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essentially...north canterbury



08

Motoring
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11

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contents

Welcome to the first issue of essence for 2021. We have had a slightly longer break than normal this year but we are back and looking forward to the year ahead.

We all enjoyed our time off - Mel got a new puppy, Mandy bought a house complete with a gorgeous little outside room that she is calling - The Gin Palace. Sounds fun! Johanna had more than her fair share of unusual experiences and I can't quite remember what I did - although I do remember the crazy weather - heavy rain, hail and wind! Perfect weather for camping!!

We have shared some of our holiday snaps on pages four and five. We're very excited to share some great stories in this issue. Writer, Jo Bailey and I were very privileged to be invited to spend an afternoon in the garden of our friend Gerald Horton's hidden oasis. The development of this magical garden is testament to a 35 year labour of love by Gerald Horton and his late wife Rosie. Page 11.

Photographer, Carmen Peter and I picked the hottest day so far to photograph our front cover - it was 37 degrees at Waikuku Beach. I think the grass, or lack of it in the forefront of the photograph depicts a typical North Canterbury summer. Grant Shanks chats with John and Sheryl Glass about their award winning car and caravan combo. Page 08.

Pattie was out and about learning about permaculture with Angela and Nick Clifford at the Food Farm. Their story is on page 6 She then takes a look at rethinking our wardrobes. I was almost too scared to read this - her first paragraph sums up my wardrobe! Things I don't wear, things I don't like, things I think will fit one day. An environmental disaster - she know me to well!

Enjoy this issue - don't forget if you have an interesting story or photograph you would like to share please get in touch.

- Dorothy



Front Cover: 1961 Vauxhall PASX & 1959 Starliner Car and Caravan combo, Photography; Carmen Peter



Page 11. Gerald and I enjoying a special Pinot Gris in the 'loggia' Photography; Carmen Peter



Page 16. Barbara from New World shares her beautiful Lemon and Summer Berry Tart



Page 4. What have the Essence girls been up to over the summer holidays

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WIN WIN WIN WIN WIN WIN WIN WIN HONOUR FESTIVAL GIVEAWAY

We have TWO TICKETS to give away to this inaugural event in Hamner Springs! Included in your tickets are 5 different yoga sessions, 4 empowering speakers, 3 live bands, 2 educational cooking demonstrations PLUS a selection of artisan and boutique vendors. Simply jump on our Facebook page competition and tag who you would take with you. Each tag gains you another entry! Entries close Fri 19 February 5pm.



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Matt Doocey

MP for Waimakariri



As we start the new year together, I'm looking forward to working hard with you to ensure we have the opportunities we need to thrive as a community.

One of the issues I will be raising with our communities in the Waimakariri is whether our population growth should be triggering a new high school for our district.

Latest modelling shows our population growth is expected to continue — and even accelerate. Last month, the Greater Christchurch Partnership Committee announced that more land could be set aside in Waimakariri for housing, with land around our main towns potentially being rezoned to meet anticipated demand as greater Christchurch's population expands.

A new high school is an issue that parents frequently raise with me. With our current growth on the eastern side of the electorate and as our community looks at a new town centre plan for Ravenswood, it poses the question as to why we don't factor in a new high school as part of this new town centre strategy.

Our schools do a wonderful job and I always get good feedback on our three high schools. Part of any future planning, however, should be ensuring that we keep that reputation by future-proofing our schools to prevent them from growing to a size that would impact on the learning opportunities and wellbeing of our students and teaching staff.

I will be meeting with the Ministry of Education and our high school principals, as well as our primary school principals and school communities, to hear their feedback on whether we need a new high school. I appreciate all input in this important discussion that we will be having as a community.

Based on the feedback I receive, if there is enough support, my plan is to meet with the Education Minister to advocate for a new high school.

If you have any thoughts on this issue, please do raise them with me through my offices. I look forward to some robust discussions.

Funded by the Parliamentary Service.
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FEBRUARY 13TH / 5 - 10 PM

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Hawaiian luau with prizes for best dressed and yummy BBQ!

FEBRUARY 27TH / 5 - 10 PM

TACO AND TEQUILA'S

Hola! Tacos, margaritas, prizes, and good times!

MARCH 20TH / 5:00 - 10 PM

Rock n Roll

Enjoy classic burgers, spiked milk shakes and music that never grows old

MARCH 27TH / 5 - 10 PM

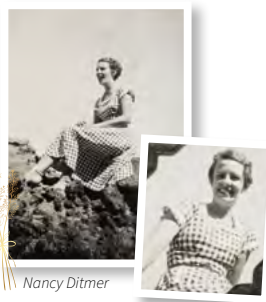
COUNTRY NIGHT Y'ALL

Plenty of fried food, country music, and prizes for the best dressed!

The Picture Gallery

There are so many hidden historical records in our region and we just find them fascinating, but so often they're hard to find. So we were delighted when our graphic designer Johanna Ditmer, brought in these photos from her grandmother's collection. Her grandmother, Nancy Ditmer (nee Evans) grew up in Fernside and lived in the area all her life but she also spent a lot of time travelling around New Zealand, often on Newman's Bus Tours. Sadly Nancy passed away in 2011 but she took many photographs in her lifetime and they have all been beautifully kept in albums - we felt they should have a wider audience and Johanna agreed.

So we'll be bringing you one or two photos from this beautiful collection each month. This month's image is from a trip Nancy made to Fox Glacier back in 1953. With headscarves and heavy coats it must have been quite something on that glacier - nowadays we'd all be kitted out in the latest hi-tech alpine wear - back then they were made of tougher stuff.



On the Ice. Fox Glacier 1953
Mr. Foster, Mrs Nairn, Nancy Sheat, Beverley Porteous, Mary Baines, Nancy Evans (Ditmer), Miss Douglas, Mr. McVicar, Ron Miles (Guide.)

Dear Essence...

Really love your Essence Magazine.

I picked a copy up when in Rangiora on Boxing Day. It is now with my niece in Sheffield, my niece from Dunedin is taking it home today, then she will mail it back to Christchurch to my sister. That's how much we love it.

Thank you for this lovely mag and we all wish you continued success throughout 2021.

Kind regards, Deb Jones



Mandy's new house boasts a Gin Palace at the end of the garden... - a lovely little nook to enjoy a gin or three on a hot day!



Archie the Spoodle joined Mel and her family over the Christmas holidays and he has provided hours of entertainment (and a few headaches) along the way. It is lucky he is so cute!

What has been happening at Essence!



