

essence

essentially...north canterbury



15

Feature

The Essence of Retirement

09

Spotlight On

Coastal Towns

SHOP THE LOOK

Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

The Fabric of Society

The Fabric of Society's great space is a showcase for their wide selection of fabric off the roll, Chalk Paint®, homewares and occasional furniture, both old and new. A meeting place for those seeking décor inspiration, their textile collection encompasses an eclectic mix of styles, colours and patterns in beautiful natural and man-made fibres to suit every home.

Rangitoto Bar Stool



Belair Stripe Black



Creamery Serving Dish



Poet's Dream Fruit Bowl



Beija Flor Vinyl Mat in Portugal

Open Monday - Friday 10am - 5pm,
Saturday 10am - 4pm
15 Coronation Street, Rangiora
Ph. 027 309 0060 | www.thefabricofsociety.co.nz

Proud New Stockist of Baron & Buxton Leather Goods

Fresh delivery of Stunning Stationary

Back in Stock! Teak Stools

New varieties of Vases

French Country Diffusers

Beautiful new Beeware

Plush covered Coat Hangers

Sam Toft Art Work

Fade Resistant Door Mats

Stunning new Glassware

New Season Hello Friday Cardigans in a range of colours

Can never have too many of these handy Tote Bags

Open Mon - Fri 10am - 5pm, Sat 10am - 3pm
2 Durham Street, Rangiora, Ph (03) 310 6062
Located opposite Columbus Coffee
www.iadore.co.nz

WILLOUGHBYS
CREATE INSPIRE

Mohair Magic Gift Pack with a range of colours available! - \$95
Two patterns included!

Pottery Yarn Bowls - \$65 each
Made on the West Coast

123 High Street, Rangiora | Ph 03 313 6062
www.willoughbys.nz

contents

This month we've been taking a look at retirement lifestyles. According to stats we're all living longer and that can mean more years of retirement. Or maybe not, apparently nearly a quarter of us continue working past 65. So we started to wonder whether 'retirement' is the right word anymore.

We think it's high time we came up with a more accurate way to describe life after 65. Our feature starts on page 16. Take a look and let us know what you think might be a good word to replace 'retirement'!

In other local news, this month we celebrate the 150 year anniversary of Blackwells Department Store. History, tradition and a firm commitment to deliver the highest standard of customer service has kept Blackwell's at the forefront of shoppers' minds. Page 6

We turn the spotlight on Waikuku, Pegasus, Woodend and newly established Ravenswood. Writer Michelle McCullough describes it as 'coastal North Canterbury's ultimate quiet achiever'. Page 9

On our Lighthouse pages we feature the annual Kaiapoi Art Show, welcome The Caci Clinic to Rangiora and showcase the opening of the Mainpower Stadium.

We bring you a mouthwatering winter recipe -

Barbara's yummy Chicken and Leek Pot Pies straight from the oven. Her recipe is on page 21



I couldn't resist sharing this fabulous photo of North Canterbury in the snow last week. My friends and I enjoyed the day at Waipara Springs celebrating Karen (KP's) birthday with a glass of bubbles.

This month Essence Magazine turns 19. Wow where has the time gone? That's 19 years of showcasing local businesses, telling local stories and promoting local causes and we're still often inspired by the talented, passionate and fascinating people in our region.

Thank you for your continued support - we love putting the magazine together for you.

- Dorothy

contact us:

Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz

Melanie Cox - Office Manager
mel@essencemagazine.co.nz

Mandy Buchan - Advertising Sales Consultant
mandy@essencemagazine.co.nz

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

Janet Scott - Advertising Sales Consultant
janet@essencemagazine.co.nz

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

Published by Impact Publicity 2005 Ltd
Opinions expressed in this issue are not necessarily those of Impact Publicity 2005 Ltd/Essence Magazine. No responsibility is accepted of unsolicited material. No material may be reproduced without the written permission of the publisher.



H&G Page 18



Ingredients Page 21



Coastal Towns Page 10



Front Cover: Country Lane Image: Supplied
Fabulous new season fashion instore at Country Lane!

Professional Photography Specialising in Family Portraits



Long after Special Moments have gone or people have passed away, family portraits continue to evoke precious memories. Beverley Studios are experts at capturing those special moments and creating stunning images of the ones you love.

A purpose built self contained indoor studio (excellent for rainy days) and a wonderful outdoor country setting allow for opportunities to include treasured belongings from musical instruments, sports equipment to special vehicles.



Phone 03 313 2465 | Cell 0274 311 850 | www.beverleystudios.co.nz | 218 Boundary Road, Fernside



Megan's and Liz's Recent Success!

In the past six months, we have sold 15 properties ranging from bare blocks of land, family homes to luxury lifestyle properties.

If you have been thinking of a spring sale, call us now for your complimentary market appraisal and advice on the best way to take your property to market.

"your best move"



Megan Burridge
027 281 9215
megan@limere.co.nz



Liz Dittmer
027 473 2020
liz@limere.co.nz

The Mill WAIKUKU Discover local and international art, giftware and more!

Horse paper collage picture - \$395

Ornamental Hare - \$58

Hunt & Gather pepper grinders \$29

Recycled Beech spatula - \$12.50

The World's Easiest Recipes by Linda Duncan - \$39

Soulmate Socks \$29.50

Galleon Ship - \$49

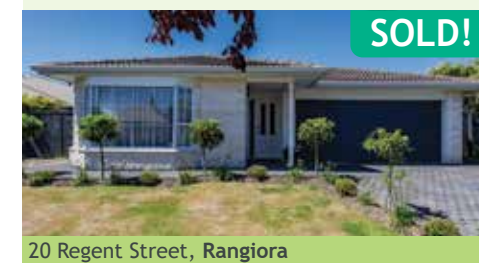
The Mill, 1473 Main North Rd, Waikuku Mon - Fri 10-3, Sat & Sun 10-4 | Ph 03 312 7978 Instagram/Facebook - The Mill Waikuku

QUILTERS quarters
Come and see us for all your sewing requirements.

Husqvarna Viking Sapphire 930 \$2999

Babylock Victory Overlocker \$2299 on special for \$1799

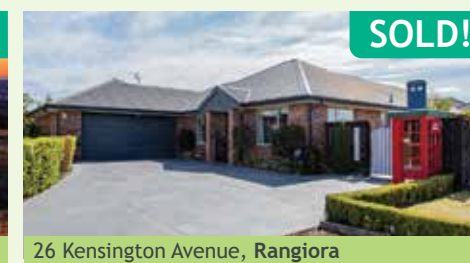
www.quiltersquarters.co.nz
143 Percival Street, Rangiora | Open: Mon-Fri 9am-5pm. Sat 10am-2pm.
P: 03 313 6765 E: quiltersquarters@gmail.com



20 Regent Street, Rangiora



Mission Downs Estate, Loburn



26 Kensington Avenue, Rangiora



560 Carrs Road, Loburn

0508 call lime | limerealestate.co.nz

Lime Real Estate Ltd Licensed REAA 2008

Something for every purpose

Leaflets, invites, rack cards, flyers, vouchers, and much more!

Whether you want to hand out things at an event, post them through mailboxes or create stunning direct mail pieces, we've got all the options covered. From thin paper to ultra thick board.

We can help with design too!

DESIGN | WEB | PRINT

studio.rangiora@printing.com | 03 313 7774

create
DESIGN WEB PRINT

Kaiapoi Art Expo

The very successful 2021 Corcoran French Kaiapoi Art Expo was held over the weekend of 24/25 July at the Kaiapoi Club. The Expo broke many records with over 800 artworks from 127 artists on display and over 4,000 visitors purchasing an outstanding 388 artworks totalling \$67, 699. Results proved once again the Kaiapoi Art Expo is a valued and popular event to the Waimakariri District.



David and Marilyn Ayers



Ross Ditmer, Wendy Doody and Neville Atkinson



Phillip Redmond, Martin Bell and Malcolm Garvan



Matt Doocey and Alisdair Reid



Jackie Watson, Kate Smith and Jane Moody



Caroline Peter, Viktoria Doocey and Marie McMillan



Jim Gerard with Shirley and Brent Cairns



Marilyn Ayers and Claire Gifford



Marian Brown and Mary Gerard



Brett Kilbride and Mark Henderson



Russel and Christine Eastgate and Shehan and Kate de Silva



Sally DeBeer and Enid Brydie

MASTER BUILDER

Robertsonbuilding
CANTERBURY LTD

Local to North Canterbury
CALL ARTHUR 027 245 1601

arthur@robertsonbuilding.co.nz
www.robertsonbuilding.co.nz

BARNS/FARM BUILDING
RIB RAFT FLOOR SYSTEM INSTALLATION
PROJECT MANAGEMENT • ADDITIONS • NEW HOMES
HOME MAINTENANCE • EOC REPAIRS • ALTERATIONS

FREE QUOTES

FIRST IMPRESSIONS COUNT

Brimming with energy and a can-do attitude, Jan combines professionalism with extensive marketing experience, warmth and approachability.

For a genuine end to end real estate service, contact Jan today.

Jan McCormick
021 395 241 | 03 311 8020
jan.mccormick@bayleys.co.nz

BAYLEYS

WHALAN AND PARTNERS LTD. Licensed under the REA ACT 2008

Welcome Caci

Caci Clinic Rangiora opened its doors to the public recently and welcomed guests for an evening of drinks, nibbles, goodie bags and a tour of their gorgeous new premises. When visiting Caci, be sure to check out the feature wall in the toilet - it's fab!



