

essence

essentially...north canterbury



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Home & Lifestyle

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Loving the Landrover

Complimentary
PUBLICATION

August/September 2023

Shop the Look

Love shopping? 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.

The Fabric of Society

The Fabric of Society's great space is a showcase for their wide selection of fabric off the roll, Chalk Paint®, homewares and occasional furniture, both old and new. A meeting place for those seeking décor inspiration, their textile collection an eclectic mix of styles, colours and patterns in beautiful natural and man-made fibres to suit every home.



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Balloon Dogs in 5 colours



Blunt Metro Umbrellas



Chalk Paint Scandinavian Pink



Tapered Candles - Peach Pink



Mayfair Fabric - Pastel



Marvin Locker - Macaron

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Saturday 10am - 4pm
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Niche.

Niche is a little something different. We are a locally owned & operated homeware, gift, art & baby store. Our aim is to spark joy & bring you products that are simple to fall in love with.


Status Anxiety Tote



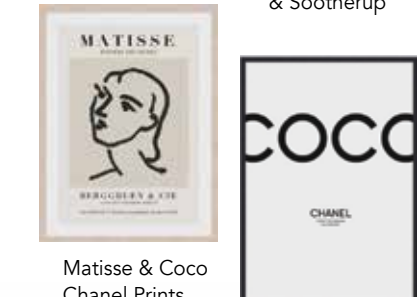
Ashley & Co Wash Up & Sootherup




Ashley & Co Home Perfume




Matisse & Coco Chanel Prints




Slatted Coffee Table




NZ Wool Blanket



Range Of Cushions



Citta Sideboard



Shop 2/172 High Street, Rangiora
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Behind the Scenes

The chillier months of the year often feel like the time we hibernate a little in our homes. With that in mind, this issue is bringing you a little bit of home inspiration - from painting and window treatments to a great renovation of a 1930s bungalow - that really left us inspired. We also caught up with some people who have opted for different lifestyles - from housesitting to life on a bus.

in the late 1800s and has more recently become home to local retailer l'Adore.

We always love putting the magazine together. There's always a bit of pressure as print day approaches but that's part of the work cycle in magazines - and if we're honest, we all enjoy it a little bit. That's also because we love what we do - getting out and about and finding out what's going on in North Canterbury. We live in a great region.

So, put your feet up, grab a coffee or a herbal tea...or maybe a glass of wine, and browse through the pages of this latest issue. You will discover new places, interesting people and great stories happening right here in North Canterbury.

Until next issue!
Pattie Pegler Editor

Getting out of the house, writer Grant Shanks checks out the Canterbury Land Rover Owner's Club (CLOCC) - one of the oldest four-wheel drive clubs in the country. Apparently, you don't have to own a Land Rover to join and they get up to all sorts of interesting trips around Canterbury. Find out more in the full article.

Meanwhile writer Michelle McCullough chats to the founder of Girls Who Grow, a great programme set up to encourage girls to consider a career in agriculture.

Plus check out all our usual favourites - from fashion and homewares, to great spots to eat and drink locally and business updates. We also bring you a little local history with a look at Rangiora's Court House which was built

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Once space to rent

Looking for an individual office to rent?

We have two offices available in the Essence building - one large double space and one smaller individual space.

Our premises in Rangiora's King Street are conveniently located and offer the privacy of individual offices with shared kitchen and bathroom facilities.

So if you're looking for a sunny, central spot to work from then get in touch with Dorothy to find out more dorothy@essencemagazine.co.nz

“ Jan is so professional with a lovely personality. She works super hard for the vendor and is efficient, knowledgeable and gets results. We would definitely recommend Jan McCormick any day. ”
N and S Lee



Jan McCormick
021 395 241 | 03 311 8020
jan.mccormick@bayleys.co.nz




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21 Fashion and homeware faves

Front cover image: supplied by Annie Sloan. Walls, floor and all furnishings painted in Annie Sloan paint. See page 10 for full colour details.

Gorgeous Collectables available at Vintage Rose



Lladro



Glassware



Collectables



China



Perfume Bottles

VintageRoseKaiapoi | 174 Williams Street, Kaiapoi | 03 327 0045

MATT DOOCEY

A proven track record: getting things done for Waimakariri

As your local MP I have fought hard for our communities, securing important wins - from a commitment to after-hours healthcare to better infrastructure, including the third-laning of SH1 at the Waimakariri Bridge.

Waimakariri is struggling with a cost of living crisis. Crime has increased. Health wait times have ballooned.

- I will get Waimakariri back on track by:
- Fixing the economy to reduce the cost of living.
 - Restoring law and order, and
 - Improving our schools and healthcare.

It would be a privilege to continue to serve as your MP.

Matt

Authorised by Matt Doocey, 5 Kingsford Smith Drive, Rangiora.



North Canterbury Wearable Arts

Sat 9 Sep – 7pm to 9pm

Have a great evening getting inspired at this creative fashion event. Creations are imagined, designed and constructed by artists, designers and creators of all ages from all over New Zealand. Categories are centred around New Zealand culture and innovation and include flora and fauna and kiwiana. An imaginative fundraiser for the Oxford Area School PTA.

Rangiora Baptist Church Auditorium, 111 East Belt, Rangiora – Tickets \$38 for adults - available online at Humanitix



Rangiora Art Society Spring Exhibition

Fri 6 to Sun 8 Oct – 10am to 4pm

Artwork of all sorts are on display from oils to watercolours, ink and pencil to mixed media from over 50 artists. This exhibition is a great chance to see some of the talented and creative artists working locally. And works are for sale so you may just find something you love.

Rangiora Borough School Hall, 175 King Street, Rangiora
Gold coin entry



essence 20th anniversary

With Essence Magazine coming up to its 20th anniversary we thought it would be fun, in the next few issues, to revisit some of the events we have covered. Photos continued on page 31.



Anne Wilson, Christine and Chris Webb with Graham Wilson and Helen Joblin at The Beds are Us opening in October 2006

Barbara Peter, Kate Smith, Heather James and Jane Meyer at the Inaugural NC Womens Triathlon March 06



Jeni Sanders, Chris Stewart and Paul Sanders at the WAI Arts Exhibition March 06

Lindsay Kerr with Philip Gainsford at launch of the Ions Club recipe book March 06

Melanie and Bob Blair at Monteiths November 07



Mark Prosser, Matt Lester and John Archer December 03

Mary Gerard, Stephen and Mary Bessant with Jo and Brodie Kane at the Kaiapoi Art Expo August 2007

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Geraldine Summer Fete

Thu 2 Nov – 9.30am to 4.30pm

Over 200 stalls selling carefully curated quality goods from jewellery to fashion, children's clothing and much more. Throw in live music, delicious nibbles and a glass of Pimms in a beautiful country setting and you've got a fabulous day out.

Stover Farm, 220 Main North Road, Geraldine
Tickets \$20 at www.geraldinesummerfete.co.nz



Muddy Good Run

Sun 24 Sep – 9am

Think cross country running with mud pits, cars to climb over, slipper slides, hay bales, cargo net climbs and lots more. This is a great fun day out with races for all ages, from 500 metres for kiddies up to 5kms for grown-ups.

Mandeville Sports Centre, Mandeville
Register online at raceroster.com



The Devlin Group Market In the Park

Sun 1 Oct – 10am to 3pm

A great day out for all in the community with stalls, kids' entertainment, delicious bites to eat and much more. This bi-annual event has become a must visit on the local calendar, always a great vibe with something for everyone.

Victoria Park, Rangiora – Gold coin donation

Rangiora Art Society Spring Exhibition

Friday 6th to Sunday 8th October
10.00am - 4.00pm Daily



Exhibiting Artwork for Sale from over 50 Rangiora Art Society Artists
Across a range of media in Oil, Acrylic, Watercolour, Pencil, Ink and Mixed Media

Gold Coin Entry, Children Free

Rangiora Borough School Hall, 157 King Street, Rangiora

The Harcourts
GERALDINE FESTIVAL

17 - 19 NOVEMBER FREE ENTRY

MARKET AND FOOD STALLS
FRI 17 NOV GERALDINE MAIN STREET
SAT 18 NOV GERALDINE DOMAIN

LIVE MUSIC
FRI 17 NOV
SAT 18 NOV

ART AND PHOTOGRAPHY EXHIBITIONS
17 - 19 NOV

OPEN GARDENS
17 - 19 NOV

KIDS ENTERTAINMENT
SAT 18 NOV

DISPLAYS AND MUCH MORE!

