

essence

essentially...north canterbury



8

Adventures
in Mongolia

essence magazine

positive, informative, inspirational
and proud to be locally owned

16

Outdoor
Oasis

Complimentary
PUBLICATION

February/March 2023

Shop the Look

Love shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

I'Adore Homeware & Gifts

- Stunning New Candles
- Quirky Dress Vase
- Bookends
- New Style Harold the Hare
- Designer Plates
- Hypoallergenic Zafino Earrings
- Vintage 3 Step Ladder
- NZ Made Candle Box Sets
- Uplifting, Refreshing Essential Oils
- Easy to carry, Reusable Cutlery Set
- Stainless Steel Drink Bottle
- New Luxurious Body Oil
- Aromatherapy Air Diffuser

Open Mon - Fri 10am - 5pm, Sat 10am - 3pm
2 Durham Street, Rangiora, Ph (03) 310 6062
Located opposite Columbus Coffee
www.iadore.co.nz

The Fabric of Society

The Fabric of Society's great space is a showcase for their wide selection of fabric off roll, Chalk Paint®, homewares and occasional furniture, both old and new. A meeting place for those seeking décor inspiration, their textile collection encompasses an eclectic mix of styles, colours and patterns in beautiful natural and man-made fibres to suit every home.

- Blunt Umbrellas
- Eliza Stripe Lemon
- Flowers for Friends
- Annie Sloan Chalk Paint - Tilton
- Fegg Silicone tumblers - great for pool side and picnics!
- Arnold Circus Stool

Open Monday - Friday 10am - 5pm, Saturday 10am - 4pm
15 Coronation Street, Rangiora
Ph. 027 309 0060 | www.thefabricofsociety.co.nz

Handzon
sew - knit - embroider - quilt - crochet

your happy place

A visit to your craft shop can solve (almost) any problem!

1 Alfred Street, Rangiora
03 423 3544
www.handzon.co.nz

Behind the Scenes

We are delighted to bring you the very first issue of *Essence* for 2023.

This year marks 20 years of *Essence* magazine. That's 20 years of showcasing our beautiful region, people and businesses – and we're as enthusiastic as we've always been about bringing you the best of North Canterbury in these pages.

Check out the awesome and inspiring outdoor adventures in Mongolia with us. Whilst Grant Shanks is back with tales of local fishing and our regular writer Michelle Mccullough brings us a great story about family tramping in the region.

Writer Roisin Magee shares her horseback adventures in Mongolia with us. Whilst Grant Shanks is back with tales of local fishing and our regular writer Michelle Mccullough brings us a great story about family tramping in the region.

We also got to put a few questions to National MP Christopher Luxon when he came for a day in North Canterbury.

Plus we've got recipes, business news, community stories, fashion and event highlights. And our regular Limelight photos saw Dorothy head up to the Hurunui Race & Gala Day with her camera – "what a fabulous North Canterbury day out" was her verdict.

So, slow down for half an hour, put your phone on silent and browse through the pages of our very first issue for 2023. We have loved putting this magazine together and we hope you love reading it.

And, as always, if you've got any feedback, great story ideas or there's something you'd like to see in our pages – get in touch. We'd love to hear from you.

Pattie Pegler Editor

Thank you to our Contributors

Grant Shanks: A keen outdoors man and author of several successful books. Shanks lives in North Canterbury where he spends his time hunting, fishing, enjoying cars and writing.

Michelle Mccullough: Michelle is an experienced North Canterbury journalist and a dedicated member of a local dragon boat team.

Róisín Magee: Róisín lives in North Canterbury with her family (and other animals). She writes about horses for a range of publications, focusing on the very many brilliant horses, horsemen and women New Zealand has produced.

As we go to print the news is filled with the details of the aftermath of Cyclone Gabrielle. Our hearts go out to those in the North Island dealing with such devastating tragedy.

You can donate to organisations that are helping the disaster relief efforts such as Red Cross NZ or drop off specified items to one of the local initiatives sending supplies to communities in affected areas.



contact us:

Dorothy McLennan Publisher
dorothy@essencemagazine.co.nz

Pattie Pegler Editor
pattie@essencemagazine.co.nz

Mandy Buchan Advertising Sales Consultant
mandy@essencemagazine.co.nz

Create Design Studio Graphic Design
studio.rangiora@printing.com

Check out our website

www.essencemagazine.co.nz

Published by Impact Publicity 2005 Ltd
Opinions expressed in this issue are not necessarily those of Impact Publicity 2005 Ltd/
Essence Magazine. No responsibility is accepted of unsolicited material. No material may be reproduced without the written permission of the publisher.

211 King Street, Rangiora, North Canterbury.
Ph: 03 313 1811 | www.essencemagazine.co.nz

16

The Outdoor Oasis. P 16



Front cover image: The Hurunui Race & Gala Day held at the Medbury Race Track – an iconic North Canterbury day out. Photographer: Alastair Lang.



26

Local business. P 26



9

Adventures in Mongolia. P 9

10



On the couch with Chris Luxton. P 10

26



Waikuku to Waikiki. P 26

arthur-nellie
UPHOLSTERY & FURNITURE DESIGN

We provide a full upholstery service specialising in all areas, producing a high quality standard. No job too big or small.

Kent McCreanor
027 200 0031 | (03) 312 0570
arthur.nellie@gmail.com

The Mill WAIKUKU

Discover local and international art, giftware and more!

- Wooden Rabbit
- Ornamental Camel
- A Table at Tangleby Book
- Teak Mortar and Pestal
- Tapu Stone Sculpture
- Freda Salad Bowl
- Trout Plate by Robert Gordon
- Hand Painted Wooden Kingfisher
- Handcrafted Bead Clutch Bag

The Mill, 1473 Main North Rd, Waikuku | Open 7 days | Ph 03 312 7978 | Instagram/Facebook – The Mill Waikuku

Red Light Therapy

Affordable beauty and wellbeing

Our custom made Red Light Bed contains red light for anti ageing, green light for calming your skin and the infrared for muscles, tissues and tendons. Each session is 20 minutes long (time for a power nap!) and you can attend as often as you like!

BENEFITS INCLUDE: Muscle/sports recovery | Collagen production | Reduce stretch marks
Reduce wrinkles, fine lines and age spots | Improve psoriasis, rosacea and eczema
Improve scars and sun-damaged skin Plus so much more!!

BOOK WITH HI GORGEOUS TODAY!

Ph 313 6552 | www.higorgeous.co.nz | 67 Percival Street, Lilybrook Centre, Rangiora



Pricing:

Casual (x1): \$20.00
Trial pack (x3): \$45.00
Concession (x10): \$120.00
3 month membership (unlimited): \$250.00





Swannanoa Country Fair

Sunday 5th March 2023

Every year, our community comes together as a committee of parents to put on the Swannanoa Country Fair (SCF). It takes many man hours, local business and service support to produce one of North Canterbury's biggest fun days in the regional calendar.

After a two year hiatus due to covid, Te Koromiko Swannanoa School is excited to see the return of The Swannanoa Country Fair.

What started as a humble boot sale in 1998, now attracts over 8000 people through the gates on the first Sunday in March, people travelling from as far as Ashburton and Kaikoura!

The SCF is the schools only fundraiser of the year with 100% of the profits used to support the school, its students and provide valuable assets to assist in the future of learning. The School Board has engaged with the students and decided that the next project will be an additional playground and asphalt markings for ball games etc.

Funding has been earmarked too for the school's teacher aides and the fantastic work they do, the purchasing of items that help optimise student learning and development, camps and other beneficial education outside of the classroom.

We invite you to come along on Sunday March 5th to the Swannanoa Domain on Tram Road (opposite the school) for a great family day out!

There's kids rides & games and rural demonstrations as well as some amazing auction items up for grabs! We have craft and trade stalls, a huge white elephant sale, food, drink and entertainment and local businesses showing their trades and services, as well as locally grown produce and our very own school plant stall.

Parents can sit back, relax and enjoy some of the delicious food on offer, whilst soaking up some great country atmosphere!

Check out our Facebook page, or the website for all craft and trade stall participants and an overview of what's happening on the day. www.swannanoacountryfair.co.nz

Behind The Scenes North Canterbury Musicals

Behind the glitter of the performance, musical theatre is an iceberg, not in the atmosphere, which is lively and fun, but in the volume of unseen help needed to create the on-stage magic.

While the actors, dancers and musicians are spending hours learning lines and songs, a huge backstage team of volunteers work for nine months of the year, creating set, props and wardrobe and planning the complicated lighting and sound requirements, while others come in once the show is in the theatre to help with hair and make-up, moving set on and off stage, or working the front of house, ushering patrons to their seats and selling programmes. For a typical North Canterbury Musicals' show, over a hundred volunteers will put in an incredible fifteen thousand hours of work to ensure a high-quality and exciting evening of entertainment for the audience.

Volunteering to help backstage brings the benefits of enjoyment and teamwork, even to people with busy lives, and the society is always happy to find places for people



willing to give it a try. For adults wanting to learn more about lighting, sound, set building and rigging, the society is holding a series of workshops this year to train new crew.

This year's production is the ever-popular Grease. Universally known through the movie with Olivia Newton-John and John Travolta, Grease has become a musical theatre classic. With music, lyrics, and book by Jim Jacobs and Warren Casey, the show follows ten American teenagers as they navigate their final year in high school, complicated by the complexities of peer pressure, personal values, expectations and love.

Grease will run in the Rangiora Town Hall from 4th to 20th May.



Race Day Gala

The Hurunui Race Day and Gala was held at the historic racetrack in Medbury on the 11 February.

A large crowd enjoyed the horse racing, fashion in the field, the competitive tug of war and the cheerful atmosphere on the day.

Proceeds from the day go to supporting the local volunteer fire brigades in North Canterbury.



Baby Grace and Hamish Cameron with Jack Shepherd from 'Dillondale' winners of the Station Challenge Cup



Sisters, Janey and Pat Phipps



Annette Sjoberg and Sue Galletly



Bede Crean and Rod McKay



Lucy Dobby, Amy Anderson, Casey Colebrook with Annalese and Rachel Lissington



Dave Radford, Sefton and Toni Early



Betty Twose and Ian McKinnon



Terry Bamford and Murray Hartnell



Marie and David Black



John Street and daughter Neroli Heaps



Sam Chisnall and Ben Clarke

Essential Events

A round up of just a few North Canterbury events coming up.

Kaiapoi Fun Run - Sunday 12 March, 8.30am, Murphy Park, Kaiapoi

Two walk/run courses – 5kms or 10kms – both taking participants along the Kaiapoi River starts from Murphy Park at 8.30am. \$10 per person with spots prizes up for grabs. Register online or at Kaiapoi Borough School on the day. For details and online registration: <https://events.humanitix.com/kaiapoi-fun-run-and-walk>

Elevate Market In The Park - Sunday 2 April, 10am to 3pm, Victoria Park, Rangiora

The market is returning and is one of the district's destination shopping events. With over 80 stalls, food trucks, live music all day, busking shows, children's circus party with Strawberry Fairy, face painting and MORE! Come along and support your local community - shop up a storm, bring the kids, grab a bite to eat and make a full, family day out of it!

Featuring CRAFT & TRADE STALLS · KIDS ENTERTAINMENT · PLANT STALL WHITE ELEPHANT · CAKE STALL · RAFFLES · FOOD & DRINKS LIVE & SILENT AUCTIONS · RURAL DEMONSTRATIONS · FIRE BRIGADE

Proudly sponsored by PROTRAN EARTHMOVING LTD.

WWW.SWANNANOACOUNTRYFAIR.CO.NZ

Cnr. Williams St & Raven Quay Kaiapoi | 03 327 8029 blackwellsdeptstore.co.nz Open 7 days

125B 28.0 cc - 0.8 kW - 76 m/s - 4.26 kg \$419

125BVx 28.0 cc - 0.8 kW - 76 m/s - 4.35 kg \$549

5 YEAR DOMESTIC WARRANTY* *Terms and Conditions apply, see HUSQVARNA.COM for details.

275 Flaxton Road, Rangiora | Ph 313 6640 www.brandmowers.co.nz

Intensive care in the air



WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

Who knew a spectrum could mean a special stretcher with medical equipment, used for medical air transfers? It has an inbuilt medical wall and monitor platforms to provide continuous and immediate access to the patient.

Mid-interview, I realise that I don't really know what this means.

"There's oxygen, ventilators, infusion pumps. The amount of equipment we carry is unbelievable. We're basically a flying intensive care unit," says critical care nurse, Will Snowden patiently. Ah, there it is in layman's terms and I am beginning to get the picture.

