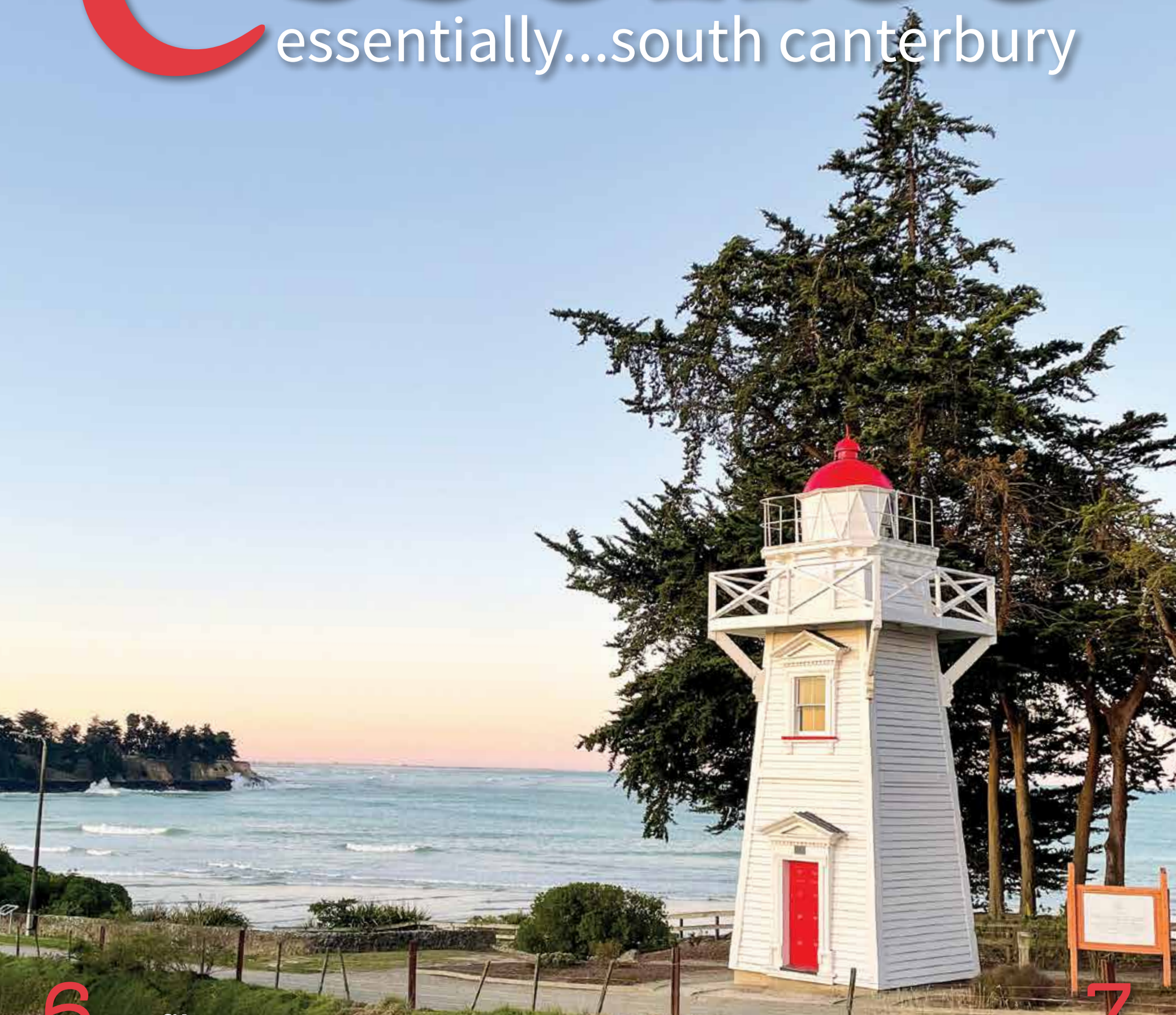


# essence

essentially...south canterbury



**6** Profile  
A Passion for  
Photography

Feature **7**  
Hidden Gems  
South Canterbury

# 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.

**LIVING with style**

Bermuda 3 piece



Enjoy the great Kiwi summer with our selection of outdoor furniture!

**Danske Mobler Outdoor furniture on sale now**

Titan Cantilever Umbrella (excludes base), was \$2699, **now \$2159**

Kudo 3 piece Outdoor suite, was \$1449, **now \$1199**

Mode 3 piece Outdoor lounge suite was \$4747, **now \$3797** (pieces can be purchased separately)

Bermuda 3 piece Outdoor suite. Was \$1199, **now \$959**

Cabo 3 piece Outdoor suite. Was \$1497, **now \$1197**

Miami 4 piece Setting

79 Sophia Street, Timaru  
Ph: 03 688 2960 | [www.livingwithstyle.co.nz](http://www.livingwithstyle.co.nz)  
Monday to Friday 9am-5pm, Saturday 10am-3pm

**Tievoli Trading**  
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Vintage Iron Hat Box



Vintage Bobbin String holders



Iron Bowls



Iron Wall pocket with silk peonies



Mini Iron Fire Pit

72 - 76 Talbot Street, Geraldine (old Barker's Shop)  
Phone 0274 313 362 or visit us on FaceBook

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Plate Rack



Hanging Drying Rack

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Magazine Table



Bedside Table

**Perfect Gifts**



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## contents

They say spring has sprung but someone has forgotten to tell the weather gods!

Nevertheless, at Essence, we are looking forward to lighter nights, a bit more sunshine and the emergence of colour that is synonymous with this time of year with blossoms, daffodils, jasmine and wisteria already starting to spread like wildfire. However, it's not just the garden that deserves a treat - spring is also a great time to have a little bit of a spruce-up indoors. So, in keeping with our spring theme, we asked our friends at The Chambers Design to share their top home makeover tips. We also showcase the latest in spring fashion from some of our favourite local businesses.

The advent of a new season is also a great time to assess your mental and physical well-being. According to Dr Libby, men are more likely to experience significant health challenges because they put off getting help when the initial warning signs began to appear. With that in mind, turn to **page 21** to find out some of the specific nutrients that men need for optimal health.

This month we also explore some of South Canterbury's hidden gems and meet Roland Dale, an 82-year-old farmer with a passion for photography and the outdoors. This lifelong interest has seen the talented octogenarian travel to uninhabited areas of Fiordland where he has captured some amazing shots of landscapes, flora and fauna.

With local elections underway, we would like to take the opportunity to give you a gentle nudge to have your say in the future of our wonderful community. Voting in local elections is incredibly important. Decisions made at a local level shape our community and influence the local services we use daily - don't miss your chance to be involved.

From the whole team at Essence, have a fantastic September!



Front Cover: This month's front cover is of the iconic Caroline Bay Lighthouse, taken by Liz at Essence.



A Passion for Photography: page 6



Makeover at Mint: page 14



Hidden Gems: page 7

Spring Home Tips: page 10

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**Eat. Drink. Savour. Enjoy.**

If you love outstanding food, and frankly who doesn't, head to South Canterbury for **SCOFF 2022**. Participating eateries will be serving outstanding South Canterbury specials over the 15 day period. Order one and you can win amazing prizes!



**SCOFF**  
SOUTH CANTERBURY  
OUTSTANDING FOOD FESTIVAL  
16 - 30 September | [scoffsc.nz](http://scoffsc.nz)



# Artma Spiritual Gallery

The Positive Power of Meditation and Natural Gems

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12 Royal Arcade Timaru 03 686 9878 Monday - Saturday 10am-5pm

### ORIGINAL GLASS AND CERAMIC MADE LOCALLY.

Works are one of a kind or series. These skillfully handworked pieces are by: Jill Bayley, Nikki O'Brien & Robyn Douglas. SILICA is artist run & operated, Assisted by Nick Bayley.

Come in and chat with the artists. Layby available. Browsers welcome.

## SILICA

12 HARBOUR ST, OAMARU | 022 633 5002 | FACEBOOK@SILICAAMARU

## Wayne Patrick Gallery

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11A Royal Arcade Timaru  
Phone: 027 606 0833 (Text only)  
www.waynepatrickfineart.com  
Hours: By appointment

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www.spfwebsites.co.nz

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35 Browne St, Timaru | P 03 688 1012 | www.warehouseliquor.co.nz

## 5 Year Anniversary!

77 Art + Living celebrated their 5 years in business! Guests from Christchurch, Waimate, Timaru, Geraldine, and Fairlie enjoyed cocktails and canapes while admiring a carefully curated collection of original art and objects.



