

# essence

essentially...north canterbury

08

Profile  
Firefighting  
History

10

Feature  
Destination  
Hurunui

12

Home  
Loving  
Laundries

# SHOP THE LOOK

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

**I'Adore I'Adore**  
Natural Homeware & Gifts

**20% OFF**  
Sale  
**STOREWIDE**  
13<sup>TH</sup> JUNE - 18<sup>TH</sup> JUNE

**INIKA ORGANIC MAKEUP**  
50% OFF

**INIKA ORGANIC**  
ONE WEEK ONLY  
13<sup>TH</sup> - 18<sup>TH</sup> JUNE

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

**Handzon**  
sew - knit - embroider - quilt - crochet

*your happy place*

Sew, Quilt Embroider

**\$1099**  
after  
**\$100**  
CASHBACK

Choose your Gift

**brother**  
at your side

1 Alfred Street, Rangiora  
03 423 3544  
[www.handzon.co.nz](http://www.handzon.co.nz)

**The Fabric of Society**

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

Fermentation Jar - perfect for winter goodness

Armenian Eclectic Beija Flor Mat - 4 sizes, 2 colour ways

Alzira Bottle - enhance your display with this recycled glass bottle

London Troop Bags - Satchels, Messenger, Shoulder, Travel bags

**New Fabric!**  
Latimer Rose or Sage - 100% Cotton

Open Monday - Friday 10am - 5pm,  
Saturday 10am - 4pm  
15 Coronation Street, Rangiora  
Ph. 027 309 0060 | [www.thefabricofsociety.co.nz](http://www.thefabricofsociety.co.nz)

**The Mill**  
WAIKUKU

Discover local and international art, giftware and more!

\$48 \$29 \$38 \$39 \$24.50

The Mill, 1473 Main North Rd, Waikuku | Open 7 days | Ph 03 312 7978 | Instagram/Facebook - The Mill Waikuku

**arthur-nellie**  
UPHOLSTERY & FURNITURE DESIGN

**Upholstery & Furniture Design**

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

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

## contents

It's June already - the great news is we are only a couple of weeks away from the shortest day, so we are back on the countdown to summer - now that's a very cheery thought.

This month we celebrate National Volunteer Week (19 - 25) with an interesting story on some of our North Canterbury volunteers for the Fire Services Historical Society. Writer, Jo Bailey and I spent time at the Ferrymead Heritage Park which for over 63 years, volunteers have gathered, restored, and looked after what is now the Southern Hemisphere's largest collection of firefighting appliances, firefighting equipment and historical artefacts. **Page 8**

All too often the laundry doesn't get the attention we give to the rest of our home space. Making the best use of what is often a small area, requires a little bit of thought and can make a huge difference to the tedious business of laundry. After photographing Andrea Robertson's gorgeous laundry for our story, I felt quite disgruntled so off home I went and started decluttering, looking at wallpaper options and planning some cool open shelves. I'm determined to make it a nice space for my husband Andrew to spend more time in!

If you don't have time to radically change your laundry, Emily from *The Fabric of Society* has an alternative - a new DIY lampshade to add a bit of pizzazz to a room. Apparently, they are easy to make - follow her step-by-step guide on **page 23**.

If you are not feeling up to doing either because you are feeling a bit overwhelmed and stressed - Dr Libby helps us understand five health consequences that stem from being in a pressing rush to get through a never-ending list of things to do. **Page 16**

On **pages 10 & 11** our Hurunui feature highlights some of the top 150 reasons to visit.

We welcome the new owners of the North Canterbury Seafood Market, Craig and Christine Thompson. **Page 6**.

Some of you will have heard the media attention around reduced paper stock and huge price increases. On **page 4** we give you a bit of a behind the scenes look at the reason for some changes we have made recently.

Have a great month, Dorothy

### contact us:

**Dorothy McLennan - Publisher**  
[dorothy@essencemagazine.co.nz](mailto:dorothy@essencemagazine.co.nz)

**Melanie Cox - Office Manager**  
[mel@essencemagazine.co.nz](mailto:mel@essencemagazine.co.nz)

**Mandy Buchan - Advertising Sales Consultant**  
[mandy@essencemagazine.co.nz](mailto:mandy@essencemagazine.co.nz)

**Johanna Dittmer - Graphic Designer**  
[johanna@essencemagazine.co.nz](mailto:johanna@essencemagazine.co.nz)

**Janet Scott - Advertising Sales Consultant**  
[janet@essencemagazine.co.nz](mailto:janet@essencemagazine.co.nz)

211 King Street, Rangiora, North Canterbury.

Ph: 03 313 1811 | [www.essencemagazine.co.nz](http://www.essencemagazine.co.nz)

Essence is printed on FSC accredited paper.

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

**Win**

We have up for grabs TWO awesome packages for the Mainpower Light Festival which include a family pass (two adults, up to 3 children) and ONE \$50 voucher to use at Fools of Desire Cafe.

Head to our Facebook page to enter (the competition is tagged to the top of our page) or email [mel@essencemagazine.co.nz](mailto:mel@essencemagazine.co.nz).

**mainpower**  
**Light Festival**

1-2 July  
VICTORIA PARK, RANGIORA

LIMITED NUMBERS, GET YOUR TICKETS NOW [rangioralightandsound.co.nz](http://rangioralightandsound.co.nz)



**Front Cover:** Need some inspiration to zhoosh up your laundry? We have some great tips from the experts. **Page 12.**  
**Photographer;** Dorothy McLennan



Profile: **Page 08** Shop Local: **Page 14**



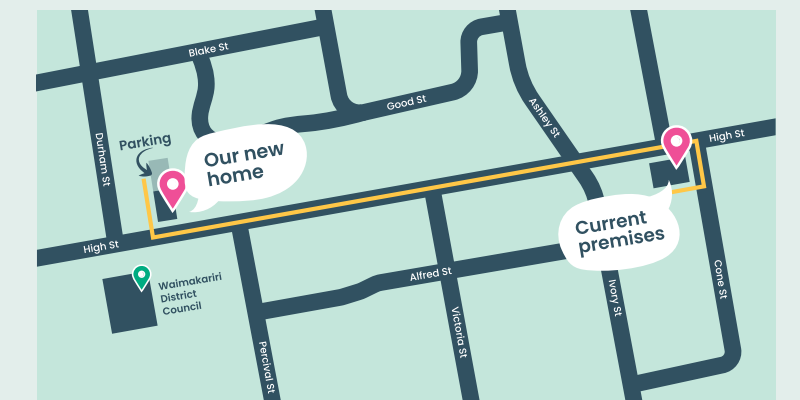
Destination Hurunui: **Page 10**



# We're moving!

**4 July 2022**

We can't wait to show you around!



216 High Street, Rangiora  
[studio.rangiora@printing.com](mailto:studio.rangiora@printing.com) | 03 313 7774

**createdesignstudio.co.nz**

**create** **[printing.com]**



## GERALDINE EATS

The gin is rested, the cheeses are ripe and the craft beers are bottled and chilling.

The hot sauces are ridiculously, but not pointlessly hot. Plus we have more pickles, syrups, chutneys and other condiments than just about anywhere else in NZ.

The galleries, day spas and boutique stores are warm and inviting. The accommodation is relaxing and luxurious. The scenic tracks are fantastic all year round.

We'll see you in Geraldine - we've got your winter eats, drinks and activities ready.

Plan your Geraldine trip at [vttourism.co.nz](http://vttourism.co.nz)



## A Word From the Essence Team

You may notice a change in our paper type this month - we've switched from our glossy finish of the last few months to a non-gloss option. You can read a little bit below about the paper we are currently using. But we wanted to explain the change and give you a glimpse behind the scenes.

Like many newspapers and magazines we've been affected by paper shortages and increasing print costs. You may have seen the news about the printers, Ovato, closing down in Christchurch a few weeks ago. That impacted us, as did some subsequent huge paper price increases. But we are now with the original printers we used when we started out nearly 20 years ago, here's hoping it will be a long working relationship.

We know that you can't stay in business without evolving and so we're taking all these changes in our stride. But there are some things we plan to keep the same.

Many of you know our fabulous sales team. But we also have a dedicated graphic designer and a proofreader. We work with journalists and feature writers who go out and find interesting people, places and stories - and we pay them for their work. We often go out with our camera and take original photos for those stories.



In short, we put a lot of time and work into Essence and it's a real team effort. The magazine you pick up each month has been given a lot of thought and dedication. And whatever else changes in the print business, you can be sure our professional commitment to the North Canterbury community will stay the same.

### About the new paper:

This magazine is printed on an environmentally responsible paper, produced using Elemental Chlorine Free (ECF), Third party certified pulp from responsible sources and manufactured under the strict ISO14001 Environmental Management System.

## Annie comes to town!

The talented folk from the North Canterbury Musical Society along with Show Director James Foster put on a fabulous week of productions of the legendary show, Annie.

The audience were transported back in time to Daddy Warbucks, Sandy the dog and of course the dreaded Miss Hannigan! We are hugely lucky to have such talent right here on our doorstep - not to mention being able to attend a live show again!



Jane Godfrey (Cast), James Foster (Show Director) and Phillip Bell (Cast)



Grant and Dale Hartley Brown



Rebecca Munro and Marg Cuneen



Coral Weaver and Steph Denton



Cheryllyn Callander, Leanne and Rebecca O'Mahony



Leon & Dean Van't Veen, Pete, Ari and Juliet Bucher



Mark Mulholland and Karen Munro



Jodee & Barbara Madden and Maureen Madden-Hall



Chelsea, Chris and Holly Palmer



Caryn Bryant and Janice Williams



Ghislane Smith, Cheryllyn Callander, Olivia Brooks and Colette Inkster



Lexie Keane, Milly Henderson, Olivia Harvey, Anna Sidey and Brittany Muir

### Winner of the night in Area 51 UFO House - Kirsten MacArthur

'We had an out of this world time! Thank you so very much! The level of retro detail is incredible and Nick was so lovely, showing us round and letting the boys sit in his Tesla! We feel very lucky!'



### Congratulations to the winner of our recent Caci Rangiora competition, Nicole Graham

collected her goodies and was thrilled with her basket of treats!



IS YOUR INFORMATION SECURE?

1hr Information security consult for \$100 + GST

- Simple steps to keep your business more protected from online threats.
- Experienced, qualified and passionate consultant.



Dave Chapman I.T & Software Engineer  
0800 483 493 | [dave@allmyit.co.nz](mailto:dave@allmyit.co.nz) | [www.allmyit.co.nz](http://www.allmyit.co.nz)

"She was so helpful and supportive. Gave us great advice and was really in our corner to help us with the sale."  
-K Swaney

Jan McCormick  
021 395 241 | 03 311 8020  
[jan.mccormick@bayleys.co.nz](mailto:jan.mccormick@bayleys.co.nz)  
WHALAN AND PARTNERS LTD. Licensed under the REA ACT 2008

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

**KiwiSaver**  
Discuss with us to optimise your KiwiSaver returns. Choosing the right KiwiSaver and fund can have a dramatic benefit on your retirement income or savings.

Hayden O'Donnell  
Financial Adviser

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

Hayden can also help with Personal Insurance and Investment needs.

