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Rock & Hop

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An Unlikely Friendship

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contents

This month as we head into the late summer days we are all looking forward to the Caroline Bay Rock & Hop. This wonderful event sees visitors flock to the district and the whole of Caroline Bay and surrounding areas come to life with street parties, amazing cars, stalls and live music. But it's no small feat pulling together an event of this size and this month we got to find out a bit more about it when we talked to the event coordinator at Hospice South Canterbury. See pages 8-19.

This month we also heard about the unlikely friendship between two designers who met at a friend's funeral. With an age gap of 38 years, they became firm friends, motivating each other and finding much in common. It's a reminder that friendship and connections really can cross barriers. Page 5.

And, of course, we bring you the best of South Canterbury businesses, people and events. There is much to love about our wonderful region and we love sharing all these highlights with you.

Have a great month - The Essence South Team

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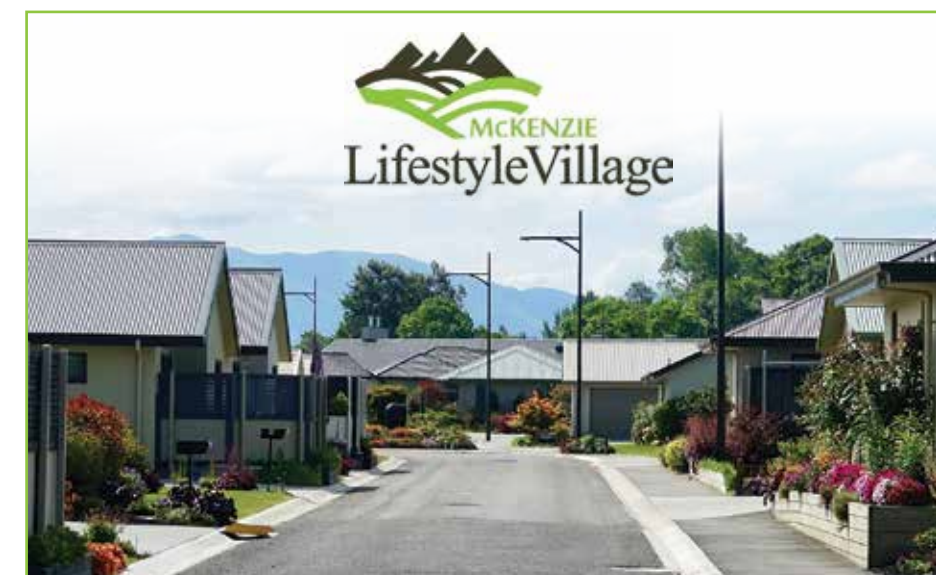


Front Cover

Front Cover: The annual Caroline Bay Rock and Hop is on March 16 - 19 with an amazing array of classic cars, bikes and caravans from across New Zealand congregating in Timaru. All funds raised from the event will go to Hospice South Canterbury. See feature from page 8.



Classic car enthusiast | page 15



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Riding for the Disabled

The volunteers at Timaru's Riding for the Disabled have been given a helping hand with a major three-day makeover of their clubrooms. More than 15 builders, electricians, plumbers, painters and gib stoppers gave up their time and were at the organisation's Landsborough Rd site to take part in the makeover, being run as part of the Mitre 10 Helping Hands community support programme. Timaru Riding for the Disabled treasurer Alison Faren compared the project to winning Lotto!

Check out some photos from this fantastic day revealing their new space



Benny's Again Celebrate 20 years

The team at Benny's Again celebrated their 20th anniversary. It's the support of great customers, suppliers and a hardworking, dedicated team that have made this possible. Photos by amy-rose photography.



words: Lily Bolland

An Unlikely Friendship

In the small town of Timaru, two unlikely friends met under sombre circumstances at a funeral of a close mutual friend. Angus "Gus" Leen, a young entrepreneur, industrial designer and director of Form 53, a lighting and furniture brand, and Deborah Still, an interior designer and business owner of 39 years, found solace in each other's company and a shared appreciation for design.

"I was judging a book by its cover and thought, Oh – I haven't got it in me to talk to this young lad that I don't know when I'm feeling so heartbroken – just my luck!" Deborah recalls. "I don't remember how the conversation started out. But suddenly, we were looking at Instagram because I told Gus I was a designer, and he was chatting about design. And then the whole evening just flew by, us sharing pictures on our phones and talking all night."

It was unexpected, Gus adds. "We've talked about it since and thought it must have been Barrie who sat us together at his funeral as a way to help us through since his passing."

Despite their initial reservations about talking to someone they didn't know at such a difficult time, Gus and Deborah found that they had a true connection through their shared fascination for design inspired by nature. Gus admits how surprised he was that they have so much in common considering the age gap of 38 years.

Gus remembers what a great mentor he had discovered that evening. "At the funeral, I remember sharing with Deborah about how I wasn't enjoying my first year in university". To offer Gus some new inspiration, Deborah introduced him to her business friends at 'Tréology' in Christchurch. Tréology makes beautiful bespoke furniture from Kauri found in river beds. Gus came away feeling incredibly motivated.

