

essence

essentially...south canterbury

6 Home & Build
Contemporary
Living

Destination 11
South Canterbury

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contents

Welcome back from the holidays South Canterbury! We've come back to the office full of ideas and inspiration for the year ahead and ways to showcase our wonderful region and we are delighted to bring you this first 2023 issue of Essence South Canterbury.

In this issue we have been out and about to pull together Explore South Canterbury, one of our favourite features, which takes a look at some of our wonderful businesses and the services and products they offer. From cafes to restaurants and boutique shopping - we have them all, so take a look at the full feature on pages 11 to discover some of the area's hidden gems.

Writer Michelle McCullough gives us a peek at a thoroughly modern two-storey townhouse in Timaru and shares the owner's thoughts on downsizing. Check it out on page 6.

Dr Libby gets our year off to a positive start with some excellent advice on reinvigorating your life. She gives us all some great tips to make sure we stay healthy and balanced in the year ahead - including the idea of prioritising a bit of fun. Now that sounds like a resolution we could get behind!

So, here's to the year ahead South Canterbury! Let's make it a great one!

From the Essence SC team

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



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Front Cover

Front Cover: This beautiful dress is from Millie Rose Boutique, they have some gorgeous summer clothing and accessories to top any outfit off.

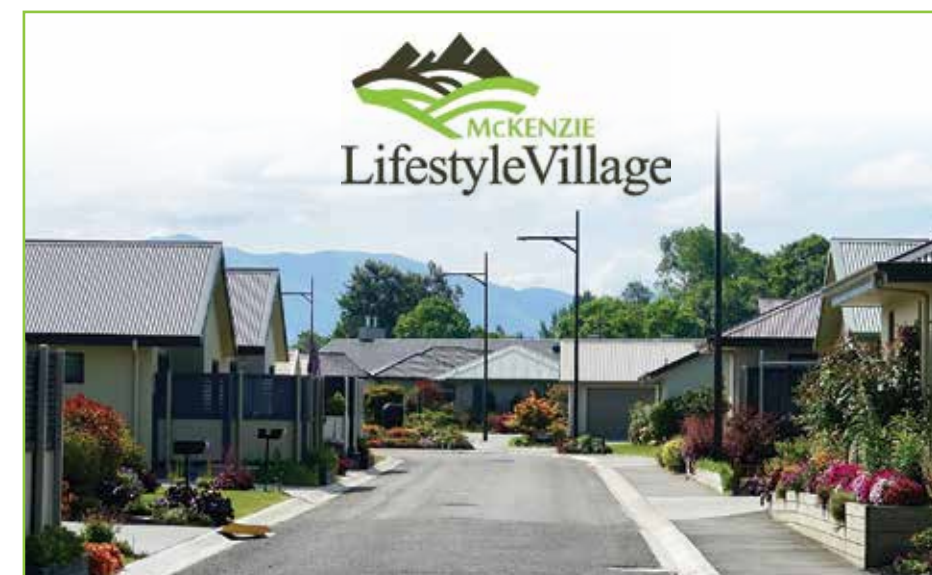


Benny's Again celebrates 20 years | page 13

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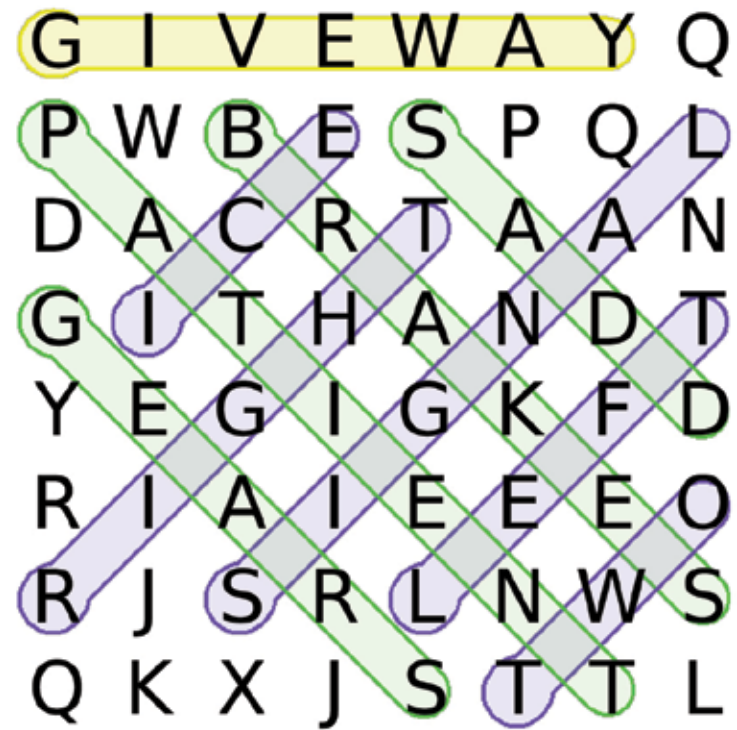
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Do you know the road rules?

