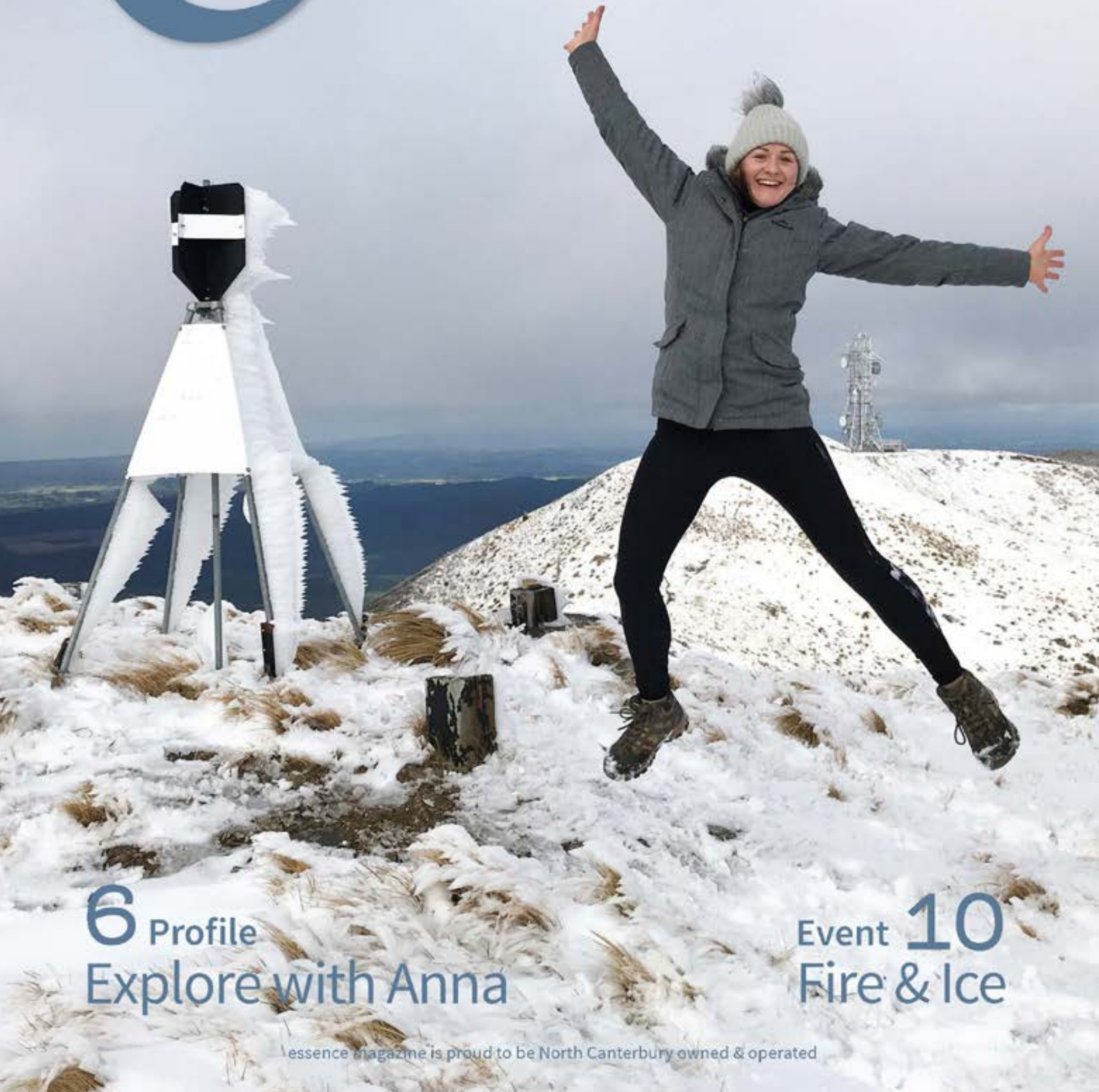


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# contents

For many of us, a typical Tuesday morning may include the commute to work, with hopefully a coffee in hand, while still reminiscing about the weekend. But for Rangiora local, Anna Frost, her Tuesday includes an adventure. Her story is on page 6.

Affectionately known as The Mill, these iconic brick buildings with the familiar saw tooth roof, sit beside the State Highway at Waikuku. Owner, Paul Sanderson enlightens us on the varied and interesting history. Page 16

From quiz nights to raffles, loyalty cards to fundraising vouchers - Hamish Keen, owner of Kaiapoi's CBK restaurant and bar, is unrelenting in his community support. And, appropriately for someone in the hospitality business, he's also a big supporter of the Kaiapoi Food Forest. Page 9

Rangiora couple, Gordon and Chris Patterson are justifiably proud of their absolutely stunning 1934 Studebaker Dictator featured on page 19

We welcome new businesses; The Hogget Restaurant in my hometown Hawarden, Gifts and Finds in Cheviot, Willoughbys - the rejuvenated wool shop in High St Rangiora plus Pacific Radiology which opens in a couple of weeks. What a fabulous asset for North Canterbury!

I'm sure you will agree there is plenty to read in this issue of Essence Magazine.

Have a great month - Dorothy



19 Essential Motoring



11 Kaiapoi Art Expo



20 Ingredients



front cover: Mountain Therapy with Anna Frost is our profile story on Pg 6. Image supplied - Anna on the top of Mt Grey.

## contact us:

Dorothy McLennan - Publisher  
dorothy@essencemagazine.co.nz  
Ph: 0274 507 532

Melanie Cox - Office Manager  
mel@essencemagazine.co.nz  
Ph: 021 857 970

Mandy Buchan - Advertising Account Manager  
mandy@essencemagazine.co.nz  
Ph: 027 651 0731

Laryna Bourdot - Graphic Designer  
info@essencemagazine.co.nz

Essence contributors; Pattie Peglar, Grant Shanks, Rob Cope-Williams

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Ph: 03 313 1811 | Fax: 03 313 1810 www.essencemagazine.co.nz

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## Game On

Corcoran French Lawyers recently hosted a Q&A session at Rydges Latimer Square for their clients, with All Black Joe Moody and Crusader Jordan Taufua ahead of the World Cup later this year in Japan.



1. Jo and Kevin Bailey, Philip Redmond and Karen Byrne 2. Peter and Michelle Tonkin 3. Ryan Odering, Possum Robb and Gareth Bruce 4. Karen and Lindsay Byrne 5. Val and Lyn Scott, Rowan and Patrick Aspros, Lorrin Currie 6. Jordan Taufua, Michael Bendall and Joe Moody 7. Judith and Des Schumacher 8. John Woolcott and Margaret Woolcott with John Baigent 9. Leigh and Glen Webber 10. Gemma Smith and Hilary Max 11. Christine Eastgate, Peter and Jackie Smart 12. Austin Russell, Walter Scott and Gary Wilson 13. Michael Bendall, Michael and Liam O'Loughlin 14. Leanne Brewer, Liam Brewer and Mark Henderson 15. Graeme Arthur, Junko and David Bolam-Smith

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## Moving Home

Sergios Menswear moved back to their rightful home in Christchurch CBD earlier this month after eight years away, and invited their loyal customers and family to celebrate their stunning new space.



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## Doing Good Things

The Sport Shop Rangiora treated their customers to a special discounted Icebreaker evening, with every purchase contributing to an Icebreaker Chute being donated to the Cancer Society.



1. Nigel Lavender and Tessa Dekker 2. Evan and Andrea Holley 3. Sue Jones, Wendy and Emily Wilson 4. Bruce and Olivia Nicoll 5. Ryan and Linda Searrell and Chris 6. Mel Cox, Rachael Henderson and Caren McKay

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words: **Kayte John**  
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# My Mountain Therapy

For many of us, a typical Tuesday morning may include the commute to work, with expectantly a coffee in hand, while still reminiscing about the weekend. But for Rangiora local, Anna Frost, her Tuesday includes an adventure.

Anna, otherwise known as 'explorewithanna.nz' on Instagram has quite a following for her epic adventures where she shares tips, weather reports, and stunning scenic pictures of the mountains she has conquered throughout New Zealand.

Anna grew-up living on farms in Mid and North Canterbury then moved to Christchurch for study and work opportunities. "I've lived in a few different cities over the years, but I relocated back to the Canterbury region as there really is no place like home," she says.

A lover of the great outdoors, the 35-year-old mum of two says that it became more difficult to conquer mountains after having children. "Before I had my kids, I would go on walking adventures by myself or with my husband, and after children it became harder to achieve.



