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10 Feature
Family in
Business

Travel **18**
Adventure
in Mongolia

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contents

The evenings are slowly getting lighter and although it's shivery cold, it feels we're on our way out of winter. In the coming weeks gardeners will be getting ready for the arrival of spring. Our resident gardener Minette gives some thoughts on getting the garden ready to grow this season. And we were delighted to hear from Multiple Sclerosis South Canterbury this issue as they prepare for their fabulous Spring Garden Walk Fundraiser – full of inspirational gardens. You can read more about this wonderful day out on page 12.

Our district is filled with wonderful local businesses and many of them are family owned and run. I am not sure if it would be a delight or a disaster to work with family everyday – but for the family businesses we spoke to this issue there certainly seem to be a lot of positives, even if the work/life boundaries do blur sometimes. Find out more about some of these interesting people and their businesses starting on page 10.

We also got to chat with the team over at NB Architects this issue and find out about some of the remarkable buildings they have designed – from the Heaton Street Medical Centre to some beautiful private residences. (page 6).

Elsewhere in the magazine we have all our favourites – fashion, health, ingredients and motoring. Find out what got one local woman interested in the vintage fashion circuit (page 4), how to make a delicious South African dish (page 9) and find out what made one of our writers take part in the Mongol Derby when she had barely ridden a horse (page 18).

We have loved putting this issue together and bringing you news and stories of local business, people and projects. So sit back and take some time out to browse our pages – you might just find something that inspires!

Until next month!
The Essence South Canterbury Team

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Front Cover: The Ringmakers is a well-established Timaru name when it comes to jewellery, and has had family at its core since opening in 1985. Read more about our amazing local 'families in business' on page 10. Photo: Elegance Photography



Fashion | page 14

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Kirsty in her 'red wiggle dress' winning the Miss Retro Classic at Muscle Car Madness earlier this year.

Rocking the Vintage Look

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

When Kirsty Burnett was first asked to MC at the Rock & Hop back in 2018, she wasn't sure what to wear. "I just didn't feel anything I had was appropriate," says Kirsty. "But some of the ladies that had been pageanting helped me."

It was the start of a love affair with vintage dress and the strong sense of community that goes with it. And since then Kirsty has taken part in plenty of 'walk up pageants' - often found at classic car shows and no prior registration needed she explains.

The other pageant entrants and the community around vintage dress are a big part of the positive vibe says Kirsty. "People are so incredibly supportive and so happy to share knowledge. I have learnt how to do the make up, hair styling, what shoes to pair with things, what vintage brands to look out for. All that kind of thing, people are so generous."

But it was still a total surprise for her to be placed first in the Miss Retro Classic at the huge Muscle Car Madness show in North Canterbury earlier this year. She had chosen a red, 'wiggle' dress that she had paired with red and leopard print accessories but wasn't feeling confident about her choice of dress and even considered changing her outfit the morning of the competition.

But she didn't and the judges loved her classic and simple look. So how did it feel to win? "Amazing," says Kirsty instantly. "It was so exciting to have a win."

And now she has stepped it up a notch with her entry in the prestigious Miss Vintage Australasia 2023 later this year. She is one of ten finalists that have been chosen to compete in the event which is part of the Vintage Fest 2023 to be held in Lincoln in September this year. This pageant requires finalists to have three different outfits in three sections - day wear, summer wear and formal wear.

It requires a lot of thought and preparation and Kirsty admits that she was really anxious about coming up with three different outfits. However, when the organisers asked her to choose three different pieces of music to accompany her appearance, that really helped. "It all came together in an a-ha moment," says Kirsty. "The outfits and the personal stories all just gelled."

And whilst Kirsty won't divulge too much about her outfits for the big day, she is happy to tell us she has one outfit that is a tribute to her Nana who lives with dementia. "I really am looking forward to that story being shared with the audience," she says.



Kirsty in her very first Rock n Hop pageant

Waimate Winter Festival

Waimate Winter Festival was epic. There were lots of fun for the whole community to enjoy from workshops, events, exhibitions, activities to a line dancing to Kaylee Bell's 'Boots n All' at the street party on the Saturday night. Everyone had a great 9 days of fun.



Matariki Market

The 3rd Matariki Market was a huge success with the Timaru Artisan Farmers Market with over 80 stalls to choose from. Entertainment was at three stations - Strathallan Corner, Canon-Stafford Streets intersection and near Kidstuff Timaru. This included kapa haka performers, buskers, an activity and storytelling area by Arowhenua Rūnanga, lighting stations and much more.

Photos: Timaru CBD Group



Daffodil Day breakfast

The annual Daffodil Day breakfast was held at Columbus Coffee Timaru on the 8th & 9th of August. One ticket included your choice of a meal from the special menu and a regular hot drink with \$8 from each breakfast going to the Cancer Society. It was well attended by businesses as well as groups of friends catching up.

"Cancer doesn't stop, and with your help we won't either".



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New chapter for 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 2025, 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.

NB Architects

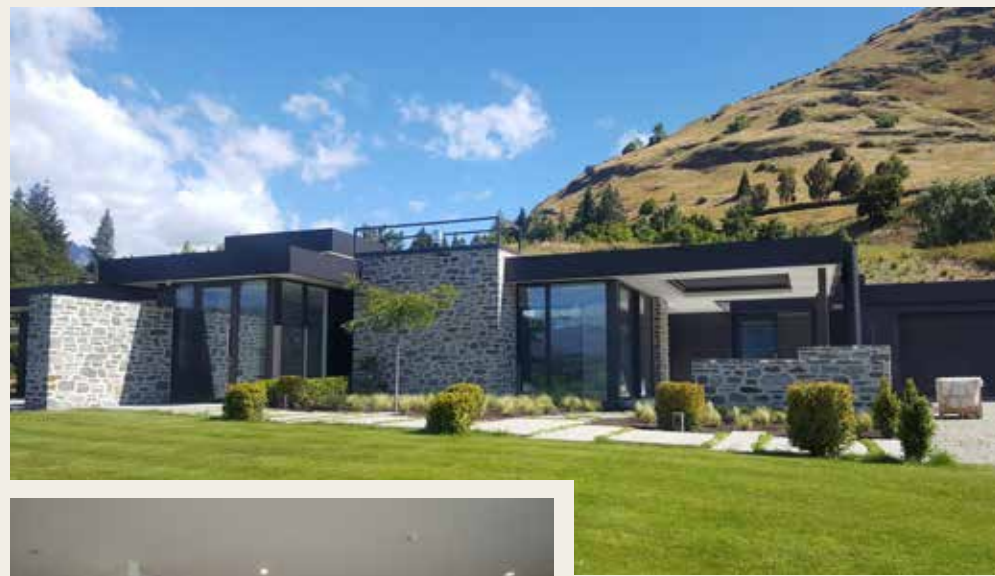
Creating Future Landmarks

This month we caught up with the team at NB Architects to find out a bit about the many projects they have worked on in the area. A well-established and innovative architectural practice, they are passionate about design and functionality.

