

essence

essentially...south canterbury

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Christmas
Wishes

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Resort Style Living

Feature **13**
Christmas
Shopping Guide

SHOP THE LOOK

Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.



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contents

We're delighted to bring you this last issue of 2022, it's been a lot of fun pulling together this one with a real focus on Christmas and the holidays ahead. We always love hearing stories from the people, communities and businesses in our towns and this issue has been no exception. And it has been great to feel that holiday vibe and Christmas cheer out there.

Our writer Michelle brings us an inspiring story of a new home build carried out by local company, Dimension Building. With magnificent sliding glass doors, a large outdoor fireplace and louvred area this is a home that's really set up for entertaining and that indoor/outdoor flow so many of us crave at this holiday time of year. Enjoy this great story and beautiful photos and who knows - it may inspire you to some home renovations in time for next summer.

If you're heading away for the holidays you may also want to read our gardening column from Minette - this month she is sharing some great tips on keeping the garden watered and how to keep watering easy. Of course, nothing can take the place of a helpful neighbour who will pop over once a week and turn the hose on for you.

Michelle also had a chat with the team at Medi Clinic to find out a little bit about the stresses and strains of the year for those working in the medical professional. They also tell us a little about their expanding nursing team, their approach to health and say farewell to a longstanding GP.

We would like to wish all our lovely readers and our wonderful advertisers a very Merry Christmas and a relaxed and reviving holiday season. We'll see you in 2023!

With best wishes from the South Canterbury Team.

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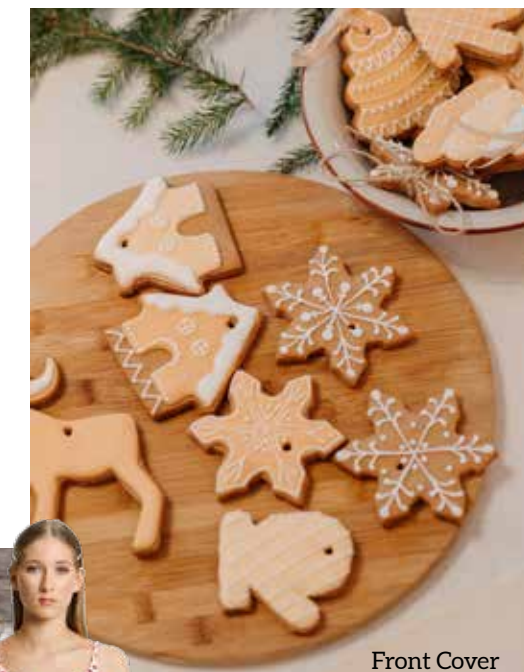
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We would like to wish everyone a Merry Christmas and Happy New Year. Thank you for your support this past year, we couldn't have done it without our fantastic clients. We value our opportunity to bring out our monthly publications and look forward to doing so in the future. May your Christmas be happy and blessed.



Front Cover



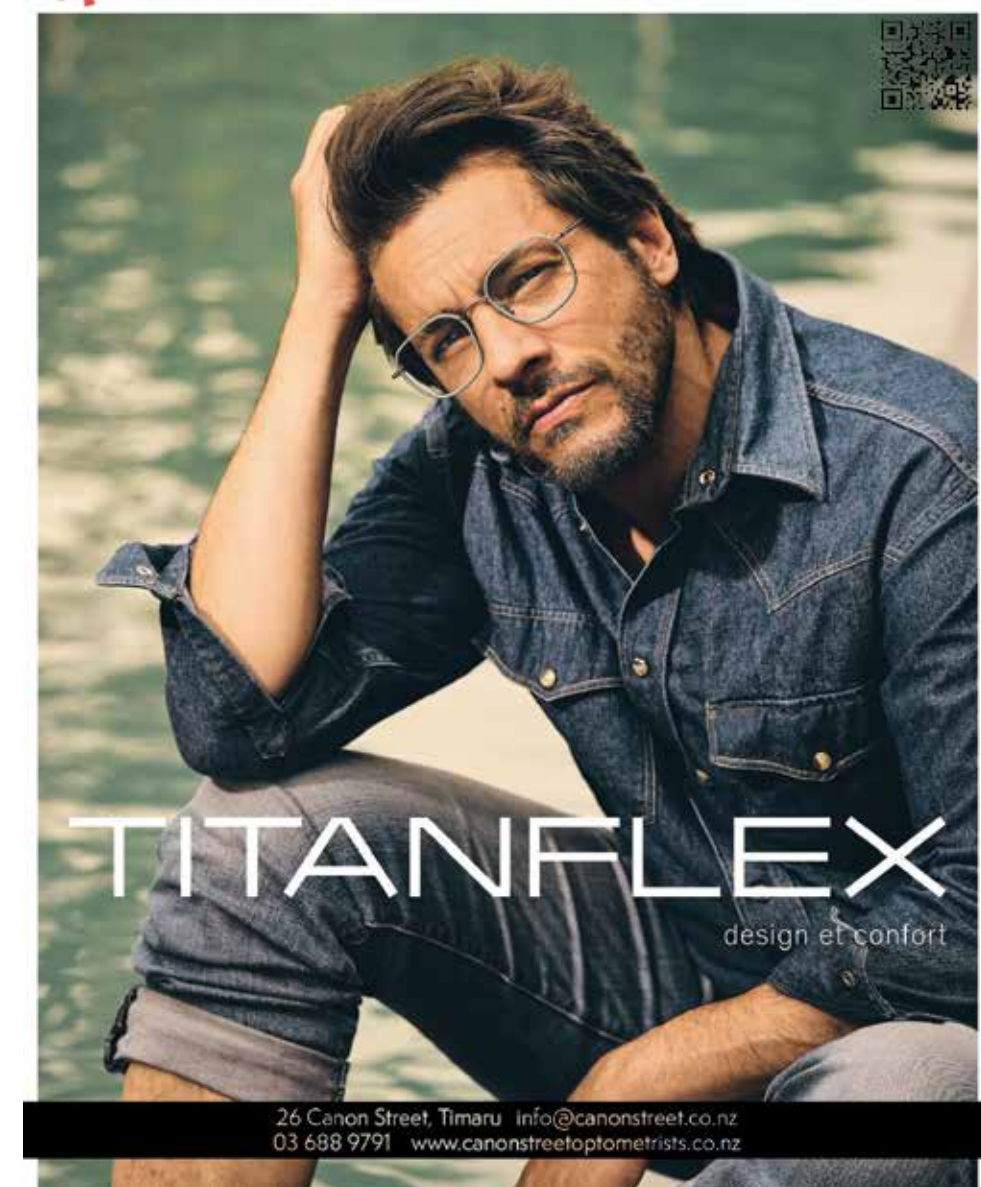
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1. Be that when driving or ignore it become that in a hospital
2. After a dry period and brief rain, the roads are very slippery. This is known as summer-...
3. Driving down a long steep hill, what must you use to keep your speed down?
4. Before you merge at the end of a double lane, you should ...
5. The pedestrian light changes from green to flashing red, but a pedestrian is still crossing. Drivers must...
6. Acronym for Students against dangerous driving
7. After turning eighty, your driver's licence is renewed every ...years
8. Traffic signals flash orange or don't work at all. Give way to traffic on your...
9. On a passing lane, keep...
10. After driving through water at a ford, apply the ... carefully to dry them out.

WORD BANK: BRAKES, GEARS, GIVEWAY, ICE, LEFT, PATIENT, RIGHT, SADD, SIGNAL, TWO

November Winners: LailaViolet@, Aadham Imam, M Bain

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Local business supports a fantastic cause

Such an amazing night! Can't believe that I was part of this incredible event organised by Breast Cancer Cure. From just a tiny store in the South Island to be showcased with top designers brands like Trelise Cooper and Tuesday Label!
 Photo Credit Annupam



Go Millie Go!

Millie managed to set the record at 3mins 18sec to get approval from Guinness World Records and will hear back soon. She had iced 100 cupcakes to specific guidelines in the shortest time. At the same time there were donation buckets going around for Leukaemia and Blood Cancer NZ and all donations were matched by Mike Pero.



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Explore local nature & history

The South Canterbury Museum is the perfect place for all ages this summer, whatever the weather. Enjoy exploring local nature and history, as well as taking part in some fun activities for kids. Located on Perth Street, downtown Timaru, the Museum is open most days of the January holidays with free admission, from 10am on weekdays at 1pm on the weekends.

