

essence

essentially...north canterbury

12

Feature
Mooching Around
North Canterbury

10

Home & Garden
Endearing
Eyrewell Villa

SHOP THE LOOK

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

A wide selection of wax/oil burners

I Adore Natural

RELAX
CALM
New Mugs

Fragrant, long lasting wax melts are back in stock

25% off Metal Planters

I Adore Homeware & Gifts

The French Country Dragonfly Range is back in stock!

Summer Dresses

Stunning new feature clocks

Beautiful Large Globes

Repurposed Wooden Console Table

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

WILLOUGHBYS
CREATE INSPIRE

Malabrigo Silkpaca

This gorgeous 70% alpaca and 30% silk 2ply makes light as a feather shawls and wraps. \$19.90 per 50g/384m.

Baby Cakes Boston Cardi and Beanie

Baby Cakes Sophia Cardi and Hat

Baby Cakes Phoenix Vest and Hat

A great selection of Zauberballs in store today!

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

The Fabric of Society

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

Florence Velvet in Mineral

Glass domes in various shapes and sizes

Aubusson Chalk Paint - one of 45 colours

Beija Flor Armenian Eclectic

Yuan Parnasse stackable dishes

Open Monday - Friday 10am - 5pm, Saturday 10am - 4pm
15 Coronation Street, Rangiora
Ph. 027 309 0060 | www.thefabricsociety.co.nz

BUSINESS FOR SALE!

Contact: Kate Mullins | Bayleys | 027 248 8456

www.quiltersquarters.co.nz
143 Percival Street, Rangiora | Open: Mon-Fri 9am-5pm. Sat 10am-2pm.
P: 03 313 6765 E: 1quiltersquarters@gmail.com

Professional Photography Specialising in Family Portraits

Beverly Studios Ltd
Professional Photographers

Long after Special Moments have gone or people have passed away, family portraits continue to evoke precious memories. Beverly Studios are experts at capturing those special moments and creating stunning images of the ones you love.

A purpose built self contained indoor studio (excellent for rainy days) and a wonderful outdoor country setting allow for opportunities to include treasured belongings from musical instruments, sports equipment to special vehicles.

Phone 03 313 2465 | Cell 0274 311 850 | www.beverleystudios.co.nz | 218 Boundary Road, Fernside

contents

Welcome to Essence magazine 2022.

We are back and looking forward to an 'interesting' year. Not sure if 'interesting' is the best choice of word to sum up what could be a very challenging year for some of us - but we will still be here keeping things positive and as upbeat as usual.

With that in mind we have some great stories for you this issue -

Writer Michelle McCullough chatted with North Canterbury local, Claire Harvey about her once in a lifetime opportunity to run her own bank on a tropical island. What was supposed to be a short-term adventure has turned into a nightmare and she is now unable to come home due to Covid 19 restrictions. **Page 19.**

Pattie Pegler interviews UK-based Celia Dodd, author of *The Empty Nest*. Celia has some great advice about adjusting to this new chapter some of us are facing with kids starting school, moving on to high school or heading off to university. **Page 6.**

A new year, even though it's just another date on the calendar, is a wonderful time for reflection. If you haven't done so already, Dr Libby encourages us to take some time to consider how we want our 2022 to look like on **page 16.**

At Essence Magazine we know we are pretty biased about North Canterbury. Whether you've lived here all your life, have just moved to the area or visiting from out of town, there is always something new to see, do and explore. Check out our feature on **pages 12 and 13.**

Congratulations to Blackwells Department Store celebrating 150 years. What an amazing achievement. If you head to their website - www.blackwellsdeptstore.co.nz you can read a wonderful account of the history of the store from its early beginnings in 1871. We have some pics from their celebration night in our limelight pages on **page 4.**

Enjoy your month, Dorothy

contact us:

Dorothy McLennan - Publisher
dorothy@essencemagazine.co.nz

Melanie Cox - Office Manager
mel@essencemagazine.co.nz

Mandy Buchan - Advertising Sales Consultant
mandy@essencemagazine.co.nz

Johanna Ditmer - Graphic Designer
johanna@essencemagazine.co.nz

Janet Scott - Advertising Sales Consultant
janet@essencemagazine.co.nz

PO Box 295, 211 King Street, Rangiora, North Canterbury.
Ph: 03 313 1811 | www.essencemagazine.co.nz

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

Home and Garden
Page 10



Back to School
Page 6



Fashion
Page 9



We asked columnist Barbara from New World what the highlight of her Christmas was... Find out on Page 15

Looking for some creative friends to help with your branding?

We know finding a Creative Agency can be a little daunting...but dont worry, we have been helping people just like you for over 20 years now.

We would love to hear from you.



create

DESIGN | WEB | PRINT

29 High Street, Rangiora

studio.rangiora@printing.com
03 313 7774

createdesignstudio.co.nz



EXCLUSIVE PACKAGE DEALS

PROGRESSIVE LENSES & TITANIUM FRAME
INCLUDES EYE TEST & WIDE ANGLE RETINAL SCAN.

\$395

RANGIORA | KAIAPOI EYECARE

APPOINTMENTS ESSENTIAL
TS & CS APPLY. EXPIRES: 28th FEBRUARY 2022

SUPPORT LOCAL Shop LOCAL

RANGIORA | 42 HIGH ST | 03 313 8811
KAIAPOI | 192 WILLIAMS ST | 03 327 8292

Front Cover:

Goodbye to Villa Life, Hello to Multi-generation Living. Geraldine and Simon Mangos share their story living in a 1910 Eyrewell villa and their plans for the future. **Images; Supplied**



Jan was amazing, very detailed and thorough and helped us get a much better result than anticipated. Would recommend her as an agent to anyone selling their house! - N. Scully

Jan McCormick
021 395 241 | 03 311 8020
jan.mccormick@bayleys.co.nz



WHALAN AND PARTNERS LTD. Licensed under the REA ACT 2008

WIN WIN WIN WIN!

The fabulous team from Caci Rangiora have kindly donated this beautiful giveaway to spoil one of our lucky readers this month for Valentine's Day!



To win this amazing prize valued at \$250, simply email mel@essencemagazine.co.nz with who you wish to nominate for this beautiful giveaway.

This competition will close Thu 24 Feb at 12pm.

Meet HANK.

As The Green Collective enters its 8th year in business, we have released a new product we are immensely proud of. Doing what we do best, combining art and design onto everyday products.

HANK is our reinvention of the classic handkerchief. Years of searching for the perfect soft Organic cotton and the dream design collaborations have resulted in the nine works of art you see today.

Waste free compostable packaging, and a generous 43cm square make these a super versatile product with multiple uses.

"Creating a product with multiple uses ensures a sustainable product development. There is a connection with history, family, waste not and reducing consumption of single use items. It's incredibly hard to choose a favourite from the nine designs. As well as a classic handkerchief, these are a becoming a popular napkin, gift wrap and frameable art."

- Director Emma Saunders



WIN!

\$100 online voucher with The Green Collective. Treat yourself to some HANK handkerchiefs, along with other goodies on the Green Collective website.

Simply email your name and phone number to mel@essencemagazine.co.nz by Friday 25 February to be in the draw to win! There are TWO vouchers up for grabs!

A Rare Sesquicentennial

150 years in a family owned business - how proud are we of the Blackwell family? They celebrated their milestone sesquicentennial last weekend at Laceybank function centre with family, staff and invited guests.

images: Phil Heffernan | Camera & Digital - Photography



hello world
TRAVEL
THE TRAVEL PROFESSIONALS

We are looking forward to creating exciting travel plans with you in 2022.

Our doors might be closed but we are still working from home to continue providing our exceptional service.