The unlikely duo soon found themselves meeting regularly and realised the potential for professional collaboration. Gus and Deborah have worked on many projects together now and have discovered a natural synergy and ease in their workflow.

Deborah shared that she is thoroughly enjoying watching a young New Zealand designer's journey, "I really admire Gus's dedication to quality and eye for detail, and that he's pushing the boundaries. Like that Newcastle design he's doing right now, it's so different." Gus and Deborah sound



The unlikely duo soon found themselves meeting regularly and realised the potential for professional collaboration. Gus and Deborah have worked on many projects together now and have discovered a natural synergy and ease in their workflow.

appreciative that they can both bring a fresh perspective and honest feedback to the table.

"Deborah never creates two designs that look the same, and they are always unique to the customer. There are so many people that you find that are just focused on what's trending, which is beautiful, but they're not focusing on actually what matters for the customer. She takes inspiration from the surrounding landscape of the interior she's working on. When I walk into a space that Deborah has created, I can see where she pulled her colours and forms from in the natural features that encompass the home".

"My clients work with me because they trust my design. They know I'll sell them something they'll love for a long time. That's why I love to tell Gus's story". Gus makes beautiful, fine quality lighting and furniture pieces from sustainably sourced materials at his workshop in Timaru.

Despite their difference in age, it doesn't get in the way of their friendship. "I don't actually ever think of Gus as older or younger than me. But, I don't think of anyone that I care about as anything other than the actual essence of who the person is. I don't look at gender, sexuality, or age; it's actually completely irrelevant. Those things don't change who a person is."

"Deborah and I can talk for hours and lose track of time," Gus adds, "We get music on and talk over a few gins, the conversation always comes back to design, and it's so inspiring."

Their unlikely friendship serves as a reminder that age is just a number and that sometimes, the most unexpected connections can lead to the most rewarding collaborations.



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Timaru Heating Centre

Red Hot Heating and Cooking Options for your Outdoor & Indoor Areas

If you are a keen outdoor entertainer and have been looking at expanding your heating and cooking options, now is a great time to call in and see Colleen Fairbairn at Timaru Heating Centre.

Timaru Heating Centre is home to the Masport Matakana Outdoor Wood Fire and Cooking Centre and Colleen is absolutely rapt with the recent addition of the Crossray Outdoor Kitchen range.

“With the addition of the Crossray series to our range, we have bought on board a brand that offers so many options to our customers, from a BBQ to the whole outdoor kitchen set up – I am really loving working with people to build their dream into a reality” says Colleen.

The new Crossray 4B-S Series sets a new standard for outdoor kitchens, if you are looking for a high-end outdoor cooking experience, without the price tag. Upgraded corrosion resistant cabinets provide the perfect platform

for the new sintered stone benchtop that is supplied as standard with all kitchens. Designed to perfectly match the award-winning 4 burner CROSSRAY in-built infrared gas BBQ, it is ideal if you love cooking and entertaining outdoors, in style. With a wide variety of options and inclusions to choose from, you can find an outdoor kitchen that is perfect for you and your outdoor area.

Colleen has also been impressed by the Matakana 1200 Outdoor Fire by Masport. “Like all of the Masport products, this outdoor fire offers the warmth of an open fire creating a real centrepiece for your outdoor area and something everyone will comment on” she says.

Drawing inspiration from one of New Zealand’s popular getaway spots for locals and visitors alike, the Matakana 1200 Outdoor Fire represents a foodie’s haven. With an impressive 1.2m width, the Matakana not only offers the warmth of an open fire but also cooking facilities on its cast iron hot plate

and grill or its substantial pizza oven where 3 x 300mm pizzas can be cooked at any given time.

If you love entertaining and have been looking at the perfect heating and cooking options for your outdoor space, then its best you get into Timaru Heating Centre to chat to Colleen about the Matakana and Crossray products for your outdoor area.

Don’t forget too, if you need to get your heating sorted for this winter – earlier is always better to ensure that you get your new electric, gas, pellet or wood fires installed in time to keep you toasty this year.

Timaru Heating Centre has all of your outdoor heating and cooking needs covered and all your home heating and gas hot water too! Find them at 10 Dee Street, Timaru, phone Colleen on 03 6886848 and feel free to have a look around our website, www.timaruheatingcentre.co.nz.



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The Matakana 1200 Outdoor Fire not only offers the warmth of an open fire but also cooking facilities on its cast iron hot plate and grill, or its substantial pizza oven.

Come and see Colleen today to discuss your outdoor heating and cooking needs.

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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.

Late Summer Planting

There’s much to love about February – not only is it romancing around Valentine’s Day, but we are in midsummer, with the hottest month of the year in New Zealand full of outdoor fun, and our gardens in peak production.

And while everything is growing well in most veggie patches and orchards, it is often easy to forget that this late summer is a great time to start planning for the “hungry gap” of late autumn and early winter. So, this is my public service announcement - don’t forget to start sowing, or at least plan to plant, your autumn crops in the next couple of weeks.

The Canterbury region is rather large, with quite a few different climate zones – even the microclimate in your own garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

What can you sow and plant in Late Summer?

