September 2020

# essentially...north canterbury



House & Garden Hanging Art

# Feature Women In Business

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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 paying the way for the modern Women in Business. The New Zealand Women's Land Service was

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LAYBUY

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

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REAL ESTAT

10 Fashion



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



9 Profile



**IS YOUR HOME MARKET READY?** Lynskey Interiors are giving away a free Homestyle to an

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We would love to hear from you createdesignstudio.co.nz | studio.rangiora@printing.com | 03 313 7774 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

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Community Support

The Cancer Society Daffodil Day was well supported in Rangiora recently. We spotted these gorgeous Bambina mascots whilst he 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 earthouake

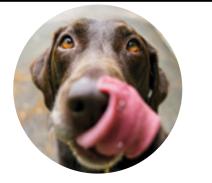
For many of us, the devastation of the September earthquake and the impact on our district will always be remembered but in 10 years we've got a lot to be proud of as a community that worked together with our local council under the great leadership of former mayor David Ayers and council CEO Jim Palmer, and now our new mayor Dan Gordon. I've been privileged over the vears 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 guality 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 net

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!



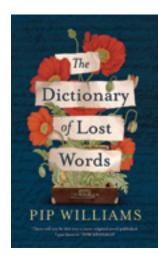
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Book Review IN NEED OF A GOOD READ?

### 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

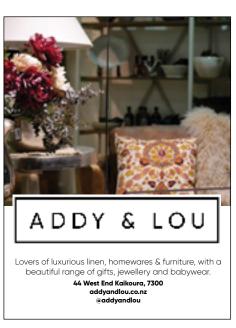


the sorting table, unseen and unheard. One day a slip of paper containing the word 'bondmaid' flutters to the floor. Esme rescues the slip and stashes it in an old wooden case that belongs to her friend, Lizzie, a young servant in the big house. Esme begins to collect other words from the Scriptorium 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.







### How to find a premium?

sellers out there

Waimakariri district.

current market is under selling.

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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

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

In light of this, our biggest concern for sellers in the

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

Ray White. Morris & Co Real Estate Ltd

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
- 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 E katrina.green@raywhite.com



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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 evervdav cooks.

Their recipes are tripled 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

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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
- <sup>1</sup>/<sub>2</sub> cup brown sugar 125 g butter, melted
- 2 x 395 g tins condensed milk
- 50 g butter

1/4 cup golden syrup 3 tsp Gregg's Ground Ginger 200 g white chocolate ¼ cup crystallized ginger, finely chopped

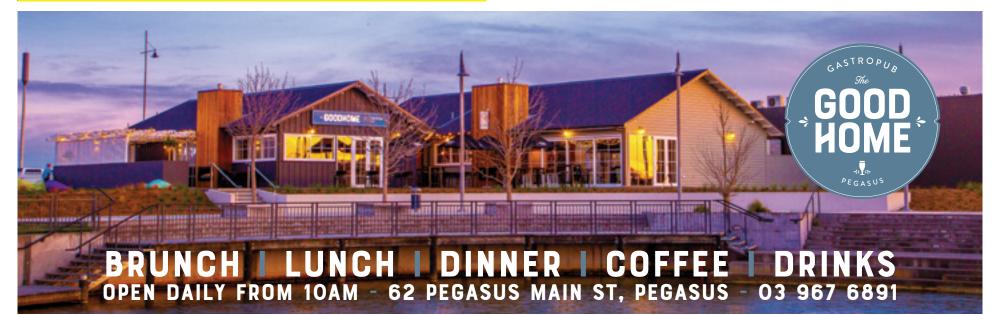


Barbara Palmer has worked at New World Rangiora for 17 years, the last six as their New World Brand Ambassador during which time she has created many strikina recipes

• 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.









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.

vital war job. Join the Women's Land Service".



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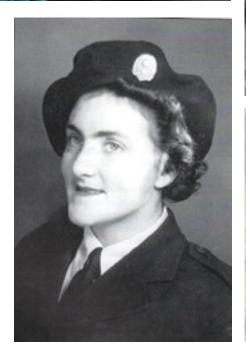
Sadie's Story

# One of the Forgotten Land Girls



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

Sadie was interviewed and accepted into the women's Land Service. She was sent to Omarama to work on Tara Hills, a high country station. She spent two years here as a cowman, assistant rabbiter, 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 iob 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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Miss Daisy

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How long do I have to wait between treatments? Every client's skin is different, but generally between 6-8

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

### How will I look immediately after a treatment?

Your Skin will be flushed - imagine how it looks after a run on a warm day. This generally subsides by the following morning