SCAN HERE FOR MORE INFORMATION

SPONSORED BY Alpine Energy, Venture Timaru, Harcourts Blackham & Co



Majorie Jamison sold The Accessory Shoppe to Sharon Kennedy March 04

Denis Milne with Shona Pope taken at The Blue Rooster January 04

Pam Scott and Corina Dempsey at the Women in Business Forum in Kaiapoi November 07



Our town Rangiora committee on a trip to town to check out the street lights September 07

Staff at Gibson Retraivision July 05 Pam Mason, Riley Gibson, Joe Morris, Rex Gibson and Prue Murray

DEVLIN GROUP REAL ESTATE LTD

MARKET in the park
A Boutique Shopping Affair

Sunday 1 October
10am-3pm

Victoria Park Rangiora

Live music by The X-Files Duo, Circus workshops, Busking Shows, 80 Markets, Food Trucks and more!

Sporti
5 Ply/Sport Weight

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Moving Stores

WORDS: PATTIE PEGLER

Popular Rangiora homeware store, I'Adore recently moved from their premises on Rangiora's Durham Street into the iconic old Rangiora Court House. We caught up with mother-daughter duo and co-owners, Debbie Grice and Ashe Barrett shortly after the move. So how do they like the new premises?



"We're very excited," says Ashe. "The floor area isn't much bigger, but it feels much more spacious."

It certainly does. The high ceilings, natural sunlight and little side rooms make a lovely space for shoppers to browse the beautiful range of home wares and gifts. There's also ramp access and plenty of space for buggies and wheelchair users to navigate the aisles.

The new premises are great. But the move itself was less fun.

"Packing up a shop for moving is much harder than packing up a house," says Debbie.

"It's way more difficult," agrees Ashe. "There are lots of smaller things and so many breakable things."

There were lots of early starts and long days, it was stressful and they both got sick.

Along with movers to shift the big stuff, they got their husbands to wheel over the shop counters one quiet Sunday.

But now, on a sunny morning in the Court



House, the pair are clear – it's definitely been worth the stress. For others looking at moving premises they advise getting organized well in advance and having a bit of a plan.

The Early Days

Debbie started I Adore just five years ago. She had been wanting to start a shop for some time and working in pharmacy had a good understanding of merchandising and customer service. But when she found herself commuting from Cust to Spreydon for work, her husband suggested she get on with her plan to open her own shop.

So she did and shortly afterwards Ashe, who had also been working in pharmacy, came on board. The pair haven't looked back.



They love what they do and they're proof that mother/daughter working relationships can be a lot of fun – laughing and joking as they have their photographs taken, worrying out loud about flaws and reassuring each other.

And they work well together – Debbie has a great eye for merchandising and colours. Ashe has a creative streak and has made her own brand of scented soy melts, candles and soaps - Fabel & Flora. Beautifully packaged and lovingly crafted – they fit perfectly with the stock at I Adore.

The pair clearly love the store and working together, but they also know when it's time to close the door and head home.

"Ashe is very strict on boundaries," says Debbie. "She does make me stop. And that's good."

"You need to have boundaries," says Ashe. "Otherwise things get messy. You're thinking about work, you can't sleep."

Those boundaries and that balance make for a happy working life. And it's a vibe that is clearly on display in the warm and welcoming store.

The Court House – A Little Local History

On 25th January 1893, an advertisement in the Lyttelton Times called for tenders to build the Rangiora Court House. It was designed to house a Magistrate's Court – which prior to this had been based in what was known as the Rangiora and Mandeville Board Office on the site of the Unichem Pharmacy in High Street.

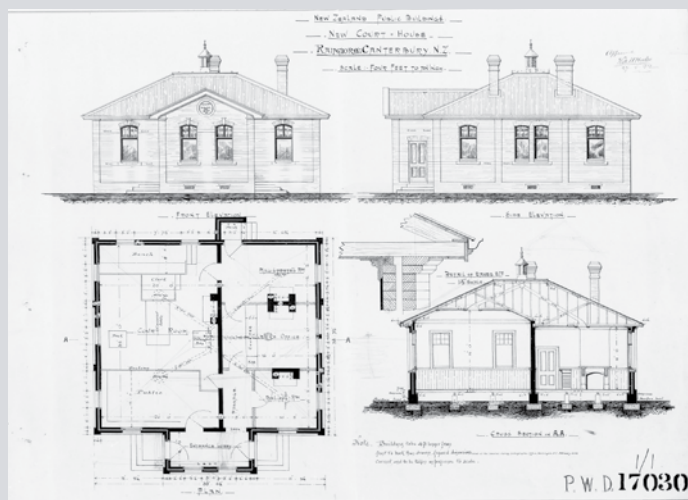
According to the Star newspaper in 1893, there were seven tenders received to build the Court House and G Thompson won the contract – with what was the lowest bid, of 717 pounds.

Made from brick and limestone it was soon busy with people appearing before the magistrate.

Cases of all sorts were dealt with here. In 1903 a report appears in the Press detailing how three men were fined for riding bicycles at night without lights. Whilst another was fined for throwing stones at someone's house in Rangiora. The list of cases continues over the years – travelling without a train ticket, cannabis cultivation, assaults, burglaries, drunken driving, car accidents and lots and lots of incidents that seem to have started with ill-considered outbursts that landed people in court.

According to the Landmarks website the Court House was given Landmarks status in 2003 and it has a Historic Place Category II registration. And on 24 September 2008 there were 103 cases set down to be heard.

After earthquake damage the building was closed in December 2011 for strengthening. The Ministry of Justice made the decision to transfer Rangiora court services to the Christchurch District Court and the Rangiora District Court was officially closed on 31 March 2014.



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The AA Autocentre Rangiora welcome new team member – Kay

Kay has joined us as an administrator and will be one of the friendly faces you see when you bring your vehicle in!

AA Motoring Auto Centre



Ray White Morris & Co Annual Awards

Ray White Morris & Co held their annual awards evening recently to celebrate and acknowledge the hard work and dedication the team has put in over the last 12 months. Owners Stuart and Claire Morris are immensely proud of their achievements and believe it is important to recognise this together as a team.

Now in its 8th year of business, Morris & Co continue to go from strength to strength with their Rangiora, Pegasus and Kaiapoi offices all performing well. Customer satisfaction and support are key ingredients to their success with referrals and repeat business confirming this.

"Our team is internationally recognised for their customer service and it is at the forefront of what we do" says Claire.

Under the leadership of Katrina Green, the Property Management division based in Kaiapoi consistently sits amongst the top businesses in the Canterbury zone.

Claire says that being in a position to give back to the community is a privilege and something that they love to be able to do. Close relationships with Canterbury Rugby sponsorship, the Kaiapoi Art Expo, Rangiora Promotions and supporting local schools is all part of the Morris & Co ethos.

Community Connection

Taking out the Top Salesperson award for 2023 was Justin Hartley based in the Pegasus

office. Justin says none of it would be possible without the tremendous support and tenacity that Team Pegasus have - local knowledge and community connections are key to their successful business.

Stuart Morris accepted the Top Auction Performer award as well as the Excellence in Customer Care award which is a testament to the way that Stuart approaches managing his clients. This award is based on Ray White's Net Promoter Score (NPS) which is an internationally recognised measure for customer satisfaction. Locally born and bred, Stuart's passion for real estate is evident with 16 years of experience under his belt.

Claire says "I'm exceptionally proud of our team, we strive to have a company culture that encourages and supports each other with some fun thrown in. With real estate being an ever changing market, adapting to the changes in the industry can be challenging yet rewarding and we are always looking at ways to improve and ensure our clients are getting the best outcomes they possibly can from us."

