

Complimentary
MONTHLY PUBLICATION

September 2020

essence

essentially...north canterbury



12

House & Garden
Hanging Art

Feature
Women In Business

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Shop the Look

Large Bronze daisy necklace by Two Blond Bobs

OUT OF THE BLEU

Black daisy earrings by Two Blond Bobs

Wooden stool

Black open square earrings by Two Blond Bobs

Handbag by Rugged Hide

New Linen by Helga May

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contents

We love putting together this issue - as it's time to focus on our Women in Business.

From construction to retail, attorneys to designers - we're highlighting some of North Canterbury's many entrepreneurial women making their mark in a huge range of industries. Women who are out there running businesses, seeking out opportunities and taking on working life on their own terms. To make it more special we have once again attempted a flip issue. Hopefully you can navigate your way around and enjoy learning more about the talented women in our area.

In our series Me And My Phone we catch up with Bianca Waghorn the brains behind fashion label Ivy Blu. A fashion designer, retailer and mum of four - she still finds time for fitness training and getting outdoors with the family. We wanted to find out about her i-Phone habit. Page 4

We celebrate - Sadie Lietze ultimately one of our early heroes paving the way for the modern Women in Business. The New Zealand Women's Land Service was

established in 1940 to meet the shortage of male labour caused by their enlistment in the forces during World War 2. There were nearly 4,000 women working on the land and managing farms throughout New Zealand as part of the war effort. Writer Gilly Oppenheim chats with Sadie who joined the land service in 1942. Page 9

When it comes to art on the wall - 'you can hang almost anything', says Hamish Noster professional, Christchurch-based art installer. Hamish, owner of Nailed It Art Hang, has spent nearly the last ten years helping people hang all sorts of art in their homes using all sizes and shapes of wall spaces. So we asked him for a few pro tips. Page 12

In these strange uncertain times, there are still plenty of things happening and we are excited to share details about 'what's on'. Check out page 14 for details on markets, festivals, fetes and exhibitions.

Enjoy reading essence this month, Dorothy

contact us:

Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz
Ph: 0274 507 532

Melanie Cox - Office Manager
mel@essencemagazine.co.nz
Ph: 021 857 970

Mandy Buchan - Advertising Account Manager
mandy@essencemagazine.co.nz
Ph: 027 651 0731

Johanna Ditmer - Graphic Designer
johanna@essencemagazine.co.nz

PO Box 295, 211 King Street, Rangiora, North Canterbury.
Ph: 03 313 1811 | www.essencemagazine.co.nz

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88% OF WOMEN EXPERIENCE HAIR FALL

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10 Fashion

9 Profile



Front Cover: Complete the magic of rural living with a gorgeous Compass Pool. Photo; supplied by Compass Pools.



15 Garden Art

WIN

IS YOUR HOME MARKET READY?

Lynskey Interiors are giving away a free Homestyle to an Essence reader who is about to list their home for sale. Simply email mel@essencemagazine.co.nz with why you would like to win this prize. Competition closes Wed 30 September.

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T'S & C'S APPLY. EXPIRES 30TH SEPT 2020

We all love our smartphones and nearly 95% of adults in New Zealand own one. But they're very personal. We load them up with our favourite apps and use them in different ways. In this new series we ask people to share with us how they use their phone.

Me and My Phone

BIANCA WAGHORN

Bianca Waghorn is the brains behind fashion label Ivy Blu. A fashion designer, retailer and mum of four - she still finds time for fitness training and getting outdoors with the family. We wanted to find out about her i-Phone habit.

How long do you spend on your phone each day?

I am always connected. If I'm awake I'm working. Businesses these days need to be active as much as possible there is no such thing as time off. Online is just as much of a priority as being present in the store as this is the way I communicate with many of my customers. Retail is so different to what it used to be. I work on designing throughout the day when it's quiet.

Are you a caller, a texter or an emailer?

I am probably a texter more than anything else, I find it quicker than emailing, sometimes I call if I want to talk about an urgent matter.

What social media channels do you use most and how do you use them?

I use Facebook and Instagram and I use them all day long until I go to bed. Normally this is because I have to be on them a lot for work. I answer questions and keep in contact with customers from the time I wake up in the morning. I also spend time in the morning posting pics on social.

How do you get your news?

When I'm on social media I also scroll through to see what's been happening and it's normally how I find out what's going on in the world. Facebook is great for a general message but then I usually go to Stuff if I want more details.

What apps do you use?

Apart from social media my most used are probably Messenger, My Fitness Pal, Pinterest and then different school apps.

Do you have any house rules about phones?

I don't allow phones at the dinner table as we try to use that time to discuss the events of our day. I am definitely finding it difficult to monitor the time my daughter is on the phone. In fact I have just started to restrict it to weekends only for her. TikTok is a terribly addictive app for children and I am starting to see the damage it is doing to them.



Community Support

The Cancer Society Daffodil Day was well supported in Rangiora recently. We spotted these gorgeous Bambina mascots whilst the team were out collecting.

