

Complimentary
MONTHLY PUBLICATION

August 2020

essence

essentially...north canterbury

06

Profile

Matthew Dickie

09

Feature

Kaikoura

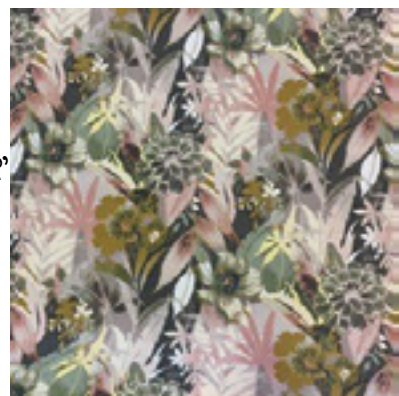
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Shop the Look

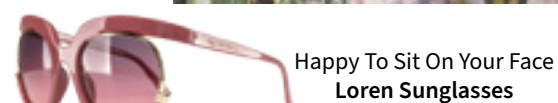
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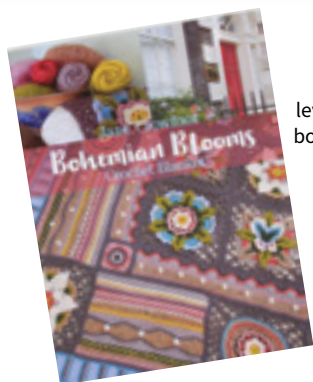
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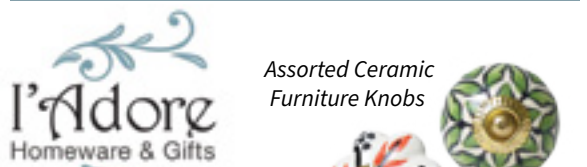
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contents

Yay it appears we are at the tail end of winter!

- it's six o'clock, I'm leaving the office and it's still light... fantastic! Do you remember the slogan - don't leave home until you have seen the country? Now more than ever most of us are thinking about that. With overseas travel now on the back burner we need to think more locally.

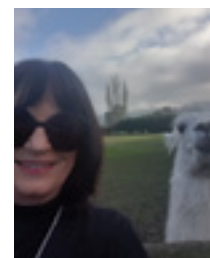
In this issue we rediscover the charms of Kaikoura. We stayed overnight and Mandy is still a little peeved that she drew the short straw on the accommodation. She got the 2nd class bunk in the Wacky Stays train carriage complete with a cosy Thomas the Tank engine duvet. Our Kaikoura feature story begins on page 9.

Retreating to home from the high seas for the Covid time being, North Canterbury born Matthew Dickie who started his career washing dishes in a restaurant will soon return to living the dream, cooking on a super yacht around

the Mediterranean. His story is on page 6. Pattie's story on page 29 'Getting Grandma tech-ed Up' is causing me some concern. I'm trying to get to grips with a new laptop and am forcing myself to use it at the moment but I would much rather be sitting at my desk top computer with keyboard and mouse - I'm not as tech savvy as I should be. As a grandmother myself - right now I'm probably letting the side down!

Our columnist Barbara from New World produces a fabulous French classic, Beef Bourguignon to see us through the last days of winter. Bon Appetite!

Enjoy your month, Dorothy and my llama mate.



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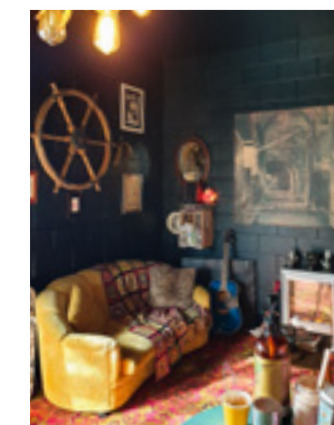


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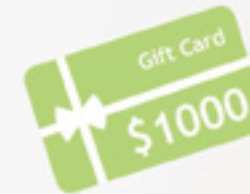
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New Premises for Quinovic

Tessa and Rachelle from Quinovic Property Management welcomed guests on Thursday 2 July to their lovely new premises in Ivory St, Rangiora. Guests enjoyed gorgeous grazing tables and some fab spot prizes!



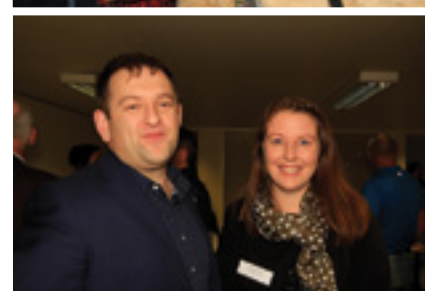
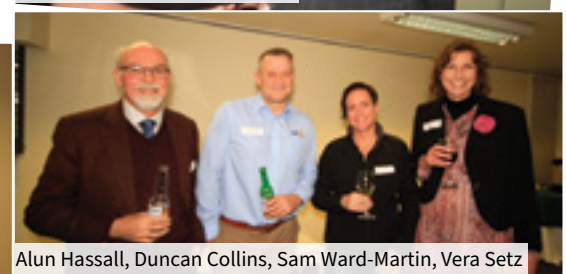
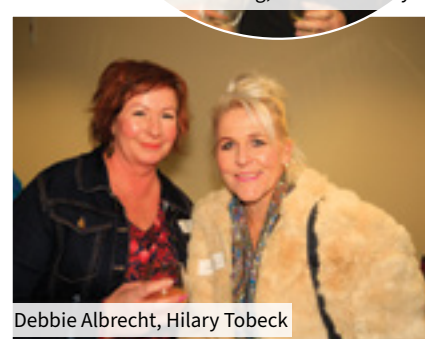
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Ladies who Brunch

Karen Bailey and Clare Giffard co-hosted "Ladies Who Brunch" – a fabulous Pink Ribbon Breast Cancer fundraiser at Urban Revival on Thursday 23 July. The ladies were treated to amazing food, gorgeous table settings and a truly inspiring story from Jo Bailey of her breast cancer journey with her Mum, not a dry eye in the house!



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From Scrubbing Pots to Super Yachts

Most 13-year-olds haven't thought much about careers. So when Cantabrian Matthew Dickie started washing dishes in Akaroa's Trading Rooms restaurant he really just wanted to earn a few dollars. But he started watching the chefs creating dishes and preparing plates and it sparked an interest in the culinary world. That was 10 years ago and since then his cooking skills have taken him round the world.

A few years after starting at the Trading Rooms, the mother of one of his friends offered him the chance to work as the chef on a boat in the Mediterranean. Matthew jumped at the chance. In what sounds like a daunting 'interview' he had to travel to Napier and cook a private celebration dinner for 60 people. His memories of his exact menu are hazy but one of the mains was lamb in 'some sort of pistachio crust' - and it was clearly convincing because a few weeks later he was heading to Greece to start his new role on a 26-metre 'gulet' boat touring the Greek coastline.

"It was just dive straight into it," says Matthew. "The day that I got there I was shopping for food in the markets in Athens. I had zero Greek so it was sign language. I was super-excited and I just winged it."

The work was full on for the three month summer season, with plenty of spectacular Greek coastline but no day off. Matthew worked around the guests and their plans each day, often getting up at 6am to start prepping for the day ahead. He was one of four crew but the only one responsible for catering and as well as making sure the guests were well-fed he had to cater for the crew, shop for groceries, plan menus and take into account any specific guest dietary requirements. It sounds like a tremendous amount of responsibility, particularly given that he was just 17 at the time - but Matthew is casually cheerful as he recounts the experience. He seems like someone who takes things in their stride.

"There's a real community with quite a few Kiwis and Aussies and South Africans in the crews. I've made heaps of really good mates"

Matthew spent several summer seasons on the 'gulet' discovering the coastlines of Europe from Croatia to Turkey. And he made friends and connections in the boat community. "You start knowing boats and who works on what and there's a real community with quite a few Kiwis and Aussies and South Africans in the crews. I've made heaps of really good mates," he says.

It was a friend of a friend who opened the way for Matthew to make a career move. This time he had to

travel to Monaco for an interview. It clearly went well because he now works alongside a head chef on a super yacht in a 'massive' kitchen with sea views - it's a step up from his galley on the 'gulet'. Fully crewed, the 68-metre super yacht has 19 to 20 crew members. But Matthew works alongside the head chef, one of just two people in the kitchen.

So can he dish some dirt on the rich and famous? Sadly, no, like most crew on these boats he has signed a non-disclosure agreement and he might be grinning whilst I ask questions - but he's giving nothing away. And besides, he adds, they have very little to do with the boat's owner. The captain is the 'boss' of the crew and their contracts and wages are all organised through a management company.

"The boat is all very, very high end. I was just...I couldn't believe it when I first started. I was blown away really. The lifestyle is amazing," says Matthew. He's been to the Formula 1 Grand Prix, dished up canapes for celebs, seen some amazing places and faced some cooking challenges - including what to do with the Asian delicacy 'century' eggs that some guests brought on board.

