

essence

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11

Feature
Women in
Business

08

Dwelling
The High
Tech Home

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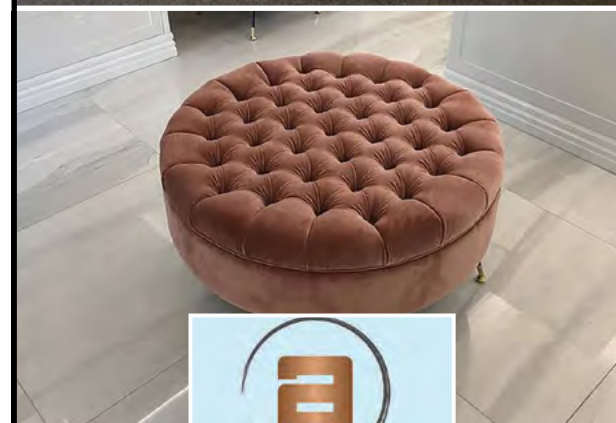
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contents

In this issue we are excited to share with you one of our favourite features - Women in Business, (WIB). We always look forward to putting this feature together because it's our opportunity to promote the amazing business women of North Canterbury.

Their wisdom, enthusiasm and positive attitudes are so inspirational. We have been privileged to celebrate the success of many WIB over the past 18+ years and we love learning about what makes different business women tick. Obviously I'm also a WIB and I've been lucky to work with such capable, intelligent and motivating women that have all contributed to the magazine and the business. I'm a firm believer that with a great team and the support of other WIB - girls can do anything!

Alexa - she seems like quite a determined 'woman' that you have to be careful around sometimes! Home owners Kim Rutter and David Roche don't call her by name preferring to use 'her' on some occasions. Check out our writer Pattie and

photographer Carmen's visit to a high tech home in Merivale. **Page 08.**

Our herb enthusiast and horticulturist, Minette Tonoli's advice about weather proofing and the winter garden is invaluable.

"Mark the positions of perennials that die back completely in winter, such as lovage and sweet cicely so that you don't inadvertently dig them up as you cultivate soil through winter".

Lovage/sweet cicely? Who? What? I'm quite a keen gardener but clearly I have a lot to learn about edible/medicinal plants. Minette's column is on **page 10**

Another fabulous and seriously capable woman is our regular columnist Barb from New World Rangiora, where would we be without her monthly treats in the essence office? This month she shares an interesting Sunken Chocolate, Apple & Hazelnut Cake - yum!

Have a great month - Dorothy

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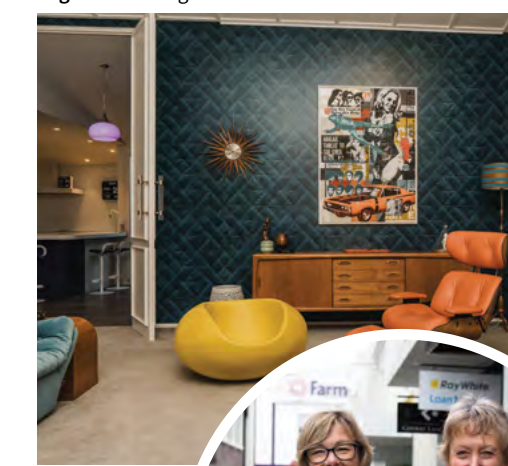
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Page 08 Dwelling



Page 21 Why We Love Rangiora



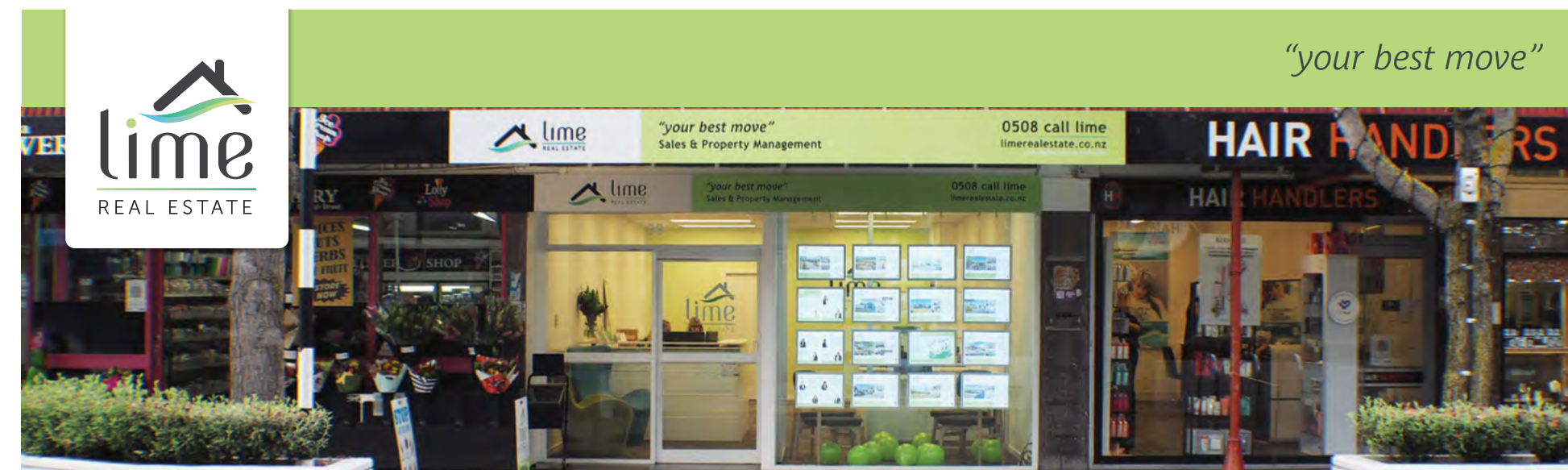
Page 20 Profile



Page 27 Essential Ingredients



Front Cover: Women in Business 2021
Business owner pictured: Sandy Turner from Shine Hair, Kaiapoi.
Photography: Dorothy - Essence.
Location: Niche Gifts, Rangiora
Art direction: Mel - Essence, Jenna - Niche



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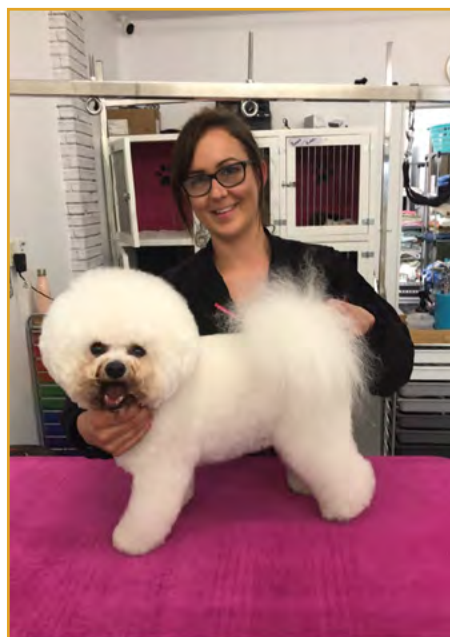
Hand painted Indonesian vase

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PAMPER Your Pooch

In 2015, Ellie Barber arrived from the UK and settled in Rangiora. Building on her childhood passion and love of four legged friends, Ellie began a career as a Dog Groomer.

Through the National Dog Groomers Association of New Zealand, Ellie has studied, attended seminars and passed certificates in different breeds. She has recently passed an additional qualification and is now a Master Groomer.

After years of grooming experience, Ellie has set up her own business, Posh Pups, here in Rangiora.

Posh Pups is a friendly one to one grooming salon. Ellie is passionate about creating a calm and relaxing experience. From a bath and blow dry to a full pamper session, your pup will leave looking posh and feeling fabulous.



Appointments can be made by phone 0277011094 or through the Posh Pups Facebook page.

Pink Tie at the Races

WOW, that's all we can say! Our Pink Tie Event in conjunction with Rangiora Harness Racing Club on Sunday 23 May was a huge success, and we are thrilled to have raised \$2,449.60 for Breast Cancer Foundation NZ.

Our inspirational guest speakers Jo Bailey & Amber Arkell spoke from the heart about their experiences, we had amazing best dressed contenders and we all seriously enjoyed the day!

Head to our website for the full gallery of photos from the afternoon: www.essencemagazine.co.nz

Photographer; Belinda Lansley Photography



100 Years of WI in New Zealand

The NZ Federation of Women's Institute are celebrating their 100th anniversary this year. The WI has been offering friendship and support to women and the wider community of New Zealand since 1921.

To mark the occasion they recently unveiled a bronze statue of their founder, Miss Anna Jerome Spencer, in Napier. Miss Spencer returned home to Napier after being impressed by the WI in London, and set up the first meeting at Omatua in Rissington, rural Hawke's Bay.

The 100th Annual General Meeting of the New Zealand WI was held at Te Papa in Wellington on June 14-15 this year. Over 300 women from all over the country gathered to celebrate this milestone. A highlight of the meeting was the launch of their book 'Portrait of Change' Volume 2 covering the last 24 years of NZFWI and marking the end of a century.

Through friendship, fun and some healthy competitions, WIs have been enriching many lives with their activities, fundraising and donation of goods and funds to local organisations and charities.

New members are always welcomed. And they also encourage any groups of women interested, to open their own group and join this wonderful organisation.

Contact Colleen Dryden, Executive Officer 027 766 1584 or Fay Leonard, National President 021 225 0803

North Canterbury WI members Kathryn Hopkinson National Executive member, Statue of Miss Jerome Spencer, founder of Women's Institute in NZ, and National President Fay Leonard, at the unveiling of the statue in Napier.

Brunch for a good cause

It was a frosty morning on Thursday the 27th of May but inside Urban Revival Café in Silverstream, the room was everything warm. That's because a lovely group of ladies and men were there to attend the annual pink tie brunch, co-hosted by Urban Revival & Karen Bailey Real Estate. With two fabulous guest speakers and delicious in-house catering, the event was a great success. Final total raised was \$2205.



Sonya, Karen Bailey, Clare and Christine



Dee, Anouska and Sonya

Bridget Barclay and Val Kleinschafer

Welcome to Rangiora

Lime Real Estate were thrilled to open their second office in North Canterbury with their Rangiora office standing pride of place on the High St in Rangiora.



Natarsha Crawford, Megan Burrige, Nas White, Nancy Holmes, Cindy Crew, Anna Pethig, Liz Ditmer, Susan Mullink, Chloe Chinnery, Dee Bovin, Brooke Wallis, Jack Lin and Michelle Allan

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Claire and Stuart Morris

Is it Worth Waiting to Sell Your House in Spring??

As we hit the winter months we hear clients often discussing their intentions to sell in spring. What does this actually mean and is it worth waiting for this time of year or is it all a market myth?

When exactly is Spring when you are talking real estate? In many seller's minds the spring sale works to a wonderful timeline where they breeze out of winter and are sold, moved and nestled in their new home before Christmas even starts to come on the radar. The reality is a spring launch turns into an October-ish launch and a December or even January settlement.

Let's break it down:

We generally advise sellers to factor in a twelve week process from start to finish. Working on the current median days to sell you are looking at an average of five weeks actively on the market.

- Factor in the lead-in-time including interviewing agents, completing paperwork, finding your EQC documents, preparing your home for photos and finishing any maintenance jobs on the list. So, a one to four week preparation process depending on how organised you are and how ready your home is.
- Unless you Auction, once you are under offer it is highly likely the due diligence period will be another two weeks.
- Settlement is then another two to eight weeks from confirmation.

All up, we generally advise sellers to factor in a twelve week process from start to finish. To give you some perspective, there are 16 weeks between September

1st and Christmas day so if you launch to market in the very first week of September you would, on average, be moving at the end of November all going to plan. This would mean your preparation for the market will be happening in August when most sellers are still in their woolly socks with their duvets over their heads.

