

THE FLYER

YOUR LOCAL MAGAZIN

MUST EXPLORE LOCAL TRAILS

MAMA BLOG - JANA MACPHERSON -

BUSINESS OF THE MONTH - THE BARN, BUZZSTOP HONEY CENTRE AND CAFÉ AND ROAR COFFEE -

CHRISTMAS TRADITIONS FROM THE TEAM

DEC / JAN MUST DO'S

THE GREAT KIWI CAMPING HOLIDAY MAKES A COMEBACK ESCAPE THE SCREEN AGE

Queenstown friends, from left, top row, Danielle Dyer, AJ Key, Priyanka Sanna and Francis Brundell, Jordan Reid (centre), and Jesse Wilson (front), explore an old stamping battery during a camping trip to Macetown. Photo: Jesse Frank Photography

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PIZZERIA



*wish you a Merry Christmas
and a Happy New Year!*



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FRONT PAGE CONTINUED...

The great Kiwi camping holiday is making a comeback as society is being forcibly swept away by the stresses of the digital screen age. Never before has it been so vital to 'go bush' and escape from the 24-hour pressures of our tech-saturated world with its mobile phones, social media and the constant bombardment of emails.

Not so long ago 'annual leave' meant no contact with work and a much-needed recharge and refreshing from its pressures for Mum and Dad. Kids could let go of the pressures to conform and be safely uncool for a while.

However, these days 'out of range' has become the only valid excuse to be out of contact and truly relax.

Leading New Zealand parenting expert Ian Grant, of Fathers Who Dare Win (www.fatherswhodarewin.com), says screen saturation is becoming a serious issue. Kids as young as 10 have their own iPhones. "I'm encouraging dads to help their families out by cutting down on screen time and getting outside," he says. "It's ridiculous that in a beautiful country like New Zealand so many people suffer mental illness. It's because they've lost their sense of adventure."

Constantly being connected to a cellphone is "so inward", says Ian. Human beings need face-to-face human contact to stay sane and maintain balance. This is especially important for teens because they get into fantasy using social media and lose the ability to communicate, he says.

"My daughter limits her kids' screen time to two hours a day and they're the only kids I know who look you in the face when they speak to you. Teens have to be taught these things. Kids are very oppositional at 14 so don't nag them though, says Ian.

Camping holidays are the perfect way to reconnect with kids who are losing the ability to hold a conversation. During his early years working for Youth For Christ Ian says they ran camps for troubled kids. "It gets them out of the concrete jungle where they feel secure and they have to learn new survival skills out in the environment. They always enjoy it and make it work."

Reconnecting with your kids – Ian Grant's Top Tips:

Limit family screen time. No phones at dinner and eat together as a family.

Lock all phones and laptops away (adults too) in a cabinet between 10pm and 6am.

Ask to call people back if they ring when you're driving with or enjoying time with your kids. Say, 'Sorry, I've got an important person in the car. Can I ring you back?'"

Research shows:

Consumers switch between screens up to **21 times an hour** according to a British study, which correlates with Microsoft's claim that the average person's attention span is now just eight seconds.

Research shows that the average consumer is exposed to up to **10,000 brand messages a day** and that number is growing rapidly.

Information dumped on the user daily:

54,000 words – the length of an average novel

443 minutes of video – four Star Wars Movies

Queenstown Lakes Family Centre registered nurse Maria Frewen agrees that mental health is strengthened by good face-to-face human relationships and excess screen time has a negative impact on that.

With increasing levels of stress and anxiety among schoolchildren all over the district kids need to build those good relationships with people they can trust. Sitting around the campfire chatting to family and friends is the perfect antidote. "There is so much pressure on teens, texting and using social media for an instant response and I guess as adults we fall into that pressure to give an instant response too. This creates stress and can make us respond in an unhelpful way." People say things on phones and social media that they wouldn't say in person, says Maria.

Letting nature in and exploring the outdoors was a huge focus of Mental Health Awareness Week recently. "Being out in the fresh air and exercising releases oxytocin – the feel good hormone, as opposed to sitting inside and releasing more cortisol – stress hormone," says Maria. The other important factor is learning to breathe well to reduce anxiety and stress, she says.



A group of Queenstown friends camping at Macetown. Photo: Jordan Reid.



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From left: Karen Castiglione & Maree Adams

'GO BUSH' - TOP LOCAL DOC CAMPSITE GEMS:

The Department of Conservation operates a number of well-maintained and very affordable campsites around the region with some great spots, yet to be fully discovered by locals.

Skippers: This largely undiscovered historic haven set on rocky terraces around the old Skippers cemetery and school. It's about 13km from the Coronet Peak turn-off, one hour's drive on the narrow, winding Skippers Road with its spectacular steep drop-offs. Four-wheel drive or a sturdy vehicle is preferable. There are 36 non-powered sites, flush toilets and running (river) tap water. Dogs are allowed and there are plenty of interesting walking tracks, including to the Bullendale (4hrs) and Dynamo huts (3 hrs) with their fireplaces, bunks and toilet. (\$5 a night).

Lake Sylvan: Flush toilets here too with plenty of forested walks both on the Lake Sylvan Track (90-minute return) or day walking the adjacent Routeburn Track. This is a 36 non-powered, grassy campsite skirted by bush right beside the beautiful Routeburn River. Allow for a 75-minute drive from Queenstown. No dogs.

Macetown: Another historic goldfield gem, old buildings and relics remain, including the old restored bakery. It's 15km and 22 river crossings up the Arrow River from Arrowtown, four-wheel drive and experienced drivers only. This is the perfect base for spectacular walks, heading up either the Homeward Bound Track, towards Advance Peak, or the Motatapu Track (linking Wanaka to Arrowtown) with basic backcountry huts along the way. Be prepared for long-drop toilets. 36 non-powered sites.

Moke Lake: Popular with locals, especially families. 50 non-powered sites. Great swimming and fishing. Spectacular scenery and only about 25-minutes' drive from Queenstown. No dogs.

Mavora Lakes: Tucked behind Walter Peak, this offers the perfect backcountry getaway with long-drop toilets and a basic barbecue, two lakes and 60 non-powered sites. About two and a half hours drive towards Te Anau, including 40kms on gravel. Great for walking, mountain biking and fishing.

St Bathans Domain: A nine non-powered site, fun base from which to explore the quaint St Bathans township and mountain bike or walk the Otago Central Rail Trail.

Kinloch on the shores at the head of Lake Wakatipu, 27kms beyond Glenorchy, is another great DOC campsite, as is Twelve Mile Delta, very close to Queenstown, which gets very busy during summer with its 100 non-powered sites.



FROM THE TEAM

What a year! Who can believe 2018 is nearly over? I'm sure we can agree this has been an amazing year for Queenstown and surrounding areas. I personally have loved seeing all the positive things that come from growth, bringing new creative talent and exciting opportunities to our doorstep. Reflecting back over the stories is always a lovely reminder of the great community we have here. The Christmas rush is here, well and truly, and the team will need its well deserved break over Christmas and New Year's. I was tossing up between a quick overseas trip to experience the different culture and food but have been convinced to stay here and go adventuring in our own backyard.

This edition is slightly bigger as it covers December and January. The front story will hopefully fill everyone with ideas on where to camp this summer for a stay-cation. The Flyer team hopes everyone has a great Christmas and New Year's. Thank you as always, for all the support and amazing feedback we get. Merry Christmas and Happy New Year's!

Lauren Parsons
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THE GREAT KIWI CAMPING
HOLIDAY MAKES A COMEBACK

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'TIS THE SEASON TO BE JOLLY GENEROUS

Help agencies and community organisations are being stretched again this year to meet what has become a huge and growing demand from the community for financial help and kindness as Christmas approaches.

“The need for help in our community is huge. It’s hitting a real peak right across the district,” says Baskets of Blessing co-ordinator Tam Schurmann. “The list of names of those in need of help seems to have exploded. There’s a lot more pressure on families with no family support locally. Many of them have moved here...a lot are migrant families.”

With a lack of facilities and services to support people locally many people have to head out of town for medical treatments, says Tam. “We’re like a small city in a village area really. It can be very disruptive for people who are already unwell to have to go to main centres for treatment.”

Baskets of Blessing has more than 1600 Facebook followers and needs 100 volunteers for this year’s Christmas campaign – donations will be collected on December 12 and 13 with packing day on December 14.

Tam says they’re keen for any donations – anything from chocolates, magazines, small gifts, crackers and scented candles to small toys, aftershave, hand lotion and notebooks.

“This is such a generous community and we are very grateful for the huge support,” says Tam, who also heads up another help organisation, Let’s Eat, along with friend Sylvie Moorey. “We get an overwhelming response for both organisations,” says Tam.

For the past few Christmases Queenstown Wedding Association members have bought gift vouchers – everything from Paper Plus to supermarket and fuel vouchers – instead of Secret Santa gifts for each other. The vouchers are then donated, mostly to Baskets of Blessing, to distribute to families needing a Christmas lift. Association president Tracey Maclaren says several members have also pitched in for the Let’s Eat cook-up sessions at Arrowtown, helping prepare the frozen meals that are distributed to families and people in need of help. The group is hoping to do Let’s Eat cook-ups as part of its networking in future. “It’s easy to be social and get together for drinks and nibbles, but this is a gorgeous thing to do to give back to the community,” says Tracey.

