

# essence

essentially...north canterbury



06

Profile  
Music Month

08

Ingredients  
Maimai Souvlaki

11

Feature  
A Town Like  
Rangiora

# SHOP THE LOOK

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# contents

We were chatting over coffee in the office last week, and I was telling the girls about my recent experience with one of our local retailers. Dorothy thought it was a story worth sharing - so here I am writing the intro - it's perfect timing given our 'Destination Rangiora' feature in this issue.

Siena my daughter and I were on a mission to replace her hockey stick, her current one was slightly battered and she was hopeful that she was about to get a flash new one. So - in all honesty we were heading into Rebel Sport to try and get a bargain.

Driving down Flaxton Rd and I thought to myself, hold on, I think Nigel knows a thing or two about hockey sticks. So into the Sport Shop we go.

After Siena trying to choose the most pink and orange stick she could find, Nigel suggested that maybe he take a look at what she has currently and work from there - I grabbed it out of the car and Nigel immediately recognized that in fact she already had the right size stick and that with a nice new shocking pink grip wrap it would look good as new.

Nigel was amazing: he said he would re-grip it for us and we were to collect it the next day. Whilst she didn't get the new hockey stick she was hoping for, she managed to convince me that she instead needed hockey socks, a matching pink mouthguard, a swanky

new sports bag and a drink bottle.

Nigel provided the ultimate service the following day and dropped it off to our house - again a life saver for time poor parents!

I guess the moral of the story is, whilst we think these big box stores may save some dollars, they don't provide the personal service that I received. I REALLY appreciated the honest advice Nigel gave me - she didn't need a new hockey stick, which has saved me time and money.

I can't recommend Nigel and his team enough when it comes to their knowledge on what you need for your chosen sport or activity - have you seen their impressive shoe collection?



Shopping local is more important than ever and you will see in this issue the amazing array of businesses we have right on our own doorstep. We would love you to share your great local retail experiences with us - email me mel@essencemagazine.co.nz

Enjoy your month, Mel

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

Profile: Page 06



Photographer: Steven Webb

Ingredients: Page 08



A Town Like: Page 11



Shop local: Page 18



Home: Page 19



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DAUGHTERS OF EVE

By Nina D. Campbell

We're Reading  
words: **Emmas at Oxford**

Introducing a thriller new voice in crime fiction – this is a stunning debut novel. I could not put this book down (so beware, once you pick it up, it is very hard to put down).

subject matter with care and compassion, and I never felt I needed to stop reading. However, it won't be a read for everyone. You'll be transported to Sydney, where the opening scene is dramatic.

This is intriguing Aussie crime fiction at its best, with a strong female protagonist.

Detective Emilia Hart is keen to get on the case and is an eye witness to the killing of the first victim – a lawyer shot outside the courthouse.

*'Fast paced, gripping and topical, without ever losing its heart, Daughters of Eve will have you questioning notions of justice and retribution, and just how far you would go to protect the ones you love.'* - Jacqueline Bublitz, author of *Before You Knew My Name*.

The suspense and thrill of this book is incredible, and I will be waiting for more from this author; and wouldn't be surprised to see this on screen at some point. Whilst it is confronting, I cannot recommend this book highly enough – it is full of suspense, but also very thought provoking, and well researched.

This novel shines a light on the tragic reality of domestic violence and sexual abuse; as well as the handling of victims by those in authority. The author has treated very tough



We're Eating

Here a few of our favourite things!

- Fresh home grown feijoas
- Print day treat x 5 – yes, we all order the same - Teddy Best at Joes Garage for lunch after sending the pages to the printers. Chicken, caramelised onion, tomato, rocket, mustard aioli and toasted ciabatta.
- # 33 Malaysian stir fry with peanut sauce – Stir fried chicken, roast peanut spiced sauce and vegetables. Quintessentially Thai at its very best from Nom Nom.
- Pinwheel savoury from Fresca – these are absolutely delicious.
- The gluten free savoury muffins from Crema - you need to be in quick as they are normally sold out by 10.30am.

We're Enjoying  
Hanmer Hype

Biking back to Hanmer Springs from Island Saddle on the Rainbow Road between Hanmer and St Arnaud (boys) and a well-deserved long lunch at Fire & Ice (girls), Hanmer Springs.

The road is only open over the summer mostly and is the highest publicly accessible road in NZ. It is stunningly remote and one of the highlights is the pristine Lake Tennyson.

Put it on your back-yard bucket list! Check [www.doc.govt.nz](http://www.doc.govt.nz) for accessibility.

360 degrees

Walking or biking to the summit of Mt Grey. Head towards Amberley, turn into Douglas Road then Grampton's Bush Road – follow the signs to the Lake Janet car park.

You can either walk or bike from there. Walking requires a reasonable level of fitness (3 hours return) on a steep track. Biking is about half that time on a normal bike following the vehicle access road. Personally, an e-bike seems like the best option to us and quicker!

We're Entertained

10 out of 10!

Top pics for great viewing as voted by us:

- The Newsreader: Drama series, TV3 on Demand
- Inventing Anna: Drama series, Netflix
- Anatomy of a Scandal: Psychological drama series, Netflix
- The Great: Comedy drama – Neon. (Quirky, and definitely not for the faint hearted.)

Let us know what you are watching – we would love to know!



Welcome to Rangiora...

Stroud Homes recently celebrated the opening of their Rangiora display office with friends and family. Pop in and see Jamie and his friendly team to discuss your dream home!



Elise Mulholland, Leo, Matthew, Evie and Jamie Gwilliam



Amore at Fresca

Claire and Andrew celebrated a beautiful, intimate wedding recently at Fresca Rangiora in Conway Lane.

*"We wanted something small, intimate and truly special since we met in Italy, and they went above and beyond to make sure we had an incredible night!"*

Robyn Paget celebrated the move of her business, Thea's Boutique, to new premises on Oxford's Main Street.

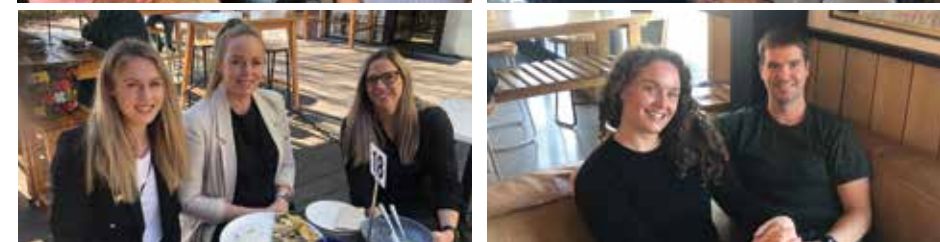


Amber Fox and Robyn Paget



Jenny May, Kate Thompson and Jan Dockery

Seen Out & About!



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Stephen Kennedy, Amanda Gray, Andrew Groom, Rob Zipfel and Michele Webb

NZ Music Month is celebrated in May to support the music from New Zealand, and the people who make it. It encourages radio stations to play more local songs, and to celebrate homegrown talent throughout the country. We chat with local artist Michele Webb about her love for music.

## Gorgeous Music

words: Michelle McCullough images: Steven Webb

As a young girl Michele Webb loved singing into her hairbrush - little did she know that one day she would be able to turn this hobby into two successful careers.