To get in touch with Ray White Morris & Co phone 03 310 6010, email rw.morrisandco@raywhite.com or visit them online at raywhitemorrisandco.co.nz



Morris & Co 2023 Awards

Top Sales Performer
Justin Hartley

Top Auction Performer
Stuart Morris

Excellence in Customer Care
Stuart Morris

Business Growth Excellence
Marijke Sheppard

Executive Recognition
Fiona McDonald

Rising Star
Oswald Mungwazi

Administrator of the Year
Ange Hewett

Top Property Manager
Tanaya Jeffcott

Property Management Support Champion
Melanie Cook

5 Year Long Service Awards
Peta Murch, Nicola Stokes

Ray White Status Awards
Premier: Marijke Sheppard, Stuart Morris
Elite: Justin Hartley
Property Management Executive
Recognition: Dee Boivin, Ray Hastie, Tanaya Jeffcott



Claire & Stuart Morris



Ben McNab & Fiona McDonald



Ben McNab, Marijke Sheppard & Amy Sheppard



Ben McNab, Daph O'Rourke & Stuart Morris



Katrina Green & Tanaya Jeffcott



Jenefer Bimler, Justin Hartley, Ben McNab, Angela Hartley & Belinda Buchanan



Stuart Morris & Oswald Mungwazi

Homes & Lifestyle feature

Whether you're looking at giving your home interior a restyle, building a new house or renovating an older one - you will find something of interest in our Homes & Lifestyle feature. From a creative bungalow extension to kitchen makeovers and ways with paint, it's all covered here. And, of course, sometimes the right lifestyle can be about owning less and prioritizing how you want to spend your time - and we also caught up with a few people who are doing exactly that.

So read on to get inspired!

The House Sitter

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

The saying goes that a change is as good as a rest and for Cantabrian Dee (Devika) Bigelow, it was yearning for a little time away that initially got her thinking about house-sitting. Her children had left home and had their own holiday arrangements - and she was paying a mortgage on a house that was mostly empty. So she started to think about what she would like to do.

"I researched housesitting companies online and watched for a Christmas house-sit in an area where I wanted to spend my three weeks off," she explains.

And soon she spotted something - a cavoodle called Ralph who needed looking after while his owners headed away for Christmas. The house was at the bottom of the Rapaki Track in Hillsborough and for Dee, who wanted to increase her fitness and get moving - it was perfect. She loved looking after Ralph and getting out walking in the hills.

She hasn't looked back. For a while she did house-sits through an online company, on long weekends and for short spells. Then gradually she started to get house sits through colleagues and friends and word-of-mouth - and for longer periods.

There were some downsides in the early days.

"I didn't sleep well in different beds and heard noises all the time," she says. "And I missed having my personal things around me, photos and things. But that has got easier with time as I learn to live with less. You don't actually need much I have found."

Eighteen months and over 30 house sits later and Dee is loving the lifestyle. So much so, that in Easter this year she decided to become a full-time house sitter. Now, on the rare occasions she's between house sits, she stays and pays at a friend's house. She doesn't charge for house-sitting and she has a 'day' job. But she does save a lot of money on outgoings - from rent to electricity and all those other house expenses.

And there are lots of other benefits says Dee. She gets to try out different homes, different neighbourhoods, different appliances. She meets and cares for lots of different pets. Sometimes she gets to use the



swimming pool or the spa or the big screen TV. Sometimes house owners will encourage her to use the food in the freezer or grab some fresh produce from the veggie garden. She's looked after cats and dogs and even hens.

Now with an overseas break in mind, she is looking at international house-sitting through a company. It offers a degree of security when neither party knows each other, plus they also carry liability insurance and can offer guidance and support - all probably good to have if heading overseas.

But for now she's happy to house sit more locally. When I get in touch to ask her a couple of questions she's off to meet three dogs she is going to be looking after for five weeks on her next house sit.

"It is a new and interesting way of life," she says.



WORDS: PATTIE PEGLER & KAYE DICKIE | IMAGES: SUPPLIED

When it comes to different lifestyles, many people like the idea of downsizing and being free to go where they want at any time. But one couple took this idea to the next level when they moved into a bus. We got to put some questions to Cantabrians, Kaye and Paul about their lifestyle.

essence: How long have you lived in the bus?

Kaye: We had a caravan and sold that and now live in the bus which we have had for two years and four months.

essence: What made you initially decide to live this way?

Kaye: We had a death in the family. Uto was only 19 when he passed away from cancer and we decided that life was short and decided to rent out our house in Akaroa and go on the road.

essence: What was the reaction of family and friends to your decision?

Kaye: Our children thought it was a great idea, our friends all agreed with what we were doing. My mother was not so keen on the idea!

essence: What have been some of the highlights of this lifestyle in the last couple of years?

I guess that the biggest highlight is that in about half an hour we can be on the road going to anywhere. We take the bus over to Darfield to catch up with the children and we have our own space over there.

essence: I would imagine summers are lovely - but are winters tough and how do you get through that?

Winters are not so bad big frost can be an issue. Quite a few times the water has frozen but that happens anywhere. It is really easy to warm up the bus as it is such a small space.

essence: What are some of the downsides of your lifestyle? What about when the weather is bad? Or when you've had an argument?

I am still working four days a week so not much in each other's space. Paul spends a fair bit of time on his electric bike

essence: What advice would you give to others looking to downsize in this way?

Make sure that you really want to do it. Some people would find it a bit of a challenge being in a small space.



New Home Living



In 2012 stage 1 of the Silverstream subdivision was opened by then Prime Minister John Key. Today the development is on to stage 9 and covers some 68 hectares (excluding the retirement village area).

Silverstream has a deliberate mix of houses which includes villas 'low maintenance, lock up and leave homes' single-storey 'high density' homes suitable for first time buyers or downsizers and larger sections with space to suit family homes or those wanting a bit more garden. Whilst in the centre of the development there is a small retail village with a busy café.

To date the Silverstream team have sold some 750 sections and there are an estimated 1500 residents.

Former Christchurch residents, Alistair Teague and Kerry McCabe, were some of the early arrivals. They had come out from the city to look around the area for the day - and that was it.

"We just fell in love with Silverstream," says Alistair. "The people are so friendly, the outlook in the area is great with the stream and the green spaces and it's well-connected."

They moved into a townhouse in 2016 and more recently when they wanted to downsize - they simply opted to have a single-storey home built on a different section in the development. That way they could stay in the neighborhood they loved.

As developers, Silverstream issue covenants to ensure that the subdivision maintains consistent quality throughout. They say this means home buyers can be confident that the standard of the subdivision will be upheld for future stages.

"If you drive around Silverstream, you will notice that no two houses are the same," says Lime Developments Director,

Jack Lin. "This ensures both uniqueness and aesthetic appeal for both houses and landscapes."

This was actually one of the things that appealed to first home buyer, Maddi Plimmer - another Silverstream fan. Having checked out some of the many other subdivisions in the area she chose this one for its 'welcoming vibe' and the fact that the houses didn't all look the same she says. She bought her 3-bedroom home as part of a land and house package and moved in last year with two flatmates.

The move felt like a long time coming and one of the hardest things was waiting for the titles to come out, having already paid her deposit. But the build process itself ran smoothly and she had a 'fantastic' project manager who she says really looked after her.

"I loved the process of picking out all of the colours and design features for my house," says Maddi. "That was super cool to see it all come to life how I envisioned it."

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With titled sections available in the newly released Stage 9, you can start building right away!

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Register your interest by 31 August.

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Sales Manager
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silverstreamestate.co.nz

*Terms and conditions apply.



WORDS: PATTIE PEGLER
IMAGES: SUPPLIED BY ANNIE SLOAN

I see a lot of inspiring things when I aimlessly scroll through Instagram. Mostly I just go 'that's amazing' and then forget about them. But when I spotted a dresser somebody had transformed with Annie Sloan chalk paint – something about it stuck with me. And that thing was...it looked really easy.

