

essence

essentially...south canterbury



Travel **5**
A Winter
Trek

Washdyke **22**
Cleaning up
the Lagoon

8 Ingredients
The Perfect
Cuppa

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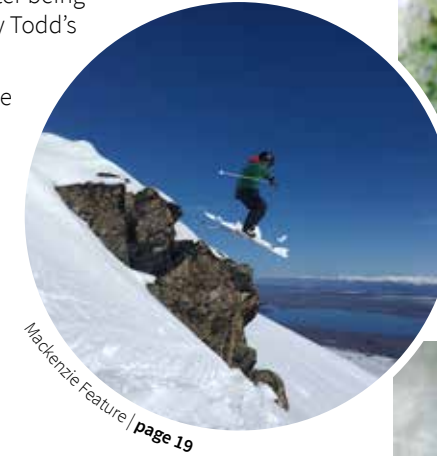
As the winter really draws in, it's a good time to remember that as we head out of June the evenings will start getting that little bit lighter. Sure we'll still have a bit of chilly weather to come but a bit of extra daylight can make all the difference.

Particularly when you live somewhere as beautiful as South Canterbury. This month we've been hearing about the amazing lagoon at Washdyke which you can read about on page 22. We've also been out and about in the gorgeous wee town of Geraldine (page 12) and what can be better than touring the Mackenzie on a frosty sunlit morning?

Also this month writer Michelle McCullough brings us an intriguing story of an old walk-in safe that has recently been reopened after being boarded up and covered by a mirror at Sweeney Todd's Hair Studio. Read the full story on page 9.

Meanwhile writer Jo Bailey gets to chat with Kate Williams, aka The After Hours Stylist on page 6-7. And Róisín Magee goes horse trekking in the snow on page 5. We've also got health tips from Dr Libby, our fashion and homeware faves and we showcase plenty of our wonderful local businesses.

So brew up a coffee, sit back and get reading. The Essence SC Team



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Front Cover: Be bright, bold and beautiful this winter. See page 10 for some gorgeous new arrival fashion pieces at Millie Rose Boutique. Photographer: Elegance Photography



Celebrating Nature's Bounty and Beauty | page 6

Artma Spiritual Gallery Crystals

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The Road Safety Team Grows

WORDS: PATTIE PEGLER

The newest addition to Timaru District Council's Road Safety Team is Lucy Mehrrens, who has taken up the role of Road Safety Coordinator.



South Canterbury born and bred, Lucy grew up on a farm in Waimate, attending Waimate Centennial School and Waimate High School. She then headed to the University of Canterbury where she was in first year when the September 2010 earthquake hit. Not long after that just before her 21st birthday her beloved grandfather passed away. Despite these challenges, Lucy graduated with a Bachelor of Arts with a major in Media Communications.

After graduating she returned to Waimate and started working for the Cancer Society in South Canterbury as a Health Promoter.

"As my first job out of University, this was a great start to my career," says Lucy. "And it gave me a good insight into how cancer affects everyone in our community. I loved the job."

As it was short term position to cover maternity leave, she had to move on after one year and she then went to work for the Timaru Herald as Advertising Sales Consultant. And then moved to Mediaworks, where she held

a number of roles - Account Manager, Office Manager and Southern Hub Manager.

But she wanted to return to working with the community.

In 2016 she had bought her first home in Timaru with her partner. But just a week before their offer went unconditional they were in a serious car accident. It was thanks to the support from family, friends, their lawyers and real estate agents that they were still able to complete the deal and move into their house along their cat Marty. But it was an incident that made an impression on Lucy.

"Having gone through the crash, I understand the broader impact on your family and friends," says Lucy. "If I can help one person make a safer choice with their driving behaviour that will help keep them and their family safe, that is success to me."

So when she saw the Road Safety Coordinator position advertised, she immediately applied.

"Having worked with Daniel Naudé for his radio and print advertising, I knew the job would be challenging," says Lucy. "Still, I am grateful to have been given the opportunity. I get to work with a great team, key partners and outstanding SADD students who are all passionate about road safety."

When she's not working Lucy like to keep active and she enjoys playing basketball and netball for Harlequins; she is also an umpire and umpire coach for Netball South Canterbury.



Pink Breakfast

Steph from Rewind hosted a fantastic Pink Breakfast with the help of the team from the Waimate Kitchen and Bar. Such an important cause to raise funds for the Breast Cancer Foundation NZ. The ladies had a great time eating, drinking and taking part in bidding on the silent auction to raise the funds for Breast Cancer NZ.



Kaylee Bell concert

Essence Magazine attended the Kaylee Bell concert and met the most amazing people, all there to support their local girl, Kaylee. It was the final 'Boots 'N All' tour in Waimate, her hometown. Amazing show and loved seeing so many supporters.



A Winter Trek

WORDS: RÓISÍN MAGEE | IMAGES: RÓISÍN MAGEE

As a hopeless romantic, as much in love with horses as the day I was first bucked off, I have tried many times over the years to convince Mr Magee to buy a horse. His response always goes something like this: "No."

