

essence

essentially...south canterbury



6 Home & Garden
A hundred
year old
Homestead

Feature **11**
Women in
Business

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contents

It always feels like the real start of the chillier season when the clocks go back but there's also something beautiful about autumn and winter. We have been loving the autumn colours and the darker evenings and one thing is for sure - there is still plenty going on in our wonderful region and towns.

We always love putting together our Women in Business feature - and this year has been no exception. Every year we're inspired by some of the wonderful women we come across in this issue - all making their way in a range of industries from retail to legal, medical to interior design. The juggle of work, life and family can be tricky and we love hearing how women are succeeding in all areas. So turn to page 11 and find out more about some of these inspiring women.

This month also sees ANZAC Day coming around. The Dawn Service on ANZAC Day is something that happens in cities, towns and settlements all over the country and it's a poignant and important tradition that pays our respects to service personnel past and present. On page 18 we take a look at the history behind ANZAC and how the day came to be one of remembrance.

Elsewhere in this issue we visit a 100-year-old Canterbury homestead; take a look at some of our favourite fashion pieces on the high street this season; bring you some ideas for Mother's Day and share some things to do and places to go around our towns.

So snuggle up on one of these dark autumn evenings and take a little down time to relax and read this issue of Essence Magazine.

Until next time!

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Published by **Essence South Canterbury Ltd**
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22 Chapel Street, Timaru, South Canterbury | www.essencemagazine.co.nz



A hundred year old Homestead | page 6



Front Cover: Women of all ages and walks of life are turning their great ideas into reality right here in South Canterbury and we always find it inspiring. Find out more in our Women in Business feature on page 11.



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South Canterbury Museum

A place to explore during the school holidays

The South Canterbury Museum is a great place to visit for everyone. From fossils to fashions, there are hundreds of fascinating objects on display that tell stories of our region.

The April school holidays offer extra activities for families and children, with Museum mystery quiz activities, a special hidden object competition, and activity sessions on Microscope Mondays and Weaving Wednesdays. A new exhibition has opened in time for the holidays: Te Raraka Kua Ihotia: Weaving Handed Down Through Time, with fascinating creations by modern weavers using traditional techniques.

The South Canterbury Museum is a community facility owned and run by the Timaru District Council. Its main focus is on the natural and cultural heritage of our region – nature, history and culture. Like other parts of New Zealand, our region has its own distinct heritage. This includes our landscape, from towering mountains to the sea, and the wide range of landforms found here. It includes the fossil record; evidence of past lives linked to how the land has changed from being former sea floor to a forested land full of now-extinct moa and many other fascinating creatures.

Our region's human history begins around 900 years ago when settlers from Eastern Polynesia arrived, the first known people to do so. The centuries that followed saw the development of Māori language and culture, with local traditions of settlement, migration and change. The first Europeans to live here were whalers, followed by run holders in the 1850s, with the last 170 years seeing a massive change as thousands of immigrants arrived, transforming the landscape and culture to what we have today.

The Museum's collections and displays tell the stories of our geological past, our unique wildlife, local Māori heritage, European settlement and how the region has taken shape over the last 150 years. The collection include several thousand natural history specimens, hundreds of archaeological items representing taoka Māori, and thousands of artefacts, photographs and archival items representing the last 170 years of recorded history. These collections are the raw material for the Museum's programmes of research, exhibition, education and exploration.

The Museum team work hard to catalogue every item and ensure that it is kept safe to avoid damage or deterioration. The collections act as a library that can be drawn upon for the Museum's programmes.

One of the prime uses of the Museum's collections is in exhibitions. These tell our region's heritage stories – landscapes, life forms and people. In addition, the

Museum currently features a small changing exhibition area that hosts changing displays from both within the Museum's collections and from elsewhere.

Exhibitions serve as a springboard for Museum education programmes for schools. Over 6,000 students take part in these programmes every year, either in the Museum or out at heritage sites or other facilities that link to the Museum's programmes. The small team of part-time teaching staff at the Museum make up the Heritage Education Service, funded by the Ministry of Education.