It got me thinking about the custom wood bookcase I had sitting in the garage. And then it got me straight down to The Fabric of Society where I discovered their Annie Sloan corner – an amazing little spot in the shop where all things Annie Sloan chalk paint are organized.

Getting Started With Chalk Paint

Why does everyone love chalk paint?

Annie Sloan developed chalk paint to make painting, well easier. And quicker. And, honestly, that sounds like my kind of painting. Primers and sanding and preparation and double, treble coats...all those things have put me off traditional painting. With chalk paint – it is really much, much simpler. Dust the piece down, brush on some paint and there you go.

So what can you chalk paint?

Anything seems to be the answer. I've seen tables and chairs and bookshelves and cabinets and dressers and ...you get the picture. If you've got an item you want to transform – then chalk paint could well be the answer. You can even use it on outdoor furniture – although it does apparently need a bit more care and the Annie Sloan website recommends finishing off outdoor pieces with Chalk Paint™ Lacquer to protect against peeling paint caused by water damage but also against UV rays and fading colour intensity.

What do you really need?

Well the basic idea is paint. But it's easy to get carried away. Especially in The Fabric of Society where there are books and brushes and stencils and gold leaf and all the colours you can imagine. But as a beginner, I would advise you curb your enthusiasm until you feel confident?

I started off with a tin of Duck Egg Blue, a brush and some clear wax to finish off the piece. And honestly, I was pretty pleased with the result.

In fact I was so pleased with the result I am signing up for one of The Fabric of Society's chalk painting workshops.

When are the classes?

2nd and 6th September, 7th October



Left: The amazing selection of Annie Sloan chalk paints at The Fabric of Society



Colour details

Walls painted in Duck Egg Blue (Wall Paint), floor in Graphite (Chalk Paint with finish in Annie Sloan Lacquer).
Cupboard painted in Chalk Paint(R) in Aubusson and finished in Clear Chalk Paint(R) Wax
Table legs painted in Antibes Green and finished in Clear and Black Chalk Paint(R) Wax
Table top painted with a wash made of Chalk Paint(R) in Old White and finished in Clear Chalk Paint(R) Wax
Chairs clockwise from back left to front left: Painted in Chalk Paint(R) in Cream, Greek Blue, Antoinette, Louis Blue, (stool) Amsterdam Green and Old Violet – all finished with Clear Chalk Paint(R) Wax
Stool in back corner painted in Antibes Green and finished with Clear Chalk Paint(R) Wax. Cushion on top made from Annie Sloan Coloured Linen in Antibes Green & English Yellow and Provence & Aubusson
Curtain made from Old Violet and Old White Coloured Linen and Barcelona Orange and Napoleonic Blue Coloured Linen.

Affordable Drapes and Blinds *Enhancing Your Home*



WORDS: CHRISTINA GARDNER | IMAGES: SUPPLIED

When it comes to home decor, window furnishings play a significant role in setting the tone of a room. I'm often asked to help customers navigate through the myriad of choices on offer to put together window furnishing solutions that work for them, and their budget.

At Harrisons Curtains & Blinds we have an extensive range of window furnishings to help you create the look you want in your home.

Where to Start

Firstly, let's think about how you live in your home, what you need or want your window furnishings to achieve.

With so many products to choose from it's easy to become confused. Is your home a new build, highly insulated and the challenge is privacy and getting windows covered as quickly as possible? Are you undertaking a major renovation transforming a mid-century classic into a modern family space; now with walls full of windows there's no space to stack drapes? Or perhaps double glazing just isn't an option – how can we make your home warmer?

Curtains provide a feature point for your interior whilst also providing insulation and warmth. Roller Blinds can provide privacy as well as control light. Thermacells are superb insulators. Whereas Shutters can provide a timeless look in any home.

Energy Efficiency and Perfect Fit

Custom-made products fit your window correctly to provide more insulation effectiveness, resulting in long-term cost-savings.

High-quality curtains can reduce heat loss by around 40%. Curtains can also make a room look and feel cosier when it's cold outside.

Blinds can be an excellent option for insulation, especially if you choose Thermacell blinds! Thermacell blinds reduce heat loss through windows by up to 60% when installed with a tight fit, which means you will save around 10% on your heating energy.

Embrace Simplicity and Versatility

Choosing versatile, neutral fabrics combined with a simplified single pleat style can be a cost-effective option. Durable materials like polyester or faux wood are not only affordable but also low maintenance.

I can help guide you with a few simple tricks - achieving a superior finish to your home interior.

Set a Budget and Prioritise

Identifying and prioritising your key spaces as well as using a variety of different window treatments is an approach which can offer significant savings. The main living areas could be completed in your dream curtains. Adding that extra wow factor. Whilst rooms you use less frequently may benefit from more cost-effective options like blinds.

With my mobile showroom of over 500 samples, I come to you so we can find the best solutions for your decor and budget, in your home.

If you would like help finding cost effective and creative solutions for your home – 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
Harrisons Curtains & Blinds
027 375 9927 | 03 312 8894



Need A Family Lawyer?

Get in touch with Eden Brooks at Williams McKenzie in Rangiora.

Eden Brooks joined the Williams McKenzie team in March this year and is focused on Family Law. She is able to assist with a wide range of Family Law matters including Care of Children Act, Family Violence protection orders, relationship property and paternity issues.

After obtaining her law degree from Canterbury University in 2017, Eden was admitted to the Bar before starting her legal career with a busy Christchurch firm. It was there that she started to focus on Family Law. She found she really loved it and enjoyed working with people.

"People usually come to me when something difficult is happening and they need help with it. And I can help them – I feel I am actually doing something useful, helping them find a way forward," says Eden.

She is also able to offer Legal Aid for Family Law matters, where appropriate.

When she's not working Eden enjoys jigsaw puzzles, poorly done taxidermy and forcing affection on her cat, Delilah.

E. eden@williamsmckenzie.co.nz
M. 027 236 6427
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4 Durham Street, Rangiora P. (03) 313 7086
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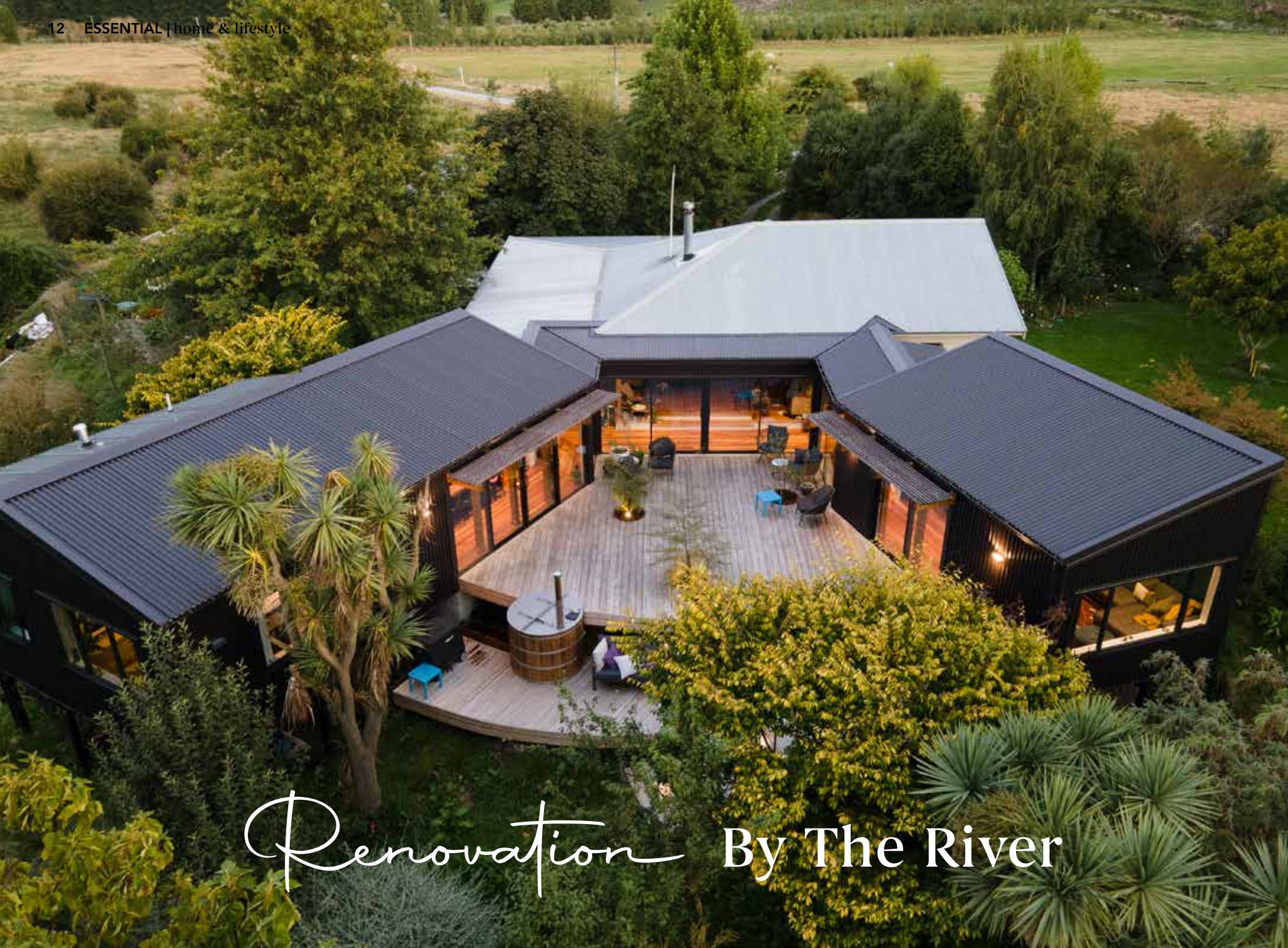