LOCAL OFFICE, VISITORS WELCOME  
Canterbury Financial Services  
237 High Street, Rangiora | Phone: 03 313 9200  
Email: [admin@cfslimited.co.nz](mailto:admin@cfslimited.co.nz)  
Important information about us can be found at [www.cfslimited.co.nz](http://www.cfslimited.co.nz)

**Certified Organic Products for People, Pets & Plants**

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

greentrading for good living  
[www.greentrading.co.nz](http://www.greentrading.co.nz)

native neem  
[www.nativeneem.com](http://www.nativeneem.com)

**BRAND MOWERS AND CHAINSAWS**

**Husqvarna**

**HOT PRICING**

**Blowers from \$345\***

125B  
28.0cc - 0.8kW - 76m/s - 4.26kg **\$345**

\$455  
125BVX Includes vac kit.  
28.0cc - 0.8kW - 76m/s - 4.35kg \$505 RRP

525BX  
25.4cc - 0.85kW - 86m/s - 4.3kg \$749 RRP

\*Refers to 125B. Offers valid 01/05/22 - 31/07/22 at participating Husqvarna Dealers, while stocks last.

275 Flaxton Road, Rangiora | Ph 313 6640  
[www.brandmowers.co.nz](http://www.brandmowers.co.nz)



## LANDING THE Big One

On June 1, recently married couple Craig and Christine Thompson, landed the big one when they took over ownership of the North Canterbury Seafood Market in Rangiora.

“We were looking for a local friendly business that we could do together, and something that would give us flexibility with the three school children, Jacob, Micah and Joshua,” Craig said.

“I have lived in North Loburn for the past 20 plus years, so local is very important to me.”

“Previous owners, Janine and Shayne, started the business 13 years ago and have built a solid, sustainable fish supply and processing business with integrity.

They have gone above and beyond to help us with the transition, which we really appreciate.”

**“Fish is a very health-conscious option, so not only are we interested in the environment with fresh, sustainably sourced seafood, but we’re also interested in healthy living and healthy eating.”**

Fish is the main focus, especially combined with our on-site smoker, but we also want to offer local options that help promote a healthy lifestyle, like honey, free range eggs, and a fresh deli selection.”

Christine said the couple planned to implement a number of new initiatives.

“Nowadays people are so busy with work, so we plan to offer meal kits with a recipe. People can pop in, grab a complete meal kit with fresh salads. We plan to carry on the deli which includes those famous fish cakes. I had a food truck and plan to supply quality fish and chips to private and public events.”

The couple also want to volunteer with local schools to teach the younger generation about the health benefits and preparation of fish.

“Our processing team member, Steve, has vast knowledge on the whole industry, it would be a shame not to pass this knowledge on to others.”

Christine, who hails from Hong Kong, studied hotel management in Switzerland for three years and has a Bachelor of Science with Honours. With more than 20 years’ experience in the hospitality industry, Christine will take on the day-to-day running of the business. And with a background in communications, project management and education, Craig will service the wholesale side of the business (and sample the smoked fish for quality).

“Regular customers of the North Canterbury Seafood Market will also still be able to see some familiar faces, with the couple retaining the business’ current employees,” Christine said.

“Steve is remaining with us as he has been with the business for years and has been in the seafood industry all his life, following in his father’s footsteps. Steve attends the local seafood auctions every morning, selects, and purchases the freshly landed seafood from the boats, brings it back in the chiller truck and fillets it onsite, so it’s fresh for the day. ‘The fresher the better’. Theresa will continue behind the counter with me.”

**The North Canterbury Seafood Market at 2 High Street, Rangiora, is open Monday to Friday from 9am to 6pm, and on Saturday from 9am to 1pm. Fresh fish and seafood...guaranteed!**



### LOOKING TO THE FUTURE...

Ray White Now suggested confidence in the future of the property market remains at record levels after two years of world-leading growth in property values, despite a fourth successive mortgage hike. According to Statistics New Zealand, more building consents have been granted in the 12 months to February than ever before.

Dwelling consents are up 25 percent year-on-year with 49,733 granted. That’s almost 1,000 consents every week for the 12 months to the end of February. There has also been a big jump in the number of retirement villages and townhouses being approved.

The increase in building activity will boost the supply of homes becoming available and could substantially help first-time buyers enter the market.

It could also benefit owners looking to upgrade, giving them more choice of housing stock. The focus on retirement age units is also interesting for those seeking to downsize but struggling to find suitable accommodation.

Seasonally adjusted, consents were 10 percent higher, a significant turnaround on the numbers for January when consents dipped by -8.7 percent. And if you think these annual numbers began to tail off

when the Official Cash Rate (OCR) began to rise, think again.

Some 4,195 new dwellings were granted consent in February – up 34.1 percent compared with February 2021.

**HERE’S HOW THE NUMBERS BREAK DOWN:**

- 25,518 detached homes, an increase of 15.6 percent
- 3,910 consented apartments, down just 20 units from the previous year
- 2,942 units in retirement villages, the biggest growth percentage in the latest numbers – up 64 percent from 12 months ago
- 1,842 townhouses, an increase of 45.8 percent



**By region, the numbers of new dwellings consented in the year ending February 2022 compared with the corresponding period in 2021 were:**

- 20,786 in Auckland: +22 percent
- 5,094 in Waikato: +23 percent
- 3,687 in Wellington: +24 percent
- 7,695 in the rest of North Island: +22 percent
- 8,317 in Canterbury: +42 percent
- 4,190 in rest of South Island: +24 percent
- 929 in the Waimak District: +40 percent
- 199 in the Hurunui District: +63 percent

**LET’S CELEBRATE** - The Healthy Homes new heating calculator has taken effect!

**My team and I, and many landlords, have been waiting with bated breath for the 12th of May when the changes to the Healthy Homes standards took effect and I am pleased to report that it was worth waiting for but, like a lot of legislation, there is certainly some fine print which is frustrating and makes no sense.**

do about this bureaucracy so try to think outside the box a little but unfortunately the law is the law and failure to comply could result in a hefty fine if you don’t. I have spoken to both of our Healthy Homes inspectors and they both agree with me that it makes no sense and will not in any way adversely affect the tenants - which after all is what the Healthy Homes standards are all about - but as I said the law is the law.

There will of course be a lot of landlords out there who are angry that the heating tool was not accurate in the first place and they have spent a large amount of money replacing heat pumps or installing larger than necessary units and that is understandable, however, being always one to look on the bright side, I am at least thankful that sense

has prevailed and the heating calculation for modern homes now makes sense!

**Katrina Green**  
Operations Manager  
Property Management  
E [katrina.green@raywhite.com](mailto:katrina.green@raywhite.com)

Rangiora | Pegasus | Kaiapoi | Papanui  
T 03 310 6010 | E [morrisandco.nz@raywhite.com](mailto:morrisandco.nz@raywhite.com) | W [raywhitemorrisandco.co.nz](http://raywhitemorrisandco.co.nz)  
**Morris and Co Real Estate Limited** | Licensed (REAA 2008)

**Do Good Rangiora**

Let’s all do our part in supporting local Rangiora

Brought to you by:

**Rangiora PROMOTIONS**  
promoting our town

Many congratulations to all our prize winners of the first ‘Do Good Rangiora’ draw. The next draw will take place on **20th June 2022**.

A huge thank you to our wonderful ‘Gifting Partners’ for May 2022: New World Rangiora, Fi’s Flowers ‘n’ Art, IAdore, Marion & Co Jewellery, Anytime Fitness Rangiora, The Plough, Subway Rangiora, Town Hall Cinemas and Coffee Worx. Following feedback, we have tweaked the initiative name to ‘Do Good Rangiora’. It’s still the same great initiative so simply carry-on collecting stickers. If you would like to become a Participating Businesses or Gifting Partner, please contact Karen Dugdale, Business Liaison Officer on 021 111 271 or [rangioralialison@gmail.com](mailto:rangioralialison@gmail.com).

Sponsored By:

**1st Prize: CHERRY BURGESS** Marion & Co Jewellery Sterling Silver Pendant & Chain (value \$235), \$100 New World Voucher, \$100 IAdore Voucher, Family Pass Town Hall Cinemas (value \$50) & a bottle of wine

**2nd Prize: KATRINA DALE** Subway Platter (value \$75), \$50 Fi’s Flowers ‘n’ Art Voucher, Anytime Fitness Rangiora 6-week membership + access key (value \$161) & a bottle of wine

**3rd Prize: GAIL ROSSITER** \$100 The Plough Hotel Voucher (\$100) & Bouquet of Flowers from Fi’s Flowers ‘n’ Art (value \$50)

**4th Prize: PAM BALVERS** \$50 Coffee Worx Voucher

## RANGIORA | KAIAPOI EYECARE

Style + Vision

**PROGRESSIVE GLASSES**  
from **\$299**

Includes scratch resistant coating. T&Cs Apply.  
Expires: 30<sup>th</sup> June 2022

Rangiora | 42 High St | 03 313 8811

Kaipoi | 192 Williams St | 03 327 8292

CORCORAN FRENCH

## KAIAPOI ART EXPO

SATURDAY 16 & SUNDAY 17 JULY • 10AM TO 5PM  
RIVERVIEW LOUNGE, KAIAPOI CLUB, GOLD COIN ENTRY  
SHOWCASING WAIMAKARIRI PUBLIC ARTS TRUST

Come check out over 700 artworks from 125 artists all under one roof including painting, photography, ceramics, woodwork and more.