From fossils to fashions, the Museum always has hundreds of fascinating things from local nature and history on display. Discover more about our region's natural heritage, Māori heritage, European settlement and social history from the last 150 years. Over summer, you can also explore a very special part of our District in the Orari Gorge: Nature's Hidden Gem exhibition, running until 26 March.

Families can enjoy completing a fun Museum Mystery quiz together or searching for the Museum's Golden Frog, who is always hiding somewhere he shouldn't be. Launching on January 4 is The 2023 Sunsational Challenge, where participants can visit a number of local facilities and sites to complete a challenge to earn a badge, win free prizes and go into the draw for the ultimate winner.

If your youngsters haven't already joined the free Museum Explorers Club, now's a good time to do so. Members get a special passport and lanyard, and begin collecting cool badges featuring Museum

exhibitions. Museum Explorers are also the first to find out about special events such as Museum in the Dark, and other bookable activities.

There are also a range of child-centered books and other items available for sale at the Museum. These include New Zealand nature books, NZ insect playing cards and New Zealand memory card games. These are great for the holidays or as birthday gifts. Adults might enjoy exploring a range of books exploring local history and cultural themes.

The Museum will be closed on Christmas Day, Boxing Day and New Year's Day, and open from 1pm on public holiday dates around this time. Otherwise normal hours apply. You can keep up with what's happening at the Museum through following the Museum's Facebook page or monitoring the website at museum.timaru.govt.nz.

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EVERYTHING YOU NEED FOR ANY TYPE OF GARDEN

For Lisa and Paul McCully gardening is not just a passion, it's a lifestyle.

The green-thumbed Timaru couple own Growing Things, an online retail store specialising in high-quality gardening supplies for home and commercial gardens. Their range of products includes a wide range of garden stakes, cloches, plant supports, tools and growing frames - all of which are manufactured by the couple on their Landsborough Road property.

A qualified florist with more than 30 years' experience, Lisa knows a thing or two about plants, and said the catalyst behind establishing Growing Things was to provide locally-made products that specifically adhere to New Zealand conditions.

"It's really good to have New Zealand products that are going to last. Sometimes when you buy something it might last a season and then you chuck it out, but I think it's important to have things that are more sustainable. Our products are really strong and durable, and a lot of things come with a 10-year guarantee."

The couple send their products to gardeners all over New Zealand, with one of their most popular items being the company's do-it-yourself Cloche Kit. Available in a range of sizes, these kits have everything you need to build a tunnel to protect your plants including galvanised steel hoops and Italian mikroclima cloth. Able to withstand minus two-degree Celsius frosts, mikroclima cloth offers protection from heavy rain, hail, wind, blistering sun, birds, animals and insects such as white butterflies, making it the perfect addition to any New Zealand vegetable garden.

"Veggie gardens are such a big thing for people now especially with the price of vegetables. People are keen to get out into

their gardens and grow their own food, and we would love to be able to support that by supplying products that can help. It's important to get the most out of your crops so we can help you with advice on how to protect and support them."

Growing Things also stocks a range of gardening products from other small New Zealand businesses such as Waikaitu Seaweed - an organic fertiliser harvested in the Marlborough Sounds that helps boost the health, nutrition and growth rates of plants. They also stock their own range of tools under the brand name Sticky Beak Gardening Tools. These tools are designed by Growing Things, and made in NZ using FSC-certified beech handles making them great for avid gardeners or those who have a touch of arthritis because they are comfortable and easy to hold.

The website also offers a number of items that make great gifts for garden lovers including gloves, tools and climbing hoops for indoor and outdoor plants, Lisa said.

"We have some great little gifts for gardeners. We have little paper pot makers which is a little wooden tool that you use to make a pot for a seedling out of newspaper that would make a good gift for a gardener."

To find out what Growing Things have to offer, check out their online store at www.growingthings.co.nz. For on-site visits please phone 027 337 2573 to make an appointment.



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words: Michelle McCullough photography: Hayley Harkness Photography

RESORT-STYLE living

With an incredible indoor-outdoor flow, Dimension Building's latest project embodies resort-style living in rural Timaru.

Located on Spur Road, the four-bedroom, two-bathroom home features interior spaces encased by magnificent glass sliding doors that lead to a thoughtfully designed

outdoor area. With a level entry hot tub and massive outdoor fireplace, this stunning area is accentuated by a 40 square-metre louvred ceiling allowing for outdoor living all year round, Dimension Building interior designer Summer Phiskie said.

"The lines are intentionally blurred between the interior and exterior which creates this incredible indoor-outdoor flow that makes the home feel more like a resort than a residential new build. And just like a resort, the clients

have had a hard time leaving, which for us is just the best feedback."

The home took 12 months to build and was a product of collaboration between the owners and the team at Dimension Building.

"Our clients brought us a magazine that had a plan and some images of a home they loved, which isn't an unusual starting point for us. As we spend more time with our clients however a home's design always evolves to

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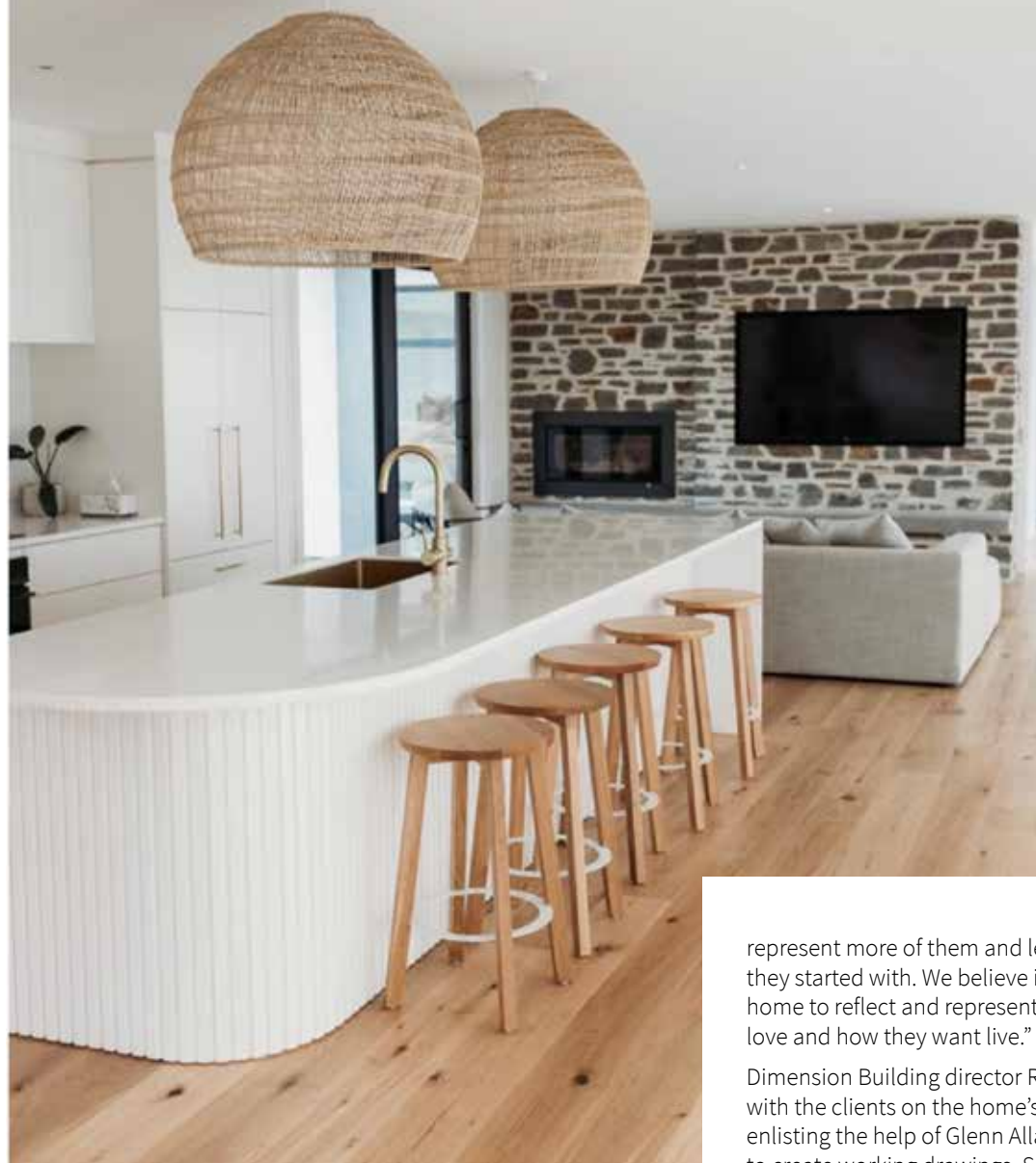
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represent more of them and less of the design/images they started with. We believe it's really important for a home to reflect and represent its owner, the things they love and how they want live."