As a mum, I know how hectic life can be, so I wanted to ensure I had 'me time' which involved getting outdoors and keeping active. Every mum or anyone for that matter needs 'me time' - so, I decided to take a day where I could do just that, and I'm such a better person for it!"

Anna began by researching the Visit Waimakariri website for local walks and came across an abundance of them. "My first hike was Mount Grey, then Mt Thomas. After that, I was hooked!"

Anna uses her Instagram page to encourage more people to be active and to seek out adventure, but more importantly ensuring they are taking time-out for themselves.

**"When you reach the top, it's such a great feeling. The views simply take your breath away. I suppose you could call it my mountain therapy."**

"My adventures give me a sense of achievement. And I absolutely love the sense of freedom I get from the outdoors, especially all the amazing places I have recently discovered that are right on our doorstep. There really is so much to explore in our region," she says. She adds, "Instagram is a great tool to share my adventures and I've made many connections with people who also love to explore and capture their journeys to share with the world. It's a great feeling looking back on your photos and reliving the moment, while inspiring others through social media."

When Anna is not in the mountains, she somehow manages to fit in F45 and hockey during the week. "My husband is so supportive of my love of fitness and the great outdoors. We encourage each other to ensure we are making time to do the things that we both enjoy," she says.

For anyone wanting to follow in Anna's footsteps, she says that a good hike to start with is Mount Grey. "Trust me - in time it will get easier and more enjoyable. I try and



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follow the sun and regularly check out Canterbury Weather Updates for the latest up-to-date weather reports and live weather cams. Don't forget to layer-up over winter. Merino layers are great as the higher you go, the temperatures drop, along with more wind exposure. Don't forget to bring water and snacks for the journey, along with a first-aid kit. When you reach the top, it's such a great feeling. The views simply take your breath away. I suppose you could call it my mountain therapy."

When asking Anna about her upcoming adventures, she says, "I frequently visit Craigieburn Forest Park and Torlesse Range as these areas are certainly some of my favourite places to explore. However, Mount Bruce, Avalanche Peak and Woolshed Hill are on my to-do list."

You can follow Anna's adventures on her Instagram page - [explorewithanna.nz](https://www.instagram.com/explorewithanna.nz)



Stuart and Claire Morris  
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## The Ultimate Downsize

A topic which we are coming across pretty regularly at the moment is the process of downsizing. This can sometimes be an emotional time, especially if that downsize is into retirement style accommodation. Rather than tip toeing around some of the more difficult topics we will just address this one head on because that's how we deal with it with our own clients.

### Timing

The major problem we come across is clients leaving the move too late which then results in the move terms being dictated to them by unforeseen circumstances such as health. This may result in a rushed sale, with the sale having to be handled by other family members and also a rushed purchase that the client isn't 100% happy about but just has to work with, given that options are limited.

Our advice would be to move before you feel you actually need too. This allows you to focus 100% on getting a great result on the sale of your major asset and find a next step that you love! You keep control and that is so important in creating a less stressful and more happy move.

You may feel that you're "too young" to downsize, or still enjoy the space that your larger property offers and that may be the case, but in our experience those that have downsized have adjusted quickly. They've been able to focus on themselves and spending time with their family.

### Other considerations

In most cases you only get one chance to downsize so it's important to maximise as much out of your assets as possible. Make sure you select a salesperson who has the skills and work ethic to help you choose the appropriate method and time frame to do this.

Be prepared to have to move on some of your personal effects, particularly furniture. You will more than likely be moving into a smaller home which means some old favourites may have to be disposed of one way or another. Try not to lose the perfect home because it doesn't fit an item of furniture you want to bring with you. It may seem important at the time but it's your comfort and happiness that is much more important than any item of furniture! This is the time to pass onto family members or get them involved to sell on for you. We call it "decluttering" and it can be the reason why people don't downsize their homes.

Find the appropriate support to help you through the sale and moving process. Selling and moving will more than likely be

a bit stressful and a much bigger job than you may first anticipate. Plan, get family involved, be prepared and if you don't have support people there are now professionals who can assist with this. You don't have to do it all by yourself!

### What should be important in selecting the next step

In our experience the key aspects that downsizing buyers appreciate over time include:

- Modern - warm, well insulated, low maintenance homes
- Location - proximity to family, amenities, health care, and airport
- Lock and leave style - travelling often becomes a priority so large gardens are better swapped for low maintenance, low cost gardens or landscaping.
- Services - for some this step may involve moving into semi-managed care. Don't worry about what anyone else thinks (other than trusted support people) - do what is right for you.



## Tenancy Application Checks

There has been a lot bandied around in the media over the past few months regarding the privacy rights for tenants. One of the issues mentioned was whether, as of right, you should be able to conduct credit checks on applicants wanting to rent properties. Another was whether you could ask the age of the tenants.

Both of these checks are important for us here at Morris and Co Property Management as credit checking is part of the process we go through to ensure the tenants are able to pay the rent.

We always look at applications with an open mind, and a slight blur in the credit check may not necessarily mean the applicant will not be considered, it does give us facts and enables us to make the most informed decision.

Regarding not being able to find out the age of tenants, we can still ask for identification and this would, of course, show a birth date.

I was advised recently that these ideas were modelled on Canadian Tenancy Law and it turns out that after a short period of time Canada decided that these changes caused huge problems, and they reversed it back!

However, our advisers within the industry have spoken to the powers that be, and the status quo will remain in New Zealand at present, meaning it is "business as usual."

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## Small is the new big thing

Building a bach or cabin these days has never been easier as Kiwis catch onto the sheer convenience of kitset buildings.

In general, assuming they are under 10m<sup>2</sup> in size, these prefab designs will allow you to erect a new building on your property without Council approval.

New local entrant into this growing market is Cabins and Baches NZ, a New Zealand owned and operated company operating out of Timaru and Auckland.

The co-owner of the business is Tom Kerr, who after spending the past eight years in Auckland has moved back to his home town of Timaru, bringing with him his young family and his company, which specialises in manufacturing under and over 10m<sup>2</sup> cabins.

Tom says that there are 13 designs currently on offer, though clients can adapt existing plans to ensure their unit works best for them. "We've sold cabins for use as hairdressing salons, pottery studios, off the grid baches, outdoor offices or even extra entertaining spaces," he says.

If you manage to keep your buildings footprint under 10m<sup>2</sup> and the maximum

roof height under 3.5m, the new building also shouldn't require building consent – making it an economical and quicker solution to whatever your requirements are.

Tom says one of the most popular cabin designs is the Euro cabin, which offers a modern buttruss design with loft mezzanine providing additional storage or sleeping space. Priced from just over \$12k, these units represent ideal sleepout, studio, games room or even home office.

Another one of Cabins and Baches popular designs is the Cabana Cabin which is the perfect addition to the backyard. Use it as a Garden Studio, Sleepout or separate entertaining area. There's also a spacious covered deck which gives the Cabana great indoor, outdoor flow.

There are also styles over the 10m<sup>2</sup>, provided as a kitset including floor plan, design pack including building consent drawings and specs, and can include all materials delivered to on site.

Indicative pricing, floor plans and photos for all their cabins can be found at [www.cabinsandbaches.co.nz](http://www.cabinsandbaches.co.nz)

For further information ph 09 838 3132 or Email [info@cabinsandbaches.co.nz](mailto:info@cabinsandbaches.co.nz)

## INTRODUCING...

The team at Williams McKenzie have recently been joined by highly experienced commercial and property lawyer Dean Seymour.

Christchurch born and bred, Dean studied law at Canterbury University and has spent the last eight years working for a city law firm. He has significant experience of helping clients with various property matters, particularly buying, selling and leasing commercial and industrial property, buying and selling residential property and retirement village unit transactions. He is also well versed in business matters, including agreements for the sale and purchase of businesses and shares, terms of trade, supply agreements, shareholders' agreements and franchise agreements.

Dean is embracing the change of scene and the more personal touch of practising law in a smaller community.

"I've noticed already that there is more personal contact with clients, including face to face. That's something I'm really enjoying", he says.

When he's not at work, Dean enjoys family time, particularly seizing the opportunity to spend time with his 12-year old son before he hits the 'embarrassing dad' teen years.

Dean is looking forward to getting to know new people and becoming part of the local business community in Rangiora and the surrounding areas.



