

The Spirit of our community Spirit MAGAZINE

AUGUST 2021

COMPLIMENTARY
MONTHLY PUBLICATION



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OUT & ABOUT:
Local Events

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UNSUNG HERO:
Judy Swaney

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LOVE LOCAL:
Celebrating local creators & innovators

COMING UP THIS MONTH



Saturday 7 August, 7pm
NZ Mountain Film Festival
Ashburton Trust Event Centre
 Back by popular demand, the Ashburton Youth Council are hosting the national tour of the NZ Mountain Film Festival, screening the Kiwi Made Selection. All funds raised from the film festival will go towards the Youth Council's major annual event, this year's Bite Nite Culture Fest. Adults \$25, Youth \$15 including fees.

Saturday 7 & Sunday 8 August, 10am-4pm
Methven Craft Fair
Mt Hut Memorial Hall, Methven
 Entry is free to this fantastic, boutique two-day craft fair. Lots of awesome crafts, clothing, arts, and more. Devonshire Tea will be available.

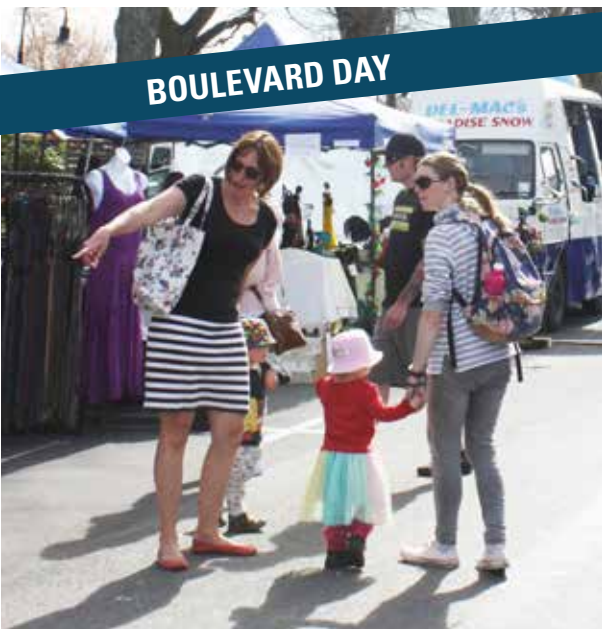
Thursday 19 August, 7pm-9pm
Composting, Bokashi and mini worm farms workshop
Simply Eco
Ashford Village, 427 West Street, Ashburton
 Run by Eco Educate. Turn your food scraps and plant material into food to feed the soil. Easy tips and tricks
 Bring two ice cream containers same size with a lid that fits one. Register via Simply Eco face book page or call instore.

Saturday 28 August
Daffodil Day
Town & Around, Ashburton
 The Cancer Society's Daffodil Day symbolises hope for one in three New Zealanders affected by cancer. Watch out for the street collectors around your town and be generous. Every bit counts.



Monday 30 August - Sunday 5 September
Jesus Christ Superstar
Ashburton Trust Event Centre
 A global phenomenon that has wowed audiences and now celebrating its 50th anniversary, Jesus Christ Superstar is a timeless work set against the backdrop of an extraordinary and universally-known series of events but seen through the eyes of Judas Iscariot.
 The iconic 1970s rock contains such well-known numbers as "Superstar", "I Don't Know How To Love Him" and "Gethsemane". Times and prices : www.ateventcentre.co.nz

DATES TO BOOK AHEAD



Saturday 25 September 2021, 5pm-8pm
Bite Nite Culture Fest
EA Networks Centre
River Terrace, Ashburton
 Ashburton Youth Council are proud to be hosting Bite Nite once again, featuring new and returning performers. Individual \$5 Family \$10

Monday 27 September
Boulevard Day
Ashburton Domain
Walnut Ave, Ashburton
 With a fabulous new venue and a true fete day vibe, the organisers have breathed new life into this popular event! The day features stalls galore bursting with gift ideas, craft, art, clothing, garden art, and much more. Fun for all ages, tons of parking. FREE event.

Saturday 2 October, 9am-1pm
PLANTS 4 U @ RAKAIA
St Andrew's Presbyterian Church Hall
Main Road, Rakaia, by the 2 Big Trees
 All morning sale. Lots of interesting plants, perennials, shrubs, succulents, bulbs, vegetables, plus produce, baking, jams, marmalade. Contact Dorothy Knight 03 3027595. dottsknights@g.mail.com

Friday 15 - Sunday 17 October
Akaroa French Festival
 A biennial festival celebrating the unique culture and heritage of New Zealand's sole French settlement and the boutique harbourside town of Akaroa. A weekend packed with events and entertainment.

Saturday 27 November, 10am-4pm
Methven Exhibition and Fete
Methven Trotting Club
Main Road Methven
 Great stalls from all over New Zealand. Historical military exhibitions. Classic and vintage car collector's competition. Miss Methven Exhibition pageant and much more!



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Spirit

MAGAZINE



FOOD 8



FAV THINGS 10

FRONT COVER: This month's cover shot is the Lake Gunn Walkway in Fiordland. It's not so busy at this time of year, so it's a great time to visit. See page 16 for our visit to Te Anau and Milford Sound. Stunning!

2 WHAT'S ON

15 GERALDINE

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FASHION 11

BEHIND THE SCENES

Eating your bread crusts makes your hair go curly – at least that's what I was told when I was a child – well, it seems the exact opposite is true! Late last year Randy had a bit of a wakeup call, health-wise so we started a healthy eating regime which meant immediately removing sugar from our diet and very low carb eating - no bread, rice, potatoes or pasta, and reading every food label. In early January I noticed my hair starting to curl and as the months roll on, it continues to get curlier. I've gone from having dead straight hair all my life to a head of curls I'd love - if they were on someone else's head. It feels quite weird, and I'm not sure I'm not going to wake up one morning and find they've all disappeared as fast as they appeared!

