

# essence

essentially...north canterbury



04

Profile

Scott Martlew  
Paralympian

11

Feature

Men in Business



# 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.

## The Fabric of Society

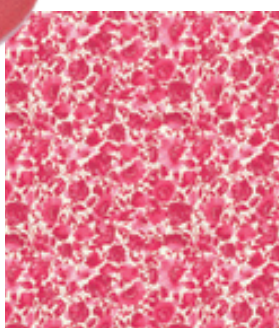
The Fabric of Society's great space is a showcase for their wide selection of fabric off the roll, Chalk Paint®, homewares and occasional furniture, both old and new. A meeting place for those seeking décor inspiration, their textile collection encompasses an eclectic mix of styles, colours and patterns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



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# contents

Here we are in October already. Unfortunately Covid took September out for us. While that, in itself is a tricky situation to navigate, what's more confronting now is that we are on the countdown to Christmas with only two more issues before the end of year. How scary is that?

In this issue we introduce you to Paralympian Scott Martlew - writer Pattie Pegler chats on the phone with Scott who has nine days left in MIQ after returning from the Paralympics in Tokyo. So what's MIQ like for someone whose life is so focused on sports training? His answers are upbeat and that's not entirely surprising. Scott's life story so far has seen him overcome challenges far greater than being confined to a hotel room for 14 days. **Story page 4.**

We are really excited to celebrate our NC Men in business on **pages 11-14**

We give you a sneak peek into the gorgeous home of Rangiora florist, Fi Sidey on **pages 27**

Too many women today believe that hot flushes, sleeplessness and weight gain are all 'accepted' symptoms of menopause. But it doesn't have to be this way. Dr Libby shares her advice on **page 21**

Studies have shown time and again that gardening improves mood, reduces stress, and boosts self-esteem. Our gardening columnist Minette Tonoli gets us out and about in the garden with some spring tasks and gives advice on what to plant this month. **Page 26**

Hopefully I will be back writing this little piece next month but that's going to depend on whether I survive the Spring Challenge this weekend in Greymouth. What was I thinking? The adventure race involves a team of three rafting, mountain bike riding and hiking with a significant orienteering section. I have absolutely no sense of direction so this should be interesting! I had my fingers crossed that an alert level change would cancel the event - no such luck!

Enjoy your month, Dorothy



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Our front cover image of Scott Martlew was photographed by Brendan Holt from Display on location at Kaiapoi. [www.display.net.nz](http://www.display.net.nz)

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# HOMeward BOUND

words: Pattie Pegler images: Brendan Holt 

When we talk on the phone, Cantabrian Scott Martlew - New Zealand's top para-canoeist, has nine days left in MIQ after returning from the Paralympics in Tokyo. So what's MIQ like for someone whose life is so focused on sports training?

"The days are going quite fast, I'm doing a bit of work, I've got a spin bike so that's quite good and I do a few circuits and we're allowed out to the walking area so I have a bit of a routine," replies Scott. He's also looking forward to his 29th birthday and being reunited with his partner Sophie and their 2-year old Cocker Spaniel, Indie, in his hometown of Christchurch.

These are upbeat answers - and not entirely surprising. Scott's life story so far has seen him overcome challenges far greater than being confined to a hotel room for 14 days.

Just over 11 years ago and still at high school, he took to the rugby pitch in a curtain raiser for the Crusaders vs Brumbies. He took a knock to the leg but adrenalin kept him playing and he didn't think it was overly serious. Four days later he was in hospital with necrotizing fasciitis, the 'flesh-eating' disease. The only way to save his life was to amputate his leg.

Now, reflecting on it, he's pragmatic. "It was pretty hard," he says, "It was very rare, how it happened. But I remember afterwards making that call in my mind 'I'm going to make something of this'"

Ten months after his accident he was back on the water as part of a team at the NZ Surf Lifesaving Nationals - the

team won silver and gold. In 2016 he represented NZ at the Rio Paralympic Games - a first Paralympic outing for him and the sport of para canoe.

His most recent competition in Tokyo was a little different he says due to Covid restrictions in the athletes' village. "It was bizarre seeing all those empty stands," says Scott.

"But you're there to do a job and that was to race so that's what I did."

And whilst the lack of spectators was unusual, Scott is full of praise for the 'amazing' volunteers and Japanese people that he met during his stay.

The weeks and months ahead will see him readjusting. "It can be hard coming back to everyday life, so it's having things to look forward that's important." He's got plenty he says - a new kneeboard he wants to try out, holiday plans with his partner and ever the driven sportsman he's written down a list of local events he'd like to compete in.

And of course, there's his day job as an estimator for Downer. Before he lost his leg he had wanted to be in the construction industry, after his injury he decided he could still aim for that - just in a slightly different role. He studied Quantity Surveying at CPIT and has been with Downer for

the last seven years - they are "amazing" he says and allow him the time to train and compete.

That training is six days a week with 6am starts in the gym and sessions out on the Avon River. And he's got an eye firmly set on the Paris Paralympics in 2024. "But a sporting career only lasts so long," he says and realistically it's really important to have long term plans that go beyond that.

With this in mind he has recently set up a business with partner Sophie - acting as the exclusive NZ agent for Plastex canoes. There are also plans to expand the business, Dawnset, into other paddling gear and casual wear.

But his business goals run deeper than that. One regret he says is that he didn't take up the sport of paddling sooner.

"Being out on the surf is great. I'd like to inspire others to try paddling," he says.

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Training on the Kaiapoi River

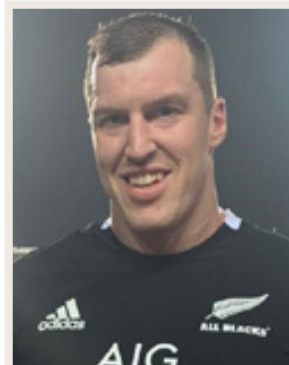


Sophie, Indie and Scott

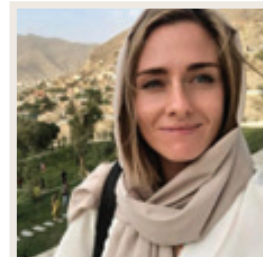


Scott at the Tokyo 2020 Paralympic Games

## • LOCALS IN THE LIMELIGHT •



All Black lock Brodie Retallick may play on some of the best paddocks in the world but did you know he honed his skills a little closer to home? The 30-year-old grew up and played club rugby in Amberley. Recently Brodie captained the All Blacks to a massive 39-0 victory over Argentina.



Al Jazeera journalist Charlotte Bellis is currently stationed in Kabul, where she is covering the Taliban's

takeover of Afghanistan. The brave journalist was born in Christchurch but spent her weekends and school holidays at her dad's farm in Amberley.

## Celebrating Success

The fabulous Ray White Morris and Co team got together midyear at Lacebark function centre in Kaiapoi to celebrate working together and acknowledging each other's achievements (taken prior to lockdown).



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For more info like our Facebook Page or head to our website [www.mandevillecraftfestival.co.nz](http://www.mandevillecraftfestival.co.nz)



**This event is a Fundraiser for the Ohoka Rugby Club**

**EVENTS | North Canterbury**

North Canterbury's Spring Calendar is packed full of activities for the whole family. From fetes and markets to art shows and garden tours, it's set to be a busy few months. Check out what our beautiful region has to offer this spring with our What's On guide.



**Mandeville Craft Fair**

The Mandeville Craft Fair is Waimakariri's best country fete close to town. This year will see the fair mark its 10th anniversary, and will feature more than 130 arts and crafts stalls from some of the country's best creative minds.

The popular fair will also feature live music and food stalls serving a range of delicious cuisines.

**The fair will be held at the Mandeville Sports Club on December 5 from 10am.**



**Rusty Acre**

Step into another world at The Rusty Acre in Mandeville. Located at 1 Roscrea Place, The Rusty Acre is a unique home decor and gift shop full of one-of-a-kind hand painted restyled furniture, personally sourced brocante and beautiful french furniture.

**The Rusty Acre, which also features a funky sculpture garden, is set to open for the season on October 16.**

**Pegasus Bay Art Show**

More than 70 artists from Canterbury are set to showcase their wares at the 5th Pegasus Bay Art Show. This year's guest artist is Quilliam Collister of Waikuku. His work features beautiful watercolours from scenes encountered on his travels.

The art show is an annual fundraiser for Pegasus Bay School, with 25% of sales going towards the school's arts programme.

**The Pegasus Bay Art Show will be held at the school from November 5th to 7th. Entry is by gold coin donation.**



artist: Elaine Fraser

**Woodend Spring  
Flower Show**

Celebrate the arrival of Spring at the Woodend Spring Flower Show this weekend. The annual flower show which started in 1932 is set to feature beautiful spring flowers, crafts, photography, Devonshire Teas, floral art and much more.

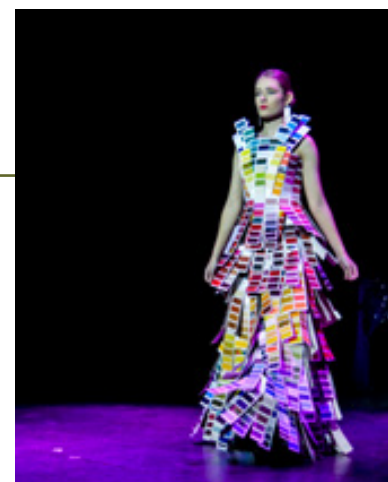
**The Woodend Spring Flower Show will be held at the Woodend Community Centre on Saturday October 2, from 1pm to 4pm.**

**North Canterbury  
Wearable Arts**

The North Canterbury Wearable Arts Show is set to be held on November 27 at the MainPower Stadium in Rangiora. With live entertainment, music and gorgeously created costumes this is a family show not to be missed.

Open to all ages, North Canterbury Wearable Arts challenges you to simply 'give it a go', get creative, and let your imagination run wild. If you have creations from previous wearable art shows, we would love you to have the opportunity to showcase them again at our show. Entries close on November 19.

