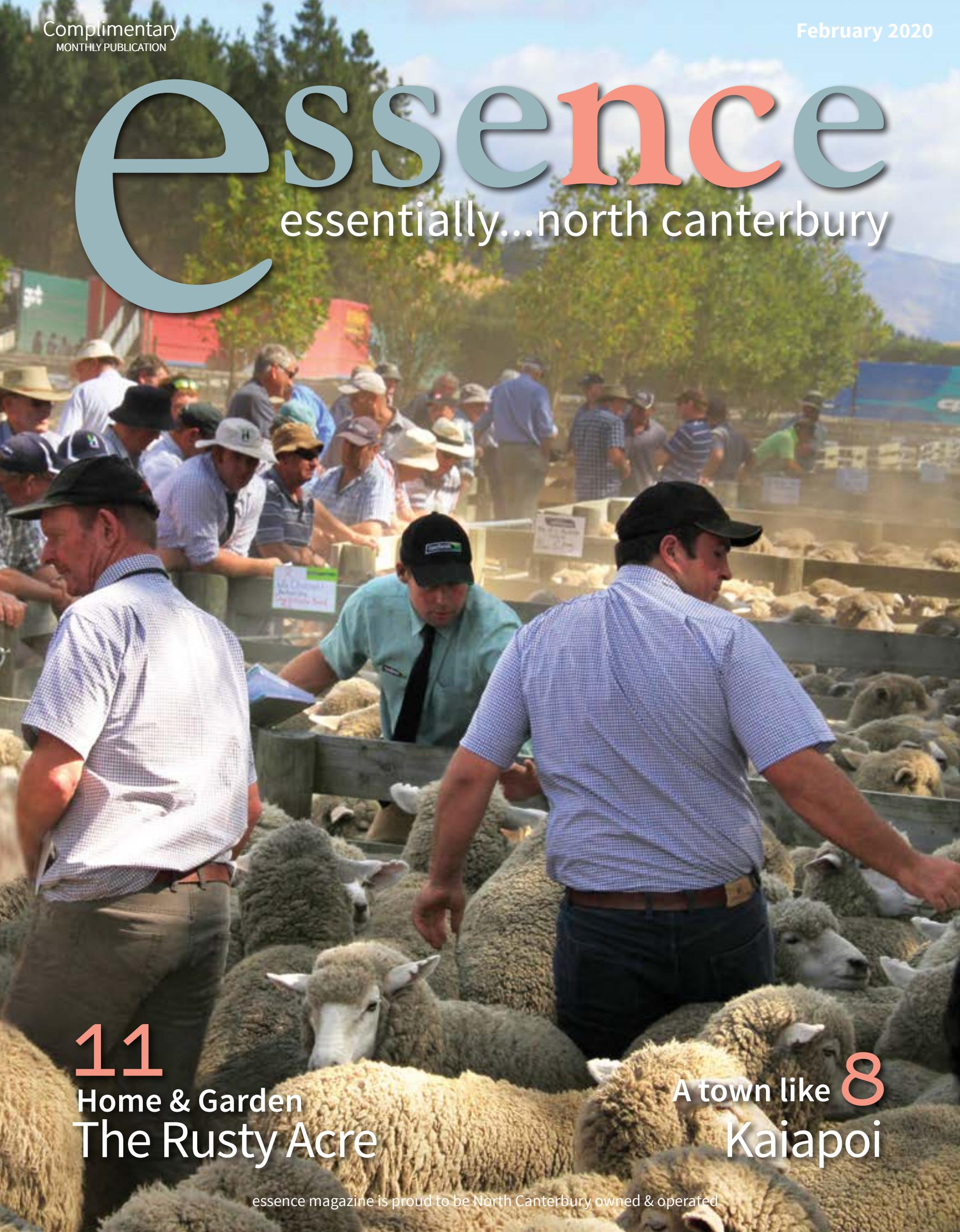


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11

Home & Garden
The Rusty Acre

8

A town like
Kaiapoi

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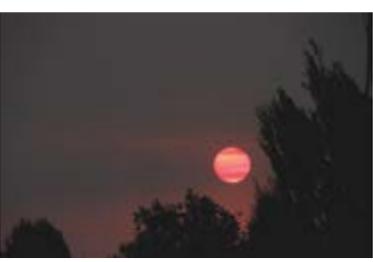
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contents

Well it's been an interesting and strange start to the new decade - Coronavirus, multiple fires in the riverbed a little too close to home, the strangest sunset on Sunday night and the very wild and windy weather. I'm sure this means the rest of the year is going to be perfect.



We are excited to be back from our Christmas break with lots of interesting and informative bits and bobs for the magazine this year. We kick off with our story on the amazing Rusty Acre. It was a real dilemma narrowing down the photos to run with the editorial as there are so many remarkable displays of artwork and the garden, which once was a bare paddock, has been transformed into something totally amazing. Our story begins on page 11.

Sitting at his laptop in t-shirt, jeans and jandals at Christchurch's Bizdojo workspace, Glen Herud looks focused. He's on his third coffee of the day and was at the gym at 7am. Writer, Pattie Pegler catches up with Glen to discuss his passion for happy cows and what drives him to do dairying well. Page 4.

In Kaiapoi people are enjoying a lazy, sunny afternoon. On the water the Kaiapoi River Queen is ready to take a cruise and passers-by stop on the bridge to take in the view. Kaiapoi's post-quake development is really starting to show the town at its best once again and people are rediscovering this riverside gem. Story pages 8 and 9.

Our 'Limelight' pics on pages 4 & 5 are from the iconic Hawarden Ewe Fair. I was reminded of summers past - hot, dry and windy, the smell of sheep and dust, wonderful women in the kitchen working tirelessly behind the scenes - mashing potatoes, slicing beetroot, making salads and getting the cold meat ready for the farmer's luncheon all under the watchful eye of Mrs Manning. The essence girls are happy to help next year.



Enjoy your month - Dorothy

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HISTORY LESSON



PFD611 - Kaiapoi Museum

The opening of the Coronation Swimming Baths on 10th March 1903 by the Hon R J Seddon, Premier of New Zealand when on a visit to Kaiapoi.

You will find the information for this event on Paperspast in The Press 11 March 1903. <https://paperspast.natlib.govt.nz/newspapers/CHP19030311.2.46>

Guests enjoyed a stunning day celebrating the nuptials of Brydie & Marshall Williamson at Lacebark Function Centre, Ohoka on 26th October 2019.



Jendy Harper CELEBRANT

Jendy Harper is one of our most experienced television reporters, but on wedding days you'll find her live on location with couples all over Canterbury.

A polished presenter and writer, with a fun and friendly personality, Jendy is also a Registered Marriage Celebrant who loves meeting and marrying people from all walks of life. Because love stories are the best stories.

jendyharper.com Ph 021 310 064

Amuri Show

Join us for a relaxing fun day at the 104th annual Amuri A&P Show, held at the Rotherham show grounds on March 7th.

We have an action-packed programme with everything from the 2 Raw Sisters cooking demonstration, the Dairy Women's agri-challenge, combat archery display and our famous terrier race, with everything in between to make a fun-filled family day.

Come on out and enjoy the beautiful grounds and famous country hospitality of the Amuri region. See you there!!

Look out for specific event times on our Facebook page.

