

# essence

essentially...south canterbury



6 Home  
A Happy  
Place

Event 12  
Waimate  
Winter Festival

# 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.

**Sumatra Umbrella** \$69.99

**Millie Rose BOUTIQUE**

**Bentley Plush Bear** \$45

**Botanical Rose Bath Bomb** \$11.90

**Augustine Skylar Overnight bag** \$189.99

**Jelly Cat Odell Octopus Gift Set** \$99

**Jelly Cat Small** \$40

**Field Trip Butterfly Medium Planter Pot** \$90

**Jelly Cat Little Me Board Book** \$40

**Millie Rose Boutique**  
281 Stafford Street, Timaru  
www.millierose.co.nz

**Tievoli Trading**  
Homewares, Garden Art & Lifestyle Store featuring unique Furniture by Evoli.

**Italian silver floral bag** \$375

**Purple patent leather bag** \$182

**Beige & Orange bags** \$287.50 each

**Green leather bag** \$245

**July is all about accessories**  
We have a wide range of bags, jewellery, scarves, gloves and much more.

**Studded olive green bag** \$280

**Blue half oval bag** \$287.50

**Cow hide & leather bag** \$249.50

**Blue square bag** \$245

**Beige bag small** \$245

**Black & beige bags** \$275 each

**Tievoli Trading**  
72 - 76 Talbot Street, Geraldine (old Barker's Shop)  
Phone 0274 313 362 or visit us on Facebook

**CANON STREET OPTOMETRISTS**

**Dutz** \$449

**Face A Face** \$889

**GarrettLeight** \$599

**Kore** \$399

**La Font** \$699

**LaFont** \$649

**Canon Street Optometrists**  
26 Canon Street, Timaru  
Ph (03) 688 9791

# contents

A sense of community is one of those things that is hard to pin down but it is so important to most of us. We all want to live in towns and streets and suburbs with a community spirit – where neighbours look out for each other, people are friendly and there are people you can ask for help in tough times. If you really want to get involved with your community then you might want to consider volunteering for one of the many services and organisations in our towns. Read the interesting advice we have from Civil Defence about the importance of community and volunteering opportunities on page 20.

It was particularly heartening this month to see one of our dedicated local volunteers honoured with a Queen's Service Medal for Community Service. Check out that story on page 18.

Elsewhere this month we got thinking about the summer days ahead when we checked out one super cute family bach in Kakanui. Serious planning and thought from the home-owner and understanding and expertise from a local architect all added up to a near perfect building project. You can read all about that on page 6.

We also share with you plenty of ideas for mid-winter fun with the Waimate Winter Festival – nine days of activities and events with something to suit everyone. From kids art trails to line-dancing workshops, art exhibitions and a big street party – it looks like a whole lot of fun. Find out more on page 12.

So take a moment, grab a coffee and browse through this issue. We hope you enjoy reading it as much as we have enjoyed putting it together.

Until next month - The Essence SC Team

**contact us:**  
**Dorothy McLennan - Publisher**  
dorothy@essencemagazine.co.nz  
Ph: 0274 507 532  
**Pat Naude - Advertising & Business Manager**  
pat@essencemagazine.co.nz  
Ph: 022 684 5974

**Pattie Pegler - Editor**  
pattie@essencemagazine.co.nz  
**Larnya Bourdot - Graphic Designer**  
larnya@essencemagazine.co.nz

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

## Ways you can get involved with Daffodil Day... Get your team together and support the Cancer Society this Daffodil Day.

**Friday 25 August**

**Would you like to place an order for a bunch of daffodils for your workplace or yourself or even as a gift. A bunch of 50 is \$55, delivered 21st August. Contact us at the centre on 03 688 0124**

**It's never been easier to fundraise for Daffodil Day!**  
How about a pay-what-you-feel morning team, a quiz night with an entry fee, a classic raffle, or introduce something new like an office swear jar for the month of August. Register a fundraiser at [daffodilday.org.nz](http://daffodilday.org.nz) and you'll be given your own fundraising page.

**Would you like a Daffodil Day Collection box with daffodil pins to display at your workplace for the month of August? Contact us today for your counter box on 03 688 0124**

**Get involved by Painting The Town Yellow.**  
Dress up your shop window in yellow for the week of Daffodil Day! Register to receive your pack of yellow goodies by calling us on 03 688 0124 or emailing [fundraisesc@cancercwc.org.nz](mailto:fundraisesc@cancercwc.org.nz)

**You could attend one of our 3 Daffodil Day Breakfasts in August.**  
2nd August - Jolly Potter Temuka, 8th & 9th August - Columbus Coffee Timaru. \$25 a ticket. Book your tickets at 03 688 0124

**Or pop a donation in one of volunteers buckets on the street on Daffodil Day Collection Day - Friday 25th and Saturday 26th August**



**For further information:**  
Phone: 03 688 0124  
Email: [fundraisesc@cancercwc.org.nz](mailto:fundraisesc@cancercwc.org.nz)  
Facebook: Cancer Society South Canterbury



A Happy Place | page 6



Ingredients | page 11



Dr Libby | page 17



Front Cover: Waimate Winter Festival, Saturday 22nd – Sunday 30th July  
It's nine days of fun events, workshops and exhibitions with an epic street and light show party thrown in!  
See page 12 for further information.



Fashion | page 14

**Artma Spiritual Gallery Crystals**

**Royal Arcade Timaru 686 9878**

**DESIGN, WEB, SEO & ONLINE MARKETING**

**SPF**

03 688 4068  
www.spfcreative.co.nz  
www.spfwebsites.co.nz

**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

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

**HIGH COUNTRY Carpentry**  
BUILDING & RENOVATIONS

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

**Lois & Heather Hellenrich**  
Directors, High Country Carpentry

0800 922 883

Email: [admin@hcclimited.co.nz](mailto:admin@hcclimited.co.nz)  
Office: 1 Gall Street, FAIRLIE 7925  
[www.highcountrycarpentry.co.nz](http://www.highcountrycarpentry.co.nz)

AVAILABLE FROM

**The Ringmakers**  
Manufacturers of Fine Jewellery

270 Stafford Street, Timaru  
03 688 1662  
[www.theringmakers.co.nz](http://www.theringmakers.co.nz)

**KAREN WALKER**

**RUNAWAY GIRL WHISTLE NECKLACE**



## New chapter for South Canterbury Museum

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

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

**This new facility is planned to open 2024, and will provide more space for these public-facing activities, along with much better access and close links to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections and making them accessible for research.**

A major part of this project will be the development of new exhibitions for the new facility, a project supported by the South Canterbury Museum Development Trust who are raising funds to enable the development of a world-class exhibition experience.

The Trust, which is a registered charity, has established a website that provides information about the exhibition project and the fundraising activities to support the project's creation. This can be found at [www.scmdt.org.nz](http://www.scmdt.org.nz).

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 from elsewhere can experience aspects of our region's stories, as well as take part in events and public programmes. The Museum is also a rich resource for anyone wanting to research 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.

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. These programmes include exhibitions, education programmes, public talks and events and publications and sharing through print and digital media.

To find out more about what's on offer, visit the Museum's website at [museum.timaru.govt.nz](http://museum.timaru.govt.nz). The Museum is also on Facebook and Instagram, both being great ways to keep up with what's happening with local heritage and the Museum's range of public programmes.



**SOUTH CANTERBURY MUSEUM**  
EXPLORE our heritage

Perth Street, downtown Timaru

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

Sat & Sun 1pm - 4:30pm

FREE ADMISSION

NATURE • HISTORY • CULTURE



Timaru District Council



Alpine Energy



Timpany Walton



Maree Hynes Interiors



Hospice South Canterbury



Canon Street Optometrists



The Ringmakers



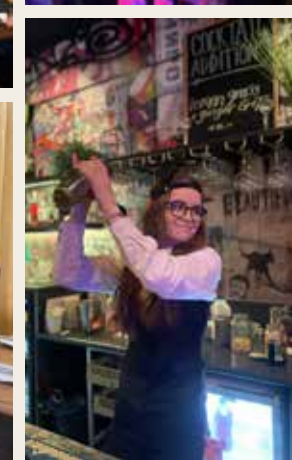
Millie Rose

## Jeans Only Day

30th June was Jeans Only Day, it's a day that you and your work mates can get together and wear mufti (jeans) in support of your local Hospice. All who participated donated to the local Hospice and got into the draw to win a Morning Tea Shout, made by our wonderful Hospice cook.

## Gatsby Party

What a night for the 3rd annual Gatsby gathering at Street Food Kitchen. Everyone looked absolutely smashing in their sequins and waist coats, enjoying the night with music from Double Talk where everyone's dancing shoes got put to good use. What a night enjoyed by all.



## Celebrate South Canterbury

The Aoraki Foundation's first ever Celebrate South Canterbury event was held at the Aigantighe Art Gallery in June. This event recognised the amazing mahi happening in South Canterbury by charities and community groups. In this first year the Foundation invited the recipients of its 2023 funding grants to share stories of their impact in the community. Next year they hope to build on this by expanding the event to the wider "for-purpose not-profit" community. Photos and blurb supplied by Richard Spackman.