Leafy greens

- Amaranth
- Chinese Greens
- Collards
- Kale
- Lettuce
- Mizuna
- Mustard
- Silverbeet
- Spinach

Stem vegetables

- Celery
- Fennel (bulb)
- Kohrabi
- Rhubarb

Heading vegetables

- Broccoli & Sprouting Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower (incl. Broccoflower)

Root vegetables

- Beetroot
- Carrots
- Celeriac

- Leeks
- Onions
- Parsnip
- Potatoes
- Radish (incl. Daikon)
- Shallots
- Spring onion
- Swede
- Turnip

Culinary herbs

- Chervil
- Chives
- Coriander
- Dill
- Marjoram
- Oregano
- Parsley
- Rocket

Podding vegetables

- Beans (dwarf or bush)
- Broad beans
- Peas

Many peas are better suited to be sown later in the cooler months but a few varieties do well with summer sowing, e.g., Easy Peasy, Sugar Snaps and Snow Peas.



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Other tasks to do in the garden this month

Water – hot days dry plants and soil out fast. Keep on top of your watering schedule with deep saturating soaks early in the morning or later in the evening.

Shading – tunnel houses or plastic grow houses benefit from a shade now.

Deadheading – cut off spent flowers to encourage more blooms on perennial flowering plants.

Weeding – weeds are prolific now, be sure to keep your veggie patch well weeded.

Insect patrol – many pests thrive in warm weather, be vigilant and check for bad bugs, net your summer brassicas, ward against TPP (tomato and potato psyllid), deal to stink bugs and watch for the autumn armyworm – a new pest that MPI needs us to report.

Protect your fruits – birds make a meal of ripening fruit if not netted well.

Prune – for those trees that have finished fruiting, e.g., some stone fruit, you can start summer pruning.

Save seeds – allow some flowers, herbs and vegetables to go to seed in your garden and harvest those seeds to save (or let them self-seed) for next season’s bounty.

Dry herbs and flowers – dry excess flowers and herbs for teas and spice mixes.

Preserve - summer fruit and veg can be turned into delectable preserves to last all winter.



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Behind the scenes at Rock & Hop

words: Pattie Pegler

Event co-ordinator, Kim Rogers, is flat out preparing tickets to send out, when I call her six weeks or so before The Caroline Bay Rock & Hop. And the chances are that she will stay working flat out until well after the event is over.

People have been buying tickets from all over New Zealand and even from Australia. The Saturday night dance party sold out in September and at the time of writing there are just a few tickets left for the Friday night party.

For many of us Rock & Hop is a great weekend of fun events, we might stroll down to check out the cars or love seeing the cruises through town. Or head to the Gala day to enjoy live music, grab a bite and shop some stalls. But an event of this size doesn't happen without a whole lot of preparation - The Gala Day alone attracts around 25,000 visitors. And this year Kim is the main event coordinator. So the buck stops with her?

"Well yes," she says. "But we have lots of volunteers, we couldn't do it without them." In fact in previous years there have been 180 volunteers helping to run the event and take on the huge to-do-list. From pre-event tasks like decorating the Bay Hall, preparing food, helping with

registrations to on the day jobs like selling raffle tickets, staffing the Information tent and car parks and collecting donations.

Volunteers come from all walks of life, from community groups, from businesses, from Lions club and from connections with Hospice. And many businesses and organisations around the town also step up with sponsorship, such as Venture Timaru who have granted \$50,000 to help run the event.

Venture Timaru have supported the event in previous years, says their Operations & Destination Manager, Di Hay. The event brings a great influx of visitors who not only contribute to the local economy but also to the vibrancy of the event itself.

Di confirms she will be attending herself and is looking forward to it. "It's wonderful to see all the beautifully restored vehicles and people dressed up in their rock and hop outfits, having fun. The enthusiasm of everyone involved is contagious," she says.

This year's event promises to be bigger and better than ever. At the time of writing there were 945 cars registered to attend from all over New Zealand. With cruises, street parties and the fantastic Gala Day on Saturday - make sure you don't miss out!



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Authorised by Jo Luxton MP, 149 Stafford Street, Timaru



ROCK AND HOP TIMETABLE

THURSDAY

10am Cruises at Levels start
4pm Cruises finish

FRIDAY

9AM Gates open Marine Parade entrance.
11am "Geraldine NZ" cruise leaves from the bay.
2pm Geraldine Cruise returns to Timaru.
3pm Park up at Caroline Bay.
4:30pm "Rock and Shop Street party" starts Timaru Main Street.
5:30pm Timaru District Council Main Street Cruise starts.
6pm Temuka "Rock and shop" street party starts.
8pm Doors open for the Pistons & Petticoats Party with Che Orton and Four on the Floor.

SATURDAY

7:30am Gates open at Caroline Bay for vehicles to park up off Marine Parade.
9am Music starts.
10am Ban "The Groove" start playing, festival and stalls open.
11am Best Dressed entrants to report to Bay Hall and collect competition number.
12pm Band "The Drama Queens" play.
12:10pm Funky fashion Parade.
12:30pm Prejudging of Best Dressed Competition in the Bay Hall. No late entries will be accepted.
1pm Band "The Drama Queens" continue.
1:30pm Voting for Participant and People's Choice closes.
1:45pm Best Dressed entrants meet behind the stage area.
2pm Best Dressed competition parade and prize giving.
3pm Mitre 10 Mega final on stage
3:10pm Car winners announced – trophies presented. Vehicles paraded in front of stage
3:40pm Highlands Motorsport draw.
3:45pm The \$10,000 Grand prize lucky ticket draw will be made.
4pm Festival finishes.
7pm "Rock your Socks Off" party with Sharlow at the Caroline Bay Hall.