**This community event has been sponsored by McAlpines Mitre 10 MEGA Rangiora, Oxford Farmers' Market and Enterprise North Canterbury.**

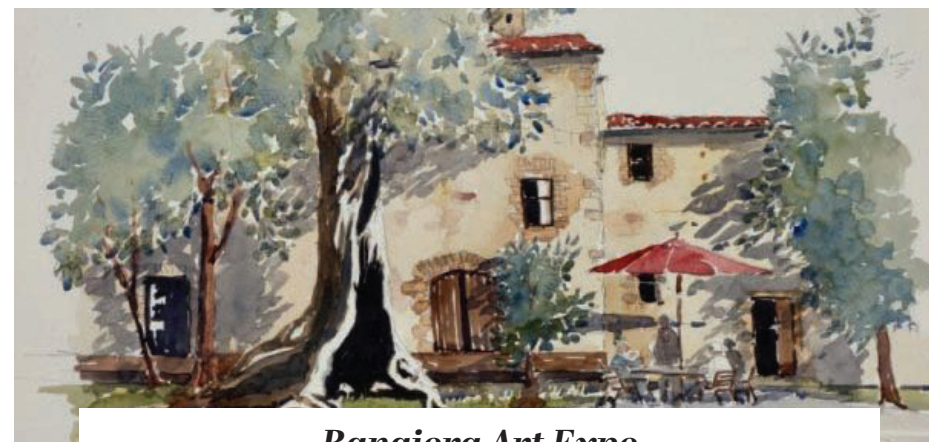


**Christmas Country  
Fete**

The annual Christmas Country Fete is back and better than ever. This year's fete will be held in the beautiful grounds of Amberley House on Thursday, October 28 from 10am.

The popular fete is a great opportunity to shop locally and do some early Christmas shopping. Featuring more than 200 stalls, food, wine and entertainment, the Christmas Country Fete promises to be a wonderful day out for all.

**Tickets are available now at [www.thefete.co.nz](http://www.thefete.co.nz)**



**Rangiora Art Expo**

The Rangiora Art Society's Spring into Spring Exhibition is set to be held from October 29 to 30. This year's exhibition will be held at the Rangiora A&P Showgrounds on Ashley Street and will feature around 350 original artworks for sale.

**This year's guest artist is Adrienne Pavelka, a Lyttelton-based artist who specialises in watercolour paintings and is the Patron of Watercolour New Zealand Inc.**



**Hurunui Garden Festival**

The Hurunui Garden Tour is back for its fourth year. Take a stroll around some of Hurunui's most beautiful private gardens and historic homes. From Amberley to Gore Bay, and Waikari to Hanmer Springs, the Hurunui Garden Festival features 22 locations of interest.

The weekend festival will also feature an appearance from New Zealand gardening guru Lynda Hallinan who will host an afternoon tea and dinner.

**The Hurunui Garden Festival will run from Thursday, October 28 to Sunday, October 31.**

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Claire and Stuart Morris

## At Your Blooming Best

Getting your property primed for a spring sale.

Although serious home buyers are prepared to brave any weather, springtime traditionally attracts an increase in highly marketable property. This offers widespread appeal for buyers in a post winter stock-depleted market.

Selling your home in spring is certain to attract keen buyer interest and this ever-promising selling season also ensures your property is presented at its blooming best.

National house prices are rising and listings can't keep up with FOMO (fear of missing out) demand, and analysts predict no slowdown in the immediate future.

It's a seemingly fraught scenario that bodes well for owners selling in spring. Despite the widespread affordability crisis, housing stock increases (it can't get much lower), which are anticipated for most regions, are expected to boost buyer confidence.

### Top tips for creating winning results

Owners with deeper pockets may choose to invest in professional landscaping and refurbishment prior to open homes; however, property owners can achieve an overall impression of a streamlined interior and exterior finish — with minimum outlay and moderate effort.

- Complete all minor repair projects. Making sure that everything is fixed and in smooth working order will translate to capital results at sale time.

- Adopt a neutral tone when repainting walls, floors and ceilings, but make sure to splash out on vibrancy when it comes to creating a warm welcome at your front door.
- Contemporise fixtures and fittings, such as lighting, bathroom mirrors, taps and cabinet ware, to suit your interior style. Cosmetic makeovers are not only affordable, but also add visual appeal — given the extensive product and services range on offer from local suppliers.
- Pay attention to detail when decluttering and spring cleaning. Less is not only more, but also creates the illusion of extra space when potential buyers come knocking.



- If your décor is not up to standard, consider renting furniture and artwork for home staging effect with the wow factor.
- Make sure your home smells great on viewing day — flowers and burning oils can make for a memorable buyer experience.

Follow the advice of your Ray White agent. They will knowledgeably guide you and provide trusted tips and guidelines — plus contact points for reputable home makeover service providers — when preparing and presenting your property in sparkling form!

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## Choosing The Right Property Manager For You

What makes a great Property Manager and how do you find the right fit for you?

I have found Google reviews to be a wonderful addition to my tool kit! I mostly use them for choosing a restaurant or accommodation but pretty much every business will have some reviews posted about them. If you dig through and take what about 80% of the reviewers are saying, then I think you will be looking at honest and accurate opinions.

From there you want to read any information you can find on them, whether this is through their website or information they provide you. And lastly, and probably most importantly, you need to get in front of them face to face. If this isn't possible because you live out of town or overseas, jump on Zoom or Skype, or if all else fails, the old telephone will suffice.

Have some questions prepared. You need to ensure that they understand all of the tenancy legislation. Ask them about what is important to you. Throw in a couple of curly questions - What happens if the tenant does not pay the rent? What processes do they have and even what their rent arrears percentage is? Do they run an audited

trust account? Does their team hold property management qualifications? Communication is certainly the key. A breakdown in communication can have huge repercussions. Ensure your Property Manager will speak to you about the hard stuff and even more importantly provide you with the solutions!

So, choose wisely, don't rush into the decision. Property Managers are given enormous responsibility looking after your valuable asset, so it is worth spending the time to ensure you have the best possible people for the job.



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

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# MEN IN BUSINESS

North Canterbury is bursting with wonderful businesses owned and run by dynamic and entrepreneurial men. Across all sectors from real estate to photography, home kill to construction, our men in business are flourishing and dynamic in the North Canterbury business world.



## THE NEW GUARD

Barnaby Wylie is the man to see if you want to throw a party people will be talking about for years to come.

From birthdays and anniversaries to family reunions, christenings and conferences, there's not a celebration the Rangiora RSA Front of House and Functions Manager cannot organise. Since arriving at the RSA in October last year, Barnaby has been busy organising functions and running the club's restaurant.

Barnaby, who grew up in Oxford and Maryland in America, said a highlight of his time at the RSA had been this year's ANZAC Day celebrations.

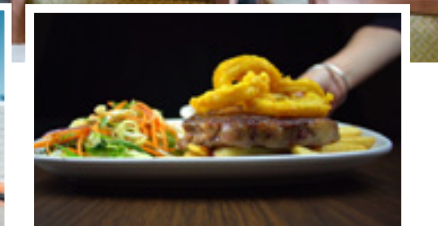
"We had a luncheon for the retired service folks, and it was really nice to be part of that, and to see the celebrations. It was something that I had never seen before so it was a really, really special day."

The New Zealand School of Food and Wine graduate said the best aspect of his job was the people, especially his co-workers whom he described as a close-knit family.

"[The best part of my job] is the team that I work with, and the support that we get from the committee and the management. It's the most support that I've had in a job.

It's really nice to work with such a good team. A lot of them have been here for years and years and everyone supports one another."

Organising functions is a big part of Barnaby's role at the RSA, and prior to the recent Covid restrictions, the popular function space had an event booked every day until December.



"The RSA is the biggest and most well-equipped function space in Rangiora that I am aware of. We have three massive function spaces that can be incorporated into one or separated, and a corporate style boardroom as well. We've got a dance floor, we've got a stage and we've got integrated microphones and music systems that don't get utilized as much as they should."

"So literally any function or event you have in mind, we could certainly do something."

Barnaby said that while the RSA was initially set up for returned servicemen, it was opening its doors to welcome everyone.

"We're expanding our membership to now welcome everybody. The increase in younger families and younger folks joining us is significant. We have pool tables, a restaurant and live music as well as a beautiful outdoor area so there's space for children to play."

When he is not organising celebrations for the good people of North Canterbury, Barnaby can be found tending to his indoor plants and adding to his gin collection.

82 Victoria Street, Rangiora  
03 313 7123 | [www.rangiorarsa.nz](http://www.rangiorarsa.nz)



Barnaby Wylie



[admin@bellbirdconstruction.co.nz](mailto:admin@bellbirdconstruction.co.nz)  
[bellbirdconstruction.co.nz](http://bellbirdconstruction.co.nz)



**PROFESSIONALISM | STRENGTH | KNOWLEDGE**





## A QUALITY CUT

A desire to provide the best product for his family's health was the inspiration behind local businessman Peter Benny's business venture.

Peter owns Meat2U, a homekill and butchery business that specialises in a personalised handcrafted meat processing that caters for different culinary tastes and dietary requirements.

"My daughter has coeliac disease which means she can't have gluten. We tried meat from some other business but she got really sick so I started processing meat at home for my own family."

For Peter, the main goal of Meat2U is to provide the highest quality meat for your family.

"Why fill your limited freezer space with bulky inedible fat and bone? If I wouldn't eat it then I would not expect you to either. You have cared for your animal so I pride myself in providing you back with 100% of your meat that has been carefully processed, presented and vacuum packed."

With more than 35 years experience, there is not a lot that Peter does not know about the meat industry. From leaving school at 17-years-old to train as a butcher to winning butchery apprentice of the year in 1982. Peter has worked in freezing works, a venison export plant, owned a retail fish shop and managed butchers before setting up Meat2U.

Meat2U is run from a modern purpose built facility in Rangiora that has been designed to exceed Ministry of Primary Industry (MPI) and export standards.

Peter said the biggest misconception about the meat industry was that it is all "blood and guts but the reality is it's a very clean and tidy operation. Like working in a big kitchen."

A love of people, food and a desire to work hard has

contributed to Peter's success.

"People say that I am lucky and I am. The harder I work, the luckier I get."

