

essence

essentially...north canterbury

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Home & Garden
From Gorse to
Greatness

20

Ingredients
Christmas at
Home

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.

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contents

Well, here we are coming to the end of 2021. While it's been a bit of a challenging year, we have made it. Phew!

In a café in Oamaru over the weekend I read on the wall this alternative quote to the normal Merry Christmas and Happy New Year - "Merry everything - Happy always". It takes a min or two to get your head around but I thought it was quite fun and the attitude we need to tackle Christmas and the year ahead. I think it is saying - live for the day.

The end of year is the perfect time for me to say, I'm grateful to the fantastic team that bring essence to you each month - we are a merry little team that loves positively promoting our local businesses and communities.

Thank you - Mandy, Mel, Janet and Johanna (North Canterbury) and Liz,

Laryna and Pat (South Canterbury). Thanks also to Pattie, Jo, Gilly and Michelle our fabulous freelance journalists; our regular proofreaders Helen and Briony, and Andrew the one lucky man in accounts who gets to work with us girls. A big thank you to our advertisers - you are an integral part of essence Magazine and we appreciate the opportunity to support and promote your businesses.

Christmas Quiz - Have you ever looked up the word proofreader on google? Is it one word or two? It's definitely the reason I'm not the proofreader, proof-reader or proof reader! Let me know your thoughts.

Merry Christmas from the essence girls.
- Enjoy your month, Dorothy



Dorothy, Johanna, Pattie, Mel, Janet and Mandy

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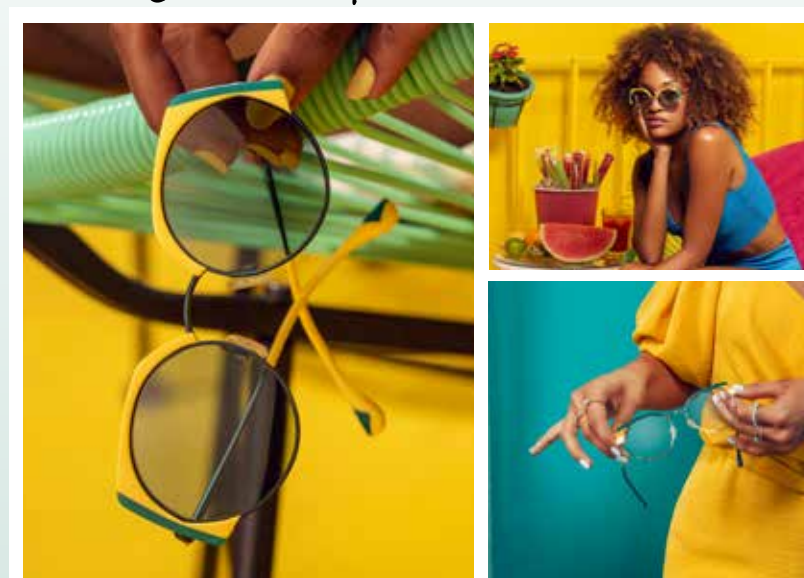


Front Cover:
The Fabric of Society combine some of their gorgeous homewares with a couple of great Christmas recipes from New World Rangiora.

Styling: Stacey - The Fabric of Society
Food: Barbara - New World Rangiora
Photography: Dorothy - Essence Magazine
Photo editing: Marg - Beverley Studios

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We wish you a Merry Christmas

Thank you for all your support, we have loved working alongside you on your projects.

Christmas hours

Closing 22nd Dec
Opening 10th Jan

See you in the new year!

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create



New Destination Store for Rangiora



Jewellery is the perfect 'I love you' gift, and with Christmas fast approaching, there is no better time to visit Marion & Co Jewellery, Rangiora's newest destination store, which opened in early November.

Owned by renowned jeweller, Marion McKellow, the store's beautiful, yet understated, industrial fitout, allows the stunning range of hand-made Sterling Silver, semi-precious stone set and pearl jewellery to shine.

Marion personally selects the store's classic and contemporary jewellery from all around the world, with a focus on high quality, ethically sourced pieces. "COVID-19 has made it impossible for me to travel, so I have relied on the global suppliers and artisans I have built relationships with over the last 25 years to source and make the beautiful pieces for Marion & Co Jewellery. We've had nine new shipments arrive and they have done great job, the quality is phenomenal."

She says there is a misconception that the words 'high quality' and 'expensive' go hand-in-hand when it comes to jewellery. "We have lots of beautiful pieces in our Christmas gift cabinet that start from around \$40. We don't want people to walk past and think they can't afford to come in. Every purchase made instore until

2pm on 24 December also gives shoppers the chance to win a luxury hamper, valued at \$800."

Word is spreading about the store's beautiful jewellery, and North Canterbury tastes are varied, says Marion. "We always sell a lot of earrings, pendants and pearls, but the heavier handmade pieces are proving very popular here, and our big stone rings are selling like wildfire."

There is even a small selection of stunning clip-on earrings, with clasps so comfortable, you hardly know you are wearing them.

Marion & Co Jewellery is the latest creative venture for Marion, who six years ago, had planned to retire when she sold her flagship Merivale store and moved to North Canterbury to renovate a lovely old farmhouse.

"My passion for jewellery and work never died, and about 18 months ago I started to think about opening in Rangiora. Then I found the perfect shop."

Nestled in an original building in the heart of High Street, the fitout's interior brickwork, exposed black beams, statement mirror and raw steel cabinetry are a nod to the building's history, and Marion's long-held vision to create an industrial theme.

Every detail has been carefully thought out, right down to the security grills which were made by a local ironsmith to match the original stained glass windows.

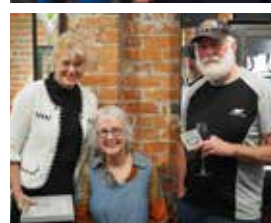
Marion can't quite believe it all came together in just eight weeks. "An amazing team of local tradespeople worked so well together and put in many hours. The jewellery display stands and packaging were made by the only factory in Melbourne that was open due to COVID-19, and air-freighted over. It is amazing we finished on time."

Marion & Co Jewellery fits seamlessly among some of Rangiora's other destination stores, and has been warmly welcomed by the North Canterbury community, she says. "There were seven flower deliveries the day we opened and five of those were from other businesses. We are so pleased to be in Rangiora."

Marion & Co.
JEWELLERY

146 High Street, Rangiora (next to Country Lane Fashions)
03 97 55575 | info@marionandcojewellery.com
www.marionandcojewellery.com

Photo's from Marion & Co Jewellery's opening celebration.



END OF YEAR CELEBRATION

Rangiora Promotions ended the year with a special celebration night recognising the work of the association throughout the year and to highlight the relationships and support it receives from their sponsors. The evening was held at the Rangiora RSA and was a perfect opportunity for businesses to mix and mingle.



