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Carnival

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contents

I'm sure I said this last year and probably the year before, but gosh Christmas seems to come around faster each year. I have great intentions of getting my shopping done early so I can enjoy the festive season, especially the Kaiapoi Carnival which we have included in this issue as a special supplement. We also have some suggestions for gift buying in our Christmas Gift Guide on pages 15 - 18 and there are plenty of opportunities to shop locally with the Girls Night Out in Rangiora (details on the back cover) or head to Amberley and visit the boutique stores and cafes.

Page 8 History: We are pleased to introduce you to the picture perfect Church of The Holy Passion in Amberley, the second oldest church in the region that has a long and interesting history

Page 11 Home Grown: On small blocks, behind tall hedges and up winding driveways people are growing all sorts of fantastic fresh produce. As the weather warms up it's the perfect time to shop at farm gates, roadside stalls and farmers markets.

Page 12 Destination: Think Waikuku or Woodend and most people think beach. But there's so much more to explore - from cafes to shops, antiques to flying foxes there's something for the whole family to see and do. Walk along the beach to the Ashley River mouth. Study the rare birds, learn to surf, take the kids to see the shags that nest in the trees on the right on the way into Waikuku Beach - I could go on and on!

Have a great month - Dorothy

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12 Destination - visit your local town

Rangiora Museum 2020 Calendar

The Rangiora and Districts Early Records Society Inc
2019 Calendars - \$15.00 each
Beautiful historic photographs of Rangiora. Calendars can be purchased at Rangiora Barbers, High Street, Rangiora.
We thank two local firms, R. Grant Electrical (Alan Pethig) and Wilson Print for sponsoring this fundraising project.
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front cover: Supplied by Feather & Oak Interiors, a full-service interior design firm that designs homes from concept to completion. Gaining a reputation for beautifully balanced spaces that feel refreshingly modern and endlessly classic. Feather & Oak love to blend their style with a strong understanding of their client's personality and favourite pieces as well as designing bespoke furniture for that special space.



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Arlington Melbourne Cup Party

The third Arlington Melbourne Cup Party was held at Five Stags last Tuesday. Thanks to very generous sponsors, everyone had a fabulous time. We were there to capture the excitement, the best dressed and the overall Arlington Experience.



Salon Spectacular

LaBoutique held their opening night on Friday 8th November. The team were excited to showcase their fabulous new salon on Good Street, Rangiora to family and friends.



1. Noreht Taljaard, Olivia Wix, Joan Cuthbertson, Tash Fuller and Alan Cuthbertson
2. Katie Syme, Trent Lynskey, Danielle Thompson and James Fuller 3. Fiona Balvers, Heather Fuller, Tash Fuller, Julie Lynskey 4. Dean Heaven and Zoe Arnold 5. Stacey (team member) and Dexter McIntosh 6. Sarah and Kathleen Harvey 7. Kerri Lynskey, Debbie and Sophie Cameron

Shopping under the Trees

Thousands attended the country's biggest and most popular Fête on the grounds of Lyddington gardens in Fernside on Thursday 31 October. The day featured over 200 stalls, bursting with hundreds of gift ideas, along with fresh food and wine.



For creative inspired gift ideas for the craft person in your life, pop in and see our beautiful range of quality wool, patterns, fabrics and accessories - perfect for creating an everlasting treasure.



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LaBoutique makes a move

The friendly team at LaBoutique are looking forward to welcoming clients to their new premises. It may be just on the opposite side of Good Street - but their new, bright, modern space is set to make a wonderful customer experience.



"I put a lot of thought into the layout, décor and even the music," says Salon Manager Tash who believes that a visit to the salon should be enjoyable and never hurried. She even axed the wall clock at the last premises so people didn't worry about time during their salon visit.

clients walk out feeling great about not only their hair but the whole experience.

So if you're looking for a new stylist or a different salon experience with friendly but highly professional local stylists who really know their craft - book in with the team at LaBoutique. You can even book online - www.kitomba.com/bookings/laaboutiquerangiora

Clients at LaBoutique can expect the perfect blend of professional and friendly. The salon offers the full range of salon services right through from a blow wave to a full restyle with cut and colouring.

The highly experienced, local stylists always start with a thorough personalised consultation to help clients think about what they want and importantly, what will work for their hair. It's all about providing a personalised service says Tash, so that



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New premises for House of Travel

Clients, suppliers and friends gathered to celebrate the opening of the fabulous new look House of Travel Rangiora outlet. Jonathan and his team look forward to welcoming you at their new location at 128 High Street soon!



1. Prue Dunbar and Bev Daniels 2. Arnold and Cornelia Love 3. Brian and Christine Norton 4. Cliff and Catherine Boddy, Chris and John Rose 5. Pam Mackintosh and Graham Kevern 6. Derek & Vivienne Wilson, Mike and Barbara Cornwall 7. Sandi Harnett, Quentin and Judith de Hamel 8. Carly Gerrard, Emily Callingham, Jonathan Prager, Priscilla Sergeant, Karlie Benney, Joni Howe and Graham Kevern 9. Jonathan Prager and Mayor Dan Gordon 10. Steve and Susan Wood 11. Stuart and Sue Toase, Simon and Kerry Hill 12. Jonathan Prager, Jim Kennett and Jan Holtmark van Dijkhof 13. Susan Garlick, Arch and Chris Murray, Keith Garlick 14. Vince Smith and Mark Croker 15. Lyndon Hadden, Monica Reid, Karen Dunn and Sandra Petrie 16. Priscilla Sergeant, Sarah Button and Patrick Carmody

Time to Plan for Christmas!

If you own a rental property then now is the time to set a plan in place to ensure you can have a peaceful uninterrupted break.

1. Rent Payments - Contact your tenants in writing to advise them of their rent payment dates over the holiday period. Explain that there is no reason to miss a payment, and no excuse for unpaid rent! Ask them to ensure they have sufficient funds in the bank so that their automatic payment will still process on the next banking day. And - remember to check the payments are in your bank - don't wait until after Christmas when arrears could be piling up!