SUNDAY

8am Breakfast on the Bay in the Bay Hall.
10am Breakfast closes.
10:30am Sunday cruise leaves heading to Riverstone Castle and the Oamaru Victorian precinct.



Cars, Caravans and Motorbikes

Register your car or caravan for the whole weekend's activities for only \$40. Register your motorbike for only \$35 This covers everyone in your vehicle to attend every cruise and the Show and Shine Gala Day. This event is run by Hospice South Canterbury and is our major fundraiser for the year.

Registered caravans can stay on site. We provide toilet facilities but no showers sorry. Your caravan must fit into our show criteria for you to stay the night and if you would like both your caravan and car judged you must register both.

We have 4 different cruises and a Show and Shine gala day lined up for the weekend.

The first is a cruise on the **Thursday - at Levels Raceway Timaru**. You must register and purchase separate tickets for this part of the event.

You can cruise the track with your mates in your vehicle. That vehicle has to be the one that you have registered to attend the rest of the event.

Vehicles will be broken into three different sections depending on the type and age of the vehicle.

Slow cruisers – Pre 1959

Moderate cruisers – Vehicles which do not have any modifications to their brakes or engines that would make them high performance vehicles.

Higher spec cruisers – New high performance vehicles, V8s and older vehicles which have been modified to be high performance vehicles.

Each section will cruise the track for 6 laps (approximately 12 minutes) behind a pace car, there will be a maximum number of vehicles on the track at one time. The first two laps will be slower for drivers to get used to the track and the pace car will speed up by the third lap. There will be no passing anywhere but the back straight. Please check the Laps at Levels section of the website for more information.

On **Friday we cruise to Geraldine**, leaving Caroline Bay at 11am and taking a leisurely drive to the picturesque town of Geraldine where there will be entertainment on the Village Green. Geraldine Auto Restorations will open their doors so you can catch a look at their latest restorations and their hall of fame. The highly acclaimed Vintage Car and Machinery Museum is another must visit attraction. You can take a wander along the tree-lined streets to browse the boutiques specialising in everything from giftware to crafts, fashion and quality homewares. The town is renowned for its art scene and boasts a number of galleries or you can choose to visit an artist in their studio.

The **Friday evening Main Street Cruise** leaves from Caroline Bay at exactly 5.30pm and takes in the main streets of Timaru, Pleasant Point and Temuka. This Timaru District Council sponsored cruise is extremely popular so please leave plenty of time to line up. You will leave in the order you arrive. The streets are lined with people all the way around so please drive safely; take the time to toot your



horns and wave to the crowds. There is a street party organised in Temuka, where you can choose to drive through the Main Street and head back to Timaru or you can drive through, park up and take in the party atmosphere. Parking is limited so you may not get a park on the main street but there is plenty of parking just off to the side streets.

For those of you who have tickets to our **Friday Night Rock and Roll Party**, we will see you in the Caroline Bay Hall to party with Che Orton and Four on the Floor when your cruise has finished.

The Saturday we have the **Show and Shine Gala Day**. We have over 100 stalls, plenty of competitions, bands and dancing to keep you entertained, thousands of people flock to Caroline Bay to view the vehicles and entertainment. The gates for the vehicles will open at 7.30am and the gates for the public will open at 10am. Entertainment will start around 9am and will continue until 4pm. This is a huge nostalgia festival with fabulous bands, gorgeous clothing, displays, stalls, best dressed competition, a \$10,000 lucky ticket raffle draw and much more.

The vehicle prize-giving drive-through will be at 3pm. This is something you don't want to miss. If you have a winning vehicle we will be contacting via cell phone to ensure you will take part in the parade. Please keep your cell phone handy and turned up loud just in case you get a call from us.

For those of you who have tickets we will see you at 7pm for the **"Rock Your Socks Off Party"** in The Caroline Bay Hall where we will dance the night away to Shallow and Doug Blakie. Note due to feedback there will be NO MARQUEE this year.

If you have tickets we will see you for **breakfast in the Bay Hall** on Sunday morning. You can rock up anytime from 8am until 10am for bacon, eggs, sausages, hash browns, baked beans and of course coffee or juice.

The **Sunday Cruise** leaves from Caroline Bay at 10.30am and travels to Oamaru, if you have castle tour tickets you will be stopping to tour Riverstone Castle.

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Way Back in 2017...

The first ever Caroline Bay Rock & Hop event was held in 2017 and in a few short years it has become a key event on the calendar. This year they celebrate their 5th birthday and if you think the maths doesn't add up - you're right - but they had to cancel the event in 2020 and 2022 due to Covid.

