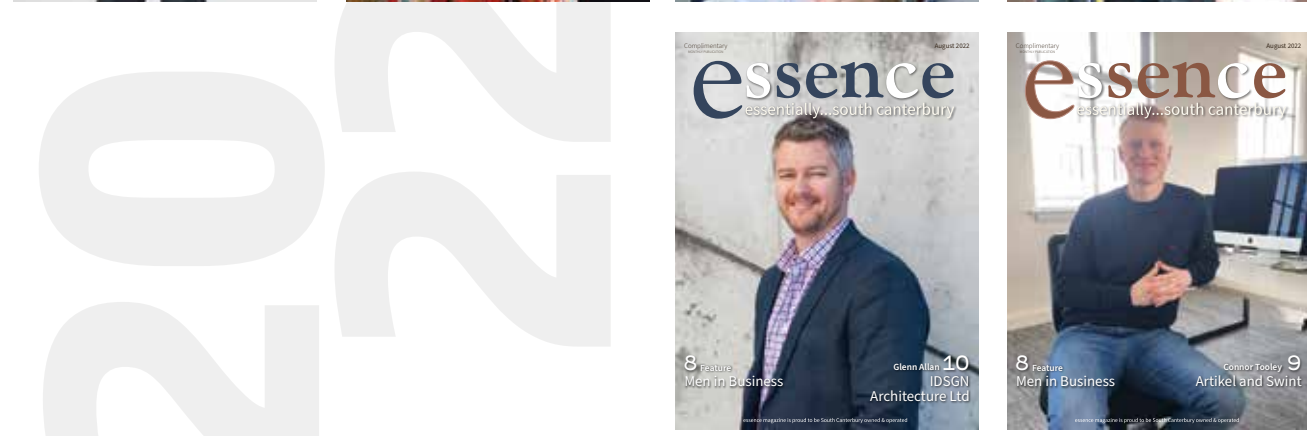
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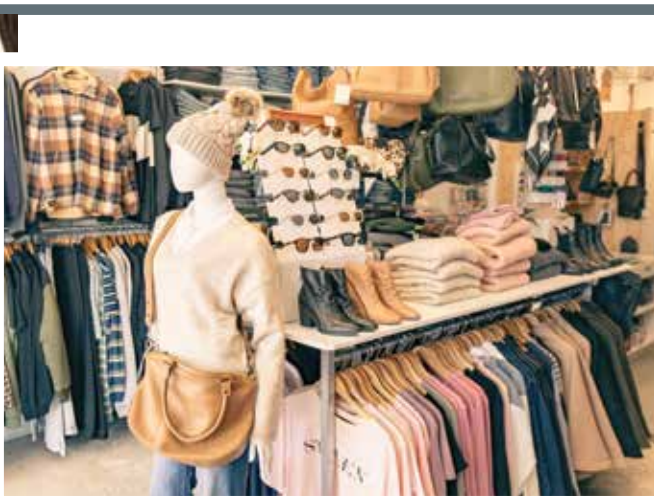
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MEN IN Business



Ben Dobbs Blank Space

A passion for the latest fashion and an aim to provide exceptional customer service is what motivates Mackenzie business owner and fashion designer Ben Dobbs.

Ben owns Blank Space, a popular fashion store located on Fairlie's Main Street. Offering the latest clothing, footwear and accessories for men and women,

Blank Space stocks some of New Zealand's most loved

and well-known fashion brands, including Status Anxiety, Huffer, Cult of Individuality, ADINE & CO, Federation and Stolen Girlfriend's Club. With new stock arriving daily, and with an ever-changing range of products, Blank Space has become a trusted name in the fashion retail sector. And thanks to social media and an impressive online store, Blank Space now boasts a loyal New Zealand and Australian customer base.

In 2020, Ben expanded his empire and launched his very own fashion label, aptly titled Blank Space Label. Blank Space Label was created from Ben's desire to produce affordable, fashionable clothing for all shapes and sizes. The label features a range of items including dresses, tops and shirts, all of which are made in New Zealand. Blank Space Label, which caters for men and women in sizes six to 20, is available to purchase from Blank Space in Fairlie or online from the Blank Space website.

Despite having his own label, a bricks and mortar store in Fairlie and ever-growing online store that ships throughout New Zealand and internationally, the busy businessman and designer has not lost sight of the reasons why he founded Blank Space in 2016.

"Our core offering to our clients is quality designer clothing from a retailer that will provide a fast, efficient and friendly service. We have used predominantly social media to grow our brand awareness, and this has significantly excelled the online side of the business. Customers are buying from a small business run by real people rather than a chain store.

I take pride in the excellent customer service provided by my team and as well as receiving good feedback from customers for our great service, we give back to our local community by supporting local organisations."

Ben also supports his local community by hiring local people including employing local photographer Bev Bell and local models to promote Blank Space Label.

For more information on Blank Space Label, or to shop an extensive range of fashion brands, pop in and see the friendly staff at Blank Space at 79 Main Street in Fairlie or visit them online at www.blankspacethestore.com.

BLANK SPACE.

79 Main Street, Fairlie
www.blankspacethestore.com



Johan Smit Autoworld Timaru

What is the business focus?

We're all about community. As a Timaru business, we know the importance of 'looking after our own' when it comes to our region's residents and workers, and that message spreads across South Canterbury. Our employees are people like you. Their partners work in local businesses, and their kids go to your kids' schools. We're a true part of the community in every sense, and that's at

the forefront of our employees' minds in every interaction we have with our customers and their vehicles. We instil our team with the message of 'buying local' to help support our local businesses wherever possible. After all, we've been through a lot together!

What influenced your career choice?

The fact that we have so much to give we believe in work life balance and our culture often shapes our values and expectations as they relate to many parts of our lives, including jobs and interest.

What is unique about your business?

While we take the huge global brands of Volkswagen, Nissan, and Kia, and bring them to you at a local level and with our local style.

Valuable learning experiences?