The Rangiora Early Records Society have put together another stunning calendar for 2022.

January is my favourite - it's the interior of the Hardware Department of the NZ Farmers Co-op taken back in the day when a suit and tie were mandatory to work in retail (picture below). In March we are reminded of the 1953 Ashley River flood and in June there is a fabulous photo of the Brackenfield Hunt Club chaps taken in 1876. Interesting to note there is not a woman in sight. Perhaps they were out training for the 1900's New Year's running race pictured in the month of August.

Thanks to the support of Wilson Print, R Grant Electrical and the Rangiora Museum. The Calendars are \$15 each and can be purchased from Rangiora Barbers in High St Rangiora or the Rangiora Museum in Good Street.



Visit our friendly team instore to view our amazing array of Christmas baking, for the whole family to enjoy!



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Claire and Stuart Morris

The rise and rise of auction.

As more and more sellers decide that auction is the best method for them to sell their property, we felt it the perfect time to talk about what it takes to get ready to bid at auction. We appreciate this can appear to be quite a daunting task but if you know what you're doing it's the most transparent and informed way to buy property in the market today.

Once you identify that you like the look of an auction property, the first thing to understand is that bidding is on a cash and unconditional basis. In other words, you complete your due diligence prior to bidding at auction instead of once you make an offer. To assist with this you will generally find the seller provides you with a property information pack which will include a Land Information Memorandum (LIM), Title, EQC information, insurance information and more often than not, a Building Inspection - which is great!

It is then really important that you work closely with the listing salesperson, your bank, your insurer and your solicitor to review this information - we suggest following a process like this:

- Register your interest & obtain a copy of the property information pack. *If you are interested in the property be sure to let the sales consultant who showed you the home know. This ensures*

that if another buyer makes a pre auction offer and the owners accept that offer, then the sales consultant is able to contact all interested parties.

- Have the Title, LIM and Particulars and Conditions of Sale approved by your solicitor prior to bidding.
- Have your finances arranged to coincide with the date of settlement and possession. Also make sure you are able to pay a 10% deposit on the fall of the hammer by electronic bank transfer.
- Speak with an insurance company to make sure you can obtain insurance on the property from the settlement date if you are the successful purchaser.
- Request any variations to the Particulars and Conditions of Sale by way of an Aside Agreement. Such variations must be discussed with your sales consultant prior to auction day. They will then seek the seller's approval.
- You will need to complete and sign an Auction Bidding Registration and Consent By Purchaser form prior to bidding. This form will be in the property information pack but your sales consultant will provide one upon request.

Once you've completed your due diligence then you're ready for action!



What questions can you ask?

The Privacy Commission recently released guidelines around what information a landlord can legally request from a tenant when they are applying for a rental property and, on the surface, this can look like a scary prospect. However, as in most of the changes in legislation we come across in our industry, when you dig a little deeper and have processes in place it is in fact not quite what you first thought.

Discrimination has of course, and rightly so, never been allowed when choosing your tenants and this includes anything from race, religion, sexual orientation or anything else which will of course not actually affect the tenancy.

The ethos of the new legislation is essentially that landlords are only permitted to collect information needed for a lawful purpose connected to finding tenants and managing tenancies.

The major change which has got landlords up in arms is that we are no longer allowed to request employment status at the first part of the application process. This of course upset landlords as it does seem reasonable and not in breach of privacy or any human rights to ascertain whether a tenant can pay the rent each week.

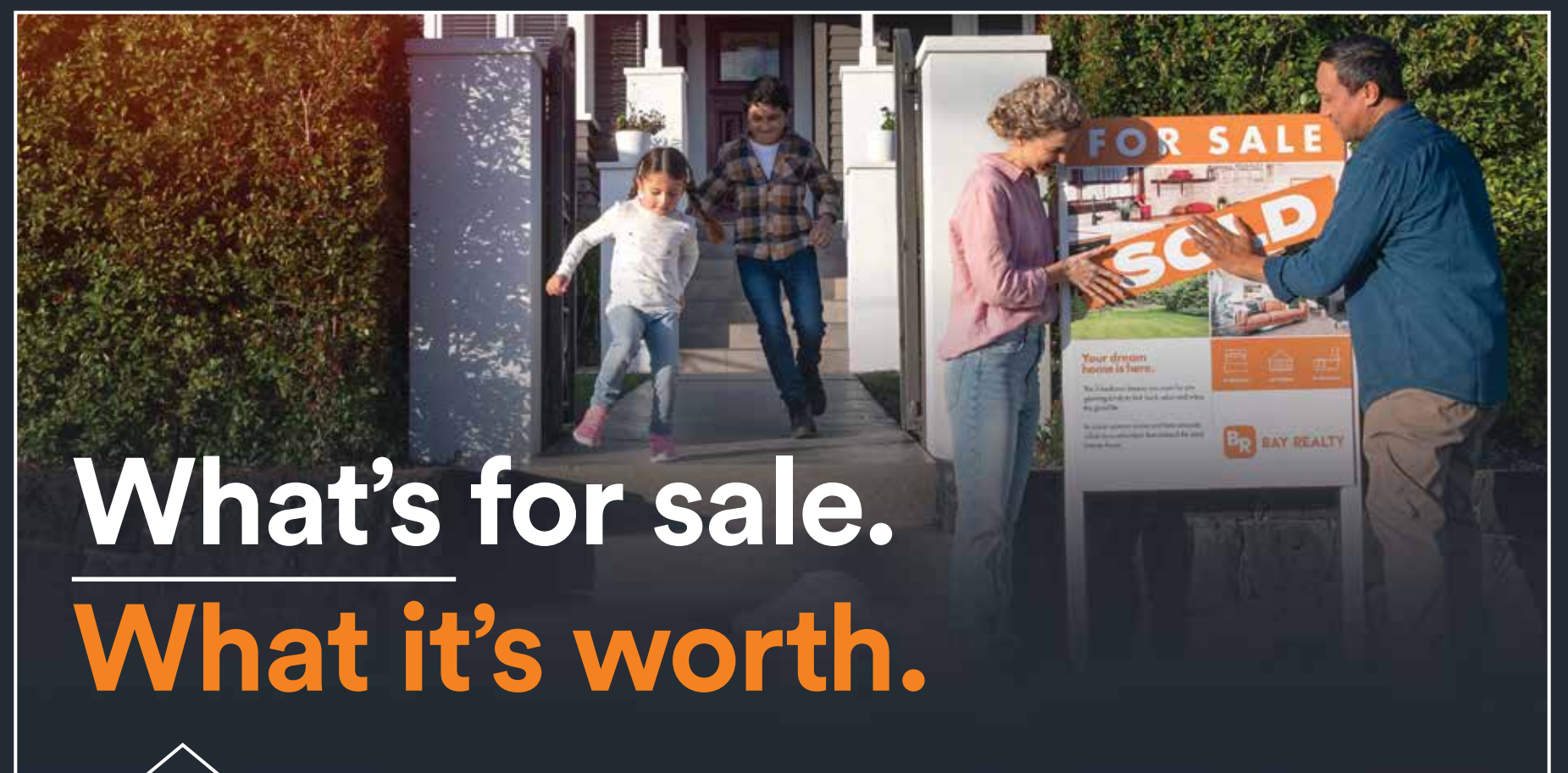
However, as I mentioned, when you look further into the legislation and weigh up when it is reasonable to collect essential information, at a later point it can be done. What this means is that a tenant application process will become a four step process. As opposed to collecting all of the information on the initial application form, it will have to be staggered.

