

# essence

essentially...south canterbury

**11** Discover  
Waimate Region

**12** Event  
Mackenzie A&P Show

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# contents

How did we end up a quarter of the way through 2023 already? The weeks have been flying past and no wonder – there is so much going on in South Canterbury and we've been getting out and about meeting the people and businesses that make our towns so special.

Our writer Michelle caught up with artist Tracey Austin who was diagnosed with Multiple Sclerosis 11 years and started painting professionally just three years ago. She has already had her work exhibited at the Aigantighe Art Gallery in Timaru and the Quirky Magpie in Waimate and will soon have some work on display at 77 Art + Living in Fairlie.

Elsewhere we check out the amazing renovated Mt Michael Woolshed and how an old wool shed has been turned into some super luxe accommodation.

And in this issue we celebrate 125 years of the Mackenzie Highland Show – now the biggest one day show in Australasia. And it promises to be a particularly fantastic show this year – with a Royal Event for sheep, a chance to see a live sheep auction and all the regular farm animal entries. There is also entertainment from children's author Craig Smith, aka The Wonky Donkey man; live music from Brad Staley and the first ever Mackenzie Show talent competition. Throw in the mix sheep dog trials, highland dancing and music, food, stalls and hundreds of competition entries in categories from photography to crafts – and that adds up to a whole day of really good country fun and entertainment. It feels like it brings together everything that's great about our region.

So get out this month and enjoy South Canterbury! We will be!

Best wishes from the Essence SC Team

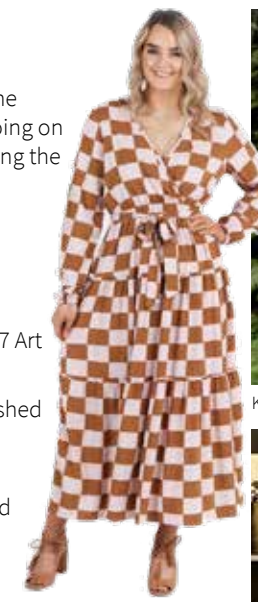
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Published by **Essence South Canterbury Ltd**  
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22 Chapel Street, Timaru, South Canterbury | www.essencemagazine.co.nz



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# Do you know the difference between each crossing?



## Crossing Point

**Purpose:** To offer footpath users a smooth transition between the footpath and carriageway. It can sometimes feature kerb projections or protrusions, as shown in the photo.

**Action:** Footpath users must give away to road users.



## 'Zebra' Crossing

**Purpose:** It offers footpath users an opportunity to cross a busy street.

**Action:** Road users must prepare to stop when approaching zebra crossings.

Footpath users must give road users a fair chance to enable them to stop safely and not just rush onto the crossing.



## Refuge Crossing

**Purpose:** To allow footpath users to cross the street in two stages, one traffic lane at a time.

In some places, some protrusions minimise the crossing distances.

**Action:** Footpath users must give way to road users.



## Traffic Signal Crossings

**Purpose:** To offer footpath users an opportunity to cross a road safely.

**Action:** Road users must stop and give way to footpath users crossing, even if the pedestrian light changes from green to flashing red.



## Staged 'Zebra' Crossing

**Purpose:** It offers footpath users an opportunity to cross a busy street.

**Action:** Road users must stop and give way to footpath users who are on the length of the crossing directly in front of them.

Footpath users must give road users a fair chance to enable them to stop safely and not just rush onto the crossing.



## Kea School Crossing

**Purpose:** These provide school children a controlled place to cross the street. The school patrol stops road users and guides the children across the street.

**Action:** Road users must prepare to stop when approaching a Kea school crossing point.

Footpath users — include pedestrians, mobility scooter, wheelchair, and scooter users | Road users — include cyclists, motorcycle riders or drivers of motor vehicles



Daniel Naude 027 438 6285 | Lucy Mehrrens 027 288 2583

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## Multicultural Aoraki Festival

What an amazingly successful day for our Multicultural Festival. There were over 3500 people through, sharing food and watching performances from many of our Multicultural communities. This Festival was from our community to our community which was such a wonderful day.



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# Kiwi Tramping

Tramping enthusiast Sonia Barrish says you don't have to travel far, have expensive gear, or be over a certain age to make the most of New Zealand's hiking trails.

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

"A lot of people aim for the great big walks but there are actually a lot of cool tracks close to home, especially in Christchurch where you can see the city from a different view. There are heaps of walks that are great for children, pretty easy and right there so you don't need to travel far such as the Packhorse Hut Track and Rod Donald Hut Track."

The Kaiapoi resident's first experience of overnight tramping was completing the Kepler Track with her parents and brothers as a child. However, it was not until she attended university that Sonia's passion for tramping took off.