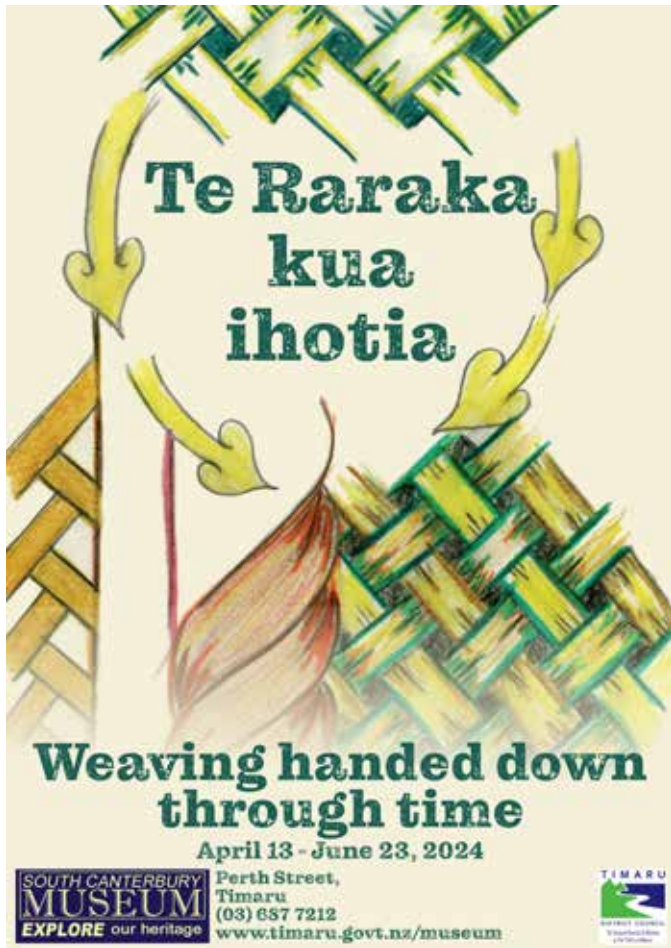
The South Canterbury Museum is also a place where things happen and people can be involved. The Friends of the Museum, set up through the Museum's founder the South Canterbury Historical Society, lets members take part in opening events, historic site trips and be kept informed of Museum happenings. There are a range of family events through school holiday times, as well as organising talks and events for general audiences such as the annual retro rock concert outside the Museum. A free membership club for primary school students, the Museum Explorers Club, has over 2,000 members who are rewarded every time they visit the Museum.

The Museum is now heading into a significant new chapter of its own history. Having started in a house on the current site in 1952, the Museum has expanded to have several hundred metres of display space, and three floors of behind-the-scenes collection storage. Now it is planning to shift all of the exhibitions, education area and public programmes spaces to a new site beside the Theatre Royal on Stafford Street

This new facility is planned to open in early 2026 and will provide more space for these public-facing activities, along with much better access and close links to historic parts of downtown Timaru. The existing Perth Street building will be redeveloped, housing the Museum's unique collections and making them accessible for research.

A major part of this project will be the development of new exhibitions for the new facility, a project supported by the South Canterbury Museum development Trust who are raising funds to enable the development of a world-class exhibition experience.

The South Canterbury Museum is open during the holidays on Monday to Friday from 10am to 4.30pm, and on Saturday, Sunday, and public holidays from 1pm to 4.30pm. For more information, visit the Museum online at www.museum.timaru.govt.nz. You can also find and follow the South Canterbury Museum on Facebook and Instagram.



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Rock & Hop Weekend

Another fantastic weekend at the Caroline Bay Rock and Hop. Organised by a volunteer committee on behalf of Hospice SC, a show for all cars, caravans and motorbikes from modern to vintage, from classic to muscle, from Japanese to English. A great time was had by all who attended Friday nights recreation of 'It's in The Bag'.



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Alpine Energy Sponsorship Awards

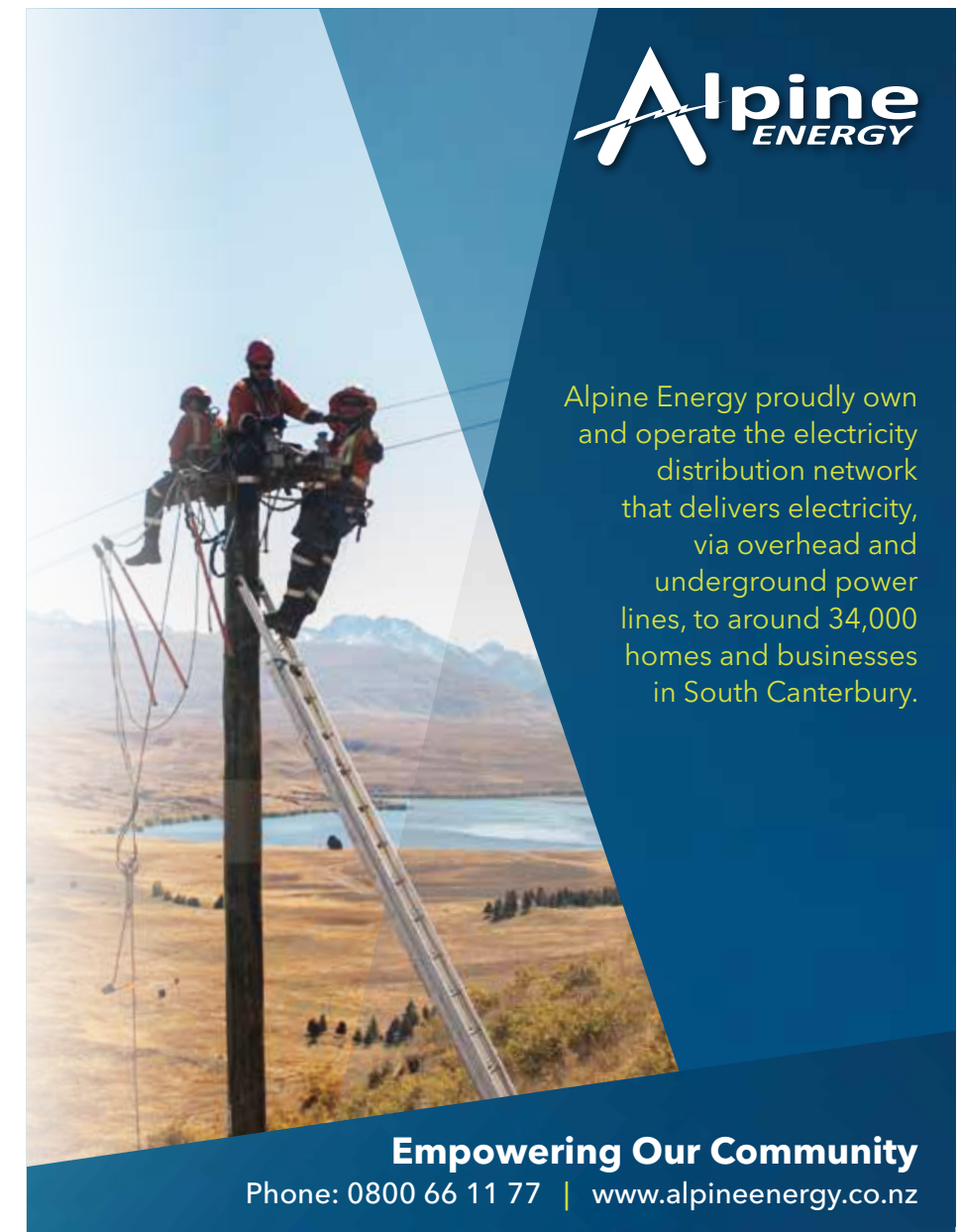
The much-anticipated Alpine Energy Sponsorship Awards were held at the end of March, celebrating the power of community and good news stories. From sponsorship support to personal development grants and LineTrust Scholarships, it was a night full of positivity and inspiration.

