

essence

essentially...south canterbury



7 Home
Putting colour
into your home

Spotlight 9
Destination South
Canterbury

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The big retirement sale is on now, Stephen and Diana are retiring so come in and see our amazing jewellery and bargains.

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Mickey Mouse Pendant was \$229
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Filligree Pendant was \$329
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contents

Our January print day certainly got off on to extraordinary high, a high of 37.5 to be precise - I think that is a record? Fingers crossed it cools down a little or you can find a shady spot to relax and enjoy your first copy of essence for 2021.

In this issue take a look at the interesting career of Amelia Bleeker. Amelia has always been interested in working towards a world where everyone gets a fair chance in life, regardless of their nationality, gender, or any other characteristic. Her passion for justice and international law is evident in the many varied and interesting roles she has held in NZ and globally.

We meet co-owners of JKS Shotokan, Anton van den Bergh and Senpai Gerrie Pienaar. Together these two men have overcome huge personal and health challenges in their life but their passion and commitment to their students was clear at the recent National championships, where this young club won 25 medals.

When it comes to adding colour into our homes most of us are nervous about going further than the odd turquoise cushion. Writer, Pattie chats with interior designer Becky Lee about living in a home that really reflects your personal style. I am going to make 2021 the year I go crazy with colour - I'm about to paint an office desk yellow - maybe the heat has got to me lol!

We have been promoting local life and businesses way before hash tags were a thing. Turn to page 9 and immerse yourself in our Destination South Canterbury feature.

Have a great month - Dorothy

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Profile



Fashion

Recipe



Cover

Front Cover: You need to have a bigger picture in mind to go confidently with colour says interior designer Becky Lee. Story page 7.

Need an extra copy of essence magazine?

We have stands located at

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- Northtown Mall opposite Sticky Cafe
- Outside Cobblers Inn at Highfield Mall
- Our office - 22 Chapel Street, Timaru
- Mint Boutique Fairlie



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ACCREDITED VILLAGE OF THE RVA

The Bandquet



NZ's newest Summer Event is here - hitting Caroline Bay, Timaru for 8 hours of fun times on Saturday 13 March.

Mitch James, an acclaimed singer and songwriter from Auckland, will headline the eight-hour long music festival. He is best known for his songs "Bright Blue Skies", "Sunday Morning", "No Fixed Abode", "Move On" and "21" which have all featured in the Official New Zealand Music Charts.

James will play alongside multi-platinum, multi-award winning artist Jason Kerrison (of Opshop fame), New Zealand-based DJ/Production duo Sweet Mix Kids and Country Pop artist Kaylee Bell whose single 'Keith' topped the official New Zealand Music Chart. 7-piece funk band The In Crowd and Christchurch stand-out band City Limits will also play.

Event director Simon Carter says tickets are already selling well.

"We've worked hard to ensure this will be an event full of sweet New Zealand music. These are musicians who've topped charts, played at international festivals, dominated our radio airwaves and that get people up, dancing and having fun. They're some of our very best."

The Bandquet has been designed to be a great day out for the whole family with a Kidtopian World to entertain the kids and plenty of fantastic food, craft breweries and boutique gin distilleries for Mum and Dad.



Among the fun on offer in the Kidtopian World will be Bumper Boats, Water Walkers, Bouncy Castles and Face Painting.

A portion of every ticket sold will be donated to 'Trees that Count' to support their initiative to plant 200-million trees in New Zealand.

"This will be great day out with something for everyone. We have no doubt The Bandquet will become a much anticipated event on everyone's social calendar - we can't wait," concludes Simon Carter.

For more information and to purchase tickets visit www.thebandquet.co.nz

"Play!" At 77 Art and Living

Timaru artist Rachael Polson opened her new body of work "Play!" At 77 Art and Living in Fairlie on Friday the 15th of January.

Polson shows us children intent in their moments of play; their development of friendships; their mastery of skills. They are capable, focused and purposeful. These are not portraits of individual children, rather, they seek to draw our attention to the precious and fleeting moments that occur in the time that is childhood.



1. Rachael Polson 2. Anne Mitchell, Melissa and Jamie McMurtrie, Hayden Tennent 3. Peter Doran, Malcolm McDonald and Seamus Doran 4. Alistair Craig, Stephanie Hagen and Sue Tennent 5. Rachael speaking about her work to gathered guests 6. Sarah Polson, Matthew Polson, Amy and Dr. John Doran



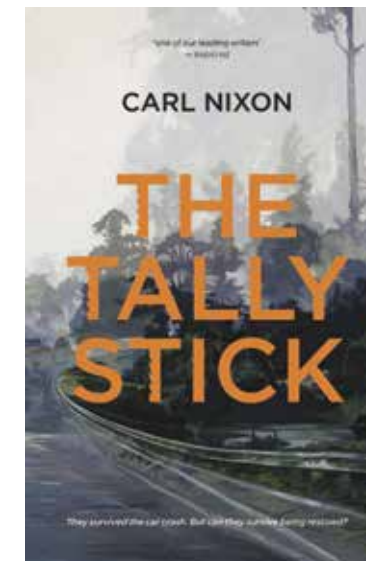
Rose Festival

The Timaru Festival of Roses had their annual festival held in December to celebrate the arrival of summer and our city's close affinity with the rose. The Festival was 3 days of activities, walks, talks, tours, exhibitions and displays, art, theatre and of course plenty of Roses.



Book Club SUMMER READING

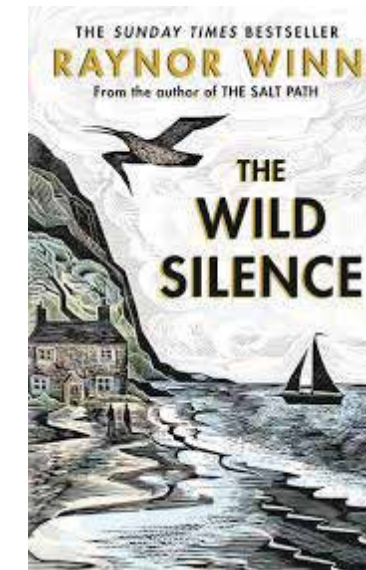
words: Gilly Oppenheim



The Tally Stick Carl Nixon

The story begins in April 1978. The UK Chamberlain family has only recently arrived in New Zealand and they decide to do a road trip before the father begins his job in Wellington. The car goes off the road in a typical West Coast downpour and lands in a river. Both parents and the baby are killed, but the other three siblings survive the crash: Maurice is 13, Katherine is 12 and Tommy is 10. These three children are all injured and find themselves trapped in an unfamiliar and dangerous landscape. The writing is powerful, evoking the rugged West Coast. Bad things happen and their rescue by dope-dealing hippies doesn't necessarily mean safety.