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Renovation By The River

The house seen from above with the original roof and the two new wings that form the extension



The original house when it was first placed on the section. Hamish's mother and grandfather worked on the landscaping



In the living area pops of colour and views of the native bush

WORDS: PATTIE PEGLER | IMAGES: FRANK DOWLE REAL ESTATE AND ARCHITECTURAL PHOTOGRAPHY

When Hamish Wright and his wife, Jane, moved into their Glentunnel home in 2003, it was an original 1930s bungalow with three bedrooms and a compact floor space of around 130-square metres. It had been relocated from Burnham some years earlier and the original idea from Hamish's family had been to use it as farm accommodation.

Like all older homes it needed some maintenance and over the years Hamish, who is quite handy, had worked on parts of the weatherboard, repaired windows and even insulated parts of the house. But as the years passed they started to feel a need for more space.

"With three young boys we were outgrowing the house really," explains Hamish. "But as a young family we were always waiting to have the money to renovate." They finally bit the bullet in 2019 and got Hamish's mother Denise, an architect, to help with the concept.

The Design

In terms of a brief they obviously wanted more space, a master suite and a dining area. Set on a 2-acre section near river flats the house needed a raised floor level in, but the family also wanted it nestled into the surrounding bush. Another design challenge was bringing together the old and the new parts and Hamish, an artist, also had some old church windows he wanted incorporated into the design.

Now retired, Denise who lives close by, refers to the project as her 'swan song'. It wasn't really stressful

to design for her own son and family she says. "But there were budgetary constraints, his ideas just exceeded his expectations. He wanted different storeys and raw elements like concrete block."

Denise came up with some concepts that were more budget friendly and the original idea of a double-storey is reflected in the multi-level deck. The actual plans were drawn up by architectural designer, Ilaisa of Ilaisa Design – whom Denise had worked with previously.

"Navigating the logistics of seamlessly integrating the new extension with the pre-existing property proved to be one of our most formidable hurdles," says Ilaisa of this unique project.

With designs decided on Hamish also had a quantity surveyor price everything up – so they had an idea of the budget.

"Sometimes the best design comes from constraints," says Hamish.

The Build

The actual building work started before Covid and took just over a year with lockdowns thrown in. The nature of the design, with two wings extending from the original bungalow, meant the family were able to live in the original centre of the house whilst much of the work was going on.



Walls in Resene Teal and a retro floor lamp in this reading corner



The dining area with recycled church windows and round artwork by Hamish and based on an old Soviet cartoon character (a wolf)

They used local builders and tradies who were 'sympathetic' to what they were trying to achieve says Hamish. And architectural designer Ilaisa was flexible and helpful throughout and willing to address any issues that cropped up on site.

The Home Today

The finished result is a charming and functional family home sympathetic to its setting. The old and new spaces have been seamlessly blended. Whilst the exposed native beech flooring, timber pillars and ceiling cladding add a feeling of warmth and modern sliding doors offer expansive views out to the native bush.

And then, of course, there's the space. The two extra wings house a dedicated dining area, a master bedroom and en-suite and on the other side – a media room. This means Hamish and Jane's three sons are now delighted to have their own rooms after years of sharing.

Outside the deck cascades down through levels surrounded by native bush. There's a rustic hot tub and seating areas as well as discreet lighting in the steps. It's here outside that the family can often be found on a calm evening – enjoying the rural setting.

Both outside and inside the space is full of character – from the arched church windows to the cosy living area with its dark walls and vibrant green house plants. From the orange front door to the retro style floor lamp positioned in the reading corner.

"We don't follow the on-trend things, there's no theme," says Hamish. "It's what suits the space and it's very personalised. It's our art, our history, our books that make it our home."



The orange front door alongside an artwork featuring an old church window that Hamish completed many years ago

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Looking For These Familiar Legal Faces?

You can now find Quentin de Hamel and Carol Dunn at Williams McKenzie in Rangiora.

Quentin de Hamel - With 35 years' experience Quentin specializes in property law – buying and selling houses, commercial property, family trusts and estate planning. With strong local roots he has been helping Cantabrians navigate property deals for decades and is always delighted to see the children and, even grandchildren, of some of his original clients.

E. quentin@williamsmckenzie.co.nz
M. 021 238 3800
P. (03) 311 8145

Carol Dunn – A registered legal executive, Carol, started her legal career in North Canterbury in 1994. She loves helping clients with a wide range of legal matters including residential conveyancing, refinancing, wills and enduring powers of attorney.

E. carol@williamsmckenzie.co.nz
P. (03) 311 8143



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Lawyers

4 Durham Street, Rangiora P. (03) 313 7086
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www.williamsmckenzie.co.nz

home & lifestyle

When it comes to finding professionals to help you with your home – we've got them all in North Canterbury. From interior design to real estate, upholstery to building and renovations and unique home ware stores, whatever you need you can find the right person locally. Check out our guide to some of the best in their respective businesses below.



Dream Doors

At Dream Doors Christchurch, Adrian and his team of skilled tradespeople specialise in revamping existing kitchens and designing beautiful new kitchens. They know that kitchens matter – they need to be functional and inviting, a place to prepare and share meals and family time. From a complete kitchen overhaul to 'refacing' – a cost effective solution to modernising your kitchen by replacing drawer and cabinet fronts - the Dream Doors team will work with you and your budget, to create the kitchen you want. They can help with design, decisions on products and finishes, and guide you through the complete process. All whilst keeping disruption to a minimum.

03 338 1081 | www.dreamdoors.co.nz



Arthur Nellie

Arthur Nellie is a family business dedicated to the art of creating and restoring quality furniture for residential and commercial clients. They design and build superior lounge and bedroom furniture as well as restoring and reupholstering antiques and beloved pieces – from your vintage lounge suite to that ragged but favourite armchair that needs a new lease of life. Skills and knowledge combine with an absolute dedication to exquisite craftsmanship and carefully sourced high quality fabrics. In short – they're the go to people for bespoke furnishing.

