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## 2019 Women in Business

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# contents

The August issue of Essence Magazine this month is packed full of Q&A's from our (WIB) Women in Business 2019.

We always look forward to bringing this issue to you each year because it's our opportunity to promote amazing women who combine their wisdom, excitement and positive attitudes in the North Canterbury business world.

We have been privileged to celebrate the success of many WIB over the past 16 years in Essence Magazine and we are very mindful that men also put as much effort into running businesses while managing the daily routines of a busy household - but just for this issue - it's mostly about women.

Talented jewellery designer, Lee Sinclair shows us through the stylish home she shares with partner Peter and two year old son Jack. Page 8

Holding her nerve barreling along at 190 km per hour, excellent concentration, accurate time management and organisational skills are all attributes Sam Gray has in spades. Not to mention sheer guts as the car skids on shingle, slides off the road in black ice, rolls down a bank or spins into a tree stump - all in a day's rallying for this petite blonde 24 year old co-driver. Page 28

Gosh, owning or running your own business maybe doesn't sound that scary after all!

Have a great month - Dorothy



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**Front cover:** Listen to your instincts, grab the opportunity when it presents itself, do your research, overcome your insecurities and then give it your all. Excellent advice from our Women in Business 2019

**essence**  
essentially...north canterbury

2019 Women in Business

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# A new venue for creativity

Secure your seat and prepare to be amazed this month at the newly named North Canterbury Wearable Arts on Saturday 31st August.

Formerly known as Oxford's Wearable Arts and brought to you by Oxford Area School, the family-friendly event has outgrown its school venue and has now relocated to the Rangiora Town Hall.

"It's a superbly purpose built auditorium for shows and has much more superior seating than our school hall bleaches," says Jane Anderson, founder of North Canterbury Wearable Arts and part of the PTA team at Oxford Area School.

"This year will be our sixth show and the quality of the entries each year continue to impress us. The success of this event is down to everyone involved, and we can't think of a better way than to acknowledge their hard work by showcasing it at the Rangiora Town Hall," Jane says.

Over 300 people are expected to attend North Canterbury Wearable Arts which includes a matinee show at 2pm and an evening show at 7pm on Saturday 31st August. The event allows individuals to showcase their creative skills in a show atmosphere with live entertainment, judges, compere and great prizes. Entries are now welcome from any school aged

student or adult from Christchurch and surrounding districts.

"We usually have over 30 to 40 entries, but this year we're hoping to see more people enter and wow us with their creative skills. Participants will be creating their costumes to this year's environment and open categories, and the supreme student and adult winners will each receive two flights and tickets to attend the World of WearableArt in Wellington, which has kindly been sponsored by Oxford Farmers' Market," Jane says.

She adds, "This is a huge opportunity and a wonderful experience for anyone to be able to research, design and create a garment and then model it on a stage in front of an audience. We encourage everyone to come along and support this community event, and be a part of this creative experience that's right on our doorstep!"

Tickets are now available and can be purchased at the Rangiora Town Hall with funds raised going to Oxford Area School.

For entry enquires, email: [jane@oxford.school.nz](mailto:jane@oxford.school.nz) or for more information, visit the Facebook page: [www.facebook.com/NorthCanterburyWearableArts/](http://www.facebook.com/NorthCanterburyWearableArts/)



**Saturday 31 August**  
**Rangiora Town Hall**  
 Matinee - 2 pm | Evening - 7 pm

Tickets:  
 \* Rangiora Town Hall  
 \* [www.townhallcinemas.co.nz](http://www.townhallcinemas.co.nz)  
 \* Stan's Pharmacy, Rangiora

A great family event with live entertainment and fabulous costumes.

**North Canterbury WEARABLE ARTS**

Formerly Oxford's Wearable Arts

Adult Supreme Winner 2017

# Corcoran French Kaiapoi Art Expo

Invited guests enjoyed the opening night of the Kaiapoi Art Expo, a valued and popular event in the Waimakariri District. The expo attracted over 3,500 visitors with a total of 166 artworks sold totalling \$32,984.50.



1. Mary Fraser and Margo Hutcheon 2. Suzanne Blakeley-Souter and Caroline Marris 3. James Anderson, Debbie Mahia-Enright and Haki Anderson 4. Rosina Rouse, Dan Gordon and Jackie Watson 5. Glenys Croft and Kate Smith 6. Prue Neville and Paul Wyke 7. Nancy Holmes and Richard Green 8. Jan McCormack, Katrina Hazelwood and Nicholette Kilgour 9. James Anderson, Debbie Mahia-Enright and Haki Anderson 10. Ray White Staff - Heath Kelly, Teresa Kelly, Marijke Sheppard, Claire Morris, Rachael Rayner, Katrina Green, Amy Sheppard, Stuart Morris 11. Lacey McLennan, Andrew Thompson and Maddix McLennan 12. Guest Artist Ivan Button and Mayor David Ayers 13. Nikki Parker, Jan Campbell and Mandy Palmer 14. Joan Whillans and Dael Fay

# Creativity in Kaiapoi

Kaiapoi North School held a Wearable Arts Celebration with four shows for the community where the children worked creatively to produce some colourful and diverse costumes. The audience enjoyed the colour, variety and messages around the costumes. Photography: Christine Watton



# The Waikuku Beach Invigorator

These hardy souls are much braver than the Essence girls! Maybe next year ...



# World Class in Rangiora

Pacific Radiology celebrated their arrival in Rangiora by showcasing their brand new premises on Durham Street to colleagues and friends. Guests enjoyed morning tea and a tour of the purpose built facility viewing the X-ray and Ultrasound services on offer.



1. Dr. Jeremy Sharr, Rachel Irwin and Martin Robinson 2. April Mackenzie, Janine Willis, Kay Gibbs, Rebecca Abbott and Anna Hawke 3. Adrienne Hayes and Shirley Curgenven 4. Colin O'Neill and Robin White 5. Ange Stewart, Rebecca Brine and Sue Stevenson 6. Drew Murray, Anne Clark and Carl Palmer 7. Rachael Irwin, Rebekah Brine and Natasha Bird 8. Simon De Roo, Malcolm Collie and James Davidson

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**Upcoming Events**

# Christmas Country Fete Moves to Fernside

With over 160 stalls, a dedicated food and wine area and the chance to look around one of North Canterbury's top gardens – this year's Christmas Country Fete looks set to be a great day out.

The fete has moved this year and will be based in Lyddington Gardens in Fernside just 40 minutes from central Christchurch – making it close enough for city dwellers to drop the kids at school in the morning and be back for pick up time at 3pm. And in between times they'll be able to enjoy some of the best Canterbury has to offer from over 160 stalls selling beautifully handcrafted items and unique gifts. Browse everything from kids' toys to handcrafted wooden furniture, clothing, beauty products and even sculptures.

And when the shopping is done you can head for lunch in the dedicated food and wine area to enjoy snacks meals and sweet treats to suit every palate. Try

a venison burger or some gourmet salads; fill up on some tasty Asian options or go into full summer mode with Pimms and some strawberries and cream. There's even a chance to brush up on your own culinary skills in advance of the festive season with a Christmas Dinner cooking demo from professional caterer Tina Duncan (formerly of White Tie Catering). This will be an interactive demonstration with the chance to ask questions – so you can find out exactly how to get that turkey perfectly cooked this year.

There will also be entertainment with music from girl trio The Starlets.

The Christmas Country Fete takes place on Thursday 31st October and tickets for this unique event are now on sale online.

So save some money and dodge the queues on the day by buying in advance at [www.thefete.co.nz](http://www.thefete.co.nz).

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Guest demonstrators are Tina Duncan (previous owner of White Tie Catering) and her daughter Kate Duncan. Tina will be cooking while Kate will interact with Tina and the audience for a creative and fun event. Times are 11.00am & 1.30pm. These sessions are free for anyone at The Fete.

Tickets on sale now: [www.thefete.co.nz](http://www.thefete.co.nz)



**MUDDY GOOD RUN**

29 September, Mandeville Sports Ground, This brings everyone back to their childhood and those that are still children just love it. If you're 4 or more then you can do it. Muddy Good Run, the name says it all!



**PEGASUS BAY ART SHOW**

The 4th annual Pegasus Bay Art Show is fast approaching on the 20-22nd of September and is going to be another great event, with something for everyone. Details page 10.



**NEUROSCIENCE EDUCATOR**

15th September, Ohoka Sports & Events Centre, Nathan Wallis, Neuroscience Educator offering 2 seminars: Developing your Brain (10am) and Change your Brain, Change your Life! (1pm).

## Spring Exhibition for Rangiora Art Society

The many and varied talents of North Canterbury artists will be on display this year at the Rangiora Art Society's exhibition "Spring Into Spring" from the 23rd to the 25th August at the Rangiora Bowling Club.

all ages and walks of life from school pupils to retirees but all have a love of art in common and around 30 or so of them meet weekly at the Gospel Hall in Rangiora.

The exhibition will feature work from some of the society's many members as well as from guest artist Anne Dillon. There will be over 300 originals works of art on display and up for sale including oil paintings, watercolours, pastels and mixed media.



The chance for members to display and sell work at the society's annual exhibition has long been a fixture and this year's show promises to be another treat for local art lovers looking to add to their collections. So head along to see some of this wonderful local talent on display.

Founded in 1959, the RAS turns sixty this year and continues with its aim to promote art in the wider community, improve art skills through tutorials and to provide a social environment for its members. The society's 130 members span

For further information check out Rangiora Art Society on Facebook or head directly to their website at [www.rangioraart.org.nz](http://www.rangioraart.org.nz)

**RANGIORA ART SOCIETY**

**SPRING INTO SPRING EXHIBITION**

**23 - 25 AUG**

**ENTRY \$2 - CHILDREN FREE**

**Guest artist Anne Dillon**

approximately 350 original works for sale - 10am - 4pm daily

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Stuart and Claire Morris Business Owners

### Expect Outstanding Service

Selecting a real estate salesperson or company can be pretty daunting and sometimes stressful. This month we discuss some strategies that may help with the decision and also what you can expect when you choose the right real estate salesperson.

In an ideal world, you may know or have had positive dealings with a salesperson before so the decision is a simple one for you. Failing that, we would suggest speaking to friends, family members or people you trust and see if they can recommend someone they have had a great experience with. Even with the strongest of recommendations we think it makes sense to seek another opinion just to be sure of your selection - it is after all a pretty big deal to get this one right. The wrong choice can result in an unpleasant experience, increased stress and worst of all financial loss if the sale is mishandled.

If you are completely new to the process or don't have an allegiance to anyone, then do

your homework like you would with any decision. Look at the leading companies and then look at the salespeople that stand out to you within those companies. Research them online, on social media, interview them based on the factors you find important. Have them complete a written market appraisal and present their findings to you. During this process you should be able to establish whether you get on well with them. Other things to consider include; whether you trust them, the way in which they communicate, their understanding, skill level and work ethic to get you the best result.

In our opinion, you can expect the following from a true real estate professional:

- Genuine interest in your situation and the ability to tailor a service to you and your home
- Great communication skills both verbal and written
- An ability to clearly explain and articulate what the real estate market is doing and how that reflects to your homes value - they must provide you with a full written appraisal detailing comparable sales and properties on the market under the Real Estate Agents Act 2008
- A thorough understanding of all the selling techniques that could be used to sell your home

- The ability to show you all of the best ways to market and expose your property to every buyer to make sure you find the very best buyer for it. The difference between a good offer and a great one could be tens of thousands of dollars.
- Feedback from each and every buyer viewing your home - without an understanding of what the market thinks about your property, how will you be able to make the best decision? There must be a commitment to follow up after every open home or viewing from your salesperson.
- Weekly communication and updates on the progress of your sale.
- Availability - either through themselves or a team to run multiple open homes, show buyers, meet with you and have complete commitment to doing the best by you.
- Have a proven history of negotiation skills or have the support from their management to make sure they offer the most of every offer and multiple offer situation.
- Commitment to managing the whole process so that it is as stress free as possible, perhaps even enjoyable!

There are a lot of great real estate salespeople in North Canterbury so you have no reason to settle for anything less!



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# Old And New

Imagine a beautiful character villa with warm, sunny rooms; no condensation on the windows and fitted with all the modern conveniences. That's exactly what Lee Sinclair and partner Peter Butcher discovered tucked away on a suburban street in Rangiora. The only hitch is that this character villa is a replica rather than an original, built just a few years ago by Mike Greer Homes. But that also brings some very important benefits.

"We had looked at some character villas," says Lee on their house hunt, "but they were never quite right. They were either too small, or the layout wasn't right, or they just needed so much work to be able to live in them". So when they found this new home with all the timeless style and attention to detail of a character villa but with the comfort and convenience of modern living, they knew it was the place for them.

That was four years ago and they now share the 4-bedroom family home with son Jack, two and a peaceful looking cat called Mouse. They have done some cosmetic work, stripping wallpaper and painting and Lee has made it into a truly stylish family home - effortlessly blending old and new. She starts with an advantage when it comes to interior design - an experienced graphic designer turned talented jewellery designer, she's clearly got an unerring sense of what looks good. "I just love anything design" she says.