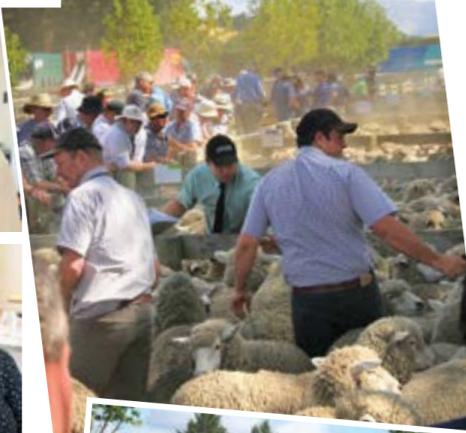


BEN HURLEY & FRIENDS

28 March 2020, 8.30pm
Rangiora Town Hall

One of the most recognisable and hairy comedy faces to come out of NZ is coming back to Rangiora! Ben Hurley from NZ TV show 7 Days!! Winner of all of the awards... The Billy T Award, The Fred Dagg Award, Comedy Guild 2016 Best Male Comedian & Best MC and Metro Comedian of the year, Ben's been smashing comedy out of the park since a long time ago. Join him and his friends for a night of laughs to remember!

WIN Win a double pass to see Ben Hurley & Friends in Rangiora on 28th March at the Rangiora Town Hall. Jump on our Facebook page to our competition, tag a friend and both follow our page or email your entry - info@essencemagazine.co.nz. Competition closes Friday 13th March.



Iconic Hawarden Ewe Fair

The annual Hawarden Ewe Fair was held over two consecutive Fridays this year. The event which next year celebrates 90 years is not only an opportunity to buy and sell ewes - it's a valuable community get together.



1. Jo Wilson and Jan Sidey 2. Rose Cassidy and Brenda Twose 3. Kevin Rowe and James Costello 4. Winton Dalley and Doc Sidey 5. Don Anderson, Stu Jensen and Rob Lynskey 6. Brian Anderson and Jim Burrows 7. Jenny Keeble, Pat Manning and Marg Wright 8. Doug Archbold and Kevin Croakley 9. Gavin Dowling and Sam Clouston 10. Murray Sidey, Stu, Janet and Kate Jensen

GIVING AWAY

Win two tickets to the North Canterbury Wine and Food Festival Sunday 8th March 2020

Jump on our Facebook page to our competition, tag a friend and both follow our page or email your entry - info@essencemagazine.co.nz

Competition closes Wed 26th Feb

See you in March for lazy summer good times under the oaks at Glenmark Domain.



\$50 FOOD/BEVERAGE VOUCHER

To be in the draw to win a \$50 food/beverage voucher, jump on our Facebook Page to our competition, tag who you would bring with you and ensure you are both following our page.

You can also enter via email info@essencemagazine.co.nz

Competition ends Wednesday 28th February 2020.

Essence Magazine New Zealand

Congratulations to Denise Powell our winner of last month's food and beverage voucher.



Sandra

Rangiora Vet Centre would like to thank you for the 50+ years of dedication, the incredible service and humour extended to the many clients, friends, staff, and all that you have helped along the way.

We sincerely thank you and wish you a long and happy retirement.



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Miscellaneous An art exhibition

Definitions of the adjective Miscellaneous

1. (Of items or people gathered or considered together) of various types or from different sources.
2. (of a collection or group) composed of members or elements of different kinds.
3. Similar words are various, different, assorted, mixed and diverse.

All of these words are the perfect description for three artists – Mandy Palmer, Nikki Parker and Jan Campbell who will be showcasing their varied artworks at Miscellaneous – an art exhibition.

All three artists are based in North Canterbury, and are members of the Rangiora Art Society and Arts Canterbury. Each of them have been exhibiting both locally and in the greater Christchurch area at art shows for several years now which is how the three artists became friends. Miscellaneous will be the first time they have exhibited as a trio. With

Mandy's figurative artworks in a variety of mediums, Nikki's distinctive quirky pieces with their insightful sayings, and Jan's bold and colourful abstracts, you will soon see why it is called Miscellaneous.

Miscellaneous will be held at The Brick Mill, in the exhibition room, at 1473 Main North Road, Waikuku from the 29th of February to the 8th of March. Saturdays and Sunday open 10am-4pm, Monday-Friday 10am-3pm.

To find out more information about the show head to "Miscellaneous – An art exhibition" on Facebook.

MISCELLANEOUS

AN ART EXHIBITION
NIKKI PARKER MANDY PALMER JAN CAMPBELL



29 FEB - 8 MAR
THE BRICK MILL, WAIKUKU



Swannanoa Country Fair

Every year our community comes together as a committee of dedicated parents to produce the Swannanoa Country Fair (SCF).

It takes many man hours, local business and service support to produce one of North Canterbury's biggest fun days in the regional calendar.

The school fair started as a humble boot sale in 1998 and now attracts over 8000 people through our gates on the first Sunday in March, people as far as Ashburton to Kaikoura!

The SCF is the schools only fundraiser of the year with 100% of the profits used to support our school, its students and provide valuable assets to assist in the future of learning.

Last year the school pool benefited from our fair with a total upgrade and keys are offered to the whole Swannanoa community as well as technology - with 3D

printers so students can design, build and engage in science and engineering.

We invite you to come along on Sunday March 1st to the Swannanoa Domain on Tram Road opposite the school for a great family day out!

At our country fair, you will enjoy a great day out for all the family, including sheep shearing, pony rides, farm machinery, and local businesses showing their trades and services, as well as locally grown produce and our very own school plant stall.

Sponsored by FUNHQ, there is something for the whole family. Parents can sit back, relax and enjoy some great home-made food on offer, whilst soaking up a great country atmosphere!

We are really are more than a school fair! Come see for yourselves.

Check out our FB page and website for all craft and trade stall participants and what's happening on the day.

www.swannanoacountryfair.co.nz



Stuart and Claire Morris - Business Owners

Real Estate 101 What do they mean?

Buying and selling property can be a bit daunting if you're just starting out, or it's been a few years since you were involved last. We thought it was time we broke down the language used and the process, from making an offer to moving in!

When you are searching for a property you may notice them being advertised for sale by a number of different methods - the most popular are:

- Priced - it's pretty simple, the property is advertised at a price level the owner/s would accept.
- Negotiable Over / Buyer Enquiry Over - the property is advertised at a level the owners are inviting serious interest upwards from.
- Deadline Sale - the property is advertised generally without a price for a set time frame (usually 2 - 4 weeks) and all offers are presented at the set time and date for consideration by the owners.

A **Multiple Offer Situation** can occur with any of these methods. It means there is more than one offer being made on the property so you will need to "put your best foot forward" with your offer or risk missing out. The scenario is regulated and the salesperson marketing the property should follow the REINZ best practice method and ask you to acknowledge being explained the details of this in writing prior to your offer being presented.

• Auction - much the same as a Deadline Sale except on the set date there is a public auction. The process is transparent (you can see what your competition is prepared to pay) but you must be in a cash and unconditional position to be able to bid. In other words your finance and full due diligence (explained below) must have been completed by you, your legal advisor and any other specialist you may be seeking advice from prior to bidding.

So after you find a property you like it's time to make an **Offer**. This must be done in writing for it to be legally binding under NZ law and is generally done on an **ADLS Sale and Purchase Agreement**. The offer will be drawn up in most cases by you and your real estate salesperson. It should take about 60 minutes depending on how many questions you may have. You may like to take legal advice prior to doing so or have your solicitor review the offer prior to presentation. You must all be presented with the **RE Approved Guide to Buying and Selling** property prior to entering into the Sale and Purchase Agreement.