The Caci Team - Misty, Amanda, Brooke, Amanda, Samantha, and Kymm

MAINPOWER STADIUM

The North Canterbury Sport & Recreation Trust held a special preview evening for the major sponsors and funders of MAINPOWER STADIUM on Thursday 5th August. After a tour of the new four court multi-use stadium and new state-of-the-art fitness centre, guests were presented with an acknowledgement of their donation in the new on-site conference room.

images: **Richard Connelly**

See more photo's on page 22



Geoff Shea and Duncan Ward



Chris Brown, Mayor Dan Gordon, Don Robertson, Michael Sharpe and Jim Gerard



David Bond and Mathew Potter



Don Robertson, Chris Brown and Caroline Whittaker



Doug Parker, Jack and Mark Pringle, Barbara Peter and Ross Ditmer

PEOPLE OF PERCIVAL STREET BAKERY

138 Percival Street, Rangiora | 03-310 6096

Percival Street BAKERY

I love interacting with our customers especially our regulars and our sweet treats are to die for!

They have good coffee and lovely chatty staff!

The food is beautiful and the people are nice.

two for one!

freedom™ YOUR LASER HAIR REMOVAL MEMBERSHIP

Treat two areas for the price of one on our laser hair removal membership and payment plan!*

WE'RE FOR YOU

caci.co.nz

CACI

*Terms and conditions: Offer only valid for new Freedom memberships purchased during August and September 2021. Second 'free' area to be of the same or lesser value. For more details see in clinic. Not to be used in conjunction with any other offer.



Blackwell's

DEPARTMENT STORE KAIAPOI

TRUSTED SINCE 1871

Celebrating 150 Years

The future is bright at Blackwell's Department Store in Kaiapoi

History, tradition and a firm commitment to deliver the highest standard of customer service has kept Blackwell's at the forefront of shoppers' minds for 150 years. As the family-run business celebrates its milestone anniversary, directors Andrew and Mike Blackwell are all about the future.

"Since the earthquakes there has been lots of focus on the development of the town by the Council, which has led to lots of opportunities for retail in the town and within the store. There's still more to come in the next year so it is very exciting for the town and us as retailers," Andrew said.

As Blackwell's moves into this new era, Andrew said the company's traditional building blocks of quality goods and customer service would not be forgotten.

"We want our customers to have a really good shopping experience, and we want to have a bit of fun at the same time with them."

A traditional department store at heart, Blackwell's Retail Sales and Marketing Manager Belinda Syme said a lot of work has been done to develop and expand key departments.

"We have a lot of new brands coming in to lead us forward as well as working with traditional brands that we have worked with for years. So, the history is still but there is still a lot of newness coming into the departments."



Words: Michelle McCullough

Seeking Lola, Billie the Label and Boho Australia are just some of the exciting new brands that have been introduced to the women's department. While menswear has also had a facelift with addition of Garcia, Laser and Frew to complement classic favourites RM Williams, Levi's, Artex and Swannndri. Blackwell's footwear department has also been expanded while new brands have been added to the haberdashery, babywear, giftware and home furnishing departments.

For high quality products and exceptional customer service, visit Waimakariri's favourite department store today - you won't regret it.

Andrew Blackwell

What I like about working at Blackwells Department Store over the years is the variety of work. There are many departments selling assorted merchandise. You are always kept busy, one minute you could be in the menswear department the next you are needed in the giftware or furnishings. Whether its serving customers, ordering merchandise, pricing and putting on display merchandise that has just come into store, changing shop displays or department layout theres always something that needs to be done so the days work flies by.



Leanne Durie

I have been at Blackwells for a number of years (30ish), working different days to fit around my family life. It has been great to be able to do. Looking back at my time in store I have so many great memories of the Blackwell family staff and the customers. I cant believe its been 30 years - as the saying goes "time flies when you are having fun." Here's to another 150 years of being Kaiapoi's best store.



Belinda Syme

Having been originally from Kaiapoi but living in Auckland for many years, moving back to CHCH and starting at Blackwells is like coming home - A store I grew up with - and now years later being able to use my skills to help grow and support this fantastic family business has been an amazing opportunity.



The Blackwell brothers (Andrew and Mike) are great to work with (and mostly let me boss them around). The team is fun, knowledge and embracing the new brands and direction.

The future is bright for Blackwells and Kaiapoi and I love being a part of this.

Lynn Fairbairn

I had worked as a Company Representative calling on Blackwells for the past 20 years, and now have had the pleasure of working for the Family firm for 10 years.

During this time I have thoroughly enjoyed the rapport and camaraderie in this store.

The staff have all enjoyed an excellent relationship with Andrew and Michael, as they have always looked after us very well. That has made this establishment second to none in providing excellent customer service, not only to the community, but to many folk who travel to Kaiapoi to shop in this store. I am very Honoured and Proud to have been part of this Department Store, and wish them well for many more years.



Come enjoy the week of celebrations!

6th September - 12th September 2021

- Staff wearing historical uniforms
- Museum set up instore all week
- September 9th 5-8 Instore event - fashion show, best dressed competition, prizes, wine and nibbles
- Spot prizes all week

New Season Fashion



Cnr. Williams St & Raven Quay, Kaiapoi | Open 7 Days | Ph 03 327 8029 | www.blackwellsdeptstore.co.nz



Claire and Stuart Morris

The upsides of downsizing

The thought of exchanging the maintenance of a larger home for a hassle-free future full of travel (local or international), friends and new found freedom is a common aspirant for downsizers on the move. Given the ideal replacement residence, more than half of Australians and New Zealanders aged over 55 are open to downsizing opportunities, according to Australian Housing and Urban Research and similar sources.

Once the reality of the children growing up and leaving the family home starts to wear off, there are many compelling reasons favouring the move to a smaller abode. Downsizing can simplify life and also possibly free up some extra money. A smaller place is also easier to maintain and may be located closer to services, shops and public transport if or when needed in future. Typically downsizers will look for smaller sections with less maintenance, they also often want more modern homes that are comfortable and have modern conveniences like good heating.

The average New Zealand homeowner buys three to four properties in their lifetime. Traditionally, they trade up from their first home to a more substantial residence, often upgrade and then downsize upon retirement.

Keep a positive mindset when downsizing

More than anything, downsizing requires a shift in mindset and the need to separate your wants from your needs. Just like saving for your first home, it's

important to maintain a budget. Decluttering is an essential component of the downsizing transition. Review your belongings on a room-by-room basis and decide what to keep, discard, donate or sell.

Embrace the space

Given the reduced space at your new address, measure your furniture to ensure it fits the space and try to use one statement piece in each room and consider that you might need to purchase some smaller pieces more suited to your smaller home. It's also vital to make the most of storage where you find it - and there's no shortage of potential solutions under beds, in cupboards and wardrobes. Also, mount your TV on the wall, make the most of Wi-Fi technology, and utilise multi-purpose furnishings where you can.



Hire or ask for help if you need it

If you can afford it, consider getting help packing up, moving everything and cleaning your house. Also ask your friends, neighbours or family members if they might be free to lend a hand. This will reduce your workload and stress levels.

Once you've settled into your new, streamlined space, embracing the downsizing adventure will be a joy as you embark on the next phase of your life!

Consult one of our Ray White team to explore your downsizing investment options. We'd love to help.

Property Management Regulation Coming Soon?

You may be aware that a Real Estate Institute of New Zealand Sector Group, which Ray White has a representative on, has been in lengthy discussions with government officials over the last 12-18 months surrounding Property Management regulation, how this may look, and what is fair for all stakeholders.

It is very encouraging to see this recently highlighted in a parliamentary debate. It's clear the current government has this in its sights and while a lot of what they have introduced has not been positive for investors, this is one thing that I think is long overdue in the professional property management industry.

Below are some of the comments which were made recently in parliament by the Government:

"As a starting point, we are committed to ensuring that property managers comply with a mandatory code of conduct - so that is something that we are looking at - be part of a licensing regime, meet a good-character test, and follow a framework that allows tenants and landlords to resolve any issues" and "...it is our intention to do this in this term of Government."

As part of my own team's commitment to staying educated we are already working

through attaining our certificates in property management, with two down already!!! And with an audited trust account we are likely to already comply with the requirements coming our way.

Unfortunately, as I often say, 'not all property managers are created equal' and without any type of regulation for our industry, our reputation can sometimes be let down. Taking care of what is often peoples' biggest asset is a very important job and with the ever-changing legislation we keep getting hit with I sometimes think I need a law degree to keep up with it all. So, "Bring it on", I say and let's ensure that New Zealand investors are getting the top-notch service they are paying for.



Katrina Green
Operations Manager
Property Management
E katrina.green@raywhite.com

Rangiora | Pegasus | Kaiapoi | Papanui

T 03 310 6010 | E morrisandco.nz@raywhite.com | W raywhitemorrisandco.co.nz

Morris and Co Real Estate Limited | Licensed (REAA 2008)

RAS
RANGIORA ART SOCIETY
SPRING INTO SPRING EXHIBITION
Guest artist Adrienne Pavolka
FRI 27 AUG TO SUN 29 AUG
ENTRY \$2 CHILDREN FREE
approximately 350 original works for sale
water colour, pastel, acrylic, oil etc.
10am - 4pm daily
NEW VENUE Rangiora A&P Showgrounds
Ashley St Rangiora

Premium Petware
FOR A HUGE RANGE OF NZ ONLY DOG TREATS, SHOP VIA OUR WEBSITE
• Happypet • Gourmate • Omega Plus
• Newlands • Tu Meke Friend • NGR+
• Zealandia • Back to Nature • Awesome Pawsome • Kihī's Pet Chips
W: premiumpetware.co.nz
E: admin@premiumpetware.co.nz

Introducing Lori
Book your appointment today with our new Senior Stylist Lori to ensure you will always look and feel your best!
Ph 313 6552
www.higorgeous.co.nz
67 Percival Street,
Lilybrook Centre, Rangiora
Hi Gorgeous Hair and Beauty

BELLBIRD CONSTRUCTION
admin@bellbirdconstruction.co.nz
bellbirdconstruction.co.nz

PROFESSIONALISM | STRENGTH | KNOWLEDGE

SHOP THE LOOK

Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

Querky Style
Roses at Cust

Dahlias available now!