It's not quite spring yet, but the spring bulbs are doing their best to flower, there are early lambs in the paddocks and my rhubarb is ready to eat! So, we're sharing a favourite recipe – Rhubarb Crumble - I might have to adapt this so I can enjoy a sugar-free version!

This month, I met a true, local superhero. Judy Swaney's sister nominated her for our Local Hero award, and there can hardly be a more deserving recipient. She's an inspiration. Judy receives a \$100 Prezzie card, courtesy of and the team at Real Estate NZ and she's already decided where that is going – into something special for the people at her "happy place," The Elizabeth St Day Centre. Read her story on page 6.

Have a great month and enjoy more good reading in this issue; local stories, local businesses, local entertainment and shopping. Enjoy!



Judy

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NZ MOUNTAIN FILM FESTIVAL



Saturday 7 August, 7pm
at **ASHBURTON TRUST**
EVENT CENTRE

Back by popular demand, the Ashburton Youth Council are hosting the national tour of the NZ Mountain Film Festival!

All funds raised from the film festival will go towards the Youth Council's major annual event, this year's Bite Nite Culture Fest.

THE FILM FESTIVAL WILL SCREEN THE KIWI MADE SELECTION, INCLUDING:

Canterbury Alps Ski Traverse (10 mins) Director Alastair McDowell. Traversing the Southern Alps on skis – now that sounds like an adventure: through the heart of Canterbury's wild, yet withering glaciers, peaks and passes, from Arthur's Pass to the Godley Valley. Winner: EPIC ADVENTURE AWARD.

Newton Peak (25 mins) Director Nick Kowalski. Four Canterbury climbers set off into the heart of the Southern Alps, journeying through the infamous "Garden of Eden" ice plateau and through the thick, wild vegetation of the West Coast bush. Winner: GRASS ROOTS AWARD

Made in Aotearoa (37 mins) Directors Andy Deere and Ryan Heron.

Young up-and-coming surfer Kehu Butler shows us his favourite places around NZ as we learn about his family and deep connections to friends and the ocean. Winner BEST FILM ON ADVENTUROUS SPORTS & LIFESTYLES - first time a NZ film has won this award EPIC!

AYC WOULD LOVE TO HAVE A SELL OUT THIS YEAR SO THAT BITE NITE CAN BE THE BIGGEST EVENT TO DATE.

Tickets; Adults \$25, Youth (14yrs & under) \$15, (including fees).



With a fabulous new venue and a true fete day vibe, the organisers have breathed new life into this popular event! It's going to be a hum-dinger!

Come along and enjoy the opportunity to browse the boutique stalls from well known locals, exciting newcomers and unique businesses and craftspeople from all over New Zealand – a great chance to shop for all your birthday and Christmas gifts. There'll be fashion, gardening, art, food and great gift shopping in the fabulous setting that is the Ashburton Domain.

Hungry for a snack or a more substantial lunch? Wander into the designated food & entertainment area and take your pick. You're going to love the variety of food and flavours – everything from donuts to smoking barbequed meats, coffee carts and Cassels Brewing Company too.

Bring the kids and enjoy the playground, find a spot under the trees to stretch out and relax, and don't worry about parking as there's plenty available. After enjoying this great day out, meander into Ashburton's CBD and visit the shops.

BOULEVARD DAY THIS YEAR WILL DEFINITELY BE ONE TO REMEMBER! MARK IT ON YOUR CALENDAR!



BOULEVARD DAY

MONDAY 27TH SEPTEMBER
9AM - 3.30PM

ASHBURTON DOMAIN

NEW LOCATION, NEW LAYOUT

- CRAFT STALLS
- FOOD & COFFEE
- MUSIC & ENTERTAINMENT
- BREWS & BBQ'S
- SPACE TO CHILL OUT
- KID'S PLAYGROUND
- TONS OF PARKING

Bubbles and Bling

A HOSPICE MID CANTERBURY FUNDRAISER

Bubbles & Bling, held at Trott's Garden on May 29, surpassed all expectations, and even though the weather didn't play ball, the afternoon couldn't have gone any better! This fabulous event raised in excess of \$40,000, which will all be used locally. A truly amazing effort all round.



Barb Redmond, Anne Marie Leech and Lynn Scammell



Belinda Brand, Lynn Scammell and Anne Marie Leech



Belinda Brand, Lois Sparrow and Chrissy Milne
Lynn Scammell, Anne Marie Leech, Barb Redmond, Christine Todd, Pam McCormick, Angela Farr



Virginie Le Brun performing sabrage



Virginie Le Brun teaching sabrage to Trish Oates



Diamond Raffle presentation; Pam McCormick, Maureen Chinn, Tony Todd

Ashburton Back to Basics Expo 2021

Home made remedies, cooking, cleaning products, recycled goods, community awareness, environmental information, organics and much were all on display on July 17 - plenty of inspiration for those interested in leading a natural savvy lifestyle.



GAYLENE BARNES

DURATION

2 - 27 AUGUST



Gaylene Barnes is a farmer and a filmmaker. In her solo exhibition *Duration*, she pairs these backgrounds to observe the natural world. On the Canterbury Plains, from Heathcote to Highbank she attends to how creatures, insects and birds live out their day, in the wilds and on the farms.

Duration is presented as a circle of 48" video screen recordings of the direct experience with the animal, accompanied by a series of reflective pen and ink drawings.

Duration is a celebration and examination of Canterbury's biodiversity. The exhibition is an account of the worldly, sensory, all-encompassing framework in which we are all connected.