### What should I be using on my skin at home?

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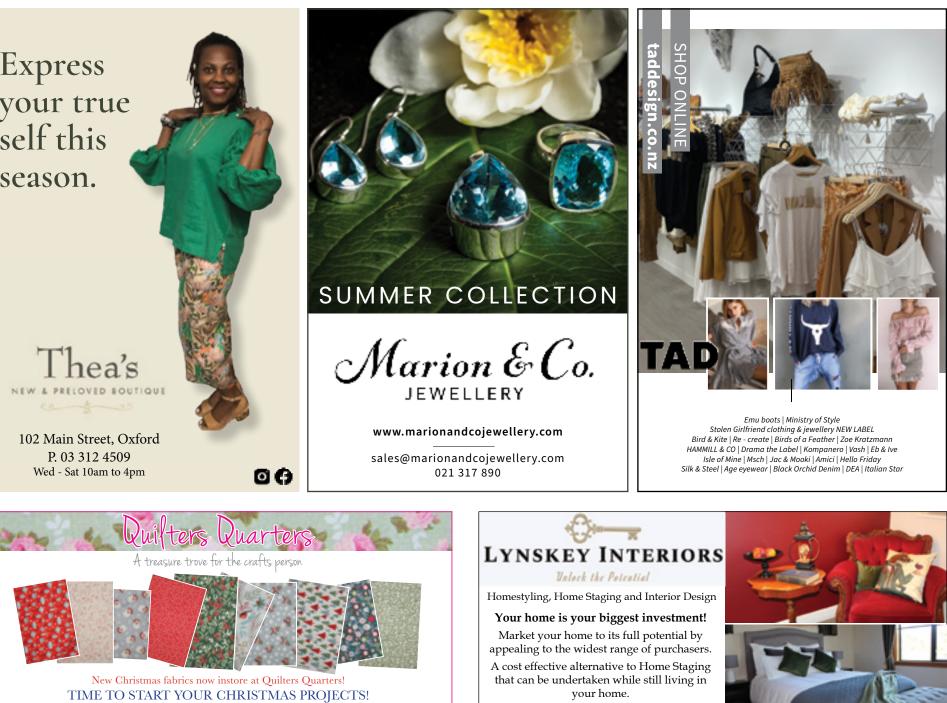
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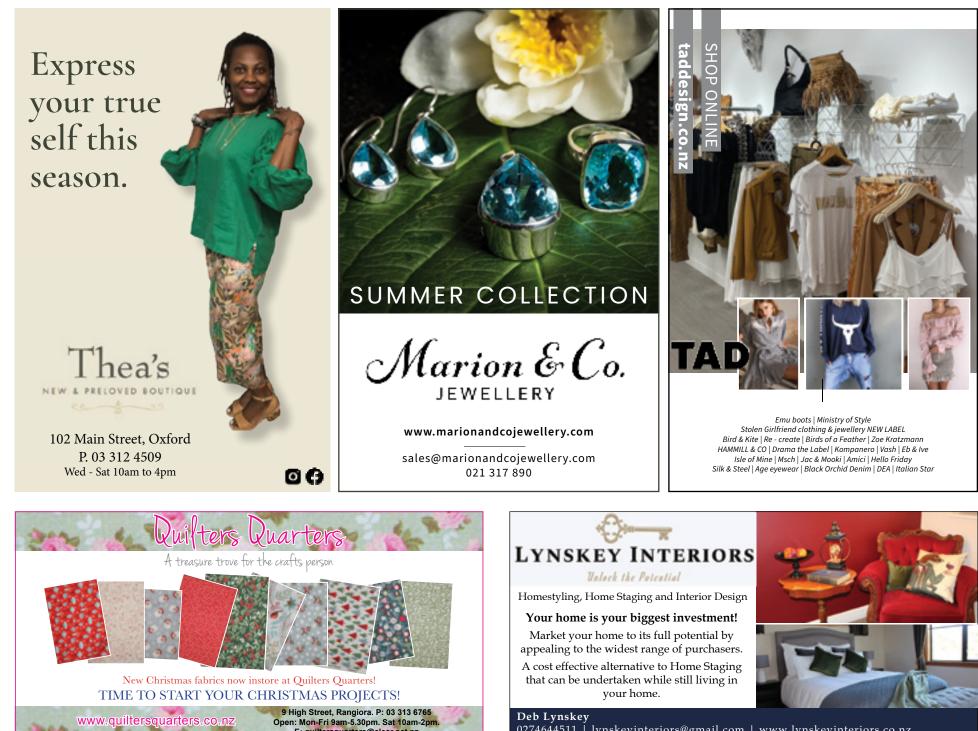






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# Quilters Quarters On The Move

The team at Rangiora's much-loved sewing store – grouping displays such as fabrics 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 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 Pegle**

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.

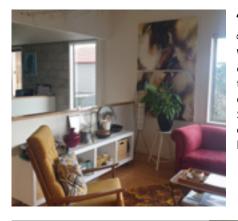
### A Gallery Wall

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 ow 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.





### **RETROFIT & REPLACEMENT JOINERY** NEW HOME, OLD ADDRESS

existing home?









There are many, considerable benefits to double-glazed windows. They keep the cold out in winter; the heat out in summer; they reduce condensation and can lower your power bills. With benefits like this it's no surprise double-glazed windows have been the standard for some time in new builds. But what happens if you want to upgrade to double-glazed in your

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.

Hagley Windows & Doors, 1 High Street, Rangiora WEB: www.hagley.co.nz | TEL: 03 313 6699 | HRS: Mon- Fri 8-5pm, Sat 10-2pm



Complete the magic of rural living by installing a Compass, the only self-cleaning pool on the market. To be swimming by summer, now is the time to act!

Visit our new display pool at 485 Sawyers Arms Road or call Deacon on 03 343 3040 and he'll meet you at your property, discuss your perfect pool and answer your questions.

Together with Goom Landscapes and The Little Big Tree Company, Compass Pools Christchurch forms the Goom Group - we're a one stop shop and passionate about creating the outdoor lifestyle of your dreams.

Want a pool? Call Deacon on 03 343 3040 compasspoolschch.co.nz





NZ's MOST **POPULAR** COUNTRY FETE

### Thursday 29th October 10am-4pm **AMBERLEY HOUSE ENTRANCE OFF AMBERLEY BEACH ROAD**

There are over 160 stalls selling handmade, unique items perfect for yourself or Christmas gifts.

Guest Demonstrators Covid-19 Times, 1.30pm - Angela Stone on styling for this summer Tickets on sale now: www.thefete.co.nz



# **EXPERIENCE A COUNTRY FETE CLOSE TO TOWN**



Sunday 6th December 10am to 3pm Mandeville Sports Ground

TRY FETE - CLOSE TO TOWN

Enjoy a relaxing day out with friends and family to enjoy great food, local music and browse around over 120 stallholders. There will be a wide range of top quality arts and craft stalls.

A lovely place to start (or finish) your Christmas shopping!

**Proudly Sponsored by TALL POPPY REAL ESTATE** 

Adults \$5 (Cash at Gate or online Pre-sale Tickets) Children 15 and Under - FREE, Off-Street Carparking - FREE Tickets/Entry - www. mandevillecraftfestival.co.nz/tickets-entry/

For more info like our Facebook Page or head to our website www.mandevillecraftfestival.co.nz This event is a Fundraiser for Ohoka Rugby Club.





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.

### DHOKA 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.



*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 out doors? 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)* 

# TAGGART.

Landscape Supplies **Aggregates Bark & Mulch Crushed Chip Decorative Stone Garden Compost Screened Soil** 







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 hibernatina



Join us to celebrate Spring in North Canterbury by exploring the extensive grounds of Pegasus Bay Winery and discover a collection of sculpture by some of the nation's best.

Visitors can mix art with wine and the gardens of which Pegasus Bay Winery is so well known for.

Tickets available from Eventfinda.co.nz. \$40 includes a selection of canapes, live music and performance art. Cash bar will be operating C CRAIGS" PECISUS ILS C 263 Stockgrove Road, Waipara | artinagarden.co.nz

We have a large range of landscape products for your gardening needs. We also have a variety of different delivery options to make gardening that bit easier.

**Open Hours:** Monday - Friday: 7am - 5pm Saturday: 8am - 1 pm

# 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.

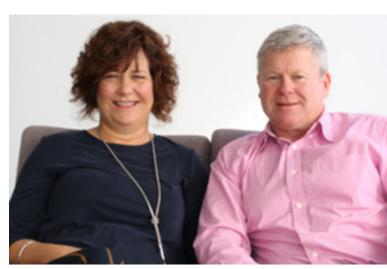
I'm not a religious man, but, many of us have heard the prayer "God, give us the serenity to accept that which we cannot change, the courage to change that which we can and the wisdom to know one from the other." We need to, I need to, stop worrying about things that are beyond my

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.