"I find it really fulfilling. It's nice to get away, enjoy the time and switch off from the hustle and bustle of everyday life."

Now with her husband Menzo whom she married at a Department of Conservation (Doc) Hut eight years ago, and their children, six-year-old Bethany and two-year-old Jordan, the family embarks on several local walks and up to two overnight tramps per month.

"[When I got pregnant with Bethany] everyone told us we would have to give tramping up but I was pretty adamant that we wouldn't. Bethany's first overnight trip was when she was just under three months old. It was so nice to get out there again and feel like I achieved something."

When she was only 12 months old the family completed the 66km St James Walkway in the Lewis Pass, and to date, Bethany has visited an impressive 164 Doc Huts while Jordan's hut count is at 86.

"Kids can walk more than we give them credit for, but you have to start small. It's a lot obviously a lot slower [with kids]. Generally, it takes us double the amount of time on the signpost but that's okay because to make it fun for them you have to stop a lot more. We stop and cook lunch along the way and at every creek to let them play."

"The kids will notice the little things you wouldn't even notice like little bugs. They are not as interested in the views as we are, they are more interested in what's close to them on the ground."

One of the family's favourite experiences was a trip to the Kahurangi Keepers Hut in Tasman's stunning Kahurangi National Park.

"To get to it you walk along the beach so it's pretty much a giant sandpit the whole way, and it was just such a gorgeous hut. It was just really, really magical. It felt like we were at the end of the world and it was just such an amazing place to explore. We just didn't expect that it would just be so gorgeous."

"We also enjoyed the Greenstone and Caples tracks [near Queenstown] - the scenery is just magical. I prefer the multi-day tramps to the overnight ones because it gives you more time to switch off and get into them. The hut also has flushing toilets which is a luxury."

When she is not busy exploring Aotearoa with her family in tow, Sonia home-schools her children and runs Back to the Wild, a company that specialises in organic body products including sunscreen and insect repellent. She has also developed a book called *My Overnight Adventure Journal*, with a North Island and South Island edition to encourage families to get out and explore the great outdoors.



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## MT MICHAEL WOOLSHED *serene haven*

The Mt Michael Woolshed is a serene haven that promises to leave you feeling revitalized and refreshed.

Boasting stunning views of the Hunter Hills, this cosy and modern retreat is nestled on the outskirts of Waimate and is steeped in history, owner Julianna Love said.

"The woolshed was originally at the end of our driveway, full of character and interest but of no purpose at all."

Julianna was looking for a way to work from home, and the 110-year-old woolshed seemed like the perfect opportunity to offer accommodation on the lifestyle property she shares with her husband Blair Wilce and their four children.

"Blair dismantled it piece by piece and the builders rebuilt it. It is a new build, but all the materials [from the original woolshed] were used. The weatherboards were used on the outside, the iron on the roof and a lot of the timber was used to make some of the features inside the woolshed as well as the deck and entrance way."

Now complete, the Mt Michael Woolshed has two generous-sized bedrooms, a spacious living area, a fully equipped kitchen, and an al fresco bath to help you truly unwind with views overlooking the stunning Waimate landscape. The interior features double-glazed windows and a wood-burning fire, and has been styled beautifully to incorporate a rustic farmhouse feel that exudes comfort.

Designed with both couples and families in mind, the woolshed can accommodate up to seven people, including your furry family members, Julianna said.

Surrounded by birdlife, highland cattle and walking tracks, once you have checked in there is no need to leave. However, for those who want to experience the Waimate region, the charming township is a mere 15-minute drive away and has cafes, shops and galleries just waiting to be explored.

So, if you want to escape the hustle and bustle of everyday life, book a stay at Mt Michael Woolshed, and create unforgettable memories with your loved ones.

[www.canopycamping.co.nz/mt-michael-woolshed](http://www.canopycamping.co.nz/mt-michael-woolshed)



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## SOUTH CANTERBURY Museum

From fossils to fashions, there are hundreds of fascinating things from local nature and history to see when you explore the South Canterbury Museum. Displays feature a wide range of objects and images that tell stories of where we are and who we are.

The Museum is a great place for families to enjoy together, and children can join the free Museum Explorers Club to get a special Museum passport and start collecting badges. The Museum's archival collections are accessible most afternoons or by

appointment for those wanting to delve deeper into local heritage. Much of the collection can be seen via the Museum's webpages at [museum.timaru.govt.nz](http://museum.timaru.govt.nz)

With changing exhibitions, school holiday programmes and other events, the South Canterbury Museum is worth following on Facebook and keeping an eye on. Downtown Timaru on Perth Street, free admission.