THE STATION CAFE Re - Opening

The Station Café & Shop opened its newly refurbished doors to friends and family on a sunny winter's day recently. New owners Steve & Vivienne King have given the historic building a fresh new look, whilst offering an improved menu featuring old favourites and some new inspired dishes too.



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Matt Doocey

MP for Waimakariri

It's been exciting to watch the preparations for the firework festival at our new marina in Kaiapoi and I'm looking forward to attending with my family to acknowledge 10 years from the 4 September 2010 earthquake.

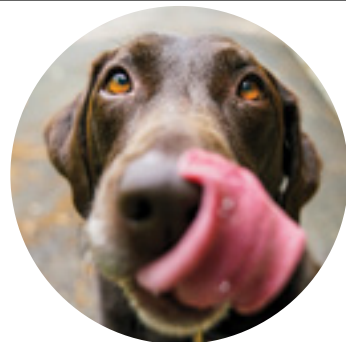
For many of us, the devastation of the September earthquake and the impact on our district will always be remembered but in 10 years we've got a lot to be proud of as a community that worked together with our local council under the great leadership of former mayor David Ayers and council CEO Jim Palmer, and now our new mayor Dan Gordon. I've been privileged over the years as local MP to be a part of our regeneration as we've celebrated the openings of new builds for our schools, and a brand new school this year; refurbished town halls for Rangiora and Oxford; a rebuilt Kaiapoi Aquatic Centre; new library and service centre in Kaiapoi; a new Ashley Bridge at Cones Road; vibrant town centres; our new Health Hub, which will also be offering after-hours care with a new purpose-built facility; and our marine precinct.

On Williams Street, Kaiapoi's iconic letterbox sculpture still stands to remind us of how our community stood together to mark the fifth anniversary of the quake. Today, we look around us at a district that's bustling with growth. Our new town centres have attracted businesses from outside our area and heralded a new and exciting time of expansion and growth, with new residential subdivisions growing alongside the development of our business districts. With our population growth has come infrastructure upgrades for our schools to match their roll growths and, of course, our major roading projects to address the congestion issues of a rapidly growing district.

We have cause for celebration this month as we mark not only the new beginnings of the season with the arrival of Spring but also the gains of the past 10 years.



Funded by the Parliamentary Service. Authorised by Matt Doocey, Parliament Buildings, Wellington.



Rangiora Vet Centre

Q. What's the difference between premium vet food & the supermarket varieties?

In our clinics we recommend foods developed by food scientists, nutritionists and veterinarians, where the levels of different nutrients are tailored for the life stages and health needs of your pet.

These premium diets differ to the supermarket brands and are not only made with high quality ingredients, resulting in a complete and balanced diet, they are produced with exceptional quality control and also come with a palatability guarantee. They're formulated to be highly digestible, which means there will be less poop for you to pick up, which can only be a good thing! Also they don't contain food colouring or extra ingredients that aren't necessary for your pet.

Q. Did you know that premium pet food can work out cheaper than buying from the supermarket?

One of the biggest road blocks to feeding a super premium food is the perceived cost. In reality premium foods are often better value for money in terms of the dollars spent per gram of nutrition you are feeding your pet.

Many of the cheaper brands contain a lot of water and fat (eg dog roll) and low energy ingredients/filler so you end up feeding larger volume, more often, spending as much per day as you would on a premium diet.

Another cost benefit of feeding the premium diet is the reduced need to visit your vet for health issues, as the science based ingredients are formulated with the health of the animal in mind, helping to maintain peak performance and wellbeing at all life stages.

As vets, we want pets to get the best food available and recommend you feed a premium diet, as in the long run, they, and your back pocket will be much better for it!



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Book Review IN NEED OF A GOOD READ?

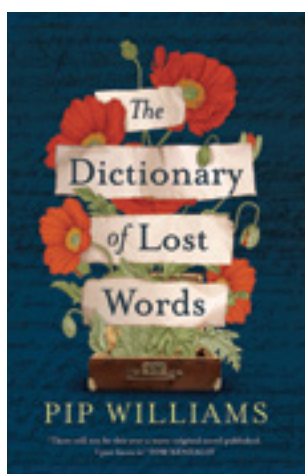
The Dictionary of Lost Words Pip Williams

This book is an historical fiction gem based on real events. The premise is just so uniquely compelling, not to mention important. I loved it!

Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the 'Scriptorium', a garden shed in Oxford where her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary. Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word 'bondmaid' flutters to the floor. Esme rescues the slip and stashes it in an old wooden case that belongs to her friend, Lizzie, a young servant in the big house. Esme begins to collect other words from the Scriptorium that are misplaced, discarded or have been neglected by the dictionary men. They help her make sense of the world.

Over time, Esme realises that some words are considered more important than others, and that words and meanings relating to women's experiences often go unrecorded. While she dedicates her life to the Oxford English Dictionary, secretly, she begins to collect words for another dictionary: The Dictionary of Lost Words.

