Winter 2020

Feature

Staycation

Complimentary MONTHLY PUBLICATION

SSECTOR essentially...north canterbury

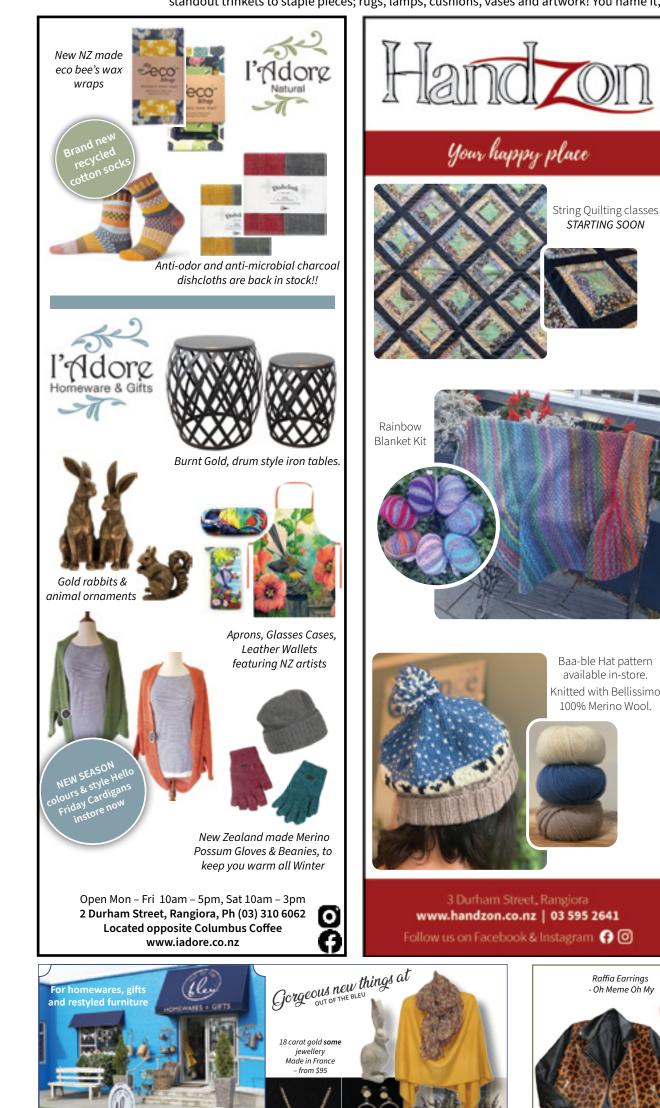
If Unfamiliar With Lift Ask Attendant!

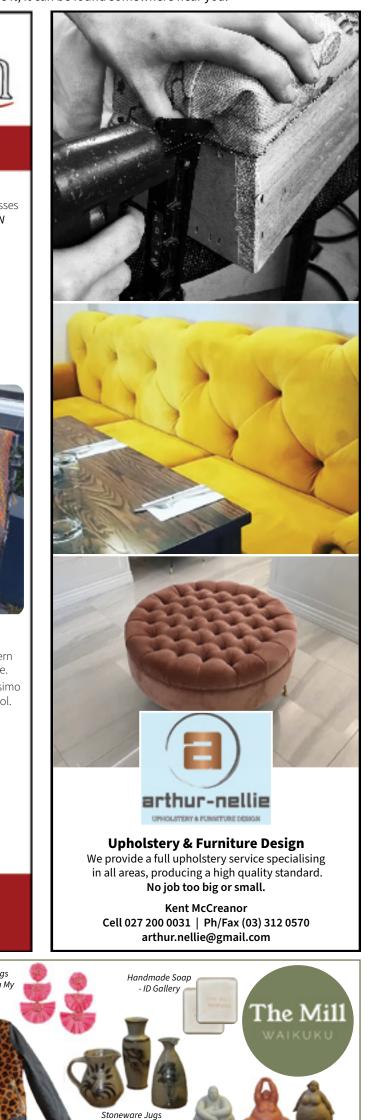
Profile Viktoria Doocey

ssence magazine is proud to be North Canterbury owne

Shop the Look

Love Shopping? Then Shop Local for the greatest benefit. Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces; rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you





ID Gallery

ne Leather Jacket

- Little Bohemia

about again.

We bring you plenty of insights and updates on local life - from visiting one of New Zealand's oldest libraries in Leithfield to Viktoria Doocey's life, growing up behind the Iron Curtain. We celebrate National Volunteer Week by giving Gabi Barlow, a volunteer with the Kaiapoi Community Support, a well-deserved makeover.

Springs Hot Pools.

We get some good advice from our Ask an Expert panel and we get excited about what's new in our gorgeous boutique fashion stores.





contact us:

Dorothy McLennan - Publisher dorothy@essencemagazine.co.nz Ph. 0274 507 532 Mandy Buchan - Advertising Account Manager

mandy@essencemagazine.co.nz Ph: 027 651 0731



2 june 2020 | essence

info@outofthebleu.co.nz Ph 03 261 5111 \ Open Tues – Sat, 10am – 5p

98 Carters Rd, Amberley

contents

It's so uplifting to see our shops and cafes, businesses and towns coming back to life and how exciting it is to have the opportunity to get out and

In this issue we give you some inspiration for staying local, the ever popular Hanmer Springs with its fabulous hot pools, places to stay and has so many things to do. We venture a little further afield to enjoy the beautiful Mackenzie Country and the picturesque rural town of Geraldine.

In a new feature we ask North Canterbury people to share how they use their phones. This month we chat with Graeme Abbot - manager of the Hanmer

> Enjoy your month Dorothy

We had a visit from Larnya. She left us in charge of her gorgeous Milly on print day. Gosh she has grown!

Essence Magazine welcomes Graphic Designer Johanna Ditmer to the team - she has fitted in perfectly and she is a great asset in the office.

> Fashion pg 21

Thinking about selling?

First, find out your property's value. Contact me today for your complementary appraisal.

Lime Opening Special

Special extended by popular demand! List your property for sale with us by 31 August and we will gift you a whopping \$1000.00 towards the marketing of your property.

"I've been receiving enquiries about just what the \$1000 Marketing Special will get you. We work together to decide what will best suit your needs"

From professional photography, to social and website boosting, to signage and newsprint advertising - \$1000 marketing will cover a great range of advertising mediums and ensure the best reach to the broadest range of buyers out there looking for a property just like yours!

> Call me to discuss how you can make the most of this special.



ime

REAL ESTATE

"Let me do the hard work for you!"

> Megan Burridge 027 281 9215

megan@limere.co.nz

Melanie Cox - Office Manager ncemagazine.co.nz Ph: 021 857 970

Jo Gainsford - Sales Coordinator jo@essencemagazine.co.nz

A

PO Box 295, 211 King Street, Rangiora, North Canterbury. Ph: 03 313 1811 | www.essencemagazine.co.nz



16 MARKHAM STREET

join us! 👎 🖸 www.NEST.ARTSCOLLECTIVE.nz

The professional and dedicated hair and beauty The HIFU is state-of-the-art equipment that uses therapists at Le Plaisir worked tirelessly to provide ultrasound energy to stimulate natural collagen production and this process continues over three months customers with the best experience possible during Covid restrictions. But now they're delighted to be back after treatment. This non-surgical facelift tightens skin, to normal and along with a new massage therapist on the minimises wrinkles and leaves skin looking rejuvenated and the results last for between 1 and 2 years. team they're ready to treat you from top-to-toe.

Walking into this sleek, modern salon customers are greeted by the hair space and it's here that Le Plaisir's talented and experienced team of hair stylists work their magic. They offer a full range of cuts and colours from balayage to foils and even provide advice on full restyling to suit each individual. But customers also pop in for a regular sleek blowdry or getting hair just right for those special occasions. And many customers opt for a hair treatment too such as the Luxury Hair and Scalp Indulgence which includes a blissfully relaxing scalp massage.



Meanwhile, Le Plaisir's beauty therapists provide a Focused Ultrasound (HIFU).



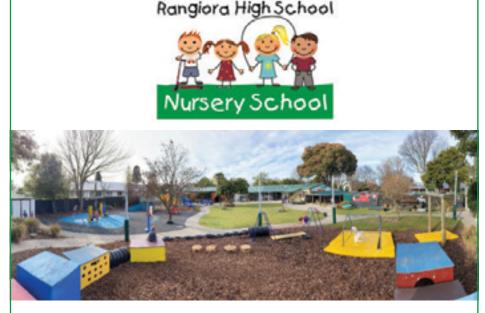


Hundreds of distinctive patterns have been unmistakably Harris Tweed

the yarn, creating a cloth of great depth and complexity



PARTMENT STORE KAIAPOI TRUSTED SINCE 1871



Rangiora Nursery School has spaces available

We have recently added a new waterway to our sandpit, new safety matting under our swing area and a whare in our wonderful outdoor environment Nursery school is open Monday to Friday 8:30-3:30pm with the option of 9-3pm. We close for 6 weeks over the Christmas break. We offer 20 Free Early Childhood Education hours. We provide quality education for children from the age of 2 and ½ up to school age children. We have 100% Qualified registered and experienced teachers. Our last Education Review Office report assessed us as being very well placed.

We offer a spacious, purpose built, well resourced centre. We are a community-based and not for profit centre that is run by a Trust board which is run by past and present parent representatives and members of our community. We have been proudly educating children in North Canterbury since 1938.

We would love you to visit and come for a play!

Enquiries: 03 313 7734 | admin@rangioranurseryschool.co.nz | 4 Wales Street, Rangiora www.rangioranurseryschool.co.nz | Proudly Educating Children in North Canterbury since 1938

Times are tough, but you're tougher.

We'll help you get your business back on track.





mel@essencemagazine.co.nz

4 june 2020 | essence

- 2. Pam Lindsav and Chris Tallott 3. Fi Sidey, Debbie Mahia Enright, Wendy Bayler 4. Margaret and Jan
- 5. Anna Morris and Irene Fussell

1. Owners Debbie and Karla

- 6. Katy Husband, Rachel Caldwell and Emma Godse
- 7. Johanna and Liz Ditme
- 8. Lisa Murray and Jacinta Lloyd-Jones

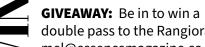




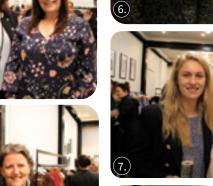
BEN HURLEY & FRIENDS

15 August 2020, 8.30pm **Rangiora Town Hall**

One of the most recognisable and hairy comedy faces to come out of NZ is coming back to Rangiora! Ben Hurley from NZ TV show 7 Days!!



- double pass to the Rangiora show, simply email
- by Wednesday 5 August with your name and contact details.



Country Lane Celebrates Relocation

Karla and Debbie from Country Lane Fashions celebrated the opening of their re-located premises at 144 High Street.

Guests enjoyed bubbles, nibbles and a

spot of shopping.







wonderful range of treatments including high-performing facials; body contouring and dermaplaning. But they are also highly-trained and accredited in offering some innovative cosmetic treatments such as the High-Intensity

HIFU treatments are not suitable for some of the more sensitive areas of the face so if you want to focus around the eyes or lips your therapist may suggest the Dermapen This highly advanced micro-needling process stimulates collagen and elastin resulting in a lighter, tighter look on treated areas.