With a critical care career spanning some 20 years, Rangiora resident Will has been providing on board care for patients since 2017 combining it with his work as a critical care nurse at Christchurch ICU and as a senior clinical nurse at Burwood Hospital. The aviation side of things is run by a private company with specialized aircraft kitted out for the work. Will started doing domestic retrievals with the NZ Flying Doctor service, the bulk of which are mostly done by fixed wing aircraft but occasionally helicopter. Then in 2020 he started doing international medical retrievals as well.

For most of us it's also the kind of thing you hope you will never need. But people can require medical retrievals for all sorts of reasons. Domestically, for example, it might be someone who lives in a remote area and needs to be flown to hospital after serious injury that requires specialist treatment. And it's part of our public health service.

When it comes to international retrievals they can be due to sudden, serious conditions such as a heart attacks or, often, injuries or accidents. Older ladies slipping and breaking hips is not uncommon and for younger people "Stay away from mopeds on holidays," jokes Will.

Getting back to New Zealand is not covered by any public health service – so you are either paying out of your pocket or turning to your insurance company. Medical retrievals are not a simple process - with equipment, crew, medical staff and a great deal of logistics – they can easily run into the hundreds of thousands.

And you need people – particularly the flight crew and two medical staff – these can vary depending on the severity of the illness. It maybe a nurse and a paramedic, two nurses or a nurse and a doctor.

"There's a lot of planning and it's done by a whole bunch of people," explains Will. "You have to work out what medical equipment and medicines you will need not just for the flight but for the transfer to hospital at the other end. You have to get as much information as

possible about the patient to help you make those decisions. There's a lot to it."

The first international retrieval Will did was to bring a patient over from American Samoa to receive treatment. "I remember a sense of excitement, I was eager to get on and do the job," he says. It was during the height of Covid and there were restrictions on international travel. They had to get special clearance to leave and to land, wear full PPE in 30 degree heat, were never allowed off the runway and on returning had to have temperature scans and meet with MIQ officials.

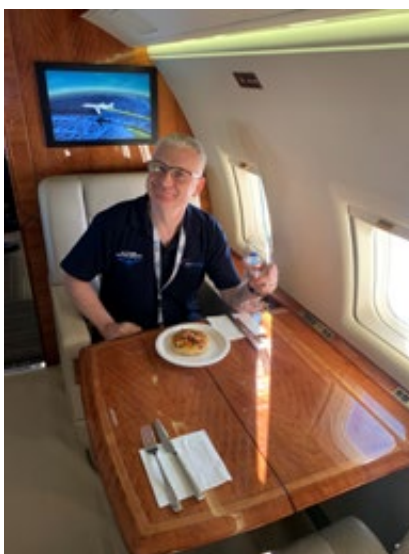
Covid also meant they weren't allowed to overnight anywhere says Will. Instead, to ensure the flight crew didn't clock up more than a 12-hour shift they had to take a third pilot along with them. But now Covid restrictions have been lifted in most places and a recent retrieval from Tahiti involved a flight on a private jet and an overnight stay in a hotel. That doesn't sound too bad?

"We do get to stay in some pretty nice places," says Will. "But that's just a small part of it. There are challenges and each retrieval is different." In Tahiti one hurdle was the language barrier says Will, with all of the hospital staff speaking French and the retrieval crew speaking English and no wi-fi to access Google Translate – the patient handover and paperwork was challenging.

"There is always an element of the unknown," says Will. And whilst the referring doctor and their team will always give as much medical history as possible sometimes the retrieval team need a more comprehensive picture so they try to ensure they get results from blood tests or scans or x-rays. And they always have to assess a patient before they are transported on board, to make sure it is safe for them to fly.

With years of experience and state-of-the-art medical equipment, Will takes any hurdles in his stride and loves the work. "I've always enjoyed the critical care side of nursing – that's why I've stayed in it. The medical retrievals offer a different element to the challenge – I enjoy the planning and the process."

His final words of advice are clear. "I always say to everyone, get the best medical insurance you can when you go overseas," says Will. "For the sake of \$100 or so, it's well worth it."



Real estate isn't just a job - it's a career! A career choice which provides massive variation every day which can lead to some really lengthy tenures in the industry.

Claire and Stuart Morris Ray
White Morris & Co Real Estate

Could you be a real estate agent?

Kiwis love to talk about real estate. Easily the number one question we get asked in work or social settings is "what's the market doing?" However you might be surprised to learn that running a close second is people wanting to know more about becoming a real estate agent.

So to kick off the new year let's talk about some of the qualities we think it takes to make it in the real estate industry and a process to follow if you do have an interest.

First - an interest in property.

This is really useful but it's really important to understand that real estate is a service/people industry. So if you don't have a passion for great communication and working with lots of different people in lots of different situations then real estate probably isn't for you.

Second - work ethic.

You are effectively setting up a new business when you start a real estate career and that new business is you! We've found those new starters that are prepared to work harder than anyone else and who are more organised than everyone else will win. We've also found that most people can be taught all of the necessary skills it takes to be a great real estate agent but if they aren't prepared to work hard then they won't make it. The freedom of being your own boss is one of the major stumbling blocks new start agents have - they can't manage the freedom the industry can offer.

Third - be financially prepared.

As we mentioned previously, you are starting a new business. Most new businesses are just trying to get established and maybe break even in year one and hopefully start paying themselves in year two. You need to be ready to spend more than you earn for at least 12 months - maybe up to two years.

Fourth - support at home.

Real estate can be a demanding career. The hours of work can be very antisocial and not always great for families so it's important to have support at home (whatever that looks like for you) particularly as you start your career.

If you have all of the above, understand that real estate isn't just a job - it's a career! A career choice which provides massive variation every day which can lead to some really lengthy tenures in the industry. There are so many different types of people succeeding - different ages, different backgrounds, etc. Real estate isn't fussy if you can crack it!

How to get into the industry:

- Go and chat to a real estate company - hopefully they will tell you something like the info above. It can be helpful having somewhere lined up to go once you get qualified - they may be able to help tutor you through your studies.
- Do your study and get qualified. There are a number of institutions, including the Open Polytechnic, that offer The New Zealand Certificate in Real Estate. This takes approximately 6 weeks to complete but timing really depends on whether you are studying full time or part time. The cost is around \$2000.
- Save some money - have a fund ready to invest in your initial marketing and set up costs.
- Get out there and do it - legally you will need support for the first 6-12 months around some key areas. Good ideas can be to offer to help established agents, shadow or just donate your time to help - what have you got to lose? Your first two years will be spent marketing yourself and building a business. It can be tiring but remember you're in it for the long run!

Rental property insurance

When it comes to choosing insurance for your rental property, ensuring you have thorough cover is very important. With a very ambiguous law around a tenant's liability for careless vs accidental damage, it has never been more important than now.

Most insurance companies have very good landlord insurance policies and generally have several different options from basic cover to a policy which covers almost any scenario. They do of course vary greatly in price so it is important you understand exactly what you are covered for.

Something I recently discovered is that insurance can sometimes cover you for gradual damage where you have not been able to see that the damage was occurring. For example, a leak in the bathroom is discovered and quickly remedied but there is some resulting damage to the floorboards. If there was a leaking pipe underneath the floorboards which meant you would never have noticed it, you may still be covered. If, however, you can see the leak but have not done anything about it, you likely won't be.

While some companies have this as part of their policy anyway, others need it added as an extension and it can be included in a rental property policy.

I discovered this when one of my own tenants reported that the flooring in the toilet was very wet suddenly and upon investigation there was a leaking pipe under the floorboards. I called my insurance company and was pleasantly surprised that we had the forethought to add the gradual damage extension to our rental properties. I do recall deciding that particularly with a rental where a tenant may not have discovered/reported an issue quickly, this would be a very handy add on. Of course it is limited in the amount to be paid out but every little bit helps!

Okay, full disclosure here – in this case the full extent of the problem was only discovered when the toilet actually fell right through the floor!!! Don't panic though - our wonderful and understanding tenant came out unscathed and everything has been repaired and all in working order!



Katrina Green
Operations Manager Property Management
E: katrina.green@raywhite.com

Jan worked incredibly hard for us and did an amazing job. She never gives up.

Michael & Carole

Jan McCormick
021 395 241 | 03 311 8020
jan.mccormick@bayleys.co.nz

BAYLEYS

KATHERINE WILMOTT LEGAL LTD

Our friendly Team in Rangiora can help you with your legal matter including:

Property	Elder Law	Family Law
<ul style="list-style-type: none"> • Sales and Purchases • First Home Buyers • Refinances • Leases • Subdivisions 	<ul style="list-style-type: none"> • Wills • Enduring Powers of Attorney • Estate Administration • Coroner Matters 	<ul style="list-style-type: none"> • Separation • Relationship Property • Contracting Out Agreements • Independent Legal Advice

Katherine Wilmott
Director Solicitor
katherine@kwlegal.nz

Casey Walters
Senior Solicitor
casey@kwlegal.nz

2nd Floor, 29 High Street, Rangiora 7400
03 260 4777 | www.kwlegal.nz

MASTER BUILDER

Robertson Building
CANTERBURY LTD

Local to North Canterbury
CALL ARTHUR 027 245 1601

arthur@robertsonbuilding.co.nz
www.robertsonbuilding.co.nz

**BARNS/FARM BUILDING
RIB RAFT FLOOR SYSTEM INSTALLATION
PROJECT MANAGEMENT • ADDITIONS • NEW HOMES
HOME MAINTENANCE • EQC REPAIRS • ALTERATIONS**

FREE QUOTES

CFS + **M+**
Canterbury Financial Services
Investment & Insurance
Group Life & Employee Superannuation Specialist

Interested In Investing?

We construct portfolios to help you achieve your future goals. Increased capital growth and income = better quality of life. No charge for your initial discussion, feel free to give us a call.

Local Office, Visitors Welcome
Canterbury Financial Services

237 High Street, Rangiora
0508 237 583 | admin@cfslimited.co.nz

Important information about us can be found at www.cfslimited.co.nz

Mark O'Donnell
CEO, Financial Adviser and Compliance Manager

Hayden O'Donnell
Financial Adviser and Compliance Manager

AA Motoring Auto Centre

Local Rangiora vehicle experts you can trust

Servicing Repairs WoF

Call 03 313 5041 or visit 633 Lineside Road, Rangiora

adventures in Mongolia

“For me this photo is exactly how the whole experience felt. Happiness is a fast horse and the open road.”



IMAGE: RICHARD DUNWOODY

WORDS: ROISIN MAGEE | IMAGES: RICHARD DUNWOODY, THE EQUESTRIANISTS

Ulaanbaatar, or 'UB' as Westerners call it, is the capital of Mongolia. It has the usual modern tower blocks and expensive coffee shops. The steppe is there, but you have to look for it; out to the sacred hills around the city, the occasional herder in a late night café, or the black market and stalls selling pot belly stoves and Russian cavalry boots. But peering past the grey nylon curtains of an old Soviet-era bus as we quivered and shook our way north east towards Ulaanbaatar, the tarmac road ran out and the steppe began. The city was nowhere to be seen. The other passengers chatted about their plans for the race and for the first time, I started to wonder whether I had bitten off more than I could chew...

The Mongol Derby, a 1,000 kilometre horse race, recreates the messenger system established by Ghengis Khan in 1224. Riders from all over the world ride a series of semi-wild horses between horse stations dotted along the course, navigating their own route and staying with nomadic herders along the way. Each horse only does 30-40 kilometres, but the riders cover the whole 1,000 kilometres, sometimes riding more than 100 kilometres a day. I'm sure it helps if you're a great rider, but honestly – and I can say this with total confidence – you don't need to be a good rider to finish the race. This is just as well, as after the gun fired and the forty-odd riders blasted off the start line, it was immediately obvious that at least one of the pack had absolutely no idea what she was doing. That was me.

I couldn't read a GPS to save my life. I rarely knew where the racing line was. I couldn't do any more than steer my horse and, as I never knew which direction I was supposed to be heading in, that didn't help me much. I rode most of the first half of the race on my own, but none of this seemed to matter. Mongolia, land of the blue sky, was very beautiful and the weather was great. I galloped down mountainsides (that I wasn't supposed to be anywhere near). I galloped across bright green pastures (that turned out to be surprisingly deep bogs). Sometimes the horizon stretched as far as the eye could see, across endless grassy steppe; sometimes I rode through river valleys edged in by hills that turned blue at dusk. There were no fences, no tarmac roads and everywhere I went I felt welcome.

As I passed gers (round Mongolian felt tents the nomadic herders live in year-round) laughing children would appear to wave and cheer, or even race alongside me on their horses for a few kilometres, barefoot and bareheaded. Sometimes one or two herders in ankle-length delds (a traditional Mongolian overcoat) would appear on a motorbike, shouting encouragements, waving their long sleeves around and my horse would pick up its pace. Mongolian hospitality is legendary; everywhere I stopped I was greeted with hot tea, a bowl of noodle soup and sometimes biscuits or even bowls of curd, which tasted like a cross between lemon curd and white chocolate.



