

essence

essentially...south canterbury



Profile **5**
Home Office
with a view

Event **9**
Rock & Hop

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.

MAREE HYNES INTERIORS @ HARLAU

Design, Dine, Shop, Relax Experience Harlau

Complete your new home with furniture, throws, cushions, homewares, or anything that you love from our interior design store.



Open 7 days
253 Beaconsfield Road, Timaru
03 686 6784 | www.mareehynesinteriors.co.nz



LIVING with style

END OF SEASON OUTDOOR FURNITURE SALE
Save up to 50% on all remaining floor stock.



Miami 3 seater, was \$2199, **now \$1099**
Miami 2 seater, was \$1699, **now \$849**
Miami coffee table, was \$499, **now \$249**



Mode 3 seater, was \$2399, **now \$1199**
Mode chairs, were \$999, **now \$499 each**
Mode coffee table, was \$549, **now \$275**



Bali 3 seater sofa, Was \$2499, **now \$1499**



Kudo 3 piece setting, was \$1499, **now \$999**



Cabo 3 piece setting, was \$1497, **now \$999**



Palma Outdoor chairs, grey or white only. Were \$249, **now \$179**
Salsa dining chairs, black or white. Were \$159, **now \$129**

79 Sophia Street, Timaru
Ph: 03 688 2960 | www.livingwithstyle.co.nz
Monday to Friday 10am-5pm, Saturday 10am-3pm

Tievoli Too

Homewares, Garden Art & Lifestyle store now open in Fairlie.



Tievoli Too
77 Main Street, Fairlie (opposite the Fairlie Bake House)
Phone 0274 313 362 or visit us on Facebook

contents

We are so excited to bring you our first issue of 2024!

At this time of year there's one big event we all look forward to – the Caroline Bay Rock & Hop. This awesome event brings car enthusiasts, vintage fans and people who just want to have fun and soak up the nostalgia vibes – to Timaru. The town is abuzz with excitement and this year there are even more great attractions – including an aerial display from the Black Falcons and a recreation of that retro show “It’s In The Bag”.

And the Rock & Hop is pulled together by a dedicated team of volunteers with all funds raised going to Hospice South Canterbury. We think that's pretty special. So we make no apologies for going a bit Rock & Hop crazy in this issue – check out our stories on the lovely lady that won best dressed at last year's event (p 14); a classic car aficionado (p15). Plus you can check out what's new at this year's event and find the full timetable – so you don't miss out.

So if you've never been to the Rock & Hop then make this the year you get out there and have fun. And if you have been – go again, it's great fun and all for a great cause!

Elsewhere in the magazine – check out what's happening at South Canterbury Museum; find out exactly what a Road Safety Truck is and get some tips on creating the perfect home office from someone who has got it just right!

There are so many great people, places and businesses in South Canterbury – and we love finding out about them and bringing you these stories.

We'll be back next issue showcasing more great South Canterbury businesses, projects and people.

The Essence Team



Home Office with a view | page 5



The beauty of the Charcoal BBQ | page 8



Shop • Eat • Enjoy on your travels | page 16



Front Cover

The annual Caroline Bay Rock and Hop is on March 14 - 17 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 9. Photo: Brian High



A Hot Rod Life | page 15

contact us:

Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz
Ph: 0274 507 532

Pattie Pegler - Editor
pattie@essencemagazine.co.nz

Larnya Bourdot - Graphic Designer
larnya@essencemagazine.co.nz

Belinda Boyd - Sales Support Coordinator
belinda@essencemagazine.co.nz



Dorothy McLennan



Pattie Pegler



Larnya Bourdot



Belinda Boyd

Published by **Essence South Canterbury Ltd**
Opinions expressed in Essence Magazine are not necessarily those of Essence South Canterbury Ltd. No responsibility is accepted for unsolicited material. No material may be reproduced without prior written permission of the publisher.

22 Chapel Street, Timaru, South Canterbury | www.essencemagazine.co.nz



CANON STREET OPTOMETRISTS

where vision never goes out of style



BETTER VISION BETTER LIFE

Welcome to **CANON STREET OPTOMETRISTS**
your vision and eye health is our priority

www.canonstreetoptometrists.co.nz

Come in and visit our wonderful team of registered eye care professionals!

We are proud to offer only the best in professional eye care and quality eye wear.

FIND OUT MORE



26 Canon Street, Timaru info@canonstreet.co.nz 03 688 9791



BULOVA

Bulova 1973 Jet Star: a legendary design recreated for the modern connoisseur.

The Ringmakers
Manufacturers of Fine Jewellery

270 Stafford Street, Timaru | 03 688 1662 | www.theringmakers.co.nz



Your trusted local builder for new homes and renovations in the Mackenzie area



- New Architectural Homes
- Renovations
- Log Homes
- High Country Cabins
- Farm Buildings
- Light Commercial



Ian & Heather Hollanrich
Directors, High Country Carpentry



Email: admin@hcclimited.co.nz
Office: 1 Gall Street, FAIRLIE 7925
www.highcountrycarpentry.co.nz

0800 922 883



Tievoli Too

A New Store for Fairlie

Eight years after opening Tievoli Trading in Geraldine, owner Michelle, is delighted to open Tievoli Too in Fairlie.

“Two Fairlie locals came in to Tievoli Trading in Geraldine and talked about us opening in Fairlie,” explains Michelle. “Then they text me with details of the vacant shop at 77 Main Street in Fairlie.”

The rest is now history. Michelle and her team made a quick decision to go ahead with opening and put the shop together in two weeks. “It is a work in progress as we are still waiting on Sign Writing, more display units and lots of exciting stock,” she says.

The shop focuses on Homewares, Garden Art & Lifestyle goods and Michelle and her team are inviting locals to tell them what they would like to see the store stock.

“We are extremely grateful for the wonderful welcome that we have received,” says Michelle. “People have been so friendly and enthusiastic. We feel very lucky to be operating in another great little town.”

As they get established Tievoli Too is open Thursday, Friday and Saturday 11am to



“People have been so friendly and enthusiastic. We feel very lucky to be operating in another great little town.”



4pmish but they intend to extend these hours in the future. So watch this space.

77 Main Street, Fairlie (opposite the Fairlie Bake House)
Phone 0274 313 362 or visit our FaceBook



LOVEbomb... A Tale of Tragedy and Good

We recently caught up with Tievoli owner Michelle Baker to hear about a brand of jewellery that has really touched her heart. Over to Michelle.

LAOS 1964 - 1973. Over 2 million tons of cluster bombs dropped on Laos, the land locked country adjacent to Vietnam.

This story is about something positive evolving from tragedy. It is a story of one person with a very big heart and an amazing vision. A person who has 'got out there and done something'.... Something that I think is pretty jolly special.

In 2023 I was visiting Sydney on business when I met the lovely Sue Mason... a charming, elegant woman, marketing a beautiful product with a story that just captivated me - LOVEbomb Jewellery.

Sue's LOVEbOMB story started when she hit 40 and commenced her search for more purpose in life. Ten years on she found what she was looking for and so evolved LOVEbomb - a social enterprise which means a commercially viable business that trades with the intention of making a profit enabling it to give back to a cause. Simply, a business with ethos. A business with heart. A business with purpose.

LOVEbomb employs four families in the Xieng Khouang province of Laos under Fair Trade Agreement which ensures fair pay and fair working conditions. The families are supplied with safely sourced fragments of bombs and crashed aircraft which they make into Sue's designs using

melted product poured into wood and ash moulds.

Eight years on Sue says that they have helped artisans with income opportunities, delivered supplies to schools, built hand washing stations and built a mud brick library. They have also assisted with the development of a kindergarten and a school in a very remote area of Laos.

“Visiting Laos and seeing first-hand the positive impact of LOVEbomb is both overwhelming and humbling,” says Sue. “It’s a win-win. I am now living with genuine passion for what I do and the satisfaction of being able to make a meaningful difference in the world. In other words I am living my truth.”

So, where do I fit with this story... simply, I have had the privilege of meeting a wonderful, inspirational woman and of promoting LOVEbomb jewellery in the knowledge that not only are the products beautiful but they have a wonderful ethos behind them and they really are making a difference.

LOVEbomb jewellery is currently available from Tievoli Trading Geraldine, Tievoli Too in Fairlie and Tangos Shoe Stores located throughout New Zealand.



Preparation of mould



Sue with makers in Laos



Home Office with a view

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

Many of us work from home at some point, whether it's a day a week or full-time. We might spread out on the corner of the kitchen table or take our laptop to the spare bedroom. But architectural designer, Josh Newlove, has created a home office that ticks all the boxes – great views of Mt Peel, close to the house, but far enough away to avoid disturbances.

It sounds pretty swish but Josh built the space entirely himself all from recycled materials, seeking out bargains on Trade Me and Marketplace and doing most of the work himself.