The annual event is a special opportunity to gather together with shareholders and recipients, acknowledging the dedication of volunteers and staff who pour their hearts into these community initiatives. It's also a chance to shine a

spotlight on the exceptional individuals of South Canterbury that Alpine Energy have had the privilege to support on their journey towards personal excellence.

In the past year alone, Alpine Energy have proudly sponsored over 40 initiatives and provided 27 personal development grants across South Canterbury. Here's to continued growth, collaboration, and empowerment within our community!

Photos: Brad Reeve Photography



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Alpine Energy proudly own and operate the electricity distribution network that delivers electricity, via overhead and underground power lines, to around 34,000 homes and businesses in South Canterbury.

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A hundred year old Homestead

Looking back at Kaiwara Homestead from the front lawn

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

An old hospital style bed is suspended high in a tree and a hand-painted sign points to the "Day Bed". Perched on a fence nearby a peacock shrieks before stalking off into the shady undergrowth. Trees tower overhead and sheds and undergrowth tumble up the hillside.

Arriving at Kaiwara Homestead is like stepping into another world. In a good way.

Current owner, Bruce Johns, strolls out through the brick courtyard to greet us with his dog padding along behind. Stepping inside the entrance hall with its tiled flooring, large timber pillars and original vaulted ceilings of rimu and stained glass it certainly has a sense of grandeur. But there's something far more striking, the sense of a home and history. This is no fussy modern mansion – it's a working home. There's a rocking horse and chest of drawers; there's a mish mash of unmatched chairs; there are family photos and artworks and old maps on the wall.



One of the many quirky pieces in the garden



Bruce Johns and his faithful canine friend



The homestead was originally built in 1886 and completed around 1900 when Walter Macfarlane was the owner of the then 25,700 acre country station. Bruce and his late wife, Audrey, bought Kaiwara in 1996 and their two sons now oversee an Angus stud and dairying on the land.

A downstairs room is hung with Corriedale and Angus memorabilia, Bruce wanted to make this his office at one point he tells us, but his wife thought it was too chilly. He shows us a cellar under the house with a couple of dusty wine bottles stored away. A small home office room at one side of the house is where farm workers would have picked up their wages each week, says Bruce. He is a fantastic guide to this house – immersed in its history and happy to share his knowledge and recollections of living and raising a family here.

The house opens out onto a brick verandah and a gently sloping garden area of around three acres. "My wife loved the garden," Bruce tells us as we walk through shady areas with paths surrounded by hostas and ferns. There are quirky sculptures, some made from old tractor track; trellises; roses; ponds and some geese nesting near a fenced off area.

"We thought they'd eat the weeds," says Bruce with a laugh. "But they're just sitting on a nest."

Everywhere you look there is something to draw the eye. The tall trees at the centre of the garden are some of the original specimen trees planted around 1900. On a gentle slope at the back of the house stands the iron frame of the old Victorian fernery – recently uncovered. It had its own boiler room to keep things warm for exotic plants and at one end a small room with dusty wooden rafters, is hung with certificates for flower entries at the local A & P Show.