It is written in two timelines: the 1978 story (above) and 2010, when the deceased mother's sister Suzanne in London is told that Maurice's remains have been discovered in a remote part of the West Coast, showing that he lived four years after the family disappeared. Found alongside him are his father's watch and a tally stick - the latter is a piece of wood scored with notches, marking items of debt. The gaps in time are important and the reader is not told everything. How had Maurice survived and died? Where are the rest of the family? And what is the meaning of the tally stick? This book has an unsettling ominous atmosphere, which made it difficult to enjoy, but it was also a compelling story.



The Wild Silence Raynor Winn

This is the sequel to The Salt Path, and is a second beautifully written memoir, in which the author Raynor Winn explains how the real challenge was what to do next. Moth is still alive and The Wild Silence is an attempt to wrestle with her conflicting feelings. It delves deep into Winn's past, covering her childhood as the daughter of a tenant farmer and follows her life as she struggles to deal with the progress of Moth's disease and with the illness and death of her mother. Throughout it all she retains her faith in the importance of having an almost visceral connection to the land. Raynor is a wonderful storyteller - she is lyrical, almost poetic in her descriptions of the landscape, sky, wildlife, flora and fauna.

She says, "One of the biggest things we had learnt while walking the salt path was to live in the moment. We learnt to stop worrying about the future and what horrors it might hold and appreciate what we have right now - and I found that really quite hard to do once we went back to living under a roof because what had given me the strength to feel that way and to cope with everything that was happening was being out in the natural world."

She would find herself hiding behind the converted chapel in which they now lived to avoid talking to people, begging Moth to speak to them so that she didn't have to and, when things got really bad, erecting their old tent in their new bedroom and sleeping in it. Adding to the stress was the fact that Moth's disease was continuing to progress. The turning point in The Wild Silence comes when she and Moth are offered the chance to live and work on another farm, albeit one owned by somebody else. This offer required trust, which was a hard call for a couple who had been badly betrayed by a friend in the past, but it also seemed to offer the wonderful possibility of hope and a leap of faith for this brave pair.

The final chapters of the book are about Raynor and Moth's trek with friends on the Laugavegur Trail in Iceland. The trail covers a savage rock-strewn landscape of ash, boulders and obsidian, much of it the result of the 2010 eruption of the unpronounceable Eyjafjallajökull. This part was almost an adjunct to the book. However, as with the Salt Path, this was another challenge they embraced. I loved this book. Raynor and Moth's extraordinary deep connection to each other and to nature is a sheer inspiration.

Bella: My Life in Food

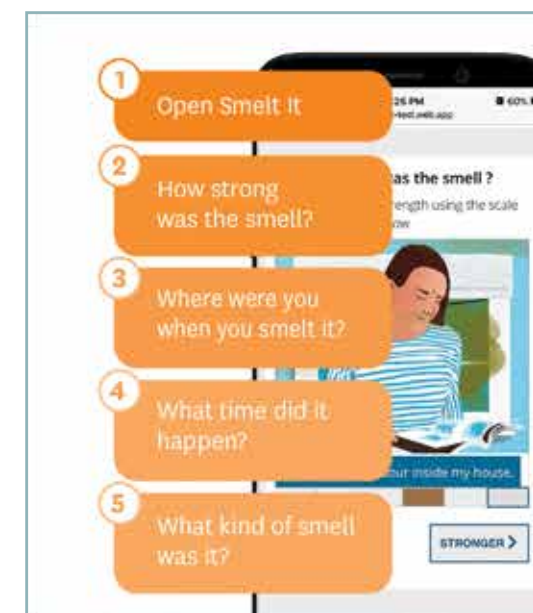
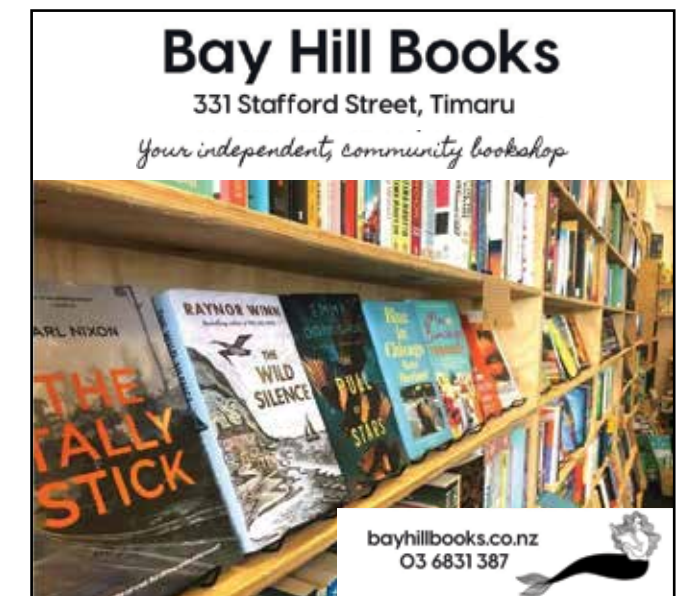
Annabel Langbein

For the first time, Annabel Langbein, New Zealand's most popular cookbook author, writes about her remarkable life and how food has shaped it, highlighting some of the recipes that have resonated most strongly with her over the years.

From her childhood fascination with cooking to a teenage flirtation as a Maoist hippie, to possum trapping and living off the land as a hunter and forager, to travelling and starting her own croissant business in Brazil, Annabel's life has always been centred on food and nature. Out of this came an obsession with creating cookbooks, introducing a generation of cooks to her simple recipes for delicious, stylish meals.

Annabel has lived a huge and varied life, and she writes vividly about her many adventures. From throughout this rich life in food she has chosen 60 key recipes, created with her signature style and flair that make cooking easy for everyone, sharing them in this beautifully photographed book.

I loved this book. And learned what a 'locavore' is!



Smelt it?

Environment Canterbury is rolling out a pilot project focused on gathering better information and data in the Washdyke and northern Timaru area. The aim is to help reduce odour reaching beyond business boundaries and improve the quality of life for residents.

From 1-28 February, any time you notice an odour in your area, log it on smelt-it.web.app

Questions? Come see the team

Wednesday 3 February, 5.00pm-7.00pm,
209 Hilton Highway, Washdyke
(in the Robert Harris café complex)

For more information

go to ecan.govt.nz/timaru-odour
or call 0800 324 636





Anne Laing

Anne Laing is co-owner of Performance Health Club, dedicated to keeping you in the best shape of your life.

Performance Health Club is not just about weight loss - it's about health, function and longevity. We have a huge array of specialised equipment to help you, so why not pop down for our fantastic February trial?

Q: What three exercises would you recommend that aren't in the usual run-of-the-mill gyms?

