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8 Destination
In Kaiapoi

11 House
& Garden
Fernside Reno

History 14
Heritage
Cottage

Complimentary
PUBLICATION

April/May 2024

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Behind the Scenes

The evenings are darker and the mornings are chillier - but what a spectacular time of year autumn is. You may well notice some of the beautiful autumn colours have inspired some of the images in this issue.

We've also been out and about checking out our local op shops. Sure, they're full of amazing treasures - but it was talking to the staff and hearing about where the funds go that really left us feeling...well, a bit humbled. Suddenly the story we had planned got bigger and before we knew it, we were organizing a fashion shoot, with the help of the lovely ladies from Create Design who were our models and the fab photographer Brendan Holt. All gave their time freely and willingly for a good cause. What a great community we live in. Take a look at the full feature on page 24.

Community is a big theme in Kaiapoi too - our picture perfect riverside town has a lot going on, but everyone we spoke to for our feature was clear, they're part of something bigger, part of the community. Read all about some of the projects, people and fun things happening in our picturesque river town on page 8 and onwards.

This issue we also got to look around two very different homes - from a modern family friendly Fernside renovation to a compact heritage cottage in Kaiapoi. We are always so grateful when people share their spaces

and stories with us. But I was beyond excited to get a look inside the Kaiapoi heritage cottage and in true, perfectionist style, Dorothy went back a second time to get a couple of shots just right! Check out the full story on page 14.

Elsewhere in this issue we bring you news from round our towns - new businesses, exhibitions, events and more. And don't miss our favourites - fashion, homewares, health and food. We loved the recipe for a stunning cake that Barbara from New World whipped up this issue - let us know if you try it out!

So, as the sun goes down on one of these beautiful autumn evenings - sit back, relax and browse our pages packed full of local people, places and stories.

Pattie Pegler Editor



8

In Kaiapoi

11

Fresh Start in Fernside



Front cover: image shows model in Madly Sweetly Cotton Tale Shirt and Dark Wash Daisy jeans. Available from So You! Rangiora. Image supplied.



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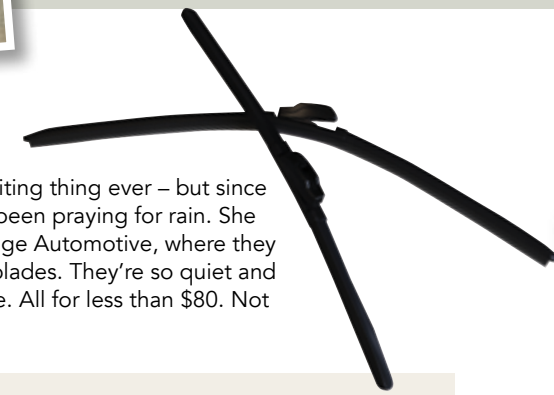
Kiki Seed Crackers Giveaway

Last issue we mentioned that we were loving Kiki Seed Crackers. They've recently been winning awards too – three gold medals and one silver in the Outstanding Food Producer Awards. So this month we're delighted to be able to share a little bit of that yumminess with four lucky readers. We've got four packs of seed cracker mix to giveaway.

All you have to do is email us at essencemagazine.co.nz with your contact details and which cracker mix you would like to win. Entries close 30th May 2024.

WINNING WIPER BLADES

Wiper blades might not sound like the most exciting thing ever – but since Dorothy got new wiper blades for her car, she's been praying for rain. She was delighted with her ten-minute trip to Burbidge Automotive, where they quickly fixed her up with some new, flexi wiper blades. They're so quiet and work so well – you don't even know they're there. All for less than \$80. Not exactly sexy but a great winter investment.



The West Oxford Hotel

If you're looking for great food and friendly service then head to The West Hotel Oxford where hosts Jodi and Barrie always ensure a warm welcome.

With a menu full of hearty dishes from fried chicken to ribs, burgers to steak and a dedicated kids' menu; friendly service and easy parking – this is the perfect spot to stop for a nourishing hot lunch or dinner.

Keep an eye out for their regular weekend specials, like delicious Thai Red Curry and other winter warmers.

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03 312 1222 | [thewestoxfordhotel](http://thewestoxfordhotel.co.nz)



"When is Mother's Day?" asked my son this week. If mothers have to start reminding their family of Mother's Day – it feels like another job on the mental to do list. So celebrate your mother, stepmother, mother-in-law, grandmother, mother figure this year without any prompts. It's on Sunday 12th May and if you're looking for ideas to treat your mother – there are plenty of local options in these pages!

Mother's Day GIVEAWAY

Dine in at Artisan Café on Mothers Day and go in the draw to win this fabulous gift basket for mum.

18 High St, Rangiora
03 311 8837



We've been watching 190 High Street in Rangiora take shape and it's certainly making fast progress. There is set to be a new laneway that runs down the side of the building and according to the developer's website there are several spaces leased already. This includes the first floor office to law firm Helmores and ground floor space to Postie Plus, Flight Centre, Crema Café, Ivy and Co and Nicole Hampson Beauty.

42ND STREET 9 May – 25 May | Rangiora Town Hall

This popular, award-winning musical is coming to the Rangiora Town Hall thanks to the North Canterbury Musical Society. The story follows a young dancer, Peggy, during the Great Depression as she navigates the world of showbiz on Broadway. Filled with dance numbers, unforgettable melodies and a heartwarming tale of perseverance -it's a must-see for all ages. So support this local group bringing drama and creativity to the community.

For further details and to buy tickets visit www.ncms.co.nz Cost: \$37.50 standard, \$32.50 concession



Winning Awards

Cocoon Day Spa & Salon have been on Rangiora's main street for a long time. And if you think they're just getting better and better – then you're not wrong and to prove it they've been winning awards. Some of the team attended the annual Juvenate Skincare Conference and Awards in Auckland at the end of Feb and they were delighted when two of their therapists came back with awards.

Casey Fleete, Winner - Juvenate Skincare Junior Therapist of the Year.

Sasha Tunley, Winner - Juvenate Skincare Senior Therapist of the Year.

By the time we go to print ANZAC Day will have been and gone this year. You may have gone to a dawn service or chose to mark the day in your own way, but whilst ANZAC Day is one day in the year – there are thousands of war memorials in towns and settlements all over the country. It's worth remembering that behind the list of names often found on them are real people and real lives that were turned upside down by events beyond their control.



The Ashley Cenotaph – a memorial for locals that died in WWI

New Businesses

Setting up a business on your own can be tough – but it's always so inspiring to meet some of the fabulous people who are taking the plunge and going it alone. This month look out for a new audiology centre in Silverstream, headed up by local Charlotte Watson. Meanwhile we also heard from popular local beauty therapist, Jarae, who has set up her own beauty salon – JC Beauty.

Good luck to those new businesses out there this autumn!



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Haruhiko Sameshima. Mark Adams on North East Point. Indian Island Tamatea Dusky Sound, 1995



TAMATEA – DUSKY SOUND 1995 EXHIBITION

Striking and evocative works from four artists who travelled into Tamatea-Dusky Sound in May 1995 to engage with the extraordinary environment and the cross cultural history of the area. This exhibition was part of the Auckland Photography Festival 2023 and it is wonderful to see projects like this appearing in our regional galleries. So take your chance to see it whilst it's in town.

Pink Ribbon Breakfast Rangiora

Thursday 23 May – 10am to 12pm
The Skurr Centre, Rangiora Showgrounds

This fundraiser for the Breast Cancer Foundation is being organized by three North Canterbury friends and they're thinking big. There's breakfast, a raffle, spot prizes and auctions and it promises to be a great morning out in a good cause. So round up your friends and grab some tickets at North Canterbury Books in Rangiora.