Staff and customer share the same core values: Quality, Safety, Environmental Care, but we transform these values in different ways due to different customer needs. Best advice you have received? To always believe in yourself no matter how difficult things get

Do you have a role model or someone who inspires you?

My wife and family.

What are some of your goals and aspirations for the future?

I absolutely aspire to have the ability to run my own business in the future. Having been exposed to all my current skills as well as my new skills in a more meaningful way, I would love to be a high-level executive and I aim to achieve that within the next 5-8 years.

How do you manage your work/life balance?

It's difficult because in the Automotive industry we are open 7 days a week, I believe in having a family culture and that also makes it easy.

What do you do when you're not working?

Spending time with my family and coaching rugby

Top three things on your bucket list are?

To travel the world, attend the World Cup Rugby, take my wife on a well-deserved break away.

6 Sefton Street, Timaru
Tel: 03 683 1215 | www.autoworldtimaru.co.nz



Connor Tooley Artikel And Swint



What is your business focus?

To provide businesses in the agriculture industry a one stop shop for all their Strategic Marketing needs.

What influenced your career choice?

Wanting to be in an industry that works along side businesses and take them to the next level, and help them to achieve their goals in the process.

What is unique about your business?

Our team, we have a diverse group of experts in there selected field.

Valuable learning experiences?

Getting to work closely with a wide range of business owners.

Best advice you have received?

To just do it, you don't know till you try.

Do you have a role model or someone who inspires you?

I have some great mentors, my parents being apart of that they have run a great Arborist business in south canterbury for over 25 years.

What are some of your goals and aspirations for the future?

I want to run/own my own marketing agency.

How do you manage your work/life balance?

It's a skill to know when it's time to switch off and take a break, so I do this through my hobbies.

What do you do when you're not working?

Sports, travel, spend time with friends and family.

Top three things on your bucket list are?

Travel Europe, My own Business, Travel Asia

What do you most enjoy about your role in business?

Getting to communicate with each business and see their ideas and turn them from an idea to a reality.

What makes you team great?

Our communication between each other is great means we understand each task and can correctly perform it.

What has been the biggest challenge in your role and how did you overcome it?

Each role has its processes so it would be getting familiar with them, how I overcome this is practice and overtime.

156-158 Stafford Street
(03) 683 1833 | www.artikelandswint.co.nz





Peter Leggett

Timaru Town and Country Club President

Timaru Town and Country Club President Peter Leggett loves to assist and solve those wee problems.

The Timaru retiree has been a member of the Highfield located Timaru Club for more than 20 years and been on the executive committee for seven years. He was elected president in 2019, and acts as liaison between the executive committee, club governance and the club management, general manager Vince Gardner.

He said the favorite part of his role at the club was finding governance solutions when things do not go quite as planned.

The Covid Pandemic was one example of things not going as planned, Peter said.

"Covid was a total unknown for all of us. The rules and regulations kept changing, and they had to keep changing. So we had to be adaptable, move with the times and work together to get through it. [It taught me that] we never stop learning. I have probably had to think deeper and further than I ever thought I would in this job. It certainly added a totally different element, and it hasn't passed yet - we still have to be conscious and aware of the situation."

One thing that did go to plan was the Retired Services Association becoming associated to the club, which has been a highlight of Peter's time on the executive committee.

"It was good to be able to ensure that the RSA was going to be able to continue to operate in South Canterbury. It's an important part of our society. It was really good to be able to offer them a base to call their new home."

As for the future, Peter is looking forward to the club hosting a number of South Island events including an indoor bowls competition at Easter, and the South Island Lawn Bowls Tournament in 2024.

99 Douglas Street, Timaru
www.timaruclub.co.nz



Joshua Westland

Timpany Walton Lawyers

What influenced your career choice?

I had actually gone to university with the intention of becoming an ecologist and had picked law up as an extra subject that I had interest in. As it had turned out, for me, it was as simple as realising that I had found something that I was passionate about which made me change direction and has led me to where I am today.

Valuable learning experiences?

The most valuable learning experiences for me have come from working in various customer service-based roles while studying at university. Those roles developed my customer service skills and I have found them to be invaluable in building good client relationships.

Best advice you have received?

The best advice I have received is from one of my university lecturers who told me to always be "embarrassingly brave". To me that means always putting my hand up for any and every opportunity that comes my way and not being afraid of the outcome or failure. That advice has allowed me to push myself outside of my comfort zone and continues to help me get the best out of myself.

What do you do when you're not working?

Having an office job has meant that I need to have a big emphasis on staying active and keeping fit. Since moving back to Timaru in 2020 I have joined the local Tae Kwon-do club and I go there four times a week after work. I am also a massive rugby fan and for the last two years have enjoyed giving back to South Canterbury Rugby by coaching one of the Waihi J.A.B rugby sides, as well as refereeing them on Saturdays.

The Landings, 1st Floor,
Corner SH1 & Elizabeth
Street, Timaru
Ph (03) 687 7126 | www.timpanywalton.co.nz



Riki Arras

Fellow & Fox Hair Salon

What is your business focus?

To provide my clients with a holistic experience in an environment that is relaxed and calm. Offering advice and suggestions, while listening to the client's needs and thus resulting in an all-round satisfying experience.

What are the positives of doing business in South Canterbury?

I enjoy being part of the SC community and have found the support from the SC community since opening Fellow & Fox, humbling.

Being part of a smaller community enables you to get to know your clients well and in turn you develop relationships based on trust and client satisfaction.

Getting to know, gain support and also offer support to other small businesses in our community has been invaluable - it is definitely reassuring to know you are part of a successful thriving business community.

What has been the biggest challenge in your business and how did you overcome it?

The biggest challenge for me would be to accept that I have no control over things that are out of my control, like a pandemic!

Like many other businesses, it has been a huge challenge navigating Covid-19, but I have learned to pivot when necessary, changing and adjusting opening hours and utilising my time to research new products and services.

What is one thing people may not know about you?