A: Great question, and here are our top three picks:

1. Rarely available, the **Jacobs ladder** trumps all other cardio exercises as there simply aren't many machines that mimic a climbing motion the way this one does. The movement required really torches calories since it requires constant movement of both arms and legs! It also recruits your core stabiliser muscles, and helps maintain good coordination, posture and balance far more effectively than a treadmill or cycle. Suitable for all ages.
2. We are the only club around with the amazing **Butt Blaster** machine, which tones, tightens and lifts the glutes in a way many other exercises can't. Gentle on the knees but tough on the lazy butt! It also addresses the prime movers for any court or field sportsperson where acceleration and power to the ground are critical performance elements.
3. **The Neck machine:** One of the most neglected areas trained, even today with all of the research on concussion in sport. The neck is a mobile joint system, and it needs strength to keep it safe and secure. We have a 4-way neck-strengthening machine which can make a difference in the incidence and severity of concussions and whiplash. Training the neck to be strong is an investment every aspiring athlete (and their parents) should be aware of...Great for double chins also!

Don't get older - get better, and NOW is a great time to get started! 30 Days for 30 dollars - Call today: 684-6664

Performance Health Club 1 Heaton St, Timaru Ph (03) 684 6664



Amelia Bleeker

Working towards sustainable development and gender equality for the United Nations in the Caribbean



Amelia Bleeker grew up on a farm in Makikihi. This vibrant 33 year old was educated at Waimate High School and Craighead, after which she earned a Bachelor of Arts and Bachelor of Laws with Honours from the University of Canterbury and a Masters in European and International Human Rights Law while living in the Netherlands.

Amelia has always been interested in working towards a world where everyone gets a fair chance in life, regardless of their nationality, gender, or any other characteristic. And hence her interesting career choices. Amelia's passion for justice and international law has seen her work as a lawyer for a corporate firm and for the Ministry of Social Development in Wellington; the International Criminal Tribunal for the former Yugoslavia, the Special Tribunal for Lebanon, and the International Court of Justice in The Hague in the Netherlands; for a children's rights NGO in Johannesburg, South Africa; and the United Kingdom Government in London, England.

Since 2018 she has been working for the UN's Economic Commission for Latin America and the Caribbean (ECLAC) in Port of Spain, Trinidad and Tobago. Her job with the UN focuses on the sustainable development of information and communication technologies, as well as gender equality in Latin America and the Caribbean as ECLAC's Gender Focal Point. Amelia was offered this job with the UN after applying for its Young Professionals programme, with "the aim of the programme being to show young people what it's like to work in a few UN duty stations," she said. This was a coup for Amelia, because only about four per cent of applicants are accepted into the programme each year.

In her ECLAC role, Amelia has taken a break from law-related work to design and carry out projects aimed at assisting the Caribbean's English-speaking countries with their economic and social development. A personal highlight has been designing and carrying out advocacy campaigns for the 16 Days of Activism against Gender-Based Violence, an international campaign that takes place from 25 November to 10 December each year calling for an end to violence against women and girls. In 2019, ECLAC's campaign focused on street harassment, a persistent form of violence against women and girls in Trinidad and Tobago that Amelia herself experiences regularly. This year, the campaign focused on the uptick in domestic violence and child abuse



words: Gilly Oppenheim



worldwide as a result of COVID-19 pandemic-related movement restrictions.

In May 2020, Amelia was meant to move to a new role at United Nation Headquarters in New York, as an Associate Legal Officer in the Department of Ocean Affairs and Law of the Sea in the Office of Legal Affairs. However, the onset of the COVID-19 pandemic and closure of Trinidad's borders delayed this transfer indefinitely and she hopes to start the role early in 2021. This role will mark a return to working on matters of international law and she hopes her new law of the sea knowledge may also come in handy working for the New Zealand government at a later point.

In the meantime, and before moving back to big city life, Amelia is enjoying all Trinidad has to offer, including its endless rainforest and hiking trails. Living in Trinidad is not quite what one might picture for life in a Caribbean country. As an oil and gas producing nation, Trinidad is more heavily industrialised and developed than its island neighbours. Amelia lives in the capital, Port of Spain, and it takes a 40-minute drive to reach the beach. However, Trinidad's sister-island Tobago with its glorious beaches and slower pace of life is only a 25-minute flight from Trinidad.

For the best part of 2020, Trinidad was placed under lockdown to prevent the spread of the COVID-19 pandemic. Although the government had a sensible, cautious response to the pandemic, there are still some COVID-19 cases emerging each day in the country. Roughly eight months of lockdown, the first three with rules preventing outdoor exercise, took its toll, but the country is gradually reopening now although borders are still closed. Amelia, who has grown accustomed to a tropical climate, is going to make the most of the country reopening before her move to New York this year when the border situation permits.



PUTTING SOME COLOUR IN THE HOME

Words: Pattie Pegler | Images: Supplied by Becky Lee

When it comes to adding colour into our homes most of us are nervous about going further than the odd turquoise cushion. Understandably so. Opting for neutral off-whites feels easy and safe and we're so used to it.

"We've been so indoctrinated about moving up the property ladder and resale value that we think more about that than living in a house that really reflects our personal style," says Christchurch-based interior designer Becky Lee.

Becky's home, a 1950s bungalow, was firmly in the neutrally coloured camp when she bought it several years ago. She set about addressing that and the house is now a vibrant kaleidoscope of textures, patterns and colours. A recent Instagram video sees Becky

transform her living room walls from vivid pink to turquoise. And it looks great - bold and fun. It also looks super easy.

Honestly, it makes me want to head straight to Resene and get some paint. But as with most things in life, it turns out that colour works better with a little bit of planning.



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PAST ISSUE



DESTINATION South Canterbury

SUMMER DISCOVERIES

Take a break this summer and spend time discovering South Canterbury. The businesses, the eateries, the beaches, the small towns. You don't need to travel far to realise we have the best of the best right here on our doorsteps!
Make it your New Year's resolution to always SHOP LOCALLY!

Living with Style

This year, resolve to transform the way you relax! Locals John and Angela Simpson can help you with that.

Their furniture and audio showroom offers quality brands such as Stressless, Kovacs, Danske Mobler and Dreamwool Beds to name just a few.

Whether you are after a new sound system, lounge suite, recliner chair or bed. After 5 years in business in Washdyke, they have moved their showroom into town - now at 79 Sophia Street. Call in and see them for some great advice soon.

79 Sophia Street, Timaru
Ph (03) 688 2960
www.livingwithstyle.co.nz



"YOU NEED TO HAVE A BIGGER PICTURE IN MIND TO GO CONFIDENTLY WITH COLOUR"

GET A PLAN

"My house has a lot of colour but there is a consistent colour palette - the colours all twine together," says Becky. "With the change to turquoise in the living room I had dropdowns [A4 printed colour samples] on the wall for about two months before we did any work on it." This means you can look at your proposed colours at different times of day, see how the light works on them and how they work with other things like your curtains, carpet and artworks she advises.