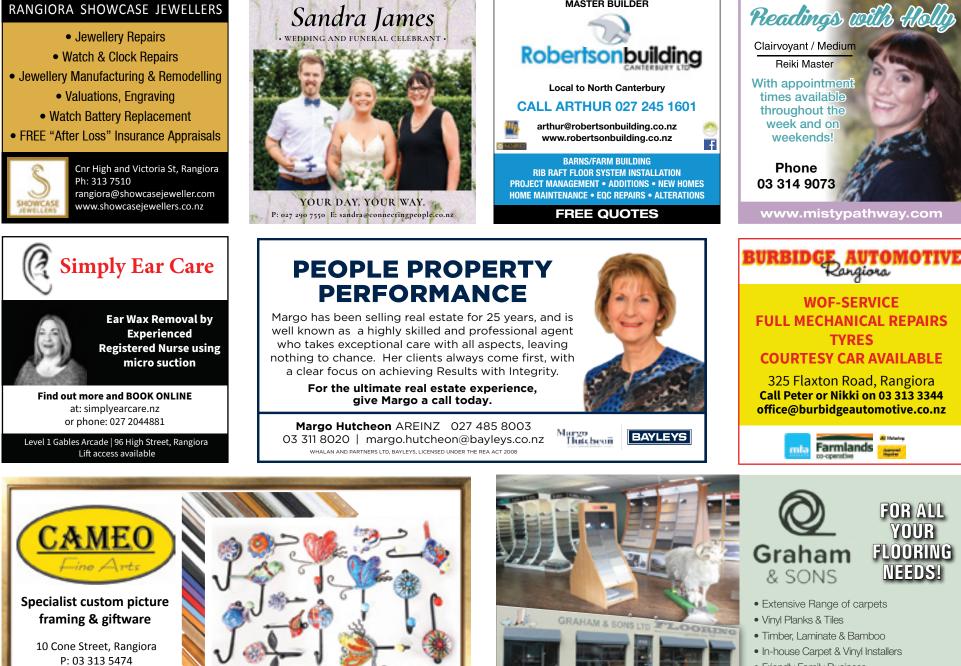
Jill and I recently reviewed our own insurances due to an increase in premiums and we've made adjustments based on the changes in our personal circumstances. We looked carefully at necessity as opposed to nice. We took good advice... from me!! If you already have an adviser, like Jill and I have, and 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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# Nho's Who A CELEBRATION OF WOMEN IN BUSINESS



Showcasing North Canterbury's Successful Women in Association with Essence Magazine. essence | September 2020 17

# **Deb Riach** The Comfort of Coffee



Walk into Rangiora's Coffee Worx mid-morning and it's buzzing with locals. There are groups, couples, friends, families, mothers with small children all coming together over coffee. It's a sight that Coffee Worx founder and Loburn resident, Deb Riach, loves.

"Behind hospitality is this desire to see people have a place to come and meet...a place they feel cared for or where they .



emotional product".

This sounds like the warm, fuzzy side of hospitality but Deb has earned her stripes in this highly competitive industry. Along with husband Ian she bought and ran the Okuku Lodge regularly working 80-hour weeks before starting out in coffee

Back in 1995, going out for coffee wasn't a "big thing" here in in New Zealand but Deb had a very clear vision of what she wanted to create. A trip to Sydney with its vibrant café scene cemented the idea and along with Ian she went on to found the Coffee Culture chain, later selling out of it and starting a bagel and coffee concept– Yellow Rocket in the highly competitive hospitality environment of central Christchurch. They also started sourcing and roasting their own coffee.

But when the earthquakes hit in 2010 and 2011 their cafes were largely destroyed and only their roastery was left standing. They had long wanted to bring a quality coffee business to Rangiora and the time seemed right. In 2013 they found their current premises.

They roast over a ton of coffee every week which is then distributed to 120 customers throughout the South Island.

Today Coffee Worx employs 20 staff including their distribution centre staff. They also produce coffee for their other brand Heartland Brew which is sold in supermarkets

around the country and Deb works full time in the business from her office behind the roastery. It would surely be easy to let a business this size take over your life?

"I am pretty disciplined about these things now", says Deb. "I know how to switch off at the end of the day. I've learnt the balance that is required for longevity".

She is also clear on some key advice for anyone contemplating a new business venture. As well as talking to an experienced business person, do a bit of maths

"Do the numbers," she states. "Do a business plan, do some financial forecasting. You've got to have an understanding of the mechanics of business." And for hospitality operators she encourages being realistic when looking at potential locations. Just because there are 500 people in an office building it doesn't mean they will all come to your café.

Over the last few years Coffee Worx has become a firm landmark on the local coffee scene. Employing local staff, working with local suppliers, being part of the local business community and serving local customers are all key to Deb.

"We really value our community support, the people that support us and work with us," she says. "It's all about your values. I do value people and I try to create an environment where people feel valued."



13 Ashlev Street, Rangiora P - 03 423 3243 | E - sales@coffeeworx.co.nz ww.coffeeworx.co.nz



of my working life has involved supporting & helping people, most recently 12 years as a Health Community Worker. It just seemed a natural transition Driving Service. to continue with my own business providing support & transport

What is unique about your business? Although essentially a Driving Service it has naturally evolved nto a supportive role for some clients who have no family close by. This has been reassuring for milies, particularly during our recent kdown levels.

Best advice you have received? Always listen, don't judge and enjoy people and life.

Valuable learning experiences? It's never too late to achieve your

Your greatest accomplishment is? Apart from my 3 beautiful children, Taking a leap of faith, with a dollop of tenacity and starting my own

Do you have a role model or someone who inspires you? Actually, honestly all women in bus who juggle family, work and life!!

What are some of your goals and aspirations for the future? To make my place in this amazing community and continue to grow my business.

How important is the local business community to you and how do you engage with the local business community?

I think staving connected to the local business community through networking and events i.e (Business Expo 23rd September RSA), is vital to all our businesses. It's about supporting each other on a local level.

What has the emphasis on 'supporting local' meant for you as a business owner this year? Despite our challenging times clients are gaining trust and my business is growing.

What makes you smile the most? Daffodils in spring



FB: Debs Private Driving Service



Debra Toobv

**Debs Private Driving Service** 

OWNER/OPERATOR

### Lisa Steele-Willetts Vogue Hair and Barbers SALON OWNER/SENIOR HAIRSTYLIST

& QUALIFIED BARBER

What is your business focus? Established in 2010 Vogue Hair began its new journey to deliver a quality service in a beautiful environment to the residents of North Canterbury, where everybody is made to feel welcom

What influenced your career choice? I have come from a family of hairdressers and barbers, so this was a natural step into the industry.

What is unique about your business? The team at Vogue focus on being educated in our industry with regular courses and training meaning we are continuing to grow our skills.