When she is not busy making her clients look fabulous in her Rangiora hair salon Hi Gorgeous, Michele can be found rocking out on stage with her band MockingBird.

“Growing up in the seventies I remember singing my heart out to groups like ABBA, Boney M, The Bee Gees and Blondie. I loved the energy and vocal harmonies. My own musical journey started when my mother taught me to sing, play the piano and a little guitar. My sister and I sang up front regularly in church, with mum on piano. I was in musicals and choirs throughout my school years until I got distracted with other interests.”

It was not until a little later in life that Michele realised that she could make a career out of singing.

**“I dropped music for a couple of decades but still felt that I needed to sing. Singing is so expressive and releases a lot of energy.”**

It wasn't until I did well in a few singing competitions, and had positive feedback from people around me in my thirties, that I thought I could give this another go. I've enjoyed everything from singing karaoke, to being in a duo, to being part of a showband performing tribute acts like ABBA, Fleetwood Mac, Elvis and The Rocky Horror Show.”

Michele is a vocalist, and plays the keys in MockingBird, alongside friends Stephen Kennedy (lead guitar), Andrew Groom (vocals and guitar), Amanda Gray (bass) and Rob Zipfel (drums).

“MockingBird makes you dance. We are a party covers band performing pop and rock songs across the decades from the 1960s to now. We are currently working on some original material in the background. It's a lot of fun and we are learning a lot in the process.

It's so energising when we perform, and we see how people are enjoying themselves. We are very fortunate

that we all get on well and work together as a team.”

In honour of New Zealand Music Month, the band plan to add more Kiwi classics to their set list, Michele said.

“We practise daily at home. Stephen has a bizarre medical condition where he can't go a few hours without playing the guitar. And we rehearse together weekly, which can be a big commitment especially for Rob who comes up from Ashburton. We are constantly adding to our repertoire, plus we like to hang out together over a cheeky glass of red and talk about music, life, and have a laugh.”

MockingBird have a monthly residency at The Borough in the Richmond Club, and also perform at private parties, weddings and functions. Despite performing in front of audiences as a child, Michele said she still felt nervous before going on stage.

“[The first time we performed] I think I peed my pants. Just kidding, the nerves are always bubbling away but the amazing thing is that when the band starts up it all falls away, and you're in that space of being right where you belong. It's almost instant. It's funny because most of us in the band are quite introverted. Performing in front of people can be nerve-racking if you let it be. It can also be exhilarating when you feel the power of the music and the response of the audience. I find focusing on the ones enjoying themselves is a great way to combat nerves and forget about yourself.”

To find out more about MockingBird check out their Facebook page.



## OUTLOOK FOR FIRST HOME BUYERS

**We love first home buyers - when they are successful the market naturally purrs along nicely and the flow of money from the bottom up allows everyone to make moves in a natural way. Not to mention they are more often than not the most excited, most grateful and most genuine group of buyers we get to work with!**

There's no doubt it's been a tough few months for first home buyers. First there was the tightening of LVR (loan to value ratio) restrictions, reducing the amount of low deposit lending banks can make. In December the CCCFA (Credit Contracts and Consumer Finance Act) ushered in strict new lending criteria and finally stock market turbulence has seen many KiwiSaver balances nosedive, affecting those planning on using their funds for a house deposit.

CoreLogic's buyer classification data shows that these changes are really starting to bite first home buyers. In January first home buyers made up 24% of purchases compared to 26% at the same time last year. Furthermore, data from credit reporting agency Centrix shows the percentage of successful home loan applications dropped from 39% in October to 30% in December. First home buyers likely make up a

big chunk of those missing out. In addition, the cost of living is steadily increasing as inflation continues to rise and with the war in Ukraine, stock market turmoil is guaranteed at least in the short term.

### HOWEVER, IT'S NOT ALL DOOM & GLOOM!

CoreLogic's data shows some glimpses of light. Although the first home buyers market share dropped in Auckland, Wellington and Christchurch, other parts of the country saw different results. Activity from first home buyers increased in Dunedin and Tauranga, while Hamilton held steady.

Plus there are definite signs the property market is slowing and house prices are easing. Many real estate agents have reported a slowdown in interest at auctions and a dampening of expectations. Listings are also on the up, increasing choice for all buyers while building consents have reached record highs. Furthermore, the Government has announced a review of the CCCFA to address the 'unintended consequences'. Many would-be borrowers have been turned down for spending too much on the likes of Netflix and UberEats. Initial advice from the review is due out any day, followed by a more comprehensive analysis in April. Hopefully the review delivers some good news for borrowers. However, while the long term outlook has some encouraging signs, that's of little comfort to kiwis looking to buy their first home soon.

That's where the expert help of a mortgage adviser can make all the difference. From navigating the lending landscape to getting your mortgage application shipshape, your Loan Market adviser supports you at every step. (If this article tickles your fancy we suggest you check out <https://raywhite.co.nz/ray-white-now/>)

## WORKING OUT YOUR RENTAL RETURN

It may seem a simple task but working out the potential rental returns on an investment property requires doing a bit of homework and is more than a simple calculation. Here are a couple of things to consider when working out your sums.

As you would expect, every property investor aims to own a property with a high yield that will also deliver a large capital gain, as well as returning a strong rental return and of course needs very little maintenance undertaken, however in most cases this is not a realistic expectation and difficult to achieve.

There are lots of terms, such as rental yields, gross yields, net yields and capital gains, and what is most important to you will vary dependent on your own circumstances. As someone who does like to err on the side of caution however, I advise my clients to really look at the net yield - what will your 'actual' income be once you deduct expenses such as maintenance, insurance, professional service fees etc. You will often hear the net yield described as the rate of return. While there will be variances in these costs, your accountant will be able to provide you with some guidelines around estimates.

To calculate your net yield, take the annual rental income and minus the annual expenses or loss of rental income from this. Then divide this number by the property value and multiply this number by 100.

**Example:**  
Property value \$600,000, expected rent \$500 a week and expenses/loss \$5000. \$26,000 (\$500 x 52 weeks - annual rental income) - \$5000 (annual expenses/loss) ÷ \$600,000 (property value) x 100. Yield = 3.5%

Expenses can include: buying and transaction costs (property purchase price, legal fees and building inspections, any start-up loan fees), annual costs such as vacancy costs (loss of rent and advertising), repairs and maintenance; property management fees, insurance and rates. A bonus is that as expenses these can be off-set against your income when it comes to taxes.



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Released in time for the start of the hunting season, and fully endorsed by Fish & Game New Zealand, Wild Kitchen chef Angelo Georgalli releases his third cookbook.

I had a chance meeting with Angelo a few years ago - he is a passionate, chef, hunter and gatherer and I'm excited his latest recipe book coincides with another passion of mine - cooking with game, especially wild duck. - Dorothy



**Angelo makes wild cooking easy and interesting for everyone.**

From tips and tricks for game-curious newbies to original and clever ways to excite the palate of the most seasoned adventurer, The Fish + Game Cookbook celebrates the amazing diversity of our game birds, waterfowl and freshwater fish.