“We try to reach out to people like carers and those who’ve lost a loved one at Christmas time. Many carers have been under a lot of strain for many months,” says Tam. “Christmas is a hard time for those who’ve suffered loss and a lot of grief comes up then,” she says. For many people



Nina (5) and Jessie (8) Schurmann gear up to help with Baskets of Blessing.

who are unwell they’re on restricted diets and can’t enjoy their Christmas treats or meal, while for others their families are many miles away.”

Happiness House co-ordinator Niki Mason says the number of families in need of help at Christmas is growing every year. “We’re always grateful for gifts. We give out gifts to individuals and families. Sometimes we’ve worked with them throughout the year or they’ve gone through a bit of hardship,” she says. “There’s a whole anxiety and stress around Christmas for many people and we try to alleviate that.” Other people may be alone at Christmas and it’s nice for them just to receive a gift to put under the tree, says Niki.

Probably the biggest need locally is for financial help, while others have just been through a crisis or hard time, she says.

Salvation Army community ministry worker Hine Marchand says they’ve also seen an “increase like you wouldn’t believe” for help, especially financially and with Christmas approaching. “People need mental and emotional help as they’re struggling financially with costs going higher,” she says. “We have big places like K-Mart opening, but the accommodation problem is not fixed.” The Salvation Army (Camp Street) would love any donations of Christmas hamper food and gifts like hand creams, jars of jam and family presents, especially for teens and older. Christmas food hampers are also being made up for elderly people in the community, who can’t cook their own Christmas dinner, this year. The Salvation Army’s wishing tree will be at K-Mart this year and Countdown has been generously donating hamper items.

To help the Wakatipu community this Christmas season see:

Baskets of Blessing see www.basketsofblessing.co.nz or phone Tam on 0220122439

Happiness House – Ph: 4426531

Salvation Army – Ph: 4425103

What we've been up to...



SKATE TIME

We attended our first roller derby game at the Queenstown Events Centre, supporting the Queenstown Roller Derby girls. What a game!



BEING INSPIRED

By all those who took part in the Queenstown Marathon this year. Check out Mike's story on page 30.



LUPIN SPOTTING

Catch them before they're gone!

INSTA FAVES

Our favourite accounts this month.



@accidentallywesanderson

547 posts
523k followers
319 following



Those of you familiar with Wes Anderson, and who aren't already following this account need to do so immediately. Distinctive visual compositions, carefully composed colour palettes, meticulous props and costume are an aesthetic cinematic dream. Check this out for Wes Anderson inspired environments. You will want to visit them, they are wonderful.

#AccidentallyWesAnderson #ArchitectureLovers #Symmetrical #Wanderlust #WesWondering

@campingvibes

725 posts
94.6k followers
139 following



Inspired by this month's feature story, take a dreamy scroll through these delightful camping spots. It just makes me want to pack up my rucksack and tent and jump in the car and drive somewhere with no destination in mind.

#CampVibes #CampLife #GetOutSeeMore #PackYourTent #TheGreatOutdoors #TakeMeOnAnAdventure

@gatherandfeast

954 posts
309k followers
543 following



Christmas goes hand in hand with a spot of entertaining. That might be that's a good old barbie and some beers, or maybe something a little more elegant, such as these concoctions from Gather and Feast.

#GatherAndFeast #DeliciousAndYum #Crowdpleaser



Two conveniently located Early Learning Centres in Queenstown

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- Learning-focussed programme



Early Learning Centre

N°5 CHURCH LANE
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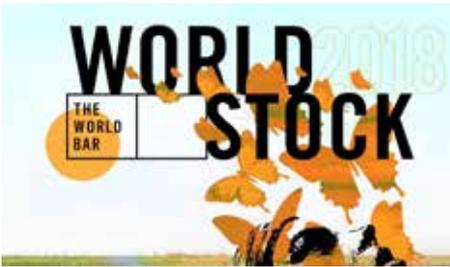
CHRISTMAS DAY AT
NO5 CHURCH LANE

Join us this Christmas and enjoy
a four course menu,
available for lunch or dinner.

Bookings are essential.
Call 027 360 3332 or email
lfraser@imperiumcollection.com

FLYER MUST DO'S

OUR TOP PICKS FOR DECEMBER



DEC 8

WORLDSTOCK
The World Bar, Queenstown
Time: 17:00pm-2:30am

It's the weekend you've all been waiting for, Worldstock 2018. A Celebration of music, peace, love and party. We've got an epic line up planned. It's an event you wont want to miss!

Get stocking up on the tie dye and peace signs!



DEC 9

GRATITUDE MUSIC FESTIVAL
Queenstown Memorial Centre
Time: 6:00pm - 8:00pm

As a way of thanking the Cancer Society, Juliana Costa is hosting a musical celebration to raise funds for the Cancer Society.

Join us and enjoy a mix of reggae, funk, Brazilian, samba, afro beats, rock, country, jazz and soul music as we welcome the following musicians; Danilo Poujo, Rildo Santana (Baiano), Eduardo Klein Junges, Marco Leodoro, and Juliana Costa herself.

This event is proudly sponsored by Shipleys Audiovisual, and supported by QLDC, so all funds raised will go directly to the Cancer Society.

Tickets are only \$15* and children under 16 years old can come along for free. Any additional donations will be welcomed on the night.

* Service charges apply



DEC 9

SHOTOVER JET CHRISTMAS SHOW
Queenstown Events Centre
Time: 1:00pm-2:15pm,
5:00pm-6:15pm

This year celebrate Christmas with the real STARS of Christmas! This year the Shotover Jet Christmas Show "Queenstown's Christmas Stars" will focus on the outstanding contributions of community service organisations in our Wakatipu district as we explore the ways our community excels in giving - the true meaning of Christmas.

Lead by a cast of local talented kids, world-famous-in-Queenstown entertainers and a giant teddy bear, adult and child audiences alike will be delighted with the journey of Georgie, as she discovers the true meaning of giving this Christmas in this touching, fast-paced show.



DEC 9

DECEMBERFEST
Winehouse, Gibbston Valley
Time: from 12:00pm

Our German head chef Thilo and our German function manager Silke are organising an exciting Decemberfest at the Winehouse on the 9th December 2018. They would like to showcase for you some traditional German food. The tickets will include a platter with a Bretzel & Weisswurst and cheese and we also offer for sale Kaesespatzle, pork hock, and Apfelstudel. Alpine Ale Works will provide the beer and Phil is specially brewing some fest beer for this occasion. We also provide hot dogs and chips for kids under 10 for free. There will be some live music and we hope everyone will enjoy some great food and beer.

Tickets are on sale for \$32 per person: bookings@winehouse.co.nz.

Looking forward to welcoming you all!

For any more questions or group bookings feel free to contact Silke on bookings@winehouse.co.nz or 0276666507



DEC 27

ARROWTOWN POST OFFICE MARKET DAY
Library Green, Arrowtown
Time: 10:00am-4:00pm

Our annual fundraiser for the maintenance of the Arrowtown Post Office building is happening again!

Come along on Thursday, 27th December, and have a shop at more than 90 stalls on the Library Green.

It's always a fabulous day so mark it in your diaries now!



DEC 30

CHERRY FESTIVAL
Cromwell
Time: 11:30am-1:30pm

The National Cherry Stone Spitting Trophy will be awarded at this quirky, family fun event held in the beautiful setting of the McNulty Gardens, Cromwell Heritage Precinct. Compete in Cherry-Cream Pie eating, stone spitting and be entertained by live music and more. Free entry, gold coin donation to enter stone spitting champs.

OUR TOP PICKS FOR JANUARY



JAN 14

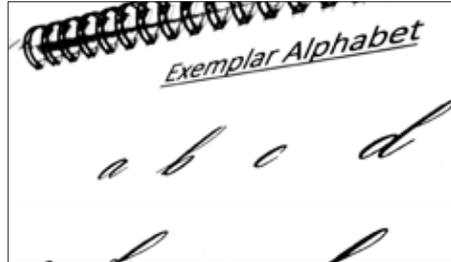
BEGINNERS YOGA & MINDFULNESS - 6-WEEK SERIES

Yoga Nadi, Remarkables Park
Time: 7:15pm-8:30pm

Are you looking to enhance your overall health and wellbeing, worry less, improve your focus and move your body more?

Kickstart or deepen your yoga practise with Elina through a series of mindful practises. Learn simple and effective breath techniques to calm the mind and activate the parasympathetic nervous system, or the "rest and digest" mechanisms of the body

\$125 or early bird \$105 (by 31st December) with 25% discount on membership packages for newbies.



JAN 23

INTRODUCTION TO BRUSH PEN CALLIGRAPHY

Hosted by Quillify Studio,
Queenstown Arts Centre

Time: 9:30am-12:30pm

This 3-hour workshop will teach you the basics of brush pen calligraphy. During this session Deb takes you through the basics with hands on demonstrations, as the group works its way through several exercises with guidance along the way. You will learn about basic strokes, connecting letters and layouts. The workshop takes you through key materials, building your skills and how to letter basic strokes, letters and words using a brush pen. We will also cover next steps and talk about your individual objectives moving forward.



JAN 14

FAT FREDDY'S DROP

John Davies Oval –
Queenstown Events Centre
Time: 5:00pm onwards

Queenstown (and Wanaka) will host the acclaimed fashion and breast cancer research fundraising event, Fashion for a Cure, in November.

Fashion for a Cure has been tremendously successful in Queenstown and we're looking forward to bringing it to Wanaka for the first time. It's a fantastic night out where guests enjoy live music, fashion and exceptional food and wine, plus we'll also be holding live and silent auctions with some coveted items up for grabs.

Tickers can be purchased at:
www.breastcancer cure.org.nz.