2. Maintenance - Are you available and easy to get hold of if something needs urgent attention over the holidays, have you got good cell phone reception where you are camping? And do you know which plumbers and electricians are working through and are available on public holidays? Murphy's Law means that things go wrong at the most inopportune times, so be prepared and know what tradespeople are on call over the statutory days.

3. Heading Overseas? If you are lucky enough to be heading overseas for a few weeks - have you advised the tenants who they can contact in your absence? Did you know that legally if you are out of NZ for more than 21 days you must provide the tenants with an alternative contact? It is an unlawful act if you do not provide the tenants with a contact person, including their name and a full address for service.

Now that is all sorted - kick back, relax and have a wonderful holiday season!

Katrina Green
Property Management
E katrina.green@raywhite.com



locally. We will be collecting from now until Wednesday 18 December 2019. Both organisations really appreciate gifts which are:

- For all family members, including teenagers
- Toiletries for adults are always appreciated
- Toys for kids are great but practical things like socks are very welcome too

If you find time to think about real estate during all of this you may be interested to know we have noticed a lift in activity in North Canterbury.

Probably stimulated by super low interest rates and a typical bit of seasonal lift. We expect this trend to stay through until the Christmas rush.

If you are thinking about selling before Christmas please make contact with your chosen real estate agent soon because with working days closing in, you really need to be getting on the market now to get sold before Christmas.

Alternatively take the time to get things just perfect, enjoy one last Christmas where you are and get sorted in the New Year - if you would like help getting organised so you can get ahead of the competition in the New Year it's best to get in touch with your agent now so you can hit the ground running.



Stuart and Claire Morris
Business Owners

Keeping it local - Keep it simple

Suddenly it feels like we are approaching Christmas at a rapid rate, which means if you are a true enthusiast (like Claire) you have well and truly started shopping for presents, the Christmas cake is made and you are even on top of the menu for Christmas Day, or like many people you may have done absolutely nothing yet!

One thing that is really important to us this year is challenging ourselves to shop locally as much as we can. For the last few years we have easily been able to accomplish our mission of buying all our Christmas shopping in North Canterbury. Our retail options have

never been better but if we want it to stay that way it's important that we get behind the local businesses as much as we can. There are some massive benefits as a consumer - it's often faster, more convenient and you'll build great relationships. We generally find that most local owners are only too happy to help you source specialty items.

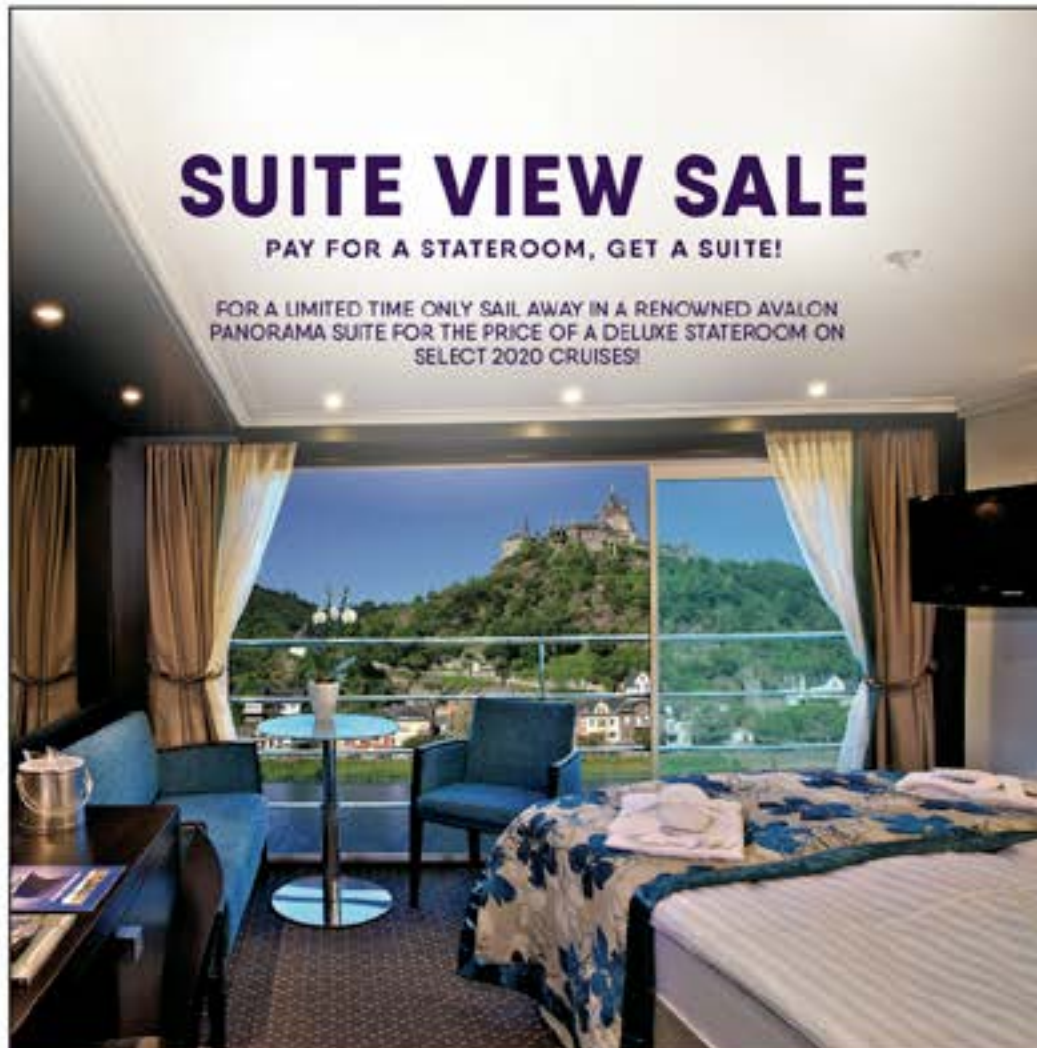
The late night shopping at the Christmas Celebration Night in Rangiora (November 22nd) and the Christmas Carnival and Santa Parade in Kaiapoi (December 7th) can be a great way to get this done!