Tickets available from North Canterbury Books in Rangiora. Cost: \$20 each.



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What sets your brand apart?

How to stand out from your competitors.

I am Laura, Creative Director at Create Design Studio. For over ten years I have been working with local businesses, and I love to see them be successful in what they do.

Before we dive into the importance of knowing your point of difference, let's quickly refresh on what branding is: branding is the gut feeling a person has about your product or service. It is not who you say you are but who others say you are. Successful brands build loyal tribes.

Your point of difference is what makes you stand out among your competitors. Your uniqueness is not necessarily found in what you do (that your competitors don't) but how your brand compels consumers to choose you over a competitor offering identical services. For this reason, it is imperative to find, define and express your point of difference throughout your branding.

Start by researching and evaluating what your competitors are doing to demonstrate their point of difference. Who are they targeting? What solutions are they offering? Take a step back, reflect on what you want your brand to represent, and define what problems you solve and who you solve them for.



Strategise how you will do this in a way that sets you apart from competitors.

A great example is Apple. Apple intentionally chooses not to advertise as technically superior to Windows, instead focusing on WHO their product is for and HOW it adds to their ideal lifestyle. Their hero campaign "Think Different." was designed to speak to the creatives and dreamers of the world. Apple has stayed true to this brand statement, and year after year, despite the steep price tag, consumers happily choose their products simply because they want to be known as someone who "Thinks Differently".

You can find more information on this topic, plus a handy worksheet on our blog; this is a great tool to help you find and define your point of difference.

"... Apple intentionally chooses not to advertise as technically superior to Windows."

Laura Good
Creative Director, Create Design Studio

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"The stability the market offers at the moment is exactly why it's the time to get involved."

Claire and Stuart Morris
Ray White Morris & Co Real Estate

Beat the rush

If you have been thinking about buying for a few years but initially found it too competitive in the boom, then too scary in the recession...now is your time!

We are meeting plenty of buyers out there who are telling us they tried to buy but it was just too hard so they stopped looking. Get back on the horse, get organised and get back out there because we reckon now is a great time to buy and here's why:

- The market cycle would appear to be near the bottom, if not just creeping up off the bottom ever so slowly. Which means you give yourself the best chance of the best capital gains over the next 10-12 years.
 - Interest rates seem to have stopped going up, so if you do your numbers and can afford to buy now you will likely have a chance to refix at a lower rate in the short to mid term (end of this year and next year) so you shouldn't have fears about mortgages rolling over and becoming unaffordable like buyers over the last 5 years have.
 - There is more to choose from at the moment. When the real estate market comes out of recession there can be a little period of time when there is a flush of stock. Owners who had been holding off have decided now is the time and that release of pent up activity results in plenty of great property to choose from!
 - We think Canterbury could be one of the better performing markets in NZ over the next cycle. We think we are still undervalued compared to other similar markets across NZ (due to the earthquake recovery but that's another story) and think the rest of NZ is starting to wake up to this. We are seeing plenty of interest from buyers outside of Canterbury in our listings at the moment. Get in now before our market catches up!
 - The market cycle is pretty darn reliable. We've recently been through a boom and then a bust. Take confidence from the past in predicting the future. The market will only head in one direction from now.
- The stability the market offers at the moment is exactly why it's the time to get involved.
- If you are a first home buyer - it's safe to buy again.
 - If you are an investor - there is some good buying to be had if you look for it and there could be some good news for you with changes to surrounding factors soon.
 - And if you are just trading up or down - now is a great time to do that too. You won't get shut out of the market and will have time to make good decisions without too much pressure.

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In Kaiapoi

When we talked to people in Kaiapoi one thing that kept coming up was how important community is to the town. Sure it has a beautiful riverside setting, great shopping, plenty of choices for coffee or something stronger - but it also has a rich history, a loyal community and people who really go the extra mile to make it a great place to be. This is a town with a lot of heart.



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A Heritage Treasure

We did a double-take recently when we drove past a little heritage cottage in Kaiapoi. With its white picket fence, apple tree and porch decorated with old ironwork - it felt like a little slice of history. And incredibly well-preserved history. Records suggest it was built in the late 1800s and was a typical labourer's cottage and we were beyond excited when the lovely owner agreed to let us have a look inside. Read the full story on page 14.



PARIS FOR THE WEEKEND

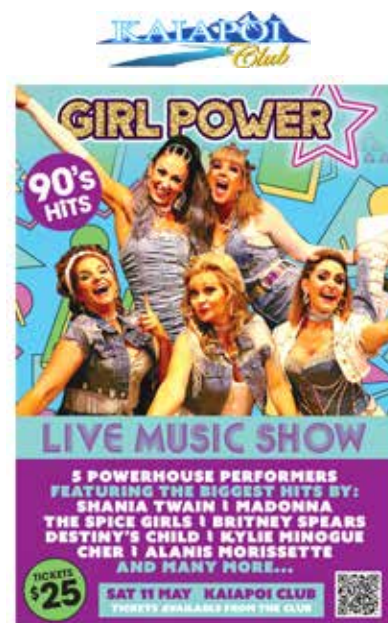
Paris For The Weekend now have a liquor licence! So make your next catch up even more special by enjoying some bubbles with your high tea or a chilled white wine over lunch on the deck. With delicious eats, a beautiful heritage setting overlooking the river and now a liquor licence - this is a hidden treasure!

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Located in the heart of town, the Kaiapoi Club has something to offer everyone, bringing the community together with a full range of facilities and events. With two large open area bars, a bistro and restaurant, pool and snooker tables and a big screen for sporting events - there's always a crowd at the club. Plus a full range of events including live music events to get everyone dancing.

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VINTAGE ROSE

This beautiful store brings together a carefully curated collection of homeware and giftware. You'll find both old and new here. With one area of the store dedicated to the new - with beautiful scented candles, super cute cushions, planters, vases and garden sculptures to name just a few. You'll also find larger pieces such as floor lamps and occasional tables. And there's plenty of vintage, retro and antique items too. Such as a large collection of collectable uranium glassware and all kinds of quirky things like vintage decanters, Crown Lynn, Royal Doulton figurines, Lladró and more.

One thing is for sure, you won't leave this amazing store empty-handed. Whether you're shopping for a gift or just want to treat yourself or find that perfect quirky thing for the home - this is one shop you have to visit in Kaiapoi.

184c Williams Street, Kaiapoi | 027 427 0045 or 03 327 0045
Mon to Fri 9.30am-5pm, Sat 10am-4pm, Sun 11am-3pm



KAIAPOI BORN AND BRED

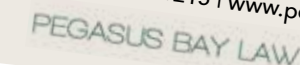
The little turquoise caravan that is café 'Out The Gate' punches way above its weight. Owner and compulsive cook, Lee Barrington, not only whips up some of the best cheese scones in town, she's also been on the latest series of 'My Kitchen Rules' alongside her son. We wanted to find out what kitchen ingredients she couldn't live without...and the answer was refreshingly simple. Check out the full profile of Lee on page 10.



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Cooking Up A Storm In Kaiapoi

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED TVNZ

It's two o'clock in the afternoon and Lee Barrington, cook and owner of iconic Kaiapoi café Out The Gate, is tucking into a sausage sandwich. Is that breakfast, lunch or dinner?

"It's all three," she says with a laugh.

It's no wonder. With a café to run and her recent appearance on My Kitchen Rules, alongside son Luke, she has had a bit on. But food and cooking have always been a big part of things – both in her work and personal life.