JewelCraft



18ct Natural Ruby Pendant  
\$2599



18ct Grey Spinel & Diamond Ring  
\$3599



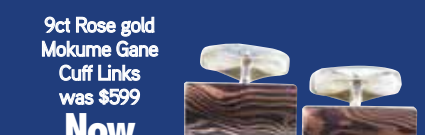
Platinum Red Spinel & Diamond Ring  
\$3,999



18ct Purple Spinel & Diamond Ring  
\$4,499



9ct White Gold Mokume Gane Cuff Links  
was \$595  
Now \$400



9ct Rose gold Mokume Gane Cuff Links  
was \$599  
Now \$400

50% OFF ALL JACQUES LEMANS WATCHES

Large range available

WAS \$145  
NOW \$72.50



Workshop & Showroom  
297 Stafford Street, Timaru  
ph 684 4882  
[www.jewelcraft.co.nz](http://www.jewelcraft.co.nz)

# A Happy Place



WORDS: PATTIE PEGLER | IMAGES: SUPPLIED BY NB ARCHITECTS

**A simple bach on the Kakanui coast proves that clever design can make the most of small space.**

When Timaru resident Jenny McGechie decided to build a bach, she had a clear idea of what she wanted. With a longstanding interest in architecture and a frequent reader of home and architecture magazines – Jenny had collected images to create a mood book, full of looks and designs she liked. But she knew she needed a good architect to help her bring that idea to life. So she got in touch with Leon Browning, Principal Architect at Timaru’s NB Architects, before she had even found a site for the bach.

“Clearly the architect has a much better understanding of building platforms, views, positions for the sun,” she explains.

They soon found a site at Kakanui and her brief to Leon, was to create a two-bedroom bach, not a suburban home she stresses, with built-in seating which could accommodate extra overnight guests when required.

“We worked on the design for many months pondering small changes to make it perfect,” says Jenny. “Such as extra storage under the bench seats and in a ceiling space.”

From Leon’s point of view this early involvement and clear vision boded well for the project. A good brief and plenty of time to develop ideas with the client is the bedrock for a successful project, he says.

**The build went reasonably smoothly, thanks to good planning and good communication between all parties, including the main builders on site. The 80 sq metre bach is fundamentally a pair of simple linked tin sheds says Leon – in keeping with the Kakanui location – where old style, simple family baches feature.**



The open plan living area with the sunny box seats



Kitchen and dining area with open shelving and simple timber joinery



Classic Moroccan tiles from Tile Trends work on both floor and wall and are ‘a real feature’, along with the bright yellow front door.



The cheerful kitchen area with pops of yellow colour



The simple black tin exterior and outdoor areas of bach



Sunny box seats that double as a sleeping space

It was finished some five years ago. “The project is a great example for us on how a project should develop for a client,” says Leon. “We love this wee building and how it is perfect for Jenny’s family and friends, it is spacious and flexible for its size and the design is still fresh.”

It is, in short, exactly what Jenny envisioned when she first thought of a bach.

Inside, simple plywood joinery and strandboard flooring (a type of high-density reconstituted wood panel flooring) give a light, beachy feel to the space – and is also economical and easy to keep clean, says Jenny. Pops of colour are added with bright crockery on open shelves, cushions in the seating area and sunny yellow kitchen chairs, that have been in Jenny’s family for nearly 60 years but were reupholstered for the bach with the distinctive Marimekko design yellow fabric.

In the bathroom a full bath offers a little luxury and Classic Moroccan style decorative tiles bring a touch of blue - and while the tiles themselves were a ‘budget splurge’ says Jenny, in this small space not many were needed. The slightly textured surface gives a natural, artisan look to them.

A favourite spot is sitting in the window bench seats, enjoying a cup of tea and a good book. The seats are perfectly positioned for the views and the sun – but they also double up as sleeping space and with larger family visits the bach has comfortably accommodated seven people.

**“It’s a family bach for relaxing and for beach life,” says Jenny. “We loved it right from the start.”**



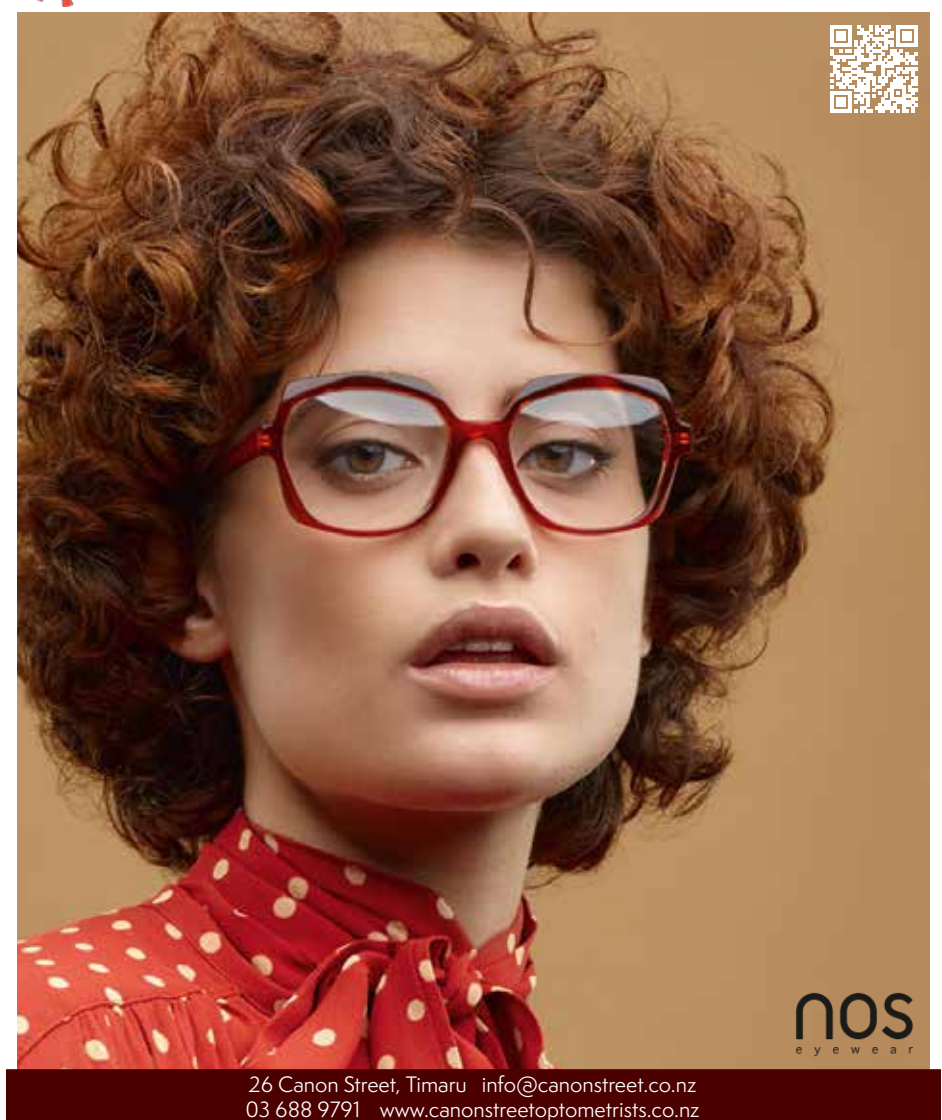
## The art of living

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





WORDS: MINETTE TONOLI

It's all in the soil. Good gardeners grow plants, great gardeners grow soil.

Creating and maintaining a living soil, teeming with micro and macro organisms is vital to the successful garden— whether you grow native trees, beautiful ornamental shrubs, an awe-inspiring flower farm, a productive food forest system, or a simple backyard vegetable patch. Or even just a paddock of grasses for browsing livestock.

Food gardening with the soil as your focus is the only way to garden to ensure future food security in uncertain times. Extreme climate events, political pressures, wars and economic collapse can affect food production and supply. A good soil is an investment in food stability for yourself and your community.

A living soil supports an ecosystem of life, including bacteria, fungi, protozoa, nematodes, worms, insects and the plants themselves. Through the interactions between these organisms, the soil is able to provide the plants with all the nutrients they need, in a bioavailable form when they need it. Healthy soil means healthy plants that are nutrient dense and more resistant to pests and diseases.

**Do's and Don'ts of creating good, living soil.**

**DON'T**

Spray herbicides or pesticides. These interfere with the enzymatic processes of the beneficial critters in the soil.

Add synthetic fertilizers, which may cause imbalances in the soil.

Disturb the soil too much. Digging soil over too deep too often disrupts the soil food webs that have formed.

**DO**

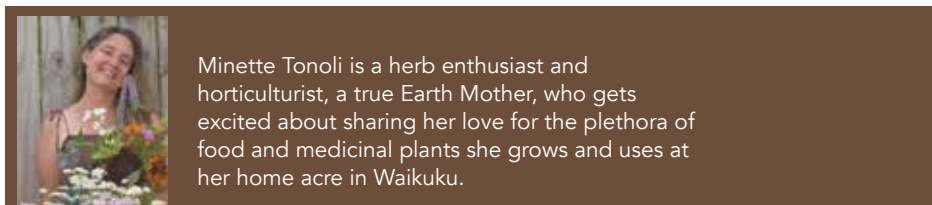
Add organic compost with active healthy microbes. Making your own compost means you cycle nutrients from your kitchen back to your garden. Compost grows the soil, improves soil structure, water holding capacity, drainage, and adds nutrients.