In our professional opinion there are two ways of gaining a competitive advantage when working out the timing of your upcoming sale:

- Go to market in winter when you have less competition; or
- Launch to market in spring, but in actual spring, ie start preparing now over the winter months and get a head start on the market rush which only dilutes your buyer pool as a seller.



If we were buying a house in North Canterbury we would buy it in winter. Our summer is lovely but our winters are pretty average through to awful so you know what you are getting when purchasing property in winter. If you own a villa with double height ceilings and not so good heating then maybe a winter sale isn't for you but if you have a warm, dry home then this could be very well showcased during the colder months. The main advantage here too, there are fewer homes on the market so less competition. You may just find your time on the market for a winter sale is a little longer, going on earlier stats.

Otherwise get out the planner, put in the dates you would like to be moved by and then work twelve weeks backward from there and remember to keep in mind that spring will have sprung on you before you know it.

FREE LANDLORD SEMINAR

With all of the recent legislation changes that have come into effect I thought it timely to host another landlord education seminar.

The Residential Tenancies Amendments Act 2020 is, to say the least confusing and even after 15 years working in the property management industry, I must admit it is hard work to keep on top of and ensure all those very important boxes are ticked.

Naturally, I am extremely passionate about investment property ownership. Not only will it assist a lot of landlords to achieve a more comfortable retirement, it also ensures that we can keep our many wonderful tenants in quality, affordable homes. We feel education is the key and we want to make owning investment property easier for you.

Our Property Management division operates from three offices so we will be hosting this event in those areas:

- Saturday 26th June from 10.00am – 11.30am in our Papanui office, in Winston Avenue.
- Thursday 1st July from 5.30pm – 7.00pm in Sumner, and
- Saturday 3rd July 10.00am – 11.30am at ENC House, 143 Williams Street, Kaiapoi (North Canterbury)

The content of these events will be the same at each venue so if you cannot make it to one please feel free to register and attend another instead.

We will cover all of the new legislation, as well as the deadlines for Healthy Homes, and we will have a guest accountant to provide some tips and information on the financial side. We will also arm you with some resources to refer back to as you navigate this new legislation.

We would love you to join us. All you need to do is register via email at morrispm.nz@raywhite.com or phone 03 331 6755.



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

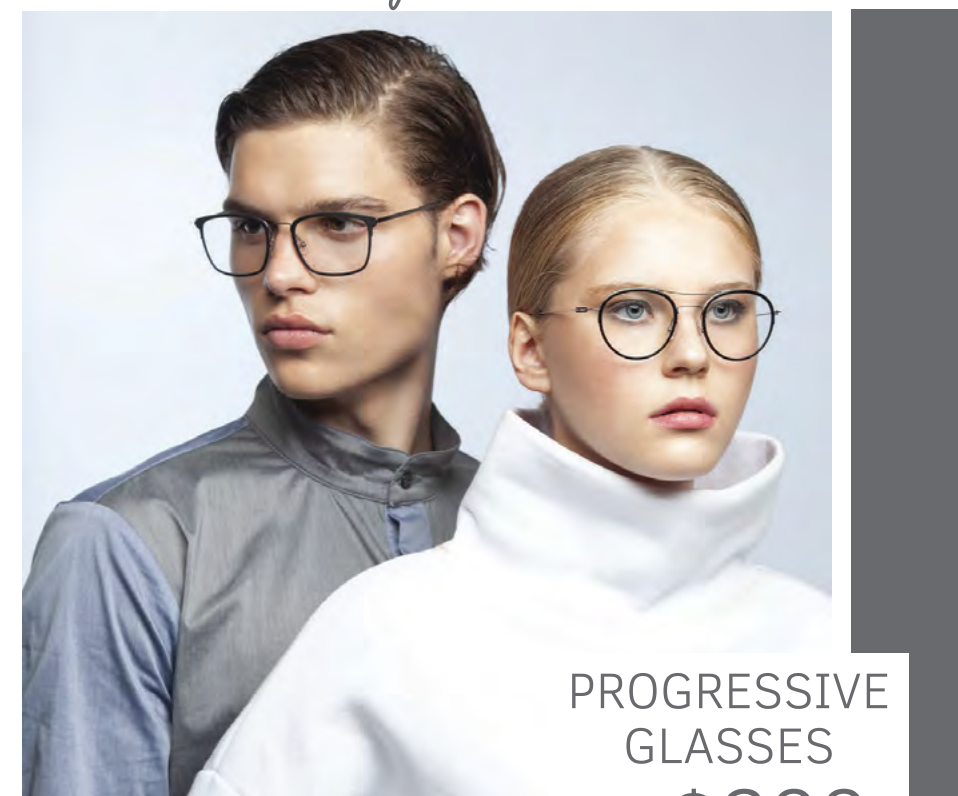
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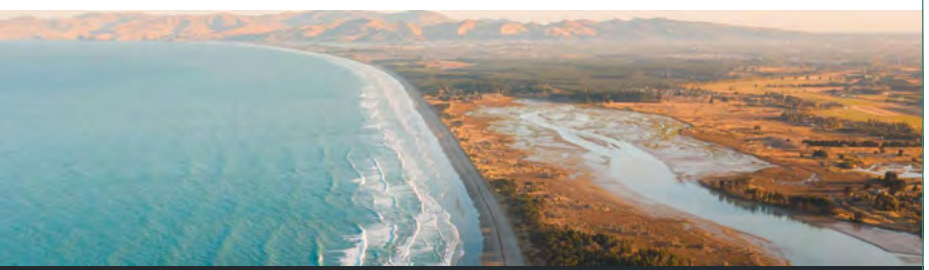
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Amanda is an experienced solicitor who has worked in the North Canterbury region for the past 4 years and brings a wealth of experience and knowledge to our team.

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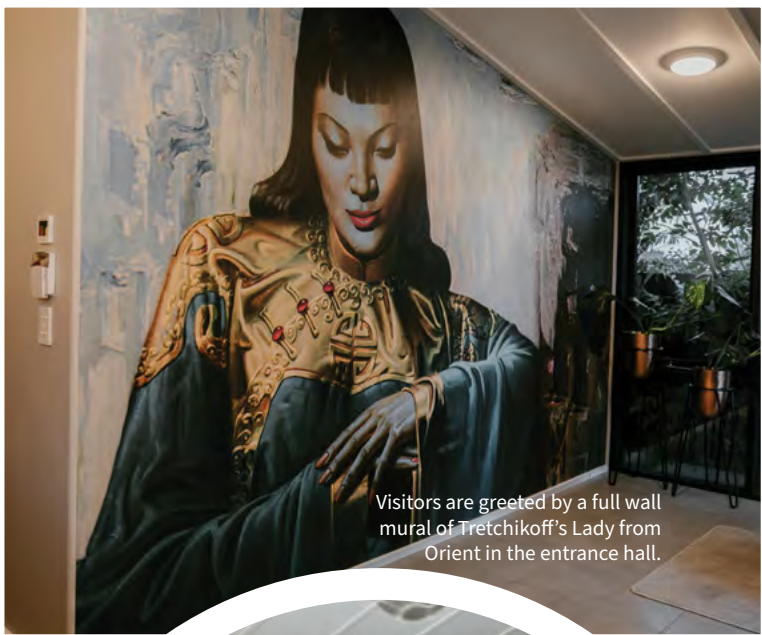
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The colourful mid-century style formal lounge with sunburst mirror, yellow bubble chair and orange Eames style recliner.



Visitors are greeted by a full wall mural of Tretchikoff's Lady from Orient in the entrance hall.



The House

The house itself is a rebuild of the couple's 1957 home. The original was destroyed in the quakes but they loved it so much that rather than opt for a new build they recreated it with its high ceilings, unusual angles and external beams.

Outside visitors are greeted by grey concrete block walls, grey pebbles and minimalist architectural planting. The gadgets start at the door, press the glowing blue button and the Ring video doorbell alerts David on his smartphone and he can see and speak to any visitors from wherever he may be. On this occasion he happens to be in the house, which is handy, as he opens the front door.

The Interior

Inside it's a stark contrast with the grey of the driveway. A mural depicting Russian artist Vladimir Tretchikoff's iconic painting 'Lady Of The Orient' covers the wall in the entrance. Floor to ceiling wrought iron gates lead to the lounge where there's a sunburst mirror on blue wallpaper; an orange Eames style lounge chair; a blue and gold floor lamp.

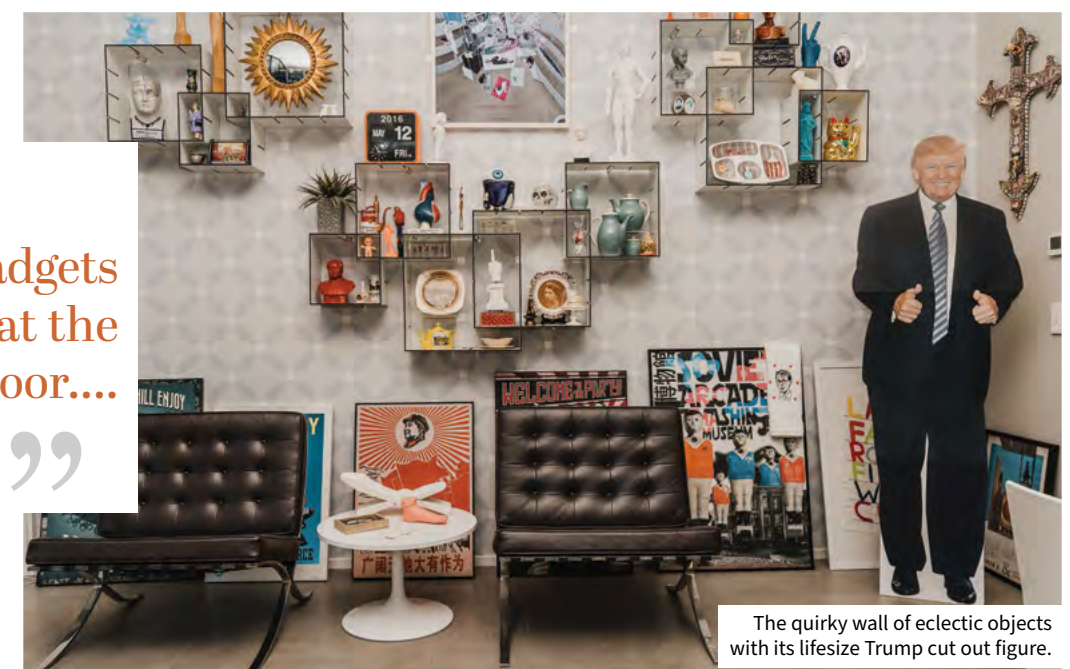
The kitchen and dining area is sleek glossy white with splashes of purple in the bar stools and cabinetry and fridge.

The technology

The technology feels like a good fit in this home with its strong streak of quirky and futuristic vibe.

"I'm definitely a gadget person," says David. He's not kidding – the coffee machine is on a timer; Alexa reads

“
The gadgets
begin at the
front door...
”



The quirky wall of eclectic objects with its lifesize Trump cut out figure.

his morning news to him (via an Echo – that's the hardware, Alexa is the executive assistant trapped in the little black speaker); the purple fridge allows them to add items to a digital shopping list that syncs with their phones. He even waters the outdoor plants via an app on his phone.

Kim is an equally enthusiastic user of all these apps, she reads all her books on a Kindle and deftly navigates around the home entertainment system via Alexa. But she also brings a more stylish perspective. "I don't care how good they are if they're ugly," she says of the various gadgets.

The majority of the technology here is controlled through one smart home system and an i-pad and many of the gadgets have been added on. And whilst David does have a sort of 'control centre' cabinet in his home office, it debunks the idea that to have a high-tech home you need to start at the new build phase.

"The audio visual stuff is hard-wired," explains David, "But most of the stuff we have here is modular and we've added to it as we go along."

What are the challenges?