And he now also holds all his tickets for working on a super yacht - things like certificates in health and safety, firefighting and sea survival, as well as a licence for driving the small tender boat that takes passengers into shore.

What's the best thing about work on a super yacht? "It's the experience," he says, "to experience the money that is around, the lifestyle that they have and to meet some massive names, actors and... all of the above."

Update: Whilst Matthew spent lockdown at home with his family in Canterbury, he's not done with the world of super yachts. He is currently waiting for the call to head back overseas and re-join the crew.



Double Celebration

The Ray White Morris and Co team have been busy celebrating recently.

Founded by Claire and Stuart Morris in 2015, the business has gone from strength to strength. By consistently striving to do the best for their clients and to build a team with the same high values - Claire and Stuart have ensured business success in a competitive industry and have just marked their fifth anniversary in business.

Along with excellent customer service and a great team, Claire and Stuart also live in the North Canterbury community.

"We have a strong focus on being involved and active in the community,"

"This has been in the forefront of what we do and is continuing to grow through our relationship with Canterbury Rugby, and our continuing support for local

events and festivals, being involved both personally and at a corporate level."

Their business anniversary coincided with their annual awards with a number of team members being commended for outstanding contribution and Justin Hartley and the Pegasus Team being awarded Top Salesperson.

The Ray White Morris and Co Real Estate team had this message for North Canterbury.

"We want to take this opportunity to thank all our clients for their continuing support and their repeat referrals. This milestone would not have been achieved without our clients' loyalty. We are proud to be a part of the North Canterbury community and look forward to working with all of you over the next five years."



Competitive advantage

It's been pretty well publicised that the real estate market has come back stronger post lockdown than anyone could have predicted. The busy market heading into lockdown and then the 6 week period of pent up buyer activity combined with incredibly attractive interest rates have got first home buyers and investors particularly excited, and this is now starting to have a flow on effect to the rest of the market.

So if you or someone in your family are looking for a property under \$500,000 this article is for you - here are some tips and tricks on how to make your offer the most attractive if you go into competition.

Get your finances sorted - We're always amazed at the number of buyers who go looking before they know how much they have to spend, or at least have a plan on how to get there. The interest rates are low, however the banks are making buyers jump through a number of hoops to get lending in the COVID-19 environment.

There is a big variation between what each bank or lender are offering on a monthly basis - don't sell yourself short. Cash is king, it always will be and if you can show an owner that you are ready to go, you will be viewed very favourably. It also allows you to act quickly if you find something special early in your search, which may allow you to reduce the amount of competition you come up against.

Or even better, be in a position to bid at auction. You must be in a cash and unconditional position to bid which will automatically reduce the amount of competition you face. Or, maybe even better than that, you may convince a salesperson to make you aware of "off market" property listings. Properties which are yet to come to the market but may be available to cash buyers for a sneak preview.

Seek legal advice so that you can make your offer with as few conditions as possible.

When owners are presented with multiple offers it's often not just money which influences their decision on which to take.

Offers with less conditions or faster turnaround times give owners more confidence that the sale will go through and so those tend to be favoured.

This doesn't mean you shouldn't do due diligence but perhaps consider doing it before you make your offer. **Time frames** - Find out what time frames the owners are working to. They may favour a longer settlement because they are building or yet to buy themselves or they may be looking for a short settlement because the property is empty. Tailor your offer to suit them if you can!

Do some homework - Once you've got your finance sorted and taken some legal advice get out there and look at as many properties as you can. Learn as much as you can about the market so you can make competitive offers with confidence!

Be patient - The market is short of stock at the moment. If you can't find what you want it may not be out there yet! Hold tight, it will come on - keep doing your homework and be ready to pounce when you see it.

If you need any advice on anything real estate our team is happy to help - even if it's just a coffee and chat. Get in touch across North Canterbury at Ray White Rangiora, Ray White Kaiapoi, Ray White Pegasus and in Christchurch at Ray White Papanui.

Let's talk about the rental market!

The rental property market has been very busy over the past month or so with huge enquiry on pretty much everything we have listed for rent, all types and sizes of properties and in all areas!

At the time of writing this, there are only 46 properties listed for rent in the Waimakariri district, and only four in the Amberley area. Of these, three are listed with us, and we are working on good applications for all of them!

We use an online tenant register system to record details of anyone who is coming through our 'open homes' which shows we have had an enormous amount of enquiry, and tenants registering. It also shows that of the 6 current properties we have listed for rent in North Canterbury we have fielded over 195 enquiries (and that doesn't include direct emails and phone calls!)

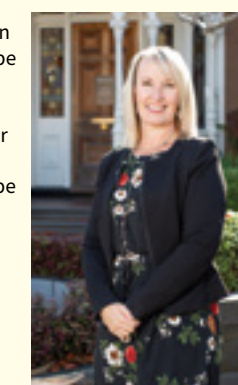
REINZ statistics are showing that median rents in Canterbury have increased marginally from May 2019 (\$390) to May 2020 at \$400 per week. February and March saw a small increase up to \$410, however April and May saw them stabilise back down at \$400. The number of properties rented during the past 12 months (according to bond data) has increased quite significantly however, increasing from 1,680 in May 2019 to 2,349 in May 2020.

So, where to from here? While we cannot predict the future, with so many people out there on the search for a rental property, it would seem likely that we will experience a shortage, and in some pockets of Canterbury we are already beginning to see this!

This means that we need more rentals for tenants in Canterbury, and with interest rates so low it could be a great time to look into purchasing an investment property. We recently ran a very successful Introduction to Property Investment Seminar at our Papanui office, and I have had interest from North Canterbury residents, so watch this space, we will be running one in our Rangiora office soon!

If I can be of any assistance to you, please get in touch with me.

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Property Management
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A TOWN LIKE Kaikoura

We have always loved some of the incredible places in our backyard here in Canterbury.
This month we rediscover the charms of Kaikoura.

Getting there

Whatever the weather Kaikoura has plenty to offer - from adrenalin seeking to just plain relaxing. We were on the road early to avoid a scheduled road closure just south of Kaikoura. According to the NZTA website until mid-August you need to be prepared for a possible 35 minute stop if you arrive after 9am Mon- Fri. The trip from Rangiora, on a perfect day, minus any road works is just over 2 hrs so it's an easy overnight escape.

Day one

We called in to Peketa Motor Camp just south of Kaikoura. I have caravanned here since the late 1980s and it hasn't lost its charm. The facilities are always clean and well maintained, there's easy beach access and you can spend your days chilling out with a book or entertain yourself people-watching. **Peketa Beach Holiday Park 7km South of Kaikoura, New Zealand** beachfront@kaikourapeketabeach.co.nz

Next stop - coffee! The day should always start with a good coffee in a scenic spot. For us it was at the historic Boutique Hotel's pop-up café along the esplanade. The hotel itself is an elegantly refurbished 1880's building with fantastic sea and mountain views. If you want to stay then it's 'adults only' accommodation. There's a champagne bar and plenty of seating in the leafy courtyard. Perfect for a romantic getaway.

But we were here for the caffeine! The barista-made coffee was excellent and we can highly recommend the carrot cake and lemon shortcake. So good we went back for a repeat order the next day.

What we do best - shopping/lunching/wineries

We know what it's like to recover from a devastating earthquake but Kaikourians have had that and Covid to deal with. So, it was exciting to see the progress the retail community have

made despite these challenges. There are some cool new stores and some firm favourites that have re-established or moved locations.

Bear Me Up Café is a quirky spot for a coffee in the sun or relax inside the 1970's alcove. The Slam Club, recommended to us by locals, has fantastic fresh salads and delicious gourmet sandwiches.

As for shops, we spent a lot of time at Addy & Lou where you'll find absolutely gorgeous homewares, furniture, bags, jewellery, baby wear and plenty more.



There's also recently opened Husk Home selling stylish homewares; Abbey Road Clothing and Surf who have relocated to the old Four Square building and have a seriously impressive clothing range. Novel Findings (halfway up Beach Road) is super cute with a warm fire and fabulous collection of new and preloved books, clothing and eclectic homewares.

Kaikoura Cheeses produce great artisan cheeses - but they close at 3pm so get there early in the day.



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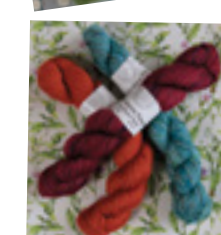
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Louise Harkers | 0274 593 462
www.glencree.co.nz | info@glencree.co.nz

To end the day, head to the Kaikoura winery which combines stylish cuisine and local wines with stunning sea and mountains views. We loved the dramatic driveway to the top of the hill and enjoying a glass of perfectly chilled Greystone, barrel fermented 2018 vintage sauvignon blanc – at sunset. Husband and wife team Rob and Rosie Cullen have established a unique dining experience – a must next time you are in Kaikoura. And if you've got a special event coming up the winery is also available for private celebrations.

www.theoldkaikourawinery.nz

Our accommodation

We stayed at Wacky Stays Accommodation and Farm Park where there are plenty of glamping options including a colonial wagon, a tepee or a house bus. We were allocated the train carriage - the last of the tiny houses bought for use as accommodation here.