It can be hard to envisage how something will look over an entire wall - so if you're committed to change then crack out a test pot. The more paint you get up the easier it is to decide whether you like it.

Depth of colour is also an important factor she explains. All colours have a light reflectant value (LRV) from 0% to 100% with 0 being black that reflects nothing and 100 being white that reflects pretty much all light. A trick if looking for several colours to use across a home is to look for colours with a similar depth, or LRV. And be careful as some colours have 'sneaky little things' that they do, says Becky - for example, a grey might have a pink hue, in certain lights.

BUT WHERE TO START?

"You need to have a bigger picture in mind to go confidently with colour," says Becky. That means it's not just a case of going wild with the pink paint in one room and splashing colourful wallpaper around in another. Try to establish a palette of colours for your home and then weave those through your rooms.

If you have an existing wallpaper you love then use it as a starting point for a more widespread colour scheme says Becky. Identify some of the colours within it and weave those through the rest of the house - whether in paint or artworks or soft furnishings.

Pinterest can also be a great source of colour palette inspiration. Scroll through the images and check the ones that jump out at you.

From there - experiment a little. Soft furnishings, cushions, throws and even rugs are an easy way to try colours, patterns and textures. If you have colours you love in your wardrobe - then try bringing out that clothing item, drape it over a couch - as if it were a throw. Get a feel for how the colours work with other things in the room, advises Becky.

THE WONDER OF WALLPAPER

Wallpapers can be a great way to add some colour, texture and pattern to your home and there are so many beautiful examples available - from on-trend botanicals to geometric patterns. They can make a great feature wall for a bedroom or even in hallways where the length of space can often be a good spot to try wall panels that make up one, large single picture.

Different rooms lend themselves to different approaches. "In small spaces, like toilets, people are in and out and you can be more adventurous - you could just paper one wall but why wouldn't you do them all? It's a case of go hard or go home," says Becky.

There's a lot to think about with colour and it can "trip you up" sometimes says Becky. So if you have the budget it's worth getting a professional to help you out.

But ultimately - if you want to embrace colour in your home - get a plan and start experimenting.

Catie Rowe Podiatry

Catie Rowe Podiatry, established in 1985 is on the move to 17 Dee Street.

This exciting move comprises myself and Adele Bradley - Podiatrist, Tessa Mitchell Receptionist extraordinaire and our new addition, Kathryn Bruce Massage Therapist.

Our new premises have off street parking and wheel-chair access.

Adele and I have many years of experience and we are able to assess from preschool children through to our elderly.

Treatments include: gait analysis, diabetic woundcare, verruca treatment, orthotic prescription and manufacture, shoe modifications, ingrown toenail surgery, bunion advice and sports strappings. We also stock Slippers and Orthotic Jandals plus many other foot creams and devices.

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Blank Space



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Polly's Patchwork

Polly's Patchwork has a good selection of fabrics, cottons, buttons, patterns, DMC embroidery threads, tapestries and more for the keen sewer. Products available will appeal to all age groups and there are some quirky gifts, such as the needle mender magnets and tape measure earrings. Embroidery books are also available as well as a small jewellery selection. Why don't you come in and browse to get some ideas for that needlework masterpiece, be it a patchwork quilt, a bag, a wall hanging or an item of clothing? You might surprise yourself! Polly's Patchwork is open every day from 10am until 4pm. Products can also be viewed on Facebook and our website www.pollyspatchwork.co.nz

72 Main Street
www.pollyspatchwork.co.nz





77 Art and Living

77 Art and Living in Fairlie, delivers an eclectic collection of original art and artisan works. Supporting and celebrating New Zealand creatives with a particular focus on local artists.

Offering a wide range of contemporary paintings, objects, glass, ceramics, jewellery and boutique fragrances.

We are currently exhibiting a new body of work by Timaru artist Rachael Polson, "Play!", celebrating the joy of play. Polson shows us children intent in their moments of play. They are not portraits, rather, each piece seeks to draw our attention to the precious and fleeting moments that occur in the time that is childhood.

77 Main Street, Fairlie www.77artandliving.com



Evolv Clothing Store

Evolv Clothing Store is your one stop shop!

If you are not already familiar with our fabulous fashion store, we offer great customer service along with many top brands.

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Kids, teens, women & men will all find something new to love here! We have a great selection of handbags, candles, jewellery, backpacks and loads more!

200 Stafford Street Timaru. Ph (03) 688 9166



Wetdog Gallery

The Wetdog Gallery is unique and interesting and being just a few minutes drive from Timaru, it is a great place to visit on the weekends - have a walk around the garden, take a seat under the tree before having a look at the interesting items in the Gallery. With a mix of casual tables, book shelving, stools, jewellery, small & large sculptures, ink art cards, framed prints, bags, aprons, the Hope House collection and other handcrafted meaningful items - there is something for everyone. We are open every Saturday & Sunday 10am to 3pm.

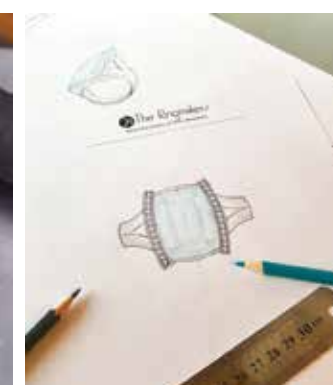
179 Daniels Road, Kingsdown, www.wetdog.co.nz
instagram: [wetdoggallery](https://www.instagram.com/wetdoggallery), facebook: [@wetdoggallery](https://www.facebook.com/wetdoggallery)



The Ringmakers

The Ringmakers is THE destination jewellery store in South Canterbury. The three manufacturing jewellers on site have the skills and vision necessary to make your jewellery dreams a reality. Whether it's an engagement ring, a rebuild of an heirloom piece or a 'just because' treat for yourself, you can rest assured that their close consultation and excellent craftsmanship will result in a piece to be treasured forever. With PANDORA, Stow Locketts, Stolen Girlfriends Club and Love in a Jewel in store too, The Ringmakers really is a one stop shop!

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www.theringmakers.co.nz



Menzies



Style your space with one of our spas. Relax and unwind at the end of the day in a New Zealand made Spa Pool. From our compact spas that are perfect for couples or small families through to large spa pools that are suited to large families, hotels and motor lodges, there's a Trueform spa that is perfect for you. All Trueform spas include a digital touchpad control, multi coloured light(s), a timeclock and are clad in natural cedar. We tailor-make to order and can configure many of our spas to fit your individual needs. We are 100% New Zealand owned and operated right here in South Canterbury.

6 High Street, Timaru Ph (03) 684 8440



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Registered Members of FLOOR NZ, South Canterbury Chamber of Commerce, Site Wise and are exclusive applicators of BONA floor restoration, both Resilient and Timber.