It is quite a complex process and if you get it wrong, come March 2022, you could be hit with a fine of up to \$10,000 so if you have any questions please feel free to give me a call.



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info@magicmoss.co.nz magicmoss.co.nz



ASHWORTHS CORNER

Ashworths Corner in Leithfield is a bustling hive of activity, with a number of local businesses setting up shop in Canterbury's oldest township. From classic cars and magic moss to bespoke gifts and fairies, this little corner is one of Hurunui's best kept secrets: until now.

Upholstery Plus

Upholstery Plus started in a garage on Douglas Road in Amberley 11 years ago and has since grown in size. Now located at 16 Ashworths Beach Road in Leithfield, Upholstery Plus offer a wide range of services including the re-covering of modern, contemporary and antique furniture.

They also specialise in auto and marine upholstery along with caravan squabs and boat and trailer covers. Upholstery Plus carries a wide range of Warwick fabrics samples for you to choose from, along with other major suppliers of quality materials to suit your needs. For more information on how Upholstery Plus can help you, pop into the workshop today and have a chat with Warren.



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Magic Moss

For more than 20 years, Allan at Magic Moss has been helping Kiwis transform their gardens through the power of moss. Harvested on the West Coast and transported to Leithfield for drying, sphagnum moss is described as Mother Nature's little water magnet as it is able hold up to 20 times its own weight in water. This makes it the ideal ingredient for successful gardening. Magic Moss offers a range of products made from sphagnum moss that are ideal for raised garden beds and pots, allowing plants to stay moist and well nourished.

For healthier, juicier and sweeter strawberries check out Magic Moss's special Strawberry Moss blend. The team at Magic Moss also hold regular workshops where people can learn the Japanese art of kokedama as well as how to make terrariums, living vases and hypertufa pots. Located at 30 Ashworths Beach Road, the Magic Moss shop is open 7 days a week from 10am to 3pm.



Pure by the Barrelman

Whether you're looking for a unique Christmas gift or want to treat yourself to something special, a visit to Pure by the Barrelman is a must. Pure by the Barrelman offer a range of bespoke products including lazy Susans, platters, chopping boards, gumboot racks, outdoor furniture and garden decor, all of which are made from recycled oak wine barrels. The family-run business sources their wine barrels from wineries all over New Zealand, with every part of the barrel utilised and transformed into something fabulous.

With so much on offer, visit the Pure by The Barrelman shop at 30 Ashworths Beach Road today and get your Christmas shopping sorted. For the month of December, the shop is open seven days a week from 7am to 7pm. You can also visit the team at the Ohoka Farmers Market every Friday.



Better Half Kitchen and Bar

The Better Half Kitchen and Bar at Ashworths Corner has something to suit every tastebud. Open Wednesday to Sunday, menu favourites include the delicious schezwan and smoked salt calamari, and the extremely popular beef cheeks which have been slowly braised in red wine stock and served with truffle-infused mashed potatoes, sauteed greens and red wine jus.

The family-friendly restaurant has a children's menu and caters for those with dietary requirements including gluten free, vegetarian and vegan options. The Better Half also has a weekend breakfast menu which is served from 9am to 11am every Saturday and Sunday.

Located just off State Highway 1, the Better Half hosts a Classic Car Gathering on the last Sunday of every month from 9am. This is a great opportunity for car enthusiasts to get together and check out some beautiful classics, so keep an eye on the Better Half Kitchen and Bar's Facebook page for all upcoming events.

Waimak Classic Cars

Take a walk down memory lane with Waimak Classics Cars. Situated on Ashworths Beach Road, Waimak Classic Cars are the people to see when it comes to buying and selling vintage and classic cars. The team are extremely passionate about the preservation of classic cars, and make sure all their cars are sold on to those who will carry on that passion.

Waimak Classic Cars stock a wide range of parts including electronic, mechanical and non-mechanical items for classic and vintage vehicles. For restorations, the team can help you restore your pride and joy to its former glory. For more information on Waimak Classics Cars, you can visit them online at www.waimakclassiccars.co.nz, or call the friendly team on (03) 310-6485.



Explore Leithfield

Leithfield Beach's Fairy Land is popular with visitors young and old. This rambling forest walk starts at the end of King Street and features numerous magical scenes crafted from hand-painted rocks.

For those with a bit more time, the Kowai River Walk is a two to three hour return walk that runs alongside the beautiful Kowai River. This walk features an abundance of birdlife, and stunning native bush.

The Amberley Area Cycle Trail allows cyclists, walkers and runners to safely travel between Leithfield and Amberley without having to use State Highway 1. This 8.2km trail takes about an hour to complete and starts near the Old Leithfield Hotel on Old Main North Road.

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Cheese Board



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SPOTLIGHT ON

AMBERLEY

With fantastic shopping, scrumptious local produce and outdoor adventures to suit everyone, Amberley is fast becoming a destination town for Cantabrians. Twenty minutes from Rangiora, and 40 minutes from the heart of Christchurch, this popular Hurunui town has something for everyone and is well worth a visit this summer.



Eat

A trip to Amberley is not complete without stopping for a hearty meal at the Amberley Hotel. Located on Carter's Road, the hotel's Cork & Crown Restaurant serves breakfast, lunch, dinner and bar snacks, offering a wide range of meals to suit every tastebud. Enjoy a pint and get to know the locals in the hotel's popular Crown & Shepherd Bar. You can even make a night of it and book one of the hotel's recently refurbished rooms.