Liz Ditmer | Travel Broker

Phone: 03 310 6288 | Email: liz.ditmer@helloworld.co.nz
Consultation by appointment | Helloworld Travel Rangiora



NEW YEAR Glam

Rangiora local and former Miss Canterbury/Miss World NZ competitor Tessa Nicholas (née) Colville glammed it up one last time at her New Years' Eve wedding to Architecture Designer Rob Nicholas.

They held their ceremony at close friends' garden on Kippenberger Avenue, Rangiora and then the reception at their beautiful newly built home in Townsend Fields, Rangiora.

Because of Covid it meant keeping everything local which turned out to be the best decision - "we had a wonderful day shared with our close family and friends."



YOUR FAVOURITE LOCAL BAKERY!



138 Percival Street, Rangiora | 03-310 6096



Jewellery & Watch repairs | Valuations | Watch Batteries

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



MASTER BUILDER

Robertson building
CANTERBURY LTD

Local to North Canterbury

CALL ARTHUR 027 245 1601

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

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

FREE QUOTES



ROBOTIC MOWERS
FOR EVERY GARDEN



CARE 5 YEAR DOMESTIC WARRANTY AND CLEAN KIT
*Terms and Conditions apply. see HUSQVARN.COM for details.

275 Flaxton Road, Rangiora | Ph 313 6640
Trading Hours: Mon - Fri 8am - 5pm, Sat 8:30am - 12:30pm, Sun Closed

When The Nest Feels Empty

words: Pattie Pegler

The day my son started school I left quickly. "It does come right," said a kind mother to me in the playground as I fled to the car for an uncensored sobbing session.

The sobbing wasn't unprecedented. It had started on his final day at preschool and continued all week in the run up to his first day at school. Not endlessly, of course, but intermittently and suddenly and uncontrollably - I would find myself bawling. Never in front of my child. He was excited about school.

And sure, I knew this was irrational. He couldn't stay at preschool forever. Life moves on, kids grow up. Sometimes we feel sad about changes like that - whether it's kids starting school, moving to high school or heading off to college. Sometimes we don't. The number of mothers that looked at me in surprise was about the same as those who nodded knowingly when I spoke about this sadness. Working mothers, mothers of many, mothers of solo kids - there was no pattern, some felt sad about their kids starting school, some didn't.

You can't really generalize all parents vary in how they deal with these milestones, agrees UK-based Celia Dodd, author of *The Empty Nest: Your Changing Family, Your New Direction*. Dodd has written extensively on the empty nest and whilst starting school is a long way from heading off to college, it can create 'very strong echoes of that empty nest feeling' she says.

Why so sad?

It's a big milestone - the simple act of children putting on the uniform can be a visual reminder of this. It was a point that came up repeatedly when Dodd was talking to parents for her book. They even look different. "It's the transition," says Dodd. "From the moment children are born they're very close to you. Now there are all these new influences coming in and different stepping stones along the way. It sometimes feels that you're becoming less important in your child's life, but in fact your

relationship is simply evolving in very positive ways."

You might be worrying about how your child will cope, will they make friends, are they going to be happy? Much of this is now moving out of your control. "It makes you feel a bit redundant," says Dodd.

And sometimes seeing your children growing up can just make you feel a bit sad about time passing.

So what to do?

Well, on a practical level one option is to stay involved, advises Dodd, join the PTA, go along on school trips, help out when asked. If you are looking for a way into this new part of their lives - that can be helpful. And make the most of the time you do have together.

... "The main thing is you have to replace what you're missing and try to see the good things about this new stage,"

says Dodd. "So think about something you really want to do. Structure your week so you've got things built in that are for you and give you a sense of purpose."

Allow yourself time to adjust this new chapter. Talk about it with a friend or partner and take a long view of your relationship with your child which will keep on growing and changing. There are going to be other milestones, other transitions and it can help to find a way that works for you to navigate through them. In the long run it will help both you and your child to have to have your own identity beyond motherhood says Dodd.

In my experience, after a couple of weeks I was able to talk about my son being at school without welling up. It turns out that kind mother in the playground was right - things do come right.

You can find more information on Celia Dodd and her book at www.celiadodd.co.uk.

Back to School!

With the new school year now underway, many parents spent the last few weeks of January collecting various bits and bobs to get their kids sorted for the upcoming school year.

And they've been asking the same question: why are school uniforms so expensive?

One parent told Essence that it cost her \$680 to kit her son out for his first year at high school. While another local mum said it cost approximately \$250 for a brand-new primary school uniform for her child. A visit to a local uniform retailer showed that simple embroidered school polo shirts can range in price from \$20 to more than \$40, while school polar fleece tops ranged from around \$30 to \$45.

However, the cost of uniforms is not exclusively a North Canterbury problem. Numerous news articles from other regions of New Zealand have been popping up all over the internet, all of which have been asking the same question.

So, what can we do about the cost of school uniforms? The New Zealand Commerce Commission advises anyone who is concerned about the price of their child's school uniform or other school supplies to contact the school's Board of Trustees with any concerns.

At Essence we've come up with some tips on how you can save money on school uniforms.

- Buy second-hand. There are so many uniform buy and sell groups on social media, as well as op shops and Trade Me.
- Mix and match official uniform pieces with more affordable unbranded options such as shorts and t-shirts.
- Uniforms can be worn for several days so only buy what you need and cut down on your washing.
- Buy bigger. Children grow incredibly fast so buy items a few sizes bigger and let your kids grow into their uniform.



Claire and Stuart Morris
Business Owners

The only constant is CHANGE!

We've got used to change, lots and lots of change but also adapting to it! The latest hurdle to jump are the changes put in place by the Government under the Consumer Finance Act (CCCFA) which came into force on 1 December 2021 and had an almost overnight impact on those attempting to borrow money from the banks.

The key rules for lenders are:

Lenders must act in line with responsible lending principles set out in the Credit Contracts and Consumer Finance Act (CCCFA). It applies to those who provide mortgages, loans, agreed overdrafts and any form of credit. It also covers consumer leases and home buy-backs.

Responsible lending covers everything lenders do, from adverts to loan agreements, affordability assessments to limits on interest and fees.

The most important requirements say lenders must:

1. Comply with disclosure obligations.
2. Ask detailed questions about your income, expenses and current circumstances including any likely changes to the income you'll rely on to repay the loan.

3. Ask what the loan is for to ensure they provide the right type of finance.
4. Conduct an affordability and suitability assessment to check if the loan or credit meets your needs and make sure you can afford repayments - forensic analysis of bank statements to verify expenses.
5. Help you understand what you are signing up to before you sign.

There are some really good changes especially around disclosure and checking for overall understanding, however, prospective borrowers need to be aware that living costs/expenses are being analysed far more stringently and it is impacting their ability to secure finance to buy property.



Best thing to be doing is sticking to a budget right now - know your numbers and cut back on unnecessary spending. If you really want to buy a home then get in front of a Mortgage Broker ASAP and get committed to the process.

We can highly recommend our local team at Loan Market North Canterbury - Brent Findlay can be contacted at 022 652 3369 or brent.findlay@loanmarket.co.nz.

Changes to Healthy Homes Standards

So what is on the cards for landlords this year? Well your guess is probably as good as mine, as based on the many changes and challenges we experienced last year you could be forgiven for thinking we may be left alone but then again I thought that last year!

The first changes are likely to be in relation to the Healthy Homes Standards, as late last year the Government advised that they are re-looking at some of the standards, in particular the heating component.

Below is an outline of their proposal:

The Government has announced they are reviewing the Healthy Homes standards and are looking at making some changes, which if they go through, will be implemented in April 2022. However it is important to note this has not been passed yet so status quo does remain, and it will only apply to properties which were built (or had renovations completed) under the 2009 Building Code.