It seems to run so smoothly. But it's not always like this says Kim candidly. There are frustrating moments when it all goes wrong. And you do have to be careful sometimes not to call Alexa by name if you don't want her to do something, they use 'her' instead on these occasions.

And what about power cuts? "Well, honestly, we rarely have power cuts here," says David. "And if we do, it just means a reboot of things around the house. And we do have a guy who comes now and again and helps us with digital housekeeping once or twice a year."

When you look at home technology the possibilities really do seem endless. And in this home they've utterly embraced them. It's very appealing.

The High Tech Home

words: Pattie Pegler images: Carmen Peter Photography

"Alexa, Savannah sunset," says Kim Rutter as we stand in the informal lounge area of the Merivale home she shares with David Roche.

A slow, warm orange light creeps across the room – it does indeed feel like you might imagine a Savannah sunset.

"Alexa, Arctic Aurora," says Kim. And the room is turned a cool, pale blue and the transformation is gradual and soothing. It's all rather lovely.

These are the Hue lightbulbs at work explains David, all voice-controlled via the ubiquitous Alexa.



Voice controlled lighting in the informal open plan living area changes colour on command.



Floor to ceiling, wrought iron gates mark the entry to the formal lounge.



The formal lounge.



The light, bright dining area.

WHAT'S HAPPENING AT CBK CRAFT BAR & KITCHEN?

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

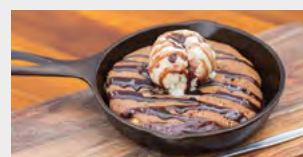
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What to grow this Winter



Minette Tonoli

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

The talk of the town is the Canterbury deluge - what a weather event!

In my own garden, luckily not under sweeping floods, I saw the amazing difference that building good soil has made - the beds where I had concentrated my efforts in creating a living soil, and that had a lovely thick layer of mulch, drained away much faster than the newer garden beds where I'm yet to make all the amendments. Weather-proofing our gardens for these seemingly more common extreme events has become very important.



Green manure not only protects the surface of the soil and prevents erosion during extreme weather events, but increases the organic matter when dug in, further improving soil drainage.

Garden tasks this month

June is officially winter, and this month is also the celebration of Matariki, the start of the Maori New Year.

Did you know

Matariki played a significant role in determining when to plant foods such as kūmara (sweet potatoes). Clear, bright stars indicated a good season. But if they were hazy and bunched together, a cold winter was predicted, and planting was delayed. ~TEARA.GOV.NZ

Take time during the winter months to clear away spent annuals, cut back perennials, remove weeds, and spread compost to recharge the soil. As you do this cleaning up, take note of what worked in the garden this past summer and what did not - it's a perfect time to amend your planting plans for next season.

It's also a great time to focus on repairing structures, and sharpening tools, tasks that normally fall by the wayside during the very busy growing seasons

Top Tip

Mark the positions of perennials that die back completely in winter, such as lovage and sweet cicely so that you don't inadvertently dig them up as you cultivate the "bare" soil through winter.



Huge variety of beautiful roses available now, ask about our rose loyalty club. Our annual Rose Pruning demonstration will be held Sunday 18th of July 11am, email or phone us to book.

We stock a good range of house plants and pots to complement your plants!

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



Sowing and planting

The Canterbury region is rather large, with quite a few different climate zones scattered about - even the microclimate in your own garden can make a difference, so be sure to use the following as an ideas list only, and check seed packets or seedling labels for more information specific to your exact growing conditions.

Veggies

Sow Seeds or plant out very young seedlings:

Broad beans, corn salad, lettuce, mesclun and mizuna, mustard, onions, (in seed trays, under cover), pak choi, peas, perpetual spinach, radish, shallots, silverbeet, spinach, strawberries, plant garlic

Plant out seedlings:

Broccoli, brussel sprouts, cabbage, kale

Herbs, Flowers and Fruit

Herbs and flowers that need stratification - that is when the seed is exposed to a period of very cold weather before warming up in spring in order to break seed dormancy and allow germination to take place - can be planted now, e.g., sweet cicely, echinacea, anise hyssop, scabiosa, rudbeckia and soapwort. Dormant fruit trees to be planted toward the end of this month.



Herbs for Healing

Perennial culinary herbs, such as rosemary, sage, thyme and oregano are good traditional home herbal remedies for colds and flu. Not actively growing in colder months, they still have enough leaves for us to partake of their bounty:

Rosemary (Rosmarinus officinalis): tea is tonic and uplifting, effective in treating headaches and colds.



Sage (Salvia officinalis): gargle, with some sea salt, relieves sore throats and treats mouth ulcers.

Thyme (Thymus vulgaris): tea is helpful in treating respiratory tract infections, and helps with coughs, bronchitis and laryngitis.

Oregano (Oregano vulgare): tea is useful in the treatment of colds, influenza, mild feverish illnesses.



DISCLAIMER: Any plant use details given are not intended as a diagnosis or prescription, and are purely for informational purposes. Individuals consuming the plants, or derivatives listed, do so entirely at their own risk. Always check with your healthcare provider before using herbs therapeutically when pregnant or breastfeeding, or if taking prescription medicines.



Women In Business 2021

We always love putting together our Women in Business issue and over the years it has become quite a fixture. But every time we discover more female-led or owned businesses.

Women of all ages and walks of life are turning their great ideas into reality right here in North Canterbury and we always find it inspiring.

So dive in and discover the amazing contribution women are making to our local economy and business landscape. From go-getter real estate agents to young artists, salon owners to retailers and construction project managers - we're delighted to be able to highlight some of the ideas, opinions and achievements of the fantastic women in our region.



As well as stocking an incredible and colourful array of high quality materials and tools for knitting, crochet, sewing, quilting, hand embroidery, and machine embroidery, including Brother machines and accessories,

Handzon has become a hub of learning and connection for crafters.

There are regular meet ups for social Stitch and Chat sessions, and numerous structured or unstructured learning events and classes, including children's classes.

Excellent service is the most valuable commodity Riana and her team of five part time staff provide, she says. "We really believe in building relationships with our customers, and taking the time to find out about their projects and how we can help them. Each of us has our own areas of passion and expertise, and together we offer a well-rounded service."

Originally from South Africa, Riana has had a varied and colourful career as a journalist and publisher, with her former magazines *Threads and Crafts* and *Creative Reflections*, distributed in South Africa, Australia, the USA and Canada.

Her first foray into retail was in Dubai where she set up and managed a huge arts and crafts retail and distribution



business for an Arab company. She and her Kiwi husband then moved their family to New Zealand, where after a stint as the manager of knitting yarn company, Crucci, she and her husband ended up purchasing its Main North Road store and Handzon was born.

Riana moved the business to Rangiora in 2019, and is thrilled to be part of the local business community, with its "bouquet" of fabulous shops, including three thriving craft shops.

"We have become a buzzing destination town with 'crafty' customers coming from all over to make a day of it and visit the different stores. We love this little town with its great feel, and character."



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



WOMEN BUILDING IT UP

Sue Prendergast and Bub Jenkins are two of the business partners and key leaders behind - Jennian Homes Canterbury. The business specialises in designing, planning and building quality homes at affordable prices throughout the region.

With several years' experience heading up Jennian Homes Canterbury, Sue and Bubs both still love the home building business and all the aspects of helping people into their dream homes. "Our roles cover right from the point of sale through to design and the consent

process and the actual build itself," says Bubs. "We just love the variety of our jobs and the people we deal with from tradies to clients."

And while the construction industry might still be largely male dominated, Jennian Homes Canterbury is really tipping the balance with over half their team of 16 being women, including two female construction project managers. "It is still unusual to have female project managers, even in this day and age," says Sue. Both Bubs and Sue believe that women do bring a different element to the building business, and that they see things differently to their male counterparts in terms of design, quality control and those vital business relationships where people skills really matter – dealing with tradies and suppliers and clients. However, they believe also it's about choosing the best person for the job, regardless of gender.

"I don't think it matters if you are male or female," says Sue. "If you are good at your job and open to new ideas nothing is a challenge."

For young women wanting to enter the building business, Bubs and Sue are clear – it's a great time to be involved in this dynamic and varied industry. And the opportunities are excellent in terms of a career and job satisfaction.

"Work hard and stay focused," advises Bubs. "And you'll find each day will bring new experiences and learning opportunities which will only help you grow in your profession."

**212 Main South Road, Sockburn,
03 741 1436
www.jennian.co.nz**



Teamwork is essential for achieving business goals.



Vera Setz

Director/Audiologist of Vera Setz Hearing

What is your business focus?
To provide high quality Audiological Services to the Hearing Impaired in a caring and safe environment.

What influenced your career choice?
I always wanted to work in health and after completing a Psychology degree, the field of Audiology was a good fit.

What is unique about your business?
The role of helping people hear well again with modern technology is very satisfying.

Valuable learning experiences?
There are a lot of opportunities in Audiology to attend conferences/seminars to keep up to date with new research.

Best advice you have received?
Be kind to yourself, be kind to others.

Your greatest accomplishment is?
Gaining a Masters of Audiology.

What are some of the challenges you have had to overcome?
Work/home life balance, managing Staff.

Do you have a role model or someone who inspires you?
George Clooney. He uses his fame and wealth to help those in need.

What are some of your goals and aspirations for the future?
To live a quiet life near the beach. To travel again. To enjoy my family and friends.

How important is the local business community to you?
The impact of Covid 19 has truly highlighted the need to support local businesses for survival.

How do you engage with the local business community?
By supporting local events, joining networking groups, and advertising locally.

What has the emphasis on 'supporting local' meant for you as a business owner this year?
This has been very important for my business, being a small, independent entity.

How important have your team been to you in achieving business goals?
Over the past year, I have increased my team from two to four! Teamwork is essential for achieving business goals.

What have you learnt about managing people during your time as a business person?
Every team member brings varying degrees of experience and expertise to the business. It is very important that everyone is on the same page.

What is one thing people may not know about you?
I am over 6 foot in height.

Top three things on your bucket list are?
Volunteer work, travel with family, get an E bike.

**83b Ivory St, Rangiora | 03 423 3158
www.newzealandhearing.co.nz**



Gina McKenzie

Director of Real Communications



What is your business focus?
Communications and Public Relations

How do you engage with the local business community?
Real Communications provides communications and marketing services for Regional Business Partners/MBIE, which means businesses may be eligible for funding of up to 50 per cent towards our marketing and communications workshops. We are also a registered business service partner with Enterprise North Canterbury.

We enjoy working with start ups and local businesses on formulating strategic communications plans that help new and existing businesses to connect with their target audience and boost business growth.

Real Communications has run various networking events for the local business community over the past five years and I also host a monthly radio show called Thrive – Inspiring Women on Plains FM where I interview Canterbury women who are making a positive impact upon the world around them.

Since March 2020, we have created a series of complimentary business profiles for North Canterbury businesses who are thinking outside the box to thrive in a post-Covid world. These articles have been published in a wide range of media both locally and throughout New Zealand.

What are some of your goals and aspirations for the future?
Becoming a chartered member of the Institute of Directors (IoD) and making a positive contribution to a diverse range of boards. I would also like to write a book on the amazing women I have interviewed on my Thrive radio show and use the profits to help entrepreneurial women achieve their business goals.

What is one thing people may not know about you?
I appeared on several television shows and commercials when I lived in Seoul, South Korea, including a special on making kimchi. Unfortunately, they didn't have a New Zealand flag so the producers decided I could be from "Belarus" instead!

**022 355 7601
www.realcommunications.co.nz**



Jan McCormick

Licensed Real Estate Agent for Bayleys

marketing for 25 years I enjoy helping my clients present their properties to the market in such a way that will ensure they receive maximum return.

Best advice you have received?
Treat other people's business interests as you would wish your own to be treated.

Your greatest work accomplishment is?
Top performing new sales person for 2016/2017.

What are some of your goals and aspirations for the future?
Achieving a work life balance.