If you prefer to cook for yourself, the Amberley Farmers Market is the perfect place to stock up on locally grown produce. From fresh seasonal fruit and vegetables to eggs, meats, preserves, honey, artisan breads and much more, this bustling weekly market has the ingredients every master chef needs to whip up something delicious. Held every Saturday from 9am to 12:30pm at the Hurunui District Council buildings on State Highway 1, the market also offers fresh cut flowers and locally made health and beauty products. Make sure you check out the town's Special Christmas Market on December 23 from 5pm to 7pm.

Shop

With Christmas only a couple of weeks away, the retailers of Amberley have a lot to offer. If you love fashion, then a trip to Bax & Berg is a must. This beautiful boutique stocks a wide range of women's fashion brands from New Zealand and Australia including Leo + Be, Elm, Fate + Becker and The Others.

Whether you just want to update your wardrobe or are looking for something special for an important occasion, the team at Bax & Berg can help get you sorted. For all your health and beauty needs, and friendly expert advice Amberley Pharmacy has everything you need. They have a wide range of giftware including toys, candles, vases, home decor and handmade pieces from local artists.

For foodies, the farm shop at Gracebrook Orchard and Equestrian Centre on Ashworth's Road is the place to go for Christmas cherries. They also stock more than 25 varieties of honey, as well as other specialty food items to stock up your pantry.

THE AMBERLEY HOTEL

There are 11 fully refurbished rooms upstairs, while downstairs houses a new restaurant, bar, wine and grocery section, a garden bar and a gaming room.

Our focus is on supporting what Amberley and the North Canterbury community has to offer visitors in our amazing region.

84 Carters Road, Amberley | 0800 023 929 | www.amberleyhotel.co.nz

Explore

If you love getting out and about, the Amberley District is full of activities to suit all ages and fitness levels. The Amberley Beach Walkway is an easy 20-minute walk that is suitable for prams, bikes and wheelchairs. The walkway circuits around luscious native bush. It is a great spot to birdwatch and is located beside Amberley Beach, which is a popular swimming beach in summer.

The beach is also a drawcard for surfers and fishermen all year round. For history buffs, Chamberlain Park in the heart of Amberley is the site of an original cob cottage and features original settler furniture and historical clothing. The cottage was moved from a farm to the centre of Amberley and rebuilt by the Amberley Historical Society. Chamberlain Park also has landscaped gardens, a bird aviary, a children's playground and a stunning Chinese garden complete with a beautiful Chinese-style footbridge.

Renovate

Amberley is also full of incredibly talented tradespeople. Bring a little bit of Amberley into your own home with a custom-built cabin from DK Cabins. Whether you're in the market for a shed, sleepout, studio, man-cave or she-shed, the team at DK Cabins are the people to see. They also offer a range of portable playhouses to suit every family and budget.

For indoor renovations, Gavin at Gavin's Joinery is the man to call. For the past 15 years Gavin's Joinery has been helping everyday Kiwis from Hanmer Springs to Christchurch spruce up their kitchens, laundries and storage areas.

For garden makeovers, Legacy Furniture specialises in beautiful handmade garden furniture which can be seen in gardens all over Canterbury including the Christchurch Botanic Gardens. They also make gates, planter boxes, dovecotes and insulated dog kennels.



Relax

If you are after a relaxing experience, expert advice on skincare or just some everyday maintenance, then Beauty & You is your go-to beauty clinic. Located on Carter's Road, this award-winning clinic offers a range of treatments including facials, massage, waxing, manicures, pedicures and much more.

Beauty & You offers Dermaplaning which removes 'peach fuzz' and leaves skin feeling soft, smooth and glowing. Pop in and see the friendly team today and walk out feeling like a million dollars.



Beauty & You

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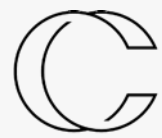
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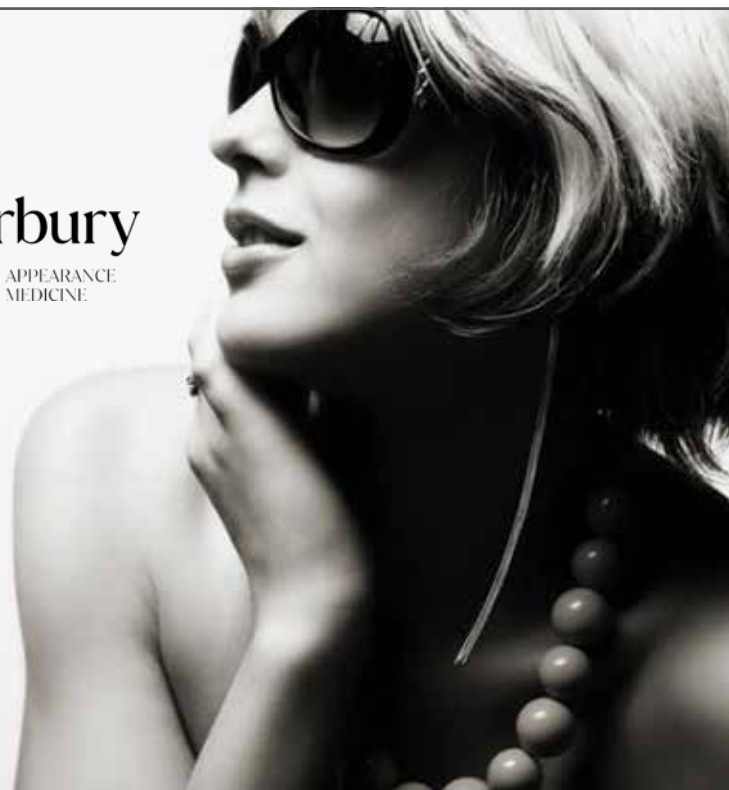
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Please note in our last article it was stated a lip flip lasts only 2 months when in actual fact a lip flip lasts up to 6 months - try it for yourself with Dr Laurie!



How you can change your stress levels by changing what you eat.

In today's world, most of our stress is psychosocial—meaning it stems from our thoughts in response to our surrounding environment. Yet that doesn't mean that we can't adjust our stress levels by changing what we eat. There is nothing on this planet that can replace a nourishing way of eating and we can support the biochemical pathways that promote a sense of calm in the body through what we consume. Here are some tips to consider.

Increase your nutrients

If you are not getting enough nutrients, your body simply doesn't have the tools it needs to be able to support the millions of biochemical processes that promote great health. Any nutrient deficiency creates stress for the systems that run your body so make a conscious effort to boost your nourishment with more home-cooked meals and additional serves of vegetables.

Foods that promote calm

Certain foods help to support a variety of interior pathways which promote a sense of calm. Some examples include foods rich in omega-3 fatty acids such as oily fish for their anti-inflammatory actions, those rich in magnesium such as green leafy veggies for their relaxing properties, and vitamin C-rich foods such as citrus and broccoli for their adrenal support.

