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contents

We love putting Essence magazine together and bringing you stories about some of the amazing people, places and businesses in our Canterbury communities. Being part of a community can mean different things to different people, but one thing is for sure – our communities really need amazing people like Olivia, the 25-year old volunteer firefighter we feature in this issue. We were inspired by her positive attitude and endless enthusiasm for supporting her community. Check out the full story by our writer Amelia on page 5.

If you're looking for a great day out with something to suit everyone in the community then you might want to head along to the Mackenzie A & P Show. It has always been a must go to event on the South Canterbury calendar – and this year they've added some new attractions like the secondary school fencing competition and a rare breeds display. We bring you the lowdown on this popular

We also bring you some home décor inspiration with a look at two amazing, and very different, homes. There's an amazing two-storey house in Timaru that has been completely decked out in retro style – with swirling seventies wallpaper, patterns, textures and retro furniture. Then we look round an elegant modern house on a rural section – with a formal rustic style and beautifully manicured gardens, the home of author Sue Heazlewood who draws inspiration from the country setting for her children's stories and cookbooks. These two houses really are different – but both fabulous in their own way, it goes to show there are no hard and fast rules for creating a home, it's all about what you love.

Elsewhere we bring you our regular fashion highlights, expert columns and we check out the towns of Ashburton (p 6) and Waimate (p 11) – both full of hidden gems; meet a couple who design and make amazing keepsake jewellery and discover some of the businesses, people and places that make our communities

So take some time out, turn off your phone and flick through the pages of Essence magazine - you might come across something that would never show up in your social media feed, and you may like it! Happy reading!

The Essence Team





Our very cool cover shot this month is from local group Hedera, a fashion shoot at the retro style Timaru house ve feature on page 14.



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

Pattie Pegler - Editor













Belinda Boyd - Sales Support Coordinator

Larnya Bourdot - Graphic Designer

larnya@essencemagazine.co.nz

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It's no wonder they have been winning awards recently - taking out the Excellence in Retail & Hospitality award at the ANZ Business of the Year.

With a light, bright interior and a warm welcome for customers - Ashburton's Triangle Espresso is the ultimate spot for coffee and eats

Great coffee from Allpress and a range of mouth-watering cabinet food is top of the list for visitors here. If you're feeling hungry then start the day with a delicious and nutritious smoothie bowl, bursting with grains and fresh fruit. Or check out specials - such as hearty laksa or tasty tacos. The dishes are bursting with colour -

There's something to suit all with vegan, vegetarian and gluten free options. Even their coffee can be taken with a range of alternative milks.

tempting to the eye and the tastebuds.

So next time you're in Ashburton, make su you stop by at Triangle Espresso.

Corner of Cass & Victoria Street, Ashburton

ftriangleespresso | 022 038 8776



The Heritage Railway and recreated historic village is Owned and Operated by The Ashburton Railway & Preservation Society (Inc.). We house an extensive collection of exhibits from yester-year – from Rural History to Rail, homewares and much more. Home to 3 historic Steam Locomotives: K88, Ja1260, A64 & Vintage Railcar Rm50.

Next Running Day: Saturday 30th March 2024. Our Public Open Days are a great Hertiage Experience for all the family to enjoy. All day rides on our trains, free classic games and activities for the Children, working Machinery Displays and much more.

20 Maronan Rd, Tinwald, Ashburton | 03 308 9600 | www.plainsrailway.co.nz 1 The.Plains.Railway



Whether you're passing through, visiting friends or just want to do a bit of shopping - Ashburton is a town full of hidden treasures. With a great mix of boutique shopping and big retailers; wonderful coffee shops and eateries and plenty of interesting things to see and do - it's always worth lingering a little



If you want to enjoy a little nature when you're in town then Ashburton Domain is a public space over 37 hectares of gardens, playground, fitness track and even a paddling pool for littlies in the summer months. Well worth a stroll around.

Meanwhile for real gardening fans, get inspired at Trotts Gardens which have been named as a New Zealand Garden of National Significance. A knot garden, a range of garden 'rooms' and, at certain times of year a colourful carnival of rhododendrons – all make this a spot well worth visiting. Entry is \$10 per person.



The Big Bike Film Night

This very niche film event brings together the best short biking related films into one evening event. It's travelling all over the country but hits Ashburton in May with a collection of films that includes one rider's adventures in South America; a documentary about a community of cyclists in Alexandra and a moving movie set in Scotland about the big impact of bike riding. Find out more at www.bigbikefilmnight.nz



Ashburton Museum is dedicated to preserving the history of the town and the surrounding area. Local history is easily lost and so it is great to see records and heritage being preserved here that put together a picture of days gone by in Ashburton.

You may also want to check out Plains Vintage Railway and Museum in the nearby suburb of Tinwald. With old style steam trains, a recreated historical village and a rural history display with plenty of vintage farm machinery – it's a wonderful spot to step back in time. They also have public running days where train rides are available. Check out www.plainsrailway.co.nz for more information.

If you prefer your history aviation related then follow the signs for Ashburton Airport where you'll also find the Aviation Museum. A real treat for aviation fans – there are over 20 aircraft on display. During WWII Ashburton was a training base and there were 50 Tiger Moths based here – the original tarmac and tie down rings that helped to secure the planes from the nor-west winds are still there today.

Les Miserables Comes To Ashburton

The talents and voices of Variety Theatre Ashburton will come together to put on the famous Les Miserable musical in May this year at the Ashburton Event Centre. Set against the backdrop of 19th Century France this enchanting and uplifting story with its many famous musical pieces, is set to take Ashburton by storm. Tickets are available online at www.asheventcentre.co.nz



"That's one of the things I love the most about volunteering," says Olivia. "Already I've met so many people with inspiring stories and so much wisdom to share. I love every second of being part of such an excellent community with so many incredibly knowledgeable and kind people."

Fighting +ires

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

Not much phases Olivia Waldron. At just 25 years old, the bubbly South Cantabrian has already completed a degree, travelled the world, started her career, joined the emergency response team at work, become a group fitness instructor and, most recently, become a qualified firefighter with the St Andrew's Volunteer Fire Brigade.