With our highly specialized team, we provide quality flooring preparation, installation and restoration guaranteed. We have been in business since 1985 covering the South Island.

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17 Butler Street, Timaru
Ph Peter and Phil 021 370 750
E: info.peterherronflooring@gmail.com



Kitchens Direct

With many years of experience in the New Zealand Kitchen Industry, the staff at Kitchens Direct are committed to providing the highest standard of design, production, quality control and customer service. Our company uses state of the art computer integration and combines this with the latest in European manufacturing technology. This allows us custom-built kitchens to be manufactured to a client's exact specifications and measurements for a cost-effective price with quality materials and finish. Kitchens Direct is proudly a New Zealand owned company and we source as many of our products from within New Zealand as possible. Check out our new kitchen, and chat about yours. Free design, planning and quotes, custom kitchens, local manufacturing, project management. At Kitchens Direct quality is everything, and after 50 years of designing, creating and installing kitchens we know ours can stand the test of time.

4 King Street, Timaru. Ph 0800 534 732. www.kitchendirect.co.nz



High Country Carpentry

High Country Carpentry are your trusted local builder for new homes and renovations in the Mackenzie area. Family owned and operated with over 20 years industry experience, Lain and Heather together with their tight knit team, deliver projects of all sizes and work by traditional values ensuring your home, budget and needs are respected.

Talk to us about Architectural New Builds, Renovations, Log Homes, High Country Cabins, Farm Buildings and Light Commercial Projects. Our in-house plans are becoming very popular, we have 25 to choose from and more to come!

Visit www.highcountrycarpentry.co.nz to view our projects, concept plans, testimonials, and the '7 reasons why you should choose High Country Carpentry!'

1 Gall Street, Fairlie. Ph 0800 922 883
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The Shade House

Call in and see the award winning The Shade House team for all your summer shade requirements.

We have such a variety of product to choose from, we are sure to have a solution that is right for your situation. Whether it's an Awning, Shade Sail, Wave shade, Umbrella, Drop screen, or Instant Shelter, we've got you covered for Summer. From our product range we can provide shelter from the wind, rain and sun, so give Amanda a call on 6849000 or call in to 61 Church Street to arrange a free on site consultation from one of our sales team.

61 Church Street
Ph (03) 684 9000



Timaru Marine

Timaru Marine has made some changes! Located in Parkside, Timaru, and easily accessible to surrounding suburbs of Fairview, Temuka, Albury and Waimate. Timaru Marine is now the proud Yamaha outboard one stop shop. Maurie and I are still servicing Evenrude/Johnson clients and welcome all our new Yamaha clients to pop in and meet us. Yamaha will rev your heart once you have it on your boat. We have convenient opening hours for servicing, you can come and visit us at our dealership or contact us by phone or email.

39 King Street, Timaru Ph (03) 688 6757



The Stihl Shop

STIHL SHOP specialises in sales and repairs of outdoor power equipment ranging from Lawnmower repair and service, Chainsaw repair, Chainsaw sharpening, and Chainsaw service - as well as repair and servicing of all types of Outdoor Power Equipment.

We have a wide range of top quality products from chainsaws, water blasters, Hedge Trimmers, Line Trimmers and right through to Lawn Mowers etc. Our main brands are Stihl, Cub Cadet, Masport, Rover, Hansa and Hustler.

So why not contact your local STIHL SHOP today - you might just be surprised at the life still left in your Outdoor Power Equipment!

105 Hilton Highway, Timaru
Ph (03) 688 2557



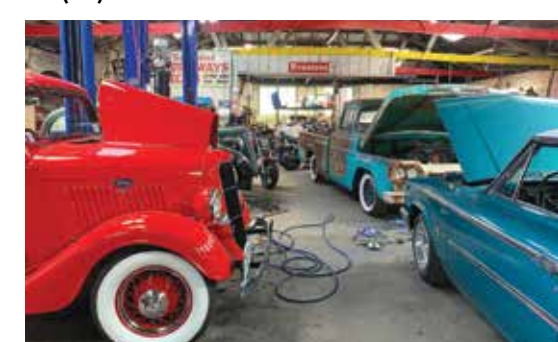
Obsolete Iron Motors

Obsolete Iron Motors is a 1920's brick garage with a difference, it's your one stop shop for all quality repairs and services.

This includes vehicle servicing, W.O.F checks, engineering, car/bike builds, solving issues and keeping people's memories alive.

While you're waiting on your car/bike you can pop into Frocks and Shocks for a coffee. Take a look around the classic store which offers giftware, accessories, vintage and retro clothing.

87 Main Road, Pleasant Point
Ph (03) 614 7410 www.obsoleteiron.com



New Year, New Style

It's no secret that the WORLD was ready to say goodbye to 2020 and welcome a new year with open arms. We have style recommendations to accommodate whatever occasion you might have to start the year off

ACCESSORY SHOP

100% adjustable wool hats \$49



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www.fashionfocus.co.nz



Timaru's Little Penguin Jewellery Range

All pieces available in sterling silver and 9ct gold. A portion of the proceeds of each penguin jewellery item sold is donated to finance projects to help and support Caroline Bay's little penguin population.

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26 Canon Street, Timaru
Ph (03) 688 9791

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

Warehouse Liquor

Summer is here and sometimes you just need a drink other times you need something fruity. In either of those cases, head to Warehouse Liquor and taste the full flavour of passion fruit and coconut and get ready for a party in your mouth. A perfect base to create your passion fruit rum drinks. This is perfect for people with a passion for summer. Delicious, with a refreshing taste and totally shareable.



35 Brown Street, Timaru. Ph 03 688 1012 warehouseliquor.co.nz

ABC Catering

ABC Catering is unique as I do not hold the same old menu for every event. I know every event is different and that is why I listen to what you want, work with your budget then do what Bonnie and I do best and that is cook and create the food for your special event. Contact me for a quote and a great food experience.

Email: lark13@hotmail.co.nz Phone: 027 553 4347

The Bottle O

Bottle O Seaview has a wide range of liquor available. Come in store and see more special deals. This month's special deals now available. Jim Beam white Label, Canadian Club Range, Chatelle, Larios Rose & Citrus, Coruba Range & Bacardi Range 1 Litre. \$39.99 each come and visit us for more specials in store. (Please drink responsibly).



Shop 4, The Landings, 50 Theodosia Street, Timaru Ph 03 971 5546



Divine Fruity Muffins

For breakfast, with a cup of tea, or packed in a lunchbox, these fluffy, fruity muffins have delicious nuggets of white chocolate hidden inside and a crunchy oat topping. Any seasonal berries would work well in these muffins, but frozen berries are a good option when they're not in season.