For those interested in becoming a butcher, Peter said it was a great career choice.

"It's rewarding, challenging, satisfying and you're constantly learning. If you want to be a butcher come and see me - it's important to learn from the best."

And as for the best way to have your steak, according to Peter it's medium rare.

401 Gressons Road, Rangiora  
03 313 0022 or 0272 63 2828  
www.meat2u.co.nz



"A lawyer needs to think about what they are going to say before they say it"

## Dean Seymour

Senior Associate  
Williams McKenzie Lawyers



### What is your business focus?

We are a law firm based in Rangiora. Our focus is on providing legal services to people in North Canterbury, although we do have clients elsewhere too.

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

We provide services relating to property, commercial, family, employment, litigation and private client matters. Private client work includes wills, enduring powers of attorney, trusts and retirement village matters. My specialist areas of law are property, commercial and private client matters.

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

It's all about relationships. We regularly get new clients who tell us that they have come to us because somebody they know recommended us. Often that is a friend or work colleague, but our firm also has plenty of clients who we have advised for decades who have now recommended us to their grown-up children.

### How do you manage your work/life balance?

It's not always easy, which I'm sure is also the case with people working in many other industries. Sometimes I will be at home thinking about a difficult issue I am faced with at work, and other times I will need to take work home in order to get things completed in the required timeframe. I try to block out time to do things other than work and then stick to that plan unless something urgent comes up. I always feel better after some exercise as well.

### What is one thing people may not know about you?

I have done an introductory theatresports course at The Court Theatre. It was a different way of thinking compared to being a lawyer. A lawyer needs to think about what they are going to say before they say it, but participants in theatresports say whatever comes to mind first and then try to roll with it, even if it doesn't particularly make sense.

4 Durham Street, Rangiora  
03 313 7086 | www.williamsmckenzie.co.nz



## Paul Jenkins

Construction Manager  
Jennian Homes



### What is your business focus?

Building exceptional new homes with honesty and integrity.

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

We build quality new homes with a 3 year defects period, Completion Promise and 10 Year Masterbuild Guarantee. Our region covers from Kaikoura to Waimate and inland to Darfield. We are an award winning company with multiple awards each year at the Registered House of the Year competitions - this is something we are extremely proud of as it showcases the hard work our trades, suppliers and our team put in to the design and completion of our new homes.

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

I am a local through and through and have spent all my life in North Canterbury. To be able to build new homes in our area and contribute back to the community is very rewarding to me.

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

The people we surround ourselves with is what I enjoy the most. We have amazing staff, awesome suppliers and extremely competent trades. We have built strong relationships over the years and trust everyone that helps contribute to our success. We genuinely enjoy the company of all that work alongside our business.

### To what do you attribute your business success?

Hard work and working smarter is the key. As technology continues to improve we make the most of this to streamline the efficiencies in our business. We want to stay ahead of the game at all times to ensure we don't have any disruptions to the processes we have in place.

### How do you manage your work/life balance?

In my early years I really struggled with this but now have coping mechanisms to differentiate between the two. It's a matter of having the discipline each day to recognise when I have to be a father and husband or when to put my Jennian cap on. I have a very stable home life so having a balance is now second nature to me.

212 Main South Road, Sockburn  
03 741 1436 | www.jennian.co.nz



## Mark O'Donnell

CEO/Director  
Canterbury Financial Services

### What is your Business Focus?

Information and Guidance for Financial Advice & Security.

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

Investments, KiwiSaver and Insurance.

Browse our website for a look at all the services we offer. [www.cfslimited.co.nz](http://www.cfslimited.co.nz)

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

Having come from a rural background, I find the rural community great to deal with and if you do a good job your clients remain highly loyal.

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

It's the freedom of growing your own identity, confidence and valued relationships.

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

It can take 3 to 5 years to get established. You must stick with it and do the hard yards, make the sacrifices to build a business of value.

### To what do you attribute your business success?

Perseverance, putting in the hours to study, remaining loyal and building relationships.

### What has been the biggest challenge in your business and how did you overcome it?

Managing time and distractions from the core functions: Remind yourself to work on the business, not in the business.

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

Work on balancing the wheel more and learning.

### How many staff do you have? And what does that team mean to your business?

Seven staff who mean everything. We are highly service focused, our reputation relies on how we respond, doing what we say we will do. We work as a team.

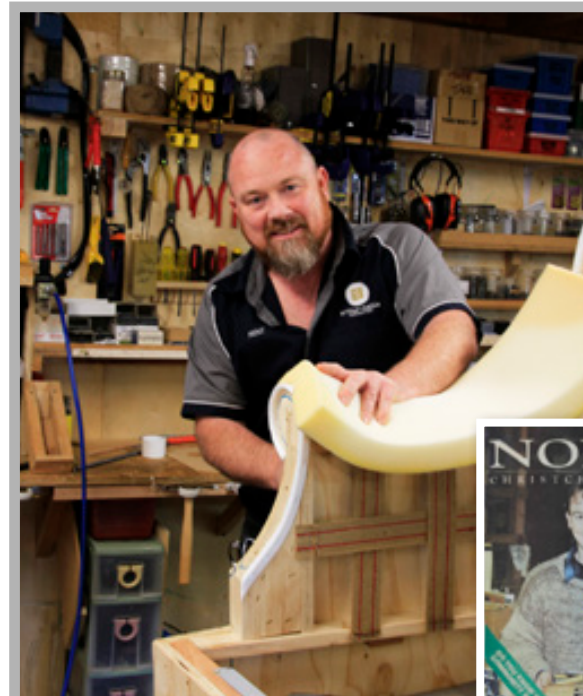
### What is one thing people may not know about you?

I grew up in the high country and was a Musterer in the South Island when younger. I like getting good results for people in whatever we do.

### What do you do when you're not working?

Love getting out in the hills hunting/enjoying just being out there/fishing and diving/home and family/travel.

237 High Street, Rangiora  
03 313 9200 | [www.cfslimited.co.nz](http://www.cfslimited.co.nz)



## CRAFTSMANSHIP COVERED

From winning New Zealand Upholstery Apprentice of the Year at the age of 21 to owning his own successful furniture business, Kent McCreanor has come full circle.

Kent owns Arthur-Nellie, an upholstery and furniture design business based in Ohoka. Established in 2010, Arthur-Nellie started humbly in an old shearing shed and has grown into a well-known brand that designs, builds and restores furniture for the domestic and commercial market. The old shearing shed has since been replaced with a purpose-built facility and showroom where people can view a range of products and fabrics.

After leaving school at the age of 17 to embark on an apprenticeship with furniture manufacturer Modern Trend, Kent earned his trade before joining the New Zealand police where he progressed to a detective.

After 11 years serving the community, Kent returned to the furniture business and eventually set up Arthur-Nellie. He runs the business with his wife Sonya and two apprentices: his children Lewen (20) and Poppy (19).

"It's just the four of us. A highlight for



## Matt James

Managing Director  
North Canterbury Business Services

### What is your business focus?

Business Coaching & Consultancy.

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

We help navigate successful business journeys by providing business consultancy and coaching to those new to business or needing support through challenging times. We are an experienced "critical friend" and "second opinion" for our clients.

We also offer Accountancy and Bookkeeping services.

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

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

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

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

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

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

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

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

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

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

### What does success look like for you?

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

Unit 5/Level 1, Conway Lane, Rangiora  
027 8310 237 | [www.ncbiz.co.nz](http://www.ncbiz.co.nz)



me has been growing it from me just working in an old shearing shed to where we are now. [In the future] we want to concentrate on building and designing our own furniture, and doing more marketing around that."

From the design process to the materials used, and craftsmanship, the secret to Arthur Nellie's success has, and always will be, quality, Kent said.

"It's all about attention to detail and always trying to do the things the best way you can. Quality is key."

"Furniture that's made in New Zealand has a much higher quality, therefore there's a much greater life span.. Essentially you should be able to buy a lounge suite and it should last you your entire life. The cushions or fabric might need to be replaced but the bones of it should last a lifetime."

For Kent, one of the best parts of his job is seeing the faces of clients when they come to pick up a piece of furniture that has been restored.

"People bring some pretty tardy looking stuff into us but because

of sentimental value they don't want to send it off to the dump. It's phenomenal, not only the look of surprise but joy on their face when they see something that has been brought back to its former glory. We get a lot of smiling faces around here."

Since its inception the team at Arthur-Nellie have also manufactured furniture for well-known businesses such as Joe's Garage, Coffee Culture and Westfield in Riccarton. More recently, the company has completed work on booth seating for the new Christchurch Convention Centre.







## MOMENTS IN TIME

A move from the city to Fernside has seen Peter Straw transform from a 'shirt and tie' man with a successful photography studio to a lifestyle farmer with a successful photography studio.

For more than 46 years, Peter Straw and his wife Marg have owned Beverley Studios which specialises in lifestyle portraiture. Following the Christchurch earthquakes, which destroyed their Central City apartment and studio, the couple moved to a lifestyle property on Boundary Road where they have designed and built a modern photography studio complete with consultation and dressing rooms.

While the move may have seen Peter relax his dress code, the same cannot be said about the business, with the couple being busier than ever. Marg is the muscle, capturing precious memories of families that stand the test of time while Peter is the face of the business, liaising

with clients and offering the planning consultations.

"Clients come in for a consultation and they usually have a concept of what they would like. However, when they see what their options are and what we can offer they sometimes end up with something different."

Over the years Peter, who started his career as a research chemist at the University of Canterbury, has weathered many technological changes in the photography industry including the move from the use of traditional film to digital - a move that he described as "scary but exciting".

"Our first digital camera was a little Nikon and we started off with passports. We went fully digital in 2005. Film and digital give a different look but digital gives you more opportunities to tweak things that you couldn't do with film because you can get on the computer to improve little things, instead of retouching negatives which could be very time consuming and difficult."

A desire to keep at the forefront of technology and continuously up skilling has contributed to the success of Beverley Studios, and has seen the

couple invited to present at conferences in America, England and Australia.

For budding photographers, Peter said it was important to find a reputable NZQA recognised course in photography and in business management as a starting point.

"Do the research, and do your study, make sure it will support you in real life business."