264 Jacksons Road, Ohoka | 03 3120570
arthur.nellie@gmail.com | arthurnellie.co.nz



Jennian Homes

There's nothing like getting hands-on when choosing products. Come and talk to the Jennian Homes Canterbury experts at their New Home Design Centre located in Rangiora! A resourceful selection hub which brings all your design options together under one roof. See, touch, and experience a variety of the finishing touches available which make your new house the perfect home. Pop on down and meet the team, view the available house and land packages throughout the region and feel inspired in an environment where making choices is easy and enjoyable.

138 Kippenberger Ave, Rangiora | 03 741 1436 | jennian.co.nz



Karen Bailey Interior Design & Real Estate

Years of interior design and real estate experience with a professional, friendly approach makes Karen Bailey the "go to" property person in the Waimakariri District. Whether it's working with building plans, one window, a complete redesign or selling your much-loved family home, Karen focuses on cost-effective ways of revamping, renovating and home styling. If you have already chosen a real estate salesperson Karen will work alongside them to give you the best results. Karen's goal is to bring your vision to life and an eye for colour and finishes alongside a deep understanding of home design choices are a given.

Karen@kbbdesign.com | 021 834 460
 or Karen@devlin.co.nz | 0274 339 448



Clyne & Bennie

Plumbing, gas, drainage and electrical – the team at Clyne & Bennie can take care of it all. With a high standard of workmanship backed by Master Plumbers and Master Electricians Guarantees, they will happily work alongside architects, builders and homeowners. And are extremely experienced in both residential and commercial projects, new builds and renovations, alterations and fit outs. So whether you are renovating your home and need an electrician with a plan or the chilly winter days made you yearn for central heating – get in touch with Clyne & Bennie!

www.clyne-bennie.co.nz
 Rangiora Branch Tel: 03 310 8266



Tall Poppy

Tall Poppy North Canterbury are a real estate company setting new standards. With a commitment to transparency, they offer fair, flat fees with no upfront costs, and include their premium digital marketing package to showcase listed properties. With a 10-year legacy of customer service excellence, they were recently awarded the prestigious Canstar Blue Best Real Estate Company 2023, title, through fully independent reviews. Owners Rachael Lay and Michelle Facer have also recently welcomed Alex Bielski to the team, bringing a fresh perspective and expanding their reach across North Canterbury to provide expert guidance throughout your real estate journey.

Rachael Lay 0274 422 277 | Michelle Facer 027 307 4530
 Alex Bielski 021 195 5911

Transforming A Kitchen

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

When North Canterbury residents Tracey and Jamie wanted to revamp their 1970s kitchen – their love of entertaining was a key element of their brief.

Tracey wanted the new space designed around the beautiful 1200m freestanding oven they were buying. They also wanted to have optimal workspace and a more open feel with a large clutter-free island space where they could serve food.

The timber profiled doors, the closed off L-shaped bar and the dated look and appliances clearly had to go. "Because of the era of the home I didn't want a traditional kitchen, but I also didn't want it to look too modern," says Tracey. "I feel the freestanding oven, subway tiles and the concrete engineered stone benchtop have achieved that balance."

For Millbrook Kitchens one of the key challenges was doubling the space required for a fridge when Tracey bought a separate Liebherr fridge and freezer. They were worried this would have a negative impact on the need for more storage – but with their skill and expertise they were able to work through the issue by adding a pullout storage unit and, more recently, adding a pantry/ laundry area to store less frequently used items.

Tracey and her family are delighted with the final result. "The new kitchen has transformed the living area and made the space feel so much larger," she says.



What Can Millbrook Kitchens Do For You?

Millbrook Kitchens can help with any full kitchen design for new builds and renovations as well as revamping existing kitchens. They are always up for a challenge and their design experts can work wonders on kitchen space.

As members of the Mastercraft Kitchens license group – Millbrook Kitchens are constantly refreshing and updating their knowledge. The group shares information, networking, updates on products and fittings. It's professional development for the kitchen industry.

For the team at Millbrook Kitchens this means they are always polishing their in-depth knowledge of kitchen design and products and staying abreast of any new developments and trends. Whilst customers can be sure they are getting the benefit of a passionate and well-informed team to design and fit their kitchen.



So if you feel your kitchen needs a revamp – get in touch with the talented team at Millbrook Kitchens. Or visit their showroom at 25 Southbrook Road, Rangiora

03 313 5764 | millbrookkitchens.co.nz



Bellbird Construction

At Bellbird Construction, we've been building beautiful homes for Cantabrians for years. From bespoke residential new builds to renovations – we can help. We pride ourselves on providing a consistently high standard of workmanship and on listening and interpreting client requirements into high quality homes.

The Bellbird Construction team are qualified, highly experienced tradesmen – who take their craft seriously and bring attention to detail and quality results wherever they work. Every project is overseen by director Jonny Collett ensuring excellent communication, progress and quality.

Jonny Collett | Director
admin@bellbirdconstruction.co.nz | 021 683 072



Bridge Interiors

Furniture & Décor store BRIDGE INTERIORS has gathered a reputation, over the last 15 years, for stocking an amazing array of classical new items from Rolled arm Leather Sofa's to Chinese Porcelain. Since relocating to Amberley that approach has not diminished and a visit to Bridge Interiors is an opportunity to be inspired and perhaps discover that item with that special bit of "X factor" you have been searching for. While Interiors would suggest that Bridge Interiors stock is restricted to indoors only, alongside their range of indoor furniture, lamps, mirrors, art and home décor, there is also an Outdoor range of pots, figurines and objet d'art, ready for that spring garden or patio makeover.

Bridge Interiors at Sally Mac's – 94 Carters Rd, Amberley
 Follow their Facebook Page | sales@bridgeinteriors.co.nz



Milestone Homes

Considering celebrating your next milestone? Get in touch with the Milestone Homes Canterbury team today!

We have a New Home Display Centre open now in Rangiora where our expert consultants are available to assist with queries about the building process and can provide detailed information on a wide range of products available for your new home. From smart, compact city dwellings to spacious country retreats, Milestone Homes help bring your lifestyle dreams to life.

View our current house and land packages available in Rangiora with the team on Wednesday to Friday 12 - 4pm, Sundays 12-3pm or by appointment.

138 Kippenberger Ave, Rangiora | 021 055 9546
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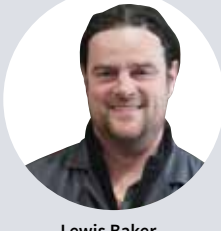
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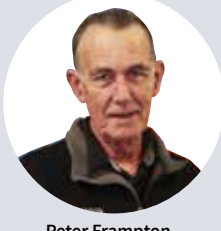
Steve Hunt
Manager/Mechanic



Reuben Warner
Sales Manager



Lewis Baker
Mechanic



Peter Frampton
Sales & Parts



Stuart Whiteley
Technician



Hamish Pulley
Automower Technician



Diane Wunsch
Office Administrator



Angela Baker
Accounts Manager

BRAND MOWERS AND CHAINSAWS



It's not just a 'Brand' - it's a lifestyle

Brand Mowers & Chainsaws is Rangiora's Husqvarna Crown Dealer and one of the busiest sales and service centres in North Canterbury. A locally owned and family operated business whose ambition is to be the preferred mower and chainsaw one stop shop this side of the Waimak.

A buyers guide to choosing a new Husqvarna ride on mower

Looking to upgrade your old mower but not sure what to buy?

The ride-on mower range is so diverse that choosing the right model can be a confusing decision – for lifestyle block owners and commercial operators alike. What style of mower is best? Why should you purchase one style of mower over another? At Brand Mowers and Chainsaws we will help you choose the right mower for you and your property.

Read on for our guide to mower shopping.

Husqvarna Tractor-type

The most common style of ride-on mower, with engine up front and mowing deck suspended under the chassis – ranging in size from 38" – 54" cutting width with catcher and non-catcher models. All Husqvarna models now come standard with hydro-static transmissions with separate forward and reverse pedals. They are as easy to drive as an automatic car, but handle like a tractor, making mowing around obstacles and trees less convenient compared to a zero-turn. For steeper inclines, a model equipped with a locking differential will be more suitable and safer.