Chef Angelo Georgalli lives in Kingston, Otago where he indulges his passions for fishing, archery, hunting and getting into the great outdoors. Often drawing on his Mediterranean heritage, the recipes he creates for New Zealand's wild fare always honour his ethos of respecting wildlife and living in balance with nature.



**The Fish + Game Cookbook** by Angelo Georgalli.  
Published by Beatnik Publishing RRP \$59.99  
Photographer: Sally Greer

**Maimai Souvlaki with Angelo's Famous Tzatziki Sauce**

Nothing beats a pocket of tasty goodness! With my Cypriot Greek heritage, you know I love a good Souvlaki, and this tasty hunter's snack is lip-smackingly good. No cutlery needed!

**SALAD**

- ½ small red onion, sliced
- Small handful of coriander leaves, chopped
- 2 medium tomatoes, chopped
- ¼ cucumber, sliced
- 6 feta cubes (half a 200g packet)

**SKEWERS**

- 2 duck breasts, 3cm cubes
- 1 red capsicum, 2cm pieces
- Pinch of smoked paprika
- Pinch of turmeric
- Pinch of cumin
- Salt & pepper

**TO SERVE**

- Pita bread
- Lemon juice
- 1 tsp olive oil

**METHOD**

Prepare the salad by lightly tossing all the ingredients together.

Set aside.

Skewer the duck breasts and capsicum, alternating between the two. Place the skewers on the BBQ and cook to your liking, turning the skewers to cook the meat evenly. Sprinkle the skewers with paprika,

turmeric, cumin, salt and pepper. Lightly brush some olive oil over the pita bread and warm it on the BBQ. Now to put these beauties together. Carefully slice an opening into the warm pita pocket. Add the tzatziki, the salad and the meat and capsicum which have been removed from the skewers. Squeeze some lemon juice on top and finally add a dollop of tzatziki sauce to finish. Devour within minutes.

**Angelo's Famous Tzatziki Sauce**

I wouldn't be half Greek if I didn't have my own version of a tzatziki sauce! And I'd be proud to serve this one to my Cypriot Greek family!

The key to a great tzatziki - is fresh, organic, wholesome ingredients. Buy local and organic whenever you can.

- ½ cups Greek yoghurt
- 1 clove garlic, finely chopped
- ½ of handful mint, finely chopped
- ½ lemon, juice and zest
- ¼ cucumber, chopped
- Pinch of smoked paprika
- Pinch of turmeric
- Pinch of cumin
- Salt & pepper

Combine all the ingredients into a medium bowl and mix well. Add salt and pepper to taste.

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**NEW WORLD RANGIORA**

**Ingredients**

- 4 tablespoons olive oil
- 3 skinless chicken breasts, cut into 4cm pieces
- 2 onions, finely chopped
- 400g can chickpeas, rinsed and drained
- 300g jar chargrilled capsicums, sliced
- 2 garlic cloves, crushed
- 2 cups paella rice
- 2 chorizo sausages, thinly sliced
- 1.5 litres (6 cups) hot chicken stock
- 2 teaspoons smoky paprika
- ¾ cup frozen peas
- Parsley, chopped, to serve

**Method**

- Preheat the oven to 200°C (180°C fan forced). Heat 2 tablespoons of the oil in a 30cm heat-proof, ovenproof frying pan over medium heat. Add the chicken and cook for 6 minutes, or until golden brown on all sides. Remove from the pan and set aside for later.
- Add the remaining oil to the pan. Add the onion and cook for 2 minutes, then stir in the chickpeas, capsicum and garlic and cook for 3 minutes. Stir in the rice and cook until the grains are transparent. Return the chicken to the pan. Arrange the sliced chorizo over the top.
- Add the hot stock and paprika to the pan, season with salt and pepper, then stir gently. Scatter the peas over the top and bake in the oven for 30 minutes, or until the rice is just tender. Remove from the oven, cover loosely with a clean tea towel and stand for 5 minutes before serving.

**To Serve:**

- Serve directly from the pan topped with freshly chopped parsley.

**Cook's Tip:**

- If you prefer, you can omit the chickpeas and chorizo. This can also be cooked in a frying pan and then transferred to a baking dish before it goes into the oven

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# BRING WHAT YOU CAN

It's time to Bring What You Can, and help your neighbours, friends, and community this winter.



Bring What You Can is part of a Canterbury-wide initiative spearheaded by Bayleys. Now in its third year, the community-focused food drive aims to help thousands of families throughout Canterbury.

Bayleys North Canterbury property consultant Jan McCormick said the local Bayleys office was currently seeking donations of non-perishable food and hygiene products.

"We've chosen to partner with the Rangiora Salvation Army so that the donations collected locally will be used locally. I think it gives people more buy-in for the project to see that people are helped in the area in which they're contributing."

A number of local schools were involved in Bring What You Can, with some hosting multi days and crazy hair days to collect cans, Jan said.

"Another association we have is with Ashgrove Primary School. Their Year 8 pupils do the William Pike Challenge, and last year they were absolutely fantastic helping me and they are doing the same this year. They are having a multi day, they have put up posters and put flyers in letterboxes."

Jan said that the people of the Waimakariri and Hurunui districts were "extraordinarily generous".

"We have been blown away, especially when some of the families themselves are going

through a hard time. It often seems to be the people who have the least that give the most. We get a lot of pensioners coming in who are on very restricted incomes, bringing in several cans of food."

Salvation Army Rangiora Corps Officer Major Nigel De Maine said the organization was proud to be involved in this year's Bring What You Can.

**"The cool thing about that is that we're in partnership with food banks all over North Canterbury."**

All the food received during this event will be spread out throughout North Canterbury. There is a lot of need in the community. The working poor are still out there. The wages haven't caught up, rental prices are high, mortgages are nuts, and then you have the everyday stuff on top of that."

"[By getting involved] you're helping your neighbour, you're helping your friend, you're helping your community. You're making a huge difference in people's lives."

Bring What You Can is just one of the many philanthropic activities undertaken by Bayleys' staff throughout Canterbury. To get involved, please drop off donations of non-perishable food and hygiene products to the Bayleys office at 251 High Street in Rangiora before the end of May. If you are unable to drop off your donation, please call (03) 311 8020 and a friendly Bayley's agent will pop round and pick it up.

““Thanks to Jan for her help, I will continue to use her and only her for all our new builds and others in the future. She's awesome!”