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## Foraging in the Food Forest

words: **Pattie Pegler**  
photography supplied

On a late autumn day that has seen some early morning frost a wild, ragged looking tomato plant continues to produce in a corner of the Kaiapoi Food Forest. It's not carefully covered with frost cloth nor protected in a glasshouse; it's never been neatly tied to a stake nor had the laterals carefully snipped out of it. But among its rambling, bushy leaves there are still tomatoes. This is low maintenance gardening – a lesson in how to keep things simple and get better results.

And low maintenance has the food forest thriving – there are fruit trees, nut trees, great clumps of rhubarb, strawberry plantings spreading out, there are crab apples and feijoas, over 30 types of heritage apples donated by a local business. And yet just 20 months ago this space was a bare paddock and the man charged with making the food forest happen, Brent Cairns, was a gardening newbie, "I'd only done a one day course," he says with a laugh, "my mum and dad laughed when I told them I was trying to start a food forest. I had no gardening background."

But with the support of other dedicated volunteers, the council and the wider community, that bare 1.5 acres of land has become a fabulous, rambling, diverse food forest. The forest relies heavily on the concept of companion planting explains Brett – large fruit and nut trees provide a canopy for smaller plants many of which in turn are nitrogen fixing. Rhubarb provides ground cover; garlic is a natural pest deterrent; comfrey draws in pollinators like bees. There is no

spraying in the forest instead there is a lot of mulch to help keep the weeds down whilst the plants mature. "Nobody sprays or pulls weeds in national parks" says Brent. It's a reasonable comment. And once this kind of garden is set up it's low maintenance with the plants working with each other naturally.

The forest was something the community wanted. It's a nod to the neighbourhood's pre-quake days – with plenty of transplanted fruit trees from red-zoned gardens and scattered throughout the beds there are reminders that people once lived here – an old bicycle, a bed frame. But the forest is also something the community clearly believes in nurturing for the future. There have been numerous donations of trees, compost, mulch and other funds. Local MP Matt Doocoy planted a feijoa tree and a Department of Corrections work crew provide maintenance services.

There's a regular Wednesday afternoon volunteer session that always sees people turn up to work on the forest. There are educational sessions on things like pruning and how to grow kumara (yes you can do it this far south apparently). There are school visits where Brent poses the question – what would you do for food if the supermarket closed for a week?



From quiz nights to raffles, loyalty cards to fundraising vouchers – Hamish Keen, owner of Kaiapoi's CBK restaurant and bar, is unrelenting in his community support. And, appropriately for someone in the hospitality business, he's also a big supporter of the Food Forest.

"I think it's just a great idea, it's connecting people back to where their food comes from. And kids can walk in and pick wild strawberries...it's awesome," he says. CBK have helped the forest through various fundraising efforts. In May of this year they hosted a large fundraising dinner with all proceeds going to the forest. With a little help from some other local food suppliers, they paid for all the materials for the forest's circular seat and they also help the forest with funds through their loyalty card system. This means that anyone who has a meal at CBK can ask for the loyalty points to be applied to the food forest account. Then at the end of each month Hamish pays out the total for the month straight to the Food Forest - \$1250 so far this year. It's a great, passive way of raising funds for the forest and it also spreads the word about CBK. "It's a win-win situation," says Hamish.

Supporting local initiatives is important says Hamish because as a local business CBK needs to look after the



On the forest's first open planting day in September 2017 there was a great turnout of people along with donations totalling 80 trees. Brent recalls a young guy in his twenties who turned up "I'd like to plant a tree but have no idea what to do" he said. He was partnered up with a mature lady with some gardening nous and the unlikely pair got to work planting.

The forest is also designed to draw people in. There's a colourful playhouse for littlies, a wheelchair friendly picnic table and even a solar powered spot to charge your phone whilst you relax and contemplate nature – or forage for food.

"The community has connected more, we're all helping the forest to grow and having fun, learning...and people just turn up and do things that need doing" says Brent.

As we're walking around a woman wonders in the forest looking at some of the beds and plants. "I just popped in to see what you're doing with your citrus" she says. Brent is off - giving her a lowdown on citrus maintenance – water them everyday, wet ground helps them against frost, put them under another tree to protect them.

Brent's gardening knowledge has come a long way in a short time. Much like this bare paddock that the community has transformed into the wild and wonderful Kaiapoi Food Forest.



community where it operates. So he supports fundraisers and employs local staff and uses local suppliers wherever possible. It's networking and it's good business, he explains.

But talking to Hamish it's also clear there's something else motivating him here too. He is full of passion and enthusiasm as he explains how different fundraising schemes work for different groups. He talks about the young local girl trying to get to ballet school in New York – CBK are supporting her with

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[info@gulliver-tyler.co.nz](mailto:info@gulliver-tyler.co.nz)

 Wendi Keown Dip.FD. Reg.FD. (F.A.N.Z.) J.F. Funeral Director	 Bernie Power Funeral Director	 Jon Rinckes Embalmers Flaxton Park Administrator
 Paul Mayes Funeral Director	 Olwynne Cade Funeral Director	 Dave Chambers Funeral Director



a raffle. He talks about their regular donations to St John's and the local fire service; the quiz nights they've held for various local organisations and sports clubs helping them to raise thousands of dollars. He points out the framed signs by the till that show how much CBK has donated to local organisations as part of their Free Money Scheme \$500 to Kaiapoi Borough School so far this year, \$1250 to Waimak United Football Club over the last 12 months. Hamish isn't just a canny businessman, he's a people person and actively enjoys doing the 'right thing'.

He takes the same attitude to the day to day running of CBK. With over 20 years' experience in the hospitality business both in New Zealand and overseas, this is someone who still loves it. "People come to you for all the important moments in their life - anniversaries, birthdays, the 21st, family reunions... they give you their special moments and that's a pretty cool thing," he explains.

A quick check of Facebook reviews supports this view. Customers love the bacon and the decadent desserts, but they also consistently rave about the great, friendly service from Hamish and his team.

"It's nice to be nice" says Hamish with a shrug. Then he rushes off to serve some customers with welcoming words and a big smile.

**CBK Craft Bar & Kitchen Open 7 days a week**  
4/77 Hilton Street Kaiapoi  
Phone 03 327 9224 [www.cbk.nz](http://www.cbk.nz)



## Fire & Ice Festival

**Saturday 13 July 1-8pm**  
Promises an unmissable weekend in Kaiapoi



With chainsaw and chisel Victor Cagayat works swiftly and intently and soon shapes become clear. The graceful curve of a swan's neck, the pert ears of a rabbit emerge from the ice gaining more detail as Victor whittles away at them. Originally from the Philippines, Victor learnt his craft carving decorative pieces for upmarket hotels and has now become one of the most renowned ice sculptors in New Zealand, flown up and down the country to provide sculptures for events - he's carved penguins, bears and even John Key.

Soon North Canterbury residents will be able to enjoy a live demo of Victor's skills as he returns this year to Kaiapoi's Fire & Ice Festival. Visitors to the event will be able to see Victor at work during the afternoon and in the evening the sculptures he creates will be on display for all to see.

Now in its sixth year the Fire & Ice Festival continues to be supported by Blackwells of Kaiapoi who organise and sponsor the event along with the assistance of the local community.



As well as the ice sculptures which will be lit up for evening viewing, there are fire poi performances, Latin American music, food and craft stalls to browse and enjoy whilst sipping a warming, mulled wine. Blackwells store will

also be open and will be running some market day specials. In previous years the evening has attracted visitors in the thousands.

"It's a pretty big event for Kaiapoi," says Andrew Blackwell, "The last couple of years has been packed with people enjoying all that's on offer. And this year when it came time to book in stallholders, nearly all of them wanted to come back. So it's a great evening all round."

Planned to coincide with the successful Kaiapoi Art Expo, where art enthusiasts can enjoy over 600 works of art on display from local and national artists, the Kaiapoi Fire & Ice Festival takes place on Saturday 13th and Sunday 14th July. The Port & Eagle Brewpub are also having a function on the Saturday night and it looks set to be an unmissable weekend in Kaiapoi.

## 2019 Corcoran French

# Kaiapoi Art Expo

Leonie Inkson



Above  
Carina  
Hazlett

Left  
Jenny  
Baker

The 14th annual Corcoran French Kaiapoi Art Expo is Waimakariri district's largest visual art show and attracts large crowds every year. The Expo displays a wide range of art disciplines by local art groups and individual artists, all under one roof, over two days. Still going strong this year on show will be over 600 artworks from 115 artists including painting, photography, ceramics, textiles and more, something for all art lovers. Alongside the Expo is the very popular School Art Expo sponsored by Bowden Environmental featuring a fantastic display of artworks from 13 Waimakariri Schools.