Garden Art and Gifts for Everyone

1771 Main Cust Road
(03) 310 2325 | Open 7 days | 9am-5pm

Village Green
Antiques & Giftware

- 18ct gold ruby & diamond ring
- 9ct gold amethyst pendant & chain
- 9ct gold star sapphire pin (Birm 1901)
- Art deco platinum 14ct gold diamond & sapphire brooch
- 9ct gold twist chain
- 18ct gold ruby & diamond ring (Birm 1901)
- 9ct gold Rolex watch (Birm 1922)
- 18ct gold handmade diamond & sapphire brooch
- 14ct gold diamond solitaire brooch
- 18ct gold turquoise ring
- 9ct gold horseshoe & whip stock pin

Open Mon-Fri 10am-5pm, Sat 10am-3pm
Ph 03 261 2222 or 021 585 872
Shop 4, Conway Lane, 176 High Street, Rangiora
antiques@orcon.net.nz
www.villagegreenantiques.co.nz

Handzon
sew - knit - embroider - quilt - crochet

your happy place

Everything you need for Machine Embroidery

brother
at your side

3 Durham Street, Rangiora
03 595 2641
www.handzon.co.nz

Niche.

Niche is a little something different. We are a locally owned & operated homeware, gift, art & baby store. Our aim is to spark joy & bring you products that are simple to fall in love with.

Shop 2/172 High Street, Rangiora | 03-313 8599 | www.nichestore.co.nz

Professional Photography Specialising in Family Portraits

Long after Special Moments have gone or people have passed away, family portraits continue to evoke precious memories. Beverley Studios are experts at capturing those special moments and creating stunning images of the ones you love. A purpose built self contained indoor studio (excellent for rainy days) and a wonderful outdoor country setting allow for opportunities to include treasured belongings from musical instruments, sports equipment to special vehicles.

Phone 03 313 2465 | Cell 0274 311 850 | www.beverleystudios.co.nz | 218 Boundary Road, Fernside

A SPOTLIGHT ON...

Pegasus | Waikuku | Woodend | Ravenswood

Nestled between Christchurch and Amberley, coastal North Canterbury is the ultimate quiet achiever. Made up of Pegasus, Waikuku, Woodend and Ravenswood, this little corner of New Zealand is home to gorgeous scenery, beautiful wildlife, award-winning shopping and delicious cuisine.

Eat...

There are two things you must do when you visit Pegasus. Take a stroll around the beautiful lake and then reward yourself with some mouth-watering waffles or a cup of coffee at Flat White Cafe. This centrally located cafe is extremely popular with locals, and also serves a wide selection of New Zealand beer and wine.

If locally brewed coffee is your thing, then Three Llamas Gourmet Coffee is well worth a visit. Using Peruvian Arabica beans, the team at Three Llamas produce their coffee from their roastery in Woodend, where you can enjoy a cup and a tasty bite to eat. You can also buy coffee to take home with you - make sure you check out their special blend of Essence coffee.

For local produce and good old Kiwi hospitality, you must visit the Brick Mill Cafe in Waikuku. Rich in history and charm, this popular family friendly cafe has something for everyone on its all-day menu and has a beautiful outdoor area for al fresco dining.

Perched on the edge of Pegasus Lake, The Good Home gastro pub combines delicious food with outstanding views of the lake. From quiz nights to all you can eat ribs, live music every Saturday night and a kid's entertainment on Sunday evenings, there is always something happening at The Good Home.



Explore...

The Tūhaitara Coastal Park stretches from Kairaki at the mouth of the Waimakariri River to Waikuku Beach and is a highlight of the area.

Whatever your passion, this stretch of coastline has it all, from walking and biking tracks, horse riding trails and fantastic surf. For nature lovers there is an abundance of wildlife and fauna to discover, including a wide range of birdlife. Local photographer and avid bird watcher Jean Williams said the best spots to birdwatch included the wetlands at the back of Pegasus and Waikuku. Highlights included white faced herons, white herons, spoonbills, waxeyes and kingfishers. To check out Jean's amazing wildlife photography visit Photography by Jean on Facebook.

Pegasus town is also home to Pegasus Golf and Sports Club which is a 72 par, 18-hole championship

golf course. This state-of-the-art club also features a view from every hole and can be booked for functions and weddings. If racquet sports are more your speed, then check out the Woodend Tennis Club for both social and competitive tennis. For younger visitors, a firm favourite with local families is the playground at Pegasus Lake. Featuring a giant climbing frame, a super-fast slide and for. This modern playground is a stone's throw from Flat White Cafe which is handy if you need a coffee fix. And for those seeking more of an adrenaline rush, the flying fox at Waikuku Beach is a must do. During summer, the Waikuku Beach Paddling Pool is a great place to cool down and have a splash. Locally known as the Whale Pool, this outdoor pool is open every year from Labour Weekend to Easter.

RayWhite

Selling | Buying | Property Management

Ray White Pegasus | Cnr Tahuna and Pegasus Main Street (above the Flat White Cafe) | T 03 920 4012 | E pegasus.nz@raywhite.com

Locals Supporting Locals

- Locally owned
- Local agents
- Supporting our Local community

We know our area and current market conditions better than anyone. Who better to sell your home!

To achieve the best results selling your property give Justin or Jordan a call.

Justin Hartley
P: 021 272 8310
E: justin.hartley@raywhite.com

Jordan Reid
P: 021 213 4051
E: jordan.reid@raywhite.com

Morris and Co Real Estate Limited
Licensed (REAA 2008)

image: Brendan Holt

image: Jean Williams

CANTERBURY EQUESTRIAN

R. M. WILLIAMS
EST. 1932. AUSTRALIA
Your local store

Craftsman Boots \$645
Belts \$140
Shirts \$145
Caps \$35

50 Main North Road, Woodend 03 3100570
www.canterburyequestrian.co.nz



Stay...

Whether you are visiting or looking into a more permanent move, there are lots of services to help you achieve your dream. For short-term visits, Book-A-Bach has plenty of rentals ready to accommodate you, from resort style living in Pegasus to bach rentals in Woodend and Waikuku, while the team at Ray White can assist with more long-term stays.

For those interested in a totally fresh start, Ravenswood is an emerging community between Rangiora and Pegasus. Close to Christchurch but with a more rural feel, life at Ravenswood has it all. Ravenswood's prime location makes it the perfect base to enjoy everything that Christchurch, North Canterbury and Hurunui have to offer.

The ultimate Kiwi camping experience can be found at the Waikuku Beach Holiday Park. A mere 100 metres from the beach, this fantastic family run camp features a forest to explore, tennis courts and a fantastic playground. Swimming is a popular pastime for locals and visitors alike, with Waikuku Beach patrolled by dedicated lifeguards from the Waikuku Beach Surf Lifesaving Club during the summer months.



Such fun... no matter what the weather, camping is always a treat/challenge!

Waikuku Beach 2012

TWINE
FURNITURE, ANTIQUES & COLLECTABLES
Specialists in buying and selling estate furniture, antiques and collectables.

Open Wed to Sun 10am-4pm | 1429 Main North Rd, Waikuku | 03 312 2152

Shop...

Not many places can claim to be home to New Zealand's Garden Centre of The Year but the community of Woodend can.

Established in 1985, Woodend Nursery specialises in locally grown plants and shrubs, and has the largest selection of fruit and deciduous trees in Canterbury. Also located in Woodend is Canterbury Equestrian which stocks everything horse related from clothing and boots to saddles, bridles and reins. With friendly knowledgeable staff, this is the place to go for all your equestrian needs.

A trip to Waikuku is not complete without stopping at **The Mill**. Located in the historic Brickmill building on Main North Road, The Mill offers a wide range of art pieces, jewellery and fashion from local and international artists and designers. Twines Antiques on Main North Road is also worth a visit. Get lost in the past as you rummage through Twines amazing range of antiques, furniture, decor and collectables from yesteryear.



image: Penny Stewart

Waikuku Beach

During the summer months, Waikuku Beach is a seriously busy place with people enjoying everything that this stunning beach offers - swimming, surfing, walking or just sunbathing.

The famous Waikuku Beach Surf Lifesaving Club, patrols the beach throughout the summer, keeping an eye on swimmers and surfers and there's even a thriving surfer's group for women - Lady Wave Tribe, which is part of the Surfwise Surf School. When the day is done, you can pop into the Waikuku Beach store for an ice cream on the way home.

NORTH CANTERBURY STORAGE

STORAGE UNITS

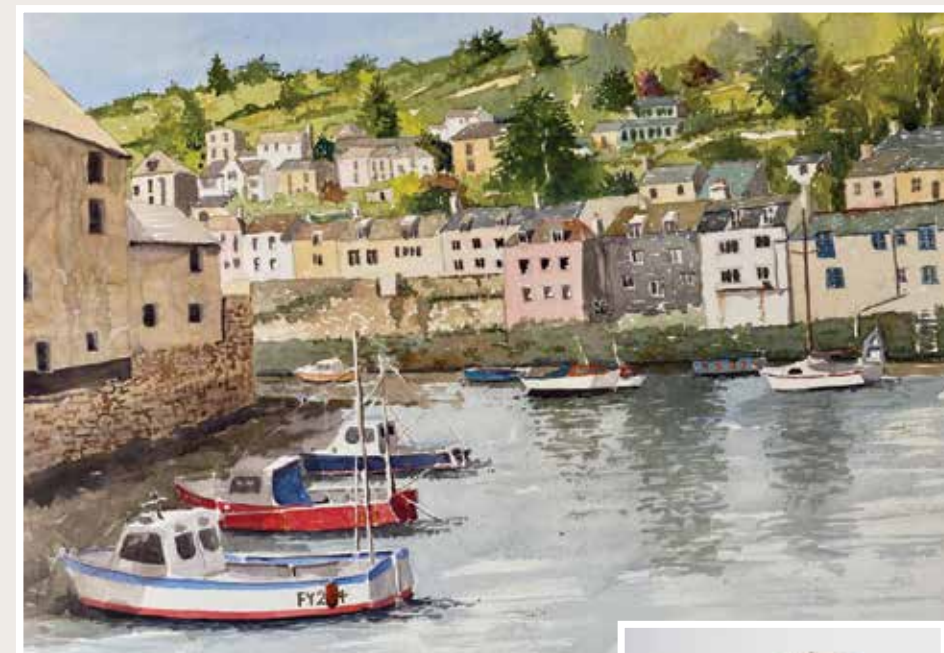
- 4 x 3m (2.8 high)
• Roller door or Single door
- 6 x 3m (3m high)
• Roller door access

Opening August 2021

A purpose built state of the art storage facility in Ravenswood. Owned & managed by locals.