**Jan McCormick**  
021 395 241 | 03 311 8020  
jan.mccormick@bayleys.co.nz  
WHALAN AND PARTNERS LTD. Licensed under the REA ACT 2008



# A Town Like Rangiora

feature writer: Michelle McCullough

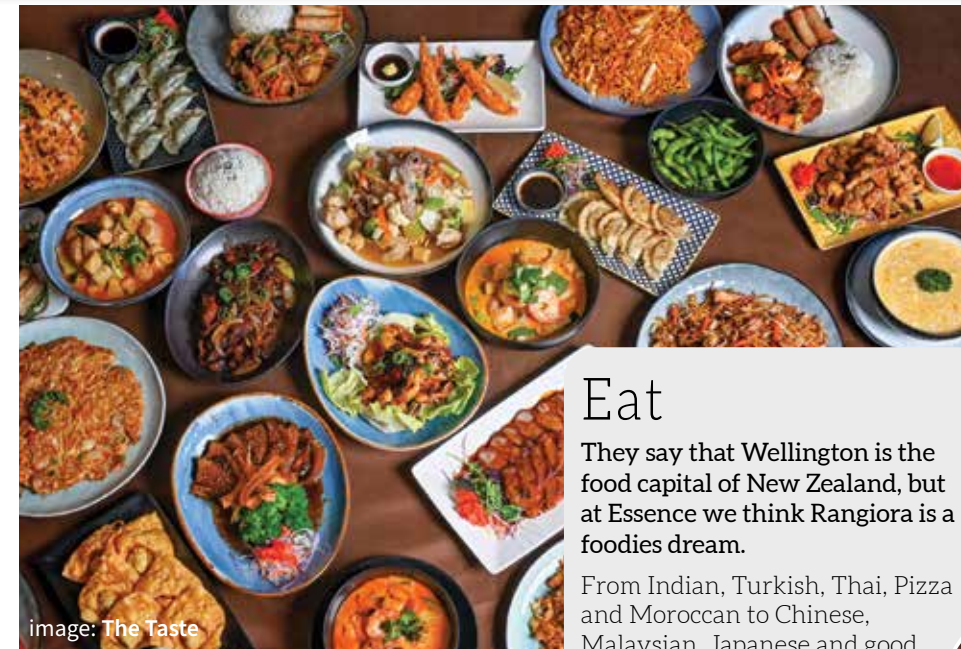


image: The Taste

## Eat

They say that Wellington is the food capital of New Zealand, but at Essence we think Rangiora is a foodies dream.

From Indian, Turkish, Thai, Pizza and Moroccan to Chinese, Malaysian, Japanese and good old fish n' chips, whatever your craving is, Rangiora has it. With an abundance of locally owned cafes serving more than just smashed avo on toast, Rangiora's cafe scene is buzzing.

And for some tasty pub grub and an ice-cold beer or cheeky prosecco, the choices are endless. Prefer to dine at home without having to get spruced up or do the dishes? Most of Rangiora's eateries have take-away options, with some even offering home delivery.

## SHOP

Rangiora's retail landscape is a mix of big box stores and independent, locally owned boutiques.

Whether you need building supplies, parts for your car or just want to spruce up your wardrobe or living space, you don't need to travel far from home. Pick up a bargain at one of the town's second-hand stores or shop local at one of Rangiora's popular markets.

The heart of the Rangiora retail scene is High Street. Featuring a colourful collection of shops offering everything from fashion through to electronics, this busy street with its funky laneways is fast becoming a shopping destination for those from further afield.

"I love the High Street - it's really beautiful.

The community is very caring. In times of need everyone stands together. It's really just a beautiful place."

Annie Badenhorst, 39, High School Teacher



Why do you love Rangiora?



## Artisan

For a hearty meal, sweet treat, or a much-needed caffeine fix, Artisan Café has what you need.

From delicious artisan breads and mouth-watering cream buns to bacon and eggs and curly fries, this popular café offers a wide-range of menu options to suit the whole family. Featuring a playground and comfy couches, and with two levels, there is plenty of room for large family groups or sports team catch ups. Pram and wheelchair-friendly, Artisan Café is open seven days a week.

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



## SMOKE & MIRRORS

Smoke and Mirrors Hair Lounge, is a destination salon for creative hair colour, located on King Street in Rangiora, North Canterbury.

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194 King Street, Rangiora  
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## Rangiora Shoe Lines

With the cooler months on the way, it's time to treat your feet to a pair of fabulous new boots for winter.

Rangiora Shoe Lines has a wide selection of men's and women's boots, sneakers, and heels from some of the world's leading footwear brands.

Pop in and see the friendly team in store, or shop online.

162 High Street, Rangiora  
03 313 8444  
www.rangiorashoelines.co.nz



## ANYTIME FITNESS

Whether you're a seasoned gym-goer or just starting out on your fitness journey, Anytime Fitness can help you "make healthy happen".

This modern and friendly central Rangiora gym offers affordable membership plans, 24/7 access, group fitness, and has a team of qualified trainers on hand to help you get the best from your membership. Join online at www.rangiora.net or call in and see them at the club.

3/194 King Street, Rangiora  
www.anytimefitness.co.nz



## PROPAGANDA

Propaganda has everything you need for surf, skate, and moto.

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Pop into Willoughbys to experience our extensive range of yarns and all things knitting and crochet related.

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Let's all do our part in supporting local Rangiora



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**Rangiora PROMOTIONS**  
promoting our town

Want to do some good in your neighbourhood ('hood' for short)! Shop local and spread a little love. Good in the Hood is an initiative created by the Rangiora Promotions Association to support our local businesses through these challenging times.

### How the initiative works?

Collect 1 sticker for every \$20 spent\* in ANY of our Participating Businesses. Collect stickers at

your own pace. 1 completed sheet = 1 prize draw. Completed sheets can be dropped into New World Rangiora, Monteiths Rangiora or North Canterbury Books (High Street), Rangiora.

### Prize draws

Prize draws start 20th May 2022 and on the 20th of the month thereafter until March 2023. Prizes are made up of vouchers and products to the value of:

**1st Prize: \$500 2nd Prize: \$300  
3rd Prize: \$150 4th Prize: \$50**

### What next?

Start collecting today. Sticker sheets are available at ANY of the Participating Businesses.

Hop onto our website for the full list:  
www.rangiorapromotions.co.nz/do-good

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Studio Pilates Rangiora  
9 Cone St Rangiora | 03 925 8136  
www.studiopilates.com/studios/rangiora  
\*New clients only. Valid two weeks from first class



### The Taste

Not in the mood to cook? Then pop down to The Taste Asian Fusion House.

Originally called Little Yummy, this popular restaurant has the same owners and same talented chefs. Offering a mouth-watering range of Chinese, Thai and Malaysian inspired dishes, you can dine-in, takeaway or have something delicious delivered straight to your door.

63 Percival Street, Rangiora (Lilybrook Shopping Centre)  
03-313 3333




### Juniper Distillery

If you see yourself as a bit of a gin connoisseur then make sure you check out Juniper Distillery's delicious range of gins.

Carefully distilled in a craft distillery in Rangiora, Juniper Distillery offers a range of boutique, small batch gins. Try their deliciously dry signature Juniper Jinn or the delightful Turkish Delight-inspired Rose Jinn Liqueur.

www.juniperdistillery.com | 022 197 1608



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### Explore

If you love nothing more than exploring the great outdoors, keep reading. One of Rangiora's best kept secrets is Northbrook Wetlands.

Located off Northbrook Road, the 1.5km track is well maintained, making it an excellent walk for people of all ages and fitness abilities. Stop at one of the many viewing platforms to check out the thriving local fauna and flora. The Ashley Rakahuri Regional Park has something for everyone: from fishing and birdwatching to walking and cycling. Located within the park is the Mike Kean Walkway - this easy track follows the Ashley River which is home to a number of rare and endangered birds including the iconic ngutupare (wrybill).

Also within the park is the Rakahuri Trail - a 18km walking and mountain bike track that runs from Rangiora through to Waikuku. This shared trail is suitable for serious riders, families, and walkers.

"All the street markets. It's really fun seeing the whole town out."