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A HEART OF STONE

It all started with a pile of stone rubble in England, but for Arrowtown sculptor Shane Woolridge a creative love born that day gave life to a successful artistic career.

"I started as an apprentice bricklayer back in England at 16 and finished that, but it never suited me," says Shane. "A guy had a job for me to build in a small village, but when I got there all I found was a pile of stone. The guy said he wanted a wall built with it and I'd never worked with stone before. It was puzzling." He spent the day there working it all out and ended up "falling in love with stone".

"It requires an emotional input. It challenges you, it becomes personal and that translates into your style," he says. "That experience opened up a whole new world for me."

While travelling in 1993 Shane came to Queenstown to do a helicopter bungy jump. "I saw the schist and fell in love with it and with Queenstown," he says. He worked hard to gain residency and then began working locally for people setting up his own stonemasonry business. Shane left his creative stamp on the Wakatipu Basin as a stonemason creating beautiful stacked stone walls for 15 years, but his love of sculpture kept drawing him back to his garage in the evenings.

"I really wanted to be creative with the stonework I was doing for private homeowners, but people were usually loathe to allow that as architects had signed off plans," he says. "So I did it myself and managed to gradually forge a career as an artist part-time, then eventually full-time."

He worked at a quarry and used that space after hours before sharing studio spaces in Arrowtown with artists, Connor McNicholas and Fiona Garlick. Shane now works from a private rural, appointment-only studio.

Sculpting isn't Shane's only creative gift. His music career had to take a back seat to make way for his new creative juices to flow. His rock band, 'The Crack', was signed up by RCA Records – the record company that produced albums for the likes of The Beatles and David Bowie. 'The Crack' won the UK 'Battle of the Bands' in 1982, viewed by a television audience of 12 million people. He played in two bands in Queenstown – 'Zero' and 'Sweet Vitriol' – writing and producing two albums, before sculpting finally took over.

"I had so many ideas around creating sculpture and music at the same time, but I knew I could only do one thing and do it well," he says.

And he did just that. Shane has produced about 50 sculptures in the past 15 years and pretty much sold all of them. His works are now proudly displayed on private properties around the globe, including eight or nine in Australia, six in Scotland and a few in the United States and Europe, as well as many throughout New Zealand and locally. He has also produced a book of his work with local writer, Leslie Van Gelder.



Shane Woolridge at work

Some of his clients are very wealthy and depending on the intricacy and detail of the creation his sculptures can take many months to complete. "Being an artist is basically being a problem solver," he says. "You have to continually work at how bring an idea into a physical form."

One of his most elaborate works was 'Prevail' - the remains of a petrified forest – 75 standing stones all hand-carved to give the appearance of petrified wood. He's also created a stunning 10-tonne split apple, which was his first commission.

Shane's public work 'Thru Link to Peak' takes stunning pride of place along the lakefront on the Kelvin Peninsula walkway.

He was invited to exhibit two of his smaller works in Sydney at the 'Sculpture By The Sea' Exhibition in October – the largest annual sculpture exhibition in the world. He attended the opening and one of his sculptures sold that first night.

Shane has also been awarded the contract (jointly with Queenstown landscape architect Paddy Baxter) to create a sculpture and landscape in George Street, Dunedin, to celebrate World War 1 conscientious objectors, in particular Archibald Baxter.

"Losing yourself in stone is a bit like falling in love. You get enchanted and then inhabit a different world that is full of brand new possibilities," he says.

Shane has just returned from an inspirational trip to Europe while over checking on his Scottish installation. He visited countless sculpture parks and museums in Scotland, England and Italy. On the return trip he visited the San Francisco Museum of Modern Art, enjoying an exhibition of some of Reny Magritte's greatest works.

Several of Shane's latest works are on display at present at Aurum Gallery at Arthur's Point.



Shane crafted this remarkable 'Split Apple' out of stone

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You will need

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- 150mls Loosé
- 10mls Honey
- 1 cinnamon quill
- 4 basil leaves
- 6 whole frozen berries

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with your mates!

METHOD

1. Pour Captain Morgan and Rose into a chilled wine glass
2. Add honey to taste
3. Add in cinnamon, basil and berries
4. Swirl to combine and serve!

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From left, Kelly, Tineke and Jeevan enjoy a coffee with the sweet taste of local honey in the café garden in front of The Barn and Buzzstop Honey Centre and Café.

BUSINESS OF THE MONTH

THE BARN, BUZZSTOP HONEY CENTRE AND CAFÉ AND ROAR COFFEE



Three local entrepreneurial businesses whose owners have a passion for sustainability have combined a barn, some bees and a good brew to create a fun new buzz at Frankton.

Tucked discreetly off the main Frankton highway, The Barn, Buzzstop Honey Centre and Café, together with Lumsden's Roar Coffee Roasters, have created a wonderful, peaceful cafe garden environment. It's a concept that's now unique for Queenstown offering cottage-style, boutique shopping, great coffee, honey tasting and sustainably-focused education with live bee observation hives.

There are even plenty of safe, quiet outdoor options for the kids adjacent to The Barn where customers can enjoy a Roar Coffee, herbal tea or hot chocolate with Buzzstop's now famous honey-infused waffles. These come with delicious home-made waffles come with lashings of ice cream, honey, bacon or berries and there's even a gluten free or

vegan option available. The Buzzstop Honey Centre director Jeevan Verma says there's been a big demand for the waffles and kids' birthday parties, as well as small conferences and functions in the centre's quaint function room. Kids and adults can make their own beeswax wraps, candles, polish, and soaps before being suited up in bee suits to work in a live hive, inside or out. The centre's 'Be A Beekeeper' tours, headed up by fellow centre director and experienced apiarist Nick Cameron, also of Tiny Fury Honey, take in the honey extraction room as well, with all of the latest equipment. The café, retail and education centre has been created in the restored Grant family's farm woolshed, adjacent to The Barn, also tastefully restored. Nick – a fifth generation beekeeper – is on hand to share his vast knowledge about the process during the centre tours. His grandfather, Colin Farmer, and father, were beekeepers in Central Otago's Ida Valley. "They bought their queens off Sir Edmund Hillary and his father, Percy," says Nick. Customers even get to bring their own jar, fill it with the honey they've extracted and each jar is labelled with their own photograph taken on site.

The café has seating for 45 inside with a further 35 seats outside. 'Mums often bring their picnic rug and enjoying a coffee and bite on the lawn beside The Barn,' says Barn co-owner and children's clothing designer Tineke Enright. Tineke is a member of the Grant family who farmed the Frankton Flats for many years. The Barn was built by her grandfather. Complete with a cute, fully-fitted out, walk-in playhouse, sandpit and trampoline, the kids are safe and busy while mums and dads browse The Barn's eclectic mix of products. The Barn houses three local businesses, Rachelle Greene's 'Sugar Trading' range of handcrafted furniture, Amie Saxton from 'Lusso', a boutique collection of art, homeware and accessories and Tineke Enright with her children's clothing label, 'Pretty Kiwi', as well as other popular brands such as Jamie Kay.

On the coffee front, Kelly and Steve Taylor, from Roar Coffee Roasters in Lumsden, specifically chose the unique location as one of a few Wakatipu showcases for their freshly-roasted Columbian and Guatemalan coffee beans. The Taylors launched their coffee roastery in their home – Lumsden's 500sqm, restored, historic masonic lodge, where Steve also operates his tattoo business from. "It's a great central location, close to Southland, Queenstown and TeAnau operators," says Kelly. Roar Coffee Roasters supplies more than 30 customers, small and large, all over Central Otago and Southland. "This is the only place we supply in Frankton," says Kelly. "We've spent the past couple of years building a solid relationship with Nick and we just loved his passion for sustainability so we wanted to support that."

Sustainability is a huge focus for the owners of all three businesses, as is offering locally-produced product.



Buzzstop shop.

DEC/JAN WEATHER



with David Crow

Our weather watcher David Crow brings good Christmas tidings for summer and while he reckons it's a pretty safe bet that Christmas this year will be warmer than the normal average, David's not prepared to predict the weather that far out yet.

This year's whopping 35.2deg record heat in late January is now officially in the local record books and it's still impressing David. "The average temperature for January is 21.5deg so that was 5.7deg above normal, which is almost impossible to achieve," he says. It was hot around the country that day, but he doesn't believe any other centre achieved 5.7deg above their norm. With global warming constantly raising the bar David says we can expect more searing heat and temperatures well above normal, with another bumper summer predicted.

Early October produced 25deg one day when the normal average is only 10.5deg - also very close to the 1977 October record of 26.8deg.

As has been the case for quite some time now, David is expecting above normal, warmer temperatures and drier conditions to continue throughout December and January. It'll be perfect weather for camping, but gardeners will need to keep the hose handy or the irrigation systems working.

So here's to a Happy, Blessed and Balmy Christmas and summer holiday season for all of our wonderful readers! May 2019 bring more of the same!



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DECEMBER AVERAGES



14.8°C



233.5 hours



68.3 mm



1.8 days

JANUARY AVERAGES

15.8°C

235.6 hours

74.8 mm

0 days

RECORDS

Highest Temperature

Dec: 31.7°C (1955)
Jan: 35.2 °C (2018)



Lowest Temperature

Dec: -0.8°C (1956)
Jan: 0.7 °C (1959)



Highest Sunshine

Dec: 306.6 hours (1940)
Jan: 299.9 hours (1965)



Heaviest Frost

Dec: - 6°C (1941)
Jan: -5.6 (1944)

Highest Rainfall
Dec: 189.2 mm (1995)
Jan: 244.2mm (1994)



Lightest Rainfall
Dec: 10.6 mm (1927)
Jan: 5.6mm (1925)



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JANUARY | DECEMBER



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LOCAL WOMEN

GET 'BIZZY'

The new Queenstown Lakes Women in Business group is rapidly growing in popularity with more than 300 local businesswomen signed up in just a few months.