Increase antioxidants

Stress hormones create free radicals which are unpaired units of oxygen (or other elements which run around our body causing havoc when in excess). Antioxidants donate part of themselves (electrons) to free radicals which quells their destructive tendencies and reduces oxidative stress. Coloured plant foods—think berries, red cabbage, leafy greens—are bursting with antioxidants. Eat the rainbow for a large array of nutritious substances.

Calming minerals

Stress can deplete us of certain minerals yet there are some that are necessary for a true sense of calm. Magnesium plays a key role in hormone production, and it also helps to reduce anxious feelings and relaxes muscles. Calcium is vital for maintaining pH levels in our blood, as well as for relaxation. If stress has been ongoing and persistent for you, you may benefit from supplementing these minerals for a period alongside a nourishing way of eating.

Avoid low-carb eating

While there are many carbohydrate-based products on the market today that are not at all nourishing, carbs themselves play an integral role in our energy production and are the preferred source of energy for the brain and red blood cells. Not eating enough carbs can affect blood sugar levels. Healthy blood glucose sits within a scale of 3.5-7 mmol/L and if your body drops to the lower end of that scale, it has several mechanisms it can employ to bring it back up. If you're not going to eat any carbs, one way is to release a flood of adrenaline. This can lead to night waking and trouble falling back to sleep. Try to skip the processed and refined sources of carbs but include a whole-food carbohydrate source, such as root vegetables, with each meal.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author, speaker and founder of Bio Blends, the plant-based nutritional supplement range, visit www.drlibby.com

Dr Libby's newly released Condition Your Calm cards - 90 cards designed to help transform your daily experiences by offering a greater understanding of the biochemical, nutritional and emotional ways you can ease stress.

Using her three-pillared approach, Dr Libby has created this pack of 90 cards to help you rediscover your clarity and calm - in practical and bite-sized ways.



A great gift idea for both yourself and for those who could benefit from a little more calm in their world, Dr Libby's Condition Your Calm cards are available to purchase for \$39.95 from: www.drlibby.com/shop

JAWLINE TREATMENTS

by Dr Peter Aspell (Durham Health Cosmetic)

Jawline and chin treatments with dermal fillers are extremely effective and are one of the most popular cosmetic treatments for both women and men.

By using fillers (and sometimes Botox as discussed in last month's issue) we can reshape and recontour the face. Providing sharp definition to the jawline addresses sagging skin and jowls as well as lifting the skin back to tighten the lower face and neck.

As we age, the shape of the bony jaw changes - it loses height and recedes so the skin begins to droop over the side. Fillers can lift this back into place and give a sharper more elegant jawline. In men, a strong chiselled jawline and a more square face shape is considered attractive. Filler treatments are an effective way to achieve more bulk and width - for example Chris Hemsworth had jawline filler for his role as Captain Kirk in the Star Trek movies.



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.

Phone: 03 3134659

Website: www.durhamhealth.co.nz

Chin treatments with fillers are also a great way for men and women to address a short or receding chin, adding length and projection.

Previously, treating a small chin has required orthodontic work or surgery to lengthen the jaw bone but now with fillers we can get fantastic results right away. Filler can last in the chin up to two years.

Belkyra is a new fat dissolving injectable treatment that is designed to reduce fat accumulating under the chin - the so called 'double chin'. Belkyra destroys the fat cells which are then broken down by the body over weeks and once they're gone they're gone forever.

A well-trained cosmetic doctor can discuss whether fillers, Botox and Belkyra are suitable for you and whether combination treatments will give the best results.

Five Haircare Gift Sets every Beauty Buff will love this Christmas!



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Sat: 9am-4pm | Sun: CLOSED



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The famed She Shed



“
Then I
thought ‘right,
I’m going to
create this
garden’. And I
got started.”



FROM GORSE TO *Greatness*

words: Pattie Pegler images: essence magazine

Not long after Caroline Hammond finished her very pretty She Shed she entered in a She Shed competition with a gardening magazine. The shed was highly commended which felt good she says.

But for Caroline it was more than just a nice place to potter in the garden. It helped her to feel at home in her new space.

Along with husband Ricky, Caroline moved to this Fernside block back in 2013, but it was a move that they had to make. The couple had been living in a home they loved in Brooklands when the earthquakes struck – the house was left standing but the land was damaged beyond remediation. It was devastating says Caroline and she was very sad to leave what they had thought would be their forever home.

So when she started to create her She Shed in this new space, she decided to reuse parts of that old home. The roof came off their old barbecue area, the window was a glass wall they had installed outside and even the columns were brought from their garden in Brooklands.

“Once I had the columns up I felt better,” says Caroline. “Then I thought - ‘right, I’m going to create this garden’. And I got started.”

And she doesn’t seem to have stopped since. With several distinct outdoor rooms from Honeybee Cove where the beehive is located, to Cleopatra’s Terrace inspired by a

visit to Greece – Caroline has created a garden full of interesting spaces and places to relax and enjoy nature.

There are manicured lawns and a gorgeous gazebo; Easter Egg Alley (where Caroline used to hide Easter eggs for her grandchildren) and statues, gumboot planters, fruit trees and natives. All with the gentle babble of the river beyond. Hard to imagine then that all this was covered in gorse and broom just eight years ago.

“The block was empty and the grass was really long and dry,” recalls Caroline. “And my husband said ‘right we’re going to shape the driveway.’” So he drove the truck while Caroline told him where to put the curves. Now that drive leads up to the garden and their new home.

A black and white colour scheme ties the outdoor rooms together, from the She Shed to the hen house, the black and white beehive with its fleur-de-lys emblem to the white wheelbarrow bursting with colourful blooms and a black café style table and chair.

So where does she track down all these garden accessories? A lot come from local stores. “I really do believe in shopping local when you can,” says Caroline. But she also loves the thrill of finding the perfect item on Marketplace and Trade Me. The wooden furniture outside her She Shed was an online buy that she cleaned up and spray painted.



A garden like this doesn’t create itself and Caroline is tireless when it comes to getting things done. During the first Covid lockdown she built a stone wall and archway single-handed. She worked on it for three hours a day, everyday, for six weeks. Now, at this time of year she estimates she spends around 30 hours a week in the garden and she’s also a big fan of watering by hand “as I see what’s going on with my plants.”

And when she’s not working on the garden, she’s planning. “I’m the mastermind,” she says. “I come up with all the ideas and Ricky says ‘oh no not another one of your projects.’” Most recently Ricky has been concreting in the gazebo so that it doesn’t fly away in the nor’wester.

“it’s my haven, it’s beautiful and I don’t mind a bit of hard work,” says Caroline.

.....
If you’d like to see this inspirational garden for yourself, Caroline currently opens by appointment for high teas. See her ad below.