Headed up by Principal Architect Leon Browning and Managing Director Joshua Newlove, the team have worked on a wide range of residential and commercial projects from compact

holiday accommodation to international hotels, iconic local eateries to educational facilities. Whatever the size of the project they love turning client ideas and ambitions into innovative, high-quality landmarks that work for the people using the space and stand the test of time.

With offices in Timaru and Wellington and a well-trusted network of contractors and consultants all over New Zealand, NB Architects are ideally placed to deliver projects of the highest standard all around the country.



New Build Home, Queenstown
Design for a family home with stunning views of the Shotover and Coronet Peak. This house, completed earlier this year, combines an exterior design sympathetic to its location with a stunning open plan living, dining and kitchen area that open out to the views beyond. This home was crafted for its rural environment and spectacular views.

Residential Projects

The NB Architects team have worked on over 1500 residential projects all over New Zealand. These include full-scale family homes to more compact holiday options, new builds to sympathetic renovations of heritage homes.

The team strive to achieve homes that are sympathetic to their location and history as well as interpreting client visions into reality in a functional yet beautiful way.

New Build Home, Timaru (Guinness Street)

NB Architects worked closely with the client to create this 4-bedroom modern home with very specific design requirements. Dark stained cedar weatherboards, white offset patterned brickwork and standing seam metal roofing provide a contemporary feel. Whilst gable end, full height windows and extensive glazing open out on to large north and west facing decks. A small courtyard provides separation between the master bedroom pavilion from the main house. And the material palette is continued in the landscaping walls and outdoor entertaining area to harmoniously ground the house into the site.



New Build, Temuka (Grange Settlement)

The brief was to have a unique and interesting family home on a large site with a slope down to Taumatakahu Stream at the rear. NB Architects created open plan living spaces with a 3.6m raking ceiling giving a sense of grandeur along with a separate lounge room and a versatile covered outdoor area. A master bedroom at one end of the house and children's rooms at the other allow the family to have their own space and yet come together in the middle.

The cedar feature cladding alongside black vertical cladding creates a striking exterior.



Commercial Projects

Barker's Foodstore & Eatery and The Vicarage – Geraldine

These iconic Geraldine landmarks are a great example of the myriad talents of NB Architects. They created a concept and design development for the Barker's Foodstore & Eatery from the base up. This was a brand new building. In contrast the design and development of The Vicarage, a luxury accommodation in a heritage home, required an approach that blended old and new with a sympathetic design.

The Terrace Offices – Timaru

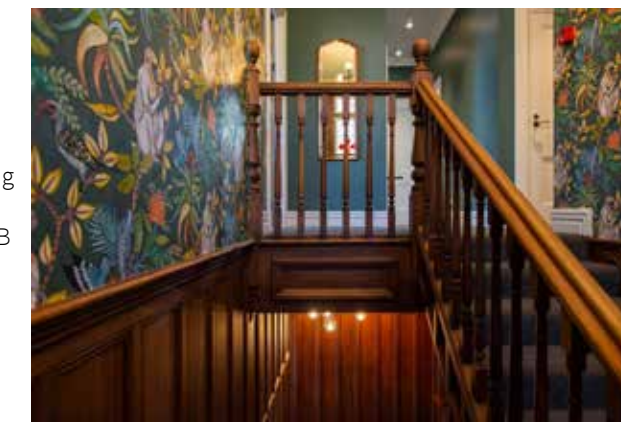
This two-storey 900sq metre office development is set on a site of historic importance within a mixed residential and commercial landscape. NB Architects created the concept and design development and were involved through all stages right down to contractor liaison throughout the project. They incorporated design features that honour the historical significance of the site as well as providing personality to the building and maintaining harmony with the neighbouring properties.

Heaton Street Timaru Medical Centre, Timaru

The Heaton Street Medical Centre is a direct response to growing demand for health services in the district. This 2-storey commercial development centralises 2 separate medical centres, a pharmacy and related health professional office space into one central location - creating a 'one stop shop' for medical services. Emergency triage and isolation facilities complement the services offered. NB Architects created the concept and design development for the project and took charge of client and consultant coordination, preparation of tender, contract and construction documentation, observation of the site and contract administration of the project.

KPMG & Gresson Dorman, Southern Health Link, Compass Business Partners, Timaru Dental Care, APF Fitouts

NB Architects have worked on many high-end and prestigious commercial fit-outs both locally and nationally. One of these was the full interior fit-out of the new KPMG Timaru office and to create a safe and modern workspace for the KPMG team. The space includes offices, staff facilities and public areas - including a professional and welcoming reception area and meeting rooms for clients. NB Architects were responsible for concept and design development and took charge of client and consultant coordination, preparation of tender, contract and construction documentation, observation of the site and contract administration of the project. The finished product was a reflection of the close teamwork and shared vision of the client, NB Architects, and contractors.

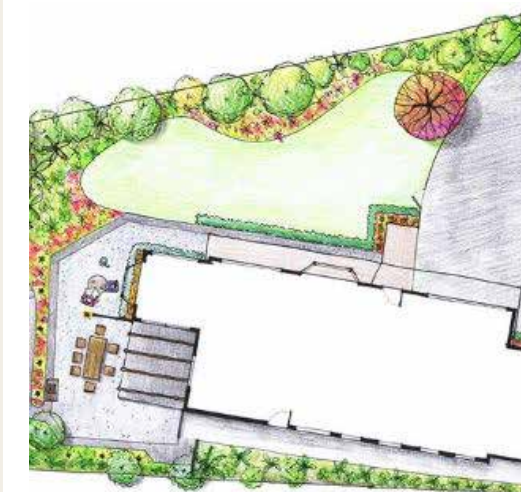


A Dedicated Landscape Architect

Good architecture isn't just about the building, it's also about the space outside. That's where Landscape Architect, Kirsten Wilson, plays a vital part in the NB Architects team.

After all, your outdoor areas can be thought of as the largest room of your property. The visitor entry and carpark of your business; the playground at an early learning centre; the driveway or garden of your new build or home renovation; a community centre or sports pavilion, even a public streetscape - good landscape design can really elevate a property to the next level.

Landscape architect Kirsten has a strong interest in the environment and community. She was one of the designers of the Pallet Pavilion in Christchurch 2011 - 2013. A temporary open-air venue made out of shipping pallets and furnished with plants. Kirsten's spiral design for a construction competition for charity won the structural ingenuity and integrity awards as judged by Sir Miles Warren in 2013.