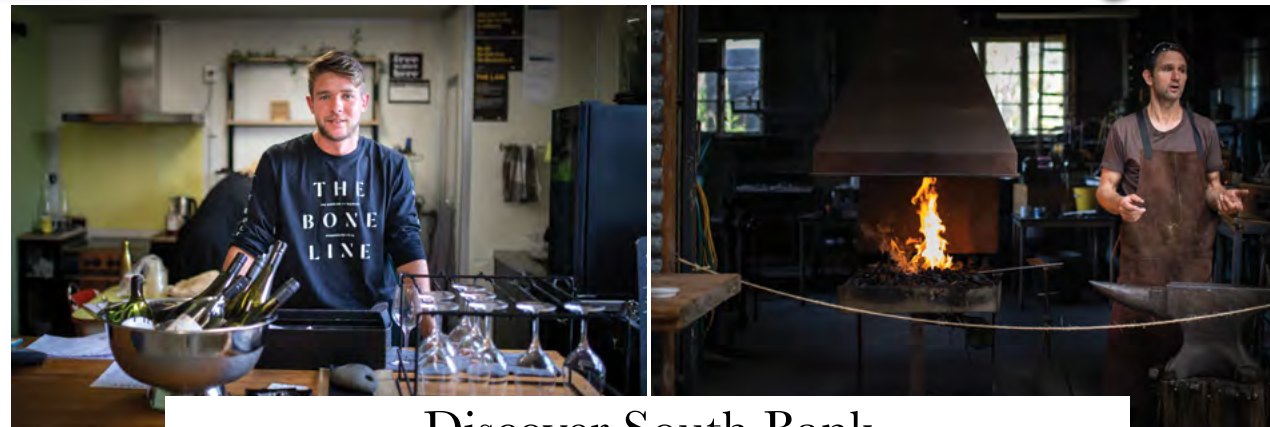
Essence magazine welcomes Amanda Workman to the team. Amanda lives locally with her hubby Jason and daughter Georgia and is looking forward to meeting our clients. She's settling in nicely and we are thrilled to have her.

Johanna started her summer holiday in Wanaka and ended up in Cape Reinga - with her fair share of adventures along the way.



MUSCLE CAR MADNESS

The essence girls had a prime view from our King Street address to watch the muscle cars cruise the streets of Rangiora on a stormy Thursday night.



Discover South Bank

Collectively the three wineries Terrace Edge, Georges Road and The Boneline & Sculpture Park recently hosted "Discover South Bank" as part of their newly formed South Bank Collective. This was a fabulous day out for those in attendance who discovered all that the South Bank of the Waipara River has to offer.

Photos supplied by Made North Canterbury.



PEOPLE OF PERCIVAL STREET BAKERY

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Anne & Mel Celebrating their 58th wedding anniversary at Percival Street

WATCH THIS SPACE!

Vogue Barbers will have it's very own HQ very shortly, taking on a space dedicated just for them.

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THE FOOD FARM: WORKING WITH NATURE

words: **Pattie Pegler**

On the recording of my interview with Angela Clifford at the Food Farm, it's impossible to ignore the incessant chatter of bird life in the background. It feels in keeping with the Food Farm's permaculture philosophy.

"The more biodiversity you can create the more productive and abundant the land is," says Angela. That means planting all sorts of things - the pollinators, the flowers, the supporting plants and yes, even the weeds.

Angela and husband Nick both started out in the wine business and met when working in Australia. It was there that they attended a course on permaculture design and when they bought their 16-acre "small farm" near Amberley in 2005 they put that knowledge to work.

Primarily permaculture is about "working with nature," says Angela. One of the first things they did was take time to understand their land - looking at things like wind direction and speed, and how water moves across the property. They then planted a shelter belt - today the double line of poplars slows the wind speed across the whole property and provides a more sheltered area for other plants to grow.

In 2005 the farm was two bare paddocks and one single tree. Today it's bursting with nature in all its glorious summer tangle - an apple tree peeks out from the shelter belt; colourful sunflowers and artichoke plants tower over the vegetable garden and long stalks of corn peek out from beyond. The couple along with their three children are pretty much self-sufficient says Angela.

The layout follows the permaculture system - the vege garden is conveniently located outside the kitchen door. There are patches of the same thing in different areas - some corn here, some corn there. The idea is, says Angela, that if something goes wrong in one patch you still have produce available from the other area. Around the house itself citrus, figs, persimmon and a kiwi vine thrive safe from frosts.

Further out from the house there are field tomatoes; potatoes; a tunnel house and a patch where they are trying a system called Three Sisters - an indigenous approach to food growth - that involves interplanting corn, pumpkins and beans. The beans grow up the corn and the pumpkins suppress the weeds - nature working together.

Their menagerie of animals is also key in permaculture and provide more than just meat.

- The pigs are 'tractors' digging up and breaking in new ground.
- Cows provide milk and manure which is essential for good compost.
- The ducks lay eggs and get rid of slugs and snails.



The couple both work off the farm full-time - Angela is the chief executive of Eat New Zealand and Nick works for Greystone Wines. So life is busy but Angela is clear, one of the many benefits of permaculture is that it doesn't involve spending every weekend mowing lawns or spraying for weeds instead it's about working with nature rather than battling against it - and that can be less work than more conventional methods.

Of course there are challenges. Growing grains is tricky on a small farm as arable systems typically use big machinery and a lot of space. So they are experimenting with maize as a solution.

And sometimes it has been "humbling" says Angela. "We thought the property would look like this in five years; we had three children in quick succession and also we had a mortgage so we have had to find a way to pay that down." The farm has "breathed in and out" with them during this time - at times they've produced enough to feed the family at other times there has been excess to share with the community and sell at farmers markets.

Neighbours and the wider community have been really supportive and being part of that is key to permaculture says Angela. The couple are keen advocates of growing your own food and the resilience that brings to communities. "The mental health aspects of growing your own food are totally underestimated. It gives you freedom and makes you feel like you have some control," says Angela. The Food Farm was on Country Calendar a couple of years ago and they also run regular workshops that draw people from all walks of life.

"First there's a lone 'nut'" says Angela of the growing interest in permaculture. "Then you have the first followers who think 'there's something in this'. Then you reach a tipping point where a group of people go 'actually this is a thing'."

After a visit to the Food Farm - it seems clear, this is a thing.



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Claire and Stuart Morris

Let's start the year off....

by talking about supply and demand.

When we look at these two major factors that influence the market, we know that currently supply, or new listings, are 11.11% higher than they were this time last year. Which means, comparatively more owners are bringing their property to the market for sale.

If we look at demand, or the number of sales that have occurred over the same period, they are 37.91% higher. Meaning that even though there is more property for sale, the level of activity from buyers is still outpacing that of sellers and we expect this to continue through the first quarter of 2021 and beyond.