The event started life as a fundraiser for Hospice South Canterbury and was a weekend festival with a nostalgic 50s/60s theme. The first time round in 2017, it attracted over 400 classic cars that cruised the streets of Timaru. This year, the number of cars has nearly doubled, there are over 100 stalls and the event itself it has extended to become a four day extravaganza that kicks off on Thursday with cruises at the Levels Raceway.

The last Rock & Hop in 2021, raised just over \$130,000 for Hospice South Canterbury and this year the team are hoping to top that amount. So whether you register your classic car, head down to the Gala day or shop up a storm at the stalls - remember this is all for a great cause!



Five things we love at the Caroline Bay Rock & Hop Gala Day

This is a huge event for a great cause. You can check out the full timetable on page 12. But here are some of the things the Essence team are getting excited about.

1. The Timaru Street Cruise on Friday night - classic cars take to the streets of Timaru. A great way to get a glimpse of some of these awesome vehicles looking their best.
2. Local band The Drama Queens playing at the Gala Day - amazing voices and great tunes that get people dancing
3. The Best Dressed Competition Parade - we love the amazing outfits that people put together for this special event.
4. Shopping the stalls. This year there are over 100 stalls with everything from jewellery to car parts and vintage clothing.
5. A family day out - with food, stalls, cars and fashion... there really is something to suit everyone.

From the Mayors Desk

Tena Koutou, hello to everyone

It has been great to see everyone out and about over the holiday period enjoying our fantastic summer months. Every year our beautiful district comes alive with a vast selection of events and activities for everyone to enjoy. I love attending these and enjoying the culture and excitement.

I had the privilege of attending a number of community events leading up to Christmas and enjoy the celebrations with many of you. Christmas parades, concerts and prize giving's are always great occasions to attend. Our district has accommodated some prominent sporting events recently, the Colgate Games brought over 900 children to Timaru. The New Zealand Banked Track Speed Skating Championships was hosted by our strong South Canterbury club with athletes travelling from all over New Zealand to compete. Events like these bring a fun and unique buzz our district.

It has been great to welcome cruise ships back to our port this summer and see many of the passengers exploring our district and wandering around our CBD. To be able to welcome these international visitors is a privilege and having the opportunity to showcase our district is exciting.

The opening of the larger premises of the Multicultural Aoraki office was a significant event for our community. Multicultural Aoraki does some amazing work supporting, advocating and providing advice to our local multicultural and newcomer communities. The passionate team at Multicultural Aoraki have a primary goal - to breakdown cultural barriers. The team hold regular cultural events, information is on their website - <https://multiculturallaoraki.org.nz/events>

We welcome back the Caroline Bay Rock n Hop, a hospice South Canterbury fundraiser on the 16th March. There is something for everyone at this year's event which brings so many people into our district for a 50s and 60s inspired weekend.

I hope you can get out and enjoy our district and everything it has to offer.

Ngā mihi - Mayor Nigel Bowen



Best Dressed

With hairdressers and make-up artists on site and great prizes on offer, you need to make sure you join in the fun and spirit of our event and come along dressed in your best '50s and '60s fashion.

The Best Dressed sections are:

- Best Dressed Lady
- Best Dressed Man
- Best Dressed Child (under 12 years)

Numbers are limited to this popular competition, so register early. You must register online - NO registrations will be taken on the day. Registrations will close 12pm (midnight) Tuesday 14th March 2023. Your registration ticket to this event will be sent to you by post.

SATURDAY 18TH MARCH 2023

11am - 12 noon - Please report to the Bay Hall with your Best Dressed Competition registration ticket to confirm your attendance.

A contestant number will be issued to you at this time. Please ensure you return this at the end of the competition.

12.30pm - Pre-judging of the Best Dressed competition will begin in the Bay Hall. NO LATE ENTRIES WILL BE ACCEPTED.

1.45pm - Best Dressed competition entrants will meet behind the stage area, ready to take to the catwalk.

2pm - Best Dressed competition parade and prize giving begins.

Good luck to all and thanks for bringing further colour and life to the Rock and Hop.

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Caroline Bay Rock & Hop 2023



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South Canterbury Toyota

Bevan's Classy CAMARO



words: **Grant Shanks**

Timaru's Bevan Cunningham, owner of Morris Waddell Electrical, is the proud owner of this superb '67 Camaro RS/SS big block. "It was a bit rough when I bought it from a guy in Auckland, lot of patches of rust in the corners and floor, so the decision was to take it back to bare metal and do a complete rebuild to 'show car' standard," says Bevan. That decision was most definitely the right one, with all new panels available from U.S.A.

For the petrol-heads reading this, here's the technical data. There's the Motor, Dart Racing Big M block that has been bored out to 540 cubic inches, ported Brodex heads, a heavy-duty Tremac 5-speed box, McDonald double-diaphragm clutch, 9-inch diff, Caltrac tramp rods, CPP suspension, Willwood disc brakes (front and rear), Quickfuel 1050 4-barrel carb. This is all finished off with a complete all-new interior including analogue period instruments and Hurst Shifter. The whole package is completed by the stunning paintwork.

"We've just finished working on the car and the final touch really is that Deep Impact Blue with the white stencil kit front and rear. While it is intended primarily as a show car it's used for Sunday runs and I hope we can do some track days soon. On the road it's fun to drive, with 700 plus horsepower from that big block up front it's right up there."