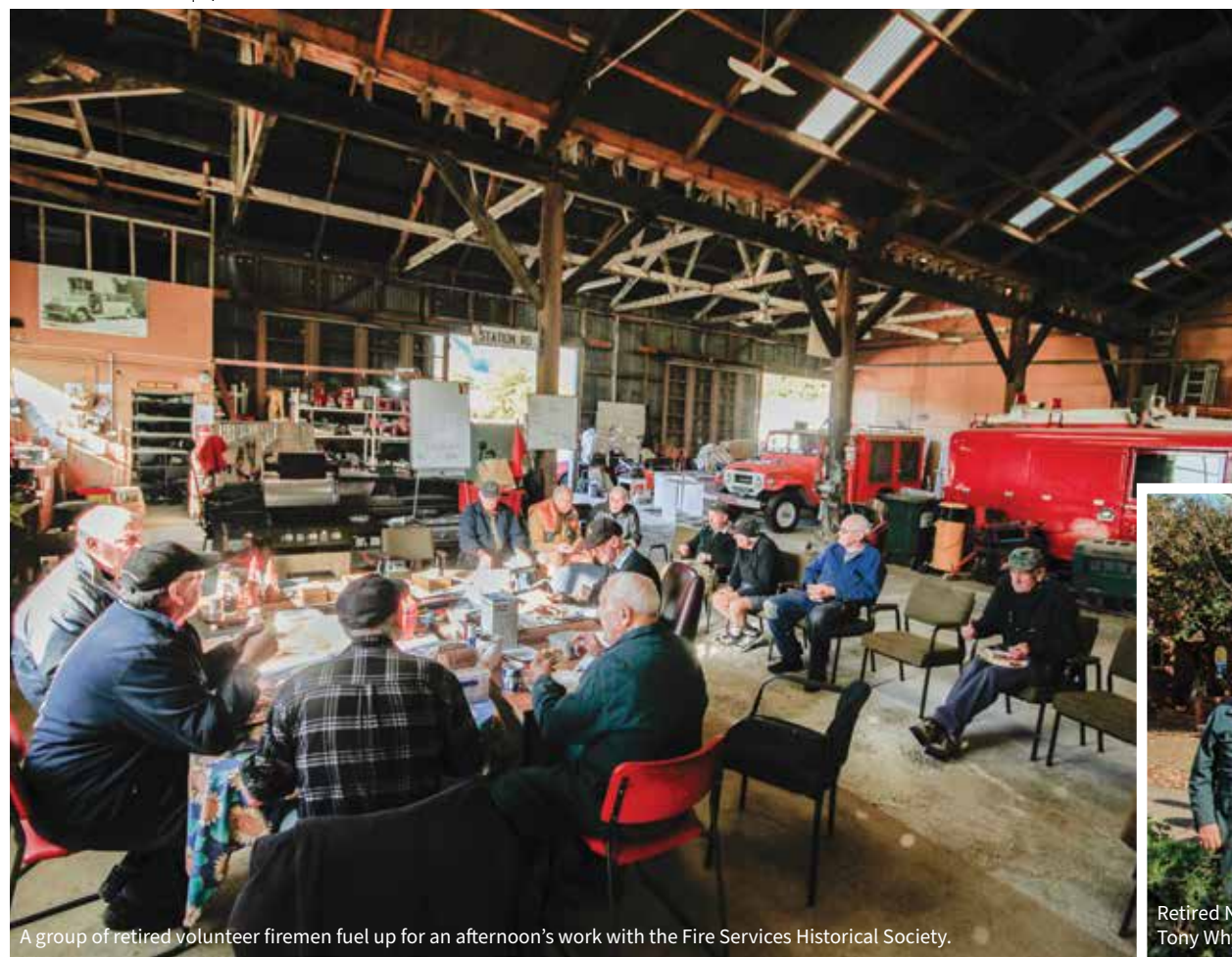
PLUS for something a little different Have-A-Go yourself at weaving, painting, pottery and more on Saturday all at the Kaiapoi Club.

[www.kaiapoiartexpo.co.nz](http://www.kaiapoiartexpo.co.nz)

CORCORAN FRENCH

**PAK’N SAVE RANGIORA SCHOOL EXPO**  
Ashgrove • Kaiapoi Borough • Kaiapoi High Kaiapoi North • Oxford Area • Rangiora Borough Rangiora New Life St Joseph’s Catholic, Rga St Patrick’s, Kaiapoi Swannanoa • Te Kura o Tuahiwi • Te Matauru Primary • Tihiraki North Loburn • West Eyreton Woodend

**PAK’N SAVE**  
THE PRICEY NEW LOWEST PRICE PRICES  
RANGIORA



A group of retired volunteer firemen fuel up for an afternoon's work with the Fire Services Historical Society.



This 1956 Ford V8 'Engine 11' was the first to arrive at the Ballantynes fire in 1947.



Retired North Canterbury firemen, Dave Dacombe, Robin Regan, Ray Hart, Peter Dench, Tony Whyte, Don Purvis and Jeldrick Oorthuys with the 1873 Shand Mason steam engine.



Robin Regan and Peter Dench firing up the steam engine.



This 1926 Leyland fire engine served in Rangiora.



The Society's founder, Mike Hayes (left) enjoying a cuppa with Ian McDougall.



Don Purvis in Engine 11, which he helped to significantly restore.

*"They are precious pieces of history, and it's so important we preserve them."*

Mike was in the New Zealand Army Fire Service, and coincidentally, as a young boy of 10, witnessed the Ballantynes Fire. He could never have imagined back in 1968 where the discovery of the steam engine would lead.

"One of my colleagues said to me a few months ago, 'Mike you're going to leave a bit of a legacy behind you.' I'm quite proud of that."

Another to work on the steam engine over the years is Tony Whyte, who served nearly 40 years on the Waipara Volunteer Fire Brigade and was also a foundation member of the Weka Pass Railway. "I restore a lot of vintage machinery and came on board with the Society when there was a hiccup with the Shand Mason. It's great to be working alongside others who have given a lot of years to the Fire Service."

The restoration of the Society's 1945 Ford V8 'Engine 11', the first appliance to the Ballantynes Department Store fire in 1947, is another special project singled out by the men. Don Purvis, a retired builder, who served 25 years with the Rangiora brigade, jumps on board the sparkling engine in the Hall of Flame Museum for a quick photo. He rebuilt much of the body of this engine by hand, and also patched up the old wheels and body on the steam engine. "They are precious pieces of history, and it's so important we preserve them."

All agree that camaraderie is a big reason they turn up week after week. "We talk a lot of rubbish and give each other a bit of banter. It all starts on the car ride in," says Ray Hart who served 36 years with the Rangiora brigade and was still working as a truck mechanic in 2005, when he got the call up to help the Society. "I decided to take a day off work each week and give the boys a hand, working on the trucks or doing whatever else needed doing. There is nothing better than starting up an old

engine that hasn't been going for 20 or 30 years."

Dave Dacombe, who in his early 70s, is one of the youngest in the volunteer crew. He served with the Rangiora brigade for 35 years and is happy to do whatever jobs need doing. "At the moment I'm helping Don do up the kitchen in the workshop to provide a better environment for the two cooks in our catering corps." He enjoys seeing lots of new faces and meeting new people. "The camaraderie is unreal."

Don Hassall, who served 42 years with the Rangiora brigade and was its former Chief Fire Officer, wasn't there the day Essence visited, but has also put in countless hours for the Society and was instrumental in putting together the impressive display of historical firefighting artefacts and books in cabinets along the upstairs mezzanine floor in the museum.

Money is a pressing issue for the Fire Services Historical Society, which has at least another 30 engines housed all over Canterbury and would love to construct a new building adjacent to the museum to house them.

"All the plans for the new building were done several years ago but there was not enough money to build it. What we really need is a sugar daddy," laughs Don Purvis.

"Given the Society's lead mechanic is aged 84, and his 'apprentice' is 88, some new blood is also desperately needed to ensure the work of these dedicated volunteers, who are preserving important New Zealand history, continues on," says Ray Hart. "We need some younger people to follow on from us. They don't need to have a trade. If we can get them here now, they can learn from us older blokes how to work on all the old stuff and ensure it continues to be looked after for future generations."



A 1916 Buick, the museum's oldest motorised fire engine.

## FROM FIGHTING FIRES to Firefighting History

words: Jo Bailey images: essence & supplied

It's lunchtime, and a massive workshop at Ferrymead Heritage Park is alive with chatter as a group of men in their 70s and 80s, gather around a table laden with sausages, onions, eggs and bread.

The food will fuel their afternoon session as weekly volunteers for the Fire Services Historical Society, which for over 63 years, has gathered, restored, and looked after what is now the Southern Hemisphere's largest collection of firefighting appliances, firefighting equipment, historic artefacts, and more.

Volunteering is nothing new for this group, as most are retired volunteer firefighters. They've gone from fighting fires to sharing their wide-ranging practical skills to preserve and maintain the Society's collection and buildings. Several of the men are retired members of North Canterbury fire brigades.

The Society's 'Hall of Flame Museum' at Ferrymead pays tribute to firefighters and firefighting throughout the ages, and houses over 50 appliances, with the oldest dating back to 1860.

One of its gems is an 1873 Shand Mason steam engine, which was used by the Kaiapoi Volunteer Fire Brigade until 1939. The day Essence visited, we got the feeling that Peter Dench, a former fitter and turner, who served 35 years with the Rangiora Volunteer Fire

Brigade, and Robin Regan, a maintenance fitter with a boiler ticket, who served 38 years with the Kaiapoi Volunteer Fire Brigade, were pretty happy to have the opportunity to crank it up for us.

It was an impressive sight to see the machine clicking and chuffing, as its coal-fired boiler provided steam for the pumping engine to force water through the hoses. Peter says it is one of the oldest boilers still functioning with a ticket in New Zealand. "We are very proud of the combined effort to restore it and keep it running."

This steam engine was the original catalyst for the formation of the Fire Services Historical Society, when it was discovered on 15 January 1968 by the Society's eventual founder, Mike Hayes and John Shanks (one of the founders of the Tramway Historical Society) in a dilapidated garage in Waltham. They convinced the owner to donate it for restoration and were joined by an enthusiastic group to do the initial work on the engine. Mike Hayes is the Society's only surviving foundation member and is still active in the group.



Robin Regan

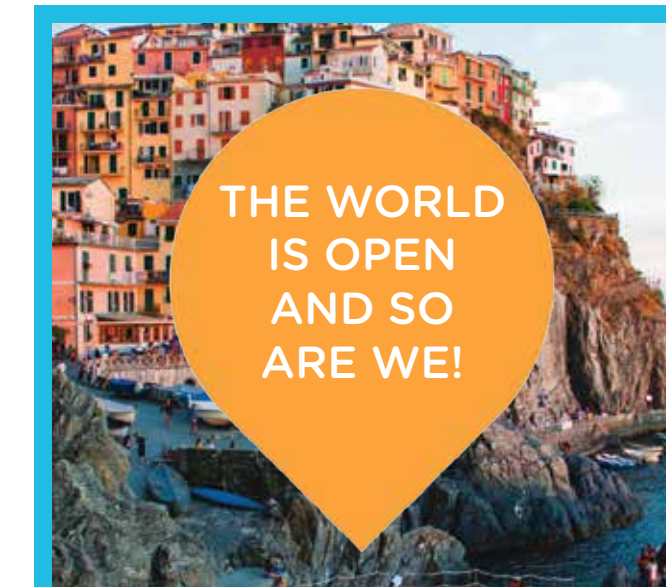
Peter Dench



New Builds | Renovations | Apartments  
Light Commercial | Lifestyle | Building Consents



hello@choicearchitecture.co.nz | 021 224 6423  
choicearchitecture.co.nz



THE WORLD IS OPEN AND SO ARE WE!



Liz and Anna look forward to seeing you in their new store.

Shop 4, Conway Lane  
176 High Street, Rangiora  
Ph: 03 3106288  
rangiora@helloworld.co.nz

We are open Monday to Friday and Saturdays by appointment.



## Hammer Four Square

Are you looking for an easy eat in meal solution next time you visit Hammer or want to celebrate in style without all the effort.

Try Four Square Hammer Springs for their generous grazing platters and other catering options. Check out their Facebook page for plenty of inspiration for every meal occasion. Catering for romantic getaways through to groups of 100.

12 Conical Hill Road, Hammer  
021 320617 | [www.foursquare.co.nz](http://www.foursquare.co.nz)



## Sally Mac's

Sally Mac's womenswear was established in Amberley in 1996 - owner Sally MacDonald wanted a store for real women, with a wide selection of smart, casual clothing.

