

# essence

essentially...north canterbury



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Profile

Supporting  
Breast Cancer

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Dwelling

The Designer's  
Home



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# contents

We hope you enjoy our front cover this issue - it's a little different for us but how cool are these ladies, taking charge of Mother's day and just getting out there and doing it. They are the Lady Wave Tribe from Surfwise Surf School based at Waikuku Beach. More about who they are on *page 4*.

Women taking charge of their destiny is a bit of a theme this month - Meet Amber Arkell - an inspirational guest speaker at our upcoming Pink Tie Event that we are running in conjunction with the Rangiora Harness Racing Club. Aged just 31, Amber has already beaten breast cancer twice. During her personal battle, she became a powerful advocate for breast self-examinations. Her blog 'When things went tits up' has reached thousands of women worldwide, and the information she has provided is credited with saving women's lives. Amber tells her story to journalist Jo Bailey, a fellow breast cancer survivor, who is also a speaker at the Event. *Page 12*.

Incredible stories of courage and hope like these make us feel very honoured to be involved in organising our take on the traditional Pink Ribbon Breakfast in support of Breast Cancer Foundation NZ. We decided to make it a 'Pink Tie' event so grab your partner and come along - it promises to be a great afternoon. The wonderful North Canterbury business community have really stepped up with their offers of spot prizes and auction items.

There's even the chance to win a generous dinner party for six catered by executive

chef Andrew Frith of Oui Chef. Check out our story about him on *page 20* - we were privileged to have him cook for us last week in the essence office.

Another woman doing amazing things is Rangiora-based interior designer, Andrea Robertson. A love of Fiji, which is reflected in her gorgeous home and an allergy to anything containing soy, is the combination that motivated her to create her new range of candles. We feature her home and business on *pages 8 & 9*.

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

We visit Kaiapoi with its charming riverside setting, boutique shops, museum, picturesque walking trails and wide choice of eateries to find out why everyone loves Kaiapoi! *Page 15*.

Look out for our new magazine stands - despite our best efforts, occasionally some letterboxes get missed so the stands are an opportunity to pick up a copy. A list of where to find these is on *page 6*.

Here is a cute little note I found on my desk from our lovely proofreader, Helen; "lams are already out near Silverstream - with black noses and blacks ears.

Did I miss winter? Yay!

Enjoy your month - Dorothy



Page 08. Home and Business.



Page 12. When things went tits up.

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# Our fav photo of the month!

We couldn't resist publishing this photo – how fantastic to see this beautiful group of women taking charge of Mother's Day enjoying their last official surf for the season.

The surf conditions were perfect for the lady Wave Tribe from Surfwise Surf School, Waikuku, who come together to share waves, build relationships and allow the ocean to work its magic.

This summer 34 women committed to a series of lessons that saw some fantastic results. All of the Surfwise programmes are underpinned by a holistic wellbeing framework. They believe that now more than ever there is a need to find spaces to build authentic connections, to challenge and extend ourselves physically,

to practice mindfulness and to engage meaningfully with nature. Surfing with Surfwise will ensure such encounters.

Surfwise Aotearoa is the first surf school established in Waimakariri and based at Waikuku Beach. Matt and Tammi Martin began surf coaching in Waikuku in Oct 2017 and programmes continue to grow. Look out for Surfwise story in September edition of Essence.

"E kitea ai ngā taonga o te Moana, Kia mākū koel!" - If you seek the treasures of the ocean, you have to get wet!

Facebook: surfwisewaikuku  
Instagram: surfwise.waikuku



Front cover image supplied. Photography; Raymond Pearson



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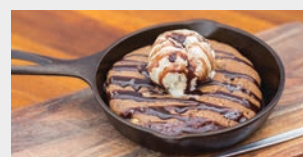
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District Governor Paul O'Connor, with new member Isabel Prosser and Bev Thomson and Anne Thorne

## The Lions Club of Rangiora Lioness Group

The Lions Club of Rangiora Lioness group gathered recently for their inaugural charter meeting. The group, now with 12 members are keen to continue their work in the community supporting those in need.

The Lions Club of Rangiora Lioness group is the new iteration of the original club which was formed in Rangiora in 1986. The Lionesses were then a ladies' branch of the Lions International organisation. Over the years the club served the community in many ways raising funds and helping out on special projects from a 1990 Telethon that raised \$3000 for the Bone Marrow Trust to providing food parcels to families cut off in the 1992 Big Snow in Canterbury. The group were tireless - organising all manner of fundraisers from antique fairs, book fairs, fashion parades to selling cheese rolls and running monthly quiz evenings at the RSA. All this work meant they

were able to make sizeable donations to St John's, The Rangiora Cancer Support Group and other local charities whilst also funding special projects.

Now the Lions Club of Rangiora Lioness group are looking to carry on this legacy and would welcome new members to join us. The club meets on the first and third Monday morning of the month and would be delighted to meet anyone keen to join and help out. We have plans for quiz nights, raffles and fashion events in the near future. So if you would like to be part of our hard working group, helping out the community come along and meet us.

If you have further queries please contact Rachel Bloomfield, rlbloomfield@orcon.org.

Next meeting: Monday 17 May, 10.30am  
Venue: Rangiora RSA



## Rangiora Tennis Club

After 92 years, the Rangiora Tennis Club has been sold, and an official closure event was held on Sunday April 18th. Present day members together with some from over 60 years ago, celebrated the club's history and reminisced about by-gone days. A new Rangiora - Southbrook combined club is destined for Coldstream Road.

## A HINT OF FIJI

Guests gathered at the home of Andrea Robertson where she unveiled her gorgeous new soy-free, Fiji inspired candle range, and the amazing scents she has created. With a range of five fragrances to choose from, the smells were incredible - and the story behind Eddie and Lu can be found on page 9.



Jenna Broad, Johanna Jones and Olivia Radford



Raymond Wedlake, Andrea Robertson and Jamie Smith



Larissa Williamson, Andrea Robertson and Sue Van Eyk Menkman



Cathy Taylor, Angela Bakx and Andrea Robertson

## Plant Lover's Delight

Niche gifts hosted an exclusive plant evening with OG Botanics recently where indoor plant enthusiasts had the chance to purchase rare and popular plants at market prices, all whilst enjoying bubbles and nibbles.



Olivia Radford, Jenna Broad, Sharon Gooderham and Andrea Robertson



Rosie Patterson and Jayne Rattray



Lisa McLaughlin and Rachel Caldwell

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The show begins with the Narrator and children's chorus introducing the audience to Joseph, his father Jacob, and Jacob's other eleven sons. Jacob reveals that Joseph is his favourite child, and presents him with a coat of many colours, while the other brothers look on in envy. The gift divides the brothers and pushes them to sell him into slavery where he endures a series of challenging adventures.....prison, the Pharaoh of Egypt, famine, dreams

and much, much more.

Directed and Choreographed by Kirsty Allpress.

Musically Directed by Gavin Hurley.

Photo credit to Michael Campbell.