December answers



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

CONGRATULATIONS

Winners for December 2022

Rachel Hughes
Aadham Imam
Melissa Bain
Ruth Perfect

Shirley Forbes
Nicole Keen
Shirley Bailey
Marion Crawford



FAMILY FUN AT CBAY

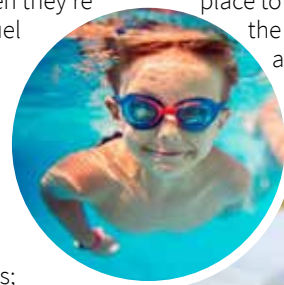
CBay is the perfect place to take the family to splash, swim and play. With three indoor heated pools, a 50m outdoor heated pool, two hydrosides, a kids water play area, toddlers pool, rapid river, big splash tower and chillax area (16yrs+) with steam, sauna and spa facilities, there's something for everyone.

While the kids are playing, you can pop into CBay Café, sit back and relax with a delicious Vivace flat white or cappuccino and maybe a tasty treat. And when they're finished in the pool, they can refuel with a range of delicious options for all appetites including gluten friendly and vegetarian options. Or browse the excellent range of swimwear and swim accessories from Speedo, Funkita and Zoggs in the CBay Retail Store.

Head upstairs to find CBay Fitness; you'll be greeted by a team of qualified, friendly gym staff there to help with your fitness requirements. The gym is fully equipped with Cybex strength and cardio equipment, all set out in a roomy, clean and air-conditioned environment. There are

two fitness studios offering over 50 Les Mills Group Fitness classes and the Les Mills GRIT training series. For the cycle enthusiasts there are regular Les Mills RPM classes. Casual visits cost just \$15 per day and if you're interested in a longer term option, you can sign up from as little as \$13.50 a week.

The facilities at CBay provide a warm, safe and fun environment for all the family. If you're passing through Timaru it's the ideal place to stop in for a break to stretch the legs, recharge with a coffee and if you have time, perfect for letting the kids burn off some energy with a swim.



FAMILY FUN AT CBAY
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Adult	\$6.50
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Unlimited rides per session	\$4.00
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You can ride the hydrosides from 10.30am to 5pm and play volley ball from 12noon to 3pm all Waitangi weekend.

* Senior (65+) Goldcard or proof of age required
* Includes Les Mills group fitness classes. Booking may be required.
Pool Safe Child Supervision Policy Applies.

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Timaru Christmas Parade

Photographs by Brad Reeves Photography



Christmas on the Bay

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CONTEMPORARY living

You could easily lose an hour or two watching the world go by from Wendy Smith's living room.

The lifelong South Canterbury resident lives on The Terrace in a two-storey townhouse overlooking the bustling port of Timaru. "There's always something interesting going on and something to look at. Sometimes you don't look and suddenly it goes a bit dark, and you look and there's a big ship right in front of you. And today they lifted a tugboat up onto the wharf. I can also see right up the middle of the harbour which is nice."

The three-bedroom, three-bathroom home embodies resort-style living in the heart of Timaru and boasts magnificent views of Caroline Bay and the Southern Alps in the distance, along with glimpses of the Timaru skyline.

However, the view is not new for Wendy, who lived in a larger 3-storey home next door to her townhouse before she decided to downsize several years ago.

"I used to live next door and I had an empty section for many years, and I thought I better do something with it. So luckily before Covid happened, I employed a great architect to see what we could fit on the site."

That great architect was the talented team at Desmond Prisk Architects who were tasked with producing architectural options for the elevated site that would include a new home for Wendy and her husband Tim, as well as second property that could be utilised as a development opportunity.