- State of the art security 24 hours
- Electronic gates. Simple card access
- Individually alarmed units with lights
- Affordable & various sized units to suit all
- Security sener lights
- Steel framed building, dry, clean & rodent proof
- Concrete yard & floors with ample parking
- Access from 6am- 10pm, 7 days per week

For more info visit ncstorage.co.nz



Culture...

The 5th Pegasus Bay Art Show will be taking place on the 24th - 26th of September with over 70 artists from throughout Canterbury exhibiting a wide range of art to appeal to all art lovers, with 25% of all sales going towards an arts programme at the school.

The guest artist for 2021 is Waikuku watercolour artist Quilliam Collister.

Tickets for the Friday opening event are available to purchase from Eventbrite. Saturday and Sunday the show will be open from 10am - 4pm and is a gold coin entry.

Follow @pegasusbayartshow on Facebook for more details.



WOF • Service • Wheel Alignment Tyres • Automotive Repairs



WOODEND AUTOMOTIVE

56 Main North Road
Woodend
03-312 7703
www.woodendautomotive.co.nz

WOODEND Hair Design

49a Main North Rd, Woodend
03 312 7778

fw flatwhite

FLAT WHITE CAFE & BAR PEGASUS

A haven away from the hustle and bustle of the city, with a full menu and cabinet selection to enjoy with coffee, wine, beers, smoothies. Local produce, made on site!

Only 20 minutes North of Christchurch in the ever growing Pegasus Town.
FW Dine on a FRIDAY evening.

Open 7 Days | Phone 03 920 4036

PEGASUS BAY Art Show

24-26 SEPT. 2021

PEGASUS BAY SCHOOL Solander Rd, Pegasus

OPENING NIGHT
FRIDAY 24 SEPTEMBER 7PM
Guest Artist - **Quilliam Collister**
Tickets can be purchased from **Eventbrite**

SAT 25 & SUN 26 10am-4pm
Art available to purchase from over 70 Canterbury Artists

- Kids and adult art workshops and Family entertainment (Saturday only)
- Food and drink available to purchase

Platinum Sponsor
Jennian HOMES

Pegasus Bay Art Show

NEW SEASON
Arriving Weekly

Open 7 days | 178a Williams St, Kaiapoi
03 327 0966
shoetherapy.co.nz

LAYBUY
of pay



Country Lane



Death by Denim

Fashion PICKS THIS MONTH!



Shoe Therapy



Blackwells



Shoe Therapy



Blackwells



Shoe Therapy



Propaganda



Propaganda



Propaganda



Shoe Therapy



Country Lane

Perfect for you and the planet

Are you looking for everyday essentials with an edge, made from beautiful natural fabrics, that not only make you look and feel fabulous, but are good for the planet too?

Jessica Flora, has just released its stunning new collection of dresses, skirts and blouses, all made from linen and cotton fibres. The collection makes a real statement with pieces evolving from more classic tailoring, to fun, dressy and even a floaty vibe.

The designs are designed to be versatile to take you from day to night and work for all occasions, while others have been designed as real showstoppers, with dressier occasions in mind. Loop holes, frills and ties are some of the delicate and flattering details adding a bespoke touch.

At the moment each piece from Jessica Flora is made-to-order and fully customisable. Would you rather have a closed back on your new dress, or an elasticated sleeve? That's no problem for owner Jess Beachen and her team.

Jess worked in the fashion industry for a decade before starting the label, which gave her excellent grounding and established the ethical values she carries into her business. "There is so much wastage in the fashion industry, which is why we are as regenerative and circular as possible. We produce a small run of garments a few times a year, and I compost all the fabric offcuts in my worm farm." She is excited to be putting her own design stamp on the Jessica Flora range. "Our clothes are fun, easy to wear, and make women feel comfortable and confident that they are rocking a really great look."

WELCOMING THE LAUNCH OF
Jessica Flora
Locally made clothing that celebrates the good.

Series 1 is now available online
www.jessicaflora.co.nz

RANGIORA | KAIAPOI EYECARE
Style + Vision

PROGRESSIVE GLASSES
from \$299

Includes scratch resistant coating. T&Cs Apply.
Expires: 31st August 2021

Rangiora | 42 High St | 03 313 8811
Kaiapoi | 192 Williams St | 03 327 8292

COUNTRY LANE

STOCKISTS OF
CAROLINE SILLS
SCOTCH & SODA
LOLLYS LAUNDRY
MOS MOSH
POM
ELK
KATHRYN WILSON
IVYLEE
SUPERGA
AND MORE

Open 7 days
144 High Street, Rangiora
countrylanefashions.co.nz
Follow us on Facebook & Instagram

The Denim Specialists

Do you find jean shopping stressful, difficult and find yourself doing anything and everything to avoid it? We did too, until we found Death by Denim!

The denim specialist has become the go to spot in Christchurch where the pain of jeans shopping is turned into joy. Their happy, bubbly team of professional denim fitters know how every pair of jeans in the store fit and can therefore provide you with the fast track to your new favourite jeans. The stock is a mix of international brands with a local twist. Did you know that many of the women's jeans by Turkish manufacturer LTB are designed here in Christchurch, with input from Death by Denim?

Other brands featured include Cipo & Baxx, for which Death by Denim are the exclusive



stockist in New Zealand, Zhrill, Dricoper, New London and Cult of Individuality.

The team also know that while jeans are the base to the outfit, the shirt, tee, sweater and blazer is also key. A keen supporter of fashion as art, Death by Denim supports local and international small batch designers. From NZ Made brands such as Anyone's Daughter to new Bali based designer Adine Undone and the casual vibe in between from Stella + Gemma and Hammill & Co, the team will help you find the complete outfit that perfectly suits your style.

With stores in both Merivale (195 Papanui Rd) and the City (Five Lanes, off Cashel Street), if you haven't discovered Death by Denim yet you need to follow the Essence team into store and get your perfect fit.

Death by Denim
Find your perfect pair of jeans

195 Papanui Rd, Merivale | Five Lanes, off Cashel Street, City Centre
www.deathbydenim.co.nz

PURE FIJI VITAMIN C COLLECTION
A BRIGHTER COMPLEXION IS ONE INGREDIENT AWAY

Harnessing the power of the best that nature has to offer in its rich blend of supercharged ingredients, our Vitamin C collection puts the 'C' back into clear skin.

INGREDIENTS
Kakadu Plum, the world's highest source of Vitamin C works alongside powerhouse ingredients to deliver dramatic results.

BENEFITS
Boosts collagen • Smooths wrinkles and fine lines • Increases hydration • Evens skin tone and texture • Restores radiance and glow.

RESULTS
Take skin from dull, dry, ageing and congested to radiant, hydrated, youthful and clear.

COCOON
BEAUTY & DAY SPA

160 High Street, Rangiora | Phone: 03 313 5552 | www.cocoonbeautyanddayspa.co.nz

BUY ANY VOLCOM Workwear AND RECEIVE A FREE 3 PACK OF SOCKS

PROPAGANDA
STREETWEAR & SKATE

03-313 1383 | 152 High Street Rangiora | Mon-Fri 9.5:30 Sat 10.4 Sun 10.3
WWW.PROPAGANDACLOTHINGNZ.CO.NZ afterpay LAYBUY

BAYLEYS CANS FOR A CAUSE RETURNS BIGGER AND BETTER

words: Louise Leitch

Bayleys North Canterbury are partnering with Community Wellbeing North Canterbury Trust once again for Bayleys' Cans for a Cause food drive, to help local families struggling to put food on their table.

"Cans for a Cause was an initiative that Bayleys came up with last year, seeing the impact of Covid on local families," says Jan McCormick, Property consultant of Bayleys North Canterbury. "We got together with Community Wellbeing and said we'd really like to do something for our community and the food drive just took off from there. People were incredibly generous with their donations so we were able to help a lot of families, and this year we're building on that success."



"We've reached out to primary schools in the Waimakariri and Hurunui districts and invited them to participate," says Jan. "How they participate is up to them. The basic concept is that children exchange a can, or non-perishable food item for something like a mufti day, crazy hat day, or a wellbeing afternoon. Ashgrove Primary, in partnership with two Bayleys North Canterbury agents (both parents from the school), last year ran a sausage sizzle that raised over 500 cans. Our school communities are incredible."

This year, Ross Ditmer, Manager of Bayleys North Canterbury, is giving away \$1000 on behalf of Bayleys to a North Canterbury primary school. All participating primary schools will go in the draw to win the prize which is to be put towards sports equipment.

"The need out there is as great as it was this time last year," says Deirdre Ryan, Manager of Community Wellbeing North Canterbury Trust. "Many families are still recovering from the impact of drought, earthquakes, the pandemic and recent flood event and winter is especially difficult with higher energy bills and food prices. Donations to Bayleys' Cans for a Cause will help to make up food parcels to give to families in need across the Hurunui and Waimakariri using our network of North Canterbury foodbanks."

"Anything you'd buy in your own grocery shopping that's not perishable and has a good shelf life makes a great donation."

says Deirdre, "like tinned fruit and veggies, beans, soup, rice, rolled oats, pasta meals, sauces for mince meals, peanut butter, jam and rice pudding. Expensive items like dishwashing liquid, shampoo, toothpaste, deodorant, shaving gear and sanitary products are welcome also."