"We've always been a family that gets together in the kitchen," says Lee. "I always cooked for my children and made sure they had a good, balanced diet. I used to love looking through the specials every Sunday evening and planning what to cook for the week."

Now her four children are grown up but her love of cooking and connections is still going strong. Born and bred in Kaiapoi her bustling café now stands in the exact same spot where she first did work experience as a teenager. She worked at cafes in Kaiapoi and at one point, when her children were young, she ran the staff cafeteria at Patience & Nicholson.

Back in 2017 she had the opportunity to run her own café in Templeton. It went well in the early years but when Covid came along all that changed. It was a 'pretty dark' time she says.

Now, at Out The Gate, she has rebalanced her life – taking a step back from the 'rat race' and re-evaluating life. "The overheads are less, I haven't got lots of staff," she says. "I

love it. I give my heart and soul to it. It's about food and people and connection."

It certainly is, the café is bustling even in the afternoon – people of all sorts come and go and some stop and chat with Lee about her recent appearance on MKR. She laughs and jokes and chats right back with them.

"We [Lee and son Luke] applied, sent in photos and a video interview. Then we heard back and it was like 'oh my gosh, here we go'," she says of the application process.

The show required five weeks of filming, most of it in the North Island. Cooking for friends, family and customers is one thing and Lee is confident in the kitchen but cooking for television is different she says – she was in a strange kitchen, with people asking what she was doing and cameras everywhere, it added a different level of pressure.

"The last time I was working in the kitchen with Luke, he would have been about eight years old and he did what he was told," she says with a laugh. "Now it's different, he's got all these ideas he wants to try out and I would have my ideas."

Luke is also a keen cook and has plenty of social media followers on his channels – where he reviews pretty much anything edible.

"We've always had a good relationship but I think going on



MKR together definitely strengthened it," says Lee. "It gave me a different understanding of him – we had never had that time just the two of us together."

Now, back in Kaiapoi, Lee is happy back at Out The Gate, connecting with people and nourishing the community with some of that good, down-to-earth cooking.

So, there's just one question left to ask. What could she not do without in the kitchen?

"Flour, butter and cheese," she says, not missing a beat. That's a pretty grounded answer from a pretty grounded lady.



FRESH START IN Fernside



WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

When Karin and Dale Mackay moved into their two-storey, four-bedroom house in Fernside in 2021 – it was showing its age. The mint green exterior hadn't aged well whilst inside there were pink bathroom suites and a blue laundry. The single glazed doors and windows were old and draughty and the lack of any insulation meant it was pretty cold.

So the Mackays came up with a plan to bring new life into these old bones – a full-scale renovation that would deal with not only the hidden issues like that insulation but all the aesthetics too. The renovation started inside in September 22 and took just over a year.

The overall footprint of the house has stayed the same and the clever storage area in the centre has been retained. But elsewhere – it's been all change for this 1960s built home. Along with their three sons (16, 15 and 12) they started off by taking off plasterboard and ripping out certain

walls. But this isn't a DIY job – whilst the family are happy to get their hands dirty, Dale is a qualified electrician and together they run an electrical business - they did take on professionals to get the project done.

They also lived in the house throughout the work. "We cooked on the bbq and washed our dishes in the old bath," says Karin with a laugh. "And it was a bit cold at times."

This is a down-to-earth family, but 'cold' sounds like a bit of an understatement. Dale recalls



Colour on The Wall

On a late summer morning by the river in Kaiapoi, artist Mel Eaton is ready to get to work on the wall of the Cure Boating Club. Local artist, Margot Korhonen, is already painting away – filling the wall with swirling purples and blues. But it's not just a case of turning up with a few tins of paint and a brush.

"This should be finished in around seven days," says Mel on the river bank. "But there's a lot that happens before you can start painting." And she should know. Along with creative partner, Laura Hewetson, she runs Off The Wall – creating custom mural paintings for residential and commercial premises. They've worked in businesses that wanted a unique look to their premises and they've worked in homes – even creating a mural for a boy's bedroom.

"We will do a site visit, measure the space and come up with appropriate designs and ideas for the space," says Mel. And not all walls are created equal – a smooth concrete wall can be 'blissful' to paint on whilst a surface like wood can soak up a lot of paint. All factors that have to be taken into account with murals.

The pair both have a background in art and had worked on community projects together before setting up their business. They both have 'day jobs' too – painting murals doesn't pay the bills unfortunately – like many creative endeavours.

But it does bring colour and community to our towns and that matters.

This latest mural, 'Pulling Together', represents rowing but also refers to the project. Mel and Laura worked with their muralist friend Margot Korhonen to get the paint on the wall. And the community pulled together with the Cure Boating Club to raise funds for the mural and rebuild of the clubhouse.

"It represents so many layers of collaboration and working together," says Mel.

GROWING FOOD AND COMMUNITY

When Kaiapoi resident Brent Cairns, lead the set up of the Food Forest seven years ago – he was bowled over by the community support. People donated time, resources and, crucially, plants. That support hasn't waned and the Food Forest have been running workshops, hosting community groups and schools.

Most recently they have secured funding for a new building – an educational centre which will make it easier for them to host people and hold events all year round. The initial concept was drawn up with the help of RW Design in Kaiapoi – and includes an undercover seating area and toilets.



"People just turn up," says Brent. "It's not mine, or yours. It's ours."

To find out more about the Food Forest and/or how you can help go to www.kai.net.nz.



Award Winning Garden

The owners and staff at John Rhind have been bringing a little colour to Kaiapoi in recent months with their award-winning garden. Funeral Director Mark Glanville was happy to get into the garden and tells us that choosing the right plants, using the right fertilizer and plenty of watering were a key factor in the success of the garden. He also recommends having a plan in terms of colours and placing of plants. At the time of writing this colourful spot was just a week or so away from being replaced with a 'winter garden' - which will include plants for the colder season. So watch that space.

Kaiapoi Art Expo

6th and 7th July

This wonderful art exhibition is still going strong in its 18th year. The Expo will feature upwards of 700 artworks from over 100 artists, including painting, photography, ceramics, textiles and more, something for all art lovers.

Fire & Ice

Saturday 6th July

Another fabulous outing for the Fire and Ice Festival put on by Blackwells Department Store. With live ice sculpting, fire poi, live music, fabulous eats, drinks and shopping at a range of stalls – this is great afternoon out for all.





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Above: Pale green exterior before the renovation.

Left: A fresh white exterior with new roof, new windows and landscaping.

Below left: The outdoor entertainment area with casual seating and al fresco dining space.



finding Karin sitting on the couch in her puffer jacket one evening when they were having new windows fitted and a sou'wester came through.

During that time the family got used to tradies arriving early in the morning and living in a partially renovated home. Nonetheless they both say, there were plenty of laughs and much of the stress of the situation has now been forgotten.

"It's definitely given me a new understanding of what it's like for customers having contractors coming into your house," says Dale. It's an understanding that he has made sure comes through in his electrical business now when he sends people on site.

Today the light, bright space is thoroughly modern – floor to ceiling sliders look out onto the deck and patio. There's also a swimming pool. When Karin was a child she remembers many happy hours in the family pool. "I want my children to have that experience too," she says. So when her father passed away and she received a small inheritance, she used it to create this area and carry on those family memories.

Inside the house, it's both immaculately tidy but also welcoming. White walls and kitchen cabinetry are offset by cosy earth tones and textures – from the floaty, full-length drapes to the warm wood of the engineered oak floorboards and the soft wool carpets that start in the open plan living area and continue throughout the house. A large log burner keeps the whole place beautifully warm and adds the appeal of a roaring fire in mid-winter.