The other thing we've tried to do in our family is to reduce the amount of "stuff" we give and our kids get! Our focus this year is on sustainable gifts or gifts you can experience. North Canterbury has an amazing selection of awesome things to do and enjoy...so have fun exploring it this year come Christmas shopping time!

Please don't forget those that aren't quite as fortunate this Christmas either. We are collecting gifts at each of our offices again this year (Rangiora, Kaiapoi, Pegasus, Papanui) for the Ray White "Little Ray of Giving". We have partnered with Ronald McDonald House in Christchurch and also Community Wellbeing North Canterbury

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words: **Pattie Pegler**
Photographer: **Sarah Blair**

A Church on the Move

GLANCE LEFT AS YOU DRIVE INTO AMBERLEY AND IT'S HARD TO MISS THE CHURCH OF THE HOLY PASSION OF OUR LORD. A LITTLE WHITE WOODEN CHURCH WITH A LYCHGATE AND STAINED GLASS WINDOWS – IT'S PICTURE PERFECT. BUT AS THE SECOND OLDEST CHURCH IN THE REGION IT ALSO HAS A LONG AND INTERESTING HISTORY.



Built in 1866 by then NZ Premier Sir Frederick Weld on his Brackenfield estate, it was the fourth church to be built in the province. At the time Sir Frederick was serving in the New Zealand Parliament so there is speculation that his wife, Philomena Weld, was heavily involved. They were both devout Catholics, but as he would have been away from the estate it seems she would have played a key role.

It seems entirely possible - she was clearly a woman with great strength of character. She gave birth to 12 children and when her husband was made governor of Western Australia in 1869, she travelled by sea to join him with her children. At one point, during a terrible storm, she had to take over the helm of the ship as the captain and his first mate were both too drunk to steer the vessel.

The church at Brackenfield was made from native timbers, kauri and totara and was apparently shipped as a flatpack from England. The stained glass windows too had been made to Weld's specifications in England and then shipped to New Zealand; their arrival even received some local press coverage at the time.

Inside there were 14 pews which could seat some 150 people. There was a small area for the organ and choir and the confessional was a small grilled stand in the sacristy. Whilst the architect is not known, the people who worked on it were true craftsmen with hardly a nail used in the construction, but instead joints were all dovetailed with painstaking attention to detail.

In a letter to his father-in-law at the time, Sir Frederick describes their delight at the completion of the church. "Our little chapel is just finished. It is all wood and built so as to show its construction, with an open roof etc. The windows are of stained glass, the three lights over the altar containing figures of St. Joseph, the Mater Dolorosa and St. Philomena. The wood itself is very fine and the panelling well executed".

When the church was built it was thought a town would grow in that area and that a railway would pass nearby. Neither of those things happened. And in 1955 the church was moved to its current site in Amberley. The building was split with the tower separated from the main structure, it was raised with jacks and then placed on a large trailer and hauled by two traction engines. Workers from the North Canterbury Electric Power Board travelled ahead cutting overhead wires to allow the church to pass.



The journey took two days but eventually the church landed on its new site by the main highway.

A few changes were made then, including another bay with additional pews that increased the seating capacity to 170. A new sacristy was built off the right side of the altar and anyone looking at old photos of the exterior of the church will notice the bell tower has moved sides. In 2015 a presbytery was added on the section and as the 160th anniversary of the church approached, the church community embarked on further restoration work.

Today the church stands proudly at the southern entrance to Amberley and still plays a key role in the community with Mass several days a week.

Restoring Beauty

Father John O'Connor was the priest at The Church of the Holy Passion for six years and it was during his time there that the latest stage of renovations took place.

It was something that started several years ago, he says, as the church whilst not earthquake damaged, did require some structural maintenance. Then after the exterior had been painted, some parishioners suggested that a traditional lychgate would create a beautiful entrance. The parishioner took the initiative and, with his son, built and installed it. It was a big piece of work that took hundreds of hours to complete but when it was done it was beautiful – and people loved it.



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From left: Rosanna Staub (Interior Designer and Planner), Noel Walker (Business Accounts Manager), Kathy Light (Business and Financial Advisor), Damien Walker (Founder and Director of the Studio of Saint Philomena), Jo Gainsford (Award-winning Colour Consultant).



Father John Collins is restoring and repairing the church, which was brought from England as a kitset, arriving up Saltwater Creek on a barge.

"The lychgate was a turning point," says Father John. "Maintenance and doing what is adequate is one thing, but adding beauty is another".

So it was decided that beauty was important in the restoration too. The community sought the assistance of Damien Walker of specialist restorers 'The Studio of St Philomena'. They consulted with some heritage experts in England to ensure colours and tones that were appropriate.

As well as painting the interior, three original statues were also repainted in their traditional colours. Then earlier this year, Walker gilded the interior façade, arch and detailing using over 1000 sheets



of Florentine gold imported from Italy. It was the biggest challenge of the project for Walker and took three weeks with various helpers. "You can't have any loose material when gilding, it has to be filled, sanded, size has to be put on...the surface has to be like glass. Any scratches or the slightest grain of dust and gold is like a magnifying glass over it", explains Walker.

Walker and his team went on to win the Resene Total Colour Heritage Award for their work on the colour scheme. But for Walker it was being involved in the project that meant the most. "It's been a real privilege to work on it", he says.

Whilst the award has seen the church get some media attention, the restoration is about much more, says Father John. It's a testimony to a community of many working together generously, making ambitious decisions and restoring the church to its true former glory – beauty and all. In doing so they've continued the work the Welds started all those years ago, they've given the community somewhere to worship and they've preserved a slice of history for the region.

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 Mon 23rd - Tues 24th December 2pm - 8pm

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 Fri 20th December 11pm - 6pm
 Sat 21st & Sun 22nd December 12pm - 2pm & 4pm - 6pm

Gold coin donation entry
 All funds raised go back to the community via the work of the Oxford Community Trust



SAVOURY Festive Tarts

My recipe this month is a savoury tart. Depending on the time of the year you can put your own twist on it. With Christmas coming I've used shaved smoked chicken and Barker's Cranberry Jelly but you could use prosciutto or salmon depending on the flavour you want to achieve and add some peppers or capers. You can make them in giant muffin tins for a single serve but if you want to do canapé size use mini muffin tins just remember to grease them well.