"Our heartfelt thanks to everyone who has donated already, our volunteers and those collecting on our behalf, including North Canterbury Netball, William Pike Challenge students at Ashgrove Primary, Soroptimists International of North Canterbury, Shoe Therapy Kaiapoi and the residents of Charles Upham Retirement Village," says Jan. "If we can build on this through more clubs and businesses getting involved, we'll be able to help even more local families."

Bayleys' Cans for a Cause runs until the end of August. Donations can be dropped at Bayleys' Office at 251 High St Rangiora. If you are not able to drop your donation into the office, phone 03 311 8020 and a Bayleys agent will collect it.



Louise Leitch
Community Wellbeing
North Canterbury Trust
P: 021 454 656
E: marketing@wellbeingnc.org.nz



Loburn School crazy headress Day to raise funds for Cans for a Cause



The William Pike Challenge students from Ashgrove School are delivering flyers around the district



Ryder and Zara from North Canterbury Netball Centre.

The Essence OF RETIREMENT

If you've recently stopped working and have some spare time on your hands then get out there and use it! There are so many interesting and exciting opportunities in our local communities.



Time to sign up for that new hobby

Always wanted to write your memoirs or paint that landscape? Retirement is the perfect time to really get into that hobby and there are plenty of examples of late starters hitting the big time. The author of Pulitzer prize winning novel, *Angela's Ashes*, Frank McCourt started writing at 65.



Stay connected

Humans are social creatures and we all need a little bit of interaction with others during the day. So catch up with friends for coffee, pick up the grandchildren from school or join a club and make some new mates.



Volunteer

So many local initiatives and organisations need help so why not give a little time and help out? From local op shops to meals on wheels, animal charities and community gardens - there are plenty of places where you can make a real difference.



Gardening for Seniors

"We don't stop playing because we grow old. We grow old because we stop playing."

- George Bernard Shaw

And indeed, what better place to "play", than in the garden! Good for the body, mind and soul - gardening is beneficial at all ages, but can be an especially positive hobby for retirees and senior citizens. It keeps the body active and the mind healthy, with many research studies confirming the physical and psychological advantages for the elderly of being in nature, and specifically of tending gardens.

The wonderful thing about gardening for seniors is that it is a completely adaptable hobby and can be modified to suit a large range of abilities! Be a smart senior citizen gardener - stay sun safe, hydrate often, and rest when needed.



Keep fit

Staying physically active is key to quality of life so get moving. You just need to find something that you enjoy - from walking to playing bowls; swimming to tennis - you'll find plenty of options locally.



Get a good night's sleep

To make the most of your days, you need to get a good night's sleep. So develop a healthy night routine to make sure you get those necessary hours of shut eye.

Upon doing some investigating here in the essence office around local community groups, clubs and activities we stumbled across so many options. A visit to the local Citizens Advice Bureau would be a great start if you are seeking information on how to volunteer, stay socially connected and exactly what group or club may be right for you - the ladies were so helpful, we came away with lots of brochures and booklets to peruse!

NEW LISTING

"STONELEIGH"
55 Threlkelds Road, Ohoka
Deadline Sale - 1pm, Wed 15 Sep 2021 (unless sold prior)

- Magnificent approximately 980sqm residence offering luxurious living, grand proportions and a prestigious location.
- Indoor swimming pool, self-contained unit and 11 paddocks.

www.bayleys.co.nz/5515888

Agent: Mark Pringle
027 433 3334
mark.pringle@bayleys.co.nz

BAYLEYS TEAM PRINGLE

NEW LISTING

"CHARACTER CUTIE!"
1 Elizabeth Street, Rangiora
Deadline Sale, 1pm, Fri 27 Aug 2021 (unless sold prior)

- North facing sun drenched deck with fully fenced back garden
- Potential for improvement
- Renovated kitchen and bathrooms

www.bayleys.co.nz/5515857

Agent: Jan McCormick
021 395 241
jan.mccormick@bayleys.co.nz

BAYLEYS

FLOORING CONNECTION

FREE UNDERLAY
on all Belgotex carpets

OFFER ENDS 31 AUGUST

03 310 8578
sales@flooringconnection.co.nz
10 High St, Rangiora

Buy now, pay later
18 MONTHS INTEREST FREE
SEE IN STORE FOR MORE DETAILS

WWW.FLOORINGCONNECTION.CO.NZ

Deb's Private Driving Service

RANGIORA, WAIKUKU & SURROUNDS

HELPING YOU GET PLACES

Need a friendly and reliable driver to assist with:

- Winery Transfers
- Airport Transfers
- Discounted Hospital appts for seniors
- Personal support as needed

Contact Deb for a confidential, obligation free quote today.
021 2899 256 or dtooby.nz@gmail.com

Erin

North Canterbury Podiatry

North Canterbury Podiatry

RANGIORA & OXFORD

Experienced Podiatrist

Book online or more information:
northcanterburypodiatry.co.nz
Ph: 022 172 6049

Need help organising your loved one's belongings?

Sought offers systems and practical support when downsizing or clearing the contents of a loved one's home.

Contact us to learn more about our tailored estate management plans.

021 647 678 | lis@sought.co.nz
www.sought.co.nz

Doing the Retirement Paperwork

words: Pattie Pegler

We caught up with a couple of experts to find out what you need to think about in retirement.

Confront The Finances

Tom Hartmann of Te Ara Ahunga Ora Retirement Commission recognises that people often worry about retirement finances. But he's clear – fears are best confronted.

“Run your numbers as soon as you can and don't put it off,” he says, “Anxiety only grows.” A good starting point is the Sorted website which has a retirement calculator that allows people to look at various scenarios with different savings and retirement ages.

Show Me The Money

Currently, those who are eligible receive NZ Super at age 65 and 2021 rates are \$437 for a single person and \$672 for a couple where both partners qualify. You can still claim NZ Super and work, it will just contribute to your overall taxable income.

KiwiSaver is a voluntary savings scheme and an excellent option advises Tom. It puts your money to work in funds that have a mix of things such as bonds, shares and property and there are employer contributions and government contributions which can help to build it up for you.

Managing Savings

Even if you have plenty of savings you still need to be proactive. “When you have a nest egg built up one of the hardest things can be to actually invest and manage it so that it gives you an income during retirement,” says Tom. He says a ‘bucket’ system can be a good approach. Bucket one being the money you plan to spend in the short-term future. Bucket two covering the next four to nine years and bucket three the following



decade – each bucket requires a different investment management approach and that's why Tom also advises sitting down with a financial adviser who specialises in retirement planning. “Most people have a gap between NZ Super and the lifestyle they want,” says Tom. “Retirement planning is about closing that gap.”

Write that Will

Apparently less than half of us have a Will. Yet it can make a huge difference to family and loved ones when we pass on ensuring our wishes will be made clear. Something that can be particularly important in complex family situations.

Think about things like property, shares, savings and possessions like jewellery or things in your home that may be meaningful to family members. You can find an excellent form at the website of local law firm Katherine Willmott Legal, that acts as a great starting point.

“It's important to get a Will that has been drawn up properly and is legally valid,” says Katherine Willmott. “And it's about taking that thoughtful legal advice.”

Websites for further information:

www.sorted.org.nz
www.kwlegal.nz

Fighting For the Over 50s

On a wintry Tuesday afternoon with the rain pouring down, the meeting room at the Rangiora RSA is packed with retirees attending the North Canterbury Grey Power meeting.



Jan Pentecost

Grey Power are a national organization that advocate for the over 50s. That's a pretty broad range – there's a lady in her early 90s who plays the ukulele and a 70-year-old bursting with energy who rolls her eyes at the mention of retirement villages. The meeting covers topics from power prices to the Three Waters scheme. A man moves around the room with a microphone for those that wish to comment or question speakers. And plenty of them do.

It's all kept on track, firmly but diplomatically, by Jan Pentecost the unassuming national president of Grey Power.

“I've been with Grey Power for about 12 years. I came to one meeting and there was no secretary, so I said ‘I'm happy to give it a go,’” she explains. The rest is history. And it's history worth noting because when she was voted in as National President for the organisation last year, she became the very first woman to hold the

position and break that grey glass ceiling.

She is well-versed in how organisations work having spent many years on school committees when raising her three children. Born and brought up in Canterbury, she was living in Kaiapoi when she decided to attend university as a mature student graduating with first class honours in sociology and education and then pursuing postgrad studies.

“My impetus was that I realized there were huge inequalities in society and children were struggling. I wanted to look at why this was happening,” she says of her studies.

All of which puts her in good stead as the president of Grey Power. So how is she finding the role?

“The hardest part is that struggle to be seen and respected equally as a woman, particularly at the national level where there is a different attitude from many men, and some women, in the older generation. They grew up with men as the head of the household,” she says. “But I'm here for an absolute purpose and that is to help older people.”

Grey Power North Canterbury meet on the first Tuesday of every month. For further information on Grey Power and the work they do check out their website at www.greypower.co.nz.

“It is loving that saves us.
Not loss that destroys us.”
- George Vallant

HALL & CO.
FUNERAL DIRECTORS
DEATH IS BUT A HORIZON ... A HORIZON IS BUT THE LIMIT OF OUR SIGHT

Convenient Locations
Christchurch 379 0178 | Rangiora 313 6948
E: office@undertaker.co.nz | www.undertaker.co.nz

KW KATHERINE WILMOTT
LEGAL LTD

WELCOMING CASEY WALTERS
Family Lawyer

Casey Walters, Senior Solicitor, is a welcome addition to our Team at KW Legal.

Casey assists clients in family law. She enjoys the more personal aspect of family law that requires both understanding and compassion, alongside the ability to think practically in order to achieve the best result for each client.