OPENING | 1 AUGUST 2021 | 2PM
EXHIBITION AVAILABLE | 2 - 27 AUGUST

Images | above | Gaylene Barnes, *Dur02.Pig*, video still, 2021
below | Gaylene Barnes, *Dur05.Sheep*, video still, 2021

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JESUS CHRIST SUPER STAR

JESUS CHRIST
SUPER STAR

Mon 30th Aug - Sat 4th Sep 7.30pm
Sun 5th Sep 2pm

TICKETS* Adult \$65 Senior \$55 each
Student up to 18 \$49
Last Supper 4th September \$95

The Ashburton Trust Event Centre in collaboration with Variety Theatre Ashburton and in Partnership with More FM and The Breeze, are proud to bring you Jesus Christ Superstar. With a cast of 60 including an orchestra this production will have a true rock opera atmosphere. Last supper tickets include pre-show canapes, preferential seating and a programme.

WONDERLAND GLOW SHOW



Monday 13th September

0-5 years 10am ALL TICKETS \$13⁵⁰

6-12 years 11.30am ALL TICKETS \$15⁵⁰

The Glow Show Tea, is back with a "kiwified" interpretation of Alice and Wonderland with Wonderland Glow Show.

Let your Imagination soar as you are transported into another world of giant scale glow int the dark puppetry for tamariki, educators and whanau.

MY MOTHER THE WAR HERO - ARTS ON TOUR NZ

I'll tell you this for nothing

My mother the war hero



Wednesday 29th September 7.30pm

TICKETS* All GA tickets \$20

Phyllis Garvin a Irish QA Nurse on the WW2 battlefields who lived most of her life in NZ, was honoured with France's highest decoration the Legion d'Honneur for extreme bravery. My Mother My War Hero recounts this tale of war, courage, romance and danger in a solo performance written and acted by her daughter Kate.

A CELTIC CHRISTMAS



Saturday 4th December 7.30pm

TICKETS* Premium from \$84⁹⁰
A Reserve from \$74⁹⁰ B Reserve from \$64⁹⁰

Early Bird \$15 off normal pricing until 11th August (fees apply)
A Celtic Christmas by a Taste of Ireland is set to tour New Zealand this Christmas. Watch two star-crossed lovers twirl beneath the mistletoe as award winning Irish musicians complement the world's best Irish Dancers to deliver a heart-warming performance that will leave your feet tapping, eyes shining and your soul wanting more! Book today.

ASHBURTON TRUST
event centre

*Service fees apply

211a Wills St, Ashburton 7700

TICKET OFFICE 03 307 2010

www.ateventcentre.co.nz

EVERY MONTH WE RECOGNISE AN UNSUNG HERO

DO YOU KNOW SOMEONE WHO DESERVES RECOGNITION?

Mid Canterbury is full of wonderful people who are dedicated to helping others in the community. They devote their free time to help with everything from grassroots sports to visiting the sick and elderly, working in non-profit community organisations, animal shelters, food banks, Cancer Society, Girl Guides – there are so many clubs and organisations that simply could not survive without them.

If you know someone who deserves recognition, let us know so we can celebrate the significant contribution they make to the community. Thanks to Real Estate New Zealand, we'll also reward them with a \$100 Prezzie Card - a token of appreciation for all they do.

Send your entries to: office@spiritmagazine.co.nz

Unsung Hero Nomination
It would be great to nominate my sister Judy Swaney. Sadly, after a very long cancer battle she is entering the last stage of this.
She is so very brave and accepting of this, and is continuing every day with her amazing outlook, including her volunteer work for the elderly. This is her passion.
Starting with paid work for 13 years at Rosebank she has been so involved, with cooking, activities organizer, followed by becoming a trained diversional therapist.
She then worked at Park St Day care (now Elizabeth St), only leaving due to health problems, but even through her battles she continued her contact and care for the oldies by volunteering - something she is still managing now.
Judy has so much to give, and that special knack of knowing exactly what each elderly client needs to brighten their day. Some of her photos and stories are so much fun, and show just how much time, care, and love that she gives so freely.
As a wife, mother, nana, sister, aunt, daughter, she brings love and fun to us all, and we love her dearly for that.
It would be fantastic to see her work and care recognized.
Thanks, from her sister, Sue Heney

THIS MONTH'S UNSUNG HERO Judy Swaney



Trevor Hurley brings you RENZ Unsung Hero
191 Burnett Street, Ashburton 7700. Ph: 03 308 6173.



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Harry Emerson Fosdick

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Not all superheroes wear capes. Sometimes they wear tutus, wigs, trans-gender makeup and fishnet stockings. And sometimes they turn out to be real life superheroes, like Judy.

Firstly, read the letter alongside, and you'll understand why I've made an exception and have paid a visit to this month's Unsung Hero. A truly amazing, inspiring woman!

She's knitting beanies for the City Mission as I arrive and has baked earlier in the morning so she can take afternoon tea to the Elizabeth St Day Centre.

As her husband Dennis chips in, "It's not only what she does there, but also what she does outside there that is incredible."

About 13 years ago, while working at Rosebank, Judy was diagnosed with cancer of the kidney. Her kidney and spleen were removed, and when she was ready to return to work, she began two days a week at the Daycentre.

Five years ago, the cancer returned, this time breast cancer, requiring chemotherapy and radiation, and another six months of recovery. It was time to retire, but she then returned to work as a volunteer! "It's really difficult after being a staff member because I do have a bossy nature, but when you're a volunteer you can say

and do whatever you want."

"The Day Centre is my happy place," she beams. "If I'm not feeling well, if I need a cuddle, it always cheers me up. And there's always chocolate!" she laughs. "Chocaholic Week is coming up, so my spare room is full of chocolate! We have tasting competitions, a chocolate wheel and quizzes, lots of choc things happening." It's an idea Judy came up with years ago and has remained popular. "I'm a chocaholic, I will admit it," she laughs.