Set when the women's suffrage movement was at its height and the Great War loomed, The Dictionary of Lost Words reveals a lost narrative, hidden between the lines of a history written by men. It's a delightful, lyrical and deeply thought-provoking celebration of words, and the power of language to shape the world and our experience of it.



Claire and Stuart Morris

How to find a premium?

We've spent a bit of time trying to assist buyers in their attempts to purchase during a relatively busy market. Now it's time to talk to you, the prospective sellers out there.

Firstly, yes the market remains as strong as we've seen it for a while. The statistics back this up with the median sale price pushing up to all time highs, time on the market heading down to pretty low levels (influenced by the lockdown period) and the volume of transactions each month also pushing up to all time highs across the major towns and entire Waimakariri district.

In light of this, our biggest concern for sellers in the current market is under selling.

Prospective sellers should seek the best real estate professional and their advice to make sure they don't take the first buyer's offer that comes along but rather the best buyer's offer. Currently we are experiencing property owners being approached when their property isn't actively for sale and our warning would be not to sell yourself short - make sure you achieve the true market value of your property.

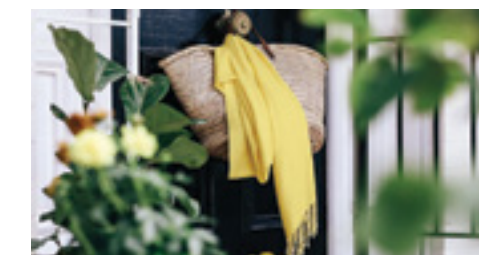
Now more than ever you need to consider adopting a few different strategies and look to find a real estate salesperson who:

- Has a strong understanding of the methods of sale and which one is most likely to bring you the best result
- Has the primary focus of creating and then fairly managing any competition that arises because that is what will deliver you a premium
- Is in touch with the market and can gauge when it's the right time to push for more versus knowing that they've found the best buyer
- Is a fantastic communicator and is able to keep you informed so that you make the best decisions for you
- Has the confidence to put your needs and the buyer's needs first

The consequences of not doing this could be huge and could cost you thousands of dollars.

There is a lot to talk about and a lot to consider. Our advice would be to either get a referral from someone you trust or interview a few different salespeople.

Give one of our team a call - they would be happy to hear from you!



HEALTHY HOMES - HEATING STANDARDS - IT'S HEATING UP!!

As we continue working towards compliance with the Healthy Homes Standards, with statements required by 1 December this year and compliance by 1 July 2021, we have come across a real issue with the heating requirements.

Tenancy Services have produced a calculator which they have online if you want to take a look. Essentially you fill in the dimensions of the room with some further information, like number of windows, is it double glazed etc. Once you have entered these details it calculates the minimum KW of the heater required to heat the main living room up to the minimum of 18 degrees C.

This should be simple, right? Well apparently not! There are two real problems here:

1. Because there is no minimum heat standard in the building code, some new homes (less than 5 years old) are, when the online calculator is used, not complying with the Healthy Home Standards.
2. Professional, experienced and qualified heatpump installers are installing a heatpump using their own calculations and to the manufacturer's standards and again these are sometimes not measuring up!

There are a myriad of issues here. Sometimes the calculator means that a huge (commercial grade) heatpump is required but this will likely mean that because it is installed outside the guidelines of the manufacturer that the warranty won't apply. Plus, of course, if the heatpump is too large for the space it will not perform properly and could cost the tenants a lot in electricity.

So what do we do? Well that seems to be the million dollar question. I am working with heating specialists, Healthy Homes companies and legislation experts to see how we can make this work for both tenants and landlords. I have discovered that you can install an extra heater (fixed to a wall) up to a maximum of 1.5KW in order to comply but that will only help in some cases. I will, of course, keep working to come up with a solution and will keep you posted on that when I do.

In the meantime if you have any questions, feel free to contact me.

Katrina Green
Operations Manager
Property Management
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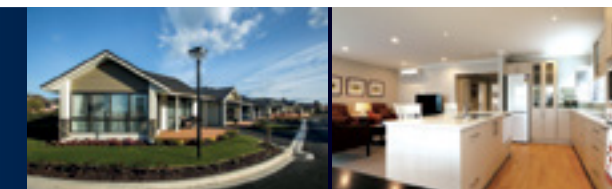
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Ginger, Caramel & White Chocolate Slice



Food In a Minute has been in our lives for 24 years providing us with practical recipes for everyday cooks.

Their recipes are triple tested and they are constantly looking for new and delicious ways to keep families fed. I make many of their recipes on The Love Food Stand and this café style Ginger, Caramel & White Chocolate is one out of the box, rich and decadent and a real treat for any occasion.