Founder Jane Guy says she got so many emails from women asking if there was a women's business group that she decided to start one. "I thought, 'I'll put it out there and see,'" she says. "I got 80 emails in two days! So here we are."

It was important to connect with what other businesswomen around New Zealand were doing and to "connect us in our bubble to them", says Jane.

Women in Biz is a safe and confidential place to learn about business - what's working or not working, what women need help with in a variety of backgrounds, expertise and identities. "It's somewhere to connect with others who are working in the same spaces as you," says Jane. "We expand conversations that are already happening in these spaces and around New Zealand." A group like this provides a platform for women to make cities and towns better working environments for themselves, and other women and girls, she says.

"We have a real mix of ages from 18 through to 60 with a random display of businesses and occupations. What was started as a business group has quickly turned into a space for "connections and learning about everything".

Meetings are held once a month at different times of the day with catch-ups and learning. There's also a Lunch and Learn Session once a month on all sorts of subjects from photography and meditation to Google Docs, Trello and Asana, with more planned for 2019. "We've also connected with Women in Urbanism in Auckland and Christchurch," says Jane. "We also have an 'unconference' (a more relaxed, loosely



Jane Guy enjoying the Wakatipu lifestyle

structured, unorthodox gathering to exchange information and ideas) in the planning, and a 'failures' speakers series."

It's all about providing a space where women can connect and share, she says. "Many of these women work alone and wanted somewhere to discuss issues and have connection," says Jane. "I also wanted somewhere that wasn't your regular business session, where women could be whoever and do whatever and feel a part of 'something,'" she says. "I didn't connect with other business groups so I thought, 'Why don't I start one that I do feel a part of and women can offer to share what they've learnt along their business journey.'"

The group is in the process of compiling a directory where people can find what they need on their own doorstep. "We're still getting the information together with the intention of getting it out there in some format in 2019."

"I'd really like to connect us with as many New Zealand women as I can and to place women and girls at the forefront of all that we do," says Jane. "It's important to make sure we don't get complacent about what we do here and remember there's a whole country out there."

Jane says she couldn't run the group without the huge help and support she gets from her able-bodied committee.



WISHING YOU A
Merry Christmas
& A HAPPY NEW YEAR

DON'T MISS OUT! OUR OPENING HOURS ARE:

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Tuesday 25th Dec	CLOSED
Wednesday 26th Dec	CLOSED
Thursday 27th Dec	8am - 6pm
Friday 28th Dec	8am - 6pm
Saturday 29th Dec	9am - 2pm
Sunday 30th Dec	CLOSED
Monday 31st Dec	8am - 6pm
Tuesday 1st Jan	CLOSED
Wednesday 2nd Jan	CLOSED
Thursday 3rd Jan	8am - 6pm

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How Rolling helps your muscles recover faster

Most people think that muscle soreness is caused by lactic acid build up... it's not! The truth is muscle soreness is caused by muscle fibre damage. This is a normal process that occurs when you workout and build muscle. In the course of building lean muscle, your muscle fibre goes through a repeated process of breakdown and repair.

When muscle fibre breaks down, it stimulates a cascade of physiological processes to repair the muscle fibres. The faster your muscles can repair themselves, the quicker you'll recover and the faster you'll get rid of your soreness. One key factor in accelerating the repair process is blood flow. Increased blood flow pumps all the tools needed to quickly repair your muscle damage. So, more blood flow means quicker repair and faster recovery, which is why these muscle rolling techniques are so effective. Each exercise helps pump more blood into the targeted area, accelerating recovery time and minimising soreness.



Keith, gym owner and personal trainer

When to "Roll out" your muscles

The best time to roll out your muscles is just prior to your warm-up and immediately after your workout. Rolling before your warm-up helps prime your muscles for optimum performance. After your workout, your muscles are "torn up" and rolling them out will help accelerate the repairing process.

Static stretching for faster recovery

Static stretching is also great for muscle recovery, especially when combined with rolling. All passive stretches should be performed after a workout session, preferably after rolling out your muscles. You can look at stretching as "re-lengthening" your muscle fibres back to their normal size. After a workout session, your muscle fibres are damaged and shortened in length, so you want to lengthen them back out to their normal length. Properly lengthened muscle also promotes increased blood flow, improving the overall health of your muscles and maximising muscle recovery.



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BREATH OF LIFE

TAKE A BREATH

Breathing – it couldn't be simpler, but a Glenorchy-based physiotherapist and health coach has been flat out retraining patients how to do it properly, with amazing benefits.

Emma Ferris is also a breathing coach, teaching people from all over the Wakatipu and outside the region how to destress and find calm by taking a breath of life.

The human body has been so intricately designed that a malfunction in one area can greatly affect other systems and wellbeing, throwing it out of balance.

A Type-A, go-getter personality, it wasn't until Emma herself hit her "handbrake moment" that she discovered the huge importance of breathing properly. "I was running my own physiotherapy practice in Wanaka at 24 and under a lot of stress, working long hours. I loved it and exercised and ate well, but my nervous system was fried," she says. Later she fell ill during her two pregnancies, paying dearly for that pressure on her body.

"Breathing kept showing up in my life – firstly at 12 when I had a speech impediment and was undergoing voice training to learn to relax and breathe, then later during my physiotherapy training." Training as a Pilates instructor and acupuncturist she was reminded of the importance of breathing, but it wasn't until she needed to regain her health that Emma delved more deeply into what is becoming a common problem, especially in this increasing digital age.

"Research has shown that up to 80 percent of people have a breathing dysfunction. That means they are breathing beyond their body's needs," says Emma. "We can all do this at times, adapting our breathing pattern, which can include breathing into our chest and upper body, or holding our breath, or breathing through our mouths," says Emma. "All of these methods can lead to anxiety, fatigue and affect blood flow to the brain

Emma's Top Tips:

Without fail exhale – long exhales activate your parasympathetic nervous system.

Think of three things to be grateful for daily – it'll shift your emotions.

Find exercise you love that will burn off that extra oxygen that you breathe in when stressed.

Take a technology holiday and get out into nature to pause for a moment.



over time," she says. People don't realise that carbon dioxide is extremely important for activating the calm part of the nervous system, which is vital for rest, digestion and recovery.

"There are receptors in our carotid arteries and in our brain that measure our carbon dioxide levels. Even a small drop in carbon dioxide levels can simulate faster breathing. If we're stressed our breathing increases to prepare us to get out of danger. This causes us to expel more carbon dioxide, making us feel nauseous, anxious and stuck in alert mode," she says. The breathing pattern also has a knock-on effect to the muscles, creating painful trigger points that can be the cause of neck and back pain. On average we breathe 17,000 times a day and if you're using the wrong muscles they're bound to get fatigued and sore from doing the wrong job." Strengthening the diaphragm – the core breathing muscle – is vital. "You've got to learn how to exhale the air out, then you can inhale with the right muscles."

"Not breathing properly can affect everything from your state of mind and sex life, right through to passing bowel motions," says Emma.

She works a lot in the area of mental health too, speaking at wellness workshops and teaching around the region. "Learning about how stress impacts our body and how our emotions and thoughts can be shifted with breathing is a powerful tool."

It's most important to identify the underlying driver that's causing the breathing pattern to change. "We're born breathing beautifully, but life experiences like illness, trauma and grief cause our body to change its breathing pattern, creating a whole new habit," says Emma.

Anyone concerned about their breathing should see a GP to rule out any medical causes first.

Emma is holding a two-hour breathing workshop, Find Your Calm, in Queenstown on December 11. See www.thebutterflyeffect.online for details, and her online 30-day breathing course, The Big Exhale.

We love hearing about local stories and amazing people!

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Gondola to Arthurs Point/Moke Lake (via Ben Lomond Saddle)

with Karolin McGeown

Medium 6 hours one way 10km

This one is a local classic with a twist and a perfect one if you've got a bit more time on your hands during the holidays.

If you fancy you can hike the Tiki Trail up to the Skyline, or save yourself the time and take the gondola. From there the hike up to Ben Lomond Saddle is actually not too bad. Just make sure you enjoy the views and bring some water and snacks. Once you're at the saddle leave all the tourists behind and veer right towards Arthur's Point. Just past the sign you'll come over the ridge and the view of Mount Aspiring National Park just opens up in front of you. From there it's a pretty steady downhill walk, hugging the hills through Ben Lomond Station until you hit the Moonlight Track. The only other breathing things I saw on this stretch were sheep, birds and grasshoppers. Hang right and follow the Moonlight Track along the Shotover River all the way to Arthur's Point or, if you want, you can also choose to go left to Moke Lake (camping anyone!?!). Once you arrive in Arthurs Point get the bus back into town or treat yourself to some well deserved refreshments at the brewery, just on the other side of the river. Enjoy!

Christmas

QUICK QUIZ

1. Which was the first state in the United States to recognise Christmas as an official holiday?
2. In which author's novel is it "always winter but never Christmas"?
3. Which ocean is Christmas Island in?
4. What Christmas food is made from "marsh-whorts"?
5. Who is Scrooge's dead business partner?
6. Who wrote the poem, "The Cultivation of Christmas Trees"?