This year's Expo will feature:

- 78 artists who have previously exhibited at the Expo
- 28% of participating artists reside in Rangiora, 29% reside in Kaiapoi, 20% from other parts of Waimakariri and 23% have affiliations with Waimakariri but reside in Hurunui or Christchurch.

An event not to be missed, block out the weekend of July 13th and July 14th, open from 10am to 5pm at

the Kaiapoi Club, Raven Quay Kaiapoi. Entry is via gold coin only.

Guest artist Ivan Button has exhibited at the last 10 Expos and this year will be taking centre stage with 22 artworks varying from New Zealand scenes to villages of France and Italy.

Ivan's background was in the Advertising Industry where he trained and worked as a graphic artist and illustrator. He currently works in watercolour and in oils. While his subject matter will vary from Still Life to Landscapes, his passion is for New Zealand scenes along with villages of France and Italy. In more recent times Ivan has pursued an interest in "abstraction/expressionism".

For something different Have A Go at being an artist for the day on Saturday. Downstairs at the Kaiapoi Club 10am to 3pm will be various mediums of art where you can have a go! Pottery, painting, photography, weaving and much more.

## Seven Wonders Oil Paintings and Glass by Nemes



Ruataniwha Kaiapoi Civic Centre, (Kaiapoi Library)  
176 Williams Street, Kaiapoi

Until July 17

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CORCORAN FRENCH

# KAIAPOI ART EXPO



SAT 13<sup>TH</sup> & SUN 14<sup>TH</sup> JULY  
10AM - 5PM

RIVERVIEW LOUNGE, KAIAPOI CLUB

GUEST ARTIST: IVAN BUTTON ENTRY: GOLD COIN

SCHOOL ART EXPO sponsored by



[WWW.KAIAPOIARTEXPO.CO.NZ](http://WWW.KAIAPOIARTEXPO.CO.NZ)

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Buy 2 pairs of winter boots and get the 2nd pair half price when you mention this advert

### Ruby Six

Warm up your Winter wardrobe with a colourful shrug or cardigan from Hello Friday. New stock has just arrived!



# Fashion & beauty



### So You!

If you are a woman who needs to add a little weight to her figure, then there are plenty of clever ways to do this with style, fabric and accessories says Debbie Albrecht from So You!

**Style:** Try double-breasted jackets or trousers with cuffs on the hem. Or try wide horizontal lines.

**Fabric:** Choose big bold prints to add some weight or bulky or shiny fabrics like satins.

**Accessories:** These may often be small but they play a big role in styling. Try layered necklaces, big, heavy scarves and belted jackets.



Scarf \$19.99 - l'Adore



Dress \$249 - Ruby Six

Sabatini Military Coat \$799 now \$599 - Country Lane

### Molto Bella

Fabulous French and European style is the focus here in both fashion and homewares. Natural fibres and warm, wonderful colours dominate. Check out this beautiful mustard coat from Italian label Colette.

Exciting - look out for our website online shop coming soon!

### The Sport Shop

Iconic Australian brand Lorna Jane offers the ultimate in active wear with quality fabrics and beautifully designed pieces that you'll want to wear far beyond the gym. From classics like the Active Hoodie engineered to keep the cold out and the warmth in, to the fun and funky Nothing 2 C Here paisley tights - Lorna Jane pieces manage to combine hi-performance features such as moisture wicking and breathability with a stylish flair that will take you from spin class to brunch without missing a beat. Check out the Lorna Jane range at the Sport Shop.



Lorna Jane Inspire Core Full Length Tights \$125

Lorna Jane Active Hoodie \$163

Lorna Jane Toned Sports Bra \$75

Lorna Jane Simple & Classic Long Sleeve Top \$80



Asics Goretex Waterproof Shoe NOW \$150 (usually \$200)

## Speaking of Hair...

Creative stylist, Michele Webb of Hi Gorgeous Hair Salon shares her insider tips for great looking hair. This month it's all about expectations.

"I hate my hair!" Said the girl in the fitting room next to me. My heart sank as I heard these words, but sadly, this happens all too often.

Communication, realistic expectations and budget are so important when it comes to getting the result you want. Hairdressers love to talk, however, finding a good listener is gold. Speaking the same language is a great start to having great hair. Here are some simple steps to help you get what you want.

- Be prepared. A picture speaks a thousand words and is a great place to start.
- Be realistic. Remember you are unique and your hair type and face shape will influence the final result.
- Be honest about the colour history of your hair. Nobody wants you to take your hair home in a handbag.
- If you're unsure of what you want, it might be easier to start with what you don't want.
- Maybe you're unsure of some of the terminology. Ask your stylist to explain what she means.



We all have different budgets so together you can come up with a plan to help you achieve and maintain your look.

If you're not happy with the result, tell your stylist. They will be only too happy to help and would appreciate the chance to correct something than never see you again.

Of course if you are happy with the result, tell your stylist and spread the joy!

If you would like to have a free consultation with us at Hi Gorgeous we would love to see you. Come in for a coffee and a chat with one of our friendly team.

Your hair matters - Michele x

### Hi Gorgeous



## Appearance Medicine Goes Mainstream

When ModBod Face & Body Clinic first opened its doors in Rangiora in 2013 botulinum toxin, dermal fillers and needling weren't on the radar for many people. But the last few years have seen a surge in both women and men looking for the best solutions to keep them looking and feeling great says founder and Registered Nurse, Pea Blackwood.

ModBod offers a full range of treatments including more traditional beauty and spa treatments such as Waxing, Spray Tanning and Massage. There are also some highly effective, Skin-Tightening and Rejuvenating Facials that play an excellent part in good skin maintenance. Added to this is the full menu of appearance medicine treatments from botulinum toxin to dermal fillers and more recent trend 'thread lifting'.

Pea describes Thread Lifting as a Non-Surgical Facelift. A one hour procedure carried out under local anaesthetic it uses tiny threads to effectively lift the face minimising sags and folds. It's growing in popularity and offers people a safe and effective way of rejuvenating their appearance without the major commitment of a surgical face lift.

Another option 'Mini Threads' is a more 'low key' solution and ideal for areas such as Crows' Feet and lifting of the Jowl Area. A tiny mesh of threads is placed under the skin in strategic spots using a similar instrument to a very small acupuncture needle. It doesn't require local anaesthetic and clients can go back to work after the treatment.

ModBod also now offer payment plans for treatments, allowing clients to spread payments up to 52 weeks with no interest or hidden fees.

With such treatments it's important to choose a practitioner you can trust and the team at ModBod are highly experienced and trained and the practise also has medical oversight from two cosmetic medical doctors. So clients can be sure they are in safe hands receiving the best of treatments.



### win win

## I can see clearly

Thanks to the support of Rangiora Eyecare, Hair Handlers and Cocoon Beauty & Day Spa, we have this fabulous giveaway for one of our lucky readers.

The deserving winner will be treated to a free eye examination and new glasses at Rangiora Eyecare, hair styling from Hair Handlers and makeup compliments of Cocoon Beauty & Day Spa.

We would love to gift this fabulous prize to somebody in the community who perhaps has personal circumstances that haven't allowed them to visit an optometrist regularly and could do with a refresh before Spring.

Please email your nominations to [me@essencemagazine.co.nz](mailto:me@essencemagazine.co.nz) and tell us why this person is deserving of this gorgeous prize (by 16 August 2019). You must be happy for your letter to be published and they must be comfortable to have their photo taken and printed in our next issue.

\* conditions apply



### Rangiora Shoelines

Indulge in our best for less! Our premium leather heels, boots and flats are all at irresistible prices in our Winter Sale.



Viper was \$199 NOW \$170

Viper was \$199 NOW \$170

Glamour was \$139 NOW \$99

Bobcat was \$199 NOW \$160

Sibbie was \$199 NOW \$130

Weloon was \$249 NOW \$160



## Beauty & You

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Shop 16 Backenfields, Carleton Rd, Amberley

[www.beautyandyou.co.nz](http://www.beautyandyou.co.nz)



Pacific Radiology Rangiora at 17 Durham Street next door to Durham Health, behind Rangiora Pharmacy.

## Coming soon X-ray and Ultrasound services in Rangiora

The Waimakariri District is one of the fastest growing districts in New Zealand. Pacific Radiology is delighted to be part of that growth, soon opening the doors to a brand new radiology branch in Rangiora.