Your offer will more than likely contain **conditions** to allow you to conduct **due diligence** (homework) on the property to ensure it meets your needs and is free from any major defects before you decide to buy it. Some which we would recommend including would be:

- Approval of the property's **LIM report (Land Information Memorandum)** - this document contains all the info held by the Council about the subject property and those around it which the Council has on file.
- Approval of the property's **Title** - this is the primary ownership document for property in NZ. It's an important one to check out, it describes any **covenants** (specific rules for use of that property) **easements** (rights that neighbouring property may have over your land e.g power, water or phone) and other interests.
- Confirmation of **Finance** - self explanatory but important.
- Confirmation of **Insurance** on the dwelling and other improvements on the land - goes hand in

hand with Finance and is equally important to most buyers.

- Approval of specialist reports like a **Building Inspection or Toxicology Report** ie, Meth test - allowing you to have a qualified specialist review the property in their area of expertise and advise you accordingly.
- An **Assignment of Claim** or assignment of **Residual Benefit of EQC and Insurance** Claim clause - a provision to make sure you are provided with all the relevant claim details and the appropriate benefits are assigned to you.
- If you have a house to sell a **Subject to Sale** clause is critical to give you time to sell your existing property to fund the purchase of your new one.

Once the due diligence period has been completed the Sale and Purchase agreement will go **unconditional or confirm**. At this point it is highly likely the deposit will be due (check with your agent) and the SOLD sticker will go up on the sign.

From there you have a period of time for each party to prepare to move before you take ownership on **Settlement Day** - which is the day you will pay the balance of the funds. Shortly after that you will take **Possession** - which is getting access to the property (you will be given the keys). On occasion these two events are not on the same day but it is rare.

Prior to settlement you are entitled to a **pre settlement inspection** which is a visit back to the property (with your salesperson) to make sure it is in the same state of repair as the date you first viewed it. Our recommendation is to do this a couple of working days prior to settlement to give you time to resolve any unlikely problems.

What's happening in the market right now? It was very busy leading up to Christmas and into the New Year - right now there is a shortage of quality properties on the market and a steady stream of strong buyers. Sellers, now could be an excellent time to move. Buyers, get as organised as you can so you are ready to strike when you see a property you like. For more advice - call us!

Property Management

2020 is set to be another busy year in property management with the latest round of tenancy legislation, Healthy Homes Standards, due to come into effect on 1st July 2020.

The first part of the legislation requires all new or renewed tenancy agreements to contain a statement of intent to comply with the Healthy Homes Standards.

This means that rental property owners and property managers need to sign off saying that their property either a) already complies with the five components, or b) is aware of what work is required, and undertakes to have this completed within 90 days following 1st July 2021 for existing tenants, or before 1st July 2021 for new tenancies. It is important to note that Tenancy Services advise that accurate records providing things like photographs and receipts must be kept, so that if required they can prove the property does in fact comply.

We are recommending to our owners that they employ professionals to assess their properties and supply a report which will sign the property off as compliant, or advise what needs to be done to comply. And this needs to be done sooner rather than later to avoid the inevitable rush!

The five components of the Healthy Homes Act are: Insulation, Ventilation, Draughts, Drainage and Heating.

It is important for landlords to understand that although they will likely have previously had reports completed on the insulation in their rental property, this is new legislation, so new reports are required. And of course, as previously has been the case, failure to comply will potentially result in fairly substantial fines.

Katrina Green - Property Management
Katrina.green@raywhite.com



Level 1 Conway Building, 188 High Street, Rangiora
T 03 310 6010 E rangiora.nz@raywhite.com W rwrangiora.co.nz

OLD HOUSE, NEW WINDOWS

There are many, considerable benefits to double-glazed windows. They keep the cold out in winter; the heat out in summer; they reduce condensation and can lower your power bills. With benefits like this it's no surprise double-glazed windows have been the standard for some time in new builds. But what happens if you want to upgrade to double-glazed in your existing home?

"Part of our team are dedicated specialists in replacement windows," says Hagley's Showroom Manager, Fiona Kilty, "and we can help with just one window or an entire house."

The experienced team at Hagley will help to guide customers through the process – advising on glass types, frames and colour matching to existing joinery. And, of course, one crucial decision is whether to replace the entire window or to retrofit.



Retrofitting means that just the glass is replaced with new insulated, energy efficient, double-glazed units. It means you don't have to throw away your old frames but it does depend on those frames being in a good enough condition to make retrofitting worthwhile. If it's possible, retrofitting can be an excellent option with considerable cost savings.

When replacing the entire window customers have a vast choice of frame colours. If you want new windows to help modernise your home then opting for on trend darker colours like deep greens, greys and blacks is a possibility.

Glass types can also vary and again the team at Hagley can advise on the best glass types for the situation. For example, if you want to reduce road noise then you might want to opt for hush glass. If excessive sun glare is a concern – then tinted glass might be an option. Whatever you opt for replacing single-glazed windows with double-glazed is a decision that you will never regret.

So pop into Hagley's Rangiora showroom and have a chat with their window experts.



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Kaiapoi Trellis

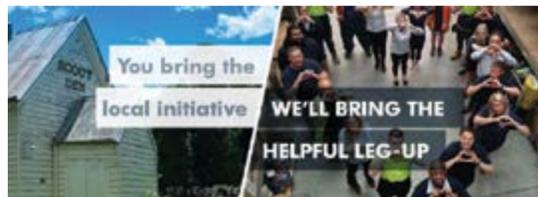
Kaiapoi Trellis specialise in enviro-friendly timber, locally manufacturing products from premium Macrocarpa and MicroPro treated Pine. We customise our products to achieve your desired result. Whether it's trellis for privacy or shelter, Oregon farm gates, outdoor furniture or planter boxes, we will help bring your ideas to life.

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PlaceMakers

PlaceMakers have been proud members of the Kaiapoi Community since opening in December 2015. Join us on Thursday March 12th 7am-9am for one of our legendary Monster Tool Sales. Come and enjoy breakfast on us and some bargains you won't want to miss.

17 Hakarau Rd, Kaiapoi Ph (03) 327 5860 www.placemakers.co.nz



A Town Like KAIAPOI

By the riverside in Kaiapoi people are enjoying a lazy, sunny afternoon. On the water the Kaiapoi River Queen is ready to take a cruise and passers by stop on the bridge to take in the view.

Kaiapoi's post-quake development is really starting to show the town at its best once again and people are rediscovering this riverside gem.

The town boasts an extensive choice of eateries to suit all tastes and, more importantly all times of day. And during the day Kaiapoi's eclectic mix of original shops offers a refreshing change from the same old names of the big malls.

If you want a bit of tranquillity, then wander down to the back of town and have a ramble around the old red zone. Once this area was home to many Kaiapoi residents and now, despite the wide-open space, you can still spot the tell-tale signs of old hedging and the odd, exotic plant that was once a much-cared for feature in someone's garden.

But this area is slowly being repurposed and in late 2017 the Kaiapoi Food Forest burst into life with its first public planting day - the local community showed up in force and over 80 trees were donated on that day. Now this fabulous addition to Kaiapoi continues to be hugely popular with the community and is well

worth a visit - bursting with fruit trees; patches of vegetables; plump, red strawberries and more. There's even a little solar-powered spot to charge your phone and a picnic table so you can stay a while.

Explore a little further around here and you'll come across the BMX track opened in October last year. It's a great spot to take the kids with their bikes and as the track fits four bikes across - there's plenty of opportunity for some run races.

Stand at the top of the bike track and you can also spot the dog park, another new addition to the area. Opened last year it's the perfect spot for pooches to run free and even has a 'stick library' to add to the canine fun.