ANSWERS 1. Alabama 2. C S Lewis 3. Indian Ocean 4. Cranberry 5. Jacob Marley 6. T S Eliot

Raise a glass and don't lift a finger

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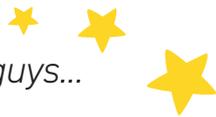
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BRANDLAND
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A day out in Glenorchy

with Karolin McGeown

I've read so many times that "being a tourist in your own city" is a great way of finding new appreciation for you home, discovering new places and meeting new people. However I've also spoken to many locals who say that they would love to get out of Queenstown to recharge but don't have the time for a longer trip.

I couldn't think of a more beautiful place to explore over and over again than Glenorchy.

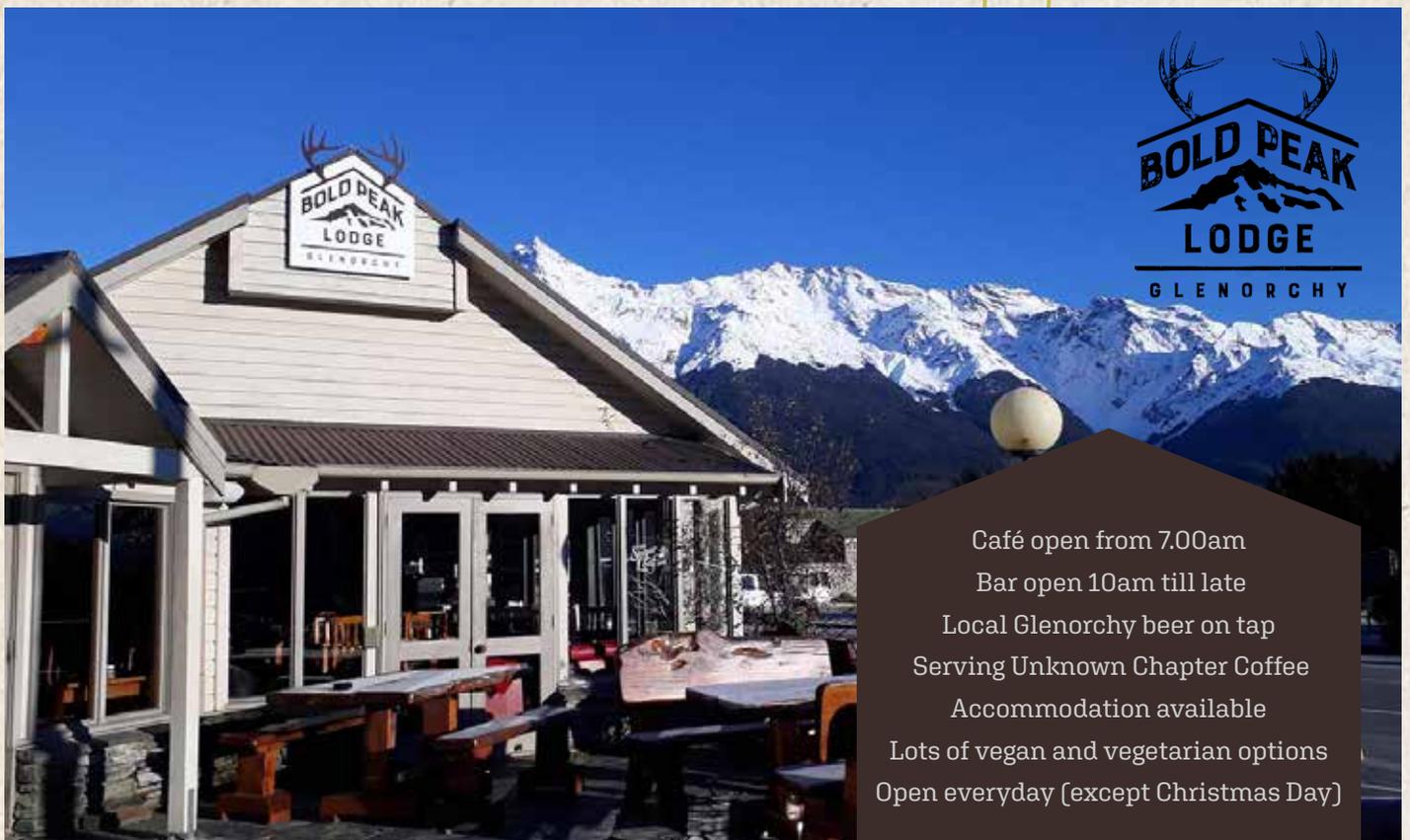
It's only a 45 minute drive down the road but I think the journey itself should be counted as part of the experience. We all know the beauty of the drive but it's also worth remembering that the views change every time. Can you see the other side of the lake today? Are there clouds in the sky? Are they the low hanging ones that gave Aotearoa it's name? What about waterfalls over on the other side?

Once you get to Glenorchy have a stroll through the village and explore the many lovely little businesses, wander the backstreets and find the cute boatshed, library and church. The church was originally built in 1889 and was never actually owned by any denomination in particular but is open to anyone, which I think is a lovely sentiment in such a small community. You can relax by the lake, have the kids play in the skatepark, watch the jetboats fly by or just admire the view. When you get hungry treat yourself to some tasty lunch, a sweet treat, a beer or a coffee; no matter what you fancy you should be able to find a good selection of tasty meals only minutes walk away.



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After lunch you could try one of these easy nearby walks

Diamond Creek

You'll find this lovely yet easy walk if you drive 15 minutes from Glenorchy towards Paradise. It's about 45 minutes each way following the creek towards Lake Reid and like everything else in Glenorchy it's set against the stunning backdrop of the mountains. If you're lucky you might see some paradise ducks or if you enjoy fishing bring your rod and while away the afternoon.

Glenorchy walkway

This one is perfect after a tasty lunch in the village as it doesn't require you to get back into the car. It's a 1.5 to 2-hour loop along gravel trails and raised walkways. You'll get to enjoy the mountain views, see the wetlands and if you're lucky you might see some local birds, including black swans.

Round off the day with a cold drink and enjoy every last minute of bliss before heading back to the hustle and bustle of Queenstown.



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Three Locations



Cute wee book exchange at Mrs Woolys General Store

CHRISTMAS TRADITIONS

FROM THE TEAM

Jana

We have a lovely wooden box with "MacPherson Christmas Box" written on the top. This year we will open it on 1st of December and unpack new Christmas pyjamas for the children and all our Christmas books so that we can read them for the lead up to Christmas.

I love doing some themed baking with the children. This year we are going to make and decorate Christmas themed biscuits together.

And we couldn't forget to put a plate out for Santa, complete with a Christmas mince pie, a carrot for Rudolph and a beer for Dad, I mean Santa! Santa often leaves his snowy footprints too, made from stencils and bakers flour.

Karolin

In Germany Santa (Saint Nicolas) actually comes on December 6th rather than the 25th and brings kids small treats like chocolate and fruit overnight. Our Christmas is on the 24th and it's actually the "Christkind" that brings us presents while we're out in the afternoon, either at church or visiting family. It literally translates to "Christchild" which my English speaking friends all find hilarious.

Christmas markets are a huge thing in Germany and one of the things I miss the most, there is nothing better than drinking a nice hot "Glühwein" (mulled wine) whilst strolling through the market, smelling all the tasty things and catching up with friends, if there's snow as well, as that's basically my perfect childhood Christmas.

Lauren

Our Christmas tradition changed dramatically three years ago when we threw a surprise wedding for our family. Not only do we get to celebrate Christmas, but also our wedding anniversary. This has really added a whole new spin for us. Christmas Day tradition now is about making sure my husband and I remember how amazing it all was.

We invite people round for a BBQ and have lunch on the lawn where it happened.

Sue

For me, Christmas and its true meaning are very special.

My younger daughter and I make the long trek each year, Grandad's mini hacksaw in hand, usually under the cover of semi-darkness, to hunt out the best Christmas tree. It can be a painful experience extracting it from the bramble, but well worth the effort to get the right one. It's then off to the lake for the perfect stones to hold it in the bucket firmly. We decorate it together, with her creative talents taking charge, all ready for when her older sister arrives home from Australia.

Christmas Eve carol service is a wonderful highlight for me, as is sitting quietly listening to Christmas carols and enjoying the tree lights in the dark after everyone else is off to bed.

It's very special to have both of our daughters home. Presents are opened straight after breakfast, one by one around the tree. Depending on which relatives Christmas is spent with this can be a rather raucous, but fun affair. In the evening we tuck into delicious roast turkey (that I've been trying to master since my mother - a wonderful cook - passed away 14 years ago) and salmon, followed by fresh strawberries with lashings of coconut yoghurt.

It's a wonderful, special family time.

Big Christmas blessings to all of our readers! Thanks for your great support and all the very best for 2019!

Kat

My Christmas revolves around the family and loved ones. Whether I'm at home in Wales or here in New Zealand with my fiance's family, the day is spent cooking food together, playing board games and enjoying each other's company. I always arrange a Facetime with home at the end of Christmas Day, so we can catch up on my day, and chat about what they have planned for the day ahead.

I love continuing my childhood traditions (making home made tree decorations, Christmas baking) and creating new ones (several Christmas Eve White Russians, putting a stocking out for our dog.)



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HANLEY'S FARM IS PUMPING

Hanley Pump Park is the new place to be as summer approaches with as many as 30 or 40 skateboarders and mountain bikers getting into the flow out there on busy evenings and weekends.

Created by local designer Tom Hey for the Melbourne-based Hanley's Farm developers, RCL Group, the pump park has been given a big thumbs up by local boarders and riders alike.