So, if you're thinking of selling, wouldn't it be better to just wait while the prices keep rising, meaning that you could achieve a much higher sale price? An important factor to consider here is how incredibly hard it is to identify the 'top' of the market, until of course it has already been reached. At that time, however, the balance of power in the transaction then shifts to the buyer.

It is also important to be aware of potential impacts on the market. Economists believe the next 12 months may hold:

- Rising unemployment
- The reimplementation of LVR restrictions in March
- Rising income support
- The potential of low mortgage rates increasing
- An increase in residential property consents and construction
- More expats returning home
- Borders remaining closed
- Weak global economy
- Weakness in particular sectors of the housing market
- Potential re-emergence of Covid-19 in the community

Last year showed for all to see how hard the market and economy are to predict and it remains difficult this year as well.

What we do know however is that right now the conditions when it comes to selling are very favourable. Why wait, call us today!



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Wow - 2021

This year has sure kicked off with a hiss and a roar in the world of property management! Not only are we all preparing and studying hard to ensure we have a full understanding of the new Residential Tenancies Amendments Act 2020 which comes into effect on 11th February, but we are experiencing a very high demand for rentals.

Since the passing of the amendments last year landlords and property managers alike have been wondering how these changes along with the impending Healthy Homes standards deadlines all so close together were going to impact our market, and unfortunately it does appear that it will, to some degree, be to the detriment of people needing rental properties.

There are of course several factors contributing to a short supply and high demand. From landlords deciding it is all getting too hard for them, the increase in sales prices pushing them towards selling, or of course, the influx of returning Kiwis who need their previously rented out property back to move into.

Prior to Christmas rental demand was fairly good across the board in Canterbury, however in the past two weeks we have seen huge numbers of enquiries. In our North Canterbury office, if we did not put a limit of maximum attendees at each open home for security reasons and in order to best manage the situation, our viewing numbers would be in excess of 50 groups at some properties.

So how can we get over this hurdle for our tenants? The banks increasing investor's LVRs (from 20% equity currently, to 40% at the end of March) is certainly not going to help, however I was recently speaking with some mortgage advisors, and the good news is that second tier lenders (lenders other than banks) are not governed by the same rules, and they are offering some very competitive interest rates. In my opinion rental properties are still a more than viable investment, particularly with interest rates at the bank being so low, so, tongue in cheek, I encourage you all to purchase rental properties so we can house some more awesome tenants!

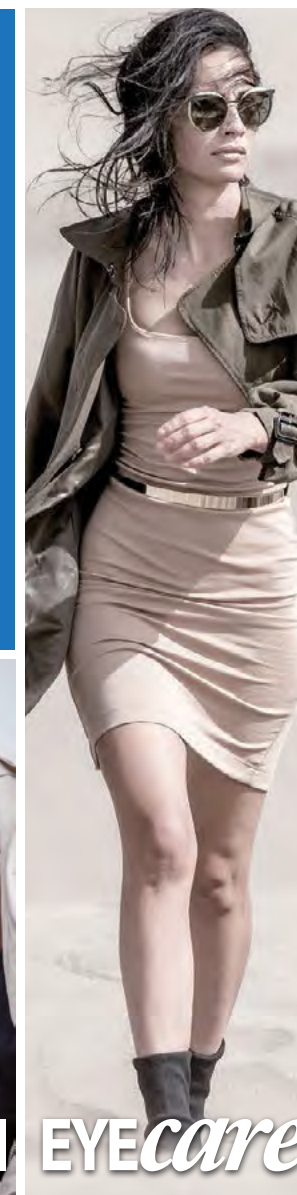
If you would like information or advice on what makes a good rental property, please call me, I would love to help.



Katrina Green
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A WINNING Combination



words: **Grant Shanks** images: **Carmen Peter Photography**

John and Sheryl Glass are winners, and in more ways than one.

Former top smallbore shooters, Sheryl has won multiple International titles and medals in NZ, Oceania, Britain and competed at Commonwealth Games & World Cup level, while John has held and still does hold records at National and Provincial levels, and has also competed at World Cups. However, they are winners in another completely unrelated area - namely the automotive one. A car salesman and panel beater by trade, John is largely responsible for this fantastic car/caravan combination.

This stunning pairing was the winner of Best Car and Caravan at the 2018 Timaru Rock & Hop Show, and there's a lot of history behind them, as John explains. "The Vauxhall PASX is the 1961 version. It was purchased by Sheryl's father, Doug Findlater in 1973 however, years later when he got company cars, the Vauxhall spent about 35-years quietly rotting away in a cellar in Dunedin,"

Upon Doug's passing what had been the family pride and joy for many years, Sheryl felt it would be a great tribute to Doug to restore it and asked John if he would do the honours. What followed was a nightmare vehicle retrieval from one of Dunedin's steepest streets, Montague Street, two over from Baldwin Street, the world's steepest street on record.

"We had no brakes and used bricks in front of the wheels to ease the Vauxhall out a brick at a time so we could



trailer it. It was a pretty hairy operation," John recalls. "The engine was totally seized up and no amount of coaxing could free the pistons. Eventually, the pistons were cut out and as a result the engine capacity was increased a wee bit over its normal 2.6 rating."

After about a year in which John did all the restoration work and panel beating, Ashley's Peter Bachelor added the glorious paint job.

:"It was about this time that I spotted the 1959 Starliner on Trade Me. It was a pretty rare little caravan and this one was the 113th made. The Starliner was in really bad shape, stuck in a shed down Lake Benmore way. It was basically just an empty shell."

John stripped the caravan down to its bare bones and rebuilt it, doing all the bodywork himself. A year later and with another visit across the river to Ashley, the little 12-foot caravan was complete and a perfect match to the Vauxhall. "It's not just for show," John says. "We use it and in fact we've taken them on a run as far north as Tokomaru Bay north of Gisborne."

While John and Sheryl haven't got any plans for another caravan run in the near future, they will be attending the next Caroline Bay Rock and Hop.

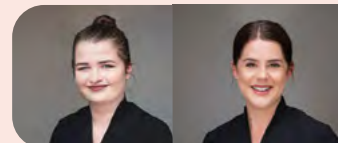
Keep an eye out for them.



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Amuri A&P Show

Come and have fun with us at the 105th annual Amuri A&P show at Rotherham show grounds on March 6th.

We have an action-packed programme with everything from a cooking demonstration by the 2 Raw Sisters, a trick horse demonstration by Sonia Duncan, a world class woodchopping competition, a terrier race, Aerial Rig Circus Show by Mulletman and Mia, growing vegetables workshop with Michael Voumard from Little Owl Biodynamic Farm and the South Island Barrel Racing finals.