Ingredients

- 1 red onion thinly sliced
- 150g baby spinach
- 5 large eggs
- 1/2 cup cream cheese cubed
- 1 jar Barker's Cranberry Jelly
- 1/2 cup cream
- 4 slices shaved smoked chicken thinly sliced
- 2 cloves crushed garlic
- 5 sheets filo pastry
- Dash of olive oil
- 1/4 cup melted butter
- Chopped parsley



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.

Method

Cook the onion until caramelised, add the spinach and cook until it wilts, add the garlic. Cool. Take one sheet of filo and brush half of the sheet with butter and fold it in half and repeat, now you have two cases, 5 sheets of filo will make 10 muffin size cases. Push into the greased tins. Mix the eggs with the cream and season with salt and pepper. Divide the spinach and onion between the 10 cases and then add the chopped cream cheese, sliced smoked chicken and finish off with a generous knob of cranberry sauce, add some chopped parsley as a garnish.

Bake at 180°C for 20-25 minutes, remember to keep an eye on them as they can brown quickly in the last minutes of cooking. Cool in the pan for at least 5 minutes before serving.



Good Street Rangiora Ph: 03 311 8130
Opening Hours 8am - 9pm,
seven days a week

Fuzzy Cuzzy

For the past four years the Brew Moon has been brewing a fund-raising beer for Movember, that month when loads of guys who can't grow facial hair do it anyway, for a good cause. I'm sure you all know that the Movember Foundation aims to raise awareness of men's health issues, especially mental health (depression and suicide) and cancer (prostate and testicular).

This initiative was started by our younger son, Oscar. He's been using Movember as an excuse to grow a few dodgy wisps of whiskers for years now but since he joined the Brew Moon team he's really upped his game, in terms of funds raised per whisker he's doing us all proud.

The beer is called Fuzzy Cuzzy because that's the pet name Oscar has for the slug that appears on his upper lip every November. This year we've decided it'll be a cloudy New England IPA (a fuzzy looking beer seemed appropriate) and our bar manager, Jamie, who's on the Brew Moon "grow a mo" team, designed yet another stunning tapbadge.

Our first few efforts were enthusiastic rather than particularly lucrative but by last year we had a bigger



brew kit so we managed to donate \$4936 to the Movember Foundation. This year we are hoping to get to \$6000. We're very fortunate that our two major suppliers, Gladfield Malt and New Zealand Hops back us by donating most of the ingredients. We take out our major costs like excise (FYI excise tax is our single biggest expense at around 40% of our total expenses) and the rest goes to the Movember Foundation.

So come down to the taproom soon and grab a pint for a very good cause. Cut out this article and bring it along for a 10% discount.



www.brewmoon.co.nz
Ph (03) 314 8036 sales@brewmoon.co.nz



words: Pattie Pegler

Home Grown North Canterbury

You can't drive far in North Canterbury without spotting a homemade sign by the road - free range eggs, honey, asparagus. On small blocks, behind tall hedges and up winding driveways people are growing all sorts of fantastic foods. And as the weather warms up it's the perfect time to shop for them at farm gates, roadside stalls and farmers markets.



"Food wise you pretty much have everything you need to live on and it's very affordable"

Few things taste as good as the first strawberries of summer and down at the Tram Road Fruit Farm they will soon be available at the farm store. As the season goes on customers can also find raspberries, cherries and later in the summer stone fruit such as peacharines.

Owner Paul Tapper and his wife Aree also run a Pick Your Own option for cherries and raspberries. Over the years they have had to put in place certain rules to stop people abusing the system, but they are determined that the badly behaved few won't spoil it for everyone. And they still love to see people picking and eating fresh fruit.

that queue up for their wonderful, super fresh seasonal produce. And for those too time-poor to visit the markets they even sell veggie boxes online.

For milk straight from the gate, then head to Cavan Farm Fresh Milk just outside Oxford. Here Geoff and Sandra Rountree milk their small herd everyday and sell straight to the public from the serving milk dispensing machines at the farm shop. Customers can buy reusable glass bottles or bring their own container to fill.

As well as a local following, customers come from Christchurch, Hamner and everywhere in between says Sandra. "Everyone says 'don't you give up,'" says Sandra, "a lot of people just don't like pasteurised milk. Some come and bulk buy and then freeze it and some use it to make cheese. We get heaps of positive feedback."

Sometimes even growers that don't have official farm stores are happy for people to swing by and pick up orders. Jenny and Mark Harris of Canterbury Nuts grow and process hazelnuts on site at their orchard. "It really is paddock to plate," says Jenny.

"We have quite a few overseas visitors who come and pick and they love that they're the only people that have touched this fruit between it growing and them eating it," says Paul.

The attraction of harvesting your own food is also what gets people flocking to Grown's Christmas Eve Market over in Seton. An annual event run by grower Cam Booker and wife Melissa, this encourages people to come along with their own forks and containers to dig up their own new potatoes and pick fresh peas for Christmas dinner.

With just 25 acres of land to grow their produce on, Grown are one of the few small growers left. They work unrelentingly on the farm and spend weekends selling at farmers markets around the region where they have a strong following of customers



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We offer a weekly Vege Box delivery service delivering on a Thursday to North Canterbury homes and businesses, and Fridays to Christchurch. Choose from 2 box sizes, or make your own. You can determine your preferred delivery schedule, weekly, fortnightly, monthly, or one off.

Visit our website for all information or order online at: store.buckybox.com/grown

Sefton Christmas Harvest Market - 783 Marshmans Road, Sefton
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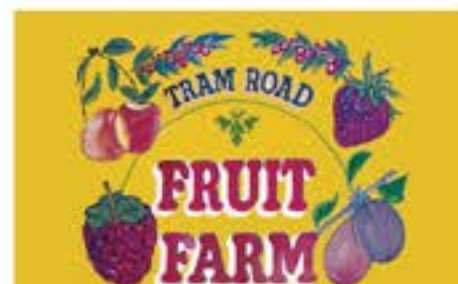
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www.ohokafarmersmarket.co.nz



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Book your Christmas function now, don't miss out!