Dimension Building director Richard Phiskie worked with the clients on the home's initial design before enlisting the help of Glenn Allan at IDSGN Architecture to create working drawings. Summer and the owners designed the interior of the home which includes a modern kitchen with a unique curved island giving the area a simple but interesting feel.

"Our client initially wanted a black kitchen, but we always ask clients to collect images of what they love without thinking about it too much. This helps us to capture a thread that we then work with to keep the home's design authentic and consistent. As we worked through this process it became apparent that the homeowner was being drawn towards a much softer aesthetic than the monochromatic colour pallet she started with. She was also really design forward and a lot braver than she gave herself credit for."

The home features a lot of repetition of the same product and colours in different forms "to create interest without becoming too busy".

"It also allows the eye to float across a space rather than dart which makes a room feel more inviting and relaxing. The use of timber screens helped us to define

certain areas within a very open planned space. They also helped to create layers of timber; the screens, flooring, built-in bench seats, and timber battened island front all speak to one another.

"We don't love putting labels on a home's "style" as it's something we only tend to do in retrospect. A home's style should reflect the owners more than an error of design. But if we had to it would probably be Scandinavian due to the beauty captured in its clean simple lines. I spent time with the homeowners to find and harness their individual style and ensure a consistent aesthetic from the exterior in. The bonus of working with Dimension is that we offer our clients a design service that starts with conceptual planning and goes right through to sheet selection, all of which we source and supply; I think that definitely helps to create beautiful, design-focused interior spaces."

When asked to pinpoint her favourite part of the home, Summer said it was difficult as it would be like "picking a favourite child."

"Probably how the home connects to the outdoors. You can be sitting inside with the glass sliders open and feel as though you are outside, and likewise, you could be sitting outside under the louvred roof and feel completely connected to the interior. There's also a

really consistent flow to the home, the repetition of materials and layering of colours has created a really inviting and relaxing aesthetic. I also find myself lingering in the master suite - the floor-to-ceiling window in the shower frames the most incredible outlook while the soft textured materials make it such a dreamy space to relax in."

Locally owned and operated, the team at Dimension Building love what they do, and pride themselves on offering exceptional craftsmanship and innovative design.

"We understand that creating beautiful homes and actually enjoying the process happens because of good relationships, which we are intentional about forming. We genuinely care about our builds because we care about the people we build them for."

This stunning Spur Road home was a collaboration not only between Richard, Summer, Dimension Building project manager Nick Cahill and the company's incredible team of passionate carpenters but also a number of local businesses. Local tradies and businesses involved in this project include Grant Jenkins Contracting, Fine Floors, Simpsons Flooring Xtra Timaru, Breen Plumbing, Plunkett Electrical, PlaceMakers, Craig the Stonemason, Fairview Windows and Doors, Karton Construction Systems and PR Joinery.



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Merry Christmas from our local Majors



Mackenzie Mayor Anne Munro

As we head into the festive season, I would like to take this opportunity to wish you and your loved ones a very special Christmas and Happy New Year.

This year has been another busy one for all of us and there are some significant successes that we can celebrate as we look back over the year.

The first of these has to be the successful creation of Te Manahuna Ki Uta, our Destination Management Plan for the Mackenzie - a truly visionary work from collaboration between mana whenua, community, government, and industry.

This year we have also completed \$5M of Stimulus Funding projects such as water supply mains renewals, desludging of wastewater

ponds, and upgrade of Burkes Pass wastewater treatment plant.

Community activity and events are so important to our wellbeing, and it is wonderful to see them coming back this year, including the introduction of new events like the successful celebration of Matariki.

It is also time to thank our communities with a sense of pride for the ongoing community fund raising and volunteer work that so many people contribute to.

Our local businesses are a crucial part of our communities, so as you are out and about over the holiday period it's a great time to support them.

Meri Kirihimete
Anne Munro



Timaru Mayor Nigel Bowen

Nga mihi matakuikui

I am very privileged to be writing this message from the Mayor's office after being re-elected as the Timaru District Mayor for a further three years. It is a further privilege to be able to chair the Canterbury Mayoral forum over this term.

The 2022 election produced four new Councillors who bring a progressive mix of rural and urban understanding and all having strong connections to the community. I look forward to building a team of Elected Members that can deliver a great service to our community. My goal for 2023 will be to keep our Elected Members visible, approachable and accountable within the public arena.

Councils across the country continue to have challenges with balancing affordability for the ratepayers with the need to produce great infrastructure both above and below the ground. As we roll into a Central Government election next year I am hopeful we will have a

government who will work collaboratively with communities to help achieve our objectives.

The Timaru District is a unique provincial area that does very well economically and continues to punch above its weight. It is however affected by reform more so than other communities. Whether this be health services, polytechnic or water reform, our District is large enough to have the facilities and infrastructure to support it but it is also the size where reform has a higher impact.

Councillors and Council staff join me in wishing everyone in the community a very Merry Christmas and a Happy and Prosperous New Year. Please enjoy time with your family and friends. An extra special Christmas wish goes to those of you on your own, working or volunteering on this special day.

All the very best for 2023.
Mayor Nigel Bowen



Waimate Mayor Craig Rowley

Well, what a year it has been!

As we approach the final days of 2022, it's always a good time to look back and reflect on the year that was. Unsurprisingly, it's been another year of uncertainty around Government-driven reforms, and a year that has continued to throw up more challenges for Council and the Waimate District.

Though, on a more positive note, we seem to have progressed through the global pandemic and have been able to return to some level of normality... the new normal. It has been encouraging to see events returning to the calendar and people back out enjoying themselves and socialising, equally good for the district and its business owners.

Last month, it was great to see the community get behind TV personality and mental health advocate Matt Chisholm - who was on hand to share his story and help inspire others. Prior to his community

talk, Matt spoke with Council staff and enjoyed two short sessions in-house, helping to convey some important messaging around mental health and wellbeing.

Earlier this year, it was pleasing to see the hard work come together for the opening of the White Horse redevelopment - a Waimate2gether initiative, supported by Council. The place looks fantastic and is a wonderful representation of our district's schools and culture, and the added viewing platform has been well received by both locals and visitors - taking a moment to enjoy a bird's-eye view of Waimate.

Looking ahead to next year, it's going to be exceptionally busy and with so many major decisions yet to be finalised and information not yet forthcoming from Government, I believe 2023 could well be one of the most important years in local government.

In the meantime, have a very merry Christmas and a Happy New Year.
Mayor Craig Rowley - Waimate District

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ADD BEAUTY TO YOUR GIFT WRAPPING

supplied by Simone LeBlanc

The holiday season is all about spreading love and good cheer—and so much of that involves gifting. But how do we take a material object and transform it into something that feels truly, genuinely personal, special, and meaningful? How do we take a “thing” and make it truly resonate? One of our favorite ways to make our gifts feel utterly special and considered is by the presentation. Gift wrap—so often paper destined to be discarded—can just as easily add immense thoughtfulness and beauty to your gift.

For this wrapping project, we were inspired by tastes and scents of the winter season, slowness / slow living or cozy comfort, the time it takes to make something by hand, and the idea of treasured keepsakes. By dyeing fabrics and then wrapping your presents in them, you elevate the gifting experience to something personal and positively dreamy.

We practiced a very loose, easy and accessible approach to dyeing fabrics. We’re skipping the “rules”—and really just intuiting the process of finding the hue that feels right.

You definitely do want to use a natural fiber, as a synthetic fiber won’t hold the color. Linens, cottons, and silks are all perfect here. And aren’t those our favourite fabrics anyway?