Ingredients

- 300g of plain flour
- 1 tbsp of baking powder
- 1/2 tsp salt
- 120g of granulated sugar
- 1 egg
- 2 tbsp of sunflower oil
- 275ml of milk
- 100g of white chocolate, roughly chopped
- 100g of frozen mixed berries
- 50g of black cherries in syrup, tinned, pips removed
- 90g of crunchy oat cereal, nut free

Method

1. Preheat the oven to 200°C/gas
2. Sieve the flour, baking powder and salt into a bowl and then add the sugar
3. Crack the egg into a separate bowl and add the oil, beat until light and fluffy. Then, add the milk and whisk the mixture for 1 minute
4. Fold the egg mix into the flour - be careful not to over-mix but ensure the flour is mixed in. There may still be a few lumps but this is fine
5. Roughly chop the cherries and fold in to the mix along with the chocolate and mixed berries
6. Place the muffin papers in a muffin tray and spoon in the mixture. Remove any raisins from the crunchy oat cereal and sprinkle onto the top of each muffin - you could also use seeds instead
7. Bake the muffins for 25 minutes until risen and golden brown
8. Remove the muffins from the oven and allow to cool in the tray before placing on a wire rack. Serve immediately or store in an airtight container for up to 3 days



Gerry Pienaar and Anton vd Bergh

words: Gilly Oppenheim



JKS Timaru Club



Anton receiving Fellowship of the RNZCGP 2014



CPL Test 2003

Anton van den Bergh

Confidence and Growth through Karate-do

This is a personal growth story! The JKS Shotokan Timaru (Karate club) was founded ten months ago by Sensei (teacher) Anton van den Bergh and Senpai Gerrie Pienaar. Together these two men had to overcome huge personal and health challenges in their life. Their passion and commitment to their students was clear at the recent National championships, where this young club won 25 medals. (Dojo) meets at 67 Otipua Road (behind Plunket) in the old scout den, currently has 34 members. The goal of JKS Shotokan Karate is to teach a traditional style of karate based on principles of respect (rei) and hard work. What differentiates JKS Karate from most other styles, is that they are strongly family and team orientated. At Nationals JKS Timaru enrolled their first female kata-team, who won the Gold Medal. Sensei Anton is the father of 10-year-old triplets, and they are all accomplished at the sport. Through JKS they could enter for their first Family Kata event ever, where they won the Silver Medal.



Female Team Kata Gold



Triplet Team Kata Silver

JKS Shotokan is one of the few karate styles in the world that has disability and wheelchair karate. Senpai Gerry recently started training his first wheelchair student and other students include people with hearing impairment, Autism and Down Syndrome.

Sensei Anton began karate aged 15 when he was living in Johannesburg and karate has been intertwined with his life ever since. His parents were gypsies and their transient lifestyle meant that Anton attended at least 20

different primary schools. With no direction in life and no plan, he walked past a karate Dojo at age 15, and Shihan Norman Robinson (South African Master of Shotokan karate) spotted him and invited him to train with him. That is the moment his life changed. It was in karate that he discovered structure and discipline, tools which served him well upon entering the army. During initial military training he sat an exam for the first time. His top mark in this exam made him realise he wasn't stupid and at the age of 22 he went back to school as a married man, in order to qualify to study medicine. He squeezed three

years of maths, science, biology and 4 other subjects into one year and worked his butt off! In his first year at university, he began flying, thanks to a student loan, and was chief pilot at the local skydiving club. Once he had graduated and had set up in private practice, he began flying helicopters.

In 1995 Anton and his family moved halfway around the world to start a medical practice in Auckland. Here Anton received a Diploma in Aviation Medicine from the University of Otago and a certificate in AeroMedical Retrieval and became a Flying Doctor.

Besides being a doctor, an artist, and a pilot, he is also a deeply spiritual man who credits his success in life to his strong Christian faith. "After 12 years in Timaru, it is time to give back to this community. Karate turned my life around, and it is my hope that the JKS family can do the same for our students."

Dr van den Bergh's next leap of faith is to expand and move his existing medical practice into a new larger medical centre at 5A Dee Street: MEDI CLINIC. This new clinic will boast 2 doctors, a trainee Nurse Practitioner, 2 full time nurses and 5 more staff members for efficiency. The target date for the big move is 11 January. This big move with increased staffing will provide a better service to our new and loyal patients and cut waiting times. MEDI CLINIC invites any new enrolments.

You can follow JKS Shotokan Timaru on Facebook and Instagram to share in their exciting journey.

MEDI CLINIC

Dr Anton van den Bergh and Dr Barbara O'Connel

Your health care home

Come and meet our Friendly Team of Clinical staff at our new location: 5A Dee Street - Opposite Medlab behind the Dee St Pharmacy.

Free parking available. We welcome new patients now!

Opening Hours: Monday - Friday 8.30am - 5pm Ph: 03 684 9988 or 03 688 6009



JKS Shotokan Karate

A globally recognized leading Shotokan Karate Organisation

Our goal is to teach a traditional style of Karate based on principles of respect (rei) and hard work.

Come along and train with us. First 2 weeks free!

CLASS TIMES: Monday - Thursday 5.30 - 7.30pm

67 Otipua Road Timaru - Behind the Plunket Building

Follow us on Facebook : JKS Shotokan Timaru and Instagram





Race Into 2021



With the International tourism lockdown playing havoc with so many businesses around the nation, domestic travel is a lifesaver for many of these, and it's booming. More New Zealanders than ever before are getting out on the road, and let's face it, there's never been a better time to hit the tarmac and discover our own fabulous country firsthand?

The bonuses for doing it right now are many. Accommodation in all of the tourist hotspots is for the most part readily available, without the overseas tourist overloads and lockouts that often occur in leading visitor destinations such as Queenstown. To top it off, given the present economic situation, accommodation in most locations is pretty affordable.

However, there are other advantages to be had right now. Never before have we had such a variety of quality vehicles in the marketplace. Choice really has never been

better. Whether you are in the market for a good second hand car, SUV or Ute, or after a brand new vehicle, there's one just waiting for you. And, over and above the variety of vehicles on offer currently, is affordability. The price tags and deals available on many makes and models are the best in years.

Simply put, vehicle prices have never been more competitive in the New Zealand market, and this is topped off by some of the lowest finance rates we've ever had. In a proverbial nutshell, there are some fantastic deals on your new ride out there just waiting to be made. So, don't delay – go get amongst it and race into 2021 on your new wheels.

ROAD TIPS

- Always check the weather forecast and road conditions before you leave.
- If travelling long distances, make sure you are well rested and plan where to have a break.
- Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle in case you get diverted onto another route or you are forced to turn back.
- Anything that diverts a driver's attention for more than two seconds can significantly increase the likelihood of a crash or near-crash.
- Make sure your car's windscreen and mirrors are clean and adjust all of the controls (including radio/stereo) before setting off, or pull over safely to do so.
- Do Not Disturb While Driving mode – To help avoid using your phone while driving switch your phone to 'Do Not Disturb' mode which is available for both Apple and Android users.
- In 2019, fatigue was a contributing factor in 17 fatal crashes (6 per cent of all fatal crashes), 85 (4 per cent) serious injury crashes and 491 (5 per cent) minor injury crashes.
- Speed and fatigue are also a bad combination. The faster you drive, the less time you have to react to the unexpected. When you're tired, fatigue slows your reactions.