Back at the house we sit on the old brick verandah and Bruce shows us the farmer's diary from 1897 at Kaiwara. It's a fascinating insight into daily life at the homestead. Bruce reads out some entries one of which notes that a worker had a holiday on Christmas Day which makes us chuckle. There's also a copy of the order book from 1906 with letters in it. One is a letter of enquiry. "Have you any young pigs?" asks the note and then. "One of the bags of potatoes you sent me was small rubbish."

Bruce sits back in his chair and grins. "Pretty good, eh?" he says, gesturing at the diary.

The dog shifts position to soak up a little more sun on the verandah and the peacock struts across the garden.

It really is. Pretty good.

Everywhere you look there is something to draw the eye. The tall trees at the centre of the garden are some of the original specimen trees planted around 1900.



Clockwise from top left: Vaulted ceilings in the entrance hall combine rimu and stained glass; a rocking horse and rattan chairs bring character to history; the garden covers 3 acres and includes ponds; a side view of the homestead with a weeping elm on the lawn



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Awesome ASHBURTON

The Essence team got out and about in Ashburton recently. We loved the coffee (Triangle Espresso), the great shopping (we had to drag Belinda out of the shoe store, Stepping Out) and the awesome colourful murals.

Over the next few months we're going to be exploring a lot more of the town and its hidden treasures.



Ashburton Events



Mockingbird

Fri 27 Apr, 7pm
The Ashburton Club & MSA

A great night of live music with this professional 5-piece rock/pop band, Mockingbird, from Canterbury. With a great set of covers that will get you dancing - this promises to be a fun night out.



Glow In The Park

31st May to 2nd June - Gold Coin Entry
Ashburton Domain

Last year's Glow in the Park saw over 17,000 visit over two nights. This year it's back in a new central location - with bigger and brighter lights, more rides and more food options and it promises to be a great night out for the family. On the Sunday evening there will be a low sensory session for those that experience sensory sensitivity. The event also coincides with 160 years of the Ashburton Domain.



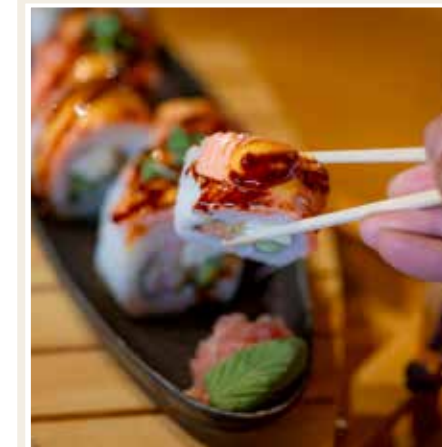
Legacy Issues Exhibition

27 Apr to 14 Jun, 10am - 4pm
Ashburton Art Gallery

This purpose built gallery is a real asset to Ashburton and there is a great variety of exhibitions. Legacy Issues: Lens-Based Investigations of Waitaha Canterbury Whenua brings together work from contemporary photographers and presents the diverse ways they have pictured the region.

Local Foodies

It's a great time to head out and enjoy having brunch, lunch or dinner cooked for you at one of our many local eateries. From freshly brewed coffees and sweet treats to a full 3-course dinner, we are spoilt for choice in South Canterbury so get out and enjoy



KOJI TEPPANYAKI & GRILL

Located in central Timaru, Koji serve a wide range of Japanese food and entertainment on a Japanese grill.

The menu boasts a variety of dishes, including Miso soup, Squid Katsu, Beef Tataki, and Karaage Chicken. They also have a buffet option, where diners can choose up to 15 dishes per round.

Koji serves lunch, dinner and drinks, and can cater for groups or parties. Outdoor seating is provided, walk-ins are welcome, and takeaways are available.

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Preserved Lemons

Preserved lemons are one of those things that always seem to crop up in recipes and we rarely have to hand. So make it easy with these ready to use ones from Belazu that you can just pop in the fridge till you next need them.

There are so many clever ways to make a dinner table look great and it doesn't have to cost a fortune. Grab a bunch of rosemary, pop it in a nice jar or vase and you have a beautiful centre piece.

Mother's day gift ideas

Mother's Day is a time to celebrate and appreciate your mother or the mother figures in your life. If you're struggling to find just the right gift then take a look at some of these great, locally available options – from relaxing beauty treatments to cosy slippers, fab flowers to glossy hair – there's something to suit all. But however you mark Mother's Day, make sure you take a moment to think of your mum.



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Bloomers for Flowers



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On the couch with Author Jenny Lynch

Author Jenny Lynch is a former editor of the NZ Woman's Weekly. She has been an actor, a photographic model and a Playboy bunny and lived and worked in the USA, Canada and Australia. And she's written four non-fiction books. Now in her 80s she has just written her first novel, *The Secrets They Kept* which is loosely based on a real life story her grandmother told her many years ago.