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We delight in pulling together our magazine each month and showcasing the wonderful North Canterbury community. But when it comes to getting the magazine out and about we outsource the delivery to specialists.

Most of the time that works really well. But occasionally, despite our best efforts, the odd magazine doesn't get delivered. And sometimes we get calls from readers saying 'where is my Essence magazine?' or 'can I have an extra copy?'. Most magazine publishers will tell you, they have experienced these delivery challenges.

So we decided to make more magazines available in more places and this month our brand new stands have arrived. These will be distributed throughout North Canterbury towns. It means you can more easily get your hands on a copy of essence magazine and grab one for a friend too.

You can find stands or drop off points in the following places:

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- Cheviot - Harris Meats | Waiau On the Spot | Waikuku Beach Store
- Rangiora - Robe, I Adore, Conway Lane, New World
- Cust - Service Centre | Silverstream - Le Plaisir | Ohoka Garage
- Sefton Garage | Kaiapoi - Paper Plus, Shoe Therapy
- Woodend - Three Llamas

If you happen to live outside the area but still want to read about the inspirational personalities, places and business of North Canterbury, let us know.

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Alternatively, check out our website to read online.

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



Claire and Stuart Morris

### Considering Selling? Should I Stay or Should I Go?

The property market over the past 12 months has experienced exceptional activity, the likes of which few have seen before and next to none had predicted.

Contributing to this has been a favourable lending environment with low interest rates. This, in combination with positive returns on residential investment property and perception of the long-term stability of the residential market in New Zealand has meant that those looking to buy have faced significant competition and those selling have had the benefit of a buoyant marketplace.

More recently, we have seen a range of measures introduced by the Government, some expected and some that came as a complete surprise to many. This has led many to ask the question recently, is now still a good time to sell, or should I hold for conditions to change again?

The recently introduced increased LVR (loan-to-value-ratios), the removal of interest as a tax deductible expense from residential investment and the extension of the "Bright Line" test to residential property, except for the family home, from five to ten years will likely have some impact on the market, although it may be more superficial than expected by many.

Typically, when changes are signalled or implemented, buyers will fall into three categories:

- Those that are unphased by the changes as they are looking for a long-term family home
- Those that will now be more cautious due to the fear of overpaying if conditions change (typically those more highly leveraged in terms of lending)
- Those that see the opportunity in the uncertainty that these changes could create and are more motivated to purchase, albeit at a price-sensitive level.

While most economists believe that there will likely be some impact on the residential market as a result of these changes, most are predicting a reduction in the rate of price growth, rather than a reduction in values.

What this means for sellers is that while conditions may improve marginally over the next few months, the upside will not be to the degree seen over the last 12 months, therefore reducing the risk of potentially underselling if you take your property to the market now. Not forgetting that this risk could be massively reduced by choosing the right sales method and the right salesperson. Conversely, those that wait to see what happens potentially increase their risk of being exposed to a flattening or declining market in the slightly longer term.

If you are wondering if the time is right for you why not reach out to one of our team to discuss your options.



### Residential Tenancies Amendments Act 2020 | Notice Periods

In this, part three of my series regarding the Amendments Act, I talk about the other new notice periods now required to be given to tenants when vacant possession is required.

Fixed term tenancies will, as a whole remain the same with the end date of the fixed term remaining. The one difference to this however is that at the conclusion of the fixed term the tenants may decide to either renew their tenancy, roll onto a periodic tenancy, or move out, giving 28 days notice. A landlord will no longer be able to give "no reason" notice to end the tenancy.

When working with a periodic tenancy, a landlord may give the tenants notice that vacant possession is required as they wish to move into the property, this has changed from 42 days to 63 days. Notice can also be given due to major repairs or renovations being carried out, the notice period for this is 90 days.

The notice that a tenant is required to give a landlord to vacate has also changed from 21 days to 28.

It is important to note that during a fixed term tenancy, landlords can give either of the above notices as long as the vacate date falls on or after the end of the fixed term tenancy. For example, if the landlord needs to move into their

rental, they could give 63 days prior to the end of the fixed term.

Last time we talked about the notice required when selling a property, so to recap, 90 days is now required upon the sale going unconditional, or alternatively landlords can give 90 days notice that vacant possession is required as they will be putting the property on the market for sale.

It is important to ensure that the correct notice periods are given to avoid any potential problems down the track. As always education is the key.

Do feel free to contact me if I can be of any assistance.



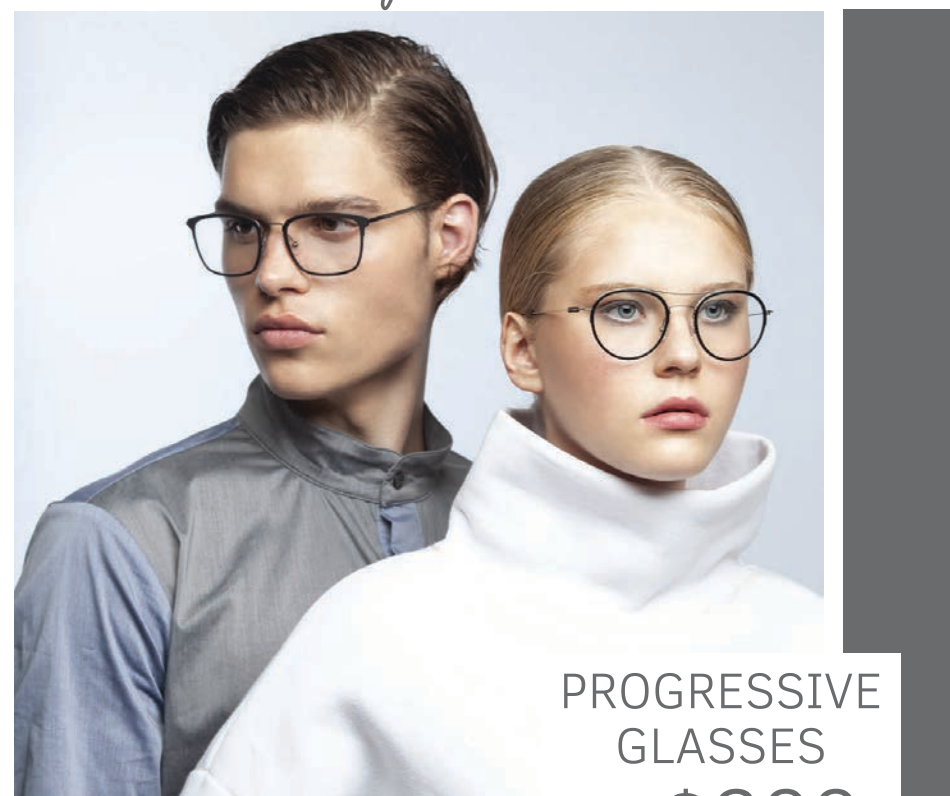
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*The open space is huge, "it's a great party house,"*

of my work I'm always kind of thinking about design and looking for things and sometimes I find things that I want myself."

