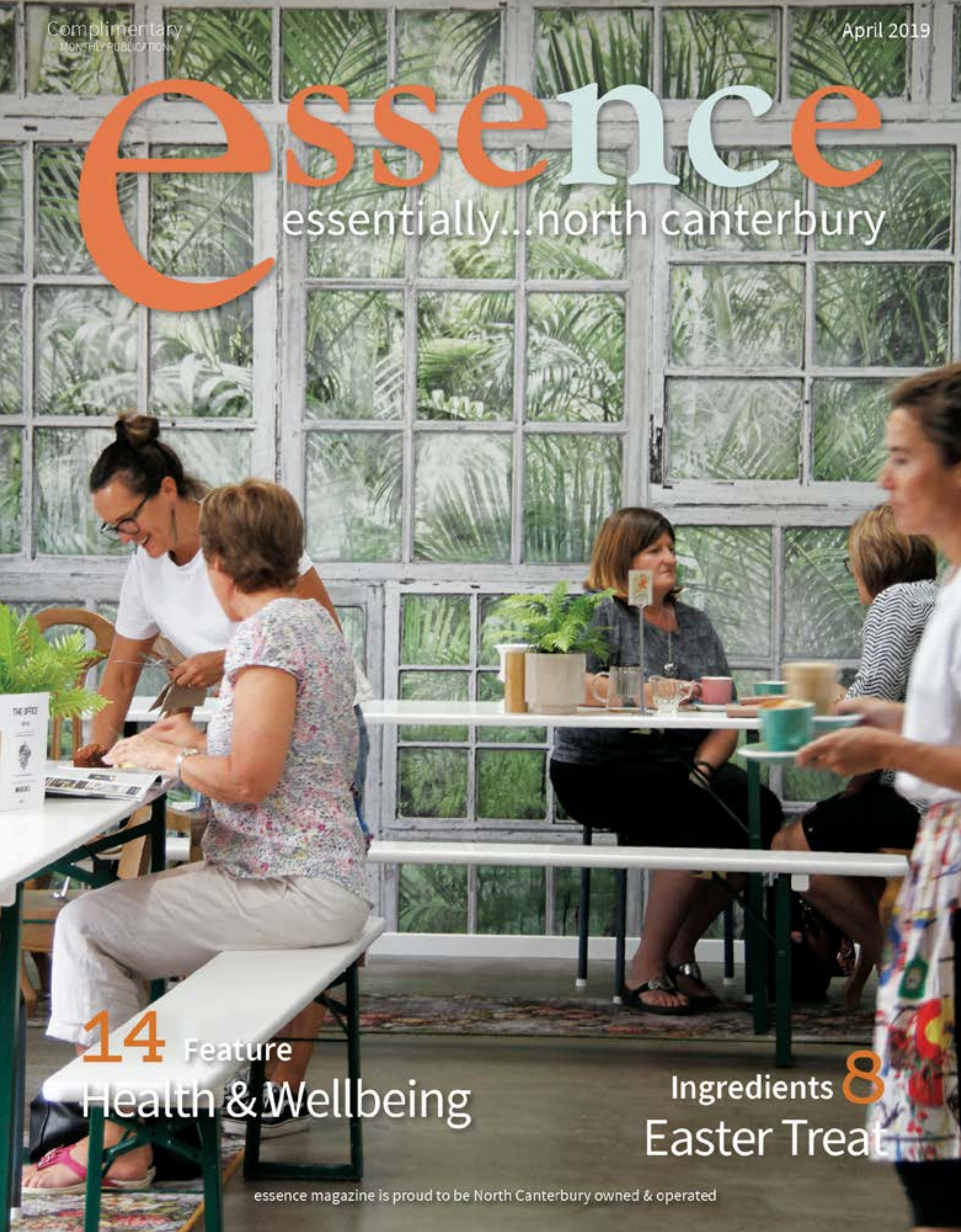


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14 Feature
Health & Wellbeing

Ingredients **8**
Easter Treat

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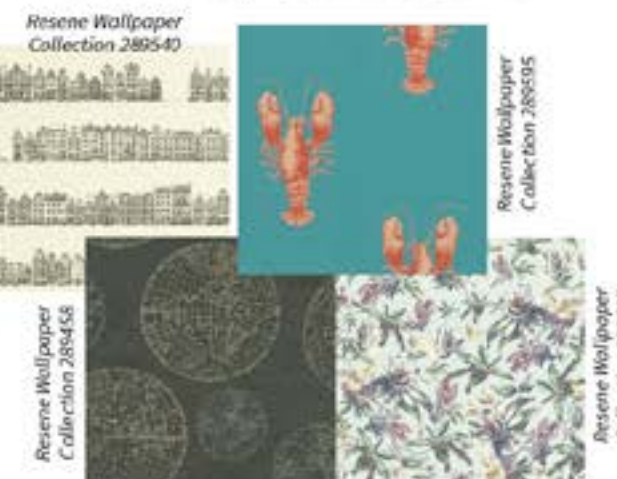


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contents



The Rangiora RSA's extensive redevelopment is complete and all set for ANZAC Day. The new facility designed by Robin White of architectural firm RW Design and built by RPC Construction, is an impressive multi-function facility that bears scant resemblance to the original structure.

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Changes at Guthrie Bowron. If you're looking to revamp your interior design or simply want a new pair of curtains or some fresh paint, then check out Guthrie Bowron in Rangiora.



Autumn Days

Easter Treat

Surprise your guests this Easter with this Ferrero Roche Terrine beautifully made for us by New World columnist Barbara Palmer



Fashion

Cover

North Canterbury has a new café and boutique retail destination to enjoy. The Old School Collective has opened in the former primary school at Waikuku. The Office Café pictured on our cover along with Twine, The Yoga Club, Room Six, The Health Project, Out Of The Box Hair Studio, Woven Veranda, Good Dirt Flowers and LouisWho are now open and looking forward to sharing their beautifully transformed space with you. Photography: Essence Magazine

www.facebook.com/oldschoolcollectivewaikuku



In last month's issue our writer Grant Shanks wrote a piece on Ken Block and his monster 1400 hp Mustang blasting its way up Pike's Peak. After we published the story he found out that local mechanic Gregg Hamilton has been part of Ken Block's racing division for about 14 years.