Perth Street, downtown Timaru  
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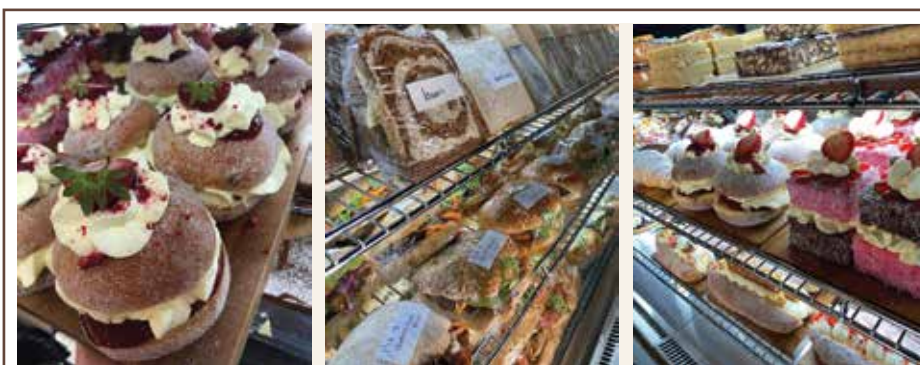
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words: **Michelle McCullough**



## Tracey Austin *Art*

Looking at Tracey Austin's collection of work, you could be forgiven for thinking the Timaru artist has been painting all of her life. However, the truth is far more impressive.

A lifelong creative personality with a background in interior design, hospitality and children's knitwear, Tracey was diagnosed with Multiple Sclerosis 11 years ago at the age of 38 and only started painting professionally three years ago.

"When I was first diagnosed I was okay health-wise, but then it started to affect my mobility, and that's when I changed my

whole lifestyle and started painting. I've always wanted to do it but I never had the time. I find it really therapeutic in every way; it's almost like a form of meditation.

And what makes Tracey's story even more impressive is despite being right-handed she paints with her left hand.

"My MS has weakened the whole right-hand side of my body so I have taught myself to paint with my left hand, which took a while because your brain needs to learn new neural pathways to use."

"It is interesting how your health affects everything. I was one of those people who would climb a mountain because it was there, and then suddenly everything shifted. But it's not necessarily a bad thing, you find new things, new paths, new direction, and now being self-employed, I'm happier than I've ever been. I have a purpose in that I'm in control of my workload. I don't have the stress that I used to have because I'm not time driven."

Tracey describes her work as pointillism: the practice of applying small strokes or dots of colour to a surface so that they visually blend together from a distance.

"I used to be really interested in Aboriginal art but I'm trying to develop my own interpretation and more of a New

Zealand feel to it with the colours. I have learnt that art is a process and you slowly evolve into what your natural style is, which I am just finding mine and starting to develop it which is fun."

Since embarking on her new career, Tracey has seen her work exhibited at the Aigantighe Art Gallery in Timaru, and at the Quirky Magpie in Waimate where she currently has several pieces on display. She is also set to have her work displayed at 77 Art + Living in Fairlie.

"When you find someone who is willing to give your art wall space, and they get what you're doing and they like your art, it's like you're sharing the same kind of passion and really you're grateful to them. It's a really nice industry to be in because you are helping each other in a way and you feel very fortunate to have people in your life like Lorraine (Quirky Magpie) and Bella (77 Art + Living) who have an affinity for what you create."

To check out Tracey's work visit the Quirky Magpie in Waimate or follow her on Instagram at Tracey.austin.art

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# Mackenzie Highland A&P Show

Easter Monday 10th April 2023

## A & P Show Marks 125 Years

It's set to be an awesome Mackenzie Highland A & P Show this year, marking 125 years since the event started. Show Secretary, Jodi Payne, has been involved with the show since 2010 – so what's she most excited about this year?

"Having a show," she replies with a laugh. Last year the show had to be cancelled because of the complexities of the Covid traffic light system.

"It's always a great day," she continues. "We always say it's a full day of entertainment for less than the price of a movie ticket. And there's always something different every year."

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## So what's new at the show this year?

Of course the show always has those core rural events that everyone loves – particularly the great competition entries in all categories from chickens to crafts. But this year there's a prestigious new addition to the programme – with the show hosting a Royal Event in the sheep section which is "quite an honour", says Jody.

Royal Events were first introduced by the National A & P Association in 2001 and they allow associations to promote and feature a specific section at their show. Only one show each year is allowed to feature one specific section, so this year the Mackenzie Highland A & P Show is the only show in the South Island that is allowed to hold a Royal Event sheep section.