Valuable learning experiences? Over the last 10 years learning to be strong and kind in this ever changing climate. No two days are ever the same.



### What are some of your goals and

aspirations for the future? Currently we are planning at expanding our business and giving the barber shop it's own HQ right next door to our current location making it more of a man's domain while also increasing our offerings to clients.

How important is the local business community to you? Our local community have been wonderful with their support over the last 10 years, hence why we want to lift the level of services we can offer them.

What has the emphasis on 'supporting local' meant for you as a business owner **this year?** We are currently addressing this issue to take the step and buy products that are manufactured right here in Canterbury and looking into producing some products ourselves, taking on a more sustainable

What makes you smile the most? My wirehaired fox terrier Rosie in her backpack while my Husband and I are out on the bikes, she t loves it!

www.voguekaiapoi.co.nz



At Home Nurse Ltd OWNE

What is your business focus? Going above and beyond with exceptional quality of care At Iomecare and Nursing Services.

What influenced your career choice? Working as a Registered Nurse for over 30 years we know that navigating the various homecare and

healthcare options available can be tricky.

Best advice you have received? Keep it simple and choose the best team you can employ to deliver on that service and value

them like gold

Your greatest accomplishment is? Privilege of caring for some wonderful people over the years and working closely with their families.

Do you have a role model or someone who inspires you? Yes a most admired Professor of Medicine at The University of Sydney – he changed my life!

What are some of your goals and aspirations for the future? Goals are to

deliver core services: **Personal care:** we want you to tell us exactly what you'd like and when you'd like it. Our staff are skilled, friendly and respectful. Support from a Registered Nurse should you need it. Companion Care Daily: Sometimes it's nice to know that someone is around. At Home can match you with a carer to keep you company and assist with life's " bits and pieces" to help. Nursing Care: we will work closely with you and your medical team. Support after Hospital care.

How important is the local business community to you? The structure of the company is set up to ensure and expand care to North Canterbury.

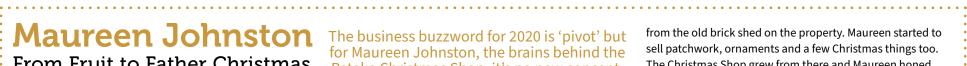
How do you engage with the local business **community?** Individuals who want to stay in their own homes and have the care they require. People who live in their own Villas/ Apartments and the Retirement Villages they live in.

What has the emphasis on 'supporting local' meant for you as a business owner this year? Key care has been based in

Christchurch but it's imperative that we move more into North Canterbury with our ageing population.

Top three things on your bucket list are? Paris & Paris & Paris

P - 027 541 6655 E - suzie@athomenurse.co.nz menurse.co.nz









whichever happened first.



**18** September 2020 | essence

approach with packaging.

156 Williams Street, Kajapo P - 03-327 6904 | E - vogue.kaiapoi@gmail.con

# From Fruit to Father Christmas



### Maureen Johnston The business buzzword for 2020 is 'pivot' but for Maureen Johnston, the brains behind the Pataka Christmas Shop, it's no new concept.

It's what she's been doing since 1960 when she married into the Johnston family and moved to the farm on Marshlands Road

Back then the farm was predominantly apples, pears and tomatoes. And Maureen soon realised that working life was verv different to what she had been used to as a shorthand typist in the Public Service with a regular fortnightly salary. "When you move onto a family farm like this you're expected to find a way to contribute to revenue," she explains.

Her first retail experience was selling tomatoes on a pickour-own basis to women from the Greek community. Then there were farm gate sales, then, along with husband Murray, she got some hens and started selling eggs. In 1968 they converted a large part of the farm to raspberries and started selling those.

Maureen's sales approach is simple but effective. "I always had a good sense of what would sell and I knew that if you had good quality and were pleasant to deal with, people would come to buy from you".

It's a philosophy that has worked in the Pataka Christmas Shop. The shop opened in 1990 when Maureen was approached by a friend who wanted to sell dried flowers

from the old brick shed on the property. Maureen started to sell patchwork, ornaments and a few Christmas things too. The Christmas Shop grew from there and Maureen honed her retail skills. "You learn to buy little and varied and that your taste isn't necessarily everyone's taste," she says.

There have been some hiccups including the time they bought some porcelain dolls that they thought were priced per dozen but were actually priced per item. It was a good lesson in reading pricing information and invoices correctly she says.

But the Christmas Shop is now a firm fixture for many 'Christmas-aholics' says Maureen. They open every year in late September or early October and are stocked with festive items from Father Christmas models to tree decorations and snow globes.

Now in her eighties with 6 grandchildren and 3 great grandchildren Maureen leaves much of the customer facing work to family members and staff. But she still organises the roster and helps choose stock as well as managing the business side of things.

"We've always been self-employed and we've always managed to turn ourselves to the next thing," she says. "It's a good life, it's hard work but it's fun".

768 Marshland Road (North End) Ouruhia P-03-323 8915 Facebook - Pataka Christmas Shop

### What influenced your career choice? I've



always been fascinated by what makes people tick, and how we change, and I've loved being around horses ever since I can remember. If equine-assisted therapy had existed when I left school, that's what I would have wanted to do. But it didn't, so I got here by a much more roundabout route – and learned a lot along the wav

### What is unique about your business?

Lots of people need support at some point with depression, anxiety, grief or trauma, or with finding a new direction in their life, but not everyone wants to sit in an office talking. Offering equineassisted therapy and learning experiences as

well as office-based psychotherapy and personal coaching means I can support a wider range of people, including young adults who often aren't so enthusiastic about talk therapy

Valuable learning experiences? I've had some really tough times, and while I wouldn't want to live through them again, they have made me more grounded and empathetic, and better at supporting others.

### What is one thing people may not know

about you? I love vintage clothes. Last year my daughter and I did an op-shop challenge (no new clothes, except for the kinds of things you really don't want to buy second-hand!), and loved it so much that we just kept it going into 2020.

Best advice vou have received? Don't worry about having a "career": choose work that interests you, and see where it takes you. And don't be afraid to make mistakes

What makes you smile the most? Wandering down the drive to the "office" on a sunny morning to be met by my four-legged co-workers and seeing my clients heal and grow.

16 Carrs Road, Rangiora P - +64 27 4879923 E - ingrid@potent.co.nz www.potent.co.nz



# **Pauline Forrest**

When Pauline Forrest bought the retail store Quilters Quarters she told her husband that she was going to keep it for five years or until she had her first grandchild,



Nearly 12 years and two grandchildren later she still doesn't want to give it up.

"I love it, I love the customers and I love helping people," she says.

.....

Before making the leap into retail Pauline was a registered general nurse in hospital. She enjoyed her work but she had always loved crafts. So when she saw Quilters Quarters for sale, she leapt at the chance despite having no retail experience and never having considered buying a business.