Just a few pointers to help you achieve the perfect slice, watch your oven temperature as you don't want to burn the bottom. Turn down the temperature 10c if your oven cooks on the hot side. Keep stirring the condensed milk until it boils so it doesn't stick

to the bottom of the pot and burn. You can substitute milk or dark chocolate instead of white for the icing and if you want it really thick, double the amount of chocolate, that's what I did and added 1 Tbl oil to help make it smooth.

Enjoy, it's hard to stop at one piece.



Ingredients (Serves 4-6)

1 ½ cup flour
1 ½ tsp baking powder
½ cup brown sugar
125 g butter, melted
2 x 395 g tins condensed milk
50 g butter
¼ cup golden syrup
3 tsp Gregg's Ground Ginger
200 g white chocolate
¼ cup crystallized ginger, finely chopped

- Preheat oven to 180oc(fan bake). Mix together flour, baking powder, brown sugar and melted butter. Press into a baking paper lined 27cm x 18cm tin. Bake for 12 minutes until base is a light golden colour. Set aside while preparing the filling.
- In a saucepan put condensed milk, butter, golden syrup and ground ginger. Stir over a moderate heat until boiling. Pour over the shortcake base. Return to the oven and cook a further 12 minutes. Remove from heat and cool in tin. Carefully lift out and cool on a cooling rack.
- Melt white chocolate in pan over hot water or in the microwave on 30 second bursts. Spread over cooled filling. Scatter chopped ginger over the chocolate. Refrigerate until set. Cut into slices and store in an airtight container. Makes 20 pieces.



Barbara Palmer has worked at New World Rangiora for 17 years, the last six as their New World Brand Ambassador during which time she has created many striking recipes.



Sadie's Story

One of the Forgotten Land Girls

words: Gilly Oppenheim



The Land Girls are surely New Zealand's unsung war heroes. The Women's Land Service was established in 1940 to meet the shortage of male labour caused by their enlistment in the forces during World War 2. There were nearly 4,000 women working on the land and managing farms throughout New Zealand as part of the war effort.

Sadie Lietze (née Stuart) was one of these Land Girls. Sadie grew up on a dairy farm at Highcliff on the Otago Peninsula, so she was used to milking cows, rearing calves, riding horses and having a dog. However, during the Depression the family had to move off the farm. In 1942 Sadie was just 19 and working in the Tip Top Milk Bar in the Octagon in Dunedin, when an advertisement caught her attention. "Women over 17 years of age. For a healthy vital war job. Join the Women's Land Service".

Sadie was interviewed and accepted into the women's Land Service. She was sent to Otago to work on Tara Hills, a high country station. She spent two years here as a cowman, assistant rabbit, gardener, horse breaker, musterer, wool classer and general rouseabout. She milked the cows every day of the year, morning and night, and never had a break. As well as being up at 6am every morning to do the milking, Sadie was expected to catch

and saddle up the children's ponies for school and help with domestic chores. Trapping rabbits was a full-time job in winter and was backbreaking work, but the biggest hardships were the conditions and the cold. There was no electricity. A Delco engine charged batteries for the light and the wireless, which they listened to for war news at nine o'clock in the evenings. Sadie slept in an old tin hut, powered by candles and she kept warm at night by putting sacks off the floor on top of her bed! Hot, nutritious meals were served in the homestead and her weekly bath was a treat.

When she turned 21, Sadie asked to be transferred and she then spent 8 months on a property at Kelso in West Otago, where she was treated like a daughter until the war ended and the Women's Land Service was disbanded. Most of these women stayed on the land. They married farmers, brought up families, and until recently, Sadie met every year with her fellow Land Girls for an annual reunion.

The Land Girls kept the country's wheels turning when the men went off to serve in World War 2. These women achieved so much, in terms of demonstrating that women were equal to men both in farm and stock management, but their efforts are largely forgotten. After the war was over, there was no acknowledgement of their efforts and the NZ Government doesn't even have a record of these women. There is no national monument to the Land Girls, although several woolsheds around the country have bronze bells, made by Jai Hall to honour their contribution.

Now aged 97, Sadie wanted a memorial for her friends and colleagues. She was so impressed with the views and plantings at the Rongomaraeroa Peace Walk in Maungati, that she has raised the money to install a memorial plaque to recognize the efforts of the Women's Land Service. A seat, provided by Fiona Elworthy, has been built by John Brownlie. The seat and plaque will be blessed at Maungati on Sunday, October 18th at 11am.

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How long do I have to wait between treatments?

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weeks. For extra collagen stimulation, you could see us for some LED Photo Therapy treatments in between sessions to really pump things up.

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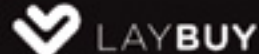
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Quilters Quarters On The Move

The team at Rangiora's much-loved sewing and craft shop, Quilters Quarters, are looking forward to their upcoming move. The long-established store is set to move premises to Rangiora's Old Court House just off High Street and the new setting will bring many benefits to customers and staff alike.

As a listed historic building the Old Court House had its fair share of challenges in terms of compliance - but the building itself is bursting with character and history. It was first opened in 1893 and was given Landmarks status in 2003.