Bruce Cherry, Claire and Stephen Barlow



Sarah Thomas and Wendy Cherry



Kylie Davis and Maude Lott



Kylie Matheson and Julia Harris



Jack Harris and Richard Willis



Kate Paton, Rebecca Kerr and Ben Dobbs



Charlie Miller and Trish Willis



Haley Shaw, Lorraine Herlund and Stephanie Hagen



## Events coming up at the Timaru Town & Country Club!

As the weather warms up the Timaru Town and Country Clubs event calendar is back in full swing. We're looking forward to these fantastic events coming up...



### Totally 80s themed Party (with Live Music)

Date: Saturday 15th of October  
Tickets: \$10 per ticket (tickets available at the bar or office)



### DnD Showband - Abba and Fleetwood Mac Tribute

DnD possess an excellent rapport - evident during their performances. Colour, movement, spontaneity, chemistry, and laughter make them a visual experience that turns an event into an occasion. Date: Friday 18th and Saturday 19th of November  
Doors open at 7 pm, show starts at 8pm  
Tickets: \$25.00



### Jody Direen Playing Live

Jody Direen has been in a whirlwind, clocking up miles on the road across New Zealand. Jody is one of Australasia's most vibrant country stars. Date: Saturday 5th of November



### Eddie Low Playing Live

Eddie Low became famous in the 1970s as "the voice in a million". After more than 50 years in show business, he has become a respected elder statesman of New Zealand's country music. Date: Friday the 4th of November



### Melbourne Cup Day

It's the day that stops the nation, so come horse around with us at the Timaru Town and Country Club! Date: Tuesday the 1st of November  
Tickets: Free



### Charity Quiz night for Mid-South Island Women's Refuge

Date: Wednesday 19th of October



### MO- vember Quiz Night

Date: Wednesday 9th of November



### Club and Community Market Day

Date: Sunday the 27th of November



### Kids Christmas Party

Date: Saturday 3rd of December

**TIMARU TOWN & COUNTRY CLUB**  
Phone 03 688 0020

# GERALDINE Festival

The Harcourts Geraldine Festival, featuring the Alpine Energy Art Exhibition and Awards, is delighted to be returning after a hiatus during COVID, with plenty in store for everyone to enjoy at this year's event.

The Festival opens on the evening of Thursday 10th November with the Alpine Energy Art Awards, marking the 25th year that Alpine Energy has supported and sponsored the exhibition. We will be celebrating this important silver anniversary in style that evening with refreshments and nibbles, awards announcements, plus the first chance to view and purchase art. Everyone is welcome.

Friday gives way to the busy and vibrant street market in the centre of Geraldine, with local favourites OJ and the Drama Queens entertaining the crowds. The art exhibition will also be in full swing and look out also for the white elephant stalls at St Mary's Church and the Geraldine Museum.

Saturday is the main event when the peaceful Geraldine Domain becomes a bustling hub for a day as stalls, food trucks, kids' entertainment, and live music blend to create a great family day.

Our open gardens are a hugely popular part of the festival, and most

are open Friday through to Sunday, giving everyone a chance to enjoy them at their leisure. There is also a range of complementary events taking place in and around Geraldine that weekend, including vintage car displays and rides, book-a-rama, Soul Food Concert, and much more.

Make the most of spring 2022 and join us for a fabulous Harcourts Geraldine Festival 2022. For more info go to [www.geraldine.nz/geraldine-festival/](http://www.geraldine.nz/geraldine-festival/)



## The Harcourts GERALDINE FESTIVAL

10 - 13 NOVEMBER

**KIDS ENTERTAINMENT** SATURDAY 12TH NOVEMBER

**LIVE MUSIC** SATURDAY 12 NOV WITH OJ THE DRAMA QUEENS AND BIG PICKNIC

**MARKET AND FOOD STALLS** FRI 11 & SAT 12 NOV

**ART AND PHOTOGRAPHY EXHIBITION** 10 - 13 NOV

**DISPLAYS AND MUCH MORE!**

SPONSORED BY Alpine Energy and Venture Timaru



He has an eye for intricate detail, and he has given multiple talks to various interested groups such as Forest and Bird, Alpine Plants, and Botanical Societies, as well as to many service clubs. He is a member of the Timaru Photography Club, formerly Focus Aorangi, and he has won many photo competitions with his beautiful shots of flora and fauna. Since he joined this club, Roland has been the club's Photographer of the Year seven times and he has mentored beginner photographers on field trips.

Photography is an expensive hobby and Roland has a collection of cameras. When he left school his first camera was a Pentax SLR, and he has used Pentax cameras ever since. Today he uses two big Pentax cameras (K3 and K1) with an assortment of lenses. All his film shows are now digital rather than the earlier slide shows. In a recent presentation, Roland impressed his audience by knowing the Latin botanical names of every plant he showed. Quite a feat!

For many years Roland has done

tramping trips to uninhabited areas of Fiordland where he has captured some amazing shots of landscapes, flora, and fauna.

He is helicoptered into Fiordland for up to a month each year, where he tramps with friends through the uncharted country with no tracks or huts.

This gives him amazing opportunities to feature this beautiful wilderness area through his camera lens.

Roland is also a keen skier and since 1955, another favourite site for photos of scenery and sunsets has been 'Foxhole', Roland's beloved ski hut at Fox Peak.

Getting that perfect shot takes a good eye and enormous patience. Roland spends hours perfecting his technique and he told me that digital photography presents new challenges and allows him to work with Photoshop to produce his stunning images. Roland really is a master of his craft.



## ROLAND DALE

### A passion for photography

words: Gilly Oppenheim images: Roland Dale

Born and bred at Maungati, this 82-year-old farmer has always been interested in photography.

Living and working on the land has given him a real appreciation and love of the outdoors.



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13-15 North Street, Timaru 03 688 8297 [www.hollandstimaru.co.nz](http://www.hollandstimaru.co.nz)



## HIDDEN GEMS 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 and businesses to explore.



### 77 ART AND LIVING

Located on Main Street in Fairlie, 77 Art and Living offers a carefully curated collection of original art and Artisan giftware.

Celebrating five years, supporting artists and creatives from New Zealand and Australia, with an emphasis on South Canterbury.

An eclectic mix including jewellery, ceramics, glass, paintings, and boutique fragrance.

artandliving77@icloud.com  
77 Main Street, Fairlie, 021797984,  
77artandliving.com



### The Upcycle Barn

We upcycle and re-invent all sorts of furniture and wares. We are based in Timaru but also work out of Central Otago regularly.

We come from a building/painting background so it's great to be able to turn these skills into what began as a hobby/passion and is now a full-on business! Our motto is "do what you love, love what you do" and this is something we love to do!

Because we work from home, we don't have to rent a workshop or shop, so we have minimal overheads, hence being able to pass these huge savings onto our customers.

Follow us on Facebook/Instagram: The Upcycle Barn - Trading as MMB | Poplar Street, Gleniti



### Cocoon Hair Design

Tucked away in the Royal Arcade, offering a boutique salon experience with a sustainable ethos, where our creative and passionate team loves to create beautiful hair for you.

At Cocoon, we believe that ongoing education is key to keeping up with current trends and motivating our team. Attending courses and being inspired by industry leaders has increased our skill set and

passion to bring excellent hairdressing to our clients. We are truly blessed to have an amazing team with lots of personality! There is a stylist for everyone!

We would also like to warmly welcome Megan McLeod to the team!

Shop 20, Royal Arcade, Timaru | 03-688 8841



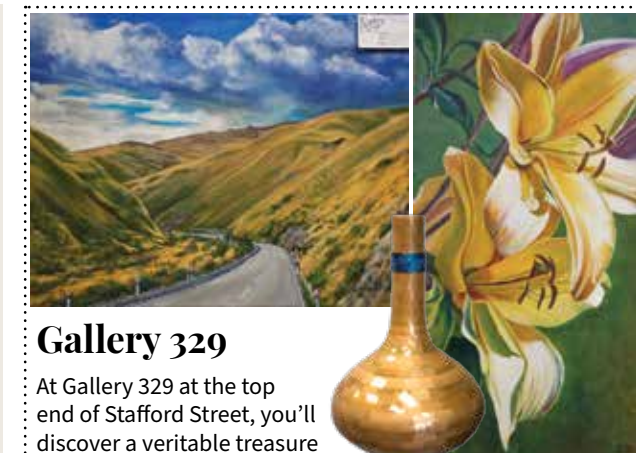
### MT NIMROD LUXURY PODS

In just half an hour from Timaru, nestled into the northern end of the Hunters Hills, you will find your Mt Nimrod luxury pods.