She made the shop her own with some changes to stock and started dealing with customers.

### "I always think that the best business card you can have in a store is your smiling face behind the counter", she says.

The store stocks everything imaginable for all types of crafty pursuits. They are particularly known for their range of fabrics that are both a little bit different and good guality says Pauline. There is a great variety here from ever popular, horse-themed fabrics to fabrics from well-known overseas designers such as Tula Pink and Kaffee Fassett. 'You learn what people want and what will sell," says Pauline.

They also run craft classes to help get people skilled up. There has been an increase lately in people wanting to know a few more practical skills such as how to repair their

### ieans or sew on a button

With a great team behind her and a dedicated customer base the store has gone from strength to strength says Pauline. In the last year she has also made the move to e-commerce with a new website and product loaded up in the online shop. And it's paying off, they ship orders all over the world particularly for fabric she says. "It's the way the world is going, people are busy and they shop online. They can sit in the evening and look through fabrics at home and order them." They have sent orders to the US, Australia and as far afield as Norway.

Later this year Quilters Quarters will be moving from their current location to The Old Court House building just off Rangiora High Street, And as she has done with much of her business journey, Pauline is embracing the move to the new space – where they'll be running classes in the old cell block and will have a dedicated space to display the sewing machines.

And Pauline's verdict on running a business? "It's been fantastic and I love dealing with customers. This is a happy place," she says.



9 High Street, Rangiora P - (03) 313 6765 www.quiltersquarters.co.nz



What influenced your career choice? The Real Estate Industry has faced a bad reputation for lack of transparency over time. It was a difficult industry for me to fit into, as my young self. My experience was that people were generally uncomfortable with Real Estate salespeople, due to bad experiences. I was passionate about working in the industry because I wanted to provide people with the kind of service that they were least expecting and build relationships based on trust and integrity, I wanted to make a difference to the industry and change public perspective. I have built my business around doing the right thing by people, always.

What is unique about your business? We are a small-scale independent Real Estate brand

# Angela Searle **Busting Trade Mark Myths**



that offers a personalised and all-encompassing boutique Real Estate experience and we take great pride in offering a seamless customer experience for every person we do business with.

Best advice you have received? Lead by example. I work hard to ensure my feet are on the ground with my team and I understand the challenges they face. It keeps my involvement relevant and allows me to provide the support they need

Your greatest accomplishment is? Owning and operating my own Real Estate business at the age of 32. At 21, I remember thinking "I would love to open my own agency one day". I am very proud to have reached that milestone

What has the emphasis on 'supporting local' meant for you as a business owner this year? We opened and closed the new Lime office on

the same day due to COVID-19 lock down. The local support was overwhelming, and we have put a huge emphasis on supporting local because we personally know what a difference this can make to a business surviving.

What makes you smile the most? When my girls tell me "you're the best mum in the world".



170b Williams Street, Kaiapoi P - 029 777 6706 E - brooke@limere.co.nz www.limerealestate.co.nz

Trade marks are usually the most valuable asset of a business, yet their value is often unappreciated and consequently they are left unprotected. If another trader starts using your mark, it can cause all sorts of issues that have very real impacts whether you're running a café or an agri-business.

### Trade marks are not "just" a name - they encapsulate the reputation and goodwill of a business.

It's something that Angela Searle, one of New Zealand's top trade mark attorneys wants to demystify. With law and chemistry degrees from Victoria University, a Masters degree in law (specialising in intellectual property) from the University of Canterbury and many years' experience working on trade marks in prestigious legal firms in both New Zealand and Australia – Angela really loves her work. She has always had a 'logical' brain she says and enjoys the detail and considered thought that goes into protecting trade marks. Now she has set up her own business, Infinity IP, to bring that expertise to local businesses.

"There are a lot of myths when it comes to trade marks," she says. "And Canterbury is very under-represented when it comes to quality trade mark attorneys."

Setting up Infinity IP has given Angela a wider understanding of the challenges facing smaller business owners outside the corporate world. "You have to be knowledgeable about everything," she says. "from marketing to tax requirements. It's a challenge but I've enjoyed it."

trade marks and they really should. Having a registered company name or a domain name offers very little protection at all legally she says. "A trade mark registration is a trump card. It can be used to prevent someone else using a confusingly similar name on your goods or services – or similar goods and services. It gives businesses quite a broad protective bubble around their name."

Ideally businesses should consider protecting their name as part of their initial business plan, she believes. Whilst there are obviously costs involved, it is much cheaper than the alternative. In particular, if someone else were to start using the same or a similar name, it can result in lost trade. reputational damage, legal fees and possible rebranding. And it can put a brake on any expansion plans or possible outside investment.

For Angela, who lives in North Canterbury with her husband and two sons, bringing her expertise to local businesses is rewarding and she loves the variety. "I can be dealing with anything from food businesses to construction," she says. "And there are different considerations for each. It's very interesting."

But along with her expertise, she also has the uncommon skill of explaining trade marks without baffling legal jargon. "I'm not at all scary," she says with a grin. "And I love getting to know and supporting local businesses."



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# **Marg Straw**

Memories that last more than a lifetime.



### The current challenges in the world are reminding us how much we value our family and loved ones!

But she's clear that many business owners don't consider

Perhaps it is also the time to think about creating magic memories together, which can be enjoyed in the present, and preserved for future generations?

Creating beautiful family Art Work is a passion for professional photographers, Marg and Peter from Beverley Studios, who have worked with generations of Canterbury families during their 45 years in business. "We love our clients and work closely with them at every stage to ensure they have a relaxed and fun experience, are listened to, understood and leave us with cherished treasures," says Marg.

Beverley Studios is run from a purpose built studio and home in Fernside, where Marg and Peter moved after their high-profile Christchurch studio was destroyed during the earthquakes. They are a great team, with Peter guiding clients right through the experience and Marg creating the magic behind the camera and during detailing of the final Art Works.

The relaxed client journey starts in a comfortable consultation area in a separate wing of the property where Beverley Studios is based. Surrounded by many examples of the couple's stunning Art Works, Peter chats to clients about their ideas, portrait styles, what to wear, favourite locations, who they want to include in the portrait, and where they will show the new art work in their home.

Marg and Peter's beautiful rural property is the location for some photo shoots, with families utilising its views to the

mountains, extensive tree and hedge plantings, and even hay bales, stable yards and horses. "We are also happy to go on location with clients to a place that is special to them," says Peter. For those who are time strapped, some clients choose to have their portrait created in the impressive and very large purpose-built photography studio, which is one of the best equipped in the South Island.

