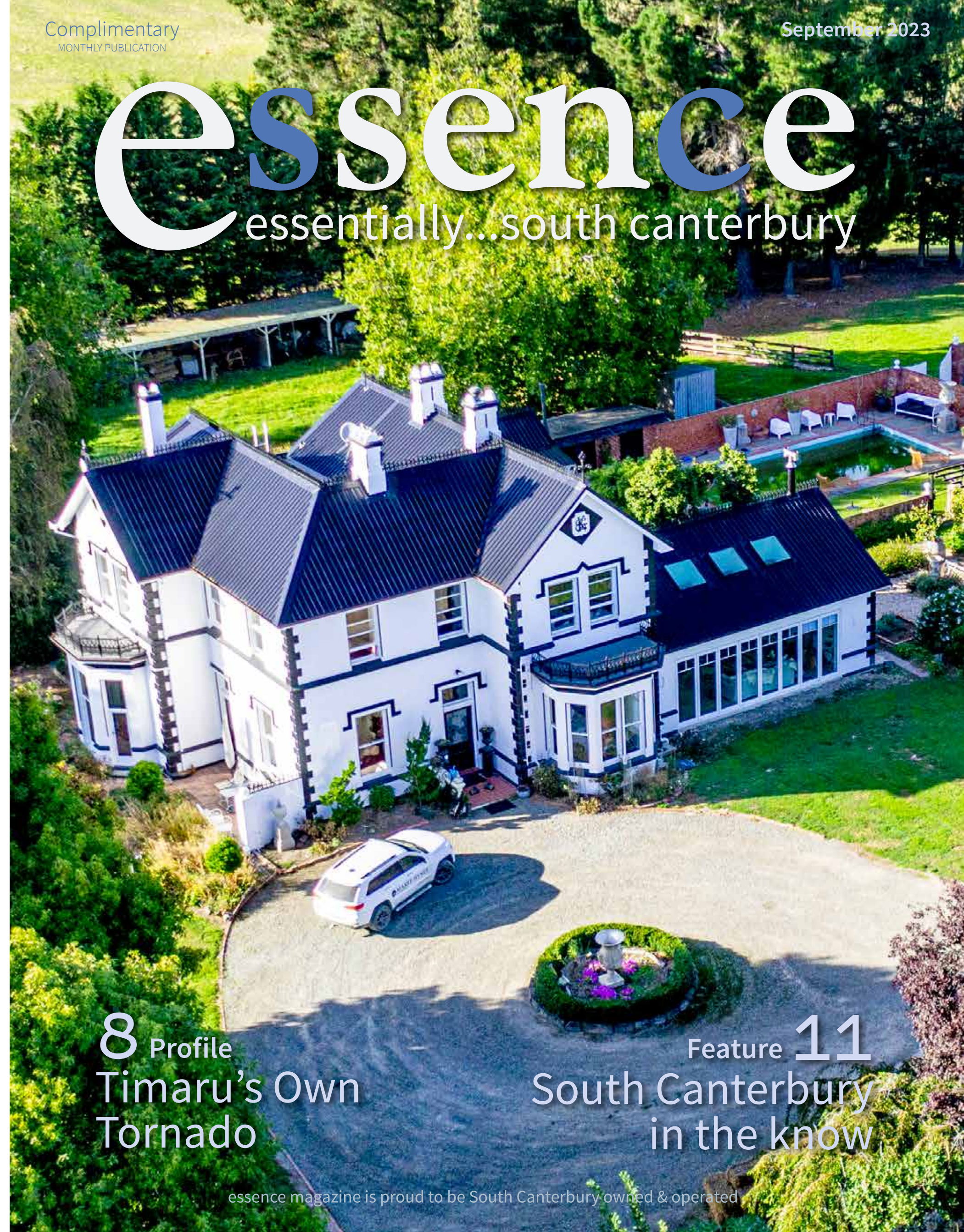


essence

essentially...south canterbury



8 Profile
Timaru's Own
Tornado

Feature 11
South Canterbury
in the know

SHOP THE LOOK

Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

Clay Gossip Earrings

Millie Rose BOUTIQUE

Mink Pink Clementine midi dress \$185

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Kids Floral Suitcase Bag \$59

Clay Gossip Earrings

Flower Arrangements

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Black Metal Frame Mirror \$479.50

Donna Donna Italian made \$126

Broken But Alive Wire Oaks Art \$600

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Phone 0274 313 362 or visit us on FaceBook

Anne & Valentine

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

contents

It is certainly feeling like spring is in the air – daffodils are popping up, the days feel a little warmer and we all seem a little bit happier. We've certainly been noticing that positive vibe out about in our region – and it seems to be a consistent theme in our stories this month. We've been seeing businesses winning awards, opening new premises and welcoming new owners.

If you're looking for home and garden inspiration then check out page 20 where we bring you the story of a renovation project that saw a 1930s bungalow turned into a spacious family home. And if you want some real world inspiration for your home then you might want to take a trip out to Harlau House, one of Timaru's historic homes that has become a true dine and shopping destination.

For the gardeners amongst you, turn to page 19 to check out our gardening hacks – there are some great tips there from how to attract more pollinators to sprouting plants from scraps. And don't forget to enter the draw to win a set of heirloom seeds and a cute wee tote bag in celebration of the upcoming National Gardening Week. Details are on page 19.

This month one of our writers, Amelia, got to chat with the amazing Maui Thai champion – Kaitlyn Tucker, Timaru's very own "Tornado". From trying out a new martial arts class a few years ago to winning awards – her passion and dedicated are inspiring. Read her story on page 8.

And, of course, we bring you all your favourites this month – from fashion to health and beauty, places to shop to places to eat and drink locally. So take a browse through our pages, get inspired and then get out and enjoy South Canterbury!

Until next month!
The Essence South Canterbury Team

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Timaru's Own Tornado | page 8



Front Cover: Built over 100 years ago by French architect Maurice Duval, Harlau House is a historic spot well worth visiting. With a beautiful interiors store, an excellent café/restaurant and charming patio area – Harlau House is a true destination. See page 6.



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SCOFF Food Festival

SCOFF is back for its fourth year – the celebration of South Canterbury’s outstanding growers, producers and artisan creators.

“It’s a fun festival that’s about getting out and supporting our fabulous eateries and celebrating the wonderful food we produce in South Canterbury,” said Venture Timaru operations and destination manager Di Hay.

“The festival began during lockdown, and there were heaps of challenges to get it off the ground, with all the different alert levels, but we got through and now in its fourth year it’s well and truly established as a regular culinary event on our region’s event calendar,” said Ms Hay.