LED Light Therapy is another popular hi-tech treatment that is excellent for issues such as skin pigmentation; acne; oily skin and even wound healing. Whilst most LED Light Therapy systems currently used in New Zealand can produce only two colours of light Le Plaisir's advanced equipment produces six (blue, red, yellow, green, pink and near-infrared light), greatly increasing the scope and benefits of the treatment.

Meanwhile for hair removal Intense Pulsed Light (IPL) equipment ensures great results even on stubborn areas. Le Plaisir's IPL equipment is more advanced than the standard found at many salons. An inbuilt cooling system protects the skin surface, and an 'In-Motion' technique ensures full coverage of the treatment area. It's a highly effective but practically painless treatment.

So start your winter regime at Le Plaisir now and you'll soon be ready to shed those layers for spring and Cup Day.



Staff Left to Right: Lisa, Jade, Robyn ,Sue, Christina, Ashleigh, Paige and Juleal



Call the Le Plaisir team or book online for treatments. www.leplaisir.co.nz Tel: 03 327 2404 Le Plaisir. 42 Silverstream Boulevard, Shop 3, Kaiapoi



The Big Cloth

Harris Tweed cloth - Clo Mor - is the only fabric in the world governed by its own Act of Parliament and the only fabric produced in commercial quantities by truly traditional methods.

Harris Tweed has a rare character and beauty. developed over centuries, each one unique, but

Unusually, the wool is dyed before being spun, allowing a multitude of colours to be blended into





The Harris Jacket Timeless versatile woven in authentic

Harris Tweed with a windowpane check is an elegant addition to your wardrobe. Fully lined, it features flap pockets and a single vent. Wear it with a pair of Jett wool blend trousers or Helm cotton chinos.

Cnr. Williams St & Raven Quay, Kaiapoi Ph 03 327 8029 www.blackwellsdeptstore.co.nz

LEVEL 2 PACKAGE DEALS \$395

PROGRESSIVE LENSES & TITANIUM FRAME **INCLUDES EYE TEST & WIDE** ANGLE RETINAL SCAN.

> APPOINTMENTS ESSENTIAL S & C'S APPLY, EXPIRIES: END OF JULY 202



RANGIORA | 42 HIGH ST | 03 313 8811



KAIAPOI | 192 WILLIAMS ST | 03 327 8292

GROWING UP BEHIND The Iron Curtain

Words: Pattie Pegler | Images supplied by: Viktoria Doocey

Growing up in a small town in Hungary, Viktoria Doocey never imagined she would be bringing up her own children on the other side of the world. The mother-of-two is married to Waimakariri's National MP, Matt Doocev and also teaches swimming in Kaiapoi and Rangiora. She's thoroughly immersed in the community and absolutely loves New Zealand and the small-town life of North Canterbury she says. But as a child her world was very different.

So what are her memories of growing up in the 1980s in a communist country? "Let me start with one thing, that's the oranges and the bananas," she says, "This is what I always remember. They always made sure you had enough but not too much...and I remember If it was Christmas you always had bananas and oranges under the Christmas tree because that was the only time in the year that you could get them in Hungary."

It is a memory that has stuck with Viktoria but there were, of course, far wider restrictions that meant limited access to television and news from the "free world". And keeping in touch with relatives could also be difficult. Viktoria's mother had cousins in France and Germany but the only way to communicate was by post. But this was heavily censored so letters would arrive with parts crossed out – someone had decided what they were allowed to read and the information that could come into the country.

Travel was also limited. Passports were hard to get and came in two colours red or blue. Blue passports were for the wealthy and well-connected and allowed travel to the West whilst red passports were for everyone else and only allowed travel to other communist bloc countries.

There were two barracks in Viktoria's hometown of Kalosca that were occupied by Russian soldiers but that changed in 1989 with the fall of communism. "All I remember is that the soldiers were on the streets one day and then gone and the barracks were empty," savs Viktoria.

Two years prior to that, at the age of seven, Viktoria had started to get involved in gymnastics. She was the only female member of the town's gymnastics club and would practice for several hours a week. It's a very

stereotypical communist bloc sport but it was one that started her on her path through life.

"My gymnastics coach was the person who believed in me so much," says Viktoria. "She was the person who put her hand in her own pocket and paid for taking me up to do the test [for university entrance]. She was the one who supported me". She remains a close friend to this day

Viktoria's parents were less convinced about her desire to go to university. Having grown up under a regime where only the wealthy went to university, her father was sure this wasn't the right thing for his daughter and refused to support or finance her in any way. But she followed her own path and supported herself through university by working in cafes whilst her mother would freeze portions of meals she had cooked and send them to her daughter with a local bus driver who drove the route between the two towns

Talking about her father she sees the positives of his attitude. "I always think that's actually great the way he was because that made me strong," she says. "That made me put my foot down and fight for what I wanted."

In 2004, without a word of English she headed off to the UK to learn the language, knowledge of a foreign language was a requirement for graduating in Hungary. So she worked as an au pair and then in a pub in London and studied English during the day. She met Matt in London and in 2013 they got married in her hometown and shortly afterwards moved to New Zealand and started the family life that they live now.

It's a life with many more freedoms than Viktoria grew up with, but she intends to keep her children well-grounded. They may have oranges when it's not Christmas but Christmas presents are limited and i-pads aren't an option yet.

"We don't buy them things. You know when you go to a shop and children say 'I want this', I want that'. I just say no. We try to do down to earth parenting," she says. "We are very simple people."







Top: My family at my Secondary School graduation. My Mum Viktoria, my dad Jozsef, my brother Jozsef and me. | Middle: I am 12 years old here, performing my floor routine at the National Gymnastics Competition in Hungary. | Bottom left: Leading the Parade at my Secondary School graduation. Bottom right: is taken here in NZ of my family, Matt, Emily, James and me

FOR ALL YOUR

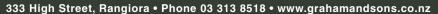
FLOORING

NEEDS!



Sarah Blair HOTOGRAPHE Capturing moments you can treasure forever. 🖶 sarahblair.nz 😙 sarahblairphotos@gmail.com 📔 027-556-1198 📑 facebook.com/sarahblairphotographer







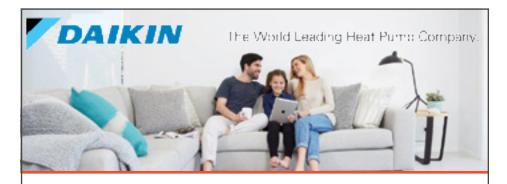
What's Going On?

It's been a heck of a year already and we are only half way through! So much to digest, understand, prepare for or react to in every aspect of our lives.

The real estate market has reacted in an unpredictable way (which in unprecedented energy buyers we had leading into Lockdown have spilled over to Level 1 and that combined with a period of caution from sellers coming to the market actually created an excess of demand over supply in most markets. In other words it's been a really good time to sell.

Our colleagues in the mortgage advisor industry have reported increased levels of pre approvals particularly from a couple of key groups. First home buyers and investors took the time over Lockdown, assessed their position with the incredibly low mortgage rates and liked what they found. In more recent times enquiry has surged around securing









times is probably par for the course!). The great

finance for house and land packages - why? Most likely because they can't find what they are looking for in the existing home market.

We are starting to see supply catch up with demand and at some point this will stabilize locally. It's so hard to predict what is going to happen next, we know there is good demand now so if selling is on the radar for you this year then it may be wise to act soon. The wait and see approach could see activity flatten out later in the year with most predicting that when wage subsidies come off, when mortgage holidays finish up and the full effect of many business's trading well below normal capacity for a couple of months earlier in the year kick in there could well be some kind of economic downturn

What we do think is that Canterbury and North Canterbury could be one of the best parts of the country to weather any kind of economic storm on the horizon. Our real estate market didn't experience the same growth over the last 10 years as the rest of the country courtesy of an earthquake correction so we have less to fall from and there is still a city to finish rebuilding which does create jobs

So this year, if you are looking at making property decisions just get some good advice, assess the situation at the time, commit to a decision and go for it. We can't control the future so let's just work in the now. Somebody told me the other day that worrying is like praying for something bad to happen... so we've stopped worrying and started focussing on what we can control Why not do the same?

Airbnb Owners - The COVID-19 Conundrum

Airbnb has a huge market in New Zealand and Kiwi's take pride in our high standards of hospitality. The benefits of being an Airbnb host are myriad but as tourism and hospitality in New Zealand have sadly come to a halt we wanted to take a look at the options for these owners during this time.

Times have changed as Kiwi's rush home from overseas, people are displaced with the changing face of work and people deal with changes in their personal circumstances. All these factors have created another (less settled) market and it's this market that might suit the Airbnb stock that is now readily available. plus with an influx of ex-pats returning to New Zealand, the extra supply of mid to long term rental properties is also something we need to consider

Could it work for you? It may seem like a big commitment, however you could initially offer the property short term for 3-6 months and then review after this time. Or you may prefer to secure a tenant for a year and have that stability.

As an example I am currently dealing with the owner of an Airbnb property. She has in fact only just purchased it and has not even had he first clients booked in! We are talking through the best outcome for her. She lives in Australia and is hopeful that if the impending trans-Tasman bubble comes to fruition, it may mean there is once again demand for Airbnb property. however in the interim it is important for her to capture some income

The solution? Advertise the property as available for rent for a minimum of three months, and a maximum of six, and see what happens!

Will your property comply with Residential Rental legislation? In most cases, ves! Just a reminder to check you meet minimum standards for insulation and smoke alarms. As a side note, if the tenancy commences prior to 1st July this year, and concludes prior to 1st July 2021, the property will not need to comply with the upcoming Healthy Homes legislation, only the current smoke alarm and insulation requirements, plus of course all other Residential Tenancies Act legislation

The majority of tenants looking will likely be fully established and have a household of belongings so might not want a fully furnished property. Why not advertise the property as furnished or unfurnished and see what response you get? A secure tenancy, with regular income, may make it worthwhile to

move and store the chattels from your Airbnb Moving from short term stays to longer tenancies doesn't need to be a dramatic upheaval. It's simply a new chapter in your investment story.



If I can be of any assistance to you, please get in touch with me.

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

Morris & Co Real Estate Ltd

Rangiora | Pegasus | Kaiapoi | Papanui T 03 310 6010 E morrisandco.nz@raywhite.com W raywhitemorrisandco.co.nz

FEELING THE COLD THIS WINTER? LOOKING TO UPGRADE YOUR HEATING?