I love renovating and enjoy DIY. As I am quite a creative person I enjoy art, especially painting, when time allows!

Animals are an important part of my life, with a cat, and recently an ex-racing greyhound also joining my family. I have been known to also take off on a road trip exploring our lovely country.

327 Stafford Street, Timaru
fellowandfox@gmail.com
03 971 0991



FELLOW & FOX



Andrew Sykes

Warehouse Liquor Store

What is the focus of your business?

It is a retail liquor store.

What influenced your career choice?

It was one of those

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

What is unique about your business?

That would have to be the longevity of my staff, I'm lucky to have had a low turnover of employees with one staff member being here for over 20 years and another more than 10. Staff like that are vital to the success of any business.

Valuable learning experiences?

Covid-19 has probably been the most valuable learning experience for me, it showed how easily things can go from good to bad in the blink of an eye and you need to be willing to adapt and change to keep things moving forward.

Best advice you have received?

One thing from High School Economics has always

stuck with me: You have to spend money to make money. It covers so many aspects of business, from things like staff to products and advertising.

Your greatest accomplishment is?

Working my way from part-time shop assistant here to owning the business.

Do you have a role model or someone who inspires you?

My paternal Grandfather, he was a World War II veteran who was just an amazing man who worked hard and lived a great life.



35 Browne Street, Timaru | Ph 03 688 1012
www.warehouseliquor.co.nz

Louis Hauptfleisch

Caroline Mitsubishi

What is the business focus?

Customer satisfaction, service excellence and an environment that's warm and welcoming to all.

What influenced your career choice?

There was no real clear path to this point, more of a mix of random circumstances for which I am quite happy.

What is unique about your business?

Having goods and services that appeal to a wide variety of clients from all walks of life.

Valuable learning experiences?

The greatest lesson I have learned is to accept new challenges that may seem difficult at first, the best experiences I have had have come from being brave enough to say 'yes'.

Best advice you have received?

It's not about the mistakes you make, but what you do to fix them.

Do you have a role model or someone who inspires you?

My children. They find joy in almost everything, that's what us as adults often forget to do.

What are some of your goals and aspirations for the future?

Simply Keep learning and improving at all aspects of life and work.

How do you manage your work/life balance?

Planning is key, make sure you don't need to bring your work home.

What do you do when you're not working?

Spend time with my friends, family, enjoy my hobbies, go for bike rides and relax as much as possible.

23/25 Barnard Street, Timaru
03 684 8501

www.carolinemitsubishi.co.nz



Glenn Allan

IDSGN Architecture Ltd

What is the focus of your business?

Architectural design services for both residential and light commercial projects nationally, with technology being the driving force where possible.

What influenced your career choice?

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

What is unique about your business?

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

Valuable Learning Experiences?

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

Best Advice you have received?

Always back you and your abilities. Even if it's an opportunity to do something you have never tackled as a designer before, just grab it and know you are more than capable.

What are some of the challenges you have had to overcome?

Learning to establish, run and grow IDSGN as a brand and business. Unfortunately, there is no handbook out there with all the answers, but there is a great local community of other small business owners with lots of experience.

Your greatest accomplishment is?

So far it has to be having a completed home recognised with an award and by new clients. Very humbling to say the least.

Do you have a role model or someone who inspires you?

I wouldn't say there is just one person that does. I guess from a business inspiration comes from every client, through their vision and excitement.

97 Church Street, Timaru
info@idsgn.nz | 022 076 4975 | www.idsgn.nz



Lain, Marcus & Allan

High Country Carpentry

What is your Business Focus?

We are a family owned Construction Company

Supporting local is huge for us and we rarely have to look outside of SC for a building solution. We appreciate it so much when a client chooses us as their Builder. Choosing local supports local families, and following on from that, sports teams and clubs we can then sponsor and support.

How many staff do you have? And what does that team mean to your business?

We have 15 staff and they are absolutely our biggest asset - we simply couldn't do what we do without them. We have a tight-knit crew who share our values and love of Carpentry.

To what do you attribute your business success?

We work hard, working big weeks. We have been fortunate to have some amazing projects come our way, and have

servicing the Mackenzie. We are passionate about our craft, the environment, the materials we use, and our region. Our projects vary from Architectural New Builds, Renovations, Log Homes, and Small Cabins, to Farm Buildings and Light Commercial Projects.

What are the positives of doing business in South Canterbury?

The great relationships you build over many years with

Sub Contractors and Suppliers is so incredibly valuable, and we have that in spades here in SC.

always had a fantastic team around us, including great business mentors. Our clients often just have the coolest design ideas too making for fun and unique projects!

What has been the biggest challenge in your business and how did you overcome it?

As the business has grown, our biggest challenge was Lain trying to do everything. We've overcome this by getting the right people around him. Lain is Director and Twizel Branch Manager, Marcus is our Fairlie Branch Manager, and Allan is our Operations Manager.

What do you do when you're not working?

We love spending time with our families, getting outdoors, and both Marcus and Allan are Volunteer Firemen.

1 Gall Street, Fairlie
0800 922 883
www.highcountrycarpentry.co.nz



Eamon Haggart

Origin Design

What is your Business Focus?

Helping people and business's find solutions and create strategies through graphic and website design.

What are the positives of doing business in South Canterbury?

Great people, no matter the size or scale of the company most people I deal with are very down to earth.

If you were starting your business over, what would you do differently?

I would do it sooner.



What one piece of advice would you give to others looking to set up their first business?

Go for it, best decision I ever made. Be honest with your customers and be prepared to put in some hard work and long hours.

To what do you attribute your business success?

Again, working for and with great people and companies.

What has been the biggest challenge in your business and how did you overcome it?

Starting the business up during the first lockdown in 2020.

How many staff do you have? And what does that team mean to your business?

I'm a one man operation at the moment but looking to expand soon hopefully.

What is one thing people may not know about you?

I've been working in Timaru as a graphic designer for over 20 years for various companies before starting Origin.

What do you do when you're not working?