Olivia's volunteering journey started when she put up her hand to be part of the emergency response team at Silver Fern Farms, where she works full time as a health and safety coordinator. "The team are like first responders for any type of event at Silver Fern Farms. I found I really enjoyed volunteering and learning a whole new set of skills. From there it seemed only natural to be a part of the St Andrew's fire brigade as the two teams work quite closely. I joined in

the hopes of reaching more of the community and learn skills in greater depth."

Joining in April 2023, Olivia completed her training and became qualified in December. She attends regular training sessions with the 17-strong crew and has attended a handful of call-outs so far including fires, traffic accidents to medical events.

Despite this, Olivia asserts it's not scary. "The crew are really amazing at supporting you with and managing what you're being exposed to. Everyone is just doing their job and contributing to the wider picture so you're not necessarily facing anything confronting. You would never get asked to do anything you wouldn't be capable of or trained for."



"Another crew member – Lisa – and I will be climbing the Auckland Sky Tower: over 1000 steps in our full firefighting gear, which weighs around 25kg! The event raises money for Leukaemia & Blood Cancer New Zealand. The St Andrew's brigade has raised a staggering amount of money for this over the years, and Lisa and I have been itching to join in."

Raising over \$2,000 already, the pair have a schedule of fundraising events lined up between now and May.

in Auckland in May.

"That's one of the things I love the most about volunteering," says Olivia. "Already I've met so many people with inspiring stories and so much wisdom to share. I love every second of being part of such an excellent community with so many incredibly knowledgeable and kind people."



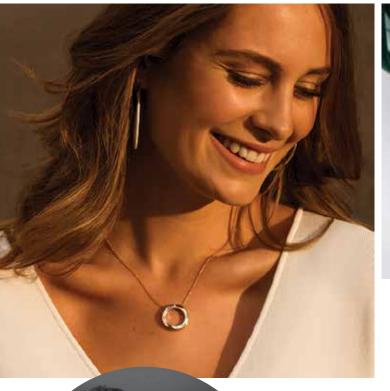
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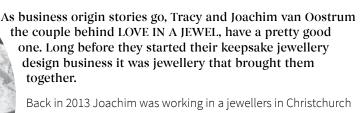
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Love In A Jewel





when Tracy went in with a diamond ring she needed to get sized.
They met that day and two years later they were married.

Originally from The Netherlands, Master Jeweller Joachim

qualified as a goldsmith when he was just 21 and then went on to work for many top jewellery stores in Amsterdam before moving to New Zealand some ten years later. So when Tracy's mother passed away and Tracy was struggling with her grief, she asked Joachim to design a jewellery item that would help her keep her mother close. He made her a pendant which contained a small amount of her mother's ashes.

"Mum was so special to me. It was really hard to let go. But the pendant brought me a lot of comfort, it really helped me and felt very natural," explains Tracy.

Then they decided it would be meaningful for Tracy's young nieces to have a memory of their Nana. So the couple came up with the idea of scanning handwriting from the handmade birthday cards Tracy's Mum used to make for her granddaughters. That handwriting was resized and sealed in pendants for the girls to wear – keeping their Nana's love with them.

From there the idea for LOVE IN A JEWEL was born. Since then their range has expanded from pendants to charms for bracelets, rings and even cufflinks. They have created jewellery for customers around New Zealand and all over the world.

Whatever the piece - the process for creating each LOVE IN A JEWEL is highly personalised. The item to be used in the jewellery, be that

ashes or a handwritten note, are sent to Tracy and Joachim. Tracy photographs any notes so that the recipient is presented with an image of the full note. Then she passes on the note to Joachim and requests what word or letters should be showing in the final folded version put into the jewel. Joachim then does some clever origami style folding and inserts the note with tweezers and great care into the required jewellery design, before closing it up. Jewellery is then beautifully packaged and even this is done on an old, wooden trestle table that Tracy's father made for her mother.

But the business side of things has had its challenges – in the early days Tracy would work on the business from her laptop set up on an ironing board squeezed in the hallway of their home. When they first went to a jewellery trade show in 2017 in Sydney, they felt out of their depth. "We just didn't know how to sell what we had," explains Tracy. "It was so overwhelming"

It worked out though and now the couple both work full-time on the business and have over a dozen stockists around New Zealand.

And both Tracy and Joachim love their work – the idea of helping others to treasure those meaningful moments. "It can be very emotional," says Tracy. But knowing that their jewellery will make someone happy is what keeps them working. At the very beginning they ordered 500 LOVE IN A JEWEL boxes to be made to deliver the jewellery to customers, so that it would feel beautiful and unique from the moment they held it. "What if we only sell three?" Tracy asked Joachim after they had spent their savings. "Well then we'll have made three people happy," was his reply.

"This business is more heart than anything," says Tracy. "It's real love inside jewellery, forever. It really feels special to make these for people and we couldn't think of a better way to spend our days. It's a dream come true when we see notes written to mums, daughters, nanas, dads, grandchildren. And it's a beautiful tribute to my lovely Mum and Dad."





LOVE IN A JEWEL³

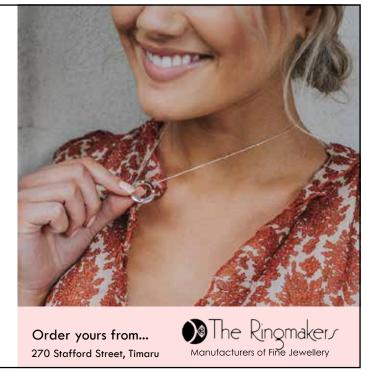
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TELLING TALES OF Pural Life

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

On a late summer morning looking out over a garden with rambling roses, vigorous vines and established trees – it's hard to imagine that seven years ago this was a bare paddock. But that's exactly what it was says homeowner Sue Heazlewood.