Mr Magee prefers pursuits like hunting, shooting or fishing. He likes aeroplanes, war movies, big machines and television programmes like 'Outlast' where people have to survive in the Alaskan wilderness.

Horses are not totally out of the question as soldiers used to ride them, but my horses and their various complicated needs have put him off. Imagine my delight when I found a horse trek operator - James Cagney - who was not only (a) a man, but also (b) a munitions expert (having served in the NZDF) and (c) an expert hunter with access to some of New Zealand's most spectacular back country.

Even better, James is very good at doing something I have always wanted to learn - packing horses. He spent many years working as a hunt guide in Canada, where the hunters disappear for long stretches with all their gear packed on horseback and he assured me that I could learn to pack in a weekend. Having failed to learn anything to do with

horses quickly, I was dubious, but the opportunity to get my husband on a horse was too good to turn down.

So we packed our bags and drove an hour and half north to Lake Coleridge, where James and his wife Deb run High Country Horse Adventures. The plan was to ride with packhorses from Lake Coleridge across the Rakaia and up into Black Hill Station for a night in a musters' hut, before retracing our steps back home the next day. We would spend two full days in the saddle.

The best thing about riding with someone who doesn't normally ride is that they don't worry about anything. James gave Mr Magee a quick lesson - left, right, stop, go and we were off. Plunging into the raging Rakaia in midwinter? No worries. Scrambling up steep slopes in fog so thick you couldn't see the hand in front of your face? What's the issue?

The worst thing about riding with someone who doesn't normally ride are the clothes they think will be 'suitable'. Mr Magee emerged the morning of the trek wearing a hi vis orange mining jacket. Was that the best jacket, I wondered, politely? Yes - it's 100% waterproof, he replied firmly. And that was that.

James' horses are fantastic and they really can cater for everyone - from complete beginners to very experienced



riders. The longer the trek, the fitter you probably need to be, but there are options for different levels. And the country James has access to...

This is what you come for. The sweep of the massive valleys, the towering peaks, ice cold rivers with enough flow that you can feel the water snatching at your horse's legs.

The sense of history and a taste of what life was like before machines came to these remote stations; when horses were more than just pampered pets - they were a lifeline to the outside world.

We trekked in midwinter, so on the first day after fording the Rakaia we climbed through Black Hill Station in thick fog. We took an old pack track; the fog seemed to dampen the sound of the river below and there was no sign of any other life. It felt eerie. But then we popped out of the fog onto the snowy tops. And at the sound of horse hooves crunching through snow - I suddenly realised that I had never ridden in snow before. Watching the horses run off to play and roll in the snow when we stopped at the hut was something I will never forget.

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Celebrating nature's bounty and beauty

WORDS: JO BAILEY | IMAGES: KATE WILLIAMS

It is 8pm on a Monday evening, and Kate Williams is in her floral shed, styling two stunning Easter creations she will help groups of eager participants to make, at workshops she is running at her beautiful Prebbleton property on the coming weekend.

Working late into the night is nothing new for Kate, who truly lives up to her name – the After Hours Stylist. At this time of the year, she is up until around midnight most nights working on creative projects. Then she is back up at 6am, to get ready to head to her day job, managing a Christchurch law firm.

As well as overseeing the design and interior styling of the lovely home Kate and her husband Phil built on a block of bare land they purchased nine years ago, the couple has created acres of spectacular cottage style gardens, with formal elements, and many flowers – including abundant fields of lovely blooms. These are in hot demand at regular 'pick your own stem' sessions as people flock to pick their own dahlias, zinnias, cosmos, gladioli and more. Kate also welcomes people to her home for regular floral and interior styling workshops, using foraged bounty from the garden.

Her love for beauty and finding ways to accentuate and celebrate it, combined with her passion for creativity, knows no bounds. Kate is an accomplished artist, who loves getting into her paint studio to work on commissions, and create artworks based on her floral designs. Photography is another passion. Her



inspirational and aspirational Instagram page, After Hours Stylist is well worth a visit to see how she brings the strands of her creativity together in beautiful imagery.

Kate's schedule is punishing, but she is grateful to have married another creative soul who shares her huge drive. "Phil is amazing. He has spent his life creating buildings, designs and inventions, and is always coming up with new business ideas. Over the summer he has done most of the garden work here and I've done most of the playing," she laughs.

Kate says it is not unusual to come home and find Phil has built a recycled structure for the garden, a new wall to use as a backdrop for her photography, or even a flying fox which has become a much-loved addition to their property. "I got home recently to find him on the tractor. He'd created a new paddock for another three acres of garden."

As the colder weather approaches, the pace will slow a little for Kate and Phil. "A glass of wine together would be nice," she says.

They both love the process of designing and building something from scratch. In fact they have built seven homes in their 33 years together. Kate says the Prebbleton property is a bit special, and might just keep them in one spot for a while yet. The house was designed by architect, Darren O'Neil, and built in stages. Features include exterior cedar and corrugated iron, with beautiful oak floors and timber trusses inside.