We got to ask her a few questions about work, writing and routines.

essence: You have had such an interesting and varied career. But we wondered what your very first job was and what you feel you learnt from it? My first job was as a junior with the NZ Woman's Weekly. I had just returned to NZ from an American Field Service scholarship in the USA where I had studied journalism. I was 18 and wet behind the ears, but editor, Jean Wishart, was prepared to give me a chance. I spent two years on the magazine learning the basics of feature writing. I'll never forget my first interview. I was under prepared and consequently terrified. It taught me the importance of researching your subject properly beforehand. I left the magazine in 1959 and worked on four other publications before returning to the Weekly in 1976.

essence: How long were you editor of NZ Woman's Weekly and what were the biggest challenges in the role? I was editor from 1987 to 1994, having been assistant editor since 1977. Initially my big challenge was to restore circulation after popular editor, Jean Wishart, retired in 1985 and readers had responded negatively to her replacement. That challenge became bigger in 1989 with the arrival of two Australian magazines boasting far greater resources than we had. They introduced a cult of celebrity. This was at odds with our more family friendly ethos. It soon became clear, however, that readers had an appetite for gossip, glitz and glamour and with much reluctance I had to adjust our focus. In 1991 the Weekly claimed a 'first' with pictures of Rachel Hunter's marriage to Rod Stewart. And we achieved this without having to resort to the cheque-book journalism our Australian competitors had brought with them. Bidding for stories flew in the face of integrity and fairness and I found this development utterly deplorable.

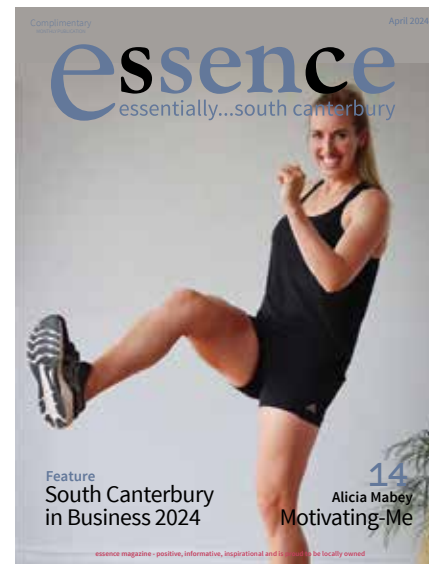
essence: What was the biggest challenge of writing your recently released novel? It was centred on a mystery. I needed to build tension. The final sentence of each chapter had to provide a clue designed to keep the reader wanting to know more.

essence: You have said previously that the whole plot just came to you one day out of the blue. But did you have any schedule for your writing? I had no particular routine. I worked on the manuscript over many months, adding material and developing the various characters. Eventually those characters became as real to me as anyone I had ever known. I completed several drafts before submitting the final version to the publisher.

essence: Any top tips for aspiring writers - fiction or non-fiction? Make every word count. Unless you are tackling historical fiction where research is vital, you should write about the world you know. I could never have set *Secrets on a high country station* much as I have enjoyed visiting Erewhon and others. You should also seek an independent assessment of your work. Don't get relatives to do it. They'll think it is the best thing since sliced bread. Welcome constructive criticism. Writers can get so close to their subject they can't see the woods for the trees. Fresh eyes can penetrate those woods.



Women In Business 2024





BIDWILL TRUST HOSPITAL giving back to the community

Bidwill Trust Hospital has been providing health care in Timaru since 1912, and as a small, private surgical hospital many do not realise the wide range of surgical services available. The team of 78, plus consultant surgeons and anaesthetists, work to provide exceptional patient care.

With three fully equipped operating theatres and specialist consultants in orthopaedics, gynaecology, ENT (ear, nose and throat), ophthalmology, endoscopy, and general and dental surgery, the team can manage the surgical needs of many people.

The hospital also has state-of-the-art technology and equipment including robotic assisted operating tools. As a charitable trust, all profits are invested back into the hospital

– ensuring the best equipment and facilities possible. Fifteen inpatient beds mean that patients can stay overnight after procedures when necessary. With this capacity, the highly experienced team offers a caring and personalized service.

This all means Timaru based patients looking for private hospital care don't need to travel to Christchurch or Dunedin. Instead, they can get the care they need close to home.

"We really punch above our weight at Bidwill," says General Manager, Tina Rogers.

The day to day running of the hospital is led by a female team says Tina. As the General Manager she oversees all non-clinical aspects of the hospital and works closely with three female colleagues.

Rebecca Healey, the Operating Theatre Manager, is responsible for all aspects of theatres – from managing equipment to sterilization procedures and booking spaces. Jo Blades, Clinical Ward Manager, has ultimate oversight of all inpatient and day wards and ensuring patient care is always excellent. And Belinda Dore is the Clinical Quality & Risk Manager – responsible for all processes in the hospital including their Ministry of Health accreditation.



"It's an excellent place to work," says Tina. "There's a great workplace culture and staff have time to care for patients with empathy and understanding."

Supported by each other and their teams, these four women ensure that the hospital continues to provide its excellent service and care. As well as certification from the Ministry of Health, the hospital is ISO 9001 accredited and is a Southern Cross Affiliated Provider.

"It's an excellent place to work," says Tina. "There's a great workplace culture and staff have time to care for patients with empathy and understanding. We work well together as a team and we believe that everyone at the hospital has a critical role to ensure patients get the best experience possible." Patient feedback is consistently 'amazing' says Tina.