I have 3 children so when not working I'm usually involved with their sporting activities and hobbies.

027 349 7462
info@origindesign.nz
www.origindesign.nz





Andrew Norton

Ground Up Safety

Knowing he is helping to prevent serious injury is what gets Andrew Norton out of bed every morning.

Andrew owns Ground Up Safety, a Timaru-based company that provides and installs safety netting for the construction industry. A desire to work outdoors and be his own boss saw the former Temuka High School pupil set up Ground Up Safety more than seven years ago.

"I saw a gap in the market and an opportunity to work for myself, so I just went for it."

The aim of Ground Up Safety is to help prevent serious injury or death on building sites through the installation of a complex net system, Andrew said.

"The safety netting on a construction or building site has to be in place before builders and roofers can go up and work at heights. The net will catch them if they fall, and over the past few years we've had 12 falls, so they have prevented serious injury or worse."

"A lot of old school builders don't think they need it, but the younger builders know safety netting is a part of building. It's good when you go back on site and an older builder tells you it was bloody good to have it in place."

The keen outdoorsman said providing safety netting on building sites meant that every day was different and gave him the opportunity to travel around the region.

[The best bit about my job] is building a relationship with our clients, meeting new people and working in with the

clients' schedule. Also seeing the countryside because we travel quite a bit - every day is different scenery."

[When you own your own business] you have to roll with the punches, some weeks are better than others. There are always going to be ups and downs, but we will always get the job done."

Ground Up Safety services the Mid and South Canterbury region as well as the Mackenzie District, North Otago and Central Otago. When asked what his goals for the future were, Andrew said he hoped to expand his service area to other regions.

When he is not busy helping to prevent serious injury on construction sites, Andrew can be found mountain biking, hiking and snowboarding around the South Island.

027 722 7787
groundupsafety@hotmail.com
www.groundupsafety.co.nz



Peter Herron

Peter Herron Flooring

What is unique about your business?

We have the ability and skill set to adapt to our customer's needs, if they are looking for something different whether it be flooring products or out of the ordinary installation method we can sort it.

Do you have a role model or someone who inspires you?

I don't have anyone in particular that inspires me but in general, anyone who is prepared to get off their backside and give it a go and be considerate of other people is someone to look up to and be motivated by.

How do you manage your work/life balance?

There is no management currently, with covid knocking us around a bit work has taken

precedent over everything. We have a plan in place that will give us more of a life/work balance. Saying no to clients' demands and talking about their requirements eases work stress and helps fit work around life. Take the stress away from the job and the balance comes naturally.

Valuable learning experiences?

There have been a few but it is important to remember them and keeping an open mind helps this. Everyone has an opinion and method of doing things, they may not be your way but if the end result is as near to perfection as can be achieved and it is still done in the time frame allocated, this is valuable to building a strong team and better

working environment for all.

What do you do when you're not working?

Good question there hasn't been much of that time lately. I have an Indian motorbike that never got out last summer and yes a league team I follow that I get a bit of stick for, so all going well next summer the bike will be out and my MIGHTY VODAFONE WARRIORS will see a bit more of me.

Top three things on your bucket list are?

1. Spend more time with my wife
2. See my grandchildren
3. Travel

P: 021 315 169

E: peterherronflooring@gmail.com



Felipe Silva

Silva Studio Ltd.

What is your business focus?

To provide affordable and realistic designs to cater to our clients needs and budget. Architectural design firm focusing on new builds, alterations, additions and the commercial sector.

What are the positives of doing business in South Canterbury?

Timaru's location, we are a central hub where we not only services the South Canterbury region, but are in close proximity to Mackenzie, Waitaki & Mid-Canterbury, giving us a wider range of opportunities.

What one piece of advice would you give to others looking to set up their first business?

Ensure you have a good support system around you and don't be afraid to ask for advice when needed. Be willing to put in the hard yards and work long hours.

To what do you attribute your business success?

Hard work, long hours and the passion to go that extra mile for your client to ensure that they get what they have been dreaming of.

How many staff do you have? And what does that team mean to your business?

We have 4 full time staff including myself along with 1 part time admin support. Without our team we wouldn't be where we are today, we are beyond grateful for their support and efforts over the years.

What is one thing people may not know about you?

I was born and raised in Chile, South America, moved to NZ at the age of 8, wouldn't be where we are today if it wasn't for my Parent's efforts and sacrifices.

What do you do when you're not working?

When am I not working? In the summer periods you will find us at Lake Benmore camping, fishing and enjoying the outdoors, while sneaking in a bit of work most mornings.

55 Theodosia Street, Timaru
03-688 7575 | info@silvastudio.nz
www.silvastudio.nz



Simon Bruce

U Bake



What is the business focus?

My business focus is to provide South Canterbury with the freshest, tastiest bakery food. I also like to bake what people ask me to bake and to also provide a wide variety of products to suit all tastes.

What are the positives of doing business in South Canterbury?

South Canterbury is small enough to get to know your fellow business people well. This means you can work together to benefit each other. Also, you get to know your customers well. South Canterbury people are very supportive of each other and it's nice to be part of this supportive community.

What one piece of advice would you give to others looking to set up their first business?

Be prepared to work hard. Be patient because it takes time! There will be difficult times but there will also be great times.

To what do you attribute your business success?

Sheer determination! Not giving up. Having a supportive community. Always learning and thinking of ways to make products better/tastier.

What has been the biggest challenge in your business and how did you overcome it?

Biggest challenge has been growing the business at a steady rate. Another challenge has been keeping up with rules/regulations/compliance/life balance.

If you were starting your business over, what would you do differently?

I would have researched more, got expert advice on how to set everything up. Had \$1million dollars! (joke)

How many staff do you have? And what does that team mean to your business?

We have 13 staff. The team means everything to my business. They're like my extended family without them the business wouldn't be running.

What is one thing people may not know about you?

I'm not that fit even though I look it.

What do you do when you're not working?

Sleep! Spending time with my family, researching bakeries on You Tube.