25 years later, that philosophy still holds. Shifting to the former Four Square building, Sally Mac's is now home for Bridge Interiors, formerly at Styx Mill, Redwood. Their eclectic range of furniture & decor mixes well with the extensive variety in Sally Mac's. You'll find them at 94 Carter's Road, SH1 Amberley



## HOMESTEAD INTERIORS

Stocking an extensive range of local, national, and international designer homewares, gifts and art, Homestead Interiors is the ultimate place to get your retail therapy fix.

Whether you want to treat yourself, or need a gift for a loved one, Homestead Interiors in Hammer Springs Village has something for everyone.

[www.homesteadinteriors.nz](http://www.homesteadinteriors.nz) | 033155063

**HOMESTEAD INTERIORS**  
HANMER SPRINGS NZ

## Gifts & Finds

Whether you are looking for a special gift for a loved one, or treating yourself to some retail therapy, Gifts & Finds is the place to go.

Stocking a wide range of products from homewares and gardening accessories to bags, jewellery and Kiwiana souvenirs, Gifts & Finds is the ultimate treasure trove.

For our latest arrivals  
35 Hall Street, Cheviot, SH1  
Open 7 days 10am-4pm  
Ph Tracy 027 740 9855



## CLEAR RIDGE APARTMENTS

For luxurious five-star accommodation, you cannot beat Clear Ridge Apartments in the heart of Hammer Springs.

Each apartment is self-contained, and has all the amenities needed to ensure you have a peaceful and enjoyable stay. Situated near the alpine hot pools of Hammer make a booking at Clear Ridge Apartments today.

Contact Rosie and Steve to help make your Hammer Springs experience a highlight.

E: [info@clearridge.co.nz](mailto:info@clearridge.co.nz) | P: +64 3 315 5144



**CLEAR RIDGE APARTMENTS**

# 150 REASONS TO VISIT HURUNUI!

With the help of the public, the team at Visit Hurunui created an epic list of 150 reasons to visit this incredible region.

Below we share just a few randomly selected reasons from each category, you can view all 150 reasons via [www.visithurunui.co.nz/150-reasons-to-visit](http://www.visithurunui.co.nz/150-reasons-to-visit)



Image: Kevin Gainsford

## Active Adventures

- Visiting Lake Taylor on a sunny day with kayaks, a picnic and a book
- You can't beat a run up Mount Grey
- Mountain biking through the Hammer Forest is like being in Canada, given the spectacular scenery
- Tramping in Hurunui on the Island Hills walking track, where you can get totally off the grid but still have tea and muffins waiting for you on completion!
- My local walk to the water tank on the Plane Table walk in Waikari is so underrated - an amazing view in 15 minutes!

## Taste & Sip

- The fish 'n chip shop in Culverden has the best chips and corn balls
- Sitting on a hay bale listening to live music while sipping on a pinot at the North Canterbury Wine and Food festival
- Look for the bright red door of The Little Vintage Espresso in Amberley and that's when you know you're in for a treat - muffins are a must
- I like buying from Cheviot's Harris Meats because it's real pasture to plate
- Cheese rolls from the Cheviot Tea Rooms - Mum was in heaven



## Off the Beaten Track

- The Hurunui River Mouth is one of the best fishing spots around
- Waikari and the limestone landscapes are a photographer's dream
- Driving the Molesworth and checking out this wicked history, which is hidden beyond Hammer Springs village
- I finally checked out the Cathedral Cliffs at Gore Bay and now see why they're on the map!
- There's some amazing history in Waiau, like the wee cob cottage

## Relaxing Retreats

- We've got magical clear night skies to rival the best!
- My children love heading up to the Balmoral fireman's lookout and spotting the farms and cars below
- We look forward to our annual girl's pamper weekend, with massages at the spa in Hammer Springs
- Rotherham has the dinkiest wee vintage shop next door to the hotel and its full of fun and quirky things
- Relaxing by the lake at Lake Taylor, the journey there is part of the fun
- The historic cottages at the Hurunui Hotel are set inside a vineyard and so quaint



## Mickey Rae's

Described as a menagerie of wonderful gifts and crafts, Mickey Rae's is well worth a visit the next time you are in Hammer Springs.

Stocking an extensive range of New Zealand souvenirs and giftware, Mickey Rae's has something for everyone. This popular store also offers a wide-range of craft supplies to keep you busy this winter.

Boulder Point, Shop 4/6 Chisholm Crescent, Hammer Springs  
03-315 5383

## THE HOGGET

Featuring a mouth-watering braised pork belly and a glorious Knickerbocker Glory, The Hogget's extensive lunch, dinner and dessert menu has something for everyone.

With a children's menu and playground on site, this Hawarden bar and grill is a firm favourite with locals and visitors from all over Canterbury.

1 Gladstone Street, Hawarden  
03 314 2506



Image: Michelle McCullough

## Discover Molesworth Station, plan your trip now!

- **By Bike**, ideal for groups or individuals, four-day of assisted biking through North Canterbury and Marlborough high country, great accommodation, coffee and food, E-Bike or full suspension bike hire available, or bring your own.
- **By 4WD**, bring your own to join a unique Tag-along four day tour, starting and finishing in Marlborough, includes access to private stations, spend time with farmers, enjoy great food and friendship, read the reviews from last season. 7 dates to choose from, don't miss out.
- **By Passenger**, enjoy a One- or Two-Day tour from Hammer Springs, wonderful scenery, full commentary to really bring the history of the station to life for you.

**Contact us today**  
South Island Tours NZ based in North Canterbury.  
[www.southislandtoursnz.com](http://www.southislandtoursnz.com) or [www.molesworthtours.co.nz](http://www.molesworthtours.co.nz) | Phone 0274351955



Image: Essence Magazine



Image: Essence Magazine



## Family Fun

- We're big Harry Potter fans so riding the Weka Pass railway gives everyone a real buzz!
- Getting off the grid at Gore Bay where my family and I can sometimes be the only ones on the expansive beach
- A sunrise walk up Conical Hill - so dreamy and so peaceful
- I have fond memories of getting huge ice creams from the blue dairy in Amberley as a child and now it's become a family holiday ritual with my own kids!
- Skiing with the whole family at Mount Lyford and then stopping for a pie at midday - only way to do it!
- The Mt Cass walkway is a really cool and kid-friendly tramp, which goes through a working farm for something a little different

## MOLESWORTH STATION TOURS



**South Island Tours NZ**  
0274 351955 | [info@southislandtoursnz.com](mailto:info@southislandtoursnz.com) | [www.southislandtoursnz.com](http://www.southislandtoursnz.com)

## Gracebrook

Winter is settling in ... time to find hand knitted hats, scarves, headbands, babies, children, adults, all new and beautifully hand knitted, pure NZ Wool, soft and comfy. Children's hats from \$10.

Ask to see at the shop as it is not out on display. Lots more to choose from ....

156 Ashworth Rd Amberley  
Ph 033147076 | 027 673 3330



## BEAUTY & YOU

For expert advice on skincare, everyday maintenance or the ultimate pamper session, Beauty & You is your go-to beauty clinic.

This award-winning clinic offers a range of treatments including facials, dermal needling treatments, dermaplaning, waxing, manicures, and pedicures. Treat yourself today, and make an appointment to see one of the experienced and friendly therapists at Beauty & You.

133 Carters Road, Amberley  
[www.beautyandyou.co.nz](http://www.beautyandyou.co.nz)





images: Alana Shinn/Builders Crack

# Airing Your Dream Laundry in Public

words: Pattie Pegler

All too often the laundry doesn't get the attention we give to the rest of our home space. Making the best use of what is often a small area, requires a little bit of thought and can make a huge difference to the tedious business of laundry.

"It's not uncommon for people to do a reasonably extensive renovation and overlook the laundry," says Jeremy Gray, Marketing Manager for online tradies hub, Builderscrack.co.nz. And, when he and partner, Alana Shinn, were renovating their 1960s fixer-upper in Christchurch, he admits they initially treated the idea of a laundry as a bit of an 'after thought'.

It can be well worth getting some professional help with the laundry design to help make the best use of every inch of space and avoid wasted gaps between appliances or unusable corner spaces. Professional designers also know about what works well in laundries – things like narrow, vertical cupboards to store the ironing board; smaller size sinks to maximise space; corner units that swing out of cupboards.

For Jeremy and Alana, the laundry is a small space at the end of the kitchen that serves the dual purpose of laundry and pantry storage. On one side a washing machine, sink and benchtop provide space to pop a basket of laundry and rinse off muddy kids'

clothes. Whilst on the opposite side, floor-to-ceiling cupboards provide additional pantry storage for tinned items. And tucked away behind the shelves is the hot water cylinder – which would have otherwise eaten into the living room space. It's a hard-working area and Jeremy is clear that getting some professional design input was really important.

However, there were some compromises, after all you can only fit so much into a small space. The couple thought about a drier on the wall, but it would have made the counter space hard to use. They thought about fitting a drier under the counter, but it would have lost the cupboard space under the sink. In the end they decided that the counter space and the cupboard were more important and they put their drier in the garage.

Aesthetically, the white benchtop and vinyl plank flooring continue the look of the kitchen area. The flooring is "brilliant, mid-range for cost and very durable".

Jeremy sees a lot of people post laundry jobs on Builderscrack.co.nz. "Depending on the extent of the work, there are potentially a lot of trades involved, builder, plumber, electrician, plasterer, painter" he says.

..... "So it's often good to get it done as part of a larger reno."  
 .....

"I am probably in here every five minutes," says Andrea. "A laundry should be a nice space, it needs to be stylish."

North Canterbury-based interior designer, Andrea Robertson, took a DIY approach to revamping her laundry space and estimates it took a couple of months to complete the project.

"I wanted it to be stylish because it's just off the living area," says Andrea. With this in mind, she opted for a light, white engineered stone countertop, white cabinetry with sleek black handles and the lush green of botanical look wallpaper.

A cavity slider door saves space and 3-metre-high ceilings provide vertical space. This has been cleverly used with chunky, wooden shelves made from double-thickness ply and storage cupboards that run right to the top of the space with a rolling ladder for easy access. Above the sink there is a sleek, modern take on the old pulley style clothes dryer, that takes advantage

of both the high ceiling and the sunny aspect of the room.

Whilst this laundry has the benefits of external windows and plenty of natural light – many laundry spaces are internal. In cases like these says Andrea – it's best to opt for light-coloured benches, cabinetry and walls. And also, think about ventilation – particularly if you have a drier in the space.

And, as with the rest of the house, you can pretty it up with accessories – baskets can provide attractive storage, tins or jars can be used to store washing powder. Andrea has houseplants, precisely folded linens and towels and pretty, scented candles – helping the space pull together style and functionality.