Feed the soil. While compost is important, other home-made liquid feeds can further benefit the soil ecology, e.g., fish emulsions, seaweed brews, fermented weed and herb teas, aerated compost tea etc.

Mulch. Cover all soil with either a living mulch, green manure crop, or with good quality organic straw or arborists chips. Mulching adds organic matter to the soil, protects the soil from extreme weather, keeps and distributes water optimally, and makes a safe haven for beneficial soil critters.

**Some winter tasks for the South Canterbury Garden:**

- Build your soil! Create a compost bin. Make a leaf litter pile. Start a worm farm. Learn about Bokashi. Invest in mulch.
- Plant garlic. If you have not yet put in your garlic, do so now.
- Plant fruit trees and berry bushes. Most fruits are planted while dormant in the winter, settling in and getting ready to burst into bud in spring.
- Plant broad beans and shallots.
- More veggies can be planted out such as cabbages, cauliflower, silverbeet and spinach.
- Weed, clean up spent annuals, and cut back perennials where applicable.



Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicinal plants she grows and uses at her home acre in Waikuku.

**home.**



**Floor Pride**

With a wide range of quality, 100% Wool and Synthetic carpets, our family owned business will help you make the right choice for your home. With free measure and quoting and an experienced installation team we will strive to make your flooring journey an enjoyable stress-free experience.

Visit our store at **Corner Arthur and Latter Streets, Timaru**  
Ph 03 688-5038 | [floorpridetimaru@gmail.com](mailto:floorpridetimaru@gmail.com)



**Carter Valuations**

**WE VALUE WHAT YOU VALUE**

We provide a professional, confidential, independent valuation and property advice service for your property.

Once your valuation report is prepared for you it will include all legal details of your property, maps, titles, valuation summary, mortgage recommendation, sales comparisons and general detailed comments regarding the property.

100 Le Cren St, Timaru | Ph (03) 684 6503 | [www.carterco.co.nz](http://www.carterco.co.nz)



**Design Engineering Int Ltd**

As part of DE Group, DE Consulting Engineers and Inspection focuses on providing Civil Engineering Steel Structures, Mechanical Engineering Design, FEA and Inspection of Equipment.

- Structural / civil engineering
- Mechanical engineering
- Equipment inspections
- Weld testing and inspection
- Non-destructive testing

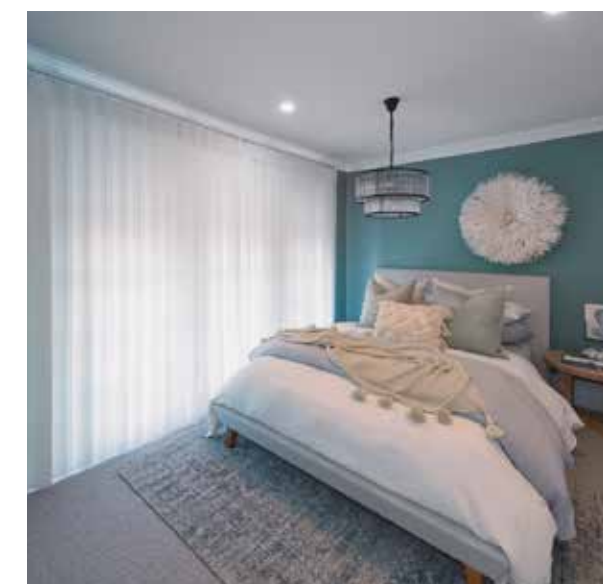
[www.deconsultingengineers.co.nz](http://www.deconsultingengineers.co.nz)



**Silva Studio**

Silva Studio is an architecture firm based in Timaru, we create bespoke designs specialising in both the residential and commercial sector. Designing to our client's specific needs, scope and budget to ensure your vision is turned into a reality. Contact us today to discuss your next project.

55 Theodosia Street, Timaru | Ph (03) 688 7575  
[info@silvastudio.nz](mailto:info@silvastudio.nz) | [www.silvastudio.nz](http://www.silvastudio.nz)



**The Shade House**

Maximise your indoor & outdoor enjoyment by controlling your environment. With diverse new products entering the market like our 'Verishade' soft window furnishing.

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.

Ph (03) 684 9000 [www.theshadehouse.co.nz](http://www.theshadehouse.co.nz)



**Madam Mat**

Madam Mat is here to handle your flooring needs this winter. Get in touch with our professional team today!

If you have just had new carpet laid in your home, it is highly likely there is some leftover. Why not turn these off-cuts into practical made-to-measure rugs. We will cut it to size and bind the edges in a matching or contrasting colour of your choice.

17 Butler St, Timaru | Ph (03) 688 3876 or 0274 763 593

**MORRIS WADDELL ELECTRICAL**

**'THE BOYS IN THE BLUE VANS'**  
**03 686 2422**

**We have your security lighting covered**  
**For your business or home we can help provide a safe level of light for your paths and entranceways**

For all your security solutions call us today!

60 GLENITI ROAD | 24/7 03 686 2422  
E [admin@morrismwaddell.co.nz](mailto:admin@morrismwaddell.co.nz)  
[www.morrismwaddellelectrical.co.nz](http://www.morrismwaddellelectrical.co.nz)



When it comes to metal, Fabtech Engineering Solutions Limited is well equipped to fabricate just about anything. Specialised skills and creative solutions.

Working with our clients on both residential and non-residential projects has meant we get to be part of creating some fantastic homes and buildings.

Bringing the backbone strength to projects with sometimes hidden portals and beams or the finishing touches of sleek and stylish pergolas, fireplaces, fences, and much much more.

[www.fabtech.co.nz](http://www.fabtech.co.nz) | [office@fabtech.co.nz](mailto:office@fabtech.co.nz)





**Leora Curtains**

We pride ourselves in creating quality curtains and blinds. Leora Curtains offers a wide-range of curtain-making services, roman blinds and cushions. We offer a same-day curtain alteration service, and stock an extensive selection of fabrics and curtain track accessories. Leora Curtains can also supply roller blinds, venetian blinds, and honeycomb blinds on request. Give us a call to book a free measure and quote.  
**32 Woolcombe St, Timaru | Ph 03 684 9774**



**Foleys**

We are your local, trusted, reliable plumbing, gasfitting and drainlaying professionals here in South Canterbury. We believe in providing a level of service that is above and beyond your expectations including arriving within 30 minutes of the arranged time or your first hour's labour is free. Booking is easy. If you still need convincing head to Google and check out our 42 reviews at an average of 4.8 out of 5.  
**Ph 688 1140, email timaru@foleys.co.nz or book online at foleys.co.nz**



**Fine Floors Timaru**

**'Privately Owned & Local'**  
 We offer the most extensive range of gorgeous tiles in Timaru and to suit any budget!  
 Come in and see us we are happy to help you with your tiling and flooring options. We also have lovely ranges of carpet (especially wool) and also exquisite timber flooring.  
**66 North St, Timaru | Ph 03 684 8249 | www.finefloors.co.nz**



**Jennian Homes**

You can trust that we take pride in our workmanship, combining innovative design, quality construction and strong building partnerships to build unique homes with sustainable ongoing maintenance costs, backed by industry-leading guarantees. Providing exceptional value for money and a seamless experience from start to finish, you can trust us to keep the process as simple as possible every step of the way, making your home building journey a pleasure.  
**212 Main South Rd, Hornby | 03 741 1436 | www.jennian.co.nz**