Cleopatra’s Terrace



Black and white hen house



River Willow Gardens
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Enjoy an afternoon of decadence with a stunning high tea or lunch with your friends and family. Especially catered to you, choose a special spot in the garden to enjoy the beautiful food and speciality range of teas, followed by a relaxing stroll through these beautiful grounds.

By appointment only, contact Caroline on 027 675 1483, located between Rangiora and Cust.

www.riverwillowgardens.com



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The Team at Vera Setz Hearing wish to thank you for your support during 2021.

Another challenging year, but we have got through it because of the continued support from local North Canterbury Communities. We are taking a well-earned break over the festive season and will be closed from midday on 24th December 2021 and re-opening on Monday 10th January 2022.

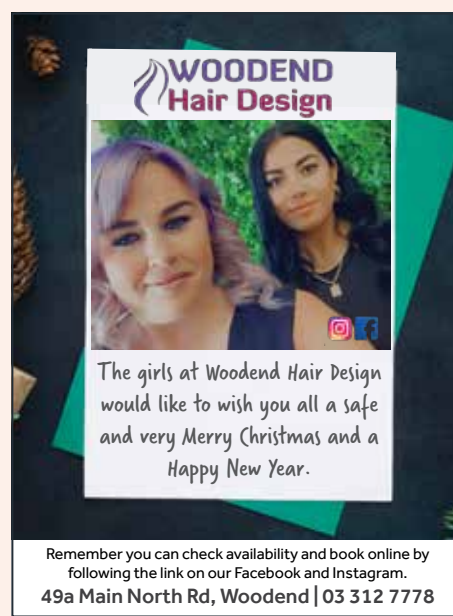
Wishing everyone a safe and happy Festive Season.



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How will Christmas Day shape up for our two local Mayors?

We came up with a few questions for them - what has been your most memorable Christmas day, who's cooking this year and where's your favourite North Canterbury holiday destination?

How would you spend the perfect Christmas day?

My perfect Christmas Day is to have time to be with my family, with 7 grandchildren now it is so exciting watching them enjoy each other and the thrill of gift giving.

What weird or wonderful gift have you given or received?

A battery powered Stihl Hedge trimmer.

What has been the best thing you have eaten, cooked or made for the day?

Turkey remains a favourite for me, I love Christmas traditions with all the trimmings.

Do you uphold any family traditions and why?

Its all about tradition for me - I love Christmas lights, decorating the house and putting up the Christmas tree. I always make a Christmas cake using an old family recipe the same Mum used to make.

Where is your favourite place to visit in North Canterbury over the holidays?

There are so many places to visit over the holidays but a particular favourite is somewhere around water - either our lovely beaches, lakes or rivers.



Marie Black - Hurunui Mayor



Words and Images supplied by Visit Waimakariri

and families. The trails take you through farmland, river and coastal recreation areas. You will be treated to the smells of pine and willow forests. Experience views of the Pacific Ocean, Pegasus Lake, Te Kōhanga Wetlands and the braided rivers of the Waimakariri and Ashley/Rakahuri.

Head to the Beach

With 10kms of pure New Zealand beaches in Waimakariri, there is plenty to see and do; from camping at our coastal holiday parks to surfing our epic waves, picnics on beautiful sandy shores to incredible sunrise walks. Stop in at one of the many coastal settlements for a bite to eat along the way.



Dan Gordon - Waimakariri Mayor



How would you spend the perfect Christmas day?

With my family, relaxing and sharing a meal. I also enjoy helping serve lunch at the Community Lunch in Kaiapoi. It's always important to remember those on their own at Christmas - Christmas is a time for kindness and sharing.

What weird or wonderful gift have you given or received?

I remember when Father Christmas brought me a "Spider Bike" - that was seriously cool! I try to give something to organisations that help make Christmas a bit more special than it might otherwise be. One year I asked the Salvation Army if there was something I could donate towards their Christmas hampers. As they needed frozen peas I provided a few cartons, so I guess this could be classified as a gift that was a little weird.

What has been the best thing you have eaten, cooked or made for the day?

I love my mother's sherry trifle - can't beat it!

Do you uphold any family traditions and why?

Attending Christmas Eve Mass is important to me, and singing Christmas carols. After Mass we always cut the Christmas ham and have a few slices in a sandwich - delicious.

Where is your favourite place to visit in North Canterbury over the holidays?

Waikuku Beach and Hanmer Springs Hot Pools.

What has been your most memorable Christmas?

The magic of every Christmas is special - sharing it with my niece and nephews and seeing the delight they get from the gifts left by Father Christmas. I also love attending Christmas parades, the Christmas Tree Festivals and community carols - it's always great to see our community come together at Christmas.

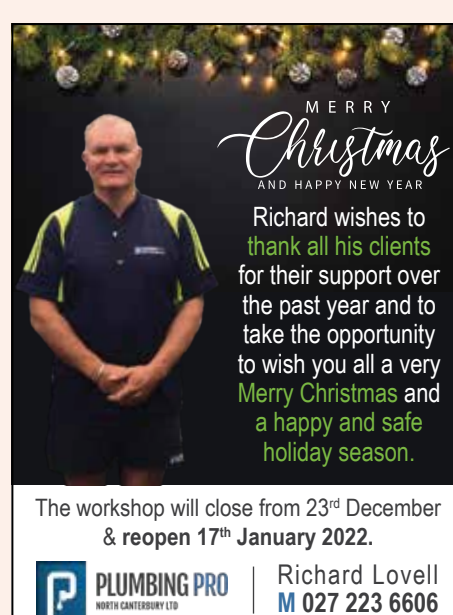


Mark and Hayden O'Donnell and the team at Canterbury Financial Services thank you for your loyalty and business over the years and wish you a very Merry Christmas and a healthy and prosperous New Year.

Our office will be closed from Tuesday 21 December 2021 and will reopen again on Monday 10 January 2022.

CFS

www.cfslimited.co.nz



Richard wishes to thank all his clients for their support over the past year and to take the opportunity to wish you all a very Merry Christmas and a happy and safe holiday season.

The workshop will close from 23rd December & reopen 17th January 2022.

PLUMBING PRO NORTH CANTERBURY LTD Richard Lovell M 027 223 6606



Here we are - at the end of another crazy year. Once again, to all of our clients thank you for your support - it has been a pleasure working with you.

We would like to take this opportunity to wish you, your team and family a very Merry Christmas and a happy and successful New Year.

- Matt, Belinda, Brooke, Sarah, Lisa and Hannah

our office will be closed from 12pm on Thursday 23rd of December and will reopen at 9am on Monday 17th of January 2022.

www.ncbiz.co.nz



Merry Christmas, Meri Kirihimete!