188 Hilton Highway, Washdyke, Timaru
03 688 7447 | www.ubake.co.nz



Hugh Slobbe

Pinnacle Performance



What is your Business Focus?

To Develop human wellbeing through everyday movement patterns throughout the South Canterbury region.

What one piece of advice would you give to others looking to set up their first business?

Back yourself. We all have doubts about when it's a right or wrong time to start a business. The matter of fact is, when is it ever the right time? Just take the bull by the horns, back yourself, back your product, and back your ability because no one else is going to do it for you.

To what do you attribute your business success?

It is important you have the right people around you. You don't know everything. One thing you do know is how to deliver the product you are selling. So if you can fill in the gaps with a team that backs you, understands where you're heading, and more importantly they are good people, then you are on the right path to succeed.

What has been the biggest challenge in your business and how did you overcome it?

Finding time for yourself. Don't get caught up in your business. Your health is number one, so ensure you block out time every day for yourself.

What is one thing people may not know about you?

I flew a plane before I could drive.

What do you do when you're not working?

Spend quality time with my family. I head to Gran and Pops every lunch, it helps me stay grounded, and I love the stories they tell. I love annoying my four little nieces, and to be a role model to them growing up. I spend a lot of time watching sport, whether it be on tv or live. I also ref Rugby, which I thoroughly enjoy.

027 3269433 | pinnacleperformancenz@gmail.com
2/39 North St, Timaru, New Zealand,
www.pinnacleperformancenz.com



Shane Johnston

Central Fitness

What is your business focus?

We are Temuka's premier fully equipped gym and small group training centre. Our focus is on giving every single member a personal and empowering experience in our facility and being a great source of encouragement along their wellness journey.

To what do you attribute your business success?

Being really genuine, approachable and taking an honest interest and ownership of the success of our members development. People migrate to 'genuine' and they feel like you've got their back on this unpredictable journey.

We shun the fast talking cookie cutter one size fits all approach. In the personal health and wellness industry it's far better to under promise and over deliver. The most repeated feedback we get from our members is "I didn't think gyms were like this, I thought it was all thin girls in lycra and muscled guys grunting, you've made me enjoy coming here and I know it's doing me good"! Hearing that gives me a buzz.

What has been the biggest challenge in your business and how did you overcome it?

Well being a predominantly face to face service oriented business COVID restrictions kicked our butt. We were closed pretty much the week we opened in March 2020. If it wasn't for the support of our members all across the Central Fitness family things could be looking a lot less rosey for us now.

We adapted with a quick action plan, I loaned all our equipment out over the lockdown everything from med balls to kettlebells, even had one chap take a bench and sets of dumbbells. Then we started a strong online training community. Between the three central fitness gyms we hosted an online class everyday and posted up challenges and workouts all the time. I personally wrote over thirty home workout programs depending on what equipment the members borrowed or had at home. I think going to that level of care for those members who were on board with us really added to the good will in the community. After the lockdown we have grown from strength to strength and are busier than ever when some are struggling.

85 King Street, Temuka
centralfitness.temuka@gmail.com
www.centralfitness.co.nz



Jamie Crilly

Timaru's Family Vet

What is the focus of your business? Veterinary services for companion animals.

If you had one piece of advice to someone just starting out, what would it be?

Follow your dream, ensure you seek the help and advice from business coaches, they do not have to be from the same industry. Business coaches allow you to focus your ideas, discover new ideas and approaches, and help to keep you on task to complete your goals.

What is one thing you've learned as a business owner?

I need to surround myself with people smarter than myself. To be successful relies on having others perform their duties to the best of their ability so my role becomes redundant. I should be spending time 'on' the business and not 'in' it.

What have been some of the major challenges of your business journey?

One of the major challenges we face is the world-wide lack of vets, and attracting them to Timaru is really difficult. We have had to change our advertising and use marketing specialist to 'sell' Timaru/South Island/New Zealand.

Aside from necessities, what one thing could you not go a day without?

My day runs much better when I can ride my bike to work

and home again. I feel energised for the day and happy to be helping the environment at the same time. Finding the 3rd space between work and home helps to bring clarity and well-being.

Top three things on your bucket list are?

1. Have a performing team working no more than 4 day weeks and one where my wife and I are not tied to the business.
2. To get my pilot's license.
3. To see the northern lights in Canada and experience a Christmas parade in the snow in Toronto.



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1956 D-TYPE JAGUAR: CHRIS BROMWICH COULD NOT BELIEVE HIS LUCK!

When a man walked into Obsolete Iron Motors and said he had a replica 1956 D-Type Jaguar for sale, Chris Bromwich could not believe his luck.

The Pleasant Point mechanic was in the process of purchasing a fiberglass kitset model of the exact same car from Australia.

"It was pretty amazing. I just happened to be in the right place at the right time," Chris said.

"This particular model is quite rare. There was a limited number of the actual car, and the rest of the ones that were made were destroyed in a big fire at Jaguar in the 1950s. And after that they stopped making them."

The replica 1956 D-Type Jaguar was built by Errol Tempero of Errol Tempero Motor Body Builders in the mid-1980s. Now called Rod Tempero Motor Body Builders, the business was founded by Alan Tempero in 1946. The Oamaru-based business has had a long history of producing replica D-Type, XJ13 and XK180 Jaguars and Aston Martin DBR2s for the world market.

"Apparently the original owner who had it commissioned decided he wanted to finish it himself,

but he never completed it. It had three other owners before I got it and it's never been on the road or the track. Everyone that started it has never completed it."

Since coming into his possession in 2017, Chris has put a number of hours into fixing and finishing the replica Jaguar. Over the years, a number of add-ons have been welded onto the car, which has resulted in a lot of remedial work carried out on the front frame. The front suspension has been taken from a Series 3 E-Type Jaguar and features Avon Coil Over Shocks and a Ford Escort manual steering rack.