Did you know?

- NB Architects has the largest locally based architectural team in South Canterbury, which means we are perfectly placed to take on a variety of projects big and small.
- NB Architects are members of NZIA, ADNZ & NZGBC.
- NB Architects were one of just 5 shortlisted respondents for the Aigantighe Art Gallery Design Competition.



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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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Bobotie

South African dish

WORDS: MARIËT PIENAAR

Pronounced ba-boo-tea, this much-loved South African dish is a delicious mixture of curried meat and fruit with a creamy golden topping

SERVES: 6

Ingredients

- 3 onions (finely chopped)
- 3 cloves garlic (finely chopped)
- 50ml medium strength curry powder
- 12.5ml ground turmeric
- 1 kg beef mince
- 15ml salt
- 1 tsp black pepper
- 1 cup apricot jam
- ½ cup raisins
- ½ cup almond flakes
- 25ml vinegar (or lemon juice)
- 5 bay leaves
- 3 eggs
- 1 cup milk

To serve

- rice (for yellow rice add 5ml turmeric to rice water while cooking)
- chutney



Method

Heat the oil in large pot or frying pan on medium fry the onions and garlic until the onions are soft but not brown.

Add the curry powder and turmeric, then fry for a minute, it will look quite dry, but don't let the mixture burn.

Add the mince and fry for about 10 minutes, stirring it to break up any lumps with a wooden spoon. The mince should change colour from red to light brown but shouldn't turn dark yet. The meat should release some juices – use these juices and your wooden spoon to loosen any sticky bits.

Add the salt and pepper, apricot jam, raisins, almond flakes, and vinegar/lemon juice. Stir well, bring to a slow simmer, and put on the lid. Simmer for about 15 minutes, stirring occasionally to make sure the mixture doesn't burn.

Pour mince into a baking dish, flatten the mixture with the back of your spoon so that it's even in the dish. Whisk the eggs and milk together in a small mixing bowl, then pour over the bobotie. Stick the bay leaves into the egg mixture.

Bake at 180degrees for about 20 to 30 minutes till the egg mixture is cooked.

Serve with rice and chutney on the side. Some people also like sliced banana, coconut or chopped tomatoes with their bobotie. Serve whichever sambals you prefer.

For a Vegetarian bobotie replace the mince with lentils.



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L-R Phil Ireton, Mitch & Kirsty Ireton, Hayley & Julian Donaldson

“We couldn’t do what we do without the incredible people we work with, they really are the core of this business.”

are busy. We couldn’t do what we do without the incredible people we work with, they really are the core of this business. It is a very challenging job and the team give their all to the families they look after, so the help and support they give each other, and the business is invaluable.

What is it like to work alongside your family members?

What are the challenges? The highlights?

We are so lucky, we all have different talents we bring to the business. By acknowledging and using our strengths and weaknesses, and with each of us having the one main goal of giving the families in our district the best possible care and support, we have a business that we are extremely proud to be a part of. Caring for grieving families is a 24/7 role, our entire team is either family, or like family so are very supportive of each other to ensure we have people available at all times and every family has everything they need to help them through.

What are your hopes for the future of this family business?

Betts has an amazing reputation for the very best in funeral care in South Canterbury. Our team are empathetic, caring, genuine and really want to help families in every way they can when they are going through the worst times in their lives. Our wish is that the business maintains this reputation and we continue to help make people’s lives a little bit easier during their tough times.

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When was the family business started?

Betts Funeral Services was established in the 1940s by Les Betts. Our family took over the business 40 years ago, in 1983.

How many generations of family have maintained the business since then?

Three generations (Howard Ireton, his son Dick Ireton and now us)

Is the business entirely staffed by family or do you employ non-family staff as well?

Our business is about half family and half non-family.

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

We have 8 in our team permanently and another 4 people who help us part time when we



Jewels in the family

The Ringmakers is a well-established Timaru name when it comes to jewellery. With a reputation for excellent craftsmanship and top-notch customer service, the business has had family at its core since opening in 1985. Here the team shares the journey with us.

When was the family business started?

The Ringmakers has been a family business since founder Graeme Castle and wife Chris opened the store in 1985. With their husband and wife team at its core, the business grew, and along with non family members, also employed at various stages Graeme and Chris’s daughter, Nydia, and Graeme’s sister, Jennie. When Brent White, who has been at The Ringmakers since leaving school in 1993, took the reins in 2016, he and wife Aimee decided to keep the tried and true husband and wife management structure in place. Their daughter, Olivia, now has a part time role doing a little bit of after-school and weekend work and their son, George, is honing his negotiation skills, attempting to barter labour such as putting stickers onto packaging and maintaining the advertising scrapbooks for scooter parts and accessories.

Is the business entirely staffed by family or do you employ non-family staff as well?

The Ringmakers staff comprises six full-time staff plus one part-timer, and the team is also very lucky to regularly welcome Graeme back to the bench whenever his busy retirement allows. Although there are more non-family members than family members on staff, Brent and Aimee consider themselves incredibly fortunate to have a super close-knit team who feel like family, sharing life’s ups and downs, milestones and challenges, and a lot of laughs.

“Being in a small business environment where everyone pitches in and works together to create the best outcomes fosters a closeness that is invaluable.”

What is it like to work alongside your family members?

What are the challenges? The highlights?

Working alongside family members is great as in a lot of ways it is super efficient: you can communicate intuitively and tend to have a good instinctive feel for each other’s preferences where decisions have to be made. Having shared goals and a shared vision in your personal life also translates easily into the business space. The blurring of the lines between work and home can be more of a challenge – where you would never phone a colleague at 1.30am to ask them if they have completed a task or what their opinion is about a potential new product, the odd well-placed elbow has been known to be used in the White household to start a work-related conversation in the early hours!

270 Stafford St, Timaru | 03 6881662 | www.theringmakers.co.nz



Felipe Silva Valdes Silva Studio Ltd.

Timaru-based architectural design business Silva Studio is headed up architectural designer Felipe Silva Valdes. The team bring their professionalism, expertise and understanding to all manner of architectural design projects from commercial to residential, large to small, bespoke full designs to renovations.

What does your business offer?

We provide architectural design services for both residential and commercial sectors, alterations, additions, new builds and or fit outs. We are also able to provide interior design services and project administration.

What have been some of the highlights of your businesses journey?

Creating a professional relationship with other business within the district and being able to meet new people as we guide/support them during their build journey. Our latest highlight was being able to help a client resolve design issues where their dwelling was documented 1.5m too high thus encroached its building height restriction, we had to design and provide a solution within a short timeframe, were able to provide a solution which worked for all parties and the builder has recently received an award for this awesome property.