Call North Canterbury Energy Centre to book in your free in house assessment for a quote and advice for your heating needs. Don't suffer through winter, give us a call today. 0800 NC HEAT



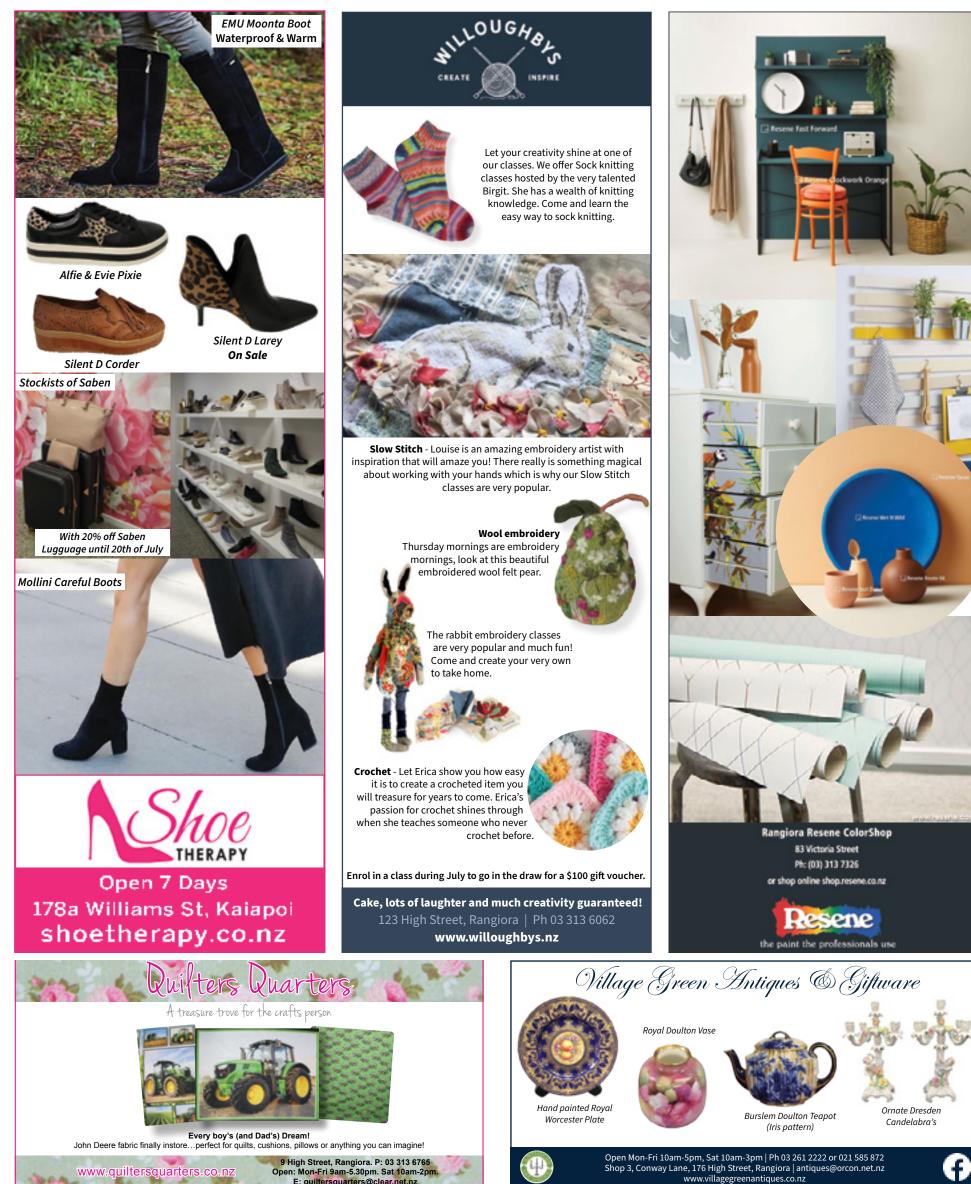
North Canterbury Energy Centre 694 Lineside Road, Rangiora 7440 Hours: Mon – Fri: 8.00 am – 4.30 pm Sat and other times: By appointment Phone: 03 313 0531 or 0800 NC HEAT



Trading Hours: Mon - Fri 8am - 5pm, Sat 8:30am - 12:30pm, Sun Closed

Shop the Look

Love Shopping? Then Shop Local for the greatest benefit. Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces; rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.



Leithfield Library can be easy to miss but this buzzing community service has been keeping local readers happy since 1866.

Originally housed in a wooden shed it was upgraded to a small, whitewashed house in 1954. It's one of New Zealand's oldest libraries. But like so many great community services – a lot of people don't even realise it's there according to volunteer Head Librarian and avid reader, Jackie Cronin.

"People walk past us, we're right on the corner, but our signage probably isn't the best and people move in and out of the village," says Jackie. "But it's a really cool little library and we've got a lot of books. We really want more people to come in and use it."

Whilst the library works closely with its council counterparts – it's actually owned by the community. That means an enthusiastic group of volunteers are always fundraising with raffles and sales – they raffled their first Christmas hamper back in 1949 and pre-lockdown were running regular chicken raffles in the local pub. They have also had help from the guys at Amberley Menz Shed who are currently revamping their shelving.

Readers will find a couple of thousand books with everything from classics such as novels by the Bronte sisters to modern, page turners like Maeve Binchy and Michael Connelly. There are thrillers and romances; poetry and prose; kids and adult reads; large print and non-fiction. And there are new books as well as a lending system with



 \checkmark NASA Technology \checkmark 100% Safe

Offer ends 31st July 2020



8 june 2020 | essence

Loving Books In Leithfield

Amberley – so if lenders want something specific they can often request it. There are even a few books from the early days of the library you could be turning the same pages as a Leithfield resident did 150 years ago.

And there are new books arriving all the time as the volunteer committee regularly update the collection. Each member gets to put one or two books on the order list each month – this way they get a good variety of books coming in, rather than being led by one person's reading tastes.

Despite the rise of e-readers, printed books are still in demand. "A lot of people still like a physical book," says Jackie. "And particularly for children, it's about that tactile thing."



With the library now back up and running after lockdown, they are keen to get some new volunteers on board. And whilst they welcome anyone who might want to fundraise or act as a librarian, they're also particularly keen to hear from those with marketing or promotional experience to help raise the profile of the library

> The Library is open 5-6 Mondays and Wednesday and 10-11 on Saturdays.

If you can help Leithfield Library keep going strong then email: leithfieldlibrary@gmail.com or contact Jackie on 314 9170.



GRAEME ABBOT Me and My Phone

We all love our smartphones and nearly 95% of adults in New Zealand own one. But they're very personal. We load them up with our favourite apps and use them in different ways. In this new series we ask North Canterbury people to share how they use their phones with us.

Graeme Abbot is a father and grandfather and general manager at Hanmer Springs Hot Pools. He loves his work and has been at the pools for twenty years. In his downtime he likes to get out on his mountain bike, do long-distance swimming or the occasional bit of surfing.

What are your most used apps?

I use my phone for emails and make calls from the car [using hands free]. All my contacts and my calendar are on my phone. I wouldn't know 1% of the emails and phone numbers on there. Everything has to go into my calendar and I put in reminders - with my memory I use them all the time.

I check the news on my phone with the Stuff app and the One News app.

I also check the weather. I have a windy weather app and it's quite sophisticated and shows you wind direction and that sort of thing. I have two step-daughters who row so that's a useful app when we're heading to Twizel.

What's App is one I use with family too. I have a daughter and grandchildren in Hamilton and a son who's often in the Northern Hemisphere, so it's a great way to keep in touch with extended family.

What social media channels do you use most and how do you use them?

None. I just can't be bothered with them and I don't think my life is that interesting that I need to post what I am doing all the time.

How long do you spend on your phone each day?

It's not beside the bed at night, that's a conscious decision and I don't tend to check texts or emails until after breakfast. So I'm going to say probably an hour or so a day but if it was actually counted it would probably be a lot more. And, of course, it was a lot more than that during Covid time.

I tend to always have it with me because I manage a seven-day week business so if I'm needed I am available . It's really a work tool but I would struggle without it. In a funny way it's almost like a sort of security blanket.

RED LIGHT THERAPY COLLAGEN BED WINTER SUPERDEAL \$60 for 10 sessions (usually \$200)

 $\sqrt{100\%}$ UV Free $\sqrt{100\%}$ Natural





Total Health, Wellbeing and Beauty for your daily dose of: • Vitamin C • Vitamin D • NZ Marine Collager Qt Internal Cosmetics. Using all-natural ingredients to enhance beauty from within. For him and her,

JOIN THE TEAM?

We are looking for a senior stylist to cover maternity leave from late August to April 2021.



Ph 313 6552 | www.higorgeous.co.nz 67 Percival Street, Lilybrook Centre, Rangiora



NEW SEASON ROSES AVAILABLE



Annual Rose Pruning demonstration. Sunday 19th July, 11am. Be sure to book now.



We have a large selection of beautiful indoor plants and planter pots with colours, styles and sizes to suit all situations.





You can visit us at 1771 Main Cust Road (03) 310 2325 Open 7 days | 9am-5pm

Roses In Winter





If you're a rose lover then now is the time to show your plants a little care.

Pruning should be top of the winter jobs list, cutting back branches and clearing the centre of the plant. You should be left with three or four canes in a vase shape. It can look quite drastic says rose enthusiast and owner of Cust's Querky Style, Yvonne Frost. But it is key to ensuring healthy plants and good growth when spring hits, so be bold.

If you're worried, head along to Querky Style's pruning demo on July 19th at 11am.

Yvonne also advises preventive spraying with copper (for fungus) and oil (for aphids) after the prune. "There are varied ideas on whether you can mix copper and oil in one sprav but we advise you do them separately for best

Now is also the time to plant new roses as they are at their most dormant. Roses are generally quite hardy despite their delicate appearance, but they do like a bit of sun. The typical mistake people make is to plant them in areas that are too shady - they need 6 to 8 hours a day of sunshine, says Yvonne.

RU garden festival

Thursday 29 October to Sunday 1 November 2020

We're thrilled to welcome you to the third Hurunui Garden Festival. Over the weekend you can visit 18 private gardens from Amberley to Gore Bay, and Hawarden to Hanmer Springs, many within one hour's drive of Christchurch and the airport.

Our garden owners are ready to greet you and share their stories of how they've created their gardens.

This year we offer visitors two self-drive tours; the return of the beautiful gardens and Hidden Gems of the Lowry Hills to the Sea tour and a new Waipara Gorge tour, Mysteries of the Waipara Gorge - iron sculptures, concretians and moa bones. Visitors will get to view and learn about the geologically rich landscape.

There are garden events to educate, entertain and inspire you. While you're enjoying our gardens and warm hospitality, we hope you'll stay the night and visit our wineries, cafes, and the many other attractions of the Hurunui District.

There's so much to experience and enjoy at the Hurunui Garden Festival. We're looking forward to seeing you for a weekend in the outstanding gardens and attractions of the Hurunui region in North Canterbury.

hurunuigardenfestival.com

www.ahavabnb.nz





Luxury B&B Apartment

- Brand new, easy access and use for people with mobility challenges: quiet and private. Queen bed, wet-floor, walk-in shower, kitchenette, free wif





• 2 nights for 2 incl. breakfast • 2 three course dinners for 2 • 11.30 check out All for \$350 (\$75 off) July and August only - book now on our website or call your hosts Ina (021 055 6755) and Frank (027 351 1945)



Have you been planning for **RETIREMENT?**

You should start thinking about this as early in life as you can

- Have you considered:
- How much you need to save for a comfortable
- retirement • What sort of retirement lifestyle you want
- What age you wish to retire at
- Do you know what your Superani payment entitlements will be
- How KiwiSaver can help We can assist with advice regarding
- your Retirement Planning, so contact us today



Mark O'Donnell cial Adviser / FSP32461 CEO / Director Au LOCAL OFFICE. VISITORS WELCOME **Canterbury Financial Services** ed DIMS Adviser FSP29382 237 High Street, Rangiora Phone: 03 313 9200 Freephone: 0508 237 583 (0508 CFS LTD) Email: admin@cfslimited.co.nz elating to the Financial Adviso

Rangiora Sunday Market

THI

GARDI

Canterbury artists and artisans



Are you thinking of refreshing your appe

redefine and contour particular features of the face.

produce a very natural looking result. Please call 313 4659 to book your initial consultation

Successful cosmetic treatments are about keeping peopl

The Cosmetic Clinic is open to everyone, you do not have to be enrolled with Durham Health to book this service.