“I love coming up with new ideas and experimenting,” says Josh. “And Dad is a builder so I grew up around building.”

The cladding is from a damaged building, the windows are recycled from the old Crow's Nest and even the desk is a massive macrocarpa slab that Josh milled himself. He was keen to make use of the huge amount of waste in the building industry and to be as sustainable as possible in building this home office.

Of course, using recycled materials can create some restrictions – for instance the size of the office was decided by the three sheets of ply that he had for the floor. But it doesn't mean a compromise in quality – the office is fully insulated, all the rafters are exposed and are one continuous beam from inside to out and there's a 20mm plywood eave. The door is

painted a bright yellow (Resene Bright Spark) to match the yellow kitchen in the main house. And, of course, there's wi-fi internet and power. The space is versatile and could be used for other things – such as a sleepout or extra living space as the family grows up.

All up the total cost of creating this office has been around \$5000 estimates Josh, although obviously that has not included his own labour.

Like many of us Josh got a taste of working from home during Covid – it was a steep learning curve he says. But now he likes to divide his time between the buzz of the NB Architect office in Timaru and his own home office which he finds is a good space for focused, creative work. “It's nice to be able to work for a while then go into the garden, do something in the veggie plot and have a break,” he says.

So what are Josh's tips for others looking to create a similar home office? Well, keep things on the smaller side, if it's less than 10 square metre it doesn't need a consent but does need to be built to building code. Get some advice from a builder or designer and use recycled materials where you can to save on costs and save good materials from going to landfill. And location is key – you want to be able to tap into power and wi-fi from your house and be near enough to pop in and get a cup of coffee but far enough to get some quiet time.

“Josh likes to divide his time between the buzz of the NB Architect office in Timaru and his own home office which he finds is a good space for focused, creative work.”



The art of living

At NB Architects we aim to capture the imagination of our clients by creating enjoyable living, or working spaces, that have meaning, depth and that last the test of time.



03 684 7918
nbarchitects.co.nz



Events

Hadlow to Harbour Community Fun Run & Walk

Caroline Bay Park, Virtue Ave, Timaru. Sunday 3 March, 9.30–11.45am. \$10 each
The Hadlow-to-Harbour is an annual non-profit fun run supporting charities in South Canterbury NZ for over 25 years. It is held on first Sunday every March. Runners and walkers of all abilities welcome. Choose from either 3km or 10km, set your own challenges, party in fancy dress or walk your dog. Be in for prizes! Join us for a fun, family-friendly day out!



Children's Day

Caroline Bay Hall, Caroline Bay, Timaru. Sunday 3 March, 10am – 2pm
Children's Day is a family oriented fun day providing interesting activities, displays and entertainment. It is free and families are encouraged to come and enjoy an annual event which has provided a wide variety of activities for over 20 years.



New chapter for

SOUTH CANTERBURY MUSEUM

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

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

This new facility, planned to open in late 2025, will provide more space for these public-facing activities, along with much better access and a closer link to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections, and making them accessible for research.

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

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

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

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori

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

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

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

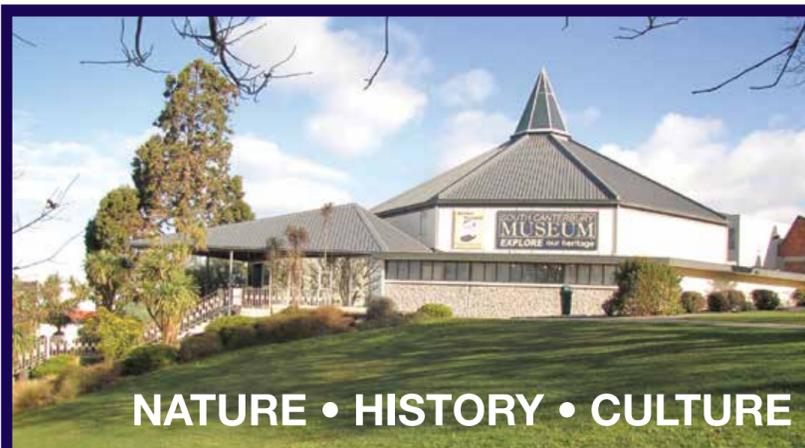
The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori heritage, European settlement and how the region has taken shape over the last 150 years.

A small team of part-time teaching staff at the Museum make up the Heritage Education Service, who develop and facilitate education programmes for local schools. Funded by the Ministry of Education, more than 7,000 students take part in these programmes every year, either in the Museum, at heritage sites or other facilities that link to the

Museum's programmes.

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

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



NATURE • HISTORY • CULTURE

SOUTH CANTERBURY MUSEUM
EXPLORE our heritage

Perth Street, downtown Timaru

Open: Tues to Fri 10am - 4:30pm

Sat & Sun 1pm - 4:30pm

FREE ADMISSION



The Road Safety Truck comes to town

It was a Students Against Dangerous Driving (SADD) conference last year that got Timaru District Council Road Safety Coordinator, Lucy Mehrtens, thinking about heavy transport.

"The students were in groups identifying issues on the road and a few of them mentioned driving around heavy transport," she explains. "I thought there has to be a way to give them some training on this."

So she got in touch with Dave Boyce, CEO of the New Zealand Trucking Association – and he suggested that they bring the Road Safety Truck to Timaru. Set up as a mobile classroom with a hydraulic trailer that expands out to an 80 square metre space – it houses a large monitor screen, touch screen tablets and lots of graphics and information on road safety.

The road safety truck is an industry initiative says Dave. First set up just over six years ago, it's run by the NZ Trucking Association and the generous support of sponsors. It's a mobile learning space and travels all over the South Island teaching groups from preschools to senior citizens about heavy transport and road safety. To date some 40,000 people have been through the Road Safety Truck.

On this visit to Timaru the group will run the Share The Road with Big Trucks programme – designed to help road users understand how to stay safe around big trucks. Participants watch some video content, learn about blind spots and safe passing and there's a virtual reality component. They also get to sit in the cab of a truck and see what the driver experiences.

"It's a chance for them to learn about safely manoeuvring around heavy transport," says Lucy.

Attendees at the event will also be able to find out about careers in the heavy transport industry.

"We really enjoy doing this sort of thing," says Dave. "It's about engaging in the communities and you always get people who think they know how to be safe, but after our road safety truck sessions they know a lot more."

There are limited spots available at this event. If you'd like to find out more about this or try to book in get in touch with Lucy Mehrtens, Road Safety Coordinator at Timaru District Council.

The event runs on 27th and 28th February.

Lucy Mehrtens | M: 027 228 2583 | E: lucy.mehrtens@timdc.govt.nz



"We really enjoy doing this sort of thing," says Dave. "It's about engaging in the communities and you always get people who think they know how to be safe, but after our road safety truck sessions they know a lot more."



The beauty of the Charcoal BBQ

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

There's a lot to be said for the typical gas BBQ – it starts up quickly, the temperature is easy to control and it saves on the pots and pans. And cooking outdoors is fun – especially in summertime.

But if you really want to make an occasion of your BBQ then it's worth thinking about the charcoal option. They're readily available at all the usual stores and whilst they may take a little more time to heat up and require a little more attention – they do give a very special flavour to whatever you might be cooking.

Someone who knows all about cooking with charcoal are the three South American chefs, Hector Meneses, Ignacio Riveros and Carlos Calisto, who form Asado. The trio specialise in cooking, well, asado. So what is that exactly?

Hector explains that 'asado' is the Argentine term for barbecue – where the meat is cooked on a grill or over hot coals and firewood for a long time. It requires skill, time and patience and should not be rushed. In South America, 'asado' also refers to a backyard barbecue with family and friends. People gather, enjoy a wine or a good beer and something to eat, and socialise outdoors while the food is slowly cooked.

When it comes to the type of meat Hector advises that the most commonly used cuts in Argentina and Chile are short ribs, flank steak, skirt steak, chorizo and of course sirloin and rib eye steak. "New Zealand has very good quality venison meat too," he says. "Venison is not a very common cut in South America but most Kivis love it and that is why it is a fundamental part of our events. New Zealanders love pork belly too, especially when we get that crispy skin."

If you're trying this yourself at home, you need to think about the type of wood you use for your BBQ. "Asado New Zealand use manuka," says Hector. "It is great because it gives us a very good ember and a good temperature. In addition, the flavour it leaves in the meat is not overpowering."



Seasoning the meat is also key and when it comes to cooking time the length of time needed on the BBQ really depends on what you're cooking advise Hector. "A 300gm sirloin or rib eye steak can take up to 15 minutes to achieve a good medium rare to medium, while the pork belly and the whole baby back ribs that we cook take up to three hours with soft and even embers."

To serve the meat the best sauce is chimichurri says Hector – and as for how to make it, well he says Ignacio the Pit Master at Asado New Zealand makes a great one!