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

We currently employ three other staff members, a Junior Architectural Designer/Interior Designer, a Senior Drafting Technician and an Office Administrator. My team are very supportive and are always there as needed. I am very thankful and proud to have them by my side on a day to day basis.

How do you try to support the local business community in your day-to-day dealings?

I am always interested and willing to give back to the community wherever possible, at present we are helping a couple of community groups where they are wanting to complete community development work with limited budget, however we are always happy to offer our services if it is helping the wider community.

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Dianne & Amanda Skin Deep

When was the family business started?

Mother Dianne and daughter Amanda took over the well established business Skin Deep in 2021. Prior to this purchase, Amanda honed her skills and managed beauty salons and day spas in Perth, Western Australia. Amanda and her family returned to New Zealand in 2009, drawn by the call of family and lifestyle. She rejoined the Beauty

Industry as a part-timer at Skin Deep in 2015; her enthusiasm and passion for the field quickly earned her the role of Manager there in 2017. In 2021, Di and her husband Les were seeking an investment opportunity and took over the business - Skin Deep - at the perfect time. What better way to invest than with family.

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

The team is composed of five talented women, including part-time and full-time members. Starting back as a part timer herself - Amanda understands the importance of flexibility to ensure an accommodating working lifestyle. Amanda believes that each team member brings unique talents and skills, enabling them to provide a variety of services to her valued customers. Plus, Katie from Transform Clinic in Christchurch visits twice a month for cosmetic injectable treatments.

What is it like to work alongside your family members? What are the challenges? The highlights?

As a close-knit family, we are there for each other when there’s heavy lifting to be done. Moving to our new location has truly shown the strength of this support. We are extremely fortunate to have a highly skilled builder and electrician in our family, whose expertise was invaluable during this period. As for everyone else, we collaborated to dismantle, reassemble, furnish, and add the finishing touches to create “Skin Deep” - a welcoming and serene sanctuary for our clients.

What are your hopes for the future of this family business?

We have thoroughly enjoyed collaborating and valuing each other’s unique skills and commitment to the business’s success, and this we can build on into the future. The decision of whether the children choose to join us is entirely up to them, and we will fully support their choices.

50 Church Street, Timaru | 03 684 8871 | skin-deep.co.nz



Karen & Sophie Chambers Guthrie Bowron / Chambers Design

When was the family business started?

Karen and Sophie Chambers are passionate about interior design and offer advice, guidance and a wonderful range of quality products for all interior design projects from their inspiring and creative Timaru store.

When was the family business started?

With a shared passion for design, Karen and Sophie Chambers had been working collaboratively in their home studio until 2017. As the business flourished, they were extended the chance to become part of Guthrie Bowron, one of New Zealand’s most trusted franchises, initiated by Henry Guthrie and George Bowron in 1896.

Becoming part of this franchise allowed growth and possibility for the design duo, including access to Guthrie Bowron’s exclusive imported brands and knowledge shared between 46 stores nation-wide.

Is the business entirely staffed by family or do you employ non-family staff as well?

Along with family members Karen and Sophie, Guthrie Bowron/Chambers Design employs seven staff from designers, paint and wallpaper specialists, right through to our own installer. The company’s Bespoke sewing room called The Sewing Chamber, is staffed by four highly talented sewing machinists. “How lucky are we to be able to create our own curtains, blinds, cushions, bedding and upholstery made on site in our dedicated work room right here in South Canterbury - Keeping it Local!”

What is it like to work alongside your family members? What are the challenges? The highlights?

The partnership between Karen and Sophie offers a multitude of advantages, including collaborative idea-sharing and creativity. This is especially evident when they participate in events like London Design Week.

They are not only inspired by the shows themselves; the hotels, restaurants, and other design-focused experiences ignite fresh ideas to share with clients who join in the excitement of pushing design boundaries in their homes and commercial spaces.

56 Bank Street, Timaru | 03 688 1068
www.guthriebowron.co.nz



Pete & Steph Wakelin Fairlie Four Square

With a wonderful, hard-working team Fairlie Four Square, headed up by Pete and Steph Wakelin, offer all the everyday essentials. They are passionate about bringing quality food and fresh ingredients to the local community.

When was the family business started?

We started our 1st business nearly 8 years ago as owners of Raeward Fresh Marshland Rd Christchurch. Then 5 ½ years ago we had the opportunity to buy Fairlie Four Square.

Is the business entirely staffed by family or do you employ non-family staff as well?

The business is staffed by mainly local people. Although we do employ our 2 teenage sons who work during the school holidays and Saturdays.

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

We have 18 staff. Our team means everything to us, and we are so lucky to have so many team players. One of the biggest challenges can be finding staff when you live in a small rural area. And let’s face it, not everyone wants to work in a supermarket. We have an eclectic mix of people who come from all quite different backgrounds. I do know Pete would like to have an extra 1 or 2 males to work with, as we are predominately an all female work place.

Over the last 3 years with Covid restrictions, our team have worked incredibly hard, and at times have experienced some real challenges with customers. But they have done themselves proud.

So the next time you’re in the Mackenzie District, pop in to Fairlie Four Square, have a browse around the shop. You just never know what you might find.

Main Street Fairlie | 03 685 8081





Multiple Sclerosis South Canterbury is again showcasing some of the finest local gardens to fundraise for a very worthwhile cause. This will be a fantastic day out at the beginning of Spring, and this year there will be eight beautiful gardens to see. Don't be alarmed about the number of gardens, thinking you will never get around them all because 6 of them are within a stone's throw of each other, all unique in their own way, you can park your car and walk to all 6 of them.

Multiple Sclerosis Spring Garden Walk Fundraiser

Saturday 7th October 10am-4pm, \$25 a ticket.

Gaynor Shearer's Garden has never been open to the public before and sits high on the beginning of Benvenue Avenue - a beautiful garden with a wonderful background view. Gaynor works hard keeping everything looking pristine.

Celia Henderson's Garden is currently a work in progress as she made the huge decision to chop it all back and start renewing lots of it. To me it is full of little gardens that all have different plantings and hidden treasures. Even though it is still in the process of change, it is well worth visiting.

Lois and Colin Beattie have a garden that will delight even the non-gardeners. The planting is full of mature trees, beautiful Hellebores, daffodils, trilliums along with many other exciting plants. Lois and Colin love gardening and it shows in the way it is presented.

Shirley & Michael Ussher have a wonderful garden which in my eyes is classical, or maybe structured but fabulous to view. They have a beautiful arbor which when I last saw it, it was covered in roses and just gorgeous.