WHAT YOU’LL NEED

- Choose one, or use a mix of all three:
- Natural colored linen, lightweight cotton, silk
- Cut the pieces of fabric to the approximate size that you will need for your gifts. It’s always a good idea to have extra fabric cut to make sure you have enough!
- Cut a few small, extra strips so you can test the colour of the dyes to see how they work with the fabrics.
- Tea Dye Bath — cinnamon sticks, cloves, tea bags, coffee grounds. We love this one because it really makes the house smell cozy and seasonal.
- Ruby-hued Dye Bath— Sliced pomegranates and beets (can add cabbage to make more purple).
- Optional: Vintage metallic thread which can be found on Etsy and Ebay. Or, you can choose a favorite twine or ribbon.
- Foliage bits to finish the gift, such as hearty flowers foraged from your neighborhood, local flower shop or mart—we love rosemary, magnolia leaves (their backsides are velvety), seasonal cedar and berries — really, whatever suits your taste. Just make sure what you choose is not delicate as you want them to stand the test of time and dry well.

DIRECTIONS

- Gather your two sets of dye bath contents.
- Place items in individual pots of water and bring to a boil.
- Give a few stirs to release more of the colour

from the materials you are boiling and to keep an eye on the colour. The longer you let it boil, the darker the colours will become.

- Let steep for 15 or so minutes. Adjust the mixture by adding more water (to lighten) or more ingredients (to darken) and achieve the colour dye you are looking for. You can always use your test strips of fabric here to test the colour.

- Strain the contents of your pot.

- Transfer the boiling dye bath to a large vessel for the dye bath. You want something rather roomy and not precious, as the dipping process can get a little messy, and you don’t want the fabric to be crowded and thus get an uneven exposure to the dye.

- Wet your fabrics with water thoroughly in the sink before immersing in the dye bath.

- Dip your fabric into the hot dye bath and let sit until the desired shade is achieved, checking every 15 minutes or so. Remember that the longer you let sit, the darker the resulting fabric will be. Also, the fabric will always look darker when it is wet. Don’t discard your dye bath until you are happy with the final colour of the dried fabric—you always can submerge it again to darken.

- Remove the fabric and give it a quick rinse in a cold water bath. The longer you rinse, the more the dye will wash out.

- Lay the fabric out to dry somewhere with good air flow (outdoors is great!).

- Toss in the dryer on tumble to soften and add texture.

- Lay out your fabric and loosely tie your fabrics around your gifts in a simple Furoshiki style, using the twine or a pretty pin to hold the fabric in place. The look is meant to be loose, wabi-sabi, relaxed, so feel free to really experiment here. Treat your gift as a beautiful bundle, so no need to worry about a perfect finish or anything too buttoned up.

For the final touch, wrap your lovely gift with that twine, ribbon or metallic thread of choice. Pop in some of your favorite foliage – tuck it under the fabric, adhere it with your twine – whatever strikes your fancy. You’ll be surprised by how beautifully the elements all come together!



Tulip Top Wheat Grass
Mint Boutique



Bauble storage
Farmers



Gift Set Desk Buddy
Mint Gelato
Mint Boutique

Paper Onion Tree
Decoration, White
Farmers



Mini Pearl Ring - Gold
Blank Space



Gold Hoops with Emerald
Crystal Drops
Mint Boutique



Led Rustic
Rattan Tree,
80cm
Farmers



Mini Reed Diffuser Holiday
Collection - Strawberry Spritz
Blank Space



Blank Space OPI
Nail Polish Range
Blank Space



Isabella Dress -
Red Garden
Blank Space

CHRISTMAS Inspiration



Plaid Mini Stocking
Farmers



Hunt & Gather Relish
Matilda and the
Metalman



Felt &
Fabric Deer
Farmers



Majestic
Pine
Christmas
Tree, 8ft
Farmers



Foster Top -
Safari Check
Blank Space



Eos Petricia
Heel
Stompz



Staple The Label
Sundress
Millie Rose
Boutique

Nyree Dress
Sunset
Mint
Boutique



Four Galvanized pots with
Handle
The Quirky Magpie



Alfie & Evie
Teeves Slingback
Stompz



Printworks Play Games -
Tumbling Tower
Mode Online



Plaid Tree
Skirt, Red
& Cream
Farmers



Cushion
Matilda and the
Metalman



Reusable
Bottle
Mint
Boutique



Paper Finial Tree
Decoration, White
Farmers

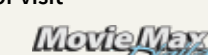


Movie Max Digital

Don't know what to get for Christmas, why not give the gift of movies?

Movie Max Digital Cinemas has gift vouchers available for all ticket types and offers discounts for bulk purchases of five or more.

For more information please give us a call on 03 684 6975, send an email to info@moviemaxdigital.co.nz or visit www.moviemaxdigital.co.nz



Handmade Baby Quilts by Milly-Margo

An ideal Christmas gift for a mother to be or unique baby shower present, with prices starting at \$40.

Quilts, made of 100% cotton, feature a baby themed fabric on one side and a complementary hand stitched patchwork on the reverse. The quilts are sewn together with appliquéd animals, stars etc.

I have over a dozen pre made quilts to view otherwise I am happy to make a quilt to suit baby's room, e.g. Peter Rabbit or similar.

All enquires welcome via text 0284653794



77 Art + Living

- George and Edi - Triple milled Olive oil soap with Bob Steiner - Glazed ceramic soap dish \$56 set
- Simon Lewis Wards - Cast glass Glo-Hearts \$260 ea | 3. David Thomas - Ice-creams \$150 each
- Bob Steiner - Rump vase (21x12cm) \$92 | 5. Kylie Matheson - Drifters...glazed clay \$250 each
- Gillie and Marc - She Screams for Ice-cream (34x23cm) \$1500 | 7. Kim Arnold - Just Beginning \$480

77 Main Street, Fairlie | M: 021 797 984 | 77artandliving.com 77 Art + Living

Polly's Patchwork

- Bittersweet Lane Mini Charm \$9.95 | 2. Applique Thread 4 Pack \$109.95 | 3. Autumn Flowers Embroidery Kit
- Spring Tulips Tote Bag Pattern \$22.95 | 5. Liberty Winterberry Holly Fabric | 6. Pin Cushion \$39.95
- Badger Cottage Pattern \$19.95 | 8. Make Time Mini Charm \$10.95 | 9. Bountiful Blues Jelly Roll \$109.95

72 Main Street, Fairlie | Ph 0273 705 098 | www.pollyspatchwork.co.nz

Timaru Sewing Centre

- Pukeko Needle Felting Kit \$15 | 2. MerryMaking Charm Packs \$29.90 | 3. DMC Blue Scissor Set \$40
- French Curve - handy tool for dressmakers \$29.50
- KnitPro Symfonie Straight Needle Set 30cm \$159.90 | 6. KnitPro Natural Ball Winder \$185

Gift Vouchers Available! **TIMARU SEWING CENTRE**
158 Stafford Street, Timaru | Ph (03) 688 6764 | www.timarusewing.co.nz

Frocks and Shocks MERRY CHRISTMAS

- Wooden Sign \$10 | 2. Tin Sign \$12 | 3. House Rule Sign is \$30 | 4. Cushions \$30 each or 2 for \$50
- Hanging Cat Sign \$7 | 6. Hanging Dog Sign \$7 | 7. Hedgehog Bird House \$35
- Owl Bird House \$35

87 Main Rd, Pleasant Point | Ph (03) 614 7410 **FROCKS & SHOCKS**

Mint Boutique

- Gift Set Desk Buddy Cloud \$119.95 | 2. Xmas Cosmetic Bag Gift Set Pink Lychee \$24.99 | 3. Gold Medium Hoops With Pearl And Gold Drops \$34.95
- Perri Pouch Emerald \$79.95 | 5. Calypso Sunglasses \$69.95
- Blue Bell Dress Navy With Small Floral Print \$99.95 | 7. Magnolia Dress Ocean Waves \$159.95
- Boxed Soap - Lime \$17.95 | 9. Toasted Marshmallow Hand Cream & Soap Gift Set \$20 | 10. Marshmallow Petals Eau De Parfum 50ml \$59.95
- Frank Greens Reusable Cup \$69.95 | 12. Lucille Linen Shirt Green \$69.99

72 Main Street, Fairlie | Ph (03) 685 8084 | www.mintboutique.co.nz

Drummond & Etheridge

Call in and see our full range - we've got loads of toys in stock!