Whilst the actual floor space is slightly smaller than Quilters Quarters' current premises, the old Court House will see a real revamp of space. Its layout allows the team to create dedicated zones in the store - grouping displays such as fabrics and sewing machines and separating the classes from the main retail area, in the old cell block.

The location just off High Street will also mean customers can combine their visit with shopping and other errands. Plentiful parking nearby makes it convenient and the old area that used to serve as the space where police vans brought people for court appearances, is now set to be a dedicated drop off area for deliveries to the store.

The team expect to be in their new premises next month and are looking forward to welcoming their customers old and new to this fabulous new space.

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THE ART OF *Hanging Art*

By Pattie Pegler

When it comes to art on the wall – you can hang almost anything says Hamish Noster professional, Christchurch-based art installer. Hamish, owner of *Nailed It Art Hang*, has spent nearly the last ten years helping people hang all sorts of art in their homes using all sizes and shapes of wall spaces. So we asked him for a few pro tips.

Get Measuring

Whatever you're hanging the first step is to think about measurements. The centre point of the art work should typically be at around 1500mm from the ground. If you have a particularly large painting you can drop that centre point a bit lower, perhaps around 1450mm says Hamish, otherwise you may find it hitting the ceiling. Whilst if you have two art works you want to place one above the other then take the centre point from the entire space taken up by both including the gap between the two.

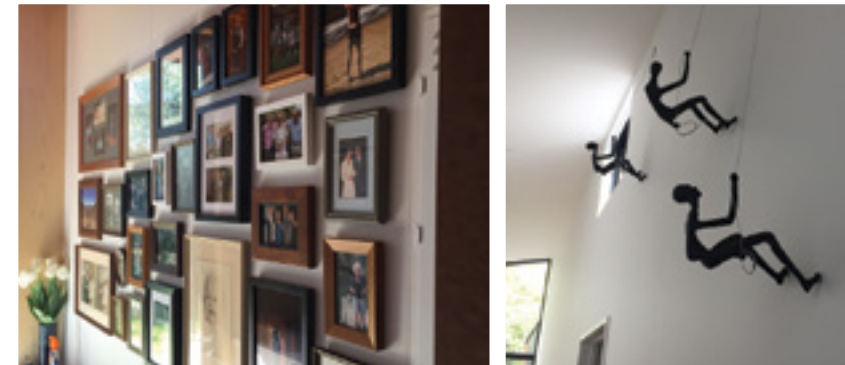
Using a measurement from the centre of the artwork to the ground rather than from the bottom of the frame gives a less uniform look. Imagine you are hanging a line of paintings or photographs along a hallway, when you look down the line the centre of the pieces are all the same but the frames don't form one solid line.

A Gallery Wall

Gallery walls or groupings are hugely popular and particularly good for getting those family photos up. And if you're worrying about matching – don't, says Hamish. Groupings can mix up sizes, frame types, textures, colours and even formats and roll them all up in one glorious display. But it's getting the groundwork right that really matters here – literally.

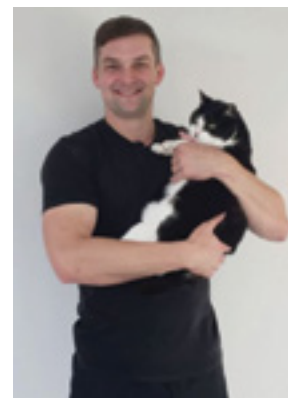
Hamish advises measuring the wall area to get the space you're working with before you do anything else. Then move pieces around on the ground within that space measurement until you have a look you're happy with. You need to take into account things like light switches says Hamish and obviously leave a gap between art pieces. Getting the layout right before you start to place on the wall will save a lot of time, energy and paintwork.

Of course, it's up to you what you put next to what and there are no hard and fast rules. Hamish says he mixes it up. "If there's one big work in the collection I don't put it in the centre and I don't line them up. But I do usually put the biggest work on the wall first and then build around it. It's what I call chaotically collective."



What's Wrong Here?

We took this image of art hanging in the home of one of our team members. She's never been quite happy with how it's displayed.



Hamish Says

"They don't look quite correctly centred on the wall. I would centre them from the edge of the rail to the window frame and move them up just a fraction – say 200mm. That will stop them being obscured by the plant and give them a more balanced look."

PRACTICAL TIPS

Measure height from the centre of the art work. The universal standard is for the centre to be 1500mm from the floor.

Look at your white space – an art work should not take up every inch of wall but it also shouldn't look lost on it.

For two paintings hung above one another or side by side a good gap distance is 60mm. This can be shrunk down slightly in gallery walls – try 50mm.

Use hangers on the back of larger or heavy paintings rather than string, velcro hangers or sticky hooks.

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The experienced team at Hagley will help to guide customers through the process - advising on glass types, frames and colour matching to existing joinery. And, of course, one crucial decision is whether to replace the entire window or to retrofit.