The heating standard (and calculation) is the area where the changes, if introduced, will make the most difference.

Understandably this will cause great frustration for many landlords who have either already had extra heating or alternative heating installed in their rentals or who are working within a 90-day deadline to meet the minimum requirement.

The potential changes would mean that a property built to the 2009 NZ Building Code would have a different calculation used, incorporating the insulation and glazing in the property so where previously the heat source calculation did not meet the minimum temperature it possibly now would.

The other changes are that a heat source installed prior to 1st July 2019 would now reach the standard if it was within 80% of the capacity (currently this is set at 90%). Lastly, they would up the capacity for a second heater to be installed from 1.5KW to 2.4KW in order to meet the required minimum heat.

They will also look at a report from a specialist in heating which may advise that the heat source does in fact heat the living room to the minimum of 18% celsius, despite the calculation saying it does not.

We have been strongly advised by legislation experts that it is important for landlords to keep working to the current standards and not to jump the gun and start using the proposed new standards as there is a risk that a landlord who does not comply with the current Healthy Homes heating standard could incur a fine of up to \$7000 for non-compliance.

In the end landlords will likely make their own decisions on how they wish to proceed, however, I do recommend that you ask for advice to ensure that you are not putting yourself at any risk for potential fines.



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

Rangiora | Pegasus | Kaiapoi | Papanui

T 03 310 6010 | E morrisandco.nz@raywhite.com | W raywhitemorrisandco.co.nz
Morris and Co Real Estate Limited | Licensed (REAA 2008)

PEOPLE PROPERTY PERFORMANCE

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

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



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



Specialist Giftware



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



SPECIALS ON BBQ PACKS

FACTORY DIRECT PRICE | BUY BULK & SAVE

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

Certified Organic Products for People, Pets & Plants

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



www.greentrading.co.nz

www.nativeeem.com

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

84A High Street, Rangiora, 7400
Email: rangioramobiles@gmail.com | Phone: 03 3106673
SAME DAY SERVICE

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

PROFESSIONALISM | STRENGTH | KNOWLEDGE

Handzon

sew - knit - embroider - quilt - crochet

your happy place

New shop!

1 Alfred Street Rangiora



1 Alfred Street, Rangiora
03 423 3544
www.handzon.co.nz

The Heroes of Summer Hair

Strengthening

- Fusion Mask - Silksteel fusion to repair and protect
- Colour Motion structure and mask with Wellaplex bonding agent for coloured hair
- Olaplex No.3 hair perfecter - this treatment repairs and protects the hair from further damage



Styling

- Mystify Me - instant hold for any style. Lightweight spray, brushes out easily
- Ocean Spritz - add beachy volume and texture to fine hair. Protects against UV damage
- Soft Twirl - for touchable waves. Anti frizz for up to 72 hours



Salon Faves

- SP Luxe Oil - pure luxury for curly and fine hair. Instantly smooths and transforms damaged hair
- Aqua Pure shampoo - removes chemical and product residue leaving hair fresh and clean
- Thermal Image - heat protection spray that smoothens hair to a flawless shine



WIN!
Spend over \$70 on products and go into the weekly draw for a free deluxe conditioning hair treatment and scalp massage.
Expires 31 March 2022



Ph 313 6552

www.higorgeous.co.nz

67 Percival Street, Lilybrook Centre, Rangiora

Seeking Lola Lively Dress - \$159.90
Thea's Boutique



Blackcaviar Raven Navy - \$99.90
Thea's Boutique



Django & Juliette Pearl/DJ - \$199
Shoe Therapy



Hammered wide cuff in Sterling Silver - \$699
Marion & Co Jewellery



Memo Blouse Midnight Flora - \$99.90
Blackwells



Minx Pretty Polly Blush Combo - \$199.90
Rangiora Shoe Lines

Vassalli Earth Red Blouse - \$149.90
Blackwells



Saben Wild Flower Lilac Keyring - \$79.00
Shoe Therapy

Double wishbone cuff in Sterling Silver - \$199
Marion & Co Jewellery



Vassalli Shirt Willow - \$159.90
Blackwells



Rollie Derby City Punch Soft Tan - \$219.00
Shoe Therapy



Semi precious multi stone ring in Sterling Silver - \$129
Marion & Co Jewellery



Bresley Sago Navy - \$279.90
Rangiora Shoe Lines

Leila & Luca Awaken Midi Dress Black Animal - \$179.90
Blackwells



Spiral geo drop earrings in Sterling Silver - \$115
Marion & Co Jewellery



Campbell & Co Jasmine Pony - \$229.00
Shoe Therapy



Monte Carlo Top Navy Flora - \$139.90
Thea's Boutique

Tamara/London Bruin Bone - \$189.00
Shoe Therapy



Double twisted teardrop pendant in Sterling Silver - \$89
Marion & Co Jewellery



Foxwood Navy Pinot Dress - \$129.95
Thea's Boutique



Foil Renewable midi Dress tiered Deco Floral - \$159.90
Blackwells



Sunglasses
Thea's Boutique

Gelato Luca White - \$259.90
Rangiora Shoe Lines



Bresely Shaker - Powder - \$199.90
Rangiora Shoe Lines



Billie the Label Wide leg Pants - \$149.90
Blackwells



Upholstery & Furniture Design

We provide a full upholstery service specialising in all areas, producing a high quality standard.

No job too big or small.

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



VASSALLI

New Arrivals!

Blackwell's

DEPARTMENT STORE KAIAPOI
TRUSTED SINCE 1871
Celebrating 150 Years

Cnr. Williams St & Raven Quay, Kaiapoi Open 7 Days
Ph 03 327 8029 | www.blackwellsdeptstore.co.nz

SALE!

RANGIORA SHOE LINES

The Best Little Independent Shoe Store in North Canterbury

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

Marion & Co. Jewellery

The perfect gift this Valentines Day

146 High Street, Rangiora (next to Country Lane Fashions)
03 97 5575 | info@marionandcojewellery.com
www.marionandcojewellery.com

Summer SALE

Shoe Therapy

Open 7 days
178a Williams St, Kaiapoi
03 327 0966
shoetherapy.co.nz



'As far as furniture goes, I can honestly say that I have only ever bought a couple of sofas and a coffee table new.'

The couple re-configured a series of rooms, moved doorways, created another bedroom, a laundry and a new bathroom. They installed Listone Giordano French oak floorboards from MetroFloor in Christchurch. They are made in Italy and their natural warm wood grain gives the perfect backdrop to Geraldine's French country style. And then, over the years, Geraldine has perfected the space with her unerring eye for gorgeous, rustic style. She did a lot of interior painting herself and favours soft colours – Resene's 1/2 Black White, Merino and her new-found favourite, White Pointer, 'a gorgeous neutral with a hint of grey'.

But now it's time for a change and with the villa recently sold, the couple, who have just celebrated their 46th wedding anniversary, are moving to Martinborough. The concrete foundations for their new home have recently been poured – and they are going to be sharing it with their second daughter, son-in-law (who is building the house) and three grandsons. So, it's multi-generational living in a brand new house.

"It makes a lot of sense. When my daughter first suggested it, I laughed and said 'But I'm not old enough!'. The house is being built on a 10-acre lifestyle block and with all the

family living together, "It will be wonderful to share the responsibilities of animals, gardens and childcare". An added bonus for Geraldine is that "Along with my daughter, I get to style another house and create a garden from scratch".