Through lockdown last year, Judy carried on, staying in touch with people, dropping in home baking, word games and quizzes. One lady who was not coping well with lockdown, Judy helped move into Rosebank, and now enjoys going back there as a regular visitor.



Stories flow, one in particular involving a friend who was visiting for a few days, and was roped into joining Judy wearing a tutu, long gloves, fishnet stockings, a wig and trans-gender makeup and then gate-crashing 'Happy Hour'. "Oh, that was fun! When you're organising activities, you have to be prepared to make a twit of yourself regularly."

Reading is another pleasure she loves to share. She says finding books to entertain – especially the men is not easy, and sometimes, they can be a bit 'colourful.' "It

pays to read a book before you read aloud, so you know what's coming and can substitute certain words if you need to!" she laughs. She recalls reading a particularly colourful one by Bill Kearns, the Ozzie bush poet. "His poem about the men wearing stubbies (very short shorts) at a music festival, sitting on plastic stacka chairs and the 'crown jewels' slipping between the slits in the chairs – that one caused a standing ovation! We all had a great laugh."

Sadly, in 2018, on a regular check-up, Judy learned that the cancer had metastasized and is now in other places. A while back, when she was feeling well, she and Dennis took some time out and went back to Gisborne, where they had lived for a while, and also visited all the people and places they wanted to see. Then it was home and back to 'business as usual' volunteering at the Day Centre.

"None of us know what life will deal to us, or how long we'll be here," she says. "You have to make the most of every day. I'm lucky to have had a wonderful family and a good life, and my volunteering gives me a reason to get out of bed every day and enjoy every moment."





EVENTS



NZ Mountain Film Festival

NZ Mountain Film Festival Fundraiser

Saturday 7 August, 7pm
Ashburton Trust Event Centre



Bite Nite Culture Fest

Saturday 25 September, 5.30pm
EA Networks Centre



Ashburton Nights of Lights Festival

19 November to 7 January 2022



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RHUBARB CRUMBLE



This classic, old fashioned pudding is one of the easiest to make, and deliciously satisfying. This recipe is very plain and simple, with a topping that is very like shortbread. The filling is one you can play with; add some apples, add strawberries or even blueberries – they all make this a seriously good dessert.

INGREDIENTS

FILLING

400g rhubarb chopped into 3cm chunks
300g granny smith apples peeled and cut into 3cm chunks (optional)
1 vanilla pod or ½ teaspoon vanilla paste
75 g raw caster sugar
2 teaspoons cornflour

CRUMBLE

100g cold unsalted butter, plus extra for greasing
150g plain flour
50g raw caster sugar
pinch of sea salt.
1 tsp ground cinnamon or ginger (optional)

DIRECTIONS

Preheat oven to 400°. Grease a 20cm ovenproof dish with a little butter.

Combine the chopped rhubarb, apples and strawberries (if using); spoon into. Halve the vanilla pod lengthways, scrape out the seeds and toss with the rhubarb mixture, caster sugar and cornflour. Add this to the prepared dish.

The rhubarb will shrink quite a lot in the cooking process, so don't be frightened to pile it above the sides of your dish. Set aside.

To make the crumble, cube the butter, then toss with the flour. Cut into the flour with a knife until the butter is in small pieces, then use your fingertips to rub the butter into the flour until the mixture resembles breadcrumbs.

Stir in the sugar and sea salt. Sprinkle over rhubarb mixture without pressing down.

Place on a baking tray to catch any drips, and bake for 35 to 40 minutes, or until golden and bubbling. Serve with hot vanilla custard, icecream or cold cream.



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Art Gallery

Silk scarves created by Ina Johann, who had an exhibition at the Art Gallery in 2020.



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Art Gallery

Silk scarves created by Ina Johann, who had an exhibition at the Art Gallery in 2020.



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Art Gallery
Silk scarves created by Ina Johann, who had an exhibition at the Art Gallery in 2020.

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Free Dental Checks For Your Fur Babies

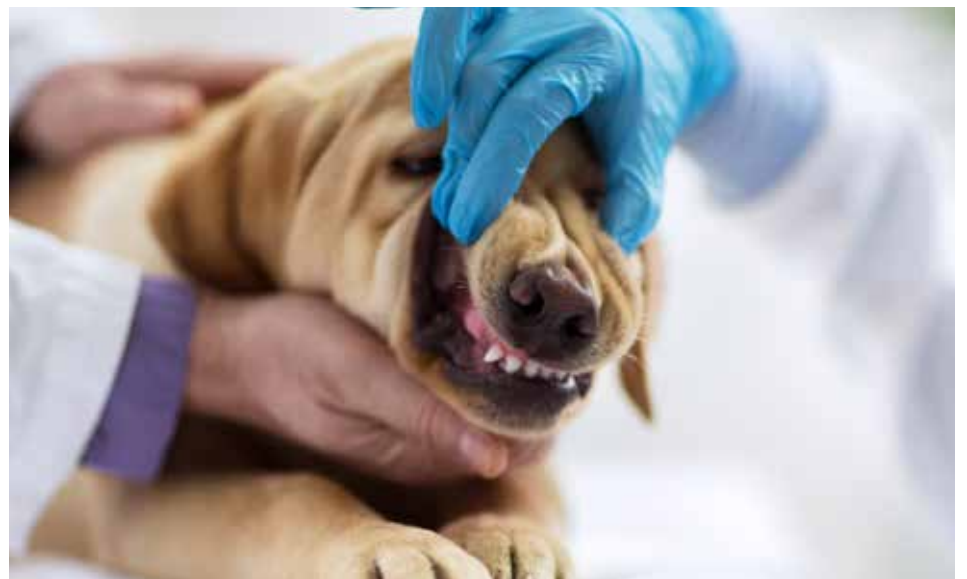
Our cats and dogs are important family members, so taking care of their health and happiness is equally as important.