There are too many courses now that teach the basics, but they really do not teach you how to maximise your talent or run a photography business."

When he is not helping people capture precious memories, Peter, who has recently celebrated a milestone birthday, spends his free time flying, is a member of the Canterbury Aero Club and enjoys riding his horse Cruze.



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

## COMMUNITY PROFESSIONALISM

Richard Woerlee is a well-known face in North Canterbury but did you know that he has dedicated much of his professional life to serving the community?

The award-winning Harcourts Real Estate Agent spent 25 years working for the New Zealand police in Queenstown before becoming a licensed real estate professional 20 years ago.

"Real Estate became a career when I decided to join my wife Sue to help her establish the new Harcourts office in Arrowtown."

For the past few years the couple have been based in the Rangiora Harcourts office on Good Street. They work in

tandem as part of the extremely successful Woerlee Team, specialising in quality residential and lifestyle property sales in North Canterbury.

During his time as a policeman, Richard was involved in diplomatic protection work as well as community policing in Arrowtown - skills that have helped him become a trusted name in the real estate community. He was also heavily involved in search and rescue work, and even did some policing on skis on Coronet Peak.

Over the past few years Richard and Sue have accrued a number of awards. These awards include Harcourts Top Sales Consultant for Rangiora, Harcourts Top Rural Lifestyle Sales Consultant for Canterbury and being named consistently in the top 20 Sales Consultants for Harcourts Canterbury. However, for Richard, Real Estate has always been about the people.

"The best part of the work has to be the celebration with clients when they have successfully sold, or with purchasers who have just bought their dream property."

"In the Real Estate business most of my career highlights have come from some of the terrific people we have met, and helped with purchasing and selling homes. And some memorable life

changing sales that we have facilitated. The awards are great accolades too but it's the people who bring enjoyment to the job."

For those looking to start a career in real estate, Richard advised joining a team.

"It's a great way to learn the ropes and set yourself up for a future. The biggest misconception about real estate is that it's easy. The truly successful agents work long hours, they are dedicated, do a lot of training and are always on the phone."

"As with any profession there are going to be some difficult times but there will be great times that outweigh those bad parts."

When he is not busy helping people find their dream home, Richard can be found at his own lifestyle property in Swannanoa with Sue, Lochy the Springer Spaniel and his horse Arthur.

Harcourts Four Seasons Realty  
richard.woerlee@harcourts.co.nz  
027 220 7706 | www.harcourts.co.nz



Invest in yourself - whether its financially or in health, both will pay off!



## Brendan Holt

Owner, Display

What is your business focus?

Helping put businesses on display with great photo and video content.

When and how did you come up with the idea of starting your own business?

When Instagram changed from just photos to allowing video - that made me think of creating a video for my DJ business. I shared this idea with friends, they asked me if I could do something for their business too ... "Well heck, I could do something for everyone!" and Display was born.

What services or products does your business offer?

Photography and Video services, for any type of business or industry.

What are the positives of doing business in North Canterbury?

I've met so many awesome people who turn into friends, it really creates and shapes your life.

What do you most enjoy about running your own business?

Flexibility of life - and the ability and freedom to create what I want to create! I never much liked being told that I couldn't do something knowing that I could.

To what do you attribute your business success?

My family, my parents have been cheering me on, and my wife, I couldn't do a lot of what I've been able to do without her (she also keeps me in check lol) and the huge support of the community. A lot of people gave me a shot when I first started and I couldn't be more thankful to them.

How do you manage your work/life balance?

I chose three things I didn't want work to get in the way of; 1: The ability to be active in my kids' lives, 2: The ability to go to the gym or go for a walk, 3: Not letting my work get in the way of what my wife wants to achieve.

If work starts to affect any of these things then I know the balance is off and I alter to suit.

What is one thing people may not know about you?

I can do the moonwalk!

What is the best advice you have ever been given?

Invest in yourself - whether its financially or in health, both will pay off!

brendan@display.net.nz  
027 324 5243 | www.display.net.nz



## Geoffrey Hall

Funeral Director

Hall & Co. Funeral Services Ltd



What are the positives of doing business in North Canterbury?

It is just a beautiful and relaxed part of New Zealand. The community has everything I need. I'm happy to visit Christchurch and our satellite office in Papanui but could never live there again.

What has been the biggest challenge in your business and how did you overcome it?

Change with the general population's social attitude to funerals. Enabling services to be more tailored to the lifestyle of the deceased and what was important to them. The trend is definitely toward less formality and more personal.

How do you manage your work/life balance?

To make sure I have time for myself and my family, and of course the animals, who love talking to me and listening to my woes! Snowy is a feral cat from next door when CRT were there, and arrived on the biggest snow storm in Canterbury. She is particular about which clients she meets and certainly lets me know if there is a mouse in the house! Jack the lab was going to be a hunting dog but was gun shy - however he is certainly not shy at meeting people anytime, anywhere!

How many staff do you have? And what does that team mean to your business?

There are four of us on board - Tim, Gerard, and Reta whom are all part of the big picture to run a 24/7 business. They all come with different ideas, interests and inputs into the successful day to day running of the business.

What is one thing people may not know about you?

When in UK in my 20's training for my Embalming Diploma, I was invited to the Queen's Garden Party at Buckingham Palace. How the other half live! And yes, they had real cucumber sandwiches. The National Anthem started playing, the Queen stood upon the steps and I - in all my regal hired Moss Bros mourning suit with tails and top hat. The Anthem finished, all the gentlemen replaced their top hats and uniform head regalia, mine stood proud and tall as to when I had first placed it there. The Queen probably thought "there yonder is one of those Colonials, no manners!"

What is the best advice you have ever been given?

"Hard work never killed anyone" - my Grandmother Mrs Ashby - who coincidentally took me to my first ever funeral!

12 High Street, Rangiora  
03 313 6948 | www.undertaker.co.nz



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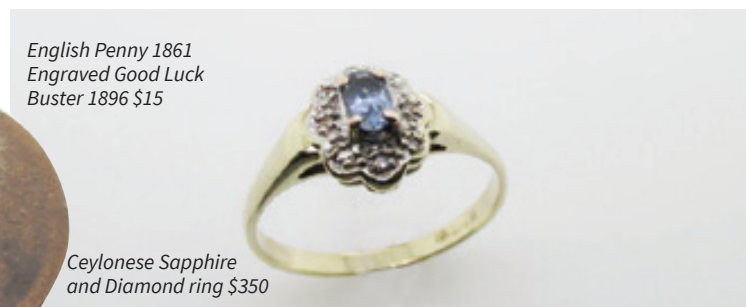
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Cocoon Beauty & Day Spa  
[www.cocoonbeautyanddayspa.co.nz](http://www.cocoonbeautyanddayspa.co.nz)



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Health 2000, Rangiora | 03 313 9133



### 7 K18 BIOMIMETIC MOLECULAR REPAIR HAIR MASK

Looking good has its pitfalls, and everyday styling can seriously damage your hair. But don't fret - K18 Biomimetic Molecular Repair Hair Mask can turn back the clock. The 4-minute leave-in treatment can reverse damage from heat, bleach and colouring, and restore your hair to its former glory. Bonus point: Vegan-friendly formula.

Smoke & Mirrors Hair Lounge Rangiora  
[www.smokeandmirrors.nz](http://www.smokeandmirrors.nz)



### 2 WELLA NUTRICURLS

Who doesn't dream of natural bouncy beach waves? The Wella Nutricurls collection is just the ticket for healthy, frizz-free curls and waves. Featuring wheat bran extract and jojoba oil, these products are used by haircare professionals worldwide, and are available now at Hi Gorgeous Hair & Beauty.

Hi Gorgeous Hair & Beauty | [www.higorgeous.co.nz](http://www.higorgeous.co.nz)



### 4

### AP24 WHITENING TOOTHPASTE

You don't have to live in Hollywood to have movie star teeth. Nuksin AP24 Whitening Toothpaste is a friendly toothpaste that whitens your teeth without the use of harsh chemicals. It also helps protect your teeth and reduce the risk of cavities. Treat your smile today with AP24 Whitening Toothpaste.

Bellabody | [www.bellabody.net](http://www.bellabody.net)



### 6 LA CLINICA ANTI AGEING DAY CREAM

While we impatiently wait on someone stumbling upon the fountain of youth, grab yourself some La Clinica Anti Ageing Day Cream. This lightweight cream is jam-packed with all sorts of wonderful ingredients that helps fight against the ageing process for soft, supple and youthful skin.

Fenwicks Pharmacy | Kaiapoi

### 8 MURAD RETINOL YOUTH RENEWAL SERUM

Reduced wrinkles in just two weeks? Yes please. Murad Retinol Youth Renewal Serum uses retinol technology and hyaluronic acid to help combat the tell-tales signs of aging. Suitable for all skin types, this serum is the key to youthful, radiant skin.

Caci Clinic Rangiora | [www.caci.co.nz](http://www.caci.co.nz)



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Skin!

SPECIAL OFFER

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caci



T&Cs Apply





OPENING TUESDAY 12 OCTOBER IN OXFORD

## Liberate Your Look With Dr Laurie

“Botox® has really come of age,” says Dr Laurie, the head of Oxford’s new Canterbury Clinic. “It’s amazing what can be done.”

A qualified GP and medical professional, originally from Oxford in the UK, Dr Laurie “made his mark” as a specialist eye anaesthetist. This involved what sounds like quite gruesome work at times – he gives the example of injecting eyeballs. It has given him a huge amount of experience and a knowledge of facial anatomy which he now brings to appearance medicine and he’s finding it ‘fascinating’ he says.

Canterbury Clinic, which opens its doors on 12th October, offers appearance medicine, high-grade anti-ageing products and complexion treatments. The services offered by Dr Laurie and his business partner and beauty expert, Stephanie Evans, are designed to help clients achieve an overall look they are personally happy with.

One of the key treatments available will be cosmetic injectables, such as Botox® which works by temporarily softening muscle contractions. Whilst it can be used to tame those angry frown lines and soften those crows’ feet, advances in cosmetic techniques and procedures have made it more versatile. For example, it can be used for a ‘lip flip’ subtly enhancing the lips giving a fuller but

less dramatic appearance than fillers. Or even to lessen the appearance of a ‘gummy’ smile.