For a break from all the activity you can enjoy the new food court area with Alpine Echoes playing live from 12.30pm. Come on out to see us and enjoy the beautiful grounds and famous country hospitality of the Amuri region - this will be a super fun-filled family day! See you there!

Look out for specific event times on our Facebook page.



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Sorry no email, we do things old school around here!



SWANNANOA COUNTRY FAIR

Every year our community comes together as a committee of dedicated parents to produce the Swannanoa Country Fair (SCF).

It takes many man hours, local business and service support to produce one of North Canterbury's biggest fun days in the regional calendar.

The school fair started as a humble boot sale in 1998 and now attracts over 8000 people through our gates on the first Sunday in March, people as far as Ashburton to Kaikoura attend.

The SCF is the schools only fundraiser of the year with 100% of the profits used to support the school and its students, as well as provide valuable assets to assist in the future of learning.

This year funding will go towards the maintenance and upgrading of the school pool. Two years ago saw significant upgrades to the filtration system, underground infrastructure and fencing of the pool as a result of fundraising generated by the fair. This year the internal surface of the pool requires a complete strip back to bare concrete for repainting.

Funding has also been earmarked for our teacher aides and the fantastic work they do, the purchasing of items that help

the school optimise student learning and development, school camps and other beneficial Education outside of the classroom, and lastly, towards the School celebrating its 150th anniversary in October 2021 and the initiatives proposed to celebrate that milestone.

We invite you to come along on Sunday March 7th to the Swannanoa Domain on Tram Road opposite the school for a great family day out!

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

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

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

www.swannanoacountryfair.co.nz

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A World of Sewing at Quilters Quarters

The team at Quilters Quarters are well settled in to their beautiful new character premises in Rangiora's Old Courthouse.

Located just off High Street the space is proving a hit with customers and staff alike says owner Pauline Forrest. Plenty of natural light makes choosing fabrics and colours much easier on the eye and the bright, welcoming space is a great place to browse and enjoy the shopping experience.

The team have also made use of the historic building's separate rooms. The main shopping area is what was the old court room; the waiting room is dedicated to embroidery; the former cell block is now used for classes and a separate side room is used to display the store's excellent range of sewing machines.

One thing that hasn't changed is the superb range of everything sewing related

from unique fabrics to wools, embroidery thread, elastics, Velcro and anything the home sewer or fabric crafter might need. And for those looking to upgrade or buy their first sewing machine, they have an excellent variety from basic options for beginners to high end machines for more advanced users. Brands stocked include Husqvarna, Janome, Babylock and Elna.

• The knowledgeable and friendly team can advise on the best option to suit your budget and requirements.

They even offer personal, bespoke sessions on learning to use your sewing machine.

For those that want to work on their skills this year then Quilters Quarters also offer a great range of classes. These get booked up quickly but keep an eye out for new

courses starting in term 2. These will include classes in general patchwork and quilting, learning to sew a little girls dress, crocheting, patchworking for confident beginners, foundation piecing and learning to love your overlocker.

So if you're a keen sewer; want to rediscover a love of knitting or simply want some advice and equipment for patching up some old jeans – head into Quilters Quarters.

www.quiltersquarters.co.nz

143 Percival Street (in The Court House)
9 High Street, Rangiora

Open: Mon-Fri 9am-5pm. Sat 10am-2pm.
P: 03 313 6765

E: 1quiltersquarters@gmail.com



Come and see us for all your sewing requirements.



Hidden Oasis

words: Jo Bailey images: Essence and Carmen Peter Photography

At the end of a long, meandering, tree-lined driveway, past an eclectic collection of homes and well-established gardens, is a hidden oasis.

As you approach the property, the buildings appear first. A towering Mediterranean-style home, complete with turret, is linked by a covered walkway to a small, funky wooden studio. An atrium attached to the studio opens into the covered walkway, but all that is visible through the coloured glass in the front door is an external curved stone wall. It is immediately apparent this place is special. And when the promise of what lies behind that wall is revealed, it is breathtaking.

Grape vines hang off a pergola attached to the main house. There is an expanse of manicured lawn, leading to a pond surrounded by lush, tropical plantings and overlooked by 'The Love Shack' a small hut with a deck sitting right on the water's edge. Pathways and streams wind around the extensive, native-filled garden, which includes a mini beech forest, hostas, and ferns, and has things like roses, hydrangeas, bird of paradise, and bright geraniums in pots, to provide pops of colour. Spiky cacti, braziers, bubbling small ponds, a fire pit and an outdoor bath add to the garden's character and charm. There are

many places to pause, reflect, and enjoy a new perspective on every aspect of this tranquil, private and calm space.

So where is this piece of paradise? What is almost impossible to believe is that this garden is right in the heart of Rangiora, with the bustling main thoroughfare of Ivory Street, just metres away.

The development of this magical garden is testament to a 35 year labour of love by Gerald Horton, and his late wife Rosie.

They came to Rangiora in 1985, as a young couple in search of "the good life". What they found was a one-and-three-quarter acre property, which was bare land, apart from several tunnel houses filled with table grapes. Gerald had already started a signwriting business in Christchurch but planned to leave that behind to run the established table grape business instead. "We hadn't done our homework very well and quickly realised that growing table grapes was a dying industry in New Zealand. I had to get back into signwriting pretty much straight away."



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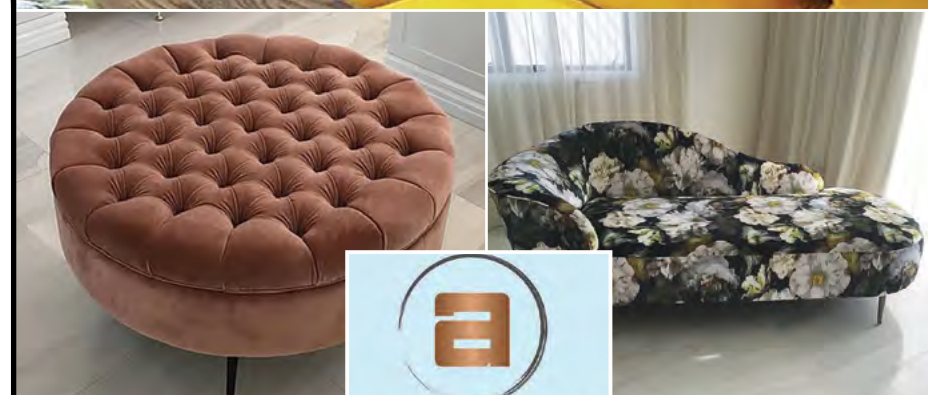
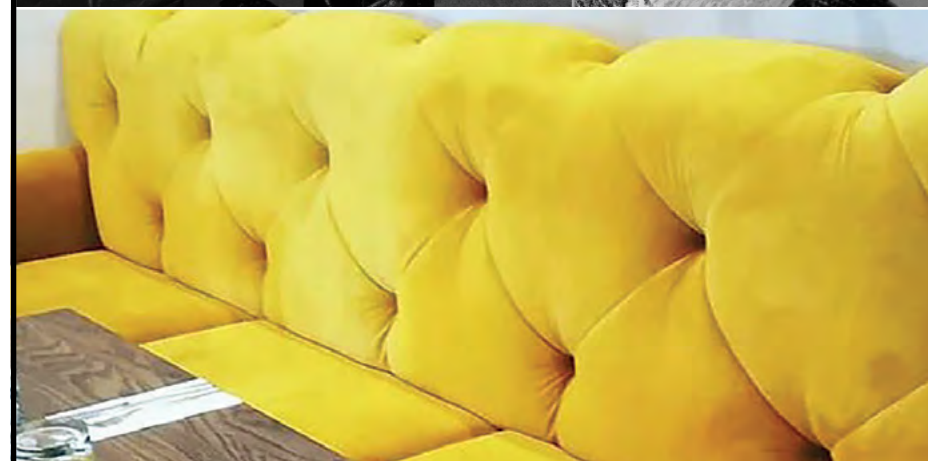