Have you noticed your pets' breath smells – that's not normal! Or perhaps they have gone off their hard food, paw at their mouth or drool excessively? These are all signs that indicate they could have dental disease.

Sadly, we often see teeth when disease is advanced and it is more common than

not, that teeth need extracting. Also, once brown tartar has formed it is tough like cement and can be very difficult to remove without a scale and polish.

At Evolution Vets, we are offering free dental checks during which your pet will have its mouth checked over thoroughly and we will talk to you about ways to prevent or reverse early-stage disease, as well as make any treatment recommendations required for problems found.



How do you know if your pet needs a dental check? In truth you don't.

Pets often don't show any outward signs of tooth or gum disease and checking a pets' mouth fully is often really tricky.

Dental disease is one of the most common issues we see. On average two thirds of cats and dogs over the age of 3 years are estimated to have dental disease and more as they get older.

These checks are free, so if you have a pet of any age, it is worth booking in for a check. We will show you and discuss ways to keep their teeth and gums healthy even if we don't find any problems. There are options to suit every ability and budget.

Any person that has had gingivitis (inflammation of the gum) will tell you that is painful, and we must assume our pets also experience the same discomfort that

we do. Nearly all our pets get gingivitis as a result of plaque build up, with the progression to tartar. This eventually undermines or erodes the gum and bone the tooth is held in resulting in tooth loss. Gums can be very sore and will often bleed when touched lightly. Dental disease can also impact the general health of your pet, being linked to organ damage and systemic infections.

We are regularly told by owners they can't believe the difference in their pets' behaviour after appropriate treatment, which is great, but also makes us realise the impact this disease is having on our pets lives without us realising.

So, if you are worried about your pet's teeth, just want them checked or dental home-care explained, make an appointment for a free dental check. The sooner the better!

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ASK AN EXPERT

If you have a question you'd like our panel of experts to answer, please drop us a line at office@spiritmagazine.co.nz



Juan Gray

EXPERIENCED LOCAL VET AND OWNER OF EVOLUTION VETS

Juan heads a professional, friendly team who pride themselves on providing exceptional veterinary care for animals of all sizes and caring for their owners.

Vomiting or diarrhoea are one of the most common problems that we treat especially in dogs. Just like us, tummy upsets can be caused by getting an infection or eating something a little bit different. These gut upsets are generally self-limiting, meaning they will get over it without any treatment. However, having a pet vomiting or pooping diarrhoea all over the house isn't ideal so we are often asked to help!

If your pet is reasonably happy, there are things you can do to help without bringing them in to see us. If they aren't interested in food for a day or two don't worry too much, drinking however is important, as they are often losing fluids more quickly from either end. If they will eat, feeding only small amounts regularly (about a 6th of what they would eat normally) can help prevent vomiting. Something bland and easily digestible like boiled white meat with some kumara, pumpkin, rice or pasta mashed in can help. You can also get food designed specifically for this job and a product called PROMAX over the counter at the clinic, which helps to get the gut back to normal as quickly as possible providing good bacteria, probiotics and toxin binders.

If you are concerned it is always best that you pet is checked by one of our vets.

EVOLUTION VETS



26 Tancred Street
Ashburton
03-307 6644



David Rush

OWNER AND DIRECTOR, VISION INSURANCE (S.I.) LTD

USING AN INSURANCE BROKER

Sometimes it can be difficult weighing up whether to use a broker for your insurance requirements or to go direct through an Insurance company. Having worked for both, here are some personal insights into the advocacy benefits that as your broker I can deliver, and that can't be matched by a direct insurer.

I started my career working for an insurance company where I received excellent industry training on all aspects of insurance. Over time, however, I realised that working for an Insurer was one dimensional. For example, you were limited to only selling their products and services.

After finding it increasingly difficult to accommodate the varied needs of my clients through a single Insurer, I knew it was time to move into brokering where I could access the full range of insurance products and services available in the market.

Being a broker now means that I am able to offer you a wide range of independent insurance solutions tailored to your personal or company requirements. There is no 'one size fits all' solution to my approach and every insurance policy is aimed to provide you with the best cover possible.

As a broker, success relies on me being able to remain independent from any single Insurer, having access to the full range of insurance solutions and the ability to consistently advocate your interests so you always receive excellent service and the right advice.

With multiple insurance providers competing for your business, I understand that you have choices. My commitment to you is to always be available, respond to your requests in a timely manner and work hard to ensure you receive the level of insurance protection that delivers on your expectations.

Most importantly, by getting to know your personal circumstances and/or business requirements, I will be your strongest advocate in making sure your insurance cover provides the level of protection you need at the best possible price.



73 Burnett Street
Ashburton
Phone: 03 307 1990



Jo Metcalf

When you meet Jo Metcalf, owner of Memory Funerals, there's a feeling of instant relief. She's calm, unhurried. She's a listener, and when you've lost a loved one, a listener is exactly what you want to guide you through the options and create a personalised tribute.

Memory Funerals is your only locally, Mid Canterbury owned funeral service offering burial and cremation services, tailored to suit the needs of every individual.

We pride ourselves on meeting the needs of families, including working within their budgets and our prices begin with direct cremation packages from \$2995.

While our cremations are performed out of town, families often find this to be of more comfort, telling us it is a relief to know that their loved one is still being professionally cared for without the distress of thinking about what might be happening to them next door.

And it also allows us to provide an option that is less expensive than local alternatives.

Despite cremations taking place out of town, we are able to return loved ones' ashes to families the next day if requested.

Memory Funerals also has a large selection of ash urns available for families to choose from – from traditional wooden boxes through to special heart shaped options.