As well as the Camaro, Bevan has built, and is building other cars, including a '57 Chev 2-door sports saloon with a 430 hp

motor and currently, a Chev 3100 pick-up destined to take a 400 donk.

"I always like to make cars go faster and noisier," Bevan explains.

With a very understanding partner, four adult kids including 3 boys who have followed the old man's footsteps and become electricians, and a daughter who has just graduated from police college, life is pretty full for the family.

Bevan is one of the founding members of the Caroline Bay Rock'n'Hop Committee with links to all of the car clubs in the area and many clubs further afield. "We're lucky as a group to be good mates - Trevor Parmenter, Jim Bracefield, Steve Geddes and Andy Towns (all petrol heads), we all love and work on the classics and support each other and have a lot of fun. Families are all tremendous supporters, putting up with absentee partners, spouses and dads who always seem to have their heads wedged under the bonnets of their latest pride and joy. You never finish, there's always something to fix or improve to make them go louder - go faster."



CLASSIC CAR ENTHUSIAST

words: **Michelle McCullough**

A lifelong love of car racing led to a chance encounter, ultimately saving Trevor Parmenter's life.



Sixteen years ago, the classic car enthusiast was competing in a car race in Pukekohe when a conversation with a stranger inspired him to have his prostate-specific antigen (PSA) levels checked.

"I was diagnosed with prostate cancer on December 15, 2007. The surgeon told me I had three to six months left and to go home and put my affairs in order. I am really lucky. If it wasn't for that race I would be dead."

"Sue was a very strong woman. She never had a sick day in her life, and her only symptom was fatigue. It's really important to be vigilant. If something doesn't feel right get it checked."

Despite the turmoil of the last 16 years, one thing that has not changed is Trevor's love of cars and motorsport. While his health issues led to early retirement from the family business Auto Gas Specialists, Trevor has continued his passion for cars, tinkering away in his workshop. A hobby he has had since he was a schoolboy, over the years Trevor has built and modified hot rods and classic cars for himself and like-minded enthusiasts from all over the South Island. He has even built himself a four-wheel drive which he credits as one of his life's highlights.

Over the last few months, the talented mechanic has been helping his friends get their cars ready for the upcoming Caroline Bay Rock and Hop 2023 - a four-day classic car festival that aims to raise money for Hospice South Canterbury.

"I get a real thrill out of it. Making something go better, sound better or go faster."

Not one to give up without a fight, Trevor sought a second opinion, securing an appointment with renowned urologist Dr Frank Kueppers. "He took my prostate out and did a pretty good job. If I hadn't asked for a second opinion I wouldn't be here so it was worth the question. Prostate cancer can get really bad without any symptoms so men really need to get checked, and if they don't want the finger up the back track they can have a PSA test which is pretty accurate and just a blood test."

However, three years later Trevor's cancer returned, and he embarked on a course of radiotherapy to curb the spread of the disease.

"At the start of lockdown, I was diagnosed with bladder cancer, which was a result of the radiation. I had three operations but none of them were successful, so I ended up having my bladder removed. I ended up with a really bad infection and went downhill for about five months and lost 26 kilograms. I looked like death but I managed to pull through."

While Trevor was undergoing treatment for bladder cancer, his beloved wife Sue was diagnosed with bowel cancer, and sadly succumbed to the disease in 2021 a mere eight months after her diagnosis.

"In my younger days, I built what would be classed as a mini-stock car today as my after-school project and raced it. I had to get a special dispensation from a Justice of the Peace to race a race car before I was 15."

Since then, Trevor has won a number of New Zealand Championship titles across several different motorsport disciplines including Hill Climb racing. And now that his health is improving, the 68-year-old is also eyeing up a return to the racetrack.



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GREEN HAYES EMPORIUM

Wander through the doors of the Green Hayes Emporium and step back in time.

One of Temuka's hidden gems, the Green Hayes Emporium & Coffee Cart is a treasure trove of antiques, retro pieces, and recycled furniture. From sofas and cabinets to crockery, furniture, and toys, this funky store has something for everyone.

Whether you are looking for something specific, just fancy a browse or need a new coffee spot, a trip to this little piece of yesterday is well worth a visit.

The Green Hayes Emporium is open every Friday, Saturday, and Sunday from 10am to 4pm.
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Wishing all the organisers for the Caroline Bay Rock & Hop 2023 all the best for an amazing Hospice fundraising event!

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Are classic cars better than modern cars?

The Timaru Rock and Hop event is a trendy gathering of people passionate about the era of Rock n Roll and classic cars. It attracts the younger generation, who show interest in the cars and style of that time.

The latter group thought people were nuts to ride in powerful cars with no seatbelts, airbags, ABS brakes, traction control or other safety features many vehicles have as standard features today.

Advanced technology gives us more luxury and fewer things to think about while driving.

I watched a YouTube video about airline crashes. This episode was titled "WHY did The Pilots CONTINUE?! Asiana flight 214" -view it at <https://youtu.be/0pLRMJyD9TY>. It is about an international airline that had the policy to maximise the use of autopilot during all phases of the flight. The over-reliance on autopilot systems caused the pilots' reduced manual handling proficiency skills, resulting in a catastrophe. There were four fully trained pilots on that flight, of which three were in the cockpit at the time of the crash.

