

# essence

essentially...north canterbury

08

Health  
Kidney Health Month

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Home and Garden  
House Plant Happiness

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## contents

Ok, so its print day and I'm really struggling to concentrate to write my little intro piece as there is so much chit chat in the office about the Meghan and Harry interview we watched last night. Our opinions are quite divided except Mandy, who is more interested in what's happened to Prince Andrew. The chit chat about him seems to have died down. Coincidence?

In this issue we address the indoor plant craze that seems to have taken hold of most of us. My husband thinks I'm a little crazy and ever so slightly obsessed with my maidenhair fern. Apparently caring for house plants is a quiet, peaceful activity that can distract us from work or busy social lives. Really? I think it's actually quite stressful - keeping some plants alive is no mean feat. On pages 10 and 11 writer Pattie chats with Darren Tillett, collection curator for the conservatories at Christchurch's Botanic Gardens and Ben Murgatroyd, one half of Christchurch's indoor plant specialists, Monstera & Men.

We visit Oxford - historically, Oxford has been a community servicing the rural farming sector which surrounds it, but over time it has evolved and changed as people from Christchurch and beyond moved into the district seeking a more gentle way of life and a sense of real community. Our feature begins on page 15.

We look at the serious side of kidney disease and give you some facts that may shock you.

In March 2021, as part of Kidney Health Month, Eugene Sanders who has Polycystic Kidney Disease is embarking on an incredible journey to achieve a personal challenge for himself, while supporting the work of Kidney Health New Zealand (KHNZ) in building awareness and prevention of kidney disease. Page 6

Check out some gorgeous autumn fashion on page 20 and we share some fabulous must do beauty and hair treatments page 18

Enjoy your month - Dorothy



Front Cover: Planty Affair - the perfect day out for the green fingered plant lovers, Sat 21 March. Photography; Dorothy - Essence Magazine



Page 6. Connecting people in extraordinary places.



Page 15. Destination Oxford. We feature local people and businesses.



Page 21. An Appetite for Autumn Fashion. Image supplied; So You!

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understands the importance of having support in place to help people through what can be a difficult process.

"I am very much an organised, systems person," says Lisa. "But more than anything, I like helping people. I like to relieve a bit of that stress for them at what can be a very emotional time."

We accumulate numerous possessions throughout our lives. Lisa's expert approach helps us decide what to do with those things. She catalogues, organises, and distributes household items large and small - from that big old bookcase full of memories to that quirky painting. She creates a detailed inventory to help people make their own decisions about what to do with each item. Once they have decided they can either distribute the items or create a document to sit with their lawyer. This process can relieve the worry that many elderly people have about what happens to their possessions.

Lisa also provides house clearances for deceased estates which relieves emotional pressure.

"If you live out of town and the family home needs to be cleared out when a parent passes on, it can be really hard to find the time you need to do it well," she says.

So if you're downsizing or dealing with a deceased estate - call Lisa and find out how she can help.

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## A Caring Approach to Estate Management

Organising and clearing out houses and possessions can be an emotionally charged task. Whether you are planning to downsize and move from your family home or are dealing with the deceased estate of a loved one, it is helpful to have a professional on hand to assist you through the process.

That is why Lisa Dooling founded her business, Sought. Born in Christchurch, Lisa has moved 14 times in 15 years, with six of those moves being international. This experience has provided her with the tools to create a seamless system for organising household contents. She knows exactly how to successfully pack up a home and

## 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 the North Canterbury Musical Society in 1955.



Rangiora Musical Society - 1955

With the cancellation of many events these days our Limelight pages are looking a little sad so the essence girls are once again sharing a few of their favourite bits and bobs.

Amanda has been making the most of the warmer weather while it's here. She has been swapping her frocks for active gear and has been exploring some of the walking trails in the region. If you haven't tried it, she recommends giving Mt Oxford a go.



Two gorgeous girls putting some fun in our day!  
Roz the Christmas Fairy at the Rangiora Refuse Station and our Essence baby Miss Milly turned one.  
Happy Birthday!



Mel's son Taylor headed away fishing with his grandparents at the gorgeous Lake Alexandrina. They were super successful with their catch and brought home some beautiful rainbow trout. Needless to say there were a few fish meals in the Cox household including the good old Edmond's Cookbook Fish Pie!

## ANZAC - Presented by Rangiora Brass

Features a musical journey through "PASSCHENDAELE" by renowned composer and Musical Director of Rangiora Brass, Dwayne Bloomfield. Includes a tribute to the Māori Battalion along with your favourites. A fundraising concert for the Rangiora RSA welfare fund.

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Tickets (\$20) available from the Rangiora Town Hall or online at www.townhallcinemas.co.nz/live-shows

## Refill Your Cup

Refill Your Cup 2021 - the event that brings Hurunui Women together for connection, inspiration and friendship was held at the Omihiri Hall in February. Guest speakers included local rowing Olympian, Eve MacFarlane, Lindy Nelson founder of the successful Agri Women's Development Trust and Nadine Hickman from Peptalk Magazine.



Sharona Henscaw and Angela Gilbert

Kate Costello, Linda Allan and Neroli Crean



Mayor -Marie Black, Elspeth Loughnan, Nikki Newton and Phils Morris



Lindy Matheson, Caroline Winter and Emma Henderson



Jane Whiteside and Mandy Earl



Alison Sloss, Robyn Hamilton and Julie Moore



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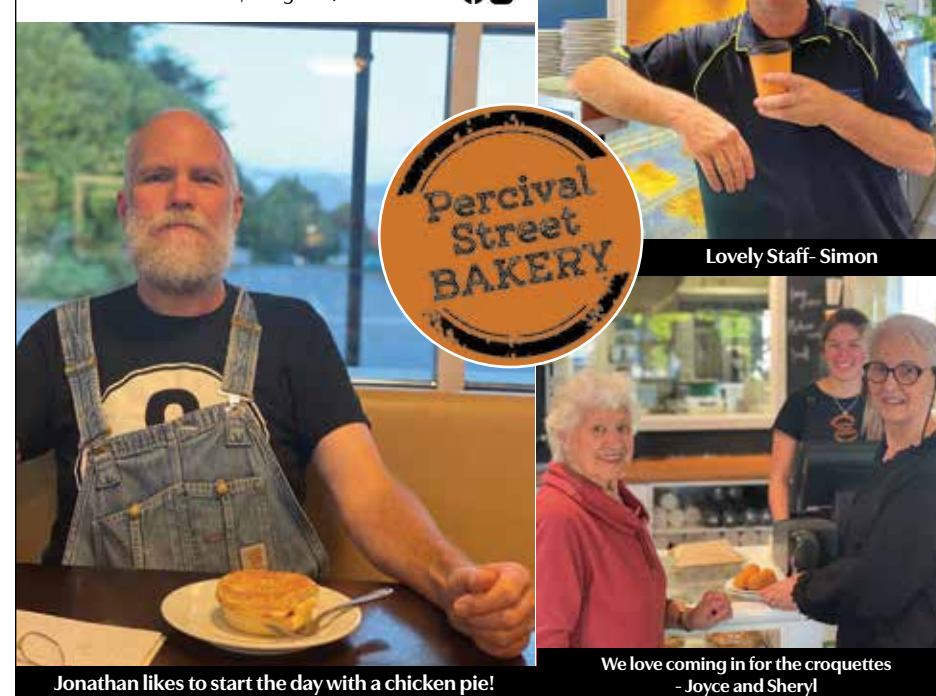
Jill Black and Sue Macfarlane



Jo Macfarlane, Eve Macfarlane and Rosa Reed

## PEOPLE OF PERCIVAL STREET BAKERY

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Lovely Staff- Simon

Jonathan likes to start the day with a chicken pie!