LOCAL MARKETS

Kaiapoi Farmers Market

Saturday Weekly, 10am - 12pm, Charles St (opposite New World)

A community based not-for-profit market held throughout the year in scenic Kaiapoi, North Canterbury.

North Canterbury Sunday Market

Sunday Weekly, 9am – 2pm, Rangiora Racecourse

A premium weekly Sunday market where you can shop for a fantastic range of quality artisan products, gourmet food items, handcrafts and fresh produce.

Ohoka Farmers Market

Friday Weekly, 9am – 12pm, Ohoka Domain

A real food market supporting local, seasonal, independent, eco-agriculture in the Waimakariri and beyond.

Oxford Farmers Market

Sunday Weekly, 9am – 12pm, Main St, Oxford

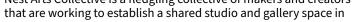
The Oxford Farmers' Market is a friendly country Farmers' Market here the seller is the producer.

Sunday Monthly, 10am – 2pm, Blake St, Rangiora

A great variety of stalls with a variety for everyone. Featuring THOMAS AND FRIENDS layout in the club rooms for young children to operate for a small fee during market time.

11-26 July Nest Exhibition & Workshop Event Join us for inspiration and creative collaboration with North

Nest Arts Collective is a fledgling collective of makers and creators



North Canterbury. This launch exhibition aims to share the vision of

NEST with a stunning gallery display of work, 'Meet the Maker' studio spaces

where you get to learn more about the artists, community enrichment opportunities through creative workshops led by our collective members (booking details coming soon!)

See our website for more details - www.NEST.ArtsCollective.nz/2020-exhibition/

WIN WIN WIN

Be in to win one of 8 Adult day passes to Mt Lyford Ski Area.

NEST

Email mel@essencemagazine.co.nz with your name and contact details by Wednesday 22 July to be in the draw to win.

STAYCATION FEATURE

Staycation - a holiday spent in one's home country rather than overseas or one spent at home and involving day trips to local attractions

While overseas travel is off the radar for now - let's enjoy venturing a lot closer to home. In this feature we give you some inspiration for staying local. Enjoy the beautiful Mackenzie country, the picturesque rural town of Geraldine and our ever popular Hanmer Springs with its fabulous hot pools, places to stay and so many fabulous things to do.

A town like...

The picturesque country town of Geraldine is a perfect day trip destination or relaxing weekend break

Stroll and shop at unique, boutique retailers or browse quirky art galleries. Dine at one of the funky cafes and then take a native bush walk, right in the centre of town.

A self-guided heritage walk, or visit to the museum, is a great way to learn more about Geraldine's pioneering past, while the Geraldine Vintage Car and Machinery Museum is a must visit.

Geraldine's pristine night sky is great for star gazing, particularly in winter, with one of the best private observatories in New Zealand open to the public.

Cycling, including the excellent Orari River Tracks, is an excellent way to see this

And really get away from it all to Peel Forest, just minutes from Geraldine. Think native bush walks, birdsong, great food, and breath-taking views



Waihi Bush Organic Farm Shop

Waihi Bush Organic Farm Shop is found in the heart of Geraldine's shopping hub – Four Peaks Plaza. You'll find a fantastic selection of Flax Seed Oils, Fibres, Pumpkin Seed Oil, Hemp Seed Oil, natural Skincare range and other organic brands such as Trade Aid. David Musgrave wanted to create the world's best Flax Seed Oils from New Zealand grown organic flax seeds (linseed). Suitable for Vegetarian, Vegan, Flexitarian, Paleo, AIP, and Ketogenic diets.



"We pride ourselves on delivering raw natural organic oils that taste great nothing added, nothing taken away.

Four Peaks Plaza, Geraldine | Ph (03) 693 7411 | E shop@fwf.co.nz | waihibush.co.nz

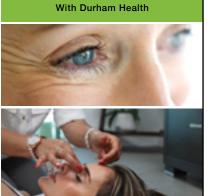
health

Do you want to look less tired, less worried? Whilst Botox is used to reduce fine lines and wrinkles, fillers can help

At Durham Health a treatment plan is tailored to the individual client therefore will

guessing: "Have they or haven't they?" The only people that should know the answer are you and vour cosmetic doctor

COSMETIC MEDICINE



Durham Health Cosmetic Clini Fel: 03 313 465



The Kitchen Cupboard

The Kitchen Cupboard prides itself on quality brands and equipment to make your time in the kitchen an enjoyable one. We have a large range of specialty cake pans available to hire and all the decorating tools and icings for your next special occasion.

Looking for a specialised tool? Just ask - in most instances we can source from one of our trusted suppliers. From neutrals to brights. we have a colour palette for every interior.

Pop in store or online and see what we have to offer - bakeware, cookware, giftware and more. We look forward to helping you on your cooking journey

34B Talbot St, Geraldine | Ph 03 693 8632 www.thekitchencupboard.co.nz



Relax Hanmer Springs Massage & Beauty "Total Relaxation"

Enjoy the tranquillity of our three purpose built treatment rooms set in our beautiful garden. With massage, body treatments, hands and feet, facials, eyes and brows,

waxing or tanning, let the professionals at Hanmer Springs Massage and Beauty work their magic!

We offer an exclusive and affordable range of "Living Nature" products. suitable for most skin types. Ve are passionate about providing excellence and satisfaction, with many clients returning time again.

"The difference between extraordinary and ordinary is that little extra."

> 72 Jollies Pass Road, Hanmer Springs Ph: 03 315 7364 Mobile: 027 514 9863 hanmerspringsmassageandbeauty.com

CLEAR RIDGE APARTMENTS | HANMER SPRINGS Clear Ridge Apartments offers 13 luxurious self-contained apartments. Each apartment comes with a 42-inch Plasma TV, Free WIFI, a Double Deluxe Spa Bath (in 11 apartments) and a fully equipped kitchen and laundry. Relax in Clear Ridge's Outdoor Spa Pool or heated Swimming Pool. Enjoy the mountain view from the upper floor balconies. Book you winter escape now.

 $LifeStyles \ _{\text{One of the best ranges of swimwear}}$

Swimwear for men, women and children, all sizes and ages.

Element, Billabong, Home-lee, Ketz-ke and more, along with

Friendly and competent staff are there to help with fitting.

Clothing for men and women including top brands like

a great range of casual shoes and Havaianas jandals.

Open every day except Christmas.

Conical Hill Road, Hanmer Springs 7334

F'N GOOD FURNITURE

For beautifully made handcrafted outdoor niture made to your requirements, using quality timber and construction.

e Miller: 0275149863

Unit 3. The Alpine Pacific Centre

lifestyles.hs@xtra.co.nz

you'll find anywhere with a selection of great quality and

Ph. Clear Ridge Apartments NZ 0800 555 596 or Email info@clearridge.co.nz



value to suit all.

Superdry,

03 315 7126



HANMER is humming

Words: Pattie Pegler | Images supplied

After the uncertainty of lockdown Hanmer was well and truly back to business for Queen's Birthday weekend. It turned out Cantabrians and Kiwis from further afield were keen to get back to this idyllic alpine town with all its activities and stunning scenery.

"Queen's Birthday weekend was pumping and it's been like that ever since," says Vanessa Orr, General Manager at luxury lodge Amuri Estate. The lodge has had a steady

stream of weekend and midweek bookings as well as people booking in for the upcoming school holidays.



Our lovely retail store is well located in the main street of the iconic spa

fashionworks

When sourcing our labels, we look for quality at a reasonable price in the labels we offer. For women there are dresses, blazers, pants and tops plus a range of jewellery, shoes and handbags and for the blokes we have a selection of RM Williams top quality shirts, jeans and shorts.

So when enjoying the delights of Hanmer Springs we invite you to come and visit our store where our friendly

Alice Stielow xx

village of Hanmer Springs.

Everyone needs to have an escape, and a bit of retail therapy, along with all the other attractions Hanmer Springs has to offer, is highly recommended.

and professional staff are here to assist.

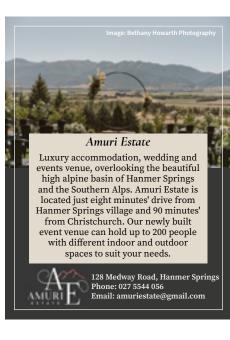
Four Square Hanmer

We specialize in tailoring grazing platters to whatever occasion you want to enjoy in Hanmer. They can be used for family gatherings, children's birthday parties, weddings or an easy meal.

Priced from \$40 to \$150 they can feed a small group or plenty. Vegetarian, Gluten Free and Vegan grazing options available.

Please phone 03 3157190 to discuss your requirements or email: annie.truman@foursquare-si.co.nz

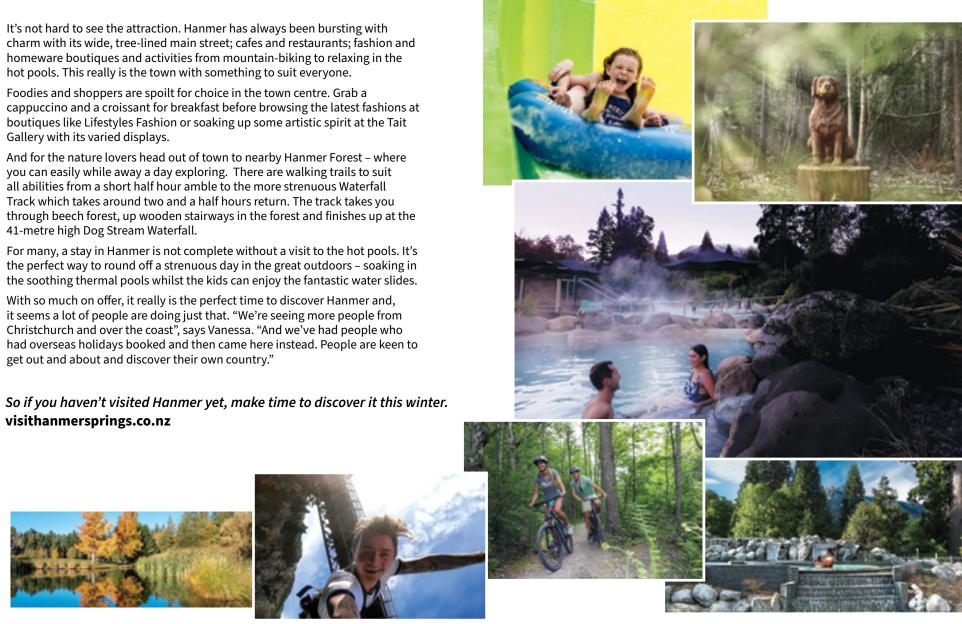




Foodies and shoppers are spoilt for choice in the town centre. Grab a cappuccino and a croissant for breakfast before browsing the latest fashions at boutiques like Lifestyles Fashion or soaking up some artistic spirit at the Tait Gallery with its varied displays.