"I am probably in here every five minutes," says Andrea. "A laundry should be a nice space, it needs to be stylish."



images: Dorothy/Essence Magazine



andrea robertson interior design  
andrearobertsondesign.co.nz

BEAUTIFUL COCONUT WAX CANDLES  
eddieandlu.co.nz

**PARAMOUNT**  
PLUMBING SUPPLIES  
DRAINAGE | PLUMBING | BATHROOMS | KITCHENS

No need to cross that bridge to find *BEAUTIFUL BATHROOMWARE.*

LOCALS KEEPING IT LOCAL

15 Station Road, Rangiora 0800 722 098  
Showroom Attended Mon - Thurs: 8.30 - 4pm

**BELLBIRD**  
CONSTRUCTION

admin@bellbirdconstruction.co.nz  
bellbirdconstruction.co.nz



PROFESSIONALISM | STRENGTH | KNOWLEDGE

**GB**  
Cuthrie Bowron  
Group

SEE IN STORE FOR A GREAT RANGE OF  
**BLINDS, CURTAINS, FLOORING, PAINT AND WALLPAPER**

10 HIGH ST, RANGIORA | 03 313 0430  
WWW.CUTHRIEBOWRON.CO.NZ

PAINT | WALLPAPER | FLOORING | CURTAINS | BLINDS | HOMEWARES | ADVICE

# SHOP THE LOOK

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

*Village Green*  
*Antiques & Giftware*

## We have moved!

Find us at Shop D, The Gables Arcade, 96 High St, Rangiora



Victorian Parian ware by Owen Hals



Bronze garden statues

Invest In The Future  
Recycle The Past

Open Mon-Fri 10am-5pm, Sat 10am-3pm  
Shop D, The Gables Arcade, 96 High Street Rangiora  
antiques@orcon.net.nz | Ph 021 585 872  
[www.villagegreenantiques.co.nz](http://www.villagegreenantiques.co.nz)

WILLOUGHBYS  
CREATE INSPIRE

Exclusive stockist of



STARCREST FARM POLWARTH  
(as heard on RNZ)



Caju Poncho



Caju Velour Dress




Caju Wool Blend Jumper


Just landed!  
Gorgeous hand-dyed woollen spun Polwarth. Perfect for all your colourwork needs.

123 High Street, Rangiora | Ph 03 313 6062  
[www.willoughbys.nz](http://www.willoughbys.nz)


Level up your new season wardrobe with our latest collection of winter fashion. From dreamy knitwear to statement jackets, flowy dresses and chunky boots, Blackwells new season fashion has everything you need instore for the cooler months ahead.




Caju Poncho




Caju Velour Dress




Cajou Tan Sneaker




Lothlorian Pure Alpaca Accessories



Caju Faux Fur Scarf



Saimon Vanish Boot



Caju Wool Blend Jumper

*Blackwell's*  
DEPARTMENT STORE KAIAPOI  
TRUSTED SINCE 1871  
Celebrating 150 Years

Cnr. Williams St & Raven Quay, Kaiapoi | Open 7 Days  
Ph 03 327 8029 | [www.blackwellsdeptstore.co.nz](http://www.blackwellsdeptstore.co.nz)

## Rug up this WINTER!



ELM Chelsea Puffer Jacket  
Blackwells



Vassalli Coat Camel  
Blackwells



Huffer Classic Down Herringbone Puffer Jacket  
Propaganda



Icebreaker Unisex Merino Beanie  
The Sport Shop



Swandri Monarch Wool Car Coat  
Blackwells



Teardrop Deluxe Bangle in Sterling Silver  
Marion & Co Jewellery



Dubarry Galway Boot Walnut  
Rangiora Equestrian Supplies



Huffer Mens Free Crew 360 Baller  
Propaganda



Rilassare Tumble Creme  
Shoe Therapy



Huffer Mens Classic Down Jacket  
Propaganda



Dubarry Bracken Tweed Jacket Mist  
Rangiora Equestrian Supplies



Tamara London Brigham  
Shoe Therapy

Shop new season Rollies instore or online today!



Rollie Side Zip Boot Black Cheetah



Rollie Side Zip Boot Black Geo



Rollie Derby Black Leopard Outsole



Rollie Derby Silver Leopard Black

*Shoe THERAPY*

178a Williams St, Kaiapoi | 03 327 0966  
[shoetherapy.co.nz](http://shoetherapy.co.nz)



*dubarry*  
of Ireland

From timeless tweeds to hardy country boots, the Dubarry range is filled with elegant wardrobe staples that look as good as they perform. Whether you enjoy a casual dog walk in the winter or a sunny Sunday lunch, we've got everything you need for whatever the weekend throws at you. Visit us in store or head to our website to view our beautiful range for yourself.

Rangiora Equestrian Supplies  
623 Lineside Road, Rangiora | [www.rangiorasaddlery.co.nz](http://www.rangiorasaddlery.co.nz)

One off designs from our Semi Precious collection, now in store!



Oval Blue Topaz Pendant on a Bolt Ring Chain



Citrine Faceted Pendant on a Bolt Ring Chain



Oval Amethyst Pendant on a 45cm Belcher Chain



Oval Blue Topaz Earrings



Oval Citrine Earrings



Oval Amethyst Earrings



Oval Blue Topaz Ring



Semi Precious Bow Earrings



Oval Faceted Amethyst Ring

Marion & Co. JEWELLERY  
146 High Street, Rangiora | 03 97 55575  
[www.marionandcojewellery.com](http://www.marionandcojewellery.com)



**PROPAGANDA**  
STREETWEAR & SKATE

Federation Escape Trackies are Back!  
Our best selling trackpants are back for another season in 3 brand new designs. Federation Escape Trackies are a must have item this winter. Check them out in store or online!

152 High Street, Rangiora | [www.propagandaclthingnz.co.nz](http://www.propagandaclthingnz.co.nz)  
afterpay | BUY

## NEW RELEASE ROSES!







Flashback Rose | Bright Eyes Rose | Copper Butterflies Rose | Stardust Rose | Garden Delight Rose

**BOOK NOW for our annual rose punning demonstration to be held the Sunday 3rd of July at 11am.**  
Learn how to prune your roses correctly ready for fantastic growth and flowering this coming summer. \$5 entry fee, cuppa and nibbles included.

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



WINDSOR WOOL  
50gm Balls of wool in a great assortment of colours.  
\$6 per/ball (machine washable)

QUILTERS' QUARTERS  
[www.quiltersquarters.co.nz](http://www.quiltersquarters.co.nz)

143 Percival Street, Rangiora | Open: Mon-Fri 9am-5pm. Sat 10am-2pm. | P: 03 313 6765 | E: [1quiltersquarters@gmail.com](mailto:1quiltersquarters@gmail.com)

Shop instore or online for our amazing range of new Icebreaker!

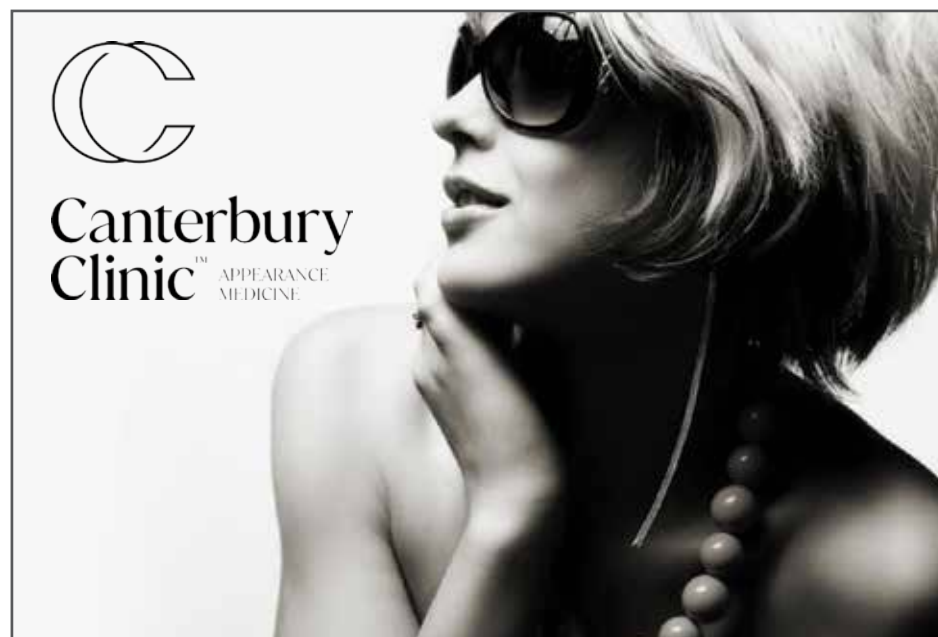


Men's Merino Quantum III LS Zip Hoodie  
Merino Seevista Funnel Sweater  
Merino Seevista Cardigan  
Merino Hillcock Funnel Sweater  
Men's Merino Quantum III LS Zip Hoodie

*The Sport Shop*

[www.thesportshop.co.nz](http://www.thesportshop.co.nz) | 345A Flaxton Road, Rangiora





**Canterbury Clinic**  
APPEARANCE MEDICINE

## THE Destination TO A MORE BEAUTIFUL YOU

Enjoy beauty services given with care and kindness in the comfort of Dr Laurie's private country clinic in Oxford.

Skin rejuvenation, cosmetic injectables and luxury facials. Start your journey today by booking a complimentary consultation.



Appointments can be made via [www.canterburyclinic.co.nz](http://www.canterburyclinic.co.nz), on Facebook or call us on 03 925 8875

@cantyclinic

Rata St Business Hub, Oxford  
[www.canterburyclinic.nz](http://www.canterburyclinic.nz)

**INTRODUCING Gemma**  
Senior Stylist

- Colouring • Hair Styling
- Cutting • Free Consultation

**BOOK AN APPOINTMENT**

Phone: 03 313 6552  
ONLINE BOOKINGS [www.higorgeous.co.nz](http://www.higorgeous.co.nz)

20 YEARS EXPERIENCE

H G

## 5 health consequences that stem from unrelenting pressure and urgency

For too many women, it doesn't seem to matter if they have two things to do or 200, they are in a pressing rush to do it all. Yet for most, it rarely feels as if they are in control, or on top of any of it. Many feel overwhelmed, stressed and rushed to the point where it is affecting their physical and emotional health. But what this rush is communicating to our body – in the driving of relentless stress hormone production – is changing the face of women's health as we know it. Here are five health consequences that stem from being in a pressing rush to get through a never-ending to-do list.



Dr Libby Weaver (PhD) is a nutritional biochemist, speaker and best-selling author of 13 books.

### 1. Hormonal havoc

Whether during the menstruation years or in the lead up to menopause and beyond, the rush impacts on our body's sex hormone balance - you may experience heavy, clotty periods, sore breasts, mood swings, period pain, PMS, cravings, bloating, fluid retention and brain fog, hot flushes, irritability, night sweats, sleeplessness and/or vaginal dryness. These symptoms are a sign of hormonal imbalance in the body, contributed to by ongoing stress hormone production.

### 2. Irritable bowel syndrome

Food isn't supposed to bloat us, and yet for around one in five women in New Zealand and Australia, it's common to regularly experience cramping, alternating diarrhoea and constipation, bloating, and nausea. Stress hormones resulting from stress, anxiety or constant worrying are often key players driving this.

### 3. Unexplained weight gain

Many women share with me the frustration of gaining weight no matter

what they eat or how they move. Or maybe, despite significant efforts to shift body fat, nothing seems to budge. Cortisol, our chronic stress hormone, breaks muscle down and as a result, can slow our metabolic rate.

