

essence

essentially...south canterbury



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contents

The days are certainly getting chillier and the evenings darker – we might not officially be in winter yet but it's sure starting to feel like it – we've been getting wrapped up at the Essence office! And if you're getting ready for the chilly season – then check out our winter ready pages 17 - 21.

Luckily for all of us that live in South Canterbury – this is a region for all seasons. Don't let a little wintry weather put you off checking out the beautiful historic Royal Arcade in Timaru or finding a place for winter fashion or a warming brunch, lunch or dinner in our Shop, Eat, Enjoy South Canterbury feature on page 6.

This month we were also lucky enough to get out and see the wonderful Kyle Park Transport Museum where you'll find steam and traction engines from all eras – check out our story on page 4. It got us thinking about transport and so we went to find out a little bit more about Timaru Airport – did you know it has between 40 and 50 flights taking off and landing each day? No wonder it needed an upgrade. You can read all about that on page 7.

For those of you looking to moving home – don't do anything until you read our Buy or Build feature on page 9 - 11.

We love South Canterbury whatever the season! And we're dedicated to showcasing local business, people and places in our wonderful backyard!

Wrap up warm!
The Essence Team



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Front Cover
Front Cover: International Road Safety Week 15th - 21st May 2023. Celebrating those who are passionate about Road Safety in our community



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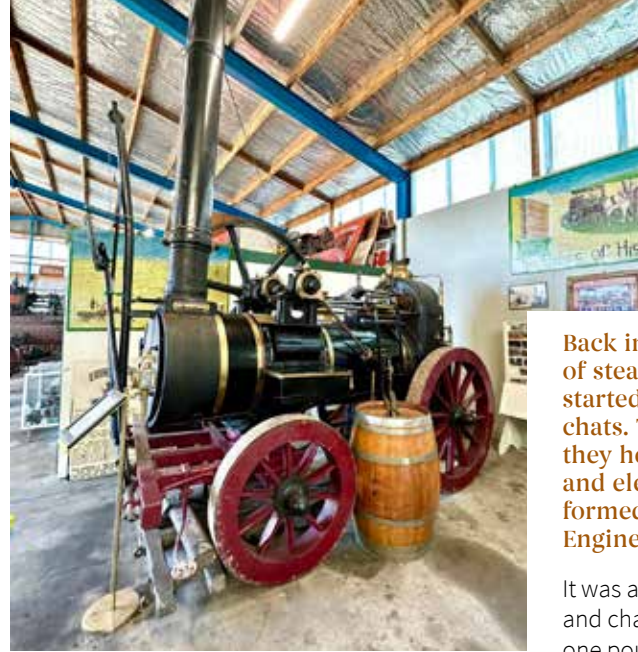
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Kyle Park Transport Museum

words: Gordon Handy

Back in the early 1960s a handful of steam enthusiasts and operators started getting together for regular chats. The group grew and in 1964 they held their first official meeting and elected the officers for the newly formed South Canterbury Traction Engine Club.

It was a club for owners and drivers and charged a membership fee of just one pound. In the early 1970s they did a deal with the Levels County Council for some land at the Council's yards in Washdyke. They soon found a shed to use as clubrooms and a workshop – the only slight problem was that it was located in Ashburton. The club members got together and found a way to haul it down the road and set it up at their spot in Washdyke. Then when a fierce windstorm hit South Canterbury in 1975, the club were donated some fallen trees from the Winchester Domain – using steam engines they dragged them to the Winchester mill and they were used to finish off the club's workshop building.

In April 1974 the South Canterbury Traction Engine and Vintage Machinery Museum Inc became an Incorporated Society and the Club was registered.

That club is still going strong but earlier this year, with funding from Venture Timaru, they were advised to change the name to something a bit more manageable.

Today the club's site is on land that was part of the Kyle family's farm. The Kyles were always part of the club and subdivided the land off their farm to lease to the club in 1983 – for \$100.00 a year. A short time later, 1988, the land was gifted to the club – with the consent condition that they were only allowed to fire up the steam engines 24 days a year.

In 2017 the club had another change of name to the South Canterbury Traction Engine and Transport Museum Inc. This was to let people know that the trucks had now been added into the club's activities. In 2018 a new museum was built to display some early trucks.

The Kyle family have always been heavily involved with the club and have always had a strong connection to steam and traction engines. And they also had the vision to preserve this important part of farming history for our future generations. So, when it came to deciding on a new name for the club and museum – Kyle was front of mind for many.



Just before the 2022 Horsepower Rally, Venture Timaru helped the club with funding for marketing.

"It was the marketing company that requested us to use a marketing name and something special to the club. I remember suggesting this at a committee meeting and asking members to think of a name over the following month," recalls museum president, George Handy. "One member suggested Kyle Park that night."

This was officially agreed at the next meeting by all members present and last month the Kyle Park Transport Museum was launched. It's come a long way from those early informal meetings and the future is looking bright for the club and its museum.



Anzac Service

After 3 years the Anzac Service was held again at the Caroline Bay Soundshell. It was a full house and a huge success. A great number of people layed poppies amongst the field of remembrance. A group of young school pupils took part in singing and recited poems. Let's we forget.

Kyle Park Transport Museum

The former SC Traction Engine and Transport Museum celebrated the unveiling of its new name Kyle Park Transport Museum at an open day on April 22nd. The new name was unveiled by Timaru mayor Nigel Bowen and John Kyle along with a big group of spectators. There were traction engine rides, bouncy castles, and people enjoyed the progress made in tractor development as they celebrated 100 years of Farnall tractors. People could remember those that were lost at war, as they commemorate ANZAC Day with a major military display.



Events



Illuminate Light & Sound Experience
Timaru Botanic Gardens
Thursday 25th May – Sunday 28th May, 5:45 – 9:30pm

Join us for our first year of Illuminate Light & Sound Experience in Timaru for 2023! We're bringing a brand new show to Timaru, so come along and enjoy our lighting installations. An out-of-this-world walk through light experience. Guaranteed to amaze & astonish. Are you ready to see one of New Zealand's biggest light shows? We'll see you there!



Captain Cain - A Repertory 90th Anniversary Production

The Playhouse Drama League Inc, 198 Church St, Timaru
19th - 27th May

See early Timaru brought to life, from the first European settlers and the building of the port to the great fire that destroyed many businesses. Watch the important part played by Captain Henry Cain in the founding of Timaru.

Witness the murder trials that rocked Timaru and shocked the nation.



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SHOP, EAT, ENJOY

South Canterbury

At Essence Magazine we know we are pretty biased, but we think South Canterbury really does have it all. Whether you've lived here all your life, have just moved to the area or visiting from out of town, there is always something new to see, do and explore. South Canterbury is the ultimate destination to mooch around this winter.

image: Venture Timaru

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We are a little chic fashion boutique in Waimate. Our boutique is full of casual and formal wear from a number of well-known brands. The secret of great style is to feel good in what you wear. Mandy studied fashion and design at Timaru Polytech in the 1990s, and was inspired by her neighbour as she was "an amazing seamstress".

