

INDULGE

# passion for fashion



**Gift:** This necklace was a gift from a friend. She likes the colour and how it can go with many different outfits.



**High fashion:** These are her favourite high-heel shoes – light and bright – to wear to the races.



**It's in the bag:** This Louis Vuitton bag was a 21st birthday present from her brother.



The thrill of watching her horse cross the finish line is what keeps fashionista Tracee Sherborne in the game. **Craig Lawson** reports.

Tracee Sherborne, 21, is a training partner at Lovely Day Lodge stables in Tisbury. She trains 30 horses and the big drawcard is working outside. "Being out in the fresh air and not stuck behind a desk is what I enjoy," she says. She has worked with horses for eight years and finds each animal unique. "Horses are a beautiful animal, so intelligent, yet so gentle," she says. However, they can be a tough animal to train when they are young. "You have to be quite strong and show them who the boss is." Miss Sherborne has the best of both worlds, working with her favourite animals in the outdoors then getting dressed up to attend race meetings to watch all her hard work pay off. Her favourite time is race day, when she can get dressed up and feel glamorous. "I love dressing up and feeling like a girl on race day, instead of being covered in mud." On race day, waiting for her horses to race is an emotional experience. "I always feel nervous but excited and it's such a thrill when they cross the finish line." Her favourite race day was when the horse she trained, Shard Ark, won the \$100,000 race at Alexandra Park in Auckland. "That moment was something very special."

**Success:** Tracee Sherborne has a passion for fashion and horses. She is holding the photo of her first training success story, Regal Hawk.

**HINTS and TIPS**

- Tracee's skincare tips for women working outdoors.
- Moisturiser must contain sunscreen and be applied throughout the day. Her favourite is Olay.
  - Weekly facial at a spa will keep skin in perfect race-day condition
  - Use hand moisturiser. Her favourite is Aveeno, Intensive Relief.
  - Use a good lip balm to give protection from the wind.

## ladies . . . we're off and racing

Here's your chance to show how fab you are.

- October 18:**
- Wairoa Trotting Club
  - Central Southland Raceway, Winton
  - Ladies Day At The Races – Fashion Boutique Parade
- November 21:**
- Invercargill Harness Racing Club
  - Ascot Park Raceway, Invercargill
  - Provincial Drivers' Day
- December 4:**
- Invercargill Harness Racing Club
  - Ascot Park Raceway, Invercargill
- December 19:**
- Wairoa Trotting Club
  - Central Southland Raceway Winton
  - Wairoa Cup Day and Christmas Meeting



**Race-day:** Kath and Kim at the races.

### SPECIAL OFFER

- Mens Cut **\$10**
- Mens Colour from **\$30**
- Ladies Cut/BW **\$10**
- Ladies Colours from **\$45**

**With Hayley**  
(2nd Year apprentice)

### LES SHEIKH HAIR DESIGN

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## MITRE 10 MEGA INVERCARGILL STORE

### LADIES Night October 13th 2009

**BUILD A CURE» LADIES NIGHTS**

**BREAST CANCER CURE» RESEARCH TRUST**

**DEMONSTRATIONS:**

- Incredible Edibles with Clare from Mega & Simon from Bayliss Nurseries
- Furniture Restoration with Wayne from Rustins
- Kitchen Design with Adrian from Mega
- Window Cleaning Made Easy with Bill from Karcher
- Mower care with Russell from Mega
- Colour Consultancy with Jillian from Dulux
- 30 Seconds Spray & Walk Away with Dianne

MC for the evening - Tracy Kilkelly Classic Hits

**FUNDS RAISED THROUGH:**

- Gold Coin donation on entry
- Ladies - Purchase a Goody Bag
- Silent Auction on prizes donated by suppliers
- Checkout Donation Boxes during October
- Customers - add \$1.00 to purchases during month of October
- Team Members donating their time to assist the evening

Book your night out on [www.megaladiesnight.co.nz](http://www.megaladiesnight.co.nz) or phone 219 9000

**Tuesday October 13th 2009**  
**7.00-9.00pm**

Register online or instore  
[www.megaladiesnight.co.nz](http://www.megaladiesnight.co.nz)

The cost of the goody bag is \$5.00

Fund raising night for an excellent cause so we need your support to raise funds to find a cure.

**MITRE 10 MEGA**  
Home Improvement Warehouse

### Win a Diamond Ring

Buy any new season's high fashion garment (in the next 2 weeks) and be in to win

Every \$100 you spend creates 1 chance to win this fabulous diamond ring!

**Shape Chic**  
Fashion Boutique

27 Kelvin Street Phone 03 218 1165

**Duo**  
Restaurant

**AffordableElegantDining**

**Tuesday - Saturday**  
Lunch 11.30 - 2.00  
Dinner From 5.30

**Ph 218 8322**  
Next to Beauty & Beyond

**book review**

**WHICH NATIVE FOREST PLANT?**  
By Andrew Crowe  
Penguin  
RRP: \$25

Reviewed by F Mulligan

Already published in 1994, this is an updated ecology edition. Part of a range of identification guides by Andrew Crowe, this one relates to shrubs, climber perching plants and ground covers of the New Zealand native forest. An easy-to-follow leaf identification system helps narrow down the plant type. Each plant featured has a colour photograph, illustration, small location map and pictograms showing the grow zones and general size. Accompanying this are notes on the plant, Maori names and also some relevant nature notes and tips for growing them.