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The Old School Collective

The Old School Collective in Waikuku opened the gates on Saturday 23 March. It was exciting to see how beautifully the old school has been restored and the eclectic group of businesses that have taken up the opportunity to be part of the collective

1. Alan and Sandy Williams, Lisa and Steve Canavan - Collective owners 2. Sandy and Alan Williams 3. Mandy Chambers, Hannah Romano and Brodie Kane 4. Jacob Stringer, Cammo, Ray Canavan and Scott Heasley 5. Rick Tau 6. Mayor David Ayers 7. Brodie Kane 8. Sonya Faisst and Bridget Norton 9. Mary and Mark Tranter 10. Jennie Moreton and Sally Thompson 11. Jacob Stringer, Sam Stringer with Steve and Debbie Lark 12. Amelia Sanderson and Alanta Derbyshire 13. Savannah Bonnett-Hunter and Kerrie Hunter 14. Flora Brons and Jenni Dobbie 15. Lisa Lloyd and Prue Roberts

Guthrie Bowron Rebranding Party

At the end of February Sam and Kate Woods (the owners of Flooring Connection) celebrated the purchase of Guthrie Bowron. A relaunch party was held to announce the merging of these businesses into one company, making it a unique one stop shop for those building or renovating.

1. Mark and Nat Grigor, Kate and Sam Woods 2. Ghislane Smith, Wayne Taylor, Kate Clemence 3. Sarah and Todd Starkey 4. Leanne and Stu Wilson Bairds 5. Anzac Dawson, John Brownlee, Jo Gainsford 6. Paul Olliver, Deb Hopewell, John Blackadder, Rosie Olliver 7. Garth Davis, Alastair Dalzell, Tim Harris 8. Barbara and Tim Palmer 9. Nat Grigor, Beth Keen 10. Jude Woodhouse, Deb Hopewell 11. Pete Richards, Jo Gainsford 12. Sasha Tunley, Natalie McLaughlan 13. Rachael and Alastair Dalzell

Molto Bella

Molto Bella Boutique launched their new winter collection last Wednesday evening, with invited guests enjoying drinks and nibbles, while they browsed the upcoming season's gorgeous latest fashions.

1. Anette and Graham Drewery, Marilyn Ayers and Wendy Doody 2. Maureen Gunton, Jill Haywood, Tracey Holtslag, Margaret Graham 3. Graham Drewery, Allan Thompson 4. Wendy Doody, Marie Robinson, Gaye Edwards 5. Christine Thompson, Anette Drewery and Jill Haywood

let LOVE win

CHRISTCHURCH
15.03.19



The let love win team have produced a range of products to be sold as a fundraiser for two reasons.

One to generate funds to support these families in a practical way, that have lost loved ones in Christchurch from a devastating act of terrorism.

The second to bring a word of comfort to our community. *It is my hope that these tokens will serve as a reminder that love is bigger than any act of hate.*

100% of the profits raised will be pledged via give a little.

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[fb.letlovewin150319](https://www.facebook.com/letlovewin150319)

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Williams McKenzie are delighted to welcome Tandy Gwaze-Musesengwa to the team.

Having previously worked for law firms in Christchurch, Tandy started with Williams McKenzie in late February and is really enjoying the many and varied aspects of general law practice. Her focus will be on helping clients in the areas of civil disputes, relationship property law, family law, employment and insurance law as well as any criminal matters.

Originally from Zimbabwe, Tandy moved here at 18 and studied law and a Bachelor of Arts at Canterbury University before spending a year as a law clerk in Christchurch. She was then admitted to the bar and started to specialise in insurance law which involved advising home owners affected by the Canterbury earthquakes. She also has a lot of court experience which she hopes to put to good use at Williams McKenzie dealing with criminal matters.

"I am really enjoying the switch to more general practice here. The fact that you're getting to meet with clients with various needs and I get a real satisfaction from helping clients find solutions to their legal problems," says Tandy. But she is also looking forward to building strong relationships and being involved in the local community.

When she's not working Tandy, who lives in Amberley, is kept busy looking after her three young children and attending their sporting events. She also loves to travel and hopes to do a full tour of New Zealand in the not too distant future. Tandy also serves as member of the Canterbury Westland New Zealand Law Society Property and Commercial Law Committee.

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FAV PHOTO OF THE MONTH

Cool Kids



We absolutely love this photo taken by **Michele Webb** at the opening of the Old School Collective last Saturday.

GIVING AWAY

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Essence Magazine New Zealand
essence_new_zealand
E- info@essencemagazine.co.nz



Farewell Girl Guide Biccys

Girl Guides have been selling the beloved Guide Biscuit for more than 60 years. On the 31st March, Girl Guiding New Zealand will no longer be fundraising through the sale of the biscuits.

These have been a favourite with our team and we'll miss them!



\$50 Food/ Beverage Voucher

To be in to win, email us by March 26th 2019 at mandy@essencemagazine.co.nz or phone us (03) 313 1821 and leave a message with your contact details (North Canterbury readers only).

Congratulations to Gabrielle van Bree our winner of last month's food and beverage voucher.



Healthy Homes Standards

What you need to know

The recently announced Healthy Homes Standards (HHS), is one of the hot topics on landlord's minds at present. There seems to be a lot of rumours circulating on what the requirements under the HHS are, so I have put together some information to clarify the situation.

I believe that it is important to remember there are still real benefits in owning rental property in New Zealand. The HHS are here to ensure that we as a country are providing, warm, healthy homes to our tenants, and the added benefit to this is, that we are also adding value to our properties.

The Ministry of Housing and Urban Development have advised; "One-third of New Zealand households (nearly 600,000) rent, and rental homes tend to be older and of poorer quality than owner occupied dwellings.

Tenants have less autonomy to make improvements to their homes than owner occupiers, and maintaining and improving the quality of the dwelling is the responsibility of the owner.

While many landlords maintain and upgrade their properties, there are some who don't, leaving tenants living in cold, damp homes.

The Healthy Homes Standards will make it easier for tenants to achieve warmer, drier homes, helping to reduce mould and damp and the potential for associated health conditions. They will also provide a clear set of minimum standards all landlords will need to provide their tenants."

Below are the Healthy Homes Standards recently released:

- Heating : A fixed heating device - heat pump, woodburner or flued gas heater which heats to a minimum temperature of 18 degrees celsius in the living room only.
- Insulation : Ceiling insulation must meet the 2008 Building Code, or be a minimum of 120mm thickness if existing.
- Ventilation : Windows which can be opened in all living, dining, kitchen and bedrooms.

Extractor fans must also be installed in any room with a bath, shower or indoor cooktop. The Real Estate Institute has asked the Government if a fitted shower dome will be acceptable - we are waiting to hear the outcome of that.