In addition, Bidwill Trust Hospital assists other health related charities in South Canterbury - providing over \$100,000 in grants to local organisations earlier in 2024, as well as scholarships to local nursing students.

Bidwill Trust Hospital really is a great asset for Timaru.

To find out more visit www.bidwillhospital.co.nz

53 Elizabeth Street, Timaru
Ph 03 687 1230
www.bidwillhospital.co.nz



Katie McIndoe

Registered Nurse and Experienced Aesthetic Medicine Nurse – Transform Clinic

What are three keys to success? Integrity, Passion and Professionalism.

What skills are needed to be successful in your industry? The love of working with people, empathy and listening skills! An eye for detail is also very important as this can't be taught, in my experience you either have it or you don't.

Have you had to upskill, or do further education, to get where you are now? Yes, absolutely. I am always upskilling as this industry is forever evolving with new treatments and technologies coming out. I like to be at the forefront of all new treatments available. I regularly attend international and local conferences, peer review groups and am lucky enough to work alongside Dr Little, one of the pioneers of Appearance Medicine in New Zealand.

What do you like about doing business in South Canterbury? My clients and other small businesses I work alongside. I have met some incredible people over the last 10 years.

Tell us about your premises – why do you like them? Ashburton: Beauty Worx Located on Tancred Street and Timaru: Skin Deep located on Church Street. Both of these clinics offer high end, quality treatments and skincare that align with our ethos. Our services compliment each other.

As a child, what did you want to be when you grew up? How does that align with where you are now? I wanted to be a Mum and Black Stick! I love working with and caring for people, which lead me to become a nurse. We have two children, Madeleine (4) and George (4mths) who I strive to be the best role model to. Jeremy, my husband and I work together to share responsibility of running a business and raising a family.

How do you wind down/ shut off after a busy week? Spend time with my family and friends. We enjoy getting away for day trips, taking the caravan away camping, watching and playing sports. I enjoy cooking, having a wine, reading, playing hockey and going to the gym to wind down from a busy day at work!

How do you stay motivated in your working life? Doing things you love so it doesn't feel like work!! Always striving to do better and upskilling.

Skin Deep – 50 Church St, Timaru
03 355 1311 | @transformclinicmerivale
Beauty Worx – 278 Tancred St, Ashburton



Anna Miles

Owner of Equine Mementos

What are three keys to success? Determination, dedication and resilience

What have been some of the highlights of your business journey? Being recognised as an Emerging Business Finalist in the 2023 South Canterbury Chamber of Commerce Business Excellence Awards, and on top of that, to win Runner Up in The People's Choice Award. This was huge for my confidence as Equine Mementos is a very small business with myself as the sole operator.

Have you had to upskill, or do further education, to get where you are now? I have done a number of courses focussing on digital marketing to kick my business off. I have also completed a very basic jewellery course. I constantly read and research as much as possible about hairwork.

What skills are needed to be successful in your industry? Excellent communication skills and an eye for detail.

How do you try to support the local business community in your day to day dealings? I work very closely with Jewelfcraft on Stafford Street. The team at Jewelfcraft do all my mould making, casting and polishing and just 'make things happen' for me as far as my design work goes. I pass on all my engraving work to Timaru Engravers and Giftware as they do a wonderful job, which is always completed quickly to a high standard. I just recently started to work a bit with Blastcraft and Premier Powder Coating to polish and colour horseshoes.

How do you stay motivated in your working life? Running a business that produces meaningful keepsakes for my customers gives me all the motivation I need. I personally understand the emotional attachment that people have with their horses, and this makes each keepsake that passes over my bench so very special.

What do you get up to when you're not working? I love to be around horses and I am lucky that my husband and I run a horse grazing business, so I am always surrounded by beautiful animals.

www.equinemementos.co.nz



Jacqui Fraser

Mortgage Express Timaru

What is your business focus? At Mortgage Express Timaru, my expertise is in creating tailored mortgage solutions and interest advice for each client. I work with everyone from first-home buyers, to property investors, and those eyeing their second home. Leveraging my real estate background, I am able to facilitate a smooth journey for clients, guiding them through every step towards home ownership or property investment.

What influenced your career choice? Transitioning from a 13-year real estate career to a Mortgage Adviser was driven by my observations of buyers' frustrations when securing finance and not understanding the process. My aim is to make property dreams more achievable and satisfying by offering clear, tailored advice.

What is unique about your business? My real estate experience gives me a special ability to help clients understand buying and selling in simple terms, emphasising the importance of knowing their financing choices. Mortgage Express backs this up with great training and support for me as an adviser.

Your greatest accomplishment is? My proudest achievement is becoming a trusted mortgage industry adviser, contributing to clients' joy and success in their property ventures, and working with repeat clients towards their second home or investment property.

What are some of your goals and aspirations for the future? I am just about to take on a new staff member (watch this space!) and are looking to continue to expand my business and help buyers be informed when purchasing their homes and/or investment properties.