Experience the excitement of camping without having to compromise on comfort. Unplug your phone and sink into a steaming wood-fired hot tub under an abundance of stars or toast marshmallows over the crackling fire.

Overlooking native bush, with panoramic views to distant farmland and mountain vistas, the Nimrod Pods are restful, romantic and quirky. It is a private space dedicated to your stay with cosy 'off-the-grid' pod cabins set in an idyllic spot.

41 Mt Nimrod Road, RD14, CAVE | +64 3 614 3725  
contact@mtnimrodpods.com | www.mtnimrodpods.com



### Gallery 329

At Gallery 329 at the top end of Stafford Street, you'll discover a veritable treasure trove of unique one-off artworks created by our Collective of 25 talented South Canterbury artists and artisans.

Every purchase you make means you are supporting "local". Shoppers calling in for the first time are stunned by the variety and quality of the pieces on offer. Many pieces are suitable for gift-giving and if you are unsure as to what to choose, we have gift vouchers available.

As Gallery 329 operates on a non-commission basis you can be assured that the artist receives the full purchase price.

329 Stafford street, Timaru | 0210530373  
Gallery329CreativeArtsCollective

### Jeffersons Giftware

Located in the The Complex, at 300 Hilton Highway, Jeffersons Giftware is a well known homewares and lifestyle store.

Jeffersons Giftware is a carefully curated collection of everything for the home, the perfect gift or just a treat for yourself.

All of our products are design-led and budget-friendly. Everything from beautiful homewares, furniture, kids' items and giftware. We aim to leave no one disappointed.

We have an amazing selection so grab yourself a glass of something and prepare to be inspired.

300 Hilton Highway, Timaru



### LEORA CURTAINS

At Leora Curtains we are passionate about helping our customers create a beautiful home and expressing their style through a choice of curtains, roman blinds, and cushions to match their curtains.

We offer a same-day curtain alteration service, and stock an extensive selection of fabrics and curtain track accessories. We also supply roller blinds, Venetian blinds, and honeycomb blinds on request. So, pop in today and see our lovely team!

Leora Curtains is located at 32 Woollcombe Street in Timaru and is open Monday to Friday from 9am to 5pm, and on Saturday 10am - 12pm.

77 Art + Living



MT NIMROD



COCOON HAIR DESIGN





### Lilyfields Hakatere

Lilyfields Hakatere is a boutique lily growing and selling business. Previously known as Lilyfields Mt Somers, new owners Tessa and Wayne McIntosh have moved the business to their small farm near Lake Hood and the Hakatere/Ashburton River.

A new season catalogue of lilies, tulips, peonies, and spring bulbs comes out each December for orders delivered in May. Look out for open day dates in January and February to visit their colourful display garden and choose your new lilies. You can also visit Lilyfields at fetes throughout the South Island including the upcoming Winchester Show and Geraldine Fête.

Kauwhiawhi Farm: 220 Boundary Road Huntingdon Ashburton  
E: lilyfields@xtra.co.nz | Ph: 0274069562/ 0800 2LILIES  
www.lilyfields.co.nz



### THE GREEN MAN PEEL FOREST

*Eat. Drink. Relax*

We welcome you to the Green Man at Peel Forest.

Are you up for a quick cup of coffee, a hearty breakfast, a light snack, or a relaxed lunch? There's plenty to choose from at the Green Man.

What's more, we also serve evening meals on Friday & Saturday nights. Situated in the heart of the settlement of Peel Forest, the Green Man is close to the many beautiful bush walks of the Peel Forest Scenic Reserve. We're also 2.5km from the DOC campsite and have access to the Rangitata river.

1202 Peel Forest Road, Peel Forest  
3 696 3567 | www.thegreenmanpeelforest.co.nz



### Paulette's Sewing & Design

The Timaru-based business specialises in personalised sewing & alterations and are all about the perfect fit.

Meet with Paulette to revamp your wardrobe in time for the warmer seasons. Paulette is there to design and work alongside her clients to create individual unique pieces for all occasions or remake your favourite much-loved pieces.

Ready-made garments are available for viewing upon appointment, clothing alterations & creations, and our most popular 100% merino garments and accessories are beautifully worn throughout the year.

Contact Paulette to arrange an appointment | Ph: 027 361 2834  
Facebook and Instagram: Paulette's Sewing & Design

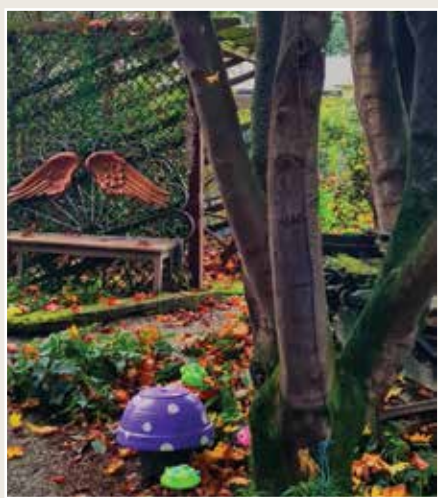


### Jakar Gardens

Still undiscovered by some in South Canterbury, Jakar Gardens is a unique and whimsical garden full of fairy tales and enchantment.

With a maze of pathways, hidden features and gems there's always something to enjoy around every corner. With coffee facilities in the beer garden and numerous places to sit and enjoy the sights and smells, plus original fun games (optional) created by the hosts, Jakar Gardens is a brilliant day out! We host Garden walks, team building, conferences, work lunches, weddings and more.

Exclusive, pre-booked functions only. Contact Maria to view or book [www.jakargardens.co.nz](http://www.jakargardens.co.nz)  
maria@jakargardens.co.nz | 021 0359411



### Obsolete Iron Motors

Obsolete Iron Motors is a 1920s brick garage where it's your one-stop shop for all quality repairs and services, this includes vehicle servicing, warrant of fitness checks, and engineering bike or car builds and they are here to keep people's memories alive and solve issues!

While you're waiting on your car or bike you can pop into Frocks and shocks for a coffee and take a look around her classic store which offers vintage and retro clothing, décor, and accessories.

87 Main Road, Pleasant Point  
(03) 614 7410 | [www.ObsoleteIron.com](http://www.ObsoleteIron.com)



### 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](http://museum.timaru.govt.nz). South Canterbury Museum, downtown Timaru on Perth Street, with free admission.



### PETRONELLA'S INTERIOR DESIGN

At Petronella's the design ethos is about partnering with you to create individual spaces that reflect your unique personality, lifestyle and aspirations.

Each design consultation is uniquely tailored so we achieve your desired result. Wow factor is something we pride ourselves on as, let's face it, you are special, your time is precious, and you deserve to have something special that no one else has.

Whether you are building new, renovating or re-decorating – one room through to a whole building – colour schemes, joinery design, drapes, blinds, layouts and soft furnishings – Petronella's Interior Design will get you the desired result.

Contact us on: 03 686-0269 | [hello@petronellasdesign.com](mailto:hello@petronellasdesign.com) or visit [www.petronellasdesign.com](http://www.petronellasdesign.com)



### His and Hers Fashion

His and Hers Fashion, your one-stop fashion destination to get your style fix! We offer a large selection of womens and mens clothes online and in-store.

In the heart of Temuka, you will be sure to find something that will suit your style, budget and walk out feeling great.

Stay up to date with what's trending or pop in to see Laura. She's great at helping you find that perfect piece, gift, or accessory!

105 King Street, Temuka | Hours: Monday - Friday: 10am - 4pm, Saturday: 10am - 1pm



### The Cottage Pantry

Located down Wilson Street (opposite the Garden Centre) in Geraldine, you'll find the McKechnie historic cottage which is home to the Cottage Pantry and Gallery.

There is an extensive range of whole foods and pantry essentials at competitive prices packaged in brown paper bags. Each room of the attached historic cottage is filled with giftware, artworks, crockery, porcelain, puzzles, a naughty room full of British and Kiwi sweets, Dutch liquorice and chocolate, a Christmas room, and greeting cards galore. It's well worth the stroll, with so much on offer.