Although Kate has no formal interiors training, she has a brilliant eye, and loves nothing more than styling a room around a special piece, which could be anything from one of her artworks, to some gorgeous linen she has found. "It's quite hard to define the interior style of the house, but I would say it is almost French Country, come Cape Cod," she says.

Kate grew up in a creative household, with her pharmacist father, and nurse mother, always working on projects after work. "Mum would create with food and sewing. Dad did up old Buick cars, with Mum doing the upholstery. It wasn't unusual to find Dad working in the garage at 2am. I definitely get it from them, as well as their love of caring for others. Our house was always full of people."

The Williams' house and garden, and Kate's creative work, have been profiled in many local and national magazines, one of which led to the publication of Kate's first book, appropriately titled, *The After Hours Stylist: Growing, gathering, and creating through the seasons*. "When House and Garden photographer, Anna McLeod was here shooting for the feature, she said, 'you should do a book'. Within an hour, we did our first staging together, talked with publishers over the next few weeks, then worked intensively on the project for 28 weeks to meet the deadline."

After whittling down the resultant 20,000 images to 600, the result is a beautiful coffee table book, featuring the best of Kate's styling with flowers, foliage and food, and several recipes. "What I hope to achieve with the book, and also my workshops, is teaching people that you can celebrate in style without it being a big expense – that you can create something unique and special using the things around you."

The After Hours Stylist: Growing, gathering, and creating through the seasons is available from leading retailers.



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- The first instant coffee in New Zealand was invented by David Strang in Invercargill way back in 1890.
- The café and coffee scene in New Zealand really took off in the 1950s with the arrival of American servicemen in WWII and European immigrants. Today Wellington boasts more cafes per capita than New York.
- Try to resist the urge to reach for a coffee as soon as you get out of bed. According to research we get the most benefit from coffee we drink an hour or so after waking up. This is because during the first hour after waking our body produces cortisol to stimulate alertness. So it's better to let cortisol do its thing naturally before kicking in with the caffeine.
- There are literally thousands of studies on the health benefits or otherwise of coffee. The general consensus seems to be that like all things, it's best in moderation. Try to stick to a couple of cups a day.
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Mrs M's Coffee & Walnut Slice

Who doesn't love a little sweet treat to go with that morning cuppa? This month we have this super Walnut and Coffee slice recipe from the amazing Mrs M of Mrs M's Café. It's perfect for that morning tea break – whether you've got a friend over to catch up for coffee, or you want to treat your work colleagues to a little something with their morning tea. Sweet, caramelly and a little bit of crunch from the walnut topping. Yum!! Give it a go – we think you'll love it!



Ingredients

- 4 shots coffee or 4 t coffee essence
- 250mg butter
- 1 tin condensed milk
- 500gm wine biscuits
- 2 cup coconut
- 2 t vanilla essence

Icing

- 50g butter
 - 1 t vanilla
 - 4 shots coffee or 4 t coffee essence
 - 3 1/2 to 4 cups icing sugar
- Mix all together and ice.
Add chopped walnuts on top.

Method

Melt butter, add coffee, condensed milk and vanilla. Mix together and add to the biscuits. Press into a 30cm tin. When set ice.



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Safe Reopened

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

A little piece of South Canterbury history has been given a new lease of life after being hidden away for more than two decades.

A walk-in safe that was part of the original Timaru Herald building has recently been reopened after being boarded up and covered by a mirror at Sweeney Todd's Hair Studio.

Owner Charlotte Foster said when she opened the popular Timaru salon 22 years ago she found the safe to be "ugly".

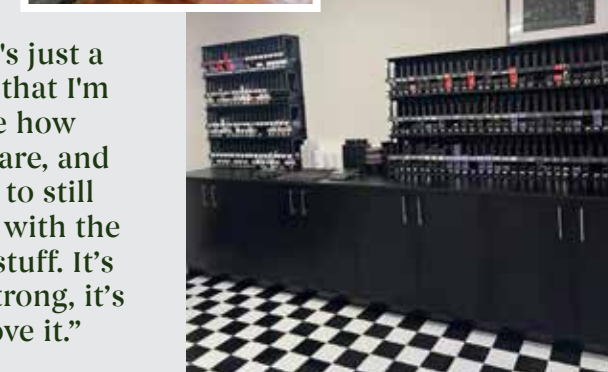
"As I've got older I've realised how lucky I am. As an 18-year-old I was just kind of like it's just a building but now that I'm almost 40 I realise how cool these things are, and how lucky we are to still have these things with the earthquakes and stuff. It's still earthquake strong, it's still going and I love it."

The historic Timaru Herald building on Sophia Street was designed by architects Meason and Marchant. It was built by Palliser and Jones in 1886 and was home to the Herald until 1984 when the newspaper moved to Banks Street. The door to the safe was built by the Milner Safe Company Ltd which was founded in 1830 and is the United Kingdom's third oldest safe building company.