And it's clear from the entrance hall that this is a home that has been put together with some thought. An old, folding metal chair sits neatly in the corner a dark, lush green plant in a woven basket is placed on the seat and an earthenware style pot is tucked on the floor beside it. On the side wall an intricate cream coloured macramé wall hanging holds its own against a neutral background and on the wall ahead a big, bold print of a protea on a black background manages to be eye-catching but not overwhelming. Natural fabrics, muted colours and a love of nature dominate.

In the sunny, open plan kitchen and dining area all the charming features of an old villa are present. There are dado rails and architraves around the doors; a beautiful fireplace in the lounge and high ceilings lend a sense of space and grandeur. A cosy window seat is Lee's favourite place to relax. The space is sunny, light and bright with gleaming white subway tiles in the kitchen, white walls and pale oak wood floors. But all this is punctuated with some bolder features - between two dark blue couches an interesting wicker coffee table is from local shop Niche. It sits on a patterned rug and close by a more heavily black and white patterned wooden storage trunk catches the eye but these busy patterns work together in a subtle style.

*Lee and Peter may have bought a ready built house, but with her talent for design Lee has done something more valuable - she's created a home filled with the warmth and personality of the family.*

In the dining area a replica retro sewing cabinet takes pride of place, its black metal bulk roughly written with chalk style numbers and letters on its little drawers. "I saved and saved for that, it was my first big purchase," says Lee. In the lounge area an old replica Chesterfield sits in the corner, the battered and faded leather lends a homely touch to the room - her second big purchase.

But Lee also loves the genuinely old when it comes to shopping. There are little pots and vases dotted about that she's picked up at op shops; in the bedroom a perfect wicker peacock chair and matching bedhead were a Trade Me find. As a child she spent many weekends going to garage sales with her grandparents and that interest in preloved pieces continues to this day. "I love second-hand shopping, fossicking about in second-hand stores," says Lee who is often found browsing around in the Salvation Army store and the refuge shop as well as The Auction



Rooms in Rangiora and shops like Twine in Waikuku.

Throughout the house each room has its own personality but clearly fits in the overall theme. In Jack's room natural muted colours dominate accentuated with light woods. In Lee's home office where she works on designs for her business, Cloud Nine Jewels, pastels and light woods make a bright, sunny work space with one wall covered in magnetic paint - perfect for hanging jewellery pieces. The master bedroom brings in a little more drama with dark blue walls acting as a feature with the striking white of the dado rail.

Lee and Peter may have bought a ready built house, but with her talent for design Lee has done something more valuable - she's created a home filled with the warmth and personality of the family.



## Four Home Design Tips From Lee

1. Stick to neutral colours on walls and window fittings. Painting walls and changing curtains can be expensive and time-consuming jobs so steer away from bright colours and bold patterns that you may quickly tire of.
2. Add in pops of colour with smaller items like cushions or a rug that you can change quickly and cheaply.
3. Scout around second hand shops for some unique and reasonably priced homeware pieces to accessorise your room.
4. Don't be afraid to be bolder with some things - if you love something you'll find a place to make it work. After all, a home is about you and what you like.



## more to see.

Whether you are looking for your first home, an investment, your family dream home or you want some inspiration for your new build, come and talk to our Sales team about your new home requirements.

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Mike Gilbert - Wetlands



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Kevin Wright - Pear



Russ Campbell

# Pegasus Bay Art Show

The 4th annual Pegasus Bay Art Show is fast approaching on the 20-22nd of September and is going to be another great event, with something for everyone. 85 artists will be exhibiting a wide variety of artworks for sale at this years' show including guest artists Brent and Shirley Cairns of NakedArt.

Kaipoi artists Brent & Shirley create sculptures by taking a mold from live male or female models, promoting a positive attitude to the shape and size of the naked body...each sculpture is hand finished

capturing amazing detail and form in gypsum, aluminium, bronze and glass. The style of sculptures they create could be described as Classical, Contemporary, Sporty and some a little naughty. At opening night Brent and Shirley will share how they got started, which they say is quite a funny story.

The opening of the show on the 20th of September from 7pm is a ticketed event. Tickets are \$20pp and can be purchased at The Good Home - Pegasus, and Kaipoi iSite.

The show is then open on Saturday 21st and Sunday 22nd from 10am-4pm, and is just a gold coin donation entry. There will again be workshops available for both adults and children. Information on these workshops and how to book in will be available soon on the "Pegasus Bay Art Show" Facebook page.

On Saturday 21st September Pedalmania will be onsite from 12-3pm. There will be also be a bake sale with tea and coffee available.



Mandy Palmer - Becoming Translucent?



Megan Knight - Rural Letterbox



Brent & Shirley Cairns - Naked Art - Rugged Innocence

# 2019 Women in BUSINESS

A study released earlier this year put New Zealand fourth on a list of the countries with the most female business owners. The research, from Aston University in Birmingham, showed that in New Zealand 33% of business owners are women. And looking around our Canterbury towns it's easy to see why New Zealand was high on the list. Our towns are bursting with wonderful businesses owned and run by dynamic and entrepreneurial women. From hospitality to graphic design, law to accountancy - women owned businesses are thriving in Canterbury.

And, as women we achieve all this whilst often facing very different challenges in business compared to men. We are often the ones that take time out to look after children; care for elderly parents and deal with family crises. We simply tend to have to juggle more domestic and family priorities with our working lives. But despite these challenges, or perhaps in part because of them, women in business are driven, dynamic and succeeding. Women are starting; managing and leading businesses in all walks of life and we see that everyday in Canterbury.

This month we wanted to inspire you with an insight into some of the local women in business in our region. So, read on to find out what got them started, the challenges they've faced and the best advice they've ever been given.



EMILY ROWSE

**The Fabric of Society**  
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**What is your business focus?**  
Sourcing gorgeous affordable fabrics for our customers, and inspiring them with their interior makeovers.

**What influenced your career choice?**  
Life. My husband and I have a saying "work to live". So much has happened in Canterbury that you can't take things for granted. Go out and live life. Be happy in work. Do what you enjoy. Looking back at what I have done so far, I realise I was living by this already. I have worked in careers that fitted in with what I enjoyed and what I needed at each stage of my life.

**What is unique about your business?**  
We stock bolts of fabrics so our customers can come in see the fabric in the flesh, roll it out, match it, touch it, and even take home large

samples to see if it works at their place. Notwithstanding that our fabrics are wholesale prices direct to our customers.

**Valuable learning experiences?**  
Don't get stuck in a rut. Running a business is a continuously evolving project. Seek out advice and communicate with those you trust to work in your business.

**Best advice you have received?**  
Don't sweat the small stuff!

**What are some of the challenges you have had to overcome?**

Running a business does have its challenges. Every now and then I have moments when I think why am I doing this? Then I remember "Don't sweat the small stuff" I have a number of wonderful friends who are business orientated and we often get together and talk about business - it's a great way to release some stress and get reassurance.

**What is one thing people may not know about you?** I am involved in two other businesses! One of which is Kiwi Style Bike Tours, cycling tours around amazing European destinations.

**What makes you smile the most?**  
When I hear everyone in the shop laughing and happy... and the atmosphere is upbeat... I think "Yes, Life is good".

**The Fabric of Society**

15 Coronation St, Rangiora.  
R. (03) 310 7635, www.thefabricofsociety.co.nz



KATY HUSBAND

**Feather and Oak Interiors**  
FOUNDER/INTERIOR DESIGNER

**What is your business focus?** We want to provide women with 'all things home'. We believe that to be our best selves we need our homes to be a place to relax and refresh, somewhere that expresses us and where we can experience meaningful occasions. We provide beautiful homeware and giftware, soft furnishings and interior design and styling advice to help you create a home that best represents you. We believe, once rejuvenated at home we can go out and conquer our world.

**What influenced your career choice?** I have always loved interior design and business - Feather and Oak Interiors is a meeting of both of those passions.

**What is unique about your business?** We love that we can provide the total experience -



MEGAN & JARNA

**Hair Handlers**  
OWNERS

**What is your business focus?**  
Clients, service, team are our business focus. We each have 15+ years' experience and knowledge, it is important for us to pass this knowledge onto our clients.

**What influenced your career choice?**  
When we lived with our mothers fringe trims!!!!

**What is unique about your business?**  
Upon buying the business nearly 10 years ago we have always strived to create a family atmosphere in our salon, which shows through in the atmosphere in our salon. We are only the 2nd owners of the business in 40+ years.

**Valuable learning experiences?** Honestly just owning a business is a valuable lesson! From payroll to social media to OSH requirements etc you always have something to do or learn. From

new owners to earthquakes to recession, it's all learning. In our industry trends are forever changing so again always learning and upskilling.

**Best advice you have received?**  
Delegate!! Don't try to do everything yourself. We all have strength and weaknesses.

**Your greatest accomplishment?**  
(Megan): My beautiful daughter and loving family. (Jarna): Purchasing into the business, family and friends.

**Do you have a role model or someone who inspires you?**  
Hard working dedicated parents!

**What are some of your goals etc?**  
Expansion!! Support the team to where they want to be in their careers.

**What is one thing people may not know about you?**  
(Megan): Petrified of snakes.  
(Jarna): A large dislike of gardening.

**Top 3 things on your bucket list are?**  
(Megan): Riverboat cruise through Europe, skydiving, scuba dive ticket.  
(Jarna): Germany, Travel NZ, Enjoy life.

**What makes you smile the most?**  
Positive happy minds and sunshine.

**HAIRHANDLERS**

101 High Street, Rangiora. P. (03) 313 6949  
www.hairhandlers.co.nz

interior design and styling services, beautiful soft furnishings solutions from qualified designers, bespoke manufacturing and gorgeous homeware and giftware to wrap it all together.

**Valuable learning experiences?** Attend training and courses - there's so much to be gleaned from others and I would much rather learn from others mistakes than make them all myself!

**Best advice you have received?**  
Keep allocating marketing spend - this will help grow your business.

**Your greatest accomplishment is?**  
Juggling four growing children with starting a new business!

**Do you have a role model or someone who inspires you?** I am inspired by successful women

in business. We have some great examples in NZ of women being incredibly accomplished in their fields - Anna Curzon, Karen Walker, and Lisa Cooper.

**What are some of the challenges you have had to overcome?** The tension between growth and current fiscal reality!

**What are some of your goals and aspirations for the future?** We have lots in the pipeline for Feather and Oak Interiors and beyond! We would love to continue to develop our business especially in growth areas such as our online presence.

**FEATHER & OAK**  
interiors

166 High Street, Rangiora. P. (03) 313 0123  
www.featherand oak.co.nz



## PEGASUS BAY Art Show



20-22 SEPT. 2019

PEGASUS BAY SCHOOL Solander Road, Pegasus

**Opening Night**  
**Fri 20 Sept 7pm**  
**Tickets \$20pp**

- guest artists - Brent and Shirley Cairns
- artworks available to purchase
- bar facilities **R18 Event**
- raffles, and auctions

**Sat 21 & Sun 22**  
**10-4pm**  
**Gold Coin Donation**

- kids & adult art workshops
- childrens entertainment incl Pedalmania 12-3
- artworks available to purchase
- food and drink available

Platinum Sponsor  
**Jennian**  
HOMES  
*Your personality. Our expertise.*

**TICKETS FROM:**  
Kaipoi i-site (cash only)  
The Good Home  
- Pegasus

Pegasus Bay Art Show





### KIRSTY WATSON

Cameo Fine Arts  
MANAGING DIRECTOR

**What is the focus of your business?**  
To display and protect customers' momentos and artworks for many years to come. It doesn't matter if it's a shell collected from a beach on a family holiday or a Picasso.

**What influenced your career choice?**  
My mother was a florist giving me my feel for colour and my father was a joiner who allowed me from a young age to play and build with wood.

**What is unique about your business?**  
I have over 20 years of framing knowledge so your artwork will be treated correctly and framed using the right products. This is very important in the longevity of the artwork as some product destroy art over time. In the shop you will find arty giftware so come check us out.

**Valuable learning experiences?**  
Owning a business is full of valuable learning experiences - people skills, money management and book-keeping just to name a few.

**Best advice you have received?**  
Happy customers are repeat customers.

**Your greatest accomplishment is?**  
Would be Rugby World Cup 2011 where every team member, player or staff from each of the countries taking part went home with one of my products.

**What are some of the challenges you have had to overcome?**

A recent burglary where key machinery was taken. Thanks to good friends and family we got through this. Dealing with Police and Insurance is both time consuming and very frustrating. The biggest thing I have learnt is photograph everything you own as you never know when you have to prove it.

**Who inspires you?** Art and Artists.

**What are some of your goals and aspirations for the future?**  
Continuing to grow the business.



10 Cone St, Rangiora. P. (03) 313 5474  
www.nz-souvenirs.co.nz



### LIZ DITTMER

Helloworld Travel Rangiora and Kaiapoi  
MANAGING DIRECTOR

**What influenced your career choice?**  
I grew up in Methven so was surrounded by people from all parts of the world. This started my desire to be involved in the travel industry and forging a career of over 33 years in the travel and tourism sector.

**Best advice you have received?**  
Your staff are the most important asset in your business, if you take the time to look after your staff and they will look after your business. The other key advice I have been given is how important it is that you remember to take time away to work on your business on a regular basis. Too often we get busy "in" the business and don't have enough time left to focus on the important aspects of managing your business.

**Your greatest accomplishment is?**  
Starting my business from a small team of 2 to my now award-winning amazing staff of 8.