If all this sounds complicated then Asado New Zealand can come out and take care of the whole thing for you. Essence Magazine publisher Dorothy recently experienced this when her husband celebrated a birthday at home. Usually one to cater for guests, this time they called the guys at Asado – who kept the guests fed with true South American style.

"I can honestly say I have never felt so relaxed when we've had a party at home," says Dorothy. "Normally we do all the catering ourselves, but getting the Asado crew in was great. It meant we got to talk to our guests and enjoy a drink. And the food was fantastic."

Modern living includes indoor and outdoor dining and entertainment solutions.

There is a significant swing to outdoor dining and extended outdoor areas. We are seeing more and more houses being built with dedicated outdoor louvre roofed areas.

This means we are less dependent on summer season being the only time to dine outside.

There are a fantastic range of outdoor entertainment solutions, including wall mount and garden level speakers to help create that perfect ambience.

John Simpson at Living with Style, has been selling and installing entertainment systems for 35 years. They have a number of fantastic solutions for existing and new homeowners.

Call in for a chat about your particular project.

79 Sophia Street, Timaru
Ph: 03 688 2960 | www.livingwithstyle.co.nz



LIVING with style

Retractable Shade Cover



- Very cost effective.
- We use a high performance premium fabric and stainless fittings.
- Can be used in conjunction with existing structures.
- High UV & Heat protection.
- Mildew & Mould resistant, easy to clean.

THE SHADE HOUSE

Showroom open
8am - 5pm Mon - Fri

61 Church St, Timaru | Ph 03 684 9000 | www.theshadephouse.co.nz

The Caroline Bay Rock & Hop is always an event for the calendar – a fantastic weekend with a 50s and 60s theme featuring hundreds of vintage cars, caravans and motorbikes.

The four-day event runs from Thursday through to Sunday with something for everyone, whether you are into cars or not. Friday night is the cruise when you can get out and see all the cars driving by and soak up the atmosphere. Then there's a weekend of entertainment, stalls, music, competitions, street parties and more. The event is put on by an organising committee of volunteers who work hard to keep the things fresh each year, and is a key fundraiser for Hospice South Canterbury.

This amazing community event really transforms the town of Timaru, bringing the community together and welcoming visitors from all around the country to join in the fun.

Those who have their cars registered in the Rock & Hop can head to the international raceway at Levels on Thursday

to try out a lap on the track. On Friday there's the cruise to Geraldine where sponsors Geraldine Auto Restorations are opening their workshop and hall of fame; the Geraldine Vintage Museum is running vintage taxis and Route 79 will be open to view. Friday evening sees the main street cruise in Timaru - a highlight for many participants and the public alike. The streets are lined with people. Locals get out the BBQs and deck chairs and watch the passing vehicles. There is such an amazing atmosphere you do not want to miss this. The Timaru and Temuka main streets will be closed to other traffic, but please take care when turning onto State Highway One at Temuka. Then there is a full weekend of fun at the event itself.

So if you haven't been to the Rock & Hop before get down there and check it out. If you have been before – make sure you go again and support this fantastic event and all those that help to put it on.

You can find the full timetable on Page 10.



Photos: Brian High

MORRIS WADDELL ELECTRICAL

'THE BOYS IN THE BLUE VANS'

03 686 2422

Shine a little light on your decking, garden or driveway. Morris Waddell have your outdoor and security light systems sorted!

60 GLENITI ROAD | 24/7 03 686 2422

E admin@morriswaddell.co.nz
www.morriswaddellelectrical.co.nz

Proud to be a major sponsor of the

Caroline Bay Rock & Hop 2024

Alpine ENERGY

Alpine Energy proudly own and operate the electricity distribution network that delivers electricity, via overhead and underground power lines, to around 34,000 homes and businesses in South Canterbury.

Empowering Our Community
Phone: 0800 66 11 77 | www.alpineenergy.co.nz

CATERING SOUTH CANTERBURY

Have a chat to the team Catering South Canterbury today, the experts in event catering and delicious food.



Phar Lap Raceway, State Highway 8, Washdyke, Timaru. Ph: 03 688 2626
E: CateringSouthCanterbury@hotmail.com

Supporting Rock & Hop 2024

Keep your family safe on the roads this Summer. Come into Goodyear for a free tyre check.



GOODYEAR AUTOCARE
14 Arthur Street, Timaru | Ph 688 6666

BROOKland WINDOWS & DOORS

Where quality, promptness & customer satisfaction comes first...

PROUD TO SUPPORT ROCK & HOP

For all your residential aluminium windows and doors

- Sliding Doors
- Fold-back Bi-folds
- Double Glazing
- Stackers

88 Meadows Road, Washdyke
Ph 03 688 2667 | brook.land@xtra.co.nz



ROCK AND HOP TIMETABLE

THURSDAY

9.00am Gates open at Laps at levels
4.00pm Laps at Levels finishes

FRIDAY

9.00am Gates open at Marine Parade Entrance to Caroline Bay
11.00am Geraldine NZ cruise leaves Caroline Bay from Marine Parade entrance
2.00pm Geraldine NZ cruise returns to Timaru
3.00pm Cars begin parking up at Caroline Bay for the Timaru District Council Main Streets Cruise
5.30pm Timaru District Council Main Streets Cruise starts
6.00pm Temuka "Rock & Shop" street party starts
8.00pm Doors open at the Caroline Bay Hall for the Timpany Walton Lawyers "It's in the Bag" fun night

SATURDAY

7.30am Gates open at Caroline Bay Marine Parade entrance for vehicles to begin parking up for the day
10.00am Band "The Groove" start playing Main Stage, stalls open. The Gala Day begins.
10.00am Voting for Participant and People's Choice opens. Buckets to place votes located at the Information Tent
10.00am Childrens Nexus Scavenger Hunt begins. Collect your Scavenger Hunt list from the Information or Merchandise Tents and start collecting information.
12.00pm Funky Fashion Parade on the Main Stage
12.30pm Best Dressed Entrants report to the Bay Hall to collect competition number
1.00pm Prejudging of the Best Dressed Competition in the Bay Hall. No Late entries will be accepted
1.00pm Band "The Drama Queens" perform on the Main Stage
1.30pm Voting for Participant and People's Choice closes. Scavenger Hunt Closes, all entries to the information tent
1.55pm Nexus Scavenger Hunt Winners announced on the Main Stage.
2.00pm Best Dressed Competition parade and prize giving on the Main Stage
2.30pm "The Drama Queens" continue on the Main Stage
2.45pm Royal NZ Air Force Black Falcon aerobatic display.
3.00pm Mitre 10 Mega Challenge live on the Main Stage
3.10pm TAE Tractor Auction Live on the Main Stage
3.15pm Car Winners announced, trophies presented. Vehicles paraded in front of Main stage
3.45pm MTF Raffle Drawn on Main Stage
3.50pm \$10,000 Grand Prize Lucky Ticket draw live on the Main Stage
4.00pm Gala Day finishes
7.00pm "Rock Your Socks Off" party with Shallow in the Caroline Bay Hall

SUNDAY

8.00am Breakfast on the Bay. In the Caroline Bay Hall
10.00am Breakfast Closes
10.30am Sheds on Sunday Cruise begins. Details and Maps for this are available by visiting www.carolinebayrockandhop.co.nz prior to the day.

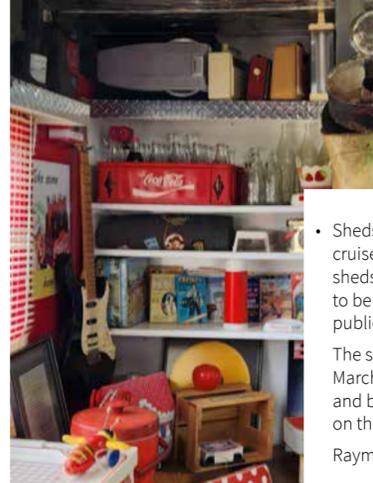
Photos: Brian High



What's New?

The Caroline Bay Rock & Hop is not only a must-attend event on the calendar - but it's also a huge fundraiser for Hospice South Canterbury. The dedicated organising committee is always looking for ways to keep it fresh and fun and this year's event will see some great new additions.

- Remember that iconic 1970s TV favourite 'It's In The Bag' with presenter Selwyn Toogood? Well this year it's recreated with its famous catchphrases 'by hokey Timaru what is she to do?' and fun format - all thanks to sponsorship from Timpany Walton Lawyers. The bags in question may contain a weekend getaway or other great prizes. But the contestants will have to decide to take the money or the bag in this exciting real life recreation of the show. So if you want to see it, get your tickets quick. We've also been told that for an extra fee you can get your name into the live draw for the opportunity to be a contestant. Check out the Caroline Bay Rock & Hop website for full details www.carolinebayrockandhop.co.nz



If there is so much going on at this year's event that you don't know where to start -then the new Caroline Bay Rock & Hop hostesses will be there to help you. Based on the iconic Rock & Hop poster girl in her red polka dot dress - the hostesses are a new idea to help people find their way around. Look out for them at key events during the weekend.

