

You asked, we delivered!

A huge thank you to everyone who has supported our community store, The Pantry in our first two months of business. All profit from The Pantry goes back to the South Alive Charitable Trust for projects and events to help the South Invercargill community. We have had some wonderful feedback on the store, with many suggestions for new products. We are excited to announce that three of these products are now on the shelves!

- The **Ethique** brand of solid beauty and household bars is made in Christchurch with eco-friendly, all natural and cruelty-free products. They have a range of solid shampoo,

cleaning and conditioner bars, and come packaged plastic-free. There are sampler bars available to buy if you want to test the waters first. The Pantry is the only place in Invercargill that you can buy these – so you save on the shipping costs.

- Nutra Organics **Bone Broth** – Gluten-free, GMO-free, Dairy-free goodness! Bone broth has been made for hundreds of years by our grandparents and their grandparents. It is high in protein and rich in minerals that can support immunity, and they say it can help with joint health as well as improving digestive health and reducing inflammation.

- **Velvet Latte** - This delicious beetroot chai infusion makes a beautiful vibrant pink latte – and it is addictive! No sugar added, the sweetness comes from the chai spices and it can be enjoyed warm with milk or chilled on ice.

We're also looking forward to the **Community Kitchen** opening any day now. This kitchen will be where all the new delicious café treats will soon be made, and the kitchen will also be available for the community to use. We have plans for some great new workshops and demonstrations in the kitchen – follow The Pantry on Facebook for more details.

The Pantry is located on the corner of Grace and Ness Streets, just behind the South City Mall. We are open from 7.30am – 5.30pm weekdays, and 10am – 3pm on the weekends. The range of products includes bulk whole foods, organic and international specialty items, home brew products and animal seeds and products – as well as fabulous organic barista made coffee!



Calling all South Invercargill Artists

The South Alive Arts Team are excited to announce a **call for entries** for *South of the Tracks*, an exhibition for South Invercargill artists. In its fourth year running, this exhibition celebrates Invercargill artists who live south of the tracks, in the South Invercargill community.

The theme for the exhibition is open with a wide range of mediums accepted.

The idea is to showcase artwork from as many South Invercargill residents as possible, and to include everyone that submits work - provided there is sufficient space in the gallery! Cash prizes will be given for overall winner and runner-up and for People's Choice. Entries cost \$10 per artwork and close on Wednesday 26 July. Entry forms are available from the South Alive office and the South Alive website. The exhibition will be on display for a month from July 29 at the South Alive Community Artspace in the South City Mall.



Mount Chocolate

Discover the hidden story behind the building of a home and art studio on Mt Chocolate, a new native bush area in Clifton, Invercargill. The exhibition at the South Alive Community Artspace Gallery from July 16 to 23 is by local filmmaker and sculptor Mike Peters. On display will be architectural models, landscape and botanical photography, design and construction drawings and a handmade book of the project. A creative workshop for Dyslexic students will also be held at the same time in the South Alive Hub taught by Mike and organised by Dyslexia Support Southland.



Spring Flower Show and Poetry

Let's celebrate the artistic and green fingers of South Invercargill families once again! Get growing your spring flowers and vegetables to enter them in our annual Spring Flower Show. This year we will also be featuring poetry with a Spring theme from primary-aged children in South Invercargill. Let your creative flair shine! Spring flower show and poetry exhibition, September 30 in the South City Mall. Contact the office for more info.

Free Coffee and Cake Evening

The South Alive Housing group warmly invite you to join them for an information evening. Over coffee and cake, they will offer more information regarding what services are on offer to you in your home. You can meet with the following groups and organisations; South Alive Beautification Group, Habitat for Humanity, Neighbourhood Support, Southland Warm Homes Trust, Neighbourhood Policing Team, Plunket, Insurance Broker, ICC Environmental Health. Let's create the best future for South Invercargill. July 20 from 7pm – 9pm in the PIACT Hall, 135 Bowmont Street, Invercargill

Craft Workshops and Social Group

This is a group for adults keen to learn a new skill or who have a skill to share. The first meet-up will take place on Wednesday July 26 from 10am - 12pm and will cost \$2 each to cover the hire of the hub (includes tea/coffee)—BYO craft ideas and materials. Some ideas include different 4 - 8 week block courses learning things such as card making, bead work, stamping and Christmas decorations. Please register your interest for the workshop with the South Alive office.



Thanks to our supporters

These businesses, people and organisations keep us Alive! So please support them whenever you can.

- Lottery Community Facilities Fund for the grant of almost \$250,000 towards the build of our new community facility – The Pod.
- A huge thanks to the following businesses for supporting our Quiz Night and helping us raise almost \$2000: Real Journeys, Tiki Taane Mahuta show, Vetco Kennington, Southern Pawnbrokers, Invercargill Licensing Trust, New World South City, Invercargill Brewery, South Alive Trustees, Splash Palace, Reading Cinemas, Seriously Good Chocolate Company, Southern City Meat Processors, Xtreme Karts, Bowmont Meats, K9 Cribs, Creativity Plus, South City Pharmacy, Southland Glass, Tramway Motors, Diacks Nursery, Muffin Tops, RetroHair D-Zine, Animates, The Pantry, Starbucks, Cargill Tea, Mitre 10, Southern Adventures, Bailey and Lewis, Hunting and Fishing, Elles Road Vets, Bonsai Restaurant, Alliance Head Office, Your Yoga Studio, Southland Glass, The Newfield Tavern and many more!
- ColourPlus Invercargill for donation of material for Boomerang Bags
- Jim Murphy, the Environment Centre and Jan and Ian Wildey for donation of tools for the Beautification team
- SIT Event Management students who have been working with us for the last few months
- Sport Southland, Aurora College, ICC/Neighbourhood Support, The Pantry, Community Patrol, Community Police, YMCA and Idea Services for their support with our Public Meeting

What's On

- Rag Rug Workshop** – Thursday July 13, 20 and 27, 10am – 12pm, South Alive Community Hub
- Mount Chocolate** – July 15 to July 23, 9am – 5pm daily, South Alive Community Artspace Gallery
- National Party MP Clinic** – Monday, July 17, 11am – 12noon, South Alive Community Hub
- Housing Information Night** – Thursday, July 20, 7pm – 9pm, PIACT Hall, 135 Bowmont Street
- Craft Group** – Wednesday, July 26, 10am - 12pm, South Alive Community Hub
- Poetry Group** – Wednesday, July 26, 3pm, South City Mall Atrium
- Boomerang Bag Sewing Bee** – Saturday July 29, 10am – 1pm, South Alive Community Hub
- South of the Tracks** – July 29 – August 30, South Alive Community Artspace Gallery
- Senior's Friendship Group** – Every Tuesday, 2pm, South Alive Community Hub
- South Alive Action Group meetings this month – new members/potential members are welcome to attend. Contact the South Alive office for more information or just show up. All welcome** ☺
- Arts Group** – TBC, South Alive Community Hub, South City Mall
- Fruit and Nut Group** – Tuesday, August 8, 7.30pm, contact Marie 027 207 8575
- Beautification Group** – Saturday, August 12, 10am South Alive office
- Housing Group** – Thursday, August 3, 6pm, South Alive office



Contact details

- **Office:** Shop 6, South City Mall. PO Box 7055, South Invercargill, 9812
- **Opening hours:** Monday to Friday 10am to 2pm
- **Email:** info@southalive.org.nz
- **Telephone:** 218 6882