Lined with felt 'gers' are highly portable homes that are both waterproof and comfortable in the country's extreme weather.

About half way through the race the horse I was riding started to feel 'off' so I stopped next to a river thinking the water might cool him down. When I lifted my saddle off, however, I saw a large rub on his back. My heart sank. I had 25 kilometres of the stage to cover before I could get a fresh horse and this one was unrideable. I picked up the saddle and, leading my horse, set off on foot. A passing race vehicle took pity on me and carried my saddle forwards but I had a long, hot jog in front of me. When I reached the next station, I was the very last rider in the entire race and it felt as if I might not finish the race at all.

I pushed on as hard as I could and by the time I caught up with an Australian stockman, I was more than happy to ride on together. James and I rode through herds of wild horses and camels, past salt flats shimmering in the heat and over mountain passes. We saw flocks of vultures hunched on grassy slopes and even the occasional golden eagle, soaring overhead. The pressure was off and all we had to do was enjoy the freedom of a good horse and the open road.

On our last night, we saw a family moving herds back to their gers and stopped to ask if we could stay. They made us khuushur (fried meat pastries), we watched Japanese horse racing on their satellite TV and tried to chat using our Mongolian phrase book as the sun dropped below the river next to us. It was the best of times.

The government of Mongolia has recently declared 2023 and 2024 'Years to visit Mongolia' and from 11 January 2023, New Zealand citizens will be able to travel to Mongolia for tourism for stays of 30 days without obtaining a visa (and will be able to do so until at least the end of 2025). If you are looking for friendly hosts, beautiful landscapes and maybe even a spot of horse riding this is an opportunity not to be missed.



Inside a 'ger' a woman prepares a traditional dish using mare's milk, widely used in Mongolia.



IMAGE: RICHARD DUNWOODY



A Mongolian herder in the ubiquitous rainy day uniform of green, knee-length raincoat. In the background 'the horse line' and 'gers' that are so distinctive of the Mongolian countryside.



FLOORING PACKAGES

150sqm	200sqm	250sqm
\$5999	\$7699	\$9799

Buy now, pay later
18 months interest free

See in store for more details

www.flooringconnection.co.nz

03 310 8578 | sales@flooringconnection.co.nz | 10 High St, Rangiora

Gallop over the finish line with a new friend after 10 days and 1000 kilometres in the saddle.

On the couch with Christopher Luxon

Christopher Luxon, the National Party leader, spent a day in North Canterbury recently. We were able to grab a few minutes of his time to ask a few questions, before he was whisked away to other appointments with local MP, Matt Doocey.

Christopher is married to Amanda and has two grown up children. He was born in Canterbury, spent many of his school years here and went to university here.

Essence: What's your favourite spot in Canterbury?

The Duvauchelle campgrounds in Banks Peninsula because it's where I have come home to every year with the kids. Wherever we were living in the world, whether it was Sydney, London, Chicago, Toronto or New York... we came to the campgrounds here. It's a very special place.

As a young kid one of my favourite places was the Groynes, before the developments, so I used to go up there for family picnics most Sundays.

I met my wife [Amanda] here in Canterbury. My mum and dad still live here, Amanda's mum and dad still live here. My brother has just moved here.

I consider myself a Cantabrian. I support the Crusaders and I probably lose two or three thousand votes in my own seat because I do so very up front.

Essence: What is the last book you read?

I am reading a book called *The Inner Mind of Tennis*. My wife is a very good tennis player and I would like to be a better tennis player. The physical skills aren't as sharp as they need to be so I'm having to rely on the mental skills.

Essence: Can you recommend a movie to us?

The Tender Bar, it's a lovely story about JR Moehringer who's a writer. It's a true, biographical story. His dad was missing in his life but he had a good bunch of men around him, including his uncle who ran a bar.

Essence: What song would get you dancing?

Well, I listen to music a lot. I think I'm in the top 7% of Spotify listeners in terms of how much music I listen to in any given year. It's quite a wide ranging set. My song of the moment is Gold on the The Ceiling by the Black Keys.

But I love country music too. Some of my favourites would be Tim McGraw and Walker Hayes.

My daughter and I love music and ever since she was a little girl we've been to concerts together.

Essence: Your Wikipedia pages says one of your hobbies is DIY.

So what was the last DIY project you did? The last project I tackled was some shelves and a laundry. Two out of three of the shelves went well but I had to wait for my dad to visit to help out with the last one. I also tried to put an ironing board in the wall, one of those pull-out ones. It didn't end that



National Party leader, Christopher Luxon (left), and local MP, Matt Doocey, take a break to read our magazine.

well, so while I was away Amanda decided to get a tradesman to come and finish it off.

Essence: What was the last thing you bought at Mitre 10?

I was there the other day and bought a whole bunch of brackets and a remote control for the garage door.

Essence: What's the difference between being a business leader and a leader in politics?

Well some of the principles of leadership are exactly the same. How to get the best out of people and the team that your leading, are you clear about setting a vision of where you're trying to get to and also in business you deal with lots of people - it's not just about making money. It's an important part of it but there's a lot of other people - employees and customers and others as well.

So you know actually getting things done with, and for, people is what a good modern CEO should be doing. And a lot of that's very transferable.

Of course a country is not a company but I think the leadership experience of not being a career politician is actually very, very valuable.

Essence: Can you tell us a time when you've been genuinely scared?

Going to the dentist as a little kid.

Essence: If you could live forever would you want to?

Yep absolutely.

Essence: Why?

I just think life is so cool there's so many things you can do and you never get to the end. And there's always so much more to learn and discover and yes, I want to live as long as I can.

Essence: What makes you smile?

My wife's sense of humour.

re.CLOTHE ME

Do you love preloved fashion? The thrill of finding that special piece and making it your own whilst having a positive impact on your wallet and the environment? re.ClotheMe sells quality preloved clothing, footwear and accessories. Located in Oxford, Nth Canterbury at 49a Main Street. Open Wed-Fri 10-4pm and Sat-Sun 10-3pm. We also have an online store making shopping easy for you.

Follow us on FB to keep updated with the latest happenings
www.reclotheme.co.nz



Di Moreira

Mike Pero Real Estate

As an established and well-trusted real estate agent in Oxford, Di Moreira brings a professional and confident approach to all the property transactions she works on.

Having been an Oxford resident for 30 years she has an in-depth local knowledge of the area and the status of the property market.

So whether you're looking to sell a lifestyle or residential property, get in touch with Di to successfully help you sell your property.

Mike Pero Real Estate Rangiora
5 Durham Street Rangiora
P: 027 848 8020
E: di.moreira@mikepero.com



THE OXFORD CLUB

The Oxford Club's Restaurant has a nutritious and delicious menu with seasonal ingredients and a range of vegan and gluten free options.

Chef Jimmi cooks a mean steak however you like it and the Sunday night Buffet is not to be missed and is great for families and large groups.

Contact us if you have a family celebration or function as we cater to all tastes, sizes and budgets with free room hire.

160 High Street, Oxford
www.oxfordclub.co.nz
info@oxfordclub.co.nz

OXFORD Pharmacy

Oxford Pharmacy offers more than your typical pharmacy. Along with providing many professional services, Oxford Pharmacy has an amazing gift range that caters for all ages and tastes. From the dedicated 'kids' corner' to the stylish Moana Road range, Oxford Pharmacy is the secret weapon when hunting for that perfect gift. Come in and let one of the friendly staff help you find that perfect something - and they'll even gift wrap it for you for free!



MOOCHING AROUND Oxford

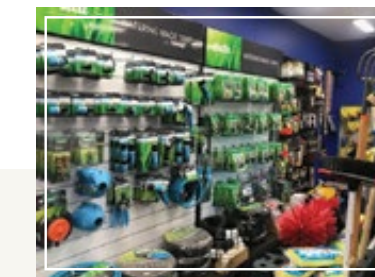


Black Beech WINE BAR

With an extensive selection of craft and regular beers; a great wine list and a menu of mouthwatering dishes - the Black Beech Wine & Pizza Bar is the perfect spot for a drink or a bite.

There's a warm and welcoming atmosphere, al fresco seating for those last summer afternoons and a cosy interior when the weather closes in. And their unique pizzas are a must try.

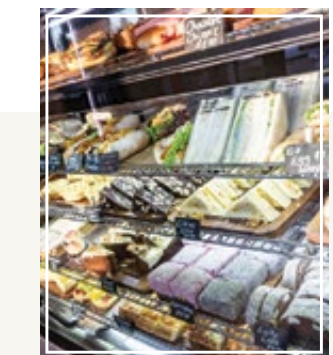
Check out the NC made with Canterbury goats' cheese and venison salami. Delicious!
www.blackbeechbar.com
46 Main Street, Oxford
M: 027 312 3338



WOMERSLEY'S Hardware

The team at Womersley's in Oxford have got everything you need for the garden. In their well-stocked retail area you'll find everything - from gardening tools such as rakes and shovels right down to gardening gloves. If you want to treat your plants then grab some organic potting mix or mulch. And if you want to make watering easy check out their great range of hoses, hose heads and all the quality Wetta fittings you need for your garden irrigation.

Opening hours: Mon to Fri - 9am to 5pm Saturday mornings - 9am to 1pm.



SHEFFIELD Pies

Hungry and thirsty from your day mooching around Oxford? Take a break and enjoy the best bakery in Oxford. We make our own smoothies, shakes, iced drinks and of course our beautiful MacKenzie Coffee made with love by our baristas. Satisfy your hunger by enjoying one of our famous Sheffield Pies or indulge in our amazing cabinet food. Take home pies for tea or fill the biscuit tins with our traditional freshly baked biscuits and loaves.

Opening hours are:
Monday to Friday 6.30am to 4pm
Saturday & Sunday 8am to 4pm

THE WEST OXFORD Hotel

Visit the historic West Oxford Hotel and discover the mouth-watering menu - with great burgers, fabulous fish and chips and pub favourites like nachos and overloaded wedges with bacon, cheese and sour cream - there is something to suit everyone. Plus a dedicated kids' menu and sweet treats including ice cream sundae and chocolate brownie with vanilla bean ice-cream - who wouldn't want to try that?

So stop in for a meal to leave the family smiling!

159 Main Street, Oxford 7430 Ph: 03 312 1222



the Sport shop

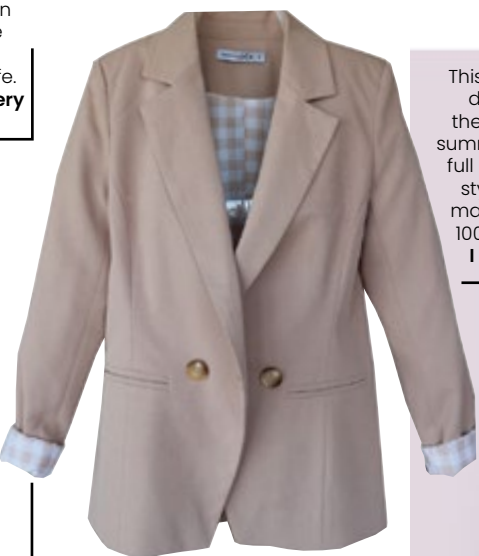
CHECK OUT OUR FULL RANGE OF FOOTWEAR RUGBY, FOOTBALL AND NETBALL

INSTORE AND ONLINE AT **THESPORTSHOP.CO.NZ**

thesportshop.co.nz
345a FLAXTON RD, RANGIORA | 03 313 7983



Stay hydrated with this beautiful native flora, 1 litre water bottle from Moana Road. **I Adore**



Classic camel blazer from Seeking Lola with a pop of on trend gingham cuffs and lining. **Blackwells Department Store**



This Adeline dress is the perfect summer dress full of Italian style and made from 100% linen. **I Adore**



Annie Sloan chalk paint often needs no priming or sanding. How great is that? We love this pretty pink shade - Henrietta. **The Fabric of Society**

No nasties but you do get 24 hour protection in this beautiful vegan Freedom Deodorant Stick. **Cocoon Beauty & Day Spa**



Versatile and stylish leather ankle boots. **Blackwells Department Store**



Style up your look with this cute vegan leather oversized clutch by Home-Lee. With detachable wrist and shoulder strap and enough room to fit everything you need. **Craze**



Everyone needs a stylish, versatile trainer. This Minx Harlow Shearling with leather upper and 4cm rubber sole ticks all the boxes. **Craze**



If you think you know Crocs, think again. They're back on trend and they come in all colours and styles. **Propaganda**



Cute cake stand with glass dome cover is the perfect way to show off your baking skills. **I Adore**



Get creative on your next home project with this gorgeous French number stencil. **The Fabric of Society**

Adjustable neck length and handy front pockets make this gorgeous Annie Sloan pinnie perfect for any painting fanatics out there. **The Fabric of Society**



With wooden wicks and a long burn time Nevé candles are perfect for creating a calm and gorgeously scented home space. **I Adore**

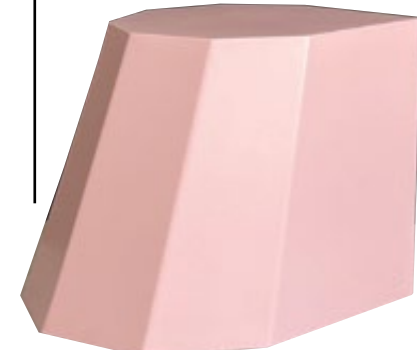


Retro metal framed chair with tapestry seat. **Vintage Rose**

These smart little plant pots look great, are fully waterproof and they're made out of paper. How clever is that? **Blackwells Department Store**



This moulded plastic Arnold Circus Stool combines interesting design with a comfy place to perch. **Fabric of Society**



Casual and versatile style with this Home-Lee denim Brenda skirt. **Craze**

This pale mauve Willow Checked Shirt is the perfect casual weekend style. **Blackwells Department Store**



Bold and beautiful this stylish Check It knit from Thing Thing will change the way you think about cardis. **Craze**



Kelly Crawford

Jewellery for the generations

WORDS: KELLY CRAWFORD | IMAGES: CRAWFORD HILL

For generations, jewellery has been gifted and received. Triggering sentimental memories for many years to come. Most of us wear our jewellery as a constant yet subtle reminder of those gone before us, and of those ahead of us.