Rather than use a conventional inline 6-cylinder 3.8L Jaguar engine, which would have been costly to build to the performance level that this car deserves, Chris instead chose to install a Toyota 1GZ FE V12 engine. This 5L, 60-degree engine fitted perfectly within the car's narrow chassis frame, and is capable of generating 481Nm of torque. A Toyota 6-speed gearbox with a modified main shaft and custom-bell housing links the engine to the differential.

The car has generated a lot of interest from car enthusiasts in the area, with a number already looking forward to test-driving it when it is finished, Chris said.

words: Michelle McCullough images: supplied



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Lucy Finch

MSc Physio, BSc (Hons), PGDip Sports Ex Med, PGDip Vet Physio

Animal Physio Aoraki

What service do you provide for our region?
Physiotherapy for animals, aiming to improve range of motion, strength and function and therefore also wellbeing and performance.

This involves assessing movement through gait analysis, palpation of the spine, joint range and muscle length and then treating with appropriate techniques including joint mobilisations, soft tissue release, acupuncture and dry needling, management advice and graduated exercise programmes.

I also offer horse rider symmetry assessments using rider specific functional movement and muscle testing to identify any muscle imbalances that may negatively affect the horses' performance through unequal force transmission through the riders' seat.

ASK THE Expert

What sort of animals do you treat?

Anything! Mostly dogs and horses, but also cats, donkeys, goats and even on one occasion a steer with a sore shoulder!

What sort of conditions do you treat?

In dogs I see a lot of post-operative cases such as cranial cruciate repairs, spinal surgeries and fracture fixations. Also muscle strains, nerve and spinal injuries such as IVDDs and FCEs. More chronic issues such as osteoarthritis and neurological conditions such as degenerative myelopathy can also really benefit from physio input as part of the multi-disciplinary approach alongside veterinary treatment, to help with pain, strengthening and general lifestyle management advice to try and improve quality of life.

In horses I treat a lot of muscle and tendon injuries, back pain and often performance issues, where there is not necessarily any lameness but an uncharacteristic behaviour which may be pain related or due to a dysfunction such as a muscle imbalance.

What signs should I look for to suggest my animal may benefit from physio?

Lameness, changes in behaviour- reluctance to get up, jump up or go for a walk, performance issues-bucking, refusing jumps, dropping poles, post orthopaedic or neurological surgery or on recommendation from your vet.

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Engraved 9ct Gold Bangle, \$1,755
The Ringmakers

Angel Sunglasses
Mint Boutique

Large Lippy Taupe
Mint Boutique

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SOME OF OUR FAVOURITE THINGS

Inspirations Issue
Pollys Patchwork

Ash Wood Chair
Maree Hynes

Grace Top Black
Mint Boutique



Style your Space

by Leora Curtains

Hannah Harrison is proud to continue the longstanding tradition of curtain making at 32 Woollcombe Street.

Built in the 1920s, the Timaru building has been the site of numerous home furnishing companies, and since April has been home to Leora Curtains. Hannah has spent the last few months renovating the shop, which has been met with positivity from the local community.

"Most people in Timaru know that this building is a curtain shop. The building has a lot of history, but needed a makeover. So far, the biggest highlight is seeing how excited the customers are when they come into the new shop. When we were renovating a lot of people were

"My first introduction into the home furnishing industry was making curtains one day a week, and I worked my way up to full time and have been making curtains ever since."

worried that we were closing. They are really happy to know we are continuing to operate."

While the shop might look a bit different, the quality of the workmanship will remain the same, Hannah said.

"I am trying to modernise the business and bring it into the 21st century while keeping those long-standing skills and service that the shop is best known for. We have a lot of knowledge on staff. The same people who are measuring and quoting are



making your curtains, so they know exactly what is going to work for your home and situation."

Hannah started her curtain making career as a teenager, and was an employee at Curtain Décor for five years before buying the business and transforming it into Leora Curtains. Now at the age of 27 she is proud to own her own business.

"My first introduction into the home furnishing industry was making curtains one day a week, and I worked my way

up to full time and have been making curtains ever since. I love being able to look at something that's old and tired and come up with new and fresh ideas. I like to think that anything I make will be an improvement in quality and workmanship as well."

"I always wanted to own my own business, but it wasn't necessarily a reality. Now it seems like something I was meant to do - I really love it."

Hannah prides herself on offering exceptional service, as well as being able to cater to all sizes and budgets.

"If something is not in the right price range or it's not working for you, I think I can find a way to can make it work."

As for plans for the future, the young business owner is in the process of building a website so people can purchase curtains and curtain accessories online.

Leora Curtains offers a wide-range of curtain-making services, roman blinds and cushions to match your curtains. They offer a same-day curtain alteration service, and stock an extensive selection of fabrics and curtain track accessories. Leora Curtains can also supply roller blinds, venetian blinds, and honeycomb blinds on request.

Leora Curtains is located at 32 Woollcombe Street in Timaru, and is open Monday to Friday from 9am to 5pm, and on Saturday 10am - 12pm.



AMANDA'S ADDRESS

Amanda's Address is an utterly chic and sensational designer boutique in Waimate. Our elegant boutique is full of handpicked luxurious fashion and accessories for people of various ages, sizes and body shapes.

PQ COLLECTION Hi Low Miracle Top

PQ Collection Frayed Denim Jacket \$85

PQ Collection Frayed Slim Fit Jeans \$78.99

LS Chic Dress in Chocolate Gingham

Essential Top Khaki

29 Queen Street, Waimate | 03 689 8188
 Hours: Tuesday - Friday and Saturday by appointment

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 www.accessoryshop.co.nz
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Vanished World

Experience Duntroon and its unique attractions.

Visit the *Vanished World Fossil Centre* and wonder at 25 million year old whales, dolphins, penguins and sharks whose fossils reside in the local limestone.

Why not 'dig your own fossil' in our Discovery Room, which is open daily 10 am - 4 pm. Then wander along to *Nicol's Blacksmith Shop*, which is open daily for viewing. A working forge operates on summer weekends.