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Timaru Richard Pearse Airport



words: Pattie Pegler, photos supplied



In 2015 a \$1.3 million upgrade was approved for our local airport at Timaru. It consisted of refurbishing the terminal, road improvements and an expansion of the car park. Today the airport has around 40 to 50 flights landing and taking off each day and the largest transport aircraft currently landing at there is the Q300. The terminal has been built with the purpose of catering for all travellers whether they are travelling for business or pleasure.

In addition to passenger flights there is an active Aero Club (South Canterbury Aero Club), which carries out flight training, and participate in regional and national flying competitions.

The airport is also home to Southern Wide Helicopters, and both a helicopter and an aircraft maintenance company.

The airport is also home to the South Canterbury Aviation Heritage Centre, showcasing our local and national aviation history.

A Little History

The first public airport in South Canterbury's was initially made in Washdyke in 1920.

A new airport was then opened on 9 April 1932 at Saltwater Creek at the site of the Redruth landfill for commercial flights. This continued until two major floods promoted authorities to find a more suitable site.

A new airport was opened on 12 September 1953 at the present site at Levels, inland and north of Timaru. Regular air services between



Christchurch, Timaru and Oamaru began in 1956 initially using a DC3 aircraft and later a Fokker Friendship. And in 1982 the airport was renamed in acknowledgement of aviator/inventor Richard Pearse.

Future Plans

As well as keeping up with changing CAA rules and safety requirements, the key things to consider for the airport and the Timaru District is making sure there is a runway suitable for all aircraft whether they are used for regular transport operations in and out of the airport, or in an emergency situation.

There is a terminal expansion being planned at the moment to meet expected future peak of passenger flow and new aviation safety requirements.

A runway extension is also in the pipeline to safeguard additional future passenger transport requirements as well.

As for future challenges, these include the introduction of aviation security screening on regional flights, which may require a greater terminal space. And the possibility of electric planes which would require a significant electrical infrastructure upgrade.

Key Dates For Timaru Airport

- Relocation to current site September 1953.
- Construction of airport terminal April 1957.
- Scheduled services commencement in April 1957.
- Sealing of runway in January 1969.
- Air New Zealand / Eagle Air Beechcraft 1900D scheduled air service replaced by Q300 service in 2016, providing a larger aircraft and improved level of service.
- Terminal refurbishment and car park expansion to meet increasing demand in 2017.



THE TIMARU TOWN & COUNTRY CLUB

The Timaru Town and Country Club is more than just a space to catch up with friends, it's a place to make memories.

With three modern and spacious functions rooms to choose from, the Timaru Town and Country Club is the perfect spot to host your next get-together. From family reunions, birthdays and weddings, the popular Highfield club is well-equipped to host a wide range of celebrations. As well as things to do including the bar and restaurant, a gaming room with 18 gaming machines, 2 Petanque rinks, pool, darts and let's not forget the ever so popular Highfield Golf course. There's always something to do!

99 Douglas Street, Timaru | www.timaruclub.co.nz



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TIMARU



Keeping your child safe

Keeping your child safe is one of the most crucial jobs you have as a parent, and one of the most important things you'll buy for your child is a carseat.

Right from the beginning, whether you take your baby home from hospital or the first time leaving your home, you need an appropriate car seat until they grow big enough to fit an adult seatbelt, at approximately 148cm tall. That's why we say "It's safer to wait until 148".

There is no single "best carseat" out there. The best car seat is the one that fits YOUR child's weight, height and age, and is properly fitted into YOUR vehicle, ensuring maximum safety if the unfortunate event of a crash was to happen.

As your child grows, you will need to transition from one car seat stage to another, but with each stage you may lose safety and protection, so it is important not to make the move to the next stage too early.

Five ways to ensure your child's carseat is safe.

1. Make sure that the seat fits the child.

Different carseats have different height, weight and age limits, which can be confusing so make sure you check out the specifications of the seat before you purchase. You could have the "Safest" seat on the market but if your child is not in an age appropriate seat, they may receive life threatening injuries in a crash.

2. Make sure the seat fits the vehicle.

Different makes, models and years of cars have different shaped seats, different material, differing usable space to work with. Some cars don't have an anchor point installed, some vehicles don't have isofix compatibility, some cars have inflatable airbags in the seatbelt. You could have the "safest" seat on the market but if it doesn't fit your vehicle then it will not perform how it should in a crash.

3. Make sure the seat is being used correctly.

This involves having tight, untwisted straps. Chest clip in the correct position (if there is one as some seats do not use them). Straps at the correct height. No aftermarket accessories added. You could have the "Safest" seat on the market but if your child is not properly restrained in the seat, they may be ejected from the seat in a crash.



Charlie (11 months), Lewis (17 months), Everly (2 years), Corban (5 years), Caitlyn (7 years), Beauden (8 years) and Harlan (9 years).



Laura and Nicole

5. Check with your local Child Restraint Technician

At South Canterbury Child Restraint Rentals, we are qualified and trained to give advice and install the appropriate seat for your needs and what will best suit your vehicle. We are an

independent charity, supported by the community, therefore, we are unbiased and have no loyalties to any particular seat or brand. We can hire our seats to you, or we can point you in the right direction to purchase your own and we will happily install it for you.

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Buy or Build

The last couple of years or so has seen us all spending more time at home. And it means many of us noticed more about how we live and use our spaces and are choosing to change or improve our homes and outdoor spaces.

Looking at practical and functional elements of our houses is really important. If your space doesn't work for you no amount of beautiful wallpaper will change that. On a large scale this can mean things like house layout - moving rooms and walls often involves a major renovation. But smaller tweaks can also improve your space - improving lighting, changing room uses, getting that heat pump working properly.

When it comes to the appearance of your home there are so many fabulous and inspiring ideas around in magazines and on social media but it's worth taking some time to think about what you really like. There are plenty of awesome materials in all types of textures, colours and forms and an interior designer can be invaluable in guiding you and helping you achieve the look you want. Rethinking open plan spaces; expanding the home office or just going for a bit of a design revamp.

Whatever you plan to do to your home over the coming months - you will find a fantastic array of talented professionals ready to help in South Canterbury, so read on and get inspired.

Are you looking to buy or build your dream home?

Look no further than Mortgage Advisor Jacqui Fraser from Mortgage Express Timaru!

With Jacqui's expert guidance and advice, you can navigate the complex world of mortgages with ease. Whether you're a first-time homebuyer or a seasoned property investor, Jacqui has the experience and knowledge to help you find the right mortgage solution to fit your unique needs and goals.

Jacqui understands that buying or building a home can be a daunting process. That's why she's committed to working closely with you every step of the way, providing clear and concise explanations of the various mortgage options available to you, and helping you make informed decisions about your home financing.

With access to a wide range of lenders and mortgage products, Jacqui can help you find the right mortgage for your needs and budget. And with her exceptional customer service, you can be sure that you'll receive the personalised attention and support you deserve throughout the home-buying or building process.

So why wait? Contact Mortgage Advisor Jacqui Fraser from Mortgage Express Timaru today and start the journey to the home of your dreams!

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Build or Buy?

words: Lee Johns - Mike Pero Real Estate

Which one is the better option for you, depends on your own personal circumstances.

Building a home offers the advantage of customization, where you can design every aspect of your home to suit your specific needs and preferences. New homes come with a warranty, are built to meet current energy efficiency standards, and often include the latest technology, making them a smart choice for those looking for a modern, low-maintenance home.