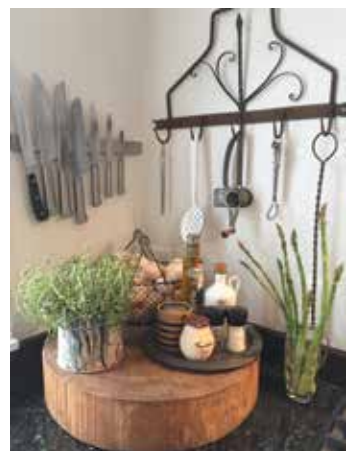
The couple are excited to be embarking on a new adventure, especially being closer to family and having children around once more.

And as for the move, itself, Geraldine is taking most of her beloved pieces with her. "I tried Marie Kondo-ing," she says with a smile.

"I look at something and ask 'Does it give me joy?' and 99% of the time the answer is a definite yes. So I am taking it all up with me."

Geraldine and her daughter have very similar interior tastes she says. And the added benefit of timeless, classic pieces means they 'can fit anywhere'.

There are, of course, a few things Geraldine will miss about North Canterbury – her pet sheep Lucky, her Christchurch family and dear friends, and the amazing group of warm-hearted, creative women she works with at The Fabric of Society where she got all the soft furnishings for the villa.



Goodbye To Villa Life, Hello To Multi-Generation Living

words: **Pattie Pegler** images: **supplied**

Geraldine Mangos, grew up looking at her mother's Australian House and Garden magazines and along with husband, Simon, has renovated a few homes over the years. But it was a move to the UK that opened her eyes.

"I found my style love in the UK. It's basically battered French furniture, French country," she explains. "I liked that everything was pre-loved and that peeling look of the original paint. It inspires me."

In fact it inspired her so much that she opened her own shop in the UK, called A French Affaire, where she sold antique French furniture and other home décor items.

'As far as furniture goes, I can honestly say that I have only ever bought a couple of sofas and a coffee table new'. And she likes to see things go on to have a new life. The brass bed she and Simon bought when they got married, was sold recently. "To a lovely young couple who had just got engaged. I told them it was a very lucky bed," says Geraldine.

This love of the pre-loved is evident in the 1910 Eyrewell villa on 14 acres that Geraldine and Simon are soon to leave. There are old mirrors with so much foxing they hardly reflect, but they are beautiful. There are lamps made partly from old Roman numerals salvaged from an old French village clock. A sturdy wooden coffee table was found at a market in England. "It was covered in mud and took two days of hosing down and scrubbing," recalls Geraldine. "Nothing looks better than my boys with their feet on it. It's not precious, scratches and scuffs don't matter. It's comfortable, it's loved".

When Geraldine and Simon moved into this house in 2014, along with Poppy and Vera, the cavoodle and black cat, it needed a bit of work. The driveway, lined with camellias, magnolias and roses had them in love at first sight. But inside there were missing skirting boards, mismatched paint, some rotting windows and a bathroom in serious need of renovation.



DRY FIREWOOD IN STOCK NOW - PINE, MACROCARPA, OREGON AND BLUEGUM.

READY FOR DELIVERY OR PICKUP

Barks & Mulches | Railway Sleepers | Pea Straw
Macrocarpa Sleepers | Screened Soil
Aggregates – White Chip, Black Chip, Teddington, Amuri, Springfield and much more.
Composts & Garden mix's | Pavers | Pungas
Delivery & Courtesy Trailers available

OPEN 7 DAYS

48 Chinnery's Rd, Woodend
Ph (03) 312 2003
Email: info@woodendlandscape.co.nz

Sold

**923 Downs Road
Eyrewell**

Proudly sold by
Richard and Sue Woerlee.

Harcourts Four Seasons Realty
Four Seasons Realty 2017 Ltd | Licensed Agent REAA 2008

We appreciate all the effort that Richard and Sue put into successfully selling our property. When we compared 4 local real estate agents at the start of the process, their approach stood out for two reasons - a detailed plan to market our home successfully, and their enthusiasm for our home's character.

They also have a great admin team to keep the ball rolling and everyone informed. - *Simon*

**Top Lifestyle Sales Team Harcourts Canterbury
and Top Sales Team for Harcourts Rangiora.**

Richard & Sue Woerlee
M. 027 220 7706 P. 03 312 6161
E. richard@woerlee@harcourts.co.nz
E. sue.woerlee@harcourts.co.nz



The Rusty Acre

MOOCHING AROUND

North Canterbury

At Essence Magazine we know we are pretty biased, but we think North Canterbury really does have it all. Whether you've lived here all your life, have just moved to the area or visiting from out of town, there is always something new to see, do and explore. From the arty river town of Kaiapoi right up to the beautiful Waipara Valley, this feature explores some of our glorious district's hidden treasures. With wineries, delicious treats and farmers markets to whet your appetite to talented locals producing bespoke crafts, gifts and fashion, North Canterbury is the ultimate destination to mooch around this summer.



THE MILL WAIKUKU

A trip to Waikuku is not complete without a rummage around The Mill. Located inside the stunning old brick mill on Main North Road, this fabulous treasure trove features international and local artwork and giftware, as well as antiques and second-hand clothing. Check out their range of funky jewellery or treat yourself to a statement piece of clothing that will help you stand out from the crowd.

1473 Main North Road, Waikuku | 03 312 7978

RIS'TRETTO ESPRESSO

Tucked away in Waikuku is Ris'tretto Espresso, a multi award winning boutique coffee roastery. Exclusively roasting fair trade organic coffee and supplying select cafes around Canterbury since 2008, Ris'tretto Espresso is also available with contactless delivery via their online store. To order beans for your home or office, or to have a chat about wholesale coffee supply for your cafe, just get in touch via their website.

www.ristretto.co.nz



BLACK ESTATE WINERY

If delicious wine, fabulous food and spectacular views are your thing, set a date to visit Black Estate Winery. This stunning Omihi Road winery is made up of three vineyards that are farmed using organic and biodynamic practices.

Wine and dine at Black Estate's exquisite restaurant and visit the cellar door and take some wine home with you. For those with more time, the winery also has a beautiful Bed and Breakfast on site.

www.blackestate.co.nz



RANGIORA EQUESTRIAN

From timeless tweeds to hardy country boots, the Dubarry range is filled with elegant wardrobe staples that look as good as they perform. Whether you enjoy a casual dog walk in the winter or a sunny Sunday lunch, we've got everything you need for whatever the weekend throws at you. Visit us in store to see our beautiful range for yourself - we can't wait to meet you!

www.rangiorasaddlery.co.nz



THE BARRELMAN

In the market for some sustainable, bespoke homewares and gifts? Then make a date to see The Barrelman. Located at Ashworths Corner in Leithfield, Pure by the Barrelman is a family run business that specialises in products made from recycled oak wine barrels. From lazy susans, platters, chopping boards, gumboot racks, outdoor furniture and garden decor, the talented folk at The Barrelman are the people to see for something sustainably unique.

30 Ashworths Beach Road, Leithfield | www.thebarrelman.co.nz



QUERKY STYLE AND ROSES AT CUST

Take a drive along Inland Scenic Route 72 and discover Querky Style and Roses at Cust. From fashion, gifts and homewares to indoor and outdoor pots, Querky Style and Roses is a unique retail experience in the heart of North Canterbury. Open seven days a week, they also offer an extensive range of Rose varieties that will delight gardeners of all ages, as well as a wide selection of trees, shrubs and indoor plants.

www.rosesatcust.co.nz



GRACEBROOK ORCHARD AND EQUESTRIAN CENTRE

If honey is your jam, then a trip to Gracebrook Orchard and Equestrian Centre on Ashworths Road is a must. With more than 25 varieties of honey on offer as well as other specialty food items to stock up your pantry, Gracebrook's farm shop is one of North Canterbury's best kept secrets. The cherry orchard also grows Hostas, Hydrangeas, Canna's and Bromeliad, and for those with a keen green thumb, a selection of leeks and hard-to-find plants.