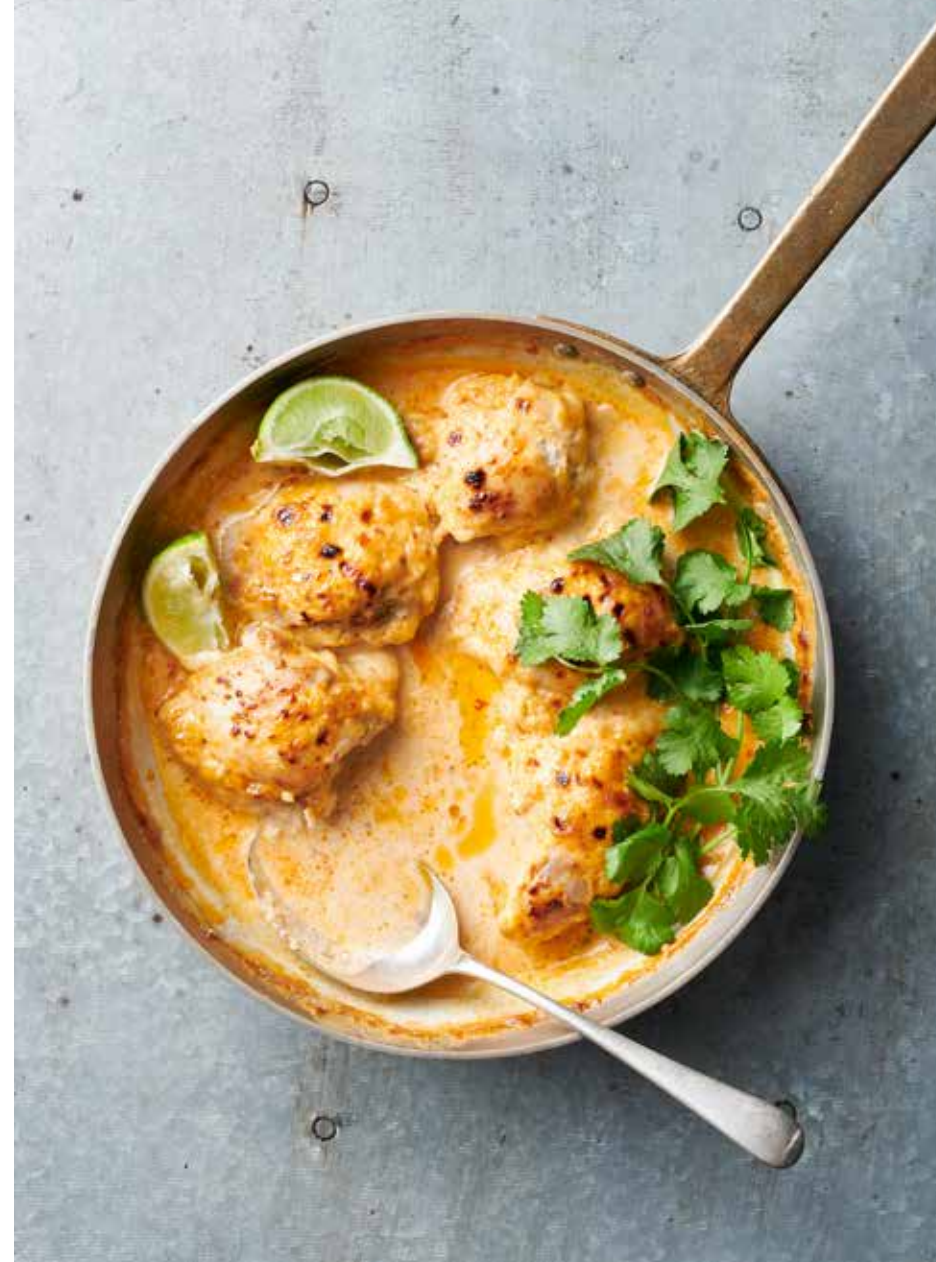
**Turf Services Readylawn Timaru**

Turf Services are READYLAWN TIMARU. Readylawn goes down all year round with three varieties available - Domestic, Commercial, Large or Small. Lay Readylawn yourself or get the professional team to do it for you.  
 Turf Services also install Artificial READYLAWN and are Hydroseeding Experts and can deliver a lawn and landscape plan from start to finish, whatever your needs or budget is.  
**For all your new lawns and renovations, call the experts 0800 529 648 for a free quote or visit www.turfservices.co.nz or fb**



**Form 53 | Gus Leen Design**

**Ambient, sculptural lighting and furniture, designed and crafted in Timaru.**  
 Gus creates his signature pendants, floor and table lamps, using sustainably sourced bamboo plywood. He offers a tailored design service, showcasing how our products would look in your interior space. If you are building or renovating, we can draw your interior space in our advanced visualisation software. View our showroom space from the window or by appointment.  
**21 Church St, Timaru | www.form53.co.nz | 022 075 6699**



*Baked Coconut & Chilli*  
**Sambal Chicken**

I love the Dish Magazine - it's my go to recipe book especially for a quick weekday dinner. I'm not sure how many times I've made this recipe, but it's a lot, and everyone loves it.

Tip: I only use about 1/2 a tablespoon of brown sugar - but that could be just my tastebuds, Dorothy.

Recipe kindly shared with us from Dish Magazine.  
 A super-easy dish, with a sauce that's tart, sweet and rich.

SERVES: 4

**Ingredients**

- 3/4 cup coconut cream
- 3 tablespoons lime juice
- 2 cloves garlic, crushed
- 2 tablespoons each sambal oelek and brown sugar
- 1 tablespoon vegetable oil and grated fresh ginger
- 1 teaspoon sea salt
- 6 boneless, skinless chicken thighs

**To Serve**

Coriander and lime wedges

**Method**

Preheat the oven to 180C fan bake.

Combine all the ingredients, except the chicken, in a bowl. Add the chicken and turn to coat well. Tip into a large shallow baking dish or ovenproof sauté pan and fold the thighs in half to make plump parcels.

Bake for 35-40 minutes, or until the chicken is fully cooked through and the sauce is reduced and golden.

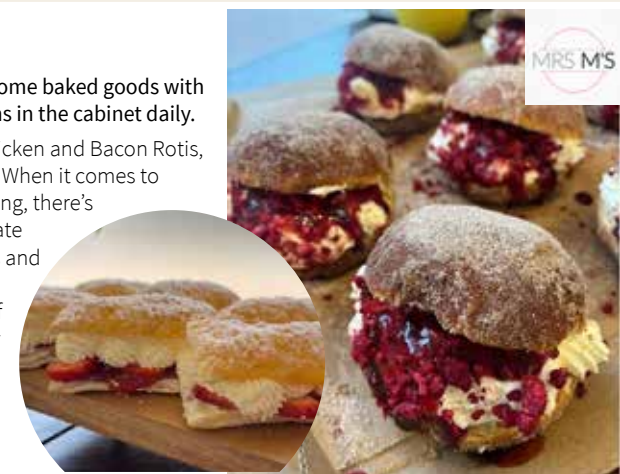
TO SERVE: Top with coriander and lime wedges.

CHANGE-OUTS: Small chicken drumsticks with a couple of deep slashes made in the thickest part of the meat.

**Mrs M's Café**

Mrs M's prides themselves on home baked goods with tasty and easy takeaway options in the cabinet daily. Faves are Breakfast muffins, Chicken and Bacon Rotis, chicken wraps and loads more. When it comes to sweets Mitch has a love for baking, there's always something new, chocolate eclairs, donuts, cinnamon buns and more. Freshly made soups on site are available to take away if you're short of time. Dont delay in popping into Mrs M's today.

**209 Stafford Street Timaru**  
**027 677 3667**  
**E: mrsmscafe2022@gmail.com**



**RASA ASIA**

July has become an unforgettable month, as we come to celebrate four years of RASA ASIA! July 2019, we started serving the best taste of Asian foods from the heart of the Beautiful Royal Arcade in Timaru Central. Our popular Lunch Special is created to greatly satisfy your hunger. Don't forget our special mentions; the Irresistible Bento boxes, Gado-Gado, Nasi Lemak, Laksa, Japanese Curry, Mie Goreng, Adds-On, etc. We love serving you and hope you love our food and service just as much.

Shop (Royal Arcade): Mon-Fri 11am-2pm  
 021 0277 4788 | 03 9715530  
 Trailer (Washdyke Flat Rd): Thu-Fri 11am-1.30pm  
 021 299 0958. Deliver easy available.



**Warehouse Liquor**

Satisfy your inner coffee connoisseur with Amaru Cream - Ethiopian Coffee!

Experience the unique taste of Africa with Amaru Ethiopian Coffee - a new flavoured cream-liqueur that infuses the original taste of the real Marula fruit, perfectly complemented by the full-body and fragrant mocha-chocolate undertones of single origin Arabica beans from Ethiopia.

So pour yourself a cup and sip with delight!  
**35 Browne St, Timaru | 03 688 1012**  
**www.warehouseliquor.co.nz**



**HELL PIZZA**

Meet Kanwar, who's worked at Hell Pizza for over 8 years, and now owns and runs his own slice of Hell in Timaru!

HELL Pizza is known for catering to all souls with different dietary requirements, including Plant-based, Gluten-Friendly and Dairy-Free. Kanwar's happy team loves delivering consistent quality products to the friendly Timaru locals.

Get your best-damned pizza in this life (and the next) at hellpizza.nz or via the HELL app. Or say hi to Kanwar and the team at HELL Timaru.

**3/9 Elizabeth St, Timaru | 03 927 2239**

**THE GREEDY COW CAFE**

Situated at the beautiful Lake Tekapo, not only will you find stunning views of lakes and mountains but also THE GREEDY COW CAFE!

Our in-house Pastry Chef is busy creating treats daily to keep everyone happy! We use the best coffee beans in New Zealand from Hawthorne Roasters, so your morning coffee is sorted.

Fresh and delicious cabinet food as well as a delightful range of breakfast menus with gluten-free, vegetarian, and vegan options!  
**16 Rapuwai Lane, Lake Tekapo | 027 434 4445**



**Show us your plans**

Meet our team • Arrange a FREE quote  
 Custom Joinery & Benchtops • Residential & Commercial

**At Kitchens Direct we manufacture exquisite designer kitchens to your measurements at a cost that is affordable.**

Kitchens Direct supplies all cabinets, doors and benchtops with a 10 year guarantee.

**50 YEARS**  
 0800 534 732  
**kitchendirect.co.nz**





## The Quirky Magpie & Rewind

Lorraine and Steph are prepped, and ready to go, for the fun festivities in Waimate during the town's week-long Winter Festival.

Along with their own, evening style event - 'Cherish your Treasures', there will be 30+ additional activities happening throughout the week of the July 22nd - 30th.

Lorraine, owner of The Quirky Magpie, has been hard at work, transforming her shop into a sparkling, winter wonderland; filled to the brim with lots of stunning, handcrafted and locally curated treasures.

In Steph's preloved-apparel shop, Rewind, there's plenty to choose from. Pop into the light-filled space, that is also coordinated beautifully, for a lovely, warm shopping experience this winter.