But whilst she might change up the dressing there are key pieces that she lists amongst her favourites – her Nan's china cabinet and a well-laid out drinks trolley that has an air of the 1960s Mad Men about it but comes from a popular chain store. "If husband John had to save one item from the home it would be her Nan's rocking chair" she says.

"The house is still a work in progress" says Andrea, "the next plan is to revamp the laundry area." But you get the feeling this is a home that will always have changing elements – as an interior designer she clearly loves to experiment in her own home. The one thing that seems sure is that it will always look amazing.

## The Designer's Home

Step into the home of Rangiora-based interior designer, Andrea Robertson, and it feels almost tropical. Bright, white wood panelling meets wallpaper with lush green leaves and pops of red colour. A high ceiling is punctuated with a ceiling rose and a clear glass lightshade and beside a wooden bookshelf sits a large, leafy houseplant.

"This is Fiji, it's my happy place, it's what I see when I wake up in the morning," says Andrea. It's also a testament to her own hard work – she made all the wood panelling herself with her "bare hands and a drop saw."

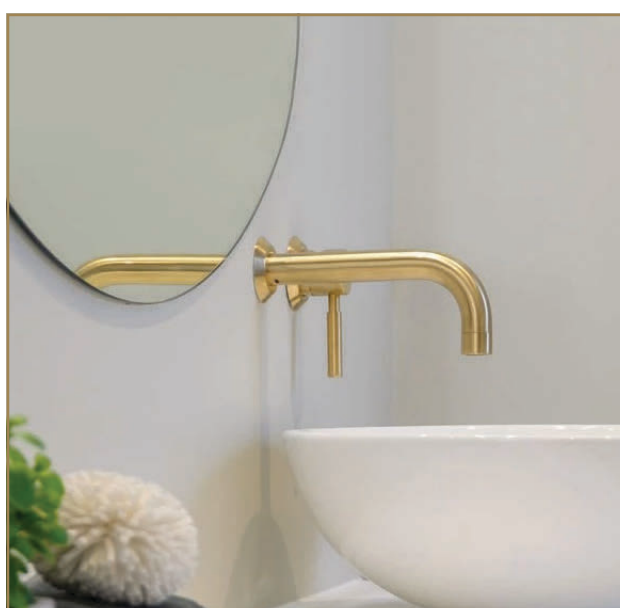
When Andrea and her husband, John, first saw this 1935 house, five years ago, it was dark, damp and the roof leaked. But they saw the potential and bought it anyway. The first thing they did was to clear away some of the large trees outside to let the light in.

Then water started to come through the light fixtures in the ceiling – "and that was the point," says Andrea, when they really did wonder if they'd done the right thing. They replaced the roof, revamped the kitchen, replaced the windows with double-glazed white aluminium frames. And clearly they did do the right thing –

this modern villa is now picture perfect.

The hallway leads into a large, open plan living, dining, kitchen area with areas of white and sea blue walls that blend perfectly. It feels new and old – a modern villa with a beachy vibe. There's no doubting this is a character home – with its beautiful ceiling roses, high ceilings and detailed skirting boards. White kitchen cabinetry contrasts with warm wooden shelves and period look floor tiles and the area is separated by a large island.

In one corner a seriously solid, square wooden table is surrounded by banquettes and two solid wooden benches. The table and benches were made by Loburn Furniture and the table is so heavy it had to be assembled on site. It's a cosy dining area with wooden panelling on the recessed walls behind.



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## The Ultimate Candle For The Home



A love of Fiji and an allergy to anything containing soy. It's this interesting combination that motivated well-known North Canterbury interior designer Andrea Robertson to create her new range of candles for the home.

"I am allergic to soy so I wasn't able to find a candle I could burn," explains Andrea. So, for this self-confessed DIY-er and crafter, the answer was obvious – make your own. She got to work sourcing coconut wax, wicks and other raw ingredients and started to experiment with fragrances. She had to ensure they were not overpowering nor underwhelming and hit just the right note.

She did it and the Eddie & LU range was born. The beautiful candles are 100% soy free and hand-poured using pure, sustainably sourced coconut wax with no nasties. And they smell utterly gorgeous with a range of five fragrances to choose from: Fresh Linen, Wild Orchid, Tonka Bean, Guava & Lychee and Blackberry & Musk.

Not only that, but the use of coconut wax means the candles burn cleaner and longer than others. Coconut wax is non-toxic and does not release carcinogens into the air.

Andrea has taken the same environmentally clean approach to the packaging. There is no plastic wrapping on the boxes and they are made from 100% recyclable brown cardboard.

As an interior designer, Andrea is well aware of the way in which beautiful fragrances are part of creating beautiful spaces. This carefully curated range of fragrant candles provide the ultimate addition to any home.

Eddie & LU Candles are available online at [www.eddieandlu.co.nz](http://www.eddieandlu.co.nz)

Available also at Niche Gifts in Rangiora and The Alpha Omega Clinic in Merivale.



## SKIN CARE

by Dr Peter Aspell (Durham Health Cosmetic)

Having a good skin care regime doesn't have to be complicated. A simple morning and night regime should take less than 2 minutes and doesn't need to break the bank.

Start with a cleanser – these are widely available and cheap. Wash with warm water, then gently clean your face – this gets rid of the dirt and debris blocking your pores and wipes dead skin cells away. Gently pat dry with a clean cloth- do not rub dry as it irritates the skin.

Oils/creams containing combinations of vitamins B,C,D and E are generally called serums and are also widely available but you get what you pay for. Think of these as the building blocks of new skin, repairing and protecting. Apply serums morning and night.

The next step(s) will depend on whether you have acne, dry skin, fine lines, sagginess, rosacea, pigmentation and so on. These are the creams that are best discussed with your cosmetic doctor as often these 'hero' ingredients need to be prescribed.

At night apply Vitamin A (Retinols) - the ultimate skincare ingredient.

These improve quality, tone, texture and lines but must be used with care. Plenty of

products contain some Vitamin A but non-prescription products rarely contain enough to be effective. Talk to a cosmetic doctor for advice around the best Vitamin A creams for your skin type and budget.

Moisturisers applied straight over the top seal everything in like a varnish. Cetaphil is my favourite and is affordable and widely available.

Finally – sunscreen. Nothing will protect your face from ageing better than applying sunscreen before leaving the house each morning.

Skinbetter Science products are available at Durham Health.

[www.skinbetter.com](http://www.skinbetter.com)



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.

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



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Rangiora Harness Racing Club and essence magazine invite ladies and gents to our

# Pink Tie Event

## "A DAY AT THE RACES"

In support of the Breast Cancer Foundation NZ



Have a flutter on the horses, hear inspirational speakers, dress up in your best with a nod to pink and enjoy a great atmosphere!

SILENT AUCTION  
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GUEST SPEAKERS

Sunday 23 May, from 12pm at the Rangiora Harness Racing Club

Tickets - \$50pp, tables available.

For all enquiries and ticket sales contact [rangioraharness@gmail.com](mailto:rangioraharness@gmail.com)

A generous proportion of your ticket price goes directly to the Breast Cancer Foundation NZ

G.J. Gardner. HOMES



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Get dressed up in gorgeous pinks and autumn colours with these fabulous frocks - perfect if you're heading along to our Pink Tie event on 23rd May at the Rangiora Race Track.