Buying an existing home offers the convenience of moving in as soon as the sale is finalized. You can also benefit from the charm and character of an established neighbourhood with amenities like parks, schools, and shopping centres. Negotiating the price of an existing home can also save you money, making it an ideal choice for those who want to invest in a property without breaking the bank.

While building a home can be expensive and time-consuming, the end result is a personalized and

unique living space that's worth the effort. Similarly, while existing homes may require more maintenance, they also come with a sense of history and character that can be hard to replicate in a newly built home.

Whichever way you choose to go one of the most important things is to get the right people to work with who can guide you through the process. From our personal experience one of the biggest challenges when building is in the co-ordination of trades, sourcing products and ensuring the process runs smoothly and costs are under control. Timaru is blessed with many excellent building companies offering a range of options.

When it comes to buying, again getting the right team onboard with a dedicated agent and not to forget your Banks, Mortgage Brokers and Solicitors.

Ultimately, the choice to build or buy a home comes down to your personal circumstances and preferences. Whether you opt for a brand-new home or an established one, you can rest assured that you're making a wise investment in a beautiful and vibrant part of the Country.



LAYER UP

How to finish a room by adding layers, not clutter.

After putting a lot of work into painting a room and finding the right furniture, finishing the space so that it feels warm, welcoming and personal can be a daunting task. The trick is to layer in texture (for warmth and interest) and meaning (for inspiration and joy).

But adding layers doesn't equal adding clutter back into a room. Minimalist and essentialist spaces can successfully be layered and feel comfortable and "finished" without a lot of "stuff." Make sure that what you add into your space fits the tried and true design quote from William Morris, "Have nothing in your house that you do not know to be functional or believe to be beautiful."

This could translate to adding a fuzzy rug to keep your feet warm in the living room, a painting that mesmerizes you, a side table built by your grandfather, or books that motivate you. The layers you add will be personal to you and different from anyone else's home décor (ie. they won't come from a big box home store). Your layers will be meaningful and a reflection of your values and the life you live (or want to).

Research before you start

The thought of building, renovating or simply redecorating can be overwhelming- where to start?

The web is now the first place we turn to these days when looking for answers. So get clued up and do your research before you start.

www.builderscrack.co.nz - Many people check out tradies on this site, but they actually also have an interesting blog covering everything from up to the minute kitchen design trends to pool-fencing, smart homes and tips on creating indoor/outdoor flow.

www.smarterhomes.org.nz - This site is packed full of great info on creating warmer, drier, healthier homes. So you'll find plenty of ideas on insulation; double-glazing; heating along with construction methods and design ideas.

www.buildingguide.co.nz - Here you'll find plenty of advice and ideas on every step of the building process. You can also look for builders in their listings and get some inspiration from their product guide which covers all sorts of things from exterior cladding to central vacuuming systems.



www.timaru.govt.nz - If you're not sure what the legal requirements are with your building project then check out your local council website where you'll find the forms you need along with FAQs and factsheets.

www.designguide.co.nz - If you're looking for some inspiration then this site has plenty of wow factor ideas and images. It takes a look at projects from leading architects and designers covering everything from rural homes to townhouses and lighting to interior finishes.

Look for ideas on Pinterest, make a mood board or scrapbook. Pin ideas, however keep in mind a lot of ideas we see online may not be available in our corner of the world & remember

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International Road Safety Week

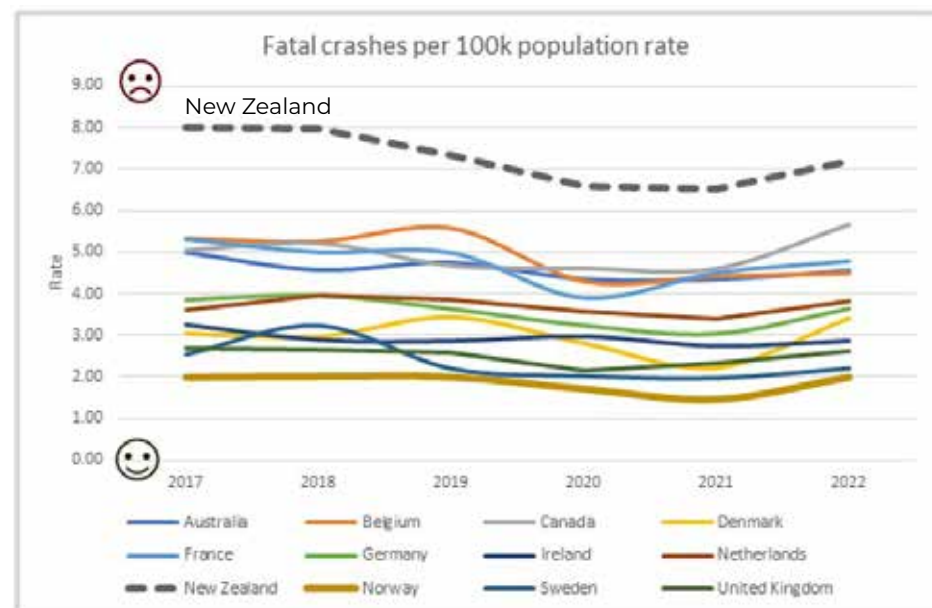
15th - 21st May 2023

Road crashes are a leading cause of death and disability worldwide, with around 1.3 million people killed and as many as 50 million injured yearly. For people aged 5-29 years, there is no more significant threat to their lives.

One of the measures we use to compare performance is the death rate per hundred thousand population. People say that we should expect crashes to increase when the population grows. Yes, that is correct, but measuring it to a factor per 100k means that even though the population increases, the rate should not.

We forget that most people killed or injured are not at fault. Think about the passengers and then the family or friends left behind. It affects more people including the first responders, roading staff, witnesses, medical staff, and other road users affected by delays caused by road closures and detours.

The latest New Zealand Road user survey shows that sixty per cent of respondents believe serious crashes CANNOT be avoided. The more people to believe these crashes are avoidable, the better.



Celebrating those who are passionate about Road Safety in our community



Here are five safety tips that could save a life.

1. Not 100% ok to drive? – then don't.
2. Avoid passing unless 100% sure it is safe. Ask yourself if passing another vehicle is necessary.
3. Allow more time for a trip. Leave at least 10 minutes earlier.
4. Drop your speed – especially before entering a bend and stay in your lane.
5. Drive phone free - Is that phone call or text worth the life of another person? Instead, pull over safely and deal with it.

Go to @scrsnz and let us know what advice you can share to be safer on the road.



Daniel Naude 027 438 6285 | Lucy Mehrrens 027 288 2583

www.scrs.org.nz

@scrsnz

ARTMA SPIRITUAL GALLERY

Our beautiful gallery in the Royal Arcade specialises in natural crystals and is a centre for energy healing and meditation. We hold several meditation sessions weekly of which all proceeds go to The Nepali Orphan Fund. Next to our wide range of natural crystals we stock Himalayan Salt Lamps, Essential Oils, Incenses, Suncatchers, Cards, Books and CDs.

We take pride in creating and holding a calming space for our customers. Through our online store we ship New Zealand wide.