There is also the opportunity to design your own urn by choosing to have it vinyl wrapped or painted a particular colour. This allows for something that is unique to the individual and can be a fitting tribute to who that person was.

There is also our extensive range of unisex jewellery that can be purchased.

Our ash urns and jewellery are able to be viewed at our premises or to discuss your needs further phone Memory Funerals.



18 - 22 Moore Street, Ashburton.
Phone 0800 2 MEMORY
Mobile: 027 637 1229



Wendy Robertson

With an impressive career in the UK behind her, founder of Personnel Placements, Wendy was inspired to provide Mid and South Canterbury with a professional recruitment agency that provided the same, if not better, quality of service and professionalism as a national brand. Putting good people into great jobs, every day, is their passion.

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155 Moore Street,
Ashburton
Ph: 03 308 9675

ASK DAVID

You feel tired, overwhelmed, anxious, unsexy and often just plain cranky - life is not fun anymore? Share your concerns and benefit from David's extensive knowledge of health and wellness.



Q: What is the best way to care for an open wound?

A: Wash the wound with clean water, and a gentle soap if necessary, and do NOT use hydrogen peroxide, alcohol, or other antiseptic products to sterilise, as using these are likely to slow down the healing process - What!!!

You may be surprised to learn that you are not the sterile person you probably thought you were. New science shows that around 90% of the cells by number, in and on your body, belong to your microbiome (bugs), and so are not you. This means we have a wide range of bacteria and other organisms living on and in our skin and that the balance of your skin bug population has a lot to do with your skin health.

Even more surprisingly, these bacteria have a crucial role in re-colonising cuts and other wounds, which helps to make for rapid healing - and you thought it was essential to keep a wound completely sterile!

Several years ago, a study done in Sweden compared the healing of wounds from minor surgery when preventative antibiotics were routinely used or not used. The rate of infections and other complications was substantially lower when antibiotics were NOT given routinely, and this latest research finally explains why - using antibiotics killed off the good bugs in your skin as well.

Of course, most of these bugs live in our gut. Still, it's now becoming clear that what we have done to our gut with the overuse of antibiotics, hand sanitisers and antiseptic cleaning products, and showering and swimming in chlorinated water, we have also done to our skin. At the same time, we have also drastically reduced our exposure to the outside air, reduced swimming in rivers and the sea, and reduced our contact with soil which, in the past, have been the source of our healthy diverse skin bug population.

Send your questions to david@itookcharge.nz
www.itookcharge.co.nz Ph: 03 693 9845

David Musgrave is the founder and owner of the successful Waihi Bush Organic Farm brand. As a research scientist with 48 years' experience, David has spent the last 30 years studying food, nutrition and in particular women's health. He is still an organic farmer and is passionate about creating products that support wellness.

DISCLAIMER All advice given is from David's 48 years of experience as a scientist, author, and owner of a successful health food business selling Omega 3 rich products. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you suspect you have a health problem you should consult a health professional before embarking on any dietary changes. We disclaim liability for any medical outcomes that may occur as a result of applying methods suggested.

IT'S NOT JUST ABOUT AVOIDING THE SPREAD...

It's as much about keeping a balanced lifestyle, to keep a balanced mind



- **TRY A NEW HOBBY** - with a friend Taking up a new hobby has many benefits, learning a new skill, meeting new people, having a laugh - it's good for you!
- **FRESH AIR** Get outside as often as you can. Cold weather will not cause a cold, and the fresh air will do you good, as will the much-needed vitamin dose from the sun.



- **EXERCISE** Did you know... you can burn up to 50% more calories in winter than you would on the same walk in summer, because your body has to work harder to stay warm. True!
- **TAKE SOME YOU TIME** Why not try yoga? It can be practised inside or outside, on your own or in a class, and is amazing for flexibility, stress relief, health, physical and mental fitness.
- **REST UP** Regular sleep is vital to staying healthy. If you're not well rested you are more likely to get sick.

- **KEEP YOUR MIND ACTIVE** Curl up with a good book. Play a game with friends or family members, and invite the neighbours to join you.
- **PLAN A HOLIDAY** Or take one! A winter break will give you something to look forward to on the more dreary days. You don't have to go far - we can definitely recommend Fiordland (see page 16).
- **EAT HEALTHY** Eat plenty of in-season, fresh fruit and vegetables. Make soup!
- **WORK ON YOUR RELATIONSHIP** Snuggling up by the fire is a good start! Go to a movie or take a romantic weekend away.
- **STAY CHILLAXED** Take a hot tub or bath. Breathe in the steam. It instantly de-stresses and relaxes you.



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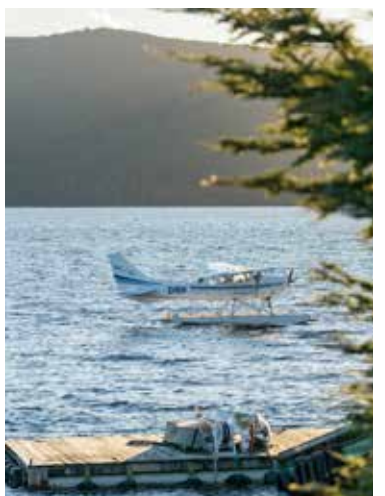
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Destination

Fiordland, Te Anau & Milford Sound



As tourist destinations go Te Anau is not as famous as Queenstown, so there are (slightly) fewer visitors, which gives it a big tick from me. Known as the gateway to Fiordland, Te Anau lies beside Lake Te Anau in one of our most scenic locations. There's never been a better time to visit.

words: Judy McAuliffe | images: supplied



Fiordland National Park is our largest national park and a recognised World Heritage Site, a good six-hour drive from Ashburton – longer if you stop for photos, and believe me, you'll want to!