Amei Courtney, 16, High School Student.

Why do you love Rangiora?



We are loving this new addition to Rangiora ... creating stunning Authentic French Cheesecakes & Traditional Tarts, French Delights by Elodie is located in The Station café and is a delight not to be missed!




### Learn

A great place to learn more about Rangiora is the Rangiora Museum. Open every Wednesday and Sunday from 1.30pm to 4pm, Rangiora Museum is run by a dedicated band of volunteers who have been expertly preserving our town's history since 1960.

In addition to the Museum, the Rangiora Library is a hive of activity. More than just books, the Library runs several programmes for children, youth and adults, as well as having a number of computers available for public use and free Wi-Fi. The library is also home to the Chamber Gallery - this chamber music venue and dedicated art space hosts a number of concerts and exhibitions by local and national musicians and artists every year.



### PLAY

Rangiora has a number of green spaces and playgrounds that are extremely popular with families. Elephant Park on Blakett Street with its famous pink elephant is a firm favourite with local children, as well as Victoria Park.

Featuring a playground, a band rotunda, and a magnificent tree full of Monarch Butterflies, this central park just off High Street is a great spot for a picnic and a play.

For those more adventurous family members, the Ashley-Rakahuri BMX Track is open to the public, and a valuable resource for keen riders. And on a rainy day, you can't beat a trip to Dudley Park Aquatic Centre. With lane swimming, a learner's pool, spa pool, and a leisure pool with lazy river and toddler area, there is something for the whole family.

### ON THE MOVE!

Exciting Times - some of our customers are moving on up! Create Design Studio are moving into the gorgeous heritage building opposite the Council Gardens. Cocoon Beauty & Day Spa are relocating to larger premises on High Street. Handzon has also moved into a larger space in Alfred Street and Village Green has moved into the Gables. We are excited to welcome back Hello World they are moving into Conway Lane and Garador have opened a new showroom at in Alfred Street.

### Why do you love Rangiora?

"I love that we have a lot of owner-operated businesses, and a lot of women in business. Rangiora has a lot of boutiques, and we have our amazing locals shopping during the week, and visitors coming out at the weekend.



The sense of community is amazing. There are a lot of older generations of families that are still here, like Robin Brown from New World. I think he is an amazing person, and he gives back so much to the community. And we also have a lot of new people moving here, which I think is great."

Jenna Broad, 38, owner Niche Gifts

### Percival Street Bakery

Rangiora's best kept secret!

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138 Percival Street, Rangiora  
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rangiorasales@morrisoncars.co.nz  
www.morrisoncars.co.nz



### MEAT2U

Locally owned and operated, Meat2U is a home-kill and butchery business that specialises in a personalised handcrafted meat processing.

Catering for a wide range of culinary tastes and dietary requirements, and offering a delicious range of gourmet and gluten-free options for all cuts.

Contact Meat2U today, and stock up your freezer for winter.

Ph. 03 313 0022 | www.meat2u.nz  
401 Gressons Road, Rangiora



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Showroom: 6b Alfred St, Rangiora

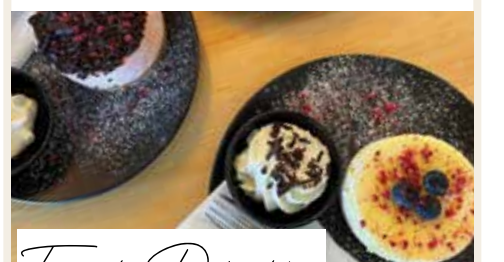


### The Station

Open Tuesday to Sunday for breakfast, brunch and lunch, The Station is located in a cosy corner of Rangiora.

Serving mouth-watering meals and the best coffee in town, this fully licensed café is family and pet friendly.

2 Blakett Street, Rangiora  
TheStationRangiora | [therangiorastation.co.nz](http://therangiorastation.co.nz)



### French Delights

The Station is also home to French Delights dessert shop - authentic French cheesecakes and traditional tarts.

2 Blakett Street, Rangiora  
FrenchDelightsNZ | [frenchdelights.co.nz](http://frenchdelights.co.nz)

### Burbidge Automotive

Help keep your family safe on the roads this winter by having your car serviced by the friendly, experienced and trustworthy team at Burbidge Automotive.

Offering a range of services for all makes and models of vehicles, this locally owned and operated mechanics is a one-stop automotive repair shop for all of your automotive needs.

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Bellgrove RANGIORA



## So You! Boutique

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So You! Boutique is more than just a clothing store; it is a space to help women feel empowered and confident through clothing, offering honest girlfriend advice.

So You! is a popular fashion destination with our new online website and instore experience on Rangiora stylish Conway Lane, just off the High Street.

Shop 3, 188 High Street (Ground Floor)  
Conway Building, Rangiora  
www.soyouboutique.co.nz | 03 313 1720

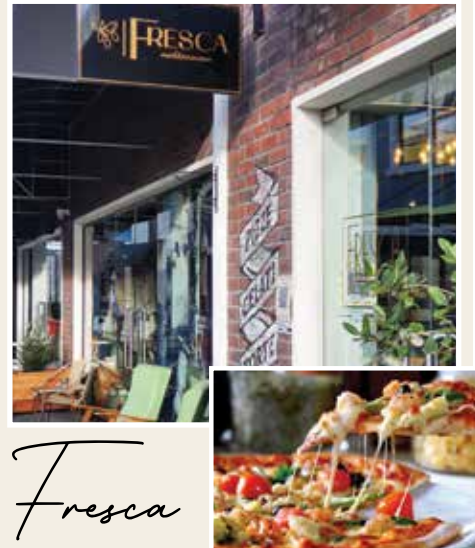


## BABY HUB

From sleep time right through to play time, Baby Hub has everything you need for the smallest members of your family.

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www.babyhub.co.nz **baby hub**



*Fresca*

Time for an evening out? Soak up the cosy, relaxed atmosphere of Fresca Mediterranean, open till late Friday and Saturday evenings.

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www.fresca.nz



## Coffee Worx

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*Amber Irvine*

For brighter, healthier blonde locks, make an appointment at Amber Irvine The Salon.

Whether your hair needs some TLC, or you want to try something new, the talented stylists at Amber Irvine specialise in all things blonde. And if blonde is not your thing, they offer a range of haircare services for the whole family including great senior rates.

29 Huntingdon Drive, Arlington  
www.amberirvine.com  
027 844 5547



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With more than 40 years' experience, there is not much the team at Country Lane do not know about fashion.

From wardrobe staples to statement pieces from leading New Zealand and international designers, there is something at Country Lane to suit every woman and occasion. Shop in-store or online, and treat yourself today.

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## Quilters Quarters

For all your craft essentials, pop in and see the friendly and knowledgeable team at Quilters Quarters on Percival Street.

From quilting, cross-stitch, sewing and knitting to crochet and embroidery, Quilters Quarters stocks an extensive selection of fabrics, wool, patterns, books, and craft tools to keep you busy this winter.

143 Percival Street, Rangiora  
www.quiltersquarters.co.nz



## Hair Handlers

Refresh your look with the highly skilled stylists at Hair Handlers on High Street.