**What is one thing people may not know about you?** Despite getting plenty of opportunities to travel away I like hanging out at home and entertaining friends and family.

**Top three things on your bucket list are?** This would have to be some of the destinations that I am still dreaming of getting to, Antarctica, Northern Lights in Norway and spotting some African Wildlife.

**What makes you smile the most?**  
Listening to my team having a great day at work with plenty of life and laughter, and of course my amazing family.

**What are some of your goals and aspirations for the future?**  
On a personal note I would like to tick off a couple of those bucket list destinations in the next few years. From a business level I want to grow the store a little bit more and then see what other opportunities may be around the corner in our ever changing industry.



Rangiora - 99 High Street. P. (03) 310 6288  
Kaiapoi - 123 Williams Street. P. (03) 327 9247



### GINA MCKENZIE

Real Communications  
DIRECTOR

**What is your business focus?**  
Communications and Public Relations.

**What influenced your career choice?**  
I've always been fascinated by people's stories and this combined with a love of writing, meeting new people and a desire to make a difference led to a Journalism and communications career. While living in South Korea, I set up my own communications consultancy and since returning to New Zealand I discovered a niche market for positive communications. I love having the freedom to shape the direction of my business.

**What is unique about your business?**  
Real Communications is passionate about positive content and we only work with clients with similar values. We create complete content packages (articles, photographs, videos) and our strong media background provides us with an in-depth understanding of the content required by editors and journalists.

**Valuable learning experiences?**  
Starting a business has been and will continue to be a valuable experience.

**Best advice you have received?**  
"Keep the vision and the why"

**Your greatest accomplishment is?**  
My children, the studio and supporting people in their health journey.

**What are some of the challenges you have had to overcome?**  
Fitting everything I want to achieve in one day!

**Do you have a role model or someone who inspires you?** Joseph Pilates who invented the Pilates method. Strong women inspire me, I wonder what they have had to conquer to have risen.

**What are some of your goals and aspirations for the future?**  
Supporting people getting stronger and becoming more confident in their abilities makes me so proud of what they can achieve.

**What is one thing people may not know about you?** I have a wardrobe outside of active wear!

**What makes you smile the most?**  
Seeing people who are special to me.

**What is your business focus?**  
Empowering business owners to grow their business.

**What do you love about what you do?**  
Seeing each person grow in confidence personally and professionally. I love those 'aha' moments when clients feel clearer about their goals and direction. Seeing clients achieve as well as receiving their positive feedback provides me with a huge amount of satisfaction.

**What is unique about your business?**  
Success Factor provides a client led, strengths-focused and results-based service through its Business Coaching and Mentoring Programme. The customer-focused programme works holistically covering both personal and professional aspects of work and life helping clients work both IN and ON their business.



### DEBS TAYLOR-HAYHURST

Success Factor  
Consultancy & Coaching  
BUSINESS CONSULTANT & COACH

P. (022) 355 7601  
www.realcommunications.co.nz  
gina@realcommunications.co.nz



### JODI KOSTER

Core Pilates and Mind  
OWNER/INSTRUCTOR

**What is the focus of your business?**  
A boutique studio offering Reformer and Mat Pilates, Yoga and Barre classes in a small group setting.

**What influenced your career choice?**  
My passion for pilates, and self-care was birthed a number of years ago. As a mother who had always put herself second, I decided it was time to put my focus on my own health and wellbeing.

**What is unique about your business?**  
Our classes and exercises compliment one another. Reformer and Mat Pilates supporting each other to bring strength, postural, flexibility, balance and endurance by working the smaller muscle groups to develop major muscles. Yoga promotes strength, and mind body awareness. Barre is the cardio element that gets your heart rate going.

**Valuable learning experiences?**  
Starting a business has been and will continue to be a valuable experience.

**Best advice you have received?**  
"Keep the vision and the why"

**Your greatest accomplishment is?**  
My children, the studio and supporting people in their health journey.

**What are some of the challenges you have had to overcome?**  
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**What are some of your goals and aspirations for the future?**  
Supporting people getting stronger and becoming more confident in their abilities makes me so proud of what they can achieve.

**What is one thing people may not know about you?** I have a wardrobe outside of active wear!

**What makes you smile the most?**  
Seeing people who are special to me.



Above Pet Plus, Northwood, Supacentre  
1 Radcliffe Road. P. 027 500 7095  
www.corepilatesandmind.com



### TANIA MCKENZIE

Williams McKenzie Lawyers  
PARTNER

**What is your business focus?**  
Providing legal advice to the North Canterbury community and beyond.

**What influenced your career choice?**  
I wanted to be a pathologist. Circumstances changed so I had to reassess my career options. I married a scientist instead.

**What is unique about your business?**  
The people in it. Sounds like a cliché but without the right staff you won't have the right magic. A couple of new lawyers have come into the firm in the last year who have quickly become a part of our family. However I also have staff who have been with us for many years so we must be doing something right.

**Best advice you have received?**  
Be kind, be strong, be humble.

**Your greatest accomplishment is?**  
Staying in law and in the one firm for 24 years. That is a rare thing.

**What are some of the challenges you have had to overcome (eg what keeps you awake at night)?** Learning how to balance work with family life and making sure I take some time for me.

**Do you have a role model or someone who inspires you?** Dame Whina Cooper. "Take care of our children, take care of what they hear, take care of what they see, take care of what they feel. For how the children grow so will be the shape of Aotearoa"

**What is one thing people may not know about you?** I used to be a competitive Ballroom and Latin American dancer as a youngster and won a New Zealand Title.

**Top three things on your bucket list are?**  
1. To see my all-time favourite artist in concert again - Sting.  
2. To visit the Maldives.  
3. Be debt free.

**What makes you smile the most?**  
My daughter.



4 Durham Street, Rangiora  
P. (03) 313 7086  
www.williamsmckenzie.co.nz



### REBECCA PARNHAM

Krama & Co  
OWNER AND CO-FOUNDER

**What is the focus of your business?**  
We are a social enterprise that sell hand loomed krama (scarves) that we source from weavers in a village in Cambodia.

**What influenced your career choice?**  
I went to Cambodia in 2010 with my husband and saw the struggles of the Khmer people, many of whom are living in poverty. On one day I saw a woman with her krama tied to the handlebars of her bike to make it into a bike seat for her child. I wanted to support women which in turn supports their children and could see this as a way I could do that.

**What is unique about your business?**  
We pay our weavers more than they asked, run a village fund in which we put \$1 USD in a fund for every krama we purchase for the fund and our profits go to education for girls and opportunities for women through the charities that we have partnered with.

**Valuable learning experiences?**  
The steepest learning curve has been learning to work with a completely different culture.

**Best advice you have received?**  
It was to be a social enterprise as opposed to a charity.

**Your greatest accomplishment is?**  
The first time we used the village fund to get a medical team out to the village was amazing.

**Do you have a role model or someone who inspires you?** Muhammad Yunus who started Grameen Bank and pioneered microcredit and microfinance.

**Top three things on your bucket list are?** Meet Muhammad Yunus, for me and my children to give Yusra Mardini the krama that is named after her and to get to Cambodia and meet Nita.

**What makes you smile the most?**  
Nita sending over photos from the village when the village fund has paid for the medical team to go or when someone gets that a krama is so much more than just a scarf.



P. 0210 290 0576  
www.krama.nz



"Health is the greatest treasure"

### DR PADMA

Rangiora Yoga  
FOUNDER AND TEACHER

**What is the focus of your business?**  
Business with a difference, to serve and connect.

**What influenced your career choice?**  
My asthmatic problems and stressful life, I cured my 27 years of chronic asthma so wanted to research more and eventually I found my career in yoga.

**What is unique about your business?**  
I keep the place as humble and homely as possible so that everyone can find an instant warmth and connection with yoga. Giving the actual pure authentic yoga based on my yoga Guru and disciple lineage. An effort to give people hope that yoga is not about posture perfection but a step into the soul.

**Valuable learning experiences?**  
Health is the greatest treasure.

**Best advice you have received?** Do not give up, if life drags you down to the bottom of the ocean then get up and start climbing until you make it to the top of Himalayas.

**Your greatest accomplishment is?**  
PhD in Yoga, disease free life and opening my yoga studio to help others.

**Do you have a role model or someone who inspires you?** My Nana, Mr. Pratap Chandra Sarangi, my Guru.

**What are some of your goals and aspirations for the future?** To inspire people to do yoga and bring yoga into mainstream as therapy in New Zealand. See GPs in NZ prescribe yoga. Spreading the message that yoga is about life

itself, an amazing secret tool to a happy disease-free life.

**What is one thing people may not know about you?** I want to join politics.

**Top three things on your bucket list are?**  
1. Travel the world.  
2. See Northern Lights.  
3. Antarctica Expedition.

**What makes you smile the most?**  
When my students say "Padma, we want you in New Zealand".

94 Victoria St, Rangiora  
P. 021 088 89284  
www.rangiorayoga.co.nz



### JESS & SALLY TELFER

Cocoon Beauty and Day Spa  
Jess: MANAGING DIRECTOR/SENIOR THERAPIST  
Sally: ADMINISTRATIVE MANAGER

**What is your business focus?** (Jess) We are a skin focused clinic - while we offer a wide range of beauty treatments, our real passion lies in helping our clients achieve healthy, glowing skin.

**What influenced your career choice?** (Jess) It was actually my mum Sally (now my business partner), who suggested I look into Beauty Therapy as a career. I love the fact that we get to make people feel good!

**What is unique about your business?** (Jess) We treat the skin holistically, we are very aware that topical treatments and products are not the complete solution. We also support the skin from within. This means making sure our clients understand the importance of

supplements, diet, lifestyle, environment, and stress on our bodies, and the negative impact these factors can have on the skin, when they are out of balance.

**Valuable learning experiences?** (Sally) Every experience, good or bad, is a learning opportunity. Working through the period after the earthquakes taught us resilience. Sharing the ups and downs of our clients' lives is a privilege which teaches us compassion and gratitude. Jess loves the ongoing development of her knowledge of the skin, and sharing this with her team.

**Best advice you have received?** (Sally) Ask yourself - will this current problem matter in five years time? If the answer is no, don't waste more than five minutes worrying about it now.

**Top three things on your bucket list are?** (Jess)  
1. To spend time living in Italy - I love Italy!  
2. To hike in the Highlands of Scotland.  
3. To travel the world.

**What makes you smile the most?** (Jess) My little Frenchie Lulu.



160 High Street, Rangiora. P. (03) 313 5552  
www.cocoonbeautyanddayspa.co.nz



### KATE BRANDRAM-ADAMS

Mindfulness North Canterbury  
REGISTERED MINDFULNESS TEACHER AND  
MENTAL HEALTH NURSE

**What is the focus of your business?**  
Offering Mindfulness based wellbeing courses, workshops and retreats in Rangiora/ North Canterbury. My main focus is the provision of the evidence based course Mindfulness Based Stress Reduction (MBSR) and also workshops on Mindful self-compassion to the public and health professionals. "Local, professional, grounded in research and science, facilitated with heart."

**What is unique about your business?**  
Me. MNC is a culmination of 26 years clinical experience and training in multiple areas of health and wellbeing with my own journey and lived experience of what I teach. This provides a unique blend of professionalism, authenticity and heart felt teaching. It also combines my

passion for the integration of science/ neuroscience and ancient wisdom. I am one of the few Registered Mindfulness teachers in the South Island, which means I have undergone intensive training to teach mindfulness and MBSR and meet international teacher standards.

**Best advice you have received?**  
Be who I am.

**Do you have a role model or someone who inspires you?** I am privileged that my work enables me to meet people all the time that deeply inspire me.

**What are some of your goals and aspirations for the future?**  
That Mindfulness Based Stress reduction (MBSR) and the other workshops I offer here are recognised and funded by public health/ social services, so they are available to all and don't have to be offered via a business model. This is happening in the UK.

**What is one thing people may not know about you?** 20 years ago I arrived on my own in New Zealand and started a new life.

**Top three things on your bucket list are?** Love deeply. Live consciously. Swim with dugongs.

**What makes you smile the most?** Animals.

P. 027 555 1755  
www.mindfulnessncnz







### ANNETTE THOMSON

Route 72 Café Bar Emporium Ltd  
MANAGING DIRECTOR

**What is the focus of your business?**  
To provide a destination with a wholesome environment for families, friends, and individuals to spend quality time shopping and eating nourishing food in a friendly atmosphere.

**What influenced your career choice?**  
Having an abandoned shop on our property in Cust gave me and my husband the inspiration to start a business from home. Having a very young family at the time meant my children could be with me which was very important. Having almost an acre attached we decided to grow herbs to make products to sell. My husband was both a pupil and teacher of permaculture, so we started our business producing and using recycled packaging. Locals would drop off their bottles, plastic bags and horse poo. Sustainability was always the key.

**What is unique about your business?**  
We offer a very extensive range of giftware, homeware, health care, and clothing as well as beautiful food all in an "Aladdin's Cave" environment.

**Valuable learning experiences?**  
You can't please everyone even though you try.

**Best advice you have received?**  
Do more than you would expect anyone else to do (Mum).

**Your greatest accomplishment is?**  
Lasting in business for 27 years and still going.

**Do you have a role model or someone who inspires you?** Nana, born 1898 lived through two world wars and the depression, she always said we are the lucky ones. No matter what, just keep going as when things are tough, they always get better.