Retrofitting means that just the glass is replaced with new insulated, energy efficient, double-glazed units. It means you don't have to throw away your old frames but it does depend on those frames being in a good enough condition to make retrofitting worthwhile. If it's possible, retrofitting can be an excellent option with considerable cost savings.

When replacing the entire window customers have a vast choice of frame colours. If you want new windows to help modernise your home then opting for on trend darker colours like deep greens, greys and blacks is a possibility.

Glass types can also vary and again the team at Hagley can advise on the best glass types for the situation. For example, if you want to reduce road noise then you might want to opt for hush glass. If excessive sun glare is a concern - then tinted glass might be an option. Whatever you opt for, replacing single-glazed windows with Low E glass keeps you warm in winter and cool in summer. Create comfort, warmth and security for your home.

So pop into Hagley's Rangiora showroom and have a chat with their window experts.



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Fairs
FETE'S
Gardens



As the weather warms up the region's event calendar has been keeping pace.

With wide, open space and stunning scenery, our rural region lends itself to fabulous outdoor events – from markets to festivals, fetes and exhibitions. We're looking forward to all of them this year.

The Ohoka Farmers Market is a regular for us with its well-established blend of produce, baked goods and other artisan items it runs all year round. But the summer market really ramps up with a lot more stalls, music and a real country community vibe to it.

If you like markets another great one for the calendar is the Christmas Country Fete – the ultimate event for those that think Christmas shopping should be more

fun than tramping around a soulless mall. Likewise the Mandeville Craft Festival with its variety of craft stalls, food and drink and live music – it's half festival, half market and we love it.

And of course the warmer months are the perfect time to explore some of the region's beautiful gardens. Websites such as gardenstovisit.co.nz let you search for private gardens open to visitors. Or you could make a day of it with the Hurunui Garden Festival or enjoy the combination of art and outdoors at the six-week exhibition of Art In A Garden.

We are lucky to live in one of the most beautiful spots in the world. Get out and enjoy it this summer.



OHOKA FARMERS MARKET HAS BEEN BUILDING AND CULTIVATING A COMMUNITY AROUND FOOD ON FRIDAY MORNINGS FOR OVER 10 YEARS.

This summer market season starts in October and includes the Show Day market on Nov 13th, Xmas Markets Dec 11th and 18th and then New Year's Market Fri 1st Jan.

The community of food and artisan crafters provide more than just a shopping experience; it is a celebration of good localisation.

Every Friday 9 – 12.30 all weather.

Gardening IS AN ART FORM

If you have read our story on page 12 and have mastered the correct way to hang art or create a photo wall - you can then perhaps turn your head to placement of art in your garden.

While we think it's a relatively new concept it has actually been in vogue as a form of creative display in gardens as far back as the 16th century. Gardens have evolved from basic plantings to the creation of harmonious spaces that incorporate art, structure and interesting garden designs.

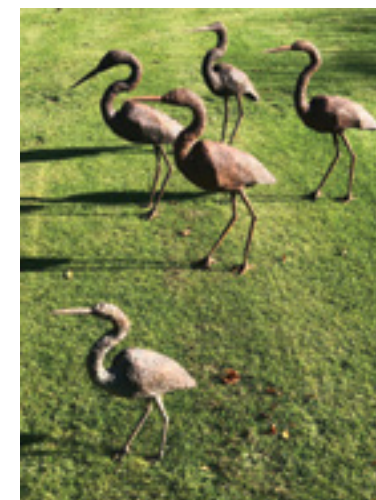
Why not add interest to your garden by extending your art collection outdoors? Add personality with bold statement pieces, abstract art or subtle natural structures. Antique garden ornaments can add plenty of interest or showcase your creativity by using upcycled objects. An old bird cage can look fabulous hanging in a tree and act as a platform to attract and feed birds. Keep an eye on second-hand shops or Trademe to find some quirky and different things.

A carefully placed classical piece of furniture or a large urn conveys a traditional style of garden or you might consider a large steel sculpture for a modern garden - look around for a local artist to commission a piece that is unique to you. Stone objects or water features can enhance a secluded setting within a bordered landscape and even something as simple as an interesting piece of driftwood can add a sculptural element in a coastal setting. Driftwood is easily accessed after a storm or high tide at your local beach.

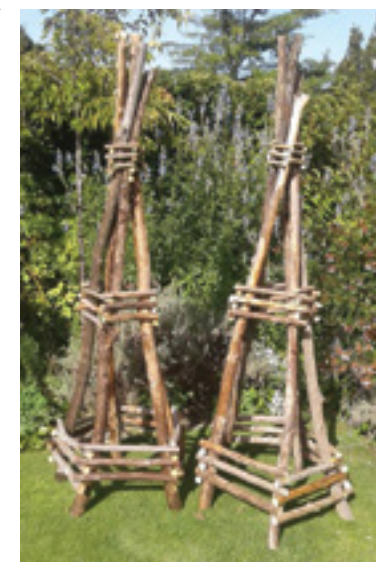
Artworks can attract your attention and entice you to explore more of the garden. They can also create elements of surprise as you come round a corner or into a new space. Even if you don't have green fingers, you can make a statement in your garden. If you like it and you think it looks good, take the leap - become a garden artist!