And for the nature lovers head out of town to nearby Hanmer Forest – where you can easily while away a day exploring. There are walking trails to suit all abilities from a short half hour amble to the more strenuous Waterfall Track which takes around two and a half hours return. The track takes you through beech forest, up wooden stairways in the forest and finishes up at the 41-metre high Dog Stream Waterfall.

the perfect way to round off a strenuous day in the great outdoors - soaking in the soothing thermal pools whilst the kids can enjoy the fantastic water slides.







12 june 2020 | essence





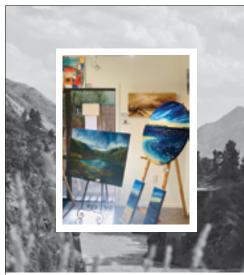
ALPINE GARDEN MOTELS HANMER

Situated in one of Hanmer Springs sunniest locations with spectacular views over the Hanmer Basin and Southern Alps, Alpine Garden Motel is only a three minute stroll to the thermal pools and village.

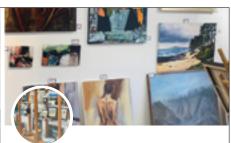
With nine modern units with private sunny verandahs, fully self-contained and serviced daily, equipped with LCD TV, Sky Digital, FreeView, Free unlimited WiFi internet, complementary towels for thermal pools, morning paper and guest laundry available.

We guarantee the best price if you book directly with us.

3 Leamington St Hanmer Springs 7334 info@alpinegar (0)3 315 7332 or Freephone 0800 33 55 56



Clarence Lane 2/34 Conical Hill Road, Hanmer Springs Opening Times: Thursday - Monday: 10am-4pm. Please call for an appointment out of hours. 027 432 5914



Tait Gallery is a diverse and intimat gallery where modern meets traditional, and where works can GALLERT be viewed in a relaxed and friendly

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

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

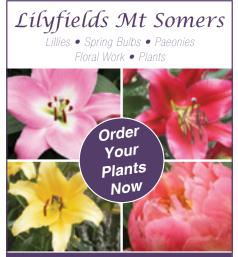


Escape to a luxurious world class spa in the heart of Hanmer Springs

thespahanmersprings.co.nz







50 Hoods Rd, RD1 Mt Somers Ph (03) 303 9743 www.lilyfields.co.nz

Magic of Mackenzif

Winter has truly arrived in the Mackenzie, with the first snow a welcome sight. Our skifields are rejoicing at the prospect of kicking off the ski season in good stead, albeit mostly with a most treasured clientele this year the domestic market. Mt Dobson reports good pre-season interest and Roundhill has everything in place already and looking forward to a great season.

In keeping with the traditional Mackenzie weather, if it is not the snow that we are marvelling at, it's the stars and glorious sunshine too that makes days in our lovely region so special. Aoraki/Mount Cook sets the backdrop for a beautiful canvas and our lakes and rivers are sparkling with joy as always.

We are now in Alert Level 1 after some anxious times over the past few months. I'm grateful that many of our businesses have returned to their full glory and are ready to stand up to the challenge of welcoming New Zealand to our district.

Now is a great time to enjoy the world-acclaimed sites at your backdoor in the Mackenzie and the past few weeks have indeed seen visitors from across the country fly and drive into the Mackenzie in droves. It's been wonderful to see our towns bustling again after a dreary period during the lockdown. Accommodation is being booked out again and local attractions like the Tekapo Springs and facilities like the campgrounds, cycleways and restaurants are all well attended.

It was good to hear too that the Hermitage is to reopen its doors on 2 July and the Dark Sky Project is gearing up for the event of Matariki.

I recently met our Minister of Tourism Hon Kelvin Davis and he was interested in hearing how we were managing here in the Mackenzie and pivoting to a domestic market. While the Government has provided some good support packages to help businesses get through, we need to adapt the way we think about tourism. With \$23

00



billion spent annually by New Zealanders on off-shore holidays, the Mackenzie is well-positioned to grab a share of that holiday spending for the benefit of our local businesses and communities too.

The mystique of the Mackenzie cannot be replicated in the world. We have all of this handy at

your backdoor for all New Zealanders to enjoy. The future of our Legendary Mackenzie needs to be protected with sustainable tourism and development. It must be owned by our communities to give it a social licence to operate. It is undeniable that our new normal must provide a good balance in protecting the environment while adding economic value in a sustainable and resilient manner. With the benefit of hindsight, we now have the opportunity to better understand tourism, whether overtourism or lack of tourism and its effects on communities, infrastructure and environment and develop a strategic pathway forward to ensure our district can be preserved for generations to come.

As Mayor, I can assure you that my Council has your best interests at heart and is driving the COVID-19 recovery efforts working with the community to ensure our Mackenzie communities remain the thriving and resilient communil hope you enjoy your time in paradise in your South Island backyard with its vast landscapes and beautiful scenery Bring your friends and come to visit. There will always be something inspirational for you to do in our Legendary Mackenzie.

Graham Smith - Mackenzie District Council



Farm Barn Cafe

The Farm Barn Cafe is located in the most spectacular part of New Zealand. On the corner of the Geraldine - Fairlie Highway (Hwy 79) overlooking the beautiful Mackenzie Country. When you walk into the cafe it has a significant rural barn vibe. A perfect place to take the kids away these school holidays, there is plenty of space for indoor and outdoor dining, a outdoor play area and farmyard animals to feed. Free wifi available.

Winter Hours Monday to Sunday 9am - 2pm. Closed Tuesday

4 Mount Michael Road Fairlie, Ph Ph (03) 685 8271



Mint Boutique

If you love fashion, then you'll love Mint Boutique. Embracing the garment of occasions and moods, there is a style, a feel and a fabric to excite everyone who walks through the door. Customers will find the most gorgeous pieces from established brands such as Lemon Tree, Siren, Stella & Gemma, Betty Basics and much more.

Here at Mint Boutique we aim to provide something for everyone and anyone. We look forward to welcoming you instore sometime soon or connecting with you online if this is your choice of shopping, either way thank you for supporting us!

72 Main Street, Fairlie | Ph (03) 685 8084 www.mintboutique.co.nz



Roundhill Ski Fields

Surrounded by the Southern Alps with breathtaking views of Lake Tekapo and Aoraki Mt Cook, it is easy to see why Roundhill is the obvious choice for so many during the winter months. Situated in the heart of the South Island, Roundhill is a family-owned and operated business with guality skiing and family-friendly service at the core of its operation. Enjoy the stunning scenerv as vou drive along the Eastern side of Lake Tekapo to a relaxed, friendly, and fun atmosphere.

Our slopes are groomed every night for optimum skiing conditions. With a beginner area on a gentle gradient and plenty of space, finding your feet on the snow is made easy. Two T-Bars give access to wide intermediate runs. For the more adventurous, you can head up the world's longest rope tow and experience Australasia's biggest vertical (783m) offering long natural half-pipes and chutes Roundhill has earned a reputation for its highly qualified team of ski and snowboard instructors, so no matter what level you



Stay, Play & Ski





n't your thing, the Base odge Café is where you will find a delicious barista coffee, great food, and expansive views overlooking the lake and

are at, you can always

If hitting the slopes

ski area. Toboggans are available for hire too. One experience not to be missed is a visit to the Von Brown hut located at the top of the field. Here you can find a cosy seat inside or bask in the sunshine with a coffee while taking in the most incredible views. Roundhill is the perfect place for friends and family to meet for a relaxing day on the slopes.

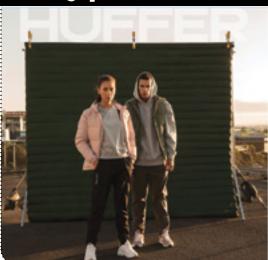
Mt Cook, the Southern Alps and Lake Tekapo. It's a place where friends and family meet to enjoy a relaxing day on the slopes.





2544 Lilybank Road, Lake Tekapo Ph 021 680 694 www.roundhill.co.nz

Blank Space



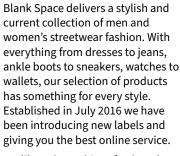
The Greedy Cow

Situated in the beautiful Mackenzie high country of Lake Tekapo, we get rather hungry looking at stunning views of lakes and mountains all day. Luckily at The Greedy Cow you will find an in-house Pastry Chef baking beautiful yummies fresh daily, to fill the void. We also use some of the best coffee beans in New Zealand from Hawthorne Rosters, so your morning coffee is sorted! We have fresh and delicious cabinet food and a delightful range of breakfast menu with gluten free, vegetarian and vegan options!

We are open every day from 7.30am to 4pm Breakfast menu closes at 2.30pm

The Greedy Cow

16 Rapuwai Lane, Lake Tekapo Ph. 027 434 4445 www.greedycowtekapo.com 60



We like to keep things fresh and new and have a fantastic coffee bar instore, so you can relax, shop and enjoy that caffeine fix.

New arrivals come in all the time so check back regularly to get the latest!

79 Main St. Fairlie | Ph (03) 685 6112





In the middle of Fairlie's Main Street you will find a carefully curated collection of original art and artisan gift, celebrating and supporting New Zealand Creatives.

77 Art and Living has a wide selection of handcrafted jewellery, objects, glass, ceramics. paintings and boutique fragrances

Open Thursday to Sunday from 11am to 3pm or By Appointment.

Email: artandliving77@icloud.com or call Bella on 021797984

Alternatively, you can visit our website 24/7 www.77artandliving.com

Polly's Patchwork

Polly's Patchwork is a country vintage patchwork/craft store. We stock materials, fabrics, sewing kits, books, patterns, crafts, knitting gear and so much more. Located in a small rural town. Polly's Patchwork is the perfect store to get you projects moving and sorted. Mint Boutique our sister store is located next door and is a clothing fashion store, so even more reasons to head to Fairlie for a drive and treat voursel to some shopping

Our opening hours: 7 days from 10am - 4pm



72 Main Street, Fairlie | Ph 027 370 www.mintboutique.co.nz

Think Trees This Winter

It might feel like winter is the time to stay cosy indoors and leave outside to its own devices but if you're thinking about adding some fruit trees to the garden, it's a great time to do it.

Fruit trees become dormant over winter, that is they drop their leaves and stop growing. Think of it like hibernation, everything slows down. So, it's a less traumatic time for them to be moved and gives them a chance to establish in their new spot before spring bursts on the scene.

Trees, Trees Everywhere...Which One To Choose?

Think about what fruit you like to eat first and foremost. If you love pears and don't like peaches, that's right up there on the tree shopping checklist.

