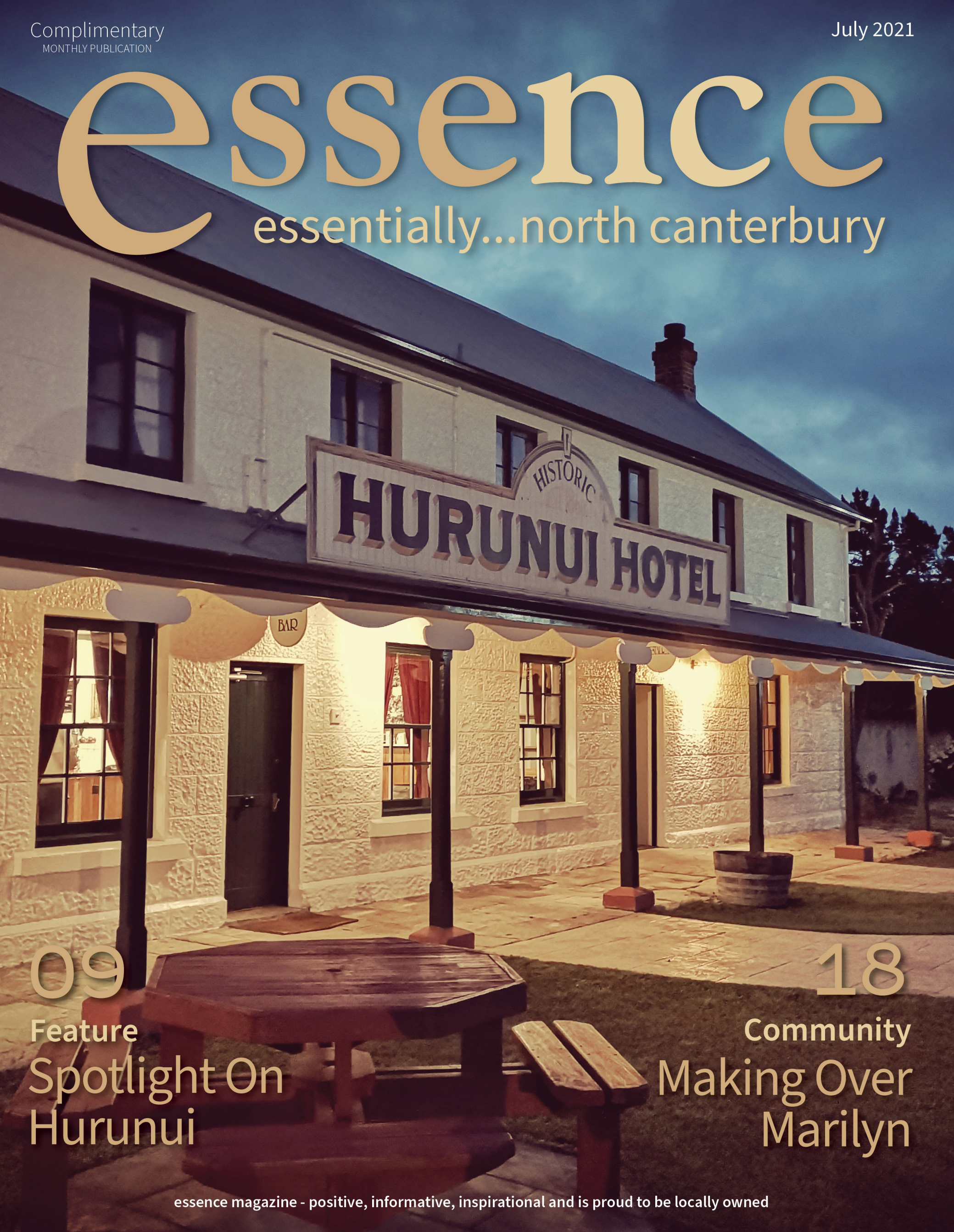


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Feature
Spotlight On
Hurunui

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Community
Making Over
Marilyn

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contents

Sometimes it takes having visitors to remind you that we live in the perfect place. I've been lucky to have had some very special visitors here for the past few weeks - my two gorgeous granddaughters from the Gold Coast here for the Australian school holidays. It was a bit touch and go getting them here as the borders closed as they were sitting on the tarmac at Brisbane Airport and then fog prevented them landing in Christchurch so they were off to Auckland for the night. Stressful - and a good reminder that travelling overseas at the moment can be quite complex and risky!



Lacey and Maddix finally here

For the rest of their visit we decided best to stay local and do some things we perhaps wouldn't normally do. We climbed to the top of Frog Rock in the Weka Pass, checked out the fabulous wooden art structures in the Hamner Forest and tried Ice skating at the winter festival (now that was seriously risky lol) we considered walking up to see the newly restored Balmoral Lookout but one of us hadn't recovered enough from the Ice Skating! Hurunui is packed with endless opportunities to get out and enjoy - we have put together a few little

reminders in our Spotlight on Hurunui feature starting on **page 9** including some history and an update on the historic Hurunui Hotel.

We makeover Marilyn on **page 18**. Marilyn Halstead - was nominated by Wellbeing North Canterbury, where she has been the friendly face at their Rangiora reception desk for the last five years. We were thrilled to work together with Hi Gorgeous, Cocoon Beauty and Day Spa and So You Boutique, to say a big thank you to her for everything she does for our community.

Minette advises us on our garden tasks for the month on **page 15** and we update you on the fabulous upcoming events happening in Kaiapoi.

The Corcoran French Kaiapoi Art Expo is back this year with an event filled weekend on July 24th and 25th that will be joined by Blackwell's Fire & Ice on the Saturday night. More Ice... nooooo!

On a more serious note - writer Pattie gets a bit cranky with Facebook - and fair enough! Her story is on **page 6**. Enjoy your month, Dorothy.

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Front Cover: The refurbished Hurunui Hotel
Photography: Gavin Martin Photography



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Page 09 Hurunui Feature



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COMPLEMENTARY TEAM GIVES **BUSINESSES AN EDGE**

Supporting businesses as they develop into thriving ventures is extremely rewarding for North Canterbury-based duo Belinda and Matt James.

Belinda launched Biz Books in 2009 after noticing many small to medium business owners struggling to manage their bookkeeping, tax returns and invoicing.

"If you spend hours on your books you lose focus on the bigger picture and start to get overwhelmed. We give you back your time and provide peace of mind so you can concentrate on your niche."

Clients value Belinda's down to earth approach which demystifies accounting and provides practical solutions.

"I explain everything using simple, clear language and I'm always available to chat with people regarding any issues or questions they have."

After starting her business, Belinda began fielding enquiries for assistance with strategy and planning which provided the perfect opportunity for her husband Matt to launch an aligned venture called North Canterbury Business Services.

Matt describes himself as a business navigator who guides business owners through the process of mapping their strategic journeys.

"It's vital to have a well-thought out plan that aligns with your values."