Veronica Macdonald's garden is just up the road from the others. A delightful small garden that will leave you amazed at what you can fit into a small garden without it looking cluttered.

Christine Mathieson & Alan Linton's garden is a must view and again has never been open to the public. I was pleasantly surprised viewing this garden, it is nourished with tender loving care.

Mary-Jean Wood's garden is situated on a beautiful blossom lined street. What you see from the street is just so different to the back, where there is a deck and garden filled with colour. Mary-Jean will also open her "She Shed" full of Shabby Chic treasures for you to look at.

Margaret & John Macaulay's is delightful from the time you enter their driveway. It is full of mature trees, little pathways to hidden gardens, bright colourful plants and numerous treasures.

Refreshment will be provided here by Altrusa Timaru between 10am and 3-30pm, along with a variety of specialty stalls including art works, handmade jewellery, pottery and, of course, the Multiple Sclerosis Plant stall - where you can stock up with plants after seeing the inspirational gardens.

A wonderful day out for a great cause. Tickets are just \$25.00 each and will be available from Stompz, The Shoe Shop, Temuka Pottery and Community House.

You can also phone Rose 027 611 9692 to pay online.

All tickets are numbered and will go into a draw for 1 of 17 prizes. Two of the prizes will be major prizes donated by Hyundai SC and Ballantynes Timaru.

Multiple Sclerosis has over 200 clients plus their families and whanau in South Canterbury. 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.



WORDS: MINETTE TONOLI

The daffodils are up, the new season's seed catalogues are out, seed potatoes are selling fast, and garden centres are slowly filling up with more than just the perfunctory winter flowers and vegetables. All sure signs that our main growing season is upon us and while can still be bitterly cold in August and September, now is the time to get a jump-start on your main season productive growing.

What to grow

Almost all veggies, herbs, fruit, and flowers can be started at this time of year but remember to grow frost-sensitive plants under cover and keep them protected after planting out in the garden (generally between Labour Weekend and Christchurch Show Day).

The South Canterbury region is large, with quite a few different climate zones scattered about - even the microclimate in your own garden can make a difference, so be sure to check with local seasoned gardeners, gardening books, seed or seedling labels for information specific to your exact growing conditions.

Warning: Don't be tempted by warm-season plants on offer at garden centres far earlier than they should be!

Gardening is Growing

At the start of each new growing season, I'm astounded by the number of newbie gardeners, and particularly young people making gardening their passionate hobby or vocation. Gardening allows for a perfect blend of old-time knowledge and new-fangled ideas.

Sustainability is Key

One principle that gardeners of all ages are embracing, is that of sustainability.

Much simplified, sustainability can be defined as living/gardening in such a way that your present needs are met without compromising the ability of future generations to meet theirs.

Gardening sustainably means you protect, restore and enhance your natural landscape to benefit the continued existence of the whole ecosystem - humans, plants and other critters.

~ Loosely based on the USA Sustainable Sites Initiative using the United Nations Brundtland Report's definition of sustainable development as a model.

Easy sustainable practices for your garden:

1. Use what you have: make your own compost from kitchen and garden waste or craft plant ties from old t-shirts and stockings.
2. Support local: buying plants from local growers means you get a plant that is suited to your growing area, have less plant-miles associated with it, and you stimulate your immediate local economy and support your community.
3. Be water wise: catch, conserve and use water wisely on site, i.e., don't water at mid-day; mulch; choose water wise plants.
4. Avoid non-degradable items: use cardboard, newspaper or wool mat as weed suppressors; coir pots instead of plastic pots; metal or wood tags instead of plastic name tags.
5. Encourage biodiversity: plant flowers and herbs to increase populations of beneficial insects and other garden critters, this has a positive outcome for your soil and your crops.
6. Avoid all use of synthetic fertilizers, herbicides and pesticides, there is a natural and sustainable option for almost every gardening problem or need.



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.

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Kaitiaki o Ara SADD Hui

South Canterbury Road Safety hosted the annual Kaitiaki o Ara SADD Hui on the 26th July at the Timaru District Council chambers, with several schools from across the region attending.

The day started off with a welcome and an encouraging message by Deputy Mayor Scott Shannon. The next session was very interactive with Suzy Ratahi (Land Transport Manager, Timaru District Council).

Students were able to answer questions on their phones which was displayed on the big screens. Aoraki Area Commander Vicki Walker and the team from New Zealand Police came and spoke to the students on drink driving. The students also got to have a go at wearing the impairment goggles which was a lot of fun. Mitch Simpson spoke to the students about how his life has changed since being in a drink driving accident and being paralysed from the

chest down. A phenomenal story about how some choices we make can have a huge impact on your future.

Mark from Kaitiaki o Ara SADD (Students Against Dangerous Driving) gave some helpful tips to the students on different events they can run in their school to help spread the road safety message. Justin Hardacre and Laura Morton from Hilton Haulage spoke to the students about what the business does to help keep all their staff safe when driving on the roads. The crew from Fire and Emergency brought one of the trucks in to show the students some of the equipment they use at emergencies. It was great to have so many key partners at the day to support the students. A big thank you to them for taking the time out of their day to attend our SADD Hui.

Daniel Naude 027 438 6285 | Lucy Mehrtens 027 288 2583



TGHS testing out the impairment goggles



Team Photo



Fire and Emergency demonstration



Waimate High School students with Mark from SADD



ASK AN Expert



Wayne Frewen
Manager – Bayleys Real Estate, South Canterbury

Wayne Frewen is the manager of the South Canterbury Bayleys team. Bayleys are New Zealand's largest full service real estate company and are experts in residential, rural, and commercial real estate services. Our local team cover the South Canterbury and Mackenzie regions.

What is a multi-offer process?

There will be occasions where property sales receive multiple offers. These situations can become complicated and stressful. There are some important things to know as a buyer in a multi-offer situation.

The real estate agency should have a written policy which explains their process for handling a multi-offer process and you should get a copy of this.

It is only a multi-offer when there are two or more written offers. If you submit an offer and then someone else also submits an offer you should be advised that you are in a multi-offer situation and you should be given the chance to review your offer. In a multi-offer situation, you should submit your best offer. Also, if the other buyer or buyers withdraw their offers and yours is the only one, then you should be advised of this and you should be able to review your offer.

The seller can choose who to work with or decline all offers. The agent must treat all buyers fairly with no favouritism shown, although the agent can advise the seller information about how each offer might benefit or disadvantage the seller.