We are active supporters of the Nepali Orphan Fund.

Mon-Fri 10am-5.30pm Sat 10am-4pm

ARTMA SPIRITUAL GALLERY
12 Royal Arcade Timaru. Ph (03) 686 9878
www.artmaspiritualgallery.com



HATHAWAYS BARBER SHOP



Discover the ultimate barber shop fade experience in New Zealand at Hathaways Barbershop in Timaru. Criss, the skilled barber, has mastered his techniques to provide you with an exceptional and personalised treatment that is truly unparalleled.

At Hathaways, Criss exclusively uses his own line of natural hair products, ensuring top-notch quality and care for your hair. Whether you need a sharp blade shave before an important meeting or a fresh cut and style for that hot date, Criss will guarantee that you look your absolute best.

Conveniently situated in the heart of Timaru, Hathaways is the go-to destination for all your grooming needs. Whether you prefer a post-work touch-up, a quick lunch-time trim, or a weekend pampering session, Hathaways has got you covered.

Step into Hathaways Barbershop and leave as a new man, looking and feeling fantastic! Bookings essential.

17 Royal Arcade, Timaru | Ph 027 360 8967
www.hathawaybarber.com for online booking

SIMPLY SKIN

Simply Skin Appearance Medicine is situated at number 25 in the Royal Arcade. Owner and operator Debbie Gough, is a Registered Nurse who offers bespoke skin treatments and skin care advice. Simply Skin has been established in the Arcade for over 18 months.

Simply Skin offers appearance medicine treatments, from anti-wrinkle injections to advice on skin care and laser hair removal. Debbie has 30 years' experience in clinical dermatology and has worked with some of the leading plastic surgeons and cosmetic surgeons in Sydney and London.

Debbie is very passionate about patient care and guiding her clients to the best treatment options to suit their needs. Debbie believes in a gentle and natural approach to appearance medicine, consultations are free. Visit SIMPLYSKINTIMARU.CO.NZ or call 03 264 6054.

25 Royal Arcade, Timaru | 03 264 6054 | www.simplyskintimaru.co.nz



The Royal Arcade

words: Pattie Pegler

Timaru is bursting with wonderful retailers. But there's one spot that particularly draws people in – The Royal Arcade.

This historic retail pedestrianised walkway leads from Stafford Street to Sophia Street and its distinctive form, glass roof and interesting mix of shops makes it as much of a shopping destination today as it was back in the early 1900s.

The arcade was initially developed over the late 1800s by businessman and local politician David Mitchell Ross. He settled in Timaru around 1874 and it would appear that he acquired the land on which the Royal Arcade was developed in 1877. He shingled the footpath through the arcade in May 1886 and commissioned a number of the early buildings.

At the time, these kind of arcades, with ornate steel and glass framed shopping

areas, were a common feature in major cities. But not so in towns, which meant that Timaru's arcade was a real drawcard.

In old newspapers there are all kinds of businesses advertising their Royal Arcade location. Including a solicitor in 1899, a music saloon in 1902 and a maker of brass name plates in 1916.

And today the Royal Arcade is still a popular shopping area with a wonderful range of businesses.

From ladies fashion to skincare treatments and a barber, architects to consultants and eateries such as Rasa Asia – a popular takeaway – the Royal Arcade is home to many businesses.

So whatever you're looking for in Timaru, the Royal Arcade is well worth checking out.



History of the Arcade

words: WuHoo

Thought to be NZ's oldest surviving example of an intact late Victorian/Edwardian commercial arcade. Ornate glass and steel shopping arcades were a feature of many 19th-century cities, but they were less common in towns. Timaru's Royal Arcade is a fine example, and a sign of the town's 'big city' aspirations. Cast iron columns above allow for maximum glazing of shop fronts.

It was developed by mayor (1888-1891) David Mitchell Ross (commission agent and notary public) between 1887-1907. Six months after he finished his term as mayor he and his partner Sims were adjusted bankrupt. Apparently his books had not been balanced for 12 years. He was later trialed for fraud in 1892 and sentenced to nine months hard labor and did not return to Timaru. "Judge Ward said for the last twelve years Ross had been a perfect pest to the district, and he wondered how anyone trusted him coming from Dunedin with such a record as he did" - Poverty Bay Herald, 3 September 1892, Page 2. He is buried in Timaru with his wife Jane 1889 and a month later his mother Mary died.

The stone work was entrusted to Mr McBride; the bricklaying to Mr Emil Hall; the plastering to Messrs Oldrey and Guthrie; the joiner's work to Messrs Tooth and Pearson; the painting to Mr Murdoch; the plumbing to Mr Forbes, and the signwriting to Mr Dickenson, all of whom carried out, their duties in a manner that has given the greatest satisfaction.

The arcade was redesigned in 1886. In 1996 a roof was added and the redesigned Royal Arcade was opened on the 31st May 1996 by Mayor Wynne Raymond.



The art of living

At NB Architects we aim to capture the imagination of our clients by creating enjoyable living, or working spaces, that have meaning, depth and that last the test of time.



03 684 7918
nbarchitects.co.nz



2ND IMPRESSION



If you are looking for good value preloved women's wear pop into 2nd Impression. Suzie has a real passion for fashion as you'll notice when entering her boutique, there are racks of bold colours, patterns and shapes galore, no two items are the same.

All the best labels and great quality for a fraction of the new price. Bring in your preloved, excellent condition garments, accessories and footwear for Suzie to sell on consignment.

Pop in and visit 2nd Impressions if you're looking for that show-stopping special occasion outfit, or some key wardrobe staples that will last or some beautiful designer pieces at preloved prices.

14 Royal Arcade Timaru
Ph 03 684 6438

WILLMOTT'S WORKWEAR

Walter Willmott established Willmott's Workwear in 1930. The business is still in the Willmott family today. Walter's grandson Rob and his wife Sheryl along with loyal employee Scott work in the shop. Rob and Scott work in the retail side on the shop floor and Sheryl takes care of admin, embroidery and sewing upstairs. Willmott's has endured the 1930s depression, 2nd World War, the 2007/8 global financial crisis, the Covid 19 pandemic and associated lockdowns.

Still here today offering good old-fashioned service and selling quality clothing at affordable prices, brands like Swandri, Stoney Creek, Outback oilskins, Wrangler jeans, Bisley workwear, NZ made knitwear jerseys, hats, gloves, socks and scarves, even genuine leather NZ made moccasin slippers.

Willmott's offer clothing alterations and repairs (trouser shortening) embroidered logos and name badges.

The Willmott family would like to thank the many generations of customers for their ongoing support of our proud traditional store in the Royal Arcade.