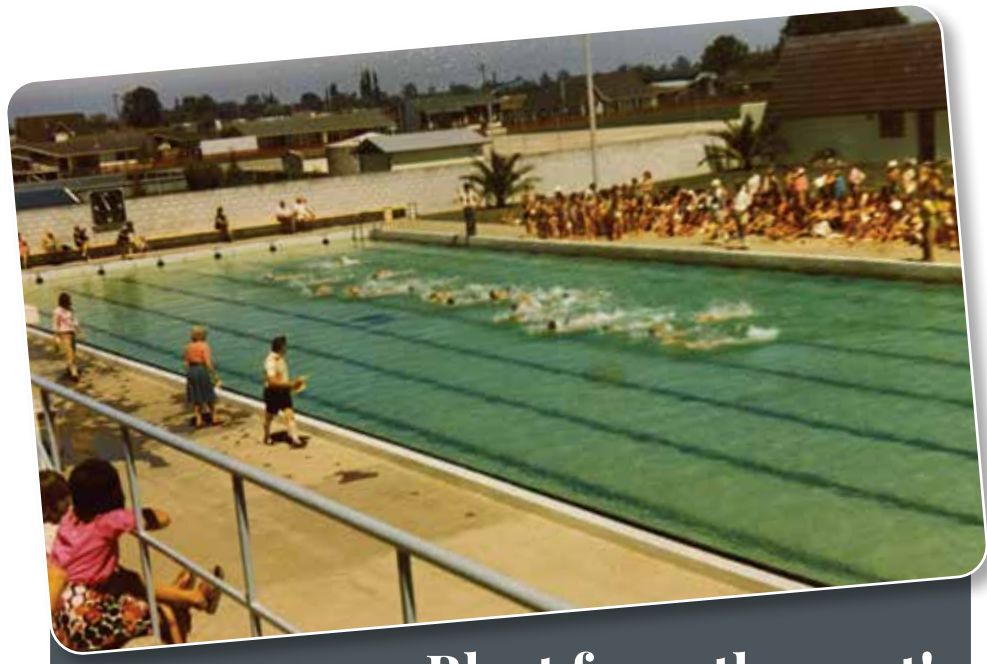
The talented and experienced stylists offer first class advice on all things hair. Stockist of Wella, Kerastase, GHD. The Hair Handlers Team pride themselves on client satisfaction.

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www.hairhandlers.co.nz



**HAIR HANDLERS**



## Blast from the past!

Rangiora Borough School swimming sports at Dudley pool in 1977.

Blakett St

*Did you know?*

Blakett Street was named after Henry Blakett, an early resident, arrived in 1858 from Durham.

He was a draper. His general store, the biggest in town was opposite the old post office. A popular figure, he assumed political leadership in the young township. The first Mayor from 1878 -80 and 1887-88. Was a councillor from 1883-87 and 1889-92. Blakett Street was previously Railway Terrace and the section from Ashley Street to the railway station was Station Road.

Credit: Street names researched by the Rangiora Museum & originally published by WDC.

## Why do you love Rangiora?

"I always say Rangiora is a great place to live. It's close enough to Christchurch but just far enough away.

We have everything we need in Rangiora now and we have great access to the outdoors whether that is the beach, nearby rivers or mountain ranges."

Steve Ditmer, 61, Locomotive Engineer



If you haven't checked out the vibrant mural in the Blake Street carpark you are missing out.

The mural is titled In Our Hands, and has been wowing locals and visitors alike since its completion in March 2021. The colourful mural features a range of native South Island flora and fauna including piwakawaka, tui, and kiwi. It also features a spectacular depiction of the now extinct Haast's Eagle.

The mural was painted by NEST Arts Collective in conjunction with Keep New Zealand Beautiful and Resene. Based in Amberley, NEST Arts Collective aims to support and promote creatives in the community.



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## SUPER LIQUOR

Whether you're having drinks with friends, need a gift or just enjoy a wee dram of whiskey at the end of a long week, Super Liquor has you covered.

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# Growing Garlic

It's garlic time! Garlic (*Allium sativum*) is loved the world over for its culinary and therapeutic uses.

As one of the most expensive produce items (per kilogram) from the supermarket, it is well worth growing your own.

Garlic comes in two basic types: softneck and hardneck, with some sub-types and then named varieties within those - so there's plenty to choose from for their specific growing conditions and unique flavour profiles.

Did you know that elephant garlic isn't a garlic?! It is actually a type of leek and more closely related to onions.

### Basic differences, generalized, between types of garlic:

- | Hardneck   | Softneck   |
|--|--|
| <ul style="list-style-type: none"> <li>Has a central woody flower stalk, a scape, that forms bulbils.</li> <li>Fewer cloves (4-12) that are uniform and larger.</li> <li>Mostly easier to peel, but generally has shorter storage (depends on variety).</li> <li>Tolerates, and requires exposure to cold winters.</li> <li>More intensely flavoured.</li> </ul> | <ul style="list-style-type: none"> <li>No central stalk.</li> <li>More smaller cloves (8-20) of irregular shape</li> <li>Longer storage, depending on exact variety.</li> <li>Can grow well in milder climates.</li> <li>Milder in flavour.</li> </ul> |



## Your Garden this Month

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 medicinal plants she grows and uses at her home acre in Waikuku.



### How to grow garlic

**When:** The old adage "Plant by shortest day, harvest by longest day." does not necessarily hold true. Many growers find the plants to put on good size to tolerate the dreaded fungal disease- garlic rust.

Planting time also depends on your climate and the variety of garlic you are growing. My Artichoke softneck has been in the ground since March, my Creole was planted in April and I will be planting Silverskins in May.

**Site:** Sunny.

**Soil:** Fertile, well-drained soil with rotted manure or compost raked through. Heavy wet soils benefit from planting in mounds (15cm high and 20cm at base).

**How:** Break bulbs into separate cloves and plant the largest ones with the flat end down and the pointy end up. Plant them 2.5-5cm deep, 15cm-20cm between plants in a row, and rows 30cm apart. Mulch.

**Water:** Water regularly in dry weather, watering at the base not overhead.



**Feed:** Feed every 4 weeks during active growing, less during bulb forming (October onward).

**Other:** Keep weeds down to stop competition, and if you plant hardneck varieties, cut the scape off as it forms (they're edible too!).

**Harvest:** Bulb formation is daylight length sensitive, so no matter when you planted, garlic is harvested from November through January as the leaves start to turn yellow and die down. Gently lift the bulbs (don't pull by the leaves), and leave to dry for a couple of days in full sun before storing.

#### Notes on Rust:

Garlic is susceptible to allium rust (*Puccinia allii*), a fungal infection that has no organic cure. Orange rusty spots develop on leaves and affect the plant's ability to photosynthesize.

While the bulbs are perfectly safe to eat, and plant (rust is not carried on dry bulbs), if the infection affected the plant early on, the bulbs may be small. Best practice is planting good stock in autumn and keeping good airflow between plants.

#### FAQ:

Can I plant supermarket garlic? Yes, you can, if it is NZ grown garlic, but know that supermarket garlic is sometimes imported from other countries, and could be treated with various chemicals including those that delay sprouting, and may carry a number of viruses.



### The Power of Detoxification

Detoxification is a process that is often misunderstood. It goes on inside us all day, every day.