• Moisture Ingress and Drainage : Efficient drainage and gutterings, downpipes and drains. If the property has an enclosed subfloor, there must be a ground moisture barrier.

• Draught Stopping: Stop all unnecessary gaps or holes in walls, ceilings, windows, doors and floors. All unused fireplaces and chimneys must be blocked.

For a lot of landlords, their property may already be compliant, however it will be important to ensure that accurate records are provided which will eliminate any doubts.

The dates by which these requirements must be met are:

- 1st July 2021 - all private landlords must comply with the HHS within 90 days of the commencement of any new tenancy.
- 1st July 2023 - Housing NZ and registered community housing rentals must comply.
- 1st July 2024 - All rental homes in NZ must comply.

Essentially what this means is that if you have a tenant living in a property who is long term over this period, then you have until 2024 to

comply, and if you have a tenant move out and a new one move in - then you will have 90 days following them moving in to get everything up to compliance.

My advice, before you start installing new heating devices and moving ahead with ventilation is to wait for a little bit to ensure you get it right. We are still waiting for the final standards to be drafted in regulations and approved. The detailed regulations will then become law by mid 2019.

As a lot of people in the industry predicted, we are already beginning to see rents, which were previously fairly stagnant, on the rise again. The increase in rent prices historically comes when we see a shortage of available properties. This coupled with the increased costs to landlords will, I imagine, only continue as we get closer to 2021.

If you would like to find out more, please give me a call for a free no obligation chat.

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



Stuart and Claire Morris- Business Owners

WHAT WE'RE LOVING...



Have you tried these?
Jo Gainsford is the master of finding clever, easy to prepare and tasty options at the supermarket. These are our new besties

"Let Love Win" products to be sold as a fundraiser to support and show love to the families after the Christchurch attack. 100% of the proceeds will be donated to 'Give a Little'. For further details see page 4.

BEN HURLEY & FRIENDS
5th April 8pm, Rangiora Town Hall. One of the most recognisable and hairy comedy faces to come out of New Zealand is coming to Rangiora, joined by his friends Audrey Porne and Logan Kitney. Tickets online.

THE GOOD FRIDAY OHOKA FARMERS MARKET
19th April 9am - 12.30pm, Ohoka Domain. Annual hugely popular day at the market enjoying artisan food and crafts, live entertainment and of course hot cross buns!

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- 6-7": bush beans, garlic, kohlrabi, onions, Asian greens, peas, mint, thyme.
- 8-9": pole beans, carrots, chard, cucumber, eggplant, fennel, leeks, peppers, spinach, parsley, rosemary.



Garden Trellis

Create "rooms" in your garden by using trellis. Easy to erect and in place ready for the spring plantings of your favourite climbers whether flowers or beans. Plus trellis is great for training fruit trees along.



Tree Stakes

Last but not least, get your bundles of tree stakes ready for your new tree plantings.



Outdoor Fire

Give your deck a clean up after the summer activity and stain it again. Once that's done, you'll be ready to enhance it with your own outdoor fire, and yes you'll use it lots over winter



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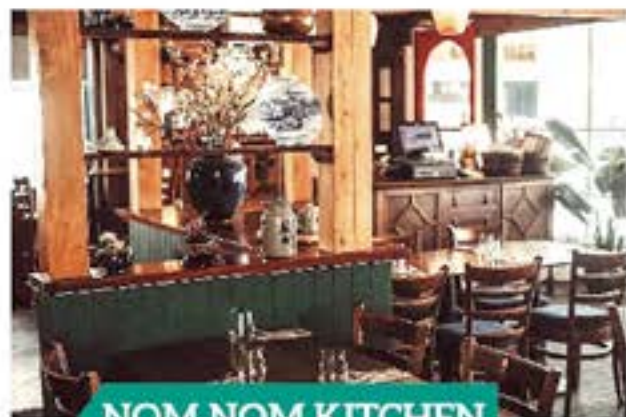
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Easter Terrine



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Ferrero Rocher Terrine

Easter is a great time to spend with family and friends. If you are entertaining over the Easter break and are looking for something spectacular to serve up to your guests try this Chocolate Terrine from Ferrero Rocher. The recipe is simple to follow, if you don't want to melt the chocolate over boiling water it is easy to melt in the microwave in 45 second bursts, just remember to stir between each stage to help melt the chocolate. When I made the Terrine I doubled the recipe as I had a big loaf tin so remember to use a small loaf tin otherwise you will run out of mixture to fill the tin. This is very decadent so one small slice is enough with a glass of Brown Brothers Rose Prosecco.

Just to remind all of our customers that we will be closed Good Friday and Easter Sunday and on Anzac Day we will be open from 1pm to 10pm.

Wishing you and your family a safe and Happy Easter from everyone at New World Rangiora.

INGREDIENTS

- 400g jar of Nutella
- 250g dark chocolate
- 500g milk chocolate
- 120g hazelnuts, lightly toasted, skinned and coarsely chopped
- 12 hazelnuts to serve (optional)
- 15 mixed Ferrero Rocher, to serve

METHOD

1. Place ½ of the dark chocolate in a bowl over simmering water. Stir until almost melted and remove from heat. Add remaining chocolate and stir until completely smooth.
2. Pour half the melted dark chocolate into a 1.2 litre loaf tin (make sure you measure the tin otherwise you may run out of filling if the tin is too big) tilting the pan using a pastry brush to ensure an even coating. Tap on bench to release air bubbles then tip excess chocolate back in the bowl. Refrigerate pan for a few minutes to set. Repeat with a second layer of dark chocolate then chill again and reserve the remaining melted chocolate.
3. Melt the milk chocolate in a bowl over simmering water. Fold in Nutella and chopped nuts. Pour into chocolate coated pan and level, tapping gently to remove air bubbles.
4. When the filling is cool. Cover with remaining dark chocolate and refrigerate overnight.
5. Make toffee hazelnuts by placing sugar in a small pan, heat stirring occasionally, until melted and toffee coloured. Insert a toothpick into each hazelnut and dip and dip into the toffee, tap off excess and leave to harden.
6. Remove terrine from pan and place on platter. Decorate with toffee hazelnuts and Ferrero Rocher using a dash of melted chocolate. Serve at room temperature. Cut with a sharp knife run under boiling water then dried.

Recipe reprinted with permission from Ferrero Rocher



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Don't take our word for it, come and taste it!