It could be an engagement ring, a wedding ring, or a piece of jewellery bought on holiday, a piece to say I'm sorry, to say congratulations, or to simply say I care about you. Any memory that is held in time by that special piece, in your eyes is or was the happiest or saddest time of your life.

I always say that "jewellery is meant to be worn" not kept safe in a drawer. But we get caught up in day to day life and we forget to care for our jewellery because..... it's just always there. But have you ever had the condition of your jewellery checked by a professional? In my experience, it's not until something goes wrong that you take your jewellery to see a jeweller. And by then it's often, and sadly, a costly exercise.

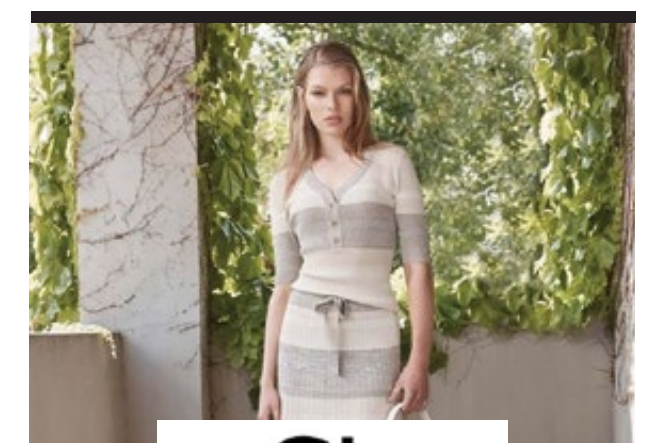
Having your jewellery checked regularly has many advantages. As an example, if something does go wrong, you can prove to your insurance company that your piece of jewellery was in good condition, well maintained and valued correctly. This will save you time and heartbreak in the long run, by being able to have it repaired or replaced quickly. Getting back to normal wear and tear as quickly as possible.

At Crawford Hill Jewellery, we can make this upkeep process very easy for you. Call in and have a chat with one of our trained professionals at either our workshop, 1 Good Street, our new retail store at 140 High Street, Rangiora.



CRAZE
KAIAPOI

Open 7 days | 178 Williams Street, Kaiapoi
www.crazefashion.co.nz



CL
COUNTRYLANE

144 High St, Rangiora | (03) 313 4565
countrylanefashions.co.nz

COMING SOON
TO THE SPORT SHOP

LORNA JANE
ACTIVE LIVING



345a FLAXTON RD, RANGIORA | 03 313 7983
WWW.THESPORTSHOP.CO.NZ

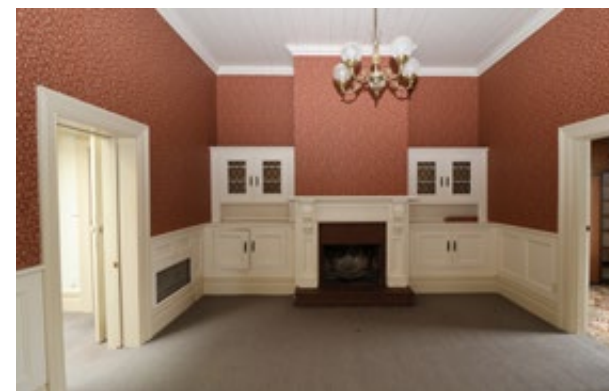


PROPAGANDA
STREETWEAR & SKATE

152 High St, Rangiora | (03) 313 1383
propagandaclotthingnz.co.nz



Above: Exterior of homestead.



Top right: The timber staircase. Bottom right: One of the living areas. Bottom left: The extension added in 2000.

Bellgrove Historic Homestead

WORDS: PATTIE PEGLER | MAIN IMAGE: MOMAC, INTERIOR IMAGES: ESSENCE

The site of the new Bellgrove subdivision in Rangiora is abuzz with machinery and workers in hi-vis. But from the road the first thing passers by notice is the white weatherboard, two-storey homestead house in the middle of the site. It's impossible to ignore. And the good news is that it's a Heritage NZ Category 2 building and it's staying put.

The History

The historic home is listed with Heritage New Zealand Pouhere Taonga and was originally built in 1880. Prior to this it was the site of the Ashley Arms, an accommodation house, but it lost its licence and the owner, George Hanmer sold the property to his brother Humphrey. He in turn sold it to a farmer Frederick Busch who farmed the land and lived in the existing property. But in 1880 a fire burnt the property down – fire was a common occurrence in those days with so many wooden houses and open fireplaces. But with the old property burnt down, that same year, Busch embarked on building the homestead that we see today, known as Bellgrove. And if you're wondering about that spelling – originally all mentions of the homestead use just one 'l'.

The property changed hands several times in the late 1800s and early 1900s before being bought by the Inch family in 1920.

The House

Its gabled roof sections on either side of the front door mirror each other and the decorative barge boards, the little balcony over the front door and the period bay windows all speak to the history of this home. Over the years its picturesque profile has seen it nicknamed the Doll's House or the Gingerbread House probably on account of its pitched roof and cast-iron lacework on the porch overhang. An extension, added to the side in 2000, houses a large living, dining and kitchen area with an apex ceiling.

Period features abound including ceiling roses, wood panelling, bay windows and a brick chimney by the back door. An article in The Press in 1966 references "the unfortunate front door" – which seems odd as, honestly, the front door is lovely. But the writer did love the staircase, devoting two paragraphs to its cut strings, elegant balusters and handrail, concluding that "the whole house is worthy of note if only for this stair."

So what's happening to the homestead? The developers are clear – it's staying.

At the heart of the first stage of the overall development, the home will have a 3,000 square metre section and sits in a great spot by a stream. With a total floor area of approximately 430 square metres, the 5-bedroom house will become home for another family. A slice of history that will sit alongside the development, bringing together the old and the new in Rangiora.



An Outdoor Oasis

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

Summer is all about outdoor living so this month we were excited to get a sneak peek at an amazing space. The bright white of this outdoor room along with the fresh green of foliage and the warmth of timber give a calm and tranquil air – a little oasis in the middle of town.



The pergola and the concrete flooring were the initial building blocks of this expansive outdoor area. It incorporates a dining area, several seating areas and outdoor kitchen which blend together effortlessly to be both spacious and intimate.



moreoptions.

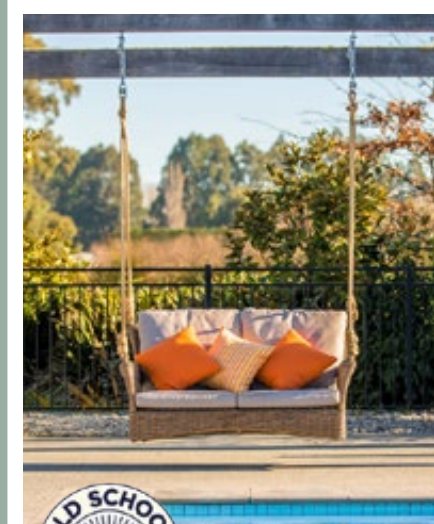
Mike Greer Homes offers a complete Design and Build service to help you create a home and lifestyle that is true to you and your needs. Take advantage of the personalised design, quality workmanship and exceptional value you get when you build with Mike Greer Homes.

Call us today to find out how much more you get with a home from Mike Greer Homes.



Visit our showhomes in Silverstream at 67 & 69 Silverstream Boulevard.
Mike Greer Homes, North Canterbury, Shop 1, 29 Huntingdon Drive, Rangiora.

03 313 0319 mikegreerhomes.co.nz



WovenVeranda - Standing the Test of Time



www.wovenveranda.co.nz

Turn your Outdoor Living into a Retreat
Manufactured for NZ's High UV Rays
Commercial Grade Aluminium Framing
Relaxing Sofas and Chairs to Dining Settings.
All furniture items sold as individual pieces.



Part of the Old School Collective, 1429 Main North Road, Waikuku | Open Wed thru Sun 10.00am – 3.00pm



Top left: A secondary seating area with umbrella from A&C Homestore, wrought iron daybed found at op shop 'many years ago' and wicker chairs painted white.

Right: In the outdoor kitchen an old shop counter is painted white and a scaffold bench inserted to create a shelf for plate storage, barbeque from Mitre 10.

Top right: Cane hanging chairs, a daybed and a bench are all dressed and made welcoming and comfortable with sheepskins and a retro style bamboo table at the centre to create a 'conversation pit'. The pergola is softened with climbing plants such as the white wisteria trailing up the pillar and bunting along the top. The entire area is painted with 'untinted white' paint.



And we were inspired when we spoke to the homeowner who describes the space as 'more dash than cash'. A good eye for décor, a willingness to experiment with paint and a bit of creative flair are the key factors in creating this idyllic spot, rather than just a big budget.

So get inspired and find your inner creative with these wonderful images and tips.

Mediterranean, calm and clean are the key words the homeowner had in mind when creating this spot.

And whilst the concrete flooring and the pergola were the big ticket items – the look has been put together without a big budget.

Get the look

Here the homeowner shares some great tips.

- × Recycle things you have. The day bed here is from the homeowner's childhood home.
- × Get painting. Paint is a good, affordable way to totally change the look of something.
- × Check out your local op shop. A great source of homewares.
- × If you see something you love, buy it. You will find a way to use it.
- × Never throw anything out. Items can be rediscovered and revamped for new looks.
- × Use your imagination. The decoration above the dining table is the branch off a pear tree.
- × Vary textures in a space. Particularly with a plain palette textures can make all the difference. Sheep skins, fabric cushions, wickerwork and macrame all add a richness to this scene.



A mix of paper lanterns and macrame light fittings are all white, plants add a sense of the outdoors and the pergola provides cover and creates a sense of cosiness.

Vintage Rose



Green and Cream Stone Look Vase

Carlton Ware Vintage Lobster Plate

Retro style porcelain clock with glass cover

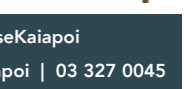


Atlas Holding The World, Clay Sculpture



Murano Glass Vase, Handblown in Gold and White.

Vintage Rattan Sewing Basket with Wooden Legs and Tapestry Lid



VintageRoseKaiapoi
174 Williams Street, Kaiapoi | 03 327 0045

OUR FIREWOOD



There's nothing better than a roaring fire on a chilly winters night. Achieving the cosiest of fires comes down to the quality of wood you're burning.

The attributes of different species as well as the drying finish will vary the heat and length of your burn substantially.

"GET A MIX OF DENSITIES FOR THE ULTIMATE FIRE FOR WINTER."

PICK UP AND DELIVERY OPTIONS AVAILABLE!
Visit the website to check out the range of products.

loburnsawmill.co.nz
(03) 312 8963
sales@loburnsawmill.co.nz



Milled Timber | Portable Cabins | Firewood | Landscaping supplies | Fencing | Exposed Beams & Trusses | Stress Graded Timber | Decking



SEE IN STORE FOR A GREAT RANGE OF

HOMEWARES and everything for your home renovations



10 HIGH ST. RANGIORA | 03 313 0430

WWW.CUTHRIEBOWRON.CO.NZ



PAINT | WALLPAPER | FLOORING | CURTAINS | BLINDS | HOMEWARES | ADVICE

HIGH COUNTRY HOMES

Architectural Designers – Award winning Master Builders
Working in Waimakariri for 20 years



Get in touch with the locals now!