I enjoy working with people who are committed to investing in themselves and take action to achieve their goals."



Belinda and Matt James provide innovative solutions which allows business owners to focus on growth and development.

The two enterprises complement each other with many people starting out with one service and then transitioning to work with both Matt and Belinda.

"We attract a similar type of client as we provide an outstanding service which focuses on delivering solutions that add value while also treating people with empathy. People feel relaxed with us because we've experienced similar challenges during our own business journey."

Belinda says being able to bounce ideas off each other and operating as an integrated team provides a point of difference.

"Our skillsets and experience provide a natural fit and as we often say, 'the whole is greater than the sum of the parts'. Offering two essential services helps clients perform at their best."

To learn how Belinda and Matt James can help your business thrive please contact them for a 30-minute complimentary consultation.

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OFFICIAL OPENING

Guests gathered on a crisp winter's afternoon to witness the opening of Matt Doocey's new Kaiapoi office, located at 137 Williams Street. Special guest Judith Collins joined Matt in cutting the ribbon and officially opening this lovely new premises. This was followed by a gathering at the Kaiapoi Club to celebrate.



Cr Philip Redmond; National's Leader Judith Collins; Cr and Deputy Mayor Neville Atkinson; Mayor Dan Gordon; Cr Al Blackie; and Matt Doocey, MP for Waimakariri



Heather Warwick, Fred Rahme, Tony Joseph and Jason Mill



Geoff Mehrtens, Judith Collins and Mark Revis



Viktoria, Matt, Anna and Tom Doocey



Steve Brooker, Dan Gordon, Kate Wilkinson and Neville Atkinson



Amy Sherwin, Murray Sutherland, Dave Sutherland, Judith Collins, Jonnie Sutherland and Matt Doocey



Glenn Colenso, Matt Doocey and Penny Abell



Jason Mill, Al Blackie and Andrew Wenborn

Last Wednesday Club

Rangiora Promotions held their Last Wednesday Club event, hosted by the Cancer Society North Canterbury recently. A very chilly evening was made that much warmer by some delicious food, good company and the opportunity to share business expertise and connections with each other. Guests learned of the incredible work the Cancer Society does in our community to assist cancer patients and their families.



Tiff Wafer, Lauren Lincoln, Gabrielle O'Connell, Kiki Mitchell, Tessa Keeling and Karen Dugdale



Rachelle Hughes and Mayor Dan Gordon



Jim Gerard and Karen Dugdale



Paul Blackler and Kirstyn Barnett



Jane Godfrey, Chris Sharpe and Neil Jones



Debs Taylor-Hayhurst, Tina Grindley, Karen Dugdale and Rachelle Hughes

The Grumpy Merino

Sarah and Jono Reed hosted their friends and family at Fools of Desire Café recently. This was a special thank you for their support and the official launch of The Grumpy Merino - NZ MADE Blankets, Throws, Yarn and Knitting Kits - all made with merino traceable to their Hogget Fleece - The Grampians, Culverden.



Sarah and Jono Reed



Jimmy Butters, Graham Reed, Penny Butters and Ann Reed



Caitlin Tindall, Laura Good and Ashleigh Connelly



Jamee and Simon Thorne



Sheryl and Andy May



Angela De-Ridder, Robbie and Natasha Rutherford



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THE LURE OF THE SOCIAL SCROLL

By Pattie Pegler

I know all the bad stuff about social media. Yes, it's mostly a crazy waste of time and that mindless, endless scroll sucks me in skimming the odd news article, reading endless opinions and opinions on those opinions.

But sometimes, mostly with a looming deadline, I want a bit of mindless scrolling. I like to check out people's new pets and children and DIY efforts.

So when I suddenly can't get into my Facebook account I'm a bit annoyed. I must have forgotten my password. I try to change it, sorry there's no account with that email address says Facebook. Hmm, that's odd. But I've had the account for years so perhaps it's using an old email for some reason. I put in my phone number instead. That's good says Facebook now just enter the code we sent you through the code generator app. Er... what? That's never happened before. I try again, and again, like a doomed monkey in some pointless experiment. No says Facebook you need to enter the code. But I can't get the code I mutter through gritted teeth.

I check my profile from a friend's account. No weird posts or anything.

Who on earth would want to take over my boring Facebook account anyway?

I rarely post anything because really, who cares? And I also have this nagging feeling that I don't want Facebook to know much about me. But clearly I have been hacked.

I cancel my credit card. There's a pending transaction on there from Facebook that I didn't make. In the past I've run the

occasional ad. I never considered it might retain my card details. But I should have been a bit more savvy.

Back to Facebook, if you've forgotten your password and can't access the code, there's another option. Confirm your ID to them by offering up...er...some better ID. Your passport or driving licence for example.

This feels odd. My account has been hacked and in order to get back in I have to give them more information about myself. I call Netsafe where I can speak to a human. She's not surprised. It happens to a lot of people, all the time apparently. And yes, the only way around it is to upload some ID to the nameless, voiceless Facebook Gods.

So I clutch my driver's licence in front of my webcam. They'll get back to me at a time of their choosing. I have read that this can be weeks or months.

But the Facebook Gods are smiling on me and the next morning there's a flurry of emails and links and codes and then I'm back in. I've spent hours sorting this out and it's been frustrating and stressful. On my newsfeed there's a quote of the day about dogs and my ex-work colleague, who I haven't spoken to for 15 years, has posted a photo of their dinner.

And a little bit of me is disappointed that I am not locked out for months.

Looking for help or resources on staying safe online? Check out www.netsafe.org.nz New Zealand's independent, non-profit online safety organisation.



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Claire and Stuart Morris

How do you know you've got the best price?!

In our experience there are a number of variables which our clients appreciate in their real estate transaction but above all else knowing they have got the BEST PRICE possible is by far and away the most important thing to them.

Great service, good communication, a stress free experience and a sale in a reasonable time frame are all valued but knowing they have maximised the value of their asset at the time of sale is paramount!

We think that's fair enough – it's only human to want the best price and if that wasn't important every sale would be a private transaction. With that in mind we felt it a good time to share a few thoughts on how that can be achieved.

- Determining your likely buyers is an important place to start. Once we understand who is most likely to buy your property we can set about designing a marketing campaign that is most probably going to find them, appeal to them and make it easy for them to buy – in other words remove the obstacles stopping them from buying. Things to consider are the type of property for sale, likely price band, location and benefits of the property as they will all influence the likely buyer characteristics.
- Selecting the correct marketing method then becomes crucial. By this we refer to Auction, Priced, Negotiable Over, Tender, Deadline Sale and all the rest. Different methods will suit individual properties and situations more than others. The method selected can also have a large impact on the number of buyers who will view the property

and certain methods appeal more to different types of buyer as referenced above.

Designing a marketing campaign is the next element to get correct to give you the best chance of maximising price. It makes sense that the better exposure your property receives through the correct marketing mix of print, online, offline, inter-office, database, signage and social media just to name the basics, the more potential buyers looking will see it and consequently give you a better chance of attracting an offer/bid or perhaps multiple offers/bids!