St Patrick's Day (or compulsory drink a Stout day) has been and gone, but with the odd autumnal morning and the shortening days I thought I'd talk about a colourful, rich beer that's suited to the cooler weather. Stout. I happen to be brewing one today and unfortunately it's not "playing ball" so I have plenty of time to do other things like write a column for Essence and think about which Brew Moon pizza I'm going to have for my dinner tonight, because I'll almost certainly be here at that time.

The term 'stout' was originally used in relation to beer in the 1600s, but at that time it simply meant a strong beer. In the 1700s, Porter became hugely popular with the "working classes" in London because it was more flavourful, kept well and it was very cheap. The word Stout was used to describe the stronger, higher alcohol Porters. The Irish developed a taste for Porter and large quantities were exported to Ireland. By the early 1800s Arthur Guinness had seen the opportunity and opened his brewery in St James's Gate, Dublin, brewing Stout Porters and the rest, as they say, is history! Interestingly Guinness these days isn't a strong beer, it's around 4.2%. But who wants to talk about Guinness; they are owned by Diageo, one of the biggest drinks companies in the world who also own iconic NZ winery, Cloudy Bay (all is not as it seems in the drinks biz).

The great thing about dark beer is that it's incredibly good for you, packed full of iron, antioxidants and flavonoids, and

the darker the beer the more it has. Forget red wine, this stuff is the real deal because unlike wine it doesn't contain any preservatives. Well let's say that all Brew Moon beers, and I'd imagine most craft beers, don't contain preservatives. However, preservatives are a legal additive for beer in NZ so check that label. Stout was historically given to new Mums, I expect to boost their iron levels, but the added bonus of a zonked out newborn must have been a factor!

Our Stout, "Dark Side of the Moon" is a stout Stout; it's about 6% alcohol and round and soft rather than dry and bitter. This is due to the rich dark malts we use which give the beer not only its colour, but a swag of flavours including chocolate, molasses and coffee. When I finally finish brewing this one I think I'll have a Dark Side, and rather than a pizza, I'll have a Brew Moon burger to celebrate. Those toasty, rich flavours go so well with a burger cooked in a wood-fired oven.

Dark Side of the Moon Stout

Colour: Black

Alcohol: 6%

Food match: Dark meats, casseroles and chocolate mousses, cakes and brownies

Bitterness: 32 IBU



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Barbara Palmer has worked at New World Rangiora for the past 15 years, the last 4 ½ as their New World brand Ambassador during which time she has created many striking recipes.



The wait is finally over for North Canterbury's latest bar & restaurant recently opened overlooking Lake Pegasus. Positioned perfectly to capture all day sun and with views across the lake and the hills beyond, it is simply a stunning and unique setting that you will never want to leave.

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words: Grant Shanks



New Look RSA READY FOR ANZAC DAY

The Rangiora RSA's extensive redevelopment and strengthening programme on the original building, a two-year project, was finally completed in November. The Minister of Defence and Minister for Veterans, Ron Mark officially opened the new facility on November 3, 2018.

Designed by Robin White of architectural firm RW Design and built by RPC Construction, it is an impressive multi-function facility that bears scant resemblance to the original structure.

The new complex includes indoor and outdoor spaces, a memorial garden area and outdoor (but covered) dining and smoking areas, which are not adjacent to each other. The Spitfire Restaurant is a separate closed area off the main lounge, with a comfortable combination of booth and table settings. There is a dedicated pool/darts/TAB section. Large flat screen televisions are strategically placed throughout to help patrons keep up with

their favourite sports. The bar can service both the general lounge and the second lounge that features a large dance floor. Clever moveable partitioning means that areas can be screened off from each other as required. Flexibility has been built into every aspect of the new building.

With the declining numbers of older members, the last of the World War 11 veterans well into their 90's and Korean and Vietnam veterans in their 60's and 70's, it's easy to assume that the veterans' roll is faltering. Not so, RSA Rangiora President, Ian Thompson says. "Since the Vietnam War 30,000 new veterans have been created. We have a constant wave of younger members coming through the doors. Many of them are currently still serving and have young families, which reinforces the RSA's 'grandparent to grandchild' ethos. Incidentally, Rangiora RSA has the South Island's largest membership."



With ANZAC Day approaching, the Rangiora RSA will very much be the focal point for many, and not just those who served. RSA club members, and those who will come to pay homage to the men and women who served - and particularly those who gave their lives for their country and our future, will gather there after the service is over.



"On behalf of the committee, I cordially invite the public to join the veterans, their families and club members at the RSA after the ceremony at the cenotaph concludes. Please call in and enjoy the new facilities on offer and have a chat and a drink. I'd also like to invite visitors to look over our extensive collection of memorabilia," says Ian. "It really is quite magnificent and encapsulates such a lot of history. We have a proud heritage and it deserves to be celebrated the best way possible, by respecting what has gone before and working together to create a safe and secure future for the next generations, avoiding the circumstances that created the situations where our veterans paid such a terrible price to secure our freedom as a nation."

ANZAC Day Services

WEDNESDAY 24TH APRIL
 Ohoka Service & Parade - 11am
 Ohoka Hall, Mill Road
 Sefton Service - 6pm
 Sefton Domain, Cross Street
 Woodend Service & Parade - 6pm
 Woodend Community Centre

THURSDAY 25TH APRIL
 Rangiora Service & Parade - 11am
 Rangiora High Street & Cenotaph
 Kaiapoi Dawn Service - 6am
 Kaiapoi Cenotaph, Raven Quay
 Kaiapoi Civic Service - 10am
 Trousselot Park, Charles Street
 Cust Service & Parade - 10am
 Cust Community Centre with parade to West Eyreton Gates
 Oxford Service & Parade - 9.30am
 Oxford Town Hall, 30 Main Street
 Amberley - From 10.30am and Service at 11am
 Amberley Domain
 Omihiri - 9am
 Community Hall
 Waipara - 10am
 War Memorial Hall, Cnr Johnston Street & Ferguson Avenue



The Office Cafe



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Yoga Studio
p. 027 223 9982



Flowers
p. 021 915 225



Lifestyle-art-design
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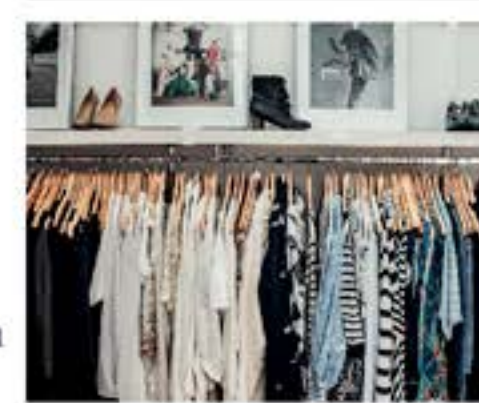
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RANGIORA RSA

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 www.rangiorarsa.nz

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 MUSIC + LYRICS BY DAVID YAZBEK

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HEALTH & WELLBEING

Most of us don't consciously think about or prioritise our health. We just get on with our busy lives, family and other commitments. Inevitably that leads to heightened levels of stress, which at elevated levels can take a toll on our health.