027 222 4974 | info@highcountryhomes.co.nz
www.highcountryhomes.co.nz



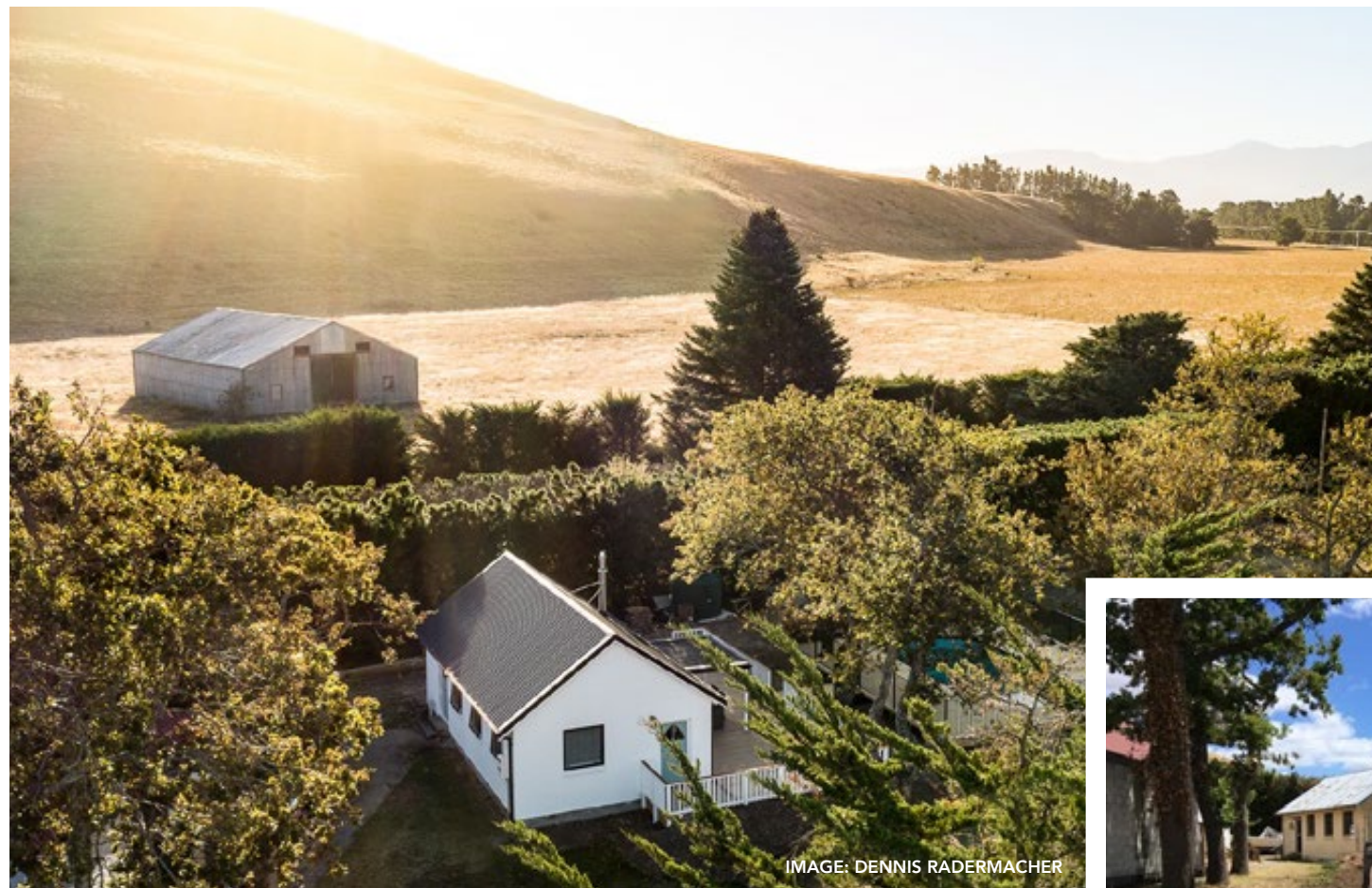


IMAGE: DENNIS RADERMACHER



Natalie and Caleb Paterson



Changing the Church Hall

WORDS: PATTIE PEGLER | IMAGES: DENNIS RADERMACHER AND SUPPLIED

When North Canterbury couple, Natalie and Caleb Paterson came back from seeing the world, they wanted a challenge. They certainly got one when they started on a church renovation.

It was 2019 when they spotted the old St Columba Church near Hawarden for sale. The church hall had rust on the roof, moss on the steps and ivy growing on it. But the couple saw through this to the beautiful rimu flooring, the soaring ceiling and the picturesque location – the deal was done.

With 2000 square metres of land, the church and the church hall – the task ahead was huge. Stage one was getting the basics sorted – power, electricity, internet and of course the septic system, before this there was just a long drop outside.

The next stage was revamping the church hall, with a floorspace of just 70 square metres. The couple knew good design was vital in order to sympathetically transform the historic building into modern living space - so they got architect, Barry Connor, to help them.

Natalie was in love with the New York loft vibe and was keen to translate that to their home and keep the 'cathedral feeling'. "Barry came up with a plan for one big open space and a separate bathroom and kitchen. The bed is in the lounge. It's like a big studio apartment."

"We ended up stripping everything out," says Caleb. "But keeping the original floors and ceiling and the sarking – which were rimu." In order to keep that rimu sarking visible from inside they had to get a special insulation that fitted between the sarking and the exterior roof. The interior was kept as one living and sleeping area with a small bathroom and kitchen.



IMAGE: DENNIS RADERMACHER

The concrete block exterior was plastered and the space was opened up to blend with the new deck and provide indoor/outdoor flow. The project took around 18 months to complete and in terms of budget it helped that Caleb was able to do much of the work himself, running his own building and landscaping company he's pretty handy.

Natalie drew much inspiration from Pinterest and the couple laugh when she mentions her 'mood boards'. But whilst they may joke, the interior is a beautiful, calm space with a soft colour palette of natural colours and textures.

But it wasn't always easy to source some of the homewares. "You have something in your head of what you'd like to do but to actually source those products can be really hard. A lot of things I really liked were overseas and too expensive to ship," says Natalie. But often, by shopping around she was able to find very similar items available here. The pendant lights in the living area she had first seen on an Ikea website, but the costs involved in shipping were simply too high. So she headed along to a local lighting retailer – and found a very similar product at a better price.

Left: The interior of the vicarage with whitewashed rimu floor and ceiling. This space is one large studio area with open plan sleeping and living.

Right and below: Before and during renovation.



Oxford Mews – Rangiora Sections

With building well under way on 7 sites and an 8th sold, we are left with the final 5 sections at Oxford Mews. Title is set to be issued literally any day so you can get started as soon as it suits you!

Positioned for convenience within walking distance to the main street for those actively inclined, the excellent selection of bare sections range from 400m2 right up to 510m2.

With the added bonus of fully consented architectural designed plans from Rangiora's own Archco and perhaps more importantly, an option that will save time and money across your project. Each design is ideally sized for couples and families including 3 generous bedrooms, 2 bathrooms, internal

garaging and a private outdoor entertaining area - everything you need for that relaxed semi rural lifestyle the Rangiora Community offers.

- Lot 1 - 510m2 - \$419,000
- Lot 2 - 400m2 - \$389,000
- Lot 3 - 402m2 - \$369,000
- Lot 6 - 431m2 - \$329,000
- Lot 14 - 427m2 - \$299,000

Oxford Mews offers modern living with all the comforts of home, complemented by the refreshing atmosphere of Rangiora and its surroundings. We encourage you to do the maths - the value here will be hard to beat given the added benefits and time savings to be had.



Priced from \$299,000



Ray White Morris & Co Real Estate
Morris and Co Real Estate Limited Licensed (REAA 2008)

Stuart Morris LICENSEE SALESPERSON | AUCTIONEER | PRINCIPAL
+64 27 422 6395 | +64 (3) 310 6010 | stuart.morris@raywhite.com

Level 1 188 High Street
Rangiora, Waimakariri District 7440

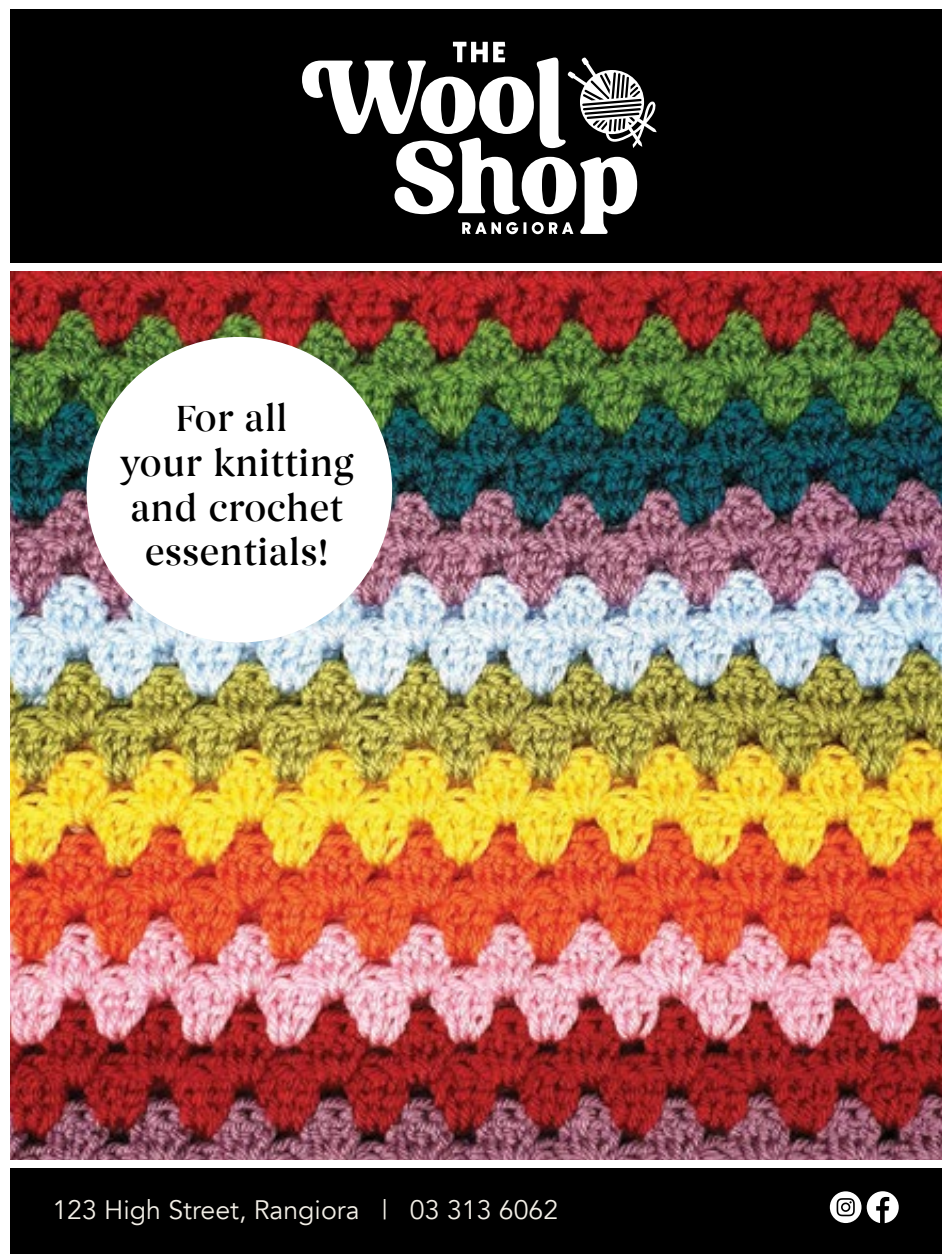
FIREWOOD
PINE | MACROCARPA
READY FOR DELIVERY OR PICKUP

PEA STRAW NOW IN STOCK

Barks | Composts | Soil
Coloured Stones | Aggregates
Pavers | Pungas | Pea Straw

DELIVERY & COURTESY
TRAILERS AVAILABLE

OPEN 7 DAYS
48 Chinnery's Rd, Woodend
Ph (03) 312 2003
Email: info@woodendlandscape.co.nz



THE Wool Shop
RANGIORA

For all your knitting and crochet essentials!

123 High Street, Rangiora | 03 313 6062

More recently the couple have extended their outdoor area from the deck, with a swimming pool and a beach cabana. It may sound luxurious but the pool actually solves a serious strategic issue – rural properties need a water supply for firefighting. Whilst many people install tanks – Caleb and Natalie thought why not a pool?

Of course, a project like this doesn't come without some hiccups. The church required change of use consent and getting the insulation up to code in order to preserve the rimu sarking was tricky.

"Do your homework," Caleb advises. "There are a lot of little things you don't think about to do with bank, council, consents. It can be really easy to get caught up in the romantic idea –but do your due diligence and really look at things."

And living without some basics has made them appreciate everyday comforts more.