One Stop Shop

Have you ever walked into a car yard and thought "they only sell cars"? It's quite a common misconception. I guess the reality would be as such if you visited a vacuum cleaner shop. Chances are they probably sell vacuum cleaners and that's it. But a vehicle dealership is quite a different kettle of fish, especially South Canterbury Toyota.

Naturally all your sales needs can be met. If you are in the market for a new or pre-loved vehicle, Bryan and the friendly Sales Team can most definitely assist you. But what happens after the fact? Chances are that, at some stage, your car is going to need a service or a Warrant of Fitness. Where do you go? Well, you come back to the same place you purchased the vehicle. The only difference is which end of the building you will visit. South Canterbury Toyota boasts a full workshop with a team comprising some of the most experienced technicians in the region. Not to mention having two of just a handful of Toyota Master Technicians in New Zealand – that's impressive!

Think about this. It's 8am and you're heading into town on your usual commute when all of a sudden; pop. You've got a puncture. What happens then? You come back to South Canterbury Toyota. We also have a full Tyre Department that can repair your punctures, sort your wheel alignments and even offer you a vast range of wheels and tyres to give your pride and joy the 'edge'. You may not know this, but South Canterbury Toyota's Tyre Department has a fully functioning Bridgestone Tyre Centre and is the only authorised Cooper Tyre agent in South Canterbury. Not bad for a place that "just sells cars".

Ever wondered where you would go if you needed a towbar or if your wiper blades disappear during a mild shower? Have a guess. Walk through our showroom and you'll find a full Parts Department. Although we specialise in Toyota, Holden and Subaru, our knowledgeable Parts team can source a number of different parts for all makes and models. But we only sell cars.



And then there's the question of Vehicle Insurance. Let's set the scene. Your policy is coming up for renewal. You've received an email advising of the impending revised value of your car. You're a little shocked and decide to pop in to your local branch only to discover they've closed their doors. What do you do now? Call the 0800 number and sit on hold for much too long, only to realise that your hometown can't be found on a

map? You don't have to because, believe it or not, Toyota also offer Vehicle Insurance. For you, our loyal and valued customer, there are a number of additional benefits to having your vehicle insured with a company that deals with vehicles every day; every way.

So when you next walk through the front doors at South Canterbury Toyota and say to yourself "there are a lot of people working here", you'll know that it's because we "just sell cars"... as well as a whole range of other stuff you probably never even thought about.

OUTLANDER 2WD LS NOW JUST \$31,990^{ORC}

The family SUV that brought you everything can now be yours at a new runout price.

You and six passengers can drive away with: 2.4L Petrol engine with 126kW of power and 224Nm torque • 7 Seats • Smartphone Connectivity • Reversing Camera & Sensors • Daytime Running LEDs • Cruise Control • Forward Collision Mitigation • 18 Inch Alloys • Push-Button Start • 5-Star Safety and a 10 Year Warranty.

Get in quick and call 0800 54 53 52, visit mmnz.co.nz or come and see us at the location below before we runout.

Caroline Mitsubishi
23 Barnard Street
Phone 03 684 8501
Website www.carolinemitsubishi.co.nz

105 DIAMOND ADVANTAGE

MITSUBISHI MOTORS
Drive your Ambition

*Price listed is for Outlander 2.4L 2WD LS. Price excludes On Road Costs of \$550, which includes Wof, registration, and a full tank of fuel. Red Diamond Colour is available at an additional cost of \$500. Visit mmnz.co.nz for full Diamond Advantage terms and conditions.



Caroline Mitsubishi have been in the same location and has been owned and operated by the same local family since 1991.

Modern vehicle dealerships are usually owned by large investment groups or bigger dealerships in large cities, we are quite unique in South Canterbury in that we are still 100% locally owned and staffed.

We take supporting other local business seriously, so we always try to use suppliers that are locally owned as well. Timaru and South Canterbury in general has a lot of great companies and retailers, we are lucky to be a part of that. Let's keep it local in changing times.

Caroline Mitsubishi is a principal supporter of South Canterbury Rugby and many other smaller sporting groups from Soccer to Dog trials and everything in between as we believe that these are the sorts of things that make a community tick.

We have managed to recruit Steve O'Donnell to run our busy workshop that



works on all makes and models and we now have a popular grooming service to make your car all shiny and fresh again.

The car industry, like so many others, has been held back in recent months with supply constraints due to COVID 19 closing factories overseas and affecting normal freight supply lines. We are now finally receiving truck loads of cars and Tritons to get South Canterbury moving again. We have the best range of stock right now that we have had for many months. Contact us 03 684 8501, have a look at our yard display on 23 Barnard Street Timaru or check out our new website www.carolinemitsubishi.co.nz for more details.

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Swift spoilt for choice

When purchasing a new car, fuel economy is often top of the list as a consideration. Not only can choosing a more fuel-efficient car can save you money, it also goes a long way to protecting the world we live in. Car manufacturers are more aware of our environment than ever - investing in new technologies, designing lightweight yet strong vehicles and manufacturing alternative powertrains are all aimed at making a difference.

less efficient car, you are helping reduce the amount of greenhouse gas that is emitted into the atmosphere.
*Source NZTA Fuel Economy & CO2 Emission data - 2019 result for top 10 vehicle manufacturers in New Zealand.

Spoilt for choice

With more and more economical options available on the market, it is essential to understand the features and technology out there.

Consider powertrains like petrol, hybrid, electric, and hydrogen. They each require a way to generate power to drive its wheels and get you moving. Some source this from a fuel like petrol, others from electricity or a combination of both. There are even vehicles out there propelled by hydrogen or biofuel. Some of this technology comes with restrictions or additional infrastructure. Often there is a hefty price tag to match and you may need to balance your budget with your fuel efficiency requirements.

Within the vehicle design there are other eco-friendly technologies such as weight reduction technologies and powertrain configuration. At Suzuki, these include lightweight HEARTECT platforms, aerodynamic and compact body shapes, and performance efficiencies through BoosterJet engine technology



Understanding fuel economy labels

All vehicles for sale through a registered motor vehicle dealership in New Zealand must carry a government-authorized fuel label. This lets you compare the fuel economy and running costs of any vehicle using a star system. The star rating gives up to 6 stars for the most fuel efficient vehicles based on a standard distance travelled over 12 months and a uniform cost per litre. This information must also be available on the seller's website.