Shop in store or online at dne.co.nz

- John Deere opoly, \$84.95 | 2. John Deere Buildable Repair Station and Tractor, \$159.95 | 3. 12V John Deere XUV Gator Ride On, \$1,329.95
- John Deere Cap, \$34.95 | 5. 1:64 John Deere 9R 540 Tractor, \$26.95 | 6. 1:32 Ford F-350 Pickup with Horse Trailer and Horses, \$61.95

40 Racecourse Road, Timaru | Ph 03 687 4005 | www.dne.co.nz

Blank Space

- Stolen Girlfriends Club Jewellery | 2. Sophie Necklace \$72 | 3. Casino Set \$65.95
- OPI Nail Polish \$20.99 | 5. Wouf Laptop Sleeve \$140 | 6. Cocktail Shaker \$75
- Wireless Headphones \$130 | 8. Mirror Chess Board \$210 | 9. Federation Tee \$69.95
- Bluetooth Headphones \$270 | 11. Stolen Girlfriends Club Labradorite Claw \$459
- Sun Kissed Lip Balm \$9.95 | 13. Wide Range of Ecoya | 14. Volcom Viber Vison Shirt \$80
- Triumph & Disaster Range | 16. Wouf Laptop Sleeve \$119 | 17. Lacoste Trunks \$100
- Ben Sherman Drink Bottle \$44.95 | 19. Volcom Socks \$25

BLANK SPACE.
79 Main Street, Fairlie | www.blankspacethestore.com

7th Cloud Soaps & Candles

- Blood Orange Soap \$10 | 2. Bubbling Magnesium Bath Salts - Pink Grapefruit & Mangosteen \$9.50
- Raspberry & Vanilla Bath Bomb \$8 | 4. Soy Wax Melts - Christmas Lily \$7 | 5. Cut Glass Candle - Coconut & Lime \$30
- Raspberry & Vanilla Moisturizing Body Butter \$18

4 Church Street, Timaru | www.7thcloudsoaps.co.nz **7TH CLOUD SOAPS & BODY PRODUCTS Natural Luxury**

Matilda and the Metalman

- Fire Pit | 2. Leather Handle Pruner | 3. Carving Set | 4. Sense of Place
- Sriracha Maple and Old School Hamburger Sauce | 6. Antler hooks | 7. Beer Bread

85 Main Street, Fairlie | Ph (03) 685 6090 | www.matildaandthetalman.co.nz **MATILDA & THE METALMAN**

Stompz

1. Kompanero backpack/handbag
2. Dr Martens shoes
3. Dusky Robin wallet
4. Thyra Vase
5. Miller Road room sprays and candles
6. Birkenstocks
7. Ashley & Co candles and hand wash
8. Kompanero leather overnight bag

236 Stafford Street, Timaru | Ph (03) 684 3389 | www.stompz.co.nz

Gallery 329

1. 'Our Magic Mountain' by Tara Herd \$650
2. 'Silent Ghost' Wood Carving by Ken Newbitt \$740
3. Holland-America Line Antique Shipping Line Poster by Richie Tompkins \$25
4. 'The Stand' Acrylic Painting by Sandie Davies
5. Pottery by Debbie Miller
6. Basket Weave Timber Serving Board \$80 & Dyed Elm Bowl \$80 by Gary Lowther

329 Stafford Street, Timaru | 021 053 0373 | Gallery329CreativeArtsCollective

Released Just in Time for Christmas: The Love Claw Collection
STOLEN GIRLFRIENDS CLUB

- Love Anchor Earrings in Labradorite, \$289
- Love Claw Studs in Labradorite, \$219
- Love Claw Necklace in Labradorite, \$259
- Love Claw Ring in Labradorite, \$229

Stocking Stuffers from PANDORA

- Moments Charm Key Ring, \$89
- Pandora O Jewellery Box, \$45
- Jewellery Care Kit, \$39
- NEW Small Pandora Jewellery Box, \$45 (JEWELLERY NOT INCLUDED)
- Clasp Opener, \$19

Can-am Timaru

1. Sina Eyes Tee \$64.99
2. Jobe Wake Board \$521.99
3. Jobe Airstream 3 Person towable \$599.99
4. Fantastic range of childrens and adults life jackets
5. Helmets Ls2 \$449
6. Jobe Knee board \$274.99
7. Arch Tee Shirt Dress \$79
8. Jobe Chaser 3 person towable \$692.99
9. Jobe Droplet 1 Person Towable \$230.99
10. Good Times Muscle Tee \$49
11. Jobe Multi Position Board \$329.99
12. Good Times Men's Tee (available in black and white) \$59
13. White Chilly Bin \$552

127 Hilton Hwy, Washdyke | Ph (03) 688 7517 | www.timarucanam.co.nz

Workoutfitters

1. Swannndri Whangamata Straw Hat
2. Men's Code Of Conduct Tee
3. Volcom Crisp Stone Tee
4. Volcom Mens Short
5. Volcom Hat
6. Swannndri Men's Pahiia 100% Cotton Short Sleeve Shirt
7. Swannndri Taylors Hooded Towel
8. Swannndri Wallet Pure Wool

155A Hilton Highway, Washdyke, Timaru | Ph (03) 688 6638 | www.workoutfitters.co.nz

The Quirky Magpie

1. Duran Ribbed Glass Vase \$50
2. Nayan Blush Rib Glass Vase
3. Honey Pot with Dipper \$35
4. Felt Ball Pot Stand \$55
5. Metalbird \$75
6. Wolfkamp & Stone Birds & Postcard Jigsaw - 1000 piece \$40
7. The Kew Gardener's Guide to Growing House Plants by Kay Maguire \$30
8. Metal Planter - Stand \$210
9. Egg Holder Spiral \$55

42 Queen St, Waimate | Ph (03) 689 2686 | www.thequirkymagpie.co.nz

All Your Favourite Karen Walker Jewellery In Store Now

- Runaway Girl Necklace, \$249
- Runaway Girl Earrings, \$99
- Mini Cupid's Wings Earrings, \$229
- Snake Necklace, \$219
- Rabbit Necklace, \$259
- Society Bracelet, \$279

New from STOW Locketts: The Noir Collection

- Black Dog (Protector) Charm, \$59
- Medium Faceted Stow Locket in Sterling Silver, \$220 (chain additional)
- Black Sheep (Unique) Charm, \$59
- Dark Horse (Determined) Charm, \$59
- Black Onyx (Strength) Charm, \$55
- Black Cat (9 Lives) Charm, \$59

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- Bulova Marine Star, \$550
- Bulova Phantom, \$625
- Bulova Limited Edition American Girl 'K' Watch, as featured in The Queen's Gambit, \$899
- Bulova Classic, \$499

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Call us today 03 688 1362
270 Stafford Street, Timaru | www.theringmakers.co.nz



ENHANCE YOUR RIDING EXPERIENCE

I have done it; that is the Ride Forever Bronze and Silver courses, and I learned a lot! A common saying, "you don't know what you don't know," proved correct.

Before we started riding, we discussed our bikes and riding gear. Does it offer enough protection in the event of an emergency or adverse weather? Not all equipment provides the same level of protection. There was a variety of bikes. There were scramblers, sports, adventure, cruisers, and touring bikes. All bikes were safety checked; the standard issue was incorrect tyre pressure. Not a wee bit over or below, but way off the chart. We corrected this during our pit stop at a local service station.

We learned about correct lane position, effective braking, how to balance when slow riding, gear selection, and much more. Dan Love, our instructor, did a fantastic job talking us through every aspect, demonstrating the manoeuvres and

finally helping us all to get it right. He has a way of coaching without making you feel embarrassed.

The majority of the course was riding on the road. We took exciting routes, urban and rural roads and highway riding.

The point of riding is to enjoy it over a long time. Ride sensibly and limit your exposure to risky situations. To do that, you need to know what to look out for and how to take evasive action.

I felt that feeling of freedom again, the engine humming willingly and the wind pushing against my body. However, the best thing was that I felt more confident knowing what I had learned over these two days.

To top it off, I met some great folks on both courses, people with whom I would love to share a trip to wherever the road takes us. On the Bronze course, there were four riders called Daniel and one Tom. That made things interesting, but we managed.

It was one of my best decisions to sign up for these courses, and I highly recommend them. We did what we love, and that is riding our bikes.

Daniel Naudé
Road safety coordinator

GET \$200 CASHBACK ON YOUR REGO

Take one Gold course between 1 November 2022 and 30 June 2023, and hold a full Class 6 motorcycle licence for at least 2 years to qualify.