The first task in the garden was creating an edible garden. "I saw something similar in a movie and I thought I'd like something similar," she explains. It also gave her the benefit of having a small area to focus on initially rather than being overwhelmed by the size of the project. Although, hard work and large projects aren't things that seem to trouble Sue. A mother of six grown up children, former property developer and author of the successful Tangleby books – she is a whirlwind of undaunted energy.

Originally from Cheviot, Sue lived for several years in Christchurch but always longed to return to rural life. When her eldest son, Adam, spotted this house on the market he thought it was perfect for her – he was right.

Fast forward several years and Sue has truly made the modern house a home for herself and her partner, Don. There are comfortable couches, a white grand piano and a French dining table under a modern chandelier-style light. Whilst touches of gold show up in the baroque style frames of paintings and burnt orange accents in the cushions and dining chairs. It's exuberant in its gleaming colours.

So how would Sue describe her interior design style?



home & garden | essential | home & garden





Above: One of the outdoor entertaining areas with solid wooden table, bench seating and pergola. Above right: An elegant corner, French style chairs with striking striped upholstery

Far right: A second outdoor area bordered by formal hedging and incorporating outdoor fire and cooking area.

Right: The main, open-plan living area with 'formal rustic' style, comfortable couches and grand piano.







"Formal rustic," she replies without a pause. "I don't want a house where I am tiptoeing around or am worried when grandchildren come over."

But it was the garden, the rural setting and the creatures that she came across that inspired her first book – Tails of Tangleby Gardens. "I was in the garden and I had been watching these skylarks and I just started thinking about talking animals," she recalls. The book also includes simple recipes for children to make.

"I've always loved cooking," she says. "When my six children were growing up there was a huge amount of cooking. I would always write the dinner menu on the kitchen splashback so they wouldn't keep asking what was for dinner. And on a Sunday I would give them three choices for their school lunchboxes."

That first book took Sue just six months to write and was published in 2022. Since then she has written and published three other books – a second children's book and two grown up cookbooks – including A

Table At Tangleby which recently won the Entertainment Category in the Gourmand Best in the World Cookbook Awards.

But this is not overnight success, says partner Don. Together they work endlessly on the books – checking online orders, keeping up with comments and feedback on social media and talking to distributors, going to food shows and producing online content. And, on top of this, Don is also working on his own book which looks at the history of the Havelock District.

Meanwhile Sue is always trying different recipes, making notes and making short cooking videos for their social media channels. She films them in the light, bright and meticulously tidy kitchen at her home – but whilst the cooking comes easily to her, she has had to build her confidence at making videos.

"When she first started filming I wasn't even allowed in the house at the same time," says Don good naturedly.

Whilst awards might be exciting, it's not what keeps Sue and Don working. They love what they're doing and the feedback from customers is heartwarming. They hear from grandparents who read the stories and



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Above: Sue and partner Don

Centre: A table at Tangleby set for lunch

Far Right: One of the Tangleby cats relaxes alongside the grand piano





cook the recipes with their grandchildren, they've been told about a 4-year old who cooked dinner using one of the Tangleby recipes for children. They are making people happy – and it feels good they say.

Sue has three more books due to be published over the coming year. And the couple have also developed some other products around the Tangleby books – a pair of soft toy rabbits based on characters in the books, Marmalade and Montgomery; measuring spoons for baking; a digital thermometer and a digital measuring spoon. Whilst this Easter they are also organising an Easter Egg Hunt at Tangleby Gardens.

"We need eight day weeks and 28 hour days," says Don with a grin.

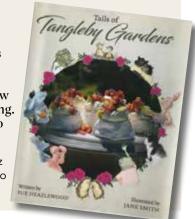
On the way out Sue points to a bed of colourful dahlias. "Dahlias are my latest obsession," she says. "A few months ago that was just lawn, now there are 120 types of dahlia planted there."

There's a lot going on at Tangleby Gardens. And it's pretty impressive.

GIVEAWAY

We have one copy of Tails Of Tangleby Gardens by Sue Heazlewood to give away to one lucky reader. This beautiful book weaves together enchanting children's stories with easy-to-follow recipes to encourage children to get into cooking. Recipes include everything from pizza dough to vegetable fritters and lemonade scones.

To be in to win email belinda@essencemagazine.co.nz with your name and address and why you would like to win this book. Entries close 10th April 2024.





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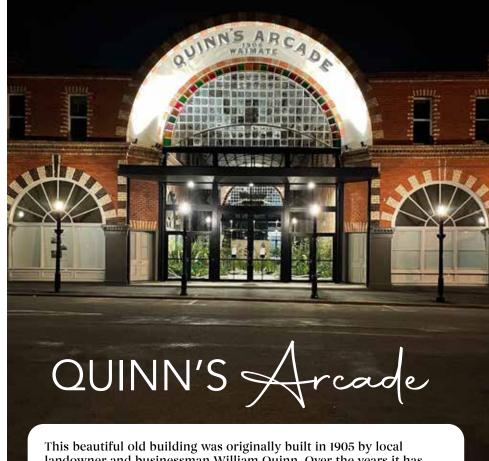


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landowner and businessman William Quinn. Over the years it has had many lives - from a shopping arcade to a theatre and cinema and the first 'talkies' were shown there in 1930.

However, like so many heritage buildings it deteriorated over the years. So it has been good to see it coming back to life recently as the current owners. Waimate Property Holdings, make it safe for use and retain its history.

Work started on the building in November 2023 and there is still a bit to be done before it is fully completed. Whilst it's final use is yet to be decided, one thing is for sure – "It will be awesome for the community." says local businessman and General Manager at the Waimate Limited, Rick Stevens.



Quinn's Arcade, 1907. Ref #2715 Waimate Museum & Archives

A LITTLE HISTORY ON QUINN'S ARCADE

1905 – Quinn's Arcade was built by local landowner and businessman William Quinn

1914 – Wiliam Quinne died and a new owner took on the building and remodelled it into

1920 – The theatre opened including a billiards parlour and a hairdressing salon

1929 – The Arcadia (theatre) was owned by Waimate Picture Enterprises. Held 725 people in stalls and dress circle. First talkies shown there in 1930 with the screening of Footlight and Fools.