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External curved stone wall with coloured glass front door.



An early photo of Rosie and Gerald



Gerald and Rosie moved a bus onto the property and lived in it with their two young sons, Mat and Nick. "I told Rosie I'd build a house in six to 12 months, but it ended up going on hold because I had to build a sign shop first. The Love Shack was the first building we built on the property. It was supposed to be a studio for the business, but it was way too small, so I operated from a little shed down at the neighbour's market garden, Costessy, instead."

For three years, the family lived in the bus while they built their first house on the property, a board and batten home, not far from the Ivory Street entrance to the property.

"It was amazing in the summertime, as the boys would pitch tents under the grape vines or around the property. In winter time we would all be back in the bus, which didn't have a scrap of insulation. It snowed during our last winter and was like living in an ice box."

The family lived in their new home for seven years, with truckloads of shingle brought in to form a driveway. "It was like driving up the Ashley River bed for many years, as we couldn't afford to have it properly done at that stage."

With the tunnel houses gone, apart from the 'Grape House' (later home to some of the Horton's legendary parties) Gerald had a vision for the property, which included later subdividing sections off for other homes, and developing the north end of the section for his family. 'I started working with John Archer of Earthworks to plan out the driveway and gardens around the house and to figure out where to develop the waterways, and plant mature trees to provide windbreaks around the property. Everything followed this landscape plan. I think it is

important to have a vision, and not just plant a tree somewhere because someone gives it to you."

When they sold the board and batten house, Gerald and Rosie moved into a small one-bedroom wooden studio they had built at the north end of the property as a temporary home, while their forever home was being built. "I told Rosie it would be a couple of years before we built our dream home. In the end it was 13 years before we moved in. She never minded and was so patient."

The house, designed by local architect Robin White, is as unique as the highly creative couple. It looks like it would be just as much at home in Tuscany as in the middle of Rangiora. One beloved aspect is the 'loggia' as Rosie referred to it, the Italian word for a covered exterior gallery or corridor. The loggia houses a massive table where many big sheltered outdoor dinners have been enjoyed. A room at the top of the home's turret and balconies off the upstairs master bedroom all provide sweeping views of the garden.

While he did all of the 'heavy lifting' when it came to the establishment of the garden, it was Rosie who was the main gardener, says Gerald. Her love of gardening is never far from his mind during the many hours he spends each week maintaining and continuing to develop the property. "I still follow her advice, especially when it comes to weed control. I'd get told off if I pulled a weed. She always insisted on using a carving knife to make sure all the roots came out as well.

Her mantra was 'one year's seeds, seven years' weeds', and it drove me on when I took over the gardening."

Gerald also has a large vegetable garden, a glasshouse growing exotic fruits such as passionfruit, tamarillos and grapes, and a nursery where he propagates plants, mostly to give away. "So much of our garden has come from cuttings shared from other peoples' gardens, and I'm continuing that tradition on."



The small one-bedroom wooden studio they had built at the north end of the property as a temporary home.



The family lived in the bus while they built their first house on the property.

He is known by some neighbours as the 'Frog Man' due to the sound of the New Zealand native tree frogs on the property. "Sometimes their chorus goes on all night and what a beautiful sound it is. Makes you really feel that you are out in the bush somewhere."

Gerald loves to share the garden with others, and it has been the backdrop to many impromptu gatherings, parties, and organised events over the years, including youngest son Nick's wedding, back in 2011. "It was a thrill to host the wedding here and the place looked wonderful for it. Rosie did

every bit of the catering herself, just like she did for all of the functions we held here. She was the best hostess. Like her mother, Rosie was also the matriarch of our family and was a stickler for keeping everyone together."

One of Gerald's favourite parts of the garden is on the steps of The Love Shack. "I love sitting there and looking across the pond - it's so restful."

A pepper tree in the east of the garden was one of Rosie's favourite spots and is where her ashes were laid to rest. "Rosie was so wonderful and artistic, and it is sad she hasn't been around these last eight years to enjoy our family, home and garden. I talk to her often about how proud she would be."



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Body and Soul

Food as medicine

More than 2000 years ago the father of modern medicine, Hippocrates said "Let food be your medicine and medicine be your food". This statement has never been more important with 85% of chronic disease being attributable to poor nutrition. Many modern diseases were not around 100 years ago at the rates we are seeing today and this is largely due to modern foods.

Jo Robertson is a naturopath with a major focus on using food as medicine. She advocates for and encourages an ancestrally appropriate diet, the way humans have eaten for thousands of years. Stress, poor gut health and nutrient deficiencies play a major role in ill health and Jo has a number of tools to help including dietary, supplemental and lifestyle recommendations.

Jo will tailor make a treatment plan specific to your needs focusing on finding and correcting the root cause rather than merely treating symptoms.

naturopath164@gmail.com

Good health

I have worked in the natural health industry for 30 years. I am just as passionate about good health as when I started. I work with people of all ages and love to be part of their journey as they bring their bodies back to good health and balance.

I have been involved with Ultralite for 20 years. It is a fantastic keto eating plan that helps you shed a few kilos in a safe way. I see people weekly while they are on the Ultralite plan and teach them about food groups and most importantly how to maintain their weight once they have achieved their goal. I am also trained in Hemaview live bloods, iridology and muscle testing.