It's the remoteness of Fiordland that makes this place as beautiful and untouched as it is. Just past Queenstown, you'll come to the tip of Lake Wakatipu and from there, it's all magic as you meander south westward to Te Anau.

Settle into your accommodation, and your first stop must be the Fiordland National Park Visitor Centre to find out what you want to do – or, more likely what you can fit in – there's just so much you'll need weeks, so my advice is to pick your top ten, then depending on how long you have, cull that down to five. After all, you do need some time to relax and enjoy this fabulous place.

It's been years since I last visited, so a drive to Milford Sound was top of the list, stopping along the way at Mirror Lakes for that iconic photo and the Lake Gunn walkway, followed by several more stops as stunning views of the mountains, lakes, rivers and the sea presented even more perfect photo opportunities.

Stunning, epic, magical, sensational – I was only on day one, and already I had used every superlative I could muster!

If your budget allows, book ahead and overnight on a guided Milford Marina overnight cruise. You'll get up close to spectacular waterfalls, rainforest and wildlife, and, if you're lucky, seals, dolphins and penguins. Anchored in a sheltered spot, a night of fabulous food and wine awaits, and a chance to unwind and reflect on the day's experience.

Back in Te Anau, there's no shortage of things to do: the Te Anau Bird Sanctuary is a great place to see several of our native birds up close; Lake Manapouri is just 20 minutes' drive away -breathtakingly beautiful; Doubtful Sound is about ten times larger than Milford Sound and another overnight opportunity (saved that one for next time); the Te Anau Glow-worm Caves are jaw-dropping; you can raft, you can fly, you can kayak, you can cruise, you can fish, or you can simply soak up the fantastic lakeside vibe, hire a bike and try one of the many cycle trails.

I haven't mentioned food, have I? It's hard to know where to start – enough to say that there is everything here from fine wining and dining to craft beers and great casual pub grub. You definitely won't go hungry!

Te Anau in a nutshell? Truly one of the most beautiful places in the world. Go see it!

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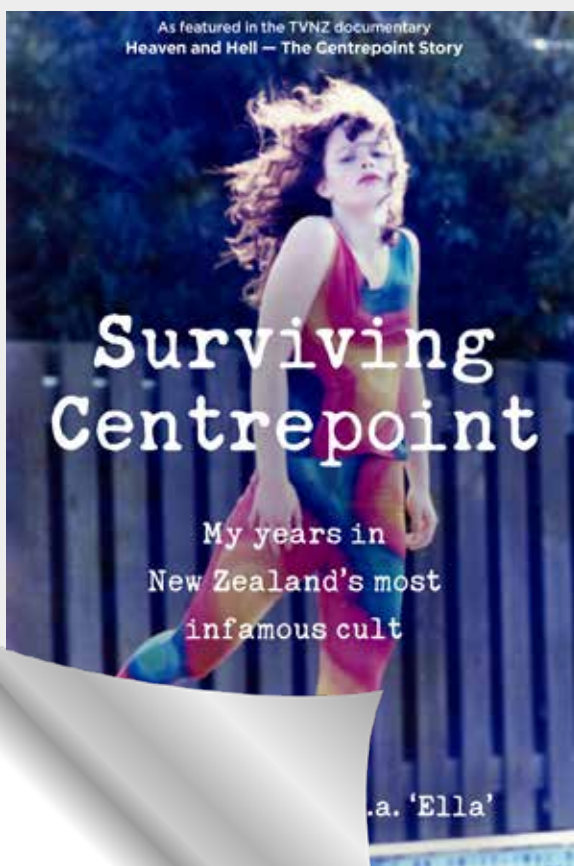


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Surviving Centrepont

My years in New Zealand's most infamous cult

Rachel C. King

A powerful survivor's memoir from a former child resident of New Zealand's infamous Centrepont Community

Shortly before I turned 13, my life changed forever when my family moved to the notorious Centrepont Community on Auckland's North Shore, then at its peak. Centrepont was founded by Bert Potter, its 'spiritual leader'. He called himself God. During my four years there I was pressured into inappropriate and often frightening situations by many of its adult members. Like so many others, I have lived with the trauma and shame of these memories, but I have survived. This is my story.

In this intimate and harrowing account, Rachel C. King tells her story of the years she spent in New Zealand's notorious commune, Centrepont, and life there under the rule of its cult leader and founder Bert Potter.

Through the eyes of her young self, Rachel exposes the truth of life at Centrepont — a

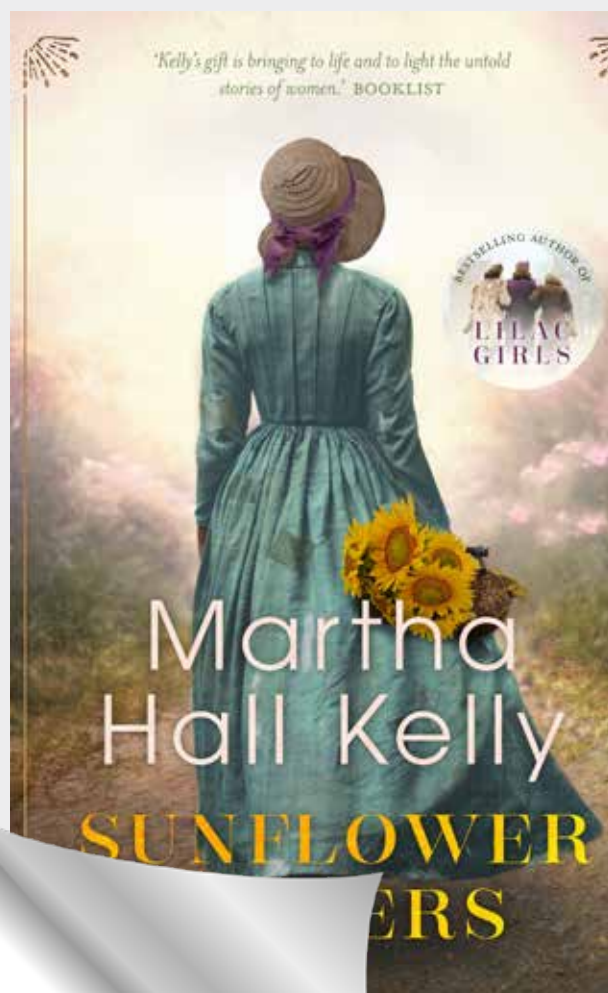
hippie dream turned nightmare — with its bizarre rules, hierarchies, and social controls.