1955 - Arcadia destroyed by fire. The fire destroyed the nearby Waimate Paint and Glass Company and the billiards room at the rear – but the fire brigade managed to save the theatre itself from too much damage. Since then the building has been used for storage, residential flats and some commercial activities.

2018 – Purchased by Waimate Property Holdings



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THE Quirky MAGPIE

The Quirky Magpie is run by Lorraine who has a passion for finding treasures new, vintage and locally made. She believes that home decor can influence everything from your mood to your productivity and even your confidence. The Quirky Magpie can help you find furniture, decor, art or anything that tells your story.

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COREY BAXTER Financial Adviser for Affinity+ Co

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

Recently we have had several claims through our office for loss of income, due to illness or injury. Income Protection does need a bit of planning as there are several different types of Income Covers available with several different

All insurers offer the typical Income Protection which covers a percentage of your income, but what a lot of people don't know is that these covers may also have offsets. So, in the event of an ACC claim, for example, you may not get the full sum insured of your Income Protection, as the ACC benefit may be offset against your monthly benefit. Thankfully, there are other options available, such as Mortgage Cover, which may not have offsets, and this can work in conjunction with Income Protection to ensure a reasonable monthly benefit should you be unable to work due to illness or injury. There are lots of options available for not only personal clients but also business owners, and those in the rural sector.

One claim that springs to mind is a client who had an accident towards the end of 2023. He had several covers in place including Income and Mortgage Cover. At the time of writing, he is still being paid his monthly income, but when the claim originally started, I received a call from him stating that there must be some mistake as he had received a lump sum payment in his bank from the insurance company and he wasn't expecting it. I explained that it was correct, as he had other covers alongside his income and mortgage cover. There is a chance he may be able to go back to work part time and then he may still receive a monthly benefit, but at a reduced payment. This example highlights the importance of Income and Mortgage Cover, as he is able to continue receiving an income, and help support his family

Everyone's situation is different and there is no one size to fit all when it comes to insurance. Instead it takes a little bit of planning to get the mix right, with not only Income and Mortgage Covers, but also other insurances which can complement these covers, so you know what you will receive

At Affinity+Co, we can help with sorting this important area out. We like to get to know our clients and then understand what type, or level of insurance would suit each individual and their situation. There are many options available, but ultimately our goal is to ensure that you, your business or farm can continue financially should you be taken out of action for a period of

Talk to us and do something today that your future self will thank you for!

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





SAM HARWOOD Partner at Compass Business Partners

Sam has been a partner with Compass Business Partners since 2017. He started out in Business Advisory in Dunedin,

then after a stint in Wellington in the public sector and

local council, moved with his young family to Timaru.

Hey Sam! Last time we talked, you told me good accounting wasn't just about the numbers. Tell me how Compass Business Partners will help me to understand how my business is doing?

Well, like the name says on the tin, Compass partners with our clients. When your accounts are done, we would get together for an Annual Accounts Review. This is a great time to discuss how your business is going and what opportunities there are for improvement. You can let us know what issues you are facing, and we can work to help you overcome these challenges. Do you have any questions?

The accounts said I made a good profit. Why is my bank balance looking sad?

Sounds like you need a Cashflow & Profit Improvement Meeting. During this we would work through your business cashflow to determine you Cash Conversion Cycle, determine strategies to improve the cashflow and profit, and calculate what this would mean for you in dollar terms. Then we will identify what actions to take to implement these strategies and achieve your targets.

I've been doing everything; how do I know if it's working? Forecasting! If we create a Cashflow Forecast showing the

results of these improvements, we can monitor the cashflow and see if we are meeting those targets. The Cashflow Forecast also gives you a better understanding of the key drivers of cashflow in your business and predict where you may have large cash outflows so you can plan for this.

What about the future? Where is this business going? When will I be able to retire? Should I change what I do? What if I have kids? How do I get more free time? Help!

Slow down. First things first, you need a Business Plan. We will sit down and review the direction of your business, identify and prioritise your key goals, develop some measures to review your performance against, and help you communicate your goals and vision with your team. You'll end up with a list of actions to complete to achieve your goals. We find the most success in reviewing and updating your goals quarterly, that way you're far more likely to stick to the plan.

Whether you're looking to work with an advisor for the first time, or you're looking for something more than your current accountant offers, get in touch.



ZAREA LAING Manager, Performance Health Club

Zarea has been associated with the fitness and health industry for over 20 years. Her passion is child health and the study of longevity. She is qualified in areas of sports nutrition, advanced strength training and anthropometry.

What's the most rewarding part of what you do?

Getting to know the wonderful mix of young - and not so young members who come to our club and seeing the amazing results of those committed to improving their health and shape.

I am aware it can often be daunting coming through these doors, so making sure everybody has a friendly face to relate to, to help and troubleshoot any beginners' concerns. So many times the changes people have been struggling with on their own, but finding it difficult, doing it with help is so much easier. We have a large multi-faceted facility to feel at home in.

What's the most impactful change you have seen in the industry?

Since covid when live classes were shut down the establishment of The Engine Room, a Virtual Studio, has revolutionised exercise

What's the biggest benefit of using the Virtual Studio? Best of all No booking - Not waiting - No instructor cancellations!

This is a no judgement zone! It is a great way to build your confidence, working at your own pace, at a time convenient to you. You can have access to your favourite class any time between 5am and 10pm daily.

You have top 'Les Mills' instructors leading the many latest classes

Programmable classes that run from 15 min through to 60 min depending on your preferred fitness level and time constraints.

So, if it is too wet & dark to exercise outside? Virtual classes with full screen dynamic atmosphere are perfect to get you motivated.

Can casual groups come?

Yes! Ideal for sports, recreational groups, or team building. This is also a great opportunity for regular events or just a fun, interactive

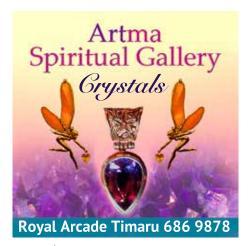
How can I get started?