It was really comfortable with a double bedroom, a cute-as bunk room with two beds and a bathroom with shower, loo and dinky little hand basin. The open plan living area incorporated a well-equipped, self-catering kitchen. We had a great night, playing old movies, reading train books and cooking a Hello Fresh food meal that we had brought with us - and a wine or two.



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Escape rooms are popular all over the world. They are themed games in which players are sent into a room and have 60 minutes to find clues, solve a series of puzzles and complete a mission to 'escape' the room! Suitable for couples, families, staff team building etc.

Visit the website to find out more information. Bookings essential.

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Abbey Road has recently moved into the newly renovated 4 Square Building right in the heart of the town centre. We have created a beautiful modern retail space, keeping the character of the original building with the high ceilings and charming exposed rafters.

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30 rooms.

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Next morning I fed the llamas and other farm yard animals whilst Mandy was whipping up breakfast - fresh eggs, cereal, toast and plunger coffee that were provided. The farm park is available to guests and there is an added option to go Llama Trekking which would be serious fun.

If you prefer something more mainstream there are plenty of choices. Enjoy the warmth, humour and hospitality that is on offer at Donegal House with their 27 guest rooms.

Wander about the beautiful gardens or catch up with your host, Murray in the homely Irish Bar. I lost Mandy for an hour or two doing just that!

There is also a new Motor Home and caravan park available.
www.donegalhouse.co.nz

A little closer to the action try the Anchor Inn - superbly located on the waterfront and close to the town centre. Most of the rooms have a view of the sea and mountains. www.anchorinn.co.nz

And for bigger budgets check out Glencree Estate. Originally a high country sheep and beef station it now offers luxury accommodation nestled between the Southern Alps and the Kaikoura coastline. Sheer cliffs, natural waterfalls, native flora and fauna, native birds, wild animals, guided walks, mountain bike riding, champagne lunches - what more do you need? www.glencree.co.nz

Glenstrae Farm Four Wheel Drive Tours

We were so disappointed we ran out of time to quad bike. We have been on farm bikes before but this is next level. The spectacular scenery, the rugged coastline, bluffs, native bush, beaches and peninsular are on a private farm, making this a totally unique experience. You can choose to ride your own quad bike or have Alastair drive you on a UTV (utility terrain vehicle) so you sit back and enjoy the moment. If you are keen, Mandy and I are going to make a booking for ourselves in the next month or two, you are welcome to join us.

Check out the prices on www.4wheeladventures.co.nz and email us at info@essencemagazine.co.nz and we will set a date.



The Emporium

We were not so disappointed that we didn't get locked up together in an escape room. After one night together in a train carriage we thought this could be a step too far. I have done this before at an end-of-year staff do - it was great fun and a very interesting insight into the people's personalities, who deals well under pressure, who surprises you by taking charge and who is the most competitive. I was hopeless - worst person to have on your team!

The Emporium was a little hard to find in Beach Road but once you are there it's an impressive set up. Mini Golf, 2 Escape Rooms and craft beer for sale.

Wacky Stays Train Carriage History

The carriage was built in Addington, Christchurch NZ in May 1888 and decommissioned in November 1940. It sold in March 1941 for \$10.

It was first incorporated into a home in Pines Beach until the building was destroyed by the Sept 2010 earthquake. The carriage was largely undamaged and the owners of Wacky Stays bought it on TradeMe. It took some three years to refurbish it to what you see today.

Accommodation and Llama Trekking bookings can be made directly at www.wackystays.co.nz



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Decorative book ends - Addy & Lou



Leopard print boot - Abbey Road



Vase - Addy & Lou



Large sculpture - Novel Findings



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Thanks so much!
The King Family



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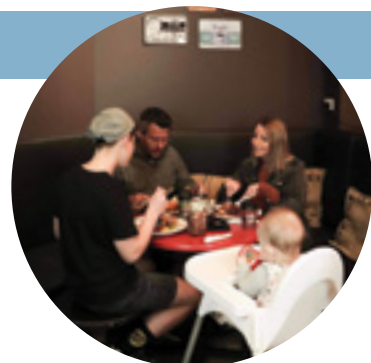
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For All The Sports Fans

If you're after a great spot to watch the game with friendly staff and a lively atmosphere - head along to Rangiora's MainStreet Sports Bar.

With multiple big screen TVs they feature all the sports and games you might want to watch from rugby to horse racing and everything in between. You can grab an ice cold Stein while you watch and fill up with some good-old fashioned pub grub like wedges, garlic bread, burritos and nachos - at great prices with generous portions.

And it's not just sports, there's plenty of other things to keep you entertained - try your luck in the gaming room or with the TAB facilities; have a go at the regular Friday night raffles or challenge a mate at the pool table. If the sun is shining and it's warm outside you can even even kick back with friends and enjoy a drink in the sunny beer garden.

Whatever the day, whatever the season there's always some fun to be had at the MainStreet Sports Bar.



Check FB for what's happening | 37 High Street, Rangiora | Ph: 03 3107546 | Open 7 Days



MONTEITH'S RANGIORA

Chef Gavin and apprentice Natalie getting the kitchen set up for another busy day at Monteith's Rangiora.

Monteith's | 75 Victoria Street, Rangiora
313 2929 | www.monteithsrangiora.co.nz

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info@essencemagazine.co.nz.
Competition ends Thursday 2 September



Beef Bourguignon

This time of the year when the weather is cold and grey we're all looking for comfort food to get us through the long nights of winter.

This month I have a Beef Bourguignon, a French classic that will surely satisfy a hungry family. This is one of our recipes featured on our New World Recipe Stand in store. It is cooked in a bottle of red wine and certainly has plenty of flavour. I did mine in the slow cooker for 8 hours and the meat was so tender, you just have to use less wine, around 3/4 of the bottle and if you still have too much liquid after cooking thicken with flour. Serve with creamy mashed potatoes and crisp green beans. Bon Appetit!

Ingredients (Serves 4-6)

1 kg beef cheeks cut into cubes
200 g streaky bacon
350 g small pickling onions
250 g button mushrooms
3 cloves of garlic thinly sliced
2 T tomato paste
750ml bottle cabernet Merlot or similar
1 bay leaf

- Preheat your oven to 150c bake
- Place 2 Tbsp olive oil in an oven proof casserole dish and brown the meat, remove and add bacon and cook for 2 minutes, stirring frequently to stop it from sticking to the pan. Add the onions, mushrooms and garlic, stir and cook 2 further minutes.
- Return the beef to the pan, add the paste and stir through until coated and then cook for 2-3minutes.
- Add the wine and bay leaf, stir and bring to the boil, then cover and place in the oven for 3 hours.
- Remove from the oven and check how much liquid remains. If there is still quite a lot, increase the heat to 180oc and pop back in the oven for 30 minutes. If there is still too much liquid you can thicken with some flour.



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.



Good Street Rangiora Ph: 03 311 8130 | Opening Hours 8am - 9pm, seven days a week

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LOCKDOWN IN DAYS GONE BY

Words: Grant Shanks and D.N. Hawkins (author)
 Images: Supplied by Rangiora Museum

Given the fact that we have just undergone weeks of Covid-19 lockdown, and some have done it hard – it might be appropriate now to look at how our early North Canterbury residents handled their own lockdown.

Officially, the early settlers didn't face lockdown as such, however, given that they were very much victims of their sparse population with separating distances of many miles rather than metres, coupled with often extreme isolation - they faced their own mental and physical lockdowns in tiny social bubbles. So how did they combat these factors?

In his excellent book "Beyond the Waimakariri" Mr Hawkins quotes the diary of early settler William Welch who, along with partner Thomas Harrison, established the first small-scale farm on the Cam. In the diary, Welch makes casual mention of some of his social activities. He would occasionally untie his canoe and paddle down the river to have a yarn with Baxter and Jackson who ran the ferries on the Kaiapoi and Waimakariri. His sparse comments often don't give a hint of the effort it took him to get out and about to meet with others. 'Went over to Hanmer's, went down to Cameron's', casual entries that gave little hint of the effort involved in such seemingly simple acts.

Run owners with friends in Christchurch (who would provide accommodation) would attend the infrequent balls held in the city but only if they were willing to ride many miles, crossing swamps, fording a multitude of rivers and streams to get there. These social outings were often scheduled to coincide with 'business in town'.

For the station hands and farmers on more outlying

properties, active recreation was almost totally confined to pig hunting (that hasn't changed much - just add deer to the mix). More sedate activities included reading a book (if you could read and if indeed you could find one) or maybe a craft such as wood carving or sketching. No television, no radio, and outside of Christchurch and Lyttelton, there were no newspapers in the earliest days.