156 Ashworths Road, Amberley 03-314 7076



THEA'S BOUTIQUE

They say life is too short to wear boring clothes, and the team at Thea's New and Pre-Loved Boutique certainly seem to agree. This funky clothes store in Oxford stocks a wide range of new and second-hand clothes, jewellery, footwear and accessories from all your favourite fashion brands. Thea's also have a fabulous selection of homewares including planters, ornaments, pillows and a stunning selection of 100% cotton bed throws that have been handsewn in India.

102 Main Street, Oxford 03-242 0490



I'ADORE

I'Adore is the coming together of two great passions - beautiful homewares and gifts and natural and organic beauty. Offering a huge range of high quality gifts and statement homeware pieces along with organic and toxic free beauty and lifestyle products, I'Adore has established itself as a must go to spot for Rangiora shoppers and visitors.

www.iadore.co.nz



THE RUSTY ACRE

Step into a world of whimsy at The Rusty Acre. A visual feast of over 80 steel sculptures larger than life set in an established 2 acre garden.

Our Home décor gift shop is brimming with unique new and vintage items to cherish. Hand painted furniture offering a stylish original look.

Open Friday, Saturday, Sunday (Oct-April) from 10 to 4pm

1 Roscrea Place Mandeville | Entrance off Mchughs rd

Garden visits \$10 pp, Picnics welcome.

Contact: 0211466426



WEE KIWI KIDZ

Treat your wee kiwis at Wee Kiwi Kidz in Rangiora. This bright and cheerful boutique children's shop offers a wide range of clothing, essentials and toys for newborns to eight-year olds. Home to leading New Zealand brands such as Wishbone bikes and Bobux shoes, Wee Kiwi Kidz is a one-stop-shop for all your needs. Whether you are shopping for your own children or need a gift for a birthday, christening or a baby shower, the friendly team is ready to help you select the perfect item.

www.weekiwi.co.nz

VILLAGE GREEN ANTIQUES

Take a stroll down memory lane at Village Green Antiques in Rangiora's trendy Conway Lane. Full of high-quality China, glassware, art and jewellery, the team at the Village Green have lovingly curated a vast array of antiques that will make you yearn for yesteryear. Whether you're after something specific like a beautiful brooch or rare piece of China, or you just enjoy browsing, you won't be disappointed by what's on offer at Village Green Antiques.

www.villagegreenantiques.co.nz



PARIS BAKERY AND CAFE

Brimming with delicious sweet treats and savoury delights, a visit to Paris Bakery and Café should be at the top of your list the next time you visit Amberley. Winner of the North Canterbury Business Awards: Tourism and Hospitality Award 2021, this family-run business is well known for their beautiful baguettes, artisan breads, croissants and delicate French pastries, as well as their scrumptious mille-feuille. And for those who love a good old-fashioned Kiwi pie for lunch, there is something to suit every tastebud.

96b Carters Road, Amberley 03 975 3125



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

Do you plant by the moon?

To some it's hocus-focus, and to others, it is an undeniable truth. While the hard-core science is still out on a conclusive positive verdict, there's enough anecdotal evidence from believers in moon phase gardening through the ages, and across cultures, that makes it worth experimenting with. Nothing to lose, everything to gain.

I have been using the lunar calendar as a rhythm for my cultivation for many years now. At the very least it gives me a good schedule to work to! But I am also not too hard and fast on it - if it so happens that an optimal lunar time for planting comes along and it is raining, I am happy to postpone my digging till a later time again when I can potter about in the sunshine.



Lunar gardening starts with New Moon, which is February 1 this month. New Moon is when I get myself ready to sow, plant, and make cuttings - ensuring I have the seeds appropriate to the season, enough seed raising medium if I sow in trays, or that the plot I will direct sow into is well weeded and ready. The day after New Moon, for about ten days is said to be the most productive time for above-ground crops, so it is the best time to plant all the veggies, herbs and flowers that will give you leaves, stems, fruit, flowers or seed produce.

After that there are five days of cultivating, compost turning, and dealing to weeds, followed by two days of root crop sowing, five days of pruning and cultivating, another two days of root crops sowing, and finally a few days up to and including New Moon again to rest and reflect, clear and sort out, and then it all starts again.

What are the theories around it? It has mostly to do with gravitational pull and water.

The moon's gravity lends us the tides, and similarly, is said to exert a force on the groundwater, and up through the plant's vascular systems, affording a positive environment for cell growth. While the reflected light, moonlight, is also sometimes referenced, the amount of light is so little that it probably has only a negligible effect on photosynthesis.

What can you sow in February?

I'll be putting in seed of brassicas like cabbage, cauliflower, broccoli, kale, brussels sprouts, mustard greens and collards, as well as root crops like daikon radish, turnips, beetroot, parsnip, carrots, leeks, onion, and swedes. For leafy greens, I'll plant more lettuce and silverbeet, and it is a great time to start celery. In the herb patch and flower garden, sow parsley, chives, oregano, fennel, calendula, chamomile, hollyhocks, and dianthus.



Grilled Peach Caprese Salad

We have a fabulous black boy peach tree here at the Essence Office. We are waiting very patiently for them to ripen so we can make this fabulous salad again this year. Grilled peach, mozzarella, basil and balsamic - so easy - so delicious!

Don't forget to peel the peaches before grilling.

Prep Time: 10 minutes
Cook Time: 5 minutes
Total Time: 15 minutes
4 servings

INGREDIENTS

- 2 medium black boy peaches (peeled)
- 4 oz fresh mozzarella
- 10-12 fresh basil leaves
- balsamic reduction
- olive oil
- coarse sea salt

INSTRUCTIONS

1. Preheat grill or grill pan to medium heat.
2. Wash and slice peaches about 1/2 inch thick. Slice mozzarella 1/4 inch thick and cut each piece in half to make half moon shapes.
3. Brush or spray peach slices with olive oil. Place peaches on the grill and cook undisturbed until grill lines appear, about 2-4 minutes. Flip peaches and continue cooking until grill lines appear on the other side. Remove from the grill.
4. Arrange the salad on a plate by alternating slices of peaches, mozzarella, and basil leaves. Drizzle with balsamic reduction and sprinkle with sea salt.

NOTES

- Once you place the peaches on the grill, don't move them until you're ready to flip them. This will help them develop a crust so that they release from the grill easily.
- If you'd like to make the balsamic reduction yourself, add about 1/4 cup balsamic vinegar to a small saucepan and bring to a gentle boil. Simmer until reduced by half, about 15-20 minutes.



Essence columnist, 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.

Warm Steak Salad

Christmas has come and gone and we've all been enjoying the stunning summer, whether that means going on holiday or a relaxing break at home it's nice to be able to spend time with family and friends. There's still plenty of fantastic weather to be entertaining and with Waitangi Weekend coming up it's an ideal time to relax with friends dining alfresco.

This month's recipe is from our successful Something's Cooking Selection, a Warm Steak Salad. This is something you can whip up in a hurry if you have unexpected visitors turn up. This is a very tasty salad, nice and light and won't weigh you down especially after all the holiday eating. I've used rump steak, but if you have a favourite piece of steak you can use it, cooked medium rare so it's tender, make sure you rest it before slicing.

This salad is also lovely cold. Serve it up with a crusty baguette and a glass of Cabernet Sauvignon and lunch is sorted.