LOVE to ride.



Up your skills and become a safer motorcycle rider.

Love Motorcycle Training offers the ACC Ride Forever programme in Otago, Southland and Canterbury. Build your confidence, skills and enjoyment on a motorbike with professional training in Otago, Dunedin, Clutha, Southland, Invercargill, Central Otago and Canterbury.

We also offer New Rider Learn To Ride, Basic Handling Skills Tests (BHST) and Competency-Based Training Assessment (CBTA) courses.

Get training from the only motorcycle training company in the South Island with a 100% police training background.

For more information contact 021 113 6914 or online. Connect with us on our Instagram or Facebook page, ask to join our local Facebook Group for women who love to ride.

Too often the last round really is the last round



DRIVE
Like their life depends on it



Your Garden this Month

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.

Keeping The Garden Green

It's December and officially summer. A special time of year full of friends, family and festive spirit. And of course, our gardens are flourishing and in full production mode too.

Just like we need to keep well hydrated in warmer weather, we need to remember our gardens need water. Being savvy with watering keeps the garden lush and developing produce that grows optimally.

While there's always a chance of a few rain showers in December, and NIWA's climate outlook mentions humidity and tropical moisture plumes for South Canterbury, there's also a good risk of some dry spells.

Remember that how plants use water depends on many factors - e.g., the type of plants, air temperature, soil moisture retention and infiltration, prevailing winds, relative humidity, aspect of the planting (full sun or shade), neighbouring plants, reflective surfaces in the garden, and soil coverings.

Planning plantings

It pays to think about watering needs when first planting. Plants with similar watering needs grouped together sets up a watering zone that's easy to manage.

Consider the competition for water when you plant - some

trees and shrubs are water gluttons and can suck an area dry, leaving little for their neighbours.

Something I learnt, especially with irrigation, is that mature plants may create a canopy that blocks the water from spraying as far as you'd like it to go. So think of eventual height and leaf cover when setting up watering systems around young plants.

Timing matters

We may only realize our gardens are parched when we see drooping leaves in the middle of the day, but it's rarely the best time to water. Early morning or later evening is better as there's less loss to evaporation and the water gets a chance to percolate through the soil to the root zone.

Deep drenching

If your soil is right (good gardening is all about good soil!), it is most advantageous to do a deep water every few days, rather than short spurts of watering every day.

Much Mulch

A layer of mulch is very effective in maintaining good soil moisture - it helps water percolate rather than run off, and it stops evaporation from the soil surface.



Call in a favour

Unless you have your garden on a well-tuned automated watering system, if you are heading away for a holiday for more than a few days, ask a friend or neighbour to keep your garden well-watered. You can thank them with flowers, or produce from the garden when you reap the next harvest.

Happy holidays - Minette Tonoli

Extended Christmas hours:

Sunday 11th Dec: 10am - 1pm
Saturday 17th Dec: 10am - 3pm
Sunday 18th Dec: 10am - 1pm
Wednesday 21st Dec: 9am - 7pm
Thursday 22nd Dec: 9am - 7pm
Saturday 24th Dec: 9am - 4pm

Holiday Hours:

Sunday 25th Dec - Tuesday 27th Dec: CLOSED
Wednesday 28th Dec - Friday 30th Dec: 9am - 4pm
Saturday 31st December: 10am - 2pm
Sunday 1st Jan - Tuesday 3rd Jan: CLOSED



270 Stafford St, Timaru
Ph (03) 688 1362
www.theringmakers.co.nz

Brent, Aimee & The Ringmakers team thank you for a wonderful 2022! We wish you a merry and bright festive season and look forward to seeing you in 2023.



After another tumultuous year, I'm sure you are all looking forward to a well-earned break and a more prosperous 2023.

For those of you who keep our nation going over the holiday period, our farmers, our emergency service workers, our hospitality and retail staff, thank you all.

On behalf of the Rangitata National Party I'd like to wish everyone a very merry Christmas and a safe and happy New Year.

James Meager
National Party Candidate for Rangitata



The team at Silva Studio would like to wish everyone a safe and happy holiday period.

A huge thank you to our clients for their continuing support over the last year. Our office will be closed from Thursday the 22nd and opening on Monday the 9th of January, we look forward to working with you in the new year.

55 Theodosia Street, Timaru
Ph (03) 688 7575
www.silvastudio.nz



A very Magic Christmas and a happy & exciting New Year to all our Members, their Invited Guests and our many visitors. Be safe is the message from us to you all, take care wherever you go and whatever you wish to do.

Our hours over the Christmas season are simple, we close for Christmas and Boxing-day only, after that it's almost business as usual. A full festive season hours-notice is on our website www.timaroclubs.co.nz/entertainment/ please print off and leave in a handy location.

Phone 03 688 0025

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



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HOLLANDS SUZUKI CARS

13-15 North Street, Timaru 03 688 8297 www.hollandstimaru.co.nz



Safe journey and have a Merry Christmas!

Here are four points that would significantly reduce the risk when you are driving:

1. Only drive when you are physically and emotionally alert or share the driving.
2. Make sure your vehicle is roadworthy, licenced and serviced.
3. Drive to the conditions - be patient. Ask yourself: Is it really necessary to pass?
4. Plan your journey www.journeys.nzta.govt.nz

Let a family member or a friend know when you are leaving and when you expect to arrive at your destination.

www.scrs.org.nz



The team at Warehouse Liquor would like to wish everyone a Merry Christmas and Happy New Year.

Enjoy a responsible festive season.

Holiday Period Hours

Christmas Eve 8am - 9pm
Boxing Day 10am - 6pm
December 27th 11am - 6pm
New Year's Eve 9am - 9pm
January 1st 10am - 6pm
January 2nd 11am - 6pm
January 3rd 11am - 6pm



35 Browne St, Timaru. Ph (03) 688 1012
www.warehouseliquor.co.nz

Rosa and Peter would like to thank their valued Team, Clients and Retailers for their outstanding support during 2022. We wish you all a safe and happy festive season and new beginnings for 2023.

Closing 22nd December 2022, returning 23rd January 2023.

17 Butler Street, Timaru
Peter - 021 315 169 | Rosa - 0274 763 593
peterherronflooring@gmail.com



MADAM MAT
Mat Binding Specialist



Wishing everyone a very Merry Christmas and happy New Year. I hope you have a safe and wonderful festive season. Looking forward to ringing in 2023!

My team and I are taking a summer break, back to normal office hours from Tuesday 10 January 2023.

Email: rangitamp@parliament.govt.nz
Ph: 03 339 1030 or 03 688 9588

Timaru office (149 Stafford Street): 9am - 4pm, Tue - Thu
Ashburton office (75 Harrison St): 9am - 2pm, Tue - Thu
(Mon and Fri by appointment)



Authorised by Jo Luxton MP for Rangitata
149 Stafford Street, Timaru

Mark, Emily, Jitte, Joy and all the team at Timaru Dental Care would like to wish all their patients and their families a very Merry Christmas and a Happy New Year.

We will be closing at 1pm on Friday 23rd of December 2022 and re-opening at 9am on Wednesday 4th of January 2023.

For emergency dental work over the Christmas/New Year period look on Facebook under SC Dentists or ring the after-hours medical centre ph:684 8209 for the on-call dentist contact details

50 Church Street, Timaru. Ph (03) 6843451



Johan and the team at Autoworld Timaru would like to thank all their valued customers for the support in 2022.

Wishing everyone a Merry Christmas and happy New Year. We will be open except on the stat holidays. Like our Facebook page and stay up to date with hours and news.

www.autoworldtimaru.co.nz | Ph (03) 683 1215




The team at Mint Boutique would like to wish our existing and new customers a very Merry Christmas and a Happy New year!

We appreciate your support throughout the year, and it is because of you we are where we are today and making our online experience the best!

Have a very happy festive season, we will be open over the Christmas period and would love to see you instore

72 Main Street, Fairlie | Ph (03) 685 8084 | www.mintboutique.co.nz




To all our valued customers and the entire South Canterbury community, have a very Merry Christmas and a happy New Year.

See you all in 2023

From everyone at South Canterbury Toyota.