For the record, the first Canterbury newspaper (the Lyttelton Times) appeared on January 11, 1851, barely a month after the first ships arrived. North Canterbury didn't get a newspaper until the Christchurch Press, (formed in 1861) opened an office in Kaiapoi in 1863 and became North Canterbury's official newspaper.

The first social event of any kind to be held north of the Waimakariri was in September 1854. It was arranged by the Kaiapoi bachelors and held in Charles Sidey's (then new) wool store. It was a roaring success. Outback settlers arrived on horseback, dogcarts and bullock drays. Many travelling great distances to be there. The next such event, coincidentally held in the same venue, wasn't until December 1855 - so the social calendar in those days was a very sparse one.

Other rather restricted social activities included settlers' church tea meetings, lodge picnics and farmers' sale day dinners. Churches, lodges, friendly societies and schools held annual picnics for the youngsters. There were occasional race meetings, ploughing matches and stock sales, but socially North Canterbury people were very much in lockdown unlike the city folks just across the river.



Things started to pick up from 1857, when in October of that year, a Christchurch concert troupe came to Kaiapoi to entertain locals at the Great Northern Hotel. This troupe was to return several times and in 1859 Kaiapoi formed its own Philharmonic Society. The driving force behind the Christchurch troupe, Charles Merton, had a great influence on the musical happenings north of the river. He became master of the Church of England School in Rangiora, and toured his popular musical troupe all around the district. He also founded the Kaiapoi Dramatic Society in 1866, further helping break the social lockdown North Canterbury residents had been subjected to.

In 1870, Merton eventually retired to a farm in Fernside. His self-imposed tasks complete – lockdown almost over.



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Bayleys North Canterbury have partnered with Community Wellbeing North Canterbury Trust for Bayleys' 'Cans for a Cause' food drive this August to help local families put food on their table.

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Together we can truly make a difference.

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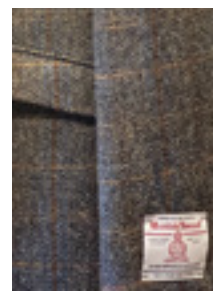
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Making Over Lynley

For Rangiora resident Lynley Kerr life has had more downs than ups in the last few months. In March she was involved in a car accident which resulted in concussion and a delayed but surprise diagnosis of brain injury.

“Three months ago you wouldn’t have got a sentence out of me,” she says when we talk about her makeover experience. But with diagnosis and help from the Laura Fergusson Trust, Lynley is slowly recovering from her injury.

She was nominated for a makeover by her cousin Tessa Colville. “Lynley has always been the sort of person who does everything for other people, so it was really good to be able to do something for her,” says Tessa.

To the Essence team those all sounded like pretty good reasons for a bit of a time being pampered with our monthly makeover. So we got organised and got our camera ready.



First up Lynley went to see her cousin Tessa, who is also the owner of Salon FunQ. Tessa started out using a toffee colour from Joico to give Lynley’s hair a little warmth and subtle tones. She then added in some tape extensions to create a bit more volume and she

cut them to give more shape and let them fall in naturally with Lynley’s own hair. The extensions

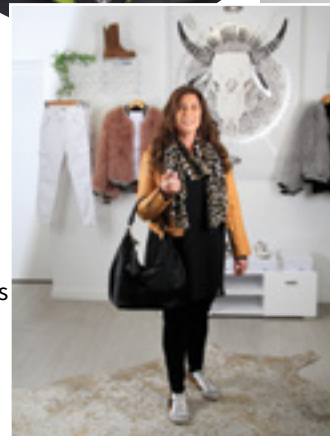
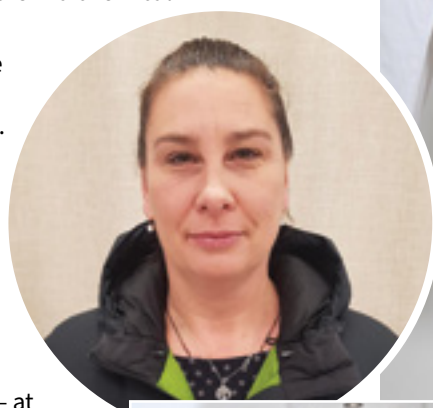
are very low maintenance says Tessa and can be a great way to fill out your hair or add a little extra length as well as being an easy way to experiment with different colours in a chemical-free way.

To finish off the hair Tessa gave Lynley a blow wave before getting started on her make up. Here she used a long-lasting cream foundation from Estee Lauder to give Lynley an even tone. She highlighted her eyes with subtle, golden bronze eyeshadow, a little quick-drying liquid eyeliner and mascara. She also used an eyelash extension – cut in half – at the outer corner of each eye, just to open them up a bit. She used blush pink lipstick as a final touch to give Lynley a look of subtle and natural glamour.

The day was completed with a glamour fashion shoot at TAD where Carmen dressed Lynley in an outfit that is both stylish and practical – with skinny jeans, a tunic with some great animal print touches in the sneakers and scarf and a fabulous winter jacket that we all want!

So what was Lynley’s final verdict?

“The people were so nice and caring and you feel really good that they put an effort into you... it was a really great day and... that jacket was amazing.”



Lynley wears:

Zoe Kratzmann ‘League’ Leopard Sneaker \$341.00
NEUW ‘Bowery’ Mid Skinny Jean \$199.99
NES (NZ made) Harlowe Tunic \$229.00
Drama The Label ‘Starsky’ Jacket Saffron \$650.00
Eb & Ive Leopard Scarf \$45.00

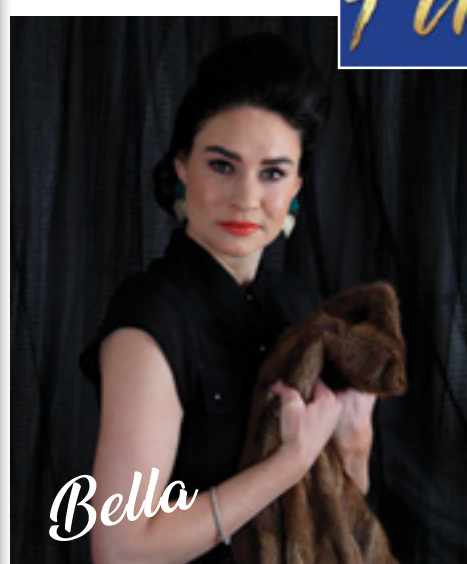
Hair & Makeup; Tessa Colville Salon FunQ
Product supplier; Mel Nukunuku - Joico
Clothing; TAD
Styling/Photography; Carmen Peter & Dorothy - Essence Magazine

JOICO
the joy of healthy hair



Tessa

Specialises in hair extensions plus colour and cutting for women and men.
50% discount on every third hair cut.



Bella

Bella, Salon FunQ’s newest member specialises in waxing, gel nails, eyebrow sculpting and tint.
Special 1st offer - Brow trio for \$24.99



Courtney

Courtney is a long hair balayage and foil specialist and is an expert with cool tones.



Michelle

Michelle is our short hair specialist plus colours and cutting for women and men also razor cutting.

Want salon looking hair at home? The team at Salon FunQ are here to help!

We are having a girls’ night in at the salon - get a group of friends together and join us for a bubbles. Learn the tips and tricks of styling your hair for a special occasion. Sometimes it’s the smallest of things we can be doing wrong at home. From the type of shampoo you are using to the way you may be holding your styling tool. We are here to help make you feel confident and looking your best.

\$39 pp includes two glasses of bubbles and shared platter food. Friday 4th September 6.30pm

Arlington Shopping Centre | 29 Huntingdon Drive, Arlington, Rangiora | Phone 03 310 7436 to book or email salonfunq@gmail.com

25 Years Keeping It Real

In a competitive industry where faces seem to come and go, Rangiora-based real estate agent Margo Hutcheon is a long-term player. It’s 25 years since she sold her first property as a newly qualified salesperson – a bare section on Rangiora’s West Belt - and whilst she’s seen many changes around town, her principles have remained the same.

Margo is a true Rangiora local, born in Rangiora Hospital she got the property bug when she started working as a receptionist/administrator at former local real estate firm Coates Turnbull. Watching the agents do deals and learning the business she thought “Maybe I could do that...”. So, she phoned the Open Polytech and they had a course starting the next day – she enrolled and hasn’t looked back.

Things were different in the early days. Technology has transformed the day-to-day operations for most real estate salespeople. “We took photos with a camera and then had to get the film developed. And I remember writing up advertisements that were picked up by the courier to take to the real estate magazine for publishing”, says Margo.

Now there are many more salespeople, different fee structures and a lot more advertising avenues she says. However, along with online advertising she also strongly believes in advertising in print and many may even remember the unique ads she used to create with her Bichon Frise, Thomas. Whilst Thomas passed on some years ago, Margo continues to advertise in local print papers. “I don’t agree that print has gone,” she says, “Particularly in real estate, not every buyer is an active buyer, but mostly people will flick through papers and sometimes spot a property that interests them.”