So it's important to take stock every so often. That may involve developing a personal wellness plan, focused on work life balance - like ensuring we stick to a healthy diet, sleeping enough and getting enough exercise. We are prone, however, to running the other way when faced with change or conflict. So best laid plans at the beginning of each year for "getting fit" or lifestyle changes go by the wayside.

We've all heard the refrain: "I've had such a tough day. I deserve that drink or those fish and chips." In reality, what we 'deserve' is to treat ourselves better. We 'deserve' healthy foods and we 'deserve' to take time to do some physical movement during each day.

So make 2019 your year for getting in tune with your body, mind and soul. Get up, get moving and take time for yourself. Over the next few pages we introduce you to some of our talented local health and wellbeing specialists.



Body, Mind & Spirit

If you are looking for healing, stress relief, pain relief and/or relaxation, we have the solution for you. Providing services in Reiki, Acupressure and Aromatherapy, Nina (Business Owner/Practitioner) offers something for everyone. Promoting wellness for the Mind, Body and Spirit, we can help you unwind, release tension, address stress and promote the body's own ability to self-heal, all whilst finding and understanding the cause of any problems to provide a greater sense of wellbeing and longevity.

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www.ohanawellness.co.nz

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Gentle technique

Reflexology provides relaxation for Wellbeing.

Cathy works from her home based clinic in Sovereign Lakes, Kaiapoi where clients enjoy monthly sessions to help the body and mind de-stress and relax.

- Benefits include -
- Increased energy levels
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 - Stimulates circulation

Cathy also offers Facial Reflexology, a deeply relaxing experience and can include both Facial & Foot Reflexology in a 90 minute session.

By appointment only, One hour or 90 Minute sessions, Gift Vouchers available.

Find out more about Reflexology on Cathy's Website or Facebook page.

Cath Relaxology Ph: 022 124 2957
Sovereign Lakes, Kaiapoi
www.relaxology.co.nz



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Getting dentures can be a daunting prospect. You want to love the smile reflected back to you in the mirror and feel confident when you go out into the world. With Lovebite dentures you can. Made by internationally renowned dental technician, Richard Greenlees, Lovebite dentures will restore your youthful smile, help you to feel and look younger, and most importantly, help you to feel like 'you' again. Are you ready to start the Lovebite journey?

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Naturopathic and herbal medicine can be effective for the prevention, management and treatment of many health conditions. Jo Robertson is a degree qualified naturopath and medical herbalist who has a passion for helping people to achieve optimal health and wellbeing so that they can be the healthiest and best versions of themselves. A consultation with Jo involves a comprehensive clinical assessment and tailored treatment plan with dietary, lifestyle and, when required, herbal and supplemental medicine recommendations. Based in Rangiora, give her a call today! Jo Robertson - Ph 027 279 8444

naturopath164@gmail.com

Performing Better

Yoga is becoming increasingly popular and it's easy to see why. Physical benefits of yoga include:

- Increased flexibility, muscle strength & tone
- Improved respiration, energy & vitality
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- Weight reduction
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- Improved athletic performance
- Protection from injury
- Mental Well-being

We offer a number of classes to suit all abilities.

To find a session for you today please check out our timetable on our website. Private Consultations available with Dr Padma.

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94 Victoria St, Rangiora www.rangiorayoga.co.nz



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With over 20 years knowledge and experience, Vera is passionate about having a positive impact that improves clients' hearing and looks forward to helping locals love their hearing again. Services include:

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Improve your quality of life, through movement

Jodi Kester, is the founder and owner of Core Pilates and Mind, a boutique pilates studio that will offer both reformer pilates, mat pilates, yoga and barre classes. This brand new studio is set to open in Northwood SupaCentre in late April.

Jodi's passion for pilates, yoga and self-care was birthed a number of years ago. As a mother who had always put herself second and the needs of others first, she decided it was time to practise some self-care and put her focus on her own health and wellbeing. After joining a pilates studio, in just a few short weeks Jodi noticed a positive change in her energy levels, increased strength and changes to her body shape. Her every day life improved both physically and mentally. She discovered that exercising the connection between the body and mind can make such a powerful and positive change in people's lives...It is this discovery that Jodi wishes to share with you.

The Northwood studio has been lovingly crafted by Jodi and her team to create an environment of support, acceptance and community. You will find it dripping with gorgeous chandeliers, embellished with living plant walls and filled with the highest quality equipment. The team of trained instructors will guide you through each session in a way that is suited to you, their focus is working with you to improve the quality of your life.

Jodi is now taking bookings on line for both the FREE introductory session and the 2 week ultimate transformational trial. You can book your place by visiting www.corepilatesandmind.com/book



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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 manmade fibres to suit every home.



Pastourelle in Blanc Noir 560 pm w:147cm PL: 71.5cm 100% Linen
Annie Sloan Chalk Paint in Graphite



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Buying and using a Chainsaw

When purchasing a chainsaw make sure you purchase a chainsaw that is correct for the job at hand.

Discuss with your salesperson before buying and ensure you have the right safety equipment; helmet with muffs and visor, chaps and safety boots.

Before starting use you should refuel and oil your saw, check the chain is sharp and adjusted correctly.

Start your saw and run up against a log to check that the oil pump is working, by a small trace of oil leaving a line on the log.

After running for a few minutes and things have warmed up recheck and readjust the chain tension.

While cutting the wood keep an eye on the wood chip coming off the chain and if the chip starts to turn to dust you need to stop and sharpen the chain. Don't wait until the fuel tank is empty as this can lead to premature wear of the bar and chain due to overheating.

When you have finished for the day, clean all your equipment, check your helmet for cracks, and earmuffs are clean, check your chaps for cuts and tears, remove bar and chain from the saw and remove the top clutch, clean the air filter and dust around the engine and check over the saw for anything that maybe loose and tighten.

Refit air filter and top cover, clean out the oil gallery in the bar and check the chain is in good condition [no cracked links or broken teeth] refit the bar and chain, adjust and sharpen chain.

Now you are ready for your next time.

- Remember; • Safety equipment • Correct fuel mix
- Good bar lube • Keep hydrated
- Be careful, know your surroundings.