"I wanted to live upstairs, I wanted easy care, I wanted a bedroom



"It's a really zen place. It's not cluttered and it's new. You know when you go into a house and think this is the house I want to live in. I get that feeling every day. I just love it."



upstairs and I wanted a walk-in pantry. So, we slowly whittled it all down to what we did and didn't want with the guidance of the architect. We worked well together, we discussed everything, and they gave me choices which made it easy for me. They did all the work, and I just had to choose what I liked."

And picking what she liked was not a big ask for Wendy, who owned and operated The Accessory Shop on Stafford Street for more than 40 years before she retired just before Christmas.

"I really enjoyed that part of it. I was always buying and selling for the shop so I am used to choosing things. Whether it's right or not I don't know - but I love it."

Given Wendy and Tim's brief, the team at Desmond Prisk Architects designed a home that would work well for the couple's everyday lives on the upper level and honour Wendy's request to live upstairs, but could also comfortably accommodate visiting friends and family on the ground floor when needed, allowing both groups privacy. Once completed, the development consisted of two conjoined properties, each on two levels with generous outdoor spaces on each level. The two houses are similar in layout and form but with subtle differences that acknowledge each unit's slightly different orientation and outlook. The planning of both houses is such that you are hardly aware of the dominant local

form of the large white dome on the edge of the port.

The second townhouse was sold to another family, and Wendy and Tim made the big move from next door six months ago.

"We just wheelbarrowed all of our stuff over. I had to sell a lot of stuff on marketplace and whittle down what I wanted to keep which was a mammoth task for me. You don't really need a lot of stuff but when you have a big house you have to fill it. My new home is easier to manage. I love antiques and I have a mix of new furniture and a few antique bits thrown in it."

The team at Desmond Prisk Architects described Wendy's new home as contemporary in its styling, with clean lines and a restrained exterior pallet of materials.

To make the most of the views the home features an abundance of glazed areas, with a raised area of the roof with high-level glazing that gives the living spaces great natural light and afternoon sun. The home also features a wooden floating staircase which is accentuated with three large paper light lanterns, and two modern outdoor spaces that are the perfect spot for entertaining, enjoying a good book or relaxing in the outdoor spa.

"It's a really zen place. It's not cluttered and it's new. You know when you go into a house and think this is the house I want to live in. I get that feeling every day. I just love it."

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Heritage Tomatoes

Words: Pattie Pegler

Many may know Kevin Sepie as the Lavender Fields man, but he's also a man who knows a lot about heritage tomatoes.

Kevin started selling heritage tomatoes about six years ago in late spring alongside the lavender plants at Lavender Fields. "They're very popular," he says. "There's a general enthusiasm for all heritage vegetables. People want to get back to the old school growing in their gardens."

Kevin has around 20 varieties of tomato plants and after selling some he just focuses on growing his own during the summer. And he doesn't sell tomatoes, he eats them, shares them, preserves them. So what are the best heritage varieties to try?

"Well, they all tend to have a richer flavour than the ones you might pick off the supermarket shelf. Jaune Flamme is very popular says Kevin. An almost apricot coloured smaller tomato with a rich, sweet flavour. Sunrise Bumblee is also smallish and a bright, yellow

orange colour. Kevin himself prefers the smaller to medium sized tomatoes but he says Brandywine beefsteak varieties are also very popular. When it comes to heritage tomatoes there really is a lot of choice and you may be surprised at the colours, shapes and flavours."

As for growing advice, Kevin is clear – the key thing is not to plant them outside until we are well past the frosts. But beyond that – tomatoes are actually hardier plants than many of us think. Generally with good watering, free draining soil and compost they should do well.

"My father used to always take the laterals out," says Kevin. "It can help air circulate and that's good. But they will still do well without removing laterals."

Plants can be susceptible to aphids and Kevin suggests tobacco plants as a good natural solution – the leaves have a sticky underside which attracts aphids, so they act like a natural fly paper.