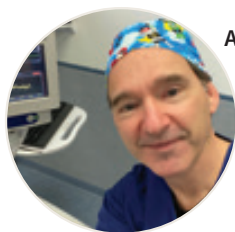
It can also be used for medical reasons says Dr Laurie, including excessive sweating, twitching eyes and even migraines. And he will be working with local GPs to provide muscle relaxant injections for such situations.

Some younger clients are seeking preventative treatments or may still be trying to feel comfortable with some aspect of their looks. Others may want to erase those tiny lines around the eyes, or that crease that makes it look like they’re always angry.

**But regardless of a client’s reasons for visiting Canterbury Clinic, they’ll get absolutely honest advice.**

“We’re not pushy sales people,” says Dr Laurie. “We believe honesty is the best policy and it’s so important to really listen to the client.” So, if he thinks the results a client is after would be better achieved with cosmetic surgery or another approach – he will tell them. Ultimately the aim is to make people feel happy with their appearance and not feed into a prescriptive view of beauty.

“We focus on the overall look,” says Dr Laurie. “When a client leaves you want them to feel good about themselves.”



Are you Botox® curious?

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

Contact Canterbury Clinic and book in for a discreet, individual consultation with Dr Laurie to discuss your options completely free of charge.

03-925 8875 | reception@canterburyclinic.nz  
Rata St Business Hub, Oxford | www.canterburyclinic.nz



## Reach YOUR Potential

Using hypnotherapy and coaching I can help you access greater self-confidence and motivation. Or you might want to stop smoking or lose weight.

Using a combination of hypnotherapy and coaching I can also help you manage stress and anxiety as well as recover from burn-out.

Setting goals and using will-power and ‘logic’ only go so far. It’s a bit like replacing an app on your phone. Habits are like apps and every now and then an upgrade can be transformative!

Hypnotherapy is also really good for removing fears and phobias - giving presentations, needles, the dentist, spiders, for example. By the way, unlike the stage shows, hypnosis is NOT about taking away your self-control.

**For a limited period I am offering a 30 minute free consultation to discuss what you want to achieve!** (Alternatively, book a 90 minute session for the price of 60 minutes).

Phone or email me for an appointment. I work from Waikuku and I also offer phone and Skype consultations.



## Tracey O’Callaghan

MSc, BSc, Grad Cert Career Dev, HDP, Dip CAH

021 169 8080 | tracey@livingbydesign.nz

www.livingbydesign.nz

Living by Design

# Meno Magic

When it comes to health, there are many symptoms I refer to as being ‘common, but not normal’. In other words, you accept any suffering you experience, not realising there are steps you can take to alleviate (or prevent) your challenges. This statement can be particularly true when it comes to menopause.

Too many women today believe that hot flushes, sleeplessness and weight gain are all ‘accepted’ symptoms of menopause. But it doesn’t have to be this way. It is entirely possible to experience a gentler transition through menopause by providing your body with the additional support it requires in the lead up to menopause, as well as during this transition.

By medical definition, menopause has three phases—perimenopause, menopause and post-menopause. The first phase, perimenopause, refers to the years leading up to menopause. Lasting around 4-6 years on average (though some experts suggest that it could be closer to 10 years for some women), this is a time where sex hormone levels fluctuate as the ovaries begin to wind down regular ovulation and hence progesterone production (as the majority of progesterone is made by the ovary after ovulation). This can lead to symptoms such as an irregular cycle length, periods that may be lighter or much, much heavier than usual, flooding, breast tenderness, PMS/PMT, hot flushes or a general sense of feeling warmer, night sweats, disrupted sleep, more anxious feelings, heart racing (particularly as you are trying to fall asleep), brain fog, fatigue and unexplained changes in body fat.

Menopause is defined as the point at which 12 months have passed since your last menstrual period. By this time, estrogen and progesterone levels are low and some women tend to experience unpleasant symptoms associated with low estrogen, including hot flushes, interrupted sleep, mood changes, fatigue and vaginal dryness.

To best support your body during the transition of menopause, it’s important to nourish yourself with plenty of whole real foods including plenty of vegetables, minimise or avoid alcohol and caffeine, and to do what you can to reduce or manage your stress levels. Incorporating stress reduction techniques—such as breath-focused practices and exploring your perceptions of pressure and urgency—is particularly important to support the adrenals (the glands that produce your stress hormones) as your ovaries wind down their production of your sex hormones.

Post menopause, the adrenals become a primary site of

sex hormone production. If a woman is still suffering at this stage, it’s usually a sign the body is still adjusting to the lower levels of sex hormones and/or the consequence of constant, relentless stress hormone production for years or even decades leading up to this time. Continuing the type of support outlined above is often beneficial.

It’s also important to note that our calcium, vitamin D and vitamin B6 needs all increase post menopause while our iron requirements go down. After menopause, the levels of fats (lipids) in our blood—such as cholesterol—also commonly tend to move in a direction that isn’t ideal. This is due to a variety of biochemical changes that occur post-menopause, including cholesterol no longer being needed to make significant amounts of sex hormones. Blood lipid increases also tend occur at this stage, as over time, and as a result of too many poor-quality food and drink choices, fat accumulation in the liver can start to disrupt some of the liver’s vital tasks, including those involved in estrogen clearance from the body and cholesterol metabolism. Again, regular movement is helpful, as well as supporting the liver by focusing on choosing predominantly whole, real foods, particularly plenty of vegetables for the unique

“The nutritional and lifestyle changes you make ahead of time can have a profound effect on your day-to-day health and set you up for a more comfortable transition.”



phytochemicals they offer, as well as the health benefits that come from eating more bitter foods.

For many women, additional support from medicinal herbs can also be very helpful through each phase of menopause, and this is why I created a supplement called Bio Blends Meno Magic. Remember too, that preparing for menopause is just as important as supporting yourself through menopause. The nutritional and lifestyle changes you make ahead of time can have a profound effect on your day-to-day health and set you up for a more comfortable transition.



GIVEAWAY

WIN ONE OF 5 MENO MAGIC SUPPLEMENTS BY BIO BLENDS

To help support a gentler transition to menopause, we are giving away 5 bottles of BioBlends Meno Magic which has been formulated to support the body during times of changing hormone levels.

To enter head over to our facebook page and find this post for instructions.

## Certified Organic Products for People, Pets & Plants

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www.greentrading.co.nz

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67 Percival Street, Lilybrook Centre, Rangiora



## MASKNE

(Mask Acne) is a relatively new occurrence in skincare, caused by the fact that we are all now wearing masks in a significant way.

You may be experiencing breakouts, sensitivity, congestion and more because of this.

### OUR TIPS?

Change your mask (washable or disposable), often, to avoid bacteria build on the skin.

If you are experiencing breakouts or congestion our top pick is our Cane+Austin Acne pads, use these at the end of the day to manage breakouts.



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







## BEYOND THE SMOKE AND MIRRORS

At Smoke & Mirrors Hair Lounge our highly trained staff specialize in beautiful and vibrant colours. We understand clients want to get the most out of their new colour so here are our top tips for increasing the longevity of your beautiful rainbow mane.

### Washing your hair

Top Tips for in the shower! Did you know that "sulphates" are used to clean car engines!? This ingredient is commonly found in supermarket shampoos, and will strip your colour fast! Use a sulphate free shampoo, or a "Clenditioner" (Shampoo and Conditioner in one) to cleanse the scalp, and rinse in cool/cold water to prevent your colour from washing down the drain!

### Lifestyle factors

Living in beautiful North Canterbury, some of our rural properties can have a build up of unwanted minerals in the water, and this can cause unwanted green, gold or red hues in the hair. It is also important to consider if you are a regular at the gym, and wash your hair daily, work outdoors in our harsh NZ sun rays, or enjoy a swim in a chlorinated pool, as these factors will cause your colour to fade much faster! Products with UV protection, and anti-chlorine or mineral properties will help you lock your colour in.

Our stylists offer complimentary consultations to help you to create a look that will work with your lifestyle.

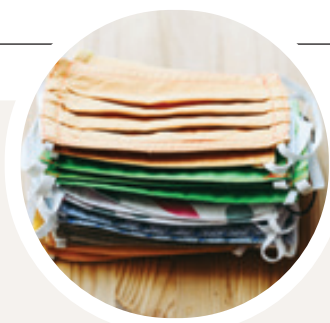
### Bespoke homecare

Using a colour depositing conditioner or direct dye such as Manic Panic, in between salon visits is a great way to refresh your hair! We are the only Manic Panic education ambassadors in NZ, and our team is highly trained in understanding the correct pigments to enhance your colour. We have a huge range of coloured hair care in salon, and we can help you find the right shade to take home! Clients can purchase in salon or through our online store [smokeandmirrors.nz](http://smokeandmirrors.nz)

### Maintain the mane

Although it is inevitable that your colour will fade, our colours are designed to fade beautifully, with pastel and holographic hues. Even with following all of our aftercare tips, rainbow hair does require a bit more maintenance. It is best to rebook a colour refresh between 4-6 weeks for vibrant shades. If you are thinking about trying something new, or just need a lift, you can book in for a "Coloured Blowdry" which allows you to try a colour temporarily, lasting approximately 1-4 washes!

194b King Street, Rangiora | 03 310 6886 | [smokeandmirrors.nz](http://smokeandmirrors.nz)



## FACE MASKS

by Dr Peter Aspell (Durham Health Cosmetic)

With face masks becoming a part of our lives for the foreseeable future we have blocked our ability to express and perceive each other's facial expressions by hiding the bottom half.

The lower face often shows the most signs of ageing and is where our gaze is naturally drawn to when we speak to someone. This may be to our advantage - drawing attention to our upper face has, in a recent study, been shown to boost our perceived attractiveness by as much as 20%. However, we rely on the combination of facial expressions from both our eyes and mouth to distinguish between emotions such as fear and surprise, or between sadness and disgust. Wearing a mask makes reading these emotions more difficult.