It's easy to wile away a summer's day in Kaiapoi whether you're after lunch and shopping; budget friendly family fun or you just want to enjoy the riverside setting. As Kaiapoi regenerates it's easy to see how why this charming spot was twice named NZ's Most Beautiful Town. But don't just take our word for it - head out and rediscover it for yourself.

Pegasus Bay Law

Introducing the Pegasus Bay Law Kaiapoi Team

Pegasus Bay Law is focused on giving you sound advice and practical solutions.

This means being easy to talk to, and using our experience and expertise to deliver the best outcome for you.

The team members pride themselves on their open, down-to-earth approach.

The Kaiapoi team is headed up by Anneliese Muldoon. Anneliese is an experienced solicitor who has worked in the North Canterbury area for several years. She is ready to help you with your legal needs, ably assisted by Holly Stewart and Kiah Foote.

Holly is an experienced legal executive, and Kiah is the friendly receptionist/legal assistant at the front desk.

If you have a legal matter to discuss, then we are here to help. 97 Williams Street, Kaiapoi, Ph (03) 928 1215

Holly, Anneliese, and Kiah



image: Christine Watton

Kaiapoi River Carnival & Boat Show

The river is very much the centrepiece of Kaiapoi's redevelopment, the star feature in a pretty little town. And the Kaiapoi River Carnival & Boat Show is all about enjoying it.

"The river was looking so good," says Chris Greengrass, "we wanted to celebrate that". Greengrass is one of a small group of organisers who first revived this carnival last year.

This year's carnival promises a wide range of events, displays and rides. From flyboarding by champion Gemma Weston to water-skiing demos and jet boat displays. Littlies will be delighted with the bumper boats; water walkers and bouncy castles. There really is something for everyone!

If you want to get involved why not enter the raft race? Make your own raft out of recycled materials to compete. Your entry must be registered by 16th February and further details are available on the Kaiapoi River Carnival & Boat Show Facebook page.

Whether you're 7 or 70, there's something to enjoy at the Kaiapoi River Carnival & Boat Show. So put the date in your diary and get down to Kaiapoi with the whole family on Sunday 1st March.



what's on at the Carnival

- Waimak Flatties
- Dragon Boat racing
- Radio Controlled boats
- Jet Boat display
- Raft Race
- Foil Board
- Fly board- world champion & first class stunt woman Gemma Weston
- Sea Cadets
- Coast Guard
- "Walk the Plank"
- Water Skiing demo
- "WHOW" demo's
- Action on water at all times.



Fenwicks Pharmacy

Experienced staff at Unichem Fenwicks Pharmacy offer services including Warfrin management (CPAM), vaccinations, automated medico and medicine management, viagra sales, female urinary tract infection treatment and emergency contraception services.

We have a Natural Health Practitioner and Beauty Therapist offering very specific knowledge. We stock Revlon, Loreal, La Clinica and giftware.

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Ph 03 327 7339



Flying Fish Pet Supplies

We are passionate about helping you take care of your pets as well as possible. We cover a wide range of needs for your animals whether they have scales, feathers or tails. We don't always have what you want but we always have what you need!

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Kaiapoi Club

The Club is in the heart of Kaiapoi, offering two bars, Full TAB service, spacious gaming room along with two large screens for those all-important sporting moments.

Our Bistro opens at 12pm for lunch, Wednesday to Sunday and from 5pm for evening dining.

Raffles are held Wednesdays, Fridays & Saturday evenings from 4.30pm

Quiz nights every fortnight starting Thursday Feb 13th, Housie every Thursday from 12pm.

You do not need to be a Club Member to dine however, special conditions do apply when purchasing alcohol.

113 Raven Street, Kaiapoi. Ph 03 327 7884





Get Crafty with Erica

I hear you ask? It goes to show how fast time goes by and that is what brings me to this month's crafty idea.... Slow Stitching and the Magic of Slow Sewing. It's not new, in fact, slow stitching was popular in the Victorian times where young women spent their time doing needle work. It was done over time and every inch of gorgeous fabric, lace and ribbon was used; nothing was wasted. The Japanese are known for slow stitching or "mending". Any stitch and any piece of fabric can be added to a base fabric to create a master piece. The pieces can be hand sewn together or framed on their own. They make gorgeous cushion covers!

It's about stitching a slow sewing project by hand. It's about hand embroidering a sampler for fun and it's about taking the time to pause and reflect on what you're sewing.

Why Slow Stitching?
All you need is a small basket or bag with bits of fabric bits, a couple of good sharp needles, some thread, and a pair of scissors. All sorts of lace, ribbon and small notions can be added as well. You may have a couple of buttons of grandmother's cardigan or a piece of lace from a wedding dress, these make some beautiful and memorable slow stitch projects.



I can't believe we are already in February! What happened to January

Just imagine the fellowship that could occur at a simple gathering where you bring a small stash of your favourite bits to share techniques, growing skills, working with your hands, and making new friends.

There really is something magical about working with your hands. Being able to slowly create something with your hands seems to alter time a little. It takes me from multi-tasking down to doing just one simple task. When I'm in this place I can feel myself breathe. And somehow order is restored. This may just be what the doctor ordered in our fast pace world, so how not joining us at one of our 2 classes where the talented Louise brings her passion for fabric and design to show you the magic you can create.

We offer two slow stitching classes per week; Thursday mornings and Friday midday, so book in for a special date and we will show you how much fun Slow Stitching is!

Thursday mornings & Friday midday
123 High Street, Rangiora | Ph 03 313 6062 | www.willoughbys.nz

Little Bohemia

Amellia Sanderson, opened her new boutique shop, Little Bohemia, at the Brick Mill, Waikuku on a beautiful Friday evening.

The shop is a mix of boho and edgy fashion, accessories, giftware and interiors... something cool and a little off beat for everyone.



1. Amellia, Paul and Jeni Sanderson 2. Ollie Sanderson, Jamie Hill, Amellia Sanderson, Kiera Joblin 3. Atlanta and Helen Derbyshire 4. Amellia Sanderson and Vicki Lucas



New name, same great sales and service

After more than 30 years in business, Mead Mowers and Chainsaws changed hands in September, when Malcolm Mead retired, and sold the business to Tony, Kerin, Simon and Emma Brand. "We purchased Malcolm's other business, Mead Engineering at Ashley, in 2010. At the time Malc suggested we might purchase the mower shop as well. This sounded like a good idea so we waited for him to give us a ring before he headed off with his fishing rod over his shoulder," says Tony Brand, whose family has operated in North Canterbury as Brand Logging for 35 years, starting in the Eyrewell and Ashley Forests in the mid 1980s.

The mower shop has been renamed Brand Mowers and Chainsaws, however customers can expect the same experience, and familiar faces, as all staff were retained. "The changeover has been relatively seamless, even throughout the hectic Christmas period."

The Brands have made a few changes, including building a lean-to for storing mowers out of the weather, revamping the showroom, shifting Tony's office downstairs into the corner of the showroom, and tidying up the yard.

"We specialise in Husqvarna, which is a great company to deal with and markets all their own products from chainsaws, mowers, water

blasters, back pack sprayers, weed eaters, hedge trimmers and blowers, to battery operated machines and much more. A five year domestic warranty shows great confidence in the product."

Manager, Gavin McClung says innovations such as GPS tracking on auto mowers is another reason why Husqvarna is an industry leader. "The product range is second to none, with a machine for almost every job. We also offer finance terms, including 24 months interest free, and our sales are backed by professional service support, with our workshop team servicing and repairing most makes of equipment"

Tony says after five months in the new business, he is pleased with how it is going and enjoys meeting "new folk" from around the area. "We have always tried to deal locally when purchasing, and we are appreciative of our customers who share the same philosophy."