Husqvarna Zero-turn

An alternative style of mower that is becoming increasingly popular due to its maneuverability and practicality – ranging in size from 42" – 72" cutting width with side discharge only. Steering is very precise, with go-kart-like handling. Due to their zero-turn circle, they can spin on a 180-degree axis to complete the next run. As the engine is rear mounted, they also offer better visibility for mowing right up to the edges of obstacles. Zero-turn mowers are perfect for flat lawn mowing and less suitable for steep inclines or slope mowing due to the rear-wheel-drive nature of the design.



Husqvarna Pivot-steer

The Husqvarna Rider range is a combination of a tractor style mower and a zero-turn. This style of mower steers from the center of the machine. The motor is situated in the rear and the deck protrudes out the front of the mower. Perfect for those customers who want the maneuverability of a zero-turn but want to drive with a steering wheel. The front deck allows access into tight corners and up to trees. They are primarily designed as a mulcher mower, but alternatively can be used to rear discharge longer grass. The decks are constructed of pressed steel and range in size from 94cm – 155cm cutting width. This range offers 2WD and AWD models, as well as two models that feature an auger fed hydraulic lift grass collector. These models are ideally suited to those properties with maintained lawns.



Is it all about the "deck size"?

Not necessarily – the wider the deck, the quicker it covers the area, however, consider whether it will fit through gateways and between trees. Also consider if you have a trailer that you intend to transport it on, that it will fit.

What size cutting deck?

- Up to 1 acre of lawn (4000m²) = 38"-42" cutting deck
- Between 1 – 2 acres (4000-8000m²) = 42"-54" cutting deck
- Over 2 acres (8000m²+) = 48"-60" cutting deck

Deck construction

Most domestic-use mowers are built with a pressed steel deck, whereas commercial, or heavy-duty lifestyle property designed mowers will most likely have a deck that is welded together out of heavy-duty steel. These are proven to last longer, are more robust and have less chance of rusting out. Husqvarna have designed these heavy-duty decks with internal baffles for enhanced air flow and to maximise grass movement out the side discharge. Due to the design of the baffles and the blade design, the side discharge collector kits give a more effective grass collection when paired with this deck construction. Fabricated decks can handle longer grass with ease and can be used as a paddock topper.

A mulch kit can also be added onto either side-discharge deck type.

Models with Husqvarna's heavy-duty fabricated deck: TS242TXD, TS248TXD, TS354, Z242E/F, Z248F, Z254F, MZ48, MZ54, Z460, Z554 & Z560

Pressed steel decks are a lower quality, constructed of lighter steel. This means that they are not as heavy duty and aren't designed to handle the workload that the heavy-duty option is able to over long periods of time. Due to the minimised airflow, they are not designed to be used with a collector kit – however, mulch kits are commonly added to this deck.

Other points to consider

- Servicing and after-sales service – at Brand Mowers and Chainsaws, we assemble and pre-deliver our Husqvarna mowers to the highest standard. We carry an extensive range of parts for all Husqvarna models along with a pickup and delivery service within North Canterbury and Hurunui regions.
- Warranty – Husqvarna offers up to a 5-year warranty on all mowers when used for domestic use and purchased with the required lubricants to extend the warranty. All mowers used in a commercial application are covered by a 1-2 year warranty, depending on the model. This covers everything mechanical and electrical, excluding general wear and tear items like belts and blades.
- All new ride-on mowers are personally delivered by a Brand Mowers team member, within North Canterbury. A full tank of fuel and a demonstration on delivery is all part of the standard service.

Interested in being part of the Workshop team?

Express your interest by calling into the shop, or by emailing sales@brandmowers.co.nz



The Husqvarna Automower®

The Husqvarna Automower® is one of the most reputable and advanced automated mowing machines on the market. Decades of refining, research and product development have created a user friendly, reliable mowing option - voted Best Invention by Time Magazine.

The Automower®

Over 30 years ago, the Swedish owned Husqvarna Group began working on a robotic lawn mower prototype. The vision was to create a machine that could mow a lawn without human intervention.

The first model, the Husqvarna Solar Mower was released in 1995. It was a small, lightweight machine that could mow up to 50 square meters. This mower was a groundbreaking invention for the automated mowing world.

Further research and development went into the product and in 1998 the first commercial version of the Automower® was released. This model was a hybrid with solar panels generating enough power to recharge the batteries. It could mow up to 500 square meters of lawn and had several sensors that allowed it to navigate around obstacles.

Husqvarna continued to refine the technology and three years later released the Automower® 210C. This could cut up to 1000 square meters of lawn and included razor blades in the cutting system, for a clean and precise cut.

In 2005, the ACX230 was introduced – which allowed the user to program the mower to start and stop at specific

times and set different cutting heights for alternate areas of the lawn.

Then in 2015 the Automower® Connect App was released. Using their smart phones owners could now control their mower, track its progress and receive notifications.

The current models, the AM430X & the AM450X have been around for the last seven years and have more advanced GPS navigation systems and cutting capacity of up to 5000 square meters. Whilst an AWD model is designed to easily navigate steeper inclines and uneven land.

While all these models use a boundary wire setup, technology has advanced. Satellite navigation allows the latest range of models released this year, to be completely wireless and mow inside plotted GPS co-ordinates easily set up by the operator, driving the mower around the lawn to set these points. This also allows for customers to create desired lawn finishes – such as striping or hatching. A much-anticipated feature.



The Sales Pitch

Sales Manager, Reuben, says that "if you're in the market for a new ride-on, seriously consider one of these. They are fast becoming the preferred option when customers are upgrading their ride-on. They have become more reliable, require less maintenance and with low running costs, this allows lifestyle property owners more time to enjoy their property without having to mow lawns."

A typical installation, completed by us, will cost approximately \$1,000 - \$2,500. We use a purpose-designed cable layer that buries the electrical wire that creates the closed-circuit loop, approximately 2 inches below the lawn surface. Alternatively, these setups can be done by yourself – we can supply you with all the pieces and the support to get this set up.

To start the process, Hamish will come out and assess your property with recommendations on the best mower/setup, completing a no-obligation measure-up and demonstration while on site. After this has been completed, an installation quote will be sent through to you and from there we would organise installation based around any remedial work that may need to be done. Usually, we can have these mowers installed within 2 weeks of the initial site visit".



275 Flaxton Road, Rangiora | Ph 313 6640
sales@brandmowers.co.nz | www.brandmowers.co.nz



Motoring moves

After 20 years there's a change of ownership coming up for Burbidge Automotive.



What can you do to keep your vehicle in good condition? That was our question to Jason and Peter who are 'car people' through and through. The answer was quick and decided.

"It's all about preventive maintenance," says Jason.

"That regular servicing, checking tyre pressure, fluid levels. All those things," says Peter.

So if you want to keep your car in great shape – get in touch with Burbidge Automotive today!

So What Can Burbidge Automotive do you for you?

With ample, easy parking, a convenient location and great service – Burbidge Automotive offer customers all things mechanical for all makes and models of vehicle. Including:

- (WOF) Warrant of Fitness while you wait
- Batteries and tyres replacement and repairs,
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- Insurance and Warranty work
- Electrical repairs
- Pre purchase inspections
- Fleet servicing for businesses
- Courtesy cars and vans to keep tradies on the road (book in advance)



Meet The New Guy...

New owner at Burbidge Automotive, Jason Almond, is set to take the key to the distinctive, yellow building on Flaxton Road from 1st September. It marks a new chapter for Jason and for the business – but it's set to be a smooth handover – he has been working as a mechanic at Burbidge for nearly three years, and 37 years' experience as a mechanic, so he knows his way around.

"It's a great business with a good reputation," says Jason when asked why he decided to buy it. And as for changes? Well there won't be many he says. "I am here to help."

So Burbidge will continue to offer warrants, mechanical repairs and help with everything from small jobs like a bulb change to full engine swaps, says Jason. And, of course, Burbidge have all the diagnostic equipment needed to work out any issues you may be having with your vehicle.

Jason had worked with owners Pete and Nikki before, but then had set up his own business Almond Auto in Christchurch while remaining a local in Rangiora.