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Pilates

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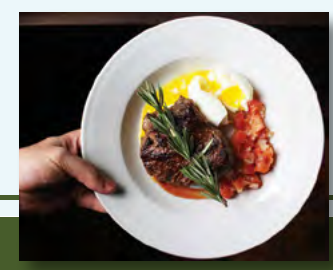
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Jo Robertson Naturopath & Medical Herbalist

Jo works with clients by focusing on the root cause for an array of health challenges with particular attention given to holistic and ancestral nutrition.



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This is the year for your business to stand out.

Didn't have a marketing strategy last year, or maybe it just didn't work that well, or do you want to try something new? The new year is a great opportunity to make a change.

Tip 1 Marketing

Get out of your comfort zone and do something fresh with your marketing strategy this year.

The main goals of your marketing plan should co-ordinate your business objectives, and outline your marketing strategies & tactics in the year ahead. It's good to remember that what you choose to do should fit with your target audience.

Let us know how we can assist you in your marketing plans.



Tip 2 Branding

People often get confused between marketing and branding and assume that they are one and the same. Although they fall under the same tree, they lie on different branches.

Branding is important as it increases your customers awareness of your products and services, giving you that competitive edge within the market. It separates you from your competitors.

Book a time to talk about your branding with us.

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Tip 3 Print

While you may have a cracking business online, it's a great idea to incorporate print marketing as well. If you have a physical store, pin up posters in your windows, and get creative with your displays to make them eye catching.

We have a range of products to help market your business, from the traditional flyers & leaflets to shaped cards, banners & flags!

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Lemon and Summer Berry Tart

There's still plenty of Summer Entertaining left especially if you like to dine in the outdoors. This month's recipe is a zesty lemon berry tart, another successful recipe from our summer collection.

This is a simple recipe to make and the in-season berries complement the sharpness of the tart. Just be careful cooking the tart shell as it can overcook, if you oven can be a bit on the hot side, turn it down 10°C. Serve it chilled with mascarpone and a crisp glass of Rose.

Ingredients

- 1-2 sheets Pams Sweet Shortcrust Pastry, defrosted
- 4 eggs, beaten
- ½ cup Pams Castor Sugar
- ¾ cup Pams cream
- Zest of two lemons
- ½ cup lemon juice
- Mixed berries, to garnish
- Mascarpone or whipped cream to serve

Method

- Preheat oven to 180 degrees celsius. Grease a round tart tin, then line the tin with pastry. Trim the edges, then prick the base with a fork and place into the freezer to chill for 15 minutes.
- Once chilled, lay a piece of baking paper into the shell and fill with baking beans or rice. Blind bake for 20 minutes, then remove the beans and paper. Lightly brush with some of the beaten egg, then return to the oven and bake for a further 10-15 minutes or until lightly golden. Set aside.
- To make filling, whisk together the beaten eggs, sugar, and cream, followed by the lemon zest and lemon juice. Carefully pour into the pastry shell, then return to the oven for 20 minutes until set (should be just firm when wobbled). Keep an eye on the tart while cooking as it can overcook and burn easily.
- Leave the tart to cool to room temperature, then place into the fridge to chill completely; around 2-3 hours.
- To finish the tart, decorate the surface with berries of your choice, then serve and enjoy with mascarpone or whipped cream.



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



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Bottling your Beetroot



Beetroot (*Beta vulgaris*) is a root vegetable packed with essential nutrients. Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

Many of these benefits are due to their high content of inorganic nitrates.

Beetroots are delicious raw but more frequently cooked or pickled. Their leaves — known as beet greens — can also be eaten.

Here is a great recipe and method from Steve Ditmer for preserving your own beetroot!



Prep:

- Sterilize jars by washing thoroughly and then placing in a hot oven approx 180°C to sterilize.
- Sterilize lids in a saucepan of boiling water.

Ingredients:

- 1 cup of malt vinegar
- 1 cup of sugar
- 2 cups of water
- Salt and pepper.

*This will make two jars.
Double if bottling more.*

Method:

- Leave 1cm of stalk on the beetroot so not to lose colour while cooking.
- Boil beetroot for approx 40 minutes or until it can be pierced through with a sharp knife.
- While beetroot is cooking mix the vinegar recipe and bring to boil in a saucepan for approx 5 minutes.
- Empty the pot of cooked beetroot into a sink and when cool enough to handle simply rub the skins off with your hands.
- Quickly slice warm beetroot into the hot jars and when full scoop the boiling vinegar mixture on top of the sliced beetroot.
- Run a sharp knife around the side of the jars to release any air bubbles and then top to overflowing. Quickly put lids on and screw down the bands tightly.
- Within 30 minutes you should see the lids invert down which is the sealing process as the mixture cools.
- Leave for a few weeks then enjoy. Bottled beetroot will last for up to a year if kept in a cool dark place.



Savvy Lunch Solutions

words: David Cartwright - Percival Street Bakery



Packing a nutritious school or work lunch doesn't need to cost the earth.

Being creative and working with seasonal produce is the ideal solution. Using fruit that is in season (currently plums, peaches and apples) ensures Ministry of Health guidelines are met. Using leftover meat from dinner for sandwiches, or making extra stir fry also keeps meals interesting. Possibly make an extra batch of macaroni cheese or a pasta salad?

Often the biggest hurdle is the time involved in preparing lunches, home baking of scones, muffins, cakes and slices ensure costs are kept low however if you don't have time to make them you can always purchase from the local bakery or supermarket.

Being able to spread the calorie intake over the day (morning tea, lunch and afternoon) keeps you more alert and satisfied, plus having a drink bottle at hand is important.

An ideal lunch could contain a sandwich/ filled roll, fruit x2, alternatively add carrot/celery sticks, maybe a hard boiled egg, homebaking of a biscuit, slice or muffin. Muffins don't also need to be sweet and preparing a savoury muffin offers variety. Perhaps look at a cheese and cracker combo.

Having treats isn't always bad, introducing a bag of chips or a chocolate bar does add something to look forward to during the day.

A growing concern with people is the amount of plastic used. By investing in good quality reusable containers this helps reduce waste at our landfill sites.



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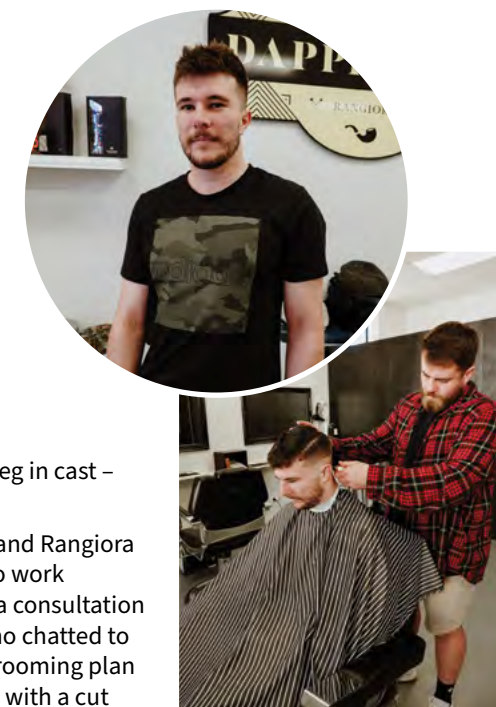
The lucky winner of the Dappermen makeover competition in November last year was Tyler Collins – picked out of 400 entrants.