BRAND MOWERS & CHAINSAWS 275 Flaxton Rd, Rangiora. Ph 313 6640

Rambling at the Rusty Acre

"It's just my hobby," he shrugs. It feels like a serious understatement. The garden is filled with amazing steel sculptures of all shapes and sizes that he has created in his workshop. He uses steel which he buys new and 'the odd bit of scrap'.



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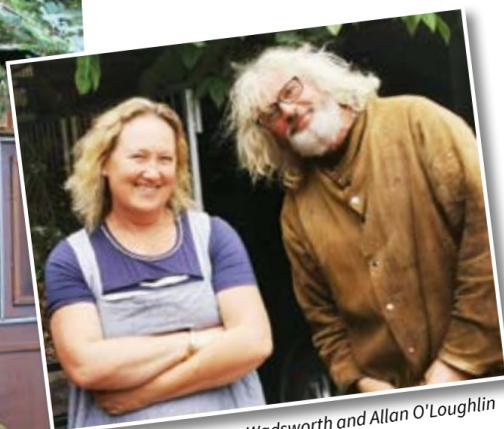
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words: **Pattie Peglar**
photography: **Dorothy** - essence magazine



Andrea Wadsworth and Allan O'Loughlin

Rambling at the Rusty Acre



The interesting thing about rural blocks is that nobody really knows what others get up to behind those macrocarpa hedges. Step through the little gate into the Rusty Acre at Mandeville and you're taken into another world – with a touch of the Alice in Wonderland about it.

Winding pathways lead through the green and shady garden. There are towering trees and splashes of floral colour and birds flit and fly through the canopy. In the trees and undergrowth figures and shapes sculpted from steel peer out at you. It feels cool and enchanting on a warm summer's day and it's hard to imagine this space any other way. But when Allan O'Loughlin and Andrea Wadsworth moved on to this 2-acre block back in 1993 it was a bare paddock.

Shortly afterwards they went overseas, spending a couple of years in the UK and came back with "lots of ideas" says Andrea.

So was there a master plan when they moved on to a bare paddock? "There were no plans," laughs Allan, "Around here you need to get shelter belts up. So the only plan was for the easterly, the nor'wester and the southerly".

An old shed made with big, sandy coloured bricks looks like something lifted out of an old English cottage garden; a unique formation of old gas bottles has been transformed into nesting boxes for wild birds and a formidable wooden gate with a huge rusted handle leads into the herb garden.

This was one of the first areas of the garden they developed and it is Andrea's first love. "I love herbs and I'm always out picking flowers, often to press. We bottle all our beetroot and make jams and chutneys," she says.

But centre stage in this garden are the sculptures. A long-legged man sits atop a penny farthing bike his scarf blowing in the wind; towering, willowy figures are scattered around the open lawn; an abstract shape of galvanised steel takes centre stage. But

everywhere you look there is something to catch the eye - like the rusty fairy spreading her steel wings high in a tree.

Allan is the sculpting half of this partnership. "It's just my hobby," he shrugs. It feels like a serious understatement. The garden is filled with amazing steel sculptures of all shapes and sizes that he has created in his workshop. He uses steel which he buys new and 'the odd bit of scrap'.

In fact the couple are both very creative in their own ways. While Allan is working away with his mig welder, Andrea can often be found in her own shed restoring an old vase with delicate hand painting or re-upholstering an old chair. "I love that sort of thing," she says, "Mum always had an eye for colours and I just love titivating and reorganising my surroundings." Many of the pieces that Andrea restores are now destined for her home décor shop which is an absolute treasure trove for those after something a little bit different.

The Rusty Acre opened to the public just over a year ago, but it was mainly driven by Andrea's love of home décor. "It was the shop that came first. I just love home décor, quirky stuff and I wanted to do something here," she explains. She continues to work part time as a theatre nurse, commuting into Christchurch and spends the rest of her time running her shop and events at The Rusty Acre while Allan is the sculptor and gardener of the organisation.

This talented couple might have started with "no plan" for their bare paddock – but what they have created is enchanting. A true testimony perhaps to the power of not planning.

The Rusty Acre is open from Friday to Sunday. For more details visit The Rusty Acre on Facebook.





Happy Cow

GREENER PASTURES

Glen wants to keep calves with their mothers for longer and provide the milk in reusable glass bottles

Sitting at his laptop in t-shirt, jeans and jandals at Christchurch's Bizdojo workspace, Glen Herud looks focused. He's on his third coffee of the day and was at the gym at 7am.

So far so urban entrepreneur. But appearances can be deceptive - Glen isn't pitching lifestyle apps but rather a kinder, greener way to do dairy. The son of a Southland dairy farmer, he grew up around cows and milked his first one when he was 10, he says. He went on to get a diploma in agriculture from Lincoln and in 2014 Glen started Happy Cow Milk in North Canterbury with a mobile milking machine he had developed himself. He wanted to try and do dairy differently - he wanted to keep calves with their mothers for longer, provide the milk in reusable glass bottles and be able to do this on a small scale. Last time I interviewed him for a magazine we did the interview in a paddock in North Canterbury as he dealt with his cows.

But there were endless obstacles and Happy Cow Milk was forced into liquidation in early 2018 - which was well documented in the media. Assets were seized, Glen lost control of the bank accounts and there are still approximately \$100,000 of unpaid debts left in his wake - he will pay these back, he says. The failure also came at a cost to his personal life - savings were dwindled to nothing and his marriage of 20 years broke up. For many that might have been the point at which they changed track. There can be a thin line between determination and misguided self-belief. It's a thought that has occurred to Glen.

"We've all got that friend who wants to be an actor or a singer or something like that and they try and try...but only a very few make it. How do I know I am that guy who will make it?" he says.

The answer, of course, is that he doesn't know but Glen is a self-confessed 'relentless optimist' and, overwhelmed by support from customers and other contacts, he decided to give his idea another go. He has spent the last year and a half analysing what went wrong and coming up with a better, more scalable plan. Then in December last year he raised \$400,000 in a single day crowdfunding for his Happy Cow 2.0 venture. Confirmation, if he needed it, that there's a very keen public appetite for this kind of project.

The new system is like a sort of 'milk factory in a box'. It will allow farmers to pasteurise their own milk in standalone tanks that are also used to transport the milk to the retailer. So the farmer will milk the cows, the milk will go into the tanks, the tank will pasteurise the milk and then be delivered to the retailer. People will then fill their bottles and pay at the tank. The proceeds will be split between the farmer, the retailers and Happy Cow 2.0 - with the lion's share going to the farmer.

And all this will be possible without prices being unreasonably high, Glen estimates they will be able to charge \$2.50 a litre and still make a fair return.

The next few months will see the prototype of this system built. It will then be inspected by the Ministry of Primary Industries for approval. If all goes well then the first trial will be run with an enthusiastic farmer in the Auckland area.

It's a big idea and whilst it's garnered him plenty of media coverage and support from consumers, it's drawn a more sceptical approach from some of those in the established dairy model. Along with some quite negative feedback online.



"I am just challenging the way dairy is done"

Glen is happy to debate the merits or otherwise of his idea and doesn't take the criticism personally, "I think a lot of them probably think, "who is this guy with no cows telling us what to do?" "They think I'm criticising them, but I'm not, I am just challenging the way dairy is done - a lot of people in Canterbury think I am an idiot," he says candidly.