It attracts entrants from near and far to compete for the RAS Supreme Champion Medal and red, white and blue ribbons awarded to Supreme Champions in this section. RAS Champion Medals and ribbons are also awarded. So visitors can be sure they will see the very best of the South Island sheep in this event.

## More entertainment

This year's show will also see human entrants putting their best foot forward with a talent competition being held by Bedford Entertainment, Mackenzie's 'Got X Factor'.

There will also be live music from Brad Staley, the South Island's very own country/rock n' roll artist.

Meanwhile little ones will be delighted to see Craig Smith, aka The Wonky Donkey man – putting on a lively performance of songs and dancing that will give everyone a giggle

## Country sights

And of course, there will be all the usual country fun that makes the show so popular. Look out for the shearing competition, the live sheep auction, dog trials and equestrian events. There will also be plenty of stalls to shop and browse, rides and fun for the kids, plenty of food and drink options and much more.

So don't miss out on this year's show – it's going to be a day packed full of entertainment for all the family. And all for less than the price of a movie ticket!

When: Easter Monday, 10th April

Where: Mackenzie A & P Showgrounds, Fairlie

Adults: \$15, Children: \$5 and preschoolers Free.

For more information visit: [www.mackenzieshow.co.nz](http://www.mackenzieshow.co.nz)

Unfortunately, this year the show organisers have had to take the decision to prohibit visiting dogs from the show, with the exception of assistance dogs and guide dogs.

It maybe upsetting for dog owners hoping to have their pets walk around the show with them, but this isn't a decision that was taken lightly. It is in order to reduce the risk of transmitting sheep measles which can be carried by dogs that have not been dosed.

Please note dosing for sheep measles is not the same as having a dog that is fully vaccinated. So please leave your pooch at home this year!

## FROM THE *Mayors Desk*

Many of us know from year to year what we will be doing on Easter Monday, April 10th. It's heading to Fairlie for a fun packed family day spent at New Zealand's largest one day Show – the Mackenzie A & P Highland Show.

This year will be the 125th time the Highland show has been held. There's always something different to see and this year is no exception. My sources tell me that this year's entertainment will include a live sheep auction, an X factor talent quest, Brad Staley will be singing and a Show favourite the Wonky Donkey Man is back to read his delightful stories, Hee Haw!

For me I always gravitate to the pony section first to see the young riders often it is their first time at a show. Both the pony and the rider beautifully turned out, plaits and ribbons, shiny boots and bridles, both trying to be on their best behaviour.

Then it's off for a hot dog to eat as we watch the Highland dancing and take a glimpse at the wood chopping. I always marvel at how

clever people are with their baking, arts, crafts, and photography. There are so many exhibits to enjoy.

Council staff will be there, along with our fabulous Civil Defence team so feel free to stop and have a chat if you see them.

I encourage you to come join me in the Mackenzie for Easter, the lakes, the views, the cycleways, our hospitality and on your way home call into the Mackenzie Highland Show on Easter Monday for a jam packed, fun filled family day out.

**Anne Munro**  
Mackenzie District Council



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## It all began 125 years ago...

Back in 1899 the very first Mackenzie A & P show attracted plenty of visitors and there were entrants in all sorts of classes from cattle to ducks, farm produce to sheep. A report in the Timaru Herald at the time concluded that all the "visitors agreed in the wish that the Mackenzie County Agricultural Society...will go forward and prosper so that the Easter Monday Show will become one of the chief outdoor festivals of the pastoral and agricultural and commercial year."

Some hundred years later, in 1998, it celebrated its centennial show - which was a huge success attracting an estimated 16,000 attendees and 5341 entries in the various categories and classes. There is even a book dedicated to it "Easter Monday in the Highlands - A Century of Mackenzie Highland Shows 1899-1998" by John Button and Ray Leslie.

Today the Mackenzie A & P Show is one of the largest one day shows in Australasia and attracts thousands of visitors and entrants. One thing is for sure - it has certainly managed to fulfill the hopes those early visitors had for the future of the show.

So head along to the Mackenzie A & P Show this Easter Monday, 10th April, and keep up the tradition!



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# Essential... must see show attractions

The Mackenzie A & P show brings together popular regular attractions and plenty of new fun things to see and do. The Essence team love the show and we've been poring over the programme picking out our top 10 attractions at this year's show.

1. The Mackenzie A & P Shearing Competition – The skillful handling and expertise of sheep shearers is put to the test in this popular event.
2. The Wonky Donkey man – Craig Smith the author and composer of the much loved children's book The Wonky Donkey will be performing songs and having fun on stage. Sure the kids love it but so plenty of grown ups – it's a great bit of entertainment.
3. Woodchopping – We are always amazed at the incredible speed and dexterity of the woodchoppers
4. Highland dancing – Always a great one to watch, so much talent and dedication on display from these dancers.
5. Amazing Entries – With competition categories from photography to scrapbooking, jewellery and pottery – we could stroll about all day checking out some of the amazing hidden talents on display.
6. Sheep Dog Trials – Who doesn't love watching those talented canines. A wonderful example of the way man and dog can work together.

