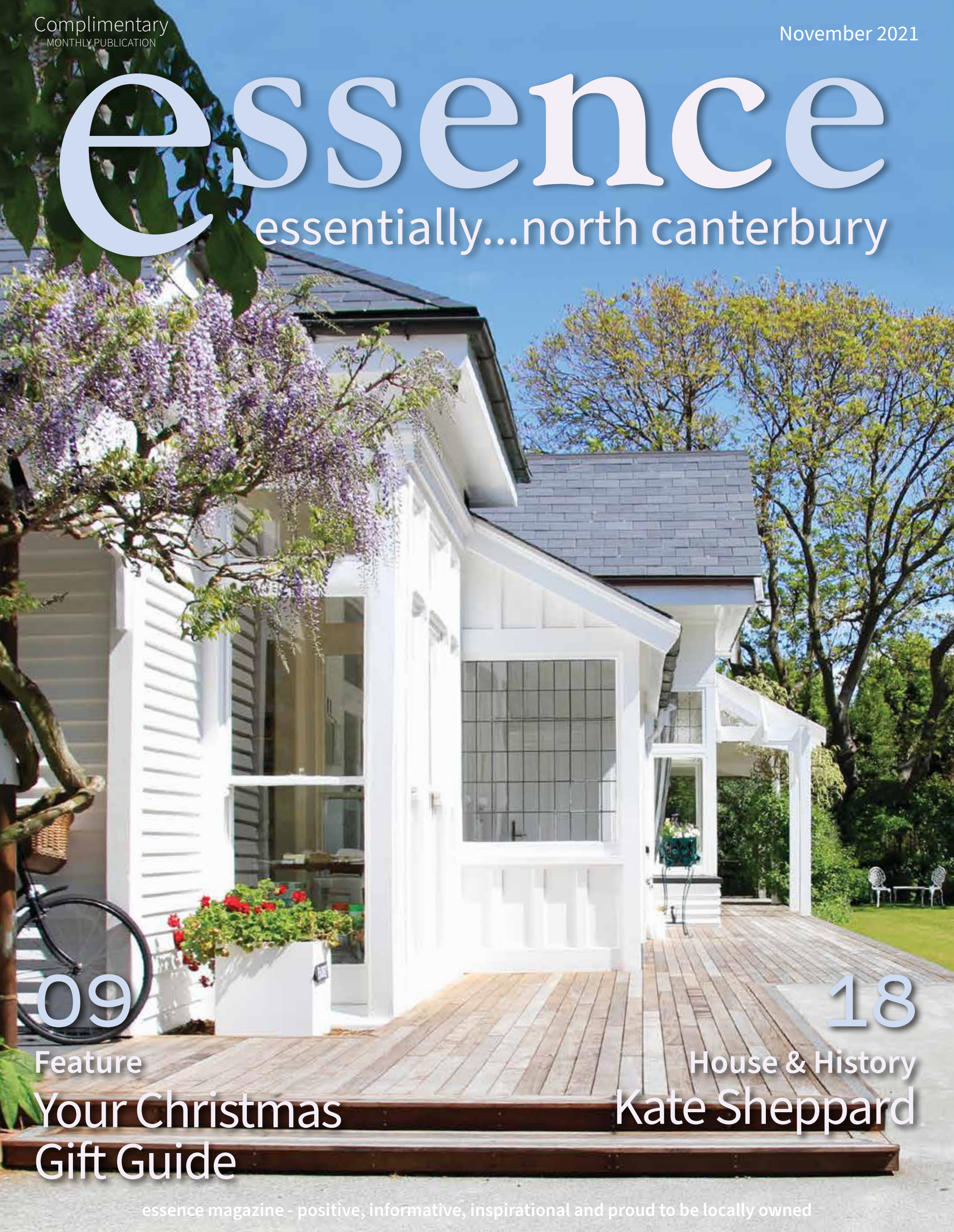


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Your Christmas
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House & History

Kate Sheppard

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contents

In this issue - Barbara from New World Rangiora reminds us that it is less than seven weeks till Christmas. Oh Barbara - how could you? Where has the time gone? Turn to page 15 for inspiration on something a little different for your Christmas dessert. We can vouch for how good it tastes!

The well-known images of Kate Sheppard evoke a genteel, beautifully-dressed, middle class Victorian woman, which was true of her position in Christchurch society in the late 1800s. However, it was her challenging early years in the United Kingdom which really forged her character and strong sense of social justice. Writer Jo Bailey invited me to spend a morning with her doing what we love best - discovering history. We visited the home where Kate lived during the crucial years of the campaign for women's enfranchisement from 1888 to 1893. **Story page 18.**

After studying journalism at the University of Canterbury, Broadcaster Brodie Kane went on to establish a career in television and radio - working as a reporter on shows like Seven Sharp and Fair Go and as a sports reporter on Breakfast. Writer Pattie Pegler catches up with Brodie

from her home in Waikuku Beach. **Story page 4.**

The Covid pandemic has put life on hold for many people, but local midwife Jackie Snowden is as busy as ever. Jackie is a Lead Maternity Carer at The Baby Business Midwives, and at the time this article went to print had birthed a total of 1129 Kiwi babies since moving to Rangiora from England in 2008. Journalist Michelle McCullough chats to Jackie about what level 2 restrictions have meant to midwives and how they have had to change how they provide care to expectant mothers. **Story page 6.**

It's all systems go for gardening at the moment - you can plant nearly anything and everything in November, but be aware of late frosts and cold winds. With the variable weather you have to be ready. Minette keeps us up-to-date with tasks for this month.

