

Complimentary  
MONTHLY PUBLICATION

December 2019

# Essence

essentially...north canterbury

11  
Shop Local  
Favourite Things

Profile 6  
Nadia Lim

essence magazine is proud to be North Canterbury owned & operated

**TWINE**  
FURNITURE, ANTIQUES & COLLECTABLES

Buy and Sell  
**Estates and small lots**

Open Wednesday - Sunday 9:00am - 4:00pm



Come and see us at our new location  
**OLD SCHOOL COLLECTIVE**  
1429 Main North Rd, Waikuku

Phone: 03 312 2152



**Arthur Nellie** - Merry Christmas. Thank you for the past year's business. Wishing everyone a happy and safe holiday. Closing 23rd December 2019 and reopening on 20th January 2020. Free quotes, local pick-up and delivery. Ph. 03 312 0570



Turkish hand painted bowls and plates from \$9.50



Limited edition glassware \$98



Lamps from \$59

**ID Gallery** - Come in and view our eclectic and creative range of art works, giftware, homewares and more. Something beautiful and different for everyone. In the Brickmill, Waikuku. Ph. 03 312 7978

**Arthur-Nellie**



Upholstery & Furniture Design

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

We provide a full upholstery service specialising in all areas, producing a high quality standard. No job too big or small.

Project Ten Bags from \$18



Mr Fox \$85.40



Blue Scorb Jewellery from \$35



Great homewares from **Out of The Bleu** The little shop - small in space, "big" in style Ph 03 261 5111

**Resene ColorShop Rangiora**

Enjoy the gift of colour, with the Resene Classics Collection, a curated collection of timeless and favourite Resene colours that you can enjoy for years to come. Testpots from \$4.60. 83 Victoria Street, Rangiora, Ph. 03 313 7326 or shop online shop.resene.co.nz



Resene Coast



Resene Duck Egg Blue

For homewares, gifts and restyled furniture



98 Carters Rd, Amberley  
info@outofthebleu.co.nz  
Ph 03 261 5111  
Open Tues - Sat, 10am - 5pm

**OUT OF THE BLEU**

**Done & Dusted** - Wander through the stables built in 1864 that now display pottery, books, old tools and the odd retro item. Then hop on over to the old dining room in the Cust hotel to immerse yourself in memories of days gone by. Vintage crystal, China, linen and antiques. Ph. 027 670 9863




**Merry Christmas**  
Closed from Mon 23rd Dec to Fri 3rd Jan  
Fabulous new stock arriving daily at **Twine**.  
Open Weds - Sun in The Old School Collective, Waikuku  
Ph. 03 312 2152





**id** Incredible discoveries  
The Brickmill, Waikuku



Mon - Fri 10-3, Sat & Sun 10-4  
Ph. 03 312 7978

**Done & Dusted Collectable Store**  
THE JEWEL IN CUST'S CROWN!



Open 6 days  
Tuesday to Sunday 10.30am - 4.30pm  
1709 Cust road (Cust Hotel) Ph 027 670 9863

quality paint colour advice wallpaper curtains

Get a superb finish on your decorating projects with quality Resene paint, colour and helpful advice. Come in and experience the Resene difference today!

**Rangiora Resene ColorShop**  
83 Victoria Street  
Ph: (03) 313 7326  
or shop online shop.resene.co.nz

**100% KIWI**

**Resene**  
the paint the professionals use

# contents

Here we are again putting the final touches to another Christmas issue - I'm totally convinced that the older I get, the faster Christmas comes around!

Traditionally the essence girls try to outdo each other with some fabulous crafty/bakey thing for the December issue and over the years it has been a lot of fun.

This year Mandy and I combined my favourite cheese recipe with her now 'not so secret' Peach Chutney. Jo mixed a rhubarb syrup that is served with a bubbly wine. It made me a bit nervous to be honest - aren't parts of rhubarb poisonous? It's awful stuff if you ask me but it's fabulous in a bubbly cocktail. Thankfully we all lived long enough to try Mel's shortbread. Much debate was had regarding whether you use castor or icing sugar. The answer is on page 17.

In this issue, Jo Bailey chats with popular celebrity chef Nadia Lim who introduces us to her latest plant based cookbook, Vegful. We visit Querk Style in Cust, we take a trip to Hamner Springs, we remind you of all the fabulous North Canterbury eateries and we end the year with some lovely Christmas wishes from many of our advertisers.

Don't forget to shop locally this Christmas - we have put together several pages of inspiring gift ideas on pages from page 11.

We hope you have enjoyed the content of the magazine throughout the year. Please continue to let us know if you have an interesting story that you would like told.

As always it has been a great year working alongside motivated and successful business owners and their staff, getting to know local people and the special places in North Canterbury. We are truly grateful to be given the opportunity to showcase all that is great about our region.

Enjoy your summer break - Dorothy, Mandy, Larnya, Mel and Jo

**contact us:**

**Dorothy McLennan** - Publisher  
dorothy@essencemagazine.co.nz  
Ph: 0274 507 532

**Melanie Cox** - Office Manager  
mel@essencemagazine.co.nz  
Ph: 021 857 970

**Mandy Buchan** - Advertising Account Manager  
mandy@essencemagazine.co.nz  
Ph: 027 651 0731

**Jo Gainsford** - Sales Coordinator  
info@essencemagazine.co.nz

Essence contributors:  
Pattie Peglar,  
Grant Shanka,  
Rob Cope-Williams

PO Box 295, 113a High Street, Rangiora, North Canterbury.  
Ph: 03 313 1811 | Fax: 03 313 1810 www.essencemagazine.co.nz



ON NOW  
**CLOSING DOWN**  
LAST DAY OF TRADE  
JANUARY 19 2020

**SALE**

**MUMMA**

**TRADING LOUNGE**

OPEN 7 DAYS  
10AM-5PM  
86 carters rd  
amberley, nz  
03 314 9086

**GB Guthrie Bowron**  
Laundry Specialists

18 MONTHS INTEREST FREE & NO REPAYMENTS

**NEW STORE Now Open!**

Our two previous locations have combined in one superstore at 8-10 High Street, Rangiora (previously Warehouse Suburbway), featuring all your decorating needs under one roof!

8-10 HIGH ST. RANGIORA | 03 313 0403  
GUTHRIEBOWRON.CO.NZ  
PAINT | WALLPAPER | FLOORING | CURTAINS | BLINDS | ADVICE  
TRUSTED SINCE 1896

**Kela Stase**

Pay by **LAYBUY**  
Get it done now  
Pay in 6 easy payments

Purple is 'Dond Abolu' \$98  
Your ritual for lightened hair

Big Orange is 'Nutritive' \$98  
Your ritual for intensely nourished hair

Orange is 'Nutritive' \$134  
Your ritual for intensely nourished hair

Green is 'Estantonite' \$135  
Your ritual for healthy looking lengths










Monday - Saturday 9am - 5pm  
Late Night Tues, Weds & Thurs | Saturday till 4pm  
**HAIR HANDLERS**  
101 High Street, RANGIORA | (03) 313 0619 | www.hairhandlers.co.nz



**The Wheel magician**  
Mobile Alloy Wheel Repair Service

**Kerb Damaged Wheel? Don't let it spoil your day!**

Our unique mobile service will have it repaired and painted then back on your car in under one hour!

We stand behind the quality of our work

Call us locally on 022 658 2957 or 0800 KERBED 0800 537 233  
www.wheelmagician.co.nz North Canterbury based

## Christmas comes to Kaiapoi

The Annual Kaiapoi Carnival and Santa Parade was held on Saturday 7 December on a typical summer's day in North Canterbury. A little rain didn't deter the crowds from enjoying the three major events on offer: Lion Foundation Kaiapoi Carnival, KPA Street Market and McDonalds Kaiapoi Santa Parade.



## Local Trust Launches Friends of Wellbeing

NZ cricketing legend John Wright and The Sou'Westers entertained with stories and songs at Rangiora Town Hall on 1st November to raise funds for Community Wellbeing North Canterbury Trust. The event also launched "Become a Friend of Wellbeing" which highlights ways in which the community can join with the Trust to transform lives in North Canterbury. Thanks to John and the band and very generous sponsors, everyone had a fabulous evening.



1. The Sou'Westers - Paddy Long, John Wright, Aly Cook, Liam Ryan and Dean Hetherington  
2. John Wright, Sue Hubbard, Tania Emmett and Gordon Hubbard  
3. Lisa Mead and Hannah McKnight  
4. Lisa Newby, John Wright and Sharon Chambers  
5. Jacinta McInerney, Deirdre and Liam Ryan, Gae Thawley  
6. Sally Kelso, John Wright, Nelson and Jan Moffatt  
7. Simon and Lauren Patchett with John Wright  
8. Philip and Catherine Keith with John Wright

## Art in a Garden

Guests celebrated Spring in North Canterbury by exploring the extensive grounds of Pegasus Bay Winery and discovering a collection of sculpture by some of the nation's best.



1. Johanne Macmaster and Sheryl Fraser  
2. Cushla Heslop and Claire Inkson  
3. David McLernon and Marshall Hudson  
4. James Burn, Donna Linger, Uli Schmidt and Michelle Bradly  
5. Belinda and Dean Donaldson  
6. Richard Parke and Di Bethell  
7. Sally Forbes, Alastair and Ali Edmond  
8. Ed Donaldson, Dean Kiddy and Castro Donaldson  
9. Phoebe Wilding, Devon Ormflay and Patch Fay

**Fabulous Christmas gifts**  
Fun children's craft ideas for the holidays ... get them off those devices!



**WILLOUGHBYS**  
CREATE INSPIRE

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

**Get Your Craft On**

A one stop wholesale shop, we have all the ingredients, products, molds, bottles and containers that you will need to make your own beautiful natural products at home.

SHOP EVERYTHING YOU NEED!

**Aurora Tables**  
Massage Supplies

Ph 03 227 4628  
www.getyourcrafton.co.nz

Mon - Fri 9am - 4:30pm  
Sat 9am - 1pm  
92 Wilsons Street, Kaiapoi

**printing.com RANGIORA**

**Happy Christmas & New Year FROM ALL OF US!**



KORINBLEY | ELIZABETH | LORNA | CATELIN | ASHLEIGH

HOLIDAY HOURS  
CLOSING 20 DEC 2.30PM  
OPENING 6 JAN

**create** DESIGN WEB PRINT

studio.rangiora@printing.com  
29 High St Rangiora | 03 313 7774  
createdesignstudio.co.nz

Make you feel like you again



Dentures and teeth from Lovebite will boost your confidence, give you back your youthful smile, and best of all...

**... make you feel like you again**

Crafted by internationally renowned dental technician - Richard Greenlees.

**LOVEBITE**  
lovebite.com

By Appointment only. Consultation fee applies.