### 4. Fatigue

We've grown accustomed to feeling listless and lethargic and using caffeine and sugar to prop us up to get through the day. If you are feeling wired yet tired or have a bone deep fatigue, this is most likely your body protesting to the pace you're asking it to live at without sufficient downtime and nourishment.

### 5. Poor sleep

Whether a busy mind prevents you from falling asleep, or you wake up through the night repeatedly, sleep challenges are a sure sign that your body is too wired to let you rest. Your body simply won't let you get true restorative rest if it believes you're in danger (which stress hormones signal).

Small steps can result in large pay-offs when it comes to your sense of calm, wellbeing and your happiness. Take a step in the direction of the change you want to foster in your life – sometimes other bigger shifts will stem from that.

Dr Libby's brand new online course **Overcoming Rushing Woman's Syndrome**, launches on 1st June 2022. The 30 day course is designed to teach you how to truly reduce your stress—and the negative health consequences it can elicit—while living a full and thriving life.

[www.drlibby.com/courses](http://www.drlibby.com/courses)

## Do you have Rushing Woman's Syndrome?

How a never-ending to-do list could be harming your health.



Are you constantly one step ahead or behind yourself at any given moment, always feeling a bit frantic, with thoughts that race and jump between tasks? We asked Dr Libby why women rush and about the ways this can have a profound impact on our health.

### What is 'Rushing Woman's Syndrome'?

Rushing Woman's Syndrome describes the biochemical effects of always being in a hurry and the health consequences that urgency elicits. This isn't a real medical diagnosis, of course, it is a term I phrased over ten years ago as I was first witnessing a momentous change in the pace of everyday living and the resulting effects on women's health. Back then it was an emerging trend, whereas today it's accepted – expected almost. In today's world, it doesn't seem to matter if a woman has two things to do in her day or two hundred, she is in a pressing rush to do it all, in a daily battle to keep up.

### Why do so many of us tend to 'rush'?

While most of us will tend to blame our busy schedule, rushing is most often driven by a perception that we will be judged if we don't get enough done. And so, we rush because we believe that any time not spent accomplishing a task is time wasted, and we do this because we perceive that our worth is tied up with our achievements. We also do it because we care, yet we also care what others will think of us. This usually isn't conscious, however, peeling back the layers to examine what's driving rushing behaviour, usually reveals some variation of worrying about what others think and avoiding what we perceive will be their disapproval.

### What are some of the common health consequences stemming from the 'rush'?

Rushing, and the pressure and perceived need for constant urgency that accompanies it, is driving a relentless production of stress hormones in our body, which can have many health consequences long-term. These can include hormonal imbalances resulting in mood swings, period pain, PMS, cravings, bloating, fluid retention and brain fog through the menstruation years, and hot flushes, irritability, night sweats, and sleeplessness in the menopausal transition. They may also include irritable bowel syndrome (IBS), unexplained weight gain, fatigue, declining thyroid function, poor sleep, and the list goes on! Thankfully, there is much we can do to address this.

### Why is it so important that we retire the rush?

The pace at which we are living is only problematic if it is not working for us. We need to ask ourselves, are we really happy to give up our health for our lifestyle? If the pace of your life stresses you out, then I encourage you to consider what might be driving your rush and take steps to slow down. This might initially seem unachievable, yet it is possible to have a full and thriving life without compromising your health.



Scan this with your phones camera:



Join Dr Libby for her new course **Overcoming Rushing Woman's Syndrome** and learn how to reduce your experience of stress and get to the heart of why you rush.

Across 30 days she will teach you the impact that this constant state of rush has on your body and show you practical tools and techniques to overcome this.

You can find out more about Dr Libby's **Overcoming Rushing Woman's Syndrome** course here: [links.drlibby.com/essenceorws](http://links.drlibby.com/essenceorws)



## A, B or C?

by Dr Peter Aspell (Durham Health Cosmetic)

The basics of a good skin care regime include vitamins A, B + C, a moisturiser and a sunscreen. While there are plenty of over-the-counter brands of cosmeceuticals available but not all are created equally.

The main difference between prescription brands and over-the-counter brands is the strength of the active ingredients. As a general rule the active ingredients are found in much higher concentrations in prescription-grade products. The molecules of the active ingredients are also usually better designed to be absorbed more efficiently into our cells. That is what you pay for in higher-end specialist products but there are still plenty of good brands out there that you can buy off the shelf or online.

The key is to find out what ingredients are found in them and how concentrated they are - some 'retinol-containing' products have so little Retinol (Vitamin A) in them they probably aren't worth using. I usually advise patients to try buying Vitamins B and C from a few different brands until they find one they like but I do usually recommend buying a high quality Retinol (Vitamin A) product as this is the most active cream most people would use on their face.

Vitamins B+C help with pigmentation, fine lines, protection from sun damage and

generally with settling down inflammation in the skin. Vitamin A (Retinol) increases collagen in the skin, reduces lines/wrinkles and generally helps increase skin turnover and rejuvenation.

Cleansers, moisturisers and sunscreen can easily be bought from any store and any brand you find feels good on your skin will be enough

:- the important thing is that you use them daily and long term.

There are plenty of other products included in many creams like antioxidants, peptides, growth factors and even hyaluronic acid. We all have different skin needs beyond the basics and so these are usually best tailored individually and a consultation with a cosmetic doctor is worth considering before spending too much trying out these different products.



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

03 3134659 | [www.durhamhealth.co.nz](http://www.durhamhealth.co.nz)

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

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

A revitalised you is only a consultation away.  
All treatments carried out by highly experienced Dr Peter Aspell.  
Contact Durham Health Cosmetic Clinic (03)3134659 – start the journey today.  
[www.durhamhealth.co.nz](http://www.durhamhealth.co.nz)

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

**COCOON BEAUTY & DAY SPA**

Have your O2 Lift facial this month and receive a FREE Anti-Aging Sheet Mask to take home and keep that glow going!

- Offer valid 1st-30th June 2022
- Offer valid with Sasha or Casey
- Vouchers purchased for this offer must be redeemed during the month of June

Revitalise the appearance of collagen-depleted skin and add brightness to a dull, tired complexion whilst cleaning out clogged pores and clarifying troubled skin with our oxygen facial that delivers an instant glow to the skin and a fresh, up-lifted look.

160 High Street, Rangiora | Phone: 03 313 5552 | [www.cocoonbeautyanddayspa.co.nz](http://www.cocoonbeautyanddayspa.co.nz)

f o

**Golden Nails & Spa**

Manicure, Spa Pedicure, SNS dipping powder  
Open 7 days a week | Both bookings and walk-ins are welcome  
GIFT VOUCHERS AVAILABLE

03 6625 066 | [goldennails21@gmail.com](mailto:goldennails21@gmail.com) | Shop 5, 15 High Street, Rangiora

# Winter Warmers

As the weather gets chillier, we're packing away our barbecues which means it's a great time to head out and enjoy having brunch, lunch or dinner cooked for you at one of our many local eateries.

From freshly brewed coffees and sweet treats to a full 3-course dinner or the fresh flavours of Asian cuisine - we are spoilt for choice in North Canterbury so get out and enjoy.



Now that lemons are back on the menu we can enjoy our favourite lemon posset.

Serve these easy to make desserts at your next dinner party - your guests will love them.

### Ingredients

- 600 ml of cream
- 145g of caster sugar
- 100ml of lemon juice
- Lemon rind of one lemon

### Method

- Mix the cream and sugar and lemon rind together in a saucepan until the sugar is melted.
- Bring the mixture to the boil, then turn down to a simmer for 6 minutes.
- Remove from the heat and mix in the lemon juice.
- Strain through a fine sieve into a heatproof pouring jug, and then divide evenly between eight fancy glasses.
- Chill until set.
- Garnished with a slice of lemon and a mint or lime leaf.

## MONTEITHS RANGIORA

Food prepared with love, passion and care. Make your dining experience memorable. The perfect place for a leisurely lunch or dinner.

Featuring a wide-range of Monteith's beer and cider as well as Heineken, Tuatara and Murphy's Stout on tap, Monteiths is the perfect spot to catch up with friends this autumn.

75 Victoria Street, Rangiora | 03-313 2929



## ROUTE 72 CAFÉ

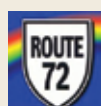
Treat yourself and visit Route 72 Café Bar Emporium, Cust.

An eclectic array of fashion, home and gardening delights plus a picturesque view adds to the "Route 72" lunching and brunching experience.

A day visit with friends and family will be a day to remember.

### SALE ON NOW

1697 Cust Rd, Cust.  
For more information Ph 03 312 5595



## FLAT WHITE CAFE

For a delicious, healthy, and filling meal that will warm you up this winter, try Flat White's Spanish Baked Eggs.

Baked in a spiced tomato sauce, topped with hummus and dukkah and with crusty bread on the side, this scrumptious vegetarian meal can be enjoyed for breakfast, brunch, or lunch.

Open 7 Days  
Phone 03 920 4036



## NOM NOM KITCHEN

Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor.

Enjoy this delicious warming Lamb Shank dish slow cooked in a Massuman curry paste and coconut - perfect for warming the soul.

257 High Street, Rangiora  
(03) 313 4276



## PERCIVAL STREET BAKERY

Enjoy a true Kiwi classic with our buttery, melt in your mouth range of pies.

From steak and cheese, peppered steak, steak and mushroom, mince, mince and cheese, mince potato top and a creamy chicken, we have all cravings covered!

Find these in our hot cabinet daily or you can order them fresh to store in your freezer for a cold wintery night.

138 Percival Street, Rangiora  
Ph: 03 310 6096

Find us on:

## LITTLE VINTAGE ESPRESSO

Fabulous food, great coffee and amazing service!

Little Vintage Espresso Café  
20 Markham St, Amberley  
03-314 9580

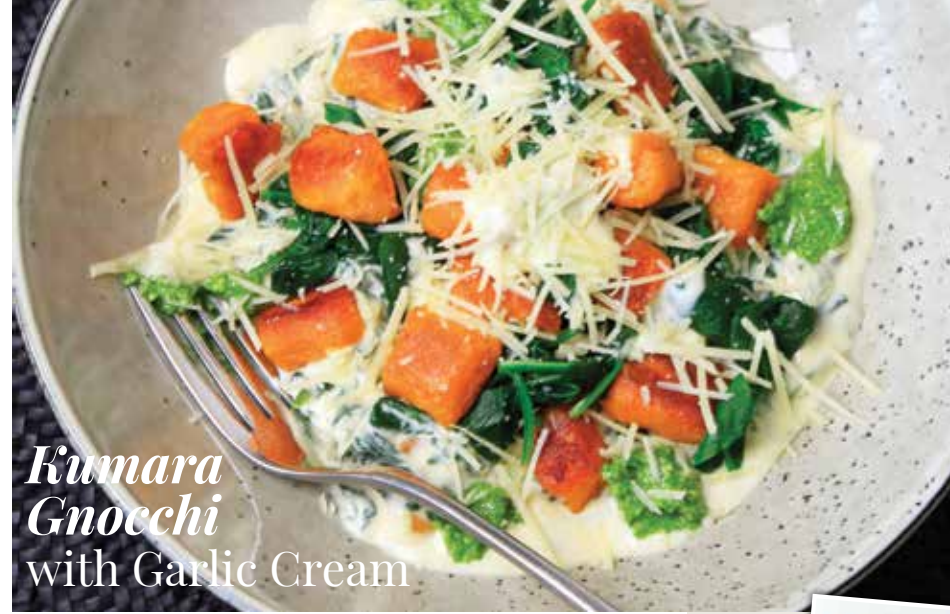


## COFFEE WORX

Want to indulge in some comfort food and coffee as the days get colder?