We are excited to share this year's Christmas Shopping Guide on **pages 9 - 14.**

North Canterbury has it all - so Support, Shop and Stay Local - either in person or online! We have some great gift ideas for you.

Enjoy your month, Dorothy

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Front Cover: Kate Sheppard was standing in her garden on 19 September 1893, when she received the telegram informing her that women had won the right to vote in New Zealand. Te Whare Waiutuutu Kate Sheppard House and gardens are cared for by Heritage New Zealand Pouhere Taonga, which ensures its preservation as a special heritage building.

Photography: Dorothy - Essence Magazine

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BRODIE'S Business

After studying journalism at the University of Canterbury, Broadcaster Brodie Kane went on to establish a career in television and radio - working as a reporter on shows like Seven Sharp and Fair Go and as a sports reporter on Breakfast. Until last year she was a co presenter on the Hits Breakfast show in Christchurch with Dave Fitzgerald.

Now she is going it alone and has been working on some very exciting projects, like the re-launch of her very successful podcast, The Girls Uninterrupted (previously Girls On Top) and a new podcast called Kiwi Yarns as well as working on some projects with different brands.

Words: Pattie Pegler Images: Supplied

When I catch up with Brodie Kane on the phone, she's walking along the beach at Waikuku. No surprises there, Brodie has North Canterbury roots through and through - growing up in Waikuku she was in the Surf Lifesaving Club from a young age and her first reporting job was covering netball for the Northern Outlook.

But many perhaps know her best from her many appearances on TVNZ and until last year she was one of the cheery, bright voices on the Hits Breakfast Show. Then life took a different turn.

"I was made redundant from the radio show just before the first lockdown. And I spent quite a bit of time thinking 'what am I going to do?'" she says candidly. Never one to shy away from tough situations - she was in the territorial army and regularly competes in endurance sports - Brodie decided the answer was to go out on her own and she set up Brodie Kane Media. And she's working on all manner of content creation projects with a range of brands as well as producing her own podcast series, providing media training and doing some public speaking.

Whilst it has been a big change and she occasionally misses working with a team, there are definite upsides to her new business. "The great thing is you can pick and choose who you want to work with. It's the thrill of the unknown," she says with customary enthusiasm.

She has plans to head back to Auckland in pursuit of business opportunities for Brodie Kane Media but at the moment Covid lockdowns have put paid to that for the moment. "We were supposed to start the drive today," she says. "But it'll happen when it'll happen."

Brodie seems overwhelmingly positive. Has she ever had one of those impostor syndrome moments? "Absolutely," she replies.

"It's a funny old thing, we're so conditioned not to celebrate success. You can be up on a high and you can really quickly creep in to an 'oh God' moment."



Spring into Spring Exhibition

Libby Handy
Afar and Above

The Rangiora Art Society hosted their annual Spring Exhibition at the end of October. The exhibition showcased around 350 original artworks. The guest artist was Adrienne Pavelka who specialises in watercolour paintings. The winner of the Russell Andrew Memorial Cup was artist Libby Handy and the runner up for the Gordon Harris Award was Mary Fraser. The committee would like to thank the community for their support in these uncertain times.

Mary Fraser
Briar Rose



Rangiora Art Society Committee
Carmen, Pip, Suzanne, Margaret and Jan

Last Wednesday Club

Rangiora Promotions offer a fantastic social networking opportunity on the last Wednesday of every month. Members who are wishing to learn more about our community and get to know fellow local businesses/non-profit organisations are welcome. The function is also open to non-members wishing to discover if joining this Association is the right choice for their business.



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A Family AFFAIR

Words: Michelle McCullough Images: Supplied

The Covid pandemic has put life on hold for many people, but local midwife Jackie Snowden is as busy as ever.

Jackie is a Lead Maternity Carer (LMC) at The Baby Business Midwives, and at the time this article went to print had birthed a total of 1129 Kiwi babies since moving to Rangiora from England in 2008.

Jackie said while people were still having lots of babies, the pandemic and Canterbury's current Level 2 restrictions meant midwives had to change how they provided care to expectant mothers.

"We like to make it a family affair, so we would normally really encourage partners and children to come along to the appointments. However, in Level 2, women are required to come alone to routine appointments unless there are special circumstances such as a language barrier. They can also only have their partner or one support person with them during labour [at the hospital]."

"After a [hospital] birth women can allocate one support person to visit for the duration of the stay and no siblings are currently allowed to visit. In some cases, women have discharged themselves early because are desperate to get back to family and this has had an impact on breastfeeding. This was due to woman not having support at each feed from the hospital midwives that they would get as an inpatient. This has led to increased nipple trauma due to poor latching and positioning for some first-time mums."

"Most expectant mothers were accepting of the situation, but for some it was a bit overwhelming, especially those with pregnancy complications," Jackie said.

"Women who have to go through the Fetal Maternal Medicine Unit because their babies have an abnormality may take one support person with them to appointments."

While caring for expectant mothers was a priority for midwives, it was also extremely important to follow Covid protocols to keep themselves safe.

"If anyone displays Covid symptoms we would aim to delay the appointment or do a phone consult until a negative COVID result has been returned. If this is not possible then we must take full PPE precautions. If we have a woman who is COVID positive, as an LMC we are not able to care for them and care would be transferred to the team at the hospital."

If a midwife encountered a person who tested positive for Covid, they would have to stand down for two weeks and would be unable to attend appointments, visits and births for other mothers in their care. The care of these women

would be transferred to one of the other three midwives who also work at The Baby Business, or a locum midwife would be employed, Jackie said.