Serves 4

Ingredients

- 500g rump steak
- warm steak salad
- 1kg new season baby potatoes
- 2 Tbsp basil pesto
- 1 bag of rocket
- Handful of shaved parmesan
- Optional: 1 bag of pine nuts

Method

- Remove fat and gristle from the rump steak. Place the steak between two pieces of baking paper and bash with a rolling pin until it's about 1cm thick - this will tenderize the steak. Season the meat well and set aside.
- Boil the potatoes for 10 - 12 minutes, or until fork tender.
- Once the potatoes are cooked, drain and toss in half the pesto. Put aside with lid still on.
- Grill the steak for 1 minute each side over a direct high heat on the BBQ. Put aside to rest for a few minutes.
- Spread the remaining pesto onto a large sharing platter followed by layers of rocket and potatoes.
- Thinly slice the steak at an angle, place onto platter topped with shaved parmesan.
- Top tip: sprinkle a handful of toasted pine nuts on top of your salad for extra crunch.



We asked Barb what the highlight of her holiday was?

The highlight of my summer break was doing a roadie to Napier in our Fiat Bambina. Stunning weather, great scenery and awesome catching up with friends and family after a challenging year.

On our way home we got parked by a huge truck on the ferry, you had to laugh but it was hard to spot a lol. - Barbara



RANGIORA SMOKEHOUSE

"HOLY SMOKE" PLATTER FOR 4 PEOPLE

Open Tues to Sun for Lunch and Dinner
Sun-Thurs 12-2/5-7.30pm
Fri & Sat 12-2pm, 5-8.30pm

Enjoy a delicious lunch or dinner with our Low & Slow BBQ meat.

Choices include pork belly, pork ribs, chicken wings, lamb sausages, delicious burgers and much more!



238 High Street, Rangiora
03 423 3149

LITTLE VINTAGE ESPRESSO

Fabulous food, great coffee and amazing service!

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



Nom Nom Kitchen

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

Order online nomnomkitchen.co.nz or call (03) 313 4276
257 High Street, Rangiora

Pataka BERRIES

MAKE THE MOST OF OUR FRESH SUMMER FRUIT THIS MONTH!

Fresh strawberries & blueberries
Lovely new potatoes and spring carrots | Enjoy a real fruit ice cream



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

WHAT'S HAPPENING AT CBK CRAFT BAR & KITCHEN?

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

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

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

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

TEAR THIS OFF FOR \$10 OFF YOUR LUNCH!

Available everyday to 3pm.
Use by Sunday March 6th.

Call into Artisan to pick up a fresh loaf of our new and improved Sourdough Bread Selection.

A sourdough starter takes on a life of its own if you feed it and take care of it. We started our starter about 25 years ago and it has been watered and fed ever since. It gives our sourdough a very authentic and unique flavour that can only be found in the Artisan by Rangiora Bakery sourdough loaves.

Open daily 7am - 5pm 18 High Street, Rangiora | 03 313 8837 | www.rangiorabakery.com



MAKE 2022 YOUR YEAR

A new year, even though it's just another day on the calendar, is a wonderful time for reflection. If you haven't done so already, I encourage you to take some time to consider what you want your 2022 to look like. You might like to ask yourself this question:

"How do I want to feel?"

Perhaps you want to wake up with more energy each day, avoid that mid-afternoon slump, experience less uncomfortable symptoms from anxious feelings, feel less exhausted at the end of a week, or feel motivated to pursue the things you love. With that in mind, here are three habits that can really make a difference to your health.

1. Build muscle mass

Muscle keeps our body and bones strong and plays a prominent role in creating energy. From the age of 30 onwards, unless you actively build muscle, you lose it. This is one mechanism through which we can get osteoporosis—something that we don't often think about when we're young but can have a significant impact on us later in life.

Building muscle doesn't have to mean going to the gym if that doesn't light you up. Gardening, Pilates, taking the stairs, carrying children and groceries, yoga, climbing, martial arts and hiking all offer the opportunity for resistance training—and that is what builds muscle. Essentially the key is to move more and move often in whatever ways feel good for you.

2. Feed your microbiome

The different strains of bacteria that make up your gut's ecosystem are known as your microbiome and they play a significant role in how we look and feel on a day to day basis. Your microbiome directly responds to the foods you eat on a regular basis. There are gut bugs that disrupt the harmony of our ecosystem and ones that support it. Take a guess what the ones that disrupt it thrive

on? Sugar. You can work towards reducing or eliminating refined sugars from your diet if this feels good for you, or you can simply work to increase your intake of whole, real foods which will naturally mean you're eating less anyway.

For a thriving gut microbiome full of helpful bugs, eat mostly whole real foods and have fermented foods such as sauerkraut regularly. Bone broth is wonderfully restorative for the gut too.

3. Breathe through your nose

Your mouth is a backup breathing system for when you have a cold, allergies or through intense exercise when the body needs more oxygen quickly. However, many people breathe through their mouth while they sleep or even around the clock. This unfavourably changes the pH of saliva which increases tooth decay and can lead to less oxygen in our blood, which is associated with high blood pressure.

Breathing through our nose on the other hand, helps to produce nitric oxide, which improves the oxygen absorption in your lungs. Nose breathing has far-reaching positive effects on your health so become aware of how you breathe and take steps to resolve a congested nose if one is present.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive online courses have helped more than 10,000 women around the world find freedom from their health challenges. For more information about her new Detox course, go to www.drlibby.com



SKINCARE

by Dr Peter Aspell (Durham Health Cosmetic)

The most common question I get asked by new patients is "where do I start?". The answer is it depends on what your goals are and how much time you are willing to invest in your skin. The best results come from combinations of treatments and cosmetic doctors are trained to tailor these to the individual.

Most patients I meet struggle with a basic skincare routine each morning and night. Trying different products over time can be good but it is more important to find a routine that works for you and stick with it. Results take up to a year to really pay off but the idea is that you continue using the right creams for life. These can be as simple as: cleanser, serums and sunblock but there are now fantastic prescription creams available that can do so much more - from treating eye bags to getting rid of lines and sun spots.

Dermal remodelling includes micro-needling, lasers and peels - they improve hydration, texture and skin quality and are also fantastic treatments for acne, blemishes and scarring. These resurfacing treatments are safe and effective ways to restore and rejuvenate your skin and I

would recommend them to anyone. When combined with regular skincare creams they demonstrate impressive results after several monthly treatments.

Botox is so popular because it is highly effective and affordable;

it lasts 3-4 months and treatments three times a year refreshes our look and prevents fine lines from turning into deep furrows. It can also be a fantastic way to lift eyebrows, fix droopy mouth corners, treat neck lines and correct gummy smiles. Not everyone needs Botox but most people can easily find some benefit from it.

Dermal fillers have practically instant results that last about 12 months. We can enhance our cheeks, lips, chins, jawlines, temples and eyes in ways ranging from the very subtle to the bold and dramatic. Fillers aren't for everyone and can be expensive but that's because they're often worth it.



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



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

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

A revitalised you is only a consultation away.

All treatments carried out by highly experienced Dr Peter Aspell. Contact Durham Health Cosmetic Clinic (03)3134659 – start the journey today. www.durhamhealth.co.nz



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.

Beauty Essentials

Valentines Day Facial Pamper offer \$70.00

Circadia Enzyme + Hydrating mask of beautiful gentle exfoliation of papaya and pineapple enzyme and marshmallow mask.

This will brighten, clarify and remove keratin build-up and infuse hydration, leaving your skin feeling amazing.

THE BEAUTY ROOM SKIN CLINIC



Vitamin C Serum by Timeless Skincare

If you want to see a massive improvement to your skin quality and only had 1 product to choose, then this is the one. It's the legendary Vitamin C serum from Timeless Skincare. Do a search for it on YouTube and then you'll know why we bother importing it from the USA.