The heated, fiberglass swimming pool, from Narellan, gets 'lots of use' says Karin.

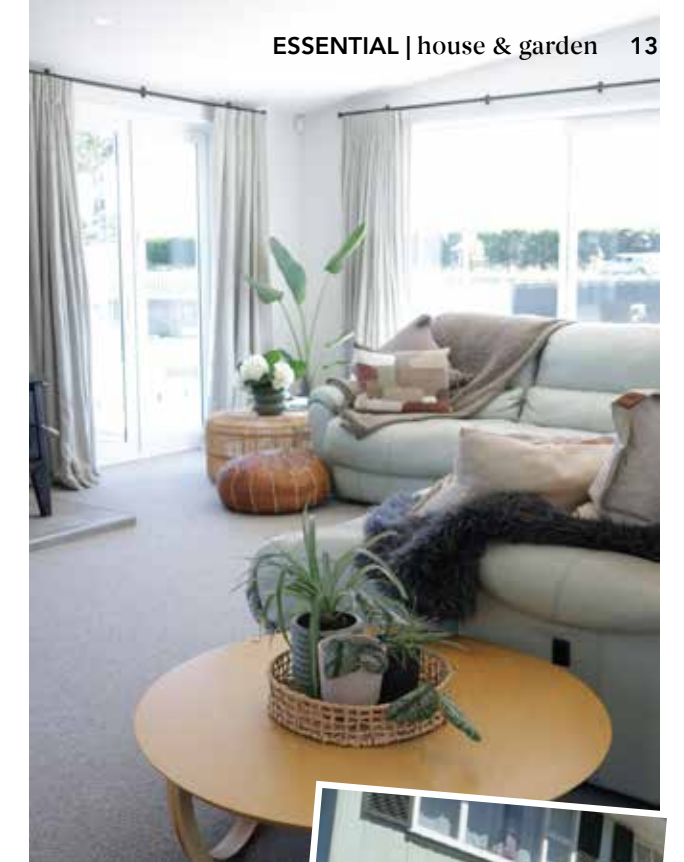


Left to Right: Before and after image of downstairs bathroom; pedestal basins with gun metal grey tapware and timber vanity; a fresh look for the laundry with tiles and white appliances; the laundry prior to renovation with lino floor and blue walls



Left: The kitchen before (inset) and after with engineered oak floors and linen drapes in dining area and fresh white cabinetry from Millbrook Kitchens.

Right: The living area with L-shaped couch and Feltex carpet in aged pewter, walls in Resene Wan White



Natural fabrics and textures and calming, neutral tones are the key to this modern home. In the downstairs lounge area (formerly a garage) a comfy leather couch sits alongside a timber log style side table. Upstairs the old 'phone nook' is cosy with cushions and a faux fur throw alongside. Pops of colour come from the green of plants, accents of sage green in soft furnishings and small touches like the hand soap containers in the bathrooms.

Karin drew inspiration and ideas from various sources and created a bit of a mood board for the place on Pinterest. But ask about her decorating style and she's unassuming. "I don't know that I really have a style," she says. "I just see looks that I like."

It has all come together seamlessly – the mint green 1960s home now a thoroughly modern space with a new lease of life. And a new family in place to make memories here.



Above: Before the reno the basement level was a dedicated garage.

Left: The transformed garage space now functions as a second lounge, media room and general 'get away from it' place.


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Main Image: Exterior cottage with sash windows, verandah and recently rebuilt brick chimney; Directly Below: Dining area with timber table and collection of old style chairs; Below: Compact living room with original fireplace



Keeping Character In Kaiapoi

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

Heritage homes are a little slice of history – yet all too often they're neglected and destroyed for short-sighted financial gain. That's probably why there aren't that many of them around and it makes the sight of a perfectly preserved cottage in Kaiapoi even more striking. The Williams Street cottage has category 1 Heritage listing and continues in use as a private residence to this day.

Current owner, Dave Pearson, is a heritage architect – so the home is in good hands. Dave has worked extensively in Christchurch since the Canterbury earthquakes of 2010-2012 and has been involved in the restoration of a number of significant heritage buildings, including a \$500 million restoration and seismic upgrade of the buildings that comprise the Christchurch Arts Centre. So he knows a thing or two about old buildings.

The timber cottage tucked back from the road behind a white picket fence offers a glimpse of history and how ordinary people used to live. It was originally built around 1871 and most sources seem sure it was constructed by William Dickie, a local labourer. The front door is framed either side by two sash windows and a veranda is supported by posts and features decorative wrought iron work.

One thing is for sure – they made use of every bit of floorspace in the 1800s. There are no wasteful entry halls or corridors, instead the front door leads straight into the living room. Also on the ground floor there is a bedroom, dining room, kitchen, bathroom and even a study area. A very narrow staircase, more like a ladder, leads up to two further bedrooms

that sit directly below the roof line. There's a lot fitted in this small space and it's set on a relatively large section which would have been used to grow fruit and vegetables for the family.

As with most old homes, it has been added on to throughout the years and things have been moved around. Records suggest it was sold in 1873 and passed through a line of owners before the Thompson family bought it and lived there from 1925 to 1989. It then changed hands a number of times until Dave bought it in 2013.

Since then Dave has been diligent about preserving the cottage. It has been painted outside, sash windows have been repaired and the iron lacework around the top of the verandah has been replaced where it had deteriorated beyond repair. Most recently the brick chimney has been rebuilt at one end of the house. He is helped with these tasks by Sharon, who manages the property for him when he is away.

Inside the cottage has been freshly painted downstairs and the next project, says Sharon, is to paint the two upstairs rooms. A task made challenging by their compact size and height.

Maintaining and restoring an old cottage is not easy – says Sharon, great attention needs to be paid to little details – like the type of bricks used to rebuild the chimney and the colour of paint used on the exterior. Colours for the painting were mostly chosen from the Resene Heritage selection – which seeks to offer colours that were typically used in particular periods of history. In the 1870s people didn't tend to have the bright colours we might see on houses now – yellow front doors and red trims. Instead colour ranges tended to be more limited and slightly more muted. The exterior scheme for the cottage was chosen with all this in mind – the porch is painted in Resene Burnt Sienna and the front door in Resene Ivy Green.

We first spotted this home in an old book about character homes – New Zealand House & Cottage by Dan Donovan. Donovan tells how one of the owners prior to Dave Pearson had restored the sitting room – "he removed and preserved samples of twelve separate layers of wall-covering, the earliest of which were sheets from the London Times of 1866."

The book, which was published in 1997, contains a beautiful coloured sketch of the cottage. It's a testament to the care and foresight of the consecutive owners of this cottage – that it is instantly recognizable today, offering a glimpse into history for us and future generations.



Maintaining and restoring an old cottage is not easy – says Sharon, great attention needs to be paid to little details – like the type of bricks used to rebuild the chimney and the colour of paint used on the exterior.



From top clockwise: Original wooden stairs leading to second storey attic, compact kitchen in the lean to; living area with exposed metal piping and period light switches; upstairs attic rooms; exterior of house; study area with original wooden floors



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Stop the mould *this winter*

WORDS: CHRISTINA GARDNER | IMAGES: SUPPLIED

As the famous line goes “winter is coming” and with the colder days our homes tend to be closed more, which can increase condensation. The perfect environment for mould to develop.

Mould is sneaky and can creep up our curtains quickly if we're not careful. Fortunately, if you catch it soon enough and know how to remove it, it doesn't need to be a long-term problem.