But setbacks and failure are an integral part of the back story to many very successful people. Perseverance and being able to handle failure can make all the difference. And Glen isn't giving up. He's full of conviction when he talks about his plans and he's convinced he can make dairy better for farmers, cows and the environment.

"That's what drives me," says Glen, "it's not that hard to make dairy really good and nobody is really doing it."

Words: Pattie Pegler Images: Supplied



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Salmon & Cream Cheese

Frittata



Christmas has been and gone but we still have plenty of long summer days to look forward to. You can't go past my tasty Salmon and Cream Cheese Frittata to feed your guests or if you're planning a picnic it's ideal.

Start off with a round ovenproof dish, I made mine in a cast iron skillet lined with baking paper. There is a lot of choice of salmon at the moment, I chose Aoraki Hot Smoked Salmon for its lovely flavour, just remember to leave it in chunks and not break it up too much when you add it to your mixture. You can use fresh Salmon just cook it first. If you don't like salmon you can use smoked chicken. If you don't have any kumara just replace it with any other seasonal vegetables. Remember when the frittata is cooked leave it to cool before you take it out of the dish. Serve with a green salad, some aioli, crusty bread and a glass of Barker's Sparkling Apple Cider with Elderflower. Enjoy!

Salmon and Cream Cheese Frittata

Serves 6
300g cold smoked salmon, cubed (approx)
100g cream cheese
1 carrot grated
1 kumara
1 courgette grated
1 thinly sliced spring onion
6 large eggs
1 C grated cheese
1 clove garlic
1/2C flour
Salt and pepper for seasoning

Dice the kumara and roast in the oven with the garlic and some oil at 180oc for 20 minutes until golden.

In a large bowl mix the eggs and add carrot, courgette and kumara, add the flour, salt and pepper. Lastly gently add the salmon trying not to break it up too much. Grease a 20cm round oven-proof dish (I use a cast iron frypan). Pour mixture into the dish and add the knobs of cream cheese over the mixture. Finish with the grated cheese.

Cook for approximately 30 minutes at 180oc until golden brown.

Serve warm with a green salad and crusty bread.



Barbara Palmer has worked at New World Rangiora for 16 years, the last 5 as their New World Brand Ambassador during which time she has created many striking recipes.



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Best Beginnings

Choosing a preschool can be a daunting process for parents. The good news is that here in North Canterbury we have plenty of great choices to suit all families.

Start off by making a list of essential requirements for you and your child. Perhaps good-sized outdoor space and a focus on the outdoors environment is important to you. But also consider the daily practicalities of things like location and opening hours, particularly if you also have school age children that you have to drop off and pick up elsewhere.

Fees can vary considerably depending on what is included, how long your child will be attending each day and other factors.

All children over 3 years old are entitled to 20 hours of subsidised early childhood education (ECE) per week. But for younger children and those attending for more hours you will still need to pay additional fees.

Once you've narrowed down your options by considering these basics, then have a chat with other parents whose children attend your shortlisted preschools. You can also check out the Education Review Office (ERO) report for each preschool - these are available for free online.

But nothing beats visiting the preschools themselves. So give them a call and fix up a time to pop along with your little. What is the routine for the day? Does the physical environment seem safe, clean and interesting for littlies? Are the children separated into age groups? Most preschools at least have a separate nursery area for 0 to 2 year olds.

Chat with the staff and ask them how they engage with the kids. How do they manage difficult behaviour? Do they have

certain philosophies in their teaching? What is the teacher to child ratio?

And trust your emotions. How does it feel when you walk in? If it seems warm, welcoming with engaged staff and happy children - that's a pretty good testimonial. But if there's something that you feel uncomfortable with - then go with your instinct, you will be dropping your child off here for years to come. You and they need to be happy.

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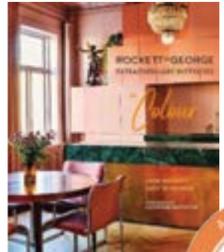
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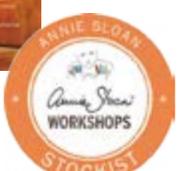
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The secrets to lasting health and wellbeing



Stacey Harris, Sarah Sidey, Jo Hopkinson-Haigh

Who doesn't want to live their best life – feeling healthy, vital, alive and happy? That's what the team at Nourish Body and Mind wants for us too, and they are on a mission to help make it happen.

In today's fast-paced world we are bombarded by infomercials, fad diet programmes, exercise equipment and even pills and potions which claim to make us thinner, firmer, stronger, fitter, healthier, less stressed, and happier.

However, Jo, Stacey and Sarah from Nourish Body and Mind, say the best way to achieve long term wellbeing and happiness is to create small, sustainable changes, built around the Four Pillars of Health – Sleep, Nourishment, Movement, and Mindfulness.

"People are often after a quick fix. However all the research shows it is the positive things we do on an ongoing basis which really have the biggest impact. Understanding the connection between physical and mental health is another key. The meaning of health and well-being must be attached to all parts of our bodies, including our minds and not just our muscles," says Stacey Harris, a qualified NLP (Neuro Linguistic Programming), Myers Briggs, and Mindfulness practitioner.

She is joined on the Nourish team by Jo Hopkinson-Haigh, a physiotherapist and Kind Yoga specialist; and Sarah Sidey, also a physiotherapist, with her own practice, who holds postgraduate qualifications in Acupuncture – integrating traditional Chinese Medicine.

"Sleep, Nourishment, Movement, and Mindfulness"

This group of effervescent, positive women have 11 children between them, and over 60 years of combined experience in the health and wellbeing industry. They share a passion for educating and empowering people to optimise their health.

Through their regular Nourish Body and Mind corporate events and workshops, and well-being retreats (open to all), they reach everyone from stressed out workers, to tired parents, and people at all stages of life who are keen to make a positive difference to their health and wellbeing.

They share expertise on a wide range of

topics, including Sleep Well, Brain Food, Movement is Medicine, Communication, Breathing Into Calm, Stress Less, Mindfulness at Work, Peak Performance, Digital Health, Emotional Intelligence and Pelvic Floor Education, plus many more.

Jo says it is no surprise that Sleep is the first of the Four Pillars of Health, as the importance of getting a good night's sleep cannot be underestimated.

"The latest research shows that sleep is vital for optimal health, yet around one third of the population suffers from insomnia. Our Sleep Toolbox is full of sleep hygiene tips to help people get their sleep back on track."

Nutrition is a big topic for which the Nourish team have simple advice.

"Eat less processed foods, eat more real foods, and everything in moderation," says Sarah Sidey.



With depression and suicide rates soaring in New Zealand, and often linked to stress and mental health issues, the Nourish team is working with people to be 'proactive' rather than 'reactive' when it comes to their mental health, providing them with natural and mindfulness tools which can help to prevent these issues, or stop them from escalating.

"Understanding our stress triggers and behavioural danger signs is key, as well as building emotional intelligence, which gives us the ability to understand and control our emotions," says Stacey.

Ways to integrate more movement into our lives, and introduce a daily digital detox (while modelling good behaviour for younger family members) are among the other valuable things covered in the Nourish programme.

Jo says sharing information and expertise, and helping people to create positive change, is hugely rewarding work.

"People come into our workshops and events as strangers, but leave as friends. We get a lot of hugs at the end."

Join the Nourish Body and Mind Retreat!

Cost \$120

The Nourish team is excited to announce the date for its upcoming one-day Body and Mind Retreat, which will be held on:

Sunday 5 April at Rossburn Receptions, Spark Lane, Rangiora from 10am to 3pm

During this retreat you will learn positive steps you can take towards creating sustainable change in your life, leading to a healthier, happier you. Topics covered will include Kind Yoga, mindfulness, sleep, pelvic floor health, gut health, emotional intelligence, healthy living, and self-love.