Pacific Radiology has a long-established connection in Canterbury. Starting over 50 years ago as Christchurch Radiology Group they have delivered services in Canterbury and the wider region, including the West Coast and Marlborough. In 2016 they changed their name to Pacific Radiology and are now part of New Zealand's largest radiology group. Pacific Radiology continues to expand, bringing vast experience with some of the most advanced imaging equipment and highly skilled staff in the world.

Manager for the new Rangiora Branch, Rachael lives locally and is excited to be leading the team in Rangiora. "Pacific Radiology is

committed to making a difference to the healthcare of our local communities, and I am very excited to be a part of that." Pacific Radiology will be operating their services from the purpose-built facility at 17 Durham Street, six days a week.

The service includes general X-ray and ultrasound imaging. The general X-ray service will run five days a week and Saturday mornings. It includes imaging of chest, abdomen and the skeletal system such as feet and hands.

An ultrasound scan or sonography, uses sound waves to create dynamic images

of structures inside the body. It is a very common and safe test which people would most recognise as used to image pregnancy.

The Rangiora ultrasound service will initially run two days a week and offer pregnancy scans as well as general scans such as abdominal, pelvic, and DVT (deep vein thrombosis). The service may increase to shoulders and other musculoskeletal ultrasounds depending on demand.

This stand-alone, affordable service is open to referrals from health professionals such as GPs, physiotherapists, podiatrists, and midwives. Referrers are able to access images and reports online and can contact radiologists (doctors who specialise in reading radiology images) directly for their opinions.

Patients may be able to see their doctor and receive an X-ray or ultrasound scan on the same day. With plenty of parking nearby, it will be a preferable option for many patients not wanting to travel into the city. Patients will receive an excellent level of care from Pacific Radiology's friendly, experienced staff.



Natasha, Rachael and Lucy at Pacific Radiology Rangiora.

## Meet the team

**Rachael**  
Branch Manager and Sonographer



Sonographer and Branch Manager of Pacific Radiology Rangiora, Rachael has been with the company for over ten years, with a history of working with CT scanning,

general X-ray and ultrasound. Diagnostic radiology has been a tremendous passion for Rachael for many years, enabling her to become an essential part of our patients' healthcare management.

She says, "I really love being involved in providing a high level of diagnostic imaging for our patients while ensuring that they are treated with kindness and respect through their journey."

Originally from Christchurch, Rachael has worked in small and large radiology departments in Australia and New Zealand and is looking forward to sharing her knowledge with her local region. She has been working within various departments at Pacific Radiology, and she is passionate about offering their level of healthcare to her local region.

"North Canterbury has certainly changed significantly in the last ten years, and it is exciting to see how it is developing. It is incredibly important to support this local change and be a part of providing a higher level of healthcare to our fellow North Cantabrians."

**Natasha**  
Receptionist



Natasha has been working with Pacific Radiology for over two years as a bookings specialist. Her new role as receptionist at the Rangiora branch means that

Natasha will be dealing directly with patients as they walk through the door. "As a local, I'm really excited to be joining Pacific Radiology Rangiora. I enjoy helping people, so I am looking forward to being able to personally greet patients and guide them through their appointment booking face to face. Some patients will be able to get their imaging right away which will be a real bonus." Natasha is a vital part of our team, and her knowledge of the administration process will be incredibly useful in making the patient journey as efficient and pleasant as possible.

**Rebekah**  
Medical Radiation Technologist



Rebekah has been working as a medical radiation technologist (radiographer) for over six years. Her experience includes specialising

in general X-ray and CT scanning. She has worked in Western Australia as well as New Zealand and is really looking forward to moving back to Christchurch and working in her hometown. "The area has grown and changed so much, and I'm excited to be working for Pacific Radiology in the community."

Rebekah often goes the extra mile toward patient care and Pacific Radiology is very happy to have her as part of the Rangiora team. "I love meeting new people and having a role in providing them with a great patient experience, by treating them with respect, kindness and empathy."

**Lucy**  
Medical Radiation Technologist



Lucy has been a qualified MRT for several years and has a keen interest in general and fluoroscopic X-ray, as well as CT scanning and mammography.

After qualifying at Ara Institute of Canterbury, Lucy spent some time working in a private practice in Melbourne, Australia, refining her skills as a medical radiation technologist and gaining experience in many fields of radiology. She is an amazingly compassionate, friendly person who can adapt to any situation calmly and professionally.

You may recognise Lucy from the dance floor as she also has a Bachelor of Performing Arts in Musical Theatre. Her love of music and performance has led her to the dazzling world of competitive Salsa dancing. Lucy has earned multiple New Zealand, Australian and World titles, and loves how the bar is constantly being lifted year to year.

**Pacific Radiology**  
0800 869 729

New services available:  
Ultrasound from 22nd of July  
X-ray from 5th of August

Pacific Radiology Rangiora  
17 Durham Street  
pacificradiology.com

World-class radiology  
delivered locally.







# THE MILL

Affectionately known as The Mill, these iconic brick buildings with the familiar saw tooth roof, sit beside the State Highway at Waikuku.

The Mill started life as a rope and twine works in the 1870's and through to the 1930's concentrated on wheat sheaf binder twine. The 1940's were lean years for binder twine and many workers served overseas helping the war effort. During this period an opportunity to manufacture linen fibre saw camouflage nets being made for the Americans for use in the Pacific.

Post war saw an improved economy and the hay bailer found a place on every farm. The little mill at Waikuku expanded its hay baler production to satisfy demand, but by the late 1980's synthetic bailer twine had taken over. The natural fiber twine works at Waikuku closed.

Paul and Jeni Sanderson who were operating from the old Tutton Flour Mill in Rangiora were looking for larger premises to expand their pottery business. The Mill was ideally suited with loads of character, history and a place to grow.

Once the manufacturing plant had been installed and the kilns up and running their set about making their colourful and whimsical hand painted pottery, high quality kitchenware, and oven to tableware. The old scotching house caught their eye as being suitable for a retail outlet and the dirt floor was refurbished with tongue and groove timber rescued from the Heathcote Malt Works and finished with windows from the Farmers Co Op building in Rangiora. A few years later and the need for a café was obvious. The pottery shop moved to the engineering workshop and The Brick Mill Café was established.

The site has enjoyed an increase in retail over the years. The I.D. Gallery (Incredible Discoveries) supports local and international art and gifts. There is the Emporium of Lost Treasures, where often a bargain can be found. The Big

Room showcases large pieces, from macrocarpa slab furniture to French antiques and exquisite bespoke up-scaled pieces. The Exhibition Room is filled with natural light streaming in through the gabled roof. This part built in the 1920's is set aside for exhibitions, weddings and events.

These spaces are large and open, with huge timbers supporting the roof. There is an overwhelming sense of old world craftsmanship in these solid structures. Her brick façade is used as backdrops for photo shoots, movies and documentaries. Currently she stars in a feature film presently in production. She has a lot to offer other than bricks and mortar. Sentiments not lost on the Sanderson children who grew up in the industrial landscape and historic spaces the mill offered. They were surrounded by artists and craftspeople with strong work ethics.

While Oliver campaigns for higher office, Amelia's fashion and accessory shop Oh Me Oh My has settled in the old engineering shop. Bianca's Soap Lab is a recent manufacturing enterprise, and the youngest Chelsea applies her skills to screen printing.

Paul and Jeni see their role as guardians of the Mill and are very aware of its uniqueness. Weather events and earthquakes have played a role over the last 100 plus years, but the old mill still stands. She proudly shows a few scars, but still has many stories to tell. She is inviting and welcoming.

Id - Incredible Discoveries . The Brickmill, Waikuku  
Mon - Fri 10 - 3, Sat & Sun 10 - 4, Ph (03) 312 7978.



# AT THE MILL WAIKUKU

# SHOP THE LOOK

Winter is here with colder weather and long evenings at home ... and we have loads of cosy colourful fashion, beautiful accessories and vibrant interiors ideas to keep you warm when you're out and about or home by the fire - visit our North Canterbury stockists and businesses for fab ideas and great shopping.



A special little shop in Cheviot filled with beautiful gifts, collectables... and unexpected treasures!



Gifts & Finds  
35 Hall Street Cheviot (state highway one)  
Tracy Findlay 0277409855  
Open 7 days 10am - 4pm



## ROSE PRUNING DEMONSTRATION

Join us Sunday the 21st of July for our annual rose pruning demo. Book now to enjoy an informative session learning all you need to know about the care of your roses. Email, phone or call in store to book.