But he must have used up his good luck in the competition because he pitched up at his makeover with his leg in cast – he'd broken it.

But it didn't faze Dappermen owner and Rangiora style guru, Simon Murphy, who got to work revamping Tyler's look. First up was a consultation with resident barber Tom Wardell who chatted to Tyler and came up with a personal grooming plan for him. He soon got Tyler into shape with a cut and style and the help of Bloke & Co Beard Balm and Modern Pirate Styling Pomade.

Next up was a consultation with Simon. He asked Tyler about his lifestyle and the look he ultimately was aiming for. With that in mind he then selected two outfits – one for a casual look and the other a bit more dressy. He showed Tyler how to wear his looks with confidence and crucially how to mix and match new items with existing to create other looks – giving more mileage from the same pieces. For instance a pair of cufflinks and some different shoes can take a look from casual to formal.

Simon's flair for style and eye for detail helps give clients the look they want – taking into account their shape, size, lifestyle and colours. He specialises in grooming and styling for special occasions such as weddings and formal events. And he also offers individual consultation and personalised service - making sure clients leave feeling both stylish and comfortable with their new looks.



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The Ageing Face

by Dr Peter Aspell (Durham Health Cosmetic)

Ageing refers to the inevitable process of wear and tear that affects us all continuously. Even if people argue about what exactly drives this process, they all seem to agree on how it affects us – the changes visible externally to others and the changes that occur within ourselves. Unsurprisingly, the search for remedies and the study of human ageing itself has a long history in all cultures and traditions around the world.

The way our face looks is determined by the shape of the bones in our skull, the texture and quality of our skin and the numerous pockets of fat distributed throughout our face that give us all our unique appearance. All three change as we age: the bones shrink and withdraw into our skull making our eyes look sunken, lengthening our upper lip and our chin pulls back in. Our skin loses collagen and the pink shiny glow we had as children becomes more matt in our teenage and young adult years, eventually losing elasticity and becoming saggy around our eyes, cheeks, jawline and mouth. Those important fat pads that define the curves of our face break down and deflate resulting in baggy excess skin drooping down and our lips lose their

volume. Fine lines become wrinkles and gravity pulls our face downwards, much like a slowly deflating balloon.

The goal of a great cosmetic doctor is to understand how these changes affect each of us individually and then tailor various combinations of treatments to improve skin texture, re-fill those deflated fat pads and compensate for the bony changes. Treatments do not aim to turn back the clock but rather to support the face from dropping and sagging and refill those empty pockets of fat as they break down.



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Rethinking Our Wardrobes

words: **Pattie Pegler**

My wardrobe is bursting with things I don't wear, things I don't like, things I think will fit one day. And then a small group of things I wear endlessly. According to various surveys - I'm not unusual. Apparently, we wear around 50% of the clothing we own.

Not only are all those ill-fitting dresses a waste of space, they're a waste of money and an environmental disaster. At Southbrook Transfer Station in Rangiora textiles accounted for 6% of waste in a 2017 waste audit, that would have been around 1030 tonnes for that year.

Why Are Our Wardrobes So Cluttered?

So why do we have all these things we don't wear? Cheap, fast fashion temptations are probably part of it. If we're not entirely in love with something but it's only \$10, well, chances are we'll buy it anyway.

And of course, we're bombarded by fashion everywhere we look and particularly on social media. "A lot of people get drawn in by marketing and new seasons," says Christchurch based personal stylist Lou Heller.

"But there can also be psychological reasons for our cluttered wardrobes" she says. "Sometimes it's simply the buzz we get from buying something new but sometimes we might also buy for the person we want to be. We might buy to fill some sort of space in our lives or minds. Our relationship with clothes is complicated."

"And sometimes we just make bad buys particularly online" says Sharon Herbert, owner of Clarkville's preloved clothing store, The Style Shed. "With online purchases often people find the fit isn't quite right or something like that," says Sharon. "And it can be so much hassle to send back that they bring them here

instead." Other common reasons for bringing items for resale tend to be that they no longer fit or sometimes it just doesn't suit the person like it used to.

Streamlining

So if you're staring at a wardrobe stuffed with unloved items what should you do? Well, you could start with a clear out.

"Sometimes you do have to be ruthless and think 'will I wear this?'" says Lou. She advises creating a "six month pile" and then revisiting it. If you haven't worn an item in six months then you have to consider if you're really going to wear it again.

When it comes to what to do with those discarded items don't just throw them in a bin bag. Extending the lifespan of clothing brings so many benefits - it can make someone else very happy and it decreases what goes to landfill. Good quality and good condition items can be donated to op shops or swapped with friends. And some can be resold online or head along to a pre-loved labels store where they will sell for you and give you a percentage of the sales price - which can help finance your wardrobe.

Changing your habits

Once you've had a wardrobe clear out try not to buy a load more things you don't need or really like.

"My number one tip is to learn and really engage with your silhouette," says Lou. "Spend some time in your wardrobe looking at what you have and what you love and what you actually wear.

Try to be versatile with your existing items - Lou gives the example of work wardrobes and weekend wardrobes. Sometimes an item can cross over really well, it can be dressed down for casual or up for a more professional look".



Identify key items you need. Lou says wardrobe staples typically include a really good pair of jeans, a nice pair of heels, a good jacket and a "going out" top. Of course, these can vary depending on you and your lifestyle. But whatever your personal staples are it's often worth spending a little more on them and buying pieces you love rather than being tempted by one season wonders.

Or head to preloved stores in search of something unique. "People love finding something a bit different," says Sharon from The Style Shed. "And I love seeing people find treasures." Tops are one of the biggest sellers she says and well-known labels such as Trelise Cooper, Ketz-ke and Mi Moso. Some customers look specifically for pre-loved jeans as they prefer them 'worn in'. And sometimes an unusual item will sit on the racks for a few weeks until someone comes in and it's just what they've been looking for.

Making your wardrobe work better for you ultimately involves a bit more thought for many of us. "Widening your mindset from the usual stores; understanding what's missing and trying, trying, trying," all help says Lou. "It's about fun and playing in your wardrobe."