**What are some of your goals and aspirations for the future?**  
Gradually ease into retirement with more holidays and time with family.

**Top three things on your bucket list are?**  
Travel. A cottage by the sea. To meet Billy Idol.

**What makes you smile the most?**  
Other people's smiles

1697 Cust Road, Cust  
P. (03) 312 5595  
www.route72.co.nz



### RAELENE REES

Raelene Rees Chartered Accountants  
THE BOSS, the buck stops here!

**What is your business focus?**  
Supporting business owners to make a profit and plan for the future. We have worked with some clients for up to three decades and know their business as well as they do. We are an integral part of their decision making. Whether it be - shall I move to xero? Buy business premises instead of paying rent? Take on extra staff?

**What influenced your career choice?**  
I love accounting. I love helping people. It's like a jigsaw puzzle, asking clients the right questions to put the puzzle together until it makes a picture, then we make sure it's the right, accurate, and complete, picture.

**What is unique about your business?**  
The total experience! Let us feel the weight come off your shoulders - let us simplify your life removing IRD/admin hassles, we can do your GST

for you along with your income tax. We pride ourselves on our efficiency, freeing you up to do what you do best - running your business. We have a team of 18 between both our offices in Rangiora and Christchurch who would love to work with you and your business.

**Best advice you have received?**  
Things always turn out alright in the end, if it's not alright, it's not the end.

**Your greatest accomplishment is?**  
31 years self-employed. Where's time gone?

**What is one thing people may not know about you?** In August I'll be in Switzerland representing NZ with the NZ Triathlon team - definitely not travelling light.

**Top three things on your bucket list are?**  
Run a 60km event before I'm 60.  
Qualify for Edmonton NZ triathlon team in 2020.  
Ski around trees (yes I love the outdoors - balances the time sitting behind my computer at my desk)

**What makes you smile the most?**  
Waking up every morning!

**What is unique about your business?**  
My team's truly authentic heart centred approach to learning - connected, happy children and teachers flourish - it is all about relationships.

**Valuable learning experiences?**  
Don't lose sight of what it is that drives you, that motivates you, energises you - hold it close and feel confident to share your passion. I believe you attract your tribe, and this takes time but is absolutely worth it!

**Best advice you have received?**  
Good things take time!

**Your greatest accomplishment is?**  
Being ready for our opening day with a beautiful preschool created by my very tired builder husband...with my 3 children in tow, my youngest being 12 weeks old!

**What are some of the challenges you have had to overcome?** I need to wear many hats each day, I am getting better at letting go of the small things!

**Do you have a role model or someone who inspires you?** Anyone who follows their dreams and succeeds through hard work.

**What are some of your goals and aspirations for the future?**  
The continued allusive work life balance - does it exist!

**What is one thing people may not know about you?** My friends know - I go to bed ridiculously early!

**Top three things on your bucket list are?**  
1. Building our family bach at my happy place - Lake Brunner. 2. Travel to Italy. 3. Taking my kids to Africa.

**What makes you smile the most?**  
On a daily basis...the things children say!

**What are some of the challenges you have had to overcome?**  
Convincing owners that rental property is a business not a hobby and to see the value in using professional property managers. I've seen far too much stress and heartache caused by attempts at self-management.

**Do you have a role model or someone who inspires you?** Tessa Keeling, Principal. Tessa is totally hands on, passionate, has a vested interest in providing excellence and without doubt the hardest working boss I have ever had the pleasure of working with.

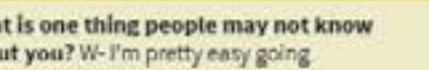
**What are some of your goals and aspirations for the future?**  
To extend our footprint throughout North Canterbury. Being a local, I thrive on being part of the community and love working out of our Conway Lane office.

**What is one thing people may not know about you?** I'm now a Kiwi with a distinct Scottish brogue! Becoming a New Zealand Citizen was on my bucket list which I had great pleasure in ticking off in December 2015 alongside my childhood sweetheart. He's put up with me for over 40 years and we've just celebrated our 30th wedding anniversary.

**What are some of your goals and aspirations for the future?**  
To continue to grow as a business and help as many people as I can into their dream homes.

**Do you have a role model or someone who inspires you?** I am inspired to work hard by my children. I would like to encourage them to never give up and to work hard at what you want to achieve.

2/21 Leslie Hills Drive, Riccarton, Christchurch  
Conway Lane, 176 High Street, Rangiora  
P. (03) 341 6913 www.reesaccounting.co.nz



### WAIRETI JENKINS & SUE PRENDERGAST

Jennian Homes Canterbury  
W- PRODUCTION/HEALTH & SAFETY  
ADMIN. S- CLIENT LIAISON

**What is your business focus?**  
S- Residential New Home Sales and Construction

**What is unique about your business?** S- We are owned and operated by people who work within the business. At some point one of the owners will be directly in touch with the clients.

**Valuable learning experiences?** W- Being out on site and learning from knowledgeable trades.

**Your greatest accomplishment is?** W- Learning a new trade area and retaining information.

**Best advice you have received?**  
S- Ask questions and listen to the answer! And don't be afraid to step outside your comfort zone!

**What are some of the challenges you have had to overcome?**  
W- Trying to learn new aspects of the construction industry.

**What is one thing people may not know about you?** W- I'm pretty easy going.

**Top three things on your bucket list are?**  
W- See the Northern Lights. Take the family to the Maldives. Doing one of the NZ great walks.

**What makes you smile the most?**  
W- My kids and their sense of humour.  
S- Being around people I love and enjoy!

**What is your business focus?**  
Vera Setz Hearing is focused on delivering better hearing healthcare to North Canterbury with clinics at Amberley Medical Centre and in Rangiora, as well as satellite clinics in Cheviot and Hanmer Springs. I am passionate about the positive impact that improved hearing can have on quality of life and helping locals love their hearing again.

**What influenced your career choice?**  
I consider myself an Accidental Audiologist! I was interested in the field of Human Resource Management but then I met someone who told me they were going to study Audiology and I thought this would be a great career. And as they say, the rest is history!

**What is unique about your business?** It is a small boutique business. Clients will always see

me. This provides valuable continuity of care and a more client-centred approach.

**Valuable learning experiences?**  
The buck stops with me! I make the decisions and accept the ultimate responsibility for those decisions.

**Best advice you have received?**  
Don't look a gift horse in the mouth!

**Your greatest accomplishment is?**  
Education - an investment in life.

**What are some of the challenges you have had to overcome?**  
Work life/family life balance.

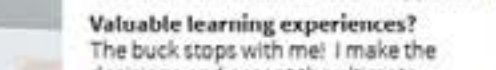
**Do you have a role model or someone who inspires you?** Catherine, Duchess of Cambridge. She always shows a genuine interest in people.

**What are some of your goals and aspirations for the future?**  
Educating people on Hearing Protection. Treating hearing loss early to keep the brain "fit" and help reduce cognitive decline.

**What is one thing people may not know about you?** I am 6 foot, 2 inches tall!

**Top three things on your bucket list are?**  
1. Happy Children! 2. Travel. 3. Health/Wealth.

212 Main South Road, Sockburn Christchurch  
P. (03) 741 1436



### LAURA GOOD

Create Design Studio  
DIRECTOR

**What is your business focus?**  
To provide businesses with the tools they need to visually represent them in the best light possible in their market place with branding, graphic design, web design, printed and promotional products.

**What influenced your career choice?**  
I guess it was in my DNA... It just took me a little while to realise it.

**What is unique about your business?**  
We truly have the personal touch, and we genuinely care about the success of each and every business we work with.

**Valuable learning experiences?**  
Practice humility often.

**Best advice you have received?**  
Just don't quit!

**Best advice you have received?**  
"Just don't quit!"

**Your greatest accomplishment is?**  
Being named Designer of the year for 2019 has been a huge highlight for me this year.

**What are some of the challenges you have had to overcome?** The classic work/life balance, still trying to perfect this!

**Do you have a role model or someone who inspires you?** Brene Brown. Love her work, love her books. A woman after my own heart.

**What are some of your goals and aspirations for the future?**  
To become the best version of me! Cheesy I know, but it's true!

**What is one thing people may not know about you?** I go to bed around 8.30 most nights!!

**Top three things on your bucket list are?**  
Travel with Tim (my hubby).  
Have a paint fight.  
See my Grandad at least one more time.

**What makes you smile the most?**  
When the phone rings and I throw it to Lisa, who is over the other side of the office and watch her dive to catch it (mean I know... but it always makes me smile!) Oh and of course my children they truly do make me smile everyday.

29 High Street,  
Rangiora  
P. (03) 313 7774  
www.createdesignstudio.co.nz



### VERA SETZ

VERA SETZ HEARING  
DIRECTOR/AUDIOLOGIST

**What is your business focus?**  
Boutique fine art Portrait Studio specializing in children's growing up years - from newborn to tween. We create tangible memories from the days of holding your baby in your hands to those chasing bubble giggles to what each child likes to do for FUN at each age - including fairies and pirates!

**What influenced your career choice?**  
I just got to the point where I couldn't not start a Portrait Studio. I love creating so much joy for families. I love how the children feel special during the photographing. My husband calls it my "photo therapy". :-)

**What is unique about your business?** I have a Fantasy Fairy set in my Studio, including a dress-up closet of children's dreams! Fantasy Photographic Sessions are SO much FUN!

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83b Ivory St, Rangiora. P. (03) 423 3158  
www.verasetzhearing.co.nz



### AMY BLATCH

Cust Preschool  
PRESCHOOL CENTRE OWNER

**What is your business focus?** A creative, magical preschool for children and teachers that exceeds the expectations of our families.

**What influenced your career choice?**  
After time exploring other careers and travel, I came full circle to the things I love, learning, children and creativity.

**What is unique about your business?**  
My team's truly authentic heart centred approach to learning - connected, happy children and teachers flourish - it is all about relationships.

**Valuable learning experiences?**  
How life can be one thing one day and a different story the next. Live each day to the utmost.

**Best advice you have received?**  
Laugh, live and love.

**Your greatest accomplishment is?**  
Completing Hawaiian Ironman.

**What are some of your goals and aspirations for the future?**  
To do volunteer work in remote regions. Ongoing travel to remote places. About to head to Mongolia for four weeks with my daughter.

**What do you enjoy most about your work?** Meeting the different members of our community and hearing their stories. Being able to bring a wealth of experience gained from 32 years as a physio to be able to work with people to achieve their goals.

**What is one thing people may not know about you?** That I am part Samoan and it formed a large part of my upbringing.

**Top three things on your bucket list are?**  
1. Visit Africa.  
2. Return to Nepal in volunteer work in Pokhara.  
3. Visit South America.

**What makes you smile the most?**  
My animals - two donkeys, pony and "Q" the naughty schnoodle.

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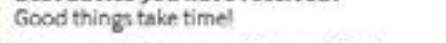
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Early's Road, Cust. P. (03) 310 2343  
www.custpreschool.co.nz



### TERESA PETERSON-HOULT

Total Health Physio & Podiatry  
DIRECTOR/PHYSIOTHERAPIST

**What is the focus of your business?**  
Working holistically with clients to help them achieve optimal outcomes when recovering from injuries.

**What influenced your career choice?**  
Deep passion for the human body and working with people to help them achieve what they are aiming to do.

**What is unique about your business?**  
Mother and son team, physiotherapist and podiatrist. Plus Q who is our schnoodle that comes to work.

**Valuable learning experiences?**  
How life can be one thing one day and a different story the next. Live each day to the utmost.

**Best advice you have received?**  
Laugh, live and love.

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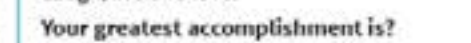
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42 Silverstream Boulevard (unit 8)  
Silverstream, Kaiapoi  
P. (03) 599 0602  
www.totalhealthphysio.co.nz



### RACHELLE HUGHES

Quinovic Property Management  
BUSINESS DEVELOPMENT MANAGER

**What is your business focus?**  
Our sole focus is on managing residential rental properties, not selling them.

**What influenced your career choice?**  
Being customer focused, after 25+ years in banking I realised the strategy of corporate banking had changed to the extent it was no longer aligned to my values.

**What is unique about your business?**  
Our branch has complete faith in the services we provide and have put our 'money where our mouth is' so to speak by offering rent and service guarantees.

**Best advice you have received?**  
Be yourself and treat others as you wish to be treated.

**Your greatest accomplishment is?**  
Winners - "Franchise of the Year 2018" across 34 branches.

**What are some of the challenges you have had to overcome?** Convincing owners that rental property is a business not a hobby and to see the value in using professional property managers. I've seen far too much stress and heartache caused by attempts at self-management.

**Do you have a role model or someone who inspires you?** Tessa Keeling, Principal. Tessa is totally hands on, passionate, has a vested interest in providing excellence and without doubt the hardest working boss I have ever had the pleasure of working with.

**What are some of your goals and aspirations for the future?**  
To extend our footprint throughout North Canterbury. Being a local, I thrive on being part of the community and love working out of our Conway Lane office.

**What is one thing people may not know about you?** I'm now a Kiwi with a distinct Scottish brogue! Becoming a New Zealand Citizen was on my bucket list which I had great pleasure in ticking off in December 2015 alongside my childhood sweetheart. He's put up with me for over 40 years and we've just celebrated our 30th wedding anniversary.