Using botox to treat our frown and forehead lines makes it less likely that facial expressions such as

surprise or confidence be mistaken for anger or sadness.

Botox allows us to soften these lines - making emotions in our upper face appear less negative and, because humans mirror each other's emotions instinctively, we therefore are more likely to elicit more positive emotions in those around us.

Interestingly the opposite is true for crow's feet lines. When we smile a 'true smile' it involves our mouth, cheeks and eyes - our whole face. With our lower face covered we rely on those crow's feet lines to show that we are genuinely smiling. It becomes harder to express positive emotions with a mask on and any signs of smiling are more likely to be perceived as 'fake'.

Botox treatments have always been more complex than the Internet would have you believe - a good cosmetic doctor always takes factors like this into account.



Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility. Phone: 03 3134659 | Website: [www.durhamhealth.co.nz](http://www.durhamhealth.co.nz)



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

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

A revitalised you is only a consultation away.

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



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



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## Happiness in a Cup

Someone once asked Deb Riach, owner of Coffee Worx, what she did for a living? Deb replied that she sells happiness! And indeed, for many people their morning coffee, or the coffee they have after a great meal, really does make them feel good.

Coffee Worx are roasting their premium Arabica coffee and distributing it nationwide, but back here in North Canterbury they also supply a number of local businesses with their award winning coffee. Deb says that they have chosen to partner with the coffee businesses they supply because of the commitment and dedication they have in serving up excellent espresso, and also because they are great people to deal with!

There are a range of outlets sprinkled throughout North Canterbury. The recently

opened Acorns café attached to The Oaks Preschool, at the front of Charles Upham Retirement Village is a great little café with freshly made food, a spacious outdoor area and dedicated, experienced baristas.

Coffee Worx also have a great partnership with North Canterbury Sports Trust which began with Coffee Worx Fit at the Flaxton Rd Gym and now at the new Bellgrove Café at the Main Power Stadium. Deb has really enjoyed supporting and advising the hard-working and professional team from the Trust, who are always looking to make the customer experience exceptional. Deb and her husband Ian have also enjoyed a long term relationship with the owners of Route 72, Steve and Annette in Cust and are proud to still be supplying this iconic café and emporium. The newest addition is The Coffee Pot, a gorgeous little coffee cart set

up outside the Hope Op Shop on East Belt. Angelika and Hanna are dedicated coffee enthusiasts, but also lovely friendly ladies where the smiles are free. Olgees coffee car is another long term customer and Olga can be found on Tram Road and also at many events around North Canterbury doing a wonderful job serving up our popular Midnight blend.

Dean from Waikari Kitchen is an experienced chef who has renovated and breathed new life into a popular coffee stop on the way to Hanmer. The team at Espresso Garden are doing a brilliant job keeping all the tradies and locals well fed and coffee'd up at Mitre 10 Mega. And at CBK in Kaiapoi Hamish and the team are serving Coffee Worx coffee at their popular Bar and Eatery. Please Support these hard working local businesses, after the lockdowns, it is tough out there!



### OLGEES COFFEE CAR

Olgees Coffee Car has been on Tram Rd for the past 8 years (just before the overbridge) from Monday to Friday 6am-8.45am. I do lots of events around Kaiapoi and Canterbury.

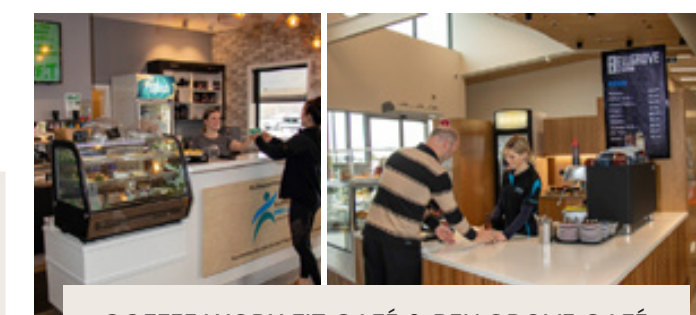
If you need to book a coffee car, give me a call on 021498892.



### Waikari Kitchen

Fresh hand made items designed for casual dining and grab-n-go customers. Our team take pride in everything we sell which is why we make everything on site, from scratch!

Open daily from 7.30am | 16 Weka Pass Road, Waikari  
[www.deanchef.co.nz](http://www.deanchef.co.nz)



### COFFEE WORX FIT CAFÉ & BELLGROVE CAFÉ

Owned and operated by the North Canterbury Sport and Recreation Trust, these destination café's are located within the Trust's flagship Rangiora-based fitness centres: the Coffee Worx Fit Café at the Rangiora Fitness Centre on Flaxton Road and now the new Bellgrove Café within MainPower Stadium, where anyone can enjoy healthy and nourishing food, smoothies and barista coffee.



### Acorns Café

Acorns Café serving as North Canterbury's latest innovative concept provides a hub for the Rangiora community to come together to share great coffee and food, while listening to the hum of the younger generation nearby.

Acorns Café is a family owned and operated boutique café located at 1 Charles Upham Drive.

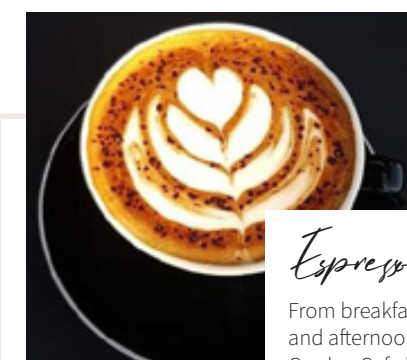


### THE COFFEE POT

We are very excited to bring delicious bread pretzels to Rangiora, as well as a yummy range of savoury and sweet cabinet food options, including Gluten Free, Dairy Free and Keto Options.

The Coffee Pot Mobile Trailer is open Monday to Friday 8:15-2pm from 113 EAST BELT, Rangiora and is available for events.

For more information please email [Thecoffeepot2021td@gmail.com](mailto:Thecoffeepot2021td@gmail.com)



### Espresso Garden

From breakfast to lunch, morning and afternoon tea, Espresso Garden Cafe has a big selection of savoury and sweet treats to tantalize your taste. Also offering great keto and gluten free options. Come and sit in our beautiful garden setting and see our friendly staff today!

Entry through Mitre 10 Rangiora | 03-313 9911

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

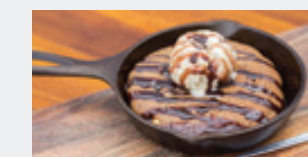
CBK Craft Bar & Kitchen Kaiapoi is the heart of the community in every way. We love to help support local teams, clubs & activities where ever possible, with a variety of fundraising opportunities.

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

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

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Available when dining in, until Sunday 31st October 2021. One FREE Dessert per voucher.



# dish FAST: Fabulous food

CREATED WITH MAXIMUM DELICIOUSNESS AND MINIMUM FUSS

Thinking about Christmas gifts?  
Look no further – the cookbook of the season is here!  
On sale 19 October, 2021



dish FAST is chock-full of quick and easy classics and up-to-the-minute recipes, specially developed to help Kiwis get food on the table in double-quick time.

The collection of 100+ seasonal recipes from dish Editor Sarah Tuck and Food Editor Claire Aldous offers a wealth of super-speedy, simple and delicious dishes. Whether you're a couple, a single, a family or a group of friends, this book offers maximum impact food with minimum fuss.

dish FAST brings together all the recipes from the past two years of dish's Food Fast section into one mouth-watering volume. This iconic section of the magazine covers dishes for all meals – from nibbles to go with drinks to one-pot dinners to luscious desserts.

Looking for a snack? Try the Pea, Spinach and Mint Hummus or an oozy Cheddar and Kimchi Toastie. Dreaming up dinner? For an absolute rock-star favourite, you can't go past the famous dish Baked Coconut and Chilli Sambal Chicken. Sweet tooth? The Pear and Vanilla Bean Tarte Tatin is utterly irresistible – or amp up the flavour and turn down the effort with Dark Chocolate and Sea Salt Toasties.

Full of gorgeous, "eat me" photography by Josh Griggs, and with dish's signature styling, the book is also a beautiful statement feature for your kitchen or coffee table.

dish FAST by Sarah Tuck and Claire Aldous, ICG Media, RRP\$49.99



I'm sure during Lockdown everyone was making their favourite recipes, maybe it was a family favourite or it may have even been one from our New World Recipe Collections.

This month I've decided on a favourite recipe featured from our Summer Collection. We literally gave away hundreds of our Chicken Caesar Pasta Salad recipe which also featured on TV1 with Toni Street. This recipe is so easy and whipped up in less than 30 minutes. You can use left over chicken and if you're not a big pasta fan use a small spiral or for something a bit different try Casarecce from Barilla. This is great for a spring lunch served alfresco or even a picnic and leftovers are great to pack in your luncbox the following day. Make sure you check out our New World Website for other meal ideas.

### Ingredients (Serves 4)

- 150g dried pasta
- 3 cups roughly chopped lettuce (cos, romaine or iceberg)
- ¼ cup diced red onion
- 1 cooked chicken breast, diced
- ½ telegraph cucumber, diced
- Olive oil
- ½ tsp dried mixed herbs
- 2 slices thick sliced bread
- ½ cup Caesar dressing
- Juice of ½ lemon
- ¼ cup shaved parmesan cheese
- Lemon wedges, to serve

### Method

- Cook the dried pasta as per pack instruction, then run under cold water and drain.
- Place the cooled pasta in a large mixing bowl. Add the lettuce, red onion, chicken and cucumber to the pasta, and toss well to combine.
- To make the croutons, slice the bread into small cubes. Bring a small frying pan to a medium high heat with a drizzle of olive oil, then add the dried herbs and cubed bread. Stir to combine, then toast for 2-3 minutes or until golden brown. Drain on a paper towel, then add to the pasta mixture.
- Pour the dressing into the salad, then add the parmesan and toss to combine. Season with salt and pepper to taste, then serve with fresh lemon.



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.



## Bistro Chicken with Bacon, Tarragon and Crème Fraîche (gf)

A classic French recipe I've been cooking for years; I never tire of it. A bowl of super creamy mashed potatoes and cooked green beans are the perfect accompaniments.