Further details:
www.blacksmith.net.nz
www.vanishedworld.co.nz
or Ph: 027 431 2024



High Tree Chalets

Escape the hustle of life and explore somewhere new in the beautiful Waitaki District.

Offering accommodation options of two fully equipped chalets with views across the private lake, what will you do first? Enjoy a picnic by the lake, read a book on the deck, or a platter in the outdoor bath - it's your time to relax and put those feet up. Whatever your taste - a place to stay put, fish, relax and rejuvenate; or for the adventurer, an entire district to conquer.

Contact: Casey - 0275197667
admin@hightreechalets.nz
658 Gibson Road 2krd, Oamaru



WHY YOU SHOULD VISIT WAITAKI!

Steeped in history, with a picturesque landscape and adventures around every corner, the Waitaki District is the South Island's ultimate quiet achiever.



Taste & Sip

- For fresh salmon, spectacular views and delicious coffee, make a date to visit High Country Salmon
- Indulge in some Belgian-inspired beer at Craftworks Brewery in Oamaru's stunning Victorian quarter
- Treat the family to some classic Fish n' Chips at one of Waitaki's sandy beaches
- The Waitaki region produces some of the world's best wines, so pay a visit to one of the area's most popular wineries
- Step back in time with a stroll around Oamaru's historic Victorian Precinct and experience Oamaru's bustling cafe scene

Retail Therapy

- Treat yourself to something unique from one of the talented artists at Silica Gallery
- Oamaru is well-known for its range of second-hand and antique shops, with people traveling from all over New Zealand to search for treasures
- Stock up the pantry and support local growers with a visit to the Oamaru Farmers' Market, which is held every Sunday morning



Active Adventures

- Starting at the base of Mount Cook and finishing at the coast in Oamaru, the Alps To Ocean Cycle Trail is New Zealand's longest cycle trail
- Oamaru Reservoir has biking tracks for all abilities and features a short purpose-built loop for little mountain bikers
- For a walk among native bush, bellbirds and piwakawaka, check out the Skyline Walkway in Oamaru
- You don't have to travel far to ski or snowboard either, with trails for beginners right through to experts at the Ohau Snow Fields



Relaxing Retreats

- Escape the hustle and bustle of everyday life and indulge in some 'me time' at High Tree Chalets
- Relax and unwind while enjoying the magnificent Waitaki landscape at Hot Tubs Omarama
- A day trip to one of the Waitaki lakes is a perfect way to reset and shake off the stresses of life

Off the Beaten Track

- Venture into another world at the magnificent Clay Cliffs in Omarama
- Experience the majesty of limestone and let your imagination run wild at Elephant Rocks near Duntroon
- Whether you're into hiking, fishing, hunting or kayaking, the Ahuriri Conservation Park has something for every type of adventurer



Family Fun

- A trip to the region is not complete without a classic Moeraki Boulder photo
 - Run off some energy at Oamaru's Steampunk Playground - a popular spot for kids aged two to ninety-two
 - Known for its safe swimming, surfable break and also home to Hector's Dolphins, Campbell's Bay is the ultimate family-friendly beach
- If fossils are your thing, you can learn all about ancient giant penguins, shark toothed dolphins and baleen whales at the Vanished World Centre at Duntroon
- Witness the world's smallest penguin returning from a busy day at sea at the Oamaru Blue Penguin Colony



Craftwork Brewery

Craftwork is a small idiosyncratic Belgian-style nano brewery, in the heart of Victorian Oamaru. Find out about our love affair with Belgium, whilst drinking our hand-crafted beer.

We brew onsite, with a 500 litre Braumeister, making farmhouse ales, abbey beers, and barrel-aged sours. We also serve natural wines, cider, and small batch New Zealand Cheese. Our food is fairly simple, serving savoury crepes, cheese or Reuben toasties, cheese rolls and a blackboard special at the weekend.

Open daily: Sun-Thu: 1-7pm, Fri and Sat: 1-8pm
10 Harbour Street, Victorian Precinct, Oamaru



High Country Salmon

High Country Salmon is a boutique, New Zealand family-owned salmon farm, 3km south of Twizel.

Visitors can have a coffee and some delicious salmon-inspired food from the café, feed the salmon (for free) on the floating deck, purchase items from the brand-new fish shop, or even catch your own salmon!

The new Fish Shop boasts a huge range of fresh, smoked and cured salmon, deli foods, kitchenware and merchandise. Online ordering for nationwide delivery is available via the website.

2602 Twizel-Omarama Rd, Glenbrook, Twizel
sales@highcountrysalmon.co.nz
0800 400 385
www.highcountrysalmon.co.nz



Art on Tyne

A funky wee Art Gallery right in the heart of Oamaru's beautiful Victorian Town. Proudly stocking only New Zealand made and created.

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Contact: 0211209781



when I was at school."

Since that first tournament, Mavis has had a number of successes on the piste, winning the South Island Women's Triples twice in 2009 and 2019, and the Nationals Women's Triples in 2014. She is also the only woman to ever win the South Island Mixed Singles competition which she won in 2004. She has also won gold at the New Zealand Masters Games, the South Island Masters Games and the Clubs New Zealand Games.



SCORING IN Petanque

When Mavis Thompson was drafted into her husband's petanque team 23 years ago to make up the numbers, she had no idea that one day she would have a cabinet full of trophies.

"I started playing petanque by accident. There was a team of them going down to Dunedin for a tournament and they were one player short. So my husband said to me, you will have to fill in the gap. I think I had two games to learn how to play before I went to Dunedin, but I didn't disgrace myself in the tournament.

"I had never played sports before in my life. We grew up on a farm [Taieri Mouth, Otago] and I never had the opportunity

The talented retiree is a life member of the Timaru Town and Country Club Petanque Club and has won a number of the club's in-house competitions over the years.

"I get a lot of enjoyment out of playing petanque. The atmosphere, the friendliness and the camaraderie are great. The competition is pretty stiff at times, but you just get in there and do your best."