This is a reminder that vehicle crashes may only take a few seconds compared to aviation, where critical situations may develop over longer times. Similarly, drivers who only have experience with vehicles equipped with crash avoidance technology may unknowingly push the system over its limits.

An example is when a vehicle is equipped with autonomous braking, and the driver pays less attention to traffic ahead because s/he assumes the system will activate when it needs to stop the car.

It is especially problematic when driving a different vehicle not equipped with matching safety features that the driver is used to. In these situations, drivers may ignore crucial clues indicating unsafe conditions are developing.

When driving a classic car, it is unlikely to have a safety system that will activate to stop the vehicle from going out of control. It will be up to the driver to manually regain control which requires the driver to know how the car handles and to be sensitive to anything that may seem out of place.



It will be challenging for someone used to driving a modern car to drive a classic car. Starting with no power steering, a stiff clutch or brakes that take more effort to work.

People who grew up in that era, where there were no alternatives, learned by driving in paddocks at slow speed, then progressing to higher rates on unsealed roads.

It may look like I am promoting classic cars over modern cars. I aim to clarify that driving a modern vehicle may unintentionally give the driver a false sense of safety.

People often say it is safer in a classic car during a crash because of its rigid body. Yes, it may be true in a low-speed impact crash, but it is less safe for the driver and passengers at higher speeds. Collisions at higher speeds generate extreme forces. See the table below.

Impact speed (km/h)	Weight of driver/passenger (kg)	Seatbelt fastened	Pressure on the body (kg)
50	75	Yes	3,687
50	75	No	18,435
100	75	Yes	14,748
100	75	No	73,739

Source: <https://www.omnicalculator.com/physics/car-crash-force>

Note that the pressure goes up exponentially. Modern cars have crumple zones, which absorb most of the forces during impact, offering better occupant protection. However, wearing a seatbelt is crucial to maximising safety, as seen in the table above.

In summary, I recommend that drivers pay attention to what safety features the vehicle they are about to drive is equipped with and operate within the limits of their own skill set.

In the end, it is about limiting your exposure to risk.

Daniel Naudé - Road Safety Coordinator

Welcome to CBay Café, if you're after the best coffee and cheese scones in town, you've come to the right place.

As a special 'Happy Hours' offer to our Rock & Hop customers come in for a coffee between the hours of 12.30pm and 3.30pm on the 16, 17, 18 & 19 March and you'll get a 10% discount on your purchase at CBay Café.

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Unlimited rides per session	\$4.00
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How to break the brain's need for the sugar *dopamine hit*

Dopamine is a neurotransmitter and it plays a role in your energy, enthusiasm and sense of motivation. When we're not making enough, our mood is flat, we can't concentrate and are fatigued. At the more serious end of the spectrum, dopamine metabolism is also involved in Parkinson's disease.

Sugar can be a disrupter to your innate dopamine regulation, which is one of the reasons why people can experience a momentary "sugar high" shortly after eating foods high in refined sugar. Just as alcohol and other drugs can deplete dopamine levels, sugar can do the same (albeit to a lesser extent). Sugar stimulates some of the same pathways as alcohol and drugs which is how decreased dopamine levels can lead to sugar cravings. If you have been using sugar to give yourself a dopamine hit, how can you help your body to naturally produce this essential neurotransmitter in ways that serve your health and mood, rather than taking away from them?

Regular movement is an extremely effective way of stimulating production of both serotonin and dopamine. As little as 30 minutes of movement can make a difference to your mood and neurotransmitter levels – it doesn't have to be intense movement, even gentle yoga poses will assist.

Eating protein rich foods assists dopamine production. Eggs, fish, poultry and red meat are all good sources of protein. Fish has the added benefit of being high in omega 3 fats, which also optimise brain function. Whenever possible choose organic, pasture-fed meats and sustainably sourced fish. Vegetarian sources of protein include quinoa, beans, legumes, nuts, seeds and tempeh.



Folate also helps with dopamine production. Leafy greens, broccoli and cauliflower are all good sources of folate. Lentils, chickpeas, black beans, and papaya also contain folate. Bananas are a good source of tyrosine, an amino acid vital to the production of dopamine. It is important to note that foods alone generally cannot provide therapeutic amino acid levels necessary to boost dopamine levels for someone experiencing a major health condition. To support dopamine production adequately, supplementation is often needed.

If you would like to learn more about how sugar impacts your health and vitality along with how to curb cravings once and for all, Dr Libby's 6-week online course, Shake Off Sugar, commences later this month on the 20th February. For more information visit www.drlibby.com.

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TIM BEAN
Performance Health Club

Partner at Performance Health Club and International Speaker on Corporate Health. Our passion is to teach people how to age well by keeping their body and brain in great shape.

“I’ve heard a lot about Circuit Training. Is it better than doing weights or cardio separately, or is it a compromise so you’re not getting much of either benefit?”