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TUESDAY Georgia Dress Robe Boutique

TUESDAY Nicola Maxi Dress Black Swan Robe Boutique

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chemotherapy, Amber decided to have a 'head shave barbecue' for family and friends. "It was one of the most spectacular days of my life – right up there with my 21st and graduation. All the love and support strengthened me, and everyone took turns to shave my hair off. I took a moment to go into the bathroom to see myself with no hair. I had never felt more beautiful."

Halfway through her treatment, Amber gave up her job in Auckland to focus on her health, and moved to Christchurch, where she finished chemotherapy, and carried on with Herceptin. She also opted for preventative surgery, a bilateral nipple sparing double mastectomy with immediate reconstruction.

By April 2018, Amber's life was getting back on track. She had recovered well, and regained employment. Then one day, during a routine breast self-examination, she noticed some dimpling on the small amount of remaining breast tissue she had left. "I pushed for answers and it turned out I had the same type of Stage 1 breast cancer again, which thankfully had not metastasized anywhere else. If I hadn't known that dimpling was a sign of breast cancer, it could have been much worse."

Feeling disillusioned after all she was going through, Amber started to investigate complementary cancer treatments, and came across the Sanoviv Medical Institute in Mexico, a state-of-the-art hospital, which combines conventional, alternative and integrative programmes to treat a range of diseases including cancer. "I was going to take out a bank loan to go on the three-and-a-half week cancer programme at Sanoviv, then my friends and family really got behind me and through a range of amazing fundraisers, the whole trip was funded. It took away a huge stress."

Amber went to Mexico in between her second surgery and targeted radiation. "I went through an intense detox programme and a complete rebuild of my immune system at Sanoviv, with lots of different treatments and therapies, alongside psychological, chiropractic, dentistry, nutrition, and health and wellbeing support. My body changed miraculously. I had never felt more healthy or healed."

Throughout all this time, Amber was regularly posting on her Facebook blog, 'When things went tits up', with her inspirational and frank posts demystifying the breast cancer experience and encouraging women to self-examine their breasts monthly. "I try to educate people about the importance of self-examination and knowing the signs of breast cancer beyond a lump. We also need to be our own best advocates. I know of women who were told they were too young to have cancer or it was passed off as something else."



Amber with her beloved border collie, Ava.

During Vitamin C treatment at Sanoviv Medical Institute in Mexico.



## WHEN THINGS WENT TITS UP

Meet Amber Arkell – an inspirational guest speaker at our upcoming Pink Tie Event. Aged just 31, Amber has already beaten breast cancer twice.

During her personal battle, she became a powerful advocate for breast self-examinations. Her blog 'When things went tits up' has reached thousands of women worldwide, and the information she has provided is credited with saving women's lives. Amber tells her story to Jo Bailey, a fellow breast cancer survivor, who is also a speaker at the Pink Tie Event. Jo's diagnosis coincided with her mother's secondary breast cancer journey, resulting in shared experiences few mothers and daughters would wish to have.

In early December 2015, Amber Arkell had recently turned 26 years old and like most young people was looking forward to a fun festive season. Instead, her life was turned upside down, when she was diagnosed with Stage 1 Grade 3, triple positive breast cancer. "It was an aggressive form of breast cancer, but in the early stages, which I was so grateful for," says Amber.

Amber had a partial mastectomy to remove the tumour and while there was no spread to her lymph nodes, her doctors decided to give her six rounds of chemotherapy just her young age. "I would love to be a mum one day, so I also had IVF to collect and preserve my eggs for the future."

After being told she would lose her hair during the

## "IF YOU ARE WORRIED, BE THE SQUEAKY WHEEL AND GET A SECOND OPINION."

Many women have told Amber that because of her blog, their lives were saved, or they have been inspired to start breast self-examination. Amber won a Kiwibank Local Hero Award and Canterbury Braveheart Award for her incredible initiative. She is full of praise for organisations like Shocking Pink, which supports women under 45 with cancer, and Sweet Louise which supports people with metastatic breast cancer. She says it is also important to remember that 25 men get breast cancer in New Zealand each year.

Three years on, a CT scan has shown Amber is cancer free. She is working full time and enjoying life. "I have Ava, the most beautiful dog in the whole world, my career is back on track, and I'm on the journey to finding real love, both internally and with a best mate. It's my time now."

Amber Arkell and Jo Bailey will be speaking at the Pink Tie Event 'A Day at the Races' in support of the Breast Cancer Foundation, at Rangiora Harness Racing Club from 12pm on Sunday 23 May.

### Checked your breasts lately?

It's as easy as **T L C**



**Touch.** Touch both breasts.  
You're feeling for any lumps or thickening in the breast even up to the collarbone and into the armpits.



**Look.** Look in a mirror.  
Raise your arms above your head. Does this change the appearance of your breasts or nipples?



**Check.** Check with your doctor.  
Check any breast changes with your doctor, even if you've had a mammogram recently.

Go to [www.anychanges.co.nz](http://www.anychanges.co.nz) and watch our step-by-step guide. 

## JOIN US AT THIS AMAZING EVENT



AMBER ARKELL

Instigator of the movement "8th of the month, feel your boobies day", Amber Arkell has turned her difficult path of breast cancer into a road-map that has brought awareness and inspiration to thousands of women across the globe.

Amber speaks from the heart, providing an authentic insight into what she has been through and shares her lessons in a way that inspires, educates and motivates the audience to make immediate changes in their lives".



JO BAILEY

Jo Bailey is a passionate storyteller, historian and highly experienced journalist, author, and editor. She is also a cancer survivor. Diagnosed in 1999 at the age of just 31, Jo's cancer journey coincided with her mother's. They shared experiences unlike most mothers and daughters – chemotherapy, attending the Look Good Feel Better programme, and even appearing on the current affairs TV show 20/20.

As the guest speaker at our upcoming Pink Ribbon event, Jo will talk about this shared journey, and provide an insight into what cancer has taught her, the strength it has given her, and how it doesn't define who she is today.



JANELLE BURNSIDE

We are excited to introduce our MC for our Pink Tie Event on 23 May ... Janelle Burnside.

Janelle is no stranger to Fashion in the Fields with creating outfits and entering competitions all around New Zealand and in Australia for the past 5 years. She has been quite successful, qualifying for the National Finals twice and making it into the Top 5 at Eilerslie.

She has won numerous sashes and prizes for her outfits, and highlights include winning Overall Supreme at Wellington Cup 2019 (winning a trip to Europe/UK) and winning her first International sash in Australia.

Janelle also writes a Racing Fashion NZ Blog about her fashion adventures, which aims to promote the sport and get more people involved in the fun!



## Pink Tie Event "A DAY AT THE RACES"

Incredible stories of courage and hope like these make us feel very honoured to be organising the Pink Tie Event in support of Breast Cancer Foundation NZ. And the wonderful North Canterbury business community have really stepped up with their offers of spot prizes and auction items.