Christmas Hours
 23rd Dec 8am - 1pm
 24th - 27th Dec CLOSED
 28th & 29th Dec 8am - 5pm
 30th Dec 8am - 5pm
 31st Dec - 3rd Jan CLOSED
 4th Jan - normal hours resume

Cnr North & Stafford St, Timaru | Ph 687 9280
 Freephone 0800 1 TOYOTA | www.sctoyota.co.nz




Karyn and the team at Driving Miss Daisy Timaru would like to thank our wonderful clients for their support this year and wish you all a very Happy Christmas.

We look forward to seeing you all over Christmas and into the New Year.

Call us today on 03 683 1073 or 021 503 398.

Driving Miss Daisy
 We're There For You



From all of us to all of you, Peace and Joy this Christmas, from the team at Hollands Suzuki Cars servicing you South Canterbury wide.

Open all trading hours for December.
 Closed on stat days.

13 - 15 North Street, Timaru
 03 688 8297
 www.hollandstimaru.co.nz

HOLLANDS SUZUKI CARS

The holidays are here again! The team at Jennian Homes Canterbury would like to acknowledge those who have worked side by side with us this year. Thank you to our clients, trades and suppliers who have been an absolute pleasure to work with. We wish the entire Canterbury community a safe and happy holiday season. Thinking new year, new build? Get in touch! Jennian Canterbury return 9th Jan 2023.

E: canterbury@jennian.co.nz
 www.jennian.co.nz P: 03 741 1436




The team, who work for you

We wish you all a wonderful festive season filled with joy!

Thanks to everyone we have had the pleasure of working with in 2022.

We are here to help you with your property goals throughout the holiday period and look forward to seeing you soon.

339 Stafford Street Timaru
 0800 500 123



Karl and the team at Kitchens Direct wish all their clients a merry Christmas and happy New Year Stay safe and see you in 2023.

Kitchens Direct will be closed all stat holidays.

4 King Street, Timaru
 Ph (03) 684 0183




After a stressful year, give thanks for having a fur-baby to enjoy your festive season with. Merry Christmas and a happy New Year!

Holiday Period Hours
 Fri 23rd 8.30am - 12.00pm
 Sat 24th - Tue 27th - CLOSED
 Wed 28th 8.30am - 4.00pm
 Thu 29th 8.30am - 12.00pm
 Fri 30th 8.30am - 4.00pm
 Sat 31st - Tue 3rd - CLOSED

Timaru Family Vet
 9 Latter St, Timaru
 Ph (03) 746 4144



Have a safe and happy holiday from your local Environment Canterbury team. Meri Kirihimete!

Our Timaru and Ashburton offices will be closed from 5pm Thursday 22 December 2022 until 8.30am Thursday 5 January 2023.

To report an environmental incident contact 0800 765 588 any time.




To all our valued customers and supporters from Millie and the team we wish you a Merry Christmas and have an awesome 2023. Thank you for your support during the year and if you haven't found the perfect Christmas gift yet, we have something for everyone.

Closing all stat holidays.

281 Stafford Street, Timaru
 www.millierose.co.nz




Bernie and the team at Wavelength would like to wish everyone a Merry Christmas and a Happy New. Thank you for all your loyalty over the years, safe travels and we will see you in the New Year.

Closed stat days and New Year's Eve. Available 28, 29 & 30th December. Ring for an appointment.


37 Kent St, Timaru | Ph (03) 684 4536
 www.wavelength-hair.co.nz




The team at Liquorland would like to wish all our customers a very Merry Christmas and happy New Year. Safe travels over the festive season and look forward to seeing you all in the New Year.

Closed all stat holidays.

22 Dee Street, Timaru | Ph 03 688 3149



The team at Morris Waddell would like to wish you a very Merry Christmas and a happy and prosperous New Year, thank you to all our clients and we look forward to hearing from you in the New year.

We are closed from the 22nd of December and open again on January 9th although we have our On-call Christmas Elf working during this time for any electrical emergencies.

60 Gleniti Road | 24/7 03 686 2422
 E admin@morriswaddell.co.nz
 www.morriswaddellelectrical.co.nz




The team at Artike & Swint would like to wish our valued clients a

Merry Christmas & Happy New Year

We will be closing Friday 23rd December & re-opening Monday 9th January

artike & swint
 www.artikelandswint.co.nz



The team at Makikihi Fries would like to thank you for the support in 2022. Wishing you a Merry Christmas & a happy new year!

Factory closed all stat days.
 For all enquiries, call 03 689 5879.

www.makikihifries.co.nz





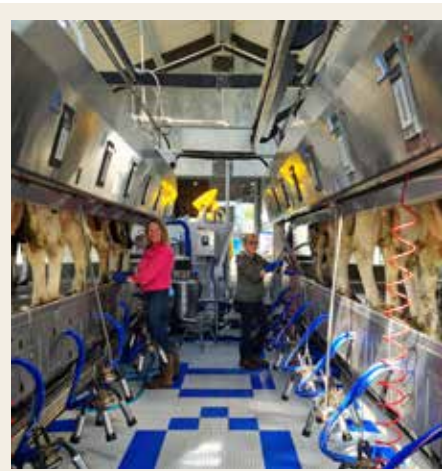

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VIBERi New Zealand's Pleasant Point Blackcurrant Orchard is certified organic, growing and selling Blackcurrant products with a strong focus on quality, health and sustainability.

In 2011 after converting their orchard to organic production, Tony and Afsaneh Howey began building their VIBERi brand – sharing the goodness and health benefits of blackcurrants with as many people as possible.

Their delicious range of products stretches from freeze-dried berries and powder, perfect for garnishing your summer dishes, through to luscious chocolate covered blackcurrants, a delicious treat whilst on the go, or relaxing with friends and family.

www.viberi.nz | Instagram: viberi_organic
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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 reusable bottle then you should contact us for details.

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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

PAVLOVA WREATH

With Sugared Cranberries

Serve 4

INGREDIENTS

Pavlova:

- 3 egg whites
- 9 tbsp granulated sugar
- 1 tsp balsamic vinegar
- 1 tsp vanilla extract
- 1 tsp lemon juice, freshly squeezed

Sugared Cranberries:

- 1/2 cup cranberries
- 1/2 cup sugar
- 1/2 cup water

Marbled Cranberry & Pomegranate Cream:

- 1/2 cup cranberries
- 1/2 cup pomegranate seeds
- 3 tbsp maple syrup
- 1/2 cup orange or apple juice
- 1 cup whipping cream
- 1/2 cup cream cheese
- 1 tsp vanilla extract
- rosemary sprig & cinnamon sticks to garnish

INSTRUCTIONS

1. To make the sugared cranberries, boil 1/2 water with 1/2 cup sugar until sugar is dissolved, then let it cool until lukewarm. Put cranberries into the jar and pour the syrup over to cover them. Let them soak in the jar for about an hour or two. Then drain and reserve the syrup later for making the cranberry sauce.
2. Put 3 tbsp sugar into a small dry mixing bowl and then dump the cranberries in it. Swirl the bowl until all the cranberries are evenly covered with sugar. Leave them to dry for 30 mins.
3. Preheat the oven to 120°C/250°F. On a piece of baking paper, use two plates (one big, one small) to draw up a ring shape (small circle inside the big circle).
4. Beat the egg whites until soft peaks form, and then add in sugar a spoonful at a time until the meringue is stiff and shiny. Add balsamic vinegar, vanilla extract and lemon juice. Mix another minute or two until everything is well combined.
5. Spread the meringue evenly within the ring on the baking sheet. Place the baking sheet in the oven and bake for 1.5 hours. When it's ready it should look crisp around the edges and on the sides and be dry on top. Turn off the oven and open the door slightly, and let the the meringue ring cool completely (you can also prepare this the night before and leave it overnight).
6. To make the cranberry & pomegranate sauce: in a sauce pan combine 1/3 cup cranberries, 1/2 cup pomegranate seeds, remaining sugar syrup from soaking the cranberries, 3 tbsp maple syrup and 1/2 tsp vanilla extract. Bring to a light boil, stirring constantly, and turn off the heat when cranberries start to pop and the mixture thickens. Then smash the mixture with the bottom of a jar or a thick water glass to squeeze out the juice. Strain the sauce through the fine mesh into the jar, discarding the seeds. Leave the sauce to cool down completely.
7. To make the cream mixture: beat the whipping cream, cream cheese and sugar until soft peaks form, about 5 minutes. Stir half of the cooled cranberry and pomegranate sauce into the cream mixture, then carefully use a spatula to fold the sauce with cream mixture to form a marble effect mixture. If the meringue is not ready, leave the cream mixture covered with cling film in the fridge.
8. Once the meringue is completely cooled, place the marble effect cream mixture on to the ring, place the sugared cranberries on top, stick a few rosemary sprigs and drizzle the remaining cranberry and pomegranate sauce over. Enjoy!