The 54-year-old said that Covid restrictions had added an extra layer of complexity to the everyday struggle of midwifery.

"Staff shortages within the hospital settings, burnout and stressful working conditions for both hospital and LMC midwives, along with the lack of government support leads to midwives leaving the profession after an average of six years."

"Being an LMC midwife is more a way of life than a job, and this is for our families too. We have to leave at any time of the night or day which makes making family plans and booking holidays pretty tricky at times."

However, despite these issues, the mother of five could not imagine doing anything else.

"I love being an LMC midwife and have no plans to change anything any time soon. Sharing the journey with couples into parenthood is just incredible and such an honour and a privilege. Witnessing new life being brought into the world and parents transitioning into parenthood is just so very special."

It's extremely hard work but it is the most rewarding, empowering, satisfying and exciting profession ever."

While most of Jackie's career has been full of highlights, there is one bittersweet memory that stands out.

"My biggest highlight, although extremely tragic and heart-breaking, was being given the opportunity to birth my stillborn grandson in Indonesia. My daughter in law experienced reduced fetal movements and an ultrasound showed that the baby had sadly passed away at 30 weeks gestation. Supporting my son and daughter-in-law to birth him was incredibly special but the hardest thing I've ever



had to do. For the birth itself there was no professionals in the room, it was just family members, and this was so incredibly special."

Her son and his wife have since gone on to adopt a little boy called Elijah who has just turned one.

"He's just taken his first steps and I can't wait to go over and meet him as well as two other grandbabies in the UK who I haven't met yet because of Covid."

While Jackie is busy delivering babies her husband Will is hard at work as an ICU Nurse. He is also a flight nurse with the Flying Doctor's Service.

Pregnancy Myths - True or False

Heartburn means a baby will have lots of hair?
True. I see this all the time!

How your bump looks (carrying high, low etc) can determine the sex of your baby?
False.

More women go into labour when there is a full moon?
False. Lots of midwives would agree with this (including me!) although the statistics show there is no increase.

Morning sickness indicates that your baby will most likely be a girl?
False.

Eating spicy food during pregnancy will make your baby bad tempered.
I don't know this one although I very much doubt it.



Claire and Stuart Morris

What is really influencing the price growth.

With varying levels of restrictions across New Zealand, property inspections are happening in different formats, traditional open homes with health requirements in place where restrictions allow, one on one inspections in other parts and in some cases a virtual inspection (with appropriate due diligence) is all it takes for buyers to commit to a purchase.

This gives us some insight as to the demand side of the equation and leads us to ask the question, what really is driving this demand and will it continue?

Interest Rates

Interest rates were cut to record low levels during 2020 and have remained at these low levels until the most recent rate increase by the RBNZ on 6 October. While the increase has signalled the start of tightening monetary policy, in the closer term, purchasing power from prospective purchasers remains very strong. It should also be noted that banks have been expecting these increases for some time.

Housing Supply

It has been said for many years that New Zealand simply hasn't been building enough houses. While development has ramped significantly up in recent months, this construction can take many months or years to complete, meaning that the immediate demand remains unsatisfied.

Compounding this issue are the delays to construction that COVID related lockdowns have imposed. In addition, any vendor that had delayed putting their property on the market due to the outbreak also added to the shortage of available stock.

Pricing a property remains incredibly difficult at present. The rate of price growth over the last period has been immense. With family homes seeing surging demand, development opportunities being hotly contested and demand for residential rental properties remaining strong,



it is no surprise that sellers are not risking underpricing their homes. By listing their property for sale by auction, they remove the price ceiling that could restrict the amount they receive for their home.

We often also see clients miss out on a property because they don't want to "over-spend". Our advice is, if you love it and if it's in your budget then buy it! If your intention is to own it for a decent period of time then the market will absorb a 1-5% premium paid at any rate.

It does remain difficult to predict what the market may look like in the future. There is no doubt increasing interest rates, prolonged lockdowns, and further economic uncertainty could have an effect on property prices.

If you would like to know more visit Ray White NOW - www.raywhite.com/ray-white-now

Time to Plan for Christmas!

RayWhite

If you own a rental property then now is the time to set a plan in place to ensure you can have a peaceful uninterrupted break. But there are a couple of extra things to put on your "Christmas list" this year.

It's time to consider rent payments - contact your tenants in writing to advise them of their rent payment dates over the holiday period. Ask them to ensure they have sufficient funds in the bank so that their automatic payment will still process on the next banking day. Also, remember to check the payments are in your bank - don't wait until after Christmas when arrears could be piling up!

Maintenance - are you available and easy to get hold of if something needs urgent attention over the holidays, will you have good cell phone coverage where you are staying? Do you know which plumbers and electricians are working through and are available on public holidays? You can almost

guarantee that things will go wrong at the most inopportune times, so be prepared and know what tradespeople are on call over the holiday period.

And finally are you organised when it comes to knowing all about the new legislation and what you should be aware of because as I always say, knowledge and education is the key to owning a successful investment property.

If you have any questions or concerns regarding any of the above, please don't hesitate to give me a call.



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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.

There has been a phenomenal burst of growth in the garden recently, and with the lovely warm weather, and rain, I expect a lush garden this summer.

Garden tasks this month

It's all systems go for gardening at the moment – you can plant nearly anything and everything in November, but be aware of late frosts and cold winds. With the variable weather you have to be ready with frost coverings and make sure all your plans are staked and tied down well, and for those sweltering and dry days, water and shade should be priorities.