We love coming in for the croquettes - Joyce and Sheryl!

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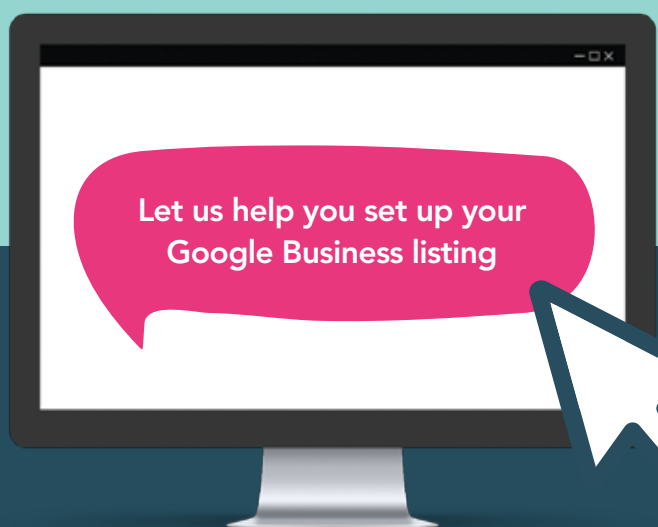
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As a family-owned, Canterbury-based business Farm To Farm Tours have over 30 years' experience in creating travel experiences with a rural focus. As well as arranging tours especially for farmers, they love helping other kiwis get out in their own backyard and discover where their world-leading food, wine and fibre comes from.

This is the perfect time to try one of Farm To Farm's tours. So join one of their small groups, or get together some friends to form your own, and enjoy one of these fabulous upcoming tours:

- **Far North Escape (May & Oct)** - Explore the Bay of Islands and Northland to Cape Reinga - a chance to experience the people, the farming, food and wine, rich heritage and stunning coastlines and forests of the region.
- **Deep South (Apr & Nov)** - Fiordland, Stewart Island & Catlins - overnight cruise in Doubtful Sound: one of the most pristine and magical places on earth with breath-taking vistas, glacial fiords high summits and vast marine and birdlife. Take in more nature on wonderful Stewart Island, meet local Southland farmers and explore the rugged Catlins.
- **Mainland Muster Ultimate South Island (Apr & Nov)** - Enjoy off the beaten track experiences including a High Country merino station stay. Visit a diverse range of farms and enterprises, try tasty regional specialities and enjoy spectacular scenery from Canterbury to Marlborough, Nelson, West Coast, Otago Lakes, Ohau and more
- **Chatham Islands (Nov)** - Spend a week savouring the Island lifestyle, based around farming, fishing and tourism. Includes daily tours to places of interest and insights into the ecology, history and fascinating landscape of these remote islands.
- **East Cape Explorer (Oct)** - From Napier to Gisborne and around East Cape, enjoy stunning coastal scenery and rich heritage, a fantastic mix of rural enterprises, excellent hospitality and those magic 'first in the world' sunrises!



### Unbelievable Deep South

Imagine dining on fresh blue cod and crayfish you caught a couple of hours ago whilst moored up for a night in the pristine waters of Doubtful Sound. If that sounds like something you'd enjoy then don't miss our 2021 Deep South tours. An incredible overnight Fiordland cruise is certainly a highlight, as is waking up to magnificent bird song on Rakiura Stewart Island, experiencing the rugged Catlins and meeting passionate farming families on their farms - a real insight into how farming life is in this southern part of New Zealand. Our guests have been delighted by seeing rare dolphins and penguins, sea lions, kaka, kiwi, takahe and even whales for a lucky few! Queenstown to Te Anau, overnight on Doubtful Sound, Stewart Island, Invercargill and the Catlins - what a line up!

*"This tour was so good that I can't give any suggestions for improvement. We have been telling all our friends and family about it" ... the best endorsement we can get!*



So if you want to discover the hidden New Zealand with a great group of people, then contact the team at Farm To Farm Tours. Also offering customised tours, this is the perfect time to explore your own backyard.



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Claire and Stuart Morris

### Be Aware! This Is A Costly Mistake You Could Make!

As people who have dedicated their working life to the real estate industry, are self proclaimed real estate nerds and genuine believers that it is possible to be successful in this industry while remaining a decent human being, we feel compelled to reach out to those considering selling their prized possession and biggest asset, their home, with a warning.

We are worried for you. We are concerned that you could miss out on realising the true value of your biggest asset. You could be selling yourself short, potentially from poor advice, or simply a lack of understanding, from someone putting themselves forward as an expert.

The market is buoyant, strong and busy. Demand is far outweighing supply and it's being fuelled by incredibly low interest rates and first home buyers who are drawing down their Kiwisaver and getting stuck in! This is producing results that were not only unexpected but are completely unpredictable. And it is because of this, if you are engaging a real estate agent to sell your home and they are not offering you a chance to sell by Auction and to a lesser extent Deadline Sale, we are seriously concerned that you could be missing out on tens of thousands, and in some cases hundreds of thousands of dollars. Because every week in our auction rooms

we are seeing property sell for way more than anyone thought was possible.

We understand talk is cheap and some of you will have tuned out after the first paragraph but we've got everything to lose by writing this and very little to gain in comparison to you as a homeowner. The median price of real estate went up by over 3% in Canterbury last month alone (do the maths on your home and see what it equates to). That's the median - that means there are results exceeding that by a good margin! The best way to determine market value is to show your property to as many buyers as possible and then allow them to spend as much money as they see fit.

We are passionate about this and disappointed that property owners are missing out on true market value because of being ill advised. Do all of our auctions sell under the hammer? No, of course not. But our owners know there is nothing more we could have done to find the buyer at that moment in time and that is a level of comfort which we are very pleased to be able to give our owners.

And for the buyers reading this, what's in it for you? Complete transparency, complete control and the ability to make decisions on whether you own a property or not, there and then. No trying to guess what the other offer/s is/are or being worried you've paid too much. Auction is the best way to buy and sell property - end of story.

We urge you to reach out to us, come and check out our auctions, check out anyone's auctions for that matter - see for yourself! Or better yet, pop in and we'll tell you or we'll introduce you to our clients and they can tell you themselves!

**Good luck out there homeowners and remember the better the market, the more you could be missing out on by simply not allowing market forces to take place.**



### Which Tenancies Do The New Rules Apply To?

With the new Residential Tenancies Amendments Act 2020 now well under way I thought that over the next few issues I would break the main changes down for you to give you some understanding of how they impact tenancies.

As I have said many times, ensuring you are up to date with the changes is one thing, ensuring you understand them is even more important and even those of us who have been in the industry for a very long time are having to clarify several points with the Ministry of Business, Innovation and Employment.

So, let's start with what tenancies the new legislation affects as there is a lot of confusion out there. The rule of thumb is - If the tenancy is a Fixed Term which began prior to 11 February 2021 then the old rules apply. If the tenancy began on or after 11 February 2021 then the amendments are in force.