Visit us now for your new season roses



Extra large sheep stands over half a meter in height and length, a statement piece.  
1771 Main Road, Cust. Phone (03) 310 2325  
OPEN 7DAYS 9am - 5pm



## 1st Birthday Celebration

# 20% OFF STOREWIDE

8-13th July



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



# THE BEST coffee

New Zealand is known around the world for its coffee culture and over the last 20 years we have undergone a coffee revolution as many kiwis have become connoisseurs of the caffeine hit.

Some even argue that New Zealand has the BEST coffee in the world... so where do you go for your coffee fix in North Canterbury?



## COFFEE WORX

Coffee Worx is your local coffee roastery as well as a busy, vibrant café. All of our coffee blends are available for home use, but we also supply the wholesale market and offer a highly successful partnership of customer care and support to many cafés in Christchurch and around the South Island. Why not try one of our award winning, locally roasted, highest quality coffee blends at home; we can grind to order.

**COFFEE WORX CAFÉ ROASTERY**  
13 Ashley St, Rangiora PH (03) 423 3243



## THREE LLAMAS

At Three Llamas Gourmet Coffee we are a little bit different, our coffee is proudly Peruvian. In fact our coffee only comes from a small mountainous region in Northern Peru, recognized for its exceptional and distinctive high quality coffee. The Finest Arabica coffee from the best growing region in Peru is roasted freshly on site. Come in and enjoy an excellent espresso, grab a bite to eat and buy your choice of freshly roasted specialty coffee beans.

**THREE LLAMAS COFFEE HOUSE AND ROASTERY PH (03) 310 0632**  
65a Main North Road, Woodend

words Grant Shanks



## 30 Year Love Affair

Rangiora couple, Gordon and Chris Patterson, pictured here with their absolutely stunning 1934 Studebaker Dictator, are justifiably proud of this magnificent machine.

Purchased as basically a hulk some 30-years ago, it was trailered back from Port Chalmers behind their 1963 Studebaker Lark Cruiser.

It hasn't been an easy journey, this labour of love, to bring what was a wreck or "Junk" as Chris called it, back to its original condition.

With help from Gordon's brother, George, the mechanic, and A&V Auto Trimming in Bromley, plus the Studebaker Club, who recommended many of the skilled craftspeople who worked with Gordon on the Studebaker, has finally paid off. Gordon explains, "The restoration has been achieved as and when we could spare the time and funds over the years. It would have been great to have the car

restored much sooner, but that's how life is. We're just absolutely rapt that it is now on the road."

Gordon and Chris have been having, fun days, as the beautiful photograph by local photographer, Leon Van Robinson illustrates. "We enjoyed dressing up in the era of the car, for that shoot," says Gordon. "Chris has an idea of a Bonnie and Clyde outing sometime in the near future."

While there have been suggestions that the Studebaker would make a terrific 'occasion' car for weddings and such events, the Patterson's haven't ruled that out. It was used on 4th May for their son's wedding at Waikuku Beach. We'll just see what happens in the future.

As Chris said, "For the moment we're just absolutely excited and delighted to have the Studebaker up and running and looking great. It's Not Junk now... hahaha!"



Readers, keep your eyes open for this absolutely stunning car around North Canterbury roads. It'll put a big smile on your face, don't forget to give them a wave.

P.S. Gordon and Chris want to thank all of those who stored their precious Studebaker in their garages over the years.



## THE GOOD HOME

Overlooking Lake Pegasus, our purpose built boat sheds are designed to reflect the nautical and coastal life of the area. The Good Home Pegasus has a flavour all of its own with beautiful food, an enticing array of drinks at the bar and fabulous Orb coffee - Orb coffee is a is recognised for its great taste and consistent quality... so pop in for our great coffee, relaxing environment and friendly service. Open seven days from 8.30am Monday - Sunday.

**THE GOOD HOME PH (03) 967 6891**  
62 Pegasus Main Street, Pegasus



## ARTISAN CAFÉ

At Artisan by Rangiora Bakery, we pride ourselves on consistently great tasting coffee, served by a dedicated team of fully trained baristas. Using fairtrade, specialty-grade Burton's Coffee, you can be guaranteed a robust smooth finish every time. Renowned for fast and friendly service along with an outstanding food selection including artisan-style cakes, breads, savouries, breakfasts and lunches. Open 7 days a week from 7am - 5.30pm.

**ARTISAN CAFÉ PH (03) 311 8837**  
18 High Street, Rangiora



## URBAN REVIVAL

Experience the award winning Switch Espresso coffee at Urban Revival. Switch Coffee are a boutique roastery specialising in 100% fair trade and organic coffee based in Christchurch. Our skilled baristas take pride in creating the perfect cup for you every time. Whether on your own or catching up with friends we have the perfect space for all to relax and enjoy the flavour of your favourite espresso. Fully licensed, open Mon - Sun with Friday evening dining, this is the place to go for consistently good coffee and fresh food.

**URBAN REVIVAL PH (03) 421 7787**  
42 Silverstream Blvd, Silverstream, Kaiapoi



## THE STATION CAFÉ

The Station Café and Restaurant is housed in a beautifully restored 1902 railway station building, with fully trained baristas serving the smooth flavours of Allpress Coffee. Allpress Coffee are renowned for their hot air roasting, which dissipates the smoky burnt taste that traditional drum roasting causes. The Station has the perfect atmosphere generated by al fresco dining, wholesome food and friendly staff and is dog and child friendly, with free venue hire and parking to the door. Open 7 days a week.

**THE STATION CAFÉ PH (03) 313 6018**  
2 Blackett Street, Rangiora



## LITTLE VINTAGE ESPRESSO CAFÉ

Matt and Ness are the proud owners of Little Vintage Espresso, the little boutique café situated on Markham St in Amberley. Between them, they have over 25 years hospo experience, with Matt being a barista for 24 years... making a mean coffee and supporting Switch espresso - local roasters in Christchurch, as their supplier. They pride themselves on made on site baking, gluten free options, delicious all day breakfast, salads and more. Awesome professional friendly staff, with a GREAT local following!!

**LITTLE VINTAGE ESPRESSO CAFÉ**  
20 Markham St, Amberley PH (03) 314 9580



## THE OFFICE CAFÉ

Looking for a perfectly smooth plant based milk? At The Office Café we love using macadamia milk in our coffees. It tastes the closest to regular milk of all the dairy alternatives we have tried... and goes perfectly with our Supreme coffee that we use - in fact some of us prefer it! Try a macadamia milk latte next time you come in and see just how delicious a nut milk can be. Open for Breakfast & brunch from 7:30am - 4pm.

**THE OFFICE CAFÉ**  
1429 Main North Road, Waikuku



## NOR WESTER

Situated in the heart of Amberley, the Nor'wester Cafe has been serving excellent espresso for over 20 years. Allpress Espresso's signature blend, a medium roast with a finish second to none and topped by well trained, passionate baristas and a warm atmosphere. This little café has been a destination point for so many over the years, you won't be disappointed. We're open 7 days 8am to 5pm and fully licensed.

**NOR WESTER PH (03) 314 9411**  
95 Carters Road, Amberley



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## STICKY DATE pudding WITH CITRUS CARAMEL

If you're entertaining this weekend and are looking for simple dessert to serve your dinner guests, my Sticky Date Pudding with Citrus Caramel is perfect. At this time of the year we're all looking for comfort food and this dessert is easy but looks impressive and tastes amazing. If you don't have any Cointreau, Orange juice is fine. To save time I used chopped dates pre-packed in our Bulk Food Department and if you don't have large muffin tins you can use ramekins or make one large pudding and cook it for 30 minutes. When plating up the puddings you may need to slice a bit off the top so that when they are turned upside down on the plate they sit flat. The sauce is amazing and is also great served on ice-cream if you have any left, enjoy!

### INGREDIENTS

For 6 individual servings

- |                          |                        |
|--------------------------|------------------------|
| 175g pitted dates        | <b>SAUCE</b>           |
| 1 cup hot water          | 1 cup sour cream       |
| 50g butter               | 1 cup Brown sugar      |
| 1 cup self-raising flour | The rind of 1/2 orange |
| 1/2 tsp baking soda      | 1-2 tbs Cointreau      |
| 1 tsp cinnamon           |                        |
| 1/2 tsp mixed spice      |                        |
| 3/4 cup brown sugar      |                        |
| 2 eggs                   |                        |



### METHOD

Place the chopped dates in a bowl and cover with water and microwave on high for 5 minutes stirring halfway through. Stir in the butter and let cool. Sift the flour, baking soda and spices into another bowl and stir in the brown sugar. Add the eggs to the date mixture to combine and fold this into the dry ingredients.