Removing mould from curtains & blinds fabric

It's good practice to check your curtains and blinds regularly for signs of dampness, mould, or mildew. Windows can collect condensation, particularly if single glazed, and because of this they are prime locations for mould and grime to accumulate. This can cause issues for both our window treatments and our health.

Firstly, if the mould spores are visible it's important to brush them off before taking any other steps – test the brush on the fabric before applying too much pressure.

Also give them a quick vacuum. It may sound strange, but it picks up any spores you might have missed with the bristle brush.

Once the major spores are removed it's time to wash your curtains. If the curtains are machine washable, use a gentle detergent and a gentle wash cycle. Otherwise, play it safe and fill a tub with a mild detergent or baking soda and vinegar concoction. From here, gently hand-wash the fabric and rinse with plenty of cool water.

A top tip - learn what you can and can't put in the washing

machine! Thermal backed curtains generally don't like the agitation of a washing machine nor the surging heat of a dryer but may handle a gentle hand wash. Always check the fabric before throwing it into the machine and hoping for the best.

Make sure curtains are completely dry

Given that mould likes damp areas, make sure the curtains are completely dry before re-hanging. Hang them in a sunny spot with good airflow (preferably outside) and leave them until they are completely dry.

If the curtains are made from a fabric that can be put in the dryer pop them in the machine for a quick tumble. But as always check the fabric care instructions first. Fabrics like cotton and linen and various blends can shrink if put into hot water or the dryer. Care must be taken.

A pinch of prevention is better than a tonne of cure

The best way to prevent mould is to ensure it doesn't have the best conditions to grow. Good air ventilation is vital. Not only will this remove moisture from your environment, but it will also help disperse any dust, food, or dirt that mould feeds on, likely stopping it in its tracks. Try a home



ventilation system, dehumidifier, or simply open some windows to encourage airflow. Not letting the fabric rest against a damp pane of glass is also really important – those drapes need to be well stacked off the window.

If you would like help finding cost effective and creative window treatment solutions for your home and more ideas on how to beat the mould – whether it's a new build, renovation or one window don't hesitate to give me a call so we can arrange a time to meet.

Christina Gardner
Local Business Owner
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Koru Wellness *osteopathic services*

Business is picking up rapidly at Koru Wellness as word spreads of their osteopathic services on Kippenberger Ave in Rangiora.

“We are seeing an increase in people who have heard about us from their friends, family members and acquaintances,” says Koru Wellness Director, Virginia Wylaars. “We're also seeing more people who are coming to us instead of, or before, they see their GP. This is most likely due to the fact that there is often a long wait to see your doctor and here at Koru Wellness we can triage and treat people first, as well as file ACC claims for injuries, refer for X-rays and ultrasounds.”

With new patients come new ailments and injuries, but Virginia says there are some common issues that the Koru Wellness team see often.

“The most commonly treated issues in our clinic are back pain – in particular lower back pain – neck pain and headaches. We also see a number of pregnant people for pregnancy-related aches and pains, and babies who may have had a difficult or prolonged birth. We see a lot of shoulders and knees too, which are easily aggravated by both recreational sports like golf and rugby, and occupational overuse in industries such as building and plumbing.”

With an experienced and specialised team, Koru Wellness is ready to treat all of these complaints along with many others.

Among them, the five members of the team have specialty training in different areas including cranial osteopathy, visceral osteopathy (treating organs of the body), pelvis and pelvic function, pain science, and post-breast cancer treatment, this enables them to treat specific ailments as well as general injuries, aches or pains.

The beauty of osteopathy, explains Virginia, is that it considers the whole body – not just the “sore part”.

“People who are unfamiliar with what we do often see the word ‘osteo’ and assume we only look at bones. In fact, we are much more holistic in our approach and consider not only bones but also ligaments, tendons, muscles, viscera, nerves, connective tissues, fluids and even the psycho-social elements of your life like stress, anxiety, past trauma and depression.

“We will look at how you move and how you may be compensating with other seemingly unrelated body parts, and treat these areas as well. Our practice is heavily evidence-based, which means we base our rationale on current best evidence-based practices and in-depth knowledge of the Musculo-skeletal system.”

Koru Wellness are based in Rangiora and are open weekdays from 8am to 5.30pm and until 7pm on Wednesdays. Visit koruwellness.co.nz to book an appointment or find out more.



Koru Wellness has recently welcomed Nick Clapperton-Rees to the team.

A registered Osteopath, Nick brings a unique perspective, having worked as a snowboard freestyle coach for the New Zealand youth development team, enabling him to understand human movement at a high level. Nick employs a range of manual therapy techniques in his practice and uses a person-centred approach to ensure a personalised treatment for each patient. It's important to note that Nick excludes neck manipulations from his practice. Outside of work you'll find Nick enjoying trail running, the gym, surfing and playing piano.



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Profhilo: The Ultimate Skin Rejuvenation Treatment

WORDS: DR PETER ASPELL
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- Unlike traditional dermal fillers, Profhilo does not volumise the skin but instead works to improve hydration, lines, wrinkles, skin tone, laxity, and firmness, providing a tightening and lifting effect.

What areas can it be used on?

- Profhilo can be used almost anywhere. The most common areas are the face, décolletage, arms, thighs, abdomen and legs.

What is the treatment process?

- Profhilo involves two treatments a month apart and it typically requires a 30-minute

appointment

- Results are usually seen in a few months, and they continue to improve over the duration of the year.
- People typically repeat the treatment every 12 months
- It is safe to administer, minimal down time and cost effective

What are the effects afterwards?

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- Although results are not instant (as with fillers), with Profhilo you can truly say your skin is being rejuvenated and becoming healthier

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Beauty favs

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www.kowaihair.co.nz



Juvenate Renew Crème

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Makeup that heals while it conceals (we call it Beauty With Benefits!), Youngblood offers superior coverage without compromising skin health.

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Youngblood products are formulated with 100% natural minerals such as titanium dioxide, iron oxides and mica, that are gentle on skin. We fortify our products with nourishing plant extracts and oils to further enhance skincare benefits.

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COCOON
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Long sleeve, button through blouse to go with anything hazelnut shade.
Craze, Kaiapoi



Sleek lines flatter in this ribbed crocheted jumper with stripe sleeve.
So You, Rangiora



Vegan leather, woven bucket bag – perfect to grab and go.
Blackwells, Kaiapoi



Totally on trend tan trench coat with tie belt.
Country Lane, Rangiora

Effortless winter elegance in this flattering camel coloured knitwear.
Country Lane, Rangiora



Utterly practical but elegant grab and go shoulder bag.
Blackwells, Kaiapoi



Dazzle everyone with these sophisticated sunglasses with square frames and tortoiseshell tones.
Blackwells, Kaiapoi



Block heel and outer zip detail bring together style and comfort in this ankle boot.
Modabella, Rangiora

The perfect winter ankle boot with chunky heel and zip.
Blackwells, Kaiapoi



Awesome Autumn Fashion

Tailored full-length coat with tie belt in versatile oatmeal tone.
Craze, Kaiapoi



Cropped trench style jacket with tie belt in double button and cuff detail.
Blackwells, Kaiapoi



The perfect hold-all for that weekend away with sturdy straps, plenty of space and a bit of style.
The Fabric of Society, Rangiora.



Block heel and tapered ankle for a flattering style with zip for easy entry.
Modabella, Rangiora



Cute check coat brings a bit of pattern to your winter wardrobe.
Craze, Kaiapoi

Versatile shirt with ruffle detail, round neck and button up front and cuffs.
So You, Rangiora.



Dress up or go casual in this versatile plaid check longline trench coat.
So You, Rangiora.