Panera Creamy Tomato Soup

INGREDIENTS

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 large yellow onion, sliced
- 2 (28 oz) cans San Marzano peeled tomatoes
- 1 cup chicken stock (or vegetable stock)
- 1 tablespoon sugar
- 1/4 cup heavy cream
- 8 large fresh basil leaves, roughly chopped
- 1/4 teaspoon dried oregano
- 1/2 teaspoon of red pepper flakes
- kosher salt and freshly ground black pepper, to taste
- 1/3 cup shredded parmesan cheese, optional

1. In a heavy bottomed pot (or dutch oven), heat olive oil over medium-high heat. Add garlic and saute for 30 seconds - until fragrant. Add onion and cook, stirring as needed, until translucent - about 8 minutes.
 2. Add San Marzano peeled tomatoes (juice and all), chicken stock, and sugar. Bring to a low simmer. Cook uncovered, for 12 minutes or until it has thickened.
 3. Add the heavy cream, basil, oregano, red pepper flakes and season to taste with salt and pepper.
 4. Using an immersion blender (or carefully transfer soup to a blender), puree soup until there are no large chunks left.
- OPTIONAL: stir in parmesan cheese and serve topped with buttery croutons.
- Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.



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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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Barista coffee getting installed to add an even cooler vibe to the store.

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Benny's Again 20th anniversary

The team at Timaru's much-loved restaurant, Benny's Again, are in a jubilant mood – as they get ready to celebrate their 20th anniversary. And in the notoriously tough hospitality industry, it's the support of great customers, suppliers and a hardworking, dedicated team that have made this possible.

"Benny's Again is very much a community," says owner Kaylene Gliddon. "It's a hub where people come to meet up with friends, and their sports teams or pop in for after-work drinks. We have a loyal clientele who have been coming to us for 18, 19, 20 years, and many of them have their own tables. I would like the community to know how grateful we are for getting us this far, we couldn't have done it without them. We're really thankful for everyone who has supported us."

With friendly staff and a fantastic range of dishes that includes freshly battered blue cod and braised lamb shank as well as a dedicated kids' menu – Benny's Again has something to entice everyone. For those with a sweet tooth the dessert menu holds all sorts of temptations like chocolate mudcake and boysenberry sundae.

The choice of quality dishes, coupled with friendly service and a great atmosphere means that Benny's Again is the venue for plenty of local celebrations. From significant birthdays to anniversaries, sports club dinners and get-togethers with friends – this is a hugely popular spot on the Timaru hospitality scene.

As for the unusual name, Kaylene established the restaurant with her late husband Evan. The couple had always enjoyed eating at Benny's in Temuka, in fact they liked it so much they bought the business in 2000. Then in 2003 – they bought the current restaurant in Timaru. So the name of the new business had to be Benny's Again. For a year they ran both businesses before focusing solely on Timaru.



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Now, Kaylene runs the popular Otipua Road restaurant, with her daughter, Hayley Donaldson. And Hayley's two daughters also help out – working in the bar, waitressing and making the many mouth-watering desserts. The family consider themselves just a part of the long-serving and dedicated team of staff.

Already a close-knit team, the coronavirus pandemic brought the staff at Benny's even closer together, Hayley said.

"The pandemic was rough, and we had to adapt," she says. "We were already a tight bunch, but it was great to know that we had support from the staff. We were all in it together; we all wanted our jobs, and we all wanted the restaurant to survive. Being a small community, people have your back, and that's really cool."

Benny's Again is open 7 days a week from 11.30 am to 9pm serving delicious family-friendly meals with something for everyone. For more information visit the Benny's Again Facebook page.

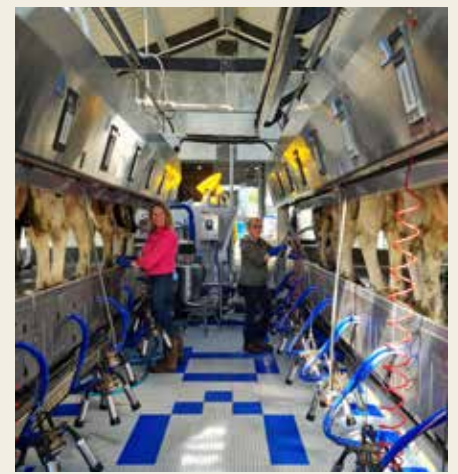


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35 Browne Street, Timaru
Ph 03 688 1012
www.warehouseliquor.co.nz



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There's an old saying that the grass is always greener on the other side of the fence. But that couldn't be less true when it comes to private hospital care in South Canterbury, because top-level treatment and care is available right here at Bidwill Trust Hospital in Timaru.

"We sometimes hear," says Tina Rogers, Bidwill Hospital's General Manager, "that people think they need to go to Christchurch or Dunedin to have private hospital care. There's a perception that a comparatively small city such as Timaru cannot compete with the bigger centres. It's a perception with no foundation. Bidwill is a modern, purpose-built, private surgical hospital, with facilities that are more than comparable with the best in New Zealand. Our highly skilled and experienced surgeons, anaesthetists and nursing team all live locally and are able to provide excellent ongoing care."