We have a fantastic array of gifts and services that will be up for grabs including vouchers for some of the region's premiere fashion boutiques; gift baskets of delicious goodies; jewellery; floral bouquets and more. And there's even the chance to win a dinner party for six catered by executive chef Andrew Frith of Oui Chef (check out our story about him on page 20).

And a special mention to GJ Gardner for their generous donation to the event.

Ah-Leen Rayner, chief executive of Breast Cancer Foundation NZ, said:

"Pink Ribbon Events are a fun way to come together for good, knowing that the money you raise will help to change lives. Covid-19 has caused us to lose much-needed income, but we're determined to keep supporting women going through breast cancer and pushing for the latest scientific advances. Getting involved with Pink Ribbon Breakfast is easy and every effort will make a difference towards our goal of zero deaths from breast cancer."

### THANK YOU TO OUR SPONSORS FOR THEIR SUPPORT





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You may have heard Dermapen microneedling can help with anti-ageing, but it can also help with a number of other skin concerns.

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## FASHION ON THE SIDELINE

As the weather gets chillier, winter sports ramps up and that means lots of standing around on the sidelines on frosty mornings cheering on the kids. Keep toasty warm and look stylish with our picks of sideline fashion.



Icebreaker Vela Cuff Beanie  
**The Sport Shop**



Volcom Hernan Jacket  
**Propaganda**



Huffer Ladies Jacket  
**Propaganda**



Icebreaker Men's RealFleece Merino Zip Hood Jacket  
**The Sport Shop**



Women's Modesto Waterproof Snowboots  
**The Sport Shop**



Stella & Gemma Leopard Bow Gloves  
**Robe Boutique**



Icebreaker Men's Original LS Half Zip Redwood  
**The Sport Shop**

For the wee supporter!



Therm, all weather Lovebird Hoodie  
**Wee Kiwi**

Emu Sheepskin Dinosaur Boots  
**Wee Kiwi**



## DESTINATION KAIAPOI

With its charming riverside setting, boutique shops, museum, picturesque walking trails and wide choice of eateries - the pretty little town of Kaiapoi really has something for everyone. And head away from the centre and you can find the fabulous BMX park to keep the kids entertained or take a walk through the popular local food forest.

With attractions like these it's no wonder the town is always popular with residents and visitors alike.

### Introducing Kaiapoi High School's Head Girl and Boy

**Amiria**  
Kia Ora, I'm Amiria Gentry-Tuck a head girl at Kaiapoi High School. Like many of us, the earthquakes left my whanau evacuating my home. Kaiapoi was a temporary locality initially, until I came to learn that Kaiapoi was more than temporary.

Kaipoi is an opportunity of community, a chance of connection, and land I learned to claim with pride. It too could be my home. It's a gratitude towards this, and my own drive and ambition that lead me towards wanting to be a head student. Because I see a future in this town and the kids at our school.

**Hunter**  
Hi I'm Hunter, Kaiapoi High School's Head boy. I've lived in Kaiapoi for the majority of my life and I love it here. Living here has given me many opportunities that I'm grateful for, such as volunteering at the Kaiapoi food forest, joining the Cure rowing club, and many others.

When I was little I never dreamt about becoming Head boy but I'm glad that I am one now. I'm grateful for the people around me who inspired me to do more. They pushed me to achieve higher and hopefully I can put the many skills I have learned to good use.



### Blakeley's of Kaiapoi

Blakeley's of Kaiapoi is proudly family owned and specialises in classical and modern New Zealand made furniture. From beautiful lounge and dining suites to luxurious cushions, gorgeous rugs, stunning mirrors and wall art, we can help you create your dream home.

We also carry one of the largest displays of "Moorcroft Pottery" from England.

Blakeley's welcome you to their friendly and relaxed showroom in the heart of Kaiapoi.

**Open Monday to Friday 9am to 5.30pm and Saturdays 10am to 2pm.**  
117 Williams Street Kaiapoi. [www.blakeleysofkaiapoi.co.nz](http://www.blakeleysofkaiapoi.co.nz)

### GraceStone

GraceStone is a family run business. Everyone who works at GraceStone Granite and Marble shares a passion for stone. They are happy to meet you at the factory or the adjoining yard, where you can view raw stone and even personally choose the stone for your bathroom, kitchen, fire place surround, outdoor BBQ and/or special project.

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

### Specially You Beauty Therapy

Welcome to Specially You Beauty Therapy, established in 1999 by Shona Ayres - fully qualified therapist.

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Gift vouchers available!

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[www.speciallyu.com](http://www.speciallyu.com)

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SILVERSTREAM EST. 2017

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Cafe open to dine in or takeaway, Friday night dining  
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### LADIES WHO BRUNCH

Urban Revival & Karen Bailey are co-hosting a pink ribbon breakfast.

**Thursday 27th of May | 9.30-11am**  
Urban Revival | 42 Silverstream Boulevard, Silverstream Kaiapoi.

Tickets - \$45 available at Urban Revival. Ph: 03 421 7787  
Proceeds go to Breast Cancer Foundation NZ

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www.coffeeculture.co.nz



# WHY I LOVE Kaiapoi

“ JULIE MITCHELL

I Love the different shops, especially the shoe shop!

”



Steve May

It's quirky. I travel from Rangiora especially for Subway as I think it's better in Kaiapoi!

## WHOW AQUA SPORTS PARK AND WHOW AQUALAND

WHoW Charitable Trust is super excited to continue its journey around the Aquasports park and specifically the Aqualand project.

WHoW engaged Post earthquake in this project to ensure the speedy regeneration of Kaiapoi and while it has taken time to work through all the logistics, we appreciate the support from local government and NZTE to keep on track.

WHoW has also had amazing support from local community and local business owners and are now engaging in some important market demand research alongside getting the Aqualand up and running for Summer 2021.

This will consist of large PVC inflatable obstacles on Courtenay Lake for all ages and abilities to enjoy. So keep an eye out for ways in which you can support this kaupapa. As we will be holding information, surveys and even some fun Quiz nights in Kaiapoi soon.

While we still have a few things to get across the line to reach this start date. WHoW are excited about introducing an asset such as this to the Kaiapoi Community where we will not only provide an environment for our tamariki to have fun but also learn about water safety and freshwater ecology in a safe space.

[www.facebook.com/WaiHukaoWaitaha](https://www.facebook.com/WaiHukaoWaitaha)



## Pegasus Bay Law

Pegasus Bay Law specialises in residential and commercial property matters, family law, estates and trusts. We also attend to personal legal matters such as Enduring Powers of Attorney, Wills and Estate planning.

Call us to discuss your legal needs and how we can assist you.

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Our salon caters for men, women and children, plus we offer a discount to senior citizens.

A colour application service is available if the client provides their own colour.

Hours: Monday to Friday 9am - 5pm,  
Saturdays 9am - 1pm  
192B Williams Street, Kaiapoi



ROB DUGGAN

Love cycling from Rangiora to Kaiapoi. Looking forward to going on the Kaiapoi River Queen in a few weeks.