However, if the tenancy is a Periodic Tenancy they automatically revert to the new rules. We were not sure if an existing tenancy which is extended after 11 February 2021 would revert to the new rules, or stay on the same rules, however it has just been clarified that any renewal or extension, even if there are no other variations (like a rent increase), will still be classed as a variation to the initial tenancy and

therefore will revert to the new rules.

Essentially this will mean that most tenancies will revert to the new legislation over the next 12 months.

Of course, the importance of understanding when the new rules apply to existing tenancies is so that you are aware of the required notice periods you can give tenants to end a tenancy and whether you need to adhere to the new, or old rules. Confused?

If you find this all a little hard to get your head around, as always, please feel free to contact me.

**Next time I will talk about what the new notice periods under the Amendments Act are.**



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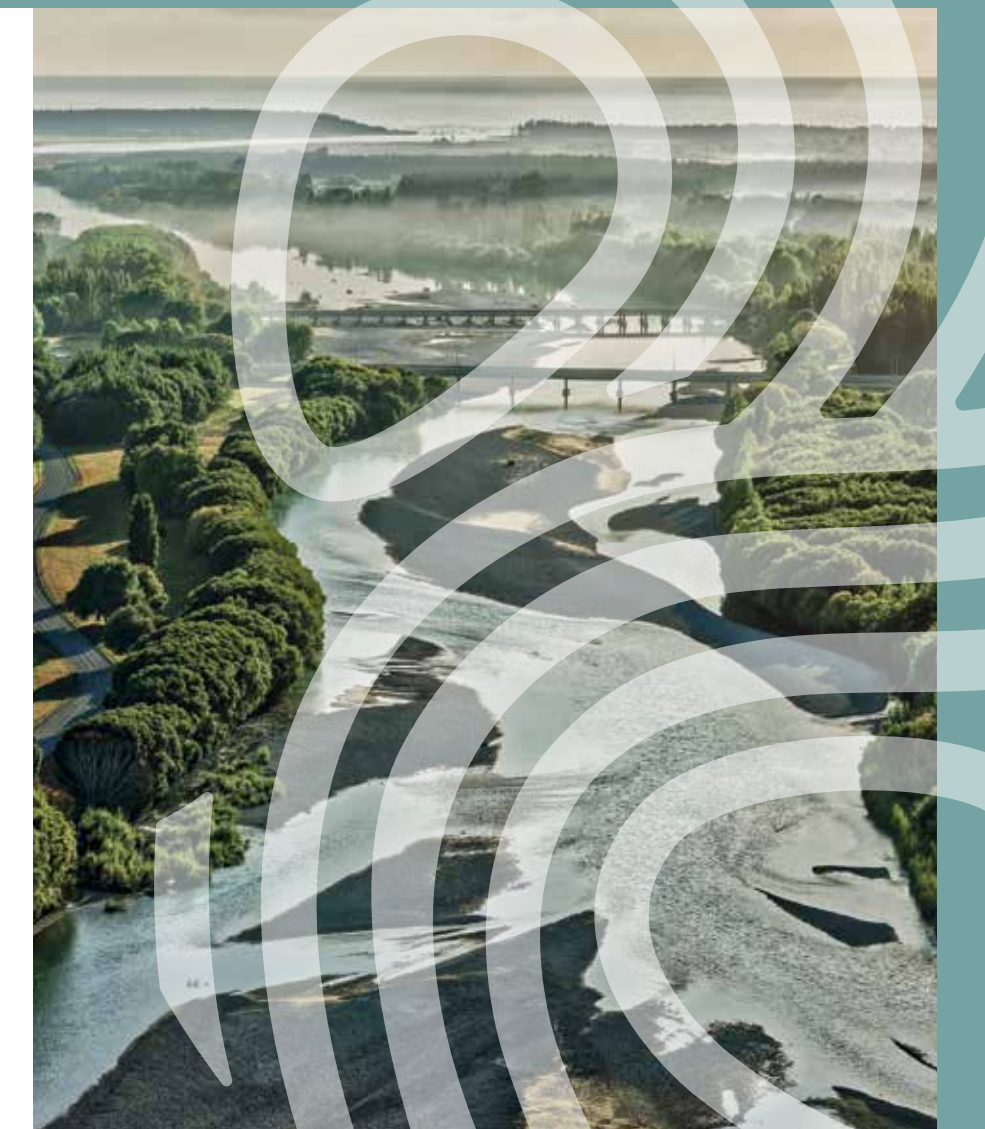


## Let's Talk about the next 10 years...

### Draft Long Term Plan 2021-2031

Over the next 10 years the Council is focused on making sure we keep up with growth, Covid-19 economic recovery, climate change/sustainability, and the impact of the Three Waters Review.

HAVE YOUR SAY...  
[waimakariri.govt.nz/letstalk](http://waimakariri.govt.nz/letstalk)



# “While I still can”

E-scooter challenge from Picton to Bluff to promote Kidney Health Month

In March 2021, as part of Kidney Health Month, Eugene Sanders who has Polycystic Kidney Disease\* is embarking on an incredible journey to achieve a personal challenge for himself, while supporting the work of Kidney Health New Zealand (KHNZ) in building awareness and prevention of kidney disease.

“My goal is to do something that has not been done before, providing me with a personal physical challenge in the short time my health permits while adding to and supporting the work in raising awareness of kidney disease and prevention in the community,” Eugene Sanders says.

One in 10 people in New Zealand have kidney disease but 90% (500,000 people) are unaware of their condition until the disease is at an advanced stage. With awareness and early detection, in most cases the disease can be managed and preventing the final stage treatment of dialysis or kidney transplants.

Travelling by off-road electric scooter, Eugene will follow the Tour Aotearoa Trail 1,400km from Picton to Bluff with a support crew, including his half-brother Charne Christense, and his wife Janine Sanders. He will be stopping in key locations on the journey and promoting kidney health with the support of Kidney Health NZ who will also be encouraging its network to support him as he enters towns/cities. He will be raising funds for Kidney Health NZ along the way with his Give-A-Little page.

Eugene is based in Christchurch and works as operations manager for Canterbury Cricket and has been a keen player all his life. He was first diagnosed in 2009 at the age of 36, after a cricket game left him sore the next day and his urine had changed colour, he checked with his GP who took his blood pressure and organised a blood test. The results quickly led to being referred to a nephrologist at Christchurch Hospital and a visit to the renal unit,

terminology he had no understanding of at the time. He was shocked he had this hereditary form of the disease, and it had taken this long to discover.

Last August 2020, his 15 year old son Joshua, who attends Christchurch Boys High School was also diagnosed with the disease.

**His message to everyone is “get yourself tested”.**

You just don't know, this could be you. When you go for your GP check up, ask for a kidney test. It's a simple blood test, urine sample and blood pressure check.

Eugene's condition has now deteriorated to only 28% kidney function and he will need a kidney transplant within the next two years. Both his wife Janine and his brother Charne have offered to be tested for the donor exchange programme.

Eugene departs Picton on Monday 8 March and plans to arrive in Bluff on 21 March.