I would be delighted if you call me with any questions you may have - or drop in for a chat...or even a free trial.

'Your health is the most important asset you will ever have."

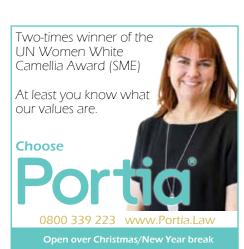
Performance Health Club

No 1 Heaton Street - Just Opposite Smith City 03 684 6664













Timaru Heating Centre

There's no mistaking that nip in the air as autumn creeps in. Now's the time to get your home heating and outdoor entertaining sorted for winter with a visit to Timaru Heating Centre.

Whether you're in the market for a wood, electric or pellet fire, or you're looking for outdoor heating and cooking options, Timaru Heating Centre has a huge range of brands and styles, and the customer service and sales support you need for such a key investment.

"We really are a one-stop-shop here," says Timaru Heating Centre's Colleen Fairbairn. "Come in and browse our range, and chat with me about your heating needs and expectations for your home."

Once selected, we will ensure your product is ordered, Council compliance paperwork is completed and installation is arranged.

"The bonus, of course, is that we work closely with our Breen Plumbing team to ensure we can supply and install fires right across the South Canterbury region with as little stress as possible. We are really lucky to have a dedicated team who are all about getting it right."

"The goal at Timaru Heating Centre is making sure that your fire selection and install process is as painless as possible. It really couldn't be easier!"

In addition to trusted wood fire brands like Masport. Maxen, Yunca, Metro, Pyro Fires, and Woodsman, Timaru Heating Centre stocks Rika and Champion pellet fires, and a range of premium outdoor heating and cooking options.

The Crossray Outdoor Kitchen sets a new standard in outdoor entertainment with its sleek finish and high-end accoutrements, while the Masport Matakana 1200 Wood Fire & Cooking Centre provides the warmth of an open fire alongside the convenience of a hot plate, grill and pizza oven.

"I don't just sell my customers a fire," remarks Colleen. "I truly love my job and I work hard to understand each customer's needs so I can provide them with the best heating or outdoor cooking option for them, their home and their budget. We're not only about heating the inside of your home, but also about keeping you warm while dining outdoors. Whatever their needs, I provide an individualised service for every customer, with honesty and authenticity."



"The goal at Timaru Heating Centre is making sure that your fire selection and install process is as painless as possible. It really couldn't be easier!"

> So whether you're upgrading your old heating or outdoor entertaining area, you're building new, or you need parts for your existing fire, give Colleen a call on 03-388-6848 or pop in to Timaru Heating Centre at 10 Dee Street, Monday to Friday between 8am and 5pm to find the perfect heating and outdoor cooking solution for you.



Your one stop heating shop

Wood, Gas, Electric and Pellet Fires, Outdoor Heating and Cooking



Check out our range of ready to install heating products. The latest and best from solid, wellestablished manufacturers New Zealanders have trusted for generations.

We will fill out the Council compliance paperwork on your behalf - too easy!

Get a quote on your home heating and you will not be disappointed, call Colleen today!



Your local stockists of

Masport NOBO REAL ()) FLAME MAXEN













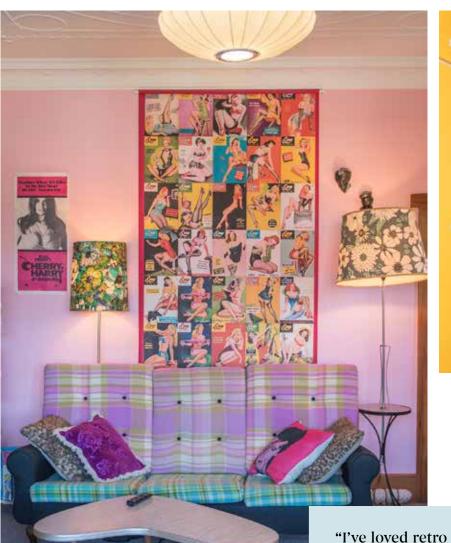






Come in and see Colleen to discuss your heating requirements.

Timaru Heating Centre | 10 Dee Street, Timaru P 03 688 6848 | E colleen@timaruheatingcentre.co.nz





WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

style and vintage

décor items for

as long as I can

remember. I love

the bold clashing

patterns of 1960's

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prints and the

bubble-gum

the 1950's.

When Rebecca Smith first moved into her two-storey, brick house in Timaru 10 years ago, it was "one blank and beige canvas to stamp my mark on." Embracing her love of all things retro she soon transformed it into a swirling carnival of colours, patterns and textures.

"I've loved retro style and vintage décor items for as long as I can remember," says Rebecca. "It was the style I grew up with in my Grandparents' homes and our holiday bach. I love the bold clashing patterns of 1960's prints and the bubble-gum colour palette of the 1950's."

Not long after moving in Rebecca started the makeover treatment on the house and she was able to bring out many of the pieces she had already collected. The first room to be renovated was the kitchen, followed quickly by the bathroom and the rest of the 3-bedroom home. "As we worked our way through the renovations it was just a matter of figuring out how best to 'dress' each room with the stuff I already had," explains Rebecca. "And then

scouting around for other bits to complete the look. If I were to stay, I would just start redecorating all over again. It's constant."

Bringing together patterns and colours can be tricky but Rebecca has kept this in mind in her scheme. In the front bedroom flower power wallpaper, a patterned bedcover and a patterned couch are tied together with colour tones. Elsewhere neutrals in the ceilings and trim balance out the boldness and there are pops of colour from artworks and objects.

When it comes to finding quirky and retro pieces, Rebecca goes online. She checks out the usual sales platforms but advises buyers to be "super onto it" if they want to get the good stuff, that can





"Bringing together patterns and colours can be tricky but Rebecca has kept this in mind in her scheme."

mean dropping everything and zooming across town to get in first. She also browses op shops and scans garage sales. "I've also been known to slam on the brakes when driving and had to rearrange the kids like sardines in a tin when I've spotted free items on the roadside," she says.