“The support from locals is fantastic and now we’re working hard to attract more visitors to come and scoff from the wider region, particularly Christchurch. It’s the biggest population base in the region so it makes sense to target them, plus it’s an easy two hours drive away,” she said.

Each year South Canterbury eateries are encouraged to create a SCOFF special for the 10 day festival that features at least one South Canterbury grown or manufactured product.

This year there are just under 60 eateries involved right around South Canterbury and keen scoffers can enjoy some sumptuous specials, ranging from a cheeky cocktail to delicious desserts, mouth-watering mains, and more!

The SCOFF specials cater for all budgets – check out the SCOFF Facebook and Instagram pages and the SCOFF website, www.scoffsc.nz

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ENJOY

15-24
SEPT
2023



Get ready for the fabulous SCOFF festival as we celebrate our growers, producers and artisan creators at an eatery near you! Plus be in to WIN outstanding prizes!



Learn more at www.scoffsc.nz



Business Excellence Awards

The South Canterbury business community gathered to celebrate success recently at the dinner and awards ceremony for the Business Excellence Awards held at Caroline Bay Hall in Timaru last month. The awards are hosted by the South Canterbury Chamber of Commerce for the three districts that make up South Canterbury and include categories for small, medium and large businesses as well as special awards such as Sustainability and People’s Choice.



Community Impact Award Winner, Bidwill Trust Hospital Medium Business Award Winner, Queen Bee Laundry



Emerging Business Award Runner-up, Motivating Me Emerging Business Award Winner, Premier Power Coating



Large Business Award Winner, Hilton Haulage Small Business Award Winner, Blank Space



Sustainability and Environment Award Winner, Sustainable South Canterbury Supporting Local Award Winner Twizel Promotions

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September
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Timaru



Charity Tug-O-War

A Tug-O-War event like no other. Legendary performances on and off the tugging platform – hilarious costumes, lively entrance music and full on grunty tugs. It was as much about what goes on pre and post “tug”, with the pomp and ceremony of the team’s entry, as it is about what goes on “with rope in hand”... this all made for a hilarious and very enjoyable night. Photos: Brad Reeves Photography



Store of the year

WORDS: MARIE SCOTT

What a way to start your 10th year in business!

At an Awards evening on the Gold Coast Temuka Hammer Hardware has won Store of the Year against 42 stores nationwide. They were nominated for two awards - Garden Centre of the Year and Hammer Hardware Store of the Year.

Karl & Pam credit their win to their hardworking staff and the supportive community and would like to thank everyone for their support.

Karl & Pamela purchased Temuka Hammer Hardware in 2013. They traded from their old store for 6 years before moving to their current store where they expanded their garden centre and were able to have everything on one site.

They are a local family who take pride in their town, community and their store.

They love supporting our community through sponsorship and donations and support all our schools, sporting and cultural groups, community projects and good causes.

They offer a large selection of building supplies, garden centre, giftware and



everything you would expect and much more from a hardware store.

They also do key cutting and free local deliveries with helpful friendly staff.

They are also celebrating their 10th birthday in September so do take time to come and celebrate with them.

They are open 7 days.



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Design, Dine, Shop, Relax. Experience Harlau



Built over 100 years ago by French architect Maurice Duval, Harlau House is a historic spot well worth visiting. With a beautiful interiors store, an excellent café/restaurant and charming patio area - Harlau House is a true destination.

The Homestead

Built in 1890 for Edward George Kerr, then owner of the Timaru Herald, Harlau homestead was named after two of the Kerrs' children - Harry who drowned at the Washdyke lagoon, and Laura who fell sick and died when she was a young woman.

In 2019 when Mike and Maree Hynes drove down the driveway of Harlau House they fell in love with the homestead and its stunning grounds. They could see its potential and they quickly developed dreams around it. Now that dream is becoming a reality.

Maree is well known for her award-winning interior design business and she had a vision of locating her beautiful interiors shop at Harlau, with a café/restaurant right next door. The plan was to create a destination spot for the people of South Canterbury and anyone visiting Harlau today can see that plan has really come to fruition.

Harlau is truly a not-so-hidden gem of our region. The café is a delight - housed in the old stable building and serving delicious food, and a beautiful courtyard is the perfect spot to while away those sunny days. With great food and excellent service in a stunning environment - it's the perfect spot in the perfect location.

Then there is the design showroom. Maree is known for taking something ordinary and making it extraordinary and she has certainly shown that with her new design store. Filled with beautiful fabrics, wallpapers, furniture, homewares, clothing and much more. It is designed to wander around in a very relaxed

manner and that is exactly what you will want to do, it is not a place that is easy to leave with something new to see around every corner. The beauty is also that every time you shop, there are always new things to see.

There have been some challenges along the way. The café opened just before Covid shut the country down and impacted hospitality in so many ways from no customers to staff shortages. But the Hynes' persevered and today Harlau is a true destination spot - dine, shop and enjoy the wonderful surroundings.

Award-Winning Design

Maree Hynes Interiors began 23 years ago and is still going from strength to strength. Adapting to their customers' needs is a vital part of Maree's design business.

"You must ensure you are working with not only what they like but with what fits into their budget," says Maree. "Interior design is for everyone".

With a larger showroom full of upholstery and bedding, fabric and wallpaper samples as well as blinds, it's easy to start on your interiors. The experienced staff are ready to help you with any questions or advice required. Maree will come out and give you a free measure and quote, Interior design advice and help you with your placement, or if it's a new build bring your plans in and they are happy to quote off these. Maree can help every step of the way with everything from your colours to your tiles, it is up to you to choose how much advice you would like.

Superior service has always been one of the key



features of Maree Hynes' business, from the minute you call or walk through the door Maree and her staff are there to help you. If they don't have what you are after then they are bound to find it, just ask.

With new packages introduced, Maree Hynes Interiors are not just making window dressings more affordable - you also get

a free \$500 voucher to spend instore on finishing touches like cushions, throws etc. An average 3-bedroom home can cost only \$7750 for a combination of drapes and blinds, this is a fantastic price for designer fabrics and you also get the benefit of Maree's years of expertise and insight in interior design.

Harlau House Café

Mike and Maree are very passionate about this little gem of a café, they love to see people out enjoying their experience at Harlau. If you are looking for delicious food, great service and an atmosphere where you just want to stay all day, then you need to experience Harlau. Right beside Maree Hynes Interiors, Harlau House Café is open 7 days with scrumptious scones, mouthwatering muffins, and other cabinet food as well as a delicious restaurant menu. Choose a drink from the fully licensed bar and or opt for a heavenly coffee, then sit back and enjoy in front of the fire in the winter or in the garden rooms or beautiful patio area on those hazy summer days.