"A golden moment was when the guy came to take away the portaloo - and we had a flushing toilet in the house," says Natalie. "With a project like this you learn whether you're resilient or not."

So, are they resilient? "Yes, I think so," she says.

Just as well. With the church hall completed it's time to turn to the next project – the full church renovation.




Call Martin on 021 298 0010 for a free, no obligation discovery session for how we could help you build your dream home.

You dream it, We build it

Beautiful, sustainable homes for everyday Kiwis.

sales@pointbreakhomes.co.nz

pointbreakhomes.co.nz

MOOCHING AROUND Amberley

The perfect, friendly little country town to wile away a day – we love Amberley. There's so much more than meets the eye here with great cafes and boutique shopping. A little slice of history with the cute cob cottage and playground behind it. Head down towards the beach road and discover the wild coast line or the less wild golf course.



BEAUTY AND You

Pigmentation, fine lines or wrinkles, acne, rosacea, scarring, dryness ...do you suffer from any of these? If you answered yes, then let us help change your skin today!

We offer specialised skin treatments from dermal needling, skin peels and derma-planning, along with relaxing, hydrating and soothing facials. We have a wide range of skincare products that are cruelty and paraben free.



If you are unsure where to start, we offer complimentary skin consultations to get a better understanding of your skin and get you on the right track.

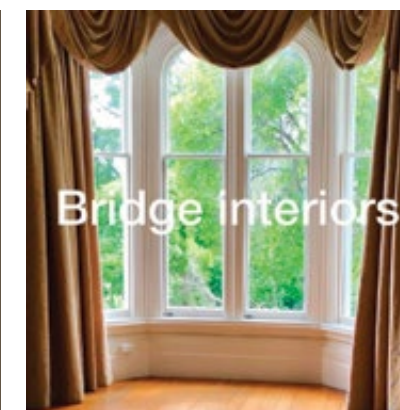
Book in to see us today!

133 Carters Road, Amberley
www.beautyandyou.co.nz

WAIPARA SPRINGS Winery

"Waipara Springs are the founding winery and restaurant of the Waipara valley and remain an original family owned and operated estate. Hosts Andrew and Katie Moore value the importance of the finer things in life and provide a complete wine, dine and relax experience". There is a uniquely comfortable atmosphere that can't be replicated and must be experienced to appreciate.

409 Omihi Road, Waipara
Ph 03 314 6777
www.waiparasprings.co.nz



Bridge Interiors

BRIDGE Interiors

If you have that empty space in your home, that gap on your wall you can't quite decide how to fill or simply feel like a change, then Bridge Interiors of Amberley is well worth a visit. You will discover an eclectic and changing range of furniture, home décor items, mirrors, art, lamps, indoor and outdoor pots and figurines.

94 Carters Road, Amberley

LEGACY Furniture



Based in North Canterbury, Legacy Furniture produces quality garden furniture manufactured to the highest standard. These can be made to order from my own designs and can also be custom-made to suit.

I also make a variety of other products including:

- Gates
- Dovecotes
- Dog Kennels (insulated)
- Planter Boxes

Contact Dave Whiting on 03 3145992.
Sorry no email, we do things old school around here
www.legacyfurniture.co.nz

SALLY Mac



When well-known Amberley womenswear store Sally Mac's relocated in 2021, owner Sally MacDonald took the opportunity of larger premises to increase their product range. Not only are they carrying a great range of footwear, they're also selling the wonderful selection of furniture and home décor from Bridge Interiors, formerly at Redwood.

A visit to Sally Mac's during their February summer sale is a great time to refresh your summer wardrobe, with plenty of warmth still to come! Plus check out the eclectic mix of Bridge Interiors' furniture, mirrors and lamps, sitting alongside the colourful variety of Sally Mac's women's gear!

94 Carters Road, Amberley

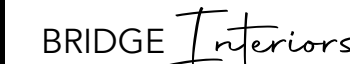


PURE
Furniture and Homewares & Metal Garden Art Recycled from Oak Wine Barrels & Chainsaw Art

Local Family Business

- Sustainable homewares
- Unique & bespoke gifts
- Outdoor furniture
- Metal & Chainsaw Garden Art
- "Art in the Paddock"

Shop Online:
www.barrelman.co.nz
Follow Us:
@pureby.thebarrelman





Good Things Take Time

WORDS: DR PETER ASPELL
(DURHAM HEALTH COSMETIC)

There are so many cosmetic treatments on offer these days, deciding where to start investing your efforts and money can be difficult.

When starting to consider all the available options for treatment it is important to remember that decades of ageing and sun damage cannot be remedied all at once. The changes to the facial bones, skin and the fat compartments below the skin that come with ageing will take time to address in order to achieve the best cosmetic results.

Improving your skin's thickness, texture and glow with cosmeceutical creams usually takes 6 months for results to start showing and will start to disappear if the creams are stopped. Resurfacing your skin with lasers, microneedling or IPL will take on average 4 to 6 treatments usually spaced out over a whole year. The lines and creases that we target with Botox often take months to soften and the best benefits start to be seen over the first year of treatments.

Dermal fillers do give fairly immediate results, but these are also best done in stages. With the exception of the lips (that

are often treated on their own) most areas of the face are best treated in stages. As an example, treating the under eye area (tear troughs) is almost always best done by first addressing the cheekbones and temples with filler first. This has the effect of gently lifting tissue back in the face and improving the foundation of the tear troughs.

Expecting to reverse decades of ageing in a short period of time can lead to disappointment. The best results come with time, patience and a carefully considered treatment plan under the supervision of a cosmetic doctor.



Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility.



Durham Health Cosmetic Clinic offers a range of cosmetic treatments to refresh and revitalise your appearance.

- Botox
- Dermal Fillers
- Micro needling for fine lines and scarring
- Radiofrequency Surgery
- Prescription Skincare products

A revitalised you is only a consultation away. All treatments carried out by highly experienced Dr Peter Aspell.

Contact Durham Health Cosmetic Clinic (03) 3134659 – start the journey today. www.durhamhealth.co.nz



Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility



How to break the brain's need for the sugar dopamine hit

Dopamine is a neurotransmitter and it plays a role in your energy, enthusiasm and sense of motivation. When we're not making enough, our mood is flat, we can't concentrate and are fatigued. At the more serious end of the spectrum, dopamine metabolism is also involved in Parkinson's disease.

Sugar can be a disrupter to your innate dopamine regulation, which is one of the reasons why people can experience a momentary "sugar high" shortly after eating foods high in refined sugar. Just as alcohol and other drugs can deplete dopamine levels, sugar can do the same (albeit to a lesser extent). Sugar stimulates some of the same pathways as alcohol and drugs which is how decreased dopamine levels can lead to sugar cravings. If you have been using sugar to give yourself a dopamine hit, how can you help your body to naturally produce this essential neurotransmitter in ways that serve your health and mood, rather than taking away from them?

Regular movement is an extremely effective way of stimulating production of both serotonin and dopamine. As little as 30 minutes of movement can make a difference to your mood and neurotransmitter levels – it doesn't have to be intense movement, even gentle yoga poses will assist.

Eating protein rich foods assists dopamine production. Eggs, fish, poultry and red meat are all good sources of protein. Fish has the added benefit of being high in omega 3 fats, which also optimise brain function. Whenever possible choose organic, pasture-fed meats and sustainably sourced fish. Vegetarian sources of protein include quinoa, beans, legumes, nuts, seeds and tempeh.

Folate also helps with dopamine production. Leafy greens, broccoli and cauliflower are all good sources of folate. Lentils, chickpeas, black beans, and papaya also contain folate. Bananas are a good source of tyrosine, an amino acid vital to the production of dopamine. It is important to note that foods alone generally cannot provide therapeutic amino acid levels necessary to boost dopamine levels for someone experiencing a major health condition. To support dopamine production adequately, supplementation is often needed.

If you would like to learn more about how sugar impacts your health and vitality along with how to curb cravings once and for all, Dr Libby's 6-week online course, Shake Off Sugar, commences later this month on the 20th February. For more information visit www.drlibby.com.



Improve your physical and mental wellness.

A strong gym community and friendly and supportive team members will help you every step of the way. Individual workout programmes included with your membership. Nutrition advice available. Gym newbies welcome! So get in touch today. **Short and longer term memberships available.**

Join online at www.snapfitness.com/nz/gyms/rangiora | 03 313 0909



Seasoned gym-goer or beginner - Anytime Fitness can help you reach your health and fitness goals.

A friendly and modern gym conveniently located in Rangiora and with 24/7 access so you can exercise at a time that suits you. You'll also find group fitness sessions and qualified trainers to help you stay motivated.

Join online at www.rangiora.net
194 King Street Rangiora Canterbury 0508 247 GYM



A play on 'pleasure' and 'sensory',

Plensory Movement offers fitness with a difference – a fusion of dance, yoga and martial arts run by professional dancer Stephanie DeMay. It's for all ages and all genders and it doesn't matter if you have two left feet – you will come away feeling not only like you've had a great workout but also, a real sense of joy. Get fitter, get stronger and have fun – what a great combo.

Stephanie offers classes in Rangiora and Christchurch (Mairehau). Check www.plensorymovement.com for full details. Mob. 027 416 8283



Reawakening Muscles at Studio Pilates

Years ago I gave pilates a whirl. The session took place in a bleak room, and I left feeling a bit cold and quite bored. So when Dorothy and I popped down to see Studio Pilates in Rangiora, I was totally surprised by the set up - it's clear things have moved on in the world of pilates.

Chandeliers hang from the ceiling of the luxurious looking black and white studio and along each side are 'Reformers' designed to help you focus on particular muscle groups and to practice movements safely. In short, they help you get the best out of your workout. I look at the contraption and ponder what different straps and springs and handles are for.

All is revealed in the orientation session – where we get a briefing on the Reformer and how to use it. And then we're into the actual exercise bit. It's soon clear that I am delusional about my fitness level – and I find myself sneaking a rest – which the instructor is too nice to mention.

The session is pre-recorded and shown on screens around the room, leaving our instructor, Becky, free to move around correcting postures and helping everyone individually. The workout seemed to wake up forgotten muscles in my stomach, shoulders, legs - but Becky's enthusiasm and the countdown on the screen kept motivation levels up to the end.

At 40 minutes the session was just the right length, the exercises are easy to follow, you can work to your own level and there's a fun and friendly vibe. I'm surprised to find myself saying this...but I enjoyed it. So much so I think I might go back.



SCAN TO LEARN MORE

YOUR NEW FITNESS OBSESSION
GET \$10 OFF

WHEN YOU PURCHASE A 6 CLASSES FOR \$60 PACK*

Use code 'tenoff'

rangiora@studiopilates.com | 03 925 8136

*T&C's apply. New clients only. Rangiora studio only.



COCOON
BEAUTY & DAY SPA

Juvenate Summer Skin Retreat

Start your 2023 skin health journey with NZ made luxury skincare Juvenate

\$229 package

valued at \$270

- Juvenate Luxe Spa Facial
- Lash Tint
- Juvenate PhytoRenew Face and Neck Mask



cocoonbeautyanddayspa.co.nz

2/246 High Street, Rangiora | 03 313 5552



Wine and Dine

NORTH CANTERBURY

North Canterbury is brimming with great cafes, restaurants and bars offering everything from brunch to fine dining. So try something new this month and check out our picks.



Tasty at the Taste



When it comes to cooking great stir fry dishes at home the advice from Teck at The Taste, is clear – you won't do it as well as they do in the restaurant.

Dorothy and I need no convincing, we're more than happy to sit down for a Friday lunch in the light, modern and welcoming restaurant.

We umm and ahh over the lunch menu before opting for some mini spring rolls, pork with ginger and spring onion and the Taste crispy chicken. And honestly, everything is delicious. Both dishes come with a generous portion of rice. The pork is super thinly sliced with ginger, spring onion and broccoli and the Taste chicken is diced and coated with The Taste's own sauce – there's a slight crunch to the coating and a hint of spice and sweetness.

I am no home gourmet but Dorothy is a seriously good home cook...So we quiz Teck again on exactly why we can't recreate this kind of dish at home. He confesses that he can't recreate restaurant dishes at home either. It's nothing to do with your kitchen skills apparently –

although obviously you need to know your capsicum from your carrots – but it's to do with equipment.

To create a great tasting stir fry you need a really high heat and in a restaurant kitchen the pan can heat up in seconds and reach temperatures far higher than you will get on your hob at home.

Teck also explains that ingredients should be cooked in a certain order, some taking longer than others. It's not just a case of chucking everything in a frying pan and mixing it round.

The answer is clear – don't waste your time trying to do this at home, just head down to The Taste for the perfect dinner. And no washing up either!

Check out www.thetaste.nz for opening hours and further details.



Nom Nom Kitchen

Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor.