Queenstown boarding instructor Jordan Sinke – a self-confessed boarding junkie – says the designer has done a brilliant job of creating the perfect flow. "It gives you an overwhelming feeling that you've just got this unending flow," says Jordan. "He's designed it very well. There are heaps of options and all these other lines within the track so you can work on different things."

Jordan says it's perfect for kids, making them aware of that flow. "It's really got people out of town and over there too, creating a good balance, and it's a safe place. You get the right people out there - families and all ages."

Covering twice the area of the Lake Hayes Estate Pump Park, the size and long sunshine hours are a big attraction for local mountain biking enthusiast and soon-to-be Hanley's Farm homeowner, Dave Hockly. "It's awesome - pretty chill - and a great place to get some speed, while being creative and playful on the bike," says Dave.

Electric skateboarding enthusiast Ben Parsons says the park is great for all ages and levels. "It's great exercise and a great little mission out of town," he says. "A group of us take the electric skateboards out there. We ride on the pump track and can shoot off onto the grass." Electric skateboards can reach up to 30km per hour, depending on the rider's weight, and they're directed using a hand-held trigger.



Jordan Reid shows how it's done at the Hanley Pump Park

Queenstown planning project management consultant for RCL Dan Wells says the developers are pleased that the new park has been so popular, after they invested about \$150,000 into creating it. That popularity is only expected to increase once people begin occupying new houses at Hanley's Farm, with about 40 now under construction.

"The idea was to create a really good, family-friendly community facility – a destination playground with the pump track being part of that," says Dan. There's more to come with RCL also planning to invest in some fitness equipment for the park, which will hopefully be installed early next year.

SUMMER GARDENING



- Watering in the morning will reduce risk of fungal disease. Yates Rose Gun or Super Shield controls disease in roses and other ornamentals.
- Mulch tomatoes with old compost or manure. Remove bottom leaves to reduce disease problems. Use Yates Tomato Gun regularly.
- Train plants in good water habits by watering deeply and infrequently.
- Harvest strawberries regularly and make sure they're protected from snails and slugs with Baysol or Blitzem pellets.
- Clear away garden rubbish and clean out gutters to reduce fire risk.

- Raise the mower height during warm weather, longer grass means cooler soil at root level.
- Cut back and fertilise fuchsias with Thrive All Purpose.
- Check drainage. In heavy soils use a liquid claybreaker.
- Prune bougainvilleas and other climbers that are threatening to take over the whole garden. Feed with Thrive Rose Food.
- Aerate lawns after heavy rains using a garden fork. If necessary, treat with Yates Garden Lime or Yates Gypsum.
- Harvest beans and other summer vegies regularly so they'll produce more crops.





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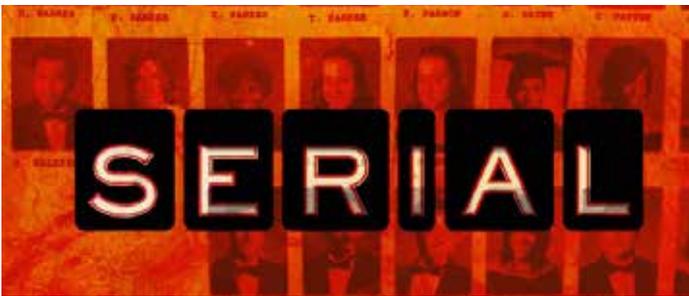


Podcast of the month

WITH KAROLIN MCGEOWN

So I hope you've given podcasts a go but if not maybe my next suggestion can get you interested, it's perfect for listening to whilst lying in the sun and there are enough episodes available to see you through the holidays.

If you couldn't stop watching Making a Murderer or love murder mysteries this one is for you.



SERIAL

with Sarah Koenig

In season one the host Sarah investigates a cold murder case from 1999. I don't want to give too much away, but the way she tells the story is intriguing. It draws you in and there are new facts emerging all the time. The way the story is being told is exciting but at the same time not sensational. She respects everyone she talks to while not shying away from asking challenging questions. You'll swing between thinking that he is guilty and then in the next episode being convinced that he isn't. You'll try to put yourself in the character's teenage shoes and try to figure out what you would do.

Once you've binged your way through season 1, there are seasons 2 and 3 to keep you going. I personally really liked season two where she dives into the story of an American soldier in Afghanistan who, for some reason left the camp to walk out into the desert on his own. Some people say he deserted, some people say he broke under the pressures of serving in a war zone. It's heartbreaking and really brought the reality of what it means to fight in a modern day war to the forefront of my mind. This one was more food for thought than season 1 but that's the way I like my podcasts.

On a lighter note, Serial has broken plenty of records and won the Peabody Award so give it a go.

Happy listening!

Have a podcast recommendation you'd like to share?
Email manager@theflyer.co.nz

Create the look at...

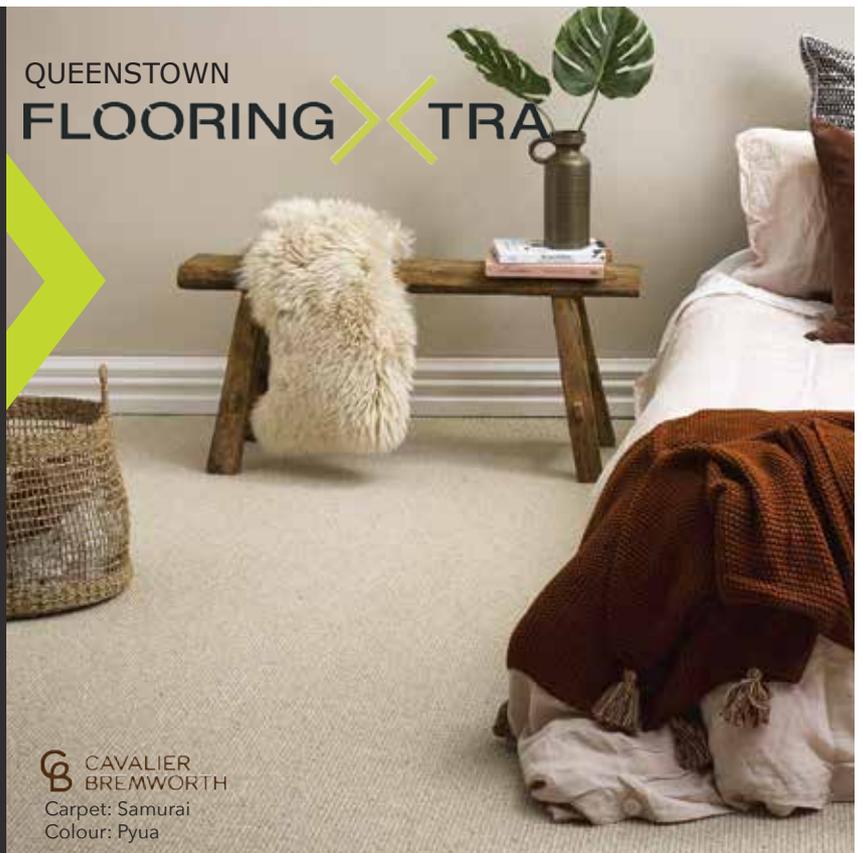
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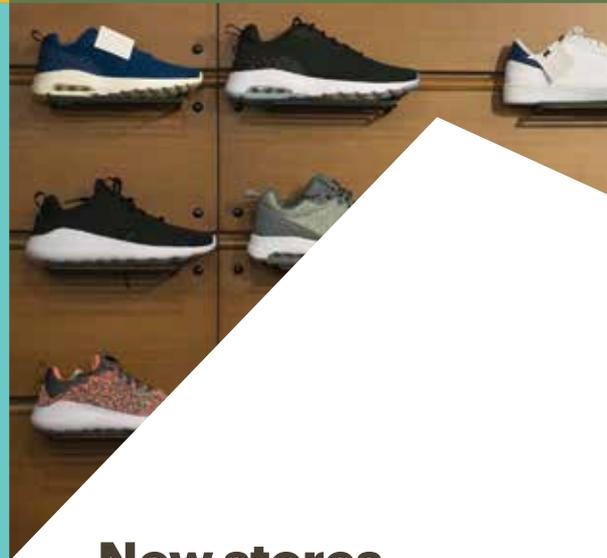
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Mike with Princess the dog, and Ferg, at the Air New Zealand Queenstown Marathon last month

A SUCCESS FOP PROJECT 69

Mike Wright completed the 10km run at the Air New Zealand Queenstown Marathon this year, in a brave effort to raise funds for the Stroke Foundation.

"I should have called it "PROJECT 10-69-90," Mike Wright mused, in retrospect when asked, "How did PROJECT 69, pan out?!" But since I was turning 69 years of age one week before the event was to occur, and because the 69 number "sounded" good together, I chose it. I needed a name which would be easily remembered, wasn't too long to advertise and that I had a premonition would work and the overall results show that it did! I'm pleased I selected "PROJECT 69" (but by way of explanation, the "10-69-90" title would have signified that I was doing the 10 Kilometre marathon distance at the age of 69 and in under 90 minutes time - (at least that was my original intention and personal timing goal)...and, according to the official results, I achieved a run completion time of 1 hour and 21 minutes,(or 81 minutes altogether), thus achieving and beating my own desired and set objective!