Includes a nutritious lunch, and morning tea.

Contact the Nourish team for more information!

Is your team fit for work?

With growing awareness that the health of a business is dependent on the health of its workforce, there is perhaps no better time to adopt a wellbeing programme to support your staff. They'll feel valued, healthier and happier, which research shows can result in lower absenteeism, decreased stress, boosted morale, increased performance and staff retention. It's a win-win!

The team at Nourish Body and Mind creates tailor-made packages for corporate and business clients – from 2.5 hour workshops, to full day events, and even one to three-day private retreats. They can come to your workplace, or arrange an event offsite (often at Rossburn Receptions). The exciting full-day programmes include Mindfit, Workfit, Mindful, or Teamfit, or you can mix and match a range of topics from the Nourish menu, specific to your team. As well as the full range of personal health and well-being topics, the Nourish team covers workplace specific topics, including Healthy Workplace Habits, Mindfulness at Work, Communication, Team Dynamics/Relationships, Peak Performance, Digital Health, and Emotional Intelligence.

Are you ready to create a culture of health in your business, in which everyone benefits? Contact the Nourish team today!



Contact Us

www.nourishbodyandmind.co.nz
nourishbodyandmindnz@gmail.com

Claiming your personal power

I've just got home from two weeks running equine-led learning retreats on a beautiful hill country farm on the Whanganui River.

One of the retreats explored our relationship with power. And as you might expect, there were plenty of power dynamics within the group that needed to be worked through. That experience, which was sometimes uncomfortable, highlighted for me what authentic personal power is, and one key thing we can all do to empower ourselves.

True personal power is not about position, status, getting other people to do what you say, or even being "respected". Instead, it comes from knowing who you are and what you value, and being willing to make decisions based on that knowledge, even if that makes other people uncomfortable. A wise person once said that having choice leads to awareness, but only decisions lead to growth. And personal power increases over time as we make decisions – knowing that we might get it wrong – accept the consequences, and grow.



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Often though, leaving behind who we thought we were to become who we are capable of being asks us to notice the stories we've been telling about ourselves and others. These stories – for example, "he's belittling me", or "I'm useless" – are built out of our past experiences, but then become the lens through which we view our present and our future. As we tell them over and over, and react as if they were true, we give our power away to others and create painful, restrictive patterns in our lives.

This last week I've seen how our stories can keep us stuck and hurting. And I've also seen how, when we have the courage to name those stories and let them go, we reclaim our freedom to respond to what happens in our lives from a place of awareness and authenticity. That seems to me like real power.

(If you're interested in what I mean by "stories", and how to release them, you might like to check out the latest video – "The Stories I Tell Myself" - on the Resources pages of my website.)

Estate Planning Creating Certainty

Happy New Year!

I think we can still say that, but only just. We're already into February. Hopefully you've all had some quality time with family during the Christmas days, as well as a relaxing few days off over the New Year period. I know we did. I love Christmas Day with young grandchildren, close family and elderly parents.

However not everyone had quite the same experience as us. Spare a thought for those who have in the past, and indeed did this year, lose loved ones over this special time of year. Jill and I personally had three such sad occasions this Christmas. To be fair, all of them were older and all of them had been unwell for some time. We ourselves experienced the passing of Jill's mum shortly after Christmas two years ago after a long battle with cancer.

These untimely and very sad events caused me to consider the subject of estate planning. Something we should all consider and review while we still can. Regardless of age, we need to ensure the right steps are in place to make certain that our liabilities are taken care of and our assets go where we want them to go.

Now, you might be saying "what's this got to do with insurance?". Well, we certainly don't directly do Wills, Trusts or Enduring Power of Attorney, but we could refer you on if that's needed. However, insurance can play an important part of estate planning in certain cases. You'll recall in one of my very early columns I described insurance as the "funding mechanism" to finance what we want to happen in the case of certain unplanned events. Car insurance for example. If you have an accident in your car, the insurance company doesn't fix it, that's done by the panel beater. The insurance company just pays for it! That's the "funding mechanism" to fix your car.

And so, this can work on estate planning. I'll give you an example...

Let's say there is a family owned business started by Mum and Dad. Mum and Dad have three children and one of those works in the business. Let's say the business is worth \$1m. The child that works in the business buys in 10% shareholding leaving the other 90%



equally (and perhaps jointly) with Mum and Dad. Dad passes away from a sudden illness leaving the 90% shareholding with mum. Mum doesn't really have anything to do with the business operationally but keeps the shares because of the child who relies on the business for their income. Then, just as suddenly, Mum passes as well. Now what happens to the 90% shares??

You guessed it; they're equally shared amongst the surviving children – 30% each. The working in the business child now owns 40%, which is good. But he (or she) is now in business with their two siblings, not good. The other two sibling simply want the capital value of the business, an amount of \$600k. Where do you get that from? The bank? Maybe, but what if the bank says "no"!

What's the solution? Insurance! A life insurance policy on Dad for the amount of, in this case, \$600k owned by the working in the business child with a "buy/sell" agreement to purchase the shares when the life insurance claim is settled. Easy. The life insurance policy provides the money to buy the estate out of the shares.

This is a very simple example of how insurance forms the funding mechanism and provides a very certain outcome as part of the estate planning. If you think this is something your family needs to consider, give us a call. Afterall, it is what we do.

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ASK AN EXPERT

If you have a question you would like our panel of experts to answer please drop us a line at mel@essencemagazine.co.nz



Mark O'Donnell

Mark is an Authorised Financial Adviser. He has 32 years' experience providing financial advice. We have a passion for helping people develop good financial outcomes that meet their goals and objectives.

Q. I have signed up for KiwiSaver but I'm not sure where it is invested and at what rate, can you help me?

It's very important at an early stage to get qualified advice about what fund you should be in to determine your risk profile best for you. If you don't make an active choice you will be in a low earning default fund which could cost you many thousands of potential earnings.

Q. I'm 18 and just starting my first job do I need to sign up to KiwiSaver?

The short answer is yes, because you qualify for employer contribution and a government contribution on top of your own contributions.

Q. What are the advantages of having KiwiSaver?

You get employer and government contributions on top of your own. Savings for your retirement.

We have agreements with a number of KiwiSaver providers, AMP, Booster, Milford Funds, ANZ where we provide advice and ongoing monitoring to optimise returns. When we are advising and providing that service there is no direct fee charged to you, we are paid a portion of the standard fees charged for our service by the KiwiSaver provider we have agreements with. Your own KiwiSaver provider may be able to give you assistance if they provide personalised advice.

If you'd like to consider your options, please don't hesitate to contact our office on 0508 237 583. We are 237 High Street upstairs at the Rangiora medical corner.

A Disclosure Statement relating to the Financial Advisers associated with Canterbury Financial (2005) Services Ltd is available on request free of charge.

"Plan for the future, because that's where you are going to spend the rest of your life"
- Mark Twain

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Nerissa Moore

Nerissa completed her training at Christchurch Polytech in 2013. She is the owner of North Canterbury's fastest growing Tax and Bookkeeping business. Her drive and passion is to support small to medium sized businesses within the North Canterbury region to succeed in their ability to understand and comply with their tax obligations and their daily transactions.