257 High Street, Rangiora
03 313 4276
nomnomkitchen.co.nz



LITTLE VINTAGE ESPRESSO

Fabulous food, great coffee and amazing service!

Little Vintage Espresso Café
20 Markham St, Amberley
03-314 9580



Monteith's Rangiora

From the Kiwi Classic fish n' chips, to gourmet burgers, stone baked pizzas and a delicious a-la-carte menu. Monteith's has something to suit every taste bud.

Featuring a wide range of Monteith's beer and cider as well as Heineken, Tuatara and Murphy's Stout on tap, Monteith's is the perfect spot to catch up with friends & family.

75 Victoria Street Rangiora | 03 313 2929



The Nor'wester Café

Excellent espresso, food and service. Proudly family owned and operated!

Open Tues - Sun from 8am
85 Carters Rd, Amberley
03 314 9411
info@thenorwestercafe.co.nz

Oxford Club Your Social Hub

The Oxford Club restaurant's new Spring Menu offers a selection of nutritious and delicious meals, including Prawn and Avocado or Thai Beef Salad, fresh pan-fried Fish or Roast of the day. Vegan and GF options always available.

Open Fri & Sat from 11am for Brunch/lunch and on Sunday from 10am, Dinner available Thur - Sun from 5.30pm.

Oxford Club Restaurant
160 High Street, Oxford
Ph 03 312 4411 ext 4 to book



Feijoa & Date Chutney

It's time to start hunting out all the small jars and mismatched lids you've squirreled away over summer – as the feijoa season is upon us. Try this fabulous Essence favourite.

Serves: makes 3 litres
Preparation: 20 minutes
Cooking: 1 ½ - 2 hours

- | | |
|---------------------|----------------------------|
| Ingredients | |
| 1kg feijoas | 1 tablespoon ground ginger |
| 500g onions | 1 tablespoon curry powder |
| 300g raisins | 1 teaspoon ground cloves |
| 500g dates (pitted) | ¼ teaspoon cayenne pepper |
| 1 cinnamon stick | 4 teaspoon salt |
| 500g brown sugar | 4 cups malt vinegar |

Method

Wash the feijoas and finely slice them.

Chop the onions finely and roughly chop the raisins and dates.

Mix all ingredients in a large saucepan, bring to the boil and cook slowly for 1 ½ - 2 hours, until the chutney is thick.

Stir the chutney often so it doesn't stick to the bottom of the saucepan. Remove from heat and remove the cinnamon stick.

Allow to cool and then spoon into hot, clean jars and seal.

Serving Suggestion:

Crackers and creamy blue cheese.



Hoisin sticky pork belly Bao buns

Serves 4-5 | Prep time: 20 mins + marinating | Cooking time: 20 mins

Ingredients

650g 100% New Zealand pork belly, skin removed, cut into 2cm slices

For the marinade:

- 2 Tbsp light soy sauce
- 2 Tbsp dark soy sauce
- 2 Tbsp hoisin sauce
- 2 Tbsp sesame oil
- 1 clove garlic, crushed
- ½ tsp Chinese five spice

To assemble:

- 15 bao buns, steamed
- Shredded beetroot
- Mesclun salad
- Hoisin sauce
- Spring onion, finely chopped
- Black sesame seeds

Method

Marinade (ideally overnight): Combine the marinade ingredients together and coat the pork belly. Leave in the fridge to marinate overnight, or for at least 2 hours. Remove from the fridge 10 mins before cooking.

Cook the pork belly:

Heat a frying pan and cook the pork for 3 mins on each side, until caramelised.

Remove from the pan and allow to cool for 4 mins before cutting into smaller pieces.

Return to the pan and coat in the sauces, ensuring the meat is cooked through.

Assemble the pork belly bao buns:

Fill the steamed bao with mesclun, beetroot, pork, and hoisin sauce. Sprinkle with spring onion and black sesame seeds.



Essence columnist, Barb Palmer has been part of the friendly team at New World Rangiora for nineteen years, the last eight as their Brand Ambassador sharing recipes and ideas with customers.



Percival Street BAKERY

138 Percival Street, Rangiora | 03 310 6096

Find us on



Arlo.

Rangiora's best kept secret!

Great Coffee – Delicious Cabinet Food

Open Monday to Friday 8am – 4pm

Opening Saturdays from the 25 February 9am – 3pm

Arlington Shopping Centre, Rangiora

Follow us @arlocafe

Call into Artisan today and pick up some of our freshly baked goods. Including our award-winning Hot Cross Buns and our delicious range of Sourdough Breads with a unique and authentic flavour that you simply won't find anywhere else.



Open daily 7am – 5pm 18 High Street, Rangiora | 03 313 8837 | www.rangiorabakery.com



Waikuku to Waikiki

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

When members of the Waikuku Beach Surf Lifesaving Club headed to Hawaii earlier this year – it was all about the water.

Organiser and Waikuku Beach Surf Lifesaving Club member, Aaron Harris, had been to Hawaii previously and wanted to go back with “people who love the water as much as me,” he says.

So he found some suitable accommodation and put the word out at the club. He ended up with a group of 28 members, 23 of them lifeguards. The trip was self-funded so members had to pay for themselves and many of the teenagers in the club went out and got part-time jobs to save up the money. For some it was their first trip overseas and they were really motivated and excited.

The trip lived up to expectations, with eight days on the North Shore where the group went surfing, paddled out on the ocean on a 12 person outrigger canoe, spotted turtles, tried some cageless diving with sharks and generally hung out on the water. And they got to train with lifeguards from the North Shore Lifeguard Association at Ehukai Beach and check out the famous Banzai Pipeline -known for its barrelling waves.

“It was all about new experiences and we got to see some much bigger conditions than we do here,” says Aaron. He does admit however that he skipped the cageless shark diving. “I like to pretend there aren’t sharks in the ocean,” he says with a laugh.

After the unspoilt North Shore they rounded off their trip with two days in Waikiki, for the group to see the city side of the island.

The trip was such a success Aaron is now looking at organising a group trip to Bali next year.

But closer to home there’s also a lot going on for the club. “It’s social and we try to make lifeguarding fun,” says Aaron. “We do lots of events and have lots of opportunities. There are so many different elements you can get into.”

Waikuku Beach Surf Lifesaving Club are always interested in hearing from potential new members. For further information head to www.wbslsc.com.



Community Support after business break-in

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

While the rest of the community was enjoying the festive season Propaganda owners were dealing with the aftermath of a devastating break-in.

Jess and Jamie Guest, were surprised to receive an alert about a break-in at their Propaganda Streetwear & Skate store on High Street at 2.30am on Boxing Day.

Jamie said that four of the three perpetrators were under 14, making off with \$10,300 worth of merchandise, and causing a lot of damage to the shop. The police suggested that the youths were not local and from good homes, leaving the couple to grapple with the bitter truth that the break-in was due to boredom, Jess said.

“That was really hard to hear. They don’t understand the damage they’re causing us. And because they are under 14 there’s nothing that can be done.”

Despite being an extremely trying time for the family, Jess said they were blown away by the community’s response to their situation, with some people travelling from Christchurch to show their support.

“It’s been amazing. We have had hundreds of messages on our Facebook page and people coming in to see us. That’s what keeps you going. There’s always someone asking how you are, what they can do to help or coming in to shop to help keep us open.”

Not to be deterred by the experience, the couple has several measures in place to prevent further burglaries including a state-of-the-art camera system that is constantly monitored. They have also applied for government grants to help secure their business, and with shoplifting on the increase in Rangiora, Jess has set up a private Facebook group for local business owners to share information regarding suspicious behaviour.

Propaganda has been a life-long dream for Jamie, with the couple setting up the business in 2013 and planning to open a second location in the near future.

“It’s a passion. We just love what we do,” Jamie said.

Late Summer planting

WORDS: MINETTE TONOLI

There’s much to love about February – not only is it romancing around Valentine’s Day, but we are in midsummer, with the hottest month of the year in New Zealand full of outdoor fun, and our gardens in peak production.

And while everything is growing well in most veggie patches and orchards, it is often easy to forget that this late summer is a great time to start planning for the “hungry gap” of late autumn and early winter. So, this is my public service announcement - don’t forget to start sowing, or at least plan to plant, your fall crops in the next couple of weeks.

The Canterbury region is rather large, with quite a few different climate zones – even the microclimate in your own garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

What can you sow and plant in North Canterbury in Late Summer?

Root vegetables

Beetroot
Carrots
Celeriac
Leeks
Onions
Parsnip
Potatoes
Radish (incl. Daikon)
Shallots
Spring onion
Swede
Turnip

Stem vegetables

Celery
Fennel (bulb)
Kohlrabi
Rhubarb

Leafy greens

Amaranth
Chinese Greens
Collards
Kale
Lettuce
Mizuna
Mustard
Silverbeet
Spinach

Culinary herbs

Chervil
Chives
Coriander
Dill
Marjoram
Oregano
Parsley
Rocket

Heading vegetables

Broccoli & Sprouting Broccoli
Brussel Sprouts
Cabbage
Cauliflower (incl. Broccoflower)

Podding vegetables

Beans (dwarf or bush)
Broad beans

Peas - Many peas are better suited to be sown later in the cooler months but a few varieties do well with summer sowing, e.g., Easy Peasy, Sugar Snaps and Snow Peas.

Other tasks to do in the garden this month

Water – hot days dry plants and soil out fast. Keep on top of your watering schedule with deep saturating soaks early in the morning or later in the evening.

Shading – tunnel houses or plastic grow houses benefit from a shade now.

Deadheading – cut off spent flowers to encourage more blooms on perennial flowering plants.

Weeding – weeds are prolific now, be sure to keep your veggie patch well weeded.

Insect patrol – many pests thrive in warm weather, be vigilant and check for bad bugs, net your summer brassicas, ward against TPP (tomato and potato psyllid), deal to stink bugs and watch for the fall armyworm – a new pest that MPI needs us to report.

Protect your fruits – birds make a meal of ripening fruit if not netted well.

Prune – for those trees that have finished fruiting, e.g., some stone fruit, you can start summer pruning.

Save seeds – allow some flowers, herbs and vegetables to go to seed in your garden and harvest those seeds to save (or let them self-seed) for next season’s bounty.

Dry herbs and flowers – dry excess flowers and herbs for teas and spice mixes.

Preserve - summer fruit and veg can be turned into delectable preserves to last all winter.



Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicinal plants she grows and uses at her home acre in Waikuku.



Certified Organic Products for People, Pets & Plants

- Neem Skin and hair care products
 - Neem Garden Care Products
 - Neem Pet care products
- Ayurvedic health supplements
- Diatomaceous earth powder (Animal feed and soil conditioner)

www.greentrading.co.nz www.nativeneem.com

MORRISON MOTOR GROUP

Whether you are upsizing, downsizing or just fancy a new set of wheels, **Morrison Cars Rangiora** have you covered.

Locally owned and operated, the friendly and experienced team at Morrison specialise in quality used cars. From family wagons and SUVs to hybrids and hatchbacks, Morrison have a wide selection of vehicles on offer, with finance options available.

03 310 7706
rangiorasales@morrisoncars.co.nz

636 Lineside Road, Rangiora
MORRISONCARS.CO.NZ

SEE IN STORE FOR A GREAT RANGE OF

BLINDS, CURTAINS, FLOORING, PAINT AND WALLPAPER

10 HIGH ST. RANGIORA | 03 313 0430

WWW.GUTHRIEBOWRON.CO.NZ

PAINT | WALLPAPER | FLOORING | CURTAINS | BLINDS | HOMEWARES | ADVICE



Kiwi Tramping

Tramping enthusiast Sonia Barrish says you don't have to travel far, have expensive gear, or be over a certain age to make the most of New Zealand's hiking trails.

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

"A lot of people aim for the great big walks but there are actually a lot of cool tracks close to home, especially in Christchurch where you can see the city from a different view. There are heaps of walks that are great for children, pretty easy and right there so you don't need to travel far such as the Packhorse Hut Track and Rod Donald Hut Track."

The Kaiapoi resident's first experience of overnight tramping was completing the Kepler Track with her parents and brothers as a child. However, it was not until she attended university that Sonia's passion for tramping took off.

"I find it really fulfilling. It's nice to get away, enjoy the time and switch off from the hustle and bustle of everyday life."

Now with her husband Menzo whom she married at a Department of Conservation (Doc) Hut eight years ago, and their children, six-year-old Bethany and two-year-old Jordan, the family embarks on several local walks and up to two overnight tramps per month.

"[When I got pregnant with Bethany] everyone told us we would have to give tramping up but I was pretty adamant that we wouldn't. Bethany's first overnight trip was when she was just under three months old. It was so nice to get out there again and feel like I achieved something."

When she was only 12 months old the family completed the 66km St James Walkway in the Lewis Pass, and to date, Bethany has visited an impressive 164 Doc Huts while Jordan's hut count is at 86.