How important is the local business community to you?
I meet people almost on a daily basis who can add value to my clients from handy men through to home declutters. It is great to be able to 'keep it local'.

What has the emphasis on 'supporting local' meant for you as a business owner this year?
Now more than ever I think it is vital to look after the people in our patch. To this end we are running the Cans for a Cause Campaign again in conjunction with Community Wellbeing North Canterbury Trust and the generous support of the local community.

How important have your team been to you in achieving business goals?
I could not do my job without the support of our admin team at Bayleys. Without a doubt they are the best support team I have ever worked with.

What have you learnt about managing people during your time as a business person?
Communication and gratitude are key.

What is one thing people may not know about you?
At school I used to sing in an Acapella choir.

Top three things on your bucket list are?
More overseas travel, to do the Paris to Dakar rally and eventually buy a home by the sea.

**021 395 241
jan.mccormick@bayleys.co.nz**



It's never too late to learn a new skill.



Kelly Jane

Owner & Apprentice at Woodend Hair Design

What is your business focus?
To make everyone feel special as everyone deserves to feel special.

What influenced your career choice?
I had always love doing braids, so decided to make a career out of it.

What is unique about your business?
We are a family friendly salon with a relaxing environment with professional standards.

Best advice you have received?
It's never too late to become an apprentice and learn a new trade and skill.

How important is the local business community to you?
Local business is definitely a huge thing for myself. In our wee block of shops we have great support from other shops. All our clients coffees come from the Grub Hub next door.

What has the emphasis on 'supporting local' meant for you as a business owner this year?
Making myself known around Woodend and helping out when I can to support the woodend community.

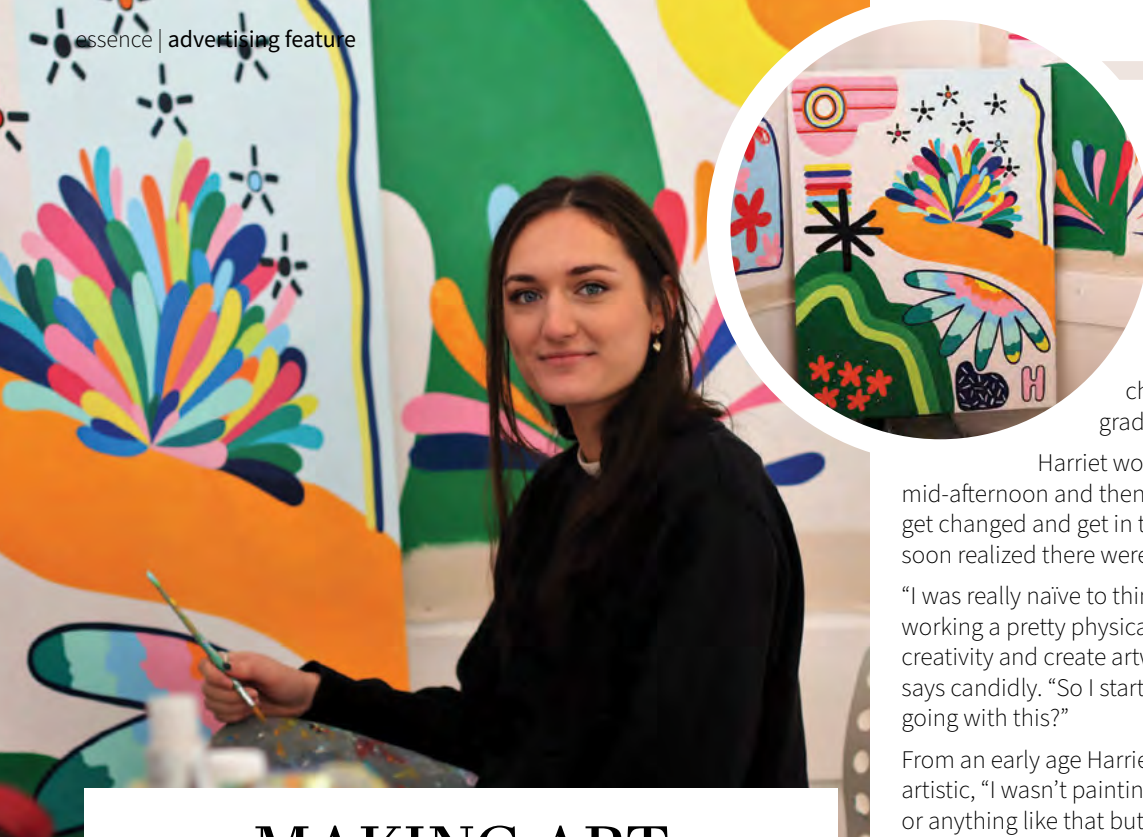
What is one thing people may not know about you?
I am a 3rd year apprentice, I have 16 and 14 year old kids and if i'm not at the salon I would be near a softball diamond.

Top three things on your bucket list are?
Sit my finals within the next year.
Travel to see the Empire State Building in person.
To redecorate the salon.

What makes you smile the most?
Seeing my clients leaving the salon happy. Watching my kids play softball.

**49a Main North Road Woodend
03 312 7778**





MAKING ART Earn A Living

Harriet Leonard is the founder of Studio Dexterity, a social enterprise in Waikuku's Old School Collective, that displays and sells art works from recent graduates.

When Harriet Leonard first graduated from art college, she knew she needed to start earning some money so she took a job at a commercial greenhouse. It was an insight into the challenges many art graduates face.

Harriet would work from 6am till mid-afternoon and then planned to go home, get changed and get in the mindset to paint. She soon realized there were flaws in the plan.

"I was really naïve to think that I could go from working a pretty physical job then turn on my creativity and create artworks at a good rate," she says candidly. "So I started to think where am I going with this?"

From an early age Harriet had always been artistic, "I wasn't painting Picasso replicas at two or anything like that but I always had a creative spirit," she says. That desire to be creative was what attracted her to studying art and she graduated from Otago Polytechnic Art School in 2019 with a Bachelor of Visual Arts. It wasn't all plain sailing though and there were, she says, moments when she wondered if she had made the right choice – after studying sculpture, textiles, ceramics she was doubting her abilities.

"Then when I started painting it just clicked." From that uncertain start she went on to receive an award for achievement; become one of the winners of the Gordon Harris prize for painting and sell out all her work in 15 minutes at the end of year Art School exhibition.

Harriet's works are bright and bold and vibrant. "They make me feel happy. Emotion is kind of looked over in the art world," she says.

"But the power to make people feel happy... that's huge."

But on graduating the reality of trying to earn a living painting made her try a new venture - Studio Dexterity, which opened last year. It's a social enterprise that gives recent arts graduates a place to display and sell their work. While most galleries take a large commission Studio Dexterity only takes 10% commission from sales in order to keep the shop running. The emphasis is on helping artists make a living from their craft. And Harriet has been on a new learning curve, this time getting to grips with business, marketing and finances.

"My dream is to help graduate artists be successful," says Harriet.

1429 Main North Road, Waikuku
art@raka.co.nz.
www.osc.nz/studiodexterity

"I get to meet the most amazing people along the way."

Keta Ferrari

Real Estate Salesperson
for Ray White Morris & Co



What is your business focus?

Very simply, I assist people to buy and sell property. However, there are many, many facets to my job, all of which I love, but the best part of all is that I get to meet the most amazing people along the way.

What is unique about your business?

I find the role that I fulfil is so varied and all encompassing, from developing a close relationship with people, to using a unique skill set such as negotiating a sale or assisting at an auction. The majority of the properties I have sold have been through Auction. I am a massive believer in this method of sale and have seen some life changing results for clients! In the current market especially, it is important that you are being offered the right tools to get the best result! And for buyers too, it offers complete transparency and control. You are not trying to guess what other offers might be on the table or worry you might have paid too much.

How do you engage with the local community?

Being active in my community is extremely important to me. I have hosted many free family events in Rangiora from my Easter Hunt to my Santa Cruise. It gives me great pleasure to host these events and bring families together. I have also been involved in supporting tournaments at the Mandeville Bowling Club.

What has the emphasis on 'supporting local' meant for you as a business owner this year?

I have a huge number of local clients who support me and a large proportion of my work comes from their referrals.

What have you learnt about people during your time as a business person?

People love to be kept in the loop and know what is happening at all times throughout the process. I am big on communicating regularly with my clients. Regular phone calls and updates throughout the process of selling or buying a property can be vital when it comes to someone making the right decision for their circumstances at the end of it all.

What is one thing people may not know about you?

My husband Jamie and I operate a Car Yard in Christchurch - Chevron Quality Cars. We have been operating this business for 3 years now.

What makes you smile the most?

Watching my son play basketball and my daughter dance.

Level 1, Conway Building, Rangiora | 03 310 6010 | 021 125 7752
keta.ferrari@raywhite.com



Morris and Co Real Estate Ltd Licensed (REAA 2008)

Morag Macpherson

Dentist at North Canterbury
Dental Care



What is your business focus?

My business focus is to provide dental treatment and care for the Kaiapoi community.

What is unique about your business?

We have been providing supportive dental care for the community for many years and I personally have been involved in the practice since I arrived in New Zealand from the UK in 2007.

Do I have a role model?

Indeed – I am very fortunate to have spent time working alongside Dr. Alastair Blackie who has recently been awarded the Queen's Service Medal for services to Dentistry and the Community.

What better example could I have!

Best advice I have ever received?

I was fortunate to have good advice when training.

What particularly seemed most important to me then and still now is to be an active listener and to treat others as I would like to be treated.

What makes me smile the most?

As a dentist what makes me smile the most is helping other people achieve a smile!

One thing people may not know about me.

When I'm not at work I spend a lot of my time playing my cello in local groups.

How important has my team been to me in achieving business goals?

The team are essential with their local contacts and knowledge and great work ethic. They make a wonderful, supportive group and have allowed my area of the business to grow.

Anyone walking through the door will always get a warm welcome.

Goals and aspirations for the future?

I would like to continue to treat and support the Kaiapoi community and see the practice flourish.

65 Hilton Street, Kaiapoi
03 327 8943 | www.norhtcanterburydental.co.nz

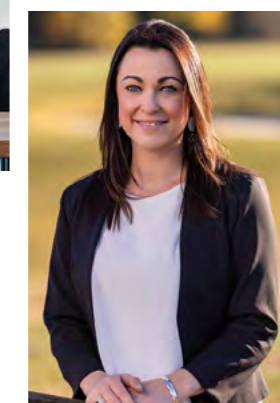


BUILDING BOUTIQUE REAL ESTATE

Brooke Wallis has overcome early challenges in her life to become the co-founder of Lime Real Estate. A highly experienced real estate agent and an extremely skilled negotiator she puts her clients first and is truly dedicated to getting great results.

At 21 years old Brooke Wallis was working in a real estate office in Brisbane and dreaming of owning her own agency. But she was doubtful she could ever make it happen.

"I remember thinking that feels so far away and I don't think I'll ever get there," she says.



you could do, I think that's my biggest driving factor.

"I remember, at a really young age, thinking I want to do something, to make something of myself."

It was this go-getter attitude and desire to build a life of her own that saw Brooke move to New Zealand in 2012.

Fast-forward to 2021 and Brooke, a mother of two, has just opened the second branch of her boutique agency, Lime Real Estate. She has fast built a reputation as a friendly, approachable boutique agency in North Canterbury - no small achievement in such a highly competitive industry in a year that has seen lockdowns and flooding.

It's one thing to have a dream but another to turn that dream into a reality. So, what drives Brooke? "To be honest, I come from a really colourful and challenging childhood and I think growing up in a lifestyle where you don't have a lot of opportunity and you see people doing things that you wish that

Despite having a degree in Criminal Justice she decided to pursue her real estate career in New Zealand for 8 years before setting up Lime Real Estate.