With two new garden rooms and a new outdoor children's play area, Harlau is the perfect spot for your next function. Call the team to book today.

Offering a full wedding service, this is your perfect venue. You don't need to leave for your photos because Harlau has it all right there for you.

Christmas functions are filling up quickly so book today for your staff get-together. With a buffet menu and live music it will be a night to remember.

Only minutes from Timaru you can relax take in the country views and enjoy the experience that is a trip to Harlau.



Both businesses are open 7 days. "We would love to see you, come and enjoy this experience with us".

Mike and Maree would like to thank you for your loyal support and are excited to share their journey with you.

Open 7 days. Café hours 9am to 4pm. Showroom hours Monday to Friday 8.30am - 5pm, Saturday and Sunday 9am-4pm

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CAFÉ VERDE

With our newly released menu for Spring you will have a choice of Stewart Island Butterfish, Thai Chicken Salad and many other options available.

Come and enjoy with friends and family and see our newly renovated cafe.

The garden will start growing now that it is slowly starting to warm up, so it is a perfect spot to come for lunch.

See you soon.

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03 693 9616



Warehouse Liquor

This ready-to-drink cocktail combines the classic taste of Gordon's gin with the tropical flavour of passionfruit.

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Infliction show. Featuring Leonie Mack's. Credit Sharon Richards Photographics



Action shots from MTGP show. Featuring Victoria Sullivan. Credit Brock Doe Fight Photography.



Weight gym training session



Dorothy Tucker & Kaitlyn at Kidstuff with Trophy from MTGP Show.

Timaru's Own Tornado

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

At first glance, Kaitlyn Tucker might not look like one of the country's toughest martial arts fighters. But the softly spoken, petite blonde with the perfect smile is all about the double-cross.

"I'm an aggressive fighter," explains Kaitlyn, who is the current Muay Thai AMTA Pro Lightweight New Zealand Champion. "But I pride myself in always putting in a good performance."

Muay Thai is a martial art, also known as Thai Boxing. It's an intense combat sport where participants use combinations of fist, elbow, knee and shin strikes as well as 'clinching' techniques or holds to score points against their opponent. "It's like kick boxing but cooler because you can use your knees and elbows. It's pretty violent but I also see it as an art form," says Kaitlyn.



Infliction show. Featuring Leonie Mack's. Credit Sharon Richards Photographics

Nicknamed 'The Tornado', Kaitlyn has risen up the Muay Thai ranks swiftly in the nine years she's been practicing at Timaru's Lucky Nine Gym. From starting out with a trial class with a couple of friends, Kaitlyn is now ranked sixth in the world in her weight class.

"I'd like to work my way up to the top of the rankings. That would be awesome. But we're still figuring out what's next for me. You have to earn your stripes."

Under the expert eye of coach Scott Tweedie, Kaitlyn has a gruelling training regime that involves morning and evening sessions of either swimming, running, air bike, weights, bootcamp, pad work or sparring, six days a week. She travels regularly to competitions, coaches adults and children, and somehow fits in a full-time job at the Tucker family business, Kidstuff, in Timaru.

When asked what drives her, Kaitlyn's quick to answer:

"It's the constant learning," she says. "There's always so much you can improve on; you're never 'the best'. I never stop learning and I'm constantly being challenged with different tricks and skills, but also with the fitness and mental sharpness you get from it."

In her coaching role, Kaitlyn sees others enjoying the same benefits. "The kids that I coach really love it, and the kids' class has grown tremendously here in Timaru. Often parents will sign kids up because they want them to get fit or try something new,

but they come away with so much more like new friendships, confidence and focus. Parents even report improvements at school because of what the kids have learnt in their Muay Thai training. That's pretty rewarding knowing you're able to impact someone's life like that."

South Island Secondary Schools Tournament



It was a team effort not just for the competitors at The South Island Secondary Schools Tournament for hockey and basketball recently, but also for a group of organisations that came together to help young people consider the consequences of dangerous driving.

The Students Against Dangerous Driving (SADD) team were at the tournament at the Southern Trust Event Centre in late August. During the event they promoted the SADD After Party video about the choices young people make and the consequences that come from those choices. On the third day the groups worked together to play out a mock car crash scenario – with a crashed car with two SADD students in the car itself, explains South Canterbury Road Safety Coordinator, Lucy Mehrtens.

"It was something we wanted to do differently, and all the organisations worked together to make this happen," says Lucy. "It did have quite an impact on those present."

The young people who came along saw how accidents like this are handled, from the arrival of the police and ambulance to the towing away of the wrecked vehicle by Hilton Haulage. The event encouraged them to think about actions and consequences.

"A big thank you to the key partners for their involvement," adds Lucy. "As well as Richard from Auto Parts for letting us borrow the car, and to Justin, Crusty and the team at Hilton Haulage for transporting it for us"

For further information contact Lucy Mehrtens at South Canterbury Road Safety or Mark Unwin at Students Against Dangerous Driving.

Lucy | M: 027 228 2583 | E: lucy.mehrtens@timdc.govt.nz

mark@sadd.org.nz | 027 451 1253



What is SADD?

Students Against Dangerous Driving is a student-led charity with the goal of preventing loss on New Zealand roads. The SADD team provide guidance and support to influence their peers and wider community to positively promote safe road user behaviours. We encourage whole of community approaches to create positive, lifelong road user behaviours with an emphasis on good decision making and societal contribution.