Then, keep in mind that you may need two trees so that they act as pollinators. So, for example, many apple trees need another apple tree of a different variety nearby they are not self-fertile. In towns and cities where your

neighbours may well have fruit trees, this isn't a big issue says Narrelle Chand, resident fruit tree expert at Christchurch's Little Big Tree Company. But it's important in rural areas and on larger blocks because it might be a long way to the next pear tree. So, if in doubt, ask the question when you're buying the tree. If you're shopping for a small space then dwarf trees are a good option. They typically

grow no more than 2.5ms and fruit well – so you cut down on size not on fruit.

Get It In The Ground

The site you choose for your tree should be on fertile, free draining soil. Then it's a case of get your spade out and start digging. "Always dig a hole twice as big as the root ball, then add compost and slow release fertiliser," says Narrelle. The soil should be free-draining, so if it has a lot of clay in it then add some gypsum to break it up. Trees also need to be staked and this typically requires a stake on each side and some flexible webbing to support it. Once they are well established you can remove these.

Pruning

Most trees will need pruning when you first plant them and on an ongoing basis annually. It can be a daunting task for a newbie –but pruning will help shape the tree, encourage a good yield and new branches to grow.

There are plenty of instructions online about fruit tree pruning so look for some specific to your type of tree. More complex pruning is involved if you want to go for something fancy like 'espaliering' – this means training your tree along a wall or sometimes along wires between posts. It looks great and is a good space-saving technique but it requires a certain amount of confidence and research before you start snipping.

If you don't feel confident pruning then ask garden centre staff for advice when you buy a fruit tree. Often, says Narrelle, they will be able to prune the tree for you so you can simply take it home and plant it.





Complete the magic of rural living by installing a Compass, the only self-cleaning pool on the market. To be swimming by summer, now is the time to act!

Visit our new display pool at 485 Sawyers Arms Road or call Deacon on 03 343 3040 and he'll meet you at your property, discuss your perfect pool and answer your questions.

Together with Goom Landscapes and The Little Big Tree Company, Compass Pools Christchurch forms the Goom Group - we're a one stop shop and passionate about creating the outdoor lifestyle of your dreams.

Want a pool? Call Deacon on 03 343 3040 compasspoolschch.co.nz



simmering away on a wet cold day.

Ingredients (Serves 4)

- 3 T butter 1 small onion 1 garlic clove finely chopped 750g broccoli florets 2 C chicken stock 1/2 C croutons 150g Danish Blue Cheese Castello 1/2 t salt 1/2 t pepper
- 150ml cream



Barbara Palmer has worked at New World Rangiora for 17 years, the last six as their New World Brand for during which time she has created many striking recipes.



(0

The winter weather is certainly here and there's nothing better that a pot of hot soup

This month's recipe is a flavoursome Broccoli and Blue Cheese Soup from our New World Recipe Collection. This soup is so easy to make and you can easily have it ready to serve up within the hour. If you're not a fan of blue cheese try a creamy blue, much lighter in flavour but still gives you some sharpness. If you're not a fan of broccoli you can substitute cauliflower or do half and half. I used a stick blender to puree the soup, easy to do in the pot but watch it as it can get a bit messy and end up on the kitchen walls. Serve it with some crusty bread and Garlic and Parsley Flavoured Butter. Enjoy!

- Melt butter in a medium saucepan over high heat and add onion and garlic until softened, about 4 minutes Add broccoli and stock and cook covered until florets are tender, about 7 minutes. Reserve 1 C florets. Add ¾ of the blue cheese chopped, salt and pepper and cream to the pot Puree soup until very smooth and divide into four bowls. Garnish with the reserved florets, a sprinkle of the remaining Castello Blue Cheese and a few croutons. Serve with some Crusty bread and some sliced Garlic and Parsley butter **Garlic and Parsley Butter**
 - Soften 100g butter, add 2 T finely chopped parsley and 1 clove chopped garlic. Mix well and roll into a sausage shape on a
 - piece of gladwrap and twist the ends then refrigerate until hard.
 - Unwrap and slice to serve with fresh bread



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

LITTLE VINTAGE ESPRESSO

Fabulous food, great coffee and amazing service!

Little Vintage Espresso Café 20 Markham St, Amberley



NOM NOM KITCHEN

NEW DISH ALERT

Introducing our Yellow Curry - A mild curry cooked with coconut cream, veges, potatoes, onion, and pineapple. GF and Vegan option available upon request. Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor.

Book online or call (03) 313 4276 257 High Street, Rangiora





Are you thinking of refreshing your appearance?

Do you want to look less tired, less worried? Whilst Botox is used to reduce fine lines and wrinkles, fillers can help redefine and contour particular features of the face.

At Durham Health a treatment plan is tailored to the individual client therefore will produce a very natural looking result. call 313 4659 to book your initial consulta

Successful cosmetic treatments are about keeping peo guessing: "Have they or haven't they? The only people that should know the answer are you and your cosmetic doctor

The Cosmetic Clinic is open to everyone, you do not have





FIVE STAGS RANGIORA COUNTRY THEMED PARTY!

PRESENTS BUCKY! THE UN-RIDE-A-BULL & PRIZES Be the best dressed and best rider of the night.

Put on your dancing boots:

Sat 1st August from 9pm

Crusaders playing 7-9pm | COURTESY COACH | Bookings 03-313-7871 | 29 Huntingdon Drive, Arlington Shops



Covid 19 ... Progress! Update from Hank

Welcome to the new norm! As I write this, we're on Alert Level 1 with things pretty much as normal for most of us on a day to day basis. However, let's all hope we're not destined for a trip backwards!!

Freedom! A word that I suggest has new meaning after the last few weeks. Something, as with many things, we took for granted. However, I hasten to add, that we chose to give up our freedom in the best interest of our country, our people and most importantly our family. All the right reasons

But now, we have to face and deal with a new challenge, that of our economy. Here at PPNZL, and personally, we have made a very firm decision to spend our money locally. Here in Rangiora. We are very firmly dedicated to support local business. If we don't need to go to the "big smoke" then we won't.

I encourage all of you to think the same. Shop local, save jobs!

We might well now be close to normal, but not everything will be as it was. Our overseas holiday to somewhere warm and tropical just isn't going to happen this year. And, maybe not even next year. Some things will take a long time to come back. However, this experience has educated us in that we have learnt new words and a new meaning to old words.

Before the 2010 Earthquake no one knew the meaning of the word "liquefaction". We do now! We also learnt the importance of good and appropriate insurance. In this experience we've learnt what Covid 19 is, what Coronavirus is, what a pandemic is, just to mention a few. Another terminology we've heard time and time again, and, we now better understand because we've experienced it, is "risk

management". Identifying a risk and then setting a course to minimize the effects of that risk. There's another term we heard time and time again, "stay the course"!!! I must admit that last one I'm now a little tired of hearing.

Insurance, any insurance, forms part of a risk management plan. While being in lockdown many of us, including us here at PPNZL, were unable to work; either completely unable or certainly very restricted. During that time many of us were granted a government wage subsidy to help offset the financial implication of the not being able to work. I mentioned in my last column that your income protection insurance does not cover this situation as it is implemented by government intervention. Your income protection and/or disability insurance pay out when you're unable to work due to a physical or mental health issue.

And so, consider the financial risk if you were unable to work for the same period or longer than the lockdown without any financial support. No government subsidy, no ACC, and minimal support in the form of a sickness benefit. Is this a risk? I suggest it is and is a very real risk. Do you have a plan to manage that risk? That question I can't answer. Only you can. What's your

At PPNZL we're here to help with that. Not iust in advising on the insurance policy. but more about what policy best suits your plan, your circumstances. We're here to help with the specifics that are needed to support your risk management course for financial support while you're unable to work. If you're in business or selfemployed, then you're needs will be much different then those that are employed.

If you're in a position where you need a risk management plan, or your plan needs updating then give us a call. Afterall, it's what we do!!

Matt Doocey

MP for Waimakariri

Our communities in the Waimakariri are carried by our volunteers, who put so much time and effort into make things better for us that I am always humbled when I visit them.

National Volunteer Week was a perfect time to catch up with some of our tireless volunteers. I received an email from Maureen from the River Road food pantry telling me about the work they are undertaking, so I started National Volunteer Week with a visit to the River Road food pantry and recycled clothing shop. This is truly a community response to the effects of Covid-19 in our community. Maureen, who is well known for organising teams of knitters to join her in making warm clothes for babies, was looking for ways to help our community as we work through the impacts of the pandemic. Her church provided some help in getting a structure ready for purpose, and Maureen worked with her team to



The life-changing power of anger

How do you do anger? Is it a flash fire, or more of a smouldering slow burn, full of long, pointed silences? Or do you pride yourself on not getting angry at all?

And how do you react when someone is angry at you: do you feel afraid, or guilty. or start defending yourself, or just shut down? Or are you able to listen to what the other person has to say and respond in a thoughtful, open way?

Most people find anger – their own and other people's - hard to deal with. Many of us have been taught that being angry is not nice, and that expressing it will be destructive. But anger itself is not bad: on the contrary, it's like a warning light on the car dashboard, telling us something needs our attention. That orange light might be letting us know that we, or someone we care about, needs protection, consideration, safety, or fairness. Or it might be signalling that we're hurting, sad or lonely – anger can sometimes be the spiky armour we use to keep ourselves, and everyone else, away from our pain.

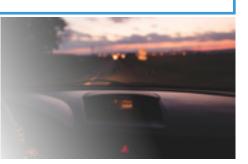


get a warm hub up and running Maureen told me there is a steady demand for a range of goods, including cleaning materials and toiletries, and, of course, for food items. The recycled clothing shop is also helping families who need warm items for winter.

This year, National Volunteer Week, which ran from June 21 to 27, celebrated the theme of the benefits of working together, and on the last day of volunteer week I was thrilled to attend the opening of St John Ambulance's new op shop. It is good to see this expansion into their new op shop, which will service our community from its Ashley Street premises.

New Zealand benefits from the hard work of our volunteers and it's great to have an opportunity to say thank you to each and every volunteer in our communities.

Funded by the Parliamentary Service. Authorised by Matt Doocey, Parliament Buildings, Wellington.



If you ignore the warning light on the dashboard, the problem doesn't just go away, and it's the same with ignoring or suppressing anger. Our unvoiced anger can leak out as criticism, blaming, or irritation. It can turn inwards as self-criticism or depression, or even physical illness. Or it can build up until it comes out as rage which can leave us feeling shame that

just makes everything worse.

So next time that light comes on, ask yourself what you might really be needing, and how you could express that cleanly and constructively - which means taking responsibility for what you're feeling and expressing what you need, rather than blaming or judging the other person. If you can do that, then your anger will become powerful fuel for positive action and change.

If you'd like help with your own anger, or with dealing with an angry person in your life, please get in touch - I'd love to hear from you.

Ingrid Gunby

sychotherapy & Coaching Equine-Assisted Therapy +64 27 4879923 ingrid.gunbv@me.com www.ingridgunby.com www.potent.co.nz facebook.com/ingridgunbycoach



Gabi Barlow volunteers for Kaiapoi Community Support (KCS) and was nominated bv KCS Co-ordinator Louise Griffiths. Despite having a really busy life Gabi has been volunteering for KCS for several years and is one of the 'go to' volunteers who is always ready to lend a hand or step up when help is needed, says Louise.