Open seven days from 8.30am Monday - Sunday
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For details or reservations, phone 03 957 6891 or visit thegoodhomepegasus.co.nz

Waikuku Beach Store & Café

Now under new management

We have awesome coffee, fab cabinet food, rolled ice creams and delicious freshly cooked fish and chips! Pop in to see us when you come down to the beach!

54 Park Terrace, Waikuku Beach Ph (03) 312 7601



Summer Days in Waikuku

Think Waikuku and most people think beach. But there's so much more to this seaside spot from cafes to shops, antiques to flying foxes - there's something for the whole family.

Last year several businesses moved into the old Waikuku school buildings and it's now a very popular weekend spot for brunch, lunch and a bit of shopping. The Office Café has a delicious, seasonal menu with everything from straight coffee to macadamia lattes, light snacks to full on hearty meals.

Afterwards browse around the Old School Collective stores - where you'll find antiques, preloved clothing and beautiful New Zealand made artisan products amongst other things. If you're shopping for Christmas gifts you're in luck - because there are so many beautiful and unusual items that you won't spot in big malls. And if you're an antiques lover then come with some space in the car as you never know what unexpected treasure you will find at Twine Antiques.

Further along Main North Road you'll spot the old Brick Mill building originally built in the 1870s. It has a long history as a hay baling twine factory and pottery workshop. Today it is home to The Brick Mill Café - and if you're feeling shopped out by this stage take a break and enjoy a bit of relaxed, al fresco lunch in their charming outdoor courtyard.



Bookend your day by the sea. Waikuku's 2km sandy beach is the perfect spot to relax and for littlies you'll find the famous Waikuku whale and paddling pool, whilst the older kids and those young at heart grown-ups can try out the flying fox. Grab some drinks and snacks from the Waikuku Beach Store and enjoy an impromptu picnic in the shade.

So the next time the sun is out, head to Waikuku and discover all it has to offer. One thing is for sure, you'll definitely be back.



Open 7 days, Ph 03 312 7007
1473 Main N Rd, Waikuku



Now under new management
Enjoy our fab food - full menu, handmade cabinet food and great locally roasted Ristretto coffee. Fully licenced and available for functions. Sit outside in our beautiful garden area or relax inside our rustic café.



The Wonders of Woodend

If you're heading to the beach or day tripping from Christchurch - Woodend makes the perfect spot for a mid-morning stop on a sunny weekend.

Coffee connoisseurs might want to get their caffeine fix at the town's boutique roastery and café - Three Llamas. As the name suggests their ethically sourced coffees all hail from Peru and are roasted on site in Woodend. You can also buy beans and coffee related paraphernalia - so if you're on the hunt for Christmas gifts for a coffee lover - this is the perfect place.

A stroll around the main street throws up other cafes as well as a smattering of shops. You can stock up on supplies to take to the nearby beach or grab some fresh fruit for a summer picnic at the produce store. Whilst the green-fingered might want to check out Woodend Landscapes and get garden supplies.

But real shopaholics should head for Oakwood Road - full of things you never knew you wanted until you saw them. From beautiful glass vases to unique wall hangings and a selection of Ted Baker notebooks that will have any stationery aficionado reaching for their wallet.

So next time you're heading for Woodend make sure you find time to stop and enjoy its hidden pleasures.



Oakwood Road

Find us at Woodend Nurseries. Pop in and see Ray and the team for beautiful gifts and homewares. Open 7 days

Oakwood Road located at Woodend Nurseries.
42 Chinnerys Rd, Woodend
Ph (03) 312 7260

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Whether you are after a farm shed, garage, sleep out or barn house the Totalspan range is defined by maximum functionality, exceptional quality and five-star customer service. North Canterbury franchise holders Jamie and Ellen Petersen and their team have recently been recognised for their hard work once again as Champion Finalists in the Westpac Champion Business Awards this year. This comes after they were the 2018 Supreme Business Award winners at the North Canterbury Business Awards.

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1473 Main North Road, Waikuku | Ph 03 312 7978
Mon - Fri 10am-3pm, Sat & Sun 10am-4pm

Three Llamas Gourmet Coffee

Woodend is lucky enough to have its very own spot to indulge in some seriously good java - Three Llamas Coffee House and Roastery! Not only do they pride themselves on superb coffee, they are also proud to source all their beans from a small mountainous region in northern Peru. Their selection is so good it doesn't need to be blended with coffees from other countries, no blends, no confusion - just the finest Arabica coffee from the best growing regions in Peru.

The café along the Main North Rd has some quaint tables on a small veranda where you can enjoy an espresso, have a bite to eat and take home some freshly roasted specialty beans to brew your own at home. If you are lucky you may even be able to watch them in action while they are roasting!

65A Main North Rd, Woodend. Ph 03 310 0632. www.threellamascoffee.com



Ravenswood



Ravenswood is a new residential and commercial development just half an hour north of Christchurch offering family living at an affordable price. Ravenswood offers a semi-rural lifestyle, open spaces, green areas, neighbouring walkways and nearby golf course and beaches with the convenience of a retail and commercial precinct within the community.
134 Chinnerys Rd, Woodend
Ph (03) 375 0010 www.ravenswood.co.nz

Birchbrook Equestrian Centre

Birchbrook Equestrian Centre is a purpose built equestrian and horse care centre located so close to Woodend Beach you can ride straight from the stables to the water!



Horse owners can leave their beloved animals in short to long term, or casual care - as a permanent home for their horse, or perhaps while on holiday or away at boarding school. Clients have the opportunity to practise riding work along the expansive beach area, or utilise the arenas available for show-jumping and dressage training.

Owners David and Catherine like to emphasise that the facilities are open to all skill levels, and clients can choose to be as hands-on as they wish. Their website has an easy online booking system available for individuals, clubs or riding clinics to book their stay.

Jelfs Rd, Woodend Beach. Ph 021 104 7285. www.birchbrookequestrian.co.nz

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Getting unstuck

We all have times when we feel stuck - when life seems to be in the doldrums, and we're not sure how to get things moving again. Maybe the job or activities you used to enjoy don't appeal anymore but nothing new is calling you. Maybe friendships feel confining rather than enjoyable. Or maybe you just can't summon up the energy you used to have for your day, but you don't know why.