STACEY TONEY-CLIFFE:

Love the parks & the river. Everything is close by!

COURTNEY NASH:

Nice community feel. Everyone knows everyone.

## CBK Craft Bar & Kitchen

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4/77 Hilton Street Kaiapoi | 03 327 9224  
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## KAIAPOI MUSEUM

The Kaiapoi Woollen Manufacturing Company became one of the most important industrial concerns in the colony of New Zealand, with its goods being well known throughout Australasia. The company aimed to produce quality products that could be closely identified with the name Kaiapoi. The mill site was originally home to a flax mill that opened in 1866 and in 1873 the owners sold it to the Canterbury Spinning and Weaving Company.

This photograph was taken in 1920 and shows some of the women who worked in the mill.

Image supplied by the Kaiapoi Museum



## Flex Fitness North Canterbury

Flex Fitness North Canterbury combines open space with brand new gear and facilities for group fitness, weight training, and cardio workouts to help all of our members reach their goals fast!

Our brand new facility is North Canterbury's most stylish fitness option with space to relax, a supplement bar for healthy treats and snacks, and private/secure bathrooms. With plenty of free parking, friendly staff and 24/7 access - why would you not grab a free trial? Change Begins Here!

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03 929 0610  
northcanterbury@flexfitnessgym.co.nz



## Kaiapoi River Queen

Enjoy a cruise down the Kaiapoi River with your friends or family on our scheduled sailings or book a private function for your work or social club. Lunch time cruises scheduled every few days throughout winter.

We are berthed on a purpose built jetty that allows easy access for customers. Scheduled sailings on our Facebook or website.

178 Williams Street, Kaiapoi | 027 435 0596 | www.kaiapoiriverqueen.co.nz



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156 Williams Street, Kaiapoi  
03 327 6904  
www.voguekaiapoi.co.nz





## Art on the Quay

Art on the Quay has hosted over 50 art exhibitions in the Ruataniwha Civic Centre. The current exhibition is Colours of Nature by the Nature Photography Society of New Zealand.

Forty members have each entered their best shot of nature ranging from plants to animals.

Penguins, peacocks, insects and plants are presented in all their beauty creating a feast for art lovers.

Prints are available for purchase.

Follow us on Facebook [artonthequay](https://www.facebook.com/artonthequay)



## Unichem Fenwicks Pharmacy

30% off our favourite skincare brands Trilogy & Dr Lewinns.

Is your skin feeling dry or tight? Are you getting the best results from your skincare?

Come in and let the friendly team at Unichem Fenwicks Pharmacy assist you in finding the correct products for your skin.

Special valid until 31st May 2021

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## Blackwells

Blackwells Department Store is a family run business, established in 1871 in the heart of Kaiapoi. Carrying multiple high-end brands such as Vassalli, Foil, Seeking Lola and R.M.Williams, they proudly support their community with events, have easy off street parking and supply exceptional customer service.

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



## Kaiapoi Florist & Love Your Home

Our beautiful floristry range includes fresh, dried and silk flowers pre-designed or custom made to your needs. Then pop in to our new homeware store next door to experience a very homely atmosphere with top quality giftware, indoor/outdoor furniture, artwork, unique pots, candles and much more.

We stock major brands including French Country & artwork from local artist Christine Watton.

178 Williams Street, Kaiapoi | 03-327 0033

[@loveyourhomekaiapoi](https://www.facebook.com/loveyourhomekaiapoi) [@kaiapoiflorist](https://www.facebook.com/kaiapoiflorist)

## Vintage Rose

Centrally located in Kaiapoi, Vintage Rose is your destination store for exploring all things old, new and interesting.

The boutique entails a unique collaboration of lovely vintage crystal, silverware, new giftware, art glass, vintage porcelain, hand crafted and jewellery. You will certainly find a trove of wonderful finds.

Whether you are looking to add to your collection or find that unique gift, take a walk down memory lane at Vintage Rose, your store to visit.

174 Williams Street, Kaiapoi

[@VintageRoseKaiapoi](https://www.facebook.com/VintageRoseKaiapoi)



BLAKELEY'S OF KAIAPOI



VINTAGE ROSE



BLAKELEY'S OF KAIAPOI



BLACKWELLS



BLACKWELLS



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LOVE YOUR HOME

## KAIAPOI FINDS

If you are shopping for homewares - from furnishings to ornaments then Kaiapoi has a wealth of choices.



LOVE YOUR HOME



LOVE YOUR HOME



LOVE YOUR HOME



VINTAGE ROSE

## Your to-do list for the Autumn garden



### Minette Tonoli

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

### Garden tasks this month

While there may still be some produce to harvest from summer crops, most warm season annual edibles have done their duty for this season. Clean up and feed empty garden beds before sowing or planting cold season crops. Mulching helps keep in soil moisture, and keeps plant roots safe from surface frosts.

PLANT OUT SEEDLINGS: Cauliflower, Celery, Collards, Florence Fennel, Kale

SOW SEEDS: Corn Salad, Lettuce, Mizuna, Mustard, Pak Choy, Peas and Snow Peas, Radish, Shallots, Spinach, Turnip

PLANT: Garlic

PLANT OUT SEEDLINGS IN WARMER AREAS: Kohlrabi, Leeks,

PLANT OUT SEEDLINGS OR SOW SEEDS: Onion, Silverbeet

### Sowing and planting

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



Pak Choy



Kohlrabi



Collards



### Top Tip:

Plant garlic early! You can plant your garlic into prepared beds in May. Many growers have found that starting garlic earlier than the traditional "shortest day" in June, means that by the time pesky rust issues lay the plants low in summer, when it comes to harvest time around Dec/Jan, the heads of garlic have well-formed cloves and are of a better size.

### Did you know?

Tomatillo, *Physalis ixocarpa* grows well in Canterbury. This annual makes green (or purple) tomato-like fruit encased in a papery "lantern", similar to groundcherries aka Cape Gooseberries (just bigger). Harvested before the frosts, the fruits can be roasted to perfection and blended with other key ingredients like chillies, garlic, onion and lime to make Salsa Verde.



### Herbs, Flowers and Fruit

Herbs that can be planted now include chives, coriander, mint, oregano, parsley, rocket (warmer areas), rosemary, sage and thyme.



Flowers for the veggie and herb gardens to plant in May are calendula, cornflower, phacelia, poppies and viola. Bareroot roses are in store soon for winter planting, so prepare beds for new roses.

If you still have not put in your spring flower bulbs, this is probably the very last chance to get a good show this coming season.

A good number of fruit trees and berry bushes can be planted in May. Look out for delicious cultivars of apples, pears, citrus, feijoa, raspberry, blueberry and strawberries. Remember to check pollinator partners if your fruit tree needs cross pollinating. Bareroot fruit trees should start appearing in garden centres soon.

### Top Tip:

It's always better to plant more than one blueberry - even the ones that are self-pollinating will end up giving a far greater yield if they have a pollinator partner.