Alongside her husband Ron, Mavis is a regular at the Timaru Town and Country Club, and has been awarded the TTCC's coveted Sportsperson of the Year three times - in 2008, 2018 and 2019.

"It's really something special. [The club is] a great place to go, there are lots of nice people down there and we've made lots of friends."



TIMARU TOWN & COUNTRY CLUB
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Here's a short list of what we have in store for our customers:

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- 2 petanque rinks
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O'H Yes Coffee & Catering

A chance encounter with a friend of a friend led to an exciting new business opportunity for Casey O'Hara.

Casey is the owner of O'H Yes Coffee & Catering, a mobile coffee van and food truck based in Geraldine. She was working as a swim instructor at CBay in Timaru when an opportunity came up to buy a mobile coffee car.

"I wasn't looking for a new job, but I met the previous owner, and she said she was selling her coffee business. A couple of days later I said to my partner Craig I might go and buy it, and that's what I did."

For the qualified chef it was an opportunity to return to her hospitality roots and be her own boss. Now instead of spending her days in the pool, she travels around the region delivering caffeine and sweet treats to hard-working South Cantabrians.

"I go to businesses around morning tea and lunchtime, and sell coffee and home baking like slices and scones. Sometimes people only have 15 or 20 minutes for morning tea and they might not have time to go to a cafe or a shop so I go to them."

Casey also takes her coffee car to markets and sporting events in Timaru, Ashburton and Geraldine. And for larger events, she has a food cart which offers delicious real fruit ice creams, milkshakes and slushies. Both the car and the food cart can be booked for private functions, corporate events and work shouts, Casey said.

"[I love] getting out and meeting people, they make the job worthwhile."

If you like the idea of having your coffee delivered with a delicious slice on the side, visit the O'H Yes Coffee & Catering Facebook page.



REAL MILK TIMARU

If you like the idea of buying local produce, made fresh each day from the farm or delivered to your door each week that comes in a 1 litre glass reuseable bottle then you should contact us for details.

Our fresh milk is unpasturised and non homogenised so it's had no processing done to it so it's completely natural and is so good for you.

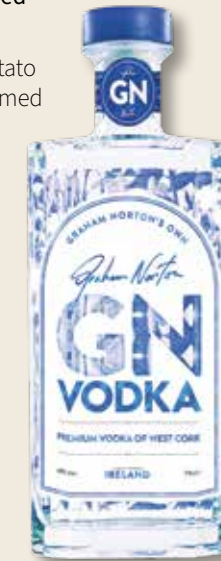
We are open at the farm shop 24/7 and our delivery truck delivers once a week around South Canterbury. Our shop has a viewing window so customers can watch the cows being milked at milking time.

Come down and check us out at 22 Fairview Rd Timaru or www.info@realmilktimaru.co.nz

WAREHOUSE LIQUOR

Craft distilled the traditional way from Irish potatoes, this Vodka is made with pure Mullaghmesha Mountain water, filtered through 300 million year old West Cork red sandstone.

The humble potato is widely acclaimed for creating high quality well-balanced Vodka. Graham Norton's own Irish Vodka is a great showcase of this with its creamy but earthy mouthfeel and hints of vanilla coming through. With a clean long refreshing finish, you will be wondering what you have been missing. Serve straight up with your favourite premium mixer and a wedge of citrus.



35 Browne Street, Timaru
Ph 03 688 1012
www.warehouseliquor.co.nz



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180 Stafford Street, Timaru. Mandy & Ian Ph 021 182 2045 www.canterburyclanger.co.nz



BARKER'S FOODSTORE & EATERY

Have you visited us yet?

This amazing Foodstore & Eatery is situated in the heart of picturesque Geraldine on the route through to the lakes and Queenstown.

The perfect place to stop on your backyard exploration and experience hospitality the Barker's way!

Our comprehensive menu and cabinet food in the Eatery ticks lots of boxes from gluten free to vegan and from breakfast to sweet treats!

71 Talbot Street, Geraldine
Ph (03) 693 9727 | www.barkersfoodstore.nz



The Devil works hard, but family man and HELL Timaru owner, Mr O, works harder!

O, who was once a student at a high school in Timaru, has worked at HELL Pizza for a whopping 16 years! He now owns and runs his own HELL store in Timaru.

"I first worked as a Delivery Driver at HELL Bishopdale when it opened in 2006. I owned my first store in 2008 (HELL Ferry Road), then HELL Riccarton, and then ran a HELL mobile caravan! In 2016 I opened my own store in Timaru. My high school was here, and I find the people are really nice!!!!"

HELL is known for catering to many dietary requirements, including Vegan, Gluten-Free and Dairy-Free — that sounds like a task and a half, right? Not for O, who maintains that his happy team is his most valuable asset when looking after customers! Focusing on people's strengths and offering training and support means his crew enjoy working together to deliver consistent quality.

"We really value our team! In return, they love working together to serve customers and provide great food for every single order. I have a reliable team and a good store manager, which allows me to spend time with my family too."

So next time you're hungry for the best-damned pizza in this life (and the next), pay Mr O a visit at HELL Timaru, 3/9 Elizabeth Street. You can also order online at hellpizza.nz or via the HELL app on your phone.



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The Team at PA



James M Ryan L Jordan S

Here at Parkside Apothecary, we're on a mission to provide premium grooming products to men, while providing well-being support to our younger generation so they may live a life free from distress. Our hair products are made with natural ingredients and exclude unnecessary chemicals that can damage your hair. All of our grooming oils and hair clays are made in small batches with care. We provide support to our young people that are struggling with suicidal ideation, anxiety and depression.

The team at Parkside Apothecary have pledged to donate 10% of profits to Gumboot Friday.

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FATHER'S DAY GIFT GUIDE

Your dad may talk a big game and say that he doesn't want anything special for Father's Day, but you know better.

After all, he taught you to always celebrate the people who matter most to you – whether they like it or not. And if there's a moment to pull out all the stops for the guy you've always looked up to (quite literally), it's Father's Day.



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