"Kids can walk more than we give them credit for, but you have to start small. It's a lot obviously a lot slower [with kids]. Generally, it takes us double the amount of time on the signpost but that's okay because to make it fun for them you have to stop a lot more. We stop and cook lunch along the way and at every creek to let them play."

"The kids will notice the little things you wouldn't even notice like little bugs. They are not as interested in the views as we are, they are more interested in what's close to them on the ground."

One of the family's favourite experiences was a trip to the Kahurangi Keepers Hut in Tasman's stunning Kahurangi National Park.



"To get to it you walk along the beach so it's pretty much a giant sandpit the whole way, and it was just such a gorgeous hut. It was just really, really magical. It felt like we were at the end of the world and it was just such an amazing place to explore. We just didn't expect that it would just be so gorgeous."

"We also enjoyed the Greenstone and Caples tracks [near Queenstown] - the scenery is just magical. I prefer the multi-day tramps to the overnight ones because it gives you more time to switch off and get into them. The hut also has flushing toilets which is a luxury."

When she is not busy exploring Aotearoa with her family in tow, Sonia home-schools her children and runs Back to the Wild, a company that specialises in organic body products including sunscreen and insect repellent. She has also developed a book called *My Overnight Adventure Journal*, with a North Island and South Island edition to encourage families to get out and explore the great outdoors.



MATT DOOCEY
MP for Waimakariri

I was extremely disappointed to read over the summer about Rangiora High St becoming the target of the recent ram raid spate. I really feel for Jess and Jamie at Propaganda Clothing shop, who became the victims of this senseless crime spree in the early hours of Boxing Day – forcing them to close their shop on what should have been one of their busiest trading days of the year.

These young thugs are getting out of control. They have no respect for others, and will stop at virtually nothing to get their latest kicks – always at someone else's expense. It is a very sad indictment on our society that we have children as young as 10 and 11, out at all hours of the night, stealing cars and smashing through shop windows. We need a far better deterrent than we are currently offering, as it is clearly not working right now. We also need society as a whole to send a very clear message to these young offenders – we will not tolerate this behaviour any more.

I recently attended the Canterbury Employers' Chamber of Commerce retail crime event to hear what is being done about the soaring rates of retail crime. With ram raids dominating the headlines over the summer it's vital retail

operators have confidence that something is being done to address the escalating problem.

Our shopkeepers and other retail staff deserve to feel safe at work, and we are increasingly hearing they are feeling anything but safe. Some of the stories are heart-breaking and the retail sector has rightly had enough of this Government's inaction.

It is hugely concerning to read that Chamber of Commerce chief executive Leeann Watson and 80 Christchurch businesses felt they had no choice but to demand an urgent response from the Government relating to antisocial behaviour and crime in the city. We know all too well the tragic outcomes antisocial behaviour can lead to, as well as the trauma associated with violence and ram raids for those working in retail.

Local shopkeepers have every right to feel let down by this Government when they continually read about safety measures being rolled out in Auckland and elsewhere in the North Island, while they live in real fear about what's happening on their own doorstep. These business owners are simply asking for consequences for antisocial activities, and some resources to deal with them effectively before things get further out of control.

I stand firmly behind Jess and Jamie, and all our other hard-working shop owners, who are trying to make a living in the face of rising lawlessness which has become rampant across the country. Enough is enough.

Portia

the Evolution of Law

Erin Ekborn

Principal Lawyer, Portia

Portia is a law firm specialising in Family Court work. Appointments can be by phone, video-link or in person.

I'm thinking about separating from my partner – what should I do?

Ask friends and family for support. Separation is an emotional roller-coaster.

Talk with Work & Income and IRD about potential financial support.

Get legal advice. You don't know what you don't know.

Do I need to go to court about the kids?

Not necessarily. Lots of people work out their own arrangements. Good communication is key. Your romantic relationship is over, but your parenting relationship continues. Make sure you understand your rights and responsibilities as a guardian. Did you know you shouldn't change a child's school or move them to a different city without the other guardian's agreement?

Is there free help?

Parenting Through Separation is a free course funded by the Ministry of Justice. It is run through local community agencies.

Family Dispute Resolution providers offer mediation services and preparation for mediation coaching. Depending on your income, you might be eligible for government funding.



The Family Legal Advice Service is government-funded legal advice for disputes involving children. It is means-tested. If you are approved funding for this service, you will also be eligible for the funded mediation.

What if things go wrong real fast?

Usually a court application is filed "on notice". This means the other person is told about the court application and has a chance to respond. If the application is for a parenting order, it's expected you try to use the mediation service and Parenting Through Separation education first.

In a crisis you can apply to court "without notice". This means that in your documents you are telling the judge the situation is so serious court orders are needed urgently - even though the other person hasn't had a chance yet to tell the judge their side. This process is often used if there is recent family violence or immediate risk to children. Ask a lawyer to help with these documents. You want to get them right the first time.

Free phone | (0800) 339 223
support@portia.law | www.portia.law

New Financial Year-Time for a change

We are ready to support you with your end of year financials, business coaching and training

Contact us to make positive changes in your business.



We provide specialist support and coaching to help start-ups and businesses across Christchurch and Canterbury establish a solid foundation, overcome challenges and perform at their best.



027 831 0237
INFO@NCBIZ.CO.NZ
WWW.NCBIZ.CO.NZ

BizBooks is your "one-stop-shop" for making your financial business processes friendly and easy. We give you back time and peace of mind, allowing you to focus "on" not "in" your business.



021 060 9604
INFO@BIZBOOKS.CO.NZ
WWW.BIZBOOKS.CO.NZ

Training programmes to set you up to start trading, learning how to use the Xero cloud-based accounts package, ensuring you are monitoring your performance, and planning for success.



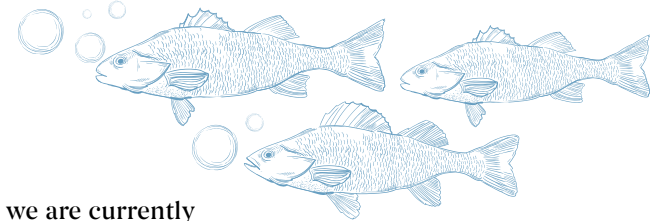
021 060 9604
HELLO@BIZACADEMY.CO.NZ
WWW.BIZACADEMY.CO.NZ

Navigating **successful** business journeys



The Kahawai picket line

Kahawai Kaos



WORDS: GRANT SHANKS | IMAGES: SUPPLIED BY GRANT SHANKS

I can't remember enjoying a fishing season as much as the one we are currently experiencing.

Salmon are being caught in most of our major rivers in numbers that hark back to the fishery we enjoyed several decades ago. An acquaintance of mine went south to the Rakaia and had his two fish season limit within a half-hour.

While the Waimak mightn't be producing the same numbers of salmon as our southern rivers, it is still fishing well. However, the fish that is drawing dozens of anglers to the lower Waimakariri are kahawai. These tough fighting fish are often the first ones that beginners catch, and what fun! When fishing the lower reaches of our rivers I always hope that it's a salmon that hits my lure, but nine times out of fifty, chances are it'll be a kahawai, or the occasional sea run trout.

I work part time in a store that sells a huge variety of fishing gear and we have been selling buckets of lures for kahawai. Some people come in, buy a half dozen in the morning, and they're back again in the afternoon for more. Okay, as a retailer I'm happy to sell lures by the tonne - but how come so many are lost? What are people doing wrong?

Okay, with snags you'll always lose gear, but on fish? Unless it's a donkey you shouldn't lose your lure.

Recently, I landed 20 kahawai and lost probably 10 down at the Waimak (I only took three for the smoker). I didn't lose a lure in the process, and I was using a light rod with 8-pound braid and a 10-pound mono shock leader.

Remember that if you're using braid, you ideally need about a metre of mono or fluro as a leader between braid and lure. That's because braid doesn't have any give, whereas mono does. With braid alone on your rig you run the risk of pulling the hook out of the fish's mouth when you strike.



Riley proudly showing off his catch



Anyway, the secret to not losing lures on fish is a double-header. (1). Make sure your knots are good - particularly braided to mono. (2). Pay attention to the drag setting on your reel. Remember that the reel is not a winch. Let the rod do the work, play the fish and gather line back when you can - don't force it. Increase or reduce the drag as required.

I've seen people with huge surf rods literally skidding fish across the water as they crank the reel like crazy. What fun is that? Light gear equals great fun on frisky kahawai. What lure colour and shape works best on the silver bullets? I have to say that virtually anything will work when they are on the bite. On my big kahawai day-out I used a 15-gram blue and white lure with great success. At one point, it was a hit or a fish landed every second or third cast. It was crazy fun.

Single hook or treble? Because kahawai have a relatively soft mouth, as opposed to that of trout or salmon, I mostly use treble hooks to ensure I get the hook up. On trout I generally use singles, however, that's a personal preference thing.

Readers should be aware that fishing for kahawai, herring and other non-game fish is allowed at our river mouths - no licence required. However, if a ranger asks for your name and address details, under law you must provide them. If you should catch a game fish (trout/salmon) without a licence and a salmon endorsement, you must release it immediately. So maybe it does pay to get a licence and that \$5 endorsement. Can you imagine putting the beautiful salmon you've just landed back into the river? You'd cry all the way home.

Page Turners

WORDS: EMMAS AT OXFORD

The Italian Daughter

By Soraya Lane

From a Canterbury author comes an epic, sweeping love story about a young woman discovering a secret history passed down from her grandmother. The Italian Daughter is a romantic, heart breaking novel about lost loves, family secrets and enduring hope.

This will be the first in a sweeping eight novel series; each novel dual timeline, following the journey of a different strong female lead. Linking the books, is Hope House in London - a home for unmarried mothers. The Italian Daughter begins with eight women being called to a London lawyers office - not knowing their lives are about to change forever. Each woman is given a box containing the only clues to her true heritage.

When Lily, the Italian daughter, opens her box, she finds an Italian recipe and a La Scala theatre programme. Travelling to Italy and taking a job on a vineyard, Lily is



determined to unravel the mystery of her past.

Any book that begins in Italy 1946 & jumps to present day London, and Italy is going to grab my attention, and I absolutely loved it. The perfect summer read - a really enjoyable story, and a trip to Italy in a book.

Cannot wait for book 2 in this series, The Cuban Daughter; a journey from London to Cuba, moving between the present day and the 1950's.

Perfect for fans of Lucinda Riley, Santa Montefiore and Nicki Pellegrino.



EMMAS AT OXFORD
53 Main Street, Oxford
www.emmasatoxford.com

VISIT US INSTORE OR SHOP ONLINE

Individually selected books and gift ideas you might not find elsewhere. Come and see us to get your Christmas shopping underway - there really is something for everyone!

Not everything is on our website, phone or message if you are after something specific.

For a small fee, we can also arrange delivery. Follow us on Facebook for the latest news and arrivals. Open 7 Days 10am - 5pm | Ph 03-312-3432

Entertainment Picks

We are all spoilt for choice when it comes to what to read, watch or listen to. But sometimes the best choices are the random ones - so check out our entertainment suggestions below.

Read

Station Life in New Zealand by Lady Barker - A chance find at a secondhand book store this is a true, first-hand account of life on a Canterbury sheep station in the 1850s. It includes not only plenty of recognizable places but a level of detail about day-to-day life that is fascinating.

Watch

Happy Valley - Anything but happy, this bleak, gritty police drama from the UK is back for series 3. If you haven't seen it you can binge seasons 1 and 2 before getting into this latest one. Available on TVNZ.

Snowflake Mountain - Ah the guilty pleasure of reality shows. Spoilt, lazy overgrown kids in their 20s are told they're heading to a luxury resort but they're being taken to the wilderness. Available on Netflix.



Listen

How To Be A CEO - There are some big business names and interesting lessons here. Interviews with CEOs from all types of business from hospitality to insurance, real estate to LinkedIn.

Science With Dr Karl - Easy to understand answers to random science questions. Why do dogs bark? Why do cicadas chirp? What should come first insect repellent or sunscreen?

The Missing Cryptoqueen - A fascinating true crime podcast about the rise and subsequent disappearance of the mysterious Dr Ruja and her cryptocurrency - One Coin.



Free Bridge Lessons

Monday 17 April, Rangiora

Register your interest for 2023 bridge lessons by contacting the Rangiora Bridge Club via their website www.rangiorabridgeclub.co.nz or email rangiorabridge@extra.co.nz Your queries will be answered.

Lessons start Monday 17 April for 11 weeks. Following lessons you will be able to continue in the club for free for the rest of 2023.

Meet your creative partners

let's collaborate
and deliver.

Now taking
projects for 2023

Book your
discovery
session



create

Your Creative Agency.

createdesignstudio.co.nz

216 high street rangiora | 03 313 7774