"There's only external locking so if you go into the room and the door is shut you can't get out which is quite scary."

The safe is approximately 3 metres by 2 metres and also features a Chubb floor safe with a dial lock that to date has not been able to be opened. It also homes an additional large metal safe that when opened was found to contain paperwork from a business that occupied the building in the 1980s.

"It doesn't fit through the door. We don't know if it's been pulled apart and it was built in there, or if they built the room around it. There was a coat of arms on the front of it but sadly someone has pulled it off which is a shame but it's really beautiful."



Top: The mirror coming off the boarded up safe. Centre: The reopened safe. Bottom: The safe today used for storage.

Charlotte said that opening the safe, which is now used for storage, has spurred the interest of many of the salon's clients.

"I have a few clients who are into history; one used to work for the Timaru Herald, and she would line up just outside the door, and the pay clerk would go into the safe and give her a brown envelope with her money in it."

Like the building it is in, Sweeney Todd's Hair Studio also has an interesting history.

"It was actually my 18th birthday present from my dad. He's a pretty amazing man. My family have been so supportive, and I couldn't have done it without them. [When we opened] I hadn't even done a haircut. I had done some shampooing, and some really basic hairdressing but that was it. We had to employ people to train me."

"And the day we opened the safe it was just two of my staff, me and Dad which was really special."



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Mooching Around Geraldine



Café Verde

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

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

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

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Tievoli Trading

Looking for that special something for your home? Then head to Geraldine's fabulous homeware store - Tievoli Trading for a browse around their utterly unique collection.

From luxury furnishings from the Evoli range to interesting home décor items from wire sculptures to retro collectables, they really do stock it all with an outstanding blend of quality new and antique pieces. You're sure to find the perfect quirky gift or item for yourself!

And for these winter days they also stock stylish fashion accessories to keep you cosy - from gorgeous gloves and scarves to other must haves for your winter wardrobe. There's an array of colours, textures and styles to suit all tastes.

72 - 76 Talbot Street, Geraldine | 0274 313 362



BULOVA



Classic Surveyor Diamond, \$499



Marine Star Diamond, \$875



Modern Millenia Quartz, \$750



Mother of Pearl & Diamond, \$799



Regatta Bitone Diamond, \$599

From the workshop



Asscher cut Teal Sapphire



Bitone Garnet



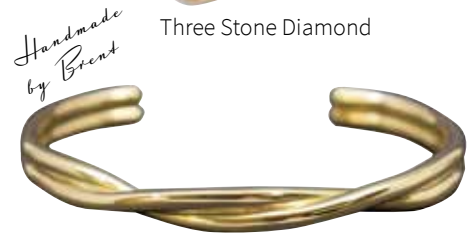
9ct signet ring with locally carved Pounamu



Rhodolite Garnet



Three Stone Diamond



Twist Bangle

Restocked By Popular Request!



Archive Series Special Edition Lunar Pilot, \$1,399

This updated version of the Bulova chronograph famously worn on the moon on August 2, 1971 carries on Bulova's legacy of precision timing and features many of the same design elements as the original. It also comes with an easy release stainless steel bracelet and stylish leather strap, making it incredibly versatile - the ideal watch for today's explorer.



Precisionist Chronograph, \$1,350

This stylish timepiece features precision timing to 1/1000th of a second and a continuous-sweep second hand. Bulova's Precisionist movement is the very definition of unparalleled accuracy, with a 262kHz vibrational frequency - eight times greater than standard watches.

Archive Series Limited Edition American Girl 'K', \$899

As seen in *The Queen's Gambit*

This very special re-release, limited to 2,000 numbered pieces worldwide, is inspired by the original 1957 American Girl design, striking a delicate balance of femininity and powerful charm. It is a watch and bracelet in one glamorous ensemble.



Retirement in the modern world

The typical retirement age in New Zealand is 65, yet nearly a quarter of people choose to continue working whether that's a part-time role or running their own business.

Still others volunteer or take up new hobbies and some choose to spend more time with family and friends. There really is no one face of 'retirement'.

A visit to the local Citizens Advice Bureau would be a great start if you are seeking information on how to volunteer, stay socially connected and exactly what group or club may be right for you - the ladies were so helpful, we came away with lots of brochures and booklets to peruse!

Driving Miss Daisy

Karyn Geary is the proud owner of the Driving Miss Daisy Timaru franchise. She is committed to helping clients get out and about, so they can live life to the full.

At Driving Miss Daisy, they are always mindful of their clients' wellbeing ensuring that they are comfortable and safe. This reliable service is for everybody, whether you cannot drive, choose not to drive or no longer drive. It's about helping people maintain, or regain, their independence. They provide a professional and flexible service, catering to specific needs and requirements.

Driving Miss Daisy is a pre-booked, pre-quoted service. The Total Mobility Scheme cards are accepted and are an ACC contracted supplier.