From \$49.95 on www.canterburyclinic.nz

CANTERBURY CLINIC

Body Mates by Pure Fiji

This fab duo of full size shower gel and handy 240ml body lotion are the perfect pair to keep you smelling fresh and beautiful this summer, all wrapped up in a lovely cosmetic bag with matching tassel!

Was \$69, now just \$59. Limited quantities.

www.cocoonbeautyanddayspa.co.nz

COCOON BEAUTY & DAY SPA



Golden Nails & Spa

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

03 6625 066 | goldennailspa21@gmail.com | Shop 5, 15 High Street, Rangiora



My name is Michelle, and I am the proud owner of The Beauty Room Skin Clinic.

I've been a beauty and dermal therapist for 17 years and love helping clients with their skin. The best part of my job is seeing the positive change in clients and holistic effect a little pampering can have.

The Beauty Room Skin Clinic | Michelle Griffiths
Ph. 021 583 257 | info@thebeautyroomsclinic.co.nz



Canterbury Clinic
APPEARANCE MEDICINE

THE Destination TO A MORE BEAUTIFUL YOU

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

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



Open in February on Tues 8th, Mon 21st & Tues 22nd
Appointments can be made via www.canterburyclinic.co.nz, on Facebook or call us on 03 925 8875

@cantyclinic
Rata St Business Hub, Oxford
www.canterburyclinic.nz

Feeling Breathless?

Come and see me for treatment and self management of:
Breathing tune ups | Long covid | Asthma | Stress and/or anxiety
Breathing pattern disorders | Chest (mucus) clearance | Chronic cough | Vocal cord dysfunction | Breathing and fitness

Book online www.lungmechanic.co.nz, phone 0210 223 9746 or email catherine@lungmechanic.co.nz

The Lung Mechanic has experience treating and managing children, youth, teens and adults of all ages.



Active Health, Flaxton Hub, 345 Flaxton Rd, Rangiora
Ph. 021 0223 9746
catherine@thelungmechanic.co.nz

YOUR NEW FITNESS OBSESSION AWAITS.

Studio Pilates offers everything you want in a workout, and nothing you'd expect. Intense, 40-minute Pilates reformer workouts are designed to transform your entire body, giving you the results you want. Fast. With an inspiring fusion of innovative technology, amazing instructors, personal attention, great music, luxe surrounds and a totally fun vibe, there's nothing ordinary about this world class workout. Get started with 6 classes for \$60 as a special introductory offer for new clients (conditions apply).

Book now at Studio Pilates Rangiora
03 9258 136
www.studiopilates.com/studios/rangiora



BECAUSE LIFE'S TOO SHORT FOR ORDINARY WORKOUTS.

ISLE OF SUN SUMMER ESCAPE

If we can't get to the tropical islands, let's bring the tropical to us!

This limited edition summer package includes the following:

- Relaxing foot soak and scrub
- Tropical Classic Facial
- Heavenly Hair Treatment
- Plus a gorgeous Pure Fiji facial range sample to take home!

\$169 for 90mins of bliss, all using our limited edition ISLE OF SUN Pure Fiji fragrance, with tropical notes of lime, grapefruit and sea berry, to transport you to the breezy tropics this summer.

Available until end of February 2022.

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



Hank's back with us! Update from Hank

Happy New Year everyone! Yes, I'm back. After a break for a few months I've decided to start writing again. To be fair I've had a number of people ask when I was starting again so, to all those supporters out there, here we go...

It seems that after my time away not much has changed. A few things, we don't have "alert levels" anymore. Instead we have a "traffic light system" and here I thought the only traffic light other than the road traffic control was a drink Jill and I bought for our grandchildren before we gave them back to their parents, so they'd have plenty of energy after a visit. Wrong, we've got a new one.

However, the new Red level doesn't seem to be an awful lot different than the orange we'd become used to. For most of us it's really business as usual with some stricter measures around numbers at gatherings and wearing of masks. Not too arduous at all I'd suggest.

There does seem to be, however, an awful lot of negativity around. So much so that Jill and I have decided this year to watch far less, if any, news on TV. We don't watch the 6 pm news and no longer watch the morning breakfast shows. We read our phones. Once upon a time that would have been the Press but now it's Stuff. We've decided to choose what we want to influence our lives, not what gets thrown down our throats.

We're determined to allow more positivity into our lives as opposed to the doom and gloom we currently see through the media.

For those of you who regularly read my columns, you'll recall in one of my later columns I encouraged all to "shop local". To support local business as much as possible. That stance hasn't changed, in fact in the current climate I believe that to be even more important. With the highly contagious Omicron variant, many small businesses face real uncertainty should they or any of their staff become infected. Many could face closure due to isolation. It therefore behoves us to support them in these times of uncertainty. Shop local!!

To this end we here at PPNZL have formed a close working relationship with two other financial service providers. A Mortgage and Lending Adviser as well as a Commercial and "Fire & General" broker. Let me introduce you...

Dennis Quayle is a locally based Mortgage Broker. He operates under the brand Mighty Mortgages and provides a lending advice service ranging from personal home mortgages through to business lending. Although Dennis operates independently, he looks after all our clients' lending needs. I'm not going to say a lot more, I'll end up stealing his thunder. You'll hear from him over the coming issues.

Many of our existing small business clients will already know Ross Campbell as looking after their commercial insurance needs. Ross is also based locally here in Rangiora and specialises in commercial, house, contents, motor vehicles and anything else you might need insuring. He operates under Ross Campbell Insurance Brokers. Again, you'll hear more from Ross over the coming issues.

In forming our marketing alliance for the year, Dennis, Ross, and I have decided to share this column month about. That means you'll hear from each of us in turn. It makes life a little easier for me, I only do it once every three months. But trust me, their columns will be just as interesting if not better than mine.

Stay safe everyone, you'll hear from me again in three months.

- Cheers Hank.



iRemember

At the end of my street, there is a cemetery. I regularly walk through and find myself wondering about the names on the headstones: Who is this person? What is their story? Everyone has a history, a story to tell, a lesson to teach, a life they have lived, a legacy.

iRemember began when 2 friends were driving around, shortly after a close friend Adam lost his life in an accident, far too soon. We talked about my younger brother Jamie, who was involved in a fatal car accident one month shy of his 18th birthday.

Jamie was cremated, and his ashes were scattered in the surf and the snow. My father built him a memorial chair at Waikuku Beach, which provides a place for the family to remember him, but doesn't show what an amazing person Jamie was. It doesn't allow me and my family to hear his voice or see his face again, to share the memories we have of him, or for Jamie's story to be preserved for my children and their grandchildren.

I told Paul about my idea to make headstones and memorials more personal by placing a QR code to share that person's stories, timeline, and achievements - even their laugh - after they're gone. While this was just an idea for me, Paul was captured by it. After going home and talking to his wife, he came back to me and said, "We have to do something about this!"

iRemember was created to help us grieve and share the people we love, and help other families preserve these legacies for their loved ones.

Most of all, I wanted to be able to sit on my brother's memorial chair while replaying our memories and telling our stories. I hope that iRemember can help you do the same.

Visit iremember.co.nz call us on 080047636 or email enquiries@iremember.co.nz to learn more.



Matt Doocey

MP for Waimakariri

As Omicron makes its way into the community and we enter the third year of Covid-19 uncertainty and change, I am calling on the government to urgently address the impacts of the pandemic on youth mental health.

Lockdowns and a lack of social freedom have been particularly hard on young people, and I have grave concerns about the increase in dispensing of antidepressants for youth during the first year of the pandemic - a 34 per cent rise for children between 5 and 14, and 28 per cent for 15 to 24 year olds.

These early signs point to a shadow pandemic of youth mental health, and we can't prescribe our way out of it. Parents are telling me they would like to treat their child's mental health issue with talking therapies first to prevent the need for antidepressants.