After the photography session, clients return to the studios for the viewing and selection consultation, where Peter also assists with the size and finish to best suit their home. Marg then works her final magic during the editing and pre-printing processes before the beautiful Art Works are finalised in Beverley Studio's internationally recognised laboratory. While family portraits are a speciality, Beverley Studios offers a full range of photographic services, including maternity and babies, children, couples, celebrations, and four-legged friends.

"We receive so much joy from our work, and are forever grateful to our families for the opportunities they create. If we can offer advice for clients considering a family portrait - don't leave it too late. Life circumstances can change, and there is never a better time than now to create a gift for the future."



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# 







Sucess Factor **Consultancy & Coaching BUSINESS CONSULTANT & COACH** 



Courtney Wright Bombshell Beauty

BEAUTY THERAPIST/OWNER

What is your business focus? We are a beauty therapy salon. Our main focuses are Facials, IPL Hair Removal, Waxing and lots more

What is unique about your business? As a salon I like to take a holistic approach to beauty therapy as we also offer reiki which not many salons do. We have a 1950s theme to our salon which is guite unique and fun.

How important is the local business community to you? The local Business Community is extremely important to me

### Dr Padma Maharana

### Teaching the incredible tools of yoga





Tools like yoga are needed more than ever in these challenging times of COVID-19, says Dr Padma Maharana of Rangiora Yoga.

"A regular yoga practice is an incredible way to maintain both physical health and mental wellbeing. Research has shown that regular yoga practice helps to reduce stress through the activation of the parasympathetic nervous system, which gives our minds and bodies a chance to relax. With regular practice, our ability to deal with stressful events, such as the pandemic, can be greatly increased."

As well as impacting on Kiwi's stress levels, COVID-19 has had a significant impact on many businesses, including Rangiora Yoga. Padma wasn't able to run regular classes at her studio at 94 Victoria Street (above the Red Cross Shop) during lockdown, although the live online classes she offered for free on her Facebook page were very popular. "Unfortunately since lockdown ended, the numbers of people coming to my classes have dropped dramatically for a variety of reasons. Now that Spring is here, I'm hopeful that people will come back and support local, and more new people will give yoga a try, so that I can continue to share my passion for yoga with the local community."

Padma has lived in New Zealand for four years, and set up Rangiora Yoga almost two years ago. She is a living example of the benefits of the practice. "When I was growing up in India I suffered from frequent asthma attacks requiring hospitalisation and I always had a cold.

That all changed once I started to practise yoga around 11 years ago. Now my asthma is completely under control."

While still in India, Padma completed a yoga instructor's course, a Post-Graduate Diploma in Yoga Therapy, and a PhD in Yoga, titled Effect of Integrated Yoga Module on Leadership Development.

There are many well documented physical benefits of yoga including increased flexibility, improved muscle tone and strength, weight reduction, and improved energy and vitality. "However yoga is about so much more than that," says Padma.

"The word yoga in Sanskit means union, which relates to the subtle connections between our breath, mind, body and soul when we practice. I'm fascinated by all aspects of yoga including asana (postures), pranayama (breathing), meditation, and cleansing techniques."

Padma is an incredibly hard worker, who despite participant numbers being small, is still offering five different classes each weekday and two classes a day at weekends, designed to suit all ability levels. "I love that I am able to teach people the skills needed to increase their health, wellbeing and happiness through yoga practices and breathing techniques. It gives me immense satisfaction."

94 Victoria St, Rangiora P - 0210 888 9284 E - hello@rangioravoga.co.nz www.rangiorayoga.co.nz



What is your business focus? Small and medium business owners, single-person enterprises, new business set-ups and those with an idea or concept wanting to have this validated.

What influenced your career choice? I was spending more and more time coaching and mentoring people; by running my own business I could help more people.

What is unique about your business? I provide a customised, holistic service covering personal and professional elements and strategic (ON) and operational (IN) aspects of the business, a local accountability buddy!

Your greatest accomplishment is? Living my dream in paradise country.

Valuable learning experiences? We are learning all the time and can all benefit from each other's experiences.

Best advice you have received? Focus on what you want, not what you don't want, to attract the best things in your life

What are some of the challenges you have had to overcome? Role modelling what I coach, particularly work / life balance.

Do vou have a role model or someone who **inspires vou?** My husband Jeff who supports me and keeps me grounded.

What are some of your goals and aspirations for the future? Continue growing my presence in North Canterbury as a business owner.

### How important is the local business

community to you? It's like being part of one big amily who support each other the best way we

How do you engage with the local business community? Member of local business community groups e.g. RPA and BNI.

What has the emphasis on 'supporting local' meant for you as a business owner this year? By supporting local we all benefit.



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over the last few years I have managed to build some amazing relationships with other business owners in Rangiora, which makes it so much easier to support one another helping grow each other's businesses.

What are some of the challenges you have overcome? It was a bit of a challenge through lockdown as there was no knowing when I could go back to work, however it was nice knowing my clients still supported me throughout it. Another challenge was when we decided to move my business from our shop in Rangiora to our new location in Ashley as there was no guarantee my clients would follow me, however my clients love the drive and I'm busier than ever.

What is one thing people may not know about you? Well a few things people may not know about me. I am a big animal lover, I also used to do a lot of modelling which I loved back in the day

What makes you smile the most? Seems cheesy but seeing my clients' results and seeing how happy they are, knowing that I can make a small impact on someone's life to make them feel good is the best feeling.



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What is your business focus? Having spent many years in Europe and seeing the effortless go travel this year our customers are really CHIC style of these women I knew one day somehow I would be part of that, but wasn't quite sure how it would evolve. So began my iourney of bringing unique and distinctively different styles to NZ. I started off with a few French clothing pieces and from there it just took off. Natural fibres are my passion and I continue to scour the globe for exclusive and unique to Molto Bella

What is unique about your business?

Importing directly from our designers in Europe the boxes arrive. giving us unique and one off distinctively different designer ranges exclusive to Molto

Bella from Positano, Greece, France and Spain.

Best advice I have received? Follow your heart and follow your dreams

What are some goal aspirations for the future? To continue to provide quality and unique clothing at reasonable prices, ethically made and sustainable to our planet.

How important have your team been to you to achieving business goals? Amazing . Maria is my right hand woman, and is equally passionate and knows the stock intimately. Graeme my hubby - I couldn't do it without him, he is my creator, my Mr fix it and lifter of huge 35 kg boxes of clothing.

What has the emphasis on supporting local meant for you as a business owner this year? Rangiora is quickly becoming a shopping destination, and because of no happy to come in and pretend to soak up the atmosphere of Europe while supporting local at the same time

What makes me smile the most? The excitement when a shipment arrives. We are like little kids and can't get into the boxes fast enough. Our customers are used to looking out back and seeing two "derrieres" sticking up in the air! As we have to buy well ahead with the European seasons it's like Xmas when

molto bella

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OWNER/CO-MANAGER

Lia Browr

The Builder's Boss

What is your business focus? Gym with 24/7 reciprocal access across all Snap Fitness gyms.