After ten years of adding colour and style to this home, Rebecca and her family are now on the move. When it came time to put the house on the market, Rebecca wasn't sure it would appeal to all. "My fear was that the décor might put potential buyers off," says Rebecca. "And I would have to give the house a grey/beige makeover in order to sell it. That would have broken my heart."

But that didn't happen – instead the house sold quickly and when we speak Rebecca is packing up for the move. Readying this unique home for its new owners.

Get the Retro Look

We loved this retro look so much we asked Rebecca for her top tips for those of us who want to go a bit retro at home. Here's what she

- 1. Find the era that appeals most then search the web for reference images of kitchens, bathrooms, bedrooms etc from that decade.
- 2. Decide how bold you're prepared to go full immersion or just hints. There are so many options and suppliers of retro wallpaper and curtains these days if you're wanting to go all out.
- 3. Save up for a couple of larger key pieces to anchor the room.
- 4. Don't be afraid to go with reproduction furniture original pieces are often hard to find and sometimes not in great condition.
- 5. Pick a colour scheme and begin searching for items that fit your scheme. Have fun with it.





Beauty fors

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



milk_shake icy blond shampoo is a specific shampoo for blond hair.

The special black pigment contained within the new milk_shake icy blond range, gives delicate ash tones to very light blond hair or platinum blond hair. Prolongs the effects of grey or silver tones. It helps to neutralizes and counteracts unwanted yellow or brassy tones in blond hair.

The shampoo is ideal for very light blond or platinum blond hair.

Available from Fellow & Fox

327 Stafford Street Ph: 03 971 0991

For tailored treatments that refresh your appearance, book at Transform Clinic Timaru or Ashburton.

Smooth fine lines and wrinkles, enhance or restore volume, and boost skin quality and glow. Katie McIndoe is an experienced appearance medicine nurse who is passionate about using the latest technologies and techniques to help you to look your best while maintaining your natural beauty. Katie offers a range of treatments including Antiwrinkle, Dermal Filler, PDO Threads, Fat Dissolving and Skin Boosting Treatments.

Transform Clinic

At Skin Deep - 13 Theodosia Street, Timaru (03) 355 1311 | @transformclinicmerivale

At Body n Beauty Worx - 278 Tancred Street, Ashburton | www.transformclinic.co.nz

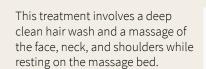


Actyva's Anti-Yellow Shampoo and Booster, is perfect for blonde or silver hair. Infused with potent ingredients, they work to counteract brassiness.

This shampoo not only cleanses your locks but also revitalizes, nourishes, and strengthens them, all while infusing a stunning shine and a cool

Available from Cocoon Hair Design

Shop 20, Royal Arcade, Timaru Ph: 03 688 8841



The ultimate treatment for your hair and scalp. The health of your hair is a reflection of the scalp, like plants in soil.

Available from Daisy Nail Spa

> 326 Stafford St, Timaru Ph: 03 971 5518



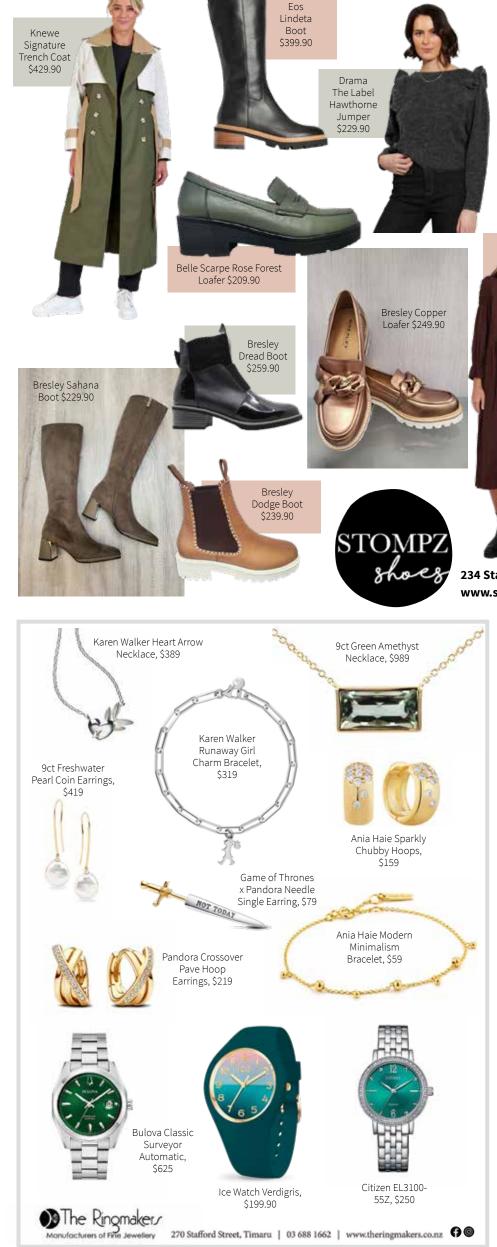
New Service - HEAD SPA



HEALTHY HAIR WASH









fashion | essential



Mackenzie Highland A&P Show

Easter Monday 1st April 2024

A & P Show Marks 126 Years

The Mackenzie Highland A & P Show first ran in 1898 and this year is notching up 126 years. Over the years the show has grown and evolved and it's now a firm fixture in the South Canterbury calendar – drawing local visitors but also those from further afield.

It's no surprise people come from far and wide to visit this show – it's an absolutely fantastic day out. In the following pages we bring you news of this year's show, what to expect and some of the highlights. Get the date in your calendar and head along for a fun-filled day for all the family.

Gate sales on the day - entry: Adults \$20, Children 5 – 15 years \$5 and preschoolers are free





New this year ...