We have an opportunity to recognise the warning signs early and respond to the pandemic-related mental distress in our young people. Access to youth mental health support needs to be increased and waiting times reduced.

That's why I have asked Health Minister Andrew Little to urgently convene a Covid-19 youth mental health summit, bringing in mental health professionals, Ministry officials, young people and advocates, and cross-party political representation.

We need to do this with a sense of urgency as DHBs around the country are reporting longer wait times for children than adults due to the surge in demand for mental health assistance.

We only need to look at examples overseas, where Covid has taken its toll on young people, to realise the impacts of the pandemic on this demographic. In the UK, surging wait times are causing huge delays in children receiving help, while here in New Zealand the University of Auckland has confirmed an increase in demand for eating disorder services as a result of the pandemic.

We may not be able to stop Covid-19 but we can mitigate the mental distress it is causing by ensuring timely and accessible mental health support for our young people, and I plan to work hard in this space and hold the government to account.

Let's look out for each other over the coming weeks. Check in on your family, your friends and your neighbours - especially those who are isolating at home.



A Grounded Kiwi

words: Michelle McCullough images: supplied

When Claire Harvey was offered a once in a lifetime opportunity to run her own bank on a tropical island, the answer was always going to be yes.

However, what was supposed to be a short-term adventure has turned into a nightmare for the North Canterbury local who is now unable to come home due to Covid-19 restrictions. Claire is the CEO and president of the Development Bank in the Republic of Palau, a small island nation in the Western Pacific with a population of just over 18,000.

"I've been here since 2016. I had been doing some consulting for the bank since 2002 and they had a vacancy for the president role, and they asked me if I'd like to do it. I said I'd come up and do it for six months, which extended to a year and now it keeps extending [due to Covid]."

For the past year, Claire had been trying to get home to her husband David and their lifestyle property in Swannanoa, but due to the toll it has taken on her mental health, she has given up trying to get a place in New Zealand's Managed Allocation System.

"It's too depressing. I tried a couple of times to get into MIQ but the closest I got was 26,955 [in the queue]. And then I kind of gave up. I didn't realise how stressed I was, it just creeps up on you."

"What a lot of New Zealanders in New Zealand don't understand is that people do want to come home, they don't necessarily want to come home just for Christmas. They actually want to come home, and they leave for varying reasons. I had finished my career with Bank of New Zealand and I'd been a consultant for more than 15 years. You know, I'm at the other end of my career, and I had an opportunity for short term contracts to be the CEO or president of a bank. Not many people get that opportunity. So, I left for the opportunity. I wasn't abandoning my country. I took a massive pay cut to come here so it wasn't about the money. It wasn't about abandoning New Zealand; it was about an opportunity. I've been a taxpayer in New Zealand for a long time, and I still pay taxes in New Zealand."

When Covid first started to emerge, Claire said she relied on information from the

New Zealand government to make an informed decision as to whether to travel home or stay where she was.

"To come home I had to go through a number of countries that had Covid, there was talk about it being on planes and there was no vaccination at that stage."

Then Winston Peters, the Minister of Foreign Affairs came out and told people to stay put so I figured the government obviously knew more information than me. But it wasn't an easy decision."

According to the World Health

Organisation (WHO), between January 2020 and January 25 2022 Palau has had 651 confirmed cases of Covid-19, zero deaths from the virus and a high vaccination rate. Claire has had three doses of the Moderna vaccine.

While she is frustrated by her own situation, Claire did acknowledge that there are people in worse situations than her.

"I am in a Facebook

group called Grounded Kiwis and I mean some of the stories are heart-breaking. Some of them you'll have seen in the media, you know the stories of the couple whose husband is overseas, and they won't let him get back for the birth of his child. People whose relatives and family have died."

Seeing the plight of other Kiwi's trying to get home has also made Claire feel guilty about her efforts to get back to New Zealand.

"You see all these other stories about people desperate to get home and then you go well, should I let them get home first? That weighs on me a lot. There are people who are more needy than I am to get home to see children, to see family who have lost a loved one. I've been lucky none of those catastrophes have happened. You shouldn't keep people apart. And on Grounded Kiwis people will let you know that they have got a place in MIQ and then they sort of go through survivors' guilt."

With the emergence of Omicron and changes made to the border, Claire is unsure when she will be able to return to New Zealand.



Claire Harvey

Page Turners

words: Emmas at Oxford

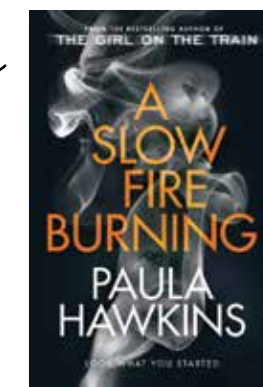
Slow Fire Burning Paula Hawkins

Having been a big fan of The Girl On The Train, I was really looking forward to Paula Hawkins latest novel, Slow Fire Burning, which didn't disappoint.

The book is indeed a slow burn; twisting and turning, but not at a heart racing what's next pace. It keeps you thinking, wondering what you've missed, with many possible conclusions hinted at throughout.

Paula Hawkins books all have great characters - in this case, a cast of damaged, mostly unlikable characters. They all have something that is eating away at them - a need for revenge, for love, for closure.

When a young man is found gruesomely murdered in a London houseboat, it raises questions about three women who knew him. Laura, the troubled one-night-stand last



seen in the victim's home. Carla, his grief-stricken aunt, already mourning the recent death of yet another family member. And Miriam, the nosy neighbour clearly keeping secrets from the police. Three separate connections, and all three simmering with resentment; desperate to right the wrongs done to them. The book looks at the damage triggered by grief, loss and betrayal - and the revenge and retribution that follow.

"Those people who think they have all the power, who think that we have none, we could prove them wrong. We could show them that we could be powerful too".

I enjoyed this book, a great summer read; and I'll definitely be keen to meet the characters in the next Paula Hawkins.



EMMAS AT OXFORD

53 Main Street, Oxford
www.emmasatoxford.com

We have a great selection of individually selected books and gift ideas you might not find elsewhere.

Look out for Merinomink & Hello Friday garments, Scribbler raincoats; Louenhide handbags and Twigg jewellery.

Visit us in store or shop online at www.emmasatoxford.com
For a small fee, we can also arrange delivery. Follow us on Facebook for the latest news and arrivals. Open 7 Days 10am - 5pm | 53 Main Street Oxford Ph 03-312-3432



HIGH QUALITY MEAT PROCESSING
GOURMET & GLUTEN FREE SPECIALIST

FARM & WILD GAME
For personal tradesman service

Phone Peter - 03 313 0022

www.meat2u.nz
Plus online sales!
Follow us on Facebook

Readings with Holly

Clairvoyant / Medium

Reiki Master

With appointment times available throughout the week and on weekends!

Phone 03 314 9073

www.mistypathway.com

Specialist Custom Picture Framing



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

BURBIDGE AUTOMOTIVE Rangiora

WOF-SERVICE
FULL MECHANICAL REPAIRS
TYRES
COURTESY CAR AVAILABLE

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



LOCALLY MADE TIMBER CABINS

NEW KITCHEN/BATHROOM CABIN NOW AVAILABLE

- Corner Shower Unit
- Single Vanity
- Toilet
- Heated Towel Rail
- Electric Hot Water Cylinder
- Kitchen unit
- Solid macrocarpa bench top
- Under bench fridge
- Led Light Fittings
- Wool Insulation
- Double Glazed Window and Sliding Door



Portable, functional
and stylish cabins



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

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

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

**LOBURN
SAWMILL
LIMITED**

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