

essence

essentially..north canterbury

06

Profile

Viktorija Doocey

If Unfamiliar
With Lift
Ask Attendant!

11

Feature

Staycation

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.

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Raffia Earrings - Oh Meme Oh My

Handmade Soap - ID Gallery

The Mill WAIKUKU

Genuine Leather Jacket - Little Bohemia

Stoneware Jugs - Emporium of Lost Treasure

Ceramic Naked Ladies - ID Gallery

The Mill, 1473 Main North Rd, Waikuku Mon - Fri 10-3, Sat & Sun 10-4 | Ph 03 312 7978 Instagram/Facebook - The Mill Waikuku

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 about again.

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.

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.

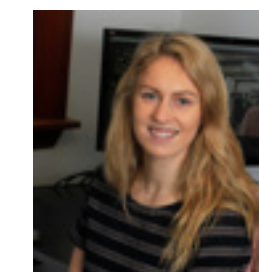
In a new feature we ask North Canterbury people to share how they use their phones. This month we chat with Graeme Abbot - manager of the Hanmer Springs Hot Pools.

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.



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.



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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!

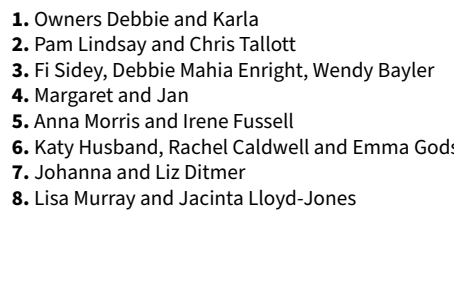
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Country Lane Celebrates Relocation



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.



1. Owners Debbie and Karla
2. Pam Lindsay and Chris Tallott
3. Fi Sidey, Debbie Mahia, Wendy Bayler
4. Margaret and Jan
5. Anna Morris and Irene Fussell
6. Katy Husband, Rachel Caldwell and Emma Godsell
7. Johanna and Liz Dittmer
8. Lisa Murray and Jacinta Lloyd-Jones

Get Ready For Your High Tech

Winter Beauty Regime

The professional and dedicated hair and beauty therapists at Le Plaisir worked tirelessly to provide customers with the best experience possible during Covid restrictions. But now they're delighted to be back to normal and along with a new massage therapist on the team they're ready to treat you from top-to-toe.

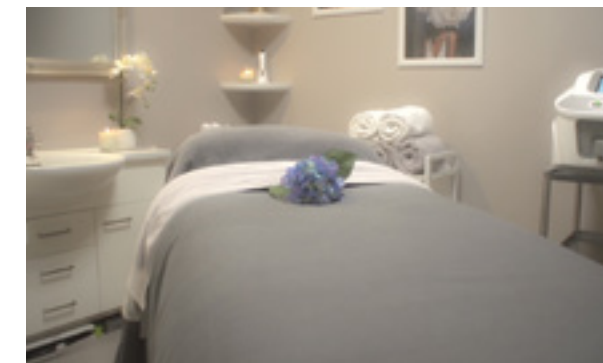
Walking into this sleek, modern salon customers are greeted by the hair space and it's here that Le Plaisir's talented and experienced team of hair stylists work their magic. They offer a full range of cuts and colours from balayage to foils and even provide advice on full restyling to suit each individual. 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 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 Focused Ultrasound (HIFU).

The HIFU is state-of-the-art equipment that uses ultrasound energy to stimulate natural collagen production and this process continues over three months after treatment. This non-surgical facelift tightens skin, minimises wrinkles and leaves skin looking rejuvenated and the results last for between 1 and 2 years.

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.



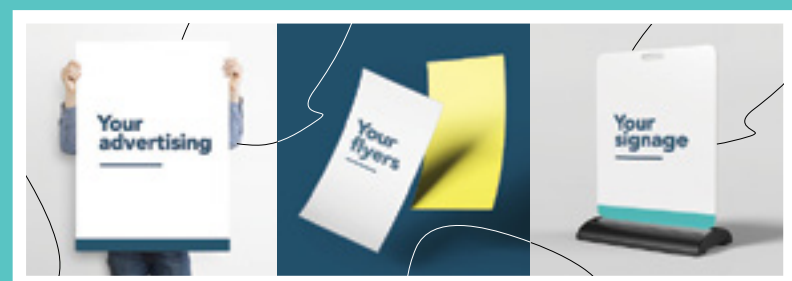
Staff Left to Right: Lisa, Jade, Robyn, Sue, Christina, Ashleigh, Paige and Juleah



Call the Le Plaisir team or book online for treatments.
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BEN HURLEY & FRIENDS

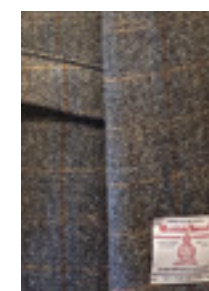
15 August 2020, 8.30pm
Rangiora Town Hall

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!!

WIN

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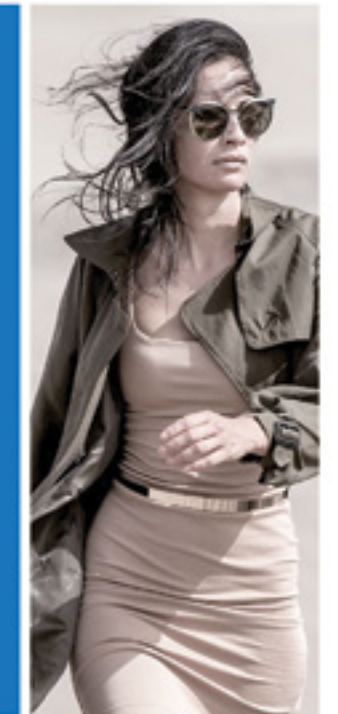
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HANMER is humming

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.