How important is the local business community to you? Our local business community means a lot to me. It's more than just a group of professional colleagues, it's about helping each other and working together. I work closely with everyone from real estate professionals to lawyers, and from the council to tradespeople, I am able to give my clients all the help and advice they need during their buying and selling journey.

19 Church Street, Timaru
027 529 7925
jacqui@mx.co.nz



Jacqui Fraser gives advice through MJCSM Financial Services Limited trading as Mortgage Express.



BUILDING A BUSINESS with Style & Passion

A quarter of a century since opening, Maree Hynes Gifts & Interiors has developed into an incredible multi-faceted business that continues to grow.

"We are honouring 25 years of being in business this year," says owner, Maree. "This has been no small feat. We've had to adapt, with challenges and changes over the years, but that's how business works – you have to change to be successful."

The most recent change for Maree Hynes Gifts & Interiors was the move last year from central Timaru to Harlau, on Beaconsfield Road. Having purchased the old Harlau Homestead and existing café four years ago, Maree and husband Mick built a new multi-purpose building that now houses their gift and interiors boutique and rubs shoulders with their popular destination eatery – Harlau House Café.

"I truly believe that behind every successful business is good staff. Without our amazing team, none of what we have achieved would be possible."



"We're extremely proud of the interior design hub we've created here that has the most beautiful homewares and gifts, outdoor furnishings and pots. We've merged this with our licensed café/restaurant to create a countrylike atmosphere where customers can enjoy amazing food and coffee. Harlau House is also a stunning restaurant and function space offering a beautiful wedding venue, corporate conferences, lunches and family celebrations. This has been an incredible achievement for us. We really want to thank the people of South Canterbury for supporting our business here at Harlau."

Despite new developments, some things haven't changed at Maree Hynes Gifts & Interiors. "We are very proud to remain an independent, locally owned and operated business. This is a driving force for us," explains Maree. "I always say, if you're going to go into business, you do it yourself. This is definitely not a chain store. Here at Harlau we are one of kind."

In addition, Maree remains focused on her original offering, providing award-winning interior design and home staging services throughout the South Island, plus colour consultancy and interior design services for new build packages. "We feel

extremely privileged to have had the opportunity to create beautiful interior design for our many new and loyal customers over the years."

Whilst Maree works directly with all interior design clients, she and Mick have a 25-strong team working across the business. "I truly believe that behind every successful business is good staff. Without our amazing team, none of what we have achieved would be possible. We've also had immense support from our wonderful family every step of the way."

Twenty-five years on from opening her doors for the first time, Maree has no intention of slowing down. "Watch this space," she teases. "We have plenty of plans in place for the future. In the meantime, if you haven't already visited, we would love to see you here at 253 Beaconsfield Road, Timaru where the café and interior design complex are open 7 days a week for your enjoyment."

253 Beaconsfield Road, Timaru
03 686 6784 | www.mareehynesinteriors.co.nz



Bayleys Real Estate

How do you try to support the local business community in your day-to-day dealings?

Hannah: Being a smaller community, we like to support local as much as we can. We use Corporate Print for our signboards or DLE's, Two Roads Gift Boxes for client gift boxes, local cafes for catering and local photographers for property photos and videos.

How do you wind down/shut off after a busy week?

Holly: Weekends can be busy and at times it can be difficult to distinguish between a weekend and weekday, it is important for me to block out areas in my week that are just for me e.g. spin classes and monthly book club catch ups. First things I do once my child (14 Months) is dropped off at daycare twice a week is to go for a 5km run, then I 'start my day'.

How do you stay motivated in your working life?

Hannah: we have regular in-house trainings which motivates us to try to do things differently, ways we can improve on our current business. Doing things with other businesses (BA5 catch ups) also helps us bounce ideas of each other on how we can support each other.

What do you get up to when you're not working?

Taylor: Outside of work I spend my time with family and friends. I love going camping, enjoying the outdoors, and going boating at Lake Ohau. I like to keep active by going on runs, skiing in winter, and touch rugby and golf in summer. I head away a lot in the weekends, so I have always had something to look forward to which makes the work week fly by.

Unit 7/50 Theodosia Street, Timaru
03 687 1227 | bayleys.co.nz/canterbury
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Christine Brosnahan

Timaru Occupational Health Services

Our team of registered nurses supported by our admin team offers Occupational Health Services to workplaces in South Canterbury.

Our service's aim to promote and maintain the health, safety and wellbeing of employees in your workplace.

As part of our day, we conduct pre-employment health assessments, drug and alcohol testing, health monitoring (hearing, lung function, and vision tests), wellness checks (cholesterol, glucose and blood pressure checks), workstation assessments, administering Hepatitis vaccines, and we are currently busy providing flu vaccinations at workplaces.

We monitor the health of workers exposed to contaminants at work to detect early onset of Occupational disease, this ensures early intervention.

In our day-to-day work as nurses, we are trained to ask the right questions and we frequently pick up health issues a person is unaware of such as high blood pressure or diabetes symptoms, we also support those with existing health conditions who often ask for advice and support. A big part of our work is prevention and education, this can lead to less time away from work for employees. No two days are the same we are out and about working with variety of workplaces and industries every day.