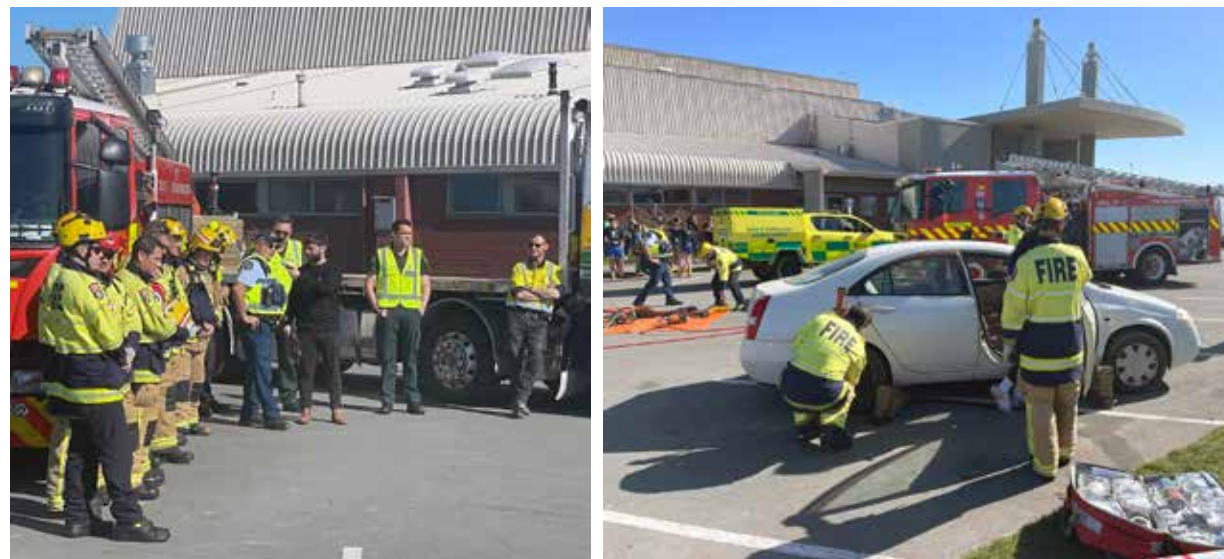
SADD offers opportunities for students to work collaboratively and build relationships with road safety partners and community groups to develop solutions to achieve our collective goals of reducing harm on our roads and improved wellbeing outcomes for our rangatahi.

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Girls Who Grow

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

With fewer school leavers embarking on careers in Aotearoa's primary industries, the team behind Girls Who Grow are on a mission to showcase the wide variety of opportunities for young women in the world of food and fibre.

Headed by entrepreneur Catherine van der Meulen and Future Farmer's co-chair Aimee Blake, Girls Who Grow aims to create a safe space for young women to explore traditionally male-dominated industries through school-based workshops, farm visits and scholarships.

In Aotearoa, women make up 32% of the primary industry workforce, and for Catherine, that number is just not good enough.

"We need to change the narrative and get more young women at the table. Girls Who Grow is designed to get the youth to think differently about the future that they want to be part of, and the future that they want to be proud of."

Even though we are using the vehicle of agriculture and farming as a way for young people to connect back to the land it doesn't have to be about agriculture because land use can be many different things to different people."

Aligned with the United Nations Sustainability Development Goals, Girls Who Grow believes that primary industries benefit from the skills and perspectives of women and that society benefits from a more diverse workforce. Underpinning this is research from world-renowned climate resource Project Drawdown which has ranked educating

women as the sixth most effective solution to climate action.

"Educated women are going to bring more climate-conscious behaviours, and that's why we need a feminine lens at the table. The Girls who Grow programme is set to spark young women's imaginations, to envisage a future where all stakeholders win, especially the environment."

Following the success of a pilot programme in several Otago schools, the team is now eyeing opportunities to extend Girls Who Grow into Canterbury and further afield. And to raise funds to grow the initiative they have partnered with One Good Kiwi which gives Kiwis \$100,000 to donate to a worthy cause of their choice every month.

"We want to get as many people involved as we can. Whether that be through mentors, farmers who want to put their farm forward for lunch and learn experience, schools that want to be a part of the programme or someone who wants to give us \$1.2 million. We would love for everyone to reach out."

"We would love to have our own Girls Who Grow farms. Climate-positive, B Corp-certified farms across New Zealand where young women can live, work and be educated."

Local hill country farm Hurunui Hills was one of the first North Canterbury farms to endorse Girls Who Grow. Farm experiences manager Scotty Bamford said the programme was a great way to get women of all ages involved in agriculture.

"Any programme that inspires people to a new way of life or career change is a great thing. The agriculture sector is



Girls Who Grow Founders

changing, and we need new ideas and thinking to bring it into the future."

Scotty and his team's contribution to Girls Who Grow will consist of one-day farm experiences on the sheep and cattle farm. These experiences will be led by his mother and farm owner Maria who will be "the real star on those days".

"She grew up in Auckland and Christchurch but always knew farming was in the blood. She'll inspire wahine and show them that they can do it and that the options are limitless."

To find out more visit www.girlswhogrow.co.nz or to donate to Girls Who Grow, please visit www.onegoodkiwi.nz.



Attendees at a recent Girls Who Grow event creating a prototype of their drought solution



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Gallery 329

Gallery 329 Creative Art Collective at the north end of Stafford Street displays a vibrant and eclectic mixture of affordable one-off artworks that will last a lifetime!

The gallery showcases paintings, bird sculptures, pottery, photography, event posters and much more - all created by local South Canterbury artists.

They operate on a non-commission basis so when a piece of art is sold the local artist receives the full amount - so pop in and support one of our local artists today.

329 Stafford Street, Timaru
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Gallery329CreativeArtsCollective



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Located at 80 King Street Timaru is a hidden gem waiting for you to make the most of your day.

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U Wash, your one stop location for a car wash, dog wash, laundry, fuel and something to eat.
Open seven days a week | 80 King St, Redruth, Timaru



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



THE QUIRKY MAG PIE

The Quirky Magpie is an ever-evolving collection of wonderful homewares, artworks, jewellery, indoor plants, vintage treasures, books and so, so much more!

We love to incorporate new products with vintage and show off our local talent with plenty of locally made goods both in store and online.

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Open Tuesday to Friday 10 - 4 and on Saturdays 10 - 2
www.thequirkymagpie.co.nz | 03 689 2686



QUAIL HOUSE FLOWER FARM

Quail House Flower Farm is a small boutique flower farm on the outskirts of Timaru, growing a large variety of natural, seasonal, vintage style cut flowers for South Cantabrians to enjoy

The flowers are grown in a sustainable way, with a focus on being sprayfree, encouraging wildlife and bees and a respect for the land.

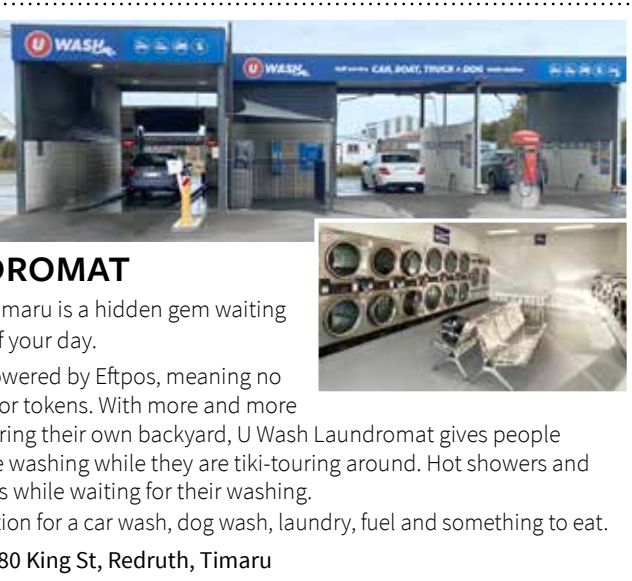
From September until May you will find the flower van at the weekly Timaru Artisan Farmers Market for all your flowery needs or you may wish to order speciality bouquets via the website.