Whilst some tools of the trade might have changed for Margo, one thing has stayed the same – for her real estate is all about people.

She talks fondly of her clients, some of whom have become friends and others who come back to her after 10-15 years when they’re selling or buying again. And the highlights of her time in the industry are focussed on people. She remembers having five properties under offer each linked and subject to another selling – with much care and attention, everything fell into place with a cash buyer. “That whole line of people ended up getting what they wanted, which was very pleasing, and a privilege to be part of”, she says.

In 2008 Margo made the move to Bayleys as a Manager, and in 2009, after attaining the National Diploma in Real Estate, was admitted as an Associate of the Real Estate Institute of New Zealand. Her knowledge and experience make her one of the most popular agents in town but it’s her people-centric attitude that sees clients turn into friends and people return to her for property sales.

“To be asked to market someone’s home is a privilege and I care very much about getting the best result for my clients, and making the process as stress free as possible” she says. It’s clearly an attitude that has stood the test of time.



1.



2.



3.



4.



6.



5.

- Sixth from the left in the back row, Margo, a true local attended Rangiora Borough. School and still has close friends from those days.
- Margo with her son who was also born at Rangiora Hospital.
- Margo with her brother and father.

- A keen tennis player this was taken at the Ashley Tennis Club.
- Margo was a keen netball player. Pictured here in the Rangiora A Senior Team in 1975.
- The much-loved Thomas who was a star of Margo’s advertising.



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Matt Doocey

MP for Waimakariri



Living in a diverse and rapidly growing region like the Waimakariri, with its mix of peri-urban and rural communities, residents often feel concerned when they feel they're not getting the answers they need.

I've got a few meetings coming up which I am chairing on behalf of our communities and which provide an interesting snapshot of life in a rapidly growing electorate.

Many residents living in rural zones like Swannanoa run businesses from home and need fast Internet speeds. It's frustrating for them to be out of the fibre network and it can be daunting for them to try to navigate the complexities of service and infrastructure providers. I also recently met with Belfast residents concerned there is no footpath alongside a busy, 80km/h road to access schools, shops and public transport. In the next few weeks, I will be chairing a meeting with the Christchurch City Council.

For other residents, the potential for developments to clash with the amenity of their living spaces is cause for concern. I chaired a meeting in Pegasus Town last week because residents were concerned about a proposal to plant a plantation of pine trees along the Kaiapoi Pa Road.

Many will also be aware of the community petition against the proposal to quarry at the Rangiora Racecourse. I have offered to chair a public meeting to give residents an opportunity to meet and talk with representatives of the racecourse.

One of the biggest concerns for residents has been access to health-care services. At my public meeting last year, the Canterbury District Health Board announced a new purpose-built facility to offer after-hours care from the Health Hub site. In its winter update newsletter, the CDHB has outlined some timeframes for construction of this facility.

Our Woodend residents are looking forward to the start of work for new traffic lights at the school. This was an issue raised at my public meeting with NZTA last year. Residents don't feel safe trying to run the gauntlet to access shops, medical appointments and public transport. Traffic lights will provide some certainty around safety.

If you have an issue that is concerning you, please get in touch.



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

Book Club

NEEDING SOME GOOD READS?

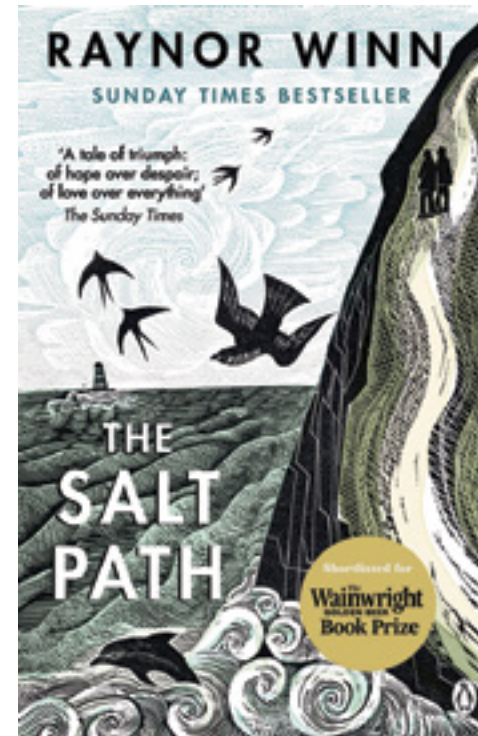
The Salt Path Raynor Winn

This is an inspiring memoir written by Raynor Winn, wife of Moth and mother of their two children. This devoted married couple find themselves homeless at the age of fifty. They've spent their married lives restoring a farmhouse in the English countryside stone by stone, which they also built into a family business. When they make a failed investment on the advice of an old friend, a court case ensues against them. Not only did they lose the court case, but everything they had built together their whole marriage. They would be homeless in five days. As if this tragedy wasn't enough, Moth's persistent shoulder and arm pain was just diagnosed as CBD, or corticobasal degeneration- a degenerative brain disease, which is terminal.

Raynor remembered reading a book called "Five Hundred Mile Walkies" which involved walking the entire coastline from Minehead in Somerset, North Devon, Cornwall, South Devon, to Poole in Dorset...otherwise known as the "South West Coast Path". This would involve walking approximately 630 miles over rivers, moorland, hills, rocks and beaches and wild camping! So, they stored some treasured furniture, purchased a used tent on eBay, bought two large rucksacks and put one foot in front of the other. Their only financial sustenance was 48 pounds weekly, which would be deposited into their bank (a government tax credit due to Moth's recent inability to work) and which they could withdraw from cash machines.

They had to make their money stretch by eating noodles, tuna, rice, and when desperate, fudge bars. Every morning, they would heat up their own tea on a tiny gas stove. They were often hungry, hot, cold, smelly and wet, and finding a safe place to pitch the tent for the night was always a challenge. Many times people they encountered would approach them, intrigued upon seeing "older people" such as the Winns with large rucksacks, and wondering if they were walking the South West Coast Path. However, when found out they were they were homeless people, they would get a distrustful look in their eyes and quickly drift away.

I loved this book. It is filled with wry humour and is wonderfully uplifting. It deals with coming to terms with grief and the healing power of the natural world. Ultimately, it is a portrayal of home, and how it can be lost, rebuilt, and rediscovered in the most unexpected ways.



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NIKI MEALINGS

Me and My Phone

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

Niki Mealings is a Waimakariri councillor, a mum of three, a keen gardener and active member of her local community. She runs her life from an i-Phone.

Are you a caller, a texter or an emailer?

I am a caller or an emailer for work related things, I don't think texting is for business. I do keep in touch with friends with text or Messenger but even then I often text before calling because now everybody has their phone with them all the time but it's not always a good time for them to talk.

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

I use Facebook everyday. I post, I share and I always wish people a happy birthday. I reply to everyone and I want to see what they're up to. They're my Facebook friends for a reason and I am interested in what they're doing.

I use Neighbourly probably weekly. It helps me keep an ear to the ground and find out what's going on in the community and it's a fast, easy way to connect with people.

I am on LinkedIn and Instagram too but rarely check in. There are just not enough hours in the day.

What other ways do you use your phone?

I read the news. I check the weather. I am always using the camera. And I love Google Maps I use it all the time for directions and traffic. And for council business as you can see the precise place people might be talking about in a meeting for example.

But my favourite app is Trivia Crack - it's like a trivia quiz app and I'm a bit of a trivia geek.

How long do you spend on your phone each day?

Probably too much at times but I don't really worry about it. It's a digital world now, this is how we do things so it's not something to be afraid of. Its usefulness outweighs its detriment. Although my husband does sometimes say 'put your phone down'.

I've got teenage kids so my phone is by the bed because I want them to always be able to get in touch if they need me. But I do reach for my phone as soon as I wake up and I check texts and emails.

Telling Stories



What story are you telling yourself, right now?

We humans are storytellers. Our ancestors told stories around the fire for tens of thousands of years. The hearth has been replaced by the TV, but we have more stories to choose from than ever. And stories are not just entertainment. They're how we make sense of the world and our place in it. Our stories - myths, national histories, favourite shows, or our own personal memories - weave life into a pattern that has meaning, and then we use that pattern to interpret the present and anticipate the future.

You could say that our habit of story-making means we don't have to figure everything out from scratch every minute of every day. Which is great - except when it's not. Relying on familiar stories to make sense of life might save effort, but it can also keep us stuck.

This is especially true when we're not completely conscious of the story we're telling. Our core beliefs about ourselves, for example, often sit just below the surface

of our awareness, shaping how we read what's going on. These core beliefs are very short stories with a very big impact: "I'm not good enough", "I can't rely on anyone else" or "I always get it wrong" shape our feelings, reactions and choices very differently from "I matter", or "I'm worthy of love and belonging, even when I mess up".