Divide the mixture between 6 large muffin pans (1 C capacity).

Cover with foil and place in roasting dish and add 2cm of water.

Bake at 170oc for 20-25 minutes until puddings are firm. Stand for at least 5 minutes before removing from pan.

### SAUCE

Mix all ingredients and heat until sugar dissolves and simmer until it thickens.

Serve warm with the individual puddings turned upside down, ice-cream or whipped cream.



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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NomNom Kitchen - Rangiora



## WIN WIN

### \$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](mailto:info@essencemagazine.co.nz)  
Competition ends Wednesday 24 July 2019.

Essence Magazine New Zealand

Congratulations to Judith Manson our winner of last month's food and beverage voucher.



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For details or reservations, phone 03 967 6891 or visit [thegoodhomepegasus.co.nz](http://thegoodhomepegasus.co.nz)

## Old Stomping Grounds

The Central Coast area of California (basically the area along the coast from Santa Barbara north to Santa Cruz) has a special place in my heart. Our family lived here in the late 1990s back when I was a winemaker. It was at this time that Kieran and I turned our backs on "commercial mass produced" beers and, with the help of Sierra Nevada Pale Ale, started to learn about craft beer. You could even say that this was the point where we started to dream about brewing our own beer.

This month I'm back in California, driving along Highway 101, tasting new beers from new breweries, looking at the latest equipment, meeting brewers and soaking up everything I can learn. It's been five

years since I was last here and the changes have been outstanding. When I got home after the last trip I brewed a beer which I felt epitomized the brews I tried; a big, hoppy, alcoholic Imperial American IPA that we call US101. There are still lots of those beers around, but now there's a movement to softer, more accessible

brews that are lower in alcohol, juicy tasting and very often as cloudy as orange juice too. Hazy IPAs are the new trend and I especially like the term they use when they're canned - 'juicy tubes'. Kinda says it all really. It's a beer style we've been playing around with a lot back at the Brew Moon lately, so swing by our taproom for a taste of the latest batch.



Brewing with the team at Central Coast Brewing Co, San Luis Obispo, California

While Sierra Nevada Brewing Company isn't in this area (and is something of a monstrosity now), it's heartening to see that not only have they been in the same ownership since 1980, but they're still producing new and interesting brews. They also support their local community; last year when the Camp fire devastated Butte County,

killing 85 people, Sierra Nevada started brewing a beer to raise funds. The Resilience Butte County Proud IPA is now being brewed by breweries all over the world, and is expected to raise more than 10 million USD. I may be biased, but it seems that there's just a little more good to be found in a company that is owned by people who live in that community, not by some corporation in Japan or the Netherlands.

Think globally, drink locally!



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## Leap of faith for Hawarden restaurant

With a population of less than 400 the hamlet of Hawarden isn't somewhere you'd expect to stumble on fine dining.

That was before The Hogget Bar & Grill opened its doors a few months ago. The former Hawarden Tavern has been overhauled by the Sterne family and turned into an appealing restaurant offering something for virtually any taste.

Since buying the 3,300 m2 site in mid 2017, the Sternes, owners of Patoa Farms, the country's largest free farmed pig farm operation, have incorporated two new units into the building for rental properties, revamped cabins for

outside contractors and other visitors and invested in a commercial grade kitchen - for both the restaurant and future outside catering. The footprint of the former tavern itself was reduced but it does retain historical charm through the tavern's wool presses - which serve as bar stands - rustic oak floors and dining booths.

Attention to detail and in particular, to ensuring a seasonal and tasty menu, has already attracted good local support and more and more people are making the trip as word gets out.

For the Sterne family The Hogget is an important part of giving something back to the community.

"On its merits, this was not a strictly commercial decision. It's more about assuring that we maintain places that are important to the sustainability of our larger community."

From left: Elsie Lundy, Head Chef; Sharryn Sillick, Front of house; Holly Sterne, Manager

Holly, also managing director of Patoa, tries to limit her time at the restaurant to one day a week. She acknowledges setting up and running a new venture has been a steep learning curve.

"At the heart of The Hogget is providing a place where people can meet and share a meal. Our focus has been on good quality, seasonal produce."

Accordingly, the latest menu, developed by consultant chef Anna Thompson offers a twist on local Canterbury produce,



including a house smoked Venison Denver leg dressed with Port and red currant, turkey shank (leg) and a lamb massaman curry. Unsurprisingly, pork also features



strongly, led by the signature free farmed Bourbon BBQ Spare Ribs (\$28).

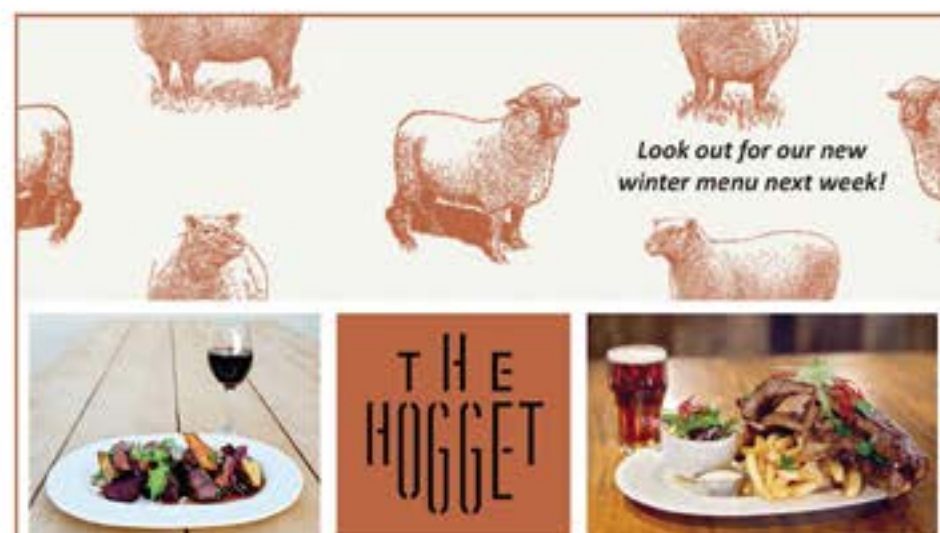
While the Hogget doesn't serve breakfast, it does list Eggs bene (\$23) on its lunch

menu and for those with simpler tastes, there is a sirloin steak sandwich on offer (\$24).

So whether you're up for cycling the Hurunui Trails or want a welcome distraction on the drive through, put the Hogget top of your list.

Open 10am for Coffee, Lunch and Dinner - Tuesday to Saturday

1 Gladstone St, Hawarden. Ph 03 314 2506.



Look out for our new winter menu next week!

We are family friendly - bookings are welcome via our Facebook page  
Phone 03 314 2506. 1 Gladstone Street, Hawarden

# TRAVEL INSURANCE

## The Necessary Travel Item

Travel insurance to many is an additional expense they don't plan for and we often hear the comments come back to us that they don't see any reason why travelers need travel insurance especially for destinations like Australia. Travel insurance is actually for the unforeseen occurrences, so you never know when it is going to be needed.

Some of the key reasons why it is such an essential part of your travel arrangements.

- The insurance policies start your cover from the date of purchase so even if you aren't departing for many months it means you are fully protected in the event of cancellation. Of course, please remember that the reason for cancellation needs to meet the criteria of the policy. Many travel products like airfares and cruises are non-refundable so this ensures your money is protected if sudden illness or injury occurs before you depart.
- Travel Insurance doesn't just cover medical expenses, alongside the cancellation options you are also ensuring that your personal luggage, money, travel disruption and delays, cameras, laptops and jewellery are also insured. Be careful though as some more expensive items may need additional cover to ensure that you are fully covered for their value.
- Did you know even in countries like Australia where hospital cover is free there can still be significant costs involved in the costs of ambulances, medications and Dr's visits, these alone make it a worthwhile purchase to have before you travel. They can also assist in any extra costs to get you home if your plans are disrupted because of a medical event.