Oooo – great question! Most circuits involve moving from one exercise to another a bit like musical chairs. Typically you stay in the one exercise for a set time (30-60 secs) or for a set number of repetitions, before moving on to the next “station”. They usually alternate between strength and cardio exercise, and upper-body to lower-body, so you can build strength, stamina, speed, skill and suppleness – the five core ingredients of “Functional Fitness” – all in the one workout.

Body-weight circuits involve exercises like shuttles, push-ups, burpees, sit-ups, etc. In an outdoors setting everyone might do the same exercises before moving to the next activity as a group.

Strength-based circuits usually take place in a gym or studio using weights equipment and machines to primarily build strength, endurance and muscle.

Many circuits are a mixture of both and are suitable for top performers through to rank beginners, as you simply work at your own pace for the duration of each station.

So, in answer to your question, circuit training IS a compromise in that it isn't pure strength (like doing chest day in the gym) or pure cardio. However, you DO achieve benefits of both, PLUS the sessions are highly motivational, accountable and fun to do in a group!

At Performance we have both the space and range of equipment to provide all types of Circuits, including mixtures of Body-weight, Strength, Calisthenic, Free-motion - and other interesting formats!

Do pop down and have a go after work every Tuesday 5.30pm – we'd love to see you, and if you're considering joining the Club, it's super-easy this month with no joining fee.

Performance Health Club

1 Heaton St, Timaru, Ph 684-6664



ROBBIE HILL
Solicitor at Gresson Dorman & Co.

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

Was updating your Will a New Year's Resolution for you?

For many people the Christmas and New Year period is a time to review finances and plans for the future. This often includes the good intention to create or update your Will. Now that the holiday season has ended, you can turn your mind to the plans you wanted to implement and get your Will underway.

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. The structure and clarity a well drafted Will provides ensures that as much pressure as possible is removed from your loved ones when it comes time to administer your estate.

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.

It is our experience that the certainty and peace of mind sought by having an up-to-date Will is best achieved by working with a solicitor to guide you.

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.



03 687 8004
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Mortgage Express

Whether you are a First Home Buyer, Property Investor, checking your Mortgage health or just want to know more, talk to me about how I can help achieve your goals.

What service do you provide?

I am a mortgage adviser providing expert advice to all types of home buyers. I offer advice and support for buyers navigating the South Canterbury market. I will work with you at every stage from figuring out how much you can borrow to finding the right lender best suited to your needs and completing and submitting applications on your behalf.

Why choose a mortgage broker rather than going direct?

I will save you time and stress. I can offer other options that you may not have known were available. I know the interest rates and application criteria for different lenders on our approved list of lenders and can negotiate on your behalf. My advice is impartial and over a broad range of lenders.

Is it hard to get a home loan in these times?

Rising interest rates and higher inflation means lenders are taking more care than ever to ensure they do not write unaffordable mortgages that set homeowners up for failure. There are ways to improve the quality of your application e.g., keep your expenses as low as possible, clear/reduce debt. Come and talk to me to find out what to do to improve your financial position prior to applying for a mortgage.

Can I borrow if I don't have 20% deposit?

This type of situation is not always straightforward, and professional advice will help outline the full range of options available to you e.g., using different lenders. Government assisted schemes such as First Home Loan make it easier to get into your first home with only 5% deposit - eligibility criteria to meet. If you have less than 20% deposit, give me a call today.

Is it good to have a fixed interest rate over these times?

Choosing a fixed or variable interest rate home loan can help you reduce interest charges over the life of your loan - I have a loan structure discussion with all my clients where we go over the pros and cons of Fixed versus Floating and what is the best structure for your circumstances.



19 Church Street, Timaru
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Do You Know Your School Signs?

Be prepared when our children go back to school.



Speed limit change within school zone:

Reason: Reduce speed to the number displayed on sign. Higher risk period due to increased activity at or around schools. Police have a lower tolerance on speeding in this zone.

Driver Action: Reduce speed to the limit or below displayed on the sign.



Active school zone signs:

Reason: Higher risk period due to increased activity at or around schools. Police have a lower tolerance on speeding in this zone.

Driver Action: Reduce speed be ready to stop.



P5 time limit parking signs:

Reason: A stop-drop-go point to keep traffic flowing and reduce double parking.

Driver Action: Drivers must not park and leave to take kids to class. If you need to take your child to class park at another spot where it is legal to park for longer.



Pedestrian crossing point ahead signs:

Reason: Alert drivers about a pedestrian crossing ahead.

Driver Action: Reduce speed be ready to stop for all pedestrians waiting to cross, not just school children.



School bus signs:

Reason: Bus carries school children. When the bus stops and school bus signs flash, the speed limit past both directions of the bus is 20km/h.

Driver Action: Reduce speed to 20km/h or less and be ready to stop.



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Metro Fires

Wee Rad Leg Freestanding Wood Fire

15kW peak heat output.
Clean air approved.
Heating area 150m² 2/3 bedroom home.
Metallic black HT paint finish.
New Zealand Made.
H: 688mm, W: 615mm, D: 501mm.

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Metro Fires

Ultra Tiny Rad ULEB Freestanding Wood Fire

14kW peak heat output.
Ultra low emission clean air approved.
Heating area 140m² 2/3 bedroom home.
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