- Sheds on Sunday Cruise brings a new twist to the Sunday morning cruise - with the chance to have a look around some awesome sheds. There are plenty of amazing collections and memorabilia to be spotted in these sheds and they're not normally open to the public - so this is a fantastic opportunity to check them out. The selected sheds will be available for viewing on Sunday 17th March from 1.30am - 2pm and Caroline Bay Rock & Hop posters and balloons at the gate will help you find the open sheds. They are on the following streets in Timaru:
Raymond Street, Gleniti Road, Snowden Road and Pukatea Street

- Also one to watch out for this year is an awesome aerobatic display from the Royal New Zealand Air Force Black Falcons. The team members are all instructors with either the Central Flying School (who train new flying instructors and maintain flying instruction standards across the Air Force) or No 14 Squadron (who train new pilots). The team practices and displays are all done in addition to their regular day-to-day duties and we are super excited to have a chance to see them at the Caroline Bay Rock & Hop this year. Do remember that displays are weather dependent - so let's keep our fingers crossed for clear skies!



Peter Herron Flooring

Proud to support Rock and Hop

021 315 169
peterherronflooring@gmail.com

Covering the South Island, we provide quality flooring installation and preparation guaranteed.
No matter how big or small, everyone is important.

FLOOR **GREEN** **SITE WASTE**

MADAM MAT | Mat Binding Specialist
Located in the Peter Herron Building | 03 688 3876
Shop Hours: Tuesday - Thursday 12 noon - 4pm

PRO MED NZ LTD

Event Medical Service providers of medical cover at the Timaru Rock n Hop event.
Proud to be part of the Rock n Hop 2024
Phone: 0508 77 66 33 • promed.ac.nz

REAL MILK TIMARU

- ✓ Non-pasturised
- ✓ Non homogenised
- ✓ Environmentally Friendly
- ✓ Free Range

22 Fairview Road, Timaru
027 221 4552
info@realmilktimaru.co.nz



MORRIS WADDELL ELECTRICAL

03 686 2422

Proud to support the Caroline Bay Rock & Hop

60 GLENITI ROAD
24/7 PH 03 686 2422 E admin@morrishwaddell.co.nz
www.morrishwaddellelectrical.co.nz

Proud to be a sponsor of the 2024 Caroline Bay Rock & Hop!

Look out for the Mitre 10 MEGA Marquee on Gala Day, visit our team and have a go on the MEGA challenge!

MITRE 10 MEGA



YOUR Custom GRAPHIC SPECIALIST

- + CUSTOM DECALS
- + HAND PAINTED
- + PINSTRIPES
- + WRAPS

TIMARUSIGNS.CO.NZ
03 688 9226

Cruise News

If you're planning to watch the awesome cars roll past at the Timaru District Council Main Street Cruise on the Friday night -then please check out the details of the new route as this has changed slightly from past years.

This will now leave Stafford Street to head out of town via Canon Street, Sophia Street and then Church Street and then connecting with Wai-iti Road, for the trip out of town, via Rathmore Street. This new route has the cars avoiding four sets of traffic lights and hopefully keeping the cars a little closer together, making the cruise more enjoyable for those watching from the streets.

So, for those of you who have in the past watched the Cruise from lower Wai-iti Road, this year you will need a new vantage point, either further up Wai-iti Road or head into the CBD and watch along Stafford Street.

All cruise maps are available to download on www.carolinebayrockandhop.co.nz



Temuka Rock and Stop

Be part of Temuka's celebrations for the Rock & Hop weekend.

On Friday night the Temuka main street will be closed from 5.30pm till 9pm to normal traffic so that Rock and Hop entered cars can cruise through. Park up if you wish and join in. Music will be playing so wear your Rock'n Roll outfits and do some dancing.

More parking is available on Commerce Street and in the car park adjacent to 100% Homemade (opposite the Saleyards).

WIN Big at the Gala Day

Someone MUST Win \$10,000 Cash

Yes it's true. Someone will be \$10,000 richer after the Gala day. You need to purchase your lucky ticket for only \$10 to enter the draw. The winners will be drawn live on stage at 3.45pm and we would love it if you could all be there.

Tickets will be on sale from our Hospice Shops before the Gala Day. If there are any left they will be available on the day from our information centre or one of the volunteers selling them round the event.



Make the smart choice as you travel greener and cleaner to your destination. Swift Hybrid - personality and low emissions in one.

PROUD TO SUPPORT ROCK & HOP



HOLLANDS SUZUKI CARS
13-15 North St, Timaru 03 688 8297 www.hollandstimaru.co.nz

TIMARU UPHOLSTERY



We specialise in:

- Boat Covers
- Awnings
- Auto Trim
- Tonneau
- Household Upholstery

10 William Street, Timaru
Phone: 03 688 0637
timaruupholstery10@gmail.com

PROUD TO SUPPORT ROCK & HOP 2024

From the Mayor's Desk

I hope 2024 is treating you well so far, and you've had the opportunity to get out and explore everything we have to offer in our District.

From a council perspective it's set to be a busy 2024 as we continue our work on the council's Long-Term Plan, that guides all our spending and priorities for the next 10 years.

Every three years, just about in the middle of each council term, we look at the current plan in the current social and economic environment and the needs of the community and revise it to fit.

This LTP is quite different to the last couple of ones I've been involved with, as the country is in a very different economic situation and no part of government is immune.

Striking the balance between provision and maintenance of basic infrastructure and levels of service in the face of escalating costs, ensuring responsible debt at the same time as keeping rates affordable, and providing the services that make this district a great place to live has never been more challenging.

There are a few tough calls to be made in the next few months as we work to live within our means.

We don't want to make these decisions in isolation, we really want as many of our community to be part of our decision-making process, so please take time to give your feedback on our draft plans when they come out in the next few months.

Nearly every day most of us will use several council services, so it's vitally important that you play your part in how they are run.

There will be lots of opportunities to have your say, and we always welcome being invited places to discuss this so please drop us a line if there's an event you'd like us to speak at or a group we could come and talk to.

As a council we're not looking at doing things the way we always have, a major success we've had over the past couple of years was the push back on the centralisation of water services, with a view to creating more locally focused and sustainable ways of providing water services.

As well as the repealing the three waters legislation, the Government has charged local councils to now walk the talk and further develop the alternative model that was created as part of the Communities 4 Local Democracy group that TDC was a founding member of.

In line with most of New Zealand we face some challenges, but our council continues to be in a relatively strong position, and my colleagues around the table collectively have a positive vision of ensuring our district remains a fantastic and vibrant place to live, work and play.

2024 is hopefully a year where our households and businesses get back onto a surer footing after an eventful few years, and we're working to ensure the council and all the services and facilities it provides for you are in great shape for the future as well.

We welcome back the Caroline Bay Rock n Hop, a hospice South Canterbury fundraiser on the 14th of 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 Competition

One of the most popular parts of our show is the Rock and Hop Best Dressed Competition. With a ladies, gentlemen and a child's competition there is something for everyone.

Get dressed up in your best '50s, '60s clothing and strut your stuff on stage. You MUST pre register online, there are limited spaces so get in early. You then need to check in before 12 noon.

NOVUS glass

Repair & Replacement

0800 10 35 35

7 Bank Street, Timaru

Fast | Guaranteed | Certified

novusglass.co.nz

Proudly Supporting Rock & Hop 2024

TOP 10 Holiday Parks Classic

Proud to support Caroline Bay Rock & Hop

HOSPICE SOUTH CANTERBURY

Timaru TOP 10 Holiday Park timaruholidaypark.co.nz

SILVESTER V8 PERFORMANCE

YOUR #1 SHOP FOR ALL YOUR SAFETY RACE GEAR!

144 Moorhouse Ave, Christchurch, 0800 327 350
www.silvesterv8.co.nz

SILVA STUDIO
Architecture + Management

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

STOLEN GIRLFRIENDS CLUB

NEW CROOKED HEARTS COLLECTION IN STORE NOW

The Ringmakers
Manufacturers of Fine Jewellery

270 Stafford Street, Timaru | 03 688 1662 | www.theringmakers.co.nz

Vintage Vibes

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

It all started with a 1967 Mustang for Michelle Cahill, who won the Best Dressed title at last year's Caroline Bay Rock & Hop.

"We are avid custom car people and we bought the Mustang then went to a show with it," recalls Michelle. "I saw the girls dressed up in vintage dresses and I thought 'that's for me'. I just love that classic vintage styling, the femininity of it, feeling lady like."

So in 2018 she entered her first pageant at North Canterbury's Muscle Car Madness. Much of the event is a blur for her and she can't



remember what she wore. "But I do remember I had a panic attack before going on stage. I was behind a truck hyper ventilating," she says.