The event will coincide with World Kidney Day on 11 March (<https://www.worldkidneyday.org/>), a global focus on kidney disease and its prevention. It is planned to incorporate Eugene's challenge around World Kidney Day and other events planned for March 2021 including a journey completion celebration in Bluff on 21 March.

Corporate partners have been generous in their donations to cover the costs of the challenge event including e-scooters, campervan, equipment, accommodation. A public donation campaign through Give-A-Little is encouraging people to support Eugene's goal to raise a minimum of \$10k to support KHNZ in awareness around prevention of kidney disease.

Black Sheep Trading, e-bike and scooter specialists in Christchurch, are giving him the use of four specially designed off-road scooters designed to go on any rugged terrain he may encounter down the South Island's West Coast. He will have support from Top 10 Holiday Parks and



THL will allow him to have a campervan and places to stay along the way, with the vehicle also acting as a mobile charging station for the scooters.

The route has been given NZTA approval, and he will also have a satellite phone and GPS with him so he can keep in touch with his brother Charne in the support vehicle, in places with no cellphone coverage.

His e-scooter has a battery life for 120kms. His wife Janine will be joining her company's sales reps on their trips around the South Island and catching up with him when she can.

Along the way he will meet up with cricket umpire colleagues and friends in Nelson who will keep him company on parts of the track.

Along with his son Joshua, daughter Jordan, 18 and younger son Kyle 12 are also supporting Dad.

**Follow Eugene's journey on his Facebook page.**

\* Polycystic Kidney Disease (PKD) is an inherited disease in which clusters of cysts develop in the kidneys causing your kidneys to enlarge and lose function over time often requiring a transplant.

**Your donation will help us help New Zealanders fight kidney disease. DONATE NOW at [www.kidney.health.nz/Donation](http://www.kidney.health.nz/Donation)**



One in 10 people have kidney disease

Is it you?

Nearly half a million New Zealanders have kidney disease right now, and don't know it. Kidney disease is TOUGH but an early detection test isn't!

- Kidney Health New Zealand says one in 10 Kiwis have kidney disease, yet there is no kidney disease prevention programme in New Zealand. (Auckland District Health Board is the only DHB running an early Chronic Kidney Disease (CKD) programme, as research has shown kidney disease can be improved when it is managed properly.)
- Over 450,000 New Zealanders have no idea they have kidney disease. Early detection saves lives. It's a simple set of tests - blood pressure, urine and a blood test.
- Uncontrolled diabetes and high blood pressure are often associated with CKD. But there are many other reasons that kidneys are not working properly. In all cases, early detection is critical.
- CKD has no warning signs until it's too late. A kidney function test will find problems sooner, so they can be treated. The real danger with kidney disease is it's an insidious disease where people can be on the brink of kidney failure before they suspect anything is wrong.
- There are no symptoms until up to 90% of kidney function is lost. People don't go to their GPs to ask for a kidney test, because they often don't feel unwell. It goes unnoticed in the general community.
- World Kidney Day is 11 March 2021. Before then KHNZ needs to raise awareness, and it aims to raise funds to start a kidney disease prevention programme: education in the community and free community testing.
- COVID angle - many of the people who die from COVID have underlying health conditions, kidney disease in many cases. The last two COVID deaths in NZ both had kidney issues.
- There is very little private kidney treatment available in New Zealand. All care is funded by the government through DHBs. Costs associated with kidney disease treatment are high. Dialysis costs \$80,000 per year per person, and each transplant costs \$120,000. There are three transplant centres in Auckland, Wellington and Christchurch.
- 2019 was a record year for kidney transplants, 2020 was down considerably because of COVID restrictions. The Australasian Donor Exchange Programme has been restricted due to Covid.



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**Kidney disease is TOUGH getting checked isn't early detection can save your life**  
Kidney Health Month | March, 2021

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# Gorgeous Indoor Greenery

words: Pattie Pegler

"From plant swaps, to pricey peace lilies in malls and tiny, rooted cuttings on Facebook's Marketplace - we're all going crazy for indoor plants. But it's not the first time this trend has come around" says Darren Tillett, collection curator for the conservatories at Christchurch's Botanic Gardens.

"House plants were always popular in the 60's and 70's but with the changes in interior trends in the 80's and 90's to more modern and sometimes minimalist styles, house plants were seen as Grandma plants," says Darren. "Moving into the 2000's interior designs changed, outdoors were being brought indoors in fabrics, wall coverings and certainly with plants."

Bringing the outdoors in is a key goal for Ben Murgatroyd, one half of Christchurch's indoor plant specialists, *Monstera And Men* who provide and maintain plants for many local hospitality and retail outlets.

"I think in general it's people reconnecting with nature," he says of the current trend. "Young people are upset with the state of the world. So if you can create a little oasis at home, well, why not?"

## Choosing Your Plant

Why not, indeed. There are plenty of stunning sources of inspiration and information online and the array of indoor plants available is amazing - think about your own space and what is realistic. Do you want something that will stand tall or something that will trail? Do you want foliage or do you prefer flowering plants? And if you've got a pet be aware that several common plants such as aloe vera and peace lilies can be toxic to cats and dogs that like a chew.

"My advice is not to buy the first pretty indoor plant you see," says Darren. Indoor plants often require conditions that are not natural to Canterbury he explains. So they rely on us to create them in our homes - most need varying degrees of warmth, light and humidity all year round to thrive and achieving that can be tricky.

"Luckily we now have access to so many very easy, almost kill proof plants which are widely available," says Darren. He suggests three good ones for newbies are Mother-in-Law's Tongue (*Sansevieria*); ZZ plant (*Zamioculcas zamiifolia*);

Cast Iron Plant (*Aspidistra elatior*) so called because it is incredibly hardy.

Ben says spider plants (*Chlorophytum comosum*) are a 'great starter plant'. Whilst Boston Ferns and Ficus Trees are very trendy at the moment and of course, *Monstera* with its big green, glossy leaves is the "absolute classic" he says. Be aware that some indoor plants like Wandering Jew (*Tradescantia Zebrina*) have a limited life and after two or three years can get very long and spindly. At that point take some cuttings from your plant and start again.

## Staying Alive

Of course, many of us have unwittingly killed a houseplant despite the best intentions. So what do we need to know? Well, surprisingly, too much light can be an issue. All too often we pop our plants on the windowsill or some sunny spot but it's not always what they need.

"A lot of plants come from under the canopy in the outdoors. So they prefer being in the back of the room," explains Ben, who installs and maintains plants for businesses all over Christchurch.

Overwatering is another common problem for indoor plants. According to Ben it can be better to let the soil dry out between waterings rather than keeping your plant in permanently wet

soil and it's essential that the plant is in a pot that can drain. "In summer you may want to water once a week, in winter even less so and things like air conditioning and the humidity level in the room all play a part" says Ben. Again, it comes down to understanding the specific plant and the conditions they prefer, so do some research before you start stocking up.

And don't forget nutrition, stuck in pots inside plants need to be fed so find a good, liquid fertiliser for indoor plants, Ben uses an organic compost tea. Fertilising can vary with the seasons - as a rule of thumb most plants will need more frequent fertiliser during spring and summer as they grow and of course, if you've just repotted into good quality potting mix that will contain the nutrients your plant needs for the first few weeks.

Bringing the outdoors in can be a lot of fun. Just choose plants that work for you and your space, sit back and enjoy.