Pauline and Steve look forward to welcoming you.  
Open 7 days | 0272 472863  
[cottagepantry@xtra.co.nz](mailto:cottagepantry@xtra.co.nz)

### THE KITCHEN CUPBOARD

"Bringing boutique style & functionality to your kitchen by partnering your everyday kitchen basics with on trend speciality items."

Our family owned (mother/daughter) business prides itself on stocking an extensive range of brands to cover all bases for your kitchen and to give you not only great products but great prices too. Our brands include: Zyliss, Le Creuset, Bialetti, Scanpan, Avanti, Victorinox, Lodge, Wilton, plus many more...

We look forward to seeing you in-store soon or shop online from the comfort of home anytime.

34B Talbot Street, Geraldine | Ph 03 693 8632  
[www.thekitchencupboard.co.nz](http://www.thekitchencupboard.co.nz)



### GREEN HAYES EMPORIUM

Wander through the doors of the Green Hayes Emporium and step back in time.

One of Temuka's hidden gems, the Green Hayes Emporium & Coffee Cart is a treasure trove of antiques, retro pieces, and recycled furniture. From sofas and cabinets to crockery, furniture, and toys, this funky store has something for everyone.

Whether you are looking for something specific, just fancy a browse or need a new coffee spot, a trip to this little piece of yesterday is well worth a visit.

The Green Hayes Emporium is open every Friday, Saturday, and Sunday from 10am to 4pm.  
45 Milford Clandeboye Road, RD 26, Temuka



### NGĀ WHARE MĀNATU

*Treat that someone special in your life....*

Planning a romantic weekend away, celebrating a wedding night, an anniversary, or a night away with that special someone?

Ngā Whare Mānatu is a unique couple's retreat offering four luxury accommodation units above the beautiful boutique village of Geraldine. Nestled amongst native plants, with stunning birdsong, enjoy views of the east coast sunrise, outdoor baths, and the amazing night sky with that someone special. Our vision is to provide you with a magical relaxing experience that showcases our natural environment and all only a two-minute drive from Geraldine.

[admin@ahuwenua.nz](mailto:admin@ahuwenua.nz) | 027 201 1920 | [ahuwenua.nz](http://ahuwenua.nz)



### Inspire Beauty & Skin

Inspire is home to top brands Environ and Jane Iredale. When it comes to skincare 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.

120 High Street, Waimate  
036897192 | [www.inspire-beauty.co.nz](http://www.inspire-beauty.co.nz)



### Quail House Flower Farm

Quail House Flower Farm prides itself on growing beautifully scented, natural vintage fresh flowers with a low environmental footprint.

Sustainable and chemical-free encourages bees, butterflies, and other plant-friendly wildlife. "From my farmgate to your vase." You will find Lynley and her wonderful flowers every Saturday at the Timaru Artisan Farmers Market and other local markets in the South Canterbury region.

027 293 5432  
[quailhouseflowerfarm@gmail.com](mailto:quailhouseflowerfarm@gmail.com)  
[www.quailhouseflowerfarm.nz](http://www.quailhouseflowerfarm.nz)



### Mt Nimrod Weddings

You're getting married and you don't want to spend a fortune but want memories that you will treasure for a lifetime. Throw away the rule book and celebrate your day, your way. *Relaxed. Romantic. Unique. Does this sound like you?*

Whether you want a "No Mush, No Fuss" ceremony or a "Just The Two Of Us" special day, we can help. In the end, all you need is LOVE!

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## SIX HOME MAKEOVER TIPS FOR SPRING

We ADORE spring! The blossoms are out, daffodils are heralding the promise of summer and the jasmine and wisteria are starting to spread like wildfire. With our gardens breaking into full flower, the heady scents fill the soft breezes of Spring!

However, all the action shouldn't just be limited to our gardens - we love to freshen things up inside the home for Spring too!

The Chambers Design team wishes to share some insider tips with you about how to modernise your house. For some springtime inspiration, continue reading.

### SUMPTUOUS BEDDING

We believe the bed serves as the bedroom's focal point. Making your bedding lovely is important because it will be the first and last thing you see every day.

Choose to add a new bedspread or duvet that is lighter in weight and colour; think linens and natural textures for the anchor element that is the bed covering. Add a luxurious

throw and, of course, complementing Euro pillows and scatter cushions to give the bedding depth.

### REARRANGE THE FURNITURE

Because looking out at the garden is now such a continually changing work of art, the fireplace doesn't have to be the focal point of the room in the spring. Instead, rearrange the furniture and place it in a different location to take in those garden views.

Play with your cushions a little bit. Introduce more cushions in a variety of patterns and colours for the Spring/Summer season. Never throw away your luxurious, cosy cushions; instead, quickly wash the covers and save them for next Autumn / Winter.

Pop those glorious cosy sheepskins away but keep them nearby so you can use them on the outdoor furniture in the cooler evenings by the fire pit.



Bring out the lighter-weight throw for an extra layer of comfort.

### CHANGE THE WAY YOU HAVE ORGANISED DISPLAYS

We are constantly rearranging bookcases, mantles, and tables according to the season. We just like to change them up rather than necessarily making them feel springlike, but I guess it's a "Spring like" thing to do! Our area will be modern and exciting for both you and your visitors when you reuse old favourites and add a few new home décor items.

Here's a helpful hint: Whether they're on a shelf, the mantelpiece, or in your display cabinet, make sure there are always an odd number of ornaments on exhibit. It gives your display symmetry and balance.

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### DEVELOP A NEW ZONE OR REPURPOSE AN AREA

Transform an empty room or area into a place you want to spend more time in.

This Spring there are some truly amazing wallpapers that will quickly change the vibe of an underutilized space.

Perhaps reupholstering that favourite old chair that not only has great bones, but also a lot of fond memories; consider them as pieces of art for a place where you want to spend more precious time in your home.

### USE YOUR COFFEE TABLE CREATIVELY

Include beautiful hard copy books into your tablespace. Books as a low base for a vase of flowers, tea lights, or candles always look chic and effortlessly stylish.

Depending on the size of your table (and of your books), you can arrange your books in a grid or just use one stack, which is both straightforward and efficient.

### COLOUR

Be bright and beautiful with colour this Spring.

Pops of colour predominate in everything from flowers to candles to textiles, which is reflected in the spring home design trends. Using Feng Shui principles and natural greenery when decorating your home in the spring, you can invite pleasant energy inside.

### CHAMBERS DESIGN AND THE SEWING CHAMBER

Do you require further suggestions and guidance for modifying your home post restrictions? Get in touch with Chambers Design's team. All of your interior design requirements are met by our services, which also include our on-site sewing facility, the Sewing Chamber. For custom curtains, cushion covers, and curtain alterations.



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## Taking care of your lawn and gardens

Maintaining a beautiful garden can often be easier said than done.

Even if you love gardening as a hobby, hiring a professional gardener for some projects can save you money in the long run. A gardener can increase your home's kerb appeal and help you maintain an outdoor space you and your family will enjoy!

Lawns and Roses offers residential lawn and garden care here in South Canterbury, which includes:

Trimming | Pruning and seasonal care of plants and shrubs | Weed removal  
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We offer one-off services as well as weekly services which aim at keeping your garden well-managed and maintained. This allows you to enjoy your garden and prevent it from getting overgrown.

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# STAND TOGETHER



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## Your Garden this Month

Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicinal plants she grows and uses at her home acre in Waikuku.

### Medicinal Herbs to Grow

There are a great many plants I grow – some simply for beauty and others to feed me, but none are closer to my heart than my herbs, especially those that can be used for health.

Medicinal herbs are herbs used to support our general wellbeing or to remedy specific ailments. Plant medicine was the first medicine and is still practiced widely in the world, with home herbalism making a phenomenal comeback in modern society alongside the rapid rise of backyard vegetable gardening.

Starting your own apothecary garden and learning to use the herbs safely and effectively is

very empowering. If you're brand new to herbs for healing, my advice is to start small with a few well-known herbs (many culinary herbs have fantastic healing qualities!), and expanding your garden and your knowledge as you become comfortable with making and using herbal remedies from the plants you grow.