Campaign Management is often overlooked but just as important. Getting good advice, market feedback and the best strategy from your agent can be the difference between an offer and a great offer – which can be tens or sometimes hundreds of thousands of dollars! We see lazy agents looking for a quick sale and costing their owners money every day! Finding an agent who is as focused on getting you the best price as much as you are, even if it means more work for them, is so important. Your agent should be able to guide and inform you to allow you to make really good decisions every step of the way.



There are other factors which can affect price, but some of them are out of our control and we think these are the most important. If you want sound, experienced advice on how you can get more for your property feel free to drop into one of our offices in Rangiora, Kaiapoi, Pegasus or Papanui.

We would be only too happy to help or demonstrate the Ray White-Know How that we are so proud to offer.

Let's Talk About The Weather

Although talking about the weather could be classed as a bit of a filler when having a conversation, I think most of us Cantabrians will agree that already this winter, which only officially began a short while ago, we have already had plenty to talk about!

Although we are all dealing with the effects of the very wet and dreary conditions in our own homes, when you are looking after a portfolio of 400 properties, you in effect see first-hand the effects on steroids!

Unfortunately once the rain clears we are left with not only the visible effects of a good downpour, but the hidden effects as well. Higher water table levels underground can cause rising damp and even with the new Healthy Homes Standard compliance being met, this extreme weather can cause mould issues.

I was speaking to some scientists about mould in properties recently and picked up a couple of tips on how to easily monitor if the property has an underlying issue. The simplest is to photograph the area after you have cleaned it down (white vinegar is a great cost-effective solution). Sometimes after cleaning there is still a mark and this is what you need to measure. Check it after about two weeks to see if there has been an increase in size. If there's no change, the cleaning worked. If the mark has

grown, further investigation and treatments would need to be undertaken.

To ensure that our tenants are able to live in nice warm and dry homes we have sent them out some tips and tricks to help keep their home dry, which ultimately means it will be warmer and healthier.

If you have a tenanted property, or you are living in a home which is more prone to dampness in this weather, there are plenty of resources offering information on keeping your home healthy, from not drying washing inside, to cleaning heatpump filters, or using the 'dry' mode on your heatpump which I have only just discovered!

Keep warm and dry everyone, I think we may be in for a wet winter this year!



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

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ARVIDA
Bainswood on Victoria



ARVIDA
Bainswood House



ARVIDA
Bainlea House

essence | July 2021 7



words: Michelle McCullough

FIRE & Ice

The Fire and Ice Festival is Back and promises to be bigger and better than ever.

Organised by Blackwell's Department Store, the Fire and Ice Festival is an annual winter highlight in North Canterbury's social calendar. This free family event has been run in tandem with the Kaiapoi Art Expo since 2014 and returns to Kaiapoi on July 24 after a short hiatus due to Covid.

Andrew Blackwell, of Blackwell's Department Store, said the festival was a great way for the community to get together and enjoy each other's company during the colder winter months.

"It's become a bit of a community gathering. People come out, catch up and have a yarn.

The atmosphere is great, and everyone has a really good evening."

This year's festival will feature live ice sculpting by renowned Auckland Ice Sculptor Victor Cagayat. Armed with a chainsaw and some chisels, this master of ice will spend several hours creating a variety of amazing sculptures from large blocks of ice in the carpark of Blackwell's Department Store. The sculptures will then be placed upon colourful lights to showcase at the festival's night market.

The second part of the festival is the extremely popular Night Market. Featuring more than 25 local craft stalls and food vendors, serving a diverse range of delicious cuisines, there will be something to suit everyone's taste buds. Argentinian guitarist Santiago Samonta will provide musical entertainment throughout the evening, and there will also be a performance from a local Fire Poi group.

With so many exciting experiences for the whole family, this year's Fire and Ice Festival is not one to be missed.

Art on the Menu

The Corcoran French Kaiapoi Art Expo is back this year with an event filled weekend on July 24th and 25th.

The popular Art Expo will be joined by Blackwell's Fire & Ice on the Saturday night. Last year's Expo went virtual to meet Covid restrictions.

Organisers are looking forward to hosting the 4,000 visitors that attend the weekend show, and the Saturday Have-A-Go where members of the public can try their hand at a variety of art mediums. Felting, printmaking, pottery, painting and weaving are just some of the activities that visitors can have a go at.

This year's guest artist is Kim Henderson, a ceramic artist who creates clay masterpieces using a unique method developed from her background in design. Kim creates colourful surface designs with glazes painted onto a hard surface. Sheets of paper clay are then pressed onto the glaze and the patterned sheets are shaped into vessels. Big pots are her speciality but she also creates jewellery and tiles.

"The influence of my design background comes through strongly."

"Much of my past work has reflected the seaside upbringing I had in Golden Bay - with sea/water themes being at the forefront, but more recently I have mixed it up with the pure enjoyment of using bold patterns and colour-play."

Kim has won many awards for her ceramic work in New Zealand and the USA. Paintings by Kim will also be available at the Expo as well as over 800 artworks from 125 artists. Among the 125 artists are 83 returning artists with four artists who have exhibited at every single Expo since its inception 15 years ago. Look out for panels from Paul Smith, Ruby Whitty, Elizabeth Ross of Kaiapoi and Karin Werner of Loburn. They are all painters, but there the similarity ends as all display unique qualities that help to make their work a source of admiration and will no doubt sell well on opening night.



Guest artist Kim Henderson in her Fossil Point Café and Gallery with one of her pots.

To add to the festivities of this special annual event the town will be lit up for the occasion by All Together Kaiapoi with the Light Up Kaiapoi project providing lights for every retail business and across the bridge.

The Pak'n'Save Rangiora Kaiapoi School Art Expo has 14 schools entered this year ensuring a welcome opportunity to see the talent amongst the district's youth.

Selecting the John Rhind People's Choice Award will be a popular activity for visitors once again along with the raffle with artworks donated from Ruby Whitty, Angela Mole, Quilliam Collister, Kay Whiting and Elizabeth Ross.

A SPOTLIGHT ON...

Hurunui

From wild coastlines to mountain ranges, forest walks and wild rivers - Hurunui is packed with endless opportunities to get out and enjoy nature.

But if you're more shopping and wine tasting than tramping and mountain-biking, you're also spoilt for choice - check out the local wineries in Waipara, enjoy brunch in one of the picturesque country towns or browse the wonderful shopping options at Hanmer Springs. From spas to hot pools; fashion boutiques to ski slopes - Hurunui has it all. And it's right in our backyard. So get out and enjoy!

Eat...