To make a booking or discuss your requirements, call Karyn today.
Phone: 06 683 1073 / 021 503 398.



Physical Fitness

As we get older our physical fitness tends to deteriorate, so if you want to maintain a healthy lifestyle, and ward off the chances of injury or age-related diseases then regular exercise is the way to go.

Proven to help you keep a healthy lifestyle, so you have more energy to continue doing the things you enjoy, comfortably.

The team at CBay Fitness are there to help. AgeFIT is a fun and rewarding exercise programme. Specifically designed for senior members, CBay Fitness qualified instructors teach balance, stability and strength exercises. It's also a fun and social time with a great bunch of motivated people.



Betts Funeral Services

Planning your funeral may seem like an uncomfortable task, but it can help ease the burden on your loved ones once you are gone.

When it comes to pre-planning a funeral, it can be difficult to know where to start, but the kind and caring team at Betts Funeral Services in Timaru can help you organise the perfect farewell.

They can help you decide whether you wish to be cremated or buried, what type and size of service you would like and where you would like your final resting place to be. They can take note of the music you would like played, the food you would like to be served at the service and any other specific wishes you might have.

Betts Funeral Services co-owner Kirsty Ireton said if your wishes are unknown when you pass, your family will be faced with making difficult decisions at a challenging time.

"To be honest, we all should have something written down as we never know if tomorrow is our last day here. It takes a level of burden off the family, and they can focus on grieving and celebrating the life of the loved one rather than trying to figure out the details."

Betts Funeral Services have been serving the community since 1940, and pride themselves on providing personal, professional and dignified funeral and memorial services for the people of South Canterbury. Their compassionate and highly trained funeral directors are committed to supporting you and your family during your time of grief.

"We have an incredible team who do an amazing job of looking after people."

Betts Funeral Services has a modern and welcoming chapel that caters for all religions and can accommodate more than 200 people, with an adjoining area to extend seating for large public funerals. The chapel has a range of multimedia options including a large screen to play slideshows and they can



record and live-stream your service: giving those loved ones who cannot attend your funeral in person, the opportunity to pay their respects and celebrate your life.

As part of the Funeral Directors Association of New Zealand, Betts Funeral Services can provide secure pre-payment plans through the FDANZ Funeral Trust. They can also facilitate a pre-payment plan with the Public Trust's Prepaid Funeral Trust. Pre-paying takes pre-planning a step further by putting aside some, or all of the funeral expenses into a secure trust. This option has many benefits for families left behind and is a thoughtful way to show you care even after you are gone.

If you would like to discuss pre-planning your funeral, Betts Funeral Services offers a free no-obligation consultation at their office at 33 North Street in Timaru. They can also meet with you in your own home or send you an information pack to help you decide what is best for you and to document your wishes. For more information visit www.betts.co.nz or call 03 688 4033.



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



Unlock the Power of Retirement

Volunteer with Age Concern and Make a Positive Difference in the Lives of Older People

Retirement opens up a world of possibilities, and for many, it becomes a time to find purpose through giving back to their community. It's no surprise that countless retirees have found fulfilment by volunteering their time and skills. Whether you choose to lend a helping hand at a local animal shelter or join organisations dedicated to assisting those in need, volunteering offers a rewarding way to stay occupied and make a positive impact.

Volunteer with Age Concern and use your practical skills, compassion, and time to support older people and make a positive difference for those who need it most.

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Ph: 03 683 1073 Mob: 021 503 398

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**Make a Difference:
Join Us in Helping Older People in
Our Community!**



**Volunteer with
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CBAY has mix of gentle and low impact exercise and swim programmes specially designed for senior members.

Programmes like Aquagente and AgeFIT are a great addition to a healthy lifestyle and will improve your physical fitness, strength, flexibility and balance, enabling you to stay active and continue doing the things you enjoy.

CBAY Café has great range of sweet and savoury food to suit everyone's taste buds and offers you a great place to relax, catch up for a coffee or re-fuel after your workout.

For more information visit www.cbaytimaru.co.nz or pop in for a chat

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Monday to Friday 9am - 5pm,
Saturday 10am - 12pm



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

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Clean Car Discounts are ending across the Suzuki range on 30 June, so if you've been considering buying a new car soon, do it before the end of June and save.