7. Talent show – Make sure you check out the talent show, it's the first time round for such a thing at the Mackenzie A & P and sounds like it is going to be great fun. We can't wait to see the range of skills and talents on show.
8. Local singer Brad Stehle taking to the stage with some musical entertainment
9. Equestrian events – It doesn't matter if you are a horse rider or not – the horse events are always worth a look, we particularly love the jumping.
10. Animals – What would the show be without all the farmyard animals out on their best behaviour? With everything from alpacas to goats, sheep to chicken – there are plenty to see.



So whatever you're up to this Easter – get out to the Mackenzie Highland Show, Monday 10th April. It's such a fantastic day out with entertainment for all the family!  
**For more information visit [www.mackenzieshow.co.nz](http://www.mackenzieshow.co.nz)**



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# Top three killer crash types

Between 2018 and 2022, nearly two thousand crashes were reported in the South Canterbury region. Seventeen of the forty fatal crashes (43%) happened at right-hand bends.

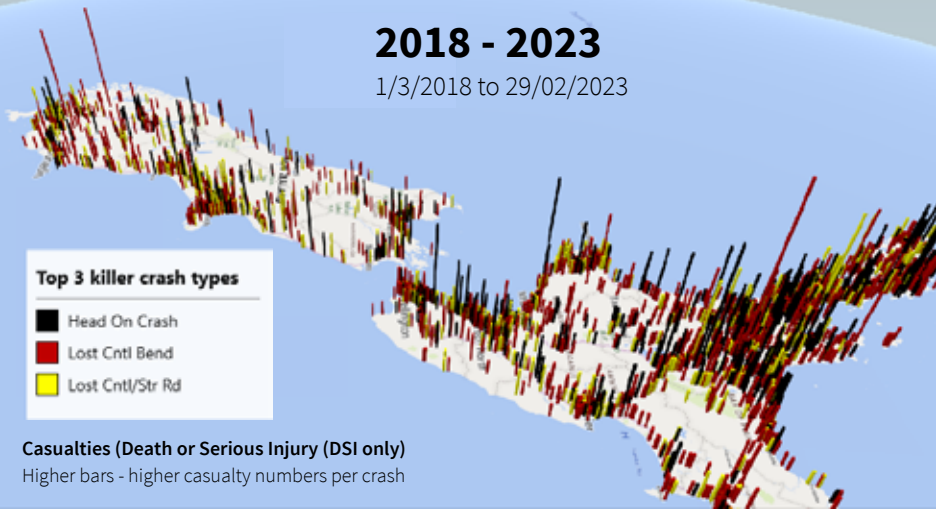
The top three contributing factors for the latter crash type are inappropriate speeds, vehicle position on the road or poor handling. The faster the speed into the bend, the bigger the centrifugal force will push the vehicle towards the left of the road.

Drivers overcorrect by over-steering or slamming on the brakes when the vehicle is unbalanced, which causes the vehicle to spin out of control or roll over.

A higher vehicle like a van or a SUV or loaded vehicle is more likely to roll over.

The best way to avoid crashing on bends is to reduce speed before entering the turn. Sometimes you only need to take your foot off the accelerator to get through safely.

Avoid slamming on the brakes in a bend and keep to the middle of your lane as much as possible.



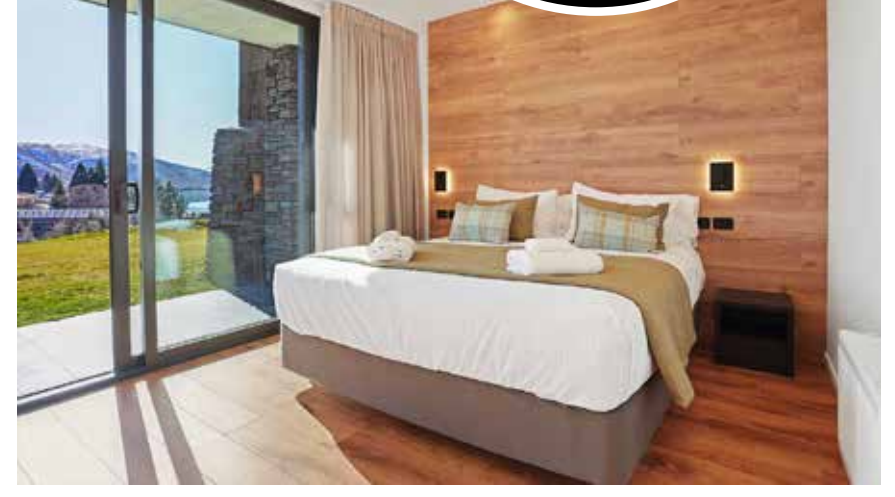
# WIN WIN WIN!