Check out second-hand shops or Trade me for interesting bits and bobs. (Birdhouse at Waikuku)



Have a local artist commission your own piece of art. (supplied by Art in a Garden)



Sculpture looks great, even in the depths of winter when plants are hibernating.

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Here We Go again... Update from Hank

"Here we go again". A thought that we all experienced over the last couple of weeks. Well, I certainly did. The anxiety of uncertainty. The fear of restraint. The waiting for the 1 pm announcement of new Covid cases... again!! More importantly, where are they? Level 2, however, I would suggest wasn't too arduous for most of us. Scanning the QR codes is a pain but again not that difficult.

Once again, we hear comments of "the new norm" and "get used to it, it'll happen again". I must admit, I'm a bit over that. Life is a constant change. Life is a constant string of events that are progression, good or bad. It's often been said that the only constant in life is change. And there are only two certainties in life, death and paying taxes! After all, we're human.

It's in our nature to change, to advance, to progress and sometimes it's things we don't necessarily like that much.

It's not a matter of getting used to it, it's more a matter of that's what we are whether we like it or not.

I'm not a religious man, but, many of us have heard the prayer "God, give us the serenity to accept that which we cannot change, the courage to change that which we can and the wisdom to know one from the other." We need to, I need to, stop worrying about things that are beyond my

control. Take it on the chin. By all means be informed but accept, deal with it, and move on.

I know that's all a bit philosophical, but it's also real. I'm very much about keeping it real.

There's just one more short comment I'd like to make. I'm not strongly politically opinionated but do have personal thoughts on the subject. It's not in any way my intention here to give any personal political opinion but, I urge you to spare a kind thought for the Government of the day. They are and have been for the last few months in the unenviable position of "damned if we do and damned if we don't". The decisions they are asked to make are some of the most difficult in current living memory. It doesn't matter who is in power and the actual decisions they have made. What matters is that they have made decisions. Right or wrong, that's better than what we see in the world around us. Remember, they too are all people like us. They too have families, emotions, personal opinions, everyday stresses. But they too breathe the same air as us, live in the same country as us and it's also their children that will inherit our legacy.

Now back to our business. We've recently experienced a number of clients querying increases in their insurance premiums. Yes, overall, insurance premiums have gone up. It's a sign of the times. Again, it's not something we can control. But what we can control is being aware and informed of what it is that we're paying for. What we can



control is seeking good advice and guidance on what is necessity rather than nice to have. Remember, hope for the best, but plan for the worst.

Jill and I recently reviewed our own insurances due to an increase in premiums and we've made adjustments based on the changes in our personal circumstances. We looked carefully at necessity as opposed to nice. We took good advice... from me!! If you already have an adviser, like Jill and I have, and you're happy and confident with them, then seek their counsel.

If not, then feel free to call, we can help. Afterall, it is what we do.

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Who's Who ²⁰²⁰

A CELEBRATION OF WOMEN IN BUSINESS



From construction to retail, attorneys to designers - we're highlighting some of North Canterbury's many entrepreneurial women making their mark in a huge range of industries. Women who are out there running businesses, seeking out opportunities and taking on working life on their own terms. So read on and get inspired.

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Katrina Green

Ray White Morris & Co Property Management
OPERATIONS MANAGER

What is your business focus? Professional Property Management.

What influenced your career choice? I 'fell into' property management really. I had three jobs when an old boss approached me to work for him in his property management business, so I thought why do three, when you could do four!

What is unique about your business? We are all about the people and creating great relationships. We live and work locally and own investment properties, so we understand our clients' needs.

Valuable learning experiences? Self-belief. It is all very well to tell others how good you are at what you do, but believing it yourself is the real key.

Your greatest accomplishment is? Building and leading an award winning team.

What are some of the challenges you have had to overcome? Constant new legislation.

Do you have a role model or someone who inspires you? Zac Snelling, Ray White Head of Property Management. He is so inspiring, passionate, knowledgeable, energetic and supportive. This industry is, let's be honest, hard work, and while we are a family owned franchise, being under the Zac umbrella just gives us so many advantages.

What are some of your goals and aspirations for the future? I get so excited speaking to people about investing in property and long term

I want more of these investors who understand the importance of having their rental run professionally under our watch.

Best advice you have received? Be yourself and back yourself.

How important is the local business community to you? Very important, we live here, work here, and our kids go to school here, we love being entrenched in our communities.

What is one thing people may not know about you? In my own version of a 'mid life crisis' I have taken up adventure racing, and love it!