With four children, full time study, her volunteer work at Kaiapoi Community Support and helping out in the community – Gabi Barlow doesn't have a lot of time to worry about hair and makeup. And she admits that the day before the makeover she was worried about arriving at the Essence office, and what everyone would be like – imagining something like The Devil Wears Prada and everyone teetering around on designer heels judging each other by their handbag brands.

after her makeover.



Our first stop with Gabi was Hair Handlers where senior stylist Paula gave her a classic, easy to maintain style adding body and a little curl with a blow dry and straighteners. Gabi doesn't have time to blow dry and style her hair all the time so Paula gave her a cut that could look good naturally and Gabi is heading back in a few weeks when her hair has grown slightly and Paula will work on a concave bob – with the hair long at the front and short at the back. "Paula was amazing and I really liked what she did and her plan to work towards a concave bob. She gets the fact that I'm a mum and I just don't have time," says Gabi.

Next it was fashion boutique Country Lane Fashions, where store owners Debi and Carla greeted Gabi and chatted to her



A warming, nourishing mini facial, with your choice of: 30 minute back neck and shoulder massa Or Eye Combo (brow shape, brow tint and lash tint).

Plus a free hydrating sheet mask to take home and treat yourself!

Available 1st-31st July, with Maddi, Ella or Jane. Limit one per person.

18 june 2020 | essence

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

Giving back to

They were seriously unfounded fears. "I was nervous but everyone was so down to earth. We chatted away about everything and all the ladies were so friendly," she says the day



"I was nervous but everyone was so down to earth. We chatted away about everything and all the ladies were so friendly"

about her lifestyle before helping pick out some items that would work for her. They enticed her away from 'go to' black with the softer tones of navy and pinks to work with her skin tone and beautiful blue eyes. They chose items that are low maintenance and can be worn dressed up or down with jeans or a skirt in the summer. They were so taken with the lovely Gabi that they generously gifted her the gorgeous Loobie's Story top vou see in the 'after' pic.

The last stop was Cocoon Beauty & Day Spa, where salon owner Jess showed Gabi some makeup tips and tricks for a subtle. everyday look. Jess used mineral make up from the Jane Iredale range to give Gabi an even base. Mineral makeup reflects light so gives a natural looking glow. She used rosy tones on Gabi's cheeks and lips and highlighted her eyes with a soft brown eyeliner and plenty of mascara to frame the eyes.

When Gabi got home that evening her husband and children were excited at her new look because they were not used to seeing her with makeup. Her friends all thought she looked fabulous

Her final thoughts on a makeover day? "The day before I was thinking 'why have I done this?'. But it was a really cool day and everyone was so down to earth," says Gabi. "I had from 11.30am to 5pm when it was just about me. I don't often get that. It makes a big difference."

The Essence team would like to thank Hair Handlers, Cocoon Beauty & Day Spa and Country Lane Fashions for gifting their time and clothing.

HAIR HANDLERS Supporting and Loving Local



Winter Power Hour \$99





Bax & Berg girls Zaley, Hannah & Ju

BAX & BERG CLOTHING BOUTIQUE

1. What have been the fashion must haves this winter?

Denim! Denim never goes out of style. A good pair of well fitted jeans are a definite must have. With all the uncertainty we have been through, jeans are the perfect item as they can be worn casually around home, out doing your essentials, or pair with a gorgeous pair of winter boots or heels and you have something to take you right through to a night out.

2. What trends can we look forward to for spring & summer?

Spring and summer will bring us bright colours and fun prints in more of everyone's favourite T shirts and sweatshirts. Summer dresses that can be thrown on with a pair of sneakers will feature and of course denim! Summer is a great time to try out some lighter coloured or cropped jeans.

3. What are your favourite pieces right now and why?

Hannah - Blazers! I love the versatility of



a blazer, I wear mine with jeans or out for dinner with a dress. Right now The Others Label has an amazing blazer that has a super flattering cut to it and some funky silver buttons with subtle skull inprints.

Ju- Scarves! These often complete any look.

I love the way you can throw something around your neck as you rush out the door and feel like you have made an effort. Dark Hampton are my favourite by far, great quality and super stylish.

Zaley- Ponchos/Capes: these are so easy to wear and finish any outfit off but also add that extra layer without having to wear a coat. The Munroe cape by Mi Moso will be a staple piece for me this winter and many more to come. It is a versatile piece that can be paired with any outfit whether it be a causal, work or evening look. Made with 60% wool it is lovely and warm which means you don't need to have too many layers on under it.

88 Carters Road, Amberle Tuesday - Saturday 10-3 03-314 7251 www.baxandberg.co.nz



bs Willow Boot - Black Eos Willow Boot - Taupe \$269.90 \$269.90









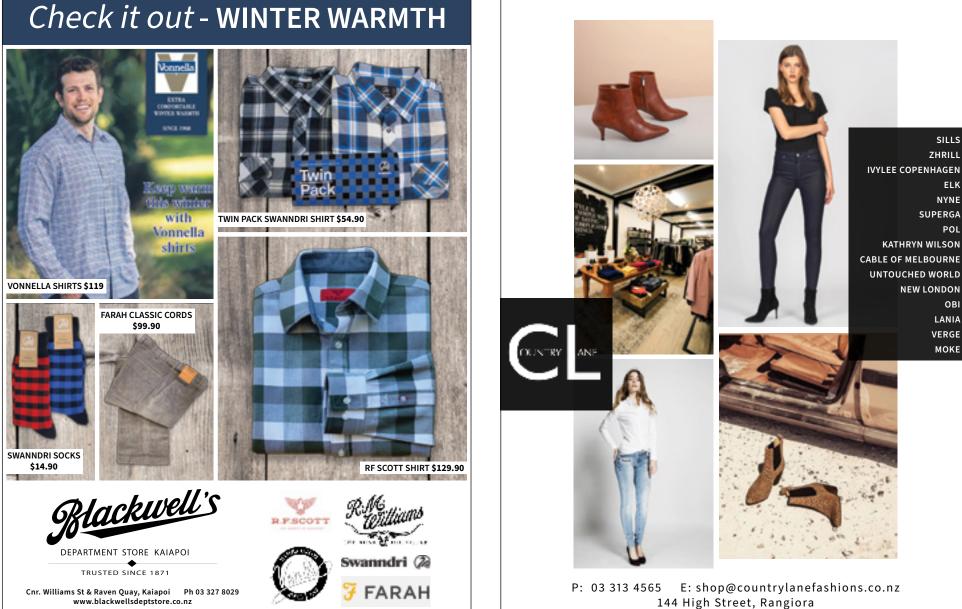
www.rangiorashoelines.co.nz

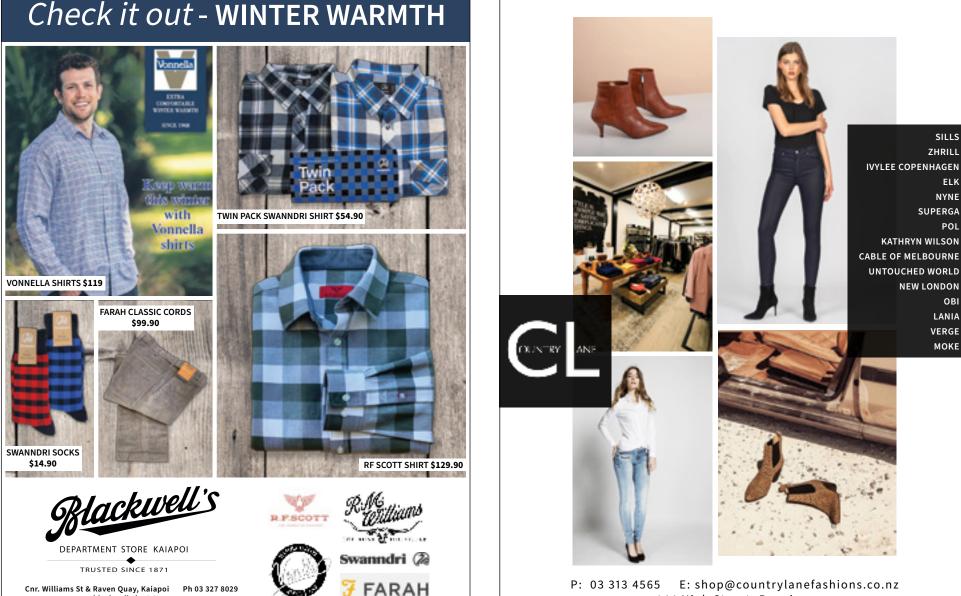


shop.co.nz













prices so you're never compromising on style! With one off garments on the rack you are assured a unique look and guaranteed a first class shopping experience!



LABELS INCLUDE • TRELISE COOPER • DAVID POND • REPERTOIRE • IVY BLU • AUGUSTINE • MOOCHI • PAULA RYAN & MORE





20 june 2020 | essence



Exclusive range of designer Italian clothing and an eclectic range of European homewares. Open 7 days. 199 High Street, Rangiora | Ph 03 313 1366 olf

www.moltobella.nz



Emu boots | Ministry of Style Stolen Girlfriend clothing & jewellery NEW LABEL Bird & Kite | Re - create | Birds of a Feather | Zoe Kratzmann HAMMILL & CO | Drama the Label | Kompanero | Vash | Eb & Ive Isle of Mine | Msch | Jac & Mooki | Amici | Hello Friday Silk & Steel | Age eyewear | Black Orchid Denim | DEA | Italian Star

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



Raelene Rees

Raelene has been self-employed for over 30 years, has 2 offices and 15 staff members. With her extensive business knowledge and a trusted network of advisors Raelene and her team are passionate about helping you see the bigger picture and making informed decisions in your business ventures

In the last edition we talked about how to financially survive COVID19, this time we are talking about how to financially THRIVE!

- 1. Don't buy into all the bad news.
- 2. Look for opportunity in everything you do
- 3. What are your strengths?
- Define your business. What is your 4. unique selling proposition?
- 5. Understand your clients and their needs
- 6. Think about what complementary products/services you could add to your business that may increase your presence or cover any seasonal declines.
- Could you collaborate with another 7. business? This could reduce a double charge of overheads. Choose like minded people, and those you trust.
- 8. Work your network.
- 9. Build your brand. Hard work and loyalty from customers go a long wav.
- 10. Identify the problems out there and find a solution. What are people's pain points?

We would love to discuss your business with you, and how you can ride this out, and help set your business up well for the future. Come see us now at our new premises:



Conway Lane, 188 High St, Rangiora. Please pop in or contact us on email raelene@reesaccounting.co.nz or ring us on 03- 313-6909 or my mobile phone 0274 325 388. We are here to help.



Rangiora Vet Centre

From elite racehorses and eventers, through to miniature ponies and donkeys the RVC Equine team offer the full range of diagnostic, medical and surgical services. Our experienced team of dedicated equine vets and support staff are available 24/7.

Q. Should I get a vet check (pre purchase exam) done before I buy a new horse?

Many people will have heard the words 'vetting or vet check' when looking at buying or selling a horse. At Rangiora Vet Centre we strongly recommend that all prospective purchasers obtain a full veterinary examination before purchase.

Q.What does a pre-purchase exam entail?