Coffee Worx has a reputation for top notch fresh roasted espresso and delicious and tantalising sweet treats. Next time you need a pick me up, pop in and treat yourself to our famous carrot cake, or one of our gf, keto, or vegan delectables.

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



## Kumara Gnocchi with Garlic Cream

Something exciting is happening at New World, we are the proud sponsors of Masterchef New Zealand which is returning to our screens on Three after a 7 year break.

What this means for you is that we have 7 new Master Chef-Inspired recipes that you can whip up at home for an easy but delicious Master Chef-inspired mid-week meal or serve at your next dinner party. Plus we also have 4 Master Chef-Inspired Simply Dinner Kits to choose from. Take the hassle of meal time by purchasing one of our Dinner Bags which has the recipe and all the ingredients, all you have to do is just follow the recipe and dinner is ready to serve. And during June I'll be doing tastings in store so keep an eye out on our Facebook page for times.

This month I've made a vegetarian friendly Kumara Gnocchi with Garlic Cream. The Kumara gives the Gnocchi a vibrant orange colour instead of the traditional potato. The added grated Parmesan gives the dish a traditional Italian flavour and the Peppery Rocket Pesto adds real zing, served with crisp green beans on the side and a glass of your favourite Chardonnay. Happy Cooking!

Serves 4 | Prep Time: 20 minutes | Cooking Time: 50 minutes

### Ingredients

- 500g orange kumara, cleaned
- 1 cup plain flour
- 3 garlic cloves, finely chopped
- 300ml cream
- ½ cup finely grated parmesan, plus more to garnish
- 1 bag (120g) baby spinach

### Tip ingredients

- 2 cups fresh rocket
- ¼ cup almonds
- ¼ cup parmesan, grated
- ¼ cup olive oil

### Method

- Place the kumara in a large pot of salted water and bring to the boil. Cook for 30 minutes or until cooked through and tender when tested. Drain, then leave to cool. Once cool, peel the skins off the kumara and put through a ricer or mash in a large bowl.
- Sprinkle the flour and a pinch of salt into the kumara, then mix gently until a soft dough forms. If the dough is too sticky, add a little more flour. Tip the dough onto a lightly floured benchtop and briefly knead the dough into a smooth ball, adding more flour if necessary. Cut the ball into 8 even-sized pieces and roll each piece into a long rope, around 2cm thick. Cut each rope into even-sized pieces, then lightly dust with flour; placing them onto a floured tray or benchtop.
- Bring a large pot of salted water to the boil. Add the gnocchi in two batches and cook until they float to the surface. Remove with a slotted spoon and toss in a light drizzle of olive oil in a bowl to prevent the gnocchi from sticking.
- Place a large non-stick frying pan over medium-high heat with a drizzle of olive oil. Pan fry the gnocchi in two batches until golden brown, remove from the pan and set aside.
- Add the garlic to the same pan and sauté for 2 minutes until fragrant. Add the cream, parmesan and baby spinach and cook while stirring until the sauce has thickened. Return the gnocchi to the pan, then season to taste and serve.

PROUD PARTNER



### Master-chef inspired tip

Add a chef's spin to this dish with a delightfully peppery homemade rocket pesto! Blend two packed cups of fresh rocket, ¼ cup almonds and ¼ cup grated parmesan in a food processor, then season with salt and pepper. Slowly stream in ¼ cup of olive oil while the food processor is running, then drizzle over the gnocchi to serve.



Call in and pick up a fresh Sourdough loaf from our selection!

A sourdough starter takes on a life of its own if you feed it and take care of it.

We started our starter about 25 years ago and it has been watered and feed ever since. It gives our sourdough a very authentic and unique flavour that can only be found in the Artisan by Rangiora Bakery Sourdough Loaves.

Open daily 7am - 5pm 18 High Street, Rangiora | 03 311 8837 | www.rangiorabakery.com

## Pataka BERRIES

WE HAVE A FULL RANGE OF NEW ZEALAND GROWN FROZEN BERRY FRUIT!

Frozen outdoor tomatoes, potatoes and Real Fruit Ice Creams made with NZ grown fruit.



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



## THE AMBERLEY HOTEL

There are 11 fully refurbished rooms upstairs, while downstairs houses a new restaurant, bar, wine and grocery section, a garden bar and a gaming room.

Our focus is on supporting what Amberley and the North Canterbury community has to offer visitors in our amazing region.

84 Carters Road, Amberley | 0800 023 929 | www.amberleyhotel.co.nz

### WHAT'S HAPPENING AT CBK CRAFT BAR & KITCHEN?

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

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

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

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

### TEAR THIS OFF FOR A FREE FAMOUS CBK SKILLET COOKIE.

Available when dining in, until July 3<sup>rd</sup>  
One FREE Dessert per voucher.

# LOCALLY MADE TIMBER CABINS

The latest range of portable timber cabins from Loburn Sawmill are the ideal solution for providing warm and cosy accommodation on your farm.

Wool-insulated and featuring double glazed windows with aluminium joinery, these aesthetically pleasing cabins can be stained with coloured wood oil tints to suit any location.

Made from durable Larch timber with Douglas Fir framing, these functional multipurpose cabins can also be used as an office space, sleepout, art studio, holiday home or even a man cave.

Located on Fletchers Road, Loburn Sawmill has been providing customers with premium milled timber and sustainable products made from Macrocarpa, Oregon, Larch and other species of timber since 2016.



Locally owned and operated, Loburn Sawmill pride themselves on being North Canterbury's best local timber mill.



**COSY & WARM**  
WOOL INSULATED & DOUBLE GLAZED



**SHOWER & TOILET**  
OPTIONAL EXTRAS



**ALUMINIUM JOINERY**  
LONG LASTING & WEATHERTIGHT

**HOURS** Mon 8am-5pm | Tue 8am-5pm | Wed 8am-5pm  
Thu 8am-5pm | Fri 8am-5pm | Sat Closed | Sun Closed  
32 Fletchers Road, Loburn, Canterbury, 7472, New Zealand  
(03)312-8963 | sales@loburnsawmill.co.nz  
loburnsawmill.co.nz



Milled Timber | Portable Cabins | Firewood | Landscaping supplies | Fencing | Exposed Beams & Trusses | Stress Graded Timber | Decking

## ASK AN Expert



### Karen Bailey

Local Proppy Expert - Canterbury  
Owner - KB Interior Design

**Making everything from the smallest interior design detail to your biggest property decision straight forward.**

**Why did you choose Proppy for your Real Estate career?**

Starting in 2016, I gained valuable knowledge and experience in traditional Real Estate companies, however found ultimately the best fit for me and my personal brand was with Proppy in 2019 and haven't looked back!

**How do you manage your workload and the balance of selling houses and styling them?**

My passion for both allows me to make it easier by being available 7 days for convenience to my customers. Being in business takes sacrifice. Family support is vital and I'm so appreciative of receiving that which enables me to do what I love.

**What does the \* stand for next to your 1.75% commission, are there numerous hidden costs like marketing etc?**

Our transparent packages include FREE MARKETING, so check out our website at Proppy.co.nz to find out more. We transact online, offer great marketing and total savings that will thrill owners!

**Given your expertise and knowledge, what do you recommend people do to prepare their home for sale and how can you help with this?**

Our "How To Prepare Your Home For Sale" book is great and I can take them through step by step. This is a complimentary service to anyone selling with me. I have also worked with other real estate salespeople and welcome them to contact me for any assistance in this area.

**Why should I appoint you as my selling agent?**

Proppy.co.nz aligns with my vision - offering a professional online property platform tailored specifically to the current world and a changing real estate industry. Adding value by highlighting and presenting a home at its best and getting the best possible result from the current market. Delivering outstanding personal service alongside saving an owner a significant amount of money is ultimately my WHY.

**Focused on getting and saving you more!**



027 433 9488 | www.karenbailey.co.nz  
karen@propy.co.nz | karen@kbdesign.co.nz



### Matt James

Managing Director

Matt is the Managing Director of North Canterbury Business Services. He has extensive business experience in varied and challenging environments. He now works with his wife Belinda offering a "one stop shop" service to busy local businesses.

**What services or products does your business offer?**

We help navigate successful business journeys. We provide business consultancy and coaching to those new to business or needing support through challenging times. We are an experienced "critical friend" and "second opinion" for our clients. We also offer Accountancy and Bookkeeping services.

**What are the positives of doing business in North Canterbury?**

I love the small community feel. I have established cherished relationships with other local businesses, so I can refer trusted support to clients for services we don't offer. Supporting the local economy is very important to me.

**What do you most enjoy about running your own business?**

I love seeing my clients push through adversity and uncertainty to grow and succeed.

**What one piece of advice would you give to others looking to set up their first business?**

You need to understand that sales are different to cash - you must ensure you maintain adequate money in the bank to meet your obligations. Make sure you get paid on time.

**If you were starting your business over what would you do differently?**

I'd do it much sooner. It took courage to take the plunge but now I realise it was the best decision I ever made - "Feel the fear and do it anyway"

**What is the best advice you have ever been given?**

"Insanity is doing the same thing over and over and expecting different results."

**What does success look like for you?**

Success for me is maintaining a healthy balance between work and home. Having adequate time for family and friends, whilst remaining invigorated to provide the best service to my clients. Looking to have fun in both worlds is something I strive for.

North Canterbury Business Services  
Unit 5/Level 1, Conway lane, Rangiora  
027 8310 237 | www.ncbiz.co.nz



### Anneliese Muldoon

Director

Anneliese manages the Kaiapoi office and is available to assist with property law matters including residential, commercial and rural. She can also assist with occupation right agreements, wills, and enduring powers of attorney.

**What kind of legal fees are we looking at when buying or selling our property and do the banks contribute toward these nowadays?**

For a simple standard sale and purchase we have a standard fee range, plus disbursements. The disbursements costs include things such as title searches, LIMs and bank fees. There are additional fees if the client is wanting assistance with Kiwisaver and Homestart. We are more than happy to discuss these costs and what is involved if anyone is looking at buying or selling their property.

**Banks often offer a cash contribution, and the amount can vary. This is something that can be discussed with the bank.**

**Should we be concerned if a property we are looking to buy is on a cross lease or unit title?**

It is important for people to have clear understanding of what a cross lease or unit title is. We can advise on this while assisting the client through the purchase process.

**How do we go about using our Kiwisaver deposit to buy our first home?**

An application for KiwiSaver withdrawal needs to be completed and we can assist clients with this process. Once the application is accepted, the funds are paid into and held in the solicitor's trust account until the deposit is due or until settlement.