Secondary School Fencing Competition

Fences are a huge part of rural life, something they recognise at Geraldine High School where they have been building their fencing programme for a while. Some of their students recently went to compete in the U21 finals at Mystery Creek but there are actually very few chances for younger adults to compete, says organiser Sarah Foley-Smith. So they are delighted to be at the Mackenzie A & P Show this year.

"It is a perfect opportunity for us," says Sarah. "And to raise the fencing profile and hopefully get other schools involved."

There are two categories in the competition – the termination knot challenge which anyone can enter- based on speed and quality, and the Schools fencing doubles consisting of three wire electric, y posts and breast blocks. The two hour competition is great opportunity for people to see what teenagers are capable of.

The competition has been made possible by generous sponsorship from Point Lumber and having Struan Moore from Strainrite judging.



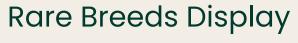
BAYLEYS

Bayleys Timaru and Tekapo

proud supporters of the Mackenzie A&P Show 2024

- New fuel distributor servicing Canterbury, South Canterbury & North Otago
- Fuel tank supply & sales. NZ made tanks, wide range of options and sizes
- Competitive pricing on bulk diesel & petrol
- Regular & reliable deliveries

Cameron Miller 021 283 455



Another new event at the show will be the Rare Breeds Display, in cooperation with the Rare Breed Conservation Society of New Zealand.

This year's highlight breed is the Highland Pony, an international endangered breed of horse originating from Scotland. There are only approximately 23 pure bred Highland Ponies in New Zealand and around 5000 worldwide, says display organiser, Megan Hopkinson.

Visitors will also get to see some of the 'cutest sheep in the world' says Hopkinson. The Valais Black Nose Sheep will be there as will the Gotland Pelt Sheep.

Organising the display has had its highs and lows says Hopkinson. "The highs of finding breeds throughout the south Island that I didn't know there was and the lows have been finding out just how endangered some of the breeds are that come from international and New Zealand Heritage."

So make sure you head along to the Rare Breeds Display to check out those cute sheep and find out more about some of these amazing endangered livestock breeds.







OPEN DAY

THURSDAY 4TH APRIL, 2024 9.15AM & 12.45PM TOURS



03 685 8603 | office@mackcollege.school.nz | www.mackcollege.school.nz

Gift Lamb Auction

Every year at the A & P a number of farmers generously donate a lamb to the live sheep auction. The money raised for their auction sale is then donated straight back to the A & P Association and contributes to the organising of the following year's events. "It's so generous of the farmers that donate," says show secretary Jodi Payne. "And we really wanted to find a way to thank them."

So, this year, thanks to generous sponsorship from Peppers Bluewater, Tekapo Springs and BX Foods, all those who donate a lamb for auction will automatically be entered in a draw to win a weekend in Lake Tekapo.

Entertainment

There is always plenty to see at the show but add to that some top notch entertainers on the Barwoods Stage. Enjoy music from Eddie Simon and the Jae Bedford School of Entertainment. Whilst children and grown-ups alike will be enchanted with the wonderful magician and performer, Josh Grimaldi.

What To See

Sheep shearing – Sheep dog trials – live sheep auction – Wood chopping – Agri sports – Fencing – Highland dancing – Pet tent – NZ Kennel Club display – Rare breeds display – Fencing competition – Equestrian events – A & P competitions – Musicians – Magicians – The Grand Parade and much more

No Pet Dogs Please



Please note that visitors to the show should not bring their pet dogs along, with the exception of assistance dogs and guide dogs.

There is a good reason for this – 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 pet pooch at home this year.

Sential... must see show attractions

The Mackenzie A & P show is a fantastic day of entertainment for all the family. And the Essence team love the show – there's always something fun to see. This year we've been taking a look at the programme and we're sharing our top picks with you!

The Mackenzie A & P Shearing Competition

The skillful handling and expertise of sheep shearers is put to the test in this popular event.

Woodchopping Competition

Sure it might not sound too exciting, but trust us, if you've never watched a woodchopping comp you're missing out. The speed and dexterity of the woodchoppers is sight to behold.

Highland Dancing

Always a great one to watch, so much talent and dedication on display from these dancers.

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.

Sheep Dog Trials

Who doesn't love watching those talented canines. A wonderful example of the way man and dog can work together.

Josh Grimaldi

This magician/circus performer might be categorized as kids' entertainment but who doesn't love a bit of magic and trickery from a performer?

The Rare Breeds Display

It's the first time round for this rare breeds display so make sure you check out the animals, including some super cute black nose sheep

Fencing Competition

Another first for the show is this fencing competition where secondary school students get to show off their fence making talents



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.

Food glorious food

We always love all the yummy food options from stalls, there's something to keep everyone happy no matter how fussy the eater!

So whatever you're up to this Easter – get out to the Mackenzie Highland Show, Monday 1st April.

For more information visit www.mackenzieshow.co.nz





Mayors Jesk

Easter Monday will see us all heading to Fairlie for the Mackenzie A & P Highland Show.

After the success of last year's 125th time show we look forward to seeing what there is to be seen this year. There's always something different happening. My sources tell me that this year's entertainment will include a live sheep auction, woodchopping, a pet and exotic animal tent, and the sheep shearing competition is always lively!

I look forward to the kids competing in the AgriSports competition - their determination and enthusiasm is wonderful to see.

If that's not your thing, there are plenty of other activities underway including: dog trials, vintage machinery, NZ Kennel Club, and of course shopping opportunities and food.

As I always say, I love to gravitate to the pony section first to see the young riders. Often it is their first time at a show. Ponies and the riders are beautifully turned out, plaits and ribbons, shiny boots and bridles, both trying to be on their best behaviour.

I always marvel at how clever people are with their baking, arts, crafts, and photography. There are so many exhibits to enjoy including our emergency services and our fabulous Civil Defence team. Feel free to stop and have a chat if you see them.

The show grounds are set in truly pretty surroundings and I encourage you to come join me in the Mackenzie for Easter. The lakes, the views, the cycleways, our hospitality are all a reason to visit and on your way home, call into the Mackenzie Highland Show on Easter Monday for a jam packed, fun filled family day out.