Most herbs have simple needs – ample sunlight and good free draining soil that is watered well periodically. Herbs make great companion plants, and can be added to your existing garden, or you can dedicate a space solely for your plant allies. Most herbs are well suited to growing in pots if space is at a premium.



My Top Ten Indispensable Medicinal Herbs:

- 1. Chamomile, Matricaria recutita (flowers)**  
The Relaxing Herb: treats restlessness, stress, anxiety, sleeplessness and irritability; also good for upset stomachs and skin.
- 2. Lemon Balm, Melissa officinalis (leaves)**  
The Life Herb: treats anxiety, insomnia, stress and depression; also effective as an antiviral for cold sores.
- 3. Calendula, Calendula officinalis (flowers)**  
The Skin Herb & Cleansing Herb: treats bites and stings, minor wounds, cuts, abrasions, rashes; also good for blood cleansing and detoxing.
- 4. Thyme, Thymus vulgaris (whole herb)**  
The Antiseptic Herb: treats sore throats, coughs, mouth ulcers; also wards off colds and flu.
- 5. Peppermint, Mentha x piperita (leaves)**  
The Indigestion Herb: treats stomach upsets, cramps, gassiness, nausea; also alleviates anxiety, fevers and headaches.
- 6. Echinacea, Echinacea purpurea (flowering tops; roots)**  
The Immune Herb: stimulates immune response; also detoxifying and adaptogenic.
- 7. Comfrey, Symphytum**

**officinale (leaves or roots)**

The Wound Herb: topically applied to reduce swelling and bruising, heal cuts, sprains, strains, wounds, sores, broken bones.

- 8. Garlic, Allium sativum (bulb)**  
The Heart and Health Herb: a powerhouse of positive actions for general wellbeing especially heart and circulatory system; also used as tonic and fungicide.
- 9. Lavender, Lavandula officinalis (flowers)**  
The Soothing Sedative Herb: treats nervousness and irritability, restlessness and stress; also good for tension headaches and skin problems.
- 10. Aloe Vera, Aloe vera (leaf gel)**  
The First Aid Herb; treats burns, cuts, scrapes, wounds, scalds, sunburn, even radiation burns.

Asking me for my favourite herb though is akin to asking a mother her favourite child... impossible! Other herbs I grow and often use in my home herbalism include: Feverfew, Sage, Plantain, Turmeric, St John's Wort, Holy Basil, Meadowsweet, Bergamot, Electric Daisy, Ashwaghandha, Anise Hyssop, Yarrow, Mullein.

The herb I'll take to a deserted island, or into space? Stinging Nettles (Urtica spp).

\*All information subject to: [www.meadowsweet.co.nz/disclaimer](http://www.meadowsweet.co.nz/disclaimer)



### WAREHOUSE LIQUOR

You had me at churro.

It's hard to top the original creamy, sweet taste of Bailey's Irish Cream, but we think they've just done it.

Cinnamon Churros are the newest inspiration for Bailey's' latest flavour drop, and it sounds like the ultimate boozy beverage to start Spring. Imagine the mouth-watering taste of crispy dough, dusted in a cinnamon spiced sugar coating, all in an adults-only drink. Well, that's exactly what Bailey's Cinnamon Churros tastes like.

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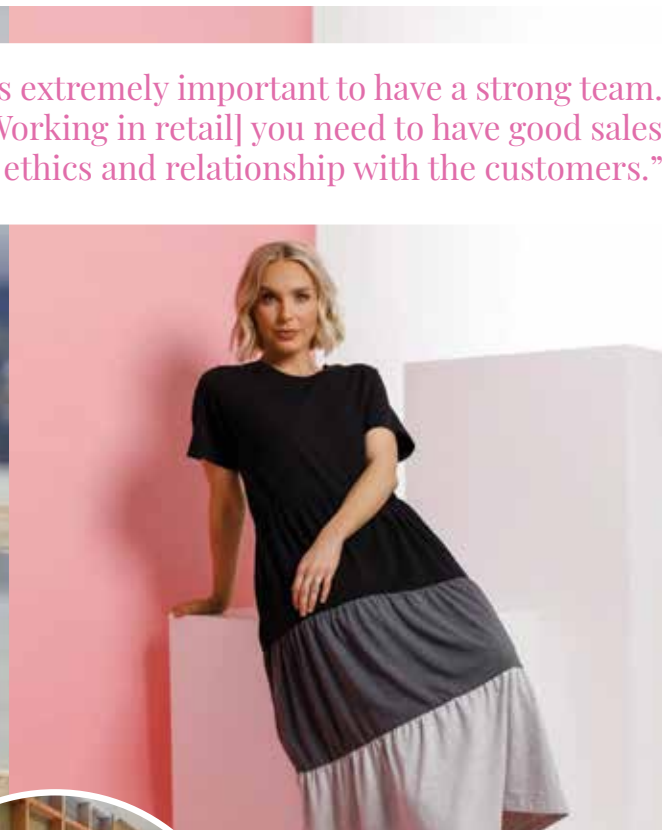
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“It is extremely important to have a strong team. [Working in retail] you need to have good sales ethics and relationship with the customers.”

## Makeover at Mint!

The next time you step into Mint Boutique you might notice that the popular Fairlie clothing store has had a bit of a makeover.

The Main Street women's fashion boutique has just been renovated, with changes made to make the store more customer friendly and make room for new products, owner Rebecca Kerr said.

“The changes have been really positive, as Mint continues to grow, we just needed more space. We now have two large changing rooms to cater for groups of ladies who love to come and shop. The new changing rooms give them room to move, have a laugh and also help create an ambient feeling whilst shopping at Mint. While we could do with some more storage space we are managing at this stage.”

Another reason for the renovations was to cater for the arrival of the store's fashion label - Mint The Label. Mint The Label is a collection of everyday wear that has been designed by Rebecca for Kiwi women. Made in New Zealand, the brand is extremely popular with Mint's local and online customer base.

“We are using an excellent factory in Christchurch which is great because we can just pop up and see them, and they offer expert advice on what fabrics to use.”

Mint also has another collection which is made overseas that is expected to arrive in time for summer, Rebecca said.

Originally a second-hand clothing store, Mint Boutique was purchased by Rebecca in August 2008. Since then, the store has gone from strength to strength and is a popular drawcard for the Mackenzie District.

“Going from second-hand products to new products was a big change for us but it was also exciting. We started with some new scarves, then we introduced Betty Basics and Home Lee which are now two of our top brands. Five years ago, we went from an old tin shed to a fancy new building that is warm in winter and does not have ice on the inside of the windows.”

Despite Rebecca's initial reservations, Mint Boutique launched an online store six years ago.

“It was ticking along nicely then Covid hit, and wow did that make things change. We have never been so busy. Considering I did not want to go online - it definitely saved our bacon so to speak during this time.”

One of the contributing factors to Mint's success is the strength of its nine staff members, Rebecca said.

“It is extremely important to have a strong team. [Working in retail] you need to have good sales ethics and relationship with the customers if you are working in the store, and the office team need to have good customer service skills while dealing with tricky situations.”

Mint Boutique is open seven days a week and offers a range of fashion clothing, footwear and accessories. Stocking well-known New Zealand and international brands such as Stella + Gemma, Boho Australia, Seeking Lola and Fate + Becker, Mint Boutique aims to provide affordable, high-quality fashion for everyone and anyone.



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## Eye Examinations, *THE IMPORTANCE,* The Process, and The Positive Outcomes

**Did you know? Twice as many people are afraid of going blind as are afraid of premature death or heart disease<sup>1</sup>.**

Yet far too many people compromise on their vision care, substantially increasing the risk not only of significant vision loss, but potential failure to detect life-threatening diseases.

Your Canon Street optometrist is a fully-qualified medical professional who should be an integral part of your health care team, alongside your GP, dentist, and any other specialist medical advisors you may use to safeguard your health. When performed correctly by a fully-qualified optometrist, and sufficient time is allowed, your eye examination not only determines the need for vision correction, but is also a check for a range of diseases and other health issues that can be detected through your eyes.

OCT scans are now included in comprehensive eye examinations (age 50 and over) and post-cataract eye

examinations. This is a 3D scan of your eye structures in 10 minutes, completely painless and non-invasive! It's the gold standard for early detection of eye diseases such as glaucoma, macular degeneration and diabetic eye disease.

**There are many cases of patients having their lives saved by an optometrist detecting a major disease, such as melanoma, during a "routine" eye examination.**

Regularly monitoring the health of your eyes is one of the most important aspects of your health care at any age.