That sounds a lot better than staring miserably at clothes we no longer wear.



Recycled Runway

Preloved clothing has gone from fringe to mainstream in recent years.

With more stores, more clothes swaps and even large-scale events focused on preloved fashion. Last year The Cancer Society North Canterbury ran Recycle Runway, a fashion show that put together looks from donated and preloved clothing.

"We wanted to raise funds and raise awareness of the centre here in Rangiora," says Tiffany Wafer of The Cancer Society North Canterbury. Recycle Runway had been done in the North Island originally and they felt it would work well as a fundraiser here, tapping into the increasing interest in pre-loved clothing. A team of volunteers put the event together and they secured Fashion Consultant, Sally Mac, to curate different looks for the fashion show and they also set up a pop-up preloved shop that included accessories and jewellery.

"Sally Mac was great," says Tiffany. "We had models of all ages and she really showed the versatility of the clothes, putting together different looks."

The event proved hugely popular with over 150 attendees and people shopped up a storm, snapping up bargains and preloved treasures for their wardrobes. They also ran an auction for some truly unique items including an incredible pair of shoes and a retro dress.

"It was fun and it was real and the feedback was really, really positive," says Tiffany.

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NEEDING A GOOD READ?

words: **Pattie Pegler**

The Push Ashley Audrain

Blythe Connor wants to be a good mother but her own mother had deeply rooted issues as did her mother before her. So she approaches the birth of her first child, Violet, with some apprehension. But when she struggles to bond with her, is that history repeating itself? Or is there some other force at play?

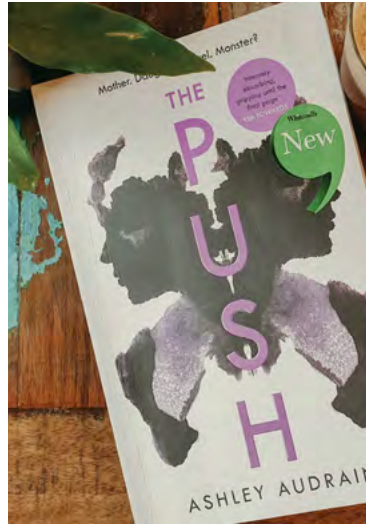
The Push is the first novel from Canadian author Ashley Audrain. It was snapped up in a \$3 million 2 book deal and film and TV rights sold too. Impressive stuff and it's definitely a page turner - I read it in two days flat when I should, honestly, have been doing some productive to-do list stuff.

But this is more than just that summer book you can't put it down. It's an unflinching look at the less Instagrammable side of motherhood and the even darker question of what happens when that mother-child bond doesn't come together as we expect. Think *Gone Girl* crossed with *We Need To Talk About Kevin*.

Blythe, the narrator, recounts her own story of new motherhood and we're never quite sure how much is her own perception of events and how much is true. She also weaves in some insights into motherhood and the portrayal versus the reality, that strike a chord. The dedicated women in her mothers' group who never complain; her doctor who proclaims motherhood is the best job in the world - are all at odds with her experience.

"I would stare at Violet's face in the stroller all the way home, wondering why she didn't feel like the best thing that ever happened to me."

Audrain has made motherhood into a gripping psychological thriller. It works and it's well worth a read.



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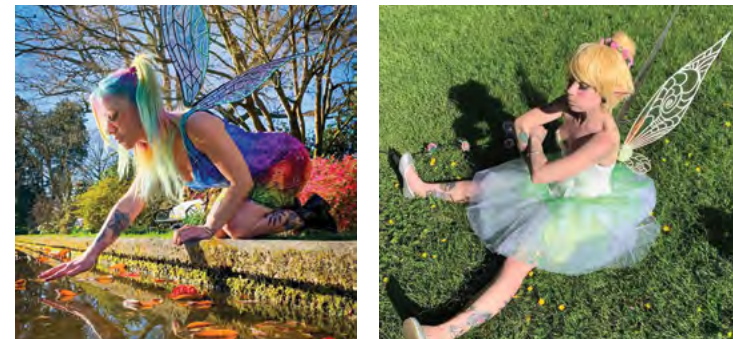
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The Continuing Story of Claims Update from Hank

Here we are, already one month into the new year. It'll be Christmas again before you know it...

This year over the Christmas and New Year holiday period I've noticed a big increase in the number of claims and claim inquiries. I'm not sure why, maybe it's simply that people are relaxed after the build up to Christmas or maybe they're just doing things they don't normally do while on time off. In any event it is typical for this time of year, but this year seemed even more than before. And so I thought it appropriate to talk a little more about claims.

You'll recall in October 2019 I introduced you to my clients Peter and Janine and told their story, a true story, of an unfortunate accident that could have had devastating financial outcomes had they not planned for the worst. Their insurance policy didn't fix the injury Peter sustained, that's the medical people's job, but it did give them the financial support that was so needed when Pete's ability to work came to an abrupt and grinding halt!!

Pete has now changed his vocation since his injury stopped him from returning to building.

His insurance policy supported him and his family while he retrained into his new vocation so that he was able to return to a productive lifestyle.

The insurance policy didn't give him a new job, but it did give him the financial support to prepare him for a new job.

You'll recall I've described insurance before as the funding mechanism in support of any risk management plan.

On top of that, once it was clearly medically established that Pete was unlikely to ever return to building, his usual occupation for which he was skilled, experienced, and qualified to do, Janine and Pete were paid a further lump sum pay-out known as Total and Permanent Disability (TPD) benefit.

Pete and Janine's story is not unique. There are similar claims being paid every day of every week, legitimate, genuine claims. The insurance companies understand that the continued success of their business is reliant on credibility and that their credibility is very much reliant on meeting client expectation. Expectation, in turn, is all about getting claims paid!! Not just getting claims paid, but also getting claims paid in a timely fashion. Right money to the right place at the right time.

At this point I'd have to add that by far the majority of the claims enquiries we've had recently have been related to Private Medical Cover. Not all, but most, both in terms of diagnostic procedures, accident claims relating to ACC, and a fear of the public health system being unable to provide follow-up treatment after an urgent admission. All this creates uncertainty, much of which is generated by the media. I've often thought how much better off we'd all be if we didn't watch the news, didn't watch reality programmes,



ignored the conspiracy theorists. There's a lot to be said for that age old proverb "ignorance is bliss".

However, we all also understand that burying our heads in the sand is not always the answer. But what often is the right answer is getting good and logical advice from the right sources. Remember, believe nothing of what you hear and half of what you see, and you'll be somewhere near the truth.

If you've got some concerns about your insurances, wandering whether you'll get a claim when you genuinely need it, then give us a call we can have a look at it with you and discuss your concerns.

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