As always, when sowing or transplanting take care to note the regional climate zone and the specific microclimates you have in your own garden to ensure the right growing conditions are present for the plants you want to grow.



Early to mid-season is also an excellent time to be vigilant for any bug infestations. When you walk around your garden, take note of which plants show pest damage, and see about finding eco-friendly solutions before it becomes serious enough to inhibit your plant's performance. Sometimes all you need though is a bit of patience as nature often "rights itself" and balance gets restored, especially if you have a natural and organic approach to gardening: e.g., ladybugs coming into the garden just as aphids seem to get out of control.

Sowing and planting

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

Veggies

Pretty much anything from A-Z can be sown or planted late spring. Here's a few ideas:

Sow seed of amaranth, artichoke (globe), beans, beetroot, silverbeet, chicory, carrot, Chinese cabbage, cucumber, lettuce, radish, pumpkin, spring onion and sweet corn.

Plant asparagus crowns, Jerusalem artichoke tubers, kumara slips, and seed potato. Seedlings of brassicas like broccoli, cabbage and cauliflower can be planted, as well as warm season crops such as eggplant, capsicums, chillies, tomatoes, squash, tomatillo, watermelon and zucchini. Also onion, NZ spinach, Florence fennel, and leek seedlings.

Herbs

Sow herbs like chervil, chives, coriander, lemon balm, oregano and marjoram, rosemary, sage, and savory.

Transplant seedlings of basil, tarragon, mint, parsley, thyme, and rocket. Plant crowns of horseradish and rhubarb. Plant comfrey.

Fruit and Flowers

Sow Cape gooseberry seeds, plant raspberry, strawberry and passionfruit plants, and citrus.

Sow or plant calendula, cleome, cornflower, marigold,



gaillardia, cosmos, dahlia, nasturtium, sunflower, sweetpea, coreopsis, snapdragon, zinnia...and many more!

Tomato Thoughts

Late October to mid-November is tomato planting time, and as a crazy tomato lady with seeds for hundreds of varieties of heirloom tomatoes, I share a few of my tomato thoughts.

When to plant:

Some say Labour Day and others say no earlier than Christchurch Show Day, but there's no "one size fits all" – every year is a bit different weather wise as is each garden. What is important is that tomatoes are warm season croppers that don't like frosts or cold wind. There's an old wives' tale that says that you can plant them when you can sit with your bare bum on the soil comfortably!

Heirloom vs Hybrids:

Heirloom tomatoes have stood the test of time for their exquisite taste and interesting colours and shapes. They are easy to save seed from too, coming true to type, meaning your future tomatoes will be the same as the parent.

Hybrid tomatoes are great too, they are often bred to produce abundantly, generally have crops of uniform tomatoes, and have other special traits like being good for pots or showing specific disease resistance. While you can save seed from hybrid tomatoes, your resulting plants very likely will not produce a tomato similar to the parent.

How to plant:

Plant deep (include most of the stem underground) to ensure your tomato develops a good root system.

Add amendments (optional) - you can add a cocktail of interesting things like fish heads, blood and bone, horse manure, eggshells, even Epsom salts and milk powder. But, if you did your groundwork, and your soil is good, your plants won't need more than seaweed conditioner and some fertilizer through the season.

- Stake and support growing plants well.
- Mulch to retain moisture.
- Companion plant with marigold, calendula, basil, borage, marjoram, chives, or parsley.
- Check regularly for pests and diseases.
- Enjoy your harvest!



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Festive Gingerbread cheesecake

Christmas is less than seven weeks away and if you're anything like me I like to be organised. Whether you're having the whole family over or been invited to a friends, it's good to plan ahead. It's also an ideal time to pre-order your ham, turkey or salmon fillet at New World Rangiora. Everyone has their favourite recipe they bring out at Christmas and it's always nice to try something new.

This month I've gone with something Christmassy from our New World Collection, a Festive Gingerbread Cheesecake. This baked cheesecake has all the flavours of Christmas, ginger, cinnamon and mixed spice. You can make it the day before and store in the fridge. The recipe is simple to follow and very straight forward to make. I've added Stars to the top but Mini Gingerbread Men are also a good option. I just made half a gingerbread biscuit recipe and used cookie cutters. When slicing the cheesecake make sure you use a warm knife to get a smooth cut. Serve up a wedge with whipped cream and caramel sauce on the side.

Serves 8-10 | Prep time 20mins + chilling time | Cooking Time 1 hour

Ingredients

- 300g Pams Finest Ginger biscuits
- 150g butter
- 3x 250g pack Philadelphia Original Cream Cheese block, room temperature
- 300g sour cream, room temperature
- 1tsp vanilla extract
- ½ cup caster sugar
- ¼ cup brown sugar
- 4 eggs, room temperature
- 2tsp ground ginger
- 1tsp ground cinnamon
- 1tsp mixed spice
- Pinch of salt
- Caramel sauce, whipped cream and mini gingerbread men, to serve (optional)

Method

- Preheat your oven to 150 degrees celsius fan bake. In a food processor, blend the biscuits until they reach a fine, sandy consistency. Transfer to a mixing bowl.
- Melt 150g of butter, then pour into the crushed biscuits. Stir well to combine, then press into the base and sides of a lined 20cm springform cake tin. Refrigerate for 30 minutes.
- To make the cheesecake filling, place the Philadelphia Original Cream Cheese, sour cream, vanilla extract, caster sugar and brown sugar in a mixing bowl. Using a whisk or electric beater, mix until smooth and fluffy.
- One at a time, whisk the eggs into the cream cheese mixture until fully incorporated. Finally, add the ground ginger, cinnamon, mixed spice and a pinch of salt, then whisk to combine.
- Pour the cheesecake mixture into the chilled biscuit base. Place onto a tray and bake in the oven for 60-75 minutes or until just set in the centre. Leave to cool until the cheesecake is cool enough to handle, then place into the fridge to set completely for a minimum of 4 hours.
- To serve the cheesecake, pipe whipped cream around the border of the cheesecake. Nestle gingerbread men amongst the cream, then slice and drizzle with caramel sauce. Serve immediately and enjoy.