Monstera



Boston Fern



ZZ Plant



Cast Iron Plant



Mother-In-Law's Tongue (Snake Plant)



Spider Plant

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## HOUSE PLANT HAPPINESS EVENT

Planty Affair, coming soon to Rangiora was dreamt up by locals Jayne Rattray and Laura Patterson. The market will feature over 70 stallholders with everything from full-sized indoor plants to cuttings, planters, pots, botanical art, jewellery and more! If you're interested in coming along, enjoy some 'you time' and make a day of it... chat with other houseplant enthusiasts, get educated and inspired with the workshops and talks and enjoy lunch in the onsite Cafe.

The event runs from 10am-2pm on Sunday March 21st. Tickets are \$10pp available on Eventfinda.

Gate sales from 12-noon, \$5 cash only.

## Six Tips For Great Displays

1. The first rule of plant displays is to make sure that the plant is somewhere it will thrive with enough light/heat/humidity. Beyond that the choices are endless.
2. One big indoor palm can stand alone and look great, but sometimes smaller plants look better together and create a bolder impression.
3. If you want to look beyond the plain then mix and match pots of different textures, materials and styles.
4. Create a display of several plants in one large container giving the impression of an indoor garden bed
5. Vary heights with some plants on windowsills, some in hanging baskets, some in dedicated plant stands
6. Get creative. I have seen indoor plants in boxes, baskets, birdcages and if you're the crafty type you can make them look really stunning.



Dear Veronica

I am really struggling to keep my peace lily alive - the flowers have turned brown, and the leaves are very droopy - please help! Is it too wet, too dry or in the wrong area of the house?

- Debbie

Dear Debbie,

My peace lily just loves the bright light in my living room but needs to be kept out of direct sunlight. I keep it well watered but never let it sit in water. It generally lets you know it's thirsty with a tell-tale droop. Just pop it in the sink give it a good drink then let the water drain through. I fertilize with Yates plant food about every 2nd week through spring and summer.

- Veronica



## See us at Planty Affair...



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## Smoked Salmon Rosti

Autumn is definitely here with shorter days but that doesn't mean it's the end of outdoor entertaining. We are still getting plenty of lovely days to dine alfresco.

This month's recipe is a light and tasty Smoked Salmon Rosti from our Something's Cooking Series. This makes an impressive café style brunch to serve up to your friends and family. Just a couple of hints to make your recipe a success, if you don't have fresh dill you can use dry but use a teaspoon instead of the 2 tablespoons as dried is a lot stronger and if you want the rosti a bit crisper place under the grill for five minutes. Finish off with a poached egg on top and a glass of Sav.

### Ingredients (Serves 6-8)

- 1 large orange kumara, peeled and grated
- 2 large Agria potatoes, peeled and grated
- Pams Olive Oil
- ½ cup crème fraiche
- 2 Tbsp chopped fresh dill
- 1 Tbsp Pams Capers, finely chopped
- Zest and juice of a lemon
- ½ telegraph cucumber
- 1 cup of rocket
- 100g cold smoked salmon
- 2 Tbsp diced red onion
- Fresh dill and capers to garnish.

### Method

- Mix the grated kumara and potato, squeeze the excess liquid out with a tea towel and add to a bowl with a generous drizzle of olive oil and salt and pepper.
- Once coated with oil, scatter handfuls of rosti mixture along the base of a greased tray leaving a small space between each rosti.
- Place in the oven at 180°C for 35-40 minutes until crisp around the edges. Cool for ten minutes.
- While the rosti is cooking, stir together crème fraiche, dill, capers and lemon zest in a small bowl. Season to taste with salt and pepper.
- In a separate bowl, use a vegetable peeler to create ribbons from the cucumber, discarding the core and seeds. Add the rocket, juice of half the lemon and drizzle with olive oil and toss to combine.
- To assemble, scatter handfuls of the cucumber mixture across the rosti, followed by dollops of crème fraiche. Lay slices of smoked salmon across the rosti, then sprinkle over the diced red onion.
- Squeeze the remaining lemon juice across the rosti, then garnish with additional fresh dill and capers if desired. Serve immediately.



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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## A HISTORY OF Hot Cross Buns

words: David Cartwright - Percival Street Bakery

With Easter fast approaching, the distinctive smell of the hot cross buns is starting to dominate local bakeries, supermarkets and cafes.

While some retailers start selling them after New Years Day, traditionally this sweet, tasty, and moreish bun is associated with the end of Lent.

Nowadays we also see many variations on the traditional recipe with 'no fruit or mixed peel', 'Chocolate' and even 'salted caramel'. The traditional recipe is a cinnamon spiced yeast bun filled with raisins or currants (the special ingredient in the Percival Street Bakery award-winning bun is dried cranberries) and marked with a cross on the top.

The cross is typically piped using flour and water, but some recipes call for shortcrust pastry.

The cross is to represent the crucifixion of Jesus, with the spices symbolising the embalming of his body when spices were placed on his body after he died, hence the bun was blessed.

Everybody has a favourite method for preparing and enjoying their buns, some are grilled in the oven, while others are heated in the microwave, regardless of your preferred method, it is commonly agreed that they are best enjoyed hot with lots of melting butter.

There are countless theories about the origin of the bun dating back centuries – google only adds to the confusion, however one strong theory dates back to the 14th Century when an Anglican monk prepared and baked the buns at St Albans Abbey and then offered them to the poor on Good Friday.

Certain myths and traditions are associated with the buns - in Ireland people would share hot cross buns with their best friends on Good Friday, reciting the lines "Half for you and half for me, between us two, good luck shall be" to guarantee their friendship for the coming year.

It is stated, as the buns are blessed, that if a bun is hung from the kitchen rafters that is supposed to protect you from evil spirits, or taking hot cross buns on a voyage at sea endows the boat with some protection from shipwreck, according to legend.

In 1592, Queen Elizabeth I passed a Law decreeing that hot cross buns could no longer be sold on any day except for Good Friday, Christmas or for burials. They were simply too special to be eaten any other day. To get around this people baked the buns in their own kitchens—although if they were caught they had to give up all of the illegal buns to the poor. Eventually this Law was rescinded due to the buns popularity.



The nursery rhyme first published in the Christmas Box (London) in 1798 was the catch call of the local street vendors.

Hot cross buns, hot cross buns!

one ha'penny, two ha'penny, hot cross buns!

If you have no daughters, give them to your sons,

one ha'penny, two ha'penny, hot cross buns

So this Easter as we sit and enjoy the company of others and celebrate the occasion of Easter we can add our own traditions to this customary and flavoursome favourite thankful for its history.

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# SKT

TAN | WAX | BROWS

For the past nine years SKT has lead the market in spray tanning and has more recently evolved in to full beauty services including tanning, waxing, lash and brow tint, nails and they even have their own beauty school. Owners Matt and Diana Docherty's aim is to provide customers with a high end but cost efficient selection of treatments. With 8 salons across the South Island including 2 salons in Kaiapoi (SKT Hair & Nails + SKT Tan, Wax, Brows) there is a location to suit everyone.

## DESTINATION OXFORD

*Settled under Mt Oxford, on the edge of the Canterbury Plains, Oxford is a town comfortable with its own sense of self.*

Historically, Oxford has been a community servicing the rural farming sector which surrounds it, but over time it has evolved and changed as people from Christchurch and beyond moved into the town and district seeking a more gentle way of life and a sense of real community.