### SERVES 2

- 1 tablespoon each olive oil and butter
- 2 whole chicken legs (thigh and drumstick)
- sea salt and ground pepper
- 1 medium brown onion, finely chopped
- 4 rashers streaky bacon, thinly sliced
- 1 teaspoon dried tarragon
- 2 cloves garlic, crushed
- 1½ cups chicken stock
- 1 tablespoon wholegrain mustard
- 1 teaspoon Dijon mustard
- 2 tablespoons crème fraîche
- 1 tablespoon finely chopped parsley

1. Heat the olive oil and butter in a frying pan over a medium heat. Season the chicken with salt and pepper and cook, skin side down, for 10 minutes.
2. Turn over and cook for 2 minutes. Transfer to a plate and set aside.
3. Add the onion, bacon, tarragon, garlic and a pinch of salt to the pan. Cook until the onions are soft. Add the stock and bring to a boil.
4. Add the chicken with any juices, cover and cook over a gentle heat until the chicken is fully cooked, about 15 minutes. Whisk together the mustards and crème fraîche, stir into the pan and simmer for 5 minutes. Scatter over the parsley.

### GIVEAWAY

We have two copies of dish FAST to giveaway. Email [mel@essencemagazine.co.nz](mailto:mel@essencemagazine.co.nz) with your name and contact details by 20 October to be in to win.



## BE inspired AT THE STATION

BE INSPIRED BY SOME NEW DISHES, COUPLED WITH SOME OLD MENU FAVOURITES  
The Station Café has the perfect atmosphere generated by al fresco dining, great coffee, wholesome food, friendly staff and a beautiful gift shop.

2 Blakett Street, Rangiora Railway Station, 03 313 6018





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7am – 5pm

Baked goods  
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Cakes  
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Sandwiches



18 High Street Rangiora 03 311 8837



## Rangiora Smokehouse

### NEW LUNCH MENU

12pm – 2pm, Tue – Sun  
Prices ranging from \$9.00 - \$14.00

Enjoy our exclusive lunch menu at super affordable prices – With tasty classics to new juicy options to warm you up, there's something for all.

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



### For a super quick and tasty salad!

Toss together a bunch of rocket leaves, segmented orange including any juice, a couple of tablespoons of olive oil and top with some toasted sliced almonds.

# The essence of FOOD North Canterbury

The good people of North Canterbury are definitely spoiled for choice when it comes to food. Our little slice of paradise is full of amazing restaurants, cafes and bars who are providing a never-ending choice of world-class cuisine. The region also has so many talented locals producing high-quality produce and tasty treats.

## ROUTE 72

For 15 years, Route 72 Café Bar Emporium has been providing mouth-watering homemade meals from their cosy café in the heart of Cust.

From breakfast to lunch, Route 72 caters for every taste, with an extensive range of vegetarian and gluten-free options.

The café's famous Kiwiana Breakfast with its seeduction bread, kumara rosti and tarragon tomato hollandaise sauce is a menu favourite. And for a heartier midday meal, the Hunters Venison Casserole with aged wild venison marinated in red wine is a must have. For fantastic food, delicious coffee and old-fashioned Kiwi hospitality, Route 72 is the place to be.

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

Our vegetarian stack. Homemade chickpea pattie, with kumara rosti, and topped with chargrilled haloumi!



### BEST BEANS

Preserve your beans' fresh roasted flavour as long as possible, by storing them in an air-tight container at room temperature. Coffee beans can be attractive, but avoid see-through containers which will allow light to compromise the taste and the natural health promoting antioxidants of your coffee.

Coffee begins to lose freshness almost immediately after roasting. Try to buy smaller batches of freshly roasted coffee more frequently – enough for one or two weeks.



## Stonebaked Café & Bakery

We have joined the Stonebaked café & bakery together!

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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.

**Happy Spring! Fruit trees are in blossom, bees are starting to buzz about more, and the lovely days of near summer sunshine we've had, has definitely raised a spring feeling!**

I hope that you have a garden, or even just a few indoor pot plants to nurture. During this time of lockdowns, gardening has become an increasingly popular activity, and for good reason - last month I delved into the benefits of having a garden for senior citizens, but the truth is that the act of being in nature, tending a few plants, whether they are for produce or pleasure, is an incredibly effective strategy for building mental and physical health.

Mental Health Awareness week 2021 runs from the 27th of September to the 3rd of October this year, and in this day and age, Covid notwithstanding, the mental health of our human populace is greatly fragile. Gardening may offer some a welcome way to boost their head space.

### Benefits of Gardening for Mental Health

Studies have shown time and again that gardening improves mood, reduces stress, and boosts self-esteem. It provides physical exercise, and if you eat from your tended garden, it also gives you a chance to eat healthfully.

It provides mindfulness, putting you in a state of flow, where you can be fully present, focusing on the here and now. It connects you to your world, and others - even just inside your bubble, or online with a community of gardeners.

Gardening also helps you develop a growth mindset, moving your thoughts beyond perfectionism, and helping you practise acceptance.

### Garden tasks this month

Get ready to plant, plant, plant! It's the time make final touches to garden beds, sprucing up tired soil by adding some

good compost, making sure everything is as weed free as you can get it, and then start to get plants in the ground.

### 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 goes for the month of September - remember to start frost sensitive plants (\*) undercover, and plant out in the garden only when risk of frost is low.

Sow or transplant seedlings: Amaranth\*, globe artichokes, beetroot, broad bean, Cape gooseberry\*, cardoon\*, carrot, celery, chicory and endive, corn salad, kale, kohlrabi, lettuce, leek\*, pak choi, mustard greens and mizuna, onion, spring onion, shallots, parsnip, peas, silverbeet, sunflowers\*, sweetcorn\*.

Start these undercover for planting out Oct/Nov: Broccoli, cabbage, cauliflower, capsicum (sweet and chilli peppers), cucumber, aubergine, luffah, marrow, NZ Spinach, tomato, zucchini, beans.

Plant crowns/tubers/plants: asparagus crowns, Jerusalem artichokes, seed potatoes, strawberry.

### Herbs

Basil\*, chives, chervil, coriander, dill, fennel, mint, marjoram, oregano, parsley, rocket, sage, savory, rosemary, thyme.

### Fruit and Flowers

Still a great time to plant fruit trees, berry bushes and most annual and perennial flowers.



## Town Meets Country

words: Pattie Pegler images: Dorothy McLennan

**On a midweek afternoon Fi Sidey is relaxing at home and cooing over her grandson, who admittedly, is super cute. He toddles his way around the coffee table touching faux fur cushions and reaching for anything interesting.**

As adults we have to be a bit more restrained in our response to interiors, but I can see where this kid is coming from. A florist by trade, with a flower and homeware store in central Rangiora, Fi's work shows in her home. Whilst the basics are elegantly neutral it is

full of artfully displayed objects that draw the eye - from the golden pheasant on the dining room table to the cow hide chair and the bowl of orchids behind the couch. The florist's secret to keeping them perfect? "Water them right through just once a week," says Fi. "And feed them four times a year. Most people overwater."

"I wanted somewhere that had a rural feel and this section just felt so good," she says. With plenty of open space, not many neighbours and views of Mount Grey, it fitted the bill.

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The Summer months are not far away, so mulching your garden is very important to keep your plants healthy, holding the moisture in the ground and keeping weeds at bay.

One of our new products is black mulch, which makes the plants stand out and looks fantastic. We also stock Superglow, a compost with controlled release fertilizer combined with blood and bone - great for giving the garden a nutritious boost.

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*"I wanted somewhere that had a rural feel and this section just felt so good."*

With the garden now firmly established, Fi estimates she spends a couple of hours a week maintaining it. A keen gardener she also likes to bring a little interest with outdoor ornaments and a trio of stone hares gather on the far side of the lawn, a mirror with rustic black metal trim hangs on the fence and collections of pots are dotted around.

things that flower in different seasons, so you've always got something going on.

*In four short years Fi has brought together a very distinct look both inside and out. She has brought together treasured pieces from family and friends and added plenty of interest without looking cluttered. It's a new house that feels like real home.*

Fi's tip for gardeners is dense planting – more is more and it's a good look in a garden. Mix up plant heights for a tiered effect and look for



The developer already had plans in progress for the house and she had just 24 hours to study them and make changes. She got them to swap out brick cladding for the tasteful white plaster with black window frames and sleek black front door. She also dropped windows right down to the floor. The result is the 'black and white townhouse' she always wanted with sunlight flooding the rooms.



The subtle indoor colour palette is punctuated with plenty of green foliage and floral displays and blends easily with the garden. A small, neat lawn, multiple outdoor seating areas and beds bursting with plantings make this look like the work of many years. But, like the house, the garden is just four years old.

*"I wanted a white and green garden, it's a simple theme."*

explains Fi. "I marked it all out and sat and looked at it before I started planting." Two corner beds mirror each other bringing balance and are planted with flurries of white and green. There are white camellias and magnolias giving height and white primulas, daphnes and hyacinths sit at the front of the beds.

A mature ornamental cherry blossom dominates in one corner. It was originally planted by renowned Canterbury florist Mary Gerard who Fi also worked for in her own early floristry career. When Fi bought this section she was adamant that the tree remain and the builders had to work around it.

**What is your favourite item in the house and why?**

The rustic coffee table as the timber is over 80 years old!!