For the sake of your health, please make an appointment as soon as you receive your reminder!

<sup>1</sup>. GfK Group, 2002. Survey included 4,352 people (2,020 males and 2,332 females) in seven countries including Australia, Brazil, Germany, Japan, Spain, the United Kingdom, and the United States.

## CBay aquatics retail store

### NEW SEASONS SWIMWEAR IN STORE NOW.

The CBay Retail Store is packed with styles and colours to fit and flatter, whether you're an aqua jogger, competitive swimmer or you're after a fun print for the kids to splash around in.

The styles this summer are bright, fun and designed to help you look good in the water. Plus don't forget to check out the great range of swim accessories including goggles, caps, kickboards and more.

**BUT DON'T DELAY AS SOME STYLES ARE LIMITED.**

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Matilda and the Metalman

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# SPRING Loving

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# Making a Cushion

I think the hardest part of making a cushion is selecting the fabrics, but once this is done the rest is a cinch!  
Here's how:

- You will need:**
- Fabric - for front and back. This can be the same or different.
  - Zip - I use an invisible zip, slightly smaller than the size of the cushion.
  - Inner - Feathers are great and always look good, but Dacron inners will work too.

**Step 1**

- Cut out your fabric to the same size as your cushion inner. This way when the cover is sewn, it ends up being a bit smaller than the inner creating a nice fit.

**Step 2**

- Inserting the zip! Not as hard as you think.
- Machine neaten the bottom edge (where the zip will go).
- Lay out your fabric right side up. Place the zipper right side down on the fabric. Pin. Now lay the other fabric out with right side up. Flip the side with the zip pinned to it over and onto this piece. Line up and pin zip into place.

- Sew zip. A handy hint is to iron out the zip so it is as flat as you can make it. Don't worry it will roll back again, it just means you can get the seam as close to the teeth as possible.

**Step 3**

- At this point the two sides of the cushion are joined only at the zip. You now need to "finish" off that edge by sewing from the zip stitching to the edge of the fabric.

- I allow a 1cm seam allowance.
- Once this is done, you're ready to sew the rest of the cushion up.
- You don't need to pin, but it does help keep the fabric in place.



**Step 4**

- Double check to make sure cushion is all sewn up correctly. Neaten the three remaining edges. Turn the right way round and iron.
- Hint - sometimes the corners can be a bit bulky, so it is OK to snip these across to reduce bulk.
- Insert the inner and VOILA!

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# Yes, you should vote, and here is why...

Want to end a conversation quickly? Ask someone how they're going to vote in the upcoming local elections.

Local elections are mostly greeted with a profound lack of interest. They simply don't generate the excitement, big names and big personalities of national elections. But most local candidates put in plenty of work letting us know they're running – with billboards and Facebook pages and leaflets and advertising.

They invest time and money putting themselves forward to represent our communities. Yet still we mostly respond with an eye roll or a fake yawn when asked about how we'll vote for council or our local community board. But your vote does matter.

The people elected onto our community boards and councils make decisions that affect our lives every single day. They decide things like what we can do on our sections; where we can walk our dogs; what kind of recycling and rubbish collections we get; what sort of parking options we have; whether we get a new playground; where new development should be concentrated. The list goes on. And sure decisions on rubbish collections might not sound particularly exciting but they do matter to most of us in our daily lives.

So when those voting papers arrive in your mailbox in the coming days – take a proper look at them, read about the candidates, think about what you want for your community and cast your vote.

You can find out all the details of the local elections on your council website. And in the leaflet that will arrive with your voting papers.

**"The people elected onto our community boards and councils make decisions that affect our lives every single day."**



## Local Elections 2022

Voting in this year's local elections began on 16 September, with voting closing at 12 Noon on Saturday 8 October.

Voting papers should by now have arrived in your letterboxes. The election is a postal vote and uses the First Past the Post electoral system, with voters ticking the number of candidates as there are seats.

Timaru District Council is made up of nine councillors and the mayor who is the leader of the council. There are three Wards and three Community Boards in the Timaru District. Elections are being held this year for Mayor, Timaru Ward, Geraldine Ward, Pleasant Point and Temuka Community Boards and Environment Canterbury – South Canterbury Constituency. For the 2022 local elections, the Pleasant Point-Temuka Ward, Geraldine Community Board and Geraldine Licensing Trust have been elected unopposed.

The Council review and make decisions on things that are important to the whole district, with Community Boards making more localised decisions. Everyone in the district votes for the Mayor and the two Regional Council spots. You also get to vote for

the councillors or community board members that will represent the ward or community board area in which you live. Votes can either be posted back using the freepost envelope included with your voting documents or delivered to the ballot boxes located at Council offices and service centres.

If you have not received your voting papers, it's not too late to get involved. Special votes are available now to those on the unpublished roll, not enrolled or incorrectly enrolled or anyone who has just turned 18 to vote. You can apply for a special vote by contacting the Electoral Officer, visiting the Council office or Service Centres in Timaru, Geraldine or Temuka or emailing elections@timdc.govt.nz.

Voting in local elections is incredibly important, in many cases decisions made at a local level shape your community and influence the local services you use every day to an even greater extent than national elections.

**Don't miss your chance to be involved!**



**Barb Gilchrist**

Distict Council

*What skills and knowledge will you bring to the council?*

Firstly I bring a calm and considered approach. I'm naturally curious, so always try and learn about subjects we discuss. As a nurse I'm used to doing more with less, I'm optimistic and I'm also realistic - you can't bring about change on your own, it requires working with people to help them see your point of view. Improving accessibility is an example of this - I couldn't have made any improvements on my own, but helping council staff see the benefits has made a real difference. It's action through influence and I find it much more effective, even though it's less newsworthy, than banging a fist on the table.

*What do you think are the three key issues facing the Timaru community over the next five years?*

The impact of climate change, the large amount of reform and inflationary pressures are three of our key challenges.

*What do you think the local council could do better?*

The news is full of all the things council could do better, but what about what we've done well? We've invested in a large number of capital projects that will make our district more resilient and we've done a great job of sticking up for our community to preserve local control of our water assets. I'm sure we all agree we need to keep investing in our water and other infrastructure, and get better at keeping people informed.

*What do you do when not out campaigning for local Council?*

I've thrown myself into many council activities including the CityTown project, biodiversity, climate change and youth initiatives. This, along with my part time work, family commitments and committees keep me active and involved in the community - I wouldn't have it any other way. I'm an active relaxer so when I need time out I work in my vege garden or head for the hills with a pack on my back.

Authorised by Barb Gilchrist, 117 King Street, Timaru

Email: barbforcouncil@gmail.com | Phone: 021334052  
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## Vote Nigel Bowen

Continuing to keep Timaru open to young & old

Working with our community to keep Timaru a truly age friendly District.

[www.nigelbowen.co.nz](http://www.nigelbowen.co.nz)

Nigelbowentdc



MY DOOR IS OPEN  
**Nigel Bowen**

Authorised by Nigel Bowen. 69 Elizabeth Street, Timaru

**Let's Get Things Done!**

**VOTE**

**OWEN JACKSON (OJ)**

- Get major capital projects completed
- Make Timaru a better place to live, work and play
- Strive for rate efficiencies through strong governance
- Retain local ownership of our water assets
- Create better community connection with council
- Look after our environment

Authorised by Owen Jackson 240 Otipua Road

[facebook.com/oj4council](https://facebook.com/oj4council)

**Scarlett STOTT**

TEMUKA COMMUNITY BOARD

Her strengths include great communication skills, a willingness to help others, and her youth, which helps bring a fresh perspective.

**Vote Scarlett Stott for a well-rounded perspective in the community.**

Authorised by Scarlett Stott, 5 Scott Terrace

## Nick Ward

Balanced Environmental Policies

As a fourth-generation local, winner of the 2009 Supreme Canterbury Ballance Farm Environment Awards, and with considerable local water governance experience - I will bring a balanced approach to regional environmental policy. Working with all community groups as caretakers of our resources soil, water, and air for the next generation. Creating a thriving prosperous community actively adapting to environmental change.

**Vote Nick Ward for ECan**



Authorised by Nick Ward  
42 The Drive, Twizel

**I want the Timaru District to continue to be relevant, progressive, and attractive.**

My business ambitions and community involvement have always been interlinked. Having a business that works across both private, public and not-for-profit sectors supports my values of giving back to my community.