402 Montreal Street, Christchurch | 03 379 1222

**2 PAIR PACKAGE DEALS**

1 pair clear + 1 pair sun tint  
Inc. frame + lenses,  
eye exam and ultra wide scan

**\$599** PROGRESSIVE  
**\$499** SINGLE VISION

T'S & C'S APPLY. EXPIRES 31ST JAN 2020



RANGIORA | KAIAPOI EYECARE

### On the twelfth day of Christmas...

- FEATHER & OAK Fox \$7.50
- I ADORE Mouse \$16.50
- QUERKY STYLE Heart \$6
- FEATHER & OAK Trout \$8.50
- BLACKWELLS Reindeer \$14.99
- BLACKWELLS Large Reindeer \$79.90
- OUT OF THE BLUE Angel \$20
- VILLAGE GREEN ANTIQUES & GIFTSWARE Handpainted Christmas angels \$136
- PATAKA CHRISTMAS Rocking Horse \$8.65
- FEATHER & OAK Patterned Decoration \$6.50
- I ADORE Bear \$16.50
- PATAKA CHRISTMAS Star Reindeer \$5.50

## Something for everyone at Querky Style & Roses at Cust

The village merger that brought Querky Style & Roses at Cust together is now brimming with Christmas gift ideas within a dynamic local hub – just 15 minutes from Rangiora.

Under owner Yvonne Frost's tender care the summer thaw includes so much more than half a hectare of roses, shrubs, trees, perennials and the myriad of thoughtful and different garden accessories.

Inside, the second tier of the business blossoms into fashion, gifts, homeware, jewellery and art. It is nestled in an inviting nook with easy parking, and the welcome buzz from a number of surrounding local shops.

"When we bought Roses at Cust five years ago, it had been here for more than three decades, and it was really well-known for its roses. And, just its roses," Yvonne said.

"We are definitely now a destination, and a number of our repeat customers come from quite a distance, because there is more to us than they first realised.

"They tell us they come to find fresh and different ideas, without the hassle of a busy mall.

"Cust is also a great place to have a beautiful lunch locally, and to do coffee."

In a nod to its roots, Querky Style & Roses at Cust also fills an important need in the landscaping arena.

"Some people don't want to pay thousands of dollars for a big design, but they do appreciate us walking their



garden with them and sharing our knowledge of what might work well," Yvonne said.

Local customer Lorraine Fullmer, who emigrated from Colorado in the US nine years ago, is a case in point.

"They carry a seriously good variety of things, their prices are extremely competitive, and the team is so helpful and nice that it's a real pleasure going there," Lorraine said.

"I knew I had to do something with our garden, and their knowledge and 'can-do' country attitude has been invaluable."

Yvonne encourages everyone to drop in to explore their Christmas stock.

She said, "We're ready for Christmas, we love making our customers feel welcome, and we have lots of different things here."

1771 Main Road, Cust.  
Phone (03) 310 2325  
OPEN 7 DAYS  
9am - 5pm



Stuart and Claire Morris - Business Owners

### Where to from here?

Wow, hasn't 2019 flown by? It's a great time to reflect on the year and make some predictions for what lies ahead for the North Canterbury region next year - "crystal ball gazing" so to speak.

The after effects of the earthquakes and the cash injection they gave the North Canterbury markets is behind us and this year we have returned to a more transitional, seasonal market space where we've experienced lower volumes of transactions through the colder months and then an increase of sales in the spring and coming into the summer months. The year started with plenty of early activity and slowed over winter but to quality that - it was far from the lows we experienced in the 2008 market. In short, it has been an even market where buyers sought value for their dollar and in a lot of cases were prepared to wait until they found it.

Interest rates continued to drop and forecasts are for them to stay that way for quite some time. That led to an interesting

scenario. As the spring market started to warm up we saw our investor buyers through more open homes and that's a positive sign they are returning to the market. Another interesting trend is that of first home buyers preferring to save for a bit longer, taking advantage of their KiwiSaver benefits and choosing new and smaller options vs the older style home. The impact on the market is that their dollars went straight to the new building company or developer and didn't flow up through the market as we might normally have seen.

Summer has arrived and the feeling in the market seems stronger - with active buyers in the market place and people making decisions. With growth in North Canterbury and new infrastructure making its way north, we are a popular option for those seeking good value for money.

Our 2020 predictions are for much of the same. A great trading market, record low interest rates and strong re-building in Christchurch continues to offer job opportunities. We believe that North Canterbury continues to grow stronger and offers so many benefits to those who live here.



Have a fantastic Christmas, enjoy some downtime if you can, remember the importance of family and rest. We'll see you all again next year to get into it again!

Some of our team members are working over the holiday season, contact us at one of our four offices in Rangiora, Pegasus, Kaiapoi and Papanui for Sales and Property Management services.

### Significant changes for Landlords

Just when you thought things were beginning to settle down...it looks like more significant changes are on the way for landlords soon.

New proposals outlined by the Government today could lead to significant changes to the Residential Tenancies Act and include the following:

- Limiting rent increases to once every 12 months instead of once every six months.
- Banning rental bidding (ie: landlords encouraging 'bidding wars' among potential tenants for high demand properties).
- Ending no-reason terminations. Currently, periodic tenancy agreements (ie: a tenancy doesn't have a fixed end date) can be terminated without any reason being given as long as the landlord gives 90 days notice. A fixed term tenancy may be ended with no reason as long as a minimum of 21 days notice is given.
- Under the proposed changes to the Residential Tenancies Act, a landlord would no longer be permitted to give no reason notice to terminate a tenancy. However, there will be a list of acceptable reasons for termination, but as yet they have not advised what these would be.
- Extending the notice period tenants must be given if the landlord wants to sell or move into the property themselves from 42 days to 63-90 days.
- Letting tenants add minor fittings to the property, such as brackets to secure furniture against earthquake risk, to baby proof the property, install visual fire alarms and doorbells, and hang pictures.
- Increasing financial penalties. The Tenancy Tribunal will be able to award compensation or order work to be done up to a value of \$100,000 (currently the maximum is \$50,000).

As with all the changes we continue to face, we will have to wait and see how this pans out. Ultimately it is something we'll navigate through and we'll get to the other side.

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



Level 1 Conway Building, 188 High Street, Rangiora  
T 03 310 6010 E rangiora.nz@raywhite.com W rwrangiora.co.nz

## HOSTED JOURNEYS 2020 WITH HOUSE OF TRAVEL

EXPLORE AMAZING DESTINATIONS BY CRUISE AND LAND WITH A SMALL GROUP OF LIKE-MINDED TRAVELLERS AND AN EXPERIENCED & KNOWLEDGEABLE HOUSE OF TRAVEL HOST.

### TREASURES OF CROATIA, SLOVENIA AND MONTENEGRO



24 DAY FLY/STAY/CRUISE/TOUR.  
DEPARTS NZ 18 MAY 2020

from **\$14,895** per person

Share twin based on a lower deck cabin. Ask us about our single and/or upgrade cabin prices.

#### INCLUDES

- An experienced House of Travel Host
- 11 night land tour in Slovenia & Croatia
- Accommodation in 4-star hotels including portage
- 7 night cruise on a deluxe small sail ship sailing the Adriatic coastline
  - Cruise port taxes
- 2 night stay in Dubrovnik
- Day trip to Montenegro visiting Perast, Kotor and Budva
- Transfers, sightseeing and entry fees
- Gratuities on included services
- Return economy class flight from Auckland
  - Airline and airport taxes

### MEDITERRANEAN TO THE SWISS ALPS



25 DAYS FLY/STAY/CRUISE/TOUR.  
DEPARTS NZ 17 MAY 2020

from **\$14,695** per person

Share twin based on an inside cabin. Ask us about our single and/or upgrade cabin prices.

#### INCLUDES

- An experienced House of Travel Host
- 2 night hotel stay in Barcelona with local guided sightseeing tour
- 10 night cruise from Barcelona to Rome onboard Celebrity Apex SM
  - Cruise port taxes
- 9 night land tour from Rome to Zurich
  - Day cruise on Lake Maggiore
- Glacier Express from Tirano to St. Moritz
- Bernina Express from St. Moritz to Zermatt
  - Accommodation in 4-star hotels including portage
  - Transfers, sightseeing and entry fees per itinerary
  - Gratuities on included services
- Return economy class flights from Auckland
  - Airline and airport taxes

BETTER TOGETHER  
128 HIGH STREET | 03 313 0288 | RANGIORA@HOT.CO.NZ

HOUSE OF TRAVEL

CONDITIONS: Pricing is in New Zealand dollars and is correct as at 1 December 2019 and includes return economy class airfares from Auckland as specified on each itinerary. Departures from other domestic NZ airports are an additional cost. All package pricing is based on twin share, inside cabin, unless otherwise stated, with additional prices for other cabin types as shown on each package. All cruise excursions, beverages and items of a personal nature are at own cost except where outlined as included. A non-refundable deposit of \$2000 per person is required within 7 days of booking. Final payments are due 120 days prior to departure. Further terms and conditions apply. For more information see us in-store or visit www.hot.co.nz/terms-conditions

molto bella  
ITALIAN DESIGNER CLOTHING

### BEAUTIFUL CLOTHING & STORE

An eclectic mix of fabulous one-off pieces, architectural elements and natural fibre homewares sourced from around the world.



199 High Street, Rangiora | Ph 03 313 1366 or 027 531 4151 www.moltobella.nz



A celebration of "beautiful, colourful, bountiful vegetables" is how popular celebrity chef, Nadia Lim describes her latest (and tenth) cookbook, *Vegful*, which is a stunning collection of vegetable-based recipes. "It was around four years ago that I first wanted to write a vegetable cookbook. However, the timing didn't feel quite right, as I wasn't sure the majority of Kiwis were ready for it. Today there is a definite wave or movement towards more plant-based eating, with far greater awareness around how delicious it can be, and the benefits of eating more vegetables and less processed foods and meat."

While all of the recipes in *Vegful* are vegetarian or vegan, Nadia prefers to call it a vegetable cookbook. "The idea is to simply get people, regardless of what way they choose to eat, to eat more vegetables and to explore new varieties, flavours and ways of cooking and serving them. It's easy to get into the habit of buying the same vegetables and cooking them the same ways, but there is such an incredible variety out there to try."

In the beautifully laid-out book, simple tips have been provided for people with special dietary requirements, so they can adjust the recipes to suit their needs.

Nadia says she "still loves a good lamb chop" and is not recommending fellow omnivores should give up meat all together. However, she believes in going for "quality (such as more ethically raised meat) over quantity" when it comes to meat consumption.