Oxford still has its strong rural ties, but the Main Street illustrates the diverse town it has become, with beautiful cafes, Art Gallery, bookshop, fashion stores, new library, craft shops and a plethora of professionals who choose to base themselves here and work remotely.

Oxford is full of surprises, a must visit destination and surrounded by stunning mountains, bush and rivers – not a town to just pass through.

We spent some time in Oxford, visiting the shops and businesses and talking with a few locals about why they choose to live in Oxford and what they love about their community.

### Introducing Oxford Area School's Head Girl and Boy

**Lauren Morris**



Kia ora, my name is Lauren Morris and I live in West Eyreton which is approximately 10-15 minutes out of Oxford. I enjoy living near the Oxford community because it allows me to be surrounded by all the natural beauty the region has to offer. Secondly, it allows me to take part in a variety of activities throughout the year whether they are during school hours or after school. This year I was very lucky to be chosen to represent Oxford Area School as head girl. I wanted to be Head girl because I came from England three years ago and during that time, I have been given so many opportunities to take part in, inside of school and out. I have also loved taking on a role or organising different activities throughout the years. For my last year at Oxford Area School, I wanted to have a role that would allow me to be involved in more opportunities, to give back and also develop my leadership skills. When Mr Hart, the Principal spoke about student leaders, I knew that Head Girl would be a perfect opportunity for me. My aspirations this year are to achieve Level 3 NCEA with a merit or excellence endorsement, which would then lead me on to my career of being a midwife.

**Liam Bamford**

I moved here about 4 years ago from Gisborne in the North Island. It was a huge change but I've loved it ever since. The area is just so peaceful and there is a real community feel, it felt like I fitted in straight away. I've loved the school ever since I came here too, it has given me so many opportunities, like this year when I was chosen for the role of Head Boy. I saw this opportunity as not only a chance to represent the school that has helped me for years, but also to better myself. Skills like public speaking and leadership I knew would help me for the rest of my life so I love the opportunity to learn and improve. This year I'd love just to make a positive impact in every way I can for the school that has had such a positive impact on me, and hopefully, we can leave our mark on the school.

## Womersley's Engineering and Hardware

New owners Ali McLelland and Gerry Taege have big plans for Womersley's, while keeping with the high standard of workmanship and friendly service locals enjoy.

Look out for the new landscaping and Garden Centre, stock feed and equipment hire for building and landscaping projects. The workshop remains unchanged at present, with welding and fabrication work but expansion is planned in the future.

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## Cute Finds in Oxford



Thea's



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Oxford Art Gallery



nzulu



Emma's At Oxford

### What inspired you to start up SKT?

We always believed that there was a market for affordable spray tans which over the years has expanded to include affordable beauty treatments.

### What do you love about running SKT?

There are two important things; the first being the people I get to work with and the second being continuing to grow and expand the business.

### Tell me about the products you sell?

We sell self-tan foams for those that prefer to tan at home, our hand poured NZ soy candles, at-home spray tanning kits, Glow Dry & Poni Cosmetics.

### Do you make any products yourself?

Yes we do, we manufacture under licence our own wax, NZ hand poured soy candles and coffee body scrubs.

### What sets SKT apart from other salons?

We provide best treatments, at the best prices by the best therapists. We don't believe price should be a boundary to looking and feeling great. Our salons are very different to the 'typical' beauty salon. You will have to come in to see why.

### What is your biggest achievement?

Opening 8 new salons in 2020 during a global pandemic.

### What are your plans for SKT?

Continue to grow the brand with new locations NZ wide, whilst also looking at other opportunities within the beauty industry, such as our Hair and Nail Concept.

### TANNING

#### What should someone expect for their first tan experience?

To walk out of the salon glowing and feeling confident inside and out.

#### What does your team do to ease their nerves?

We will always go out of our way to make the customer feel as comfortable as possible by explaining the whole process and answering any questions or concerns they may have.

#### Do you have to get naked?

Absolutely not. We provide disposable G-strings or the customer is welcome to wear their own underwear or whatever they feel most comfortable in. Alternatively, if they would prefer to go completely naked that is completely okay too!

#### What prep work does someone need to do before getting a tan?

Customers need to shave and exfoliate 24 hours before getting a tan. For best results no moisturiser, deodorant or perfume is to be worn to your appointment.

#### How do I make my tan last longer?

Moisturise every day!

#### Do you have any natural/mineral tanning options?

All of our tan is formulated with a clean blend of antioxidant-rich botanicals, hydrating natural oils, 100% natural tanning actives and other skin loving ingredients, to give you not just a tan but a unique skin therapy experience. Every product is free of parabens, contains 100% natural DHA and is vegan friendly.

### NAILS

#### Which colours are on trend for nails?

Nudes and pastels are very popular choices at the moment.

#### How many nail technicians do you have?

We currently have 2 nail technicians (and one on maternity leave)

#### What nail services do you offer?

Acrylic manicures, gel polish, builder in a bottle, rubber base + kids mini manicures & birthday parties!

### WAX

#### What sort of wax do you use?

We use a special formulation of wax, which combines both a hot wax and a strip wax. This preforms exceptionally better than your typical wax treatments with minimal discomfort.

#### What happens if I have sensitive skin?

Our therapists are well trained and highly qualified and will always ensure they use the correct products for each skin type.

### EYES & BROWS

#### Which products do you use?

We import a special range of tints as well as using the highest quality products from local distributors.

#### How long does the tint last?

4-6 weeks.

*We were intrigued with what Kaiapoi business SKT were up to so we sat down and asked them a few questions*

### 50% OFF YOUR FIRST TREATMENT AT SKT KAIAPOI

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## Oxford Area School

Oxford Area School is a cornerstone school in a growing community, educating students from Year 1-13. We are proud of our whānau atmosphere with younger and older students growing, learning and shining together.

We are now accepting new enrolments for 2021 and 2022. For more information about our school, or to organise a school tour please contact the school office

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# WHY I LOVE Oxford

“As an artist and designer I love living in Oxford because of the nature connection, living next to the foothills of the Southern Alps is inspiring and rejuvenating. My art and design work is all about connecting people to nature and here I live in nature, in a beautiful stone and wood cottage that Bruce built. Walking in the beech forest of Mt Oxford, swimming in the Ashley river and being a part of the Oxford Gallery community are the highlights for me.”

- Miranda Brown



“Oxford has such a wonderful community, and I love that I can be part of it. It really feels like people ‘have your back’ out here. Oxford is such a beautiful wee spot, with the Ashley Gorge River and so many amazing walking tracks nearby, and our family has loved discovering these hidden gems.” - Tracie Miller



Miranda Brown at her exhibition at Oxford Gallery 2018

## WARWICK RATHGEN

Warwick was born in Christchurch, his family then moving to North Canterbury when he was a young boy, where he spent much of his childhood tramping and pig hunting with his father in the hills behind Oxford.

He travelled and lived abroad for many years, returning to work and live in a variety of towns throughout New Zealand before returning to North Canterbury to retire in Rangiora in 2003, still enjoying pursuing his business interests in the community.

Warwick now lives at Oxford in Ultimate Care Karaden retirement home, so he can reminisce and enjoy the views of his beloved hills and mountains where he once hunted as a young person.