**What is your most recent purchase for the house?**

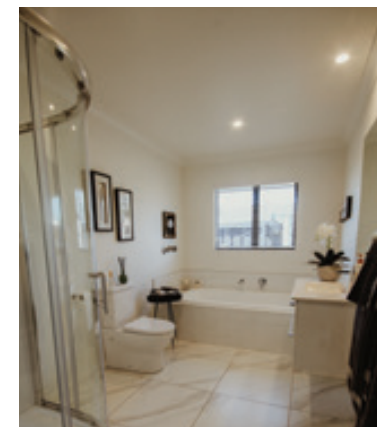
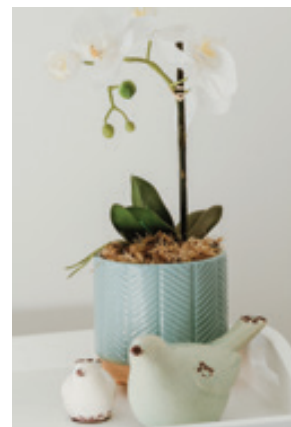
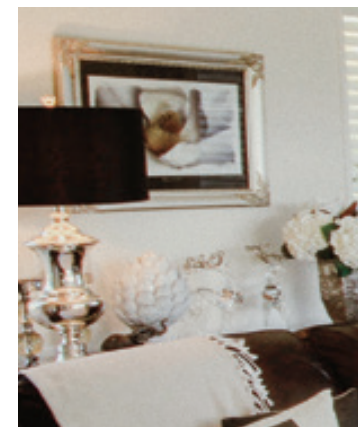
I haven't purchased anything for so long as it is either a broken or scratched piece I bring home from the shop as it can't go out for sale!! Amazing what glue can fix!!!

**Where is your favourite place to relax in?**

The den (second lounge) as it's so cosy and lovely garden views.

**Is there anything about the design of the house you would change?**

No, it all works so well, I particularly love the indoor/outdoor living.



## LET'S TALK ABOUT PLANNING FOR THE DISTRICT'S FUTURE.

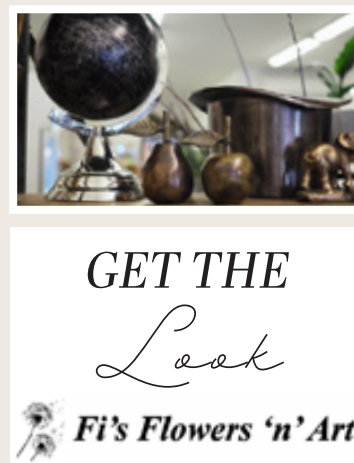
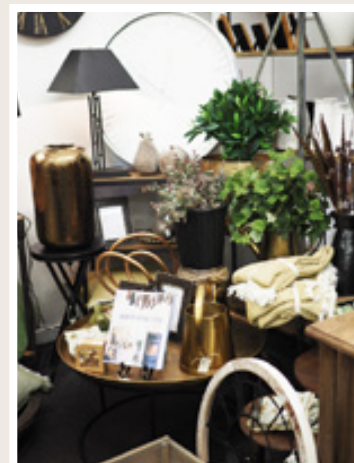
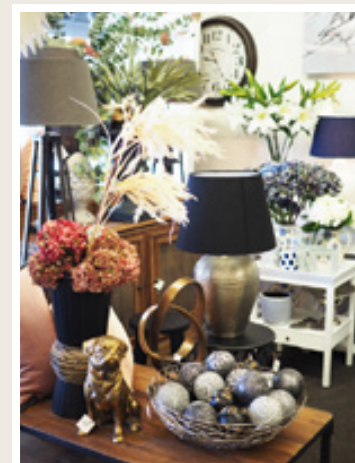
We're updating the District Plan to ensure it enables economic and residential growth, while protecting the things that make Waimakariri special.

The District Plan sets rules for sustainably managing how people use, subdivide and develop land, what and where they can build and what kind of activities they can undertake.

The Proposed District Plan is open for your feedback until 5pm on Friday 26 November.

We encourage you to look up your property and any changes that may affect you on the Proposed District Plan.

Find out more and have your say [waimakariri.govt.nz/letstalk](http://waimakariri.govt.nz/letstalk)



GET THE Look

Fi's Flowers 'n' Art







# Matt Doocey

MP for Waimakariri

Our young people bring a unique and valuable perspective to the challenges and opportunities facing our region.

When I selected my Youth MP for the previous Youth Parliament in 2019, Ellie Tizzard, she brought with her an insight into the struggle many of our young people living in Waimakariri face when trying to get into jobs in the Waimak. Poor workplace literacy came through as a strong message in Ellie's work canvassing the views of our young people. Many of our youth were telling her they needed a business to give them a chance and they needed to gain practical skills such as how to write a CV and cover letter.

When I interviewed candidates in 2019 to be Waimakariri Youth MP, Ellie shone through with her passion for her community and our young people. The need to increase workplace literacy for youth was the project she brought to me as her choice for the work she wanted to drive as Youth MP. After Youth Parliament finished, Ellie stayed on as an intern to continue this relevant work. As National's Youth Spokesperson, working with Ellie on youth issues has been rewarding and valuable.

I am now selecting my next Youth MP for Youth Parliament 2022 and I'm excited to meet another great young person to be a voice for our youth.

**This is a fantastic opportunity for someone who is committed to driving social change to make Waimakariri an even better place for our young people.**

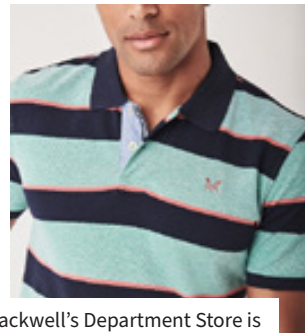
Applicants need to be aged between 16 and 18 on 12 November and need to be available to attend Youth Parliament on 19 and 20 July 2022. There is no cost involved.

I am asking our young people to email me a video or link to a video, or a one-page document telling me why they would make a great Youth MP to waimakariri@parliament.govt.nz by 25 October 2021. A shortlist of candidates will then appear before a panel comprising myself and youth leaders working in our community. I encourage you to submit an application - I'd love to hear from you.

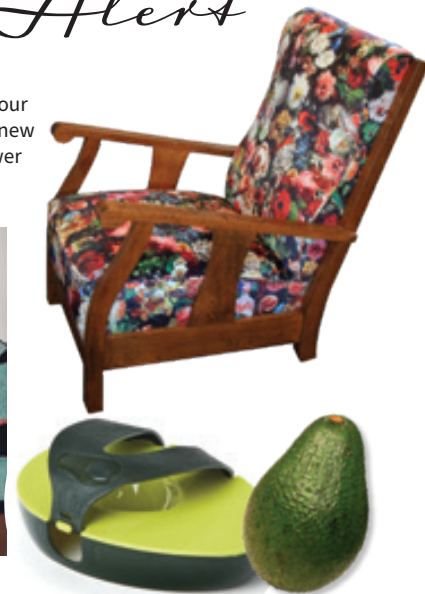


## Product Alert

At Arthur-Nellie Upholstery and Furniture Design you can revamp your tired old furniture with some funky new fabric. At Essence we love the 'flower bomb' fabric pictured.



Blackwell's Department Store is excited to announce that they now stock Crew Clothing. This fantastic clothing brand adds to Blackwell's extensive stable of brands. Pop in-store and check out the new range today.



The Capital Kitchen Avocado Saver is a must have for avocado lovers everywhere. This nifty wee device helps keep your avocado as fresh as possible.



### Farewell from Jenny | Rangiora Florist

After 24 years in business and my lease is up in Arlington. It feels the right time to retire, and enjoy the next chapter.

Rangiora Florist has given me great pleasure and a wonderful place to work. My late husband Malcolm was also a great help, bringing morning teas and doing all our deliveries.

We have met so many people during this time and still today the friendships made will be everlasting.

I'd like to thank the Rangiora Community and outlying areas and businesses for their loyal support and friendship over these years a lot of everlasting memories with lots of laughs over some requests.

It's time to hang up the apron and enjoy this next chapter and hopefully once Covid is a lot more contained travel to Canada again to see my family.

Thank you everyone, take care,  
Jenny Woodgate.

### IN THE NAME OF Charity

Eight of the amazing staff members from Rangiora New World gathered on a cold blustery morning to shave their heads in the name of Child Cancer. So far the team have raised almost \$3k for the Child Cancer Foundation - superb effort!



Back row: Giles Witt, Vinnie Blakley, Guido Steltner, Jacqui Rose, Kerrie Cadigan, Harley Weller, Justis Atkins and Morgan Brown. Front row: Jenna, Erin and Belinda from The Hair Gallery



### DID YOU KNOW

Did you know that you can have your tennis racquet restrung in Rangiora by the same machine that is used at Wimbledon?

Lyn Glogofki, of The Sports Shop, has been re-stringing tennis, squash and badminton racquets for more than 18 years.

For the last 8 years she has been using the Prince 6000 Restringing Machine - the same machine that is used by the world's top tennis players.

Lyn said racquet strings can become loose and brittle over time, resulting in a loss of power. She said having your strings replaced regularly would help improve your game and the cost to have a racquet restrung costs between \$50 and \$75.



Queen of the Foxes Face Mask are super soft washable masks that allow you to keep yourself and others safe without compromising on style. These beautiful masks are available now at Rangiora Shoe Lines.

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### things we find funny



Dorothy's Spring Challenge training not quite going to plan....

By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.



## Page Turners

words: **Emmas at Oxford**

### THE END OF MEN

Christina Sweeney-Baird

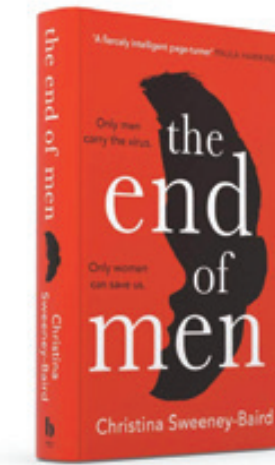
With its striking cover, confrontational title, and a terrifying synopsis; was a Level 4 lockdown a good time to read a book about a global pandemic? Overwhelmingly, yes.

This debut novel was such a great read - absolutely gripping. It is well written, with lots to ponder throughout.

Written pre-Covid 19, and set in Glasgow 2025; there is a global pandemic and men are dying (only 10% are immune). Women are carriers; who fiercely protect their sons and husbands; only to have them die.

Written from multiple points of view, in first person narratives, from all around the world (including New Zealand). It is the account of the women who have been left to deal with the consequences of the virus. The journey of everyone in the book kept my interest throughout, and it is easy to follow.

How do hospitals function? Would authorities listen to the person who



reported a serious issue? Who would develop a vaccine? How does society change?; from personal loss, to political, to the workforce, fertility and the meaning of family.

A work of fiction, it is worryingly close to reality at times.

It turns the unimaginable into the unforgettable.

I'd recommend this book for everyone.



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