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Two new grasses offer farmers more option

Recently there has been two new grasses that offer both our dryland and irrigated farmers more options when considering pasture renovations.

This autumn there has been a limited release of a new cocksfoot called Aurus from PGG Wrightson Seeds. The use of cocksfoots is growing yearly as plant breeders have vastly improved cocksfoots performance. The newer generation cultivars certainly bear little resemblance to the old cultivars.

Aurus is an upright winter active cocksfoot with a parentage that combines Uruguayan and French genetics. This combination offers both strong winter growth and overall total yield. Breeders and agronomists have selected Aurus for a later heading date (+6 days later than Tekapo) with strong disease resistance.

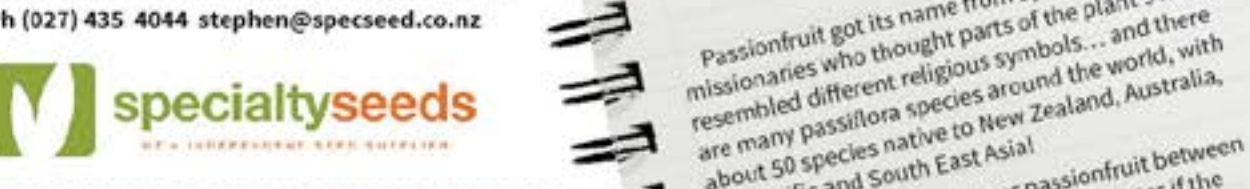
Aurus cocksfoot should be sown in early autumn or spring with white clovers such as Hilltop (small-medium leaf) or Quartz (medium leaf). Aurus like most cocksfoot is best suited to low - medium fertility soil.

Cocksfoots are generally slower to establish than their speedy ryegrass cousins, and therefore, early grazings of them and ryegrass mixes should be frequent and light, using large mobs to reduce competition from the ryegrass. Aurus is no exception to this rule.

While autumn isn't the best time for establishing tall fescues. However, it's a good time to introduce you to Agricoms latest tall fescue release "Hummer."

Hummer is a soft-leaved and fine tillered early heading cultivar with seed head emergence starting in late September. The plant breeders have maintained the productivity and persistence of the early heading types while improving the palatability. Hummer a fine tillered cultivar and is sod forming which create dense crowns over time: an important trait of persistent tall fescue. Trials have shown Hummer to have very good late winter and early spring growth which is normally a very important time for farmers. Hummer is deep-rooted fescue suitable for both dryland or irrigated farms and its large root mass can be found deeper than the rooting depth of perennial ryegrass. This root structure and the strong crowning habit of Hummer helps it to be naturally tolerant of grass grub while the presence of MaxP® endophyte extends its insect tolerance markedly.

For more information on Aurus and Hummer, please contact Stephen Finch Specialty Seeds Ltd.
Ph (027) 435 4044 stephen@specseed.co.nz



Taggart Rangiora



Taggart's have been serving the North Canterbury community from their Rangiora landscape and bulk supply yard for the past 30 years. We offer a wide range of landscape and gardening products by the bag, trailer or truck load. Complimentary trailers are available.

What's in Season?
Passionfruit got its name from Spanish missionaries who thought parts of the plant's flower resembled different religious symbols... and there are many passiflora species around the world, with about 50 species native to New Zealand, Australia, the Pacific and South East Asia
In New Zealand, plant your passionfruit between mid-spring and mid-summer (or even later if the conditions are mild). They should be planted in early morning or late afternoon to avoid hot sun, next to a sheltered wall, trellis, or sheltered deck.
If you are planting more than one, space the vines at least two metres apart and they can fruit about 18 months after the vine has been planted.



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Mon - Fri: 7.30am - 5pm Sat: 8am - 1pm
Phone: 03 313 4585 | Cnr River & Cones Road, Rangiora

Drive Time in Europe



Does having a rental car in Europe sound a little daunting - it sounds harder than it really is. (Liz) discovered a few useful tip and tricks if you are planning on exploring Europe on 4 wheels.

1. It is well worth the extra cost to get an automatic, even if you drive a manual car here in New Zealand it is just one less thing to think about. Remember when you stop at intersections you are trying to deal with foreign road signs, different road rules and everything in the car on the opposite side - trust us, an automatic is well worth the few extra dollars.

2. Don't go for too big a car if you don't need it as many of the small villages have very narrow streets and roads and little space for parking. Just something big enough to fit the number of passengers and your luggage securely hidden in the boot.

3. Never leave anything in the car if it is unattended, leave the glovebox and coin

areas open to show it is empty and make sure the parcel rack is over your luggage in the boot.

4. After you have arrived at your hotel it is a good idea to back against a wall or fence when parking, so the boot is harder to access.

5. We found along with the GPS a map book was also great as it shows you the bigger picture of where you are heading and the navigator can tell the driver what to expect a little further ahead than the GPS may be showing you.

6. Don't panic if you miss an exit or entry, the lovely lady on the GPS will always redirect you to the right spot again.

Driving does give you some great flexibility of when to travel and you can explore some of those places that you can't access by public transport easily. The picture attached is our wee Peugeot in the Swiss Alps at Engelberg. But most of all, have fun.

helloworld
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Liz Dittmer | Managing Director
Rangiora, 99 High St, Ph (03) 310 6288
Kaipaoi, 123 Williams St, Ph (03) 327 9247

Changes at Guthrie Bowron

If you're looking to revamp your interior design or simply want a new pair of curtains or some fresh paint, then check out Guthrie Bowron in Rangiora. Recently taken over by Hubbers, they will continue to trade under the Guthrie Bowron name and still incorporate Flooring Connection. What does this mean for customers? A fantastic one-stop shop with an extensive range of paints, wallpapers, flooring, window treatments and homewares right here in Rangiora with two convenient stores now operating from High Street. Guthrie Bowron now offer the whole floor to ceiling look for your room makeover, house reno or new build.



For walls and other surfaces there is a huge range of paint and wallpaper options - from classic designs and colours to on trend botanics and geometric patterns, with pricing to suit a range of budgets. Customers can browse colour samples and flick through wallpaper books to get inspiration or find that one design they fall in love with whether it's to glam up a feature wall or add a touch of luxury to your lounge. "Wallpaper is popular at the moment," says co-owner Kate Woods, "Some people come in and know exactly what they're looking for, others want to browse through our samples - we have plenty of options for them and our consultants are always happy to provide advice and guidance."