What influenced your career choice? If felt like a change, my background was applied psychology, I'd belonged to gyms for years and I decided it might be fun to own one. It is great fun, our members are great and our community involvement has been rewarding

Best advice you have received? Take a little time to process and ponder rather than responding mmediately to tricky situations.

What are some of the challenges you have had to overcome? Learning the squ things that come up, from the practical to the technological to the continuous improvement that happens within the brand. There is never a dull moment and things are always evolving!

How important have your team been to you in achieving business goals? Centrally important. The team of Co-Managers and Personal Trainers are just great and vital to the businesses. Expertise with empathy sums the team up. The team all know their stuff and want to inform and educate, but on top of that we all genuinely care and want to help people achieve great physical and mental health through exercise.

What makes you smile the most? I absolutely love seeing people develop and succeed and for me the biggest buzz is seeing that happen mentally as well as physically. We have quiet / shy people that join and it's just brilliant when we see them develop confidence through exercise.. We have people that are fit and get fitter and stronge achieving some pretty tough goals they set themselves and that too is great. Then we have members who belong for stress management or mental health reasons and regularly tell us that the gym is their happy place! Whatever the background, seeing people feel good about themselves from some time at the gym is just fantastic.

### Snapfitness-24-7

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When Lia Brown first became involved in the building industry she didn't even know how walls stayed up. She also did not realise that just dropping a quote off to potential clients was no way to seal a deal. That was nearly 20 years ago, and a lot has changed. Now she's often the only woman at Master Builders events and she's running her own niche construction business, NZ Granny Flats.

"I love building houses going from start to finish," says Lia.

### "It's a very personal process for people and for many it's one of the single biggest purchases they'll ever make."

But it was chance that got Lia into construction. Her husband, Craig, is a builder and she was a primary school teacher. She started typing up quotes for him and her business life grew from there she says. It was something she embraced wholeheartedly – attending courses, meeting with a business coach and learning everything she could about business.

"Knowledge is key, I really do love learning" she says.

So, it's no surprise that two years ago when she wanted to set up NZ Granny Flats, she invested in some more business coaching sessions to clarify her thinking. Then she threw herself into 8 weeks of developing her business plan; market research; creating floorplans; pricing and marketing materials. "It was intense," she recalls, "But I work well under pressure."

Granny Flats NZ offers 13 different floorplans for compact one and two bedroom homes, perfect for the retired or those who want extra accommodation for relatives on their properties. Lia engages with their other business, Craig Brown Construction for the actual building and works closely alongside that team during construction.

Almost twenty years is a long time to work with your husband - so has Lia got any tips? "Make sure you both have clearly defined roles," she says firmly. Whilst Craig manages all the sites and related tasks, Lia takes care of everything behind the scenes and dealing with clients.

After 20 years in business Lia has also written a construction manual 'The Builder's Boss' - a series of instructions, checklists and guides for all aspects of

site management that she has gone on to sell to other builders.

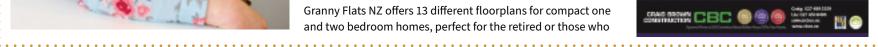


And for those considering starting a business Lia has some advice - get some professional training in how to start a business and always put money away for tax.

Lia is bursting with enthusiasm and a real love of the construction business - expect to see a lot more of NZ Granny Flats.



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conference many years ago when the speaker asked the audience if they want to build a business or build a legacy. The answer was clear, I always strived to build a legacy that can inspire other people to do their best

What are some of the challenges you have had to overcome? Keeping up with stock levels during Covid is the hardest. The demand exceeds the supply for yarn.

Do you have a role model or someone who inspires you? My mother is my role model. Never give up, follow your passion and let live.

What are some of your goals and **aspirations for the future?** To make a positive contribution to our local community.

What has the emphasis on 'supporting local' meant for you as a business owner this year? It meant a huge lot for us. We truly appreciate all the support from our local shoppers.

How important have your team been to vou in achieving business goals? My team of 4 staff means the world to me. They are the

Visiting Japan for its craft industry, visiting



Karen Purchas **Boutique Interiors** OWNER/OPERATOR

What is your business focus? To assist homeowners to "love where they live."

### What influenced your career choice? | grew

surrounded by natural beauty and have progression. I need creativity in my life and Interiors fulfills that, offering clients lasting enjoyment and pleasure in their homes.



Henderson-Grant Ataahua Wines Ltd DIRECTOR/WINEMAKER



l'Adore Homewares & Gifts

What influenced your career choice? Our love of creating beautiful spaces, creating purposeful relationships with the local community & overall making people feel happy and satisfied with their purchases.

What is unique about your business? We are a mother and daughter team that complement each other's working styles. We strive to have a different shop style and selection of ranges.

Valuable learning experiences? Coming support & encouragement. from a background in Pharmacy, we both have What makes you smile the most? Family learnt the lessons of compassion, problem and Good Friends solving and the importance of 2 Durham Street, Rangiora community support.

Your greatest accomplishment is? Opening a small business and having customers complement us on our friendly, calming space and then realizing the need to expand the



Anita Middleton **Devlin Real Estate** LICENSED SALES CONSULTANT

What is your business focus? Property. What influenced your career choice? I have

worked in the retail sector for more than 20 years, I enjoy meeting people and seeing the personality people put into their properties.

What is unique about your business? Meeting many different people.

Valuable learning experiences? Always make notes, they are invaluable especially when you are busy.

Best advice you have received? Be good, be kind to all you find

Your greatest accomplishment is? Selling my first property, the excitement is out of this world.

What are some of the challenges you have

ideas and ways to get the property sold. What are some of your goals and aspirations for the future? To be able to enjoy family life more, and to make more time for myself.

had to overcome? Trying to sell a property

within a short time frame, coming up with

How important is the local business community to you? You gain so many contacts, you learn from all the different business within the community and your there to support each other.

How important have your team been to you in achieving business goals? Their lifferent expertise and strategies.

What have you learnt about managing people during your time as a business person? Be patient, listen and give them the best advise you can, talk them through the different stages of buying and selling their home.

What is one thing people may not know about you? I'm a twin, not identical.

Top three things on your bucket list are? I would love to do some traveling with my husband, pay off our mortgage.

What makes you smile the most? Seeing people happy.







OWNFR

What is your business focus? To have a business with a heart that contributes to the community

What influenced your career choice? My passion for crafts

- What is unique about your business?
- ir community focus. We are involved and support charities such as Chch Women's Hospital Neonatal, monthly donation to
- Kidscan, You are Loved, our free learn to knit kits for children to name a few

Valuable learning experiences? The need or the elderly in our community to stay active India for fabrics and going to the Serengeti with crafts such as knitting and how awesome it is to see their knitted donations to the various charities.