**See the Road Safety team to enter!  
 Mackenzie Highland A & P show on  
 Monday 10 April 2023**

Come to the road safety promotion at the Mackenzie Highland A & P show on Monday 10 April 2023 in Fairlie. There are lots of free giveaways and by entering our competition, you will be in to win our grand prize for 2023 worth nearly \$2,000!

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## Nature

Stunning countryside and spectacular natural views are some of Mackenzie's big attractions. But try to check out the amazing Haupapa/Tasman Glacier in the Aoraki/Mt Cook National Park. It's apparently one of New Zealand's longest glaciers and is around 300 to 500 years old. Check out the DoC website for short walks that take you to a viewing point or if your dollars are flowing freely – there are boat tours and even helicopter trips that will land you on the glacier.



## Star-gazing

In 2012 a 4300 square kilometre area was declared the Aoraki Mackenzie International Dark Sky Reserve. With light pollution strictly controlled in the area it's one of the best places in the world to see the night sky in all its glory. You can simply walk outside your accommodation and look up at the skies but if you head to the Dark Sky Project Base on the lakefront at Tekapo you can also find out about official tours to the nearby Mount John Observatory and other ways to learn about the night sky.

## Mt Dobson

On the Fairlie-Tekapo Highway, Mt Dobson Ski Area or "Dobo" as the locals prefer caters for all levels of snowsport. From Learners to the more adventurous who can try trails like "Tekapo Steeps" and "Stack it".



The 15km gravel alpine road is well maintained and suitable for all vehicles, just make sure you carry snow chains and know how to fit them.

On the mountain Rental shop has quality gear to get you kitted out. Try the "EASYPACK" if you are a first timer, it includes all you need for a great day out.

With 4 lifts, large terrain, 300 carparks there is plenty of space to enjoy a day at Mt Dobson.

## Overnight Stays

With so much to see and do in the Mackenzie District it's worth booking an overnigher. We love the character and country charm of the Silverstream Hotel Kimbell, a historic country pub with rooms. Or head to the Musterers' Huts near Fairlie where newly-built, self-contained units offer the perfect place to relax after a day in the outdoors. Units even have private hot tubs where you can sit back and be amazed by the night skies. Or if you want to explore the beauty of the Aoraki/Mt Cook National Park, splash out and book into the iconic Hermitage Hotel with its amazing alpine views and facilities.



# Timaru Heating Centre

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

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

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

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

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

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

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

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

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

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

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

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

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It's been a busy first year at Leora Curtains. "We have helped over 500 customers with new curtains and blinds for their home, and taken on major renovations transforming the previous facilities to a stunning new showroom".

To celebrate one year in business Leora Curtains has specials running for the entire month of April. Come in and check out our range of Fabrics, Curtains, Cushions and more.

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# LET'S SHOP Online

## THE INS AND OUTS OF ONLINE SHOPPING LOCALLY

From fashion and footwear to homewares, gifts and sports equipment, when it comes to retail therapy South Canterbury is spoilt for choice. However, with work and family commitments and the Covid pandemic, sometimes it's hard to shop in-store.

Luckily for us, a lot of our region's businesses now offer online shopping. This means you can have the best of what's on offer locally, delivered to your front door with the just click of a button - no mask required.

At Essence we've put together a handy guide to shopping online, and profiled some of our favourite local businesses who offer online shopping.

## TIPS FOR SAFE ONLINE SHOPPING

- Genuine e-commerce websites should provide a physical address clearly on their website. By looking for an address on a website, you will be able to tell whether you are purchasing from a New Zealand company, or from an overseas supplier.
- An SSL certificate shows that a website is secure and helps to prevent thieves from accessing usernames, passwords and credit card numbers. To check if a website has an SSL certificate, look for the padlock symbol in the website's address bar, or make sure the website address starts with 'Https'. The s on the end stands for secure.
- Check the retailer's returns policy to avoid disappointment in case the product you have purchased does not meet your expectations.
- Look for reviews of the store online on other websites, e.g. TrustPilot or Google business listings - these will give you an idea of other customers experiences with that store.

## Polly's Patchwork

Visit our online store

Polly's Patchwork is a country vintage patchwork/craft online store. We have recently closed our physical store so we can concentrate more on online sales and our sister store Mint Boutique. We stock materials, fabrics, sewing kits, books, patterns, crafts, knitting gear and so much more.