One of the ways that therapy or coaching changes us is by helping us to unravel our old stories and beliefs. It's hard to notice, let alone change, our core beliefs on our own: they're like the air that we breathe, or the lens that we've always looked through. But a non-judgemental, empathic person with fresh eyes (or ears) can help us to weave new, more empowering stories, and to see and act on possibilities we couldn't see before, in our own lives, in our families and communities, and in our wider world.

So, what story are you telling yourself? And what would you like to change?

If you'd like to explore how your own core beliefs are affecting your life, please get in touch - I'd love to hear from you.

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North Canterbury Women in Business

North Canterbury Women in Business will be featured in our September Issue.

This feature is all about celebrating North Canterbury Women in the business world. We're all about lifting and growing women in business through support, respect, friendship, and collaboration. The perfect way to promote your offering to our readership.

Register your interest with
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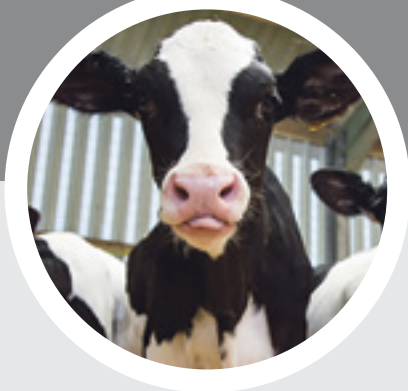
ASK AN EXPERT

If you have a question you would like our panel of experts to answer please drop us a line at mel@essencemagazine.co.nz



Mark O'Donnell

Mark is an Authorised Financial Adviser. He has 32 years' experience providing financial advice. We have a passion for helping people develop good financial outcomes that meet their goals and objectives.



Rangiora Vet Centre

RVC's friendly, helpful staff and caring team of vets have been looking after large and small animal health needs for over 50 years.

If you're taking on calves this season, here's a few tips to help keep them healthy.

Q. What should I feed them?

A good feed of colostrum within the first 12 hours of life. If they're not drinking, they'll need tube feeding; ask us how to tackle this problem.

As well as milk, provide them with muesli/pellets and hay, this ensures their digestive system develops properly. Weaning can occur around 75-100kg BW or 8-10 weeks old.

Q. Where should I keep them?

In tidy paddocks which are clear of faeces and have not recently been used by older animals. They also need access to shelter. If indoors, the area must be draught-free, clean, and have soft bedding.

Q. When should I drench and vaccinate youngstock?

Controlling worms is important; it's the main reason for sickness and death. We recommend a faecal egg count every 4-6 weeks to determine if drenching is necessary. Drop off a poo sample at the clinic. A vet can advise you which dewormer is best.

Vaccination is important to protect against disease. We recommend a 5in1 vaccination at de-budding, with a booster 4-6 weeks later.

Q. What about de-budding and castrations?

De-budding is the removal of horn tissue to prevent horns from growing. Ideally this is done at 2-8 weeks old. Our vet team will sedate and provide pain relief for the procedure. Castration and vaccination can be done at the same time.

Q. How can I tell if my calf is unwell?

It is important to identify and treat sick animals early. Some common signs are:

- Sitting down more, separation from mob, reduced appetite, diarrhoea, rough coat, weight loss

If you're concerned seek vet advice ASAP.



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www.rangioravetcentre.co.nz



Jo Taylor

Senior Broker and Branch Manager

We all tighten the belt when times get tough, but it's important to understand the true cost of any upfront savings. With insurance, you pay for what you get and the 'devil', as they say, is most definitely in the detail.

If you're potentially saving hundreds or even thousands of dollars on your personal or business insurance premiums, my advice is: take a second look. Compare the policy wordings between what you have and what you're being offered before you jump. Significant savings are most often achieved by reducing the level of cover you have, or as an incentive to switch. In either case, you could be underinsured or not covered at all in the event of a claim, or you may find those cheaper annual premiums on offer today, could increase significantly in subsequent years.

We've heard of people switching from a broker to an online insurer's small business package to save on premiums, only to find they didn't have the right cover at claim time and suffered significant losses.

We've also heard of businesses switching brokers for a cheaper premium only to find that the new broker hadn't taken the time to truly assess the business risk and provide adequate cover.

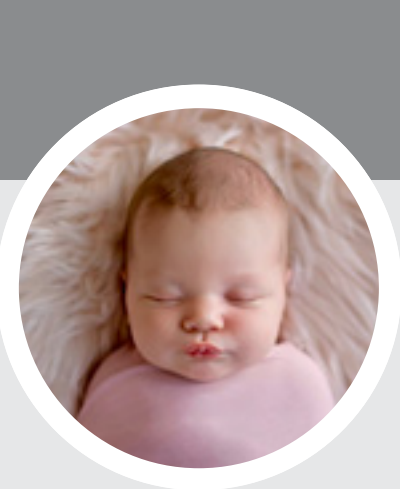
The best thing to do is take your time, consult the experts, and be very sure before you make any decisions about your insurance.

Your broker should work for you (not the insurer), provide a seamless in-house claims service, and have the kind of relationship with you where you can weather the storms, together, as part of your team of trusted advisers.

If you're not getting the service you deserve, come and talk to us. We'll put your best interests first.



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Sarah Blair

I am based in North Canterbury (where I grew up) and enjoy working for my fellow Cantabs.

I love to deliver natural images, while working with both natural and artificial light and keeping everyone (especially the wee ones) relaxed as possible.

Q. What style do you specialise in?

Although I specialise in Children's portraits, I still love to cover a wide range of genres. From in-home intimate newborn sessions to large family gatherings, each occasion is worth capturing!

Large family events have been another favourite since lockdown was lifted! Whether it's grandma's birthday, an engagement, baby shower or even a family reunion just because!

Q. Do you offer package deals?

One thing I think Covid has taught us is that life is precious and rather fragile! For example my Heirloom Package for the older generation has become increasingly popular... Some families have extended that session and have been getting all the grandchildren together with their grandparents.

Q. In this digital world, should you print photos?

I was recently at a close family gathering of my own and a box of old photographs were brought out for everyone to sift through. As I sat there with my cup of tea and watched everyone around me get totally absorbed in the memories of each photo, it totally reaffirmed my belief that there is something so important about having your images printed. That's why I make sure all my packages include at least one print. Making sure my clients have something tangible to hold and feel is really important to me.

Sarah Blair

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The Realities of Renovation

There's no end of advice on renovating your home. Be prepared, be organised, have a budget, maintain good communications with all your contractors, remember that old houses can uncover some nasty surprises.

But the problem is - it's a bit like having a baby. You can read all the advice in the world, but you don't realise what it's like until you're in the thick of it.

We decided to renovate our 3-bedroom, weatherboard house for many reasons. There were rooms leading onto rooms, the living room was a thoroughfare, half the windows were rotting in their wooden frames, the wiring was ancient, insulation was patchy and it was hard to heat. So the plan was to extend the kitchen/dining area and reuse the existing floorspace to create a better flow and add in a laundry and study.

We found an architect to help with plans and went with a builder that a friend had recommended. Once the builders were on-site, things started to move fast and it was exciting to see walls coming down.

But it was also stressful as time went on and we learnt a

few lessons. That advice you see everywhere about being prepared - turns out that's pretty important. We should have had everything packed up and cleared out of the house sooner. It would have been good if we'd already chosen the style of certain fixtures and fittings instead of having to make decisions quickly with builders already on site.

And don't be afraid to ask questions either during the planning phase or the building itself. Some things might not seem logical to you or you might wonder if something can be achieved a different way - just ask. Your architect and builder know their business, but sometimes a question can throw up other possibilities that you weren't aware of.

Finally, no matter how big your budget, it's probably never enough. Once you start delving into the world of interior décor - the sky is the limit and you're always

going to want that beautiful granite counter-top or those brushed nickel look bathroom fittings. It's easy to get caught up in the marketing so try to be really pragmatic about what actually matters to you and balance out those more expensive items by perhaps cutting down elsewhere.

It took just under four months for our house to be ready to live in again. We spent some time staying with generous friends and some time camping in the garage - in mid-winter (more poor planning). It was stressful and uncomfortable and the invoices were eye-watering.

But the final result is a home we really love and much like having a baby the less appealing parts of the process are soon forgotten.