We wouldn't be alive without it. However, the lifestyle choices we make influence how efficiently our body does its critical detoxification work.

The liver plays a major role in detoxification, which is essentially a transformation process. It takes substances that would harm you if they were to accumulate and changes them into substances that are less harmful so that you can excrete them.

Substances that either require detoxification, or impact on this process, include alcohol, caffeine, synthetic substances (such as medications, pesticides, and synthetic ingredients in skincare and household cleaning products), trans fats (damaged fats usually found in bought cakes and biscuits, snack bars and deep-fried foods), and sugars, such as refined sugars. These are the substances I refer to as 'liver loaders'. The liver also has to detoxify substances your body makes itself, such as estrogen and cholesterol, which can have their own impact on your health.

When I am guiding people with what foods serve their health, one element that is firmly in my mind is minimising (or, in some cases, eliminating) 'liver-loaders', as

this allows the body to pull problematic substances out of storage (from body fat and other tissues) to be processed and excreted.

#### Foods to support detoxification pathways:

##### Leafy Greens

The liver loves, and is stimulated by, bitter foods and there is no better way to stimulate the bitter tastebuds than with green leafy veggies.

##### Turmeric

Turmeric naturally contains a substance called curcumin, that is well known for its powerful anti-inflammatory and antioxidant actions.

##### Broccoli

A member of the brassica family of vegetables, deserving of its super star accolades, this green vegetable contains powerful phytochemicals that are highly beneficial for liver detoxification pathways.

##### St Mary's Thistle

Also known as milk thistle, St Mary's thistle helps to maintain liver health and supports liver detoxification processes. It also has antioxidant properties, helping to reduce free radical damage to cells, which can occur during the detoxification of problematic substances.

##### Globe Artichoke

Helpful for stimulating bile (made by the liver), which is necessary for digestion as well as preparing some problematic fatty substances for elimination (e.g. most pesticides and herbicides are fat-soluble). This herb also has antioxidant properties.

##### Gentian

A highly bitter herb, that is commonly used by those with digestive complaints. Additionally, the bitterness assists the detoxification and elimination of fat-soluble substances that we don't want to accumulate in the body.

The power of the body's natural detoxification process is often forgotten, which is one reason I am brimming with encouragement for people to consume a wide variety of whole, real foods, including plenty of plants, that assist with stimulating and supporting all body systems, particularly those involved in detoxification processes.

*Is it time you showed your liver a little extra love?*

Dr Libby Weaver (PhD) is a nutritional biochemist, international speaker, best-selling author of 13 books and founder of the food based supplement company, Bio Blends. Dr Libby runs a 28-day online Detox program designed to help you decrease your total body burden and help you discover just how good your body is truly supposed to feel. For more information visit: <https://www.drilibby.com/detox>

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## Spend To Sell

words: Pattie Pegler

**When you're selling your home is often when it looks its best. Out goes the avocado bathroom suite and in comes the professional carpet cleaner. But it's easy to get carried away. So what and where should you spend if you're trying to sell?**

It maybe a cliché but first impressions count. "Street appeal is number one," says Jeremy Cox, property expert and founder of Your Property Inspector. "Ensuring gardens are tidy, leaves are swept away, broken fence palings are fixed, weeds aren't out of control. These things don't cost but they do show the property has been cared for."

Inside, take a walk through noting all those little things that aren't quite right. Again, Cox says these often don't cost a lot to sort out, but can make a big difference. He advises fixing up any small scrapes and cosmetic damage to walls and ceilings, paint touch ups, a good clean, fixing that leaky tap, checking all the doors engage and locks work properly. "One thing I have noticed is that the market and the purchasers are really onto things these days and are being pretty picky," says Cox. So, make sure those small things don't let you down.

It's advice echoed by real estate agent Jan McCormick of Bayleys. "Anything water damaged, rotten timbers, everything like that should be attended to. If buyers see something like that it can make them wonder what else might be wrong."

And there are plenty of other small things that can make a difference says McCormick. Regravelling driveways, painting windowsills, re-staining decks, clearing out excess furniture and thinking about presentation as a whole can be relatively inexpensive but really improve the overall look. Smells can also be off-putting. You may love your dogs but other people may not, so make sure there are no smells of pets or last night's cooking when you have an open home

When it comes to redecorating and replacing costly things like carpets and curtains, think carefully about your budget and the result. "You can spend a lot of money on new curtains, but they might not be in the taste of the buyers," says McCormick. Likewise, if you're repainting, opt for neutral colours rather than a bold personal favourite.

Without a doubt kitchens and bathrooms can really help sell a home, says McCormick, but again be pragmatic. "People need to think objectively, they might have a passion for cooking and want to put in a beautiful new kitchen, but for most other people that might not add the value," she says. But there are plenty of low-cost improvements such as replacing handles on cabinetry and resurfacing kitchen counters.

"People need to think objectively, they might have a passion for cooking and want to put in a beautiful new kitchen, but for most other people that might not add the value."

In the bathroom simply replacing a dated vanity or tapware can change things up. And make sure the space doesn't feel damp. "A big one in the bathroom is ensuring excellent ventilation and/or a fan in place. It's regulation to have a form of ventilation in all bathroom areas," says Cox. "And if a bathroom feels dry it puts purchasers at ease."

Jeremy Gray, Marketing Manager for online tradies hub, Builderscrack.co.nz, and seasoned property renovator, generally advises against the stress and expense of a full bathroom or kitchen renovation prior to selling. Look at the house as a whole and think strategically about how to best spend your budget.

**"The positioning, size, location...all those things cannot be changed and they will attract certain potential purchasers. So try and meet the biggest audience without over capitalizing."**

With this in mind, Gray advises vendors to focus first on any particular areas that fall short of the rest of the home and then to consider very carefully any further renovation. For example, he says, people might love outdoor areas, but adding a very basic pine deck on a beautifully detailed home will just look out of place. Equally an expensive kwiila deck on a very basic home is unlikely to recoup the cost when it comes time to sell.

"If the house is a bit tired, just bring it up to a nice, even standard then let the buyer stamp their own vision on it," he says.

And all the property professionals we spoke to agreed on one particular thing – present your home well. Make up the beds nicely, put wine glasses on the outdoor table or a vase of flowers on the kitchen counter. If there's a spare room set it up as a single bedroom or study so that people can envisage how they could use the space.

**Last but not least declutter, put stuff away and give the place a good clean.**



If you have untreated cedar on your home, it can be as easy as a wash down with an oxygen cleaner. It's a natural product easily applied and inexpensive. The before photo is actually a type of mould that is easily removed.

What a difference a painted timber fence can make.

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# ASK AN Expert



## Brooke Azzopardi Principal/Licensed Sales Consultant

As the owner and operator of Lime Real Estate, Brooke has 17 years experience in the industry and is passionate about bringing a fresh, fun and alternative approach to Real Estate.

### Are you happy with the level of market share Lime Real Estate has gained?

Yes absolutely. We are a young company who have been operating for only two years and in that time, we have become the leading Independent Real Estate brand in North Canterbury. We are extremely proud. We may not be the biggest in our field, but we are a boutique brand that is focused on the quality of our service and our results for our clients. Our objective is not to have the largest market share – we are experts in our field and exceptional at what we do and winning the latest North Canterbury 2021 Emerging Business Awards, is testimony to our hard work and overall success in the past two years.