We all know it has been an extraordinary year, one unlike any of us would have experienced before (I'm sure we said the same last year). Despite this, or perhaps because of it, it is important that we all take time to reflect on Christmas in our own individual way.

I always look forward to the season of Christmas. For me it is about spending time with my family and enjoying seeing so many people connect and share joy.

Please keep an eye out for people on their own this Christmas and holiday period. This is a time for kindness and sharing.

Thank you to our emergency services, medical teams and all other staff working and keeping us safe over this holiday period.

Wishing you and your family a Merry Christmas and happy New Year.



Mayor Dan Gordon and Rupert

Jan



Village Green Antiques & Giftware

Thank you to all our valued customers for your continued patronage during the year. Wishing you all a very happy and safe Christmas and New Year. Look forward to seeing you all in 2022.

www.villagegreenantiques.co.nz



We would like to wish everyone a very Merry Christmas and a Happy New Year! It has been an unusual year and we appreciate all your support

We will be closed from the 22nd of December 2021 and will reopen on Monday, the 10th of January 2022

325 Flaxton Road, Rangiora
www.burbidgeautomotive.co.nz



Thank you for your support of my new business this year.

Your Property Inspector is on leave from 24 Dec - 5 Jan, however I can complete any urgent inspections before or after these dates.

I hope you and your team have a wonderful Christmas break and I look forward to working with you in the New Year.



Jeremy Cox
Your Property Inspector
021 725 455

YOUR PROPERTY INSPECTOR



Matt Doocoy
MP for Waimakariri

From my family to yours, I wish you a happy and healthy Christmas and a peaceful new year



Authorised by Matt Doocoy, Parliament Buildings, Wgtn.





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SERVES 4-6

- 2 tablespoons butter
- 1 brown onion, peeled, chopped
- 3 stalks celery, halved lengthways, chopped
- 1 tablespoon regular curry powder
- 1 teaspoon garam masala
- sea salt and ground pepper
- 1 tablespoon tomato paste
- ½ cup apricot or mango chutney, plus extra to serve
- ½ cup good-quality mayonnaise
- 2 tablespoons plain flour
- 200ml whole milk
- 1 cup seedless green grapes, halved or roughly chopped if very big
- ¼ cup chopped spring onions
- ¼ cup chopped parsley leaves
- ½ cup lightly toasted sliced almonds
- 450 grams leftover shredded turkey
- spray oil
- 180 grams savoury shortcrust pastry
- 280 grams puff pastry
- 1 large egg, size 7, whisked with 1 teaspoon milk
- 2 teaspoons sesame seeds

THE DAYS AFTER

Coronation Turkey Pie

If you need a reason to cook a turkey for Christmas Day - this is it! Make sure you save enough leftovers for this amazing turkey pie. The ingredients are a little bit different, but trust me - it's the tastiest thing you will serve. I have been making it for a few years now and it has become a firm family favourite.

It doesn't feature in the new book - Dish Fast but we are lucky to be given permission to use it.

Coronation Turkey Pie

The most satisfying old-school flavours make for a delicious Boxing Day pie.

METHOD

- Preheat the oven to 180°C.
- Heat the butter in a large heavy-bottomed saucepan and add the onion, celery, curry powder, garam masala, salt and pepper. Stir well to combine then leave to cook over a gentle heat for 10 minutes or until the onion is softened.
- Add the tomato paste, chutney and mayonnaise. Sprinkle over the flour, stir well, then add the milk and cook, stirring, over a medium heat until the sauce is thickened and creamy. Remove from the heat, add the grapes, spring onions, parsley, almonds and turkey. Cool.

TO ASSEMBLE:

- Spray a pie dish with cooking oil and line with the shortcrust pastry.
- Spoon in the pie filling and cut a circle of the puff pastry and place over the filling.
- Use your thumb or the tines of a fork to seal the edges and brush with egg wash.
- Sprinkle with sesame seeds and decorate with leftover pastry as desired.
- Bake for about 40 minutes until golden.
- Serve with a little extra chutney on the side.

Thinking about Christmas gifts? Look no further - the cookbook of the season is here!

dish FAST is chock-full of quick and easy classics and up-to-the-minute recipes, specially developed to help Kiwis get food on the table in double-quick time.

dish FAST by Sarah Tuck and Claire Aldous, ICG Media, RRP \$45



Cheers to the Silly Season!

Chrissy Sangria

Ingredients

1 bottle of white or red wine | 4 teaspoons of white sugar | 60ml of Brandy | 2 cups of ginger ale | Orange, lemon and lime wedges | Fresh mint, to garnish

Method

Add ice to a large glass jug. Pour in all the sangria ingredients and stir. Garnish with mint before serving.



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 medicine plants she grows and uses at her home acre in Waikuku.

And so, here we are again, at the tail end of a year. And what a year 2021 was - full of amazing moments, and some really challenging times too - just like a garden!

Thank you to all my readers for becoming beautiful blooms in my herb garden! May your own growing journey continue to be filled with abundance!

Pataka's Fresh Berry Coulis

- 1kg fresh or frozen berries
- 10 dessert spoons of castor sugar
- 3 dessert spoons of lemon juice

Bring the berries and sugar to the boil. Simmer, stirring occasionally until it thickens slightly. Strain and press through a sieve or mouli. Stir in the lemon juice. Refrigerate for up to a week; or freeze in smaller batches.

Glass and tableware available from The Fabric of Society

RESCUE TEA

It is the time for overindulgence with end of year holiday functions and celebrations. As the original "fixer upper" for gormandise - since the ancient Greek and Roman feasts - herbs come to the rescue for digestive upset and detoxification.

A soothing tummy tea I often make myself includes time-honoured stomachic herbs

- 1 Tbsp dried peppermint leaves (or a handful fresh)
- 1 Tbsp dried chamomile flowers (or a handful fresh)
- 1 tsp dried fennel seeds
- 3 slices dried liquorice bark
- 3 slices fresh ginger root

Add all the herbs to a pot and add 500ml freshly boiled water (let the water cool for a few minutes), and steep for 10-15 minutes. Strain and enjoy.

DISCLAIMER: Don't drink more than 3 cups of therapeutic herb tea per day. Be aware of herb interactions with other medications you may be taking. All recipes subject to this disclaimer: <https://meadowsweet.co.nz/disclaimer>

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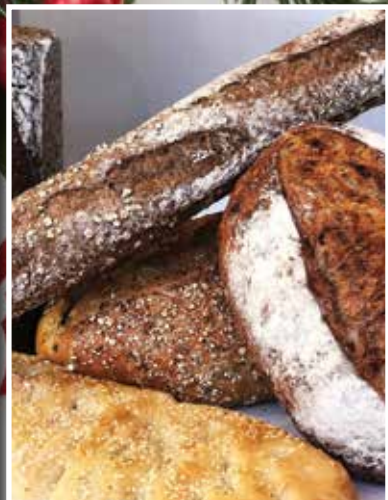
Stonebaked Cafe & Bakery

The staff at Stonebaked Cafe would like to thank our valued customers for your ongoing support throughout the year.