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.

NW NEW WORLD RANGIORA



Baked Camembert with Thyme and Peach Chutney

Having friends around for drinks and nibbles this holiday season?

This is the favourite go to for the Essence girls.

Preheat your oven to 180° fan bake.

Use a larger wheel of camembert and make sure it is at room temperature

Place the cheese on a sheet of baking paper, slightly larger than the cheese then place on a sheet of tin foil.

Rub the top of the cheese with the garlic and poke in some thyme sprigs, place bay leaves on the top and pour over a couple of tablespoons of white wine. Wrap the baking paper over the cheese and then seal the foil tightly. Place in a baking dish slightly larger than the cheese.

Bake until the cheese is very soft when lightly pressed. Remove the foil and spoon over a couple of tablespoons of chutney and season with salt and pepper.

Pop back in the oven, uncovered, for a few minutes.

You will need:

- 1 x clove of garlic, peeled
- 4 fresh thyme sprigs
- 2 small bay leaves
- 1 or 2 tablespoons of white wine
- ½ cup peach chutney
- Sea salt and ground pepper



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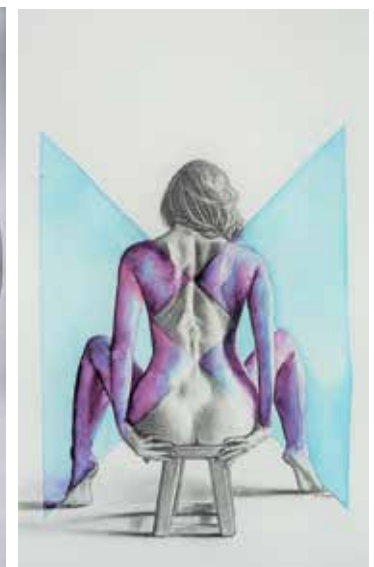
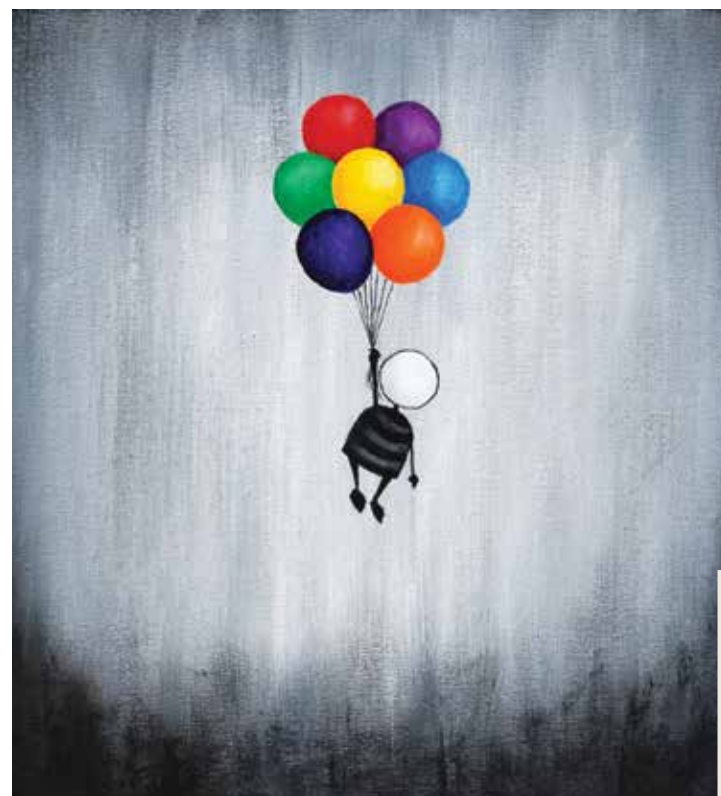
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miscellaneous / adjective

(of items or people gathered or considered together) of various types or from different sources.

"he picked up the miscellaneous papers in his tray"

(of a collection or group) composed of members or elements of different kinds. "a miscellaneous collection of well-known ne'er-do-wells"

After the success of "Miscellaneous - An Art Exhibition" in March 2020 Mandy Palmer and Nikki Parker aka Absconditus Creations are back for "Miscellaneous 2.0 - Another art exhibition", and this time they have invited two other local artists to join them - Sam Young from Kaiapoi and Jackie Hancock aka Aroha Glass from Pegasus.

Each artist brings their own distinctive and often eclectic art forms to the show. From Mandy's detailed figurative artworks in a variety of mediums; Nikki's distinctive quirky illustrations with a lot to say; Sam's paintings inspired by the beautiful outdoors of NZ in

which he is regularly wandering in and Jackie's glass pieces inspired by our beautiful country with some quirky, retro, geeky bits thrown in too - you will soon see why this show is called Miscellaneous!

Miscellaneous 2.0 will be held in The Exhibition Gallery at The Mill, at 1473 Main North Road, Waikuku from the 6th to 14th of November. Saturdays and Sunday open 10 - 4, Wednesday and Thursday 11 - 3, Friday 11 - 4. Closed Monday and Tuesday.