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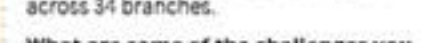
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Admiralty Building, Conway Lane, Rangiora  
(above FOD Café)  
P. (03) 313 1088 or 027 558 1739



### STEPHANIE DEMAY

Plensory Movement  
FOUNDER, SOMATIC EDUCATOR

**What is the focus of your business?**  
Provide movement classes that feel good - not just physically, but mentally, emotionally, and spiritually; to foster loving relationships with our bodies.

**What influenced your career choice?**  
I dreamt of being a dancer, yet knew this wasn't a sustainable career choice. When I discovered Nia - fusion fitness combining the expression of dance, the power of martial arts and the form of yoga - I knew THIS was it! As a Nia teacher (and other modalities), I receive abundant joy educating others how to find pleasurable and comfortable movement through sensation.

**What is unique about your business?**  
"I" am what makes my business unique. The relationships and communities I have created and nurtured are solely due to the love and energy I put into them.

**Valuable learning experiences?**  
Not everyone keeps their word.

**Best advice you have received?** Pay your bills on time (Dad). Always do your best (Debbie Flores, Nia founder/co-creator).

**Your greatest accomplishment is?**  
Being the first (and only, for now) Nia 2nd Degree Black belt in Australasia.

**What are some of the challenges you have had to overcome?** What more can I bring to my community? Finding balance between teaching (my joy and passion) and the administrative tasks that come with it.

**Do you have a role model or someone who inspires you?** My husband, Moffat for his never-ending support and brilliant creativity, and Debbie Rosas for her wisdom and mastery.

**What are some of your goals and aspirations for the future?**  
To have my OWN movement studio.

**What is one thing people may not know about you?** I'm an introvert.

**Top three things on your bucket list are?**  
Travel through Europe with my husband.

**What makes you smile the most?**  
Witnessing my students actually IN their bodies, truly experiencing the joy of movement.

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## Women in Real Estate



### NICOLE WEBER

ONL AGENCY Waimakariri  
OWNER

**What influenced your career choice?**  
The diverse schedule and challenging workload.

**What is unique about your business?**  
At ONEAGENCY Waimakariri we offer a total home consultation package from interior design improvements to new build concepts for builders. We provide a comprehensive marketing campaign utilizing environmentally sustainable methods to expose properties to the greatest number of potential buyers. We use the best available modern technologies to help minimize our carbon footprint. As a full service real estate firm we believe providing exceptional service to our clients can also help us do our part to help keep NZ beautiful.

**Valuable learning experiences?**  
Always trust your gut

**Best advice you have received?**  
"The hardest part about running is putting on your shoes." The key to getting ahead is starting. When I get a great idea I run with it. That is how I succeed.

**Your greatest accomplishment is?**  
Being the captain of my own ship is what gets me out of bed. "Who can I help next?" is my daily affirmation. I get a real buzz from helping others achieve their goals.

**What are some of the challenges you have had to overcome?** Real estate companies operate business models which are hierarchical, paper heavy and designed to feed the top first. We're here to disrupt that antiquated thinking and reward the people who do the hard work - our sales team - by removing barriers to financial success and providing innovative technologies.

**What are some of your goals and aspirations for the future?** To build a positive and inclusive business environment that our clients and sales team can feel proud to be apart of.

**What is one thing people may not know about you?** I'm a total political nerd.

**What makes you smile the most?**  
My children.

**ONEAGENCY**  
WAIMAKARIRI  
R. 022 163 9108  
E. nicoleweber@oneagency.net.nz



### MARGO HUTCHEON

Bayleys Real Estate  
LICENSED SALES AGENT

**What is your business focus?** It's all about my clients - attention to detail, constant communication, and the result they deserve. My logo is "Results with Integrity". People. Property. Performance.

**What influenced your career choice?**  
Working in administration in a real estate company.

**What is unique about your business?**  
100% commitment to clients from the very first day through to handing the keys to the new owners. Hands on personal service 24/7.

**Valuable learning experiences?**  
You can learn something every day. Keeping up with new regulations is essential.

**Best advice you have received?**  
The real estate market is up and down. When things are quiet, take advantage of the time to

prepare for when it will be busy again - because it will be!

**Your greatest accomplishment is?**  
Still being in real estate - a commission only business - after 24 years!! Many happy clients who put their faith in me more than once.

**What are some of the challenges you have had to overcome?**  
Difficult situations do arise, and they can keep you awake, or wake you up in the middle of the night!

**Do you have a role model or someone who inspires you?** I always take notice of what men or women in other businesses or roles are doing, and implement what fits with my philosophies.

**What are some of your goals and aspirations for the future?** Many more happy clients!

**What is one thing people may not know about you?** I love playing tennis and am very competitive!

**Top three things on your bucket list are?** To take more holidays and travel more x 3!

**Margo Hutcheon**  
RESULTS WITH INTEGRITY  
R. (03) 311 8020 M. 027 485 8003  
E. margo.hutcheon@bayleys.co.nz



### GEMMA ROBERTS

Harcourts Four Seasons Realty  
REAL ESTATE SALES

**What influenced your career choice?**  
I started my career in Real Estate in 2007 following in my parents' footsteps, I have a background in interior and loved the idea of helping people find their new home.

**What is unique about your business?**  
We are a mother, daughter team, we have a diverse business in that we specialise in lifestyle, residential and larger developments.

**Valuable learning experiences?** Learn from other agents, listen to new ideas and change your business to adapt to an ever changing market.

**Best advice you have received?**  
Treat everyone the way I would want to be treated explain the step and process of Real Estate.

**Your greatest accomplishment is?** Sue and I received number 2 top agent internationally

"I continually strive to achieve a work life balance"

for Harcourts it was a great achievement and a super proud moment for us both.

**What are some of the challenges you have had to overcome?** I worry about too much sometime, we worry for our vendors and wanting to achieve the best outcome for them.

**Do you have a role model or someone who inspires you?** Sue and Greg, (Mum and Dad) they are so hardworking!

**What are some of your goals and aspirations for the future?** I continually strive to achieve a work life balance and now having two small children it comes with a lot of sacrifices, I am lucky I have a very supportive husband to help. I want to give my family the best that I can. My goal is to complete my Branch Manager's licence over the next couple of years.

**What is one thing people may not know about you?** My favourite runaway place is Kaikoura, love the sea and fresh air!

**Top three things on your bucket list are?**  
1. When the kids are older take them to Disneyland.  
2. Help a charity or organisation in need.  
3. Give my children the best education they can have.

**Harcourts**  
R. (03) 323 6045 M. 027 223 6471  
E. gemma.roberts@harcourts.co.nz

## Women in Real Estate



### MICHELLE NELSON

Bayleys Rangiora  
REAL ESTATE SALESPERSON

**What is your business focus?** Residential and Lifestyle property sales in North Canterbury.

**What influenced your career choice?** I had been accepted into Teachers' College and then had second thoughts as I knew how many extra hours they put in, eg weekends/school holidays. With a 5yr old I thought real estate was the better option - how naive was I in 1998!

**What is unique about your business?**  
I am strongly and consistently self motivated. In the 5 years I have been with Bayleys I have sold, to date, in excess of \$50 million worth of local property.

**Valuable learning experiences?**  
Taking rejection. Sometimes you are rejected in this job simply for who you are.

**Best advice you have received?**  
Listen to your gut instinct.

"I am an avid rugby fan. Go the All Blacks!"

**Your greatest accomplishment is?**  
Travelling to France by myself in 2014.

**What are some of the challenges you have had to overcome?**  
Keeping people above their emotions. If I can anticipate problems and be ready for them with answers, then both seller and buyer are more relaxed through a traditionally very anxious time. That is hugely satisfying to me.

**Do you have a role model who inspires you?** Yes, two. My Dad, since passed (ex real estate, passionate for people, known for his dry sense of humour and strong faith in God). My Mum (devout Christian, always loving, kind, accepting, calm).

**What are some of your goals and aspirations for the future?**  
To spend more time with my adult children.

**What is one thing people may not know about you?**  
I am an avid rugby fan. Go the All Blacks!

**What makes you smile the most?**  
When I see people happy in themselves, feeling fulfilled in whatever they do.

**BAYLEYS**  
R. (03) 311 8020 M. 021 280 0011  
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### MARIJKE SHEPPARD

Ray White Morris and Co Real Estate  
REAL ESTATE SALESPERSON

**What is your business focus?**  
Selling Real Estate, linking buyers to sellers.

**What influenced your career choice?**  
I believe you should never look back on your life and say, "I wish I had..."

**What are some of your goals and aspirations for the future?**  
You are only on this earth once, so make the most of the opportunities that come your way as there are silver linings everywhere. Unfortunately, the fear of failure impedes most of us. I have been very fortunate throughout my working life to have had very varied careers from the Post Office, Telecom, hospitality, and teaching to real estate.

**What is unique about your business?**  
My team - we take pride in our professional approach and strive to provide a 10/10 service to all our clients, from the first point of contact to the final sign off. Communication is the key to

success from the sharing of information, building strong relationships and bridging gaps between the seller and purchaser.

**Valuable learning experiences?**  
Always think of the glass as half full. Through any negative there is always a positive outcome.

**Best advice you have received?**  
Never re-invent the wheel.

**Do you have a role model or someone who inspires you?**  
The team at Ray White.

**What are some of your goals and aspirations for the future?**  
To provide all clients the very best real estate experience possible.

**What is one thing people may not know about you?**  
Believe it or not I was incredibly shy and quiet as a child. My name is pronounced Ma-rye-ka.

**Top three things on your bucket list are?**  
1. Cruise the Mediterranean  
2. Cruise Amsterdam to Budapest  
3. Travel the Trans-Siberian Railway

**What makes you smile the most?**  
My family, my horses and our furry four legged family.

**Ray White**  
Members of Co Real Estate Ltd  
R. (03) 310 6010 M. 027 461 6127  
E. marijke.sheppard@raywhite.com

"I believe you should never look back on your life and say, 'I wish I had...'"



### JUNE MANION

June Manion, Harcourts Four Seasons Ltd,  
Hammer Springs  
PROPERTY SALES

**What influenced your career choice?**  
Meeting a great range of interesting people, working the hours that I want, keeping up with the latest tech and being self employed.

**What is unique about your business?**  
We are a mother and son team. Our clients have the choice of a younger male or an older lady. My son thinks he is the Boss, so it works very well!

**Valuable learning experiences?**  
Every day - there is always something new.

**Best advice you have received?**  
Be honest, work hard and keep it simple.

**Your greatest accomplishment is?**  
Waking up every morning and thinking about how

I can make a difference to people's lives by getting them to the place they want to be.

**Do you have a role model or someone who inspires you?** It's more about having the opportunity to work and live in such a beautiful and popular area.

**What are some of your goals and aspirations for the future?** Keep active and healthy; Push yourself to be the very best you can; Never stop exploring and challenging yourself.

**Top three things on your bucket list are?**  
Well my bucket list keeps on growing but the top three at the moment are:

1. Hike 3 of New Zealand's Great Walks this summer and then walk the Camino.
2. Drive a team of huskies in the snow
3. Explore Tierra del Fuego and the Straits of Magellan in South America

**What makes you smile the most?**  
Good food, wine, family and friends. Also, making the most of the extraordinary privilege I have to be walking my little dog along the forest trails amongst the beautiful trees. Her tail never stops wagging and I get the chance to do some "forest bathing".

**Harcourts**  
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"Push yourself to be the very best you can; Never stop exploring and challenging yourself"

## Leeann Watson CHIEF EXECUTIVE - Canterbury Employers' Chamber of Commerce

If you look around Ōtautahi Christchurch, you will notice a shift towards more female leaders in our city - not just in senior leadership roles but also throughout organisations.

One of the catalysts for this may have been the rebuild providing and challenging us to do things differently.

Women tend to have different attributes and strengths as leaders, which lend themselves to modern ways of leadership - particularly in times of adversity, qualities like empathy have

always been important, but never more so in times of change.

There is also a growing awareness of the importance of "soft skills" such as communication, problem solving and creative thinking which tend to come naturally to women.

At the same time, workplaces are recognising the need to offer greater flexibility and with women often also juggling their role as the primary caregiver, this has provided

opportunities for a return to the workforce. But it's also indicative of a much larger focus on celebrating diversity in our workplaces - not just gender, but also age and generations, culture, attitudes and viewpoints too.

Success to me is empowering others to succeed - regardless of who they are. And as we continue to champion Canterbury as a small, but innovative, courageous and resilient region, I believe this approach has never been more important.



## TOP TIPS FOR BUSINESS

- 1. Know your market and do the research**  
This is the foundation. You might think that developing and selling sunglasses for dogs is a no brainer. But perhaps we need to think it through
- 2. Keep focused on what you're trying to do**  
You are potentially your own worst enemy so don't be afraid to be original and have the courage and the belief in what you do.
- 3. Think big**  
Set yourself some Big Hairy Audacious Goals (BHAG). If it doesn't scare you then it's not big enough. Think bigger. And think global.
- 4. Remember who your customers are**  
Most motivational books are full of ideas around how to be a great leader. Most successful business folks will tell you it comes down to execution and consistency for your customers, your team and your company.
- 5. Play well with others**  
Building a business won't be done at your desk. You can't do it by yourself, you need to get out there and network. List it as a KPI. The name of the game is collaboration and building a close knit influencer network.





# Helping your anxious child

We're in the middle of an anxiety epidemic; it's one of the most common mental health problems for both adults and children. And for parents, watching a child struggle with the worry, panic, irritability, sleep problems, difficulty concentrating, and fear of making mistakes that come with anxiety can be heart-breaking.



You want to do everything you can to support them – and of course, the first priority is getting good advice and specialist help for your child. There are some really helpful resources out there: the Mental Health Foundation website ([mentalhealth.org.nz](http://mentalhealth.org.nz)) is a great starting point for information and links to services – or you can get along to your GP.

But did you know that you can also help your child by looking after your own mental and emotional wellbeing? Anxiety tends to run in families, so if we struggle with anxiety, it's likely that our kids will too. And although the jury's still out on exactly why that is – nature, nurture, or a combination of the two – we do know that how



**Ingrid Gunby** Integrative Coaching and Equine Assisted Learning  
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we as parents manage our own emotions makes a difference for our kids. If we are anxious ourselves, we can unintentionally reinforce anxiety in our kids – by trying to protect them from the inevitable worries and uncertainties of life, by pushing too hard, or just by modelling an anxious way of being in the world.

Knowing that we might be contributing to our child's anxiety shouldn't make us feel guilty. Instead, it's a really helpful thing to know, because it means that learning how to soothe our own anxiety and other difficult emotions will also help our kids.

How we think about the situation that's triggering our anxiety is one part of the skillset we need, but knowing how to work with how we feel is just as important. If you can name your emotions, and be compassionate and accepting of yourself and your feelings, you'll be calmer and less stressed, and you'll be taking a big step towards helping your anxious child.

## Healthy Elixir

Hannah Romano is a successful, local Health and Fitness Coach who loves sharing knowledge and educating kiwis to keep everyday healthy SIMPLE!! Follow [Hannah Romano on Facebook](#). Coconut water boosts hydration, reduces high blood pressure and is ideal for winter wellness! (it settles the stomach and replaces electrolytes). Ginger is a fantastic cold and flu prevention and it also maintains normal blood circulation and combats stomach dysfunction!

- 2 x cups coconut water
- 2 x lemons (juiced)
- 1 x T fresh ginger
- 1 x t turmeric (fresh is best!)
- 1 x T honey
- Pinch salt

Blend everything together, strain through sieve, serves 2.



## Learning and Development

Looking for a memorable wellbeing experience in a unique, peaceful outdoor setting?

Today's busy lifestyle and fast-paced work environments leave little room for us to reflect and restore.

We provide one hour, half or full day retreats alongside our gentle horses at our fully accessible, private facility for individuals, groups and teams.

There is no riding or instruction involved. Anyone can take part, even if you have never been near a horse before. We offer a safe setting for you to explore possibilities in all aspects of your life.



Our unique environment with our gorgeous horses creates the space for reflection, creativity and change.



[www.saltahorses.co.nz](http://www.saltahorses.co.nz) | Ph 021 223 3925

## Landscape & Garden

### Earthwork



After basing ourselves in Rangiora for many years, Earthwork now has an office in central Christchurch and is carrying out projects around the South Island. If you would like to discuss a project where we can help with our skills of logical, efficient site planning and great looking landscape design, contact Matt Lester (021 2248 148 or [matt@earthwork.co.nz](mailto:matt@earthwork.co.nz)).



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### Woodend Landscape Supplies

Tim Harris has owned and operated Woodend Landscape Supplies since 2007 and has a huge wealth of knowledge and experience to help enhance your outdoor living spaces.

They supply everything from soil, stone, pavers, railway sleepers to pea straw and so much more

and deliver, with two truck sizes, throughout North Canterbury and Christchurch. We also supply firewood.

The staff are very focused on client requirements and have a great wealth of knowledge in the nursery and landscaping industry and can offer excellent advice.

They have been involved in many projects they have seen developed from start to finish, from neglected gardens to new home sections.



### Legacy Garden Furniture

Beautifully handcrafted garden seats, made locally in North Canterbury. Built with treated timber... to last for generations!

### Kaipoi Trellis



Specialising in high quality, sustainable products, using quality New Zealand macrocarpa timber. We customise our products to achieve your desired result. Whether it's trellis for privacy or shelter, oregon timber farm gates, or outdoor furniture for relaxing and entertaining we can help bring your ideas to life.



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# SHOP THE LOOK

Spring is just around the corner, although we might not think it at the moment!

With the thought of summery days ahead, we start thinking about shooshing up our wardrobes, homes and outdoor areas and with the fabulous range of colours, textures and styles available for the new season, there is no reason not to treat ourselves and brighten our home environments.

North Canterbury is full of amazing stockists and businesses who will point you in the right direction - from a small change or a complete revamp!

**I'Adore Natural**

Country Kitchen handcrafted Aromatherapy oils

Country Kitchen Tattoo and Beard Balm

Country Kitchen Black 10 free, vegan polish

Gift with purchase! When you purchase 2 full sized items (worth \$42) while stocks last!

**I'Adore Homeware & Gifts**

Pineapple Lamp 2 sizes available

Heart Wall Art

Carved Large Skull - available in 3 different styles

Stylish half round table

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

**Village Green Antiques & Giftware**

Glass Vase \$36.95

Glass Heart Vase \$14

Horse head \$199

Royal Crown Derby Paper weights \$265 each

Heron Cross Pottery jugs Small \$32 Large \$69

Thistle Umbrella stand

Deep buttoned velvet chair \$625

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

**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.

Inspirational books

Re-useable coffee cups and bottles in a range of sizes and colours.

Hand blended range of Nellie Tier face and body products

Fabric - Giacomo Blue, Ottoman in velluto velvet, made to order

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15 Coronation Street, Rangiora  
Ph. (03) 310 7635, www.thefabricofsociety.co.nz

WITCHERY red jacket "new"

ASOS LINEN Black top

COOPER faux fur jacket

CHARLIE ROSE suede boots

ENVIÉ

Current styles from labels you love right through to top end designer pieces. Envié puts the ultimate stylish spin on preloved clothing.

**Rangiora Shoelines**

Minx \$189.90

Gelato \$189.90

Minx \$149

Minx \$189.90

Bresley \$179.90

Diesel \$339.90

Zaklet & Flores dress \$199

Jellicoe Top \$225

Snood \$69 and Sunglasses \$69

So You!

If you are a woman who wants to look slimmer and taller, then there are some clever ways to do this with style, fabric and accessories says Debbie Albrecht from So You!

Style: Having garments that have vertical lines and tops with v/necklines.

Fabric: Wearing different tones of the same colour in an outfit, is very flattering. I.e. Greens, two to three shades of this colour in your outfit.

Accessories: Avoid wearing flat shoes. Jewellery should be in proportion to your frame.

Jellicoe Mustard dress \$249

Jellicoe Trousers \$189

Fabulous French and European style is the focus here at Molto Bella in both fashion and homewares. Natural fibres and warm, wonderful colours dominate.

Eclectia... my natural fibre range arriving from Greece early September.

Exciting - look out for our website online shop coming soon!

**Molto Bella**

Large wall decorative cross \$129

Spring Scarf \$20

Men's SportsWear Wind Jacket \$100

Men's Blazing 3.0 Cap \$36

Men's Shorts \$70

**The Sport Shop**  
Under Armour for Men

Men Team Issue Wordmark Tee \$50

Undeniable Bag \$80

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www.thesportshop.co.nz





**Ruby Six** —  
At Ruby Six we have handpicked a curated selection of new season clothing and accessories for you. Our first drop of Elk's latest collection, GLEAM, is here. It is a celebration of the sun and an eagerness to feel the heat on our skin after a long, cold winter! GLEAM is inspired by the possibilities that the warmth of summer brings; light, intense colours and a playful aesthetic that champions the lighter side of life. You will also find an exciting and unique selection of jewellery, leather bags, scarves and hats. We just love this season's offerings and we hope that you do too.



## Light up your Life

Someone once said to me "Ageing is not for the faint hearted." How right they were! Looking and feeling youthful can seem like an uphill battle at times. Aches, pains and ageing skin are nature's weapon of choice. Thankfully we now have a simple solution to these problems thanks to NASA technology. In the space program, sending astronauts to space was fraught with problems including how to keep them fit and healthy. The lack of natural sunlight was an issue for a start. Without sunlight very little can thrive, including plants, animals and humans. For astronauts this meant injuries were very slow to heal. After NASA discovered the positive effects red light had on cell regeneration they used it to help astronauts recover from injuries up to 200% faster. They also discovered that it was excellent at producing collagen in the skin. Red light has a wavelength that penetrates the skin to where collagen is produced, increasing elasticity and plumping the skin for a more youthful complexion. This exciting discovery means that the beauty industry now has an all natural, gentle, 100% safe option for skin rejuvenation. Infrared light has an



\$60 for 10 sessions see page 5 for further details



anti-inflammatory effect and has a wavelength that penetrates deeper into soft tissue and muscles, reducing swelling and pain and accelerating the healing process. Many people have discovered the power of red light therapy through either the medical or beauty industries. At Hi Gorgeous we offer full body rejuvenation combining red and infrared wavelengths. Also, green light to soothe and calm the skin. If you suffer from ageing skin, injuries, pain, inflammation, skin irritations or sunburn you may find the light bed of huge benefit to you. Our friendly team are happy answer any questions you have and we hope to see you soon!

## Hi Gorgeous



## BELLS

words: Pattie Pegler

## Get Some Real Face Time

On a busy corner in Rangiora retired farmers Malcolm and John catch up most mornings on their favourite bench. It's well positioned for the sun and with a convenient bit of concrete that avoids muddy shoes.

"We're the last of the summer wine," laughs Malcolm.

"People keep asking 'have you booked into Ryman'" says John, "But I say why? There'll always be new spaces popping up there".

There's plenty of laughs and banter on the bench but the pair also like to watch the world go by and frequently get people waving and saying hello to them as well as dropping off the occasional gift of muffins. Although Malcolm and John rib each other like old friends, their friendship was forged on this bench just six months ago and has quickly become a habit. "And now, well, it's good to know the other one has got up in the morning," says Malcolm with a grin.

This daily meet up maybe brief - a bit of chat and light-hearted humour to start the day - but it's the kind of interaction that can make a difference to health and happiness. Whether it's a chat with the neighbour at the mailbox; a catch up for coffee with a friend or a full Sunday lunch with every relative you have - social connections matter.

Plenty of research has shown that good social ties can reduce health risks, speed recovery from illness or injury and lower incidence of anxiety and depression. And even weaker connections like a quick chat with an acquaintance we bump into at the supermarket can boost our sense of emotional and social wellbeing. But sometimes making connections requires a bit of a push.

### Reaching Out In A New Community

When work-from home mum Jacque Bloomfield moved from Belfast to Mandeville she realised that her interaction with her new community was very limited and living rurally there were few options for just bumping into people.

With a business to run and a blended family of 8 children, Jacque admits "I am not somebody who has a lot of energy to go out and make new friendships. But as a mum working from home, you need some chat and you learn from people. I just feel we all live in our little pockets out here and I thought it'd be cool to see if there were some other mums out there doing the same thing".

So she posted on the local Facebook group asking if any other local, work at home mums would like to meet up. Pretty soon

she had 17 women booked for lunch at the pub in Mandeville. The event was a hit with more than one person commenting to her that they had thought of doing something similar.

"I'm very pleased I arranged it," says Jacque. "We are going to go for a monthly lunch/catch up and it was suggested that we do a Friday night picnic at the park with our children in the summer months". With one Facebook post she has triggered off a series of meet ups and sparked new connections in the community that will spread a little happiness.

### A Common Lifestyle

For long term Ohoka resident Niki Mealings, it was a desire to learn and share knowledge that got her to set up a local meet up for lifestyle block residents. When she saw people on Facebook asking questions about how to do things on their lifestyle blocks she thought it would be a good for them to get together. She floated the idea and was overwhelmed with enthusiastic replies. The first meeting, 18 months ago, saw 35 people turn up in the flesh.

The group now gets together once a month in the Ohoka hall to chat about everything lifestyle block related and Niki also arranges expert speakers so that attendees can ask questions and get some expert answers. "The face to face meeting gives people the chance to meet other local like-minded people and network together, make friends, and learn new skills," says Niki. This kind of spontaneous chat can lead to all sorts of interesting experience and knowledge being shared and new friends being made.

### Just Be Friendly

If starting groups or reaching out to new friends on social media isn't for you, don't worry. It can be much simpler than that. Back on the corner in Rangiora, John recalls how he and Malcolm became friends.

"He was sitting on the bench and made space for me, and he was sociable and so I was sociable too".



Fluore Graphic Women's Hoodie \$100



## Beauty Notes

My Product of the month is the stunning Lukbeauti food Lip Sticks. Over flowing with nourishing antioxidants that feed the health of your lips and provide lasting hydration! Perfect for the cooler days. My personal fav colour is 'Cranberry Citrus', a gorgeous bright red. - Ashe, I Adore Natural



Ladies Crop Tights \$100  
Women's Microthread Range Cap \$30



We are loving this No Excess casual jacket was \$320 now \$160 Limited stock Sale now on selected menswear.

## Blackwells Mens

The well-established menswear department caters to a wide range of ages, tastes and budgets. With brands such as the Australian RM Williams offering rugged yet elegant styles or the practical yet modern Elwood and No Excess, they have it all.

Check out the latest range of RM Williams spring/summer collection.



The Sport Shop Under Armour for Woman Patterson Backpack \$55



From hats to footwear - we have everything covered



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**H G**  
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67 Percival Street, Lilybrook Centre, Rangiora  
Ph 313 6552  
www.higoracious.co.nz

## VEGETABLE & CHORIZO stack



GOOD FOOD  
GOOD MOOD

This month's recipe is a café style Vegetable and Chorizo Stack. If you're having friends over for lunch in the weekend, impress them with this tasty dish. It's best to make it a day ahead and keep it in the fridge, serve it with some sour cream and Barker's Ploughman's Chutney and crusty bread on the side. At the moment peppers are a bit pricey but we do have char-grilled peppers available in jars down aisle four. I've used potato and kumara but you can use any vegetable, the brighter the better. This recipe serves 10, if you want to feed less you can halve the recipe and use a smaller tin but remember to use a solid round cake tin not a spring loaded one as the egg mixture will leak out the bottom and spill in the oven. Enjoy, you'll have your guests coming back for seconds!

### INGREDIENTS Serves 10

- 450g kumara
- 600g potato
- 1 pkt baby spinach
- 1 C grated tasty cheese
- 150g ricotta
- 1 clove garlic
- 1 small red onion cut into wedges
- 2 T flat leaf parsley
- 2 chorizo sliced
- 150g char-grilled peppers thinly sliced
- 10 eggs
- 1 small red onion cut into wedges
- 300g sour cream
- 1/2 C milk



"At the moment peppers are a bit pricey but we do have char-grilled peppers available in jars down aisle four."

### METHOD

Preheat oven to 180oc and grease a 22cm solid round cake tin (not spring-loaded) and line with baking paper.

Peel veges and slice thinly, microwave on high for 10 minutes, you may need to do several batches so not to overcrowd them.

Layer potato and kumara, top with half the char-grilled peppers, spinach, cheese and ricotta. Repeat the layers and finish with the ricotta. Mix eggs, sour cream, milk and garlic and pour over the vegetables. Add the chorizo and red onion to the top and brush with olive oil.

Cover with foil and cook 1 hour, remove the foil and cook for another 45 minutes or until brown. Wait until cold before removing it from the pan.

This is better made the day before and put in the fridge as it will be nice and firm to cut. Can be served hot or cold with sour cream and relish.



Barbara Palmer has worked at New World Rangiora for 16 years, the last 5 as their New World Brand Ambassador during which time she has created many striking recipes.

**NW NEW WORLD**  
Rangiora

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



# Why Cans?

Five years ago we bought a shiny new canning machine from Canada. At the time most people we talked to about our decision seemed to think we'd lost our collective mind! "Only crap beer comes in cans" they said. But it has proved to be one of the best decisions we've made. At the time we chose cans because:

1. They are light which makes shipping cheaper and more efficient. This is not just shipping from the brewery to the customer, but also to us to fill, and then from your recycling back to be turned into more cans. It is estimated that cans use around 20% less greenhouse gases in shipping than bottles do.
2. The shape means they pack into a smaller box so again shipping is more efficient. They are also a lot easier to fit into your fridge or a supermarket fridge because they can be stacked on top of each other.
3. They are easy and profitable to recycle. Obviously we don't profit from the recycling, but the fact that someone can make money from it means that cans are recycled, everywhere. Pretty much the only thing that is recycled from the Pacific Islands I've visited has been aluminium cans.
4. They don't let light in. Beer is even more susceptible to light than most other food and beverage products. If you buy a bottle of beer from a supermarket shelf, it could easily be affected by light and not taste nearly as good as the fresh version. This is worse for clear bottles but it's also an issue for brown and green bottles.
5. The shape makes filling less oxidative. Because they have straight sides, cans fill all the way to the top with no turbulence. So when we fill them, we put CO2 gas in the bottom of the can to protect the beer from oxygen. The can is then filled, without turbulence, under the CO2. At the end, the machine "excites" the beer for last few fractions of a second to create foam on the top. The foam and the CO2 protect the beer while the lid goes on and is sealed. There is also an underlid CO2 dispenser to top it all off. The result is fresher beer when you rip open that tab.

The reasons for choosing canning over bottling are still the same but over the last few years there has been a welcome shift to cans from craft breweries looking to ensure their beer quality. The best way to enjoy a beer is always fresh on tap, but if you want the next best thing, get a can from the supermarket shelf or your local "bottle" shop.



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# Samantha Gray

## The Exhilaration of Rallying



Holding her nerve barreling along at 190 km per hour, excellent concentration, accurate time management and organisational skills, as well as having good neck strength (as the rallies are spent looking down at pace notes in her lap) are all attributes Sam Gray has in spades. Not to mention sheer guts as the car skids on shingle, slides off the road on black ice, rolls down a bank or spins into a tree stump - all in a day's rallying for this petite blonde 24 year old co-driver.

Rallying is in Sam's blood. Her grandfather competed, and her parents, Sonya and Steve Gray met through rallying and competed together. Sam remembers watching them rallying when she was a pre-schooler, but it wasn't until she was twenty and in her second year of her B.Ag Sci at Lincoln University, after standing on the side-line at Otago Rally in 2015, that she decided she wanted to give rallying a go.

And what remarkable strides she has made in the sport. A couple of months after watching the Otago Rally, Sam got her motorsport licence and started competing, never dreaming that one day she would be sitting in a rally car alongside Hayden Paddon. A friend of her parents, Barry Varcoe, needed a co-driver and so her rallying path was set. Her first start was in 2015 at the Catlins Coast Rally where they had not one but two crashes and unfortunately did not finish, but in the 2015 Spring Rally held in the Kakahu Forest near

Geraldine, Sam and David Quantock had finished third in their class and sixth overall. She then teamed up with Keith Anderson and their first rallies were a chapter of mechanical gremlins - in the 2016 Mainland Rally Series they had an engine blow up, then a tyre rod arm bent, and the radiator hose broke, all within the first three rallies together. But none of these incidents deterred Sam from continuing to compete and Keith and Sam had a brilliant finish to the season with two first in class



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# Spring IS COMING

Despite the recent cold snap, the bulbs are coming out and the blossom is on its way so get yourself and your garden organised - Bashers have all you need to de-winter your paradise.

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So how did the opportunity to co-drive for Hayden Paddon come about? Last year she helped sell his merchandise at rally events, and she also prepared guests to take rides with him, by belting them in and giving them a few pointers on how to be a co-driver! At one test event she had the opportunity

finishes and finished 3rd overall for the series.

In the past three years, Sam has certainly made an impression on the sport. She was selected for two national academies in 2017. The first, the Motorsport New Zealand Elite Motorsport Academy takes eight drivers or co-drivers from all four-wheeled motorsport events in New Zealand and teaches them "everything outside the car". She was then chosen for the first Rally NZ Elite Co-drivers Academy, to develop top level navigators. Since then Sam has paired up with Regan Ross to drive in the New Zealand rally championship in a classic Ford Escort RS1800. Last year they won the International Otago Classic Rally and Sam took out the historic co-driver's championship for the New Zealand Rally Championship.



to take a test ride alongside Hayden, to see if she was on the right track by calling the pace notes at his rally pace. Hyundai New Zealand along with Pinnacle Program presented Sam with the chance to co-drive with Hayden in the Rally of Whangarei in May this year, which they won by over 4 minutes to their closest competitor. She had to be super-prepared, getting every single intricate detail of the course written down. This involves drivers and co-drivers going out onto the course for a reconnaissance or 'recce' the day before the event and writing down all the course details. These are refined at night and translated into her own language. There is no room for error! Sam relished this opportunity to compete at this level and was lucky enough to be offered another rally sitting with Hayden, at her local national rally, Rally of South Canterbury, which the pair won by 6 minutes and 54.4 seconds.

Sam told me that "You rely on man and machine, so you have to have talent, a good car and a good team". It is an expensive sport and Sam hasn't had a real holiday for years. Her real job is as an onion agronomist for Southern Packers. The ultimate goal would be to go professional and Sam would love the opportunity to compete on the international stage.

words: Pat Naude - essence Magazine

## Chance of a Lifetime

Liz and I were sent to cover the story of Hayden Paddon's new racing car for Essence. Little did I think that this innocent evening would result in my lucky number seven being chosen for a spin with him in his rally car!

Then the panic set in! What if I get motion sickness? How embarrassing would that be! The Sunday for my ride arrived and it was a stunning sunny winter's day. My emotions were a mixture of excitement and anxiety. The venue was just outside Geraldine and there was Hayden's racing support truck with the gazebo alongside, where the support team work their magic to make sure that the car is always mechanically safe, including tyres being changed after every five trips.

After signing all the paperwork and being briefed on what to do, I was fitted into a flash Hyundai branded racing suit and helmet. By now my heart was beating furiously. What had I let myself in for? Samantha strapped me into my harness and Hayden asked if I was ready. I trusted his driving skills but was I emotionally ready?

We slowly pulled onto the road and then turned left onto the track. Hayden gave me the thumbs up confirming that I was ready. I grabbed my harness with both hands and we were off. It felt like sitting in an airliner when the pilot opens the throttle to take off. The G-force thrust me back into the seat, and as we quickly accelerated, the vegetation on both sides

of the car became fuzzy. Hayden was completely focussed on driving as he effortlessly switched through the gears, moving the steering wheel left and right to stay on the track. Left, right, then left again as we swung through a bend. The road ahead turned into a blur, just like in a Star Trek warp speed scene.

I think I screamed at times and I know that I occasionally shut my eyes and opened them again, because I didn't want to miss out on what was happening! Rows of trees flew past on both sides of the track. At times I thought that Hayden was deliberately aiming for the trees and that we were going to crash, but then he would skilfully manoeuvre the car back onto the track. At the turning around point Hayden suddenly slowed the car and we stopped in a cloud of dust. After checking on me again, we were back into blast-off mode and everything was again a blur. I'm sure that I had a huge smile on my face for whole eight minutes of the ride, which felt like an eternity! My mind was relieved that it was over, but my body wanted more of it! When we pulled into the pit, Hayden shook my hand, as I thanked him for one of the highlights of my life.



## How to beat those long-haul flights

It seems that long haul flights are getting longer and longer so we thought it was timely that we gave you a few tips to help avoid the dreaded jetlag that long haul flights cause. The longest commercial flight out of New Zealand at present is on Qatar Airlines from Auckland to Doha at a massive 17 hours 50 minutes. Of course, the modern-day aircraft is well catered to cope with these long flights with reasonable choices of food and beverages and plenty of entertainment on offer, including Wi-fi on many for those that just can't disconnect.

Here are just a few tips which may help when planning your next long-haul experience.



### Choose wisely

Wear comfortable clothes and shoes. Take an extra layer to keep yourself warm and if you're travelling long haul it's a good idea to take a change of clothes to change into during a stop over.

### Time your travel

Think about your arrival and departure time. Leaving at your bedtime is always advisable.

### Watch and wait

Change your watch to local time before you arrive so you are ready and rearing to go.

### Hydration

Planes are pumping out air-conditioning. Remember to keep your fluids (not alcohol!) up and keep your skin moisturised.

### Up and Go

Help your brain and body stay awake by choosing your food wisely. High protein foods are advised. Try eggs, turkey, nuts or dairy.

### Beat jet-lag blues

Excitement can cause lack of sleep but make sure that you have plenty of rest before you travel.

Try and have a walk around on the plane during your flight.

Sleep is good, try and get as much of it as you can on the plane.

Drinking alcohol onboard is not going to do you any favours.

Do not nap during the day, this will help you to adjust to the local time.

You probably have a lot planned but try not to overextend yourself in the first few days.

Whichever way you choose to fly the excitement of reaching your destination or coming home to friends and family will always remind you that jet-lag is just a very small portion of your holiday experience.

Liz Dittmer | Managing Director  
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Beyond the top 2 1/2 inches... are respite and riches



When we take a soil test, we generally take a sample from the top 2 1/2". This is but a small section of what's going on below, not unlike the top 2 1/2" of our own heads. We know, if we fill up on junk food, we can't expect our lower body and limbs to function optimally - nor our brains! So why should we expect anything more from the roots and shoots of the pasture we graze our horses on? Consider the roots of your pasture to be like the stomach connecting the food source (the soil) to the growing points (the leaves). When we hear of pastured ponies with ill thrift, lameness and unkind behaviour, take a moment to consider what the soil is feeding your pasture. If a plant is fed by its roots, then what food we supply to the soil is imperative to the quality of the pasture that the horses graze upon. Think about the amount of dung and urine that are feeding those roots. The result is a pasture high in potassium and

nitrogen, typically described as 'sour' pasture. Managing grazing height is imperative to improving pasture palatability. When horses graze down low, not only are you reducing the leaf height, you are also reducing the rooting depth; as above so below.

When a pasture is perpetually kept short, roots don't have a chance to dig down deeper and tap into the plentiful nutrient resources further down the soil profile. So what can you do? Neutralise the acidity with lime and balance the potassium with the addition of magnesium. Equi-Lise makes doing this easy as it contains both. But don't stop there, consider your grazing heights, rotate your paddocks quicker and remember that grass grows grass. Next month we will explore how you can get access to the plentiful mineral reserves that already exist in your soil.

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Matt Doocey  
Essence of the Electorate  
with Matt Doocey MP for  
Waimakariri



A slew of recent roading announcements by Government could have many in our rural sector shaking their heads.

The common-sense approach is that you keep people safe on the roads by engineering roads to be safe. Safer roads mean investment. Transport Minister Phil Twyford's comment that New Zealand has been spending too much money on roads for decades would be hard to understand for anyone who has lived in a rural area.

Last month, our rural residents heard that Government is proposing to make higher-emission vehicles more expensive in order to subsidise electric vehicles. We support lowering transport emissions but this could be done through more positive initiatives than adding taxes on those for whom electric cars would not be viable when they can't cover the distances or do the work in rural areas, especially under adverse weather conditions. Electric vehicles also require good roading networks.

Which makes it harder to understand why National's second generation of Roads of

National Significance can't get over the line with the current Government.

In our own community, a new action group has been launched to drive the fight to make State Highway 1 at Woodend and Pegasus safer, and bring the Woodend Bypass back to the table, following a public meeting I held with National's leader Simon Bridges. Residents have tasked me to bring NZTA to front the Make SH1 Safer Committee and residents at a meeting I'm organising at the Woodend Rugby Club on Thursday 5 September. While it's hard to separate out the delayed NZTA Safer Road project to address speed, safety and congestion issues from the need to bring the Woodend Bypass back onto the table with a confirmed date, I think our residents agree that dangerous misses and accidents need to be addressed urgently. Current daily vehicle movements of over 16,000 vehicles, expected to reach 26,000 in 10 years' time, have triggered the urgency of these projects.

If Government is serious about wanting to save lives then it will reverse its policy of not investing in quality new roads.

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# The Minefield that is Insurance with Hank van Keulen

I thought I'd take a different tack to my blog this month, something for you to think about...

My wife Jill and I have just returned from a trip overseas to Cambodia and Vietnam. We had four days in Siem Reap in Cambodia, then onto Vietnam. Six days in Hoi An, three Days in Hanoi, two Nights in Halong Bay and finishing with four days in Saigon. A wonderful trip, we experienced first-hand the rich culture, food and frantic lifestyle. Full of people on scooters!!

Cambodia in particular was a real "eye-opener". 95% of the Cambodian people live in poverty. This was clearly evident in what we saw and experienced. You didn't need to travel far from your hotel to see the squalor in which the locals live. What really pulled at our heartstrings were the children. So sad!!

Then there was Vietnam. A lot different from Cambodia in terms of living standards, especially in the cities - lots of people. People (and scooters) everywhere. Vietnam has a population of 96 million. That's more than three times the population of Australia and New Zealand combined, and yet, is only one fifth bigger than New Zealand in land area.

We brought many things back with us, as you do when you're on holiday. But the one thing that we did bring back and was foremost in our minds was "how lucky are we to be born and live in a country like New Zealand!!"

It's estimated that the world's population currently sits at about 7.5 billion. Of that 90% live in the northern hemisphere. New Zealand represents 0.06% of that population. I don't know what the odds are for winning Lotto, but I suggest to you, my fellow Cantabrians, that we win Lotto every day by simply waking up in this wonderful land.

However, as lucky as we are, sometimes life deals us a hand that we just didn't see coming. Regardless of where we live, sometimes you just can't help bad luck. Our health is one of those. Either by accident or ailment, when this strikes it's often when it's least expected or at the worst time.

We can help a little with this. Out of the cards you are dealt, we can change a couple of them that will help with the impact of this bad luck. That's what having insurance does. We can help with the impact financially that happens as a natural consequence of extended or severe health issues. There is the aged old saying "hope for the best, but, plan for the worst." That is exactly what having good and appropriate insurance does. It simply funds a risk management plan.

Car insurance is classic example of risk management funding. If we prang our car, we just want it fixed back to the way it was. The insurance company won't fix the car, but it will pay for it. It's the funding mechanism to get that done.

Personal insurances work the same. Insurance won't fix or cure the medical issue you have, or bring you back to life if you die, but can provide the funds to pay for medical treatment (private medical insurance), replace income while unable to work (income protection insurance), repay debt in the event of permanent disability or, heaven forbid, premature death (total and permanent disability cover and/or life cover). The funding mechanism for what we would like to see happen if we're dealt that bad hand.

If you think it's time to plan for the worst or review that your funding mechanism is going to work, then give us a call, after all it is what we do...



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



**DEIRDRE RYAN**

Community Wellbeing  
North Canterbury Trust  
MANAGER

"A platform of trust and collaboration consistently gets you through tricky situations."

#### What is your business focus?

Our local Charitable Trust supports young people and families to thrive in our community through a range of free services, provided across the Waimakariri and Hurunui Districts.

We have a dedicated team of 34 professional employees and 60 volunteers who almost all live locally.

**What influenced your career choice?** My belief in social justice and a lifelong drive for purposeful work that creates change for good.

**What is unique about your business?** Our history spans over 30 years of working in our community. As a business, our profit is our positive impact. We largely rely on grants and fundraising and are always grateful for the support we receive.

**Valuable learning experiences?** A platform of trust and collaboration consistently gets you through tricky situations.

**Best advice you have received?** Don't rush a big decision.

**Your greatest accomplishment is?** Our Enterprise North Canterbury and Prime Ministers Excellence Award recognition. I also personally feel proud of our workplace culture of high performance, professional integrity, kindness and humour... not a bad mix I believe!

**What are some of the challenges you have had to overcome?** Securing the funds to deliver free services to the level that our community deserves. Every dollar counts.

**Do you have a role model or someone who inspires you?** Our amazing Wellbeing people and our clients inspire me.

**What are some of your goals and aspirations for the future?** To continue to do my bit towards changing the world for good.

**What is one thing people may not know about you?** I have watched all of the Alien movies more times than anyone on earth.

community wellbeing

North Canterbury Trust

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**LAUREN MCLELLAN**

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**Best advice you have received?** Think of lifting weights like the most expensive beauty treatment you have had, they are both anti-ageing. But know that weight training has far more benefits as you age.

**Valuable learning experiences?** Honestly, seeing the changes happening to my body through menopause has inspired me to do more research, trial regimes and help motivate other women. Weight training is critical for long term health but must be implemented correctly and safely. I am seeing more often than I would like, terrible postures, hip and knee weaknesses, painful lower back issues through inactive glutes. All of these problems can be fixed with the correct techniques applied. Unfortunately most women will put this down to "the ageing process" and "I just don't have time to deal with it" and will find themselves on a surgery waiting list. Don't let this be you.

**What is 1 thing people may not know about you?** I used to be quite a shy person.

**Top 3 things on your bucket list?** Travel, Travel, Travel.

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**What is the focus of your business?** To be the best I can be and to always create the "wow" factor in my store with unique and distinctively stunning clothing, and to bring a little piece of Europe to Rangiora.

**What influenced your Career Choice?** I started my career as a hairdresser and lived and worked in Amsterdam, so was involved with fashion shows around my hairdressing. I started out with a few linen pieces when I had my antiques store in Mapua and it just grew from there.

**What is unique about your Business?** I am passionate about what I do and I adore the natural fibres of linen, silks and cottons. I have scoured the world to source and have made my clothing collections in Italy and this summer an amazing linen collection from Greece.

**My business is unique as all of my homewares are also bought offshore to make sure I am distinctively different from every other store. From the moment you walk into my store my aim is to create a peaceful and tranquil shopping experience.**

**Value learning experiences?** Living in Europe.

**Best advice you have received?** Behold the Turtle, in order to make progress you have to stick your neck out - feel the fear and do it anyway.

**Your Greatest Accomplishment is?** Meeting my wonderful Husband who makes my stores happen.

**Do you have a role model who inspires you?** Living in Europe with my Grandmother.

**Goals and aspirations?** To continue to grow the businesses. We also have a store in Blenheim. We have just launched our online store this week: www.moltobella.nz.

**What is the one thing people may not know about you?** Every day is a struggle. I suffer from chronic pain, arthritis, fibro and spinal nerve damage.

**What makes me smile the most?** Seeing the looks on customers face when they walk into my store; my golden retrievers and opening my shipments from Europe.

moltobella

199 High Street, Rangiora  
P. (03) 313 1366  
www.moltobella.nz



**HEATHER MACFARLANE**

Kaikoura Coast Track  
DIRECTOR OWNER OPERATOR

**What is your business focus?** To ensure everyone who walks our beautiful two day track has the most wonderful time.

**What influenced your career choice?** A science degree, falling in love with a farmer.

**What is unique about your business?** A particularly beautiful area on the Kaikoura Coast with untouched bush and views of the Kaikoura mountains above the ocean.

**Valuable learning experiences?** Together we the Handyside and Macfarlane families learnt what an asset it is to share the work, stress and pleasures running the Track.

**Best advice you have received?** Make sure your business is the best you can do then you will enjoy the work and therefore have the best chance of success.

**Your greatest accomplishment is?** Environmental Balance Farm Award.

**What are some of the challenges you have had to overcome?** Juggling the business streams of farming, forestry, tourism and four grandchildren on the farm.

**Do you have a role model or someone who inspires you?** Ann Salmund, anthropologist and author, who cares and is so knowledgeable about all the peoples of NZ and the land.

**What are some of your goals and aspirations for the future?** Continuing conservation with QEII and inspiring people to know and value our land and ocean.

**Top three things on your bucket list are?** 1. Still have to see more of the world out there 2. Conserve more bush and plant more trees as a carbon sink 3. Become an active great grandmother but no hurry!

**What makes you smile the most?** Besides the generous no strings attached love from the grandchildren and the cup of coffee offered each morning by my dear husband of many years. The smiles and pleasure of the walkers as they arrive back tired but delighted by what they have done and seen along the coast.

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**MARILYN YOSORES**  
Port & Eagle Brewpub  
DIRECTOR

**What is your business focus?** The production and sale of Eagle Brewing craft beers.

**What influenced your career choice?** I first met my husband who started a micro-brewery in Riccarton and have been helping him and the business ever since. Now we opened this venue with him managing the production of beers and me managing the hospitality side of the bar.

**What is unique about your business?** It's a hospitality business but we also have a production brewery onsite. What's unique about this is we are the only riverside brewpub in NZ.

**Valuable learning experiences?** As a business not everyone is happy to be your customer but we try our best to be the best of what our business represents.

**Best advice you have received?** Don't take negative feedback personally but learn from it. Also trust your gut instinct.

**Your greatest accomplishment is?** Achieving what others said was unachievable.

**What are some of the challenges you have had to overcome?** The usual small business issues - managing people, finances and cash flows.

**Do you have a role model or someone who inspires you?** Florence Nightingale - she achieved what everyone thought impossible and has become a legend in her own right.

**What are some of your goals and aspirations for the future?** To create an exciting and sustainable viable business into our retirement years.

**What is one thing people may not know about you?** I am a registered nurse and a business entrepreneur.

**Top three things on your bucket list are?** Travel the world. Open a brewpub in my home country the Philippines. Retire early and do volunteering.

**What makes you smile the most?** Chatting to customers who are happy and satisfied from the service we provide at the Port & Eagle Brewpub. Also seeing regular faces at the bar enjoying the brews we make.

184 Williams Street, Kaiaoi P. (03) 926 2941  
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## RANGIORA FLORIST

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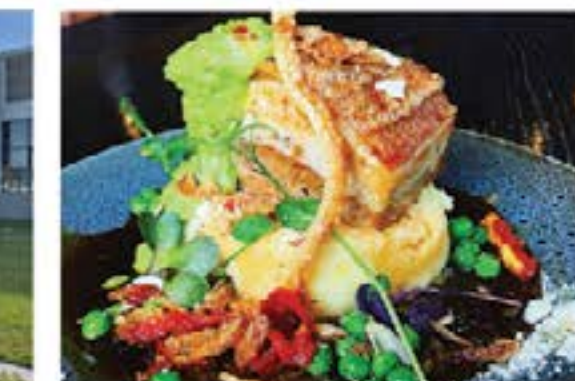
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## UK & Europe Info Evening

Join us hear about the amazing Europe experiences on offer in 2020, including Early Bird specials. We'll also be joined by two guest speakers who'll be highlighting touring and independent travel options.

When: Thursday 19 September at 6pm  
Where: RSVP for venue details  
RSVP: email [rangiora@helloworld.co.nz](mailto:rangiora@helloworld.co.nz)  
by Tuesday 17 September to reserve your seat

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\*Conditions: Price is per person, twin share in NZ dollars based on a 13 May 2020 tour departure & price applies to tour bookings deposited by 30 Jun 2019. All tour bookings must be made by 30 Sep 19. Price based on Category D stateroom. Balcony upgrades available. Surcharge applies for other categories. A non-refundable deposit of \$1000 per person is due within 3 days of booking. Full payment is due 100 days prior to departure. Airfare is based on flying in economy class with Singapore Airlines from Christchurch to Europe return. Special airfare conditions apply. Minimum numbers are required for cruise to be escorted. Valid for new bookings only & subject to availability. Not combinable with other offers, capacity controlled & may be withdrawn at any time. Price is based on cash or EFTPOS payment only. Price is correct at time of printing & may be subject to change. Cancellation penalties may apply. Further conditions apply, please ask your helloworld Travel professional. HW3510\_275x355