When it comes to window treatments customers will also find plenty of choice with curtains and blinds in a superb range of colours, patterns and fabrics. Experienced staff can provide you with ideas and tips for your particular room or situation. Or they can come to your home and measure up and their mobile measuring service also carries a full range of samples on board making it much easier to see what a particular window treatment might look like when paired with your existing colour scheme. The curtains are



then made up in-house at Guthrie Bowron and they can also take care of the installation for you.

Meanwhile the flooring team can advise on everything from tiles to vinyl, carpets to hard floorings. They can also help you think about what might be most appropriate for different areas of your home - for example, it may be better to opt for an easy clean, hardwearing option in high traffic areas and save the deep pile carpet for quieter areas. Whatever your situation you can be sure you will be given all the options. They carry a full range of carpets to suit a variety of tastes and budgets with everything from the classic wool carpets as well as more hardwearing synthetics and the popular 'soft-touch carpets'. These solution dyed carpets feel particularly soft under foot - perfect for bedrooms where you can get up in the morning and enjoy the soft luxury feel on your bare feet.

If carpet doesn't work for you then take a look at some of their superb hard flooring samples - from engineered timbers to vinyl and vinyl planks, they are a smart solution that combines both style and practicality.

With so much choice the biggest challenge for customers might be making that final decision. But this is where the enthusiastic and knowledgeable design consultants come in. With years of experience in interior design they can help you to co-ordinate colours, match wallpapers and curtains, ensure your carpet won't clash with anything and ultimately help you create that look you're after.

So, whether you want some paint to brighten up your kitchen or new flooring in your new build, make sure to head down to the Guthrie Bowron - Rangiora's one-stop shop for interior design.



GB
Guthrie Bowron
Inspiring Specialists

Two Locations:
320 High St, Rangiora Ph (03) 313 5518
10 High St, Rangiora Ph (03) 313 0403
Opening Hours: Monday - Friday 7.30am - 5pm,
Saturday 9.30am - 2pm

Where community shapes the heart of your retirement

Charles Upham Retirement Village



Charles Upham Retirement Village in Rangiora is a vibrant community where residents enjoy a carefree retirement in the company of like-minded friends.

The village enjoys views of Mount Grey and Southern Alps, spacious grounds and beautifully landscaped gardens.

With independent apartments and townhouses, serviced apartments, resthome, hospital and dementia care, there is

often no need to move away from the village that has become your home if your health needs change.

Discover all that a Ryman village has to offer.

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RYMAN
HEALTHCARE



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words: Grant Shanks

essential | motoring

Local Mechanics Starring Role with the World's Best.



In last month's Essence I did a piece on Ken Block and his monster 1400 hp Mustang blasting its way up Pike's Peak. A lot of feedback came in, particularly from people dialling up KB's amazing YouTube videos and seeing him in action for the first time. However, one call was a little different. Rangiora woman, Gloria Cherry told me that her son, Gregg Hamilton has been part of Ken Block's Hoonigan Racing Division for about 14 years through Subaru USA and Hoonigan. Gregg, a panel beater by trade, is now a problem-solving mechanic and an integral part of Ken Block's Park City, Utah-based organisation.



her that KB is a great guy and he loves working with him. "Work hard, play hard" is very much the HRD motto.

Gregg's journey has led him from Papanui High to Raxworthy Panelbeaters (now European) to Tein Autosport in Japan. He came back to NZ to open Tein Autosport in Auckland, then on to Prodrive in England. Toyota in Germany followed and then it was off to Charlotte NC with the Red Bull Nascar team. He moved to Vermont with Subaru and it was there he met Ken Block and the legendary Travis Pastrana. Gregg followed KB when he left Subaru and went on to establish the Hoonigan Racing Division, switching from Subaru to the blue oval. Incidentally, Gloria says that Gregg has told

The Hoonigan Racing Division is closely associated with Ford Performance Division, and apart from the monster that is Hoonicorn V2, KB races many of the Ford line including customised rally versions of the Fiesta, Focus, Escort and even a special build Raptor, all of which Gregg works on. As well as commuting from Las Vegas where Gregg and wife Evelyn live to Hoonigan's Utah headquarters in Park City (close to Salt Lake City),

Gregg does a lot of work in his own Vegas workshop, called SkippyZgarage (how he came by the nickname Skippy is a long story). He has 15-car garaging for all his toys, including an absolutely magnificent Trans Am, the best I have ever seen.

Later in the year when Hoonigan Racing comes to New Zealand with KB at the wheel of a custom-built Escort Cosworth to compete in Rally New Zealand. Gregg will be with the team.

Pictured here is Gregg sitting in Hoonicorn V2 which he helped build. The other shot is of proud mother Gloria holding the impressive model of the aforementioned monster Mustang. This radio-controlled scale model is the only one in New Zealand and to Gloria and husband Les it's worth its weight in gold.

For those interested in seeing Gregg and his magnificent Trans Am, which was one of his many side projects that grew like Topsy into something very, very special - just put Gregg Hamilton Hoonigan, or @skippyZgarage his Instagram tag. So go on your computer or smarty and take a look. There's a magnificent 4wd 1971 Firebird there as well as a work in progress.



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Boots 'n All: Seven Rules for Rural Trustees – Part 1

For all the conversation around the role and responsibilities of the trustees of New Zealand's 450,000 or so family trusts, a big part of the discussion has been missing: specifically, the special tasks and obligations facing a trustee of an entity based in rural New Zealand.

What is special about the role of the person we call a 'rural trustee'? It all goes back to New Zealand's primary industry-based economy and the disproportionate – by global comparative standards – amount of wealth that sits in farms and other agriculture-based businesses, which are often family-owned enterprises that have grown larger and more complex over generations. It is estimated more than 50% of rural properties in New Zealand are owned by trusts.

Against this backdrop, rural trustees should be operating in accordance with a handful of fairly simple yet ironclad rules. Over the next few issues David will discuss these, starting with two now:

1. The fundamentals of trusteeship apply. A good trustee welds technical knowhow with relationship skills. A rural trustee will maintain a variety of interpersonal relationships, some with other professional advisers (lawyers and accountants, most commonly) and others with the various members of the family (of which the trustee may be a member or a professional outsider). Maintaining professionalism while devoting equal time and energy to multiple beneficiaries takes skill, experience and good instincts. The trustee coordinates expert advisers and advice, and maintains sound records and governance, to ensure the integrity of the trust is maintained. This includes ensuring decisions are made in accordance with the terms of the trust deed.