Located in a small rural town Polly's Patchwork is the perfect store to get your projects moving and sorted.

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## Millie Rose Boutique

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Most of our stock is New Zealand made, with several items sourced from South Canterbury businesses. When you visit Millie Rose Boutique you'll be greeted by the helpful and happy staff, ready to make your day just a little bit sweeter.

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## Timaru Dental Care on the move

After more than 32 years on Church Street, Mark Goodhew and the team at Timaru Dental Care are on the move.



"It's a purpose-built dental facility, so it's going to be amazing. We're going to be above Timaru Medical Centre and Roberts Pharmacy on Heaton Street, with access by the stairs or lift."

A stalwart of the South Canterbury health community, Timaru Dental Care will move to a modern new clinic at Level 1, 45 Heaton Street in early April.

Practice manager Barbara Higginson said the move was the beginning of an exciting new era for the clinic.

"It's a purpose-built dental facility, so it's going to be amazing. We're going to be above Timaru Medical Centre and Roberts Pharmacy on Heaton Street, with access by the stairs or lift."

The new clinic will be more spacious than its predecessor, which means Timaru Dental Care will be able to see more patients and employ more staff, Barbara said.

"We had a new dentist start in January so we already have the availability to take on new patients and we are already advertising for another dentist and hygienist."

"This means there will be less wait time. Historically in Timaru, there is sometimes a month to six weeks wait, now we will be able to see people on the same day or within a day or two.

When you have a toothache you really do want to see someone straight away."

Timaru Dental Care offers a wide range of dental services from fillings, tooth extractions and root canal treatments to same-day crowns, dental implant treatment, full mouth scale and cleaning and whitening. They also have a Denture technician from Duchenne Denture Specialist attending the clinic every Monday.

So, while there may be a new address, new scenery and some friendly new faces, there is one thing that will not change - the same exceptional level of service Timaru Dental Care is well known for.

P. (03) 684 3451  
E. [timarudentalcare@xtra.co.nz](mailto:timarudentalcare@xtra.co.nz)



### Easter Weekend Holiday Hours

- Friday 7th April 7am - 7pm
- Saturday 8th April 7am - 7pm
- Sunday 9th April 7am - 7pm
- Monday 10th April 7am - 7pm

### CBay Café hours for Good Friday and Easter holiday:

- Friday 7th April (Good Friday) 9am - 4pm
- Saturday 8th April 9am - 4pm
- Sunday 9th April 9am - 4pm
- Easter Monday 10th April 9am - 4pm

Hydro slides 10.30 to 5pm Easter weekend and during the school holidays.



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

#### GLAUCOMA



Did you know that glaucoma is often referred to as "The Sneak Thief of Sight"? This is because it can cause irreversible blindness, often without any symptoms. There's an estimated 50,000 Kiwis currently living unknowingly with glaucoma.

Early detection and treatment is the best way to protect your vision against glaucoma. Without treatment, glaucoma can cause irreversible vision loss, normally in these stages:

- Blind spots in your peripheral vision
- Loss of peripheral vision (tunnel vision)
- Complete blindness

Being able to treat glaucoma directly at Canon Street Optometrists saves you time and keeps all your eye care in one place.

All of our optometrists will continue to monitor for signs of glaucoma so if you have any questions or concerns about this, ask your friendly optometrist.

BOOK AN APPOINTMENT



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



## PRIVATE HOSPITAL CARE

### No need to go out of town for excellent private hospital services

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

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

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

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

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

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

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

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



53 Elizabeth Street, Timaru  
Ph 03 687 1230  
[www.bidwillhospital.co.nz](http://www.bidwillhospital.co.nz)

## ASK AN Expert



ISABELLA GUERIN  
Timpany Walton

Isabella is a lawyer at Timpany Walton working in the property team with an interest in helping First Home Buyers purchase their first homes.

"How can the Kainga Ora First Home Partner Scheme help me buy my first home?"

First Home Partner is a shared ownership scheme with Kainga Ora for first home buyers who either don't have enough deposit or don't qualify for a large enough loan to purchase a property on their own. Kainga Ora will own a share of the property with you. Over time you will buy out Kainga Ora's share so you become the sole owner. The goal is to become sole owner within 15 years.

The maximum contribution Kainga Ora makes towards the purchase is the lower of 25% or \$200,000.00. You must be able to contribute a minimum of 5% of the purchase price. Your household income can be no more than \$130,000.00.