While Bidwill is the only private surgical hospital in the South Canterbury region, it does not take its role in the community for granted. The hospital board, management, staff and credentialed specialists work very hard to make sure that the very best of services are available locally.

"We offer an extensive range of services including general surgery, orthopaedics, ENT, gynaecology and ophthalmology," Tina says, "and in January 2023 we're officially opening our brand-new radiology unit in partnership with Pacific Radiology, so many important radiology services are also available right here in Timaru. As a charitable trust, profits are invested back into the hospital ensuring that the equipment and facilities are the best and continually enhanced."

You don't have to take Bidwill's word for it, their patient surveys consistently have high praise for the treatment and care they receive at Bidwill and the facilities on offer.

And, when patients choose Bidwill for their health needs, they're also supporting their local health community. The hospital's board donates to health-related organisations either located in or providing services to South Canterbury every year, donations made possible through the support the hospital receives. In 2022, \$40,000 was donated by Bidwill to community health organisations.

Bidwill is also an important part of the South Canterbury health sector, providing a large proportion of ACC surgeries as well as surgeries under contract to Te Whatu Ora.

"It's important that people who have the option of utilising private hospital care, know they can choose Bidwill as their provider," Tina concludes. "All they have to do is ask their GP to be referred to a private specialist, and the specialist can book patients in at Bidwill if they need surgery."



Bidwill Trust HOSPITAL

53 Elizabeth Street, Timaru
Ph 03 687 1230
www.bidwillhospital.co.nz

7 Ways To Reinvigorate Your Life



From time to time you might start to feel fatigued by your life. Maybe you've lost any spontaneity and this makes you feel bored, maybe you're not fulfilled by your work anymore or maybe you are beyond stressed and living in a completely reactive state.

Perhaps the pace of your life means that no matter how hard you try, you just can't reach the bottom of your to-do list and it feels like you're drowning in work. Slow down and look after yourself. Without our health we have nothing.

Here are seven simple ways to look after yourself and help reinvigorate your mind, body and soul.

- 1. Create a morning ritual**
Some of the world's busiest people, attribute their ability to remain calm amidst the juggling act of life, to their morning ritual. Whether it is five minutes, 20 minutes or an hour, whether it is a game of tennis, a walk, meditation, reading or simply drinking a cup of tea while you gaze out the window and think of the things in your life that you are grateful for, time by yourself can set you up for a day with more energy.
- 2. Make a cup of green tea and listen to your favourite music**
Drink some green or chamomile tea and savour the tea break. Music is also a great way to feel relaxed or invigorated. If it's soothing instrumental music, or music with a great beat and no words, this may even help you focus. Just a tea-break alone is enough to reset your day.
- 3. Create a tech-free zone in your home for one day a week.**
It's hard to imagine a world without the sounds of cellphones and emails – but it is possible. Take a break from technology once a
- 4. Prioritise fun**
When life feels like it is all work and no play, it's very easy to feel fatigued with life. We need things to look forward to and opportunities to be silly and laugh and just play. If you feel silly playing games or making jokes, watch a comedy film and don't hold back. There's nothing like a deep belly laugh.
- 5. Re-evaluate the to-do-list**
Re-evaluate your to-do-list. How many of the tasks need to be done by you? How many can be done by a colleague, family member or friend? How many of them need to be done at all? How many of them need to be done now?
- 6. Put your legs up the wall**
A great way help you breathe diaphragmatically is to lay on your back with your legs up the wall. Lie in this position for five to 10 minutes and focus on your breath. Place a folded towel under your back or bottom for support if you like. Take 10 minutes to fully relax into this pose, it's especially soul-nourishing with some soothing music.
- 7. Move your body**
Get outside and enjoy the beautiful fresh air. Go by yourself or walk with a friend or colleague, you might really enjoy having company as you wake up your mind with the beautiful sights of nature. Or try something new to really break up your movement routine. Garden, go for a bike ride, go skating or try a different style of yoga.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive online courses have helped more than 10,000 women around the world find freedom from their health challenges. The next Detox by Dr Libby courses start on the 2nd of January and the 6th of February. For more information go to www.drlibby.com



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