"I just got to the stage where I thought I don't see the point in doing this for other people, when I know I could do it for myself," she explains. She also plans to ensure that the culture of her business will be one that supports and motivates rather than a harshly competitive environment.

Outside of work her daughters are a huge part of her life. So how would she like them to think of her? She pauses to think and her partner chips in in the background, "You're a go getter," he says.

Brooke laughs. "I think I'd like them to see me...as a hard worker. Someone with a strong work ethic, who has achieved something big and who is respected in the community, someone who they are proud of".



170b Williams Street, Kaiapoi | 03 928 1062
99 High Street, Rangiora | 03 975 5546
www.limerealestate.co.nz



"I very rarely have to go outside of North Canterbury for a solution."



Lisa Dooling

Director of Sought

What is your business focus?

Bespoke Estate Management Solutions.

What influenced your career choice?

I love helping people, solving problems, and organising things. Listening to family and friends I came to realise that one of the most stressful times of one's life can be downsizing or sorting out the contents of a loved one's home – this is something I can help people with and have the skills to do.

What is unique about your business?

I have developed an app that allows me to photograph all items in a home which then generates a report for the client to go through and decide (either with or without family) what they would like to happen with each item – be it donating, gifting to a friend/relative, selling, discarding or storing until the timing is right to go through and make decisions. The beauty of this is that I am able to do this whether a family member/executor is in the same town/country or not. Once the decisions have been made I can then project manage the whole process.

Valuable learning experiences?

Lots of house moves – both local and international, and career roles throughout my lifetime that have focussed on organisation/planning and systems.

Your greatest accomplishment is?

Still to come....

How important is the local business community to you?

Huge – I am employed locally, my marketing communication and materials are all created here, and my mentors are here. I very rarely have to go outside of North Canterbury for a solution.

Top three things on your bucket list are?

More travel, attend a yoga/wellness retreat and write a book.

What makes you smile the most?

Beauty in people and nature.

021 647 678
www.sought.co.nz





TIME TO GET CRAFTY

Moving to the iconic, red brick former Rangiora Courthouse building in the heart of the town, has been incredibly positive for fabric, hobbies, and arts and crafts store, Quilters Quarters, says owner, Pauline Forrest.

"We love the old heritage building, which was built back in the 1890s. We've revamped it to suit the shop, and it's a lovely warm, sunny space to work from and display

our extensive, high quality product range."

With winter here, it is the ideal time to channel creativity into a new project, or even learn a new skill, says Pauline. "We know of lots of people during the lockdown who taught themselves on YouTube how to crochet or start knitting. The pandemic has highlighted the importance of stopping and doing something enjoyable."

As the name suggests, Quilters Quarters is a haven for the keen quilter including a huge range of quilting fabric. However, the large store is a treasure trove for all crafters, she says. "We cover all things creative, from embroidery, sewing, knitting and crocheting, to dressmaking, and arts

and crafts. We have a huge range of wool, haberdashery, and even sewing and quilting machines, books and magazines, and homewares. If you have a crafty endeavour, this is the place to come."

Participants in the range of popular craft courses run by Quilters Quarters have a unique experience, as the self-contained, soundproof classroom has been converted from the old courthouse's former cell block.

For those who can't make it to Quilters Quarters' colourful, well-stocked store, the business has a popular online store, with a huge product range available.

Pauline and her team are all passionate crafters with complementary skills, who love to share their knowledge with customers.

"I've loved every minute of the 12 years I have owned the store. Now that I am getting close to retiring, I have put the business on the market. It's time for the next enthusiastic person to put their stamp on it."

143 Percival Street, Rangiora
03 313 6765
www.quiltersquarters.co.nz



You learn how to relate to people from all walks of life.

Charlotte Shanks

Sole Vehicle Trader for DBS Autocare



What is your business focus?

To provide good quality clean cars up to \$5,000.

What influenced your career choice?

I have always loved cars in general, driving different types of cars and owning nice cars. I started selling the odd one as a hobby about 20 years ago. My husband owned a successful car grooming business in Rangiora. It made natural sense to expand. Coming from the Hospitality Industry with shift work hours I decided to try it as a business idea when I had small children and school activities to fit in as it was such a flexible job.

What is unique about your business?

It's very flexible but can be spasmodic and you need to be self-motivated as sometimes it can be slow when the market slows. You also need to have a reasonable knowledge of cars and a basic mechanical knowledge. Sales and marketing is a big part of the business. It's a jack of all trades type business.

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

Keeping busy and motivated in quiet periods, sourcing the vehicles can be a challenge at times. Learning to deal with people can be challenging at times although most people are a pleasure to deal with and you learn how to relate to people from all walks of life.

How do you engage with the local business community?

We have several local businesses that do work for us, a fantastic mechanic, panel and painter, wash and wax, retail shops, tyres etc. All local businesses we use, we could not do what we do without them to be honest. They are just super important in all respects.

Top three things on your bucket list are?

Overseas travel in the next five years to places I have not seen before, America, Canada would be very interesting to visit one day. Maybe Holland as that's my heritage.

What makes you smile the most?

Spending time with good friends and family, saying hi to people in the community. A satisfied customer is always a great thing.

Contact Charlotte on 0274848397

Belinda James

Director of BizBooks



What is your business focus?

BizBooks is your "one-stop-shop" for making your financial business processes friendly and easy. We give you back time and peace of mind, allowing you to focus "on" not "in" your business.

What is unique about your business?

Aimed at small to medium sized businesses, we look to provide the essentials associated with bookkeeping, accounts, and tax. Typically, we look to support start-up businesses or businesses now ready for change or growth. Our clients need professional expertise and time to allow them to focus on their customers. We aim to provide peace of mind for the routine tasks associated with the "back-office".

BizBooks is part of North Canterbury Business Services Ltd, and together we provide a wraparound offering to our clients.

How important is the local business community to you?

The local business community make up 95% of our clients. Our clients constantly refer us to other businesses, family and friends in North Canterbury. We have had some clients for more than a decade and we are now acting for their children who have started their own businesses.

Having long-term relationships was never more evident than during lock down in 2020. We were guiding people through serious cashflow situations to ensure their businesses were still viable and in existence at the end of 2020!

How important have your team been to you in achieving business goals?

Our team is crucial in managing our growth and maintaining the exceptional services that we provide. Recently my father died, and our team kept things going whilst I took some time out.

What influenced your career choice?

I have always had a love of numbers. Being able to study for my qualifications and work part time, and from home, when I had a young family, was the perfect work-life balance.

What makes you smile the most?

Watching fledgling businesses succeed and grow; seeing the owners achieve their goals, and knowing we had a part in it.

Unit 6/Level 1, Conway Lane, Rangiora
021 0609 604 | www.bizbooks.co.nz



PROFESSIONAL down-to-earth LEGAL ADVICE

With a booming property market, and considerable new subdivision development happening in North Canterbury, the team at Pegasus Bay Law's Kaiapoi office is dealing with a growing amount of conveyancing work, says director, Anneliese Muldoon.

"Our aim is to make the process as seamless as possible for clients when they are buying and selling property.

We are happy to talk through their transaction and explain what the process would look like step-by-step, before they decide whether or not they want us to continue helping them through it."

Anneliese says the company ethos is the same across the suburban firm's two offices (based in Kaiapoi and Mairerhau) - to offer professional, accurate service and responsive timeframes in a friendly environment. "I've always worked in North Canterbury, and love being part of a small community and working with local people. We have a down-to-earth, friendly approach, and I believe we are all extremely approachable and flexible to meet the needs of our clients."

The team can even visit clients, who for various reasons,

cannot get into the Pegasus Bay Law offices.

Pegasus Bay Law was established in January 2014 by Pam Wheeler (who has recently retired as a director) and Robyn Loversidge. Anneliese became a director in 2020 and leads the Kaiapoi branch. She has recently been joined there by Amanda Varga, an Associate/Solicitor, who also has several years' experience working in North Canterbury. The other branch of Pegasus Bay Law is in Westminster Street, Christchurch.

In addition to residential and commercial property matters, the practice specialises in family law, estates and trusts. They also attend to personal legal matters such as Enduring Powers of Attorney, Wills and Estate planning.

Currently, Pegasus Bay Law has a women only team, "which is by coincidence", says Anneliese. "It has just worked out that way recently - as we have previously had male solicitors on the team, and are likely to have



Anneliese Muldoon & Robyn Loversidge

them again in the future. It is great to see more female involvement in what has traditionally been a male-dominated profession."

97 Williams Street, Kaiapoi
03 928 1215 | www.pegasusbaylaw.co.nz

PEGASUS BAY LAW

Believe in yourself and use that belief to go after what you want.

Katherine McLeod

Owner and Manager of Willoughbys



What is your business focus?

Inspiring people to create gorgeous items for themselves and their loved ones, while learning new skills and having fun! The shop is a place where people come to connect. For some of our customers it may be the only contact they have all week. We are all part of a big, creative community who love to support, inspire and care for one another.

What influenced your career choice?

Finding a business that made my heart sing and having all the necessary skills to run that business.

What is unique about your business?

Every member of the team has the skills and knowledge to help customers with their projects, from vision to fruition.

Valuable learning experiences?

Focus on your own business to develop and carve out your own path for success.

Best advice you have received?

Believe in yourself and use that belief to go after what you want.

Do you have a role model or someone who inspires you?

Everyday I meet people who inspire me, creatively or on a personal level.

What are some of your goals and aspirations for the future?

To develop and expand our workshops...I may need a bigger shop!

What has the emphasis on 'supporting local' meant for you as a business owner this year?

The foot traffic in the shop shows me how much people love connecting with each other through creativity. Groups come out from Christchurch for a visit and all businesses in Rangiora benefit.

How important have your team been to you in achieving business goals?

I can't even imagine my work life without them. They've always got my back and that is the most amazing feeling.

What have you learnt about managing people during your time as a business person?

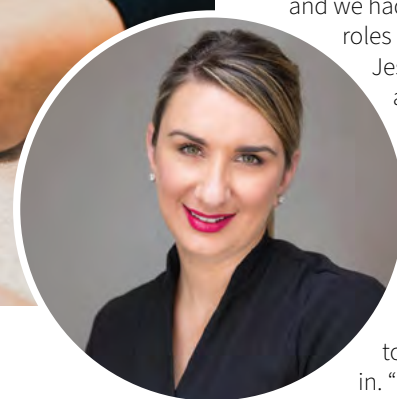
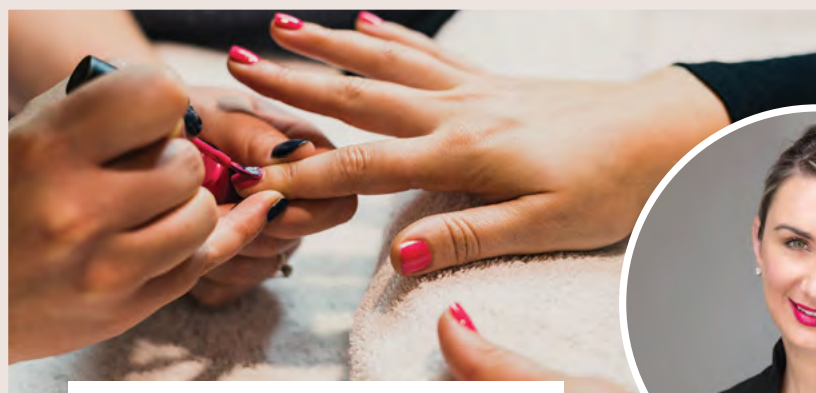
We all have stuff going on out of work. Compassion, understanding and empathy are key.

Top three things on your bucket list are?

To walk the length of NZ along the Te Araroa trail. To sing in the local choir. To visit Uluru.

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





business talk around the dinner table and we had to really define our roles in the business,” says Jess. “But actually there’s a lot of security working with a family member, you know them so well.”