But in answer to the question, "how did PROJECT 69 actually "pan out?!" with a broad satisfying smile Mike says, "Well, to be totally honest, there are those 45 donors who donated enough to assist us in reaching \$6,200+ in total donations - people with pure generosity cascading through their veins. I'm extremely appreciative towards them , and can't say "THANK YOU" loud enough and sufficiently to them. I've been sincerely humbled by their great generosity. But to those who didn't donate a single penny into an organization that is there for them when they will need it the most, all I can say is, "Like I have had experienced myself...one just never knows when they'll be struck down and have their life changed forever by a stroke! But it's not too late to have a change of heart and to PLEASE still go to the website www.everydayhero.co.nz, search for PROJECT69, and TODAY add your final contributions to help us achieve the \$10,000 mark! And, just a reminder to those who sent in pledges, please remember to honour these ASAP!"

As a very final comment, Mike Wright says to all 'out there'.. "Thank you to everyone who supported and helped me with Project 69's achievements in whatever way you could and did!" Mike will put an acknowledgement of thanks in the next Flyer edition.

CENTRAL OTAGO FRUIT RECIPES

With so much delicious, ripe local stonefruit on offer, it would be a shame not to utilise what's on our very own doorstep. These recipes are fresh and easy, perfect for a summer evening dessert.



GRILLED PEACHES WITH BRANDY & BAY

What you need:

3 tablespoons sugar
6 ripe peaches
2 fresh bay leaves
1 good splash of brandy
1 handful of Italian biscotti
1 orange
crème fraîche
1 vanilla pod

Method

Halve the lemongrass lengthways and place in a small pan.

Gently heat the sugar and 400ml of water in the pan with the lemongrass over a medium-low heat until the sugar has dissolved.

Carefully add the peaches or apricots, and gently press a circle of greaseproof paper down on top to keep the fruit covered with liquid.

Cook at a very gentle simmer for 4 to 5 minutes for apricots, or 10 to 12 minutes for peaches, or until the fruit is tender, but not squishy.

Pour into a bowl to cool and serve.

POACHED PEACHES OR APRICOTS & LEMONGRASS

What you need:

- 2 stalks of lemongrass
- 50 g sugar
- 6-8 peaches or 12 apricots

Method

Preheat the grill to high.

Halve and destone the peaches, then place in a snug-fitting baking dish, drizzle with the brandy, grate over some orange zest and squeeze in a little orange juice.

Halve the vanilla pod lengthways, scrape out the seeds and add to a bowl with the sugar, then mix to combine.

Sprinkle the sugar over the peaches, then add the bay leaves and vanilla pod to the dish and gently toss everything together.

Arrange the peaches in a single layer, cut-side up. Place the dish under the grill for 5 to 6 minutes, or until the fruit is golden and the juices bubbling.

Smash the biscotti and sprinkle on top, then serve with crème fraîche.



Five Mile

Pip, Andy and Corina

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Merry Christmas and

Best Wishes for a
prosperous New Year

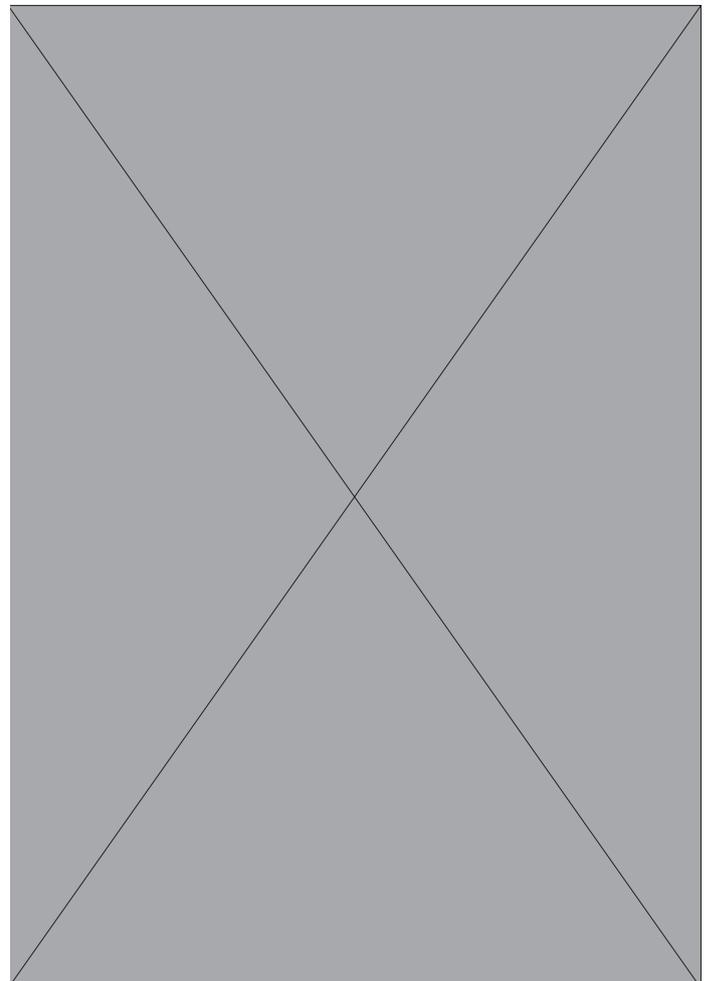
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Our office is closed 5pm
Friday 21 December 2018
& reopens 8am
Monday 7 January 2019



the macpherson diaries

I've been thinking, and podcast listening, and reading, about 'Comparison' the past couple of weeks. The growing phenomenon is even being dubbed Comparisonitis by some, and watch out, it seems to be catching! There is even a 'Comparison Coach' in the UK who helps sufferers overcome this condition!

In a world where we are constantly increasing our online usage, it's so easy to get distracted by others "living their best lives". We see highlight reels and then are swiftly reminded of our own reality when we are dealing with overflowing washing baskets/sickness/family rifts or money woes.

Surely the grass is greener somewhere else, right?

It's hard to shake the feeling sometimes and coming into a season which can be centered around material items and family bliss, the vibe of Comparisonitis has a danger to be strong.

So what can we do?!

In case you are feeling a bad case of Comparisonitis looming, then please take the following measures:

Look around,

What do you HAVE?

WHO do you LOVE?

What are you PROUD of?

Where have you come FROM? And where do you want to GO?

As I look back (because that's what we do when December hits right?) on what has been one of the hardest of my 36 years, I want to acknowledge all that I have achieved, and not focus on what has tripped me up. As well as a year of hurdles I have come so far, both professionally and personally.

If you are still feeling a tad under the weather and you're worried your best life isn't being 'lived' can I suggest you look in the mirror? As this is your comparison, this is your competition, this is your measure of success.

If you are proud of yourself, even for something tiny, if you have loved and been loved, then you my friend, are living the most incredible life.

Thank you all for following along on our journey this year. I look forward to seeing you in 2019.

If you want to see what we get up to we post daily on Instagram @The MacPherson Diaries

Stay safe. Be Kind.

Xx Jana



jana



Looking for the perfect salad for Christmas day? Look no further! This vibrant green asparagus with pops of pink pomegranate is screaming festive without being difficult!

Ingredients

2 bunches asparagus
 ½ pomegranate - deseeded
 1 175gram hummus – or you can make your own
 Fig vincotto vinegar OR balsamic reduction – a good splash for garnish
 Handful roasted almonds
 Olive oil for frying
 Salt and pepper (I used pepper and me man grind available online)

Method

Cut the ends of your asparagus off
 Roughly chop your almonds
 Spread hummus on a flat presentation plate
 Heat a splash of olive oil in pan and add asparagus. Season with salt and pepper while cooking.
 Once cooked place asparagus over the hummus and drizzle over vincotto
 Sprinkle over almonds and pomegranate and serve!

Asparagus & Pomegranate Salad



with fig vincotto, hummus and roasted almonds



Homemade - something for everyone!

I have loved sharing home made gift ideas with you all in the lead up to Christmas, but the problem was, choosing one last one was just too hard! So instead I have got an array of ideas for you to choose from. Do let me know what you create, I love seeing the results.

Sauerkraut: great for the health conscious or foodie in your life. Try half red and half green cabbage for a twist on the standard.

Bath salts: last year I made lavender-infused bath salts for daycare teachers and my mother-in-law. They went down really well!

Make your own Mojito packs: mini bottle of Bacardi, a mint plant, some limes, antipodes sparkling water and some coconut sugar for a stylish version of this much loved cocktail. You could also add a cool glass and a reusable stainless steel straw.

Baking Jars: pick your favourite cookie recipe (my family's is chocolate chip!) and layer the ingredients in a gorgeous jar and hand write the recipe out including pointing out what needs to be purchased (eggs, milk, oil or whatever your recipe stipulates). You could even add a cookie cutter too.

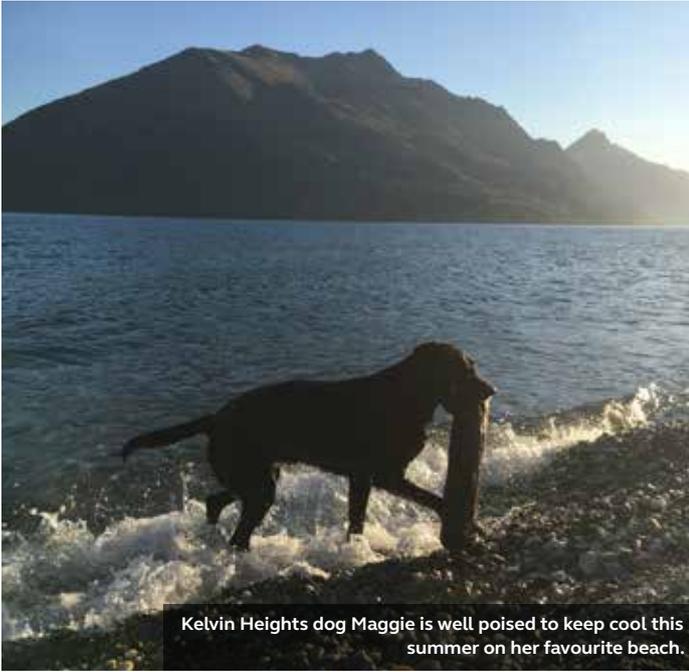
Muesli: always a favourite gift of mine, cranberry and coconut is a gorgeous Christmas gift.