From those early days she is now a veteran pageant entrant and has grown to love not just the vintage look, but also the community around it. "It's such a nice wee community," she says. "The other ladies are all really supportive, both online and at events. And you run into the same people at different places. It's very friendly."

There's another big benefit that Michelle has noticed – a huge boost in her confidence. It is, she says, something her friends and family comment on.

Husband Stephen is one of her biggest supporters and many of her friends also give her plenty of support when she's getting up on stage. She even has a stage name 'Mustang Shelley' she says with a laugh. A friend came up with it as a joke and it's stuck.

When it comes to finding the right clothing, there are some online outlets, but the community also swap and sell between themselves. Michelle also likes to make her own accessories and has become highly experienced at doing her own hair and makeup.

For her winning outfit at last year's Rock & Hop she searched out the classic 1940s style floral dress with cap sleeves. "I'm a creative, I get an idea in my brain and then I have to hunt it out," she says.



"I have been doing pageants for years," says Michelle. "I had put so much effort into this outfit and look. It was amazing to get the Best Dressed."



She then had a hat made in the shape she wanted. The hat itself is a plain base and she tracked down the flowers from a wholesaler and created her own floral decoration to put around the band of the hat. It makes it more versatile as the florals can be removed and another accessory put on to wear with a different outfit.

Taking out the Best Dressed title was a definite high point of her pageant experiences.

"I have been doing pageants for years," says Michelle. "I had put so much effort into this outfit and look. It was amazing to get the Best Dressed."

And for anyone else thinking of getting into the pageant scene, just do it, is Michelle's advice. "Find an idea, look on Pinterest and just do it. The girls [in the pageant community] are always going to be supportive."

A HOT ROD LIFE

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

For Danny Bisschop, a chance encounter at the traffic lights as a boy sparked his life-long love of cars. "I was sitting in my parents' car when I was about 10 years old," recalls Danny, now 70. "I saw a 1933 Ford Coupe pull up at the lights and that was it! From that point on I've been crazy about hot rods."

Little did young Danny know, but he would go on to own that very car - buying it, tinkering with it and flicking it on three times before it ended up in its final resting place as a showpiece in a collector's shed.

That's the thing with Danny – he's not just a panel beater, automotive painter and mechanic; he's a true blue car enthusiast. He happily recalls the history of each car he's owned over the past five decades. He knows where they started their life, who he bought them from, what he did to improve them and where they went next. It's not just a hobby, it's an all-out passion.

"It's just in my blood," he explains.

Unsurprisingly, Danny and his wife Lavina are regular attendees at car shows up and down the country. Danny checks out the cars and Lavina dresses up in her 1950s rock'n'roll attire, but there's much more to it than that.

"We do it because of the people. The cars are just the means to bring us all together, but the best part is catching up with friends, and spending time with likeminded people. We love it."

Over the years, the couple have brought home a number of trophies from the shows, but Danny says the most meaningful one is the MTF Participant's Choice Award he received at the 2023 Caroline Bay Rock & Hop for his 1952 Ford Twin Spinner.

"It was such a shock!" he recalls. "The quality of the vehicles at the Rock & Hop is incredible, so for the other participants

"We do it because of the people. The cars are just the means to bring us all together, but the best part is catching up with friends, and spending time with likeminded people. We love it."

to vote for mine was a real surprise. Having put in a lot of work, time and money, it's really nice for the car to get that appreciation."

When he says "a lot," he's not kidding. Danny spent two and a half years completely rebuilding and customising the winning vehicle to the point where it's now an absolute one-of-a-kind. "There's no other car like this in the world."

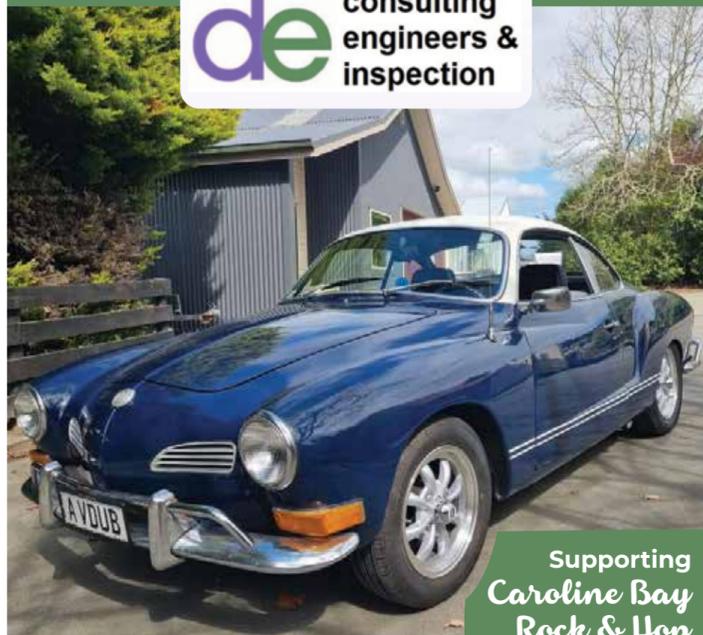
True to form, Danny knows this car's life story: "It was originally a taxi in Dunedin. Then it went to Balclutha and became a hot rod. It went through many owners and then I bought it from a guy in Gore. It was in a very sad state so I pulled it to bits, cut out all the rust and completely rebuilt it. There's basically not one original panel left because I altered everything."

Danny and Lavina are heading back to the Caroline Bay Rock & Hop this year, but the Twin Spinner will have to stay in the garage. "We're taking the Mercury Medalist this year," he explains.



As the only known 1958 Medalist in the Southern Hemisphere, chances are high it could take out a trophy too. But for Danny and Lavina, that's not what the trip is about. "The Caroline Bay Rock & Hop is such a well-organised event. The organisers have really listened to the people and made improvements over the years. They've got it pretty well stitched up now. We're really looking forward to it."

Your Consulting Engineers Professional Personal Service



Supporting Caroline Bay Rock & Hop

Ph: 021 737 474 | 4 Elizabeth Place, Timaru
www.deconsultingengineers.co.nz

NZ's Most Honest Fry

Visit our factory shop or look out for our fries in supermarkets, takeaways, cafes and restaurants.



For all enquiries call 03 689 5879



Fine Floors

2015 Ltd

Our store 'Fine Floors' at 66 North Street is a hidden gem!



We offer a bespoke service with an extensive range of exclusive tiles, beautiful carpets and all your flooring requirements. Come in and meet with our experienced team. We are here to help make your dreams come true!

Ph (03) 684 8249
Cnr North St & Craigie Ave
www.finefloors.co.nz



EPIC DESTINATIONS

LEGENDARY JOURNEYS

The new Suzuki Jimny 5-Door has arrived, with roomier interior and ALLGRIP PRO 4WD capability. So grab your crew as it's now even easier to share your big adventures. And tomorrow, you can do it all over again.

TEST DRIVE TODAY. FROM \$40,990+ORC.



HOLLANDS SUZUKI CARS

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

EAT • SHOP • ENJOY on your travels



The Village Inn

Nestled in picturesque Geraldine, a visit to our complex is a must!

Our smart upmarket dining lounge and bar offers an atmosphere where people can dine with good company, delicious food and great wine. Our outside area is a suntrap during summer. Alfresco dining at its best!

The Village Inn Bar boasts a large entertainment area including TAB, Pool Table, Gaming Machines and are renowned for our excellent range of live bands. With over 25 beer taps to choose from including lagers, craft beer, cider and a mixture of other taps.

At Super Liquor we pride ourselves in a full range of beer, wine, spirits and RTDs - come into our store near and browse for your favourite tippie!

Sports Bar, Restaurant, Village Green, Tab, Gaming Lounge, Super Liquor Store.

41 Talbot Street, Geraldine
Ph (03)693 1004 | www.villageinn.co.nz



The Shade House

At the Shade House our goal is to bring our customers the highest quality window coverings, shade protection, launder and repair service.

Shutters, blinds, awnings, screens, outdoor shades, service and repair. For your indoor and outdoor shade and privacy solutions.

Serving Mid and South Canterbury, North Otago and the Mackenzie District.

Call for a free measure & quote or come in and talk to our friendly team about our quality range of shade and privacy solutions for your windows and outdoor areas.

Proud to support the Rock & Hop



61 Church St, Timaru | Ph 03 684 9000
www.theshadehouse.co.nz



U WASH LAUNDROMAT

This gas-powered laundromat features nine user-friendly Speed Queen washing machines of different sizes and 14 dryers that will efficiently and quickly dry your items, allowing you to wash everything from everyday items like clothes and towels, to bigger, more bulky items such as duvets and blankets. It's not just delicate and duvets that can be washed at U Wash Laundromat; it also features three showers, including a family shower room with accessible facilities for those with disabilities or impairments. For ease of access, all the machines and showers at U Wash Laundromat are powered by Eftpos, meaning there is no need to scramble for coins or tokens. The laundromat also has free WIFI, allowing you to catch up on your favourite shows and movies while waiting for your laundry to finish. Bring your dog and car for a clean as well.