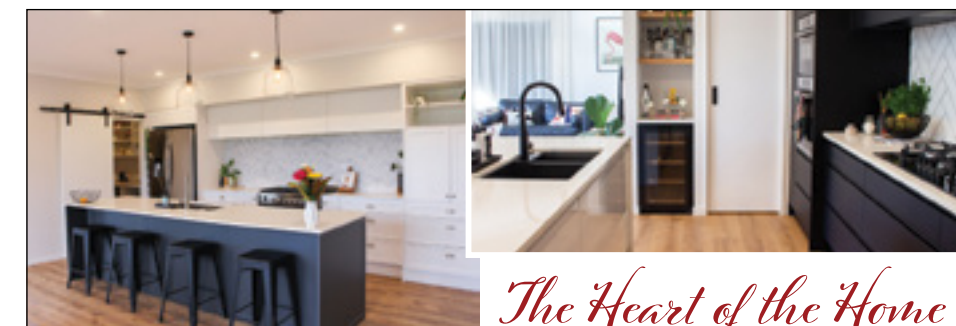
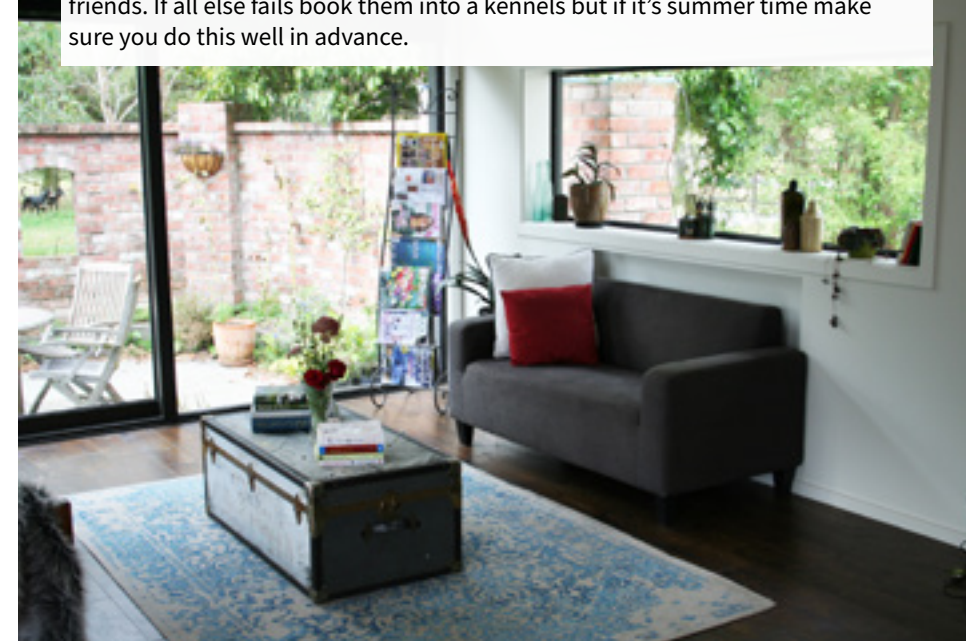
Images and words: Supplied by Pattie Peglar



Tips to Prep for Your Reno

Sure plans are important but there are also some practical steps that it's well worth thinking about ahead of time.

1. Organise storage for your furniture and other belongings. Got a friend with a shed? Or a large garage? If not think about hiring a storage unit or if you've got the space, a shipping container.
2. Salvage and sell where possible. If you're getting rid of old leadlight windows or things that people can reuse then then put them on TradeMe and you might make a little cash back on them and save some space in landfill. We sold some old windows and doors and it was good to see them get reused.
3. To stay or not to stay? If you're doing a large scale reno you're most likely going to have to move out entirely. You can ask friends and family (but if they've already given up their shed to your belongings they might be getting a bit tired of you asking for favours), look for a nearby rental or if it's summertime you might be able to get the tent up. But either way - plan ahead.
4. Pet accommodation. If you've got pets and are moving out think about where they are going to stay. Try for a pet friendly rental or hit up some animal loving friends. If all else fails book them into a kennels but if it's summer time make sure you do this well in advance.



The Heart of the Home

Kitchens are often considered the heart of the home - it's the space where the family get together, where meals get made and friends stop by for a coffee. So, if you're building new or considering revamping your old kitchen - get the professionals in.

We design and install kitchens with the user in mind

With over 30 years' experience in the business, local firm Misco Joinery know exactly how to make great kitchens without blowing the budget. They can take you through the whole process from initial design to installation and they know all about smart ways to use space and include features like drawers over cupboards, pull out pantries and overhead cupboards.

But they're not just experts in design, they can advise on trends and developments in the kitchen. This year waterfall ends on benchtops are proving popular along with adventurous island designs, granite sinks and gold taps - which bring a little colour and texture into the kitchen space. Other

popular options are thinner than usual 20mm stone benchtops; a range of finishes for joinery and chunky, on trend handles or drawers with no handles at all. Misco's expertise; superb workmanship and affordable prices means they design kitchens up and down the country. But whilst their skills and knowledge are in demand - they always put the customer first.

"We design and install kitchens with the user in mind, when people come to us we ask them about their space, how they use it, any particular features they really want - and then we design for them," says Penny Abell of Misco.

As well as kitchens Misco also design and supply joinery for laundries, pantries and wardrobes and they apply the same bespoke approach to all areas.

So, if you're looking to revamp the heart of your home, get in touch with Misco and start turning your dream kitchen into a reality.

Misco Joinery, 62 Williams Street, Kaiapoi
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RETROFIT & REPLACEMENT JOINERY NEW HOME, OLD ADDRESS

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

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



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

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

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

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



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The Business of Bees

When Andy Westland gets up in the morning he puts honey on his toast before heading out to tend to his bees. Wife Amy uses honey to sweeten her Milo and their school age children both eat honey straight off the spoon. The family behind Westlands Honey clearly love the business they're in.

Andy's love affair with honey goes way back to childhood and he was a teen beekeeper even in high school. Along with wife Amy, he set up Westlands Honey 13 years ago with a few hives from other beekeepers who were downsizing. They would split and grow those hives to develop more and breed their own queens - an intricate process. "Whether they become a queen is down to the size of the cell that they're in," explains Amy, "They are either workers or drones and the queen is in the biggest cells. So you take the little grub out and put them in a bigger cell cup to grow a queen."

In the early years the couple were juggling the business of beekeeping with their then day jobs. Andy was working scanning and shearing sheep and Amy worked at a bank in Fairlie so the honey was a side business.

"The bee industry can be quite up and down," says Amy. "So having that other work gave us a bit of security - you can't control mother nature."

They initially sold all their honey through the NZ Honey Co-op in Timaru. It meant that they could focus on the bees and the honey rather than worrying about how to market and sell. But NZ Honey Co-op closed a few years ago and then two years ago after selling through different organisations, Amy and Andy decided to start their own brand - Westlands Honey.

Today it is a full-time job for both of them and even the kids earn their pocket money in the summer holiday by helping out with honey extraction. They have some 840 hives spread around the surrounding Mackenzie District. "All the hives are on farmers' land," says Amy. "And most farmers want the bees as they pollinate the clover which puts nitrogen in the ground. It stops them having to spread nitrogen and especially when you've got a lot of hill country - that can be an expensive prospect."

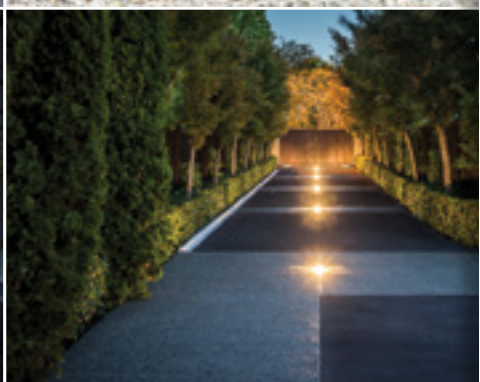
Westlands Honey produce clover, multiflora and raw honey as well as honeycomb. But whilst many of us might

raise our eyebrows at the price of manuka honey, the rest of the honey industry is not quite so fortunate, says Amy.

So the family work hard on different ways to sell their honey. You'll find it in the local Four Square; they sell it directly online; they sell it for fundraisers and they've even supplied honey to another business who makes chilli based products - the result is a Carolina Reaper infused honey which apparently goes a treat on pizzas. More recently they've added a tour of their honey processing facility to the list - and visitors can now book in to see exactly what goes on behind the scenes.

Amy, who is allergic to bee stings, admits to being fascinated by the bees and the whole family love the business these smart little creatures have given them. "We're learning different things everyday, it's not easy but it's fun, it's challenging and it's satisfying."

words: **Pattie Pegler**



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Restaurant Chefs To Stock Up Your Freezer

When lockdown hit rather than slowing down, the owners at Rangiora's Five Stags decided to fast forward a new business venture. Within weeks Fresh Chef was up and running – delivering high quality, hearty meals up and down the country.

"Everything we make is made with love," says co-owner and executive chef, Jay Bunea. With 20 years' cooking under his belt, Jay is passionate about food and making sure the dishes he produces for Fresh Chef will freeze and reheat well. And whilst they operate from the Five Stags kitchen, with the same quality and talented chefs, it's not as simple as taking dishes from the Five Stags menu and freezing them.