- It is essential you declare your pre-existing medical conditions if they fall under the policies criteria, even though you may consider it to be insignificant you don't want to risk the policy not being valid because you haven't advised them in advance.
- Several companies also include a rental car excess cover which can cover the rental companies excess in the event of an accident. It is important to check the policy wording to make sure you understand the terms and conditions of this as they do all vary and have different requirements.
- There are many companies offering travel insurance so do make sure that what you purchase is a good quality product and you meet the criteria, this saves lots of stress if you do need to make a claim or ask for their assistance while you are travelling.
- The policy wording can be quite daunting, but it is worthwhile having a read to make sure you are aware of what you are covered for and also the exclusions, so you are aware what's not covered.

So next time you are planning your holidays please just ask your consultant for an option on insurance and make sure it is an item you don't forget to budget for. Travel safely and be assured you are covered for those unexpected moments.

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## Professional Photography

### Key To Good Image



When Brendan Holt first picked up a camera he was just 12 years old and cameras still used film. Now some 20 years later he's developed his passion for photography into a successful business, Display, and has recently bought a drone to add to his equipment. Brendan is taking advantage of all the advances in technology to help his business clients benefit from great still photos and videography.

"From the first time I picked up the camera I've never lost the passion for it," says Brendan. "My camera has given me some amazing memories, from being dropped on top of snow-capped mountains to having dirt flung in my mouth from race cars. And I just love finding creative and exciting ways to use photography to help businesses."

Brendan has worked with all manner of businesses and taken photographs and videos of everything from Harley Davidsons to food, real estate, events, pets, people and shop fronts - even gracing two front covers for Essence Magazine. The photos or video he creates help businesses to sell their unique

services and tell their own personal story in an engaging and eye-catching way that standard stock content can never quite do. It's also content that the clients can keep and recycle on everything from their website to their social media channels or even on print advertising - a versatile and long-lasting investment in their marketing.

And more affordable than many might think according to Brendan. "I run my own small business and I really understand the constraints of budget that many have. I always try to keep things reasonable and in budget for my clients."

Brendan always takes the time to talk to prospective clients about what they want to achieve and how those goals can be accomplished and kept in budget. So if you want to put your business on display and stand out from the crowd, forget the stale stock photography and give Brendan a call.

www.display.net.nz  
Facebook & Instagram @display.net.nz  
Brendan Holt: 027 324 5243



**HT Brassicas are looking very good.**

I've always been a fan of the HT Brassica concept, ever since I was introduced to it several years ago. The reason I was attracted to it, was the fact that you could achieve excellent weed control in crops which had previously been difficult. Prior to HT Brassica, there was a limited range of either pre or post-emergence chemicals available to us. Some of these chemicals were difficult to apply correctly and collectively they needed to be applied at very specific times to achieve good results.

Over the years that I've been involved in trying to control weeds in brassica, I'd say that less than half the crops planted achieved anywhere near the desirable level of weed control. This lack of weed control has led to our clients missing out on countless kgs of valuable winter dry matter.

Hopefully by now, most of you will know the fundamentals of the HT Brassica system. However, in a nutshell, when you plant your HT Brassica crop, you apply the weed control chemical as close behind the drill as you can. If clients use direct drilling to establish their crops, then they will often mix the brassica weed control with the pre-sowing glyphosate, making the whole weed control issue even easier.

HT Brassica are available in the following:

Cleancrop winter and summer bulb turnip, Cleancrop Rape, Cleancrop Leafy turnip, Cleancrop Firefly kale and finally Cleancrop Hawkstone swede, Hawkstone swede is available alone, in a ridging pack and in a pelleted form (see picture below)

Alongside this excellent weed control benefit is the respective HT Brassica cultivars performance. The HT technology was only introduced into the very best of the extensive range of brassicas that came out of the PGG Wrightson's seeds -breeding program. It should be noted at this point that their brassica breeding program is most likely the best brassica breeding program world-wide.

So, in my mind, HT provides our clients with the opportunity to grow the latest brassica cultivars coupled with excellent weed control. It makes my clients' jobs simpler and I'm very happy with the results they are now achieving.

If you are considering sowing a brassica this coming season, please have a chat to us about HT Brassica...you won't regret it.

**specialtyseeds** Ph (027) 435 4044  
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## Matt Doocey

Essence of the Electorate  
with Matt Doocey MP for  
Waimakariri



Waimakariri farmers packed out a woolshed meeting in Cust last month which I organised for National leader Simon Bridges to directly update our farmers on our new proposals for the rural sector. These policy proposals will support farmers, help New Zealand maintain our reputation as a global food provider with sustainable farming practices and crackdown on biosecurity risks that threaten our food chain and our environment.

The primary sector discussion document showcases the ways we want to support our rural sector. As local MP, it's important to me to bring out relevant policy makers to speak directly to our residents so the Waimak voice is not only heard but is at the forefront of shaping policy development. This is something I work hard at.

Farmers in Waimakariri underpin our local economy through job creation and supporting local businesses. When they do well, the Waimak does well. Nationally, our primary sector contributes over \$45 billion in export revenue and employs over 350,000 people. We produce enough food to feed about 40 million people around the globe. This is continuing to grow with

our reputation as a safe producer of food and our sustainable farming practices.

At my woolshed meeting, local farmers spoke out about their concerns around Government's conversion of pastoral land to forestry and the impact this was having on rural towns; workforce issues; and excessive red tape.

To support our farmers, we need to help young New Zealanders enter the primary sector through agricultural training -not closing down Taratahi, the leading vocational training institute as Government has done. We're also proposing the primary sector as an avenue for skilled and experienced migrants to contribute to our rural communities and we're championing stronger biosecurity penalties to deter people from taking stupid risks that could have devastating consequences for our farmers, crops and animals.

A priority we're highlighting is providing greater access to health and mental-health services in rural areas. Farmers put in long hours and play a vital role in boosting our rural economies and providing our food. They deserve our support.



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

## The Minefield That Is a Mortgage with Hank van Keulen

Another of the services we provide here at Portfolio Partners is mortgage or lending advice.

I'd like to introduce you to our in house Mortgage Adviser, Huriana Tahere. Huriana has had many years in the financial services industry starting in an administration roll and more recently moving into the Mortgage Advice space. Take it away Huriana....



Why Use a Mortgage Adviser?

Property is often the biggest purchase of our lives and a home loan is typically our biggest financial commitment. For some this can be a daunting process and you may not even know where to start!

What is the first step in buying a property? How do I know if I have the best home loan deal? How much of a deposit do I need? What do I do if my own bank says no? This is where the services of a Mortgage Adviser is valuable.

A Mortgage Adviser works for you and liaises and negotiates with the banks on your behalf. Our services are free (unless informed otherwise) as we are paid by the banks to bring them business. It is important that you find a Mortgage Adviser that you feel comfortable working with and you feel will represent you the best.

A Mortgage Adviser can advise you on not only obtaining a home loan but can guide you through the house buying process as well as working through the KiwiSaver withdrawal process and Home Start Grant application if you qualify. They will also provide tailored advice specifically for your situation and ensure they secure the right home loan for you.

A Mortgage Adviser should understand the current market, the banks, their products and their appetite to know which will be prepared to lend to you based on your financial situation. Everyone's situation is different so you won't necessarily fit each bank's criteria and sometimes this may mean leaving your regular bank if they so no - there is no obligation to remain with them when you may easily fit another lender's criteria.

Choosing the correct home loan structure is important and can save you thousands of dollars in interest and often help you repay your home loan more efficiently. There are so many variances as to how you can structure your loan, e.g. if you are a property investor your loan structure will be different to a first home buyer, if you wish to make lump sum payments your structure will need to be set up to avoid additional fees etc. This is where your Mortgage Adviser can assist

you with to ensure your loan structure will meet your goals and objectives allowing you to achieve these things faster.

New Zealand has never seen mortgage rates as low as they are now, there are 1 & 2 year rates of 3.85% (one bank even offering 3.79%) on offer with 3 years as low as 3.89%. However, these current special rates do not always apply to everyone obtaining a home loan. Banks will usually expect a minimum of 20% equity which can eliminate a big percentage of first home buyers entering the market with low deposit. It is your Mortgage Adviser's role to negotiate with the bank on your behalf to get you the best rate possible.

Even if you are looking to re-fix we can sometimes obtain a better rate than if you went to the bank direct. This is also the perfect time for your Adviser to review your home loan structure and make any required changes to ensure you are still on track to achieve your financial goals.

If this is you then give us a call, after all it is what we do...



Contact Hank on 021 357 062 or email hank@ppnzl.co.nz

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