Kombucha: great for millennials or anyone interested in their health. We are loving using grapefruit and frozen blueberries in the second fermentation to give a subtle fruity flavour.

Chilli infused olive oil and vanilla-infused-sugar: Ok, so these are not really stand alone gifts but if you are making a hamper these are lovely additions. Add a split vanilla pod to caster sugar and pop in your jar to infuse. Add a chilli and a garlic clove to olive oil and decant into a bottle. So easy, but so thoughtful.

Part of what makes home gifts so special is the wrapping and labels. Take your time, and collect some individual bits and pieces to make the recipients smile. If you are at a loss for ideas check out Pinterest that will blow your mind! How about printing your own wrapping paper with potato prints like we do, or making cards from your photos from throughout the year.

Good luck. Happy creating xxx



Kelvin Heights dog Maggie is well poised to keep cool this summer on her favourite beach.

KEEP THE CANINES COOL

With another hot summer expected the SPCA locally says the biggest concern for pet owners should be keeping them cool and not leaving them shut in vehicles on hot days.

It's not fair to leave a dog locked up in a car, even with the window down, when it's 28deg outside, says SPCA Central Otago co-ordinator and facility manager Shirlene Steel. "That's one of the biggest areas of complaint we receive from members of the public - dogs barking or howling because they've been shut inside the house too on a hot day," she says. "We get a lot of dogs left in cars over summer. People insist on taking their dog with them when leaving it at home would be much better. It can be quite tragic when the temperature gets up around the 30's," says Shirlene. "You haven't got long to deal with it. Once a dog's body temperature gets well up they just go into failure."

Even parking the shade isn't always ideal as that temperature can still be climbing, says Shirlene. "Just put yourself in that situation."

Meanwhile, while human accommodation may be filling up for the Christmas and New Year holiday season, the 'no vacancy' signs are pretty much out for cats and dogs. Some pet lodges in the region have been booked out since August, says Shirlene, who also owns the Central Otago Feline Lodge. "The phone hasn't stopped ringing for a long time with people trying to get their pets in, mainly from Wanaka, Queenstown and Cromwell, but even Dunedin and also Invercargill wanting to book in their pets."

"If people haven't booked in accommodation for their cat or dog in the region then they're out of luck," says Shirlene, and that would've been the case for some weeks.

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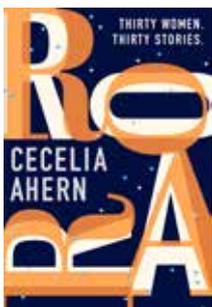
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DECEMBER & JANUARY ENTERTAINMENT



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Witty, tender, surprising, these keenly observed tales speak to us all, and capture the moment when we all want to roar.



LISTEN

Why You So Crazy
 Dandy Warhols

The release of their 10th studio album will see The Dandy Warhols return in singularly freewheeling fashion, careening through classically off-kilter psych-pop ('Be Alright'), high country-fried Americana ('Motor City Steel'), and gothic piano-propelled rumbas ('Forever'). Packing in references as far flung as Fred Astaire and Ginger Rogers, Don MacLean's Chevy, and the church of Bowie's 'Modern Love,' these 12 songs reflect the band's surrealist visions of an alternate reality.

WATCH

Mary Poppins Returns

Emily Blunt, Dick Van Dyke, Julie Walters,
 Lin-Manuel Miranda, Colin Firth and Meryl Streep

Michael and Jane are now grown up, with Michael, his three children and their housekeeper, Ellen, living on Cherry Tree Lane. After Michael suffers a personal loss, the enigmatic nanny Mary Poppins, re-enters the lives of the Banks family, and, along with the optimistic street lamplighter, Jack, uses her unique magical skills to help the family rediscover the joy and wonder missing in their lives.



THE BOOMERANGS WON'T COME BACK!

Queenstown's boomerang bags just won't come back forcing a desperate plea from Boomerang Bags Queenstown for volunteers to help sew new ones.

Co-founder of the group, Georgia Todd, says the various depot boxes the group has set up around the Wakatipu Basin are fast getting low on supplies as so many people are taking and not returning the bags.

The group now has more than 400 members on Facebook and once a month volunteers get together for its sewing bees to make more bags out of discarded fabrics that would otherwise go to landfill. So far they've placed 1700 bags out in the community for use.

"Our biggest problem right now is a lack of support from the community for our sewing bees," says Georgia. "People are also failing to return the bags to our depot boxes once they've been used," she says.

In a bid to cut back the use of plastic bags, people can borrow a boomerang bag from any of the number of depots if they forget to bring their recyclable shopping bags or boxes. They are then meant to return them to the depot boxes the next time they're out. "Often people leave their recyclable bags at home and fall into the trap of accepting a plastic bag for their shopping," says Georgia.



Max Washbrooke, 8, loads up the boomerang bag depot at Five Mile with bags that Remarkables Primary School's Year 7 students made in his mother, Sarah's technology class.

Boomerang Bags Queenstown's next initiative is for a trial to expand the programme into local holiday homes so that visitors can also use them during their stay.

However, the programme can't run without volunteers, says Georgia. The Memorial Hall sewing bees had to be cancelled because too few people turned up. Only The Sherwood and Arrowtown ones continue to be held and Georgia says the programme could be threatened if more volunteers don't stump up to do the job.

"As the founders it's now grown so much that it's beyond our capacity and we need the community to take on board what we've set in motion," she says.

For those who can't make it to the sewing bees Nemo Workroom at Frankton has take-home boomerang bag bundles available so people can make them at home. It's a wonderful way to give back to the community. "The important thing is that people come together for this project to work on something that is good for the soul," says Georgia.

Year 7 students at Remarkables Primary School have been busy making boomerang bags to stock up the Five Mile depot after their technology teacher Sarah Washbrooke read about Boomerang Bags Queenstown on Facebook. "I contacted them to ask if they'd like us to help," says Sarah, who then went to a workshop to learn how to make the bags before setting up a production line in her technology classes. The first batch turned out 11 bags with eight or nine more on the way from busy students.

Eventually Georgia would love to see enough bags made locally that the programme could also be extended into hotels and motels.

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Boomerang Bag Sewing Bees:

Dec 23 - Sherwood - 9am - 1pm.
 Feb 21 - Arrowtown Sewing Bee - Arrowtown Community Hall - 7.30pm - 9pm.

Boomerang Bag Depot Box Locations:

Arrowtown Four Square, Remarkables Market, Raeward Fresh, Queenstown Natural Health (Five Mile) and Queenstown Organics (beside Harbour Fish at Frankton.)

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HOME from HOME

with Kat Barcenilla



From left: in good spirits at the lake, a delicious Kiwi spread, backpacker Christmas celebrations

I remember leaving the UK in September, 2013, on my epic travelling adventure, and thinking to myself, How am I actually going to survive Christmas so far away from home? I seriously considered buying some return flights (until a web search confirmed a quick jaunt to London from Australia isn't really a shoestring purchase), in which I realised it was time to man up and enjoy the festivities away from the nest.

Of course I had so much fun I forgot to feel homesick. Everything is so different and un-reminiscent of home that it doesn't even feel like Christmas! Everyday is soaked in hot southern sunshine. You lather yourself in SPF, not layers. The fairy lights are only visible from 9pm onwards, and snow spray doesn't really make sense.

Here are some of my random thoughts on Christmas:

- Christmas is very consumer-oriented back home. The constant ads are big red shining "BUY ME" baubles in your face. The shops are always heaving with scarfed up people hunting to find the perfect gift, and wow it just kind of makes you stressed and under pressure.

- I feel less of a gluttonous pig celebrating Christmas in the summer. It's simply not possible to comfort eat the quantity and richness of food I would in the cold confines of home.

- I also feel like Christmas occupies the winter for us Brits back home. It's all we have to hold onto during those glum months. Whereas here, it's like a celebration that enhances summer. There are so many other good times to be had. It's like the cherry on top of the cake.

- It's important to make an effort to continue old traditions while you enjoy new ones. Whether that be writing letters to family, baking traditional treats or something else which you usually do. Then you can share a piece of you with everybody else you meet.

- A Facetime is the next best thing to a flight home so be thankful there is so much technology in place to make these things easier. Back in the day it would be a letter posted well in advance of the 25th to ensure you wished them all a Merry Christmas, and here we are in 2018 complaining about the quality of the call being slightly delayed! Be grateful.

- I've noticed Brits say Happy Christmas (rather than Merry Christmas) and I will continue to do this until I don't...!

- We are very lucky to live in such a friendly and welcoming community. Queenstown always has something going on, and that includes Christmas Day.

- The January blues are more like January blue skies in New Zealand. Believe me, in the UK this is a hangover of a month. Everyone is on a diet, everyone is skint, the days are short and dark and you're going back to work feeling super sad. We even endure Blue Monday which is said to be the most depressing day of the year. Here, January is a bright and positive pocketful of promise, prosperity and summer adventures.

- It is rubbish not being with all your loved ones. So whether you're here or there, try and spend it with people who make your world a positive place. Eat, drink, be merry and I wish you all a Happy Christmas.

Kat x

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