Casey can assist with:

- Separation and Relationship Property
- Dissolution (“Divorce”) applications
- Contracting Out Agreements
- Care of Children matters
- Relationship Property Conveyancing
- Protection of Personal and Property Rights Act applications; and Wills and Enduring Powers of Attorney

T: 03 260 4777 E: casey@kwlegal.nz E: admin@kwlegal.nz
2nd Floor, 29 High Street, Rangiora 7400
www.kwlegal.nz

THE BELLEVUE

Discover Papanui's new standout lifestyle.

Brand new, luxury apartments available now.

Oceania's new architecturally-designed village, The Bellevue, is set in beautiful gardens, close to your favourite shops at Northlands and Merivale, as well as the city centre and the airport.

Local resident, Kate Fraser, recently moved to The Bellevue and loves the convenience of apartment living. “When I walked in the door, I knew immediately I was going to live here.”

On a typical day you could start out with a barista-made coffee and a treat at the café, get in your steps at the gym, then join neighbours for a game of pool before moving to happy hour. “The village has a feeling of a resort hotel. I thought — it reminds me of that hotel in Spain.” Kate added.

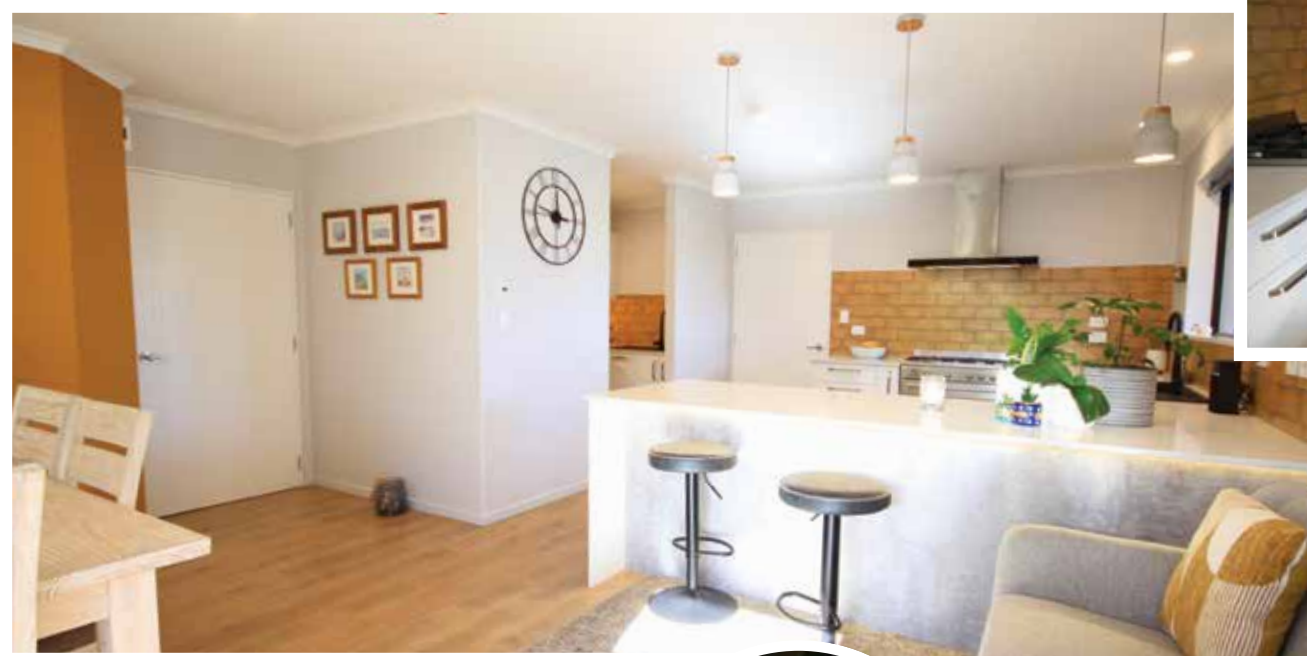
The Bellevue is now open, so come in for a coffee and something delicious from the chef to get a taste for why Kate loves living here.

Fixed weekly fee for life - Guaranteed.
For residents 70 years and above.

Get in touch with Brenda today on 0800 333 688.

📍 21 Windermere Road, Papanui, Christchurch
📞 oceaniahealthcare.co.nz

OCEANIA
Believe in Better



became the red zone," says Elaine. Then in the years that followed the area became increasingly industrial losing some of its charm and sense of community.

With four children and grandchildren dotted around New Zealand and Australia, they initially thought about moving to a similar sized property so that they could have family to stay. "We were going to get another 3-bedroom

house," says Elaine. "But the kids said get what you need, don't worry about us."

So that's what they did, buying a section in the conveniently located Ravenswood subdivision. And they knew what they wanted to create – a home that would work for the two of them into retirement and beyond. "We didn't want to have to move again in a few years' time," says Brian.

Brian's work as a driver for the Salvation Army sees him going into lots of homes and he was determined to avoid the issues that he frequently sees caused by cramped layout. Narrow doors; small spaces; tight corners that make it hard to move furnishings and also for those with walking frames to navigate.

So, when it was time to design their Ravenswood home they made sure the entrance hall is spacious, doorways are all wider than standard and rounded corners on walls are less prone to damage.

All features that help futureproof the home for limited mobility.

The kitchen and open plan dining can be easily opened up in the summer months with sliders that lead out to a deck that runs the length of the house and provides an additional seating area, whilst a further set of sliders connects the space with the lounge, creating some great indoor/outdoor flow.

It's this central space that is most used. "We spend most of our time in this area, and even when we have people over, it never feels crowded," says Elaine.

The couple used local company Misco to design and install their kitchen and were delighted with not only the result but also the process. Mustard coloured, rustic look subway tiles add a pop of colour to white cabinetry and black tapware has a modern twist. Clever corner cabinetry ensures all storage space is utilised with shelves that swing out for easy access. "I didn't want to be hunting around in the back of the cupboard," says Elaine.

But perhaps part of this sense of space comes from everywhere being so phenomenally tidy. The kitchen counter is clear and clutter free. The pantry, normally the dumping ground for all kitchen debris, is pristine. And even the houseplants, some nestled in cute kokodama pots, look in perfect condition with their glossy green leaves. (Elaine's secret? Diluted Neem oil and a damp cloth apparently).

When the couple moved here, they thought about the future and have created a 'forever' home. Downsizing, says Brian, doesn't have to mean less space.

THREE TIPS FOR FUTUREPROOFING YOUR HOME

Christchurch-based architect, Mitchell Coll, believes we bury our heads in the sand when it comes to our homes and ageing.

"It's not only ageing," says Mitchell. "People get injured all the time. If you break a leg how do you get around your house? It's really worth thinking about how things will work if you lose mobility."

Consider the following if you're building or buying somewhere that you hope will be your forever home.

1. Floor levels should be a key consideration from multi-storey homes to more basic things like step heights. "Think about things like stepping down, it's not that people can't do it as they age, but steps can become a fall hazard," he says. And, where you do need steps, don't make them too high. Front door steps are typically 1500mm says Mitchell, but they don't need to be, they could be 1000mm.
2. If you are spending upwards of a million dollars on designing and building a new two or three storey home, then think about putting in a home lift. It is not as expensive as people may think he advises.
3. Think about turning spaces – can you easily navigate a wheelchair or walker around the bedroom or the hallway? Could you wheel into the bathroom and move around? Is there space in the shower for a seat if necessary?

Grab rails can be really useful if your mobility is impaired in some way. "If you're building you can add blocking inside walls for future grab rails," says Mitchell. Then it's just a case of marking where those points are in case you want to put in rails in the future, typically you might want them by steps or next to the toilet.

"It's about long-term thinking," says Mitchell. Get it right and it you'll be able to stay in your home a lot longer.



for **FASHION THAT WORKS**

Sally Mac's of AMBERLEY

OPEN 5 1/2 DAYS

PH 03-314-8414

Check out our [f](#) page

Gulliver & Tyler

FUNERAL DIRECTORS

The team at Gulliver & Tyler now has an international flavour!

We are very excited to welcome Matt Micheli to North Canterbury.

Matt has over a decade of funeral experience both here in New Zealand and internationally.

Matt is passionate about elegant funeral service and we know he will bring fresh perspectives that can only enhance Rangiora's original and finest funeral company.



Call Matt on 03 313 8222

RETIRING TO Ravenswood

words: **Pattie Pegler** images: **Essence**

With bright, light décor and windows that look across the reserve opposite to the snow-capped mountains beyond – there's a sense of space in Brian and Elaine Phelan's Ravenswood home.

Sunlight pours in through sliders, a pop of colour comes from the mustard feature wall and gleaming green houseplants bring the outdoors in. This home might have a small footprint but it's certainly not cramped.

Brian and Elaine, both in their early 60s, decided it was time to move on from their 3-bedroom home in Kaiapoi a few years ago. The quakes had left the house largely unscathed. "But we were just about 15 metres from what

CONFIDENTAL

Anything Dentures

We love to see your confident smile!



Naomi Henley
NZ Registered Clinical
Dental Technician
Call now for a **FREE** consultation
Phone: 03 327 8704
Mobile: 0275 703 703

Confidental
Laboratory and Clinic
14 Evans Pl, Kaiapoi 7630

TREAT DAD THIS

Father's Day

Shot Dartboard Light Up System

Wilson NBA Basketball

Takeya Insulated Water Bottle

Falke All Terrain Ankle Run Socks

Falke Run Advance Performance Hidden Dry Socks

Falke Sport Hidden Cool Socks

A Wide Range of Darts Available!

the Sport shop

345a FLAXTON RD, RANGIORA | P: 03 313 7983
E: online@thesportshop.co.nz
thesportshop.co.nz

LAYBUY

ALL THE EXTRAS, NO EXTRA COST

CELEBRATING OVER 30 YEARS



TURN YOUR DREAM INTO A REALITY

From kitchen design to installation. Misco Joinery offer the complete package including a free quote to help you create your dream kitchen.