## EMMA'S AT OXFORD



I first came to Oxford (from central Auckland) 14 years ago to set up my Shop Emma's at Oxford.

It was totally random. I had quit my job, looking to open a shop or something in Auckland. I came and did a Cook School at Jo Seagars Oxford and she said “why don't you come to Oxford? Oxford needs a good

bookshop.” I was ready for radical and I did it! I knew no-one but have certainly never felt lonely. Right from the get-go people have been so friendly and welcoming. And what a place Oxford is to live – mountain views that are forever changing with the light. I'm always so envious of the people driving out to Oxford after a big snowfall because those mountains are truly breathtaking and can't help but make you go WOW WOW WOW! Now that I've sold my shop people are expecting that we would be moving away. Why would we? We reckon we live in paradise!

## OXFORD MUSEUM

This is the East Oxford School which closed 1898. In 1872 many of the Schools in Oxford were consolidated into the first State School, and a number of the smaller schools closed during the next few years. The Oxford Museum holds the old pupil Registers from all the Schools. They are a valuable resource when tracing family history.

Image: Supplied by Oxford Museum



### Reporting Issues IS A SNAP

If you see something in Oxford that needs reporting to the Council – litter, a broken sign, vandalism – Snap Send Solve is an easy way to let us know. More information at waimakariri.govt.nz

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Arts in Oxford

## Oxford Art Gallery

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# INJECTABLE TREATMENTS

by Dr Peter Aspell (Durham Health Cosmetic)

## What is Botox and How does it work?

Botulinum toxin (Botox) is a purified protein that relaxes wrinkle-causing muscles creating a smoothed and rejuvenated and more youthful appearance. Simply put it works by blocking the nerve receptors so the injected muscle can no longer contract.

It is most commonly used on forehead lines, crow's feet (around the eyes), frown lines and to sculpt and shape the face.

It can also be used for migraines and excessive sweating underarms and hands.

## Who should I go to for treatment?

Botox® is a prescription medicine containing 100 units of clostridium botulinum Type A toxin complex for injection, it is only available from a doctor. It should only be injected under the strict supervision of a medical practitioner. At Durham Health Dr Peter Aspell performs all injectables himself – no treatments are delegated to a nurse. This is Best Practice and when seeking treatment, the first question anyone should ask is “who will be injecting my face?”

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A dermal filler is an injectable product that is used to fill in a “wrinkle at rest” or a well-established line. This treatment is especially good for lines in the lower face, such as the naso-labial or smile lines.

Fillers can also improve sagging tired looking skin, defining cheeks and nose reshaping.

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The effects of dermal fillers can last anywhere between 6 and 12 months, depending on the product used, the site of injection and other factors.

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# Autumn Beauty

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Woodend Hair design has had a complete transformation and is under new ownership. Previously called Hair in Woodend, Kelly has given the business a fresh new look.

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### New Fashion Label Combines Style and Sustainability

The recently launched Somers is a North Canterbury based fashion brand with a difference. "I wanted to bring together sustainability and fashion," says founder Kate McLaughlan of her new collection of ethical, New Zealand designed and made clothing.

Kate grew up on the family farm in West Eyreton and has always been accustomed to the idea of using the resources on hand. It's an approach that she has brought into her fashion design – seeking out local fabrics and other resources. "There are some exciting opportunities happening in New Zealand and some great natural fabrics," she says. Her focus is to use those whenever possible. There are even future plans to use wool from their family farm in her designs. Her family now farm at Mt Somers – thus the name of her new label.

The fabrics used in the Somers collection are natural and sustainable with organic cottons, natural linen, merino, hemp and even some innovative polyester made from recycled plastic bottles. And the sustainable focus extends to reducing excess waste, manufacturing in New Zealand and a holistic approach to fashion. Somers offers a take-back programme to take responsibility of their own waste and give the garment another loop in the cycle.

Rather than a dizzying blur of on season trends, Somers is about simple, plain designs that can work for all seasons and will last in your wardrobe.

There are classic t-shirts; practical but stylish dresses; crew neck jumpers and merino basics. With flattering cuts; versatile colours and affordable pricing – these are pieces that will make sure you always have something to wear and can be styled in so many different ways.

And for Kate that's the aim – to provide positive fashion choices that stand the test of time.



Sadie Dress

Echo Jersey

ZQ Merino Tank

Check out the full Somers collection at [www.somers.co.nz](http://www.somers.co.nz)

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## Matt Doocey

MP for Waimakariri

Only last year, Waka Kotahi NZTA called our stretch of motorway from Lineside Road to Waikuku "one of the most notorious roads in Canterbury".

It's outrageous, therefore, that the Woodend Bypass hasn't been included in the Draft Canterbury Regional Land Transport Plan 2021-31, which is a blueprint for investment in our roading infrastructure for the next 10 years.

Some Canterbury mayors have been quoted in the media as saying they were surprised to see key local infrastructure projects were missing from the draft plan. When some of our mayors are saying they have been assured transport projects are included in the plan but that these don't appear to be listed, it poses the question of who is making these decisions on which key infrastructure projects are included in the draft plan or taken out.

The draft plan is prepared by the Canterbury Regional Transport Committee, comprising representatives from Christchurch City, Selwyn and Waimakariri Councils, Environment Canterbury, NZTA and Ngai Tahu. I am questioning how we have ended up in a position where our elected representatives appointed to the committee agree to a draft plan but then that plan is amended and published without their knowledge.

I have put in a submission to the draft plan with a request for an oral submission as well. Our community is devastated that plans for a Woodend Bypass have not been included and I believe the omission threatens the safety of Canterbury commuters and our Woodend residents, who have for decades highlighted to NZTA their increasing safety concerns about having a state highway pass through the middle of their town.

Daily traffic movements through Woodend have now reached 20,000 per day — well above NZTA's own metrics around the capabilities for a single-lane highway.

Lowering speed limits is no solution for keeping our residents safe when having to try to navigate such a notorious road. It's time common-sense prevailed.



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



## Remembering Gerry Stone

Many people in our North Canterbury community were lucky enough to know Gerry Stone. A vet by profession he was also deeply involved in community life and brought his good humour, broad smile and warm personality to so many events and roles from rugby coaching to the sailing club and serving on the council. So many of us have happy memories of Gerry and so many of us are saddened by his passing.

As Gerry was such a larger than life figure in our community we particularly wanted to share with our readers an obituary written by Gerry's son, Matthew.

### Obituary: Gerald Alexander Lawson Stone 28 June 1938 – 16 February 2021

There is a special privilege to knowing your parent in a professional capacity. My father Gerald Stone (Gerry) epitomized for me the rural New Zealand mixed practitioner, a partner in small business veterinary practice, a stalwart of the local community. Working alongside him for short periods gave me a treasured insight into his service to and standing amongst his clients.

Gerry grew up in rural Northland, in Kaipara Flats, and went to school at Sacred Heart College in Auckland as a weekly boarder, where he distinguished himself in many ways, sporting, academic and otherwise including the Walter Kirby Prize for a terrific rendition of Mascagni's Ave Maria. His father Charlie died suddenly shortly after returning home after the war, leaving Joyce, my grandmother, to raise Gerry, his two brothers and sister.