**STACEY SCOTT**  
Let's keep transforming Timaru

**I will be a strong contributor at the council table.**

Authorised by Stacey Scott, 4e Sefton St, Timaru 7910



## Multiple Sclerosis *Spring Garden Walk Fundraiser*

words: Gilly Oppenheim images: supplied

When: Saturday October 1st 10.00 am – 4.00pm  
Cost: \$25 a ticket or \$5.00 per garden.

Once again Multiple Sclerosis South Canterbury is showcasing five beautiful local gardens as a fundraiser for this very worthwhile cause. This will be a wonderful day out in spring with several of the gardens being wheelchair friendly.

Phyllippa Worthington's gorgeous little townhouse garden is just three years old. It is full of alpine treasures and shows you how you can create year-round colour in a small garden.

Lynn and Tony Hammond's beautifully manicured garden has many interesting plants which have been collected and propagated over the past twenty years. Many of these cannot be found in nurseries. Ngairé Orford will demonstrate hanging baskets here at 10.30am, 12.30pm and 2.30pm.

Mary Tait's garden has evolved over the last forty years. This hidden gem features many rooms with exciting plants and trees. This is the first time that this garden has been opened to the public. Linda Allan will show how to make topiary pots here at 10.30am and 2.00pm.

Liz and Warren Taylor's garden has an abundance of year-round colour with lots of little nooks. From here you can take a Classic Car ride to your morning or afternoon tea for just \$5.00 per person – or you may even be chauffeured to a garden of your choice.

Veronica and Syd McAuley's spectacular garden is spread over two acres with a pond, mature rhododendrons, camellias, roses and a variety of trees and shrubs. Refreshments will be provided here by Altrusa Timaru, along with specialty stalls and various demonstrations. There will be a variety of interesting displays and ideas, plus a plant sale for Multiple Sclerosis.

Jonel Clemett will show her collection of vintage, shabby chic and rustic Christmas ideas – perfect for home or gifts. Sharon Leonard will be showcasing original art by Ludmilla Carol, an artist from Kiev in the Ukraine.

Liz Gray will be demonstrating a style of floral art, using traditional flowers and foliage, whilst Helen Macdonald will be demonstrating more modern, simplistic floral designs, incorporating other interesting features.

Anne-Marie Chapman's Serendipitous Creations includes handmade jewellery, using reclaimed materials, vintage cutlery and wire. Ali Gurr makes figurines, tiles and pottery bowls and Tracey Hutchison will be selling items from the Silver Connection. Mitre 10 will demonstrate how to put together a small vegetable garden to have at your back door for easy picking.

This will be a day out not to be missed. A \$25 ticket includes entry into the gardens, a lucky number, a map giving directions to, and information about each garden, descriptions of the demonstrations and displays, and refreshments supplied by Altrusa. You can also visit individual gardens for \$5.00 per garden. All tickets are numbered and go into a draw for 15 prizes. However, by pre-purchasing a \$25 ticket you go into a draw for one of two very special prizes, which are donated by Hyundai SC and Ballantynes. Winning ticket numbers will be on display at the McAuley garden and prizes can be collected on the day. Tickets are available from Stompz, J Walk, Cobblers Inn, The Shoebox Outlet and Community House or ring Rose on 027 611 9692.

**Multiple Sclerosis has over 200 clients in South Canterbury. This is just touching the surface, so if you know of anyone who has MS and would like some assistance, please contact the Field Officer, Fiona Pierce at 03 687 7375 or 027 211 4497.**



## A Life of Quality

*Due to the incredible advances of Western medicine, we are going to continue to live longer. We are so fortunate to live in a time where there is such extraordinary emergency medicine available to us. Yet, the question I ask you to ponder is, are we living too short and dying too long?*

It's your quality of your life I encourage you to consider. Today, as well as in the later part of your life, you want to be able to bend over and do up your own shoelaces. Imagine what life would be like if you had to rely on someone else to do this? How would your once-independent self feel? You don't want this to happen because your tummy has grown too large for you to be able to reach your feet, and so in later years you wish you had changed your lifestyle earlier. Or because you have been sedentary for too long and in later years your spine is relatively inflexible and you can't bend to reach your feet. You don't want that to occur.

Statistically speaking, men are more likely to experience significant health challenges because they have put off getting help when the initial warning signs began to appear. Don't let it take a health crisis to wake you up to what you already know: that without your health you have nothing. Listen to your body. The ways you eat, drink, move, sleep, think, breathe, believe and perceive don't just impact on how you feel, function and look today – they are going to influence how you feel, function and look in the future. The power to change all of that is in your hands – and in your hands only. Let that motivate you.

The way you feed yourself is a fundamental way you can demonstrate appreciation for your body. Yet for far too many, processed foods, takeaways and pre-packaged meals are on heavy rotation. If the majority of your meals are not homecooked or based on whole, real foods, slowly and incrementally begin to tip the balance the other way one meal at a time.

It's common too, for people to build their meals around protein, while adding a token effort of veggies to their plate, almost as an afterthought. Protein is an important macronutrient yet, it is micronutrients that drive the myriad biochemical processes in our bodies which create our overall health. For optimum health, aim to have seven serves (3 ½ cups) of vegetables each day. It can help to build your meal around vegetables and have them make up around

50% of your meal. Of course keep eating your protein – just be sure to also include plenty of veggies.

*Some of the specific nutrients that men need for optimal health include:*

### Zinc

Necessary for converting cholesterol into testosterone at optimum levels, and testosterone is needed for strength, mental health and libido. Food sources include oysters and red meat and there's a small amount in eggs and sunflower seeds. Zinc was once readily found in soils and therefore in our foods. However, too many soils are now zinc deficient and as a result many people are now deficient in this vital mineral and find supplementation to be valuable.

### Omega-3s

These essential fatty acids (EFAs) play a pivotal role in regulating cholesterol, reducing inflammation and preventing blood clots. All of these things, if left unchecked, can lead to some of the most common health challenges that men experience. Your body can't produce EFAs so it is essential that you get these from food. Sources include oily fish, walnuts, chia seeds and flaxseeds.

### Vitamin D

This important nutrient is also instrumental in dampening down inflammation making it vital for cardiovascular health and stroke prevention. Yet, this is just one of the many roles it plays. We get vitamin D predominantly from sunshine so daily (safe) sun on our skin is important. During winter months, supplementation can be necessary.

### Magnesium

Involved in over 300 biochemical processes from digestion to sleep cycles to muscle relaxation, magnesium is critical for dampening down stress in the body. The best sources include leafy green vegetables (the darker the better), seeds (particularly sesame seeds), nuts, raw cacao (think dark chocolate), and seaweed.

## PAGE TURNERS

words: Gilly Oppenheim

# The Night Train to Berlin

By Melanie Hudson

**The Night Train to Berlin is a historical fiction story with a dual timeline, which seamlessly goes between the present time and World War Two. It takes you from the pretty idyllic beaches of Cornwall and to the blood-soaked beaches of France.**

Ellie Nightingale is on her way to stay at her great grandmother Nancy's cottage in Penzance, in Cornwall. She catches a restored sleeper train from Paddington Station. Ellie teaches music to children online- she can play the violin, guitar, cello and ukulele. She has her violin with her, a beautiful green couture evening dress and a diary full of wartime sketches. Aboard the same train is Joe Burton from Leeds. They have a magical night of dancing to 1940s music, and for Ellie it's a memory she will always treasure.

In 1944 Eliza Grey is traveling to her cottage Meadowsweet in Cornwall to think about her life, her future and to paint. Leaving Paddington Station aboard the same train is Alex Levine, an ex- spitfire pilot and now a war correspondent. Eliza has been working as a nurse in London, but she desperately



wants to be on the front line and to be a war artist. The people in charge don't want women anywhere near the action or involved with the invasion. Alex and Eliza feel a connection, they spend a wonderful week together in Cornwall and promise to meet each other in Berlin. Eliza makes it to France, where she's a nurse on a hospital ship. Despite taking care of people injured during the Blitz, nothing prepares her for the carnage on the beaches of Normandy as the allies slowly fight their way towards Paris.

The Night Train to Berlin is a story about Ellie and Eliza being linked together by friendship, a cottage in Cornwall, Nancy, a small clock, a trip on a historic train, secrets, and fate. Both are caught up in situations that they can't change, and they don't regret meeting Alex and Joe - if only they were both free to fall head over heels in love. It is an easy read and I loved it.