This season will see the introduction of twilight Pick Your Own Flowers and curated Vase and Hand-tied Bouquet workshops, keep a lookout on the socials for dates to be advertised.

The farm is also open for private appointments, hens party, social groups please email for enquiries.

Look forward to assisting you this season with all things floral.

422 Levels Valley Rd, Pleasant Point | www.quailhouseflowerfarm.nz
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South Canterbury Museum

- nature and history in downtown Timaru



South Canterbury Museum

- nature and history in downtown Timaru

The South Canterbury Museum is a great place to explore for visitors of all ages. From fossils to fashions, there are hundreds of fascinating objects from our region's nature and history.

Exhibits tell stories of our geological past, the amazing creatures that once lived here, local Māori culture, European arrival and settlement, and the rich social history from the last 150 years.

Keep track of new displays and programmes by following us on Facebook or at museum.timaru.govt.nz.

South Canterbury Museum, downtown Timaru on Perth Street, with free admission.

Spring is a great time to stock up

Avoid the rush and save money!

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21 FOR SEPTEMBER

Saturday 16th September
10am – 2pm



Live broadcast from the Rock radio station at event! **THE ROCK FM**

- ALSO**
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CELEBRATE MOTORCYCLE AWARENESS MONTH

Sir Basil Arthur Park, Timaru



Best Foot Forward *At Timaru's Newest Shoe Shop*



For Nathan Smith and his team, it's been a busy few weeks, but they are delighted to finally be opening the doors of their brand new shoe store on Sophia Street in Timaru.

The new space brings Smith's three previous stores – J Walk, Cobbler's Inn and Shoebox Inn - under one roof stocking women's, men's and children's footwear. The shopping experience starts with easy and convenient parking right near the store. Inside, with more space for displays and stock - you will find the freedom to try different styles and brands of footwear in your own time and at your own pace. Whilst the helpful staff are close at hand to help with any questions you may have and assist with everything from fittings to advice on shoe types, sizes and choosing the appropriate footwear for health needs.

And a great range of footwear is a given - Smith is a veteran in the shoe industry. His parents started Cobblers Inn and he has been in the business for 20 years, so he knows a thing or two about what we like to wear on our feet. Visitors to the new store will find on trend favourites like Crocs to heels for formal occasions and everything in between.

"It's going to be a great new environment and we're all very excited," says Smith. "It will be very much about excellent service but also a positive, no pressure experience for customers who want to browse and try on."

Styles For The Season

Smith keeps his eye on all the trends in footwear. So what can we expect to see this spring?

"Loafers are going to be a style for this season and we'll be stocking them in a huge range of colours," he says. There will be different cuts and heights but they will basically be the traditional, flat versatile loafer style.

The 'dress sneaker' trend is still going strong too, with many now incorporating zips for easy fastening rather than laces.



And of course, Crocs, will still be on our feet this summer along with the 'jibbitz' – small charms that can be affixed to the Crocs for a little extra adornment. A prime example of a trend coming around again.

There will be plenty of colour options too as we'll see hot pinks coming through, says Smith, along with vibrant emerald greens and the ever popular traditional white for summer. Metallics such as golds and silvers will also be making a statement this season.

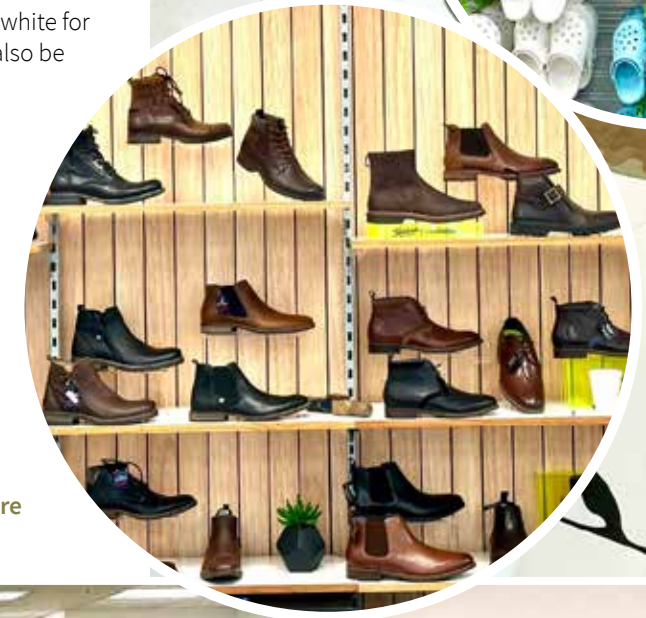
The Brands

The new store carries a huge range of footwear brands.

A few popular favourites include: Skechers, Django & Juliette, Bresley, Ziera, Hush Puppies, Cavallo, Caterpillar, Wild Rhino, Vans and Crocs.

Opening Hours: Monday to Friday – 9 to 5, Saturday 10 to 4, Sunday 10.30 to 3

**77 Sophia Street, Timaru | 03 688 4251
Free customer parking around back of the store**



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Where there's a Will, there's a way

A Will is a very meaningful document and it should be prepared with great thought and care.

As well as capturing what you want to do with all the things you own, your Will can also capture your hopes and dreams for the future and should include information about who should look after your children or even your pets.

Will-making is rising across the world as people consider the legacy they want to leave behind. As well as considering what you want to do with your assets - which might include your house and car, and any personal items - many New Zealanders also decide to do something significant and include a charitable legacy in their Will.

If you have ever thought about leaving a gift to the community in your Will, now is the time for action.

September is national Wills month, and to recognise this the Aoraki Foundation have partnered up with our South Canterbury Property Lawyers to make it easy to create a legacy gift to your community.

The Aoraki Foundation is South Canterbury's local Community Foundation, providing a unique way to give back to the causes you love. Your donation can be invested and grown into a long-term source of funding for your local community, targeting the cause areas of your choice. It's a particularly impactful way to leave a legacy for the long term, since Aoraki Foundation is not-for-profit and focused on strengthening our community, including supporting local charities and causes that are dear to the hearts of local people.



"Creating a will provides peace of mind, knowing that I have taken steps to protect my loved ones and it allows me to have a say in how my estate will be handled."