Making an early offer when a property first comes on the market does not necessarily avoid a multi-offer situation. Agents generally are working for the vendor and their job is to maximise the price for their client. It is common for agents, when they receive an offer, to hold onto the offer at request of the vendor and check with other interested buyers to see if they would also like to make an offer – making a multi-offer situation. It is important to note here that agents cannot disclose details of any offer received to any other buyers.

If you are concerned, confused or have questions about multi-offer situations you should discuss with the manager of the agency or with your lawyer so that you can navigate the process smoothly and hopefully buy your next home, section, farm or investment.



Unit 7, The Landings, Theodosia Street Timaru
P: 03 687 1227 | M: 021 141 1723
bayleys.co.nz/Timaru

Presbyterian Support walking the journey with you

Acknowledging that everyone's journey is unique to them we constantly adapt our services to meet a person's individual needs – we're here to walk the journey with you and guide you as needed.

The services we offer include support groups, social groups, dementia specific education and navigational support, one-on-one support and community awareness and education to increase awareness on a condition that affects so many. We work in partnership with other local organisations to ensure we provide wrap around support to the person and their family/whanau based on their needs and preferences and to support the person's total wellbeing.

- Rosie Chambers from Alzheimers South Canterbury

Enliven Community FIRST Dementia Support Service

Enliven Community FIRST was established in Timaru with Presbyterian Support South Canterbury (PSSC) in 2005. Over 900 people have since received assistance in their own homes, despite having moderate to high support requirements. It is a Registered Nurse (RN) driven service with each client allocated a RN Coordinator.

Enliven Dementia home-based support was added to Community FIRST in 2011 for people living with dementia. This service offers people diagnosed with dementia the opportunity to continue living in their own home, instead of moving into a Rest Home/Hospital. This unique service provides client-centred care, with our RN working in conjunction with the person and their whanau to determine the type of support package required. This may include meal and medication support, assistance with personal cares, social outings, and exercise programmes. We work with the person to encourage and improve self-care abilities by embracing the Restorative Model of Care.

We offer a flexible package of care, enabling the primary carer to complete activities away from their home with the knowledge their loved-one is safe at home.

The Enliven Community FIRST Dementia support service, in conjunction with other great local supports like Alzheimers South Canterbury, Enliven Te Pokapū (The Hub) day centre, and Saturday Club enable people with dementia to be active and live their best lives in the community.

For more information, contact Enliven Community Services 03 687 1117



Saturday Club

Day Activity Programme

'Saturday Club' is located in the picturesque Timaru Botanical Gardens at the Park Centre. The programme is designed for people living with dementia and support is provided by qualified, specialist staff.

The Saturday Club is a great place to socialise with new people and participate in activities specifically designed for people living with dementia. It offers the opportunity for the primary carer to have 'time out' and is described by Saturday Club participants as, 'a fun place to meet others, to build friendships and share old times together.' A nutritious two-course lunch is provided.

To find out more about Saturday Club, contact Caro Sexton-Phillips at Presbyterian Support on 03 687 1120 or carolyn.sexton-phillips@pssc.co.nz

Alzheimers South Canterbury

Alzheimers South Canterbury is a small community-based charity organisation providing wrap around support to those living with and/or affected by dementia mate wareware in our local community. We provide a large suite of pre and post-diagnostic and navigational supports to those living in both our urban and rural communities within our region.

Our aim is to support and empower our clients and their families/whanau on their journey with dementia mate wareware ensuring they have the support, knowledge and access to the resources and services required to navigate their journey – ensuring they can continue to 'live well' each day and remain active, engaged and respected members of their local communities.

For more information, contact Alzheimers South Canterbury 03 687 7583



Services Manager Rosie Chambers



03 687 7945 | admin@pssc.co.nz
www.pssc.org.nz

adventures in Mongolia

“For me this photo is exactly how the whole experience felt. Happiness is a fast horse and the open road.”



IMAGE: RICHARD DUNWOODY

WORDS: ROISIN MAGEE | IMAGES: RICHARD DUNWOODY, THE EQUESTRIANISTS

Ulaanbaatar, or 'UB' as Westerners call it, is the capital of Mongolia. It has the usual modern tower blocks and expensive coffee shops. The steppe is there, but you have to look for it; out to the sacred hills around the city, the occasional herder in a late night café, or the black market and stalls selling pot belly stoves and Russian cavalry boots. But peering past the grey nylon curtains of an old Soviet-era bus as we quivered and shook our way north east from Ulaanbaatar, the tarmac road ran out and the steppe began. The city was nowhere to be seen. The other passengers chatted about their plans for the race and for the first time, I started to wonder whether I had bitten off more than I could chew...

The Mongol Derby, a 1,000 kilometre horse race, recreates the messenger system established by Ghengis Khan in 1224. Riders from all over the world ride a series of semi-wild horses between horse stations dotted along the course, navigating their own route and staying with nomadic herders along the way. Each horse only does 30-40 kilometres, but the riders cover the whole 1,000 kilometres, sometimes riding more than 100 kilometres a day. I'm sure it helps if you're a great rider, but honestly – and I can say this with total confidence – you don't need to be a good rider to finish the race. This is just as well, as after the gun fired and the forty-odd riders blasted off the start line, it was immediately obvious that at least one of the pack had absolutely no idea what she was doing. That was me.

I couldn't read a GPS to save my life. I rarely knew where the racing line was. I couldn't do any more than steer my horse and, as I never knew which direction I was supposed to be heading in, that didn't help me much. I rode most of the first half of the race on my own, but none of this seemed to matter. Mongolia, land of the blue sky, was very beautiful and the weather was great. I galloped down mountainsides (that I wasn't supposed to be anywhere near). I galloped across bright green pastures (that turned out to be surprisingly deep bogs). Sometimes the horizon stretched as far as the eye could see, across endless grassy steppe; sometimes I rode through river valleys edged in by hills that turned blue at dusk. There were no fences, no tarmac roads and everywhere I went I felt welcome.

As I passed gers (round Mongolian felt tents the nomadic herders live in year-round) laughing children would appear to wave and cheer, or even race alongside me on their horses for a few kilometres, barefoot and bareheaded. Sometimes one or two herders in ankle-length dels (a traditional Mongolian overcoat) would appear on a motorbike, shouting encouragements, waving their long sleeves around and my horse would pick up its pace. Mongolian hospitality is legendary; everywhere I stopped I was greeted with hot tea, a bowl of noodle soup and sometimes biscuits or even bowls of curd, which tasted like a cross between lemon curd and white chocolate.



Lined with felt 'gers' are highly portable homes that are both waterproof and comfortable in the country's extreme weather.