### Final thought

Before raking up all the leaves from your deciduous trees, or ripping out spent flowers, take a moment to investigate the critters that may live in your garden that need those leaves or twigs as hide-outs over winter or who perhaps lay their eggs in the leaf litter. Biodiversity is important in an organic garden.

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## LAMB, KUMARA & SPINACH COCONUT CURRY



May is Meat Month at New World Rangiora and an ideal time to think about all those winter-warming recipes that will get us through the cooler months ahead. We're all after comfort food when the seasons turn and this month's Lamb, Kumara & Spinach Coconut Curry will certainly be one to add to your repertoire.

Selected from our Something's Cooking Series, this curry is so easy, even the kids can make it! Cooked in the slow cooker it can be prepared ahead and you'll come home to the aroma of dinner, what could be better? You could use any cut of meat, pork, chicken or beef and if you want to make it meat free use chickpeas. Serve it up with naan bread and rice.

### Ingredients (Serves 4-6)

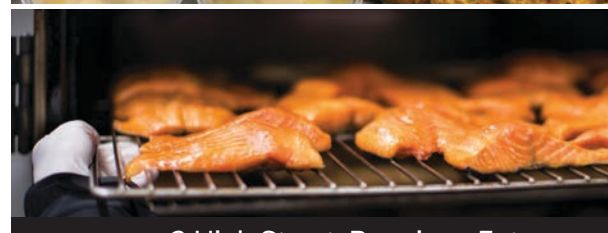
- 4 lamb shoulder chops
- 2 Tbsp Pams Pure Flour
- 2 onions, finely sliced
- 1 Tbsp Pams Mild Curry Powder
- 1 tin Pams Coconut Milk
- 600g orange kūmara, peeled and cut into chunks
- 120g baby spinach leaves

### Method

- Preheat the slow cooker to low. Remove any excess fat from the lamb shoulder chops. Dust the chops with the flour.
- Heat a splash of oil in a frying pan and brown the lamb pieces on each side. Set aside.
- In the same pan add the onion and fry until soft, add the curry powder, stir well, add the coconut milk, ½ cup water and the salt, then pour into the slow cooker.
- Add the kūmara, cover with the lamb pieces, and cook on low for 6 hours or until tender.
- Add the spinach and allow to wilt, then serve.
- Top tip: This is delicious served with rice or roti. Add some chopped chilli to the mix if you prefer things a little spicy!



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



2 High Street, Rangiora: Entrance on East Belt | [www.seafoodmarket.co.nz](http://www.seafoodmarket.co.nz)

## Private Chef In The Essence Kitchen

The Essence office kitchen is heavily coffee focused. But this afternoon it smells fantastic. It's been taken over by a real-life chef in a pinstripe apron whisking away, with the calm confidence of someone who knows exactly what they're doing.

And Andrew Frith of *Oui Chef* sure does. With 25 years' experience as an executive chef and a resumé that includes Michelin starred restaurants and superyachts – well, let's just say the Essence team are pretty excited about this taster session. We linger around the kitchen sipping wine, peering at dishes and chatting to Andrew. It must be annoying but he doesn't skip a beat, taking freshly baked seed crackers from the oven; whisking the 'beurre rosé' in the frying pan; delicately slicing the cornichons and answering our completely unrelated questions about how to cook croissants.

We gave Andrew a list of our dietary restrictions. Someone is gluten free, someone is allergic to soy, someone else is not good with dairy. This is no problem for him. He focuses on seasonal, local ingredients and shops on the day creating amazing dishes from what is available at the market and taking any special requirements or allergies into account. All the fish and seafood he cooks for us is sourced from the North Canterbury Seafood Market.

Our first dish is buckwheat blinis with cornichons, smoked salmon, fresh lime and acidulated cream (whipped cream with a squeeze of something sour in it – you can use lime or lemon juice or even vinegar – we're learning as well as eating here). A dairy free option is freshly baked seed crackers from sesame, chia and flaxseed topped with a subtly sweet combination of slow cooked beetroot and carrots. Did you know that slow cooked beetroot and carrots began its lift as a vegan Bolognese? Everything is beautifully presented and soon flying off the serving board, only for Dorothy to call a halt to the eating so she can photograph the dishes.



Next up is a dish of prawns and scallops seared in the beurre rosé sauce. It's basically reduced wine with aromatics and butter Andrew tells us. How can something so simple taste so good? Dorothy hurries to take photographs before the food disappears. The prawns are superb, the

scallops melt in your mouth and several of us try to spoon any leftover beurre rose into our mouths with our forks. Don't judge us – it was too good to waste.

As the sun goes down and wine glasses are refilled Andrew appears with the final plate. Bite-sized, handmade dark chocolates with a hint of lemongrass oil. They're chocolatey and creamy and delicious.

Not only was the food amazing, but Andrew has taught us some things along the way – sharing his expertise and knowledge and leaving us free to drink wine, chat and ask questions. This has got to be the perfect way to do dinner parties.

Andrew Frith of *Oui Chef* provides a private chef service specialising in creating exquisite dinner party events and experiences in your own home or venue. He is based in North Canterbury.

For further information visit [www.ouichef.co.nz](http://www.ouichef.co.nz).



## AUTUMN EATS

As the weather gets chillier, we're packing away our barbeques 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.

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# ASK AN EXPERT



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**We know the property market is busy but how do we make sure we get the best price for our home?**

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2. Great photography, not just good but GREAT! First impressions really count.
3. Clever, comprehensive marketing. Exposing your property to as many buyers as possible will lead to the person that is willing to pay the best price. Social media, internet sites, database mailouts, print advertising, signage and many other avenues all play a part in leaving no stone unturned in attracting that top buyer.
4. Service, be confident that you have selected an agent who will encourage every potential buyer to view your home. Sounds basic but we have all heard the stories of phone calls not returned.
5. Prepare your home, take advice from your agent, this step is important. We provide our owners with a Preparation for Sale suggestion sheet.
6. Choose the right method of sale, listen to the agents recommendations. The Auction or Deadline method is working perfectly in this market. Proven results should be provided.
7. Nationwide reach is playing a big part in successful sales, buyers are coming from all over New Zealand, make sure your agent is marketing to these potential buyers as well as the ones from this region.

It's an exciting time to be selling, all the very best.  
*Sue and Richard*

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richard.woerlee@harcourts.co.nz  
Richard - 027 220 7706  
Sue - 021 867 541

22 May 2021 | essence



## Jeremy Cox

As a Licensed Building Practitioner (LBP), Certified Carpenter and with over 25 years' experience in the building trade Jeremy Cox knows houses. In short he's the perfect person to give your future home a full pre-purchase inspection.

**I am looking at a property that is 5 years old - does it still need a pre-purchase property inspection?**

If you have lived in any home for 5 years you have probably noticed some deterioration. Particularly where we live, where our ground shakes, the wind howls and our houses move - a lot can happen in 5 years. So I would still advise you to get some extra peace of mind by getting a full pre purchase property inspection report so there are no unpleasant surprises.