For the last few years, about half the main meals she cooks for her family have been vegetable based. "Straight after (winning) *Masterchef*, my cooking was still mainly centred around a protein, as like most of us, I had been brought up with chicken, meat, or fish being the starting point for dinner. Even as a cook, I had to shift my mindset to put vegetables at the centre, but once I got used to it, I started to become a lot more creative and try new things."

# Vegetables centre stage in Nadia's new book

Now, I think 'should we have eggplant, courgettes or kumara for dinner tonight?' and build a meal around that."

Nadia says her husband Carlos Bagrie, a fourth-generation sheep farmer who grew up in Southland on "meat and three veg" was initially resistant to the idea of vegetarian meals but is now a huge fan. "I think his views were a reflection of the majority of Kiwis. These days he doesn't really distinguish between a meat and a meat-free meal – both are equally delicious and satisfying!"

With two young sons, Bodhi (3) and River (1), cooking at home has become more about "family favourites" rather than the more exotic and sometimes spicy meals she and Carlos used to enjoy. "I don't have time to cook twice, so our meals are definitely not as exotic as they used to be, but that doesn't mean they can't be delicious."

Like many parents of small children, it can be a struggle for Nadia to get her sons to eat vegetables. Before she had children, she thought she would be able to get them used to eating vegetables from a young age, but it hasn't quite worked out this way. "People often assume my kids must be great vegetable eaters, and while they're not terrible, they're not amazing either. Like most mums, I have to hide their vegetables and sometimes bribe them with ice cream!"

*Today there is a definite wave or movement towards more plant-based eating, with far greater awareness around how delicious it can be, and the benefits of eating more vegetables and less processed foods and meat.*

She says her boys love any kind of vegetable fritter, vegetable chips, such as carrot and parsnip roasted with a little olive oil and maple syrup, and Veggie Pops ice blocks, which are a "delicious and refreshing way" to get greens into young children. The Veggie Pops recipe features in *Vegful* along with Creamy Tomato, Mushroom, Kale and Black Bean Shepherd's Pie, another of the boys' favourites, says Nadia. "I substitute kale for spinach or silver beet when I'm cooking it for them, and they absolutely love it."

Nadia says her own favourite recipes in the book change depending on the season, however current choices include Cypriot Salad, which has lentils and freekeh or bulgur wheat as the base, with lots of vegetables, herbs,

words: Jo Bailey images: Vanessa & Michael Lewis

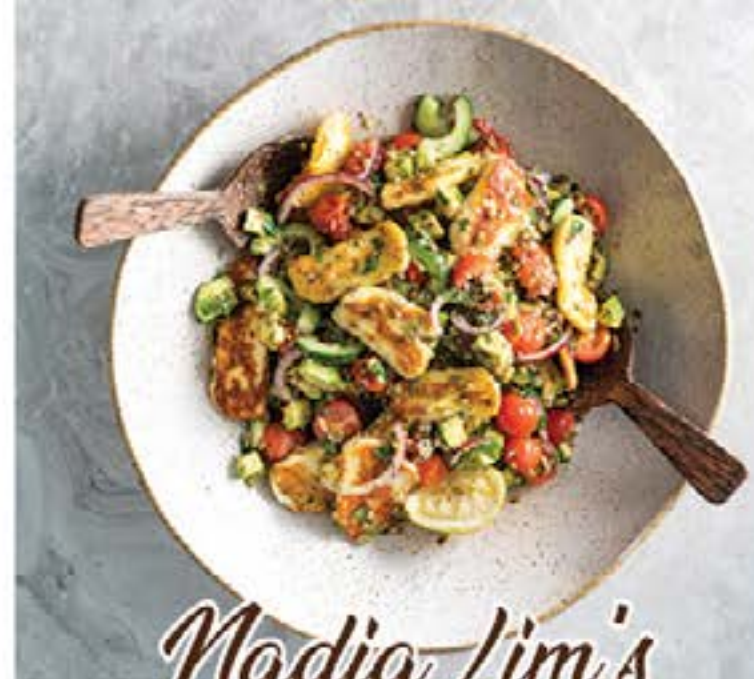


haloumi and cherry tomatoes; and the Pumpkin and Cinnamon Donuts.

Nadia's life is incredibly full and busy. As well as being a young mum, she writes and self-publishes her cookbooks and does most of her own marketing and publicity, including book tours. Her hugely popular magazine, *Nadia*, continues to go from strength to strength, and she is one of the founders of My Food Bag, now a celebrated national brand.

She even managed to find time to appear on this year's *Dancing with the Stars* television show. "I thrive on new challenges and it was really cool to do something right outside my comfort zone. I joined for fun and was aiming to get about halfway through, but as time went on, I became more and more motivated and was thrilled to reach the semi-finals. My dance partner, Aaron Gilmore, the rest of the contestants, and the crew were all so lovely, and we keep in contact a lot, which is a fantastic bonus."

Vegetables are the one food source we can't eat too much of, so if you are wanting to incorporate more plant-based cooking into your life or add some delicious new vegetable recipes to your repertoire, *Vegful* is the perfect addition to your Christmas wish list.



## Nadia Lim's Cypriot Lentil & Freekeh Salad with Honey-glazed Haloumi

This salad was scored a unanimous, definitive 10/10 by a group of friends over for lunch. Freekeh – a young, green wheat, most similar to bulgur – is a delicious grain to incorporate in your diet; it has a fantastic subtle smoky, nutty flavour and is a little chewy. The combination of freekeh, lentils, sunflower and pumpkin seeds lends heaps of texture and nuttiness to this summery salad. It's hands down one of my favourite salads and is incredibly filling.

**SERVES 4**

Prep time: 20 minutes Cook time: 25 minutes

- ½ cup dried Puy lentils (French green lentils)
- ½ cup cracked freekeh (or bulghur)
- 3 tablespoons sunflower seeds
- 3 tablespoons pumpkin seeds
- ½ large telegraph cucumber
- ½ red onion, finely sliced
- ½ punnet cherry tomatoes, cut in half
- ½ cup each chopped flat-leaf parsley and mint
- 2 tablespoons chopped capers
- flesh of 1 firm-ripe avocado, diced



### DRESSING

- zest of ½ lemon
- juice of 1 lemon
- ¼ cup chopped oregano leaves
- ¼ cup extra-virgin olive oil
- 1 clove garlic, finely chopped
- 2 teaspoons liquid honey
- ¼ teaspoon salt and freshly cracked black pepper

### HONEY-GLAZED HALOUMI

- 400g haloumi, sliced 0.5cm-thick
- ½ punnet cherry tomatoes
- leaves from a few sprigs of thyme or rosemary
- zest and juice of ½ lemon
- 1 tablespoon liquid honey

1. Bring a medium pot of water to the boil. Cook lentils for 5–10 minutes then add freekeh and continue cooking for a further 10–15 minutes or until lentils and freekeh are tender. Drain and run under cold water to cool and stop the cooking process.
2. Place sunflower and pumpkin seeds in a small fry pan (with no oil) and toast on low to medium heat for a few minutes, stirring frequently to avoid burning. Set aside.
3. Place all dressing ingredients in a jar, screw the lid on and shake well to combine.
4. Cut cucumber in half lengthways, scrape seeds out with a teaspoon (and discard), then slice. Place in a large bowl. Add cooled lentils and freekeh along with toasted seeds, all remaining salad ingredients and dressing. Toss together and season to taste with a little more salt and pepper, if needed.
5. Heat a drizzle of olive oil in a large non-stick fry pan on medium heat. Cook haloumi for 1–2 minutes each side until golden. Transfer to a plate and keep pan on the heat.
6. Place cherry tomatoes and thyme/rosemary in the pan and cook, shaking every now and again, for a few minutes, until tomatoes are blistered. Add lemon zest and juice, let it bubble, then add honey and turn off the heat. Transfer blistered tomatoes to plate of haloumi and pour over the juices and herbs from the pan.
7. Top salad with haloumi, blistered tomatoes and honey glaze and juices.

DF omit haloumi | VEGAN omit haloumi and use maple syrup instead of honey

## Your 2020 holiday starts here...



The South Island has so much to offer, the pure gems of each destination have been co-ordinated by South Island Tours, into unique and balanced trips from the very top to the very bottom of the South Island, ensuring there is something exciting for everyone.

The owners of South Island Tours NZ are based in Amberley, Geoff and Lee Swift have 28 years of South Island tour experience and are hands on operators. They are recognised for their efficiency, enthusiasm and taking exceptional care of all their customers' special requirements.

"We love to help people connect with the places we are visiting and to soak up the atmosphere, discover the lifestyle and heritage of different parts of the spectacular South Island".

Their customers' tour experience is highly important to them, hence the extra commitment in creating smaller group tours. Given Geoff and Lee are experts of the South Island, their itineraries are cleverly created for discerning smaller groups of people to enjoy, choose from destinations such as Golden Bay & Farewell Spit, D'Urville Island, Queenstown or Stewart Island & the Catlins, plus many other destinations, the list is long. Visiting their website or Facebook page is a must for the full list of what is currently on offer for 2020.



### 2020 Tours Between Feb & May Are Now Released!!

- + D'Urville Island & Marlborough Sounds
- + Golden Bay Art & Farewell Spit
- + Molesworth & West Coast
- + Canterbury Kaikoura Rd to Recovery
- + Majestic Tour Queenstown-Doubtful Sound
- + Central Otago in Autumn
- + Banks Peninsula & Little River
- + Stewart Island & Catlins
- + Bluff Oyster Festival & Stewart Island

Their other speciality is 4WD or Cycle tours through Molesworth Station and neighbouring areas providing an opportunity for you and your friends not to be missed.

On this magnificent journey of a lifetime, your guide will give you a full understanding of life and land in this region, with the bonus of meeting sheep and beef station owners. Naturally the farmers have wonderful stories to share, as farm life in the area is quite different.

## South Island Tours NZ

CONTACT US FOR FULL DETAILS  
Ph (03) 314 7220 or 027 435 1955  
www.southislandtoursnz.com  
info@southislandtoursnz.com



## Reformer Pilates

ULTIMATE TRANSFORMATION  
**2 WEEK TRIAL**  
**\$51.00**  
**SAVE 50%!**

WHAT'S INCLUDED IN THE TRIAL?  
Introductory session  
3 Reformer Classes per week  
Unlimited Mat Pilates Classes  
Unlimited Yoga Classes  
Unlimited Barre Classes

TRY SOMETHING NEW THIS SUMMER!

BOOK ONLINE TODAY  
corepilatesandmind.com

p: +6427 500 7095  
Above Pet Stock, Northwood SupaCentre, 1 Radcliffe Rd



**F.D.A.N.Z**

# Gulliver & Tyler

FUNERAL DIRECTORS

**Rangiora Office NEW PREMISES**

Serving North Canterbury Since 1890

24 hr Assistance - we are here to guide you in your time of need.