To find out more information about the show head to "Miscellaneous 2.0 - Another art exhibition" on Facebook.



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6 NOV - 14 NOV
THE MILL, WAIKUKU

Epicentre of Women's Global Suffrage



Photo credit: Kate Sheppard; H.H. Clifford - Canterbury Museum

words: Jo Bailey

As soon as you enter the tranquil tree-lined driveway at 83 Clyde Road, Ilam it is easy to forget you are surrounded by a busy university campus and have just stepped away from a bustling thoroughfare.

Then you find yourself in an expansive garden with a tennis court, mature trees and shrubs, and inviting pops of colour, enveloping a gracious kauri homestead. You might even feel the spirit of Kate Sheppard and the other celebrated suffragists, who plotted, planned, and created the epicentre of the women's global suffrage movement at this very place, where Kate lived during the crucial years of the campaign for women's enfranchisement from 1888 to 1893.

Kate was standing in her garden on 19 September 1893, when she received the telegram informing her that women had won the right to vote in New Zealand. We can only imagine the joy, pride, and likely some relief she must have felt, knowing the arduous five-year nationwide campaign she had led, had finally achieved its goal, against fierce opposition.

It was around Kate's dining table that the third, and ultimately successful, large petition, consisting of 31,872 signatures gathered from women all around New Zealand, was pasted onto a large roll by Kate and other suffragists, and sent to the House of Representatives in Wellington. Their victory was a world-first achievement and led to many other women around the world gaining the right to vote. The New Zealand suffragists also wanted women to be able to get into Parliament so they could start making social reforms for women and children.

Given the significance of the home, it seems incredible that it wasn't until 1993, around the time

of the centenary celebrations of women's suffrage, that it was finally recognised as the place where Kate was busy writing articles and letters, organising and sending out pamphlets, preparing speeches, lobbying members of parliament and directing other suffragists and women's organisations throughout New Zealand during those important campaign years.

After Kate and her husband Walter sold the property in 1902, the home remained in private ownership until 2019, when its long-time owner, Julia Burbury, sold it to the New Zealand Government. Today, Te Whare Waiutuutu Kate Sheppard House and gardens are cared for by Heritage New Zealand Pouhere Taonga, which ensures its preservation as a special heritage building.

Half of the home has been transformed into a tasteful museum which celebrates the life of Kate Sheppard, her achievements, and other women leaders in New Zealand. It is hard not to be moved when standing in Kate's dining room, where the suffragists and other leading figures for women's rights would have gathered. Beautiful bespoke wallpaper, which features the signatures of the women who signed the final petition is a lovely touch.

For a small fee the museum and gardens are open for guided and self-guided tours. The back of the home has been charmingly renovated to host small events, talks and workshops, particularly those which keep Kate Sheppard's legacy alive.

Kate Sheppard House is a truly wonderful place to meander away some time, enjoy the beautiful gardens, soak up some history, and honour Kate Sheppard and the other incredible women who changed the course of history.



Who was Kate Sheppard?

The well-known images of Kate Sheppard evoke a genteel, beautifully-dressed, middle class Victorian woman, which was true of her position in Christchurch society in the late 1800s. However, it was her challenging early years in the United Kingdom which really forged her character and strong sense of social justice.

Kate was born in Liverpool in 1847, to Andrew and Jemima Malcolm, who both had Scottish heritage. The family moved around a lot, eventually to London, where when Kate was just four years old, her father disappeared from their lives forever, says Helen Osborne, Property Lead at Te Whare Waiutuutu Kate Sheppard House, who is passionate about sharing Kate's story. "The family always said he died 10 years later in Dublin, when in fact he had got on a ship and sailed to New York to join the US Army. He died of delirium tremens in New Mexico in 1862, but the family never breathed a word of the secret. Andrew had left the family one step away from

would light up any room and moved easily in all circles. The way she dressed may have contributed to her image as a woman of status and power."

In 1902, nine years after the vote for women was won, Kate and Walter decided to sell the Clyde Road house and return to England. Walter travelled with their son while Kate took an apartment in the centre of Christchurch before leaving in 1903. Kate's health deteriorated, and on medical advice she returned to Christchurch, amicably parting with Walter, and living with her great friends, William and Jennie Lovell-Smith. Kate had largely retired from public speaking by this time but continued to write and later supported suffragists in the United Kingdom.

Tragedy struck in 1910, when her son Douglas died of pernicious anaemia at the age of just 29, followed by her only grandchild, Margaret at the age of 21 in 1930.

Kate married William Lovell-Smith in 1925, a year after he was widowed. In 1933, a year before Kate passed away, Elizabeth McCombs of Lyttelton, became the first women elected into Parliament, says Helen. "It was Kate's hope that women would eventually be represented in Parliament, so it was wonderful that she saw it happen in her lifetime and her legacy came full circle."

homelessness, so Kate was sent to live with her maternal aunt and uncle, William Barclay, who was a Minister with the Independent Free Church. With them, Kate gained a good education and developed a sense of standing up for things that weren't right."

Kate migrated to New Zealand aged 20. Her sister Marie had married drapery merchant, George Beath, who set up Beath's Department Store in Christchurch. Kate married George's friend, Walter Sheppard in 1871. George Beath paid for his wife's family to sail to New Zealand first class. Kate and Walter's only child, a son Douglas was born in 1880.

In 1885, the Women's Christian Temperance Movement hit New Zealand, when Mary Leavitt arrived from the United States to lecture New Zealand women about prohibition of alcohol. Kate signed up and was soon the National Superintendent of Franchise and Legislation, which included questioning laws around women. This was the beginning of her work as a suffragist.