Best advice you have received? The best

business advice I have ever received was at a 

back bone of my business.



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up on a farm in Hawarden North Canterbury, always had a passion for creating something soothing for the soul. I began my working life as a Florist and have owned and operated 2 retail premises. Doing numerous large-scale projects from Weddings to corporate events. I love colour, texture, and design; so moving into Interior Design 20 years ago was a natural

> What is your business focus? Sustainably producing delicious hand crafted wine to enjoy with good food and great company.

E - karen@boutiqueinteriors.co.nz

www.boutiqueinteriors.co.nz

What is unique about your business?

solutions and selections that are carefully

Co ordinating Interior and Exterior Colours,

perfect fabrics, furniture, or accessories to

aspirations for the future? To create a

website that is aspirational and inspires

people to create a haven they love coming

What has the emphasis on 'supporting

local' meant for you as a business owner

this year? I am passionate about supporting

locally made! We have enormously talented

artisans in NZ who craft their products with

love. I would much rather look after our own

What makes you smile the most?

Watching my little dog enjoy the beach.

boutique interiors

thought out, and personalized for them.

product specifications; and sourcing the

What are some of your goals and

complete their home

than source offshore!

P - 021 62 62 86

offer a mobile service and will do all the hard

work for you, presenting the homeowner with

What influenced your career choice? A love of wine, of our beautiful countryside and the scope to be creative in making a product that people can absolutely enjoy

Valuable learning experiences? Things very rarely go exactly to plan so we've learn to adapt while still sticking to our core values.

Best advice you have received? There will be ighs and lows in your business journey so work with these and enjoy the ride.



What is your business focus? Public relations, communications, and marketing.

### What is unique about your business? Real

Communications is passionate about positive content and we work with clients who share our values of creating positive change. We help

businesses and organisations shine by creating strategic content which highlights their unique point of difference while developing strong brand

- awareness. Our philosophy is, "be the change you want to see in the world"

I donate 20 percent of my time to supporting the community through two networking events: "Creative Changemakers", a quarterly business

- networking event which empowers local business owners and "Thrive – Inspiring Women"
- a pop-up event which encourages women to
- pursue their dreams. "Thrive- Inspiring Women"

is also a monthly radio show on Plains FM which 

### What are some of the challenges you

have had to overcome? Moving our winery operation to another vineyard in Waipara in very unpredictable times has been an enormous challenge this year but we're so happy in our new property – we love it.

### How important is the local business

community to you? Very. Where possible I like to shop local and use local business suppliers and services. Lreally enjoy meeting the NC business people from very diverse fields.

### How do you engage with the local business community? I'm a member of local business groups and like to support those, buy local and attend events and functions when possible

celebrates women creating change in their local communities.

We created two funds to help business owners achieve their dreams – The Thrive Fund and Creative Changemakers Fund Our first Thrive Fund award went to winemaker Jess Mavromatis of Ekleipsis Wine.

### What are some of your goals and

aspirations for the future? Becoming a chartered member of the Institute of Directors and making a positive contribution to a diverse range of Boards. I would also like to write a book on the amazing women I have interviewed on my radio show and use the profits to help entrepreneurial women achieve their business goals.

### How do you engage with the local business

**community?** This year I have written a series of complimentary articles (Business Outside the Box) profiling businesses which are thriving amid uncertainty. These have been published in magazines and newspapers throughout New Zealand.

Real Communications is a service provider with Regional Business Partners (NZTE) which means businesses may be eligible for funding of up to 50 per cent towards our marketing and communications workshops. We are also a registered business service partner with Enterprise North Canterbury.



P - 022 355 7601 **REAL** E - gina@realcommunications.co.nz www.realcommunications.co.nz 

What have you learnt about managing people during your time as a business person? Gently, we all have to live together on this planet.

### Top three things on your bucket list are?

Walk all of NZ's great walks, spend a year backpacking around Europe- East to West, master a foreign language (I've been saying that for awhile!)

What makes you smile the most? A really good yarn, told well. And my family of course.



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Deb & Ashe

### OWNERS/MOTHER & DAUGHTER

### business and double our size.

worry about what everyone else is doing, just concentrate on you and your own vision.

What are some of your goals & aspirations for the future? To continue trading and being a part of the community through these really difficult times and keep surprising our customers with beautiful new ranges of products that are different which continue to make us unique

community to you? Rangiora is bursting with amazing boutique stores and competition is healthy for all of us and keeps us on our toes. We have become a destination for so many people in the wider Canterbury area so supporting each other is essential

### What is the emphasis on supporting local meant for you as a business owner this year? Without the support of our local community, small businesses like ourselves wouldn't survive. We are so incredibly grateful to all our customers for their continued



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**Bayleys North Canterbury** LICENSED REAL ESTATE AGENT

What influenced your career choice? A genuine love of working with people, flexibility variety and an interest in property.

What is unique about your business? laving a strong background in marketing, I enjoy helping my clients present their properties to the market in way that will ensure maximum return

Best advice you have received? Treat other people's business interests as you would your own.

Your greatest work accomplishment is? Top performing new salesperson for Bayleys Canterbury 2016/17

How important is the local business community to you? Very - we are blessed in North Canterbury with having a very interconnected business community who understand the value of sharing ideas and resources. How do you engage with the local business community? Through Rangiora

Promotions and various not for profit organisations.

What has the emphasis on 'supporting local' meant for you as a business owner this year? I co-ordinated 'Cans for a Cause', in conjunction with Community Wellbeing North Canterbury Trust and was overwhelmed by the support and generosity of the local community.

### How important have your team been to you in achieving business goals? We have an enviable team to work with at Bayleys 1 could not effectively achieve the results I do

without the support of our admin team. What have you learnt about managing people during your time as a business

person? Do not ask anyone to do something you are not prepared to do yourself.

What is one thing people may not know about you? My hobby farming skills- I know how to milk cows and drive a tractor, albeit not very well!

What makes you smile the most? Catching up with friends and family



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# Best advice you have received? Don't

### How important is the local business



**Ray White Morris & Co Property** Management

## real key. OPERATIONS MANAGER

## Anna Gardner Miles of smiles





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

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 vourself.

### 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 Ray White. P - +64 27 606 0030 E - katrina.green@raywhite.com www.canterburypm.co.nz

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."



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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? | 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.

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**Property Brokers Rangiora** RESIDENTIAL & LIFESTYLE SALES CONSULTANT

What influenced your career choice? | 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

others how you would like others to treat you. Do you have a role model or someone

of course wise words from my mum - treat

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).

### Property Brokers

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