A cold winter's day or evening is the perfect time to be tucked up by the cosy fire at the Hurunui Hotel, enjoying a Supreme coffee, a glass of good wine, and a delicious meal from owners, Adam and Bettina Martin's extensive menu. The stone-grill is a must-try experience for meat lovers, with Adam's tender house-smoked steak presented on a sizzling stone, which cooks to your liking in front of your eyes. From stunning main courses, to gourmet burgers, pizzas, pasta and desserts, and delicious bar snacks, there is something to suit every taste. Dietary requirements are also well catered for with gluten free and vegetarian options. Hurunui Hotel is the perfect weekend destination and remains a great place to stop if you are travelling down the highway.



Explore...

The historic Balmoral Fire Lookout overlooking the Amuri Plains has been standing guard since 1940 and is the perfect spot for a picnic or training run. From what we've been told, the first 10 minutes are a bit of a killer but supposedly the rest of the walk is a doddle (seems hard to imagine!)

Bettina, owner of the Hurunui Hotel walks up to the lookout regularly "Growing up in the middle of the mountains in Austria it is very important to me to be surrounded by hills and mountains," she says. "I love walking our dog up to the historic lookout to enjoy the scenery - every time I'm up there it seems like the first time. It's a must do when in the area."

The Lookout has been lovingly restored recently by the local Lions Club and has also been recognised with a joint 1st place win at the 2021 Canterbury Heritage Awards Public Realm Saved and Restored Category.

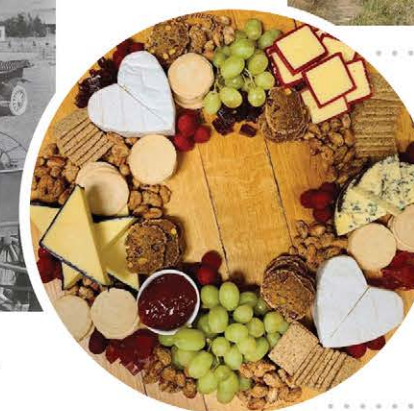
Image: The Hurunui Hotel

Frog Rock is without doubt the most recognised natural rock formation in the Weka Pass. It only takes about 10 minutes to get to the top - but have you done it? Most of us have driven past a thousand times and never given it a thought. As a kid growing up in Hawarden I don't think we were allowed to do it and I'm still not certain you are? It's a bit steep in places so wear sensible shoes. If you are afraid of heights don't go anywhere near the edge. A safer bet is to book a trip with the Weka Pass Railway.

www.wekapassrailway.co.nz



Hanmer has a number of great, diverse food options - you can easily enjoy a relaxing casual lunch or a more sophisticated evening dinner but when it comes to a nibbles platter - why not make your life easy and order in. The Hanmer Four Square make a range of pre-ordered platters that cater for any number of guests.



Amuri Area School Head Students

Learn...

Celine Barnes

I live in Mt Lyford with its access to wonderful natural resources such as the mountains, rivers, and native bush which mean endless adventures. I love the community spirit and the hard-work ethic which I think sparked my desire to achieve great things, starting as a Head student of Amuri Area School.

This opportunity has helped me to achieve the many goals and visions I had set for the school and myself.

My aspirations this year are to excel academically, continue to grow in sport and make a difference in our school.

Hannah Ferguson

I have lived in the small township of Waiau for most of my life.

It's a great place to live with great opportunities, amazing sites and a range of activities. The people are hardworking and strive to achieve and provide for our small rural towns. I really enjoy the strong ties within the community.

This year I am representing Amuri Area School as a Head Student. I hope the role will give me the chance to make a difference within the school, develop my leadership skills, be involved with the students and give back to my community.



Stylish Turnout at the Saleyards

The Hawarden Saleyards Company draws a crowd to their premises in the 1920's.

Saleyards photo source: NZ Memories issue 140 Oct/Nov 2019



Tait Gallery

Tait Gallery is a diverse and intimate gallery where modern meets traditional, and where works can be viewed in a relaxed and friendly environment.

The gallery prides itself on supporting and promoting artists from Canterbury and New Zealand and features a continually changing display of works from a variety of artistic mediums.

With a passion for people, artists and the visual arts, Tait Gallery is a cultural place for visitors as well as a place of pride within the village.



Clarence Lane 2/34 Conical Hill Road, Hanmer Springs
Opening Times: Thursday - Monday: 10am-4pm.
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Come and see Amanda Varga in our Kaiapoi office to discuss your needs.



Amanda is an experienced solicitor who has recently joined Pegasus Bay law. Amanda specialises in Family law and can assist clients with Relationship Property Agreements and Contracting Out Agreements.

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Come check out over 700 artworks from 120 artists all under one roof including painting, photography, ceramics, woodwork and more.

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www.kaiapoartexpo.co.nz

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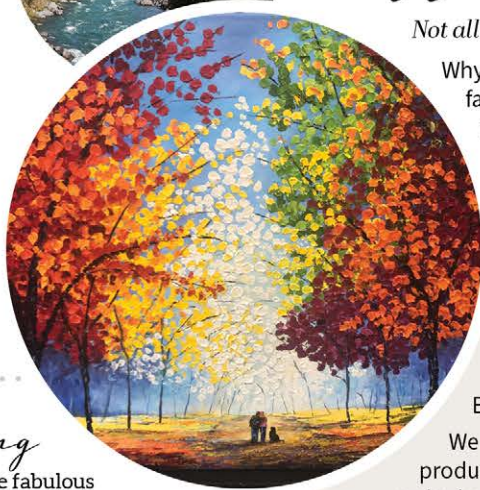


Explore...

Loch Katrine - day walks, overnight huts, fishing, tramping and mountain biking.

The road to Loch Katrine is quite a trip in itself and definitely not for the faint hearted due to its remote location and difficult vehicle access (don't even think about making this trip if you don't have a sturdy four-wheel drive vehicle). 10 km's on from Hawarden a gravel road deteriorates and is narrow and winding, and follows the historic pack-trail to the Hurunui River and Harper Pass, where thousands of hopeful miners set out for the goldfields of the West Coast in 1865. After the seal ends the road edges past the Waitohi River and makes a circuitous climb up onto Jack's Saddle (500m).

There are some lovely picnic sites along the way at the Jollie Brook and Sisters Stream. Once you pass Lake Taylor the gravel road deteriorates and becomes a track suitable for 4X4 vehicles only. The road then continues on until you reach Loch Katrine, a small community full of fishing and hunting baches with a peculiar kiwi character of its own. There are plenty of walking and hiking tracks in the Lake Sumner area. Details of all these walks can be found on the Department of Conservation Web site.



painting: Tait Gallery



Shopping

Sitting alongside fabulous outdoor activities Hanmer offers a great selection of superb shops that are definitely worth paying a visit to. Whether you are looking to add a new piece of art to your collection, browse beautiful homewares, get your fashion fix or buy a new bikini there are some great speciality shops.

Learn...

Tahlia Beck: Head Student for Sport

Originally from Golden Bay I moved to Hurunui eight years ago. It was a move for that has allowed me to experience so many more opportunities. Sport has played a huge role in my life and being so close to town has allowed me to develop and learn new skills in order to play for representative teams.