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Let's Celebrate the Real Stars of 2022 Our Nursing Team!

This year has challenged each and every one of us, especially in the healthcare industry. More than ever, our nurses have shown us how extremely resilient, dedicated, and strong they are individually and as a team.

Our nurses have sacrificed time with their families and friends, and put themselves at the forefront of a public health crisis. From caring and showing compassion for our patients and supporting Covid care in our communities to staffing vaccination clinics, adapting to a new model of care and so much more, they answered the call for duty.

At Medi Clinic we are blessed with an amazing team of nurses and health practitioners.

We view health as a holistic and dynamic process of physical, mental, spiritual, and social well-being. It is important to our team to increase our patient's overall well-being, including improving their disease resistance; limiting their exposure to risk and reducing the stressors that affect their health and well-being. Prevention is better than a cure.

At Medi Clinic we believe that we can promote preventive care more efficiently with a bigger team. With our new team members on board, we can focus on involving and collaborating with people, whānau and the community, and improving equitable health outcomes for all.

We also have to say a special thank you to Dr Barbara O'Connell. After more than 30 years as a GP in Timaru, she is retiring from full-time work at the end of December. We will still have her on board on an ad-hoc basis when she

is not enjoying a well-deserved game of golf or travelling the world.

This is a good reminder that all Dr van den Bergh and Dr O'Connell's patients are already registered with Medi Clinic. Our team of Health Care Practitioners and Nurses will continue to provide healthcare services to all our patients, so to all Dr O'Connell's patients rest assured, your care is in safe hands!



If you are looking to find a new home for your healthcare needs

MEDI CLINIC WELCOMES NEW ENROLMENTS.

MEDI CLINIC wishes you all a safe FESTIVE SEASON, a MERRY CHRISTMAS and a PROSPEROUS 2023!

Thank you to all of our patients for your support this year we are looking forward to 2023!



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

Why keep coming to the gym.

It's that time of year when your brain goes into "Cerebral Celebration" mode, and your common sense and will-power head off someplace else on holiday. Your cravings say "yes!" to everything passed in front of you - and why not?

Well, on average, people put on around two kilograms in weight over the holiday season.

What Can I Do..?

- * Get out in the sun! Low Vitamin D - the sunshine hormone - also causes hunger cravings. Catch the sun when it decides to shine, or supplement regularly with Vitamins D3/K2 vitamin C and a quality multi-vitamin.

- * Drink plenty of water, it helps keep detox the effects of alcohol and keeps things moving through.

- * Drop the tons of unnecessary calories! Our bodies are not designed to consume so much sugar, making us feel tired, irritable and lethargic - plus it damages our immunity.

- * **Don't Detrain** - Keep strength training in the gym, regardless of the numerous distractions to your schedule. Strength training spurs the cells in your muscles to produce more mitochondria, which create more fuel for your body. Lifting weights also causes more oxygen to circulate through your body, which helps you use energy more efficiently, and function with more "zing!"

- * **Keep those taste buds in check.** Even over the holiday season, maintaining a great physique and a disease-free body requires knowledge, single-mindedness and, every now and again, a bit of smart thinking. This is why the old adage "Strong people stay young" is still true today.

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Wishing you a wonderful Christmas and a happy, and healthy, New Year!

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ASK AN *Expert*



Fraser Moore
Licensed Agent for Waimate
Red Hot Real Estate

Fraser grew up in Waimate, South Canterbury. After starting his real estate sales company in Christchurch he worked alongside the best salespeople in the area to open the Waimate Red Hot Real Estate office in January 2021.

What's the best part about buying in the Waimate region?

Waimate offers so many great things for the people that live here. There are plenty of employment opportunities and recreational activities. Compared to other parts of the country our housing is still very affordable.

Why Red Hot Real Estate?

Being a smaller, non-franchised, company you'll be treated to a high level of personalised service. We care about people first and foremost and we are always looking for ways to make sure our Vendors and Purchasers are satisfied with the process.

When selling over Christmas and New Year what are the main things to consider?

Even though people are on holiday they will still be looking at real estate. With technology being so accessible we often get a number of enquiries and bookings for viewings over this time. Make sure your salesperson is still happy to show your home if need be.

Will I be working with you individually, or with a team?

When working with Red Hot Real Estate you'll be working with a lead salesperson but we still work as a team to make sure a sale for your property is achieved. Our team often already has particular buyers in mind to show a property as soon as it's listed - having an offer before your property goes live on the Internet is not uncommon.

What should you look for when choosing a Salesperson to market your home?

You are choosing someone to sell your biggest asset so ideally you need to trust that your salesperson is going to present your property to prospective purchasers to its absolute best. Look for a track record in successful sales and ask to see examples of marketing of properties they have previously sold. The market is very different to the same time last year so ask the salesperson what feedback you will get throughout the process and what the plan will be if your property hasn't sold quickly.



0800 733 468 | info@redhotrealestate.nz
www.redhotrealestate.nz



Hannah Harrison
Leora Curtains

Having always had a strong passion for interior decorating, Hannah began working in the Curtain making industry in 2016 and currently owns Leora Curtains.

Do you make curtains yourselves or do you outsource that to someone else?

All our curtains are made onsite at our showroom on 32 Woolcombe Street.

Our team can work with you from a free measure and quote to finished product and installation. Our current lead time is around four weeks.

We can tailor our service to suit your home and have a small range of fabrics available in Timaru if you need curtains in a hurry or want to make your own. High-quality ready-made curtains are also available in store.

Can I come and view your fabric?

We have an extensive showroom with over 500 fabric samples that can viewed in store and loaned out on appro to be viewed in your home and business.

Do you offer commercial service or only residential?

While our focus is primarily on residential window dressing, we also offer a commercial service. Including: Shower Curtains, Privacy curtains, Showroom curtains.

Can I supply my own fabric or curtains to be altered?

If you have a fabric that you fell in love with on site, but you feel like you do not have the expertise to make it into curtains or blinds, our team not only works with fabric that we supply but can work with fabric you provide.

We repair and alter both second hand and readymade curtains. If you need a blackout thermal lining added to your curtains or your existing lining replaced we offer a same day alteration service.

Whether you want to transform a room or frame your perfect view, give us a call and our expert team will guide you through the process making it effortless.



32 Woolcombe Street, Timaru
Open Monday to Friday from 9am - 5pm,
Saturday 10am - 12pm.



Robbie Hill
Solicitor at Gresson Dorman & Co.

I am a Solicitor with Gresson Dorman & Co working in their experienced property and commercial law team.

Today I want to talk about Wills.

Wills are one of the most important documents a person signs during their lifetime and yet many people die either without an up-to-date Will or without a Will at all. The thought of death and the discussions surrounding it can be uncomfortable and as a result people often delay making a Will until the "right time."

Unfortunately, we are never able to predict when our Will could be needed, so the "right time" to make your Will is now. To help guide you, we have answered some of the most common questions asked when deciding to make a Will.

Why have a Will?

If a person dies without a Will they are said to have died "intestate" and their property is distributed in accordance with the Administration Act 1969, the rules of which are complex and depend on which relatives survive the deceased. The rules often result in outcomes the deceased and their family would not have wanted.

Having an up-to-date Will reduces the financial and emotional stress on your family as they cope with your loss by clearly outlining how your estate is to be administered.

Who should I appoint as an executor of my Will?

The executor is the person who controls and distributes the Will-maker's property according to the instructions provided in the Will. We recommend you appoint someone practical that can navigate paperwork and questions that come up from family members. People often appoint their spouses, older children, an independent professional or a combination of these.

Why not write one myself?

There are strict rules around the drafting of Wills, the wording used and how they are signed and witnessed. Failure to comply with these requirements can result in the Will being partially or completely invalid, or open to challenge. We recommend that you work with a solicitor to ensure that your Will reflects your wishes while also limiting the potential for disagreements or confusion when the time comes.

If you would like more information or would like to have a Will prepared, please get in touch with me, I would be more than happy to assist you. Email robbie@gressons.co.nz or call 03 687 8004.



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