Gerry gained a bursary scholarship from the Veterinary Services Council in 1957 to study veterinary science at Sydney University where he quickly earned his blazer and was selected for Australian Universities. During his time in Australia he made many friends and most importantly met his future wife, Jennie, whose father was also a veterinarian, Dr Bill Sidman, who served as President of the Australian Veterinary Association. From these family connections, I'm proud to say I'm a third-generation veterinarian.

Gerry graduated in 1961 and returned to New Zealand to work in Dannevirke. Jennie moved with him from Sydney to small town, rural New Zealand where they proceeded to make their life together. Over the next decade Gerry's work took him to Napier, where he played rugby for Hawkes Bay during a golden age when the team held the Ranfurly Shield for several seasons, and Ruawai in Northland. All the while the family was growing, and strong friendships were forming that would remain with Gerry and Jennie throughout their lives.

In 1970 Gerry, Jennie and family moved to Rangiora, where Gerry joined the practice of Dr Richard Hopkirk. Drs Lindsay Fraser, Bruce Taylor and Dave Martin later joined. Hopkirk Stone Taylor Fraser Martin, or its various permutations over the years, became a well-recognized and respected local veterinary service to rural and small town North Canterbury. After moving to new, purpose-built premises close to our family home, the practice was later rebranded as the Rangiora Veterinary Clinic, and moved again to the location where it thrives today.

My father practised in a truly mixed area, with town supply dairy, sheep and beef, standardbred and thoroughbred studs and training, at that time a quickly expanding deer farming clientele, South American camelids, ostriches and emus, as well as the pets of residents of Rangiora and Kaiapoi. Two particularly interesting aspects of the clinic's work were and are still, Orana Wildlife Park near Christchurch, and the six-monthly trips to Chatham Islands to service the local animal populations, usually returning with chilly bins of crayfish.

Gerry was a loyal member of New Zealand Veterinary Association throughout his career, believing strongly in the collegiality of the profession. As a bursary recipient, he was keenly aware of what he owed, and he was always generous with his time and knowledge. I often met veterinarians who said they saw practice as students with him and his partners, as I did myself.

Gerry and Jennie's family of seven was completed soon after the move to Rangiora. Gerry was player coach for the Rangiora Rugby Football Club for many years and his many teams were full of people that also became great friends of the family. He served many terms on the Rangiora District and later Waimakariri Councils, and his legacy from this time includes the Rangiora Sports Centre. He coached his many children's school sports teams in rugby and cricket, and built a cricket net with concrete pitch, and later a tennis court, on the lawns of the family home where we children and our friends would practice, facing up to Gerry's left arm over dibbly dobbles, invariably right on line and length. He was also a keen sailor, and after many years as a member eventually served as Commodore of the Waimakariri Sailing Club through the joyful period when the clubhouse was rebuilt.

While still practising, Gerry and Jennie moved to Waikuku Beach, becoming neighbours to his mate Richard Hopkirk. Further moves to Wellington to share themselves around an expanding number of grandchildren, and finally Omokoroa followed.

Gerry died swimming in the sea at Matakana Harbour, as he tried to do most fine days. He is survived by his wife Jennie, one sibling Philippa, six of his seven children, fifteen of his eighteen grandchildren, one great grandchild, a large extended family that includes a future veterinarian studying at Massey University, and many friends around New Zealand, Australia and further afield.

- Matthew Stone

A memorial to celebrate Gerry's life will be held on the 9th of April, 3pm at the Saracen's Rugby Club rooms in Southbrook.

## Financial Services New Compliance Regime Update from Hank

On the 15 March 2021, the Financial Service Legislation Amendment Act (FSLAA) 2019 comes into effect. It will completely change the way the Financial Service industry works. It will have a huge impact on all aspects of the industry, affecting everyone from Mortgage Brokers, Insurance Advisers, Investment Advisers, even banks, all will change the way they operate.

Every part of the industry on and from 15 March will operate under a completely revised licencing regime. Everyone who operates in the industry will need to either operate directly under a Transitional Licence or an entity that holds a Transitional Licence. That Transitional Licence is valid for two years during which time each entity must apply and be granted a full operating Licence. If you do not have a full Licence by the 15 March 2023, then you can't operate in the industry. It's that simple!!

**It seems every industry is being governed more and more by legislative compliance. We're no different.**

Why? Some would say it's simply to keep the bureaucrats in a job. A bit cynical I would suggest. Others would say it gives the Government more reason to charge fees and gather revenue, a bit like paying more tax. Again, a bit cynical. Fundamentally the real reason for all compliance, not just in our industry but every other industry finding itself in the same position, is to protect you the consumer. The first and most important rule under our new regime is that we must

put you, the client, first and foremost in every instance.

The reality for you the client is that you probably won't notice a lot of difference if you deal with a professional, bone fide, honest and successful advisory practice. Putting our clients first for us is the very basis of our practice. We know that good business practices, placing the client at the forefront, is the key to our business success. We also know that any business that does not do this will in time be found out for what they really are, a sham!!

The other part you may notice is different is the necessity now for greater transparency by way of disclosure. Financial Services are now required to disclose to clients early on in the advice process how they operate. This must include who they are, how they operate including their advice process, how they get remunerated, i.e. fee charges or commissions paid, and a complaints / disputes process. This information must be readily available and easy to find on all public domains such as websites and social media. This information must also be presented at the various stages of both the advice process and review process.

All that will mean for you is more paperwork for you to wade through. Don't be concerned about the paperwork, it's there to protect you. It's there so you know exactly what's happening and exactly what's going to happen. It's there so you can make a better and more informed decision firstly on



whether the adviser is someone you're happy to deal with and then the expectation around process. It's there so that you better understand what it is we do and how we do it.

Lastly, there is a clear and definitive requirement to have complaints and / or disputes process for when you the client aren't happy. This must also appear in any public domain such as website or social media. It must also be presented in written form when giving advice.

**If you've got any questions or concerns over what I've discussed here, feel free to give us a call here at PPNZL, we're happy to help, and, after all it is what we do.**



Contact Hank on 021 357 062 or email [hank@ppnzl.co.nz](mailto:hank@ppnzl.co.nz)

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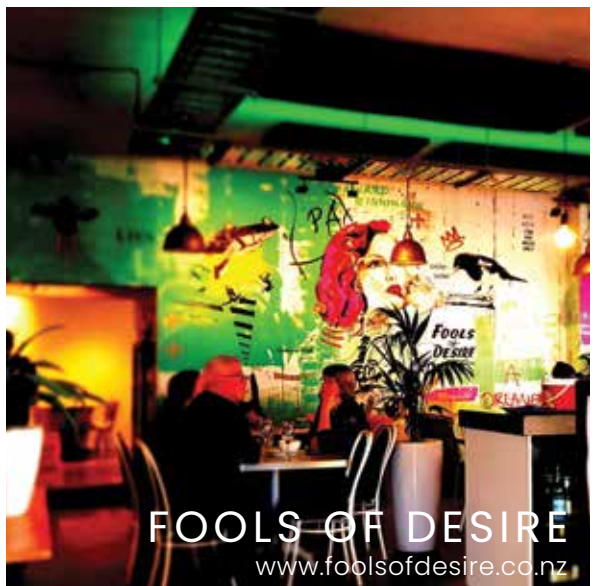
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