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Pyrolux casserole dish the ideal, versatile addition to any kitchen. **The Kitchen Cupboard**

Lighter shades of blue in these NOS spectacle frames. **Canon Street Optometrists**

Elegant drop earrings in silver with gemstone. **The Ringmakers**

Visitors get a warm welcome with this cute cow doormat. **Tievoli Trading**

Round proving basket perfect for the home baker this winter. **The Kitchen Cupboard**

Simple and smart wrist watch for everyday wear. **The Ringmakers**

Stunning platinum ring inset with a chocolate diamond. **The Ringmakers**

Classic tortoiseshell NOS spectacle frames. **Canon Street Optometrists**

On trend check coat in cream, orange and navy with functional pockets. **Millie Rose Boutique**

Colour coordinate Your winter with some of our fave things

Simple elegance in this 9ct gold dome ring with diamond in set. **JewelCraft**

Beaten metal tray. **Tievoli Trading**

Kadois make the perfect outdoor fire pit in the garden or on the beach. **Tievoli Trading**

Timeless home style with this wood and glass Calypso coffee table. **Living With Style**

Chequer cut, pear shaped black onyx pendant to dress up any look. **JewelCraft**

Stylish black leather ankle boot with zip front and chunky soles. **Stompz**

This tufted sofa featuring rolled arms offers a cozy and elegant look to your living area. **Living With Style**

Retro style wall clock with industrial feel rivet metallic rim. **Tievoli Trading**

Quick Brown Fox Flat White Liquor to warm those winter nights. **Warehouse Liquor**

A great looking, smart diffuser lamp with walnut and frosted glass. **Millie Rose Boutique**

Awesome iconic style sneakers perfect for everyday casual. **Stompz**

Rugged smelly balls set in felt with your choice of natural oil scent. **Millie Rose Boutique**

From the Mayors Desk



Blue sky, crisp air, snow clad mountains - what more do you need to entice you to the Mackenzie? A winter wonderland and activities galore. For those who are not feeling energetic, rug up, grab a seat, sit back and breathe in your surroundings.

How special our place is in the world. Lonely Planet's new book "The Bikepackers Guide to the World" names our Alps 2 Ocean (A2O) along with 3 other New Zealand cycle trails as among the best cycling trails in the world. All four New Zealand cycle trails are noted for their scenery, sense of adventure and remote feel. This is endorsed by comments made by cyclists recently surveyed following their riding of the trail: including words such as 'amazing', 'spending time with the family', 'camaraderie', 'outdoors and exercising, magnificent scenery', 'the whole week was a blast!'

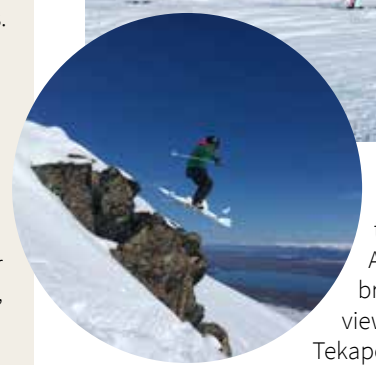
A love of the outdoors runs through our Mackenzie community and it's not hard to see why. And, with snow on the mountains and the drop in the temperature the fun of our winter wonderland is about to start. Within a couple of weeks, the ski fields in the Mackenzie will be opening and we will see skiers and snow boarders taking to the mountains in pursuit of their winter hobbies. Skating, golfing or soaking in hot pools may be your preference.

We are spoilt with what we have to offer. Magic scenery every which way you turn, open spaces, glacial-fed lakes, high mountains, internationally recognised clear starry night skies. The appearance of the Matariki group of stars is a little later this year. In Maori culture this mid-winter appearance of Matariki marks the end of one year and the beginning of the new year. The weekend July 14 will see Tekapo again host celebrations that acknowledges Matariki. Come join us.

Anne Munro
Mackenzie District Council



Roundhill Ski Area



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 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.

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Mountain High Clothing can supply comfortable Nutcracker Harness and Nut Crackers for your tow rope journey up the ski fields.

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All made locally in South Canterbury.

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www.mountainhighclothing.co.nz

SURVIVAL KIT

Traveling 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

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ROUND HILL SKI AREA *TEKAPO
783 METRES OF VERTICAL

OPENING 23RD JUNE 2023

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

Mackenzie District Council purpose built trailer



Mackenzie District Council recently unveiled their new purpose-designed and built trailer, and you can expect to see it out and about around the Mackenzie District.

Why we've built it / Purpose

Engagement, Visibility, Community Development.

We know from feedback over recent years that while more people are engaging with Council, much of this is online which is not always accessible or convenient for residents and ratepayers.

Councillors have also agreed that it is important that council be as visible as possible in the communities it serves. The trailer will allow staff to run engagement and consultation programmes at times and in locations that are accessible and convenient to the community. The approach is about meeting community where they are, as opposed to coming into 'council' spaces.

Members of the executive team and key members of staff will attend on a rotational basis to ensure residents and ratepayers have regular and easy access to staff to talk through any issue they might want to raise.

Already planned for later this year, the trailer will be part of a roadshow attending our senior schools later this year in conjunction with Mayors Task Force For Jobs and third party training provider assisting youth with career advice and providing a venue for skills training for some of our disadvantaged tamariki.

Customer Services - Remote Communities

While not economic to provide a Council office in Tekapo (and other rural locations) we recognise that accessibility to council services is important to those in smaller communities. Residents and ratepayers have indicated that they would prefer council don't utilise community facilities which should be kept available as far as possible for community use. The trailer can be configured to allow us to provide a regular level of service to these locations.