Stuckness tends to creep up on you - by the time you notice it, you realise it's been there a while. And your first instinct might be to fling yourself into action: to go looking for a new activity, job, or person that'll spark you up and give you back a sense of direction and control over your life.

I often encourage people to do the opposite: instead of running from the stuckness, get curious about it. Because different kinds of stuck need different approaches to getting moving again.

Is it anxiety that's keeping you from being clear about what you do and don't want in your life? In that case, you'll need support to




understand where the anxiety's coming from and to learn strategies to defuse it.

Or do you think you're moving forward, only to find that this new job, friendship or relationship feels just like the old one? If so, it would be worth exploring whether you have some unconscious beliefs and behaviour patterns that are sabotaging your efforts to make change.

Or is your stuckness a blah, just-going-through-the-motions feeling, when life as you've known it just doesn't have any juice anymore? In a world that medicalises sadness, you might well be tempted to take a pill to make this feeling go away. But perhaps what you're feeling is the kind of depression that Karla McLaren calls 'the stop sign of the soul' - an invitation to let go of who you thought you were, and become who you're meant to be.

Strangely enough, although it can be confusing and even frightening, with the right support getting stuck can be the springboard to a much richer and more satisfying life.

Find out more at www.ingridgunby.com



Ingrid Gunby Integrative Coaching and Equine Assisted Learning
Integrative Coaching Ph 027 4879923 | ingrid.gunby@me.com | www.ingridgunby.com

Hearing well keeps your brain fit

Hearing well helps keep you active, involved, independent and healthy. Hearing is essential for communication, memory and safety. Unfortunately, gradual hearing loss as you age (Presbycusis) is one of the most common conditions affecting older adults. One in three people over the age of 65 are likely to be affected by hearing loss. Some people also have hearing loss due to working in noisy environments or genetic causes.

Having trouble hearing can affect your confidence in groups and meetings, make it hard to enjoy social gatherings with family and friends, and lead to isolation and misunderstanding. Hearing loss in adulthood is also linked to higher rates of unemployment, depression, and greater cognitive decline.

So the big questions is - can hearing aids help reverse this negative trend? Yes! A large scale population study by Piers Dawes (2015) found that hearing aid use was associated with better cognition in a large cross-sectional study of UK adults. The Lancet Commission Report on Dementia (2017) has listed hearing loss as one of the top modifiable factors for increased risk of Dementia.

If you, or someone you love, seems to be having hearing problems book in for a hearing check. If a hearing loss is confirmed, look in to getting some hearing



aid technology. The earlier you start the better, in terms of brain benefits, getting used to them, and managing them. There are lots of discreet, affordable and comfortable models available.

And if you have hearing aids - be sure you wear them every day! Your brain needs a consistent signal to acclimatize to the real world of sounds. Hearing aids need to be adjusted and serviced regularly. Modern hearing aid technology can easily be reprogrammed to hearing changes and your individual needs and preferences.



VERA SETZ hearing
83b Ivory St, Rangiora / Amberley Medical Centre, 6 Hilton Drive
Ph (03) 423 3158
www.verasetzhearing.co.nz

Healthy Habits



Hannah Romano is a successful, local Health & Fitness Coach who loves sharing knowledge and educating kiwis to keep everyday healthy SIMPLE!!

There are too many mixed messages about healthy eating that are confusing, overwhelming and darn right difficult to comprehend! When did eating become so tricky?

Here are a few simple ways to smarten up your healthy lifestyle:

NO ADDED SUGAR

Don't be fooled by this classic statement on food items. This may not mean no sugar in the product as sugar may be present in other added ingredients.

HAN'S TIP! Compare sugar content on similar products.

DIET FADS

The 'quick fix', latest and greatest diets that promise the earth if we follow the 'new rules'. All diets are different with foods to avoid, certain times to eat and can be very restrictive. And yes for the first 4-6 weeks you could drop a few kilos and you feel good right? The fact is long term these fad diets are unsustainable.

HAN'S TIP!

Food restrictions are impossible to maintain. There's no 'one size fits all' approach on food, as we all are different and we all have individual needs. Restricting food diets are dangerous as they can mess with our physical and mental health.

CAN I HAVE A TREAT?

If I had a dollar when every client asked me 'Can I cut out my treats to lose weight?' I would honestly be a millionaire! There are some foods we can and can't live without, and having the occasional treat is a more sustainable strategy than total deprivation. HAN'S TIP! Eat clean 80% of the week and 20% can be treats. Eat them slowly and savour each mouthful.



Christmas Gift Guide 2019



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www.corinahazlettdesigns.co.nz

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This is a great way to spice up the old glass of water. You can use seasonal fruit or herbs. Your holiday guests will get a kick out of this as well.

RECIPE serves one

Fruit (Blueberries and limes are my fav!)
Or Herbs
Add Water into cubes and place in freezer
Serve with coconut water for a wee treat - how simple is that!!

Photo is: cranberries, blueberries & limes, served with water. Garnished with mint & rosemary from the garden



A Handbook for New Mums

Easy to read handbook for New Mums with handy hints covering baby's needs and common ailments including:

- sleeping problems
- colic
- eczema
- colds
- recurring ear infections

Learn how these minor problems can be managed in a natural, gentle way.



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Kaye Campbell - Naturopath, Herbs, Weightloss Consultant, Ph: 03 319 8332
E: kaye@kayecampbell.co.nz

WIN!

We have a copy of 'A Handbook for New Mums' by Kaye Campbell to giveaway to one lucky reader. Simply email your name and phone number to mel@essencemagazine.co.nz. Competition closes Friday 29 Nov. A great gift for a new Mum or Mum-to-be!!



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the christmas edit

GIFTS OVER \$200

CHRISTMAS Gifts

Items include: a wicker table (\$448), a lamp (\$530), a rug (\$1,350), a tree (\$69-\$195), stockings (\$49.90, \$11.90, \$15.90), a wreath (\$60-\$80), a star (\$55.90), and a tree (\$40, \$11.5).