The first few months after the quakes went well for Cocoon, but their skills were put to the test about a year in. “When the Farmers building was demolished and then we had to move out of our premises for six weeks - we had some very quiet times,” says Jess. “But it did make us really good at choosing where to spend money on the business.”

And clearly they got it right because they have just celebrated 10 years of running Cocoon. No small achievement in such a highly competitive industry.

Jess credits their staying power with taking calculated risks and ultimately sometimes trusting your gut.

But it did take a while to have the confidence to make changes she says.

During the more recent challenge of Covid-19 Jess built Cocoon’s online store during Level 4 lockdown and then



launched it in level 3. “It was one of those things that had been on my never-ending to do list.”

Today Cocoon has a team of nine and Jess still provides treatments but also spends two days a week working on the business. And she has recently completed a certificate in teaching adult learners in order to deliver great staff training.

“I used to suffer from a kind of imposter syndrome when I walked into industry conferences,” says Jess of her early years in the business. “But now I know exactly why I’m there and I have a bit more respect for my own knowledge. I take myself more seriously and I’m more confident.”



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

STAYING POWER in the BEAUTY BUSINESS

Jess Telfer owns and runs the longstanding Cocoon Beauty and Day Spa on Rangiora High Street. From a family with entrepreneurial smarts she always had an eye on owning her own business.

When Jess Telfer was a beauty therapist in her early 20s, owning a business was the long-term plan she says. So when her boss announced she was selling the business and moving to Australia, that plan went into fast-forward.

Together with her mother, Sally Telfer, Jess bought Cocoon Beauty and Day Spa in April 2011. Whilst Jess brought the technical expertise, Sally brought the business knowledge. “In the early days there was a lot of

“ - it is a great feeling to be able to welcome back the public to experience the “new” Eliza’s Manor ”



Aniko Chahine

Owner of Le Plaisir & General Manager of Eliza’s Manor

What is your business focus?

In both businesses: to understand people and their expectations with a team who will go above and beyond to deliver a service to meet those expectations and more.



What is unique about the business?

Eliza’s Manor has been part of Christchurch history for 160 years, (built in 1861) iconic facility with the charm and character to go with it. After months of extensive renovations it is a great feeling to be able to welcome back the public to experience the “new” Eliza’s Manor and see everyone’s reaction. The newly decorated restaurant is ideal to celebrate any special occasion, a comfortable lounge has been created for meetings and the bar is fully stocked. As the tagline says “Like always. Like never before.”

What has the emphasis on ‘supporting local’ meant for Eliza’s Manor this year?

Through the restaurant it was easy to find local producers and suppliers who were very keen to stand behind Eliza’s Manor and we have managed to build a great relationship with them all.

www.elizas.co.nz



Do you have a role model or someone who inspires you?

I would like to acknowledge and thank my business partner in Le Plaisir who taught me how to put things into different

perspectives, slow down and analyse situations or rise above them in order to make the best possible decisions moving forward.

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

Keeping a healthy work and family life balance. With a great team behind Le Plaisir (and Eliza’s Manor) it became easier, but the worry about both businesses and the family at the same time is always there.

What is one thing people may not know about you?

I am one of the few original gaming staff-croupier - who were trained here to open the very first casino in NZ, Christchurch Casino, back in 1994. I worked in casinos all over the world, from the position of croupier, supervisor to manager. The most interesting, challenging and eye opening country I had the opportunity to live in, was Liberia, West Africa during the dictatorship of the president at the time. I could tell you many stories but that is another article...

www.leplaisir.co.nz | 0277 333 422

Christine Eastgate

Partner at Corcoran French



What is your business focus?

I love being a general practice lawyer. Whether it’s property, business issues, wills or trusts, it’s about working with clients to find solutions that will work for them.

What is unique about your business?

It’s great to be part of a law firm that has been providing legal services to the North Canterbury area for over 129 years. I have fantastic partners to work with and it’s a varied partnership that has evolved with the times (3 of the 6 partners are female) and a practice that has grown with the changing needs of the community.

Valuable learning experiences?

It’s not always about what is legally right, you have to look at the bigger picture and discover what is important for your clients to work out the best options for them.

Best advice you have received?

Staff and clients are the best referrers for your business so look after them and they will look after you.

How do you engage with the local business community?

Involvement in business and networking groups and working with other local professionals and charitable groups is a great way to stay in touch. We also support and host events such as the Corcoran French Kaiapoi Art Expo in July and run educational seminars for the community.

What has the emphasis on ‘supporting local’ meant for you as a business owner this year?

It’s about community and supporting each other where we can so we can all continue to survive and thrive.

How important have your team been to you in achieving business goals?

Having a great team to work with and be able to rely on is crucial. It’s not possible to deal with the work we do without their support. I have an awesome team who work together, support me and are there to share a laugh at the end of the day.

What makes you smile the most?

My fur baby, Fletcher. He is a 10 year old german shepherd but some days still acts like a puppy!

137 Williams Street, Kaiapoi
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BUSINESS NEIGHBOURS Now Business COLLEAGUES

For several years, Liz Ditmer and Megan Burrige were neighbours on Rangiora’s High Street - Liz is the owner of Helloworld Travel and Megan is the owner of Hair Handlers.

Megan was looking for a new challenge but was initially reluctant to try real estate she says, despite people close to her suggesting it. It was a surprise when she seriously looked at it. “I really had no idea of my potential in real estate.

I knew I didn’t want to just sit in an office. I need contact with people, I love dealing with people and then the confidentiality, the ‘customer first’ aspect of Lime - these were all the morals I had at my salon.”

When Covid really hit in March 2020, Megan was just starting her career at Lime Real Estate there was a lot of remote working and Skype meetings she recalls, but she loved the new challenge.

Meanwhile, Liz Ditmer’s travel business, Helloworld Travel, was devastated by the impact of Covid. Liz knew she would have to find alternative work. “I was in travel for a long time and it was super scary making that change but you can’t just curl up in a ball.” Talking to Megan about her new role in real estate got her thinking and then when she spoke to Brooke Wallis, the Managing Director and found out more about Lime - she realised it was the right fit for her.

“For me as a local business owner, the ethos and ethics of Lime Real Estate were very much aligned with my own way of doing business at Helloworld Travel.”

So Liz got her real estate licence in December last year and now is loving life as a Real Estate Agent and it’s a testament to her reputation that many of her listings have come from past Helloworld Travel clients.

Megan is now a hands-off owner at Hair Handlers and Liz still operates Helloworld Travel after hours helping her

clients with their travel plans and utilising their credits from 2020.

For both of these longstanding North Canterbury business owner’s, real estate at Lime is proving just the career change they were after - combining new challenges with strong ethics and their love of working with people.

“We spend a lot more time together,” says Megan. “And we’re both really happy about being back in Rangiora.”

Liz Ditmer and Megan Burrige can be found at Lime Real Estate, 99 High Street, Rangiora. You can email them at liz@limere.co.nz or megan@limere.co.nz.



Sarah Reed

The Grumpy Merino Ltd

What is your business focus?

To produce New Zealand made products which are traceable to our farm, sheep and our merino wool.

What influenced your career choice?

I am a nurse by trade, but this became extensively difficult as our family expanded, and we took on more responsibility on the farm. It was clear I needed a career which was flexible to work in with our family but also the demands of living rurally, on a farm and have time for our cattle stud.

What is unique about your business?

Our business is unique as it produces merino woollen blankets and knitting yarn completely traceable to our farm, sheep and wool. We have worked extremely hard to produce our range within New Zealand and this has incorporated into our wonderful business model and story.

Valuable learning experiences?

Owning your own business is hard work and it does not stop. You constantly need to be proactive, be willing to learn and take the good with the bad! COVID 19 has had a significant impact on our business and the world today, we have learnt you have to be creative to survive!

Your greatest accomplishment is?

Surviving the first year of business and producing our own Grumpy Merino range. It is no small feat, and we are delighted with the quality of the blankets and knitting yarn, the feedback and support we have received.

How important have your team been to you in achieving business goals?

Hugely! Without our team, our business would not be here today - thank you!

What have you learnt about managing people during your time as a business person?

Communication is huge in business. To be clear and concise in what you need or what you are selling. I have learnt that passion for the job is important and to use people with skills in the field you require to get the job done well.

Top three things on your bucket list are?

Walk to the top of Mt Te Kooti, take our children to Abel Tasman, buy an investment property.

What makes you smile the most?

When we have a family day off farm all together and watching the kids play sport!

420 Cascade Rd, RD2 Culverden,
027 698 8079 | www.thegrumpymerino.co.nz



*“It’s great to see the team
vibe strengthen
and the creativity flow.”*



Laura Good

Director of Create Design Studio

What is your business focus?

Supporting businesses with their branding and promotion; graphic and web design. Print and promotional materials.

How do you engage with the local business community?

3 years ago we partnered with UpstreamNZ, a network of businesses passionate about the well-being of our young people, a result of our continued partnership has meant we have raised over \$10,000 for this cause.

What has the emphasis on ‘supporting local’ meant for you as a business owner this year?

During lock down it felt like I became a leaning post for a lot of my clients. This was not an easy time for most, but I felt honoured to be in this position to offer support to our local businesses, to help make plans and strategies to survive this time.

How important have your team been to you in achieving business goals?

I am fortunate to have a team that share my passion and heartbeat for the business. They are my hands and feet on a weekly basis. They are all so precious and important. I love their determination, their loyalty and their eagerness to deliver top quality work always - you guys are the best!

What makes you smile the most?

Watching people go after what they love.

What have you learnt about managing people during your time as a business person?

In the earlier years of running the business the main focus was on cashflow, debt repayment and generally keeping heads above water. This year I have felt the shift to move out of what felt like survival mode, into development mode, focusing more on the team and the areas that they want to grow in. We have recently reconfigured our working space in the back room, to a set up that feels more connected- it’s great to see the team vibe strengthen and the creativity flow. Managing my team is one of my favourite things to do. Providing a workplace that they love to come to is a big win for me.

29 High St, Rangiora
03 313 7774 | laura.good@printing.com
www.createdesignstudio.co.nz





Kiwi Farmers' Guide to Life: Rural Tales from the Heartland, by Tim Fulton, shows farmers at their finest and – in some cases – their most vulnerable. At heart, it explores why farmers do what they do, rather than how - giving readers an understanding of the joys and complexities of life on the land. In this excerpt from his book we profile Tracey Topp from Rotherham who is giving wool-growers hope, without even owning a sheep.



She was cautious at first, giving Cosy Toes three years to prove itself. But she confounded the odds and Cosy Toes has since branched into adult sizes too, as well as tights, blankets and clothing. In 2017 she started a personal venture, a Facebook group, We Love New Zealand Wool.

'I felt the New Zealand story of wool had been lost and I felt like our history was being lost. And I felt like every time I opened up the farming newspapers there was doom and gloom. I wanted a place where farmers could feel a bit of positivity and find out what is happening with their wool.'

You will never find a negative 'wool decline' story on 'We Love New Zealand Wool.' Tracey says animal rights activists sometimes try to hijack the page with claims like it's cruel to shear sheep but she stamps out the nonsense with her admin veto.

In the face of so much misinformation about the properties of wool, Tracey feels a social media forum like this one helps farmers to tell the story of who they are, what they produce and how they do it.

'Facebook isn't for everyone. But if Facebook was a country, it would be the largest country in the world, so why not bring that together and put out there what we believe in.

'There's a hell of a heritage behind wool. And a future.'

After a slow start, We Love New Zealand Wool currently has around 7000 members, connecting like-minded growers, retailers and consumers — comment by comment, post by post. Coverage of wool issues on popular shows like Fair Go and TVNZ's Sunday have added impetus.