As Timaru District Councillor, business owner of Scott & Associates Ltd, mother of four and Aoraki Foundation donor, Stacey Scott says 'I like the idea of supporting my community and providing an example of giving and generosity for my children. Creating a will provides peace of mind, knowing that I have taken steps to protect my loved ones and it allows me to have a say in how my estate will be handled. It eliminates uncertainty and confusion about my wishes after my death. Also having philanthropic goals or wishes like I do, allows me to include provisions for charitable donations.'

Making a bequest this Wills month could not be easier with the help of the South Canterbury Property Lawyers. They have all agreed to provide their professional services to add a gift to Aoraki Foundation into your will. If you require further information on the Aoraki Foundation visit their website at www.aorakifoundation.org.nz or visit them at their 'wills' pop up stands between 10am-3pm next week in various locations around the region - check their facebook page to find out where they will be.

ASK AN Expert



Carlae Keates-May

Bayleys Real Estate, South Canterbury Residential and Lifestyle Sales

Carlae is a residential and lifestyle sales specialist based in the Bayleys Timaru office. Carlae has an excellent track record of providing outstanding service to her clients and is well regarded as a go-to agent throughout South Canterbury.

Should I sell my home this spring?

Selling this spring could yield the best sale results in 2023.

There are several factors which are pointing towards this spring being an optimal time to sell your residential property.

Residential market confidence seems to have rebounded throughout New Zealand. High migration and a growing imbalance between supply and demand is swinging in favour of sellers. Recent lending policy changes such as a relaxation of Loan-to-Value Ratio restrictions and easing of lending criteria are helping kiwis get more buying power.

Recent data is pointing towards demand picking up with buyers previously sitting on the sidelines choosing spring to make their move. Also, commentators are suggesting that there might be headwinds ahead in 2024 as current high interest rates, expected to stay at this level in the medium-term, put pressure on households next year. This is indicating that the end of 2023 may be the sweet spot for sellers to make their move.

Always the case, spring provides seasonal benefits for sellers. An improvement in weather conditions and sunlight lifts mood and enthusiasm. Spring also provides an opportunity to undertake add-value renovations and improvements and present properties in their best light. Improved weather also bodes well for buyers to be out and about at open homes and viewings.

Overall, this spring is pointing towards a good time to sell if it is on the agenda. I would love to assist you with this and welcome your call to discuss.



Unit 7, The Landings, Theodosia Street Timaru
P: 03 687 1227 | M: 027 210 5556
bayley.co.nz/Timaru

Free service to improve driving skills

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

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

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

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

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



Daniel Naude 027 438 6285
Lucy Mehrtens 027 288 2583

www.scrs.org.nz
@scrsnz



Leave a lasting legacy.

Wills month - September 2023

If you are considering leaving a gift to the community in your will, now is the time to act. During the month of September the South Canterbury property lawyers have offered to provide their professional services* to add a gift to the Aoraki Foundation into your will.

Contact your local property lawyer today.

* T&Cs apply



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Heartland Law

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03 686 6755



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The biggest misconceptions about diet and nutrition

WORDS: DR LIBBY | IMAGES: SUPPLIED

In the pursuit of health, many people often stumble into believing common misconceptions about diet and how to nourish ourselves. This is entirely understandable considering how much information we can access on the internet and how varied the recommendations! Many nutrition myths still have a foothold, and it can be confusing to know what to believe.

To cut the confusion, I like to keep it simple. What the vast majority of nutrition professionals agree is on the nutritional power of eating more whole real food. Whole real foods are essentially foods that are close to their natural form and haven't undergone significant processing before they reach our plates. They include vegetables, fruit, meat, seafood, nuts, seeds, eggs and legumes/pulses. In actual fact, whole real foods are just food - it's simply that we now have many other options available to us on supermarket shelves.

In my mind, there is no such thing as "junk food". There's just "junk" and there's "food". Yet to delineate, we currently refer to "food" as whole, real food. It is either nourishing or it is junk, a conglomeration of highly refined, artificial and/or poor quality compounds that masquerade as sustenance. Mother Nature is the unrivalled chef, crafting meals that perfectly suit our biological needs. Meanwhile, human intervention can introduce some concerning components, while clever marketing skews our perception of what's truly nutritious. When it comes to choosing what you consume, prioritise "low human intervention" foods, trusting in the wisdom of nature.

We must also consider how we speak about food. We often use terms such as "healthy" or "unhealthy" to classify food. However, food isn't "healthy" or "unhealthy," it is nutritious or not. The health designation belongs to us. The more

nourishing our diet, the healthier we tend to be. So, before categorising food as "good" or "bad," ask yourself: "Will this nourish me?" Then, let how nutritious a food is predominantly guide your choices, while also allowing some space to nourish your soul. The latter might involve catching up with your favourite friend on a Friday evening occasionally, and not being preoccupied with the nutrition content of what you are eating - perhaps just don't catch up with this friend too often.

Imagine your body as a finely tuned, awe-inspiring machine, its gears oiled by the nutrients you consume. When ultra-processed foods - the potential saboteurs of our systems - no longer hijack our taste buds, we can begin to let our requirement for nourishment drive our choices. Our body, functioning at its optimal capacity, will then navigate towards optimum health. This is one key reason why I encourage you to put health and nutrition in the driver's seat of your choices, not weight, as is so common.

Health is not a destination but a daily journey, a series of choices we make to nourish ourselves from the inside out. It is not about perfection, it is about what we consistently do. Choose health, choose nourishment, and the rest will naturally follow.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive Detox courses has helped more than thousands of women around the world find freedom from their health challenges.

For more information go to www.drlibby.com





Plantorama

Situated on the Pleasant Point Highway, only a short distance from Timaru we have been part of the South Canterbury gardening scene for over 50 years. We grow a large number of plants on site. We not only have the plants for you but also the free, friendly advice to help you on your way. We stock an extensive range of trees, shrubs, natives, rhododendrons, camellias, roses, conifers, annuals, perennials, sprays, fertilisers and pots with a difference. Landscape supplies of bulk compost and topsoil etc. If we do not have what you are looking for we will do our utmost to source it for you.

124 Kennels Road, Levels, Washdyke Phone 021 727 195

Timaru Sewing Centre

The weather is warming and the energy levels rising after Winter.

Perhaps the perfect time to start thinking about your Spring/Summer sewing projects.

Create unique pieces of clothing made to suit you. It is rewarding to say, 'I made it!' when people compliment and inquire where it was purchased from.

Sewing and crafting is a wonderful pastime for the mind and soul, allowing the creator to escape from the days pressure, even for just a few minutes.