26 Royal Arcade, Timaru. Ph 03 684 3567

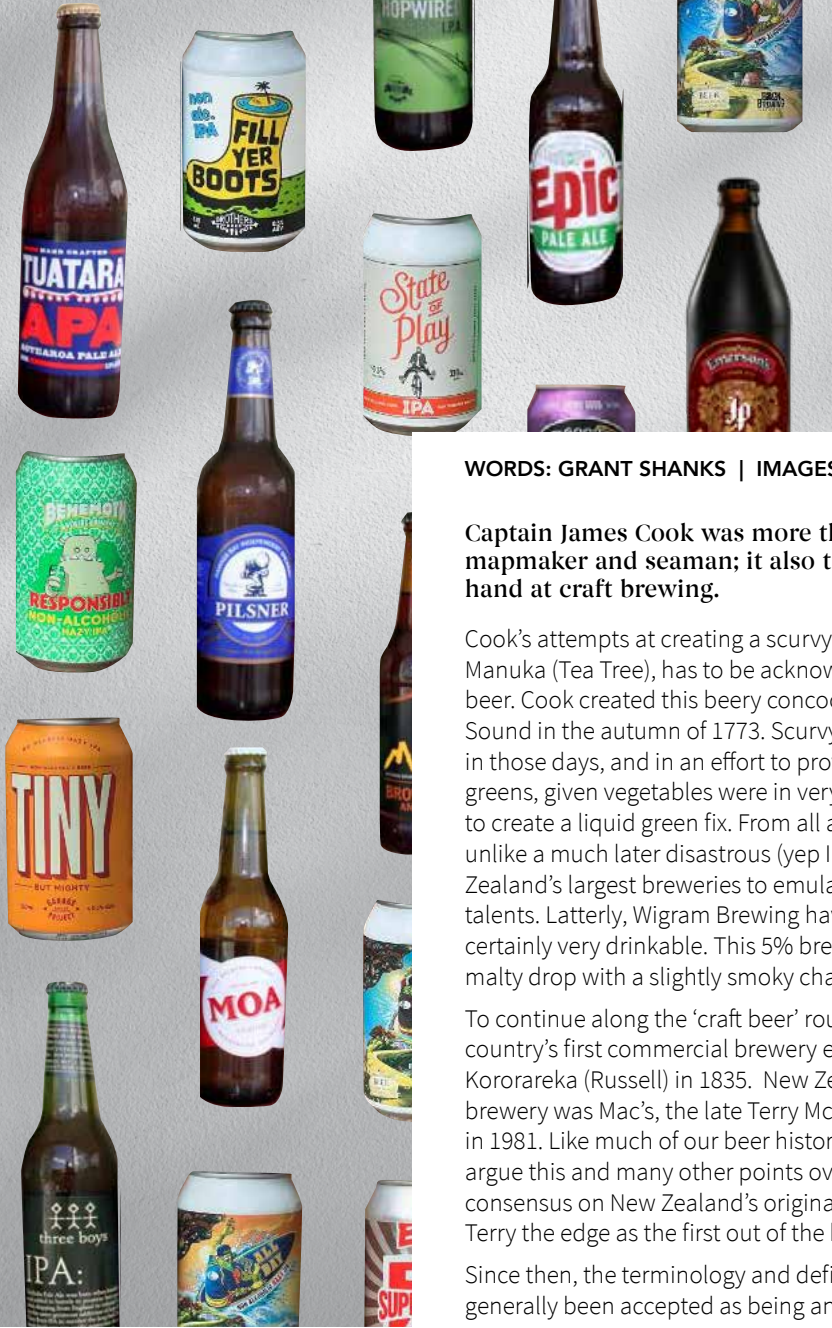


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Contact Mary today – 0274 839 899 / clarityconsulting@xtra.co.nz





Crafty Cook Made New Zealand's First 'Craft' Beer

WORDS: GRANT SHANKS | IMAGES: SUPPLIED

Captain James Cook was more than just an explorer, excellent mapmaker and seaman; it also turns out he was a pretty fair hand at craft brewing.

Cook's attempts at creating a scurvy-busting beer from Rimu and Manuka (Tea Tree), has to be acknowledged as New Zealand's first craft beer. Cook created this beery concoction on Resolution Island in Dusky Sound in the autumn of 1773. Scurvy was a very real threat to seafarers in those days, and in an effort to provide his crew with some vital greens, given vegetables were in very short supply; Cook's solution was to create a liquid green fix. From all accounts his brew was drinkable, unlike a much later disastrous (yep I tried it) attempt by one of New Zealand's largest breweries to emulate and celebrate Cook's brewing talents. Latterly, Wigram Brewing have created a version that is most certainly very drinkable. This 5% brew has been described as 'a nice malty drop with a slightly smoky character.'

To continue along the 'craft beer' route, we must acknowledge the country's first commercial brewery established by Joel Polack at Kororareka (Russell) in 1835. New Zealand's first recognized craft brewery was Mac's, the late Terry McCashin's Stoke brewery established in 1981. Like much of our beer history, some craft beer aficionados will argue this and many other points over a pint or two. However, general consensus on New Zealand's original commercial craft brewer gives Terry the edge as the first out of the blocks.

Since then, the terminology and definition of what is 'craft beer' has generally been accepted as being any beer that is not produced by the

major breweries. This is an area that is as hazy as many ales, simply because the big players saw the money-making potential in craft brewing and they decided to cash in. In many cases the biggies bought out existing craft brands. Or, they set about creating what they would have the beer-drinking public believe were genuine craft operations. Not all, but many of these brands were simply hidden under the big corporate umbrellas. The purist naturally enough will always ask the question "Is this really a craft beer?" However, when you check the small print on the can or bottle in your hand, it may surprise you to see who actually makes your favourite craft beer.

Anyway, love them, loath them or just like them, the big outfits will always be here. But genuine craft beers are also most-certainly here to stay, and by the thousands. Many of the award-winning crafties such as Emerson, Panhead, Good George, Behemoth, Garage Project, Tuatara, 8 Wired, Bach Brewing, Wigram Brewing and Brew Moon are just some of the names most of us know and whose products we enjoy. There are hundreds of other great brews out there to discover. Just take a look at the huge selection you'll find in any good supermarket. Seeking out that 'special drop' is a sacred mission for many of the beer lovers I know.

Remember, if you want a genuine 'craft beer' check the fine print, and if you do find that your favourite drop is actually the semi-illegitimate offspring of the big boys such as Asahi, DB, Lion, Heineken, etc - is that really such a bad thing? After all, at the end of the day it's your beer and your choice. Cheers.



How to prepare your home for winter

As the temperature drops, you need to get your home ready for any wild weather that winter may throw at it.

All that rain, snow, hail and wind, combined with cold temperatures, can be tough on your house's exterior and make it harder to keep the interior warm and dry. Get your house prepared for the coldest months and (hopefully) avoid having to make any claims on your house insurance policy with our checklist of must-dos.

Check the gutters

If it's been a while since you last cleaned out your gutters, now's a good time to clear them of all the autumn leaves and dirt that might have accumulated. Clogged gutters can cause all sorts of problems with water backing up under eaves and down internal walls. While you're up there, it's a good chance to also check them for any leaks, cracks, problems with filters and the 'fall' (the amount of slope that's needed to send the water down the drainpipe).

Winter-proof your garden

If you have trees close to your house, make sure any overhanging branches are trimmed back from your gutters and roof, and away from any power cables. Not only will this stop your gutters getting clogged again, or your power

getting knocked out in a storm, you'll also maximise your winter sun.

Check your smoke alarms

Chances are you're going to be using your heating appliances or log fires a lot more during winter, which raises the risk of house fires. Make sure you change the batteries in your smoke alarms and check they're still working properly. It's also important to make sure you have your smoke alarms positioned in the right spots throughout your house. Fire and Emergency NZ recommends placing alarms within three metres of each bedroom door, or in every room where a person sleeps.