Attending Hurunui College has been an amazing experience and the teachers have provided me with many opportunities. The honour of being one of the head students has been incredible. I have been able to improve my leadership skills and confidence in so many ways. One of my favourite experiences was attending the NZAS leadership camp earlier this year. Being selected to attend this camp was a huge honour and it allowed me to greatly develop teamwork and leadership skills.

Katie Gunn: Head Student for Arts and Culture

I have lived in Hawarden my whole life and been at Hurunui College for all my school years. It's always been a goal of mine to be a head student. So I was thrilled to be named as one, especially in my role as Arts and Culture as that's a real passion of mine.

This role gives me so many new opportunities inside and outside of school. I feel it helps me develop my leadership skills and grants me the ability to leave my mark on the school. As an Area School we are small but it is awesome to interact and encourage students of all ages.

My aspiration this year is to create a positive impression of Arts and Culture at Hurunui as we have so many talented students capable of great things. Also to give back to Hawarden and the wider community by including them a lot more in school-based events.

Jacob Ward: Head Student for Wellbeing

Kia ora, my name is Jacob Ward. I live in Amberley and have attended Hurunui College all my school life. I love the Hurunui District due to the awe-inspiring landscapes and all the easy-going, friendly people. Our community is very united and amiable, with a strong council behind us.

This year, I was super gratified to be a Head student for Hurunui College. It has boosted my ability to prioritize and manage education with leisure and extracurricular activities. It has also allowed me to show my leadership potential on a larger scale. I have always wanted to become a head student of Hurunui College, due to the inherent opportunities that this prestigious position grants. It has enabled me to assist with the consistent expansion of the school and represent my school with pride. My aspiration for the rest of the year is to obtain excellence endorsement for my level 3 NCEA that will help me progress efficiently with my ambition to become a doctor.



Have you tried a real fruit ice cream?

Stop in at the End of Line Café in Waikari to get your fix...seriously good.



When did you last spend a weekend in Hanmer? It might be a little chilly at this time of year but it's worth throwing in an extra jumper, hot water bottle and your walking shoes and making the effort. It's known for its forest walks, mountain biking, hot pools and stunning views but there's a lot more to discover in our closest Alpine village.

Great shopping, a diverse range of eateries, skiing, golfing or you can relax beside a cosy fire at a local bar. If you have kids in tow take them on The Forest Amble Walk - they will just love the large wooden art sculptures that pop up along the way. It's about a 30 minute stroll from Jollies Pass.

Wine Country...

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Head to www.madenorthcanterbury.co.nz for more details on what can be found locally.

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TERRACE EDGE



The Story of The Grumpy Merino

A family owned and operated business in Culverden, North Canterbury. The Grampians has been in Jono's family since 1973. Jono is the third generation to farm the property, with Hank, Greta & Alba being the fourth.

The Grampians is a hill and high country property. We run a blend of Angus cattle and Merino sheep.

The Hogget fleece is sent to Timaru for scouring then transported to either Wild Earth Yarns in Christchurch to become natural, undyed yarn or to Wool Yarns in Wellington to be spun. When this is complete, the spun hogget fleece is transported to Interweave in Auckland to become a blanket or throw; before it's sent

home to The Grampians to begin its journey to your home.

We wanted to develop a product which was 100% traceable to our wool but was also designed, developed and produced in New Zealand. While the borders were shut, it made us rethink how our business could evolve. It was only sensible to try produce products in New Zealand. This allowed us to develop new relationships with businesses within our country and work with plenty more passionate wool lovers in New Zealand. With the guidance from Peter McCusker and Palle Patterson of PGG Wrightson Wool and Bloch & Behrens Wool (NZ), our new project evolved! The Grumpy Merino - blankets, throws & yarn was launched.



Finally, I'm Sarah. I designed and developed The Grumpy Merino. In May 2020 a nurse by trade, this became increasingly difficult with the children, the farm and living rurally. I'm inspired that our wool, which is grown from our sheep, at The Grampians, can be identified to a specific piece of a wool garment or home wear. Products which are trace-able, natural and sustainable.

I lost my Grandmother in June 2019. She was passionate about wool blankets and throws, subsequently I inherited one of her woolen throws which is now used in multiple different places in our home. Our Yarn is something we thought of as we were progressing through this new journey. Grandma had a merino blanket knitted for our children, when they were babies. It was warm, yet super soft. A piece, we will be able to give to our grandchildren, another personal inspirational story which contributed to our new story.



We're super excited to bring you The Grumpy Merino range. We hope you love it, as much as we do.

Jono & Sarah

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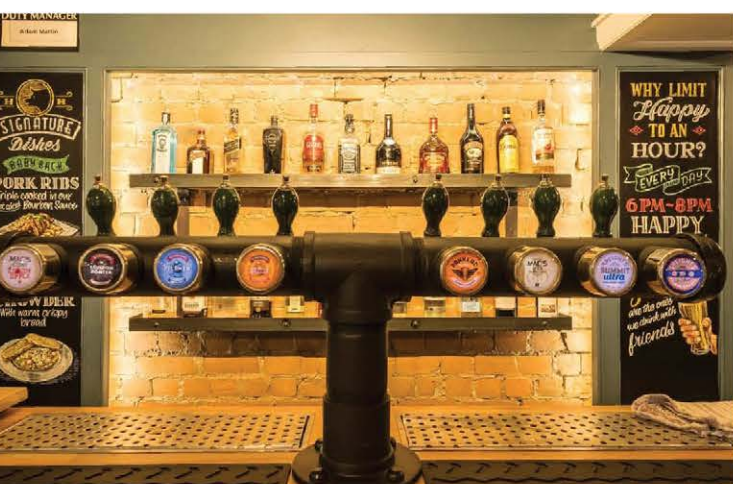
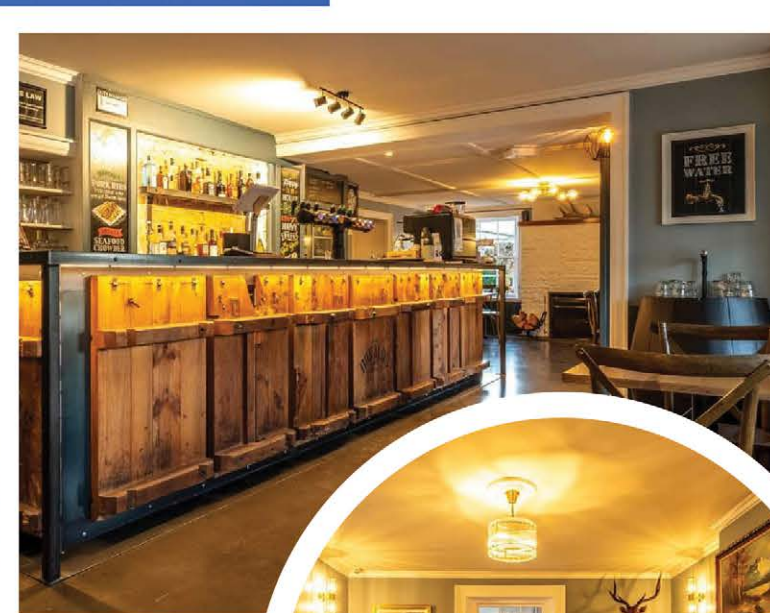
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image: Essence Magazine



who ensured it was strengthened and returned to its former glory brick by brick using traditional techniques and materials, and a stunning interior renovation by current owners, Adam and Bettina Martin, new life has been breathed into the landmark building.