Elegant knit skirt with flattering pleat and centre front split.
Country Lane, Rangiora



Soft leather loafers with fun fringe detail can take you through the day in comfort and style.
Craze, Kaiapoi



Oat gathered leather bag with gunmetal zippers and detachable shoulder strap.
Craze, Kaiapoi



This cosy knit beanie hat is perfect for those chilly weekend mornings.
The Fabric of Society, Rangiora



Peanut butter and jam Layer Cake

Mother's Day is coming up on Sunday May 12th and if you're looking for something spectacular to make for your mum, grandma or special mother figure in your life take a look at our Peanut Butter and Jam Layer Cake, it looks as good as it tastes!

To save time you can make it the day before and keep it in a sealed container to keep it fresh. The flavours of peanut butter and jelly take it to the next level. You'll have all your family and friends wanting the recipe after the first slice.

A few pointers to help you achieve the best result. I used Pam's Smooth Peanut

Butter to keep the costs down however if Fix and Fogg or Pick's is your favourite, go ahead use it. I didn't have two springform round tins so I greased well two sponge cake tins and lined them with baking paper including the sides which I cut three inches high to give enough height for the cake to rise as my tins were only two inches high. I used freeze dried raspberries that we stock in store to put on the top but you could use fresh if you choose and finished off with some dried rose petals. You can dry your own but I used FN Lemons Simply Blush, Edible Florets, available online at www.fnlemons.co.nz

Happy Mother's Day. Until next time, happy cooking

Serves 8 | Prep time: 30 mins | Cooking time: 30 mins

Ingredients

- 120g + 220g unsalted butter, softened
- 1 1/2 cup caster sugar
- 1/2 + 1/4 cup smooth peanut butter
- 4 eggs
- 1 cup sour cream
- 1/3 cup milk
- 3 cups self raising flour
- 1/2 tsp salt
- 1 cup frozen raspberries
- 3 tsp vanilla essence
- 1 3/4 cup icing sugar
- 1/3 cup raspberry jam
- Chopped peanuts and freeze dried raspberries to garnish, optional

Method

1. Preheat your oven to 170 degrees celsius fan bake. In a bowl, cream the 120g butter and sugar using an electric beater until light and fluffy. Add the peanut butter and 2 tsp vanilla essence, and beat until smooth, then add the eggs one at a time and mix until fully incorporated.
2. Sieve the flour and salt into the butter mixture, then add the sour cream and
3. Evenly divide the mixture into two lined 20cm round springform tins, then sprinkle over the frozen raspberries and lightly press them into the batter. Place into the oven and bake for 20-30 minutes or until lightly golden and clean when tested with a skewer. Once cooked, leave to cool completely and trim to create a flat top.
4. To make the buttercream, place the remaining softened 220g butter and vanilla in a bowl, and beat until light and fluffy. Add the icing sugar in two increments, then beat until fluffy (adding a dash of milk if required). Fold through the peanut butter, and add a pinch of salt to taste.
5. To assemble the cake, place one of the cakes on a plate or stand. Spread with a third of the peanut butter frosting, then top with half of the jam.
6. Place the second half of the cake on top, then spread with the remaining jam and buttercream. Sprinkle over the peanuts and freeze dried raspberries if desired, then serve.



Essence columnist, Barb Palmer has been part of the friendly team at New World Rangiora for 21 years, the last ten as their Brand Ambassador sharing recipes and ideas with customers.



Wine & Dine

North Canterbury is brimming with great cafes, restaurants and bars offering everything from brunch to fine dining. So try something new this month and check out our picks.



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LA LUNA

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Home Faves

No kitchen should be without these gorgeous Mason Cash earthenware, patterned bowls. **I Adore**



This little porridge spurtle is perfect for mixing and stirring anything. **The Fabric of Society**



Super cute Breakfast in Bed mug. **Niche**



Mid-century style chair with timber frame and white seat will bring simple elegance to any home. **Blackwells Department Store**



Get cosy and stock up this oversized wicker basket and get the fire roaring. **I Adore**



This decorative rocking horse will add a little old school style to any home. **I Adore**



Autumn colours combine on this beautiful floor mat. **The Fabric of Society**



Create the ultimate relaxed and inviting interiors by combing Scandi style with rustic elements. **Niche**



Gorgeous European style basket to tote your things around. **Niche**



Knitted washcloths in earthy tones are perfectly versatile. **The Fabric of Society**



Two piece ceramic planter set with soft curves is the perfect home for your plants. **Niche**



Edible Flowers

This month when Barb from New World brought in her amazing cake for Mother's Day (check out the recipe) - she had decorated it with some of these cute little flowers. They look great and taste great and come in a jar all ready to use and store. Perfect.



Our Favourite Foodie Things


We spend a lot of time talking about food and all related things at Essence - from good recipes to great ingredients. On this page we share a few of our recent faves.

No Alc




Gone are the days of the only low alcohol option being a watery white wine. The choice of no alc and low alc drinks has soared and, honestly, many of them are pretty good. My fridge has been stocked all summer with these alcohol free Gin & Tonic and Vodka Spritz drinks from AF. Keep some in the fridge - and you won't wake up with that fuzzy head feel and they're a great option for those guests that might be driving home.

The Great Vietnamese Mint Hunt



Dorothy is always making amazing dinners and she follows recipes to the letter she tells me. So last week when she was making a laksa and one of the ingredients listed was Vietnamese mint - she was looking for it everywhere. In the end she bought and planted some to avoid a repeat of the search. If you like cooking with different herbs - get some planted, you'll save money and always have a fresh supply for your kitchen. If you need Vietnamese mint in the meantime - email Dorothy!

In Season



Feijoas are starting to appear everywhere - it's that time of year. I had never heard of a feijoa or tasted one until I landed in New Zealand but they are now one of my absolute favourite fruits. Working with Dorothy I have also learned the correct way to cut them - horizontally apparently, not vertically, that way you get to see the beautiful pattern inside them.

Enjoy your feijoas, they're all the sweeter for being seasonal. What a treat!

What's new and exciting at Artisan...

Tasty hot Pensioner sized meals every Tuesday!



One delicious meal option available every Tuesday, come in each week to try them all! Think, Creamy fish pie, hearty bangers and mash, chicken schnitzel with mushroom sauce or the classic lambs fry and bacon.

Open daily 7am - 5pm 18 High Street, Rangiora | 03 311 8837 | www.rangiorabakery.com





The Winter Christmas Trail

The Zonta Club of Christchurch-Canterbury are thrilled to announce their major fundraiser for 2024 - The Winter Christmas Trail. As winter sets in, many people are looking for ways to get into the holiday spirit. And this year, the Zonta Club of Christchurch-Canterbury is offering a unique opportunity to do just that - with their Winter Christmas Trail.

The trail, is a self-drive tour of 8-10 houses throughout Christchurch city area, all decorated for Christmas in the most splendid way. Visitors will have the chance to experience the magic of Christmas in the middle of winter engaging all their senses throughout the day with all sorts of ideas for Christmas decorating. From folksy to elegant the decor will enchant.

Highlights include an antique Christmas sleigh that people can sit on for photos. The sleigh, which dates back to the early 1900s, was lovingly restored by UK TV show Saved & Remade. It was spotted by a member of the Christmas Hut family who secured it and shipped it to New Zealand. It will be on display for the duration of the event.

But the event is more than just a chance to get into the festive spirit. It's also a fundraiser for the Christchurch-Canterbury Zonta Club, an international organisation dedicated to building a better world for women and girls. The funds raised from the Winter Christmas Trail will go towards the Canterbury Charity Hospital raising funds for tubal ligation equipment and supporting the club's many programs and initiatives, from providing scholarships for girls to promoting women's health and safety.