# The Diamond Eye

By Kate Quinn

Still reeling from war wounds and devastated by loss, Mila finds herself isolated and lonely in the glittering world of Washington DC, until the unexpected friendship with First Lady Eleanor Roosevelt and an even more unexpected connection with a silent fellow sniper offer the possibility of happiness. However, when an old enemy from Mila's past joins forces with a deadly new foe lurking in the shadows, Lady Death finds herself battling her own demons and enemy bullets in the deadliest duel of her life.

Based on a true story, The Diamond Eye is a haunting novel of heroism born of desperation, of a mother who became a soldier, of a woman who found her place in the world and changed the course of history forever. I learned so much about the skill that it took to become a sniper and how incredibly hard it is to perfect a shot from bunkers, bushes, trees and buildings.

“Snipers must make themselves calm in order to succeed, and that is why women are good at sharpshooting. Because there is not a woman alive who has not learned how to eat rage in order to appear calm.”

**MS.**  
MULTIPLE SCLEROSIS  
SOUTH CANTERBURY

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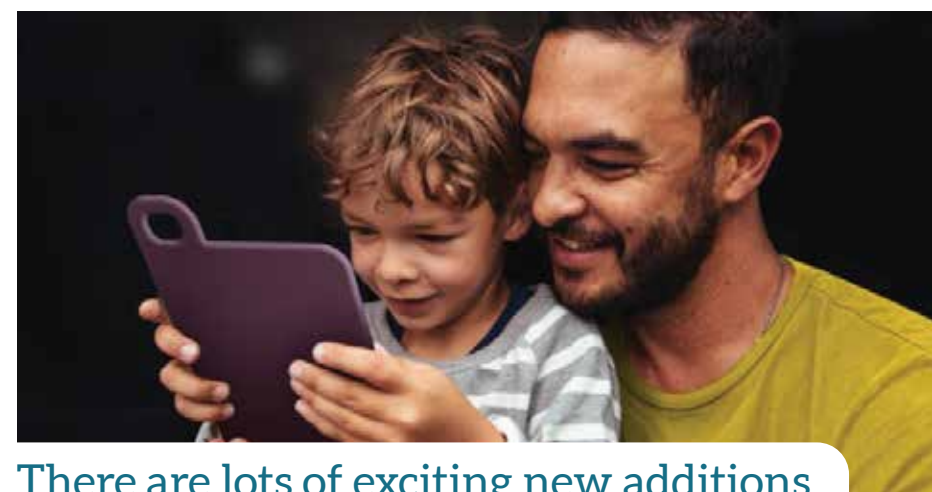
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# GOING STRAIGHT? DON'T INDICATE TO THE RIGHT



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[www.scrs.org.nz](http://www.scrs.org.nz)



## There are lots of exciting new additions to explore at Timaru District Libraries.

The very first Hublet unit in New Zealand has been installed in the Timaru Children's Library. Hublet is a product from Finland offering customers self-service access to tablets for use in the library.

A library card is required to unlock a tablet. With preloaded apps enabling access to our eLibrary, Busy Things, Kinderlings Kids Radio, as well as links to websites such as National Geographic Kids and the San Diego Zoo, there is so much for children and families to discover.

We now have a range of Tech Kits available for borrowing. We currently have Bee-Bot coding robots, Merge Cubes and Osmo Genius activity sets which can be borrowed for four weeks. We also have assistive technology kits such as C-Pen ReaderPens which convert text into spoken words - in multiple languages. These devices are designed to assist those

with low vision, those with Dyslexia and also for language learning. Other Tech Kits that assist people who have low vision include our HumanWare electronic magnifiers and HumanWare VictorReader audiobook players. There are conditions for borrowing Tech Kits. Come into your local branch to find out more.

Storytime Pods are another exciting addition to arrive at our library branches. These wonderful units are suitable for children aged two and above. Children select their age and then choose to either listen to music, pick a game to play or hear a story. The Storytime Pods are already proving very popular with our young patrons.

To learn more about our fantastic services and collections, visit our library branches in Timaru, Temuka and Geraldine, or find us on Facebook, Instagram or at [www.timarudistrictlibraries.co.nz](http://www.timarudistrictlibraries.co.nz)

## TIMARU DISTRICT LIBRARIES

Explore | Encourage | Engage | Enrich



A range of educational and assistive Tech Kits are now available to borrow

## ASK AN Expert



### Brenton Rooney

Partner at Gresson Dorman & Co.

I am a Partner in the commercial and property team at Gresson Dorman & Co. I specialise in all aspects of property law. I act for many commercial clients and farmers throughout the South Island, assisting them with sales and purchase, leasing, Trusts, company restructuring, and documenting equity partnerships. A particular interest of mine is assisting families with succession plans and asset protection structures.

#### What is succession planning?

In a nutshell, succession planning is a process of identifying future successors in a business which can include identifying those who will take over future ownership. Those successors can include current employees, family members, or an independent third party, each situation will be specific to your personal situation and your business.

#### What happens if I don't plan for succession?

Without a clear plan, you could find yourself working well past your intended retirement. With any succession, it is crucial to have the right structures in place and the earlier you do this the better. Putting it off may reduce the value of your business to a new owner and increase the cost to you.

**Why should I do this and who do I involve?** Succession planning is a process that requires careful forethought and planning. No two succession plans are the same and the process is rarely straightforward. It is important that you have advice on:

- where to start
- your options around succession
- structuring your family business
- the process
- how often to review your plan

If you want to be rewarded for the blood, sweat, and tears you have put into your business, it is important your business is structured correctly so that your exit and transition to your next phase is smooth and on your terms.

In short, succession planning isn't a quick or easy process, and if it involves family, it can get even more complicated. It pays to take advice, plan ahead, and get organised.

So, if you would like more detail on these matters or require personalised legal advice, please contact me on 021 157 3014 or by email: [Brenton@gressons.co.nz](mailto:Brenton@gressons.co.nz)



Level 1, 24 The Terrace, Timaru  
[www.gressons.co.nz](http://www.gressons.co.nz)



### Jess Mulcahy

Senior Personal Trainer and Teacher at Performance Health Club.

Her passion is to make exercise fun no matter the level you're at - and to significantly change people's lives for the better, through exercise and healthy nutrition.

#### What is Pole Fitness?

Would it surprise you to know that Pole Fitness originated in 12th century India and was originally practiced mostly by men, not women? The movements were ideal to develop warrior coordination, concentration, reflex and speed, as well as increasing their strength and stamina.

It migrated to the U.S. when exotic dancers from Egypt would perform as part of the travelling circus but wasn't until the 1980s that Pole Dancing became synonymous with bars and clubs.

The results of this exercise form were so stunning that Pole Fitness classes soon evolved and has now become recognised internationally as a competitive sport.

#### Is Pole Fitness at Performance an ideal workout?

Once you try it, you'll soon realize what a fun and challenging workout it really is. It helps you build strength, cardio and agility, and as you go through the course you can quickly transform your body as it simultaneously encourages elegance, confidence, mood and mindset.

#### Do you have to have any experience?

No, you can be a total newbie and it's open to all ages! Even the most inexperienced, uncoordinated, and non-flexible can learn. It may be unique and different from your typical classes, but you'll be in a small group all progressing at the same level.

Come along and try something new in a supportive, private and non-judgmental environment. The instructors are wonderful, and they guide you from floor work to pole as you progress through the course, and your body changes for the better.

#### A fun night out?

From Pole Fitness to Pole Dancing! If you have an up-coming event or a Bachelorette party then this will certainly create some fun for a fantastic evening out!

For our upcoming courses, or just a special evening, please contact us at Performance Health Club, phone 03 684-6664

## Performance Health Club

1 Heaton Street, Timaru | Ph (03) 684 6664

# Home of the **vege** garden



There's nothing more satisfying than growing some of your own ingredients for your meals, and you don't need to be a seasoned gardener to do it.

With rising food costs, the time is now to get your gardening growing!

If you want to grow heaps of veggies or just a few herbs, we have everything you need to get your garden growing.

Whether you have raised gardens, containers, hanging baskets, or straight into the dirt to work with, we have passionate gardeners in our team to guide you all the way with advice on everything from which veges or herbs to start with all the way to when to harvest.



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