Built on its current site in 1868, the Hurunui Hotel is famous for having the longest continuous operating license in New Zealand. The license actually goes back to 1860, when the original hotel was built on the banks of the Hurunui River, says Adam Martin. "There was a mile wide flood which moved the existing road and the original hotel ended up being stranded in the middle of nowhere, so the new hotel was built here."

The Category 1 Historic Place was constructed from layers of locally sourced hand-hewn limestone blocks, packed with a mixture of tussock, clay and lime.

It was originally called 'Hastie's Hotel' after its first owner and publican, John Hastie, who as part of his conditional license for the 'Hurunui Accommodation House', had to ensure he kept eight beds, shelter for six horses, provide stock yards and dips to prevent animal disease, and provide horses for travellers to safely ford the river. He was also required to become a Special Law Officer to assist local police as required, and even had to build a morgue at the hotel in case of a guest's death, which is still in existence at the modern hotel, says Bettina. "We are pretty sure the morgue was only used once, for a couple of boys who drowned in the river."

There are also stories about a resident ghost, Charlotte, a young girl who worked at the hotel, and became pregnant, and who disappeared mysteriously one night, never to be seen again.

Local historian, Doc Sidey, from Hawarden, says John Hastie was the first in a long line of characters who ran the Hurunui Hotel.

He remembers being a teenager in the days of the publican 'Frothy Jack', who got his name for filling the beer glasses with almost as much froth as beer. "He was quite a cunning devil, who followed the hard working bridge builders around the district and later ended up at the Waiiau Hotel. He knew they would provide a decent income on the other side of the bar and he was dead right."

Doc also remembers a trio he dubs the "awesome threesome" who ran the hotel in the 1960s after Frothy Jack moved on. "They were a husband and wife from Waimate, plus the wife's man friend. They were quite open about the fact they all slept in the same bed. They ran the hotel in a ramshackle way. It was pretty much your standard boozier with the six o'clock swill at closing. There was no provision for food whatsoever. We've grown up a fair bit since then."

The publicans had some old bulldogs that used to walk up and down behind the bar and lick the beer taps, so for a period everybody bought bottled rather than tap beer. "When one of the bulldogs died, they decided they wanted to stuff him, but the only place that did it back then was in Orari. So they put the bulldog's body in the deep freeze and it stayed there for months until they could travel down there. It must have been interesting moving the dead bulldog to get to the frozen peas."

“ He remembers being a teenager in the days of the publican 'Frothy Jack', who got his name for filling the beer glasses with almost as much froth as beer. ”

When the "awesome threesome" left the hotel in the 1980s it was very rundown, and its future was extremely doubtful. A group of local farmers formed a syndicate, did it up, and put in a good manager until Rodger and Nola Strong bought the freehold and ran it for around 20 years.

Doc also remembers two local raconteurs, Bill Topp, and Donny McKay who entertained the passers-by with a dry yarn. "They had a real way with them, with anecdotes of other characters or their era, and plenty of local knowledge."

Hurunui District Mayor, Marie Black is the late Donny McKay's daughter, and remembers her father as a great storyteller. "One day Dad went up to the hotel for a drink and word got around that the bikies were on the way. All the locals cleared out except Dad, who said 'I'll stop and have a yarn with them. He treated everyone the same.'"

Marie says the hotel is a district icon, and is probably the most photographed building in Hurunui. "It was sad to see this unique limestone building behind six foot high fences and red stickered after the earthquake, so it's wonderful people have invested in its history and are continuing its legacy."

In 2019, Rodger and Nola Strong sold the hotel to Adam and Bettina, along with the associated function centre, campground with 10 powered sites, and two cottages.

Adam was born in Parnassus and grew up in Culverden and Hamner. He is no stranger to hospitality businesses, having started the Powerhouse Café and Restaurant in Hamner Springs, where he still owns Scarborough Lodge. He lived overseas for many years, and he and Bettina were back in New Zealand and due to go back to Bettina's native Austria, when they decided to look at the hotel, which was up for sale. The deal was sealed, and life took a different turn for the couple.

They have done extensive interior works and tastefully renovated the hotel which has modernised it, but also retains beautiful heritage features including its welcoming open fireplaces. Today the Hurunui Hotel is known as a great place to stay, to go for a delicious



Image: National Library NZ

meal, and as the perfect place to stop for a Supreme coffee or drink and refreshments while travelling down State Highway 7. Bettina says she and Adam take their role as caretakers of the hotel's history and legacy very seriously. "The Hurunui Hotel has always been a place for everyone, and that's how it will continue. We love the eclectic mix of people who come here."



Iconic Hotel Returned to Former Glory

words: Jo Bailey images: Gavin Martin Photography

The Hurunui Hotel has a long and colourful past, and after a stunning restoration and renovation, is poised for an equally long future, writes Jo Bailey.

Steeped in history and charm, the Hurunui Hotel has hosted thousands of early settlers, locals and travellers during its incredible 153 year history. It is rumoured to be home to at least one resident ghost, has come back from the brink on more than one occasion, and has many secrets locked inside its sturdy limestone walls.

The hotel was badly damaged and red stickered following the Kaikoura earthquake of 2016. However, thanks to the hard work and significant investment of former owners Rodger and Nola Strong,



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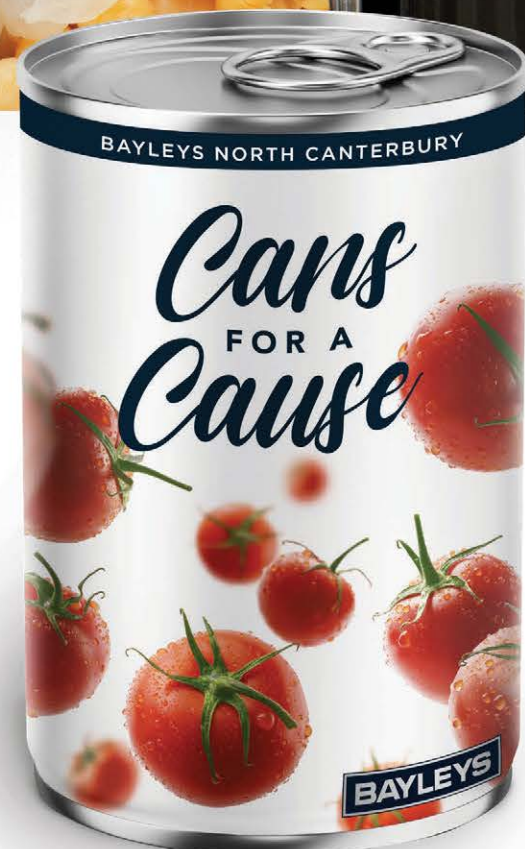
Right now, there are North Canterbury families struggling to put food on their table. They need our support. Please drop in any cans and non-perishable food items to our office.