#### What are the eligibility requirements?

You must purchase a new build or 'off the plans'. It must be your intention to live in the property for at least 3 years. You'll meet with a Kainga Ora Relationship manager at least once a year to see how you're tracking financially. Any improvements or renovations to the property must have approval of Kainga Ora first. You'll also need Kainga Ora's approval if you intend to sell the property.

Once approved, you can begin the process of co-purchasing. An approval letter will be issued by Kainga Ora which you provide to a participating bank. Banks participating in the First Home Partner Scheme at the date of this article are Westpac, BNZ and SBS Bank. You'll then need to sign a Shared Ownership Agreement which outlines all the terms and conditions of shared ownership.

If you'd like to know more, please contact me on 03 687 7390 or [isabella@timpanywalton.co.nz](mailto:isabella@timpanywalton.co.nz).



The Landings, 1st Floor,  
Corner SH1 & Elizabeth Street, Timaru  
Ph (03) 687 7126  
[www.timpanywalton.co.nz](http://www.timpanywalton.co.nz)



TIM BEAN  
Performance Health Club

Tim Bean has been at the top end of the health and fitness industry for over 30 years. His private clients have included celebrities and social highfliers, and key figures in 7 of the world's 10 biggest investment banks. TV Presenter, Author and Corporate Speaker, he is co-owner of Performance Health Club in Timaru.

Q: How come some people can eat anything they like and don't put on weight, but if I even sniff a muffin I put on 2 kg's? Is it because I was born with a slow metabolism - is it genetic?

A: We know from recent extensive research that people aren't born with a fast or slow metabolism and, in fact, according to Dr William Li (Eat to Beat Your Diet) from the ages of 20 through to 60 we all have the same base metabolic capacity. Who knew, right? Not only that, but it also turns out that a slow metabolism doesn't make you fat initially - it's the other way around! Being overweight actually suppresses your metabolism and this then becomes a vicious cycle. How?

It's the habits around food and exercise we put in place in our formative years (ages 2-20yrs) that affect our actual metabolism as adults.

Eating foods that are inflammatory (half the weight of visceral belly fat is actually made up of inflammatory cells), high glycemic/high sugar (insulin shunts calories into fat storage) or devoid of nutrition, over a sustained period of time alters our physiques, our glandular function and our internal chemistry.

At Performance Health Club we know that lifting weights is one of the most effective ways to correct the metabolic damage from a previous life. Lifting weights builds strength, agility and metabolic output. It's also been shown to re-balance hormones and defeat depression, is probably the best and most impactful place to start, and honestly - it will change your life.

After 30 years and over 5,000 individual transformations later, not one single client has ever said "I can't wait to get fat again". Not one.

If you're ready to make that change, we'll help you. Call us today 684-6664 and get your health and metabolism back on track.!

### Performance Health Club

1 Heaton St, Timaru, Ph 684-6664

**Proud to be locally owned.**  
It's important to us to support our communities the best way we can.



### Community BBQ

We enjoy helping our community raise funds, so we have a covered BBQ at each of our stores which can be booked by non-profit groups such as sports teams etc. on a weekend day to raise funds for their group or charity. We offer fifty free sausages to get them started.



### Fluro Vests

We provide free Fluro vests to schools to keep our youth safe and visible when on school trips or waiting for the bus.

### Christmas Toy Donations

Christmas is about giving and each Christmas we donate over \$6,000 of toys in the Timaru area, as a way of thanking our community who supports us.



### Gardening in Schools

We have started our Mitre 10 MEGA Gardening in schools programme in Timaru and are working on growing this throughout the local primary schools.

### The Lye Foundation

The Lye foundation is proud to support youth in our local schools in the Timaru area. We work with schools to ensure children don't go without items that other children may take for granted when going to school e.g. school shoes, warm jackets, school books etc.



### Helping Hands

Local business helping local charities and community groups. Recently we helped the Aorangi Croquet Club, Geraldine Pre-School and the Timaru Riding for the Disabled.

### Community Events

We love to support our community events by getting involved and joining in the fun where possible. Caroline Bay Rock & Hop Gala Day and the South Canterbury Relay for Life have been recent local events you may have seen us at recently.



### Mitre 10 MEGA Marquee

Got an event and need a tent? Our big, bright orange marquees can easily be spotted at a community event as we lend these out to community groups for events such as school fairs, sports tournaments etc.

**Big Range,  
Low Price,  
Local Advice**

**TIMARU MITRE 10 MEGA**  
23 Bank Street, Timaru PHONE 03 687 2033  
**OAMARU MITRE 10 MEGA**  
Dee Street, Oamaru PHONE 03 434 9860  
**ASHBURTON MITRE 10 MEGA**  
West Street, Ashburton PHONE 03 308 5119

**MITRE 10  
MEGA**