It was a place where children were given drugs, where free sexuality was mandated, including between adults and children, and where to resist was actively discouraged.

She describes the fear and confusion of growing up in a corrupt world where wrong was right, and the grief of losing her childhood. She takes us inside the police case and court battle against one of her abusers, and the historic action that ultimately saw Potter and others charged with drug and child sex abuse crimes, and Centrepont shut down.

Surviving Centrepont was first published under the pseudonym Ella James. Now, using her real name for the first time, Rachel shares her journey from physical hurt and emotional pain to the reality of survival and the healing power of telling the truth.

**Win
this book**
Entry details
page 19



Sunflower Sisters

Martha Hall Kelly

Inspired by true accounts, *Sunflower Sisters* provides a vivid look at the Civil War experience, from the barbaric and inhumane plantations, to a war-torn New York City to the horrors of the battlefield.

From the author of the million-copy global bestseller *Lilac Girls*, comes a captivating new historical novel, set during the American Civil War.

Georgianne Woolsey isn't meant for the world of lavish parties and demure attitudes. So when civil war ignites the nation, she follows her passion for nursing during a time when doctors considered women a bother on the battlefield. She and her sister Eliza venture from New York to Washington, D.C. to Gettysburg, and while involved in the war effort witness firsthand the unparalleled horrors of slavery.

In the South, Jemma is enslaved on the Peeler Plantation, while her sister, Patience, is enslaved on the property next door. Both live in fear of LeBaron, an abusive overseer who tracks their every move. When Jemma is sold by the cruel Anne-May just as the Union Army comes through, she sees a chance to escape — but only by abandoning those she loves.

Anne-May is forced to run the Peeler Plantation when her husband joins the Union Army and her brother enlists with the Confederates. Now in charge, she uses the opportunity to follow her own ambitions and is drawn into a secret Southern network of spies . . .

About the author Martha Hall Kelly

Martha Hall Kelly is the author of *Lilac Girls*, the runaway bestseller that spent over a year on the New York Times paperback chart. She lives in Connecticut, where she spends her days filling legal pads with stories and reading World War II books. *Lost Roses*, her second novel, was released in April 2019. *Sunflower Sisters* is her third novel, available in bookstores now.

**Win
this book**
Entry details
page 19

Win with Spirit MAGAZINE



SURVIVING CENTREPOINT

by Rachel C. King

My years in New Zealand's most infamous cult
A powerful survivor's memoir from a former child resident of New Zealand's infamous Centrepont Community
In this intimate and harrowing account, Rachel C. King tells her story of the years she spent in New Zealand's notorious commune, Centrepont, and life there under the rule of its cult leader and founder Bert Potter. More details page 18.



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SUNFLOWER SISTERS

by Martha Hall Kelly

Inspired by true accounts, Sunflower Sisters provides a vivid look at the Civil War experience, from the barbaric and inhumane plantations to a war-torn New York City to the horrors of the battlefield. More details page 18.



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Entry Information: **Entries close Friday 27 August 2021 unless otherwise stated.**

Send emailed entries to office@spiritmagazine.co.nz. Emailed entries must state which prize draw they are for, in the subject line. All entries must include your name and a reliable daytime phone number. **Entries may also be posted.** Pop your information on the back of an envelope and address it to Spirit Magazine, P.O. Box 637 Ashburton 7740.

Posted entries must clearly state which prize draw they are for. Prizes to be collected from Spirit Magazine office Ashburton.

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SleepMaker. LIFESTYLE CHORUS BED

- Pillowtop Pocket Spring System - Minimises partner disturbance
- Dunlop Foams - For comfort that lasts
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BED SIZES

King Single 203x107
Queen 203x153
King 203x167



MEDIUM COMFORT

5 YEAR GUARANTEE

ASHBURTON'S BEDDING SPECIALISTS

KING SINGLE

WAS \$1899

\$950.00

WEEKLY FROM \$6.52

QUEEN

WAS \$2699

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WEEKLY FROM \$9.40

KING

WAS \$2999

\$1690.00

WEEKLY FROM \$11.36

APOLLO RECLINER LOUNGE SUITE

- This suite includes a 3 seater sofa and 2 armchairs.
- Enjoy putting your feet up with the manual reclining action.

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PARADISE MULTIFUNCTIONAL CHAIR

LAST ONE

- The power to sit, stand and recline at the touch of a button.
- This luxury lift powered recliner combines exclusive patented IMG technology with unsurpassed comfort
- Norwegian quality.



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EASY TO USE REMOTE CONTROL

SleepMaker. PRESTIGE LAVISH BEDS

Available in Firm, Medium or Plush

- Twin pocket spring layers - Provide the perfect combination of comfort and support.
- Graphene - Superior memory foam infused with graphene, helping to reduce heat build up.
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FIRM COMFORT

MEDIUM COMFORT

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*T&CS APPLY - TRADE INS SUBJECT TO INSPECTION, MUST BE IN GOOD WORKING CONDITION.