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FROSTY THYME



Minette Tonoli

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

Wow! That frost! I live just outside of Rangiora in Waikuku, and this first week of July I saw the heaviest frost since moving to Canterbury in 2019. But frosty mornings give way to clear and sunny days – wonderful for getting the few mid-winter garden tasks done.

Unsettled winter weather for July is still on the cards according to the weather outlook, so keep being vigilant with frost cloths, and possible flooding as “substantial week-to-week variability” continues over the coming month for most of Canterbury according to NIWA.

Garden tasks this month

A favourite to-do of mine during July is that it is normally the month in which the big seed companies release their latest seed catalogues. Browsing through the colourful pages of flowers, veges and herbs on offer and dreaming big dreams of the coming summer makes the winter seem less dreary.

Something else exciting that you can do this month, is to plant bare-rooted fruit trees like apple, apricot, cherry, citrus, nectarine, peach, pear, persimmon, plum and quince.

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

Sow Seeds or plant out very young seedlings:

Beetroot, mustard, parsnip (warmer areas), peas and snow peas, radish, shallot and spring onion, broccoli, cauliflower, strawberries, fennel, kale, silverbeet, spinach

Plant out seedlings/corms/bulbs:

Asparagus, garlic, globe artichoke, lettuce, strawberries, onion



thyme under frost

Top Tip: Planting Fruit Trees

- Dig a hole at least twice the width of the root ball of the tree, and deep enough to cover the root ball firmly.
- Gently tease the root ball loose (if it came in a bag or pot, soak it first in some diluted seaweed).
- Create a heap/hump of soil in the hole and drape over the teased-out roots so that the tree “sits” on the little hill with the graft union always above soil level – the graft can actually be quite far up, but never below soil level.
- Place your stake in the hole now so you don't damage the tree roots later.
- Ensure the tree is straight and start to backfill the hole with a good mix of soil.
- As you fill, ensure the tree (and supporting stake) is firmly in place, tamping down with your hands or lightly with your boots as you go along.
- Top-dress with compost and if you wish, add other amendments such as mineral fertilizer or gypsum on top, remembering that you want to settle and establish your new fruit tree in its first year, not have it grow too vigorously.
- Water well, with added liquid seaweed if you wish.
- Mulch well, but ensure the mulch is well away from the actual trunk – you can use a cut-up plastic plant pot to create a mulch barrier around the trunk.
- Prune the fruit tree for optimal growth and fruit bearing.



Top Tip:

Keep a look-out for edible flowers this month. Pansies, violas and sweet violets are all in flower and offer beautiful colours for salads, or decorating baking.

While July really is the month in which few plants get sown or put into the ground, there are always things that can survive, and even thrive during these cold weeks ahead. If you have a greenhouse and if it is heated, you can expand the grow list a little too.



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Sirloin steak with salsa verde and kumara mash

This month's recipe is Sirloin Steak with Salsa Verde and Kumara Mash. This recipe is so easy to make and super tasty.

I've used Sirloin Steak but if you prefer Porterhouse that's fine too. Depending on the thickness of the steak the cooking times will vary, my steaks weren't that thick so I did three minutes a side for medium-rare and the most important thing is to rest the steaks after cooking either wrapped in tinfoil or placed in a warm oven for five minutes before slicing.

If you're not a fan of kumara you could always use parsnip, pumpkin and serve with a side of greens and a glass of your favourite red wine. Even cold it tastes delicious and would be lovely sliced thinner served on a platter with the Salsa Verde. This recipe is one of our many recipes featured on our Something's Cooking Recipe Stand, check it out next time you're in shopping at New World Rangiora.

Ingredients (Serves 4)

- 1kg orange kumara, peeled and cut into 3-4cm chunks
- 3-4 anchovies
- 2 Tbsp Pams Moroccan Capers
- 1 garlic clove, crushed
- 1 bunch parsley
- Grated zest and juice ½ lemon
- ¼ cup Pams Extra Virgin Olive Oil
- 600g of sirloin/porterhouse steaks

Method

- Put the kumara in a pan of salted water. Bring to a boil, lower the heat to a simmer and cook for 20 minutes or until the kumara is tender. Drain well, season with salt and pepper and mash. Keep covered until required.
- For the salsa verde, chop the anchovies and capers finely and put into a small bowl with the crushed garlic. Finely chop the parsley, add to the bowl along with the lemon zest and juice. Add 3 tablespoons of olive oil.
- Rub the remaining oil over the steaks and season with salt. Heat a frying pan over high heat and cook the steaks for 3 minutes each side for medium rare (or adjust time according to how well-cooked you like the steaks). Remove from the pan and set aside to rest in a warm place for 5 minutes before slicing.
- Serve the steak with the mash and spoon over the salsa verde.



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.



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Making Over Marilyn

This month's makeover candidate - Marilyn Halstead - was nominated by Wellbeing North Canterbury, where she has been the friendly face at their Rangiora reception desk for the last five years.

"Marilyn is one of those people who just always goes the extra mile, she supports the team, she helps with resources, she's happy to help wherever it's needed," says Louise Leitch of Wellbeing North Canterbury.

Marilyn also volunteers at the Citizens' Advice Bureau; Meals on Wheels and she is a Justice of the Peace. "I had always been busy and working, then when I retired - it was awful," says Marilyn. "I need to be with people." Fast forward five and a half years and she is now a retiree with 4 different voluntary roles.

This is the kind of lady who deserves a bit of pampering. So the Essence team were delighted to help.

So we managed to find some time when Marilyn wasn't working and took her around Rangiora for the full makeover treatment.

Our first stop was to see the talented ladies at Rangiora salon, Hi Gorgeous. Senior stylist Lori got to work. She touched up Marilyn's roots to blend in beautifully with the rest of her hair and she also gave her a cut - adding shape and a sleek, but easy to style, look.



Thanks to Lori at Hi Gorgeous, Maddy at Cocoon Beauty and Day Spa and Debbie at So You Boutique for their contribution to Marilyn's makeover.



From there we went on to Cocoon Beauty and Day Spa where makeup expert Maddy worked with a natural looking colour palette for Marilyn - opting for subtle browns and lighter shades which helped to highlight Marilyn's lovely blue eyes. She evened out Marilyn's complexion starting with a primer, foundation, natural blush to contour and frame the face and a translucent powder to fix everything in place. Finally, she used a soft purple tone of lipstick.