Heat things up

Make sure your heating appliances are working for you. Clean filters in heat pumps and dehumidifiers to make sure they're running at their best. And if you use a log burner, get your chimney cleaned to remove any blockages or buildup that can cause dangerous chimney fires.

You should also consider whether your heating strategy is effective. It's often better to keep your home's temperature at a consistent 18-20 degrees, rather than blasting the heater for a few hours when you get home, which can create conditions for condensation and mould growth.

It's also more cost effective to maintain a constant air temperature, since it uses more energy to get cold air back up to a comfortable temperature.

Stop gaps and draughts

The gaps and draughts that you barely noticed in summer can make your house hard to heat in the winter. Block up any unused chimneys and use draught stoppers around doors and windows. You can buy weather strips or clear sealant from DIY shops to block any more significant gaps around door and window trims. If you can, look into permanently upgrading any doors and windows that are causing problems.

Sort your emergency supplies

Now's a good time to check your household emergency kit is fully stocked – or, if you don't have one, it's time to put one together.

You'll need a torch, battery-powered radio, spare batteries, first aid kit and essential medicines, and enough food and water for all members of your household for at least three days. For a full list and more information on planning for an emergency, read the NZ Government guidance.



NARUWAN

We welcome you to experience our menu in our authentic Taiwan style restaurant, you will love the flavours waiting for you.

Prawns are a healthy type of seafood. They are known for being low in fat, rich in antioxidants and a good source of healthy omega-3 fatty acids. It's Gluten free!

We have stewed pork belly, caramelised chicken, beef with ginger and onions and much, much more.

Feel free to give us a call or email us with any enquires or any information you want.

Book a table now, we are open for Lunch and Dinner!

Open 6 days -
Tuesday to Friday 11:30am-2pm and 5-9pm
Saturday 5-9pm, Sunday 11.30am-2pm

16 George Street, Timaru.
Ph (03) 688 8799
www.naruwan.co.nz



CAFÉ VERDE

A cool little Café with great staff and beautiful gardens, whether you fancy sweet or savoury, coffee (Vivace), homemade cabinet food or order from our all day menu, tap beers or wine, we've got you covered!

Open 7 days a week, our beautiful gardens and veranda are the perfect place to relax and our inviting menu will have you coming back time and again.

45C Talbot Street, Geraldine
03 693 9616
info@cafeverde.co.nz



WAREHOUSE LIQUOR

Scapegrace Blood Moon is distilled with New Zealand blood oranges, fresh raspberries and kaffir lime.

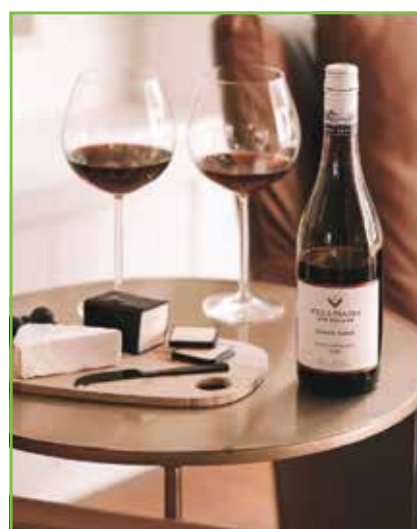
This unique flavoured gin provides an aroma which is bright and tropical, leaving a dry, crisp and slightly sweet finish.

Palate - Textural and juicy with blood orange flesh upfront rolling into resinous juniper and fresh mint.

Finish - Dry, crisp & peppery with lingering citrus oils and tropical notes.

Try this today if your looking for something different.

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



Hold on to whatever keeps you warm inside.

It wouldn't be winter without something different to drink, we have it all from the well-known to all things new.

Pop in and get your favorite or try something new.



22 Dee Street, Timaru | Phone 03 688 3149

With cooler temperatures you must take extra care of your car.



Here's some tips to look at

- Get your car serviced
- Check the battery
- Top up engine coolant with antifreeze
- Check your tyres
- Clean your lights
- Wash windscreen and wipers

To book your service with us call now 03 688 8297

HOLLAND'S SUZUKI CARS

13-15 North Street, Timaru 03 688 8297 www.hollandstimaru.co.nz

Are you all set for a warmer, cheaper winter?



Use one of these trusted South Canterbury firewood suppliers for your next load of dry, seasoned firewood.

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Temuka Timber and Firewood
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WAIMATE

Axemen Firewood
027 689 7890

Hogwood Limited
027 233 8083

For more tips on burning smoke-free, visit warmercheaper.co.nz



Trust Panasonic and Cool Air to keep you warm this winter

Brrrr... it's getting cold! Keep your home warm and cosy this winter with Panasonic heatpumps, installed by your friendly local installer Cool Air.

The latest range of Panasonic Aero highwall and floor console heat pumps will heat your home for winter and cool your home in summer so you can enjoy comfort all year round. They are also the only heat pumps with nanoe™X air purification technology, which actively fights viruses, bacteria, mould and odours to improve the air quality in your home. This feature can be turned on 24/7, independently from heating and cooling. It's an air purifier and a heat pump in one, that's smart!

Speaking of smart, the Aero highwall heat pumps also come with built in Wifi, so you can control it through a handy little app and come home to a warm house every time. You can also do this with the floor console, just add on the optional Wifi adaptor.

Contact Cool Air today for a quote, they'll find the right Panasonic solution for your home.

Panasonic AIR CONDITIONING

ARE YOU READY FOR WINTER?

Premier Series Floor Consoles provide efficient heating and cooling with a sleek and modern design. A best seller for us and features exclusive nanoe™X advanced air purification technology to improve air quality which can be run independently to the heat pump 24/7.

Aero Series Highwall features nanoe™X air purification and built in Wifi, so you can easily control the temperature remotely and come back to a warm and cosy home.

COOL AIR
Contact your local installer
03 684 8034
3 Cliff Street, Timaru, 7910
info@coolair.nz
Request a quote
www.coolair.nz



This winter take care of your animals

Winter weather can be rough on all of us, including our furry friends. Don't forget to consider the safety of your pets during cold weather. Here's some tips to make sure your animals stay warm and healthy during the colder months.

- Keep pets indoors when possible
- Provide outdoor shelter for your pets
- Care for your pet's feet
- Provide extra food and water
- Use leashes when walking near water
- Don't lock pets in cars
- Keep antifreeze out of reach from pets
- Check your vehicle before starting the engine
- Senior pets are likely to struggle more, particularly if they have joint issues such as arthritis. Keep them warm and comfortable in a snug bed with extra padding. Check-in with a veterinarian if you have any concerns or need advice on how to best keep older pets comfortable this winter.



We have everything you might need to care for your animals. Come and see our dedicated team that's always here for your pets.

9 Latter St, Timaru | 03 746 4144 | www.familyvet.co.nz



Medi Clinic in Dee Street

MEDI CLINIC in Dee Street Timaru is well established and we view health as a holistic and dynamic process of physical, mental, spiritual, and social well-being. It is important to our team to increase our patient's overall well-being, including improving their disease resistance; limiting their exposure to risk and reducing the stressors that affect their health and well-being. Prevention is better than a cure.