And perhaps the most important part of the Winter Christmas Trail is the sense of community it fosters. As people come together to celebrate the season and support a worthy cause, they'll be reminded of the power of kindness and generosity. And that's a message that's always worth spreading, no matter what time of year it is.

The Winter Christmas Trail takes place on Sunday July 28 and tickets are required for entry. The event is suitable for adults and children 12 years of age or over.

Early bird tickets until 16th June: \$65.00
Thereafter: \$75.00

Available online at www.zontachristchurch.org.nz



Nurturing Success for Over 100 Years



If you've ever driven SH1 between Rangitata and Temuka, you may have noticed a mighty roadside hedge bearing a small blue and white sign announcing Waihi School. You wouldn't know it on passing, but behind this hedge nestles a busy little school that has been attracting students from all over the country for over 115 years.

Waihi School is an independent preparatory school for boys and girls in years 4 to 8 with both boarding and day options. A long way from its 1907 inception with three students, Waihi School has seen enormous roll growth in recent years as more and more parents seek quality education with small class sizes and a wide range of educational opportunities.

Traditionally a boarding school for boys, Waihi School introduced day students in the late 1990s followed by female students in 2021. Female students now make up around 30% of the school population, as both boarders and day students.

Whilst its rich history and traditions form a key part of the Waihi School experience, the little country school in rural South Canterbury offers an abundance of contemporary experiences too. With specialist teachers, a fantastic outdoor education programme, music, performance, technology and sporting opportunities among many others, Waihi School

aims to provide an education that will nourish every student academically, physically, culturally, spiritually and individually.

Combine all of this with class sizes under 20 and a holistic approach to nurturing academic success, and you've got what many parents consider the complete school package.

Although the roll has increased by 50% since 2022, Waihi School's spacious grounds means there is plenty of room for expansion as the school community grows. New classrooms are being built this year, and there are plans to extend the boarding facilities, all with the aim of retaining the feel of a small, welcoming school community.

To experience life at Waihi School for yourself, register for the upcoming Open Day on May 26th where you and your child will be welcomed into the school grounds, shown around and introduced to key staff before you enjoy a delicious lunch and time for your child to ride the purpose-built mountain bike pump track, have a go on the indoor climbing facility or hit a few balls on the golf driving range.

Waihi School aims to provide an education that will nourish every student academically, physically, culturally, spiritually and individually.

Find out more and register online: www.waihi.school.nz/our-school/open-day/ or contact Kat Thompson on 03 687 8071





WINTER CHRISTMAS TRAIL

A Christmas House Tour Fundraiser for The Canterbury Charity Hospital & other Zonta chosen charities

28 July 2024

Early bird tickets until 16th June: \$65.00
Thereafter: \$75.00

Tickets purchased from zontachristchurch.org.nz or The Christmas Hut, 39 Sawyers Arms Road

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Voucher for 30% discount at The Christmas Hut included with every ticket purchase

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Operation Op Shop

WORDS: PATTIE PEGLER | IMAGES: BRENDAN HOLT - DISPLAY

When we started to look at the op shops around town we were overwhelmed with the work they do. The funds they raise go towards some really important community initiatives and we wanted to support that through the magazine. So we came up with the fashion shoot.

Dorothy got to work finding clothes from the op shops. We called on the lovely ladies at Create Design to model some of the clothes. We asked fabulous photographer Brendan Holt if he might do us a favour for a good cause. Everybody was super willing to donate their time and skills to put this together - so we wanted to say a big thank you to all.

Get out and support your local op shops - they do an amazing job!

Making the Most of Donations

A few op shops in town were overrun with donations early this year - probably part of a post-Christmas declutter. You may have seen signs saying they couldn't take any more donations - and that was mostly because they didn't want to overwhelm volunteers with items to sort. But we're told this surge of donations is now over.

So what donations do op shops want? Well, it's always worth checking before you drop things off. Some won't take electrical items (it's a safety thing), some don't want large items (it's a storage space thing). But mostly there is nothing too odd for many of them - we even spotted a saddle in one shop.

What they don't want is your rubbish. Make sure items are clean and good in condition. One staff member told us of opening a bag of donations left at the store, only to put her hand (luckily in a glove) on a dirty nappy.

And please don't leave donations outside the stores. Things get rained on, or bags get thrown around and ripped open - which means that your kind donations don't always get to help a good cause.

Volunteers

Let's be clear - op shops, like many charitable events and organizations, would not work without volunteers. But we heard time and again that good, reliable volunteers are increasingly hard to come by. People are short on time and have lots of commitments and older people may be looking after grandchildren and they and don't have time to volunteer.

But op shops can be a fast and fun work environment, you're working for a good cause and they're often quite sociable. And you'll learn a lot about retail. So if you do have time and if you're interested in volunteering then get in touch with the organization you would like to volunteer for and see how you can help.

Salvation Army

What? Often larger op shops, making them the ideal spot to search out bigger home items such as tables, chairs and other furniture. But they also sell toys, books, clothes and more.

Why? Profits from goods and clothing sold through SA op shops go towards supporting their many community initiatives.

Where?

14 Albert Street Rangiora
50 Charles Street Kaiapoi

St John

What? A great selection of kitchen items - from matching set of plates to single bowls. Plus you'll find furniture, books, some interesting retro china including cute cups and saucers. And lots of clothing.

Why? St John provide ambulance services throughout New Zealand as well as broader health initiatives like first aid training, AEDs (defibrillators) and health-related community programmes.

Where?

27 Ashley Street Rangiora

Hope Op Shop

What? Plenty of clothes and footwear as well as some school uniform items. You'll also find books, kitchenware and everything from handbags to vases and bed linen.

Why? To support some wonderful and little-known local initiatives like Hope Food Bank and the Community Kai where people can enjoy a 2-course meal cooked for them for a gold coin donation.

Where?

113 East Belt Rangiora

City Mission

What? This smaller op shop in the Gables is mostly taken up with clothing items - dresses for special occasions to tops, jeans, jackets and more.

Why? Funds go towards supporting things like the City Mission food bank, day programmes for men and women, emergency accommodation and community cafe.

Where?

Gables Arcade. 96 High Street Rangiora

Nurse Maude

What? Clothes, clothes, clothes - with a great selection of skirts, tops, coats and dresses as well as a smaller rack of high-end labels. They also carry menswear - and the Rangiora store in particular has an excellent selection of quality men's shirts.

Why? All proceeds raised go directly to the Nurse Maude Hospice so they can continue to provide hospice palliative care and support free of charge to patients and their families.

Where?

73 High Street Rangiora
174 Williams Street Kaiapoi

Red Cross

What? Homewares, books and clothing for women, men and children. They also have some brand new items that are donated in bulk - for example, we spotted a rack of really lovely, dark quilted jackets when we visited.

Why? Funds go towards Red Cross initiatives like Meals on Wheels and disaster as well as other community projects to support those in need.

Where?

94 Victoria Street Rangiora

SPCA

What? One of the most recently arrived op shops in Rangiora - with lots of clothes and homewares, plus books, games and more.

Why? Funds go towards supporting the range of SPCA animal welfare projects - from rescuing animals that have been mistreated or are in danger to running animal shelters and education programmes.

Where?