**The Quirky Magpie | 42 Queen St, Waimate | 03 689 2686**  
**Rewind | 75 Queen St, Waimate | 027 751 8948**



## Waimate Bakery

Join us for Hot Drinks & Sweet Treats! On July 29th, during the Waimate Winter Festival's Street Party, The Waimate Bakery will be open late.

They'll be offering specialty hot beverages and an additional assortment of hot baked goods including churros, doughnuts and more!

Over at the Waimate Kitchen & Bar, they'll be serving up specially blended, spiced Mulled Wine (Friday - Sunday) during the month of July. Pop in to warm up by the fire and sip on a hot beverage.

**The Waimate Bakery | 56 Queen St | 027 245 8689**  
**The Waimate Kitchen & Bar | 118 High St | 03 689 1413**

# Waimate Winter Festival

Saturday 22nd - Sunday 30th July

The Waimate Winter Festival is nine days of fun events, workshops and exhibitions with an epic street and light show party thrown in.

Some events have limited numbers and require pre-booking, so plan your outings. Head to our website for more details [www.waimate2gether.co.nz](http://www.waimate2gether.co.nz)

### Saturday 22nd July

Fun for all the family with lantern making and rock art at the farmer's market. Book in to make a beautiful hand sewn butterfly from recycled fabrics with Lyn Hewitson or head to the Kids Art and Sculpture trail at the Old Tin Shed.

There's a kids' rock art treasure hunt at Bushtown from 4pm with a sausage sizzle, lolly scramble and fireworks. And at 6pm it's "Fright night" - remember to bring a torch.

### Sunday 23rd July

Head to Seddon Square between 1-3pm and have a ride up to Kelcey's Bush in a vintage car. Take a picnic, walk to the waterfall and see how many birds you can spot on the way.

John Foley will be doing a guided tour around the old cemetery at 1pm - booking essential.

Waimate Savage Club are putting on a concert at the Pipe Band Hall at 1.30pm.

### Monday 24th July

Waimate Art Gallery are open all week from 10am to 3pm, showcasing the creative talent in our district and hosting a series of introduction workshops during the week from drawing portraits to limestone carving - see website for full details and bookings.

### Tuesday 25th July

The Historical Society will do a guided tour around town at 2pm.

Cherish your treasures - an evening with Lorraine from the Quirky Magpie and Steph from Rewind giving you top tips on how to style yourself and your home - booking essential.

### Wednesday 26th July

Line dancing workshops - if you want to learn the line dance to Kaylee Bell's Boot's and All head to the Town & Country Club between 10am-12pm and 2pm-4pm.



The Musketeers will be doing an afternoon of music and poetry at 1pm at the Town & Country. If you need a lift down, please book the community van.

Connect Sewing will be holding workshops teaching how to knit and sew. If evening suits you better head down to the BNZ building to see what the adult Art and Craft Club is all about.

In the evening Waimate Art Gallery holds the grand opening of their new Exhibition Room. Come along and check it out along with the art works.

### Thursday 27th July

Jane Scott will be mixing up some colours - in a wonderful workshop at the Art Gallery.

Another chance to learn line dancing in this beginner workshop from 6pm - 8pm at the Town & Country Club.

### Friday 28th July

If you have ever fancied researching your family history head down to the rooms behind the Waimate Museum from 1-2pm.

The talented Victoria Campbell will be giving a presentation and talk about the Matariki stars and will then point them out in the night sky at Point Bush Ecosanctuary.



Strings Attached



Jeff Beattie



Graham Keen



The Neons

Head down to the Pipe Band Hall at 7pm to check out some ballroom dancing and learn a few steps - give it ago with the professionals.

### Saturday 29th July

The Creative Fibre group are holding colour weaving workshops from 11am-3pm at the Town and Country.

Nicole Solomon will run a workshop on how to weave a miniature Maori cloak at the Waimate High School library - bookings essential.

Wonderful art work from students on display in the Waimate High School Matariki Exhibition from 1-4pm in the Library.

Tara from Centrepoint will be holding a workshop on how to create your own hexagon quilt block.

Cemetery tours will be from 2-3pm - please book a spot.

Street Party on Queen Street from 6-9pm. The street will be lit up and local bands will keep you entertained throughout the night, kicking off with the pipe band, followed by

local students singing the Whitehorse song accompanied by Louise Stringer.

Other performers during the night will include Jeff Beattie from Cruznbeats, a taster of Chicago from the Theatre group, Samuel Gutierrez belting out a few Tom Jones classics, Graham Keen with some sing-a-longs.

Later in the evening we will all line the streets and perform the longest line dance in NZ to Kaylee Bell's Boots 'n All. And then Top Shelf will pump up the volume and have you dancing on the street followed by a bit of RnB from Neon to finish off the night.

Check out the local eateries and community groups who will be cooking up a storm on the night.

### Sunday 30th July

Classical music concert at St Patrick's Basilica.

Art & Sculpture trail by fairy light, campfire + marshmallows at The Old Tin Shed.

**It's nine-days of fun events, workshops and exhibitions with an epic street party thrown in!**  
**Sat 22<sup>nd</sup> - Sun 30<sup>th</sup> July**

WAIMATE WINTER FESTIVAL  
**STREET PARTY**  
 Sat 29 July | 6pm - 9pm

The key festival event is the Street Party. We're lighting up Queen Street, there will be singing, dancing and live music, you can take part in the largest line dance and grab a bite to eat.

Farmers Market | Light Show | Scavenger Hunt  
 Fright Night at Bushtown | Art Exhibitions | Craft Workshops | Art and Sculpture Trail | Line Dancing  
 Live Music | Buskers | Vintage Car Rides | Matariki Display | Kid's Colouring Competition | Stargazing

FOLLOW US ON FACEBOOK TO STAY UP TO DATE AS WE ANNOUNCE MORE EVENTS:  
[Facebook.com/waimatewinterfest](https://www.facebook.com/waimatewinterfest)

Scan to learn more:  
[waimate2gether.co.nz](http://waimate2gether.co.nz)

# Local Author Launches New Book

Historian, critic and culture journalist, Andrew Paul Wood, originally from Timaru, takes a deep dive into the history of the occult and esoteric in Aotearoa in his engrossing new book.

Shadow Worlds - A History of The Occult and Esoteric in Aotearoa is released this month.

Here he tells us a little bit about the book and the research and stories behind it.

*essence:* When you first started this project did you have any idea that you would unearth such a rich cast of characters?

Andrew: Yes and no. Some of these people had been percolating in the back of my mind for many years looking for a context in which to write about them, but the depth and breadth of spiritualists in Aotearoa really did take me by surprise, particularly as some of them were fairly high profile in the mainstream.

*essence:* Can you tell us a bit about any particular characters you cover in the book?

Andrew: I have a soft spot for rakes, roués and charlatans, so I've long been fascinated by the American bigamist con-man Arthur Worthington, who came to conservative Anglican Christchurch in 1890 and managed to convince some of the straightest-laced Cantabrians to cough up a significant fortune and embrace free love as part of his Temple of Truth, only to be more-or-less erased from the collective memory half a century later. He was a first class sh\*t, but utterly fascinating.

*essence:* Why do you think so many of the occult movements gained a foothold here?

Andrew: For the same reasons they gained a foothold elsewhere in the nineteenth century - they were something families could do together (i.e. not the pub or Freemasonry), the Victorians tended to be intellectually curious people, obsessed with self-improvement, and conflicted between Christian morality and scientific materialism.

That said, Māori spirituality also fascinated them as something tantalising and different to what the colonists were familiar with, and Aotearoa has always been openminded when it came to spirituality. Catholics and other Christian denominations experienced less overt prejudice.



*essence:* So it seems early New Zealand was certainly neither dour, god-fearing nor straight-laced, was it?

Andrew: Indeed, but I suppose one should expect that of an isolated colony at the fringes of empire. It must have been quite attractive to those who didn't fit within polite society.

Although half-a-century ago historians were inclined to look at it all a bit too romantically. First you had the hard-boiled whalers and other human flotsam show up, and they co-existed with Māori, who were the dominant culture but still more permissive in some ways. Then colonists started turning up from the 1840s on, establishing a middle class which was more concerned with propriety.

That said, the Victorians were far from the prudes of popular tradition, they just felt more conflicted about it. And then in the 1860s the gold rush brought all sorts from Australia, California and elsewhere. Outside the more established towns, it could get quite rough. But also these were people seeking something different to what they left behind.