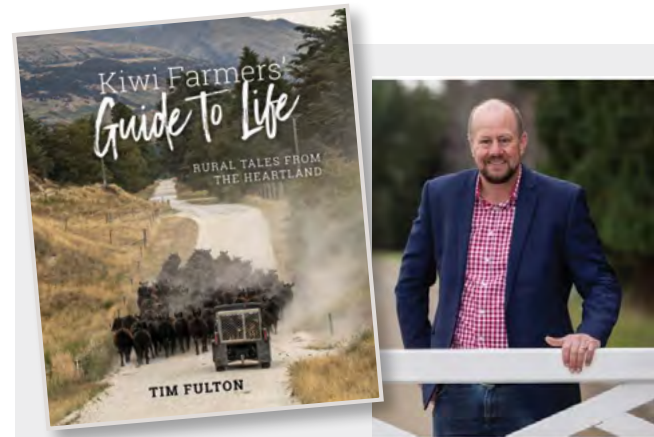
The group appeals to all comers, including growers wanting to know more about the wool supply chain, from auction or private sale to manufacturing and the end-user. At the moment about 100 people join a week. 'Just through Covid, I think it's come round to people being a bit more aware and wanting to know how they can support New Zealand industries,' she says.

With prices perilously low for strong, carpet-grade wool, growers naturally want to 'cut out the middle man' by selling, manufacturing and marketing their wool directly. Growers of finer wool are also asking where they can make blankets from their fleece.

Tracey says We Love New Zealand Wool was never about promoting Cosy Toes. 'We've always had a strong belief and a strong story with wool anyway. That's always been the backbone of Cosy Toes: that I grew up with it,

I know this is a good fibre and this is what I choose to use.'

And if the group achieves anything for growers, she hopes it makes the industry more transparent. 'That's what the page is for, making the manufacturers more out there and open.'



A North Canterbury farmer and journalist, Tim Fulton always wanted to tell the stories of rural New Zealanders, so he jumped at the chance to gather profiles of New Zealanders making a life on the land for this book.

Kiwi Farmers Guide to Life: Rural Tales from the Heartland by Tim Fulton, published by Bateman Books, RRP\$39.99, Release Date 14th June

We have two copies of 'Kiwi Farmers' Guide to Life' to giveaway to our readers. Simply email mel@essencemagazine.co.nz by Thursday 8 July to be in the draw to WIN.



It's easy to forget history. Rangiora started as a sawmilling town in 1852 and went onto become the main commercial centre for farms in the region. There are some amazing records of these early days in the Rangiora Museum.

But even in the last few years Rangiora has changed a lot. From the demolition and rebuild of the Farmers building on High Street to the construction of the pedestrian precinct at Conway Lane. New shops, eateries and facilities are constantly being added to our town. The most recent major addition is the new stadium and sports facility that will open its doors later this year.

We might be biased because we live and work here, but we think Rangiora really punches above its weight. And we loved putting together this focus on our buzzing little town.

Introducing Rangiora High School's Head Boy and Girl

Boston Canton

Head Boy, Rangiora High School 2021

After the Christchurch earthquakes, my family had to move out of Brooklands. We are now settled down in Swannanoa. I have got to know the area for around 8 years now, and I have been able to get to know the agriculture scene a bit more and been able to have a bigger backyard and a bigger community, which I love.

Becoming Head Boy has given me an increased focus on prioritising my work. I take a lot of pride in each task or project. Being Head Boy has also enhanced my social skills and given me the chance to give back to my school, including working with younger students.



Ella Spark

Head Girl, Rangiora High School 2021

Kia ora mai koutou, e hoa mā. My name is Ella Spark. I grew up in Tuahiwi, I went to Tuahiwi School and finished the last 2 off at Woodend School. I grew up learning the beauty of our Māori culture, I learned tikanga, how to listen, to respect, and how to care for the people. No matter what upbringing, we are human. Look beyond the brave face people hold, smile, chat, be kind.

My upbringing, my whānau, friends, teachers, people I am surrounded by grew me into who I am today, the leader I am learning to be. I look forward to the rest of this year. I have goals in achieving a more connected kura, where those feel more accepted and as one we hold a higher mana. Ngā mihi nui.



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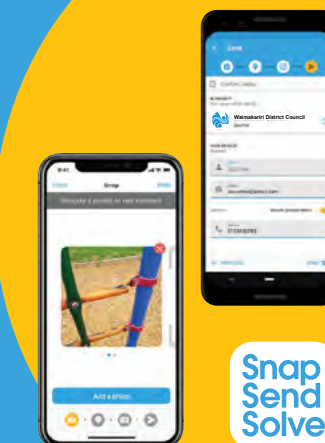
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image: Brendan Holt

Food

Take a break from shopping and grab an al fresco lunch in pedestrianised Conway Lane.

Got the littlies with you? Then head to Artisan Café where there's a dedicated playroom.

Or if you're after a hearty, meaty meal then head over to Rangiora Smokehouse and enjoy some of their specialty dishes – slow-cooked pork belly anyone? Delicious!



Culture

Tucked away on Good Street Rangiora's museum will really surprise visitors with the sheer volume of items and knowledge.

All maintained by volunteers it's a fascinating catalogue of the history of the town and the region.

The town's library is a treasure trove of reading materials. There's a fabulous area for littlies with games, toys, comfy couches and a huge range of books to help foster a love of reading. The Chamber Gallery is accessed via the library and runs a range of great exhibitions from photography to art and chamber music concerts – it's always worth checking what's on.

At the top end of High Street the Townhall Cinema shows all the latest releases in its three state-of-the-art digital cinemas housed in a fully-restored heritage building.

This amazing aerial shot of Rangiora was taken by Brendan Holt from Display Autumn 2021



image: Ryan McDonald

WHY I LOVE Rangiora

A LOOK BACK IN TIME

Images supplied by the Rangiora Museum

CHRIS COLE
I love coming from Kaiapoi to visit the shops!



Graham McIlroy
Nice bright and friendly place!



HELEN ANDERSON
Lovely people places and plenty of things to do.



KIKKI AND MALLY
Rangiora is cool, convenient, there is great shopping and lots of nice cafes!



1910. High Street, Rangiora looking west Ashley Street intersection. L-R: Butchery, The Union Bank (replaced in 1989), Hickmotts Fruit, Bridget Boot shop, Johnstons Building Right: Bank of New Zealand



1900. High Street, Rangiora looking west from Victoria Street on Sale Day. Left: Johnston's Building, North Canterbury Co-op, Post office in distance with tower. Right: A H King - Draper (1989 Mrs Popes then Postie Plus), Junction Hotek



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ARVIDA Bainswood House



ARVIDA Bainlea House



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Shopping

If you want to escape the tedious predictability of big shopping malls then you will love Rangiora's boutique shopping options.

From high-end fashion to unique homewares and everything in between - you'll find it in Rangiora along with friendly smiles and customer service. There are fabric shops, craft shops, book shops, fashion shops and plenty more.



Sports

The Dudley Park Aquatic Centre has three great pools and at the weekends some fun inflatables go up for the kids.

Want to get outdoors then grab your bike and head to the Rakahuri Trail that runs alongside the Ashley/Rakahuri river. There are twists and turns and areas of one way cycling - great fun for all the family.

Or if you're after a more tranquil sport - check out the 18-hole Rangiora Golf Course. There's a practice range, putting green and golf shop.

Nature

The beauty of being in a rural town is you don't need to go far to discover some beautiful natural sites.

Head to Northbrook Wetlands, originally the site of early European industry including flax mills and a tannery but over recent years restored to become a wildlife and nature reserve. With plenty of bird life it's a great spot for a family walk for all ages and abilities.



What's On In Rangiora

27 June: Rangiora Community Choir 'Winter Solstice' Performance
2pm start, Rangiora Methodist Church, King St

4 July: North Canterbury Guinea Pigs: Double Winter Show

10am - 2pm, 38 Rangiora Woodend Road (look for the Blue/Green flag)

10-24 July: Rangiora Players how does your Garden Grow?
7.30pm, 187 Northbrook Road, Rangiora (check online for dates)

14-17 July: A Midsummer Night's Dream - Rewritten (Stage musical)
2-4.15pm & 7.30-9.45pm, Rangiora Town Hall (check online for times avail and tickets)



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Rangiora Finds



Arnous Wall Urn Planter | l'Adore

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Ashley & Co range of diffusers | Niche



Oopjen Tray | The Fabric of Society



Column Coffee Table | Niche



100% NZ Wool Dryer Balls | Niche

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Mulberi Rhapsody Throw | l'Adore

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Artisan wide timber planter | The Fabric of Society

Available in sm/med/large - a gorgeous addition to any plant.



Glass Bunny Dish | l'Adore

A perfect little butter or sugar dish to show off to your friends.



Mr Chester S&P Dishes | Niche



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The Station Café has the perfect atmosphere generated by al fresco dining, great coffee, wholesome food and friendly staff who work hard and are passionate about giving excellent service.

Enjoy the daytime café, the gorgeous gift shop, and beautiful winter evening dining on Fri and Sat evenings.



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Stonebaked Cafe

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We serve a range of delicious homemade cabinet food, as well as seasonal breakfast and lunch menu!

3 Good Street, Rangiora
03 310 6284

Opening Hours: Tuesday - Saturday 7am - 4pm



OUR FOODIE FAVOURITES

Mel *in Rangiora*

I just love the croquettes at Percival Street. They do them in chicken or beef and they're just delicious with a beautiful crispy coating and a perfect, creamy filling. They're not too big and they feel just right for these chilly winter days - hearty and delicious.



Mandy

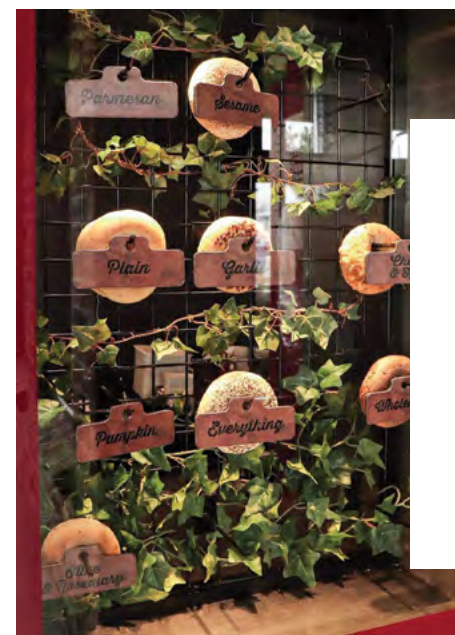
The avo smash at Fools of Desire. I would eat it for breakfast, lunch or dinner - it's beautiful. Mashed avocado with salsa verde and poached egg and you can get a side of salmon or bacon, I always go for the salmon with it. I love it - simple ingredients, well put together, looks great on the plate and tastes beautiful.

Amanda

I really like the chicken tacos at The Station. They just look so tempting and are full of flavour - perfect for a family lunch and the best thing is that the kids can play outside when the weather's good. Perfect.

Dorothy:

The chicken wings at Nom Nom are my absolute fave. The girls at the office introduced me to them and then I introduced some friends to them, everyone loves them as soon as they taste them. Just thinking about them makes me want them for lunch - they're the perfect size for lunch or a starter. They're crispy, salty, succulent delights served with a delicious dipping sauce. Go on try them, you'll love them.



Johanna

The bagels at Coffee Worx are great, the perfect mid-morning pick me up with a coffee. I always go for the Chicken Caesar bagel - packed with chicken, bacon and a sort of parmesan and Caesar dressing, it's just delicious.

Pattie

If you're after a sweet treat then the doughnuts at Stonebaked Bakery on High Street. It's become a bit of a once a week treat after school with the kiddo. Top of the list is the custard and fresh cream doughnut - melt in your mouth filling, soft spongy dough and the sweet hit of sugar. I don't eat them but annoyingly for the kiddo I always take a bite of his. I tell him it's a 'tax'!