80 King Street, Timaru



Harlau House Cafe

EXPERIENCE HARLAU: Dine, Design, Relax, shop

With delicious food, a stunning country environment, and Maree Hynes Interiors right next door, there is no better place to be than Harlau House Cafe.

Just two minutes south of town on Beaconsfield Road, the cafe sits in the garden of the historic homestead Harlau. Alongside the homestead and cafe is the shop and studio of award-winning interior designer Maree Hynes.

A local favorite this is a must for any out-of-town visitors too.

03 683 1887 | www.harlahousecafe.co.nz



HOUSE OF HOP

Come in and join us for lunch or dinner at House Of Hop Brewery and restaurant to see what all the hype is about for yourself.

If incredible food, craft beer and exceptional customer service is what you enjoy, you won't be disappointed.

Set in an idyllic rural setting just 7 minutes out of Geraldine, you'll find our stunning restaurant and brewery. Chef Dion and the team will wow you with their amazing food while Lisa and The Brew Crew show you what top service is all about while you sit back relax and enjoy our sensational craft beer range.

See you soon, from your Brew Crew.

029 0202 0399

info@houseofhop.co.nz



S9294

A5

Simplicity



Timaru Sewing Centre

Visit the Timaru Sewing Centre team to get inspired for your next Rock 'n Hop creation!

Retro patterns, fabrics and trims.

Create something completely unique, made to fit you and your personality.

Wishing all the organisers for the Caroline Bay Rock & Hop 2024 all the best for an amazing Hospice fundraising event!

158 Stafford St, Timaru
www.timarusewing.co.nz

TIMARU SEWING CENTRE



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

CBay Café also offers you a great place to relax, catch up for a coffee or re-fuel after your workout. With a great range of sweet and savory food to suit anyone's taste buds, giving you a fun and social time with great bunch of motivated people.

Mon to Fri – 9am to 5pm | Sat & Sun – 9am to 4pm

RELAX AT CBAY

Located just up the road from the Rock & Hop, CBay is the perfect place for a fun family outing or to supplement your daily fitness regime. Clock up some km's in the pool, attend a fitness class or just relax with a delicious coffee at CBay Café.

A modern fitness and leisure centre, with three indoor heated pools, a 50m outdoor pool, two hydrosides, a children's water play area, Rapid River, Big Splash Tower and Chillax area (16yrs+) there's something for everyone.

So, whatever the weather, it's the best place to splash, swim and play, because its always summer at CBay.

POOL SAFE CHILD SUPERVISION POLICY

CBay Aquatics endorses the NZ Standards for the aquatics industry and the Aquatic Code of Conduct. Active supervision is required for ALL children in the facility under the age of 8 years, NO exceptions. Parents or caregivers who do not supervise their children appropriately will be removed of this policy, which is designed to keep children safe in the water at all times.

UNDER 5 YEARS: A maximum of two children under 5 years to one responsible person* who MUST BE WITHIN ARM'S REACH and in the water at all times, no exceptions.

5 TO 7 YEARS: A maximum of 4 children aged 5 to 7 years to one responsible person* who MUST BE ACTIVELY SUPERVISING and able to provide IMMEDIATE ASSISTANCE when required, no exceptions.

ADMISSION:

Child (5-17 years and high school pupil with ID)	\$4.00
Adult	\$6.50
Senior (65+)	\$5.50
Spectators accompanying a swimmer	No Charge
HYDROSLIDES: 5 years & over (additional to admission price)	
Unlimited rides per session	\$4.00
CHILLAX: 16 years & over (additional to admission price)	
Sauna/Steam/Spa	\$3.00
GYM CASUAL VISIT	\$16.00
SHOWER	\$3.00

CBay Aquatics
Monday – Friday 5.30am-8pm
Saturday, Sunday & Public Holidays – 7am-7pm

CBay Fitness
Monday-Friday 5.30am-9pm
Saturday, Sunday & Public Holidays – 7am-7pm

11 Te Weka Street, Timaru
Ph: 03 684 2229
@CBayAquaticCentre @CBayFitness



Café Verde

Café Verde in Geraldine is known for its luscious garden setting and outstanding food.

Located in an old phone-exchange building, this is the local café-goers meeting spot where generations of friends and family come together over a cuppa.

The emphasis at Café Verde is on its seasonal changing brunch and lunch menu, consistent coffee and cabinet food done well. Various dietary requirements have been taken into account with vegan, vegetarian and gluten free options aplenty.

Open 7 day a week | 45C Talbot Street, Geraldine | 03 693 9616



Keeping your child safe

Keeping your child safe is one of the most crucial jobs you have as a parent, and one of the most important things you'll buy for your child is a carseat.

Right from the beginning, whether you take your baby home from hospital or the first time leaving your home, you need an appropriate car seat until they grow big enough to fit an adult seatbelt, at approximately 148cm tall. That's why we say "It's safer to wait until 148".

There is no single "best carseat" out there. The best car seat is the one that fits YOUR child's weight, height and age, and is properly fitted into YOUR vehicle, ensuring maximum safety if the unfortunate event of a crash was to happen.

As your child grows, you will need to transition from one car seat stage to another, but with each stage you may lose safety and protection, so it is important not to make the move to the next stage too early.



Charlie (11 months), Lewis (17 months), Everly (2 years), Corban (5 years), Caitlyn (7 years), Beauden (8 years) and Harlan (9 years).

Five ways to ensure your child's carseat is safe.

1. Make sure that the seat fits the child. Different carseats have different height, weight and age limits, which can be confusing so make sure you check out the specifications of the seat before you purchase. You could have the "Safest" seat on the market but if your child is not in an age appropriate seat, they may receive life threatening injuries in a crash.

2. Make sure the seat fits the vehicle. Different makes, models and years of cars have different shaped seats, different material, differing usable space to work with. Some cars don't have an anchor point installed, some vehicles don't have isofix compatibility, some cars have inflatable airbags in the seatbelt. You could have the "safest" seat on the market but if it doesn't fit your vehicle then it will not perform how it should in a crash.

3. Make sure the seat is being used correctly. This involves having tight, untwisted straps. Chest clip in the correct position (if there is one as some seats do not use them). Straps at the correct height. No aftermarket accessories added. You could have the "Safest" seat on the market but if your child is not properly restrained in the seat, they may be ejected from the seat in a crash.

4. Make sure it is installed correctly. This involves making sure the tether (if the seat has one) is attached to the appropriate anchor point. A tight install on either seatbelt or isofix (but not both!) The seat is reclined to the appropriate angle if rear facing. The carseat is not braced to the vehicle's front seat unless specified in the carseat and vehicle's manual. You could have the "Safest" seat on the market but if the seat is not properly installed, it may be ejected from the vehicle in a crash.

5. Check with your local Child Restraint Technician At South Canterbury Child Restraint Rentals, we are qualified and trained to give advice and install the appropriate seat for your needs and what will best suit your vehicle. We are an independent charity, supported by the community, therefore, we are unbiased and have no loyalties to any particular seat or brand. We can hire our seats to you, or we can point you in the right direction to purchase your own and we will happily install it for you.



Laura and Nicole



Car Seat Technicians Required

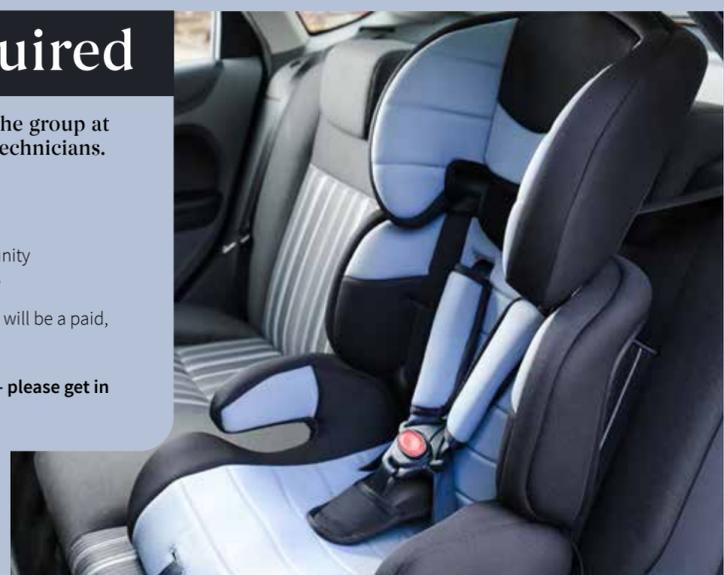
Getting children's car seats correctly installed is important work and the group at South Canterbury Child Restraints are currently seeking two car seat technicians.