62 Williams Street, Kaiapoi 7630 03 383 4384 | www.misco.co.nz



CFS Canterbury Financial Services Investment & Insurance Group Life & Employee Superannuation Specialists

KiwiSaver

Discuss with us to optimise your KiwiSaver returns.

Choosing the right KiwiSaver and fund can have a dramatic benefit on your retirement income or savings.

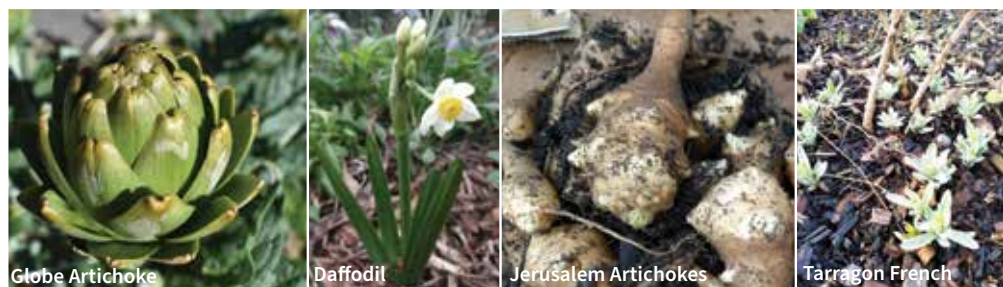
An extra 3.5% P.A. compounding can double your money over 21 years, contact us to discuss.

Hayden can also help with Personal Insurance and Investment needs.

Hayden O'Donnell
Financial Adviser

LOCAL OFFICE, VISITORS WELCOME
Canterbury Financial Services
237 High Street, Rangiora
Phone: 03 313 9200
Freephone: 0508 237 583 (0508 CFS LTD)
Email: admin@cfslimited.co.nz

Important information about us can be found at www.cfslimited.co.nz



Your Garden this Month

Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicine plants she grows and uses at her home acre in Waikuku.

Officially August is late winter, but signs of early spring are getting the gardeners among us all excited! In my garden Tarragon is the first perennial herb to show new growth, followed by a favourite tea herb of mine - Anise Hyssop. There are also some daffodils already showing their happy little yellow faces, and the bud swell of fruit trees, and new shoots on roses are all indicators that the growing season is not far off!

Garden tasks this month

It's about to get really busy in the garden for the main growing season, so make sure you are ready for the coming spring months by finalising planting plans, ordering seeds, clearing out beds, cutting back dead perennials, topping up with compost, and securing structures.

Get a head start - even if this month is still punctuated by bitterly cold days, gusty winds, and the daylight hours are still too short for full-out planting of everything in the garden, start summer flowers and vegetable crops that require a higher soil temperature for germinating, by sowing them under protection or starting them on a heated mat.

Top Tip: When cleaning up the garden, never compost diseased or pest-ridden plants. It's best to bin these.

Did you know: There's two types of artichokes that are eaten as a vegetable: Globe artichoke (*Cynara scolymus*), a large thistle-like plant, and it's the unopened flower buds that are eaten. Jerusalem artichoke (*Helianthus tuberosus*), is a tuberous perennial sunflower, and it is the underground tubers that are eaten.

Sowing and planting

The Canterbury region is rather large, with quite a few different climate zones scattered about - even the microclimate in your own

garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

Veggies

Sow seeds or transplant young seedlings: Beetroot and silverbeet, broad bean, cabbage, cauliflower, celery, kohlrabi, lettuce, mustard and mizuna, parsnip, peas and snow peas, spinach, radish, rocket, shallots and spring onions,

Start seeds under cover to be transplanted in September: Cabbage, cape gooseberry*, capsicum and chillies*, globe artichokes, leeks, mint, thyme, tomato* and watermelon*. If you are brave, or growing for a greenhouse, you can also start some aubergine, beans, and zucchini.

Plant crowns of asparagus*, rhubarb, Jerusalem artichoke tubers and start chitting your potatoes. Transplant strawberry plants. If you haven't done your garlic yet, there's still time this month.

* = frost tender

Fruit & berries

August is brilliant for getting new fruit trees in the ground and most berries do well by being planted now too, including currants, gooseberry, blueberry, raspberry, and strawberry.

Flowers & Herbs

Many favourite culinary herbs can be sown or planted now, including chervil, chives, coriander, marjoram, parsley, rosemary, sage, and thyme.

Sow edible flower herbs such as borage, cornflower, calendula, dianthus, and violas.



MEAT2U

We are a home kill business offering quality, hand crafted meat processing that caters for your individual culinary taste and dietary requirements.

MEAT2U.nz
HOMEKILL | BUTCHERY

Call Peter today
Ph. 03 313 0022 or 0272 63 28 28
401 Gressons Road, Rangiora
www.meat2u.nz



Nom Nom Kitchen

Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor. Gluten free & vegetarian meals a speciality.

Order online or call (03) 313 4276
257 High Street, Rangiora



Little Vintage Espresso

Fabulous food, great coffee and amazing service!

Little Vintage Espresso Café
20 Markham St, Amberley



Stonebaked Bakery

At Stonebaked we are a family owned and operated business located in the Heart of Rangiora with additional shops at the Crossing in Christchurch and at Avonhead mall!

We pride ourselves on our beautiful bread products that are baked fresh EVERYDAY! Come in and see us at one of our locations!

All locations are open 7 days!

Hours: 8:00am - 5pm Mon-Fri,
8am - 4pm Sat,
9am - 3pm Sun
146 High Street, Rangiora | 03 313 8801

Rangiora Smokehouse

New LUNCH MENU!

12pm - 2pm, Tue - Sun

Prices ranging from \$9.00 - \$14.00

Enjoy our exclusive lunch menu at super affordable prices - With tasty classics to new juicy options to warm you up, there's something for all.



238 High Street,
Rangiora
03 423 3149



Artisan Café by Rangiora Bakery

Do you have a case of the Midweek blues?

Come in out of the cold for Artisan's traditional Midweek Kiwi Roast, a hearty, warming favourite loved by all. Delicious tender meat, layered with gravy and all your favourite veggies.

What's not to love! Available from 11.30am every Wednesday.

18 High Street, Rangiora
Open Daily 7am - 5pm
www.rangiorabakery.com



Our Kiwiana breakfast.

Seeduction bread topped with a kumura rosti, poached eggs, sauteed spinach and creamy mushrooms, drizzled with tarragon tomato hollandaise sauce, and then your choice of bacon, salmon or both.

Route 72

For 15 years, Route 72 Café Bar Emporium has been providing mouth-watering homemade meals from their cosy café in the heart of Cust.

From breakfast to lunch, Route 72 caters for every taste, with an extensive range of vegetarian and gluten-free options.

The café's famous Kiwiana Breakfast with its seeduction bread, kumara rosti and tarragon tomato hollandaise sauce is a menu favourite. And for a heartier midday meal, the Hunters Venison Casserole with aged wild venison marinated in red wine is a must have. For fantastic food, delicious coffee and old-fashioned Kiwi hospitality, Route 72 is the place to be.

1697 Cust Rd, Cust.

For more information Ph 03 312 5595



This month's recipe comes straight out of the oven and my goodness does it smell good, you'll definitely be making this pie, it's divine.

Our New World Chicken and Leek Pie will be one that you will be adding to your repertoire. You can make either individual pies or a large pie, whatever suits your family. The filling is so creamy and the leek and mustard complement the flavours of the pie and of course it's topped off with crusty flaky pastry. With the cooler weather hanging around still, it's perfect for a dinner or weekend lunch served up to your family and friends with a plate full of veges and some crusty bread.

Ingredients (Serves 4-6)

- Olive oil
- 4 rashers bacon, diced
- 6 boneless skinless chicken thighs, diced
- 1 large leek, thinly sliced
- 2 cloves garlic, minced
- 2 tsp dried mixed herbs
- ½ cup white wine or stock
- 100g spinach, roughly chopped
- 1 Tbsp wholegrain mustard
- 200g creme fraiche
- 2 square sheets puff pastry, thawed
- 1 egg, beaten
- 1 Tbsp sesame seeds, optional
- Vegetables or your choice of side, to serve

Method

- Preheat your oven to 200 degrees celsius fan bake. Place a large frying pan over a medium to high heat, and drizzle with olive oil.
- Once hot, add the bacon and pan fry for 3-4 minutes or until the bacon has started to render. Add the leek, garlic and mixed herbs, then cook while stirring for another 3-4 minutes or until the leek has softened. Transfer to a bowl.
- In the same pan, pan fry the chicken thighs for 5-7 minutes or until golden and cooked through. Return the leek mixture to the pan, and stir well to combine.
- Deglaze the pan with white wine or stock, then add the spinach. Stir until the spinach has wilted, then stir through the mustard and creme fraiche. Season to taste with salt and pepper.
- Spoon the mixture amongst 4-6 pie dishes or large ramekins. Cut circles from the pastry sheets, according to the size of the pie dishes; ensuring to create a circle larger in diameter than the dish. Place the circle on top of the pie filling, then crimp or tuck the edges to seal.
- Brush the pastry tops with beaten egg, then sprinkle with poppy seeds. Place the pies onto a baking tray, then put into the oven and bake for 25-30 minutes or until the tops are golden brown and flaky.
- Serve the pies immediately, alongside your favourite vegetables or side dish.



Barb Palmer has been part of the friendly team at New World Rangiora for 18 years, the last 7 as their Brand Ambassador sharing recipes and ideas with customers.

NEW WORLD
RANGIORA

Pataka BERRIES

We are OPEN

WINTER HOURS
Open 7 days
9am-5pm Monday to Friday.
Saturday, Sunday and any public holidays 10am till 4.30pm.

- Locally grown berries
- Local honey • Real fruit ice creams
- Homemade jams • Fruit jellies
- Tomato relish and sauce

768 Marshland Rd, Christchurch
Ph: (03) 323 7896
Email: patakaberries@xtra.co.nz
www.patakaberries.co.nz

BE inspired AT THE STATION

The Station Café has the perfect atmosphere generated by al fresco dining, great coffee, wholesome food and friendly staff who work hard and are passionate about giving excellent service. Enjoy the daytime café, the gorgeous gift shop, and beautiful winter evening dining on Fri and Sat evenings.