**Are there still earthquake issues that we need to be aware of when buying a house?**

We would always advise that when purchasing a property, the client obtains confirmation from a builder that any earthquake repairs have been completed and in a workman-like manner.

**Do all transactions require a building report nowadays?**

Our advice is that a building report should be obtained to ensure that the Purchaser is aware of any issues before they purchase the property. This avoids any issues further down the line.

**Are there any other things you should consider when purchasing a home?**

One of the important things is to make sure you have an up to date will as a house is a significant asset.

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



## Cancer Society North Canterbury Recycled Clothing Pop-up Shop

OPEN: 1 - 21 June

Rangiora Methodist Church, King Street, Entrance off Council carpark

Hours: Monday - Friday 9.00am - 3.00pm  
Saturdays 10.00am - 1.00pm, Eftpos available

For more information please contact Tiff at  
tiffany.wafer@cancercwc.org.nz or 021-139 4909.

# ASK AN Expert



## John Rhind

Funeral Directors

Whether you prefer a traditional religious service, or an informal life celebration, your farewell can be true to your loved one and you. We're here to deliver with the traditions of dignity, respect, and service that are the hallmark of our dedicated team.

### Can you hold a funeral at any location

Yes, We hold funerals anywhere, for example Northbrook Chapel Rangiora, Waimak Classic Cars Museum surrounded by beautiful cars, A Golf or Bowling club, any church, private residence, in any location appropriate for the person. We have a list of some venues available on our website. We post venues on our Facebook page with pictures.

### Can John Rhind still cater for an offsite funeral?

Yes, our people can provide all the elements for a modern service anywhere - Mobile Web-streaming, AV Montages, Sound Systems, catering,.....

### What is and isn't included in your costs?

The funeral costs are made up of three things, Funeral Directors Professional Services fee, Casket, and Disbursements like Paper notices, Montages, Service sheets etc. We include everything on our invoice to ensure one account covers all.

### If I wish to be cremated, do I have to have a coffin?

Yes, this is for safe and dignified care of the loved one. The casket can be very simple but still professional.

### What does embalming actually mean and is it necessary for everybody?

Embalming or Hygienic Treatment, Care and Preparation, is a procedure performed via the arterial system by trained morticians. This means we can extend the window of time required for visitation and funeral day especially as often families and friends are traveling. No its not necessary for everyone, we always ask first.

### Why would we choose John Rhind?

Mark Glanville and Christine Staines are your local John Rhind team, proud locals who have a wealth of experience in North Canterbury. When you're celebrating a unique life, there are no rules. From personal touches to meaningful locations, say your farewell that matters to your family. Visit us in our Historic Cottage in Kaiapoi.



03 327 7499 | kaiapoi@johnrhind.co.nz  
www.johnrhind.co.nz



**"OUR MODEL GREATLY REDUCES COSTS, WITHOUT ANY LOSS OF COVERAGE"**

## Understanding how your Insurance Company thinks! Ross Campbell

Dear Readers,

In my experience, most people think about insurance in the same way they think about buying a fridge. We know deep down all fridges aren't the same, but we also assume they will, at a minimum, keep your beer or wine cold.

Insurance Contracts are, of course, vastly different to Fridges. These contracts ought, in my opinion, to be thought about as partnership agreements.

Partner A agrees to inject money to cover certain losses outlined in the contract.

The other partners agree to keep partner A fully informed on all important information now and into the future. In short, not to start doing new things without first telling their business partner.

No surprises...

### Term and Conditions.

Partner A has taken on the role of covering certain losses. But importantly, not all losses.

Equally importantly, they probably have some conditions. For example, don't be reckless and expect me to pay.

Partner A expects his or her other partners to have read the terms and conditions.

### Making a claim.

With all contracts, it is an encumbrance on the person making a claim to establish that the loss is actually covered by the contract.

Next, they have complied with any conditions ... eg; not being reckless as an example.

### How much have they lost financially?

#### To Summarise

Insurance contracts in the real world are vastly more complex than any of us can imagine. Discharging your obligations are more complex than most people realise.

There are specialist roles involved where people spend their entire working lives.

- Insurance lawyers
- Loss Adjuster

#### With specialist areas in this discipline:

- Insurance Claim specialists
- Claim preparation specialists
- Insurance underwriters

#### With many specialist areas:

- General Insurance brokers
- Specialist insurance brokers:
- Insurance surveyors

Then you have the support industries:

- Quantity Surveyors
- Valuers
- Geotechnical engineers
- Structural Engineers

**Our suggestion is to seek professional assistance from a licensed insurance broker. 99% don't charge a fee for providing their services.**



Contact us:  
office@campbellinsurance.co.nz  
021 521 651



Extensive Range of Carpets | Vinyl Planks & Vinyl Tiles | Timber & Laminate  
In-house Carpet & Vinyl Installers | Friendly Family Business  
333 High Street, Rangiora • Phone 03 313 8518 • www.grahamandsons.co.nz



## Matt Doocey

MP for Waimakariri

Having witnessed a decline in New Zealand's mental health services, with ballooning wait times compounded by an increased need, I am looking forward to hearing the outcome of the Auditor-General's investigation into youth mental health.

I wrote to the AG after becoming exasperated by the government's lack of accountability in this space, despite mental health needs being even more urgent since the arrival of Covid. The recent Mental Health and Wellbeing Commission report found improvements had not materialised in spite of a \$1.9 government commitment, yet my numerous attempts to call for briefings at the Health Select Committee on the spend were blocked by Labour MPs who hold a majority on the select committee.

Now, with the AG's investigation into the effectiveness of mental health and addiction services for young people, we may finally get some answers.

In his response to my letter calling for an investigation, the AG recognised young people as a group with an increasing need for mental health support. He also highlighted an intention to maintain a close interest in mental health and addiction services within the context of the reform of the health and disability system.

Taking a look at public organisations with responsibilities for mental health and addiction services is part of the AG's draft annual plan for 2022/23, as well as looking at access to services for young people, and causes of unmet need for services among this group.

This will include examining the performance measures by which government agencies track and publicly report on access to services, as well as what public organisations are doing to address any gaps or delays in care.

I welcome the AG's investigation into this government's woeful performance in the youth mental health space, and I hope improvements will swiftly follow.

Australian mental health professionals are calling the impacts of Covid on youth mental health a shadow pandemic. We are starting to see early warning signs here in New Zealand, and it's vitally important we act urgently to ensure young people get timely access to the support they need.



## PAGE TURNERS

words: Emmas at Oxford

# We Are Not Like Them

By Christine Pride & Jo Piazza

*Not every story is black and white ...*

Jen and Riley have been best friends since childhood; thinking their bond was unbreakable. It never mattered to them that Riley is black and Jen is white. And then, Jen's husband, a Philadelphia police officer, is involved in the shooting of an unarmed black teenager, and everything changes.

**Pitched as "The most important novel you will read this year about friendship and love". It's about prejudice and betrayal. It's about standing up for what you believe in, no matter the cost.**

The two authors have collaborated, writing alternate chapters from the perspectives of Jen and Riley; bringing their own experiences and viewpoints to the book.



Straight away I was absorbed by this book, and could not put it down. The subject matter is very real, the characters totally relatable. This is such a good book; so well written; raising many questions with no easy answers. It made me question myself, and think about my own unconscious bias and weeks later, I am still thinking about this book. For readers, it will start conversations and I think is one of those books everyone should read. It is totally relevant to the world we live in.



EMMAS AT OXFORD  
53 Main Street, Oxford  
www.emmasatoxford.com

### VISIT US INSTORE OR SHOP ONLINE

Individually selected books and gift ideas you might not find elsewhere. New Merinomink styles now available. Plenty of new books and jigsaws!

Not everything is on our website, phone or message if you are after something specific.

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

**SPECIALIST CUSTOM PICTURE FRAMING**

Oak Oval and round frames  
Memorabilia framing | Original art  
Custom framing | Medals | Prints ... & much more!

Forget the Rest - Come to the Best!

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

**BURBIDGE AUTOMOTIVE**  
Rangiora

WOF-SERVICE  
FULL MECHANICAL REPAIRS  
TYRES  
COURTESY CAR AVAILABLE

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

**PEOPLE PROPERTY PERFORMANCE**

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

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

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

Margo Hutcheon BAYLEYS

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

# DIY with Emily

The Fabric of Society



### Step 1:

Grab yourself a lampshade kit. The kits from The Fabric of Society come in three shapes and various sizes. Choose the size and shape that will suit your base or your pendant light.

### Step 2:

Follow the instructions and make the shade. The shade can have a simple rolled edge finish or you can embellish it by adding trim or ribbon to it. You can even make a

double sided shade with fabric on both the inside and outside!

### Step 3:

You're done! All there is left to do is put it on your base or attach to your pendant. You may find that you want to create more.... You are not limited to just the kit sizes. Both the single sided and double sided styrene are available by the metre, especially if you want to use an existing shade. Just make a

template from what you have to remake the same size.

### Hints:

Some fabrics may be too thick, so keep this in mind. If you are using a patterned fabric, be aware of which way is up, and if the pattern will alter when you are using a tapered shade. Sometimes using the fabric on the bias is better. PVA glue may be needed for the odd fray as you make the shade, as this dries clear. Lastly - a good old fine dulled edge thin butter knife is the best for tucking!

directories | essential

Need to add a bit of "something" to lift a room. What about a new lampshade.

These are really easy to do and don't take much effort at all. Nor do they take a lot of fabric. So if you have some lying around why not make use of it.

**Specialist Giftware**

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

**YOUR PROPERTY INSPECTOR**

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

Jeremy Cox | 021 725 455  
yourpropertyinspector@gmail.com

**SHOWCASE JEWELLERS**  
Your wedding ring specialist.

Jewellery & Watch repairs | Valuations | Watch Batteries

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

**Readings with Holly**

Clairvoyant / Medium  
Reiki Master

With appointment times available throughout the week and on weekends!

Phone 03 314 9073  
www.mistypathway.com

**MEAT2U**  
HOMERELL | BUTCHERY

**SPECIALS ON BBQ PACKS**  
FACTORY DIRECT PRICE | BUY BULK & SAVE

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

**Robertson Building**  
CANTERBURY LTD

Local to North Canterbury  
CALL ARTHUR 027 245 1601

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

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

FREE QUOTES



# The Taste



Asian Fusion House

百味軒

## ORDER ONLINE

Save time by ordering online and we provide multiple payment options.

## PREMIUM ASIAN FOOD

Quality Ingredients and authentic Recipes.

## LOCAL DELIVERY

Get your meal delivered by using local delivery company, Takey and DeliverEasy!



**Lilybrook Center**  
**63 Percival Street, Rangiora**

Opening Hours: Wed-Sun  
11.45am – 2.30pm (Lunch)  
4.00pm – 8.30pm (Dinner)

delivereasy



takey

Phone Orders: 03 313 3333 | Online orders: [www.thetaste.nz](http://www.thetaste.nz)

Delivery orders:

[www.delivereasy.co.nz/the-taste-waimakariri-delivered](http://www.delivereasy.co.nz/the-taste-waimakariri-delivered)  
[www.takey.co.nz/6611729](http://www.takey.co.nz/6611729)