About half way through the race the horse I was riding started to feel 'off' so I stopped next to a river thinking the water might cool him down. When I lifted my saddle off, however, I saw a large rub on his back. My heart sank. I had 25 kilometres of the stage to cover before I could get a fresh horse and this one was unrideable. I picked up the saddle and, leading my horse, set off on foot. A passing race vehicle took pity on me and carried my saddle forwards but I had a long, hot jog in front of me. When I reached the next station, I was the very last rider in the entire race and it felt as if I might not finish the race at all.

I pushed on as hard as I could and by the time I caught up with an Australian stockman, I was more than happy to ride on together. James and I rode through herds of wild horses and camels, past salt flats shimmering in the heat and over mountain passes. We saw flocks of vultures hunched on grassy slopes and even the occasional golden eagle, soaring overhead. The pressure was off and all we had to do was enjoy the freedom of a good horse and the open road.

On our last night, we saw a family moving herds back to their gers and stopped to ask if we could stay. They made us khuushur (fried meat pastries), we watched Japanese horse racing on their satellite TV and tried to chat using our Mongolian phrase book as the sun dropped below the river next to us. It was the best of times.

The government of Mongolia has recently declared 2023 and 2024 'Years to visit Mongolia' and from 11 January 2023, New Zealand citizens will be able to travel to Mongolia for tourism for stays of 30 days without obtaining a visa (and will be able to do so until at least the end of 2025). If you are looking for friendly hosts, beautiful landscapes and maybe even a spot of horse riding this is an opportunity not to be missed.



Inside a 'ger' a woman prepares a traditional dish using mare's milk, widely used in Mongolia.



IMAGE: RICHARD DUNWOODY

Gallop over the finish line with a new friend after 10 days and 1000 kilometres in the saddle.



A Mongolian herder in the ubiquitous rainy day uniform of green, knee-length raincoat. In the background 'the horse line' and 'gers' that are so distinctive of the Mongolian countryside.

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Fuel efficient cars

With petrol prices seemingly constantly on the rise in New Zealand, a fuel-efficient car is fast becoming essential for plenty of Kiwis.

It's a bit of a myth that smaller cars are always more fuel-efficient. Fuel economy is actually a combination of several factors, and it depends how you use your vehicle. Innovative design and technology can also play a big part in determining a car's fuel economy. The Toyota Prius Hybrid initially had a 1.5l engine, for example, but now they're fitted with a 1.8l engine, which is actually more economical than the previous model due to its improved technology.

What is fuel efficiency?

Motor vehicle traders need to display fuel economy labels on their vehicles (except for electric), provided one is available. The star rating and indicative cost per year help you to compare one car with another. Fuel consumption can vary from around 5l to well over 15l per 100km depending on make and model.

A fuel label will give you a star rating, up to 6 stars for the most fuel-efficient vehicles. It will tell you the estimated cost per year to run the car, the fuel economy in litres per 100km, and the average fuel price. You can also compare fuel efficiency on the New Zealand Transport Agency's RightCar website.

Small cars

Smaller vehicles are designed for getting about town, with one-speed CVT transmissions (continuously variable transmission). This means they are great for economical city driving, and are lightweight, so give good acceleration. However, on open roads this means these cars have to work their engines pretty hard to maintain 100kph, so have a higher fuel consumption. They're ideal for predominantly urban driving.

Hybrid cars

A hybrid car uses more than one means of propulsion, meaning it combines a petrol or diesel engine with an electric motor. Hybrid cars are extremely fuel efficient and cheaper to run compared to their petrol counterparts, which is why they're popular with city dwellers. The continual low speed, stop-start type of driving when you're running around town is where a hybrid can work well.



Explore the New Mirage

The Mitsubishi Mirage is a hatchback built for adding fun and functionality to your urban lifestyle. Zip around the city and get around with minimum fuss with a good looking, compact vehicle. For a smooth, practical, quiet and incredibly fuel-efficient driving experience, look no further than the Mitsubishi Mirage. Mirage delivers a driving experience you wouldn't expect from a compact car, in the city or the country, it's spirited, comfortable and sure-footed.

A better safer drive around town, Mirage gets up to speed surprisingly quickly. On the open road, it glides along without working hard. The smooth acceleration comes from the CVT transmission, which constantly keeps you in the right gear to deliver the power you need and good efficiency. For added braking and control downhill, put the gear lever into the B setting. Speaking of hills, you'll never roll back at the lights again thanks to HSA (Hill Start Assist), which holds the brake for 2 seconds while you move your foot to the accelerator. The 1.2 Litre 3-cylinder engine provides ample power and returns economy of just 5.0 Litres per 100km. With nimble handling and the addition of new safety features, your new Mirage drives safely indeed.

One of the benefits of being compact is that you can be quicker to respond. Mirage has excellent forward visibility and pin sharp steering for when you really need it. This is further enhanced by ASC (Active Stability Control) and ATC (Active Traction Control), essential features for keeping the safest course. It's often said to keep track of kids you need

eyes in the back of your head, well now new Mirage comes equipped with a Reversing Camera that shows exactly what's behind you on the 7 inch display screen. Stop it. ABS brakes come standard on Mirage along with other proven safer braking enhancements. In addition, two new safety features in Mirage are FCM (Forward Collision Mitigation) and LDW (Lane Departure Warning). Both of these new safety features complement the others to make your drive the safest it's been. The body is a rigid shell that absorbs energy on impact and contributes to the strength and agile handling of the car. In the cabin there are driver and passenger airbags in the front as well as side and curtain airbags on both sides. ISOFIX points are located in the rear seats to safely anchor approved child-seats to keep the kids safe. All this adds up to the safest Mirage we've ever made.



Getting more out of your horse

Confused? Don't be. Unless you haven't paid attention, we moved away from using horses and carts as our primary transportation mode. But, with internal combustion engines, we still talk about horsepower when referring to the engine's power. Even with electric motors, some still talk about ½ horsepower.

If you wanted your horse to serve you well, you would look appropriately after it. You fed it properly and ensured it was healthy and its hooves were in good condition. You would ride it moderately; thus, you would get it to go farther without rest.

With this background in mind, the same goes for driving a petrol, diesel, or electric vehicle. Maintaining it well will give you good service, but if you ignore its care and maintenance, expect trouble.

There are three cost factors, fuel consumption, repair, and wear and tear, like tyres, brake pads, etc.

Keeping your vehicle clean will reduce fuel consumption because the airflow over the body is less restricted. Properly adjusted and inflated tyres last longer and reduce fuel consumption too. Lastly, driving less aggressively will increase fuel/battery range and extend the need to replace tyres and brake pads. This all reduces carbon emissions significantly.