The label also gives the cost per year to run the car based on the published fuel economy figure. It is expressed as litres of fuel the vehicle will use while travelling 100kms (L/100km), with an average fuel price of \$2.00/litre and driving 14,000km per year.

Saves you money

If you are looking for an economical car then you are in the right place. The lower fuel consumption of the Suzuki range is going to give you instant savings at the pump. Our much-awarded reliability and minimal regular servicing costs also means that overall running costs are kept very low by industry standards.

At Suzuki, we pride ourselves on producing cars to the highest quality, packed with sensible features and practical technology, and all for an affordable initial purchase price. We are committed to making new car ownership a real possibility for all New Zealanders and giving our customers the best quality, and value with our Real Value range of small cars and SUVs.

Minimises your carbon footprint

Simply put, the more fuel efficient a vehicle is, the less carbon dioxide (CO₂) it will produce. With fuel economy being such a strong focus for Suzuki it follows that our range has the lowest combined CO₂ emissions of the top 10 vehicle brands in New Zealand.*

Globally Suzuki is a leader in driving down these emissions, designing vehicles to comply with the strictest European emission standards, such as Euro 5 and Euro 6.

As a customer choosing a Suzuki model over a larger,

AMP-UP the FUN!

Are you ready for this? Push the limit in the new 2021 Suzuki Swift with next level style, smart tech, advanced safety and outstanding fuel efficiency. Dial up the fun in a Kiwi favourite — test drive today.

GL FROM \$20,750^{ORC} RS FROM \$27,990^{ORC}
NO DEPOSIT FINANCE FROM JUST \$89^{PW}*

NEW 2021 SWIFT

*\$88.90/week based on Swift GL Manual, \$20,750 plus ORC, total amount payable \$23,202.90; \$121.60/week based on Swift RS Two Tone Auto (shown), \$28,500 plus ORC, total amount payable \$31,737.60, nil deposit 3.9% p.a. fixed interest rate and 5-year term. On payment of on-road costs to the Dealer, finance payments include a \$305 documentation fee and \$10.35 PPSR fee. Normal lending and credit criteria apply. Offer available from 1 - 31 January 2021. Excludes fleet purchases, demo vehicles and all other promotions. www.suzuki.co.nz

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

February whats on...

FARMLANDS CUP 2021

Friday 12 February, 5.30pm

The Highlanders and Crusaders will descend on Temuka to lace up their boots for the 6th annual Farmlands Cup match in 2021. Tickets available online or at any Canterbury and Otago Farmlands store.

PLEASANT POINT FARMERS MARKET

21st February, 9am-12.30pm

Fresh Local food and produce, plants, flower, crafts, food carts and more. On the grassy area opposite Vetlife.

TIMARU TRIATHLON AND DUATHLON

Sunday 7 February, 10am

Tri NZ Suzuki Sprint Distance Triathlon South Island Championship. Held on a fun, spectator-friendly inner-city course, this event has something for everyone. Caroline Bay Timaru, 1 Marine Parade, Timaru, South Canterbury.

Artma Spiritual Gallery Crystals

MEDITATION

Tuesday 9.15am
Silence only

Wednesday 7.30pm
Guided & Silence

Thursday 9.15am
Guided & Silence

Friday 7.30pm
Sound & Healing

Saturday 9.00am
Silence only

All sessions by \$5 donation to Nepali Orphan Fund

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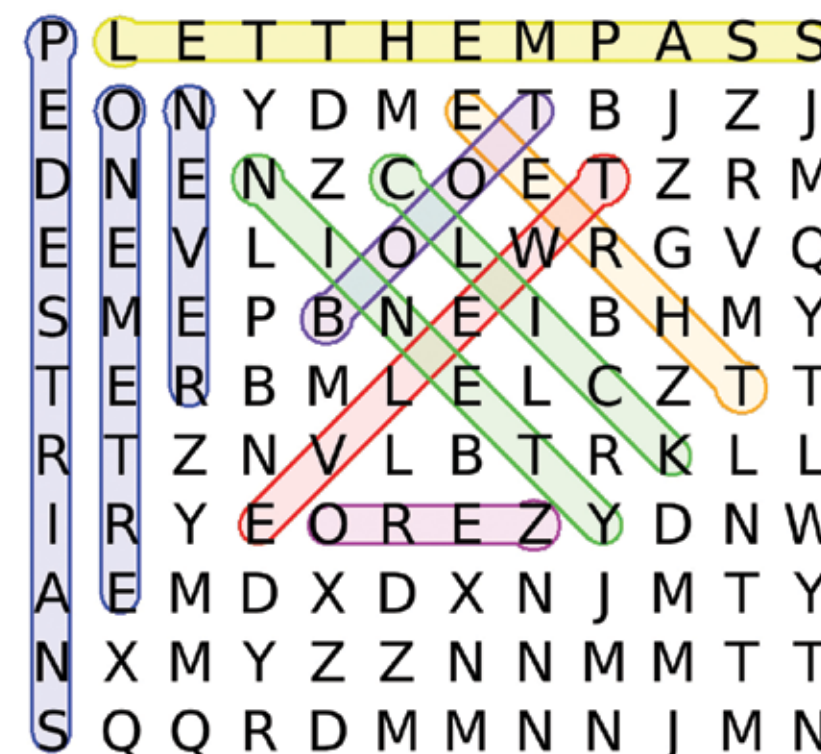
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Monk Party

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 NAPALI ORPHAN FUNDRAISER
 WWW.MONKPARTY.COM

Do you know the Road Code?

December answers



- 1 Alcohol limit if you are under 20, **zero**.
- 2 When are you allowed to park ILLEGALLY when talking on the phone? **Never**
- 3 First thing to do when getting into a vehicle. Make it **click**
- 4 Maximum open road speed when towing a trailer/caravan/boat **Ninety**
- 5 How many seconds should a driver look ahead? **Twelve**
- 6 Who has the right of way at a vehicle entrance/exit crossing a footpath? **Pedestrians**
- 7 What is the closest distance you can park from a vehicle entrance? **One meter**
- 8 If you have to drive at a slow speed that may hold up other vehicles, what should you do? **Let them pass**
- 9 Where the safest way to carry goods inside a vehicle? **Boot**
- 10 How long should you signal for before passing another vehicle? **Three** seconds

CONGRATULATIONS

Winners for December 2020

- | | |
|----------------|----------------|
| Susan Paul | Ruth Perfect |
| Lester Ashby | Dianne Breen |
| Anne Hoskins | Francie Spavin |
| Shirley Forbes | Nicole Keen |





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- Solution dyed carpet
- Polyester carpet



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23 Bank Street, Timaru
PHONE 03 687 2033

OAMARU MITRE 10 MEGA
Dee Street, Oamaru
PHONE 03 434 9860

**MITRE 10
MEGA**