We aim to visit Tekapo once a fortnight from 10am - 4pm and other communities (Kimbell, Albury etc) less regularly if there is demand. Staff will be able to provide the same range of services from the remote location as is currently provided in our Fairlie and Twizel offices.

Civil Defence

Council has a statutory responsibility to ensure we are prepared to serve our community should the need arise. The Council chamber which is currently used for an emergency operations centre does not meet the code required for EOC Operations, and it is not economically viable to deliver compliance. There is a risk that the council chambers may be unavailable for use after a significant earthquake. Council has considered arrangements with third parties to use alternate spaces, but all the proposed solutions have qualifiers, and times when the space may not be available.

The trailer has been designed to allow a core Civil Defence team to get up and running quickly if needed, while arrangements for a more permanent space are made. The trailer will carry the necessary equipment to allow an EOC to be established in any suitable location, in the most appropriate part of the District, if required, providing for communication and internet needs, in tandem with power from one of our Civil Defence generators. In other circumstances, the trailer can be used as a forward operating base closer to an incident (by council or our partner agencies) or as a base for our welfare or volunteer teams.

Partner Agencies

The trailer has been designed with input from St John and Fire & Emergency New Zealand to ensure it complements equipment that they have available to deploy to the region in the event of a larger scale event.

While much of the FENZ and St John equipment is specialised, they are lacking mobile office space for staff which are often needed at the site of more complex incidents. They also face challenges with fast deployment of internet access.

The trailer will in time contain radio equipment from a number of agencies enabling all emergency services to talk locally between channels. Currently messages have to be relayed



The trailer will allow staff to run engagement and consultation programmes at times and in locations that are accessible and convenient to the community.

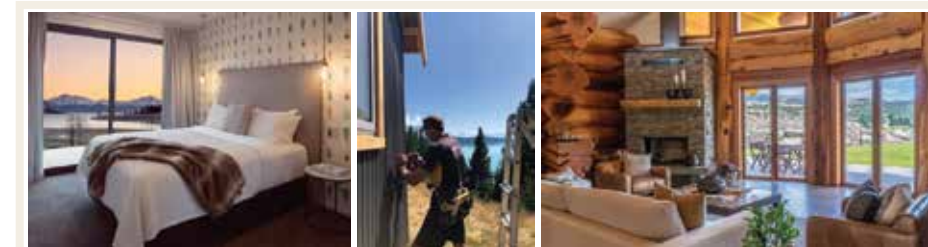
via respective control rooms in diverse locations. This capability, and the ability to provide fast, reliable distributed internet access in remote locations, was a high priority for our partner agencies.

Supporting Community Events

Council has an agreement with the show committee to provide wifi to the Mackenzie A&P Showgrounds on show days which will allow the EFTPOS terminals at the gate to operate (the 4g connection currently used is often overwhelmed due to the number of visitors at the show, which stops the existing system working).

Staff are in discussions with the Twizel Salmon & Wine Festival, and the Fairlie based Mackenzie Marathon volunteers who will likely use the trailer for their timekeepers.

We expect other opportunities to assist out communities with this and other resources will continue to emerge over time. In the past year we have supported community events with a range of council assets including mobile radios, large event bins for refuse and recycling, and our Civil Defence generators and are committed to council's resources being used for wider community benefit wherever possible.



HIGH COUNTRY CARPENTRY

High Country Carpentry are your trusted local builder for new homes and renovations in the Mackenzie area - in fact, there's no place we'd rather be! Family owned and operated with over 20 years industry experience, locals Lain and Heather together with their tight knit team, deliver projects of all sizes. Talk to us about Architectural New Builds, Log Homes, Renovations, and Light Commercial Projects. Our in-house plans are very popular with 35 to choose from! We offer innovative and inspiring design ideas and solutions to meet your needs and budget, creating a sanctuary you can enjoy for years to come.

Visit www.highcountrycarpentry.co.nz and see the '7 reasons why you should choose High Country Carpentry!' - 1 Gall Street, Fairlie. Ph 0800 922 883



Petronella's BOOKSTORE

Petronella's Bookstore is Tekapo's award winning independent bookshop in the middle of town. The beautiful store is a haven of calm and culture. It is stocked with a carefully curated selection of new books, jigsaws, games and boutique gifts and stationery. Let the knowledgeable staff help you find your next read, or a gift for a loved one.

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FOUR SQUARE FAIRLIE

The team at Four Square Fairlie are passionate about fresh food and providing great customer service. We have a great range of premium beer, wine, and cheeses along with all of the groceries that meet your daily needs. We take pride in our range of gluten free products, dairy free and keto. We offer fresh meat, freshly baked breads and hot cooked chickens. Fresh fish and salmon arrive on a Thursday, along with oysters when they're in season. We support many local clubs and events throughout the year. We also have the only Lotto outlet in town. Friendly local store serving Fairlie and the surrounding towns, located in the Mackenzie district. Be sure to stop by and get refreshments if you're passing through. Main Street Fairlie | 03 685 8081

Safer Winter Driving

The following winter driving tips will help you prepare for and drive to the conditions when driving on icy, wet or snowbound roads.