Helen says although society was staid and conservative at the time, Kate had a way of inspiring people to think differently. "Apparently, she was a very good speaker, who gently won her arguments through humour and using her intelligence. She was able to rally people and get them on board."

She was also a fashionista, whose weakness was beautiful clothes, says Helen. "Kate



HNZPT - Photographer; Rebecca Claridge



Bespoke wallpaper in the Dining Room cleverly incorporates the signatures on the petition.



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by Dr Peter Aspell (Durham Health Cosmetic)

The Nefertiti neck lift can be a really effective way to redefine your jawline and neck to give it a tighter, wrinkle free look.

It is named after the Egyptian queen Nefertiti, renowned for her delicate features, sharp jawline and elegant neck. Sometimes known as the 'Botox neck lift' this procedure aims to address the ageing changes to the jawline and neck.

The platysma is a broad thin sheet of muscle that wraps around the neck from the collarbone up to and along the jawline. When tightening our platysma by straining our neck we can feel the cord-like bands of muscle running from top to bottom. Over time these bands lead to the development of horizontal lines and weakened, less elastic skin.

In the Nefertiti lift, small amounts of

Botox are injected into the skin along the neck and jawline.

This temporarily weakens the muscle and results in a tighter, smoother and more youthful neck.

Drooping at the corners of the mouth also improves with this lift. As with any Botox treatments the benefits begin to fade in about four months so for long lasting results repeat treatments are advisable.

The lift can be combined with any other facial cosmetic procedure or can just be performed on its own. It is an affordable treatment, virtually painless and in the right patient can yield impressive results. The Nefertiti lift is an advanced technique and should always be performed by a trained cosmetic doctor.



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Two Raw Sisters

Margo and Rosa are best-selling authors and incredible cooks.

Their mission is to inspire, motivate and educate people on the benefits of plant-based eating and create healthy, happy and sustainable lifestyles.

Two Raw Sisters have a unique approach to plant-based living. They build delicious meals starting with vegetables, unprocessed, raw, whole food and pantry staples, then add meat, poultry or fish as you choose. Neither Margo or Rosa are vegan, vegetarian or gluten-free and welcome all eaters into their kitchen.

Their first book has sold over 18,000 copies, and their second, All Eaters Welcome, has sold over 19,000 copies since its launch in November 2020 and ranked in the top 5 New Zealand cookbooks for the year. Their third book, SALAD, was released October 2021 with an impressive 20,000 copies ordered and is currently ranking number 2 in New Zealand.

The Two Raw Sisters App launched in July 2021 and has had an instant and significant pick-up.

Rosa and Margo host weekly sold-out workshops in their Christchurch kitchen and are in-demand speakers for major events nationally.

In addition, their new salad range with Hello Foods launched into Supermarkets nationwide earlier in 2021.



Potatoes, Pea Mint Smash & Herbs

Serves 6

'You've always got to have potatoes for the boys' is something our mum has always said when she is planning a dinner party with friends or our Christmas Day feast. Rosa and I have always thought boiled potatoes were quite boring so we've taken potatoes to the next level with this salad.

Vibrant green minty pea smash with punchy preserved lemons, fresh herbs and a good drizzle of good quality extra virgin olive oil. This one is for the boys in your family who can't live without their potatoes. Delicious served with any meat, fish or poultry.

Ingredients

- 1.5kg potatoes, cut into chunks
- Pinch sea salt
- Water

To Serve:

- Fresh rocket
- ½ quantity of Pea Mint Smash (refer to book)
- ¼ cup frozen peas, blanched in boiling water then drained
- Fresh herbs, roughly chopped
- ½ preserved lemon, finely chopped
- 2 tbsp Black sesame seeds
- Extra virgin olive oil

Method:

Place a large pot of salted water on high heat. Bring to the boil, then add the potatoes + boil for 15-20mins or until soft. Drain + set aside.

To serve, roughly crush approx. ½ of the potatoes, leaving the remaining whole.

On a salad plate, start with a layer of fresh rocket followed by potatoes, pea mint smash, peas, herbs, preserved lemons, black sesame seeds and a drizzle of extra virgin olive oil. Continue this layering process for another 1-2 times.

Any leftovers will keep in an airtight container in your fridge for up to 2-3 days.

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LIP SERVICE

When you think about lip fillers, do you visualize exaggerated fat lips from over-zealous dermal filler injections?

You may be surprised to learn that botulinum toxin (commonly referred to as Botox®) can be used instead of dermal fillers to enhance beautiful, natural fullness to your top lip in a much more subtle way. It's called the 'Lip Flip'!

We asked Doctor Laurie to tell us more about the 'Lip Flip' technique.

What is a Lip Flip?

The Lip Flip creates the appearance of a fuller, rounder lip by giving the upper lip a poutier shape and adding definition to the upper lip line (a.k.a. the vermilion border). This means the lip shows a subtle, relaxed fullness, especially when you smile, without adding volume or changing the natural shape of your lips.

I make very small injections that temporarily relax the muscles around your top lip. This causes the part of your upper lip that's inside your mouth to 'flip' upward and outward, giving your lip a fuller appearance.

How can I stop my top lip disappearing as I get older?

A Lip Flip is an ideal treatment for clients that wish to regain more visual profile and impact of their top lip. As the muscles around your mouth relax from the Lip Flip treatment, your top lip gently 'rolls out', creating the illusion of more volume. This also helps stop your top lip moving up too far when you smile.

Does Lip Flip help reduce 'smokers' lines?