Then we took Marilyn to visit stylist Debbie Albrecht at So You Boutique. Debbie chose a beautiful pink for Marilyn, toning the colours to her complexion and personality. The outfit was also put together to take Marilyn from daytime to evening with the addition of a wine-coloured snood.

"I enjoyed the whole day, it was great and all the ladies gave me lots of tips. It was really excellent," says Marilyn.

We think you'll agree Marilyn looks truly fabulous.

HYPERHYDROSIS (excess sweating)

by Dr Peter Aspell (Durham Health Cosmetic)

Excess sweating that disrupts your daily life is called hyperhidrosis and affects 1 in 20 of us. It tends to begin during adolescence and most commonly affects the armpits, hands, feet and face. It can be uncomfortable and cause significant embarrassment, anxiety and psychological trauma - sometimes limiting our career choices, social activities, relationships and self-image.

Hyperhidrosis can be due to an underlying health condition but often has no apparent cause. Fortunately, there are options to treat this but the biggest challenge is that people don't often seek medical advice due to embarrassment or perhaps not knowing that effective treatment exists. There are a few deodorants available at pharmacies that are effective for some people but most will find these only last a few hours or have limited effect. There are also certain prescription medications like oxybutynin you can try but these are generally poorly tolerated because of their side effects which include dry mouth, constipation, dizziness and blurred vision.



If you've tried different deodorants and have been cleared by a doctor for any underlying cause then Botox is an excellent treatment you may like to consider. It works by temporarily blocking the nerves that control the sweat glands in the affected areas. These eventually recover and treatment for armpits with a cosmetic doctor typically lasts 12 months and is relatively painless and very safe and effective. Cosmetic doctors can also treat palms and soles of your feet which lasts about 6 months. Treatment takes about 30 minutes and is generally extremely well tolerated.



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Winter Wellness



The same as we change up our clothing for winter, we also need to change up our self-care. From skincare to winter health, the frosty mornings and chilly days mean we need to take a little more care of ourselves.

When it comes to skincare the constant change in temperatures and the drying effect of heat pumps and fires means you might notice your skin feeling dryer. Time to think about switching up your moisturiser, revamping your routine for the winter months and paying a little more attention to your skin. If in doubt, seek advice from your local beauty therapist, pharmacy or dermatologist.

Whilst the colder temperatures might discourage you from heading outdoors so often, it's important to keep up your

activity levels. So if you're heading out for a tramp or bike ride, dress in layers, ensure hands and feet are kept warm and you'll probably want some lip balm to help prevent dried, chapped lips. Of course you could also exercise at home or at one of the excellent local gyms in North Canterbury.

And just because it's cold - don't leave the sunscreen at home, particularly if you're heading off to the mountains or skiing. Whilst UV rays might not be as strong in winter, they are present year round and particularly at higher altitudes, in fact snow can reflect up to 80% of UV radiation. So make sure you use some sun protection when you're speeding down those slopes.

Whilst winter might seem long, with its dark evenings and frosty mornings, spring will be here before you know it. So stay in shape, eat well, exercise and take care of yourself - and you'll be ready to get that summer wardrobe revved up as soon as the weather warms up.



Cocoon's top three winter skincare tips

- Keep hydrated! Indoor heating really dehydrates us at this time of year, and we can get a bit slack in our water intake.
- Revise your skincare, climate fluctuations impact our skin, it may be that a more nourishing moisturiser is needed, or your choice of serum needs tweaking!
- Get out in the fresh air. Less sunlight hours have an effect on our body and our mood! Take the opportunity for a walk around the block each day to get your Vitamin D!

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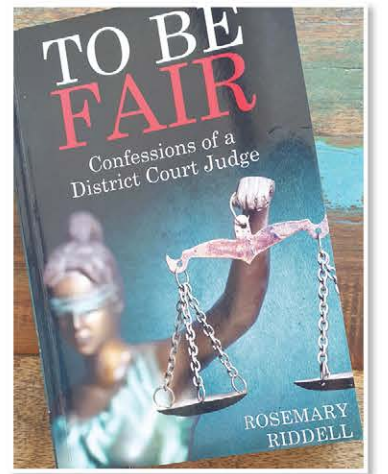
Confessions of a District Court Judge

Rosemary Riddell

Rosemary Riddell dreamed of becoming an actor, headed off to London on her OE, met her husband, got married, had three children. Then with the children at primary school she embarked on a law degree graduating in 1992 in her early 40s and working in a law firm.

So she'd lived a bit of life before she became a district court judge nearly fifteen years later. And it shows in this book. She's a great guide to the district court scene - brimming with empathy and understanding for the people that appear before her.

There are the mental health cases; the man who glues all the doors shut and uses the remainder of the glue to stick his wife's shoes to the wardrobe floor. There are custody battles and Family Court cases; property disputes; possession of drugs and ill-judged acts of revenge. Riddell touches on all human life and everything from poverty to the problems of social



media. It's part anecdote, part commentary on New Zealand life.

Occasionally it left me frustrated that I was getting just snippets of lives rather than fuller stories. I wanted to know what happened to the man who glued his wife's shoes to the wardrobe floor. But I guess this reflects the way a district court judge comes across these cases - they don't follow entire lives but are required to make decisions on what they are presented with at the time.

This is an excellent non-fiction read and Riddell gives us some real insights from her life on the bench. Sometimes funny, sometimes tragic and always thoughtful - it's well worth the read.



Matt Doocey

MP for Waimakariri

News of another serious crash on Lineside Road last month was hard to accept for our community. Our residents have waited too long for safety measures to be implemented at this notorious accident hotspot and I'm putting on the pressure for our roading authorities to pick up the pace.

I was reassured a year ago that appropriate action was being taken to make the intersection at Mulcocks and Lineside roads safer after I wrote to NZTA urging them to upgrade this dangerous intersection. Like our community, I believe investigations and proposals have dragged on for too long, and that urgent safety works need to be implemented as soon as possible.

Residents will be reminded of the repetitive

safety consultations our Woodend community sat through and still no Woodend Bypass was delivered. The Woodend community were loud and clear in saying they didn't feel safe with a state highway passing through their town. They came out in their hundreds with their placards to my Rally for Woodend, and still no funding was allocated to start work on a bypass.

I'm concerned that recent announcements of funding shortfalls are impacting our local roads and that, despite Cantabrians paying their Road User Charges, they are missing out on vital roading infrastructure like the bypass and safety improvements as needed on Lineside Road. It's concerning to hear that councils across New Zealand are short \$420 million of funding from NZTA to maintain roads, while NZTA itself is short \$340 million to maintain state highways - creating a \$760 million hole in funding from the government. This is after our residents have had to hear how Aucklanders are to benefit from a \$785 million nice-to-have cycling bridge.

Councils are worried this hole in their roading budgets could lead to risks in the roading network, especially in rural areas. The Lineside Road intersection must not become a victim of funding shortfalls while money goes on nice-to-have projects in Auckland.





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