Q. What can a Bookkeeper do for my business and who needs one?

A Bookkeeper is a person who assists in recording the financial transactions for a business including daily bank reconciliations, monthly reporting, Payroll, filing GST Returns. We cater for those who are short on time and need to keep their book work up to date and those who prefer outsourcing their administration tasks – our client base includes Sole Traders, Partnerships and Company's. Peace of mind – disorganised books can weigh heavily on your mind as a business owner. With all of the other factors of running a business, your bookkeeping should not be keeping you up at night. When your books are complete, you can rest easy knowing that your financial information is review ready. Instead, you'll find your mind at ease and more focused on other elements of your business. We also bring the personal touch to our valued clients.

Q. How can I take the stress out of end of year tax returns?

As registered Tax Agents, we can process and file your end of year accounts and tax returns with the IRD. We can help with tax planning and liaise with the IRD on your behalf.

Q. Are you GST registered?

If so, GST registered businesses must keep all tax invoices and expense receipts over \$50 to support an expense claim. If not, we can help if you are unsure whether you need to be GST registered.

Q. What financial records do I need to keep and for how long?

Invoices, receipts, vehicle log books and documents for assets purchased, whether they are electronic or paper based, must be kept for 7 years.



177 White Street, Rangiora
Ph 022 327 5046
info@northcanterburybookkeeping.co.nz



Maria Thackwell

Maria is a Registered Financial Adviser with over 30 years of financial industry experience. She is the owner of Maria Thackwell Mortgage Company, which has a local Rangiora office and a team of 4. Maria won Financial Advice NZ, Lender of the Year 2019/2020.

Q. Why should I use a Mortgage Adviser?

Seeking the advice of an Adviser saves you time shopping around and drives competition between lenders. An Adviser can access a range of lending options which look at policy, pricing and products lenders offer and tailor these to suit your personal situation. Even though some Advisers can't work with all lenders, they do work with the majority, and are aware of the products and pricing they can't source directly and use this information to source the best deal with who they can use. This is done free of charge 99% of the time as the lenders pay an Adviser when a loan settles. Sometimes a specialist lender option needs to be sourced and therefore a fee may need to be charged.

Q. Should I approach my own lender first?

Our advice is to get objective advice from an Adviser who works for you, not the lender. Upon decline from their own bank, client's may not realise there are many possible immediate options available and therefore waste time and may miss out on opportunities while they try to meet their own banks policy. Every time a credit check is done too, reduces a client's credit score so gaining advice from an Adviser ensures the right fit first time and protects your credit score.

Q. Do you only look after finance to purchase a home?

No, we can also source options in regard to re-fixing loans when fixed rates come up. This is a crucial time to contact us as we check what the bank is offering you to the whole market to make sure the rates are competitive. It may be beneficial to refinance at this point or to re-structure. We also have relationships with lenders who finance businesses, vehicle purchases, and personal loans. We look after top ups and provide information on break costs and whether it makes sense to restructure to lower rates. For any lending- call us!

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www.mariathackwell.co.nz



Raelene Rees

Raelene has been self employed for over 30 years, has two offices and 15 staff members. With her extensive business knowledge and a trusted network of advisors Raelene and her team are passionate about helping you see the bigger picture and making informed decisions in your business ventures.

Q. Do I really need an accountant? Why should I choose Raelene Rees Chartered Accountants?

Communication is the key - We listen. We won't bamboozle you with jargon, we encourage you to ask questions – there is never a silly question, only an opportunity to achieve a solution. The more information we have about your business and your goals, the better we are able to help you achieve your financial compliance requirements. The services we provide encompass all facets of accounting and compliance requirements. Let us take care of keeping you, your bank and the IRD happy, so you can focus on getting the real work done!

Q. What information do I need to give my accountant and how often should I talk to my accountant?

Usually you would see your accountant once a year at tax time, more often for more complex work. If you have a question we encourage you to give us a quick call (quick = free!) to answer a query or solve any issues as they occur. We believe it's best to deal with things now, instead of down the track when no-one can remember the details and it becomes much more costly and time-consuming to resolve.

Q. Is Xero/MYOB for me? How do I keep my Financial Records organised?

Software is the generally accepted method now, but manual works too. Whatever system you use, keep it up to date, accurate, complete, and tidy. If you want education – we can train you. If you want to leave it all to us, that's fine too.

Q. What are the Core Philosophies at Raelene Rees Chartered Accountants?

Be yourself, be kind, treat others as you want to be treated yourself and always listen.

Q. What are your most successful clients doing?

They have good systems, procedures and support, and we make sure they have good financial information.



Conway Lane, 176 High St, Rangiora.
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www.reesaccounting.co.nz



Matt James

Matt is the Managing Director of North Canterbury Business Services. He has extensive business experience in varied and challenging environments. He now works with his wife Belinda offering a "one stop shop" service to busy local businesses.

Q. What Services do you offer?

Our business offers business coaching and consultancy, alongside more traditional accountancy and bookkeeping services. We help people that are either new to business or need support to navigate challenges.

Q. What are the common challenges your clients face?

Often the step from being employed to self-employed is a huge leap into the unknown for many. Being good at your chosen profession does not

automatically mean you will be good at business as "You don't know what you don't know". Typically, new clients are focused on the day-to-day "doing" rather than spending time planning their future. They may not understand the significance of adequately promoting their business to gain new work, nor appreciate all the compliance requirements they need to fulfil.

Q. Why do people use your services?

I help businesses map out their journey. We work together to anticipate opportunities and risks; we identify holes that need to be filled. My services include "face slapping" reality checks when needed... but I'm also my client's biggest fan and cheerleader! Good advice is great – but having the time and know-how to make changes can be a luxury to the busy small business. I'm a doer - I help manage aspects of your business, implement change and deliver projects. It can be lonely and stressful when you are "the boss" and having a critical friend to bounce ideas off, and vent to, can ease the load considerably. Simply put, having an experienced guide saves a lot of pain and brings results quicker.

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Matt Doocey

Essence of the Electorate
with Matt Doocey MP for Waimakariri



It's wonderful to see so many Waimakariri residents coming out to support our Woodend community in sending a clear message to the government to fund the Woodend Bypass.

This year, vehicle movements on State Highway 1 at Woodend are expected to reach 20,000 per day. Residents are justifiably asking how they can cross the road safely.

I was absolutely gutted to hear the government has failed to commit to the Woodend Bypass in its transport infrastructure announcements this week. It's staggering to think Auckland got billions yet Canterbury received \$159 million – and there's nothing for North Canterbury. With the government still to announce further roading projects, we still have a chance to make our voices heard. This makes the Rally for Woodend on Sunday 9 February even more necessary, and it's important we get a large turn-out.

I have been moved by the support shown to our Woodend community.

When I went out onto the streets to deliver flyers advertising the Rally for Woodend, to take place



Funded by the Parliamentary Service and authorised by Matt Doocey MP, 188 High Street, Rangiora.

on Sunday 9 February, I met with teams of volunteers from Woodend and Pegasus who wanted to get involved any way they could. What I didn't expect was to see so many residents from Cust, Kaiapoi and Rangiora, who also arrived to help.

So many people wanted to show their support that I arranged a community event at the Woodend Community Centre ahead of the Rally for people to get together and make placards and signs for the Rally. This is community-led action, with residents from across the Waimakariri standing together to support Woodend in calling on the government to build the bypass.

The idea to hold a Rally came out of my public meeting last year to discuss safety issues on SH1. We need to show the government how much we care about our community, and I'm inviting Waimakariri residents to come and visibly show their support at 12.30pm on Sunday 9 February at Owen Stalker Park, Woodend. The Rally will be a family-friendly event. Bring your neighbour, your family and your friends. We need as big a crowd as possible.

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