**What are some of the key things you would recommend we look at when we first look around a home? Are there any particular things that would ring alarm bells for you?**

Many people will check their mobile reception in each room of the house, shower water pressure, even noting the best place to sit and have a wine. However, you should also look for those important things like the lighting, wear and tear, age of the bathrooms and kitchen and state of appliances.

But leave the tapping on the walls to me particularly if you don't know what you are listening for. I'm there to check the condition and structure of the building. If I think there are any issues, I will tell you and point you in the right direction of an expert who can investigate further.

**We are keen to make an offer but worried that the delay of getting a property inspection report will mean we miss out. What do you think?**

I know how important it is to work in with different situations. Is the house occupied either with tenant or owner? I can work in with all parties involved including your agent to ensure your report is completed in a time frame that works for all. In urgent cases, I can turn things around within 24 hours if we have discussed prior.

If you've found a property you're considering buying, talk to us about a comprehensive building inspection.



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## Matt Doocey

MP for Waimakariri



My offices are often barometers of issues that are concerning our residents. I've been approached by a number of people concerned about delivery of health services in our regions following the recent announcement that health services will be centralised.

Residents are asking me what impact this will have on our promised after-hours facility, which we anticipated being opened this year. Another concern being brought to me is the future of our flexi-beds at the health hub for use by convalescing patients. As a community, we have appreciated this facility when members of our families have been able to recover from surgeries in our own community where it is easy for family members to visit.

While I enjoy catching up with our new Canterbury District Health Board



Funded by the Parliamentary Service.  
Authorised by Matt Doocey,  
Parliament Buildings, Wellington.

CEO, I value how important it is for our residents to be able to bring their questions directly to the CDHB. I am, therefore, delighted that the CDHB's CEO and new director of planning and funding have accepted my invitation to attend a public health forum with our residents in the Rangiora Town Hall on Thursday 17 June at 6.30pm.

The CDHB will update us on progress on the building of our seven-day family health centre to deliver after-hours health services and will be on hand to answer questions from our community. At my last Town Hall public health meeting, residents Sandi and David McLean presented our community's petition to the CDHB for after-hours healthcare which successfully resulted in a commitment by our CDHB to provide this service for our community.

## Page Turners

words: **Pattie Pegler**

### Notes From An Apocalypse

Mark O'Connell

Books come and go and some of them you read and enjoy but almost instantly forget. Others stay with you and **Notes From An Apocalypse** has been one of those for me.

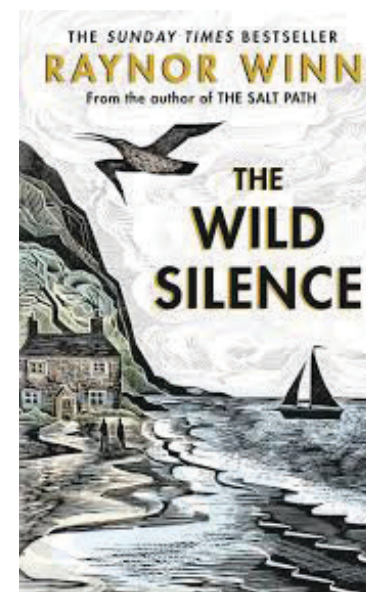
Released last year this non-fiction work from Dublin-based writer Mark O'Connell opens with him watching a video of a starving polar bear on his phone, whilst his young son is watching capering cartoon bears on television. And he struggles to reconcile those two images - one so joyful and one so downright depressing.

The book is really an exploration of climate change, the notion of the apocalypse and O'Connell's own anxieties.

Wanting to look his anxiety and this "future-dread" in the face, O'Connell seeks out people and places that confront it. His explorations take him from viewing bunkers, "End times real estate", in South Dakota to the radioactive landscapes of Chernobyl. He meets 'preppers' in the US, contemplates Elon Musk and his desire to colonise Mars and heads to Wanaka to find out about some of the bolt-holes being bought up by overseas billionaires. He delves into history and politics and capitalism and life.

And if all this sounds a bit depressing, well, yes and no. O'Connell is a superb writer with a great turn of phrase and there's a wonderfully dark humour throughout. He's honest and self-deprecating and a wonderful guide through a dark world.

If you've ever read a headline about rising sea levels or mass extinctions and been left with that vague but consuming sense of anxiety - read this book. It's fascinating, topical and stays with you long after you've put it back on the shelf.



## The Wild Silence Raynor Winn

This is the sequel to *The Salt Path*, and is a second beautifully written memoir, in which the author Raynor Winn explains how the real challenge was what to do next. Moth is still alive and *The Wild Silence* is an attempt to wrestle with her conflicting feelings. It delves deep into Winn's past, covering her childhood as the daughter of a tenant farmer and follows her life as she struggles to deal with the progress of Moth's disease and with the illness and death of her mother. Throughout it all she retains her faith in the importance of having an almost visceral connection to the land. Raynor is a wonderful storyteller - she is lyrical, almost poetic in her descriptions of the landscape, sky, wildlife, flora and fauna.

She says, "One of the biggest things we had learnt while walking the salt path was to live in the moment. We learnt to stop worrying about the future and what horrors it might hold and appreciate what we have right now - and I found that really quite hard to do once we went back to living under a roof because what had given me the strength to feel that way and to cope with everything that was happening was being out in the natural world."

She would find herself hiding behind the converted chapel in which they now lived to avoid talking to people, begging Moth to speak to them so that she didn't have to and, when things got really bad, erecting their old tent in their new bedroom and sleeping in it. Adding to the stress was the fact that Moth's disease was continuing to progress. The turning point in *The Wild Silence* comes when she and Moth are offered the chance to live and work on another farm, albeit one owned by somebody else. This offer required trust, which was a hard call for a couple who had been badly betrayed by a friend in the past, but it also seemed to offer the wonderful possibility of hope and a leap of faith for this brave pair.

The final chapters of the book are about Raynor and Moth's trek with friends on the Laugavegur Trail in Iceland. The trail covers a savage rock-strewn landscape of ash, boulders and obsidian, much of it the result of the 2010 eruption of the unpronounceable Eyjafjallajökull. This part was almost an adjunct to the book. However, as with *The Salt Path*, this was another challenge they embraced. I loved this book. Raynor and Moth's extraordinary deep connection to each other and to nature is a sheer inspiration.

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## Bella: My Life in Food

Annabel Langbein

For the first time, Annabel Langbein, New Zealand's most popular cookbook author, writes about her remarkable life and how food has shaped it, highlighting some of the recipes that have resonated most strongly with her over the years.

From her childhood fascination with cooking to a teenage flirtation as a Maoist hippie, to possum trapping and living off the land as a hunter and forager, to travelling and starting her own croissant business in Brazil, Annabel's life has always been centred on food and nature. Out of this came an obsession with creating cookbooks, introducing a generation of cooks to her simple recipes for delicious, stylish meals.

Annabel has lived a huge and varied life, and she writes vividly about her many adventures. From throughout this rich life in food she has chosen 60 recipes, created with her signature style and flair that make cooking easy for everyone, sharing them in this beautifully photographed book.

I loved this book. And learned what a 'locavore' is!

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