### What differentiates your team?

Our friendly, welcoming, and transparent approach. We hear often of customers feeling less than satisfied about their experience with Real Estate Agents, and we strive to ensure that they experience the complete opposite from us. We truly work as a team, to provide our clients with the best customer service possible. We are a results focused team, but the customer Journey is equally important to us, and at Lime – you will not get a typical ‘salesperson’ vibe and we treat you and your buyers with the upmost respect.

### What are your plans for future growth?

We are always looking for opportunities for growth however, we have spent the past two years experiencing growth quicker than what was originally anticipated, so our current plan is to work on the business to ensure that the level of growth we have experienced, is matched with our internal systems and processes so that our future growth can be sufficiently supported.

### What is your number one tip if we are looking to buy or sell in this market?

Contact Lime Real Estate of course! We are your North Canterbury Real Estate experts; we are 100% local, and we are ready to get to work for you.



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## Hank's Out of Iso

It's official! I've had Covid. And so has my wife Jill. In fact today is her last day of isolation, so, after today she gets 90 free days... Nice! To be fair my symptoms were very mild. Nothing more than a head cold with runny nose and eyes, much like "hay-fever". I did certainly notice the tiredness which many people have spoken of, even after my other head cold symptoms had gone. But other than that, I've had worse, as Jill calls it, "man-flu".

However let's not underestimate the severity this condition has had on some of us. It seems that it affects us all in differing levels of severity and symptoms. Just because we may have had minor symptoms and recovered quite quickly doesn't mean the same for others. Be mindful of that and not judgemental. For no rhyme or reason, this condition can affect us all very differently.

Following on from that, I've had a number of clients ask how, if any, Covid affects their insurance policies. The short answer is "it doesn't". However that may depend on each policy. I can say that travel insurance, for example, is impacted by Covid. Remember your insurance policies are a contractual agreement between you and the insurance company for the transfer of certain risks that may have a financial impact. Like any other contract it remains unchanged unless by negotiation and agreement or you don't pay the premiums. That really is the simple answer. But, if you're concerned about your policy then by all means give me a call and we can have a look at it.

And now that's enough of Covid. It's dominated our lives (and my blogs) long enough. Onto another issue that I think far more influential on our lives currently and that is the rising cost... of everything! I've certainly had a number of clients recently contact us and express concern on the ever increasing premiums of their policies. Much of this is once again highlighted by "media Hype", although it is very real. We've noticed it!

There's much going on influencing inflation, rising cost of fuel, rising cost of housing, supply and demand of commodities, the war in the Ukraine, and so the list goes on. It doesn't take a financial expert to tell us this or the media. These things are clearly evident and something we have no control over. But we do have control over is the other end, what we spend! In times like these it does behoove us to consider where we're spending our money. Do we need a takeaway coffee every day?

**Should I make my lunch instead of buying each day? Do I need a new set of golf clubs when the ones I have aren't broken?**

It's clearly becoming a case of thinking about what we have to have as opposed to what's nice to have.

Insurances are the same. It's now more important than ever in recent time that we not only know exactly what we have in place but more importantly why we have it! What does it do. Are my policies a "nice to have" or very necessary to protect my, and my family's financial and lifestyle position? Don't just simply say "I'm paying too much", ask "why am I paying at all?" If that's a question you can't answer or are unsure of, then we're here to help. It's high time we had a conversation. Don't just say "no more" but ask "why?".

**We can help with that, after all is what we do...**

'Till next time. Cheers, Hank



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



## Matt Doocey

MP for Waimakariri

After-hours update.

Last month I talked about my work in advocating for Waimakariri residents who were calling for an update on progress for their long-awaited after-hours healthcare facility.

Like many other residents in North Canterbury who've had to bundle their kids into the car at 2am and drive into Christchurch for after-hours care, I've also been looking forward to this project come to fruition.

I had been contacted by a number of others equally frustrated after seeing nothing happen when the promised construction start date of January came and went. Having written to CDHB CEO Peter Bramley, I then wrote to the Waimakariri District Council requesting an urgent update.

In their response, Mayor Dan Gordon and council CEO Jim Harland have advised me staff are working through planning consents which were lodged on August 4th last year. This has included determining whether the project would need to be notified and approved by neighbours.

On March 14th this year, a meeting was held between the council, CDHB and Southlink Health Services, who are responsible for construction of the facility. It was determined that planning consultants would need to provide feedback on the council's draft notification report. The consultants' feedback was received on March 25th and council staff are currently reviewing it.

**Whilst I appreciate the need for a thorough consent approval process, I urge all parties to do everything they can in order to expedite construction.**

Having heard the new facility announced at my public meeting in 2020, two years on Waimakariri residents are looking forward to seeing some action on the ground.

If on-site work can begin soon, we could just be on track to see a completed facility by the end of the year, which would be very welcome for all those currently driving in and out of the city with sick kids or elderly parents. With Waimakariri's rapidly-growing population, the need for local after-hours services is becoming increasingly urgent by the day.



## Q&A WITH DR ASPELL

by Dr Peter Aspell (Durham Health Cosmetic)

This month, Dr Peter Aspell asked us to pose some questions to him around our common skincare issues, so we asked our team and clients and this is what we came up with.

**My skin never feels quite clean enough after I have cleansed, what can you offer for a 'deep cleanse'?**

Often times there is a build of up dead skin and a simple cleanser or even exfoliation is not enough.

There are stronger cleansers on the market but often times the best next step would be to try a series of chemical peels. The type of peel will depend on your skin type and needs but as a salicylic acid 20% peel would probably be a great start. You can get salicylic acid peels over the counter but they would usually be weaker (less than 5%) and require more frequent use

**What are the best and most effective treatments for sun damage?**

Prevention is obviously the most important step but if the damage has already been done it is not too late to prevent further damage by using sunscreen daily (winter and summer). As far as trying to reverse the effects of years under the NZ sun, using the right combination of skin care products (particularly vitamins C and A) can be extremely effective. Microneedling also offers a safe and effective way to repair and regenerate damaged skin from photo ageing.

**My top lip and chin are gathering more hairs than I would like – how am I best to deal with this and prevent regrowth?**

This depends on the colour of your hair. The darker the hair the easier it is to treat with lasers and IPL. This is because these methods rely on the dark pigment in hair absorbing the heat from the laser or IPL and destroying the growing hair follicle to

prevent regrowth. Different hair follicles will be active at different times which is why repeat sessions are needed over several months to prevent hair regrowth. If your hair is blonde then IPL is unlikely to be effective and you should look around for an Alexandrite laser. If the hairs are grey, unfortunately that means there is no pigment in them to absorb light and so plucking is probably your best bet.

**I would love my man to start taking care of his skin, what is something easy and beneficial for an ageing man to use after shaving etc.**

Great question – he can use any/all of the products you use! There is no difference between the products men use and those that women use – it is simply about marketing them differently. Shaving using an electric razor, especially with a dry powder shaving stick (Remington makes a great one) is far gentler on the skin than a razor. After any shave a moisturising cream is far more effective at hydrating the skin than any liquid because the alcohol in aftershave will dry and further irritate the skin.



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