Shadow Worlds: A History of the Occult and Esoteric in New Zealand, Andrew Paul Wood, Massey University Press, RRP \$55.00

Lacey Ivory Ballerina Knit Wrap \$149.90

Ivy + Jack Boyfriend Blazer \$189.90

Ivy + Jack Barbie Chunky Roll Neck Knit Jumper \$159.90

Ivy + Jack Effortless Salmon Midi Dress \$169.90

Mink Pink Morgan Coat \$235

Ivy + Jack fine knit boxy jumper \$139.90

**Millie Rose BOUTIQUE**

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

Ania Haie Pearl Power Chunky Link Necklace, \$169

Vivienne Westwood Orb Silver Watch, \$629

Stolen Girlfriends Club Love Star Necklace, \$499

Stolen Girlfriends Club Halo Cluster Ring in Hematite, \$269

Pandora Moka Coffee Pot, \$99

Karen Walker Runaway Soccer Girl Whistle Necklace, \$289

Citizen Promaster Marine Dive Watch, \$799

Freshwater Pearl Bracelet, \$117

Disney x Pandora The Little Mermaid Ursula Ring, \$99

Karen Walker Miniaturist Earrings in Silver & Onyx, \$259

Pandora August Crystal Birthstone Eternity Circle Charm, \$69

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

Pandora August Crystal Birthstone Eternity Circle Charm, \$69

Pippa City Bag Emerald \$159

Planter Pots

FaceFace \$1050

Marble Pear Ornaments

NZ Greenstone Fish Hook \$299

Olive green throw with tassels

Albert I'mStein Model Dreamer

Kea Cushion

Cartel & Willow Indiana Mini Dress was \$179, now \$50

Teal Sapphire and Trilliant Cut Diamonds, Platinum Ring

Among the Brave Green Satin Skirt \$139.90

Bresley Dolomite Forest \$259.90

Kea Cushion

Albert I'mStein Model Dreamer

# Gorgeous Green Favourite Things

**CANON STREET OPTOMETRISTS** where vision never goes out of style

**WILD RHINO AUSTRALIA**

Wild Rhino men's shoes create quality footwear that cuts that fine balance between comfort, style and durability. Hand crafted with precision by experts in Portugal.

**COBBLERS INN**  
— FOR THE SHOES YOU WANT —

Highfield Mall - 145 Wai-iti Rd, Timaru  
Ph (03) 688 4251 | cobblersinn  
www.theshoesshop.co.nz

**Woodys**

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

Ivy + Jack khaki Cotton Dress

Studded Olive Green Shoulder Bag

Jacques Lemans Watch 50% off Was \$126 Now \$63

Palm Tree Doorstop

18ct Emerald & Diamond Ring \$4,900

Ivy + Jack Shirred Cotton Dress \$169.90

Green Onyx Pendant \$254

Remonte D0900-52 A2 \$259.90

Django & Juliette Unice DJ Emerald Green Shoe \$229.90



# Health and Wellbeing



## Morse Chiropractic Centre

We are a family orientated chiropractic centre, where you receive hands on health care, in a professional caring environment.

With our service we give regular spinal assessments and alignments to ensure that bones, nerves, muscles and other tissues in your body are fully operational, ensuring the best health possible.

Even if you are seeking care for back or other pain, the chances are that chiropractic care will assist your other health problems too.

We would like to welcome Jaime from Re+Vive Massage to the team, available for all your massage needs.

To make an appointment with Steve or Jaime call (03) 688 1279 46 North St, Timaru



## Pinnacle Performance

At Pinnacle Performance, we offer more than just a personal trainer - we provide an Integrated Wellness and Performance Coach to elevate your fitness journey to new heights!

Our approach goes beyond traditional personal training by incorporating a holistic perspective on your overall wellbeing. Here's what sets us apart:

- Comprehensive Wellness Approach
- Accountability and Support
- Holistic Progress Tracking
- Ongoing Education and Empowerment

Choose Pinnacle Performance for a comprehensive fitness experience that goes beyond a typical personal trainer. Let us be your partner in unlocking your full potential, achieving holistic wellness, and embracing a healthier, more vibrant life!

027 326 9433  
39 North Street, Timaru  
pinnacleperformancenz.com



## Discover Central Fitness Temuka

Discover Central Fitness Temuka. We're on a mission to enhance the health and wellbeing of our community through movement.

Whether you're young and fit or not so young and not so fit, our inclusive gym environment welcomes you.

Break free from outdated gym stereotypes and witness how movement can transform your overall health.

Benefit from personalised plans to reach your goals. With 24/7 keyless access, choose from a variety of group fitness classes or our extensive range of fitness equipment.

Join our supportive community today and embrace a gym that's truly for everyone.

85 King Street, Temuka  
021 0222 3551 | centralfitness.temuka@gmail.com  
www.central-fitnessgym.com



## Performance Health Club

We can help you accomplish your goals

We show people how to age well by keeping their body and brain in top shape.

**What our members love so much?** Large, spacious areas with private studios, motivational exercise options, Weight-loss challenges, Free expert advice clinics, body scans, Les Mills V studio, PoleFit courses and qualified personal trainers!

**Why work out...? Because strong people stay young! Want to be more active, but not sure where to start?**

Call us now, we'd love to show you around & work a plan to suit your time and budget.

**Psst! NO JOINING FEE for the month of July!**  
1 Heaton St, Timaru | Ph 684-6664

**Performance Health Club**



## Temuka Pharmacy

We are your health hub in the heart of Temuka.

We offer FREE\* prescriptions, health and wellness advice, Pharmacist-Only medications (such as certain antibiotics, Covid antiviral medications, the morning after pill, vaccinations, blood pressure/cholesterol checks and warfarin management)

Our friendly and experienced staff can help with supplement and vitamin advice, first aid, health and lifestyle products, and cosmetics and beauty care. We offer more than just health too - passport photos, ear piercing and a great range of giftware for all ages - with free gift wrapping. As the weather changes don't forget we have a daily delivery service too.

\*some exclusions apply

81 King St, Temuka | 03 615 7529



## Habits to adopt to age well

WORDS: DR LIBBY | IMAGES: SUPPLIED

Ageing is a natural part of life that we don't need to fear; we all go through it.

Your changing skin, hair colour or body in no way detracts from who you are and the goodness in your heart. The passing years also bring wisdom and that has a radiance all of its own. Yet, ageing isn't just about what happens on the outside, it's also about our structure, mobility and internal health. Due to the incredible advances of Western medicine, we are likely going to continue to live longer and longer. Yet, in reality, are we living too short and dying too long? This is an important question to ponder; for what I care about is the quality of your life. There are several habits you can adopt to help prevent degenerative diseases, maintain your own independence and live an energised, healthy and full life right through to your twilight years.

### 1. Muscle mass

From the age of 30 onwards, if we don't actively build muscle, we gradually lose it. Embrace resistance training. This doesn't have to mean going to gym unless that spins your tyres. In a yoga practice, you resist your own body weight. Pilates, too, is excellent resistance training, as is gardening, farm work, carrying groceries and children. Don't avoid movement. Take the stairs regularly, for example.

### 2. Hydration

Most people are aware of the critical importance of great hydration for their health, and of course for their skin, in particular. Yet, so many people tell me that they know they would be better off drinking more water. Unintentional chronic dehydration can contribute to pain and inflammation, not to mention fatigue, which can have an enormous impact on whether we feel energised or not.

### 3. Nourishment

Three biochemical processes through which we age are known as oxidation, inflammation and glycation and great nutrition goes a long way to providing our body with the substances it needs to ensure these processes happen slowly rather than rapidly. Eating whole real food and reducing your intake of processed foods is one of the most simple, yet powerful ways to prevent premature ageing. This is because processed foods are often laden with sugar, trans fats, additives and preservatives all of which take a toll on our health in myriad ways, including via detrimental effects on the gut microbiome and giving our liver more to detoxify. No amount of exercise can combat the effects of a lousy way of eating. Focus on real food, rather than junk, to provide your body with more of the nourishment it needs every day.

DETOX BY DR LIBBY – DOES YOUR BODY NEED A RESET?

Nutritional biochemist, Dr Libby Weaver, has created a 28-day detox journey designed to help decrease your total body burden. This ultimate health takes an in-depth look at detoxification as Dr Libby teaches you how to do this effectively, for your unique body and helps you to cultivate well-functioning detoxification systems, for life. The course has been designed to fit in around a busy schedule, and only requires around 10-15 mins of dedicated time each day. Find out how good your body is supposed to feel by joining Detox by Dr Libby, starting 6th June, 3rd of July and 7th of August www.drlibby.com

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive Detox courses has helped more than thousands of women around the world find freedom from their health challenges. Detox by Dr Libby starts on the 3rd of April, 1st of May and 5th of June.

For more information go to www.drlibby.com

## Presbyterian Support walking the journey with you

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

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

### Enliven Community FIRST

#### Dementia Support Service

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

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

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

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

For more information, contact Enliven Community Services: 03 687 1117



### Saturday Club

#### Day Activity Programme

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

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

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

### Alzheimers South Canterbury

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

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



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

# Queen's Service Medal

WORDS: CHRIS THOMAS

**Dedicated Volunteer Karen McClintock Honoured with Queen's Service Medal for Community Service**

The recent royal holiday weekend came with a shock for dedicated volunteer Karen McClintock, who was awarded a Queen's Service Medal in the King's Birthday and Coronation Honours List 2023, for services to the community.

The notification came to Karen through an email and her first thought was "this is a scam," but after a second look she realised it was genuine.

Karen was recently guest speaker at Age Concern South Canterbury's Friday Club. Karen spoke about her current position as a support worker for Health NZ where Karen offers essential in-home care and support to a select group of clients, focusing on those with complex conditions, high needs, paraplegics, tetraplegics, and individuals with traumatic brain injuries. Not only does she provide care within their homes, but she also goes the extra mile to ensure their social integration and active participation in the community and where needed she also provides palliative home care.

Until recently, Karen lived in Temuka and served as a volunteer ambulance officer for 15 years, covering the demanding on-call night shift and was also a volunteer in the fire service.