We wish you all a Merry Christmas and a Happy and safe New Year

We are closing on the 25th December and will be back on Wednesday 5th January.

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Christmas Feast

FESTIVE COUSCOUS

Ingredients

- 1 bag Pams Couscous
- 2 Tbsp cumin seeds
- 2 red onions
- 3 carrots, peeled & grated
- 2 oranges, sliced into small segments
- 1 handful mint, roughly torn
- Olive Oil

Method

Finely dice one of the red onions. Add a big glug of olive oil to a large fry pan over medium heat and add the diced onion, cumin seeds and season with salt & pepper. Cook until the onion is golden and soft.

Add the couscous to the pan and stir to coat. Pour over 2 cups of boiling water and remove from heat, cover with a lid and leave to steam for at least 5 minutes.

Uncover the couscous and fluff up with a fork, breaking up any lumps. Leave to cool.

Place the cooled couscous into a large serving dish and douse generously with olive oil. Mix through the carrot and orange segments. A vibrant and flavoursome dish with all the Christmas colours, this is perfect for a burst of freshness.

Quickly pickle your onions for a burst of colour and extra zing. Add the sliced red onions to a small pot with some Pams White Vinegar and 2 Tbsp of Pams Brown Sugar. Simmer for 5 mins before draining the liquid.

Sprinkle the onions and remaining mint leaves over the salad.



Tableware available from The Fabric of Society



This Christmas New World have taken the hassle out of Christmas by providing a Christmas Feast Menu to cater for 10 people for \$150.

We even provide a shopping list to make it easier. The recipes are easy to follow and some can be made ahead saving you time on the day. I've decided to make the Salmon Mini Puffs and the Festive Couscous, both of which are very easy to make. The salad can be made the day before, along with the pastry cases and you can add the filling just before serving.

Both recipes are light and won't weigh you down. To give the couscous more flavour, substitute a cup of chicken or vegetable stock for 1 cup of the water. When making the salmon puffs I used a 6cm round cookie cutter but for something different use a square cutter. If you have vegetarian guests you can use basil and tomato instead of salmon and drizzle some Balsamic Glaze over the tomato. These recipes give you some great options for Christmas Dinner and they are all available online at newworld.co.nz.

From our New World Family to yours wishing you all Happy Christmas and relaxing Summer Holiday.



Barb Palmer has been part of the friendly team at New World Rangiora for 18 years, the last 7 as their Brand Ambassador sharing recipes and ideas with customers.



MINI SALMON PUFFS

Makes: up to 18 puffs | Prep time: 15 minutes | Cooking time: 15 minutes

Ingredients

- 2 sheets Pams Flaky Puff Pastry
- 5 Tbsp plain yoghurt
- 1 small Lemon, zested and sliced into thin wedges
- 100g packet Pams Sliced Smoked Salmon, cut into long thin strips
- 1 small red onion, finely diced
- 5 tspns Pams Moroccan Capers

Method

Using a round biscuit cutter about 6cm in diameter, cut circles out of the pastry. Place the cut-outs on a lined baking tray, then bake for 15 minutes at 200°C.

When ready to serve, use the back of a teaspoon to crack the top of the tart shells, making a little round nest for the filling.

Mix the yoghurt and lemon zest together, and season with salt and pepper. Spoon some of the yoghurt mixture into the base of each tart.

Roll the salmon strips into little rose shapes and nestle on top of the yoghurt in the tart. Garnish with a thin lemon slice, some red onion and a few capers.



Tableware available from The Fabric of Society

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Page Turners

words: **Emmas at Oxford**

The Joy of Gardening

Lynda Hallinan



"Gardens teach us to live in the moment. They nourish us, provide solace in grief and offer sanctuary from the stresses of modern life. Slowing down, letting go, working in harmony with nature and cherishing the accidental pleasures, from self-sown seedlings to bumblebees sleeping in dahlia blooms: these are the things that make our hearts sing".

This isn't a book full of handy hints and expert tips - it is intended to highlight the real joy of a garden - not the work, but the joys of simply being in it. The book has chapters such as Family Traditions, Spring Renewal and Kindness and Care; and within each are various joys;

like the joy of making buttonholes; hand-me-down plants; sowing sunflowers; having a laugh and a weedy lawn.

Lynda writes about the way memory and tradition connect us to special plants and places, and the thrill of sharing a love of gardening with friends and family.

The Joy of Gardening is very readable; and for anyone interested in gardening, nature or slowing down, this will be the perfect summer read-preferably whilst enjoying the garden.



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Matt Doocey

MP for Waimakariri

It's been a month to celebrate the calibre of young people across the district, which is fitting timing following my recent appointment as National's Youth Spokesperson.

I'm thrilled to announce my new Youth MP, Oxford Area School Year 11 student Hillary Cooper, who impressed the interview panel with her enthusiasm for her original project idea that sealed the deal.

She told the panel how going on a defensive driving course equipped her with the confidence to drive on the open road. As a rural teenager, having that independence has been key for her, and she wants to use her role as Youth MP to help other young people in Waimakariri learn to drive safely on the electorate's open roads.

Hillary convinced me how important it is for community safety that our young drivers have

the skills they need to drive defensively and safely. She told me young people in Waimakariri struggle to get where they need to be with parents working and driver licence fees and accessibility to lessons often out of reach.

Hillary will be reaching out to young people across Waimakariri to get their feedback ahead of Youth Parliament on 19 and 20 July 2022.

Last week I was proud to announce another talented young person, Ruby Wilson, as the winner of the Matt Doocey Supreme Award for Waimakariri in the Waitaha-Canterbury Youth Awards. Ruby is co-chair of the Waimakariri Youth Council and member of WaiYouth, among a plethora of other youth leadership roles.

One of Ruby's many contributions to her community has been her involvement in the Waimakariri District Housing Forum, where she highlighted the issues young people are having trying to access housing.

Ruby has a great 'can-do' attitude and I look forward to seeing more from her in the future.

Finally, as we near the end of somewhat of a challenging year for many of us, I'm looking forward to spending time at home in Waimakariri, focusing on the things that matter most: my family. I hope you all get to spend some quality time with your favourite people this festive season so that we can all start 2022 feeling refreshed.



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