The team at Timaru Sewing Centre enjoy helping their customers to get the most from their sewing and their machines. Visit in store today and show them what you have been making, they love to see!

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National Gardening Week Giveaway

It's time to get out in the garden and home-grown vegies bring so many great benefits. They're cheaper, fresher, often have a higher nutritional value and what a sense of satisfaction when you grow your own.

In celebration of National Gardening Week and 140 years of helping Kiwis garden, Yates has curated a selection of popular, time-tested New Zealand heirloom vegetable and flower seeds into a new range.

Handed down through the generations and trusted by Kiwi gardeners, the Heirloom range includes old time favourites such as the easy to grow Heirloom Beetroot Mix which comes in striking red and white stripes, stunning golden beetroots and red and white varieties. Also included in the collection is the Heirloom Radish mix which comes in a delightful range of pink, red and white; a buttery Tom Thumb Lettuce and the sweet, bite-sized Yellow Pear Tomato. Bring in the bees and butterflies with the

Bonita Marigold Mix, a charming assortment of yellow, red, orange and bicoloured edible flowers.

And the really great news is, that thanks to Yates, we've got a set of the new Heirloom seeds together with a special commemorative canvas tote to giveaway to one lucky reader.

Just email pattie@essencemagazine.co.nz with your name, address and why you want to win these gardening goodies. Entries close on 30th September.



Gardening Hacks For Beginners

Join the growing movement of people who are living off their land and growing more for less. Even if you've never planted peas or potatoes, peppers or pumpkins, there is never a better time to start. To help you get started Yates has listed some gardening hacks for beginners.

1. Clear plastic sushi or salad 'clamshell' containers make great mini greenhouses for getting seeds started. Just poke a few vent holes in the lid, fill the bottom half with seed raising mix and sow your seeds. Add a little bit of water, close the lid and place the container in a sunny spot.
2. If you're planting out seedlings in cooler temperatures you can protect them from frost - and slugs or snails - by using 2L soft drink bottles. Take off the lid, cut off the bottom and push the bottle down over the seedling, into the soil. When the seedling is ready to face the elements remove the bottle during the day and pop it back on overnight, until the seedling is mature enough to grow on its own.
3. Attract insect pollinators to your vegetable garden with colourful flowers. The more bees and butterflies you have visiting your vegies, the better your harvest will be.
4. Take advantage of sunny house or garage walls to grow tall tomatoes. Plant seeds in polybags and hang lengths of stretchy cotton plant ties from cup hooks under the eaves. You can spiral wrap it around the main stems to hang up the plant, then gradually train it to full height. Even a tomato plant heavily laden with fruit will hang quite comfortably from stretchy plant ties.
5. Double the life of your vegetables by sprouting them from scraps that may normally get thrown out, including lettuce, celery, bok choy, leeks, and onions. Simply place the cut base of the vegetable in an inch of water, place in good light and change the water every couple of days. Once roots have shown on the cuttings, the sprouted vegetables can be planted out in the garden, or transferred into pots, to grow on into new plants.

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Driving Miss Daisy

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

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

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Spring/Summer sewing projects

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It's never too late to start caring for your teeth so don't be embarrassed or scared if you haven't been for years. Techniques have come a long way over the years taking the stress out of a dental visit. A simple check-up is a good place to start; it takes 15-30 minutes for a full examination and xrays and it's much better for peace of mind than waiting for a major problem.

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Renovation By The River

The house seen from above with the original roof and the two new wings that form the extension



The original house when it was first placed on the section. Hamish's mother and grandfather worked on the landscaping



In the living area pops of colour and views of the native bush

WORDS: PATTIE PEGLER | IMAGES: FRANK DOWLE REAL ESTATE AND ARCHITECTURAL PHOTOGRAPHY

When Hamish Wright and his wife, Jane, moved into their Glentunnel home in 2003, it was an original 1930s bungalow with three bedrooms and a compact floor space of around 130-square metres. It had been relocated from Burnham some years earlier and the original idea from Hamish's family had been to use it as farm accommodation.

Like all older homes it needed some maintenance and over the years Hamish, who is quite handy, had worked on parts of the weatherboard, repaired windows and even insulated parts of the house. But as the years passed they started to feel a need for more space.

"With three young boys we were outgrowing the house really," explains Hamish. "But as a young family we were always waiting to have the money to renovate." They finally bit the bullet in 2019 and got Hamish's mother Denise, an architect, to help with the concept.

The Design

In terms of a brief they obviously wanted more space, a master suite and a dining area. Set on a 2-acre section near river flats the house needed a raised floor level in, but the family also wanted it nestled into the surrounding bush. Another design challenge was bringing together the old and the new parts and Hamish, an artist, also had some old church windows he wanted incorporated into the design.

Now retired, Denise who lives close by, refers to the project as her 'swan song'. It wasn't really stressful

to design for her own son and family she says. "But there were budgetary constraints, his ideas just exceeded his expectations. He wanted different storeys and raw elements like concrete block."

Denise came up with some concepts that were more budget friendly and the original idea of a double-storey is reflected in the multi-level deck. The actual plans were drawn up by architectural designer, Ilaisa of Ilaisa Design – whom Denise had worked with previously.

"Navigating the logistics of seamlessly integrating the new extension with the pre-existing property proved to be one of our most formidable hurdles," says Ilaisa of this unique project.

With designs decided on, Hamish also had a quantity surveyor price everything up – so they had an idea of the budget.

"Sometimes the best design comes from constraints," says Hamish.

The Build

The actual building work started before Covid and took just over a year with lockdowns thrown in. The nature of the design, with two wings extending from the original bungalow, meant the family were able to live in the original centre of the house while much of the work was going on.



Walls in Resene Teal and a retro floor lamp in this reading corner



The dining area with recycled church windows and round artwork by Hamish and based on an old Soviet cartoon character (a wolf)

They used local builders and tradies who were 'sympathetic' to what they were trying to achieve, says Hamish. And architectural designer Ilaisa was flexible and helpful throughout and willing to address any issues that cropped up on site.

The Home Today

The finished result is a charming and functional family home sympathetic to its setting. The old and new spaces have been seamlessly blended. While the exposed native beech flooring, timber pillars and ceiling cladding add a feeling of warmth, and modern sliding doors offer expansive views out to the native bush.

And then, of course, there's the space. The two extra wings house a dedicated dining area, a master bedroom and en-suite and on the other side – a media room. This means Hamish and Jane's three sons are now delighted to have their own rooms after years of sharing.

Outside the deck cascades down through levels surrounded by native bush. There's a rustic hot tub and seating areas as well as discreet lighting in the steps. It's here outside that the family can often be found on a calm evening – enjoying the rural setting.