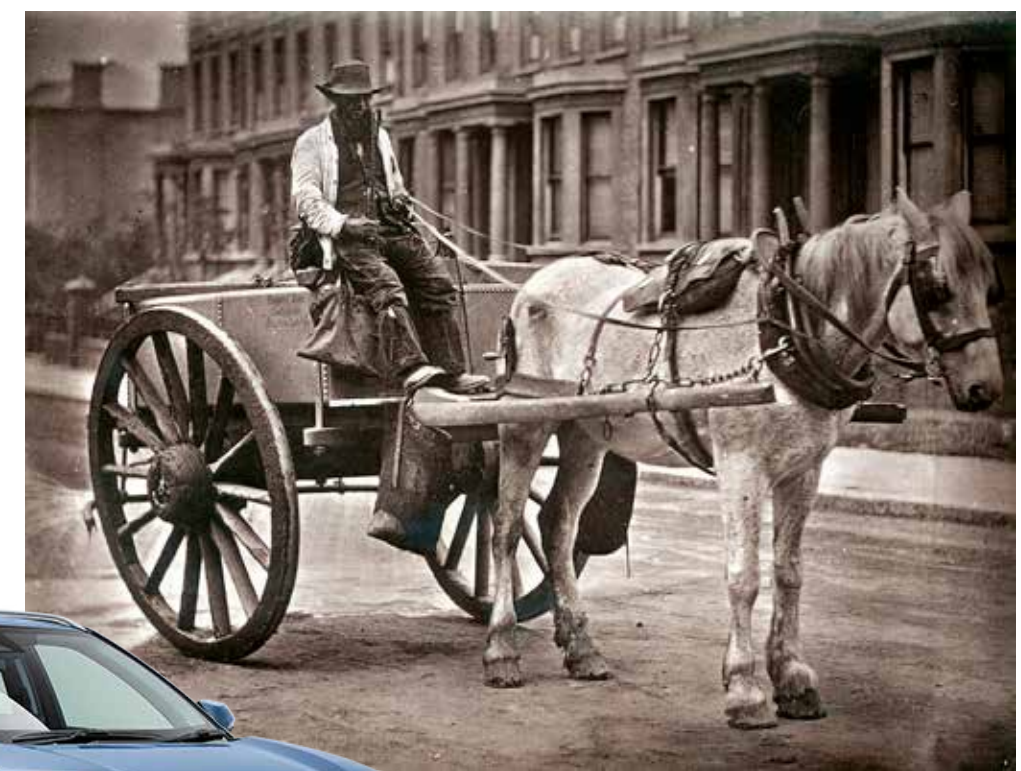
What does it mean to drive less aggressively? Smooth acceleration, braking and turning. Plan your drive so you need to stop less. Stopping and pulling away use the most energy. You still need to stop at stop signs and red lights, but proper route planning may avoid intersections with these controls.

Look at least twelve seconds ahead while you drive. This way, you will see potential risky situations to avoid and minimise the need to stop. In traffic, keep a reasonable distance from the vehicle ahead of you so you can creep slowly forward without braking.

Lastly, driving just below the speed limit, like 95km/h in a 100k area or 45km/h in a 50k area, will drastically improve the range of the vehicle. It would be most pleasing if you also experienced that there is no need to pass trucks. For every ONE-kilometre reduction in the MEAN speed, we see a FOUR per cent reduction in SERIOUS injury crashes.

Try this out. Drive as we explained in the previous paragraph, and take note of drivers passing you at speed, only to catch up with them at the next town. It's time we all stop chasing our tails.

WORDS: DANIEL NAUDE - ROAD SAFETY COORDINATOR



How much of your tyre is in contact with the road in 1mm of water

Tyre tread depth	Speed of travel		
	50km/h	70km/h	90km/h
New tyre (8mm)			
Worn tyre (50%)			
Worn tyre minimum (1.5mm)			



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The clean car scheme

Moving in the right direction

The world is changing and we are on the road to a more sustainable future in New Zealand. The Clean Car Programme is one of the Government's transport initiatives to help reduce climate change and lower CO₂ emissions to net zero by 2050.

The Clean Car Programme is made up of the following:

Clean Car Discount (CCD) – When you buy a zero or low emission vehicle under 80 g/CO₂, you can claim a rebate. If the vehicle emits emissions above 150g/CO₂, you will incur a fee, while those vehicles in between remain neutral with no fee or rebate applied.

Clean Car Standard (CCS) – Aimed at vehicle importers and distributors, every car brought into New Zealand is assigned a credit or penalty based on its emissions and vehicle weight. A small, light vehicle has a much tougher CO₂ emission target to achieve than a heavier vehicle.

Taking the next step with Suzuki

Buying a car is a big investment, and with a starting price of around \$50,000, a new PHEV or EV is out of reach for many of us.

However, you can still make a difference. By choosing Suzuki, you not only get innovative lightweight design, advanced engine technology and self-charging hybrid options, you can reduce your carbon footprint without breaking the bank. Delivering loads of value without compromising performance, Suzuki cars, SUVs and hybrids are affordable, economical and safe – and sooooo much fun to drive.



The Clean Car Programme is there to encourage us to consider the car we drive. Downsizing your vehicle or considering efficient petrol or hybrid vehicles can not only help you save on running costs but also reduce your vehicle emissions.

How to claim a Clean Car rebate or pay the fee

If you are buying a new car that has a Clean Car Discount fee, you will need to arrange for it to be paid at the time of registration. The dealership you are working with will be able to provide further information.

For consistency, the Government has converted all of the car manufacturer's fuel economy and CO₂ emission figures to the Worldwide Harmonised Light Vehicle Test Procedure (3P-WLTP) emissions testing regime. The Clean Car rebate or fee is then calculated using these figures.



The higher the CO₂ g/km rating the greater the fee you will have to pay - up to \$6,900 for a new car. The lower the CO₂ g/km rating the greater the rebate you can claim back - up to \$7,015 for new car. With a vehicle over 100 CO₂ g/km and under 150 CO₂ g/km, there is no fee or rebate.

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NO DEPOSIT FINANCE \$182.87/week is based on Vitara JX Hybrid 2WD Manual, \$39,990 plus ORC, total amount payable \$47,729.07; \$185.56/week based on Vitara JLX Hybrid 2WD Auto Two Tone shown, \$42,730 plus ORC, total amount payable \$51,041.16, nil deposit, 6.9% p.a. fixed interest rate, 5 year term, \$10.35 PPSR fee, \$130 UDC loan fee and \$200 dealer origination fee. On-road costs are payable to the Dealer. Suzuki Finance is provided by UDC Finance Limited. Lending criteria, fees and standard terms and conditions apply. Offer available 1-31 August 2023. Excludes fleet purchases, demo vehicles and all other promotions. www.suzuki.co.nz

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