Now, he is looking forward to being his own boss again as he takes over the reins at Burbidge Automotive.

Way Back When

After 20 years of running Burbidge Automotive, husband and wife team, Peter and Nikki are delighted to have found such an ideal new owner in Jason. But it will be a big change for them to not be heading into work at the distinctive yellow building anymore.

"I will miss the people, the customers...and the dogs," says Nikki. "Some people would bring their dogs in with them and I always loved that."

Peter agrees – it's the people they'll miss. "But we're looking forward to it. We're going to get in the caravan and go," he says. They may even send Jason the occasional holiday pic!

The couple have many happy memories of their 20 years running the business. Some readers may remember when the building was located on Lineside Road – in its distinctive bright yellow. "We worried we were making a bad move," remembers Peter. "Lineside used to be so busy."

It clearly wasn't a bad move at all because Burbidge Automotive is still well recognized and it's a business that has stood the test of time.



Looking Back

Burbidge Automotive were one of Essence Magazine's earliest advertisers. And when Dorothy went digging back through the files she also found flyers that the team had made for Burbidge Auto in 2003



Burbidge Automotive Lineside Road. Photo taken in 2005

Local Business updates

Understanding Money Matters

Bronwyn Candish, local accountant and owner of Sheppard & Ormsby, found herself often telling business owners to look at their actions not their words. "A client would say we're all about family values, but we would say 'well you're working a 70 hour week for minimum wage, you need to walk the walk'," she says.

She realized that financial literacy is a real issue for many of us. And she talked about it a lot until she decided to 'walk the walk' herself and actually look at ways to support better financial literacy across our society. It was around this time Kendall Flutey, co-founder of Christchurch-based Banqer, an online tool designed to educate

primary and high school students in finance. Bronwyn knew it was something she wanted to get behind.

After exploring how she could get involved with Banqer, she finally settled on the relatively simple idea of sponsoring one high school student for every tax return her business completed for clients. To date they have sponsored 700 students through Banqer. And when those students start working life, set up a business or just need to manage their own money – they'll understand finances, probably more than their parents.

"For us it was about finding something that aligned with our values," says Bronwyn.



Working Together

Supporting local should be more than just an empty slogan. So we love hearing about local businesses supporting each other. Like Studio Pilates owner, Taryn Currie, who thought that perhaps some of those people coming to Pilates, might like a coffee afterwards.

"I just approached The Station," says Taryn. "I remember visiting when my children were young as it was a child friendly environment, which is what I was working towards with our Pre/Postnatal, baby friendly session. Coffee and Pilates go hand in hand."





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A New Look

Millbrook Kitchens first set up in 1991 and opened their showroom in Southbrook in 1999. The name comes from the location close to the iconic Flour Mill and the Brook Stream.



The showroom has become part of the landscape and many of us will have noticed a change to the exterior recently – now revamped with an elegant black and gold look. The Millbrook Kitchens team told us they had been thinking about a rebrand and felt the timing was right with the current growth in North Canterbury.

"The new branding is designed to reflect our commitment to high quality joinery, installation and excellence in customer service," says Finance Director, Poppy Silcock. "And the logo represents our strong values. It is modern, sleek and proud."

Growing Businesses

Koru Wellness opened the doors to their osteopath clinic earlier this year and since then it's been busy and they've recently welcomed a new osteopath, Olivia Tamanui-Yaxley, to join their team.

The Koru Wellness team tell us that the clinic is really starting to thrive, people have been commenting on the therapeutic feel of the building and how great it is to have an osteopathy clinic in North Canterbury.

Meanwhile real estate business Tall Poppy North Canterbury have also been busy. So much so that business owners Michelle Facer and Rachael Lay, have recently recruited a new team member – Alex Bielski, to help them cover North Canterbury.



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What is an engagement ring?

WORDS: KELLY CRAWFORD | IMAGES: CRAWFORD HILL

An engagement ring is not merely a piece of jewellery; it is a radiant embodiment of a promise, a union, and a lifelong journey. It encapsulates the profound commitment between two souls, each with a unique story, merging to create a shared narrative of love and devotion.

Among the vast spectrum of gemstones, diamonds stand as our favoured choice to represent this sacred bond. Just as a relationship undergoes the crucible of time and challenges, diamonds are born from intense pressure and heat beneath the Earth's surface. This parallel between the natural formation of diamonds and the growth of a lasting partnership is what draws us to this exquisite gemstone.

The diamond's exceptional hardness symbolizes the unbreakable nature of true love. As skilled designers, we meticulously select each diamond to reflect its brilliance and fire, much like the facets of a strong relationship – trust, communication, and mutual understanding – that collectively create an extraordinary sparkle.

Throughout history, diamonds have been synonymous with eternity and enduring strength. Their timeless beauty transcends fleeting trends, making them the perfect representation of a love that knows no bounds. Just as an engagement marks the beginning of a lifelong journey, a diamond's enduring allure resonates with the promise of forever.



A diamond's rarity and scarcity resonate with the uniqueness of every love story. At Crawford Hill Fine Jewellery, we believe that each couple deserves a distinctive symbol of their union, one that encapsulates their singular journey and shared dreams. Just as a diamond is a one-of-a-kind treasure, so too is the love between two people.

Crawford Hill Fine Jewellery infuses every engagement ring we create with a blend of artistry, emotion, and technical precision. We celebrate the journey of love by meticulously selecting and setting each diamond, ensuring that it becomes a reflection of the couple's shared aspirations and unwavering commitment.

In the heart of every engagement ring we fashion, lies the essence of Crawford Hill Fine Jewellery – a celebration of love's unbreakable bonds, an embodiment of timeless elegance, and a promise that shines as brightly as the diamonds we so passionately craft.

Call in and have a chat with one of our designers. You may be surprised what we can do for you.

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Vera Green Reading glasses from The Fabric of Society

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Nothing says welcome like this funky green boxed doormat Niche

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Gorgeously inspirational plants in these pages Niche

Vintage Jar with unique stork handle Vintage Rose

Beau striped shirt Theas Boutique

Throw Rug Niche

Add a pop of green to everyday casual Craze

Get active in this cute Lorna Jayne combo The Sport Shop

Olive Green Gin Glasses Blackwells Department Store

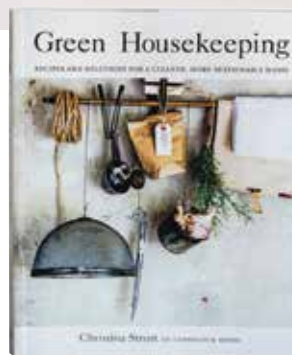
Gorgeous Green go anywhere dress by Lemon Tree Craze

Gorgeous greens for spring

Hey Bud Clear as Clay Mash The Sugar Shak

Handblown Green Vase The Fabric of Society

Nothing says rustic style like these Tin Planters available in Sml, Med & Large I adore



Green Housekeeping Niche

The perfect accessory green handbag in soft pebble leather Niche

The perfect spring time sweater Blackwells Department Store

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Amsterdam Green Chalk Paint The Fabric of Society

On trend check top in green Blackwells Department Store

Go retro and elegant with this gorgeous wristwatch I Adore

United top Theas Boutique

Exploring the Therapeutic Applications of Botox

WORDS: DR PETER ASPELL
(DURHAM HEALTH COSMETIC)

You might be familiar with Botox as a popular anti-aging treatment, but did you know that its benefits extend far beyond its cosmetic applications? In recent years, Botox has emerged as a promising solution for various medical conditions, offering relief to patients who suffer from axillary hyperhidrosis, frontal migraines, occipital migraines, and tension-type headaches.

1. Axillary Hyperhidrosis Treatment: Axillary hyperhidrosis, excessive sweating in the underarms, can be an embarrassing and frustrating condition. Botox offers a long-lasting solution, effectively blocking signals from the nerves that stimulate sweat glands. With a single treatment lasting 6 to 12 months, most patients experience a significant reduction in sweat production, regaining their confidence and comfort.

2. Migraine Management: For