Karen's commitment to her community extends even further, as she actively contributes to the Cancer Society, fulfilling various volunteer roles such as caregiver, driver, and fundraiser. Through these experiences, she has amassed a vibrant collection of dress-ups, symbolizing her involvement in Daffodil Day (yellow), Relay for Life (purple), and Paddle for Life (pink).

Chris Thomas, the Manager of Age Concern South Canterbury said that "Karen stands as a true champion of the community".

This was recognised by Age Concern who presented Karen with a Dignity Champion Award in recognition for her outstanding contributions. Karen also received a freezer pack of meals from Age Concern sponsor, Frozen Fresh.



## Take care of your car

With cooler temperatures you must take extra care of your car, here's some tips to look at.

### Get your car serviced

If your car is due for a service, get it done before the winter.

### Check the battery

Check the battery: with colder temperatures and increased use of lights and heating, the output will be reduced. If your car won't start because of a flat battery, you can try giving it a jump start.

### Top up engine coolant with antifreeze

Engine coolant should be a 50/50 mix of water and antifreeze.

### Check your tyres

Your car's tyres are key to both steering and braking, make sure they are in good condition. Recommended a 3mm depth during winter also.

### Clean your lights

Check that all lights, indicators and rear reflectors are clean.

### Wash windscreen and wipers

Give your windscreen a thorough clean inside and out and top up your screen washer fluid with antifreeze. Check for nicks and tears on your wiper blades and any chips in the windscreen, as these can grow in the cold weather.

**We can do it all at Hollands Suzuki Cars, book now for your appointment 03 688 8297.**



## 5 Principles for driving on Ice or Snow

1. Drive much slower than you usually would – losing control in wet or icy conditions only takes a split second.
2. Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently and use your highest gear when travelling uphill and your lowest downhill.
3. Avoid skidding or sliding – If your vehicle does not have an ABS anti-skid braking system, pump the brake pedal in short rapid bursts rather than pressing long and hard.
4. Keep a safe following distance – at fifty kilometres per hour, it takes up to ten times longer to stop on an icy road than on a dry road.
5. Headlights on dipped beam - when driving in fog, rain or snow, drive with your headlights on. If your vehicle is equipped with fog lights, turn them on.

## Roundhill Ski Area



runs, and the more adventurous can head up the world's longest rope tow and experience Australasia's biggest vertical (783m) offering long natural half-pipes and chutes. Roundhill has earned a reputation for its highly qualified team of ski and snowboard instructors, so no matter what level you're at, you can always improve!

If hitting the slopes isn't your thing, the Base Lodge Café is the place to go for delicious barista-made coffee, great food, and expansive views. Toboggans are available for hire too.

One experience not to be missed is a visit to the Von Brown hut located at the top of the field. Here you can find a cosy seat inside or bask in the sunshine with a coffee while taking in the most incredible views. Roundhill is the perfect place for friends and family to meet for a relaxing day on the slopes.

Surrounded by the Southern Alps with breathtaking views of Lake Tekapo and Aoraki Mt Cook, it's easy to see why Roundhill is the obvious choice for many during the winter months. Situated in the heart of the South Island, Roundhill is a family-owned and operated business with quality skiing and family-friendly service at the core of its operation.

Enjoy stunning scenery and a relaxed and welcoming atmosphere when you arrive. Our slopes are groomed every night for optimum skiing conditions. With a spacious beginner area on a gentle gradient, finding your feet on the snow is made easy. Two T-Bars give access to wide intermediate



## Spectacular Hoar frost

The Beauty of a Hoar Frost captured by Pat. The entire landscape was frozen with thick ice and was completely beautiful.



### WORKSHOP SERVICING ALL MAKES & MODELS

### WOF inspection only \$60

Experience Holland's customer care. Book now or online for your WOF inspection and receive a loyalty card.

**Every 5th WOF inspection check is FREE!**

**We are also authorised to carry out WOF inspections on motorcycles, trailers & caravans**

Kevin

**David Hunt:** Branch Manager A/H 0275 757 885

**Monica Smith:** Sales Manager A/H 027 428 8406

**David Peck:** Sales Admin/Finance A/H 027 211 5050

**Kevin Hunter:** Service Manager M 027 917 7053

## HOLLAND'S SUZUKI CARS

13-15 North Street, Timaru  
Ph 03 688 8297 [www.hollandstimaru.co.nz](http://www.hollandstimaru.co.nz)

### Looking for snow chains?

We have options to suit all types of vehicles. Hire or buy.

**14 Arthur Street, Timaru | Ph 688 6666**

## SURVIVAL KIT

**Travelling this Winter? Make sure you have a survival kit in case of an emergency.**

- Ice scraper, clean cloth/towel, small shovel
- Sand/bag of cat litter or other traction aid
- Booster cables
- Road flares or warning lights
- Torch and charged batteries
- First aid kit
- Small car tool kit
- Extra clothing and footwear

[www.scrs.org.nz](http://www.scrs.org.nz)

**ROUND HILL SKI AREA TEKAPO**  
783 METRES OF VERTICAL

Ski or Snowboard in the heart of the South Island of New Zealand. Roundhill is a fantastic family ski field with breathtaking views of Aoraki Mt Cook, the Southern Alps and Lake Tekapo. It's a place where friends and family meet to enjoy a relaxing day on the slopes.

2544 Lilybank Road, Lake Tekapo Ph 021 680 694  
[www.roundhill.co.nz](http://www.roundhill.co.nz)

# Getting Ready *It's all about you*



Winter brings crisp mornings and gloriously sunny days. It can also send us southerly blasts and intense rainstorms with winds that can knock you off your feet.

So when the worst weather strikes can you honestly say you are up to the challenge of keeping you and your family safe? There are so many things you can do ahead of a disaster or just a very intense cold-snap that can keep you all safe, warm and not require emergency services to come to your aid. Many of these things are listed in the below Winter Cheat Sheet so please cut it out and pop it on your fridge as a reminder.

If you become isolated due to the weather or flooding then expect to be on your own for some days. In a bigger Civil Defence emergency, such as the Alpine Fault Magnitude 8 (AF8) event, it is highly likely that those responding may also be personally affected. In the Christchurch earthquakes over 70% of the responders had trauma of their own to deal with first.

If you would like to know what known hazards may affect your home or neighbourhood then you can check out hazards information on the Environment Canterbury and Timaru District Council websites.

You can ask at the museum and library for historic information on previous floods and other disasters.

Think about signing up to Neighbourhood Support where neighbours look after each

other and reduce the strain on emergency services in a disaster. The segment of our population over 50 is increasing, as is the number of people living on their own or away from family and our community is growing in diversity as well. All reasons to create great bonds with neighbours who may value the contact and the assistance in a disaster.

Connect with church groups, service agencies and community groups that have their own networks that can be useful to stay in touch and help each other and often the wider community. Get your kids involved in volunteering for agencies like St John, Red Cross and Scouting NZ as it helps them support you and sets them up well for the future.

If you have spare time, desire some personal growth and would like to help others then consider becoming a volunteer. Volunteering Mid & South Canterbury would be a great place to start.

Winter genuinely gives us all the opportunity to reconnect with family, friends and neighbours, take stock of our emergency plans and supplies and ensure we are all able to continue with life as summer approaches.

#### Websites with further information:

[www.timaru.govt.nz/home](http://www.timaru.govt.nz/home)  
[www.ecan.govt.nz/](http://www.ecan.govt.nz/)  
[www.cdemcanterbury.govt.nz/](http://www.cdemcanterbury.govt.nz/)  
[www.getready.govt.nz/en/](http://www.getready.govt.nz/en/)  
[www.vmsc.org.nz/](http://www.vmsc.org.nz/)  
[www.southcanterbury.getsready.net/](http://www.southcanterbury.getsready.net/)



## Winter cheat sheet for Staying Safe

Winter is time to hunker down, read a good book and think about what might need planting in the spring. It's also an opportunity to check a few things at home before we have the first heavy snowfall or lose power in the midst of a cold snap. Some useful things to do would be:

### Cut this out and put on your fridge

- Restock your emergency kits, checking use-by and expiry dates on food and medical supplies.
- Replace batteries in radios and torches and remember the local radio station is used for issuing warning messages by some organisations.
- Ensure you are able to stay warm in your home without power.
- If you rely on power for medical reasons then make sure you and your support network have a back-up plan.
- If you are totally reliant on power for heating and cooking then get to know your neighbours better through the Neighbourhood Support network as they may be able to help you, especially if you don't have family or friends close by.
- If you have a BBQ you can use for cooking remember it must be used outside and check your gas bottle is full after it has been used all summer.
- Check you have food, water and medical supplies for everyone in your home for more than 5 days and food for your companion animals.
- Download the Red Cross Hazard App which can be used to check for warnings of emergency events and severe weather.
- Check if you have some other way of charging your cellphone, such as a car charger or portable battery charger.
- Check you know who to ring for help if you can't get out of your home – make those arrangements before you need to do it. This is especially important if you become ill and need help.
- If travelling through inland passes make sure you have snow chains and carry emergency supplies such as warm coats, a first aid kit, sleeping bags, food and water for an overnight stay in the car.
- Check weather forecasts and road closure notices regularly and avoid travelling if very cold or dodgy weather is predicted. Better to sit out a storm at home than put other people's lives at risk being rescued.
- Have some cash on hand as a power cut will also mean money machines won't work.
- Check external water pipes are lagged, wet concrete paths are gritted and your hot water cylinder is secured to the wall.
- Clean out gutters and blocked drains so water doesn't pool and flood or freeze over.