- Applicants should:
- Be able to complete training with a written and practical component
 - Be able to work in confidential and challenging situations without judgement
 - Be community-minded and want to provide an important safety service to the community
 - Be available for approximately 25 hours per month to assist and advise on seat fittings

SCCR will pay for training costs. Once training is complete to an acceptable standard this will be a paid, part-time position.

If you think you might be a good fit and would like to apply for this important role – please get in touch with the friendly team at South Canterbury Child Restraints.

P. 022 415 3712 | E. scrrcarseats@gmail.com



Blush Beauty Memberships

We've designed these new memberships with YOU in mind. Just like a gym membership, only we do the hard work for you and no heavy lifting is required!

Tailor your new membership, based on your goals.

Sculpt Membership

If you're looking for a non-invasive and highly effective solution to target stubborn fat deposits in the body, this one is for you.

The Sculpt Membership is a 6-month program targeting stubborn fat. Enjoy perks like two full-body lymphatic massages, a complimentary body oil product, and a personalised care plan.

Membership discounts include 10% off a second treatment, multiple areas, and all retail products, starting from just \$20 per week.

This technology is a non-surgical, non-invasive treatment that targets stubborn unwanted fat in problem areas like belly, thighs, chin, arms and eliminates them for good!

You can achieve these results for a little as \$20 per week when you sign up to our fabulous sculpt membership.

We make it easy to feel beautiful and confident. Free Membership consultation.



Other memberships on offer:

Smooth Membership - From \$35 per week
Covers all areas of laser hair removal. This is a flexible membership, and clients can create a customised plan to address multiple areas to achieve hair-free comfort.



Skin Membership - From \$49 per week
The ultimate membership for facial skin health and anti-aging. This membership provides an elevated skincare routine, a customised treatment plan to achieve and maintain the desired complexion

Serene Membership - From \$12 per week
Covers all your pampering treatments, like brows, lashes, and tanning. Perfect for prepping for your wedding day.

Blush Beauty Clinic offers medical grade products and services to empower women to feel great about themselves. We believe beauty is both inside and out. We are here to help you connect with the beautiful you.

The highly experienced Blush team set themselves apart in Timaru with their education, knowledge and pioneering technologies.

The Blush Beauty Clinic provide a personalised treatment plan and on going client service for your specific needs. The girls pride themselves with each individual medical-grade treatment, ensuring you receive nothing but the best from Blush!



25 Queen St, Timaru | 03 688 6929
www.blushbeautyclinic.co.nz



Beauty favs

Skincare products seem to get better and better all the time. But the sheer choice of products can be confusing. So we asked some beauty experts to recommend us one product and simply tell us what it does. And here they are, our beauty favs!



P FACTOR is the first integrated system that cleanses, regenerates and helps to prevent hair loss, counteracting the damaging effects of free radicals and keeping your hair and scalp healthy. Recommended for regular use to stimulate and restore the condition of the scalp.

This product is certified Love Nature and ICEA Vegan.

Available from **Fellow & Fox**
327 Stafford Street
Ph: 03 971 0991

Aging and sun exposure can create unwanted effects on our skin – from wrinkles and pigmentation to redness and uneven texture, it is proven to help manage skin problems such as acne and psoriasis. The LED face mask allows you to treat the visible signs of aging and damaged skin with professional grade technology right from home.



Available for \$299 from **Simply Skin Appearance Medicine**
25 Royal Arcade, Timaru
03 264 6054
www.simplyskintimaru.co.nz



A hot stone massage is a massage that uses smooth, flat, and heated rocks placed at key points on the body. Stones are placed into an electric slow-cooker hot heating. Once the stones have heated sufficiently, some are placed onto specific points on the body (such as the back, hands, etc.) and others are held by the massage therapist and used to work the muscles.

Special price of \$99 (normally \$155) for a facial and hot stone massage.

Available from **Flawless Face & Beauty**
265 Stafford Street
Ph: 03 395 9596



Competition Winner Luscious Summer Lips

The lucky winner of our recent giveaway for the Karen Murrell Lip Scrubs is Debbie Kingan.

A mess-free lip scrub made from beautiful natural waxes with sugar particles to exfoliate, nourish and rid your lips of any nasties. It smooths and nourishes the lips.



Anne Et Valentin \$739
Canon Street Optometrists



Alexander Shurring Bodice Dress
Maree Hynes Interiors



Large Selection of NZ Inspired Jewellery by Evolve
JewelCraft



Coby Top \$169.99
Maree Hynes Interiors



Silicon Puzzle
Maree Hynes Interiors



Floral Printed Cushions
Tievoli Trading



Lorus Ladies Dress Watch \$140
JewelCraft



Asta Jacket Navy
Maree Hynes Interiors

Seiko Coutura Men's Perpetual Solar Watch \$840
JewelCraft



Rebel & Rose Lapis Lazuli Bracelet
The Ringmakers



Django & Juliette Lathi Navy Leather Jewels Heel \$249.90
Stompz



18ct Sapphire & Diamond Ring \$3,695
JewelCraft



Briarwood Taylor Dress Blue Gingham Dress \$185
Stompz

Rock 'n' Red Favourite Things

Hanging Heart
Tievoli Trading



Pandora Red Heart Stud Earrings, \$89
The Ringmakers



Icicle Candles Pohutukawa
Millie Rose Boutique



Stompz Skechers Sure Track Navy Sneaker \$189.90
Stompz



Frank Barker Harness \$44.90
Millie Rose Boutique



Alfie & Evie Paradise Cobalt Shoe \$99.90
Stompz



Polka Dot Vase
Tievoli Trading



Ottoman
Tievoli Trading



Pandora Glow in the Dark Lighthouse Charm, \$99
The Ringmakers



Knewe Clementine Blazer \$239.90
Stompz



Annah Stretton Talar Dress \$269
Millie Rose Boutique



Face A Face \$889
Canon Street Optometrists



Knewe Bowie Pant \$189.90
Stompz



Xlab X Vest \$245



Andrea Biani Fever Black Boot \$369.90



Andrea Biani Fever Almond Boot \$369.90



Knewe Clementine Blazer \$239.90
Bowie Pant \$189.90



Knewe Vienna Skirt \$199.90



Andrea Biani Dandy Loafer \$209.90



Xlab Showfall Sweatshirt \$237



XLab Frost Noir Dress \$349.00



Giuseppe Assens Multicolour \$249.90



Giuseppe Davis Black \$249.90

234 Stafford Street, Timaru | Ph (03) 684 3389
www.stompz.co.nz | Follow us on facebook



BYRD - \$399



CANON STREET OPTOMETRISTS
26 Canon Street, Timaru
Ph (03) 688 9791



Stolen Girlfriends Club Punk Pin Ring, \$199



Fabuleux Vous Lucie Necklace in Blue Topaz, \$189



Karen Walker Pixie Heart Studs, \$199



Bulova Jet Star, \$950



Bulova Crystal Phantom, \$599



Citizen E365 Eco-Drive, \$1,399



Pandora Shooting Star Grooved Murano Charm, \$69



Pandora Disney Mickey & Minnie Mouse Airplane Charm, \$89



Rebel & Rose Scout Lowneck Ring, \$269

The Ringmakers
Manufacturers of Fine Jewellery
270 Stafford Street, Timaru | 03 688 1662 | www.theringmakers.co.nz

JewelCraft



9ct White Gold 1.50 ttw Diamond Tennis Bracelet \$4,699

9ct Diamond Circle Ring \$699



9ct Gold & Diamond Dress Ring \$5,499



9ct Black Diamond Ring \$1399



9ct Aquamarine Ring \$2,299



Gift with Purchase
Receive a free Unify Bangle valued at \$189 when you spend \$199 or more on NAJO.



Najo Stg Puffed Yellow Gold Plated Teardrop Pendant \$189



Najo Stg Coiled Ring \$219



Najo Clear Topaz Yellow Gold Plated Beaten Square on Silver Huggies \$209



Najo Stg Amazonite Drop Earrings \$199

Workshop & Showroom
297 Stafford Street, Timaru
ph 684 4882
www.jewelcraft.co.nz

ASK AN Expert



COREY BAXTER

Financial Adviser for Affinity+ Co

Corey is an adviser for Affinity+ Co, he specializes in Life, Trauma, Health and Disability Insurance. Corey has been in the insurance industry for 26 years.

What is Group Health?

Group Health Insurance is a health insurance paid for by an employer for an employee. Each Group Health Plan is unique, where the employer makes up the rules as to who is covered, excesses, and the extent of the cover, meaning coverage for doctors, dentists, and extra specialist etc. The employer may decide to cover the employee and family, or just cover the employee and they can pay for their own family. The employer may also include an excess.

What is the biggest benefit of group health?