Both outside and inside the space is full of character – from the arched church windows to the cosy living area with its dark walls and vibrant green house plants. From the orange front door to the retro style floor lamp positioned in the reading corner.

"We don't follow the on-trend things, there's no theme," says Hamish. "It's what suits the space and it's very personalised. It's our art, our history, our books that make it our home."



The orange front door alongside an artwork featuring an old church window that Hamish completed many years ago

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New Driver Takes the Wheel of Caroline Mitsubishi

WORDS: AMELIA NORMAN

When a business has been in the family for three generations, you don't just hand it over to anyone. That's why Amos Wheeler feels privileged to be taking the reins of Mitsubishi in South Canterbury.

"We are truly appreciative to the Downing family for this opportunity," says Amos, who signed on to the business in early September. "The family has been in the industry since the 1950s. Phil Downing and his son Brian followed in the family footsteps and have owned Caroline Mitsubishi for 32 years.



"They've built up a quality business and we intend to carry this on and offer customers the same fantastic service, with the same friendly team that they already know."

Amos is no stranger to running a car dealership; he has over 20 years in the motor industry under his belt and is Dealer Principal at both Hyundai/Isuzu South Canterbury and the Hyundai/Isuzu Mid Canterbury branch in Ashburton. When the opportunity arose to take on Caroline Mitsubishi, Amos says it felt like a perfect addition to Centra Motor Company's portfolio.

"It felt like a good fit, and a nice balance to the brands we've already got under the Centra Motor Company umbrella. Mitsubishi Motors New Zealand has been amazing, and we're so grateful for their help with the whole process of acquiring Caroline Mitsubishi and supporting the team through this transition."

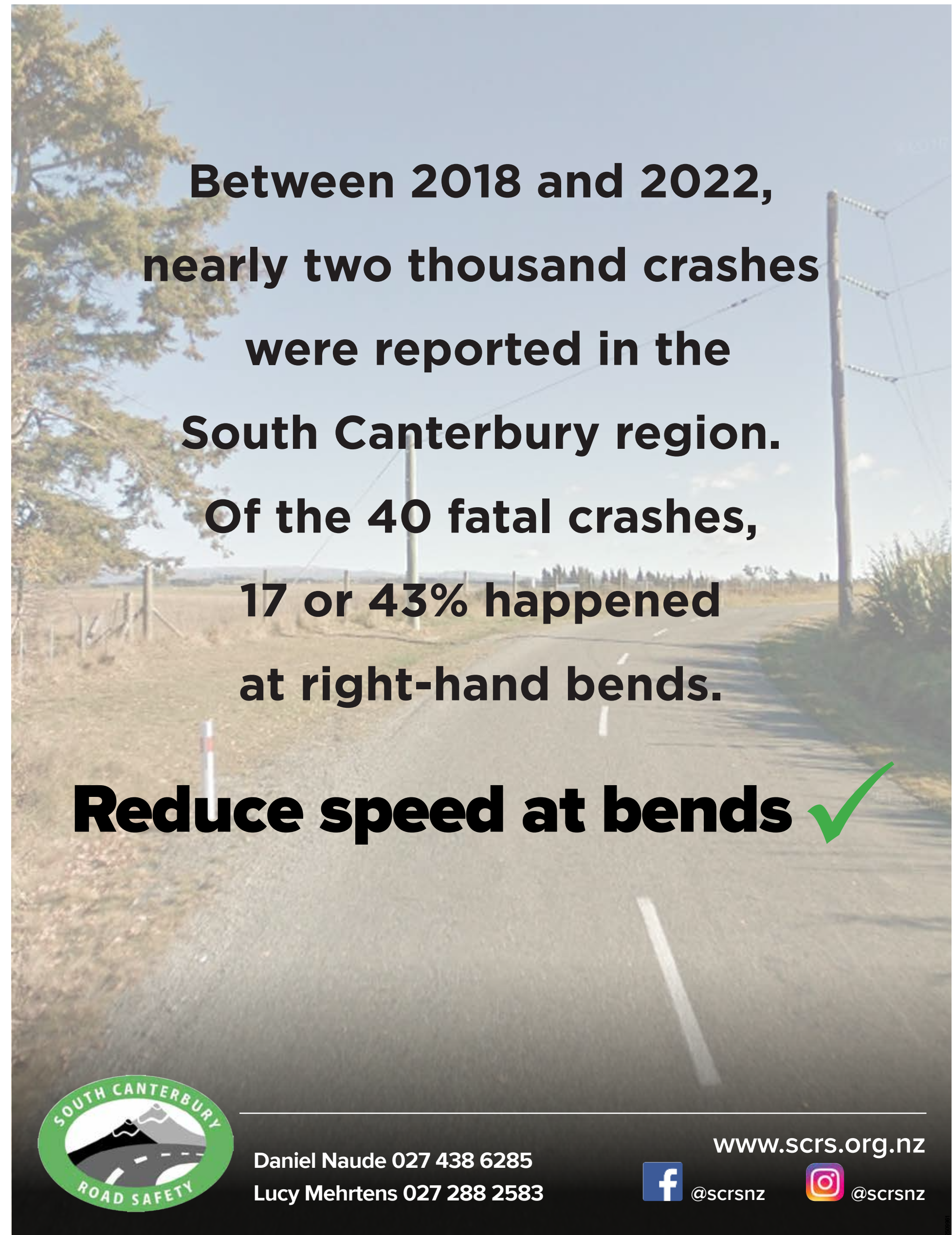
Caroline Mitsubishi customers can expect the full range of sales, parts, servicing and financing that they've always had from the Barnard Street business, promises Amos.

"Like I say, Phil and Brian have built this amazing business and it runs so well. We're not out to change any of that."

Amos and his team at Centra South Canterbury offer an established and well-known automotive business within the South Canterbury region, with the opportunity to deliver some of the best customer experience in the area.

With numerous Hyundai Dealer Awards for customer experience, marketing, and parts and services to their name, as well as a finalist placing in the 2019 South Canterbury Business Excellence Awards, the Hyundai/Isuzu South Canterbury team is excited to be bringing their knowledge, experience and exceptional customer service with them to their new operation. "We pride ourselves on our customer service and we are continuing that through the Caroline Mitsubishi brand," says Amos.

"We're just really excited to have taken on this new venture and we're already enjoying getting to know the Caroline Mitsubishi team and customers as we work closely with them."



Between 2018 and 2022, nearly two thousand crashes were reported in the South Canterbury region. Of the 40 fatal crashes, 17 or 43% happened at right-hand bends.

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