03 687 7200 (24/7 for emergency contact)



# Stay Safe During Power Outages!

When the lights go out, your safety remains our top priority. At Alpine Energy, we care about keeping you safe during power outages.

## Our top tips to staying safe in an outage:



**Stay Prepared:** Create an emergency kit with flashlights, batteries, non-perishable food, water, blankets, and a first aid kit.



If you rely on electricity to power a **medical device**, chat to your medical provider and your electricity retailer about an emergency plan today.



**Stay safe** around downed power lines by keeping your distance and treating them as live. Never underestimate their danger and avoid any contact.



**Stay Calm:** Power outages can be unsettling but remember to stay calm and reassure your family members. Take a moment to check on vulnerable or elderly neighbours.



**Use Alternative Light Sources:** Keep a supply of candles or torches handy to light your surroundings safely.



**Manage Food Safety:** Keep refrigerator and freezer doors closed to preserve perishable items. Consume refrigerated food first and use non-perishable food during extended outages.



**Avoid Carbon Monoxide (CO) Hazards:** If using a generator, place it outside in a well-ventilated area away from windows, doors, and vents to prevent CO build-up.



**Stay Informed:** Follow us on Facebook or visit our website for updates and outage information. Listen to battery-powered radios for news updates.



**Report Outages:** Contact our 24/7 helpline on 0800 66 11 77 to report outages or any safety concerns. We are here to help

Prepare, Stay Calm, and Stay Safe.

#### Contact us

Please contact us on 0800 66 11 77 or email [mailbox@alpineenergy.co.nz](mailto:mailbox@alpineenergy.co.nz). For more information visit [www.alpineenergy.co.nz/safety/protect-yourself-during-a-power-outage](http://www.alpineenergy.co.nz/safety/protect-yourself-during-a-power-outage)

We are a member of the Utilities Disputes (UD) scheme, you can contact UD for resolving complaints, a free and independent service, on 0800 22 33 40 or [www.udl.co.nz](http://www.udl.co.nz)



# Free service to improve driving skills

Residents of South Canterbury can now take advantage of a free service provided by South Canterbury Road Safety to assess their driving habits and identify areas that require improvement. Many drivers have not had refresher driving sessions in years, and over 90% of car crashes are caused by human error, often due to bad habits developed over time.

The campaign offers a free hour-long assessment with an experienced driving instructor, during which drivers can identify their strengths and weaknesses. Participants will be driving their own cars. The goal is not to pass or fail but to provide advice on how to improve driving skills where necessary. After the session, a report will be provided to help drivers gain feedback on their safe driving ability and build confidence.

**The more people who take advantage of this opportunity, the safer our roads will be.**

Many experienced drivers may have forgotten important safety practices, and a personal session with a trained instructor can benefit everyone. During the assessment, drivers can ask questions about any rules they are unsure of.

To participate in the campaign, simply call or text your name and phone number to register your interest with either Daniel Naudé at 027 438 6285 or Lucy Mehrtens at 027 288 2583.



Daniel Naude 027 438 6285 | Lucy Mehrtens 027 288 2583

[www.scrs.org.nz](http://www.scrs.org.nz)

[f](#) [@scrsnz](#)

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

**Swift Hybrid from \$28,990+ORC**

# YOU CHOOSE

Zip and zoom, here, there and everywhere. If it's value for money with the biggest smile, Swift is the ride of choice.

**Swift from \$22,990+ORC**



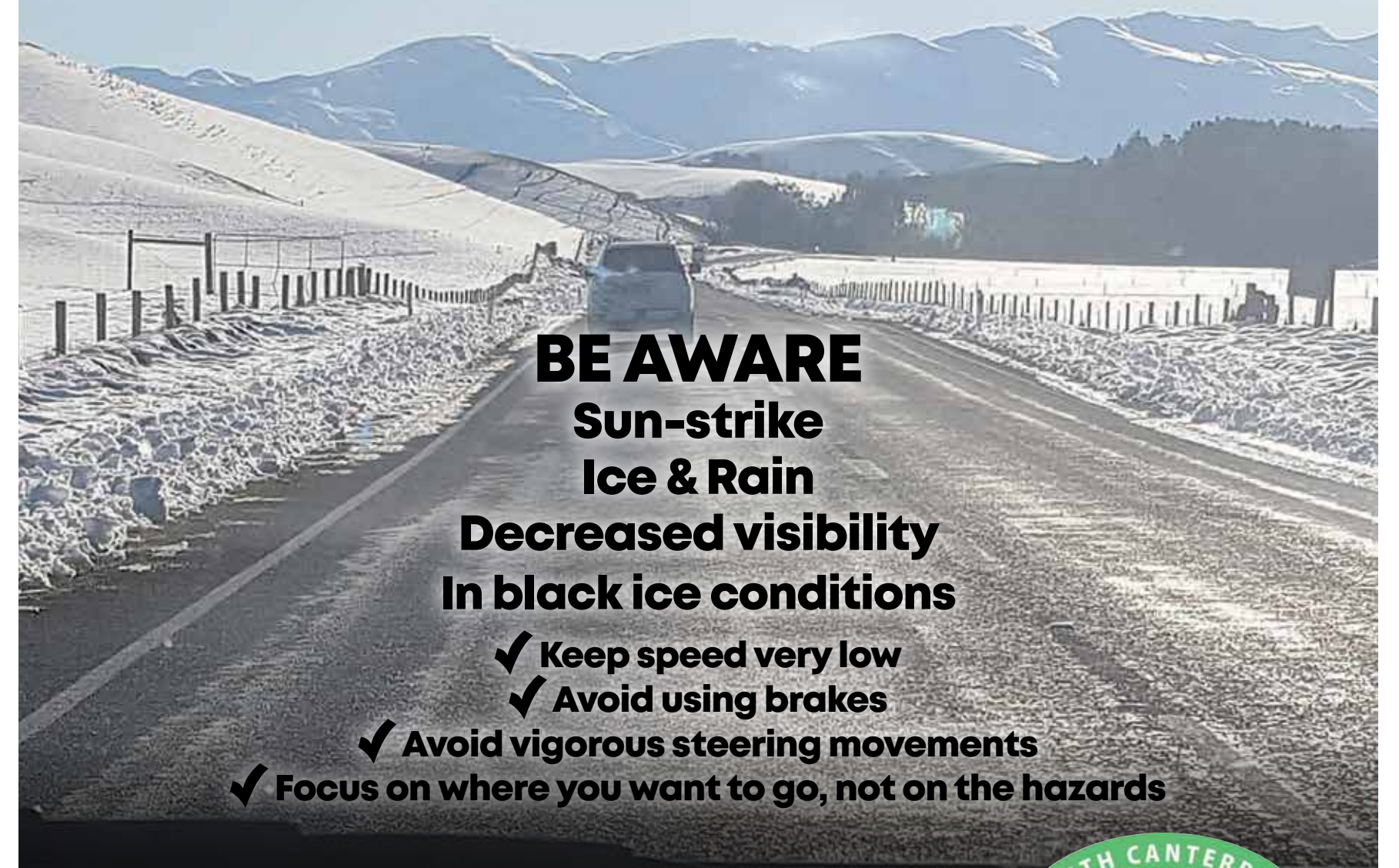
*Live Swiftly*



**HOLLANDS SUZUKI CARS**

13-15 North Street, Timaru 03 688 8297 [www.hollandstimaru.co.nz](http://www.hollandstimaru.co.nz)

# The road you drive today is different to yesterday



**BE AWARE**  
**Sun-strike**  
**Ice & Rain**  
**Decreased visibility**  
**In black ice conditions**

- ✓ Keep speed very low
- ✓ Avoid using brakes
- ✓ Avoid vigorous steering movements
- ✓ Focus on where you want to go, not on the hazards

**Visit [scrs.org.nz](http://scrs.org.nz) for more information**





## NEW ZEALAND'S MOST ECONOMICAL 1, 2 & 3 BEDROOM HOMES

With 1 Bedroom starting at \$130k, our prices are unbeatable.



### OUR FOCUS? SIMPLICITY & EASE FOR YOU!

- ✓ Council Certified by us
- ✓ Self Contained - move in within 2 days of delivery
- ✓ 1, 2 & 3 bedroom options
- ✓ Superior Insulation & Double Glazed
- ✓ Ensuite Bathroom
- ✓ Gas Hot Water
- ✓ Portable Steel Chassis
- ✓ Towbar & Wheels Options

### WE BUILD A HOME, YOU CREATE A VALUABLE ASSET.

#### EXTENDED FAMILY

Accommodation for elderly parents, teenagers or guest accommodation.

#### RENTAL INCOME

Our compact site footprints provide a smart way to earn money from your existing land.

#### LIFESTYLE CHOICES

A low maintenance, low cost holiday home that the whole family can enjoy for generations.

#### WORKER ACCOMMODATION

The perfect 'on-site' solution where extended or flexible working hours are required.

#### A FUTURE-PROOF INVESTMENT

Because our homes are portable, if your future requirements change, you can re-site or re-sell your home easily.