A Lip Flip is an excellent first step to regaining the lips you used to have (or want to have). However, the Lip Flip will not reduce extensive or deep 'smokers' lines and these will require dermal fillers to treat them.

Who is a good candidate for a Lip Flip?

The Lip Flip procedure is ideal for anyone with a thinning upper lip who is interested in a fuller, more natural looking lip.

How long does a Lip Flip last?

In general, the effects of a Lip Flip will last for up to 6 months.

Is a Lip Flip better than filler?

The Lip Flip amplifies the natural shape of your lips, without exaggerating, for an all-natural effect and it's much more affordable option than lip filler, costing only \$150.

Is a Lip Flip noticeable?

This is a subtle enhancement and typically clients start to see a difference after one week, with results in full effect after 2-3 weeks. You should notice a slight increase in the area requiring lipstick.

Do lip injections hurt during the procedure?

Typically, lip injections are quickly done by an experienced doctor/practitioner. Some patients feel minor discomfort and or a slight pinch, but pain is usually brief and manageable. Everyone's body is different, of course, and some people may experience more pain than others.

Interested in a Lip Flip?

Want to discuss some possible treatments for some aspect of your look?

Doctor Laurie is currently offering complimentary, private consultations, usually valued at \$120.

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WHAT'S HAPPENING WITH THE THREE WATERS



Matt Doocey
 MP for Waimakariri

After failing to get local councils on board to support the Three Waters plan, the government's push to go ahead with legislating the asset grab of communities' water assets has left Waimakariri residents furious.

I have been inundated with calls and emails after the government's announcement, with residents telling me they are going to take to the streets of Waimakariri in protest to show their anger.

In July, I called on our local council to speak up on this issue for our ratepayers. I cautioned that councils would lose their control of their water assets if further councils opted out of the plan and I foresaw a risk the Local Government Minister would force compulsory participation.

Unfortunately, this has proved true with the announcement councils no longer have the right to opt out.

Last week I spoke in Parliament against Three Waters to bring the voice of Waimakariri residents to Parliament and emphasise the impact these changes will have on our residents. Ninety-five percent of Waimakariri residents opposed Three Waters because they don't want to see their rates being used to subsidise upgrades in other areas. Our residents have been outspoken, they do not want to lose their say on how water services are provided. This announcement is a kick in the guts for our district's ratepayers, who have through their rates invested heavily in our water infrastructure to achieve great outcomes and an enviable model for many councils around the country.

To think that all this investment could be undermined by the government's four entity proposal is gutting, but more than that, it's undemocratic. Forcing something on local councils against their will goes against everything elected representation stands for. It's been made abundantly clear our district does not support this.

This mandated plan is an asset grab that will take power and control away from Waimakariri communities. National believes the four-entity model is unworkable and residents in areas like Waimakariri, who have paid for their assets over generations, will be the losers. If this was such a good idea, why is the government forcing it on unwilling councils who were loud and clear in voicing their opposition? I'm proud of our council, which opted out of this bill. Good on Waimakariri for standing up for the people they represent.

The Minister has constantly referred to "alternatives" that she considered, but they were never properly raised with councils. The broken four-entity model was the only option put on the table, and presented as the only answer.

National believes there are plenty of other solutions worth exploring.

We will work in a proper spirit of partnership with councils to identify the solutions that work best for them.

That could be incentivising collaboration between a group of neighbouring councils that could pool their resources and capabilities, or contract one another so that high-performing councils with good water management practice could support their neighbours who might be facing challenges.

We would also support the idea of sub-regional CCOs, or council-controlled organisations, like Watercare in Auckland. A CCO could be big enough to save money and achieve economies of scale, but small enough to remain local and connected, and unlike the Government's four entities, CCOs would report directly to elected councillors, so they would be vastly more accountable to ratepayers.

We would also look at co-investment between central and local government, and co-funding mechanisms similar to those we have for transport projects. We're exploring a number of ideas, but at the heart of all of them is community control and decision-making, and working in partnership with councils.

National will continue to oppose this with everything we've got. We've made a commitment that the next National Government will unwind the water entities and return seized assets to council control.

Page Turners

words: **Emmas at Oxford**

Shed Couture

Peta Mathias



Two years ago, I was in beautiful Uzes (South of France); where I did a cooking class with Peta Mathias. That was when I first heard about this book; and have keenly been awaiting its arrival ever since.

The origins of Shed Couture was a Facebook/Instagram series about the clothes stored in her shed - the shed being an extra wardrobe for clothes not currently being worn, but that she didn't want to get rid of. In the introduction, she says "I don't need 100 frocks, but I do want them because they are not just frocks - they are beauty, art, history, emotion, memory, identity, and, above all, joy".

The point of the book was to tell the stories associated with a love of well-made clothes and fashion, and to share the message of accidental sustainability. She notes the meditative quality of mending - similar to that of bread making. Mending also extends the life of your beloved items, saves you money

and keeps your damaged clothes out of landfill.

Shed Couture is very readable, you can almost hear that same voice we've all heard from TV speaking to you; very informative, with a sharp wit and great anecdotes.

It provides lessons in life, style and joie de vivre.

The book discusses various pieces of clothing; or places; or people, or times in her life - all relating back to her clothing of the time. And this is rounded out with some history of the style or fabric.

For anyone interested in style, fashion, colour, travel, food - I'd totally recommend this book.

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- Cancer Society North Canterbury, 143 Percival Street, Rangiora, Phone: 0800 226 695. Eftpos available.
- Emma's at Oxford, 53 Main Street, Oxford. Cash only.
- Online: <https://events.humanitix.com/respect-movie-night>

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