Planning your journey

- Always check the weather forecast and road conditions before you leave. Allow extra time for your journey in poor weather conditions, and your travel must be completed on time.
- If travelling long distances, make sure you are well rested and plan where to have a break. Share the driving if possible or allow for stops at least every two hours.
- Consider if you need to travel, especially when conditions are severe.
- Consider where and what route you should take - choose safety over convenience. Tell your family or friends when you are leaving, which route you will be travelling, and the expected arrival time.
- Plan to drive during daylight hours when visibility improves and hazards such as ice and snow are less likely. Avoid driving at night when hazards rapidly multiply.
- Dress for the conditions, carry extra warm clothes and keep a survival kit in your vehicle if you get stuck.
- Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle if you get diverted onto another route or are forced to turn back.
- Be prepared for snow and carry tyre chains you can fit and use.

When you're on the road

- Drive slower than you usually would - it only takes a split second to lose control in wet or icy conditions.
- 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.
- For vehicles without anti-skid braking systems, pump the brake pedal in short rapid bursts rather than pressing long and hard to avoid skidding or sliding.
- Drive at a safe travelling distance because it takes longer to stop on slippery roads. In winter, especially in poor weather, double the two-second rule to ensure a safe distance between you and the car in front.
- When travelling in fog, rain or snow, drive with your lights dipped for increased safety.
- As well as other drivers, there could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and don't pass unless instructed.
- Grit and an anti-icing agent called CMA are spread or sprayed on some roads to help travel in icy conditions. This isn't a guarantee you can drive at your usual speeds, so please keep your speed down. If there is grit on the road, drive on it where possible and not on a wheel track to maximise its effect. Remember to drive to the conditions. The speed at which ice and snow can occur means that there will be times when grit and CMA have not yet been spread.



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Daniel Naude 027 438 6285 | Lucy Mehrtens 027 288 2583

Cleaning Up The Lagoon



WORDS: PATTIE PEGLER | IMAGES: ECAN

“It’s a hidden treasure,” says Chris Fauth of Environment Canterbury when asked about Waitarakao Washdyke Lagoon.

Sometimes the problem with hidden treasures is that we don’t realise what we’ve got till they’re gone. The area was declared a natural reserve back in 1907 and a recent community survey observed 30 different bird species using the lagoon including the bar-tailed godwit, dotterels and gulls. The lagoon also has important cultural significance and was once an abundant food gathering area for mana whenua and visiting iwi and all sorts of fish and shellfish were plentiful.

But in recent decades the lagoon has been shrinking and its health declining – which is bad news for the birdlife, wildlife and local communities.

Luckily, in recent weeks there have been huge efforts to raise awareness about this fabulous natural environment. It’s all part of a project that has been years in the

making says Chris. And now four agencies - Te Rūnanga o Arowhenua, the Department of Conservation, Environment Canterbury, and Timaru District Council – are working together to create a strategy for Waitarakao Washdyke Lagoon and the wider catchment area.

And community support is key says Chris. “Volunteers are really, really important and we really want to hear from people and hear their ideas for the area.”

The project is currently gathering community input and ideas for the area before creating a strategy and then starting to implement it later next year. There will invariably be some tasks that will be completed sooner and more easily than others – such as planting projects and clean up sessions. A group of volunteers is already manning a predator trapping project in the area.

So if you’d like to find out more or get involved then head over to the website and discover the natural treasure in our own backyard. Web: ourwaitarakao.co.nz



What is Waitarakao Washdyke Lagoon?

It’s a shallow, coastal lagoon north of Timaru – a wildlife sanctuary and refuge for birds, plants, and fish. The rocky reef of the lagoon was made from lava flow which turned to basalt after Mt Horrible erupted about 2 million years ago.



Whites Aviation Ltd. Photographs: Ref: WA-68504-F, Alexander Turnbull Library

A Little Washdyke History

If you think of Washdyke as the outskirts of Timaru, you maybe surprised to find the area has a long and distinct history of its own. According to the NZ History site it takes its name from the way pioneer runholders, George and Robert Heaton Rhodes, dammed the stream here to form a pool for washing their sheep prior to shearing.

Before the first freezing works was established at Timaru in 1885, a meat preserving works was located at Washdyke. In old newspapers there are articles referring to a fire at the meat preserving works in 1877 which was started by an engine spark – and destroyed the tallow factory which was part of the larger works.

The South Island Main Trunk Line reached Washdyke in October 1875 and from here the Fairlie Branch line was begun, reaching Pleasant Point in December 1875.

South Canterbury’s first public airport was formed at Washdyke in 1920.

And, of course, the Phar Lap race course is located at Washdyke, home to the Timaru Racing Club it is named after the famous racehorse who was born at nearby Seadown in 1926.

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Phar Lap Raceway, Washdyke, Timaru
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