It's not hard to see the attraction. Hanmer has always been bursting with charm with its wide, tree-lined main street; cafes and restaurants; fashion and homeware boutiques and activities from mountain-biking to relaxing in the hot pools. This really is the town with something to suit everyone.

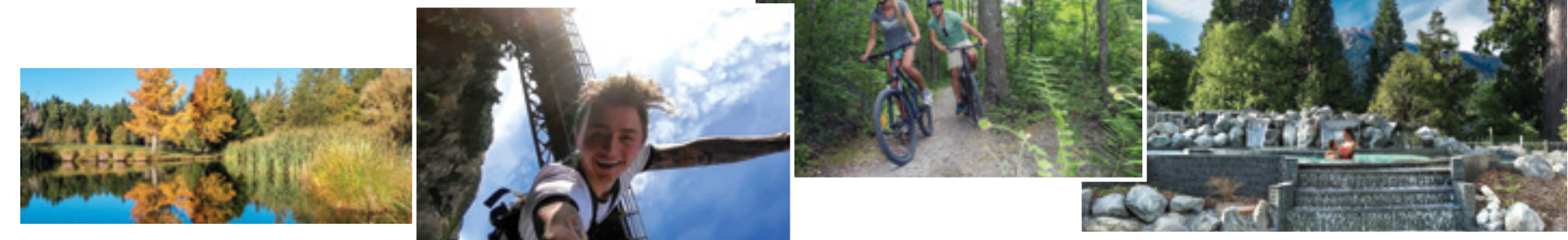
Foodies and shoppers are spoilt for choice in the town centre. Grab a cappuccino and a croissant for breakfast before browsing the latest fashions at boutiques like Lifestyles Fashion or soaking up some artistic spirit at the Tait Gallery with its varied displays.

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.

For many, a stay in Hanmer is not complete without a visit to the hot pools. It's 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.

With so much on offer, it really is the perfect time to discover Hanmer and, it seems a lot of people are doing just that. "We're seeing more people from Christchurch and over the coast", says Vanessa. "And we've had people who had overseas holidays booked and then came here instead. People are keen to get out and about and discover their own country."

So if you haven't visited Hanmer yet, make time to discover it this winter. visithanmersprings.co.nz



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Home-Lee Kimono



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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.

So when enjoying the delights of Hanmer Springs we invite you to come and visit our store where our friendly and professional staff are here to assist.

Alice Stielow xx



Augustine Ryan Dress

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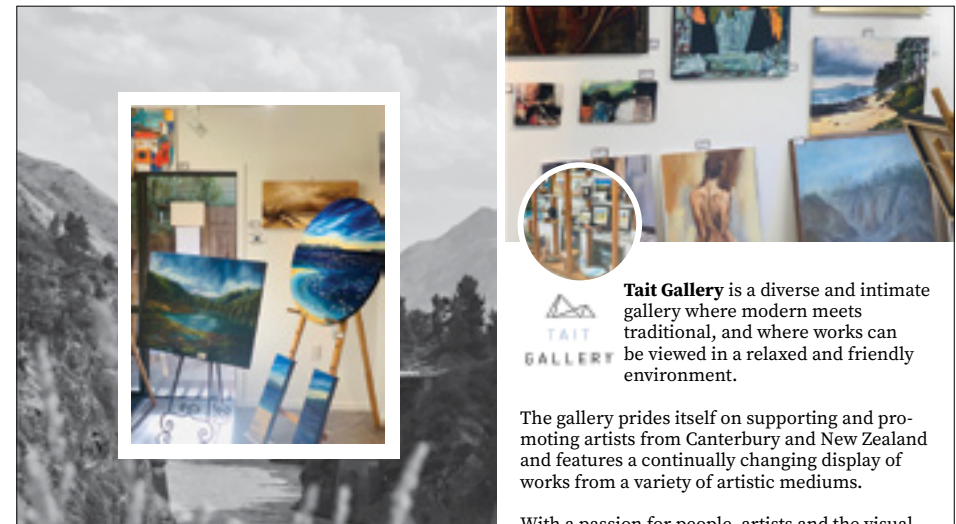


Tait Gallery is a diverse and intimate gallery where modern meets traditional, and where works can be viewed in a relaxed and friendly environment.

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

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

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

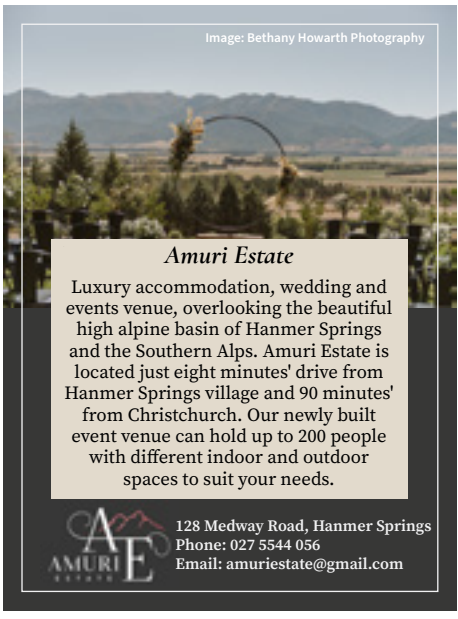


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Think Trees This Winter

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.



Broccoli and Blue Cheese Soup

The winter weather is certainly here and there's nothing better than a pot of hot soup simmering away on a wet cold day.

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!

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

- 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 3/4 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



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



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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

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- 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
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