Happy Easter

Anne Munro Mackenzie District Council

It all began 126 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."

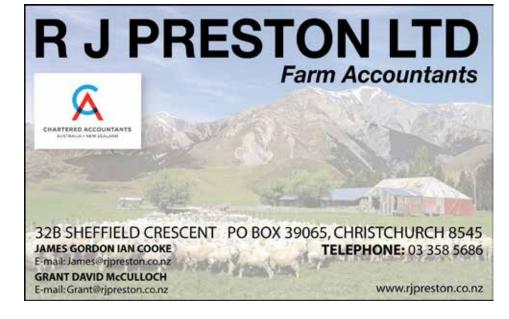
Some hundred years later, in 1998, it celebrated its centennial show – which was a huge success attracting an estimated 16,000 attendees and 5341 entries in the various categories and classes. There is even a book dedicated to it "Easter Monday in the Highlands- A Century of Mackenzie Highland Shows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

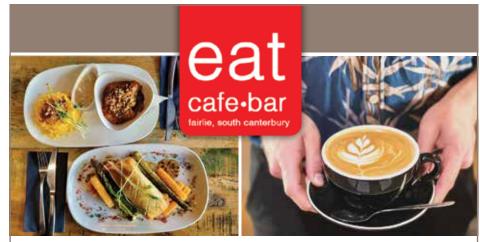
Today the Mackenzie A & P Show is one of the largest one day shows in Australasia and attracts thousands of visitors and entrants. One thing is for sure - it has certainly managed to fulfill the hopes those early visitors had for the future of the show.

So head along to the Mackenzie A & P Show this Easter Monday, 1st of April, and keep up the tradition!









Breakfast • Brunch • Lunch Fairlie Good Coffee Co. Coffee • NZ Wines

Open everyday from 9am to 5pm

Explore our delightful cabinet filled with tempting treats or indulge in a feast of vibrant and flavourful dishes from our menu that will brighten up your day, perfectly paired with a cup of coffee.



Cafe on the Corner - 76 Main Street, Fairlie | (03) 685 6275

The Road Toll is Not a Number,

it's People!

South Canterbury experiences more than its fair share of New Zealand's serious injury and fatality crashes with higher crash rates compared to many other parts of New Zealand.

This issue is personal. Beyond direct injuries or death, the social cost of preventable road accidents is huge including reduced economic output, medical and legal costs, property damage and emotional impacts on family, friends and workmates.

Everyone thinks they are a good driver, but many people drive drunk, high, distracted, tired or too fast. All of these factors impact our ability to safely react to changing conditions.

These behaviours can and must be changed to protect ourselves, our loved ones and our community.

Let's all play our part.



CoDriVR driver training simulator at the Mackenzie A&P Show

Come along to the Mackenzie Highland A&P show and have some fun by trying out the CoDriVR driver training simulator.

Go in the draw to win a ride around Highland Motor Park (Cromwell) with professional rally car driver, Hayden Paddon.

Plus, you'll get the opportunity to meet and talk to South Canterbury's Road Safety Coordinators, Lucy Mehrtens and Michelle Bunt.

Come and test your skills, Monday 1 April 2024 at the Fairlie Showgrounds.







Michelle Bunt 027 286 5389













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.



Petronella's Gallery and Bookstore is just one more reason to love this beautiful, little lakeside town. An unexpected delight, it's packed with the latest titles and some fabulous reads for young and old as well as a quirky selection of gift items, it will have book lovers browsing for hours as they choose their next read.

Fairlie

Often described as one of the gateways to the Mackenzie but there's a lot worth stopping for in this wee town.

Grab a hearty pie or barista coffee at Fairlie Bakehouse. Check out the local stores or discover a little history at the Fairlie Heritage Museum. And don't miss the Garage Gallery as you head out in the direction of Tekapo, there are some beautiful works depicting iconic NZ landscapes.

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.



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.

Shop 8 Rapuwai Lane, Lake Tekapo www.petronella.co.nz | Open 7 days 10 am – 5 pm



Lake Ohau Quarters

A beautiful, modern lodge combining style, form and function, the

Quarters caters especially for groups of up to 24.

Blending the allure of the high country with the comforts of a luxurious retreat. A great place for mid-winter getaways with an 8 seater mineral hot tub overlooking Lake Ohau.

Your hosts, Karen and Geoff, are passionate about sharing the beauty of this region and are dedicated to ensuring that each visitor has a remarkable and memorable stay.

www.lakeohauquarters.co.nz



GROWING THINGS

Growing Things is a family owned and operated business based in Timaru. For us, gardening is both a passion and a lifestyle!

We manufacture and supply a large range of garden stakes, Cloche kits (especially good at this time on year to extend the growing season), plant protection fabrics, plant supports, tools and growing frames for home and commercial gardens.

Order off our website or give us a call to discuss any questions you might have. We offer free delivery within Timaru area.

You are welcome to come visit just give us a call 027 337 2573 | www.growingthings.co.nz



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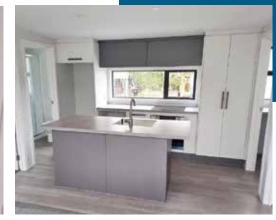
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CUSTOMISABL

Our homes are highly customisable – offering a unique and tailored housing solution to suit your needs. Whether you have a design and plans in mind, or want to use ours, we can help you create the perfect relocatable home.

SPACIOUS INTERIOR

With a total size of 49.8 square meters, your relocatable offers a generous living area that allows you to create a cozy, welcoming environment for you and your loved ones.

MODERN AMENITIES

The bathroom is complete with a shower, toilet, and vanity. The laundry is fully fitted with custom joinery and a cut-in sink.

FUNCTIONAL KITCHEN

Our kitchen is a focal point, boasting contemporary joinery, a practical breakfast bar, and an integrated dining/living area.

STYLISH EXTERIOR

A blend of form and function, the exterior of your relocatable showcases vertical Flaxpod 5-rib iron cladding for durability and elegance, with horizontal shiplap cedar for natural charm.