As health practitioners and nursing staff, we at MEDI CLINIC, Dee Street cover all the aspects of a general family-based health care. We also provide high quality professional general medical and Immigration medical services.

You will see us opposite Medlab behind the Dee St Pharmacy and has free patient parking available.

MEDI CLINIC is your HEALTH CARE HOME.

Open Monday to Friday, 8:30am – 5pm



MEDI CLINIC
Dr Anton van den Bergh and staff
5A Dee Street
Opposite Medlab behind Dee St Pharmacy.
Ph: 03 684 9988

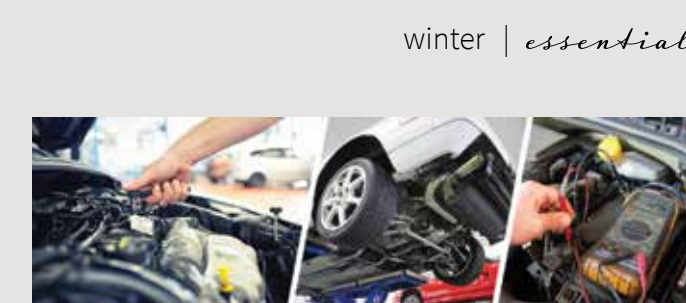


Planning your journey

- Always check the weather forecast and road conditions before you leave.
- Consider if you really need to travel, especially if the weather is poor.
- Think about where you're going and what route you should take – choose safety over convenience. Tell your family or friends when you are leaving and which route you will be travelling on, and the expected arrival time.
- Plan to drive during daylight hours when visibility is better and hazards such as ice and snow are less likely. Avoid driving at night when hazards rapidly multiply.
- Dress for the conditions, carry additional warm clothes and keep a survival kit in your vehicle in case you do get stuck.
- Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle in case you get diverted onto another route or you are forced to turn back.
- Be prepared for snow and carry tyre chains that you know how to fit and use.

When you're on the road

- Drive slower than you normally would – it only takes a split second to lose control in wet or icy conditions
- Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently, and use your highest gear when travelling uphill and your lowest downhill
- For vehicles without anti-skid braking systems, pump the brake pedal in short rapid bursts rather than pressing long and hard to avoid skidding or sliding
- Drive at a safe travelling distance because it takes longer to stop on slippery roads. In winter, especially in poor weather, double the two-second rule to ensure a safe distance between you and the car in front
- When travelling in fog, rain or snow, drive with your lights dipped for increased safety
- As well as other drivers, there could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and don't pass unless you're instructed to.



Get your car serviced before the winter

This should include:

- Battery test – most dealers do this for free
- Engine coolant (if needed) and fill it with quality antifreeze mix
- Lights and reflectors – keep spare fuses in the vehicle
- Wind screen washer filled with quality antifreeze fluid mix
- Tyres and spare wheel – most dealers do this for free. A minimum of 3mm thread is recommended – (the law says minimum 1.5mm but that is not the safest option)
- Brake, clutch and transmission fluid levels
- Engine oil level

Survival Kit

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



INTRODUCING THE NEW WIDE TRACK HILUX UTE

\$1,500 Free accessories on Hilux orders placed between 1 April and 30 June. T&C apply

3500KG TOWING CAPACITY

REAR VENTILATED DISC BRAKES

20MM EXTRA RIDE HEIGHT

ROLL RIGIDITY ENHANCED BY 20%

140MM TRACK INCREASE

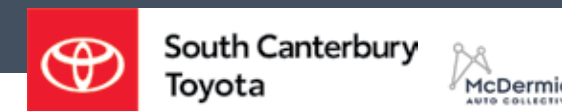
500NM TORQUE

17" FRONT DISC BRAKES

She's a head turner alright. But there's more to the new wide track Hilux SR5 Cruiser than sheer good looks.

Add in the beefed-up suspension and increased stopping power, courtesy of new rear ventilated disc brakes, and it's a complete package. Nice!

Some Hilux variants available for immediate delivery. New orders arriving from August 2023



SAFETY IN ABUNDANCE

Bringing you peace of mind, the safety package adds:

- Rear Cross Traffic Alert and Blind Spot Monitor to the already comprehensive SR5 Cruiser Toyota Safety Sense.
- Rear ventilated disc brakes, a first for Hilux, replace the existing drum brakes for enhanced braking performance and stopping power.
- The front disc brakes are also upsized to 17 inches.

Corner North & Stafford Streets, Timaru | Ph 687 9280 | Freephone 0800 1 TOYOTA | www.sc.toyota.co.nz



Steps to prepare your car for winter

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

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

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

Top up engine coolant with antifreeze: Engine coolant should be a 50/50 mix of water and antifreeze.

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

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

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

WATERPROOF SHOES



Josef Seibel Conny Ocean \$289.90



Josef Seibel Conny Grun \$279.90



Josef Seibel Conny Titan \$289.90



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www.theshoeshop.co.nz



FREE winter tyre safety check

Call into Bridgestone tyre Centre at South Canterbury Toyota for a FREE winter tyre safety check.

Make sure your tyres have enough tread and are inflated to the correct pressure including your spare.

New tyres available to suit most cars and 4wd including wheel alignments.



Get your vehicle serviced for winter



Winter is nearly here and time to get your car/Ute ready for the road. Kiwis are more out on the roads which means those vehicles need a checkup.