A pre-purchase is a multi-staged examination and can be a useful tool for both owner and buyer. It is a physical examination for evaluating health and serviceability.

Q. What are the different stages?

There are two choices for the type of examination, Partial Exam (Stages 1-2): examination at rest and examination while being trotted in hand. A Full Exam (Stages 1-5) includes the above and also observation while being exercised, period of rest, plus a follow up observation trotting in hand after exercise

Q. Should I get x-rays done during a prepurchase exam?

These are often routinely taken as part of pre-purchase examinations. In some cases x-ray's will be taken if a suspected clinical problem is found during the examination.

Q. What happens if the vet finds something abnormal?

The purpose of the examination is not to pass or fail a horse. This information ensures that an informed decision can be made by the purchaser.

Q. What is required from the buyer for the exam to be done?

We require a quiet area, idealy a stable. We also require a flat, straight surface for trotting, an appropriate sized area for exercising and a competent horse handler



Rangiora 313 8387 Kajapoj 327 8387 Woodend 312 8387 www.rangioravetcentre.co.nz



BGM Law

Brandts-Giesen McCormick Lawyers is home to North Canterbury's broadest range of legal services. With a general practice team and specialists in family, commercial, employment and criminal law, we can meet all the legal needs of your family or business.

Q.My business has been seriously impacted by Covid-19 and I want to let several full time employees go. I did claim the initial waae subsidv but it's now clear that I cannot sustain my business. How should I proceed?

The declarations required when applying for the subsidy are subtly different depending on when you applied. You must take great care when considering redundancy scenarios and as with all of these issues, you should consult your legal and accounting advisors at an early stage. There is no substitute for good advice.

Q.My business has experienced a mild downturn but I am confident things will pick up as the year progresses. However, it would really help if I could reduce the hours for some of my full-time staff. What are the legal considerations I need to keep in mind?

As a fair employer you need to react to the pressures on your business in a transparent manner. If your revenue is reduced then you are entitled to ask staff to reduce their hours in return for a reduction in wages. Remember though you must discuss this with staff, as you are proposing a change to the conditions of their employment. You cannot present this as a fait accompli.

Q. I have several employees who are still working at home although they are able to come into the office. They put in expense claims for phone calls; travel to meetings and stationery supplies which they would not need if they were in the office. What is my position as an employer in terms of meeting these expenses?

It is inevitable you'll need to reimburse staff for costs they have incurred, although it would pay to have conversations with them about this as soon as possible so they know to run these costs past you before they are likely to arise if possible.



139 Kippenberger Ave, Rangiora 7440 P: (03) 313 4010 www.bgmlawyers.co.nz



Graeme Soper

Graeme is a registered Financial Adviser with over 33 years' experience in the financial industry. He is a franchise owner with Maria Thackwell Mortgage Company, Graeme prides himself on providing exceptional customer service and detailed lending-related financial advice.

Q. In uncertain times, getting expert advice is crucial - why is that?

We are seeing frequent changes to individual lender credit policy across the whole market. We have our finger on the pulse and know where to place our clients first time for the best result possible. Our application-to-approval ratio currently sits around 97%

Q.The Reserve Bank has removed the Loan to Value Ratio (LVR) restrictions, but it seems harder to raise finance - How can you help?

The removal of the Reserve Bank restrictions does not directly impact lenders internal LVR policies. Generally, the lenders have not made any significant changes to their internal policies, if anything, they tend to have taken a more conservative approach. With our expertise, we can guide you to the right lender for your unique situation. All lenders are different.

Q. My situation has not been impacted by COVID-19. Is there value in using a Mortgage Adviser for a straightforward application?

In our experience, the most straightforward application can have challenges in this current environment and clients can benefit from our step-by-step guidance. We shop around for our clients and ensure the best fit, weighing-up both pricing and product offerings from lenders. Our service is freeof-charge*. This saves you time and money and ensures holistic financial advice.

*Some lending requires specialist lenders. The work required is different, as are the specialist lender policies and therefore fees may apply.

Q. Why Maria Thackwell Mortgage Company?

Conway Lane, Rangiora

Ph 021 285 8789

We are a local, passionate, and highly experienced award-winning team who put their client's best interests to the forefront every time.

Level 1, Admiralty Building, Maria www.mariathackwell.co.nz



O. As a business, how do we deal with the pressure to let people work from home?

During lockdown it was the norm, however, it did result in some staff wanting to continue working from home for various reasons such as anxiety, less distractions, saving on commuting costs and better work/life balance

As a business, you need to consider: did it work for you; did it add value to your business and did it add value to staff wellbeing?

Q. What does 'flexible working arrangement' mean?

Flexibility means different things to different people. One person may want to work from home permanently and another might want to fit 40 hours into 4 days and someone else might want to just work from home on the odd dav.

Under the Employee Relations Act all employees can request a variation of their working arrangements. And there are reasons employers can decline - such as an inability





Specialist custom picture framing & giftware

10 Cone Street, Rangiora P: 03 313 5474 www.nz-souvenirs.co.nz

BURBIDGE AN

WOF-SERVICE FULL MECHANICAL REPAIRS TYRES **COURTESY CAR AVAILABLE**

325 Flaxton Road, Rangiora Call Peter or Nikki on 03 313 3344 office@burbidgeautomotive.co.nz

- Farmlands

Mary Rowley

Before starting at Brannigans, I ran a successful outsourced consulting business. providing strategic business advice to clients. I enjoy working closely with clients to develop tailored, innovative solutions to their human resources needs. My specialities include revising organisational structures, organisational development, restructures, workforce and workflow management

to recruit additional staff or to reorganise work. The employee must put their request in writing and the employer must "in good faith" consider the request and respond in writing with their decision

Consider the effect on workload and running of the office: increased productivity and wellbeing; the effect on team culture and the physical location of remote work - ergonomic issues are still your responsibility for example.

Brannigans is a People Solutions Consultancy tailoring bespoke solutions for businesses. Proudly Christchurch owned and operated, we deliver Recruitment, Human resources and Leadership development solutions for businesses across the country.

BRANNIGANS

021 152 0005 mary.rowley@brannigans.co.nz L1, PWC Building, 60 Cashel St, Christchurch



			_	_
UTC	DM	01	PIN	VΕ
iora				
	-			



RANGIORA SHOWCASE JEWELLERS			
Jewellery Repairs			
Watch & Clock Repairs			
• Jewellery Manufacturing & Remodelling			
 Valuations, Engraving 			
Watch Battery Replacement			
• FREE "After Loss" Insurance Appraisals			
Cnr High and Victoria St, Rangiora			

angiora@showcasejeweller.coi

ww.showcaseiewellers.co.nz

O. What services do vou offer?

We are able to offer assistance with the sale and purchase of your home or business, with your will. enduring powers of attorney and many other legal matters.

Q. Why is it important to have a will?

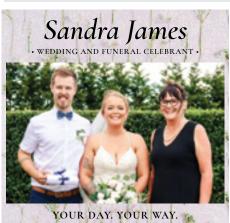
It means you decide who gets your belongings when you die. A will details how you want to distribute your property, who you want to carry out your final wishes (your executors), who you want to appoint as guardian of your children and more. Having a will can also help minimise any family fights about your estate that may arise.

Q. What happens if I do not have a will?

If you do not have a will the law decides who gets what. This can place a great burden on your loved ones trying to sort out your wishes. It also means what happens may not be what you want or expect.

Q. What are Enduring Powers of Attorney?

They are legal documents that allow you



P: 027 290 7550 E: sandra@connectingp

Anneliese Muldoon

Anneliese is an Associate/Solicitor at Pegasus Bay Law and is the resident solicitor in the Kaiapoi office. Anneliese is a North Canterbury local and has been a solicitor in the North Canterbury region for the past four years.

> to appoint someone you know and trust to make important decisions for you regarding your finances, property and personal care and welfare if you become incapacitated due to injury or illness. They remain in place for the rest of your life (unless you decide to change them because of a change in your circumstances).

Q. What are the benefits?

Decisions regarding your finances and wellbeing can made by those you trust. Without Enduring Powers of Attorney in place, your loved ones will need to approach the Family Court to access things like your bank accounts – which can become a very lengthy and expressive process, and it has to be repeated every three years.

PEGASUS BAY LAW LTD

Pegasus Bay Law are here to help. Contact Anneliese and the Kajapoj team on (03) 928 1212, or reception@pegasusbaylaw.co.nz Kaiapoi Office: 97 Williams Street, Kaiapoi



PEOPLE PROPERTY PERFORMANCE

Margo has been selling real estate for 25 years, and is well known as a highly skilled and professional agent who takes exceptional care with all aspects, leaving nothing to chance. Her clients always come first, with a clear focus on achieving Results with Integrity.

For the ultimate real estate experience. give Margo a call today.

Margo Hutcheon AREINZ 027 485 8003 03 311 8020 | margo.hutcheon@bayleys.co.nz

BAYLEYS



South Island Tours NZ

4WD Tagalong Tours

Bring your own 4X4 vehicle to drive in convoy style on a guided tour over some fabulous country. Follow our fun and informative lead guide, enjoy driving in the fabulous unspoilt high-country regions, with towering mountains, meandering rivers and native beech forests through rolling farmland and coastal views.

Two tour options to choose from.

Tour 1 Molesworth Station, St James, and Rainbow Stations Dates 2019 Oct 21-24, Dec 30-Jan 2 2020 Dates 2020 Feb 22-25, March 1-4, March 15-18, April 5-8

Tour 2 D'Urville Island and Marlborough High Country Dates 2019 May 4-8, Dec 1-5 Dates 2020 March 22-26

Other dates available for either tour for groups on request

South Island Cycle Tours

Choose from Molesworth Station Cycle Tour Alps2Ocean Cycle Nelson, Golden Bay & Farewell Spit Cycle West Coast Wilderness Trail Cycle D'Urville Island Cycle

Discounts available for group bookings of 8 or more people, talk to us about your needs or special itineraries.

Get in early to book the dates you want

Fabulous Small Group Escorted Tours Your Holiday Starts Here...

We love to help people connect with the places we are visiting and to soak up the atmosphere, discover the lifestyle and heritage in each spectacular destination. Great meals, accommodation & good company. Treat yourself and contact us today for full details on any of these tours.

- Spring Blossom in Central Otago Sept 23-28
- D'Urville Island & Marlborough Sounds Oct 6-11, Feb 10-15
- Majestic Tour Queenstown-Doubtful Sound Oct 14-19, March 18-23
- North Canterbury Art & Gardens Oct 29-Nov 2
- White Herons & West Coast Highlight Nov 4-9
- Molesworth Station & West Coast Nov 9-15, March 1-7
- Stewart Island, Catlins & Milford Sound Nov 21-28, Feb 20-27
- Banks Peninsula & Akaroa French Connection Feb 5-9
- Molesworth & West Coast
- Upper East Coast Tour March 13-17
- Central Otago in Autumn May 1-7
- Bluff Oyster Festival & Stewart Island May 19-25
- Contact us for full details or to receive our newsletter.

Early bookings recommended

Ph. 03 314 7220. Mobile 0274 351955 E-mail info@southislandtoursnz.com www.southislandtoursnz.com