2. Listen to your clients, but maintain a professional distance. The job of a rural trustee can be a delicate dance; you must know your clients well, and you must work with them over many years, but you must keep your place as a professional service provider rather than a friend. This can be especially tricky when the trustee is part of the family involved in the trust. The overriding responsibility is to understand from the trust beneficiaries what their desired outcomes are. The trustee must have a sound awareness of how the family operates and what its collective goals are, and stay close enough to monitor and accommodate the inevitable changes over time.

All trustees should be aware of the changes they will surely face when the new Trust Act is introduced and perhaps now is the time to ensure they have the basics in hand. Perpetual Guardian offers a comprehensive trust management service to existing trustees, and provides professional advice in area of trust formation and management.

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Matt Doocey

Essence of the Electorate with Matt Doocey MP for Waimakariri



Lifestyle block owners in the Waimakariri know how much hard work is required to keep on top of things. It's not for nothing they're sometimes referred to as life-sentence blocks.

Whether it's chooks, fruit trees and a vege patch, or some sheep and perhaps a llama, it's a Kiwi dream and often an affordable alternative for those seeking a modest home out of the more expensive urban areas. Not having waterborne sewerage and refuse collection – or even a sealed road – and having to drive further to get the kids to activities or friends are sacrifices many are prepared to pay.

It's about choice. Something we, as New Zealanders, value.

However, if Government succeeds with its capital gains tax, families selling a modest three-bedroom family home on a patch of land over 4500 square metres with an asking price of as low as \$260k will have to hand over 33 percent of the gains to Government, while palatial, multi-million dollar family homes in established, leafy urban suburbs will be tax free.

Doesn't seem fair, does it?

Unfortunately, it doesn't stop there.

If you've taken in flatmates or boarders to help pay the mortgage, even to help pay off a family home on a smaller section, you could be handing over a percentage to Inland Revenue as a capital gains tax. KiwiSaver investors and small, home-based businesses will also get caught in the net. Few will have the appetite to face the struggle of establishing a start-up, going without to be one of the 20 percent to make it past the first five years or to keep the business going through the lean years, only to have to hand over 33 percent of the gains made over the lifetime of the business when it comes time to retire.

Government's proposed capital gains tax would be one of the most aggressive in the OECD. Shouldn't we rather be backing our families and small businesses to get ahead by growing our local economy to support more jobs and higher incomes in Waimakariri?

Funded by the Parliamentary Service and authorised by Matt Doocey MP, 188 High Street, Rangiora.



David Ayers

Waimakariri Mayor



The reassuring sight, after the hateful tragedy in Christchurch recently, of police officers carrying long arms in public got me thinking about public security in general.

We are fortunate that in rural Canterbury we have some of the lowest crime rates in New Zealand, in the national context of crime rates dropping anyway. This does not, however, mean that we should be complacent.

As in most of the western world, New Zealand councils try to use what are known as CPTED principles (Crime Prevention Through Environmental Design, often pronounced "septed") when planning town centres, parks, etc. This means that we try not to have places where there are dark corners where people cannot see into, that there is good lighting at night and places in which people of all ages feel comfortable. Making provision for cafes to spread outside, having lots of seats and making sure plantings do not provide hiding places all contribute to our feeling secure.

In Rangiora and Kaiapoi there are also security cameras in and adjacent to the two main streets. These, when they were first installed, had a noticeable effect on the amount of graffiti and other manifestations of undesirable behaviour. While I certainly don't want to live in the kind of country where cameras could track my every movement, I have always supported the Council funding their presence in the centres of our two largest towns.

The cameras are often operated by volunteers, and they are backed-up in a number of areas by volunteer community patrols in Kaiapoi, Rangiora, Pegasus, Oxford, etc. While they can't be out 24/7, the patrols and camera operators perform a useful function in providing "eyes and ears" for the police. I think we all realise that police resources are never going to cover every pressure point – to make a hypothetical observation, if officers are dealing with an assault in Oxford, it is going to take a while for them to get to some antisocial behaviour in Pines Beach, for example.

The community patrols are always looking for volunteers, but even if we can't all be involved in them, in the end, safety in public spaces is a partnership between the community, the police and bodies like the council.

The mine field that's ACC with Hank van Keulen

You'll recall in the last two editions I've been talking about ACC. In particular how that affects those of us that are self-employed or small business owners. What I've called "the minefield that is ACC" because in these circumstances it is indeed a minefield. Because ACC is both a default system and designed for the majority, when it comes to income compensation, it works very well for those of us that are employed. Not so well where our income is variable because of what we do and how we do it.

However, there is one part of ACC that affects everyone regardless of how we earn our livelihood, and that is claims. Both for the medical costs and income compensation.

Let's go back to my very first column on ACC. You'll recall I talked about why we have ACC and when ACC accept liability for both medical cost and income compensation. ACC was first formed in order to negate the need for private litigation when an accident occurs, and the victim suffers a loss. A loss could be either (or both and, often is) the cost of the medical treatment or loss of income as a result of being unable to work.

We've all heard and seen what happens in such places as the US where there is no ACC. Private litigation is how victims are compensated for their loss. You'll have heard the stories of lawyers following ambulances to tout for business on a "no win, no fee" basis. Very messy and often very unjust, for both parties!

So, we have ACC. ACC accept liability in the case of an accident. So, what is an accident? I guess it could be best described as a specific incident, that causes a specific injury, on a specific day at a specific time. Most of the time that's really easy. If you have a fall and break your leg as a direct result of that fall, it is deemed an accident and you have ACC cover.

But what happens if after a number of years your leg starts playing up again. Is that a direct result of the fall? Or an accident? Arguably not. Just wear and tear with age. This where ACC's liability become somewhat blurred. And in recent times they have become a lot more stringent on what they will accept liability for. Those issues that result over a

longer period of time, either through sports or work, are less likely to be accepted by ACC.

What do we do then if we can't work? What do we do when our sick leave runs out? Then our annual leave runs out? What then? And, by the way, only 25% of us who can't work are incapacitated as a result of an accident. 75% of us are incapacitated by an ailment, not an injury. No ACC here!

Private income protection comes in many different forms. Private medical insurance also comes in many different forms. A number of options are available depending on such things as age, occupation, health, debt and so on. It's a complicated matter and needs appropriate advice.

But, if you think ill health only happens to others and never to you, then think again. Illness, especially serious illness is not discriminatory. It can happen to any of us at any age from any background. If you rely on physical exertion to create your income, to pay your bills and keep the lifestyle you and your family are accustomed to, then you need to talk to us about your best options to ensure that your income continues when you can't work.

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



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