The biggest benefit of Group Health Insurance is that pre-existing conditions can also be covered, providing the group is a certain size, generally around 15 employees.

What's the difference between an employer's voluntary cover and group health?

A Group Health plan is generally funded by the employer and pre-existing conditions can also be covered, whereas the Voluntary Group Cover is funded by the employees, and pre-existing conditions may not be covered. Both plans may have lower premiums than a Health Insurance that is obtained directly from the insurance company or through an adviser.

Why should I have health insurance?

Health Insurance will provide medical assistance when required, for both surgical and non-surgical procedures, meaning there are no waiting lists, and you can get the treatment you need faster.

How do I know the cover will fit my employees?

Employees can access healthcare when it is required, and this reduces absenteeism as they get back to work quicker, from my experience, employees appreciate the little bit extra, in the form of Health Insurance.

What are some of the options?

The Health Insurance Base Plan covers both surgical and non-surgical procedures. Surgical is when an operation is required, and non-surgical is treatments such as chemotherapy or radiation. Specialist visits are generally covered 6 months either side of an operation. You can also elect to include the extra Specialist Option, which provides cover for a specialist visit that may not result in a procedure taking place. There is also cover available for Doctor's, Prescriptions and Dentist's. All insurance companies can also offer excesses, anywhere from \$250 to \$6,000. Specialist scans such as MRI's, CT scans, Pet scans and colonoscopies are also generally covered whether an operation is required or not.

03 683 1840 | corey@affinityco.co.nz
Level 1, 251 Stafford Street, Timaru
www.affinityco.co.nz



SAM HARWOOD

Partner at Compass Business Partners

Sam has been a partner with Compass Business Partners since 2017. He started out in Business Advisory in Dunedin, then after a stint in Wellington in the public sector and local council, moved with his young family to Timaru.

As an Accountant, what do you do?

When most people think about accountants, they think tax returns, GSTs, numbers... It's not just about the numbers, it's about the story behind the numbers. Your accountant should be explaining what the numbers mean, and where you can make changes to improve your business.

So it's not just about tax?

No! Tax is part of it, but the numbers are just the starting point. It's about looking forward and working with you to make sure you are getting what you want from your business. This could be more free time, planning for expansion, exploring new business opportunities, designing an exit plan from your business... Wherever you are in your business journey, we're here to help.

But, what about Tax?

We help with that too. We can help minimise your tax obligations, make sure you stay on top of your payments, keep you up to date with tax changes, even advocate for you in a dispute or an audit. We have the experience to set you straight in any tax situation.

What else can you help with?

We are experts in accounting systems and can advise you and train you or your staff; we can help with employment matters like contracts and entitlements; we can take care of all those annoying admin jobs like GST returns, staff wages and PAYE, even invoicing or bill paying; we're always there to bounce ideas off or talk about any little query you might have. We can even liaise directly with your lawyer or bank to help get a deal over the line. Anything you need, we can do it, or point you in the right direction.

I'm keen, how do we get started?

Give us a call or drop into our office for a chat and a coffee. Whether you're looking to work with an advisor for the first time, or you're looking for something more from your current accountant, get in touch. We'll take the time to get to know you and your business needs, and if you want to make a change from your current accountant we can also do the hard work to make that happen.

Level 1, 45 Heaton Street, Timaru
03 687 9045
www.compasspartners.co.nz



CHERÉNE PIENAAR

Multimedia Designer at Betts Funeral Service

Betts is the only funeral home in South Canterbury with a qualified and dedicated graphic designer on their team, we chat to Cheréne about what makes her role so important and rewarding.

What is your role?

I design and compile all visual and audio media for funeral services. This includes service sheets, photo tribute videos, music, and memorial screens. Although, my role does not end with the funeral service, I edit all video service recordings to create a USB and a tribute book to give to families. This consists of family photos, signing sheets and images taken from the service as a reminder for families to remember the day they celebrated their loved one.

Why is having a graphic designer in the funeral business important?

When losing a loved one, the world can feel overwhelming as you are grieving as well as planning a funeral. My role allows families to unload some of that responsibility onto my shoulders having the faith that I will be successful in making their vision come to life so that they can step back and grieve the way they need to.

What is the most rewarding part of your role?

There is no better feeling than seeing families faces light up when they see the service sheet or tribute book for the first time and knowing that they have something beautiful to remember their loved ones by and that I was a part of that process.

Why is technology such an important part of funerals?

Being able to show someone's life with the help of technology enables us to create a wonderful tribute. This can be via photo presentations, a video recording of the service or live streaming so anyone around the world can be a part of the day. Betts also uses an online private family portal to include families in the lead up to the funeral, which families can approve and create different aspects of their loved one's celebration of life.

Do you only work behind the scenes or directly with families?

Each funeral service is unique and how we work together to create it varies. Sometimes families will want a specific look or layout that they have envisioned, and want more input in the design. The best way for me to do this is sit down with the family to ensure we capture their loved one's life perfectly.



33 North Street, Timaru
03 688 4033 | www.betts.co.nz

Track based Road Training



This is an exciting opportunity to attend our road based training at the Levels Raceway, Sunday 24th March.

The day is suitable for complete beginners to more experienced riders, and will introduce you to the System of Motorcycle Control, as used by Police and other motorcycle first responders.

You will be broken into groups, (Bronze, Silver & Gold) to reflect the level of road training you are progressing to under the Ride Forever training program. The training will include correct cornering, positioning and braking techniques to ensure you feel comfortable on your bike while making good decisions. You will receive a briefing before each session on the track, and will ride with an instructor. Gold riders may be given opportunity to practice higher speed handling techniques dependent on your ability and experience. There will even be some female only sessions.

Included is several sessions on the track throughout the day. You will be able to progress through the groups as your confidence grows. This is a day that complete beginners should feel comfortable enrolling on. You will be supported throughout and will enjoy the freedom the track offers to learn your skills safely and experience what your bike is capable of.

This is set to be a fantastic days training at a very reasonable cost. It will teach you valuable skills and will be an exciting day. You will then be able to sign up for free on one of our Ride Forever training courses to practice what you have learnt on the road.

There is camping on site Saturday 23rd (the night before), with a track walk around at 7pm on Saturday for people to have a look at the circuit we will be riding. People who wish to camp need to email us to confirm so we have some idea of numbers.

Spaces are limited, so please sign up. www.lovemoto.co.nz | 022 033 6445
Further details will be provided nearer to the event.

LOVE to ride? Become a better rider with us

There's only something to gain by upping your motorcycle skills and learning to be a safer rider. Trevor, Debbie and Wynn are the representatives of the only motorcycle training company in the South Island with a 100% U.K Police training background.

As a team, they've been trained in advanced motorcycle handling, helping you be as safe and secure as possible while out on the road. From the daily commute to advanced riding techniques, the Love Motorcycle Training team coach you through the important skills you need to progress through each step of your Motorcycle licence whilst developing your on-road skills and awareness of other road users.

For us, it's not just about ticking the boxes and getting you through the hoops of your licence. We want you to have the skills, confidence and expertise you need to be a competent motorcycle rider. We want you to know what can happen, how to handle a range of situations and key techniques that can make you a better motorcycle rider.

The more skills and knowledge you have, the more equipped you are to deal with any situation on the road. It's not just a smart thing to do, but the courses are fun and hugely rewarding. Yes, you'll gain your licence, but you'll also gain a huge sense of achievement.

Get friendly, patient and expert tuition, enabling you to pass your Learner, Restricted and Full Licence assessments with confidence and ease. Be a safer motorcycle rider and LOVE your skills.



Sunday 24th March 2024

Levels Raceway, Timaru

Road Based Track Day

Learn the System of Motorcycle Control in a Safe Environment

Track Based Road Training for complete beginners, and experienced

Progress through our Bronze, Silver & Gold Sessions

Registrations now open at www.lovemoto.nz

Learn to Ride 'Police Style'



Artma Spiritual Gallery
Crystals
Royal Arcade Timaru 686 9878

MADAM MAT
Mat Binding Specialist
Located in the Peter Herron Building
17 Butler St
Timaru
03 688 3876
027 476 3593
Shop Hours
Tuesday - Thursday
12 noon - 4pm

DESIGN, WEB, SEO & ONLINE MARKETING
SPF
03 688 4068
www.spfcreative.co.nz
www.spfwebsites.co.nz

Two-times winner of the UN Women White Camellia Award (SME)
At least you know what our values are.
Choose Portia
0800 339 223 www.Portia.Law
Open over Christmas/New Year break



Advertising in Essence connects you with our South Canterbury readers



15,500 copies
distributed monthly to
mailboxes, businesses,
stands and cafes

Engaging local content
on South Canterbury
life, inspiring people,
homes and gardens

Local picks for fashion,
food and shopping

Get in touch today and find out how we can help you promote your business.
22 Church Street Timaru | 03 684 8439