"The challenges are different to restaurant cooking," explains Jay. "You have to be part chef and part mad scientist and get creative in different ways. It's fun." Jay has experimented with moisture levels, salt levels and details like slicing meat thinner to reduce the reheating time. The final result is great food prepared in small batches in the restaurant kitchen – then frozen ready for delivery. Popular sellers include roasts, butter chicken and lasagne – there's even a mouth-watering sticky date pudding.

So who's buying Fresh Chef meals? A lot of people says co-owner Kerry Mason. "We get young customers, old customers, busy mums, kids buying for their elderly parents - stocking up the freezer to make sure they've got good tucker in". And whilst they started with a very loyal, local following word has spread on social media and they now have customers from Bluff to Kaitiaki.

It's easy to order online and for first timers who just want to give the meals a try there's a sample pack allowing them to pick three options from the menu.

So if you want to stock up your freezer – or someone else's – with hearty, delicious meals made with love, visit www.freshchef.nz and get your order in.



Getting our Grandparents Tech-ed Up

Lockdown was proof, if we needed it, that technology can be amazing when it comes to keeping in touch with family and friends. And it's just as useful to senior citizens – increasingly we're finding that grandma has an i-pad and our great aunt is playing poker on her tablet.

"Tablets are definitely more widespread amongst seniors now" says Wendy Burrows, secretary of Senior.net in Rangiora and avid tablet user herself. Senior.net provides technology support to senior citizens and Burrows says the courses they used to run were all about Word and Excel. "People don't need that now," she says. "Now we have drop-in sessions where people can bring their tablet or smartphone, often they'll want to find out how to download photos, that sort of thing. It's more about personal use."

That personal aspect is important. If you have an elder relative you think might benefit from owning a tablet then talk to them about it first and consider some of the practical aspects of devices. Do they need something lightweight? Is the display size important? Is it easy to use – many consider Apple devices to be very intuitive but the reality is that Android tablets are now pretty simple too. Or perhaps you want to consider a voice activated device – could Alexa be better than an i-pad for some seniors?

Either way, it's often something that family members need to support. A research report funded by Internet NZ last year examined the use of digital technologies for residents in retirement communities and aged care. One of the findings was that family and friends play a key role in encouraging the use of digital technology.

"It is often a family member who purchases the device, arranges the wi-fi connection and sets up any software. Even if the resident doesn't use technology themselves, family and friends will bring their own devices to share photos and videos," says Dr Wendy Wrapson, a social psychologist at AUT's School of Public Health and Psychosocial Studies.


So if you think grandma or grandpa needs an i-Pad, talk to them about it.



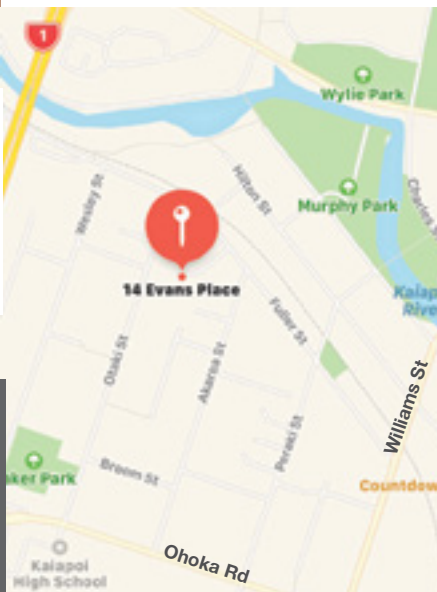
Senior.net Q&A technology sessions are on the second Tuesday of every month at the Learning Centre next door to the Methodist Church on King Street. All are welcome. For details call 03 310 7606.

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Exercise classes for the body and mind at Ballarat Retirement Village

Exercise through the colder months at Bupa Ballarat Retirement Village in Rangiora has meant a routine of nine classes each week for residents to keep active.

Resident Marj Kennedy has been attending the SAYGo (steady as you go) classes for four years now and says she's seen her balance improve over time, thanks to the sessions.

"Exercise is good for our bodies and it keeps me young in spirit too. I like that it's a class we do altogether," Marj says

The low-impact session SAYGo, created by Age Concern, aims to improve balance, flexibility and strength in older people through arm and leg exercises, while seated or standing.



Village Manager Andrea Allott says she encourages her residents to keep active.

"Once they get into the routine our residents look forward to exercise and it keeps their minds active and the laughter coming too," Andrea says.

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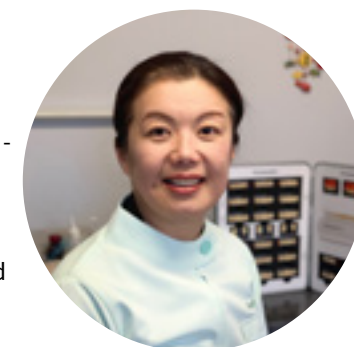
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Support - The death of someone close to us produces enormous change. Your being present today brings support to the family and close friends. You represent some stability and security in an environment which has suffered great turmoil and upheaval.

Symbolism - The funeral event is historically the oldest known ceremonial activity. As humans we have a constant need to affirm the value of life and at the same time to confront openly and honestly the reality of physical death.

- Geoffrey Hall

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Age, a Natural Consequence of Life! Update from Hank

I've been asked this month to give some thoughts on age, old age!! Let's just get one thing straight, the older we get the luckier we are - simply because the alternative isn't good!! As we get older, we often think "where has time gone?" Jill and I recently had a family dinner at home to celebrate our youngest's birthday - 28! "Time" is the enemy!!

There are a couple things I'd like to talk about, the first is planning and the second is how does age affect our insurances.

Planning, it's important to plan for our future continuously. As we near and reach retirement it's becoming increasingly important to plan ahead. Where are we going to live? What are we going to do? What would we like to do? What's going to happen with deteriorating health? When should we start? Jill and I have recently, along with our respective families, been involved in making decisions for elderly parents. It seems that our children leave home and our aging parents return! However, gone are the days where we thrust such responsibilities on to our children. We need to take matters in hand while we can. While we have both physical and mental capability to make good sound decisions.

Part of that planning is also about what we want to happen with our assets when we pass. And, don't be mistaken, we will all pass on! Estate planning is hugely important. Not so much to us because we're dead, but to the family we leave behind. Death of a loved one is hugely traumatic for family without the added stress of dealing with asset disbursement

without a will, without the family knowing what we want done with our assets. When should we do this? When we have assets that need disbursing, whether that's 25 or 75, age doesn't matter.

We also live in an age of blended and extended families, as well as an age where our assets, particularly property, are of increasingly high value. I've personally seen families fall apart because estate planning was either done poorly, or in some cases, not at all. The more money that's involved, the more intense the family squabble.

Estate planning is not something we do ourselves here at PPNZL directly, but we can point you in the right direction to get good, solid advice. Don't wait until it's too late. Remember, we don't know what life's going to deal to us tomorrow...

The second thing is our insurances, particularly personal insurances such as life, health, or disability insurances. We all know that such insurances get more expensive as we get older and so we need to review these on a regular basis. We need to understand why we have these insurance policies and what we want them to do for us. As we get older the need for life or disability insurances gets less and less. When we do retire there is little need for such covers.

However, there is one insurance I think is worth having and paying for. That is Private Medical Insurance. We spend all



our working life working toward and looking forward to retirement. And, if we've planned right, we'll have certain activities which we want to participate in. Golf, bowls, mountain climbing, ballroom dancing, it doesn't matter what it is, the one thing we need to do these activities is our health. I've recently had a full hip replacement which I claimed on my Private Medical Insurance. How much? \$25,000! ... or probably 2 to 3 years wait. I know which choice I'm very grateful for - insurance!

If you've got medical insurance and it's getting expensive or you'd like to have a look at what's available, then give us a call. We can help. Afterall, it's what we do!



Contact Hank on 021 357 062
or email hank@ppnzl.co.nz



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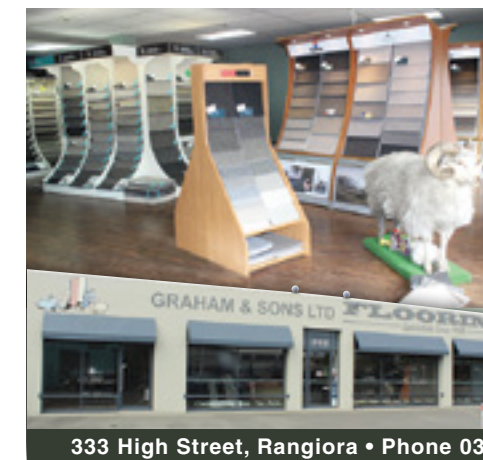
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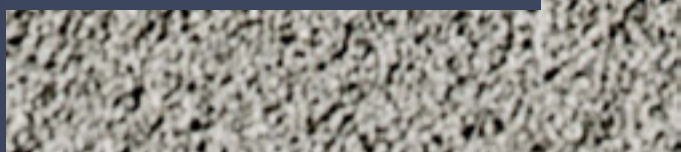


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