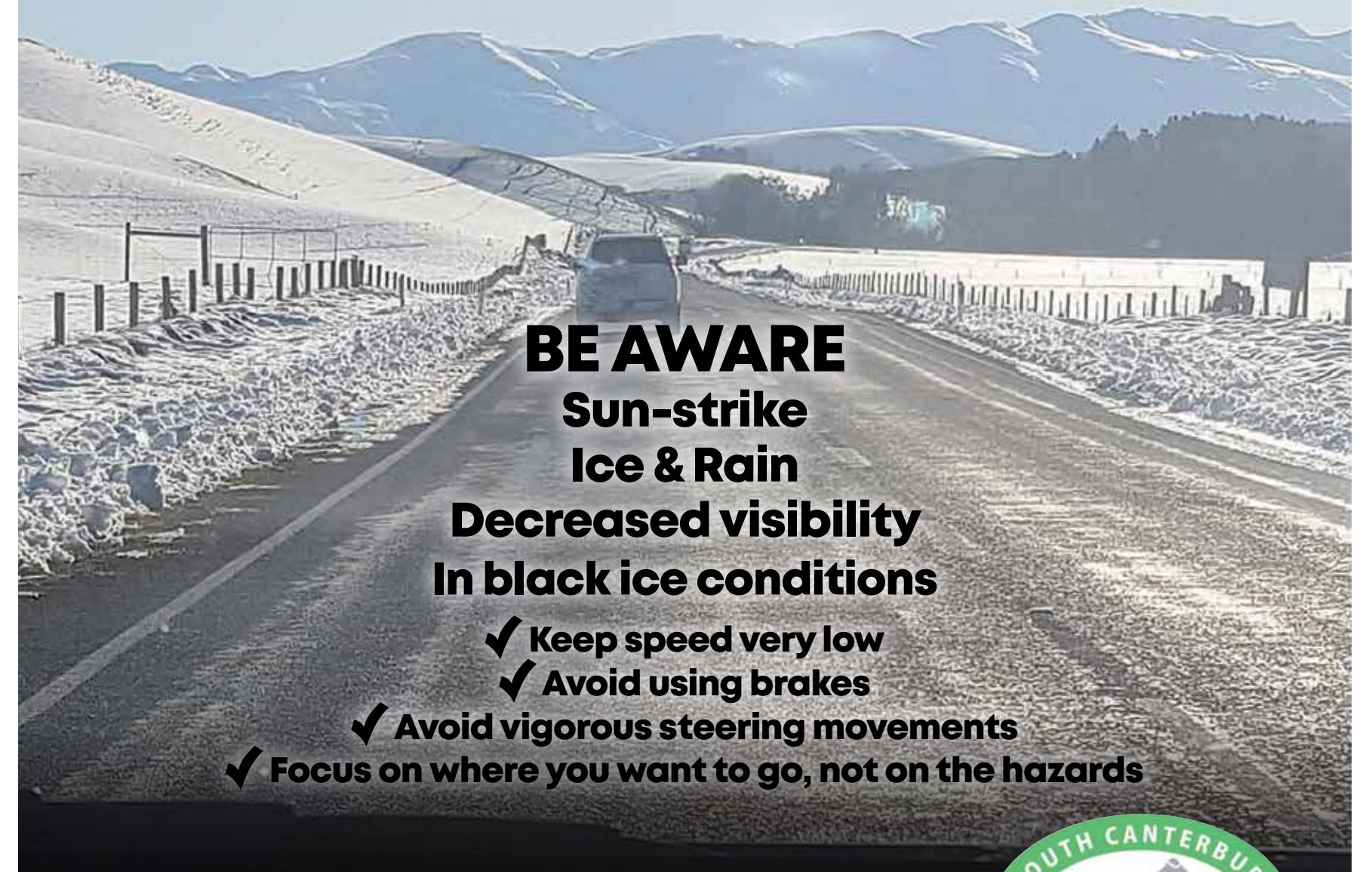
We have a team of qualified technicians and a big workshop area. We'd love to see you and your vehicle, so please remember you need to book in advance. We service all makes of cars.

Give one of our friendly service advisors a call on 03 687 9275 to make a booking.



Corner North & Stafford Streets, Timaru | Ph 687 9280 | Freephone 0800 1 TOYOTA | www.sc.toyota.co.nz

The road you drive today is different to yesterday



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

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

Visit scrs.org.nz for more information





FELLOW & FOX

Fellow & Fox's mission is to create an environment for people to explore and express their individual style by providing top-quality hair, Products (Vegan /cruelty free) and tools. We strip back the labels that categorise and divide us.

We like to challenge the social constructs of beauty ideals, of social status, of what is masculine/feminine and work with you to create a look that works for you.

A proud Member of Sustainable Salons, a social enterprise that rescues up to 95% of salon resources from landfill and finds repurposing solutions that benefit our planet, all while supporting the community.

For more information or to book an appointment with Riki, check out Fellow & Fox on Facebook and Instagram.

327 Stafford Street | Ph: 03 971 0991  



TIMARU DENTAL CARE

It's never too late to start caring for your teeth so don't be scared if you haven't been for years.

Techniques have come a long way over the years, taking the pain and stress out of a dental visit. A simple check-up is a good place to start.

Our dentists Mark, Emily, Jitte, Marina and Hygienist Joy aim to help you achieve optimal oral health by providing the highest standard of dental care. Everyone can have a healthy smile and with our help it's easier than you think.

You don't have to be a patient at Timaru Dental Care to see our Hygienist for a full mouth scale and clean or in-house whitening. Phone and make an appointment today and come in to see us in our brand-new dental centre.

Level 1, 45 Heaton St, Timaru | P. (03) 684 3451



Wavelength

Autumn treats at Wavelength!

Free giveaway bags of mini products with services over \$80 when you book with Kelly and Ella any time on Tuesday, or Wednesday and Thursday mornings only.

Limited offer - \$20 off for new clients.

Our team of experienced stylists are passionate about what they do. We love creating fresh new looks, and helping our clients to look their very best.

Ph (03) 684 4536
www.wavelength-hair.com



FLAWLESS FACE & BEAUTY

As our name we strive to make you look Flawless without any imperfections or defects.

At Flawless Face & Beauty, we are focused on providing professional services with the highest levels of customer satisfaction and will aim to do everything we can to meet your expectations. We create a warm, caring environment both for our clients and for each other. We offer a full range of Beauty Services for Face and Body including Threading, Waxing, Microzone, Facials, Tanning and on top of that Hot-Stone Relaxation Massage.

Make your appointment now.

265 Stafford Street,
Timaru (opposite Farmers)
Ph (03) 395 9596



The best way to relax after a long and stressful day is by visiting a hair and beauty salon. So, why not pamper yourself and enjoy the benefits a professional salon has to offer? Whether you visit a salon for a rejuvenating facial, haircut, or some other beauty treatments, it will help you relax, enjoy and love your life!

The professionals from the salon will not only help you get a glowing skin and a new look, but will also give you some suggestions on how to take care of your skin, hair and body at home. Simply said, hair and beauty salons are places where you can relax and enjoy because you will be treated like royalty.

Have a look at some of the most important benefits of visiting a hair and beauty salon regularly:

Be Up To Date With the Recent Trends – By regularly visiting a hair and beauty salon, you will be in touch with stylists who can inform you about the latest trends in hairstyles. Hair trends and techniques are constantly evolving and beauty salons have hair stylists who are devoted to their profession and follow every new trend. This is great since you can be sure that your hairstylist is up-to-date with new methods and techniques, thus will be able to cut and style your hair according to your face shape.

Skincare Professionals – Maybe this is the most important benefit of all because no one wants to have a bad skin. A reliable beauty salon must have people who are specialists in skincare in order to provide its clients with the best and most effective services. With the help of the latest technologies, methods, and products, you will receive the best of service that will make your skin glow.

Clean and Gentle Hands – Beauty salons also have manicurists who can help you keep your hands soft and beautiful. Manicure can be done at home, but the final result is not the same as is the case with the manicure you get in beauty salons. Why? Because at home you do not have the same professional tools and products.

Nowadays, modern and professional hair and beauty salons offer a great range of services in order to keep your body, face to toe, looking beautiful and healthy. So, why not rejuvenate and visit a local salon today? Treat yourself at least once every two weeks and enjoy your healthy body, silky smooth skin and stunning hair!



Inspire Beauty & Skin

Inspire is home to top brands Environ and Jane Iredale. When it comes to skin care and makeup we supply the products that make changes you want to see in your skin.

Environ is formulated by Dr Des Fernandes, a world-renowned plastic surgeon, the range contains a unique combination of active ingredients to protect and nourish.

Jane Iredale believes the most beautiful cosmetic you can wear is a healthy skin and this is the driving passion that delivers an unparalleled range of products free from synthetic oils, dyes and preservatives.

If you need to replenish supplies or want to start from the beginning we are here to guide you on your skin health journey.

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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.

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