“Does your house need a style edit before you entertain Christmas guests?”

Book a Styling Coffee Date with one of the Feather & Oak Team today.



Tall Poppy Moving Up In North Canterbury

For Sale signs from Tall Poppy Real Estate are popping up all over North Canterbury and it's not hard to see why.

“We’re disrupting the real estate business” says owner Richard Green. “We do everything that a traditional real estate agency does, but we do it smarter and for a low flat fee, so there’s no surprises.

With no expensive high street office costs, Tall Poppy are able to keep fees lower without compromising on service and the marketing of your property. They use the traditional advertising platforms as well as innovative digital marketing to ensure properties reach the right buyers. Richard and partner Michelle also bring a real enthusiasm for property in their community of Waimakariri and an empathy for people that underpins all their dealings with clients.

The couple have marketed and sold homes all over North Canterbury and Christchurch, from townhouses to lifestyle blocks and everything in between. But whilst they are focused on the sales process and have sold homes in as little as a week, they never lose sight of the vendor’s experience.

Clients receive a personalised service dealing directly with Michelle and Richard, viewings and open homes are carefully scheduled for minimal disruption and Michelle also helps prepare homes for sale. This starts with just the simple things like putting out a vase of fresh flowers and making sure the curtains are hanging correctly.

But a key thing is usually decluttering. “I’ll work with your existing furniture” says Michelle, who suggests that carefully and thoughtfully placing your furnishings and adding a few simple low cost items can make your home more appealing to a wider range of buyers. You’ll get a show home look without the cost.

So if you’re looking for a smarter way to sell your home, that could potentially save you thousands, give Richard and Michelle a call for a no obligation chat. You’ve got nothing to lose and a lot to gain.



Richard Green 027 536 4260
Michelle Facer 027 307 4530
tallpoppy.co.nz



Keetly Place
Offers over \$855,000

Location is everything and this four bedroom charming residence and two bedroom cottage is in the heart of the Ohoka.

The main home is a beautiful home that retains traditional character features. Refurbished to enjoy modern living with a recently renovated bathroom and new carpet throughout the generous open plan living spaces flow from the kitchen through the dining and family rooms to a large north facing louvre covered entertaining area, the ideal place to relax and enjoy the mature garden setting.

The cottage, while remaining private with its own entrance is conveniently located to the main house and as such is ideal for accommodating extended family. Alternatively enjoy additional income from either short term or longer term rental.

Situated within walking distance to Ohoka School, the domain, the renowned Ohoka Farmers Market and the Mill Stream walkway, Keetly Place is absolutely in the heart of the village. With the amenities of the Mandeville Shopping Centre, Rangiora and Kaiapoi only a short drive away, don't miss this opportunity to acquire a beautiful character home with income possibilities on a magical established setting.

Set on over 4000 sqm of grounds with established trees and gardens the property offers a secluded escape at the end of your busy working day. A substantial four bay garage workshop would be ideal for the car enthusiast or those seeking a work from home opportunity.

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Viewing is absolutely essential.





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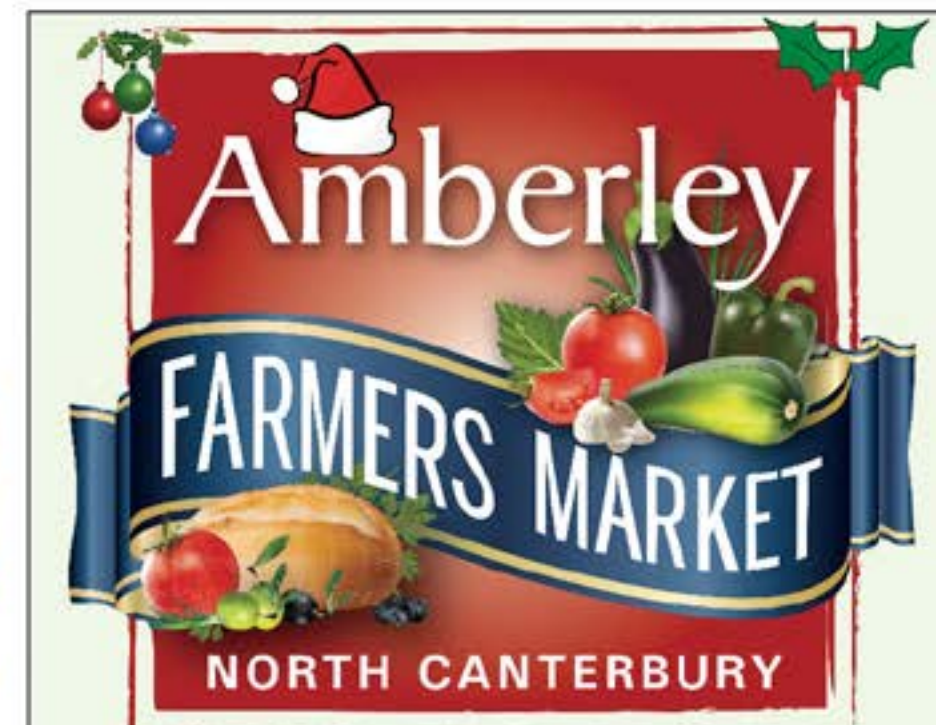
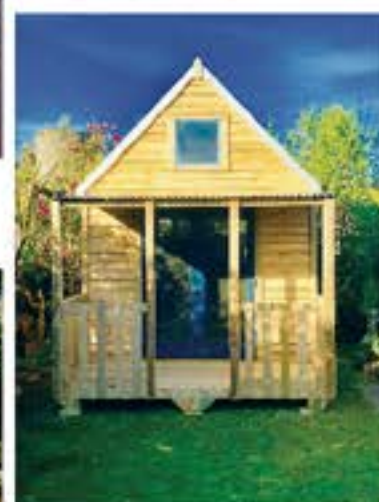
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Our Christmas Market on Saturday 21st December will be HUGE this year, with guest stall holders and a wide range of food, fresh produce, treats and gift ideas for Xmas. Finish your Christmas shopping under the trees, then sit back on the grass and relax, knowing you have supported local producers who bring passion and quality to our market every week.