Rangiora - Kaiapoi - Pegasus
P - +64 27 606 0030
E - katrina.green@raywhite.com
www.canterburypm.co.nz

Anna Gardner Miles of smiles



A chance conversation led to Anna Gardner, and her husband, Dr Ajith Polonowita, an Oral Medicine specialist, setting up PAG Dental, a North Canterbury practice which provides complete dental services from its two clinics at Pegasus and Silverstream. "Ajith knew Dr John Dehn from Pegasus Medical Centre, who asked if we would be interested in putting a dental practice next to the extended medical facility he was developing there," says Anna, who is PAG Dental's Practice Manager, and a qualified Dental Therapist.

PAG Dental opened at Pegasus in 2016, where it now has a thriving practice, with a team of seven staff including dentists, dental therapists and a hygienist. In June last year, PAG Dental opened a second clinic at Silverstream, another fast-growing North Canterbury location. "We offer a wide range of dental and oral health care services including general dentistry, children's dentistry and cosmetic dentistry. Our friendly well-trained staff do their best to cater for our patients' dental needs, and aim to provide a fear-free environment."

Anna says the Pegasus clinic has a growing number of clients from rural areas. "They know we are happy for them to turn up in their farm trucks and gumboots."

Supporting the clinic's dentists, Chaelin Kim and Minjoo Lee, and dental hygienist, Sumia Masoomi, are mostly local people, who have extensive experience in the dental industry,

some of up to 30 years, says Anna. "All of our staff are New Zealand trained and their knowledge base is incredible. Most of our auxiliary team work on a part time basis. This provides them with a good work/life balance, and we always have staff we can call on to cover leave or if someone is sick."

Dr Ajith Polonowita carries out some specialist clinics at the PAG Dental practices and provides management and clinical support to their clinicians. He is a leading specialist in Oral Medicine in New Zealand and Australia, and "wears many other hats", including being a specialist consultant at Christchurch, Wellington and Dunedin Hospitals. "He is also Head of Training in Oral Medicine for New Zealand and plays a part with the Australian Dental Council and Registration Authorities."

A strong family focus is a key ethos of the business, which welcomes new patients at both clinics, says Anna. "The family connection begins with Ajith and I as directors of PAG and extends to our daughter Alice who is a dental assistant and receptionist at Silverstream. My parents also have been involved with gardening support and some administration, and they were incidentally, the first residents of Pegasus Town. So it is a real family affair, including our staff, which is a big part of our mission."



54 Pegasus Main Street, Pegasus
P - (03) 920 4003
E - annapagdental@gmail.com
www.pagdental.com



Janne Clare

Jannz Craft Shop
OWNER

What is your business focus? Craft Supplies/Face Masks.

What influenced your career choice? A love of creating.

What is unique about your business? I stock a wide variety and find those 'hard to find' products.

Best advice you have received? Breathe - as a business owner it can be stressful.

Your greatest accomplishment is? Opening my shop on Main Street, Oxford a year ago.

What are some of your goals and aspirations for the future? To provide more classes, and employ staff.

"CRAFT WORK OF MOST TYPES IS FAB THERAPY"

How do you engage with the local business community? Person to person and Facebook.

What has the emphasis on 'supporting local' meant for you as a business owner this year? People from all over NZ now dropping in and recommending others.

What have you learnt about managing people during your time as a business person? Skills on listening to needs, teaching and learning to teach in different ways.

Top three things on your bucket list are? A Holiday x 3!

What makes you smile the most? When the person I am teaching starts creating their own ways of doing the craft. This means I've succeeded in empowering them to play. I've given them confidence to experiment and enjoy.

49a Main Street, Oxford
P - 027 272 3913
E - jannz@jannzcraftshop.com
www.jannzcraftshop.com



Leigh Miller

Property Brokers Rangiora
RESIDENTIAL & LIFESTYLE SALES
CONSULTANT

What influenced your career choice? I love people and property, for me it made so much sense to embark on a career that I can enjoy meeting people and help them achieve their real estate goals.

What is unique about your business? My commitment to limiting the number of properties that I market at one time - I firmly believe in quality over quantity and that vendors and buyers alike should receive the undivided attention they deserve.

Best advice you have received? It's only a mistake if you don't learn from it. Make today so amazing that yesterday gets jealous! And

of course wise words from my mum - treat others how you would like others to treat you.

Do you have a role model or someone who inspires you? My family, friends and work colleagues inspire me daily, I am lucky to be surrounded by some pretty amazing people!

How important is the local business community to you? Very, I rely on a lot of people and businesses on a daily basis - It is great to have so many fantastic people and services in the Waimak that I can recommend to clients.

How important have your team been to you in achieving business goals? Our team is a key component to success, Property Brokers is unique in the fact we have a "true team promise." We work together to achieve the best results for our clients and support each other. If you are not a team player, you won't last long at Property Brokers.

What is one thing people may not know about you? If I get a day that I am not selling real estate you will find me either riding my horse, hunting with my family or checking our bee hives (Makerikeri Honey).



222 High Street, Rangiora
P - 021 308 202 | E - leighm@pb.co.nz
www.propertybrokers.co.nz/branches/rangiora