199 High Street Rangiora
Unit 9, 77 Hilton Street Kaiapoi



Brand new reading glasses, \$14.99 each. **Red Cross**

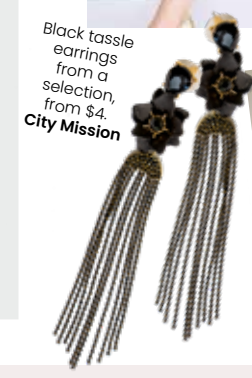
High neck, on-trend top, \$25 **Nurse Maude**
Versatile and stylish black, wide-leg pants, \$16 **Nurse Maude**

Sheer blouse with gorgeous golden buttons, \$8. **City Mission**
Elegant white pants, \$10. **SPCA**
Black and white gingham dress, \$15. **Salvation Army**

Mustard top with flared hem and full sleeves, \$30. **Red Cross**

Super glam black and white stripe dress, \$20. **Salvation Army**

Quilted look Guess bag with shoulder strap and handles, \$20. **City Mission**



Black tassel earrings from a selection, from \$4. **City Mission**

Patterned blouse with cute shoulder detail, \$10. **SPCA**
Super versatile black skirt, \$15. **SPCA**

Bias cut, pink checked dress, \$15. **St John**
Gorgeous Trelise Cooper dress in floaty fabric. **SPCA**



P & E Nation sporty look jacket with zip fastening, \$20. **St John**
Lonsdale sports leggings, \$5. **Salvation Army**



Short leopard print T-shirt by Superdry, \$10. **St John**
Pink sweatshirt, \$8. **Salvation Army**
Black shorts - model's own.



Brand new Addidas shoes, \$15. **St John**

Cosy fake fur gilet, \$15. **Hope Op Shop**
Long-sleeved pink sweater, \$8. **Hope Op Shop**
Brand new burnt orange puffer jacket, \$130. **SPCA**
Cosy knit scarf with autumn tones, \$5. **SPCA**



Black and white print, sleeveless dress, \$6. **Hope Op Shop**



Orange fabric bag with cute textured detail, \$25. **Nurse Maude**



Black T-shirt with gold Capri lettering, \$7. **SPCA**
Olive green maxi skirt, \$15. **City Mission**

• There are some estimates that say energy used to collect and sell second-hand clothing is 10 to 20 times less than making garments new. Consumer NZ

• The average Kiwi has around 11 pieces of clothing they no longer want or wear. Trade Me Circular Economy Report

• 180,000 tonnes of clothing and textile waste is thrown away in New Zealand landfills every year. Greenpeace.



Dark olive green winter coat by Mesop, \$30. **City Mission**

Reduce and Recycle

Aside from supporting good causes, when you buy from an op shop you are giving items a second lease of life and that's a good thing. It means less stuff to landfill and less need for new things. Less new things means less resources used and less emissions.

Then there's the issue of quality and how long something might last. For example, some of the ops shops we visited had some great secondhand furniture - great quality, solid wooden tables that are simply going to be more durable than some of the brand new flimsy options you might find on the high street. You could pick up a dining table your grand kids will be eating off - instead of one that's going to end up in landfill when the veneer starts to peel off.



Citizens Advice Bureau Fashion Show

If you want some fashion, fun and feel good fundraising then head along to this pre-loved fashion show on 8th May. Tickets \$25 each and all go to a good cause.



It's a 'play til the street lights come on' type place.

There's something nostalgic about New Zealand's newest township.

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MATT DOOCEY MP for Waimakariri

As local MP I am of course a big advocate of the Waimakariri and I enjoy promoting the area to visitors. So I was excited to hear that the Oxford Forest Conservation area has recently been certified as New Zealand's newest Dark Sky Park.

We all know how beautiful our skies are, especially in rural areas like Oxford, but we often take this for granted, which is why I am proud of the work which has been undertaken by all those involved in Oxford's Dark Sky project.

Visitors I have met from places like the UK are amazed by our night skies and it's something we should be harnessing more as a drawcard for tourists. This is just one more thing to put Waimakariri on the map for both international and domestic tourism.

I am a frequent visitor to schools around the electorate and I feel sure those I have spoken to recently will be happy with the Government's recent action in the education sphere. As well as banning cell phones, which has resulted in a lot of positive feedback from schools, the Minister for Education Erica Stanford has also announced changes to the NCEA Change Programme, which has now been delayed by two years.

I am aware that a number of schools were not ready for the NCEA Level 1 changes and as a result some stopped offering Level 1 NCEA at all. We need to get the basics right before we implement changes to assessment and so hitting pause on this important work is the right decision until we have certainty that the changes we make are the right fit for our New Zealand schools.

Finally, I am looking forward to paying my respects later this month to all those who fought for our freedom when I attend various Anzac Day services across the electorate. It's a time of year to remember all those who selflessly sacrificed their freedom and ultimately their lives for future generations of Kiwis like us.

I would encourage you all to take the time to attend one of the many local services and pay your respects to these brave men and women from Australasia. We will remember them.

The Simple Dinner Edit

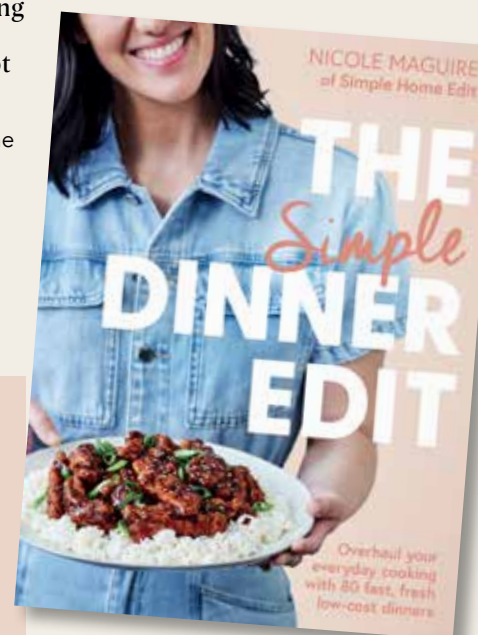
by Nicole Maguire

If you ever get to six in the evening and still haven't decided what to make for dinner - well, you're not alone.

But this book from Nicole Maguire, the Aussie cook behind the online hub, Simple Home Edit, could be just the inspiration you need. It's all about simple family favourites - like butter chicken, fish tacos and easy cheat's laksa - all designed to save you time, money and sanity.

We have one copy of this book to giveaway

So, if you're in need of a little dinner time inspiration - just email your name, address and why you want to win this book to pattie@essencemagazine.co.nz. Entries close on 30th May.



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Page Turners WORDS: EMMA'S AT OXFORD

The List of Suspicious Things

By Jennie Godfrey

Yorkshire, 1979. Maggie Thatcher is Prime Minister, drainpipe jeans are in, and Miv is convinced that her dad wants to move their family Down South. Because of the murders.

Leaving Yorkshire and her best friend Sharon simply isn't an option, no matter the dangers lurking round their way; or the strangeness at home that started the day Miv's mum stopped talking. Perhaps if she could solve the case of the disappearing women, they could stay after all? So, Miv and Sharon decide to make a list: a list of all the suspicious people and things down their street. People they know. People they don't.

But their search for the truth reveals more secrets in their neighbourhood, within their families - and between each other - than they ever thought possible. What if the real mystery Miv needs to solve is the one that lies much closer to home?

If you loved The Curious Incident of the Dog in the Night-Time; then this clever and moving debut will be perfect for you. It is



a story of friendship, community and family - a look at childhood, at growing up, at starting to see the world around you. I love this book & highly recommend it. Jennie Godfrey was born and raised in Yorkshire; & the novel was partly inspired by her father having worked alongside Peter Sutcliffe, the man eventually charged with the crimes of the Yorkshire Ripper. This all contributes to the novel's strong sense of place and time - you will be transported to Yorkshire 1979. The perfect book for book club discussions; and also perfect for audio book fans.



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