Christmas Market - Saturday 21st 9am till 12.30pm.
Our Twilight Market is on 23rd starting at 5pm.

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Contact Dave Whiting on 03 314 5992
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Sorry no email, we do things old school around here!



Let's have a "White Christmas"

Is a "White Christmas" in Europe on your bucket list? I tried this a couple of years ago and it is a very different experience to our standard summer sun style Christmas that we get to enjoy in New Zealand, but it does have some definite benefits travelling at this time of year and also some pitfalls.

There are a lot less people which can make getting into places and activities so much easier and often at reduced off peak rates.

- if you go before Christmas you get to enjoy the beautiful Christmas markets and experiences that go hand in hand with European Winters.
- Make sure you take good quality winter clothes, you still have the same luggage allowance so packing carefully is essential, we recommend layers and one good jacket/coat that will get you around day and night. Hats, gloves and scarves are also essential if you want to be out enjoying the sights.
- The weather can often cause delays during this time of year so make sure you allow plenty of time to get to your connections or give yourself a few extra days to take away any stress of travelling from point to point.
- Depending on where you are the days can be quite short. If there is sightseeing that you want to do you may need to spread it over more than one day to make sure

you can see it all during daylight hours. There are activities however that are just as spectacular in the winter nights all lit up with Christmas lights.

- It is very cold and where you may be able to explore for a whole day during the rest of the year the winter elements can take their toll a lot quicker and you will need to allow for some warming up time in between activities.
- Popping into the little café or restaurants is a fantastic way to warm up over a cup of hot chocolate or whatever the local delicacy is on offer. They often have lovely fires to sit around and have a chance to chat with the locals.
- Be aware if you travel before Christmas to experience the markets and lights you may not necessarily get the "white" experience as the snow doesn't always arrive that early, it is however still a magical experience.

I highly recommend you give a winter holiday experience a try, it is truly something amazing.

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Matt Doocey

Essence of the Electorate
with Matt Doocey MP for
Waimakariri



The news last month by the Canterbury District Health Board (CDHB) that we are to receive after-hours healthcare provision in Waimakariri accessed from a purpose-built, multi-million dollar facility is a huge win for our community.

Residents were highlighting to me they were finding it difficult to travel to the 24-Hour Surgery in Christchurch when they or family members took ill during the night or on weekends but they weren't ill enough to warrant a trip to the Emergency Department.

As local MP, I see my role as fighting for infrastructure solutions to match our growth. With increasing numbers of young families moving into our area and a growing population of seniors choosing to make their home in Waimakariri, it made sense we would be eligible for after-hours healthcare provision closer to where we live.

I called the CDHB to a public meeting in December 2016. After listening to our community's concerns, the CDHB agreed to review our after-hours healthcare provision and committed to working with our stakeholders to see what expanded after-hours provision would look like.

Our community kept up the pressure and this year I was proud to support Sandi

and David McLean with our community's petition for a 24-hour medical facility. We created an online petition and Sandi and I also launched the petition at our libraries for those unable to access it online. With over 10,500 signatures, it delivered a clear message to the CDHB on how much our community needed this to happen.

We delivered the petition to the CDHB at my public meeting in June this year and were thrilled with the announcement at my meeting of plans for a new family health centre to provide after-hours healthcare as well as details of a new community services centre. The community services centre is now open and offering a range of specialist services from the former Christchurch outpatients' building on the Rangiora Health Hub site.

Last month, the CDHB announced building is to start next year on a seven-day, integrated family health centre, to provide after-hours care from the health hub site.

From the start, we have stood together as a community on this issue.



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The importance of the claim with Hank van Keulen

In the last edition I introduced you to my clients Peter and Janine and told their story, a true story of an unfortunate accident that could have had devastating financial outcomes had they not planned for the worst. Their insurance policy didn't fix the injury Peter sustained, that's the medical people's job, but it did give them the financial support that was, and still is, so needed when Pete's ability to work came to an abrupt and grinding halt!

Pete's now looking at having to change his vocation since his injury is looking more and more likely to stop him from returning to building, his usual occupation that he is qualified, skilled and experienced to do. His insurance policy does, and will continue, to support him and his family while he retrains into a new vocation so that he can return to creating an income for him and his family. The insurance policy won't give him a new job, but it will give him the funding to prepare him for a new job. Insurance is best described as the funding mechanism in support of any risk management plan.

Pete and Janine's story is not unique. There are similar claims being paid every day of every week, legitimate, genuine claims. We often don't hear this side of the story from the media. It seems that it is always about the claims that aren't paid that we hear about. The ones where the insurance companies are the "big bad ogres" because they've declined what appears on the surface to be a legitimate and genuine claim. It then seems as

though the insurance companies are for ever looking at how they can get out of paying claims.

That philosophy just doesn't make sense. Why would insurance companies look to NOT paying claims when the bad publicity is devastating to their reputation and ultimate growth of their business. No business wants to be on Fair Go! When a claim is declined it is often as a result some "skulduggery". Remember, not everyone is as honest as you and me! And if the insurance company never looked into claims, just paid them regardless of circumstances, then there would be an awful lot more dishonest and illegitimate claims resulting in premiums skyrocketing. The honest would pay dearly for the actions of the dishonest!

An insurance policy is a contractual agreement between the life assured and the insurance company based on certain information being made available by the person applying for the insurance. The insurance company ask the questions and generally accept the answers as true and correct until there is clear evidence to the contrary. Their opportunity to do their due diligence is before the policy is issued and they rely on the honesty and integrity of each and every applicant. If you haven't been open and honest from the start, then your claim is very likely to be declined. And, why shouldn't they decline? And, why then is that their fault?

I can tell you that up until the year ending 31 March 2019 \$1.137 billion dollars was paid out in claims for Life,



Disability and Credit insurance claims. That's a lot of money paid out by an industry that some assume look for ways to get out of paying claims. The equivalent of \$21.8 million per week!

If you've got some concerns about your policy, wondering whether you'll get a claim when you genuinely need it, then give us a call we can have a look at it with you and discuss your concerns.

After all, it is what we do.

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