2 Blakett Street, Rangiora Railway Station, 03 313 6018

WHAT'S HAPPENING AT CBK CRAFT BAR & KITCHEN?

CBK Craft Bar & Kitchen Kaiapoi is the heart of the community in every way. We love to help support local teams, clubs & activities where ever possible, with a variety of fundraising opportunities.

We have a large venue with plenty of space for all your functions or the family & kids to play & enjoy. Come celebrate with us!

4/77 Hilton Street Kaiapoi P. 03 327 9224 | hamish@cbkaiapoi.co.nz
Open 7 days a week, Monday to Friday from 11am to late
Weekends from 9am to late

WWW.CBK.NZ - IT'S A LOCAL THING!

TEAR THIS OFF FOR A FREE FAMOUS CBK SKILLET COOKIE.

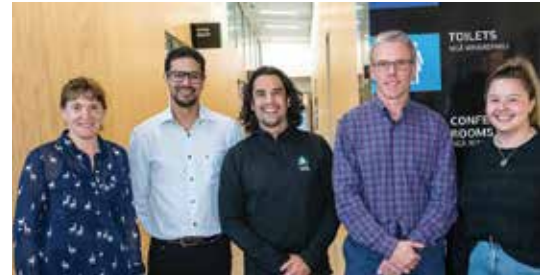
Available when dining in, Mon - Thurs until 30th September 2021.
One FREE Dessert per voucher.



Robyn Wallace, Chris Brown and Philip Redmond



Anne Rogers, Wendy Cathcart and Allan Pethig



Active Health team - Emma Kelley, Kirwin Franke, Bevan Lawson, John Roache and Asha Read



Belinda Bailey, Penny Lovell and Craig Bailey



Sharon Ward, Jeanette Allison, Philippa Flutey, Sarah Davidson and Jasmine Hazeldine



Marion Archer, Peter Crighton, Tony Hall and Andrew Davidson



Mat Horton, Penny Horton, Caroline Horton, Nic Horton, Mark Stephens and Jesse Wright



Mitzi and Sam Taylor, Andrew Bailey, Ben and Sarah Davidson

What Treatment is Right for Me?

by Dr Peter Aspell (Durham Health Cosmetic)

The way we look has a significant impact on our social life, self-image and quality of life; it is not about vanity. The best results come from combinations of treatments and cosmetic doctors are trained to tailor these to the individual.

We all need a skincare routine each morning and night. This can be as simple as: cleanse, nourish and protect but there are now fantastic prescription creams available that can do so much more – from treating eye bags to getting rid of lines and sun spots. Over time, the two minutes invested applying the correct creams each day pays off.

Dermal remodelling includes micro needling, lasers and peels – they improve hydration, texture and skin quality and are also fantastic treatments for acne, blemishes and scarring. These resurfacing treatments are safe and effective ways to restore and rejuvenate your skin and I would recommend them to anyone. When combined with regular skincare creams they demonstrate impressive results after several monthly treatments.

Botox is so popular because it is highly effective and affordable; it

lasts 3-4 months and treatments three times a year refreshes our look and prevents fine lines from turning into deep furrows. It can also be a fantastic way to lift eyebrows, fix droopy mouth corners, treat neck lines and correct gummy smiles. Not everyone needs Botox but most people can easily find some benefit from it.

Dermal fillers have practically instant results that last about 12 months. We can enhance our cheeks, lips, chins, jawlines, temples and eyes in ways ranging from the very subtle to the bold and dramatic. Fillers aren't for everyone and can be expensive but that's because they're often worth it.



Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility.

Phone: 03 3134659
Website: www.durhamhealth.co.nz



Matt Doocey

MP for Waimakariri

As a local MP, I'm continually impressed by the ingenuity of our enterprising residents who operate successful businesses from home.

I recently met an inspirational young mum who is regarded around Oxford as something of a local gem.

To give a bit of background, I prioritise making time to regularly check in with our local business owners, no matter how small, and value this aspect of my work. As part of my regular constituent community clinic day in Oxford, I had set up a time to meet with a small business owner called Daisy Gardiner who has quietly been making some very special bouquets for local families and community organisations to suit all budgets.

In Daisy's own words, every floral piece that leaves her little workshop – to mark a birthday, anniversary, new arrival, or to help a local family grieve – is made with love.

It's a fantastic model that mixes a passion for flowers with a passion for our community – and it's smart because it has allowed Daisy, a florist of many years' experience, to have flexibility around the needs of a young family. Daisy supports local growers, buys directly from her suppliers and has built up the support of her community.

Our communities in Waimakariri are well-known for their can-do attitude and our businesses are also not afraid of stepping out in new directions. Many businesses have approached me for a steer in the right direction to access support as they develop innovative new projects. It's important that Wellington backs our South Island regions with the infrastructure we need so that our small businesses can continue to support our regional economies but also because, like Daisy, our small businesses so very often sit right at the heart of our communities.

With Parliament resuming after the July break, I am fully engaged as one of Canterbury's MP's in bringing the voice of provincial New Zealand to Wellington.



RANGIORA SHOWCASE JEWELLERS

- Jewellery Repairs
- Watch & Clock Repairs
- Jewellery Manufacturing & Remodelling
- Valuations, Engraving
- Watch Battery Replacement
- FREE "After Loss" Insurance Appraisals

Cnr High and Victoria St, Rangiora
Ph: 313 7510
rangiora@showcasejeweller.com
www.showcasejewellers.co.nz

YOUR PROPERTY INSPECTOR

Providing Pre-Purchase Property Inspection Reports, and Peace of Mind!

Jeremy Cox | 021 725 455
yourpropertyinspectornz@gmail.com



Emmas AT OXFORD

Thank you to all the customers who continue to support Emmas at Oxford since the change of ownership and we look forward to continuing to offer our great selection of individually selected books and gifts ideas you mightn't find elsewhere.

Look out for Merinomink & Hello Friday garments, Scribbler raincoats; Louenhide handbags and Twigg jewellery.

Visit us instore or shop online at www.emmasatoxford.com

For a small fee, we can also arrange delivery. Follow us on Facebook for the latest news and arrivals. Open 7 Days 10am – 5pm | 53 Main Street Oxford Ph 03-312-3432

PEOPLE PROPERTY PERFORMANCE

Margo has been selling real estate for 25 years, and is well known as a highly skilled and professional agent who takes exceptional care with all aspects, leaving nothing to chance. Her clients always come first, with a clear focus on achieving Results with Integrity.

For the ultimate real estate experience, give Margo a call today.

Margo Hutcheon AREINZ 027 485 8003
03 311 8020 | margo.hutcheon@bayleys.co.nz

Margo Hutcheon BAYLEYS

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

SPECIALIST CUSTOM PICTURE FRAMING & GIFTWARE

10 Cone Street, Rangiora
P: 03 313 5474
www.cameofinearts.co.nz

CAMEO Fine Arts

Certified Organic Products for People, Pets & Plants

- Neem Skin and hair care products
- Neem Garden Care Products
- Neem Pet care products
- Ayurvedic health supplements
- Diatomaceous earth powder (Animal feed and soil conditioner)

native neem
www.nativeneem.com

greentrading
www.greentrading.co.nz

durhamhealth

Durham Health Cosmetic Clinic offers a range of cosmetic treatments to refresh and revitalise your appearance.

Botox | Dermal Fillers | Micro needling for fine lines and scarring
Radiofrequency Surgery | Prescription Skincare products

A revitalised you is only a consultation away.

All treatments carried out by highly experienced Dr Peter Aspell. Contact Durham Health Cosmetic Clinic (03)3134659 – start the journey today.
www.durhamhealth.co.nz

Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility.



arthur-nellie
UPHOLSTERY & FURNITURE DESIGN

Upholstery & Furniture Design

We provide a full upholstery service specialising in all areas, producing a high quality standard.

No job too big or small.

Kent McCreanor
Cell 027 200 0031 | Ph/Fax (03) 312 0570
arthur.nellie@gmail.com

BURBIDGE AUTOMOTIVE Rangiora

WOF-SERVICE
FULL MECHANICAL REPAIRS
TYRES
COURTESY CAR AVAILABLE

325 Flaxton Road, Rangiora
Call Peter or Nikki on 03 313 3344
office@burbridgeautomotive.co.nz

Graham & Sons

FOR ALL YOUR FLOORING NEEDS!

- Extensive Range of carpets
- Vinyl Planks & Tiles
- Timber, Laminate & Bamboo
- In-house Carpet & Vinyl Installers
- Friendly Family Business

333 High Street, Rangiora • Phone 03 313 8518 • www.grahamandsons.co.nz

Readings with Holly

Clairvoyant / Medium
Reiki Master

With appointment times available throughout the week and on weekends!

Phone 03 314 9073

www.mistypathway.com



THE STERLING
KAIAPOI

RETIREMENT LIVING

in the
HEART of the COMMUNITY



NEW
Sales office

THE STERLING SITE

PREVIOUS
Sales office

New sales office **NOW ON-SITE!**

It's official! We've moved from our offices in the Silverstream retail hub, and are now located on-site at our exciting new retirement village, The Sterling!

Now when you visit us, you can easily view the construction underway on the new villas, all while discovering if one could be your future home!

Open **11AM – 3PM**
Monday – Sunday



VILLAS
SELLING
FROM
\$495,000



VISIT US today!

Find out more by calling Michelle (027 299 6879)
& Marg (027 546 3123) now.

VISIT us

Cnr Silverstream Blvd
& Island Rd, Kaiapoi

TALK to us

0508 783 754 | hello@thesterling.co.nz

LEARN more

thesterling.co.nz

The Sterling site is render only and subject to change