Our focus is to provide excellent and professional service to our clients, we work hard to make it easy for them.

Our newest service Microsuction Earwax removal has just restarted with three speciality

23 Dee St Timaru | 03 688 7241 | www.tohs.co.nz



nurses offering advice on ear care and ear wax removal that is safe and effective. This is easy to book just give us a call or look us up and book online. We are conveniently located in Dee St.

I have been a registered nurse for over 30 years and had the opportunity to purchase Timaru Occupational Health Services 10 years ago and have never regretted the decision. As a nurse I had never dreamed it would be possible to own and run my own business. I had to upskill and completed post graduate study to increase my knowledge in Occupational Health so I can offer the right advice to clients. I am passionate and work hard to provide a professional service to our clients. I am on the HASANZ register which is a register of qualified and experienced health and safety professionals, and represent Canterbury on the NZ Occupational Health Nurses Assn. executive committee.

Working with great people who give good support is key to running a successful business, we are fortunate to have support from our business advisor and accountant, suppliers, colleagues throughout the country and our amazing staff who go above and beyond to ensure we meet the needs of our clients in a professional manner.



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Tote Bag
Tievoli Trading

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The Ringmakers

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Maree Hynes Interiors

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Feels like Autumn Favourite Things

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Sydney Lidstone



ANZAC Day

The very first ANZAC Day was observed in 1916 and since then it has always taken place on the 25th April. The date was chosen as it marked the day on which ANZAC troops first landed on the Gallipoli Peninsula in 1915 as part of WWI.

The aim of the Gallipoli landings was to capture key areas and open a sea route to the Bosphorus and the Black Sea. But it did not succeed and thousands were killed in the attempted process – including 2779 New Zealanders and 8500 Australians. These deaths were actually a fraction of the total New Zealanders killed during WWI – which research puts at 18,000. The majority of these died on the Western Front – in France. While the Gallipoli landings did not succeed, it was an event that signalled New Zealand becoming its own, distinct nation.

When ANZAC Day was first observed – it was a half day holiday from 1pm in New Zealand with a sombre mood as communities reflected on the losses of the war. Large crowds attended local ceremonies and Prime Minister William Massey gave a speech at Wellington's Town Hall which he ended by calling for more young men to come forward to fight for King and Country.



2nd (South Canterbury) Company, Cairo

ANZAC Day became an official public holiday and day of remembrance in 1921. Since then it has become a day when communities gather to remember and pay their respects to past and current service men and women.

The Dawn Service

One of the key events on ANZAC Day is the Dawn Service – these are held up and down the country in our towns and cities. The ANZAC Forces started to land on the Gallipoli peninsula at dawn – so this is why the services are held at this time.

The Dawn Services are steeped in tradition. There is often a bugle player who calls The Last Post – and this often happens just before the minute's silence to remember those killed in wars.

The ANZAC Parade

The ANZAC Parade is another event that takes place in many towns and communities. Returned service personnel march behind banners and stands, wearing their medals. They are often joined by other key groups such as members of the armed forces and the Red Cross. The parade usually goes to the local war memorial and wreaths are laid often followed by a speech from a local dignitary, serviceman or returned serviceman or woman.

ANZAC Day Events

War Memorials are an inherent part of every town and often small village halls are hung with black and white portraits of former servicemen. We see the names and the numbers and the photos – but take a moment to consider this ANZAC Day – these people left behind friends, families and communities and many of them never returned.

The ANZAC Day events – whether a Dawn Service or the Parade take place all over the country and they are a meaningful and poignant reminder of the sacrifice that service personnel past and present have made.

Memorial Service Schedule

These were correct at time of publication

Timaru Dawn Service - 5.45am
Mayor Nigel Bowen to lay a poppy

Cemetery Service - 7am
Mayor Nigel Bowen to lay a poppy

Pleasant Point Service - 8am
Raewyn Hessel to lay wreath

Geraldine Service - 9am
Councillor Gavin Oliver to lay wreath and Mayor Nigel Bowen to say a selected verse

Winchester Service - 9am
Councillor Michelle Pye to lay wreath

Timaru Civic Service - 10am
Deputy Mayor Scott Shannon to lay wreath

Woodbury Service - 10.15am
Councillor Gavin Oliver and Mayor Nigel Bowen to attend and lay wreath

Cave Service - 10.30am
Raewyn Hessel to lay wreath

Temuka Service - 11am
Councillor Michelle Pye to speak and lay wreath

Peel Forest Service - 11.30am
Councillor Gavin Oliver and Mayor Nigel Bowen to attend and lay wreath

Rangitata Island Service - 1.30pm
Councillor Gavin Oliver and Mayor Nigel Bowen to attend and lay wreath



Alexander Rattray (Waimate Museum & Archives 2002-1026-00386)

Catherine Fox (Waimate Museum & Archives 2002-1026-06103)



Corporal Reginald (Rex) Bealey Williams



John Iverach (left) and Archibald Shaw, 1917



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