ARTISAN CAFÉ BY RANGIORA BAKERY

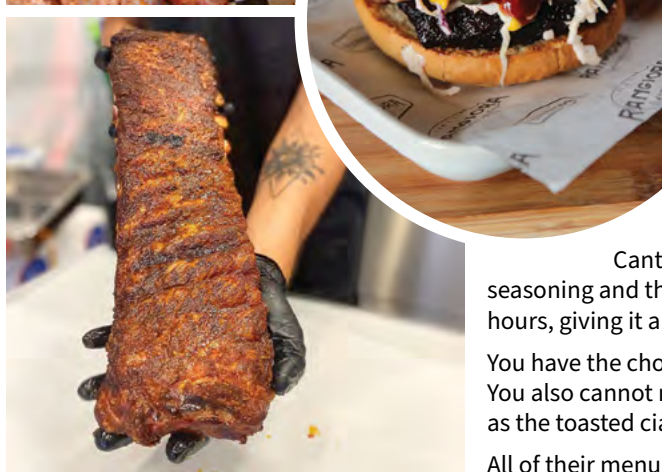
Here at Artisan Café our passion is food combined with a café experience like no other.

Established in 1860 in a little building on central high street, Rangiora Bakery has been an iconic part of the Rangiora township. In 2001 a new state of the art bakery was formed at 18 High Street, with Artisan Café coming to life in 2010, paving the way for the Rangiora café scene. Artisan café by Rangiora Bakery has since been recognised for many achievements, such as "Bakery of the year", back-to-back Award winning Hot Cross buns for 2020 and 2021, along with winning the best Christmas mince tart just to name a few.

Artisans updated winter menu features "up market deluxe" porridge for those cold winter mornings, traditional weekly roasts, daily hot soups and our famous fish and chip Friday. Don't forget our delicious curly fries are always on the menu.

Why not hop on your bike and check out our new bike parking space, which is capable of free E Bike charging. See you soon!

18 High Street, Rangiora
Open Daily 7:00am - 5:30pm
www.rangiorabakery.com



THE RANGIORA SMOKEHOUSE

If you haven't been in to try the slow-cooked, smoked meat at The Rangiora Smokehouse then you are missing out.

As we head in to the winter months, there is nothing better than delving in to a delicious piece of melt in your mouth premium Angus beef brisket or some pork belly, sausages, St Louis style pork ribs and southern fried chicken.

Rangiora Smokehouse is fast gaining a reputation for their quality low & slow American style BBQ menu. The majority of their meat is sourced locally in Canterbury, is marinated in their secret signature seasoning and then slowly cooked over Oak wood for 4 - 12 hours, giving it a delicious smoke flavour.

You have the choice of burgers, tacos, platters & loaded fries. You also cannot miss all their delicious sides and lunch deals as the toasted ciabatta.

All of their menu is kid friendly and word about town is that the kids love their waffle fries.

Fully licenced with a good selection of craft and tap beer, wine and spirits.

Bookings not essential but recommended to ensure the full menu is available. Large groups up to 60 are welcome. Takeaway & private event catering available.

Open Tues to Sun for lunch and dinner
Sun-Thurs: 12-2pm/5-7.30pm | Friday, Saturday: 12-2pm, 5-8.30pm
238B High Street, Rangiora | Ph. 03-423 3149



SUNKEN CHOCOLATE, APPLE & HAZELNUT CAKE

Even though it's winter it's still a great time to entertain in front of a roaring fire with friends and family.

If you're looking for a cake with a difference try our Sunken Chocolate, Apple and Hazelnut Cake. It's made with ground

hazelnuts and a little flour which makes the exterior crisp and crumbly and the inside moist and fudgy. When cut this cake looks lovely and dense. Finish it off with a dollop of cream fraiche or sour cream and it will become everyone's favourite.

If you want to make it gluten free use ground almonds instead of flour and if you want you can substitute the apples for stone fruit. If using fruit out of a can make sure you remove the moisture from the fruit by placing it on a paper towel before arranging it on top of the cake.

If you're lucky enough to have any left you can store it in an airtight container.

Ingredients (Serves 8)

- 70g Pams Hazelnuts
- ¼ Cup Pams Pure Flour
- 150g dark chocolate
- 100ml Pams Extra Virgin Olive Oil
- 150 grams Pams Caster Sugar
- 4 Pams Free Range Mixed Grade eggs, separated
- 1 Granny Smith Apple
- Juice of 1 lemon

Method

- Preheat the oven to 160oc. Grease the base and sides of a springform tin and line with baking paper.
- Put the hazelnuts on a tray and roast for 10-15 minutes until they start to turn golden. Remove from the oven and place in a clean dry tea towel. Leave to steam for 5 minutes, then rub nuts while in the tea towel to remove the skins. Allow to cool. Pulse half the nuts in the food processor to a fine crumb and mix in the flour.
- Melt the chocolate in the microwave in short bursts until melted and whisk in the olive oil, then add 100grams of caster sugar and mix well, let cool for 5 minutes. Add ground hazelnuts, flour and mix in the egg yolks.
- Halve the apples, core and thinly slice, drizzle with lemon juice and set aside.
- Whisk the egg whites to soft peaks with an electric beater and gradually add the remaining sugar until the mixture is thick and glossy. Fold a little of the egg whites into the chocolate to loosen, then gently fold through the rest of the whites into the chocolate.
- Put mix into the tin, arrange the apple slices on top and scatter with the remaining hazelnuts. Bake for 60-70 minutes or until a skewer inserted comes out clean. Cool in the tin (it will start to sink and crack a little)

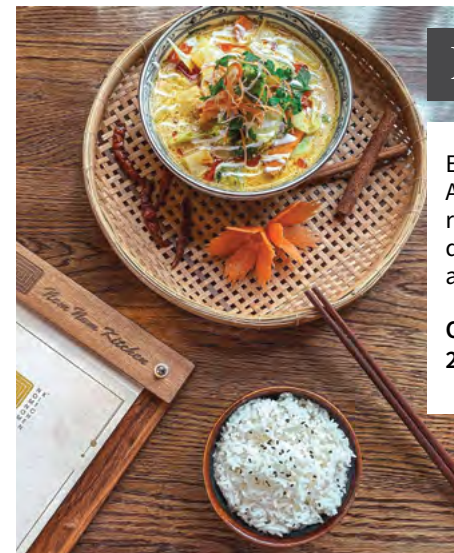


Barb Palmer has been part of the friendly team at New World Rangiora for 18 years, the last 7 as their Brand Ambassador sharing recipes and ideas with customers.



WINTER EATS

When it comes to cosy comfort food this winter, you can't go past a delicious donut or freshly baked scone with local roasted coffee. We've narrowed down some of the local favourites to warm up your days this winter.



Nom Nom Kitchen

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

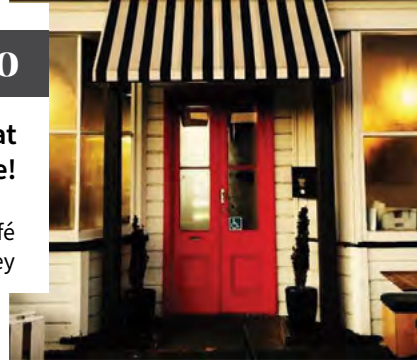
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Cheesy Artichoke Dip!

I was introduced to this yummy dip a couple of weeks ago by our American friend Sally. I have never eaten artichoke and to be honest it's because it doesn't look very appealing. I was very sceptical about trying it but gosh it's now my new fav! If you can get past how it looks, you will love it. It's so easy and apart from the artichoke the other ingredients you generally have in the fridge.

Ingredients:

- 1 jar of artichoke hearts 340gms, 1 cup mayonnaise, 1 cup fresh grated Parmesan cheese.

Method:

- Drain and chop up the artichoke hearts, add the mayonnaise and parmesan cheese and mix well. Spread mixture into a baking dish and bake in a preheated oven for 15 to 20 mins until bubbly and golden brown – it's as easy as that! You can add some chopped jalapenos, finely chopped onion, rocket/spinach, green peppers or roasted garlic.

Serve with halved and then quartered pita breads oiled and then roasted in the oven – perfect!



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Winter Menu coming soon!



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“One of our favourite dishes, Salmon, Calamari and Mussels - served with a spiced tomato and red wine salsa, stir fried vegetables and turmeric infused jasmine rice.”



ROUTE 72

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TONAL Dressing

Winter 2021 is the season of tonal dressing. Tonal dressing is the emerging trend of dressing head to toe in the same colour, or varying shades and textures of a colour.

Simple and sophisticated, tonal dressing makes getting ready in the morning effortless, and creates a longer, leaner silhouette. Pair clothing of different lengths and layers to add contrast and texture, and increase the impact of your look.

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Matt Doocey
MP for Waimakariri

A growing number of New Zealanders of all ages are struggling because of a lack of services to treat eating disorders. I cannot think of anything more devastating than watching a family member slowly lose the struggle against a negative body image. With my background in mental health, I know that early intervention is vital in helping towards a full recovery.

Last week, I was honoured to accept a petition from Canterbury mum Rebecca Tomms, the mother of an eating disorder survivor who had fallen through all the waitlists trying to get help until her only lifeline was a volunteer group of six parents. That group has been refused funding by the Ministry of Health. Rebecca's petition calls on the government to provide urgent expert care and subsidy assistance for young people with eating disorders. Rebecca reached out to me as National's Spokesperson for Mental Health because she felt

she couldn't get the government to listen. I was honoured to be able to help her and other parents and their families to be heard.

Rebecca's story is heartbreaking and it's concerning as a parent to learn that our young people who desperately need eating-disorder services are struggling to access them, that there seems to be no specific funding for eating disorders, or a national strategy.

Frontline workers are reporting that cases have doubled and even tripled over the past year, while services to support our families remain non-existent. The government needs to take urgent action over the current poor state of services for what is a very treatable illness.

This is yet another example of the government failing New Zealanders through poor management of mental-health services. As many will know, in Parliament I have been holding the government to account for the millions of dollars in mental health that are going unspent while vulnerable New Zealanders aren't getting the help they need.

We shouldn't be giving parents End of Life plans for an illness that could be easily prevented with early intervention.



LIPS AND EYES

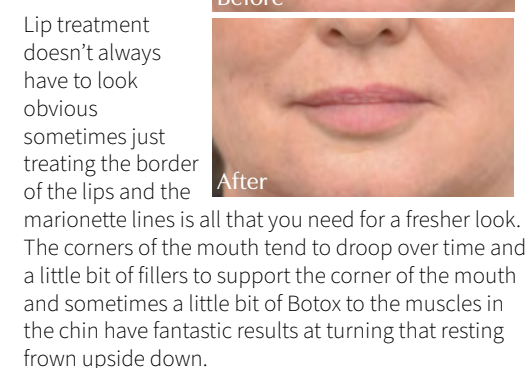
by Dr Peter Aspell (Durham Health Cosmetic)

Lips and eyes enhance facial beauty and we have been highlighting these features with make-up since time immemorial. Rejuvenating lips with dermal fillers is a very common procedure but requires significant expertise.

We tend to look each other in the eyes but the lower face is where the signs of ageing are most apparent. Over time, sun damage, smoking and ageing lead to loss of lip volume, fine lines in the upper lip (smoker's lines) and the upper lip starts to fold downwards and inwards. This gives the appearance of thinner, deflated lips and lipstick can only help so much.

There are some of us though, who have always had thinner or smaller lips - successful rejuvenation of the lips and areas around the mouth including marionette lines is one of the most satisfying and affordable filler treatments you can get and the results can be amazing.

It is important, however, to know what you want. Some people want the Kylie Jenner overfilled look and others want the subtle rejuvenated look or somewhere in between - how you want your lips to look is totally up to you.



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Laura Good

2011
Moved to Blackett St
& joined the
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2003
Moved to 86 Victoria St
& hired the 1st employee

2007
Bought Fast Copy & Print
(photocopy shop) from
'Rangiora Print' on Blake St

June 2001
Glen & Debbie Fraser
set up shop in
the garage making
hand painted signs



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