A Family Business with Local Funeral Directors

Rangiora Office	37 Blackett Street, Rangiora	Ph (03) 313 8222
Kaipoi Office	55 Charles Street, Kaipoi	Ph (03) 327 7249
Flaxton Park	135 Youngs Road, Flaxton	Ph (03) 310 7460

www.gulliver-tyler.co.nz  
info@gulliver-tyler.co.nz

Wendi Keown Dip. FD; Reg. FD (FDANZ) JP Funeral Director	Bernie Power Funeral Director	Jon Rinckes Embalmr Ratton Park Administrator
Paul Mayes Funeral Director	Olwynne Cade Funeral Director	Dave Chambers Funeral Director

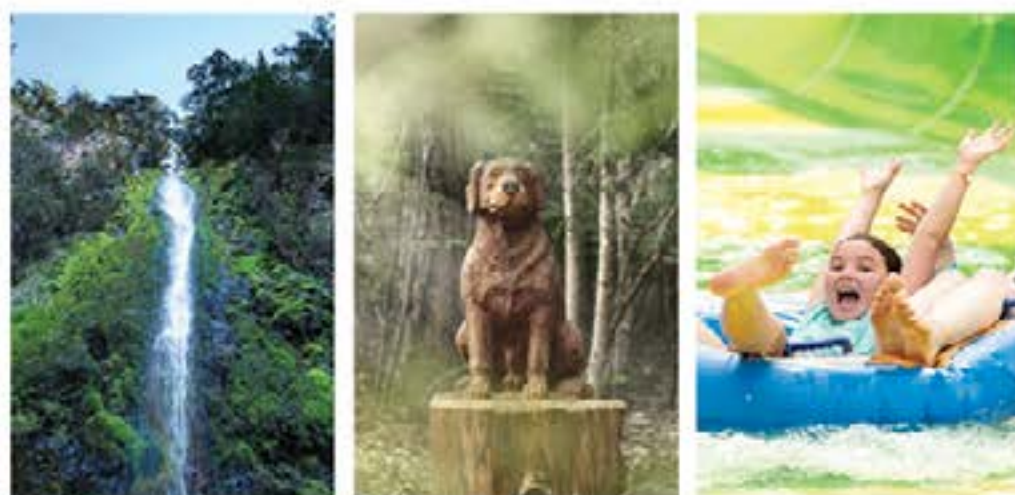


## Hanmer Springs Spa

The secluded and picturesque alpine village of Hanmer Springs has long been known as a sanctuary of recuperation – and The Spa embraces this.

The Spa at Hanmer Springs offers a wide range of exclusive massage therapies, including our Body Cocoon treatment as well as classic favourites like hot stone massage.

38 Amuri Avenue, Hanmer Springs  
Ph (03) 315 0029



## Holidays in Hanmer

From its wide, tree-lined main street to its outdoor cafes and picnic spots – Hanmer is bursting with charm. And whether you want to get away for a tranquil weekend or indulge in some adrenalin sports – there is something to keep the whole family happy. From mini-golf to jetboating, mountain biking to relaxing in the hot pools.

A stroll around the centre of town has plenty to keep shoppers happy from homewares to shoe stores and some great fashion boutiques such as Mhor. Here you'll find a wonderful array of labels from the summer colours of Lemon Tree to the must-have versatility of Betty Basics – it's the perfect spot for some serious shopping therapy.

Foodies are also spoilt for choice. To start the day there are plenty of cafes offering everything from coffee and a muffin to superb bowls and eggs bene. And when it comes to dinner time there is something to suit all tastes from burgers to pizzas, Indian to tapas and relaxed, family dining options. If it's a long, hot summery day then make sure to check out the gelato shop with their mouth-watering ice-creams and sorbets.

A few minutes out of town you'll find Hanmer Forest – where you can easily wile away a day exploring. There are walking trails to suit all abilities from a short half hour amble to the more strenuous Waterfall Track



which takes around two and a half hours return. The track takes you through beech forest, up wooden stairways in the forest and finishes up at the 41-metre high Dog Stream Waterfall. For serious walkers there is also a selection of full day walks including one which will take

you through some beautiful forest landscapes to the peak of Mt Isobel.

And if all that tramping leaves you feeling in need of a little rest and relaxation, then book yourself in for some pampering at the Spa at Hanmer Springs. It's the perfect way to unwind and you can opt for a simple pedicure or splurge on a decadent package that combines some of their most popular treatments – massages, manicures and facials.

Hanmer Springs is a real gem in our own North Canterbury backyard. So if you haven't visited recently, make time to rediscover it this holiday season. You'll be glad you did.



## Mhor

Mhor is a boutique filled with more, a fabulous place to find labels such as Curate, Coop, Verge, Lemon Tree, Sass, Betty Basics, Bird & Kite, Jellicoe and many more. A must to visit when coming to Hanmer Springs.

24 Conical Hill Road, Hanmer Springs. Ph (03) 315 7305  
www.mhor.nz

## "Your Hanmer Springs Property Specialists!"

Are you thinking about buying or selling in Hanmer Springs?

Then make sure you contact June or Harley Manion.

High performing, local experts you can trust!



## Harcourts

Four Seasons Realty

Four Seasons Realty 2017 Ltd Licensed Agent REAA 2012

June Manion 021 823 824  
june.manion@harcourts.co.nz

Harley Manion 021 149 8050  
harley.manion@harcourts.co.nz

**FLOORING CONNECTION**

**18 MONTHS INTEREST FREE**  
Terms & Conditions apply

03 310 8578 | WWW.FLOORINGCONNECTION.CO.NZ | 10 HIGH ST, RANGIORA

**FOR LEASE**

THE ARLINGTON RETAIL SHOPPING VILLAGE HAS SPACE FOR LEASE IN THE THRIVING NORTH WEST OF RANGIORA

OPTION ONE 55M2  
OPTION TWO 92M2  
OPTION THREE 330M2

IF YOU ARE LOOKING TO SET UP A NEW BUSINESS OR REPOSITIONING YOUR EXISTING BUSINESS, DON'T MISS THIS EXCITING OPPORTUNITY. COMPETITIVE PRICING AND FLEXIBLE TERMS PRICING AVAILABLE.

Contact Nevil Cunningham | 027 432 5785 | nev.c@xtro.co.nz

# SHOP THE LOOK

With the thought of summery days ahead, we start thinking about zhuishing 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**

Eco Friendly Beewax Wrap, singles and packs

Fair trade Loose Leaf Tea with hand carved spoon

Stainless Steel, Arbat Designed Water Bottles

**I'Adore Homeware & Gifts**

Black Globe

Gin Pearls & Whiskey Stones, keeps your drink cold without losing any flavour

The Sensually Good Chocolate Company delicious Chocolate tablets

Exclusive to I'Adore, Bella Scented Candles

Dragon Fly Pitcher

Vintage Green Glassware

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

**Village Green Antiques & Giftware**

Eiffel Tower \$93.95

Coalport miniature cup and saucer \$145

AE Williams Stunning pewter and crystal decanter \$576

Cat and Dog ring dishes \$19.75 each

Antique decoy ducks \$195 each

Statue of Liberty \$70.95

Sterling Silver teapot

Hand painted jardinière \$425

Check out our new online shop  
www.villagegreenantiques.co.nz

Open Mon-Fri 9am - 5.30pm, Sat 10am - 3pm  
Ph 03 261 2222 or 021 585 872  
Shop 3, Conway Lane, 176 High St, Rangiora  
antiques@orcon.net.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.

coming un stuck by Sarah Tuck

Annie Sloan Chalk Paint® in Fira

Harbour Island in a linen viscose fabric

Miranda Navy in linen viscose fabric or oilcloth

French Bistro outdoor set in Cactus

Open Monday - Friday 10am - 5pm, Saturday 10am - 4pm  
15 Coronation Street, Rangiora  
Ph. (03) 310 7635, www.thefabricofsociety.co.nz

**Canterbury Equestrian**  
R. M. WILLIAMS  
EST. 1932, AUSTRALIA

Caps \$35 Now \$25! Belts \$140 Now \$99!

Nanga bags \$95 Now \$69!

Bit Cheese Board \$59.95 Horse Bowl \$219

Antler Cheese Board \$249 Cowboy Boots Salt & Pepper \$89.95

50 Main North Road, Woodend 03 3100570 • 823 Main South Road, Templeton 03 3496241

*Lots of fantastic gifts to choose from!*

Amberley Pharmacy candle holder \$15.99 each

Village Green monkey fruit bowl \$155

OUT OF THE BLUE Jugs Small \$16 Large \$49

Feather & Oak Bone Noughts and Crosses \$120

LIFE PHARMACY Natio Bliss Gift Bag \$54

Rangiora Showcase Jewellers Tissot Watch \$229

Propaganda Roller Skates \$205

I'Adore Large Pinocchio \$109.99

Fabric of Society Book \$65

Shoe Therapy Superga Shoe \$109

Canterbury Equestrian Carving Fork \$69.95

ID Gallery Beaded Basket

Life Pharmacy Scandal by Jean Paul Gaultier \$209

\$73.99 EGG BOX

\$90.50 CO INTERIORS LAMP

\$49.50 BOTANICAL VELVET CUSHION

\$233.99 CLOCK WITH LEATHER FRAME

\$29.99 CEMENT BIRD FEEDER

\$24.50 VIRGIN JEWELS EARRINGS

\$25.50 ARTISANAL SOAP MADE IN ENGLAND

**Amberley PHARMACY** 127 CARTERS ROAD, AMBERLEY | 03-314 8211  
MON-FRI 9AM-6PM SAT 9AM-1PM

\$200 PRADA L'WOMME WATER SPLASH

\$85 CLINIQUE 'PLENTRY OF POP'

\$208 JEAN PAUL GAULTIER

\$89 TED BAKER

\$62 LANCOME 'GRANDIOSE'

\$99 LANCOME 'LES MINIATURES'

**life Pharmacy** 172-176 HIGH ST, RANGIORA | 03-313 6340  
MON-FRI 9:00AM-5:30PM SAT 9AM-6PM | SUN 10AM-4PM

**A few of our Favourite things**

Treat friends and family this Christmas with these great gifts. Shopping locally is a must!

Rivers to Ranges Book \$29.99

Rangiora Showcase Jewellers Bracelet \$549

Feather & Oak Kate Spade Bottle \$79

Canterbury Equestrian Grays Bag \$369

Blackwells Dept Store Gorgeous Door Stop \$85

I'Adore Lantern \$89.99 with LED battery candle \$13.50

Propaganda Skateboard \$129.99

The Sportshop JanSport Backpack \$89.95

Cocoon Image Skincare Gift Pack \$199

Rangiora Shoelines Mink Kelly Leopard Slides \$179

I'Adore Cutlery Set 24pc \$299.99

Rivers to Ranges Bow and Arrow set \$99.99

The Sportshop JanSport Backpack \$129.95

Fabric of Society Xmas house \$89

ID Cushion \$29.95

Molto Bella Bowls small \$18 Large \$25

Fabric of Society Blunt Umbrella XS \$99

Sports Shop Nike Red Slides \$55

Blackwells Dept Store Jewellery

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

**Wood'n Steel** FURNITURE + SIGNS

FURNITURE THAT WON'T BLOW AWAY IN THE WIND - TABLES YOU CAN DANCE ON

SHOP ONLINE or visit our showroom by appointment

After Hour SALES 027 229 1126 E. woodandsteel@xtra.co.nz  
www.woodandsteel.co.nz

Fabric of Society Beja Floor Mat from \$139

Sports Shop Nike Red Slides \$55

\$44.99 HUNTERS ELEMENT T-SHIRT

\$89.99 HUNTERS ELEMENT HUXLEY SHIRT

\$49.99 SHIMANO KIDE (2 castors & 2 seats)

\$99.99 HUNTING KNIFE

\$139.99 SLEEPING BAG

\$199.99 BUSHNELL BINOCULARS

\$30 KIR CAPS

**RIVERS TO RANGES** 98 HIGH ST, RANGIORA | 03-313 0647  
MON-THU 9AM-5:30PM | FRI 9AM-6PM SAT & SUN 10AM-3PM  
'LOCALLY OWNED & OPERATED'

**SQUAT WOLF**

**SQUAT WOLF EXCLUSIVE to The Sport Shop**, and the only stockists in the Southern Hemisphere, check out this new range in store now. SQUAT WOLF, born in Dubai, has been engineered for active life from fit to stitch to fabric with gym goers in mind.

Gym Athletes shouldn't compromise on 'Performance' for 'Style' or 'Fit'. They need gear that accentuates their v-tapered physique. Gear that fits right and is especially made for their 'athletic shaped bodies'.

Their philosophy is clear: good things come to those who sweat, and good gym wear should help you feel good and look good while you sweat.

345A Flaxton Road, Rangiora  
Ph 03 313 7983 www.thesportshop.co.nz



## Organic beauty made simple

Indulge, relax, revitalise, and feel your best, with a visit to Elegant Beauty and Brows stunning new North Canterbury salon, opening soon at 2a Good Street, Rangiora.

The company already has four popular salons in Christchurch, which are known for delivering outstanding service and an exciting range of natural and affordable beauty therapies using only organic and herbal products. The opening of the Rangiora salon means Elegant Beauty and Brows North Canterbury clients can now enjoy the same luxurious pampering a little closer to home, and new customers can discover what makes the brand so special.

One of the salon's most popular treatments is a rejuvenating Organic Facial, a perfect antidote to the pre-Christmas rush. The highly trained beauty experts at Elegant Beauty and Brows would love to welcome you for a personalised treatment, combining natural herbal products, with the power of touch, to leave your skin feeling refreshed, hydrated, nourished and glowing. They can also advise on the right skincare and supplements to help you achieve and maintain maximum results for your skin.

For the ultimate in relaxation and stress relief, the salon offers a full body massage,

which is sure to leave you feeling relaxed and revitalised. The skilled team at Elegant Beauty and Brows are also experts in the fine art of threading (an ancient hair-removal technique) which can completely transform eyebrows, creating a defined and perfect arch. Tinting and glamorous eyelash extensions are other services carried out by the therapists, to help you look your best for the festive season and beyond. The salon also offers waxing, spray tans, and stunning henna tattoos - creating beautiful body art which lasts for a short time rather than a life time.

Opening end of December with a special of 20% off all services, now is the perfect time to visit the friendly team at Elegant Beauty and Brows gorgeous new Rangiora salon.

**OPENING SPECIAL**  
20% off all services  
FOR JAN 2020

*Elegant Beauty & Brows*  
2a Good Street, Rangiora  
Ph 027 333 9111  
ebab.co.nz

## Summer Essentials

### 1. Must haves...

1. Every girl needs a pair of Gucci Sunglasses \$795 - Rangiora Eyecare
2. Safe and natural way to tan \$48.99 - Rangiora Life Pharmacy
3. Protect yourself with Invisible Zinc 100ml \$29.99 - Rangiora Life Pharmacy
4. A trusted family favourite Oasis Sunscreen SPF50 \$35.99 - Rangiora Life Pharmacy
5. To stop that flyaway hair, Stella and Gemma scarf/tie \$15 - Feather & Oak
6. Favourite time of the year - Blackwells Womenswear 30% off sale (12<sup>th</sup> - 15<sup>th</sup> December 2019)
7. Longchamp sunnies \$499 - Rangiora Eyecare
8. Look stylish while covering up in this cute Roxy sun protection top \$62.99 - Propaganda

Encore for her Beauty Boost Capsules \$39

Belle for her Beauty Drink Powder \$109

Encore for him Beauty Boost Capsules \$39

Beau for him Beauty Drink Powder \$109

Wella Oil Packs from \$64.90

Qt Internal Cosmetics. Using all-natural ingredients to enhance beauty from within. For him and her.

**H G**  
67 Percival Street, Lilybrook Centre, Rangiora  
Ph (03) 313 6562  
www.hugorgeous.co.nz

Kasper Shoe \$249.90

Troop Bag Blue \$89.90

Scala 'Marigold' \$159.90

Dria-W 'Navy' \$69.90

Mayson 'Navy' \$189.90

Vintage Deer Bag \$99.90

Good shoes & bags take you places

**shoelines RANGIORA**  
162 HIGH STREET, RANGIORA  
PH 313 8444 • OPEN SAT 10AM - 4PM  
www.rangiorashoelines.co.nz

### KIDS GIFTS

\$25.90 SANTA CRUZ SOCKS

\$39.90 ILAAB KIDS TANK

\$65.00 VOLCOM KIDS SHORTS

### MENS GIFTS

\$8.50 SEX WAX AIR FRESHENER

\$49.99 UNIT UNDERWEAR 3PK

### WOMENS GIFTS

\$59.90 ILAAB CAP

\$29.99 ROXY HAT

\$24.99 ROXY JANDALS

\$79.00 QUAY SUNGLASSES

# WIN YOUR SCHOOL SHOE PURCHASE

back

**POLAR** JOHN JOHN

**ELECTRIC**

**PROPAGANDA**  
STREETWEAR & SKATE

03.313.1383 | 152 High Street Rangiora | Mon-Fri 9.5-30 Sat 10.4 Sun 10.3  
WWW.PROPAGANDACLOTHINGNZ.CO.NZ afterpay + LAYBY

## Blackwell's have your man sorted this summer

DEPARTMENT STORE KAIAPOI  
TRUSTED SINCE 1871

Cnr. Williams Street & Raven Quay  
Ph 03 327 8029  
www.blackwellsdeptstore.co.nz

'Island Haze' Blue Leaf \$99.90

'Tokay' Hat \$49.90

'RM Williams' T-shirt \$55

'Michel Rouen' Polo \$69.90

'Berlin' Blue Shorts \$39.90

'John Lennon' Shirt \$139.90

'RF Scott' Short-sleeve Shirt \$109.90

'RM Williams' Jandals \$35

'Hillo-Panama' hat \$189.90

'Berlin' Fine Stripe Shorts \$109.90

'RM Williams' Belt \$110

'Ben Sherman' Floral Shirt \$99.95

'Colorado' SAIL Shoes \$129.90

'Tokyo Laundry Co Ltd' T-Shirt \$64.90

'Tokyo Laundry Co Ltd' T-Shirt \$64.90

'Tarocash' Socks \$17.90

'RF Scott' Polo \$89.90





Maria Flor Bordallo Range \$40 - \$125

These summer holidays...  
Sit back, relax and plan your  
new 2020 space at home.

Pop in store or online and book your January consultation for your:

- Window Furnishings
- Interior Design
- Styling
- Upholstery and soft furnishings

### Our summer hours

27 -30 December 11am - 3pm  
3 - 5 January 11am - 3pm  
6 January 9am - 5pm (normal hours)

### Last minute gift ideas...



Mini Love Vases set of 4 \$45



William Morris Hand cream \$15 each



Tealight Villa \$115



Kip & Co Tassel Velvet Cushion (50x50cm) \$139



Bordallo Mug \$50 each  
Herb Jar \$20 each



Farm to Table Platter \$59  
Spoon \$25



Mini Pastel Vases - Set of 4 \$40



Llamaram Doormat \$100



Kip & Co Beanbag \$170 (unfilled)



Kip & Co Wool Ottoman Cover \$199 (90x40cm unfilled)



Kip & Co Velvet Pea Cushion (42cm diameter) \$110



### Christmas Shortbread

225g Butter  
125g Icing Sugar  
225g Flour  
125g Cornflour

Cream butter and sugar well, add sifted flour and cornflour. Knead well, roll out 12 to 18mm (1/2 to 3/4 inch) thick. Cut into pieces, place on greased tray, prick and bake about 30 minutes at 150°C (300°F).

### A short note on Shortbread

One thing we learnt from our baking was that not all published recipes are created equal. Sometimes the smallest difference can take a recipe from okay to amazing.

Dorothy and Mel both made their shortbread following a recipe in their respective copies of that good old classic - the Edmonds Cookery Book. But, whilst Mel's shortbread turned out 'okay', Dorothy's was much better. Mel had some problems with the dough and had to add a little milk to help it bind. Dorothy's dough was silky smooth and produced a fabulous biscuit.

A quick chat revealed that while Mel's recipe had used castor sugar, Dorothy's had told her to use icing sugar. Icing sugar is said to give a fuller mouth feel and a softer texture for shortbread. While castor sugar gives a rougher, more sandy texture and has more of a crunch when eaten.

The recipes were simply from different editions of the same cook book. But it shows that it's worth trying out different recipes for the same thing until you hit the one that really does it for you.

Happy baking!



### Mandy's Peach Chutney

This is probably the best chutney ever! The longer it is kept the better, as the cayenne pepper mellows and makes the chutney a superb accompaniment.

1 kg stoned and peeled, ripe peaches  
3 1/2 cups malt vinegar  
2 cloves garlic, finely chopped  
100g preserved ginger, finely chopped  
500g dates, finely chopped

500g raisins  
1kg brown sugar  
2 teaspoons cayenne pepper  
2 tablespoons salt

Chop the peaches fairly finely and boil them in vinegar with the garlic until the peaches are soft. Add the remaining ingredients and boil for 30 minutes, stirring occasionally. Spoon into hot, clean jars and seal.

Makes about 3 litres.

### Jo's Rhubarb Cocktail

Mix rhubarb syrup with a bubbly white wine for a light and whimsical cocktail.

3 cups finely chopped rhubarb (about 4-6 stalks)  
1 cup sugar  
2 cups water  
1 bottle of bubbly wine, chilled

Put everything in a small pot and bring to the boil. Continue to boil for about 15 minutes, taking care it does not burn. While the mixture is still warm, use a wooden spoon to push the liquid through a sieve. Pour the syrup you have collected into a small, sealable bottle. Chill before use.



Having friends around for drinks and nibbles this holiday season?

Dorothy and Mandy combined a favourite cheese recipe with a secret Peach Chutney.

You will need:

1 x clove of garlic, peeled  
4 fresh thyme sprigs  
2 small bay leaves  
1 or 2 tablespoons of white wine  
1/2 cup peach chutney  
Sea salt and ground pepper

- Preheat your oven to 180° fan bake.
- Use a larger wheel of camembert (250 grams) and make sure it is at room temperature.
- Place the cheese on a sheet of baking paper, slightly larger than the cheese then place on a sheet of tin foil.
- Rub the top of the cheese with the garlic then and poke the thyme sprigs place the bay leaves on the top and pour over a couple of tablespoons of white wine. Wrap the baking paper over the cheese and then seal the foil tightly. Place in a baking dish slightly larger than the cheese.
- Bake for about 20 minutes, or until the cheese is very soft when lightly pressed. Remove the foil, open the baking paper and spoon over a couple of tablespoons of the chutney, season with salt and pepper and dress it up with a few more thyme sprigs.
- Pop back in the oven, uncovered, for a few minutes.



### Where to buy

1. Christmas Wreath - Feather & Oak
2. Cheese Knife Holder - iAdore
3. Designer Plates - Feather & Oak
4. Cookie Cutter and Serviette Holders - Blackwell's Kaiapoi

# Aren't we lucky!

Our wonderful family GP has a saying that amongst my family and friends has become our favourite toast, "aren't we lucky!" When we use it at all manner of events it sums up the good fortune we all have, just to be still on the planet for another Christmas rush, to live in this wonderful area surrounded by friends and family and to have a lovely family doctor with a great turn of phrase!

I've been especially lucky recently. I received an email from the UK asking me to brew at the JD Wetherspoon International Brewers Festival in February. Craft brewers from all over the world are invited to brew one of their beers as a real ale (you know the ale they serve in English pubs, flat and warm!) JD Wetherspoon is a huge chain of 900 pubs all over the UK, founded by Tim Martin in 1979. He took the surname from a teacher at school (in Dunedin, NZ!) who told him he would never amount to anything. The initials, were taken from J.D. 'Boss' Hogg of The Dukes of Hazzard fame. I'm especially lucky as I've done this before. In 2014 I brewed at Hook Norton brewery in Oxfordshire. It was a wonderful experience, Hook Norton is a very



old brewery built in the 1800s and still using a lot of the original equipment, they have brewery stables and deliver to local breweries with a horse and cart! In February 2020 I'll be at Shepherd Neame brewery in Kent, another brewery with a very long history, Britain's oldest in fact. From the website it looks huge. Something to look forward to in the New Year. Have a safe and happy Christmas!

**We're open longer hours over Christmas and we have music on Sunday 22nd from 3-8pm**

Monday 23rd December 3-10pm  
 Tuesday 24th December 3-10pm  
 Friday 27th December 3-10pm  
 Saturday 28th December 3-10pm  
 Sunday 29th December 3-10pm  
 Monday 30th December 3-10pm  
 Tuesday 31st December 3-10pm  
 Friday January 3rd 3-10pm and back to normal hours.

Have a Happy and Safe Christmas.  
 Aren't we Lucky!

www.brewmoon.co.nz  
 Ph (03) 314 8036 sales@brewmoon.co.nz



**THE GOOD HOME**  
 GASTROPUB  
 PEGASUS

Overlooking Lake Pegasus, The Good Home is designed to reflect the nautical and coastal life of the area. With a flavour all of its own, it is positioned perfectly to capture all day sun and with views across the lake and hills beyond, it is simply a stunning and unique setting that you will never want to leave. Relax and enjoy a cold drink, beautiful food, and great service, either in the restaurant or outside on our deck overlooking the lake... make your summer special

Open seven days from 8.30am Monday - Sunday  
 62 Pegasus Main Street, Pegasus  
 For details or reservations, phone (03) 967 6891 or visit thegoodhomepegasus.co.nz



## GRACEBROOK

For beautiful sweet cherries - visit us! Pick your own starts on New Year's Day! Visit our country store - we stock preserves, pickles, cherries and so much more... and our very special Cherry Liqueur... perfect with chocolate, and our delicious spicy cherry sauce!

156 Ashworth Road Amberley  
 Ph (03) 314 7076  
 www.gracebrook.co.nz

## COFFEE WORX



Got friends visiting over Christmas or need time out from the busy holiday season? Coffee Worx is a reliable, friendly place to come and relax, while sipping an excellent espresso and enjoying fresh and fabulous food. We also have gift vouchers, fresh roasted coffee for home and a range of coffee lovers gifts.

www.coffeeworx.co.nz  
 13 Ashley Street, Rangiora



## PATAKA BERRIES

Pataka Berries are proud growers and suppliers of local grown berry fruit. Based at the northern end of Marshland Rd, Ian and Marg Johnston are fourth generation growers supplying fresh berries and outdoor tomatoes in season with a full range of frozen berries available all year round.

- Open 7 days 9am till 5pm
- FYO raspberries available from 27th December
- Fresh berries available
- Real fruit ice cream

768 Marshland Rd  
 Oaruhia, Christchurch  
 Ph (03) 323 7896  
 Open 7 Days

**PATAKA BERRIES**

## NOM NOM KITCHEN

Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor. With something on the menu to please everyone Nom Nom is a fantastic choice for your next family catch-up, special occasion or just a great meal! 257 High Street, Rangiora. Ph (03) 313 4276



## ROUTE 72 CAFÉ BAR EMPORIUM

Treat yourself with a visit to Route 72 Café Bar Emporium in Cust. With an eclectic array of fashion, home and gardening delights there really is something for everyone. A picturesque view adds to the "Route 72" lunching and brunching experience. A day visit with friends and family will be a day to remember. Closed for Xmas - Reopen January 14th. 1697 Cust Rd, Cust. Ph (03) 312 5595 Route72@clear.net.nz



## WIN WIN

### \$50 FOOD/BEVERAGE VOUCHER

To be in the draw to win a \$50 food/beverage voucher, jump on our Facebook Page to our competition, tag who you would bring with you and ensure you are both following our page. You can also enter via email info@essencemagazine.co.nz. Competition ends Wednesday 24 January 2020.

Essence Magazine New Zealand

Congratulations to Alicia McGarry our winner of last month's food and beverage voucher.



## PUKEKO JUNCTION WINE SHOP

Gateway to the North Canterbury and Waipara Valley Wine Region on SH1, just 40 minutes north of Christchurch. Proudly boasting the largest selection of premium and boutique LOCAL wines, friendly local knowledge, gourmet deli items, art, gifts, and much more! SHOP LOCAL! Open 7 days

458 Ashworths Road, SH1, Leithfield, Ph (03) 314 8867  
 E: info@pukekojunction.com



## MONTEITH'S RANGIORA

Monteith's Rangiora, home of great steak, lamb shoulder, pork belly and salmon fillet... enough said!

All the staff at Monteith's Rangiora would like to wish our customers a happy and healthy holiday season.

75 Victoria Street, Rangiora  
 Ph (03) 313 2929  
 www.monteithsrangiora.co.nz

## NORTH CANTERBURY WINE REGION



It's time to plan your summertime visit to North Canterbury, an internationally renowned destination for food, wine and nature. Immerse yourself in an abundant and truly local experience of taste, surrounded by the breathtaking panoramic vistas of North Canterbury.

The region is home to 90+ vineyards, most of them independently owned by a close-knit community of local families. With some of the country's most diversified land formations, the region lends itself to highly varied and interesting soil types. Concentrated and expressive wines are grown here - particularly Pinot Noir, Chardonnay and Riesling.

Pair that with a rich abundance of produce growing throughout the region, and you've got yourself the perfect summer experience. Our people are known for foraging, gathering and hunting to create beautiful dishes that are real, fresh and seasonal ingredients. Find out what makes North Canterbury an award-winning culinary destination at one of our many Cellar Doors.

Better yet, you can join us to celebrate it all at the North Canterbury Wine & Food Festival. A free-range family festival, with fun for all ages. Meet local producers, makers and growers, while musicians and DJs lay down mellow tunes and foot stompin' grooves. Sunday 8 March, 2020.

North Canterbury Wine Region  
 www.northcanterburywines.co.nz



**NW NEW WORLD Rangiora**

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

## CHRISTMAS HEALTHY TREATS!

# Grinch Sticks

How about throwing together some simple and healthy Grinch Sticks. Christmas treats have never been so easy!! These are such a hit with the kids, they love making them (and eating them) which means it's also a fun afternoon activity to keep them occupied for a few quiet minutes before they eat them all.

### INGREDIENTS

- Strawberries
- Green grapes
- Bananas
- Marshmallows
- Toothpicks

### METHOD

- Wash grapes and strawberries.
- Slice bananas and cut of the green end of the strawberries.
- Poke a toothpick into the top of the grape, thread on a banana slice, then the strawberry top, followed by the marshmallow.
- Enjoy!



Hannah Romano is a successful, local Health & Fitness Coach who loves sharing knowledge and educating kiwis to keep everyday healthy SIMPLE!!



Fill the bucket with 1 1/2 litres of water and scatter flowers and greenery in the water. Freeze for 24 hours.

Remove from freezer and sit a smaller container that should be 5cm smaller in diameter than the bucket on top of the ice. Tape the inside of the container to the outside of the bucket leaving a 5cm gap between the bucket and container. Push the flowers and greenery down the sides with a ruler. When you think you have enough flowers place a brick or something heavy, a frozen chicken is ideal.

Then carefully pour the water into the bucket to the desired height. Carefully place in the freezer and leave for at least 24 hours.

When frozen remove from the freezer and sit on the bench for an hour before removing the tape and container from the bucket. If you are having trouble you can run a little warm water around the outside and it will come out easily.

You can store in the freezer until needed. Take out an hour before you need it and it will come to room temperature and be nice and clear. Remember to place the ice bucket on a tray or plate so it doesn't drip everywhere when melting.



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



As we enter the festive season, I would like to extend Christmas greetings to you all. Christmas is a time to catch up with family and friends, to pause and reflect on those who are no longer with us, to celebrate all that is good in this life and wish for a better tomorrow. I acknowledge all who are separated from loved ones at this time and trust that you have an opportunity to experience some of the magic of Christmas. My thanks go to all who will be providing essential services within our district through the busy holiday season, your time and commitment is very much appreciated by us all. Dave and I would like to wish you all a peaceful and happy Christmas and hope that 2020 brings you good health and happiness.



Kirihimete - Merry Christmas and Happy New Year  
**Marie Black - Hurunui District Council**



**Merry Christmas and a peaceful New Year**

**Matt Doocay**  
 MP for Waimakariri  
 03 310 7468  
 kaiaipoi.parliament.govt.nz

Constituency Office: Parliament Buildings, Wellington  
 99/1001 Doocay MP, Parliament Buildings, Wellington



Pataka Berries thank you for your support this year. Have a happy and safe festive season and we look forward to seeing you in 2020.  
 Ian and Marg Johnston

**PATAKA BERRIES**  
 768 Marshland Rd  
 Ph (03) 323 7896

The Team at Cocoon wish everyone a very Merry Christmas and a safe and relaxing break. We will be closed from 12pm on 24th December, reopening at 9am on Tuesday 7th January 2020.

*See you all next year*



**LED Photo Therapy Facial**  
**\$89**

from January 2020,  
 the perfect post Christmas rejuvenator!

**COCOON**  
 BEAUTY & DAY SPA

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



**Merry Christmas & Safe Holidays.**  
 Enjoy this summer at CBK Kaiapoi with friends & family. We are OPEN every day except Christmas Day, FREE of any Surcharge & will be offering ALL our GREAT deals & offers on all public holidays. www.cbk.nz/kaiaipoideals  
 \*Lunches from \$14.90, Happy Hours EVERY DAY 4-6pm



Check out our Facebook Page for all the GREAT Deals  
 4/77 Hilton Street Kaiapoi 7630  
 Ph (03) 327 9224 www.cbk.nz

Jan would sincerely like to thank all her wonderful clients for their support over the past year. She wishes them and their families a fun and happy festive holiday season. Jan is looking forward to reconnecting with everyone again in the New Year!



**BAYLEYS**

P. (03) 311 8020 M. 021 395 241  
 E. jan.mccormick@bayleys.co.nz



The team at Carter's Tyres wish you a safe and Happy Christmas. For any last minute work on your car, boat or caravan we are available as follows:

24th Dec 8am - 2pm, 25th & 26th Dec CLOSED  
 27th Dec 8am - 5.30pm, 28th Dec 9am - noon  
 30th Dec 8am - 5.30pm, 31st Dec 8am - 2pm

1st & 2nd Jan CLOSED, 3rd Jan 8am - 5.30pm  
 4th Jan 9am - noon.

**CARTER'S**  
 tyre service

Corner Church and High Street, Rangiora  
 24 hour / 7 day callout service  
 Ph (03) 313 2218



*Merry Christmas from our family to yours*

The team at Ataahua Wines would like to thank our wonderful supporters and wish you all a safe and happy Christmas and best wishes for a great start to 2020!

Hard tended vines and carefully handcrafted wines have produced a range of unique and delicious wines from North Canterbury that make perfect Christmas gifts.

**Ataahua**  
 Wines

Order online  
 www.ataahuawines.co.nz  
 Ph: 021 222 2354



As we enter into the holiday season, I want to extend best wishes for a Merry Christmas and healthy, safe and Happy New Year to you all.

It is a truly magical time of year as our community is alive with twinkling lights and decorations, Santa Parades, carol singing and the spreading of goodwill. When you are looking to cross some items off your Christmas Shopping list, I hope that you will support local businesses and services. Please keep an eye out for people on their own this Christmas. This is a time for kindness and sharing. Thank you to our emergency services, medical teams and all other staff working and keeping us safe over this holiday period. I hope that you find time to be with those you hold dearest during the holiday season and to enjoy all our community has to offer.

On behalf of the Waimakariri District Council I wish you all a very safe and happy Christmas and a prosperous 2020. Meri Kirihimete

**Dan Gordon - Waimakariri District Mayor**



**CRAZE**  
 FASHION

What a year!!!  
 We have relocated into the new Riverview development in Kaiapoi, bigger & brighter.

Happy 9th birthday to us. Thank you to all our beautiful supportive friends, family and customers! We wish you all a Merry Xmas and safe and happy New Year. Closed from 24th Dec, reopening 6th Jan 2020 with a bang!

**CRAZE**  
 KAIAPOI

179 Williams Street  
 Ph (03) 327 2157  
 www.crazefashion.co.nz

Debbie and the team from Shoe Therapy wish you a safe and happy festive season. We will be open during the holiday season. Check Facebook for updates.  
 178a Williams Street, Kaiapoi  
 Ph (03) 327 0966



**Shoe Therapy**



Maureen and girls thank you all for another wonderful year, we hope you enjoy decorations and have a happy holiday season. We close 4 pm Christmas Eve reopening next October

**PATAKA Christmas**  
 768 Marshland Road (Nth end)  
 Ph (03) 323 8915



The Arlington Retail Shopping Village would like to wish their valued customers a safe and happy festive season.

Dine at the Five Stags, Thai Aroma or Himalayas restaurants or pop in to the revamped convenience store.

Browse for flowers and gifts at the Rangiora Florist or treat yourself to a new look at FunQ Salon.

Visit the Uniform Shop for all your back to school needs, or make an appointment to discuss a new build with Mike Greer Homes.

**29**  
**ARLINGTON**

**For the best parking in town!**

visit the Arlington Shopping Centre



Wishing all our clients and people of North Canterbury a Merry Christmas from the team at Shine Hairstylists. Book now for your new summer style!

**Shine**  
 HAIRSTYLISTS

Riverview, 178 Williams Street, Kaiapoi  
 Ph (03) 327 0991



We appreciate your business and support throughout the year. We wish you a very Merry Christmas and a Happy New Year. Have a safe and enjoyable festive season, from the Team at Burbidge Automotive Limited.

We close 5pm on 19th Dec 2019 and re-open 8am Monday 6th Jan 2020.

**BURBIDGE AUTOMOTIVE**  
 Rangiora  
 325 Flaxton Rd, Rangiora. Ph (03) 313 3344

Richard would like to thank all his clients for their support over the past year, and to take the opportunity to wish you all a very Merry Christmas and a happy and safe holiday season.

The workshop will close from 23<sup>rd</sup> December & reopen 20<sup>th</sup> January.



**PLUMBING PRO**

03 313 6654 | 027 223 6606





Tony Johnston - Group & Superannuation Specialist, Sue Rutter - Administrator, Rosewyn Armstrong - Client Service Manager, Gloria Mackintosh - Reception/Administrator, Hayden O'Donnell - Registered Financial Adviser, Mark O'Donnell - CEO/Director/Authorised Financial Adviser

## How do I start a Financial Plan?

When it comes to making a financial plan - you can't start too soon.

"The best time to start is always now," says Canterbury Financial Services founder, Mark O'Donnell, "The earlier you start to think about these things and put plans in place, the more time you have to achieve your goals."

Those goals really involve the lifestyle you would like to live, particularly in retirement says O'Donnell. Are you hoping to give up work and travel the world? Have you got expensive hobbies

you want to pursue or do you prefer the simpler life? What age are you planning to retire? Have you thought about how much you will need to support you in retirement? These are plans and goals that are highly individual - they are about you and how you want to be able to live when you are no longer earning a salary.

Are you hoping to give up work and travel the world? Have you got expensive hobbies you want to pursue or do you prefer the simpler life?

These are questions that most of us tend to put off. But the team of qualified and experienced advisers at Canterbury Financial Services can help you to consider these questions. They will help you assess your current situation and what is realistically achievable given your income and assets, stage of life and other commitments.

After an initial free consultation, an adviser can draw up a financial plan for you and provide advice on savings and investments and working towards your goals. That adviser can then work with you in the long term to make sure you are on target.

So, if you've been thinking about your financial future, make 2020 the year you take action. Call Canterbury Financial Services and get started with your financial plan.

### Canterbury Financial Services Limited

237 High Street, Rangiora 7440 | Tel: 03 313 9200  
Website: www.cfslimited.co.nz

## The Gift of Safety

One of my clients asked me the other day if it's really possible to feel deeply, genuinely safe - not just for a fleeting moment, but as your normal way of being. She said this with a kind of wonder, as though she'd never imagined such a thing - as though living on the lookout for danger was simply what everyone has to do.

A little bit of danger may be thrilling (think bungy jumping), but no one enjoys the worry or fear that come with really not feeling safe. And that fear can have a lasting impact. When fear gets too loud, or goes on too long, we can get stuck in fight, flight or even "freeze" - ancient survival responses that we share with other animals - and live our whole lives with our threat radar constantly sounding the alarm.

This is not good for our wellbeing. It's exhausting to be constantly on the lookout for danger, to never quite feel that you can relax - even when you are actually safe. Getting stuck in fight/flight/freeze also interferes with our ability to think, to calm our emotions, and to relate and connect to others, and it affects

us physically, disrupting our immune system, digestion, metabolism and insulin levels. This can show up in conditions as varied as anxiety and depression, addictions, sleep problems, learning difficulties, hyperactivity, mood swings, gastrointestinal problems, fibromyalgia, chronic pain, and migraines.

If this is what life's been like for you, you might well find it hard to believe that it's possible to feel truly safe, relaxed, clear-headed, and comfortable most of the time. You might not even know that what you're really needing is to feel safe - you might think that your symptoms are "just how I am".

The good news is that it's possible to build that sense of safety, and move out of a pattern of fight/flight/freeze, at any point in our lives. Empathic support to release fear that's held in your body, and to notice and savour moments of safety, can really make a difference.

If you've lived with fear long enough, and would like to experience the gift of safety, please get in touch.

Merry Christmas, everyone.

**Ingrid Gunby**  
Integrative Coaching  
Integrative Coaching and Equine Assisted Learning  
Ph 027 4879923 | [ingrid.gunby@me.com](mailto:ingrid.gunby@me.com) | [www.ingridgunby.com](http://www.ingridgunby.com)

## Matt Doocey

Essence of the Electorate  
with Matt Doocey MP for  
Waimakariri



It's been a busy year for North Canterbury and in Wellington, with a lot of changes happening and a lot to look back on.

I entered my previous career in the mental health field because I wanted to make a difference and politics is a way of continuing to make that difference.

When I was elected in 2014, I wanted to be an accessible MP and a strong advocate for those in our community who needed someone to be on their side.

Some of the issues became bigger than an individual. Looking back over the past 12 months, we have together successfully fought for a specially-designed facility to offer after-hours medical care; the three-laning southbound of the Waimakariri Bridge to address the morning bottlenecks from Tram Road; the retention of a bus service for Waikuku; and we continue to fight for safety improvements on State Highway 1 at Woodend and Pegasus, and a Woodend Bypass.

In Parliament I have worked, as National's Mental Health Spokesperson, to initiate the Mental Health Cross Party Group that will take a bi-partisan approach in responding to the growing demand for mental-health services - and it was with a real sense of achievement that I celebrated the launching of the Mental Health Cross Party Group this year by Sir John Kirwan.

No region is ever static but evolves in response to internal and external pressures. Being aware of what is happening in the electorate and taking those issues to Parliament to fight on your behalf is the cornerstone of my role. The support of my family is invaluable in allowing me to be away from home three days of the week to be in Parliament.

As Parliament winds down into its last month, I wish you, from me and my family, a Merry Christmas and a healthy and peaceful New Year.

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



## The Lead up to Christmas... with Hank van Keulen

In the words of the great Bob Geldof ".... It's Christmas time again". It seems it was not that long ago that it was last Christmas. Are the years getting shorter or am I just getting older...?

I love Christmas. For us it's always great family time - isn't that what Christmas is all about? Whether it be our elderly parents that we know we should see more often, or brothers and/or sisters we haven't seen much of since last Christmas, or, maybe just uncles, aunts, cousins, it's just all about family. Then of course the best of all, the children that make us smile and bring such joy to our hearts when we see their faces on Christmas morning opening those much anticipated presents. Beautiful! But before we get to that magical day there's a bit of water that needs to go under the bridge. For many of us it's a stressful time where everyone seems to want to get everything done before that day. Before we go on holiday. I've never quite figured out why, but, it's true and happens every year.

And so comes on the pressure and stress. Can we get everything done that we want done before Christmas? Can I get the client jobs done that they're putting all that pressure on me before Christmas? Soon, weeks we thought we had left, turn into days and then just into hours. Because of all that hustle and bustle it's often a time when things go wrong.

I personally have heard of three separate instances where there has been a diagnosis of serious and life threatening ailments. It seems to happen at this time of year. In our own family two years ago at this time my mother-in-law was in palliative care with a cancer. There will be many others where the same will be for them this year. When you hear these things and take a moment to reflect all that stress and pressure really is quite insignificant.

As quickly as it arrives, it's all over. We take a big sigh of relief as we sit on the couch in the afternoon having a quiet ale thinking we ate too much, and, all we want to do is have an afternoon nap! But this can also be a time when things go wrong. Before we get to this point, we just keep going, keep going, keep going, and then... stop. We don't have time for things to go wrong before now, and now we do! Hmmm...

Perhaps now is a good time to consider whether all your insurances are up to date and in place. If you're a little unsure and maybe you just don't have time right now because there's too much to do, then remember insurance is about what might happen not what has happened. If it has happened, then it could well be too late.

It was two weeks before Christmas that my client Peter had his accident. That's a pretty daunting thought, we've just spent a whole lot of money getting to Christmas and now we're looking at the prospect of not being able to work and therefore not being able to earn. Fortunately for



Pete and Janine they did have the right insurances in place and, although stressful while waiting for the claim to be accepted, they were prepared for the worst. They didn't need to hope, they had certainty.

If you're a little unsure whether you have certainty going into the festive season and holidays then give us a call, we can help. After all, it is what we do.

We all here at PPNZL wish each and every one of you a very Merry Christmas, a wonderful new year and a safe and relaxing holiday.

Thank you all for reading my blogs, I hope you enjoy them, and they are of some use to you. God bless you all.

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



**BURBIDGE AUTOMOTIVE**  
Rangiora  
WOF-SERVICE  
FULL MECHANICAL REPAIRS  
TYRES  
COURTESY CAR AVAILABLE  
325 Flaxton Road, Rangiora  
Call Peter or Nikki on 03 313 3344  
office@burbidgeautomotive.co.nz

**Robertson Building**  
Local to North Canterbury  
CALL ARTHUR 027 245 1601  
arthur@robertsonbuilding.co.nz  
www.robertsonbuilding.co.nz  
BARN-FARM BUILDING  
RIB RAFT FLOOR SYSTEM INSTALLATION  
PROJECT MANAGEMENT • ADDITIONS • NEW HOMES  
HOME MAINTENANCE • EOC REPAIRS • ALTERATIONS  
FREE QUOTES

**Active Zen**  
YOGA • PILATES • MASSAGE  
FREE CLASS with this advert  
Ph: 021 338 987  
8 Tahuna St, Pegasus Town  
activezenstudio

**Sandra James**  
Wedding and Funeral celebrant  
YOUR DAY. YOUR WAY.  
Ph: 027 290 7550  
E: [sandra@connectpeople.co.nz](mailto:sandra@connectpeople.co.nz)

**Graham & Sons**  
FOR ALL YOUR FLOORING NEEDS!  
• Extensive Range of carpets  
• Vinyl Planks & Tiles  
• Timber, Laminate & Bamboo  
• In-house Carpet & Vinyl Installers  
• Friendly Family Business  
333 High Street, Rangiora • Phone 03 313 8518 • [www.grahamandsons.co.nz](http://www.grahamandsons.co.nz)

**Readings with Helly**  
Clairvoyant / Medium  
Reiki Master  
With appointments available throughout the week and on weekends!  
Phone 03 314 9073  
[www.mistypathway.com](http://www.mistypathway.com)

**Manai**  
BOOKINGS OPEN FOR 2020 YOGA COURSES  
NB: Beginners night course on offer Term 1, and not again until Term 4.  
"Thank you for your support this year, and heart felt wishes for the year end. Malina."  
[www.manaiawellbeing.co.nz](http://www.manaiawellbeing.co.nz)

To all of our clients, Merry Christmas and a happy New Year, from the team at Corcoran French.

Our offices are closed from 23 December 2019 and reopen 8 January 2020.  
We appreciate working with you and look forward to continuing our relationship with you next year.

**CORCORAN FRENCH**  
CANTERBURY LAWYERS

info@corcoranfrench.co.nz  
Christchurch: (03) 379 4660  
Kaipara: (03) 327 8159  
[www.corcoranfrench.co.nz](http://www.corcoranfrench.co.nz)

**Have you been planning for RETIREMENT?**  
You should start thinking about this as early in life as you can

Have you considered:

- How much you need to save for a comfortable retirement
- What sort of retirement lifestyle you want
- What age you wish to retire at
- Do you know what your Superannuation payment entitlements will be
- How KiwiSaver can help
- We can assist with advice regarding your Retirement Planning, so contact us today

Mark O'Donnell  
CEO / Director Authorised Financial Adviser / FSP2481  
LOCAL OFFICE, VISITORS WELCOME  
Canterbury Financial Services  
Licensed DIMS Adviser FSP29382  
237 High Street, Rangiora  
Phone: 03 313 9200  
FreePhone: 0508 237 583 (0508 CFS LTD)  
Email: [admin@cfslimited.co.nz](mailto:admin@cfslimited.co.nz)  
Disclosure statements relating to the financial services provided with this ad are available on request free of charge.  
[www.cfslimited.co.nz](http://www.cfslimited.co.nz)

**CAMEO**  
Fine Arts  
Specialist custom picture framing & giftware  
10 Cone Street, Rangiora  
P: 03 313 5474  
[www.nz-souvenirs.co.nz](http://www.nz-souvenirs.co.nz)

Wishing you and your family a safe and happy Christmas and very best wishes for the New Year

**BAYLEYS**  
M 027 485 8003 P 03 311 8020  
E [margo.hutcheon@bayleys.co.nz](mailto:margo.hutcheon@bayleys.co.nz)



 <p><b>\$7,888.000</b></p>	 <p><b>\$8,444.000</b></p>	 <p><b>\$11,999.000</b></p>	 <p><b>\$6,000.000</b></p>	 <p><b>\$7,000.000</b></p>
<p><b>2010 Nissan Note 1500cc</b> Only 20,214 km's &amp; in top condition, 5-Star fuel rating.</p>	<p><b>2009 Subaru Impreza 155</b> 1500cc Sport with good km's. Safe commuter &amp; Economical</p>	<p><b>2009 Subaru Outback 2.5</b> New Cambolt, very tidy condition. Great family wagon &amp; very safe.</p>	<p><b>2009 Honda Insight Hybrid</b> 8 SRS airbags, 3.4L/100 km's, alloys, body kit, nice car</p>	<p><b>2009 Suzuki Swift</b> High spec model with lots of upgrades only 60,000 km's. 5-Star fuel rating.</p>
 <p><b>\$3,999.000</b></p>	 <p><b>P.O.A</b></p>	 <p><b>Come in and inspect</b></p>	 <p><b>\$13,000.000</b></p>	 <p><b>\$15,000.000</b></p>
<p><b>2006 Honda Fit</b> "Trade-in special" only 123,000km. Brand new W.O.F &amp; service. Great car to learn to drive in.</p>	<p><b>2015 Toyota Hi-Ace</b> 5 door Dual sliding doors, low km's, 6 seat model. We do have 20 of these in stock.</p>	<p><b>2014 Toyota Aqua Hybrid</b> 60,000 km's, amazing economy with 87mpg. We have 25 of these in stock!</p>	<p><b>2012 Suzuki Swift Sport</b> NZ new, high spec sport, low 40,000km's. Stunning example</p>	<p><b>2013 Ford Focus Sport 2.0</b> Stunning car with only 18,000 km's. High spec 2.0ltr Sport Model</p>
 <p><b>\$13,999.000</b></p>	 <p><b>\$9,998.000</b></p>	 <p><b>\$9,999.000</b></p>	 <p><b>\$10,636.000</b></p>	 <p><b>\$5,868.000</b></p>
<p><b>2015 Subaru Impreza 2.0ltr</b> Cam-chain engine, high grade sport model, cruise control, stability control.</p>	<p><b>2012 Nissan Tiida Latio</b> New shape sedan, 4.4L/100km's, 78,000km's, very tidy with high seating position.</p>	<p><b>2010 Subaru Impreza XV</b> 1500cc XV with sports interior, roof rails &amp; body mouldings.</p>	<p><b>2006 Mazda Axena Sport</b> 2.0Ltr model in top condition with only 38,651 km's.</p>	<p><b>2006 Toyota Vitz</b> "Trade-in Special" 1300cc 5 door. New WOF &amp; service. Tidy car with only 77,500km's.</p>

Just some of our happy customers this year...



**MATT & GEFFIN, YOUR LOCAL EXPERTS WITH A COMBINED 40+ YEARS OF EXPERIENCE PUTTING RANGIORA FAMILIES IN THEIR NEW CARS.**



**Matt Blair**  
027 643 8665

**636 LINESIDE ROAD, RANGIORA**  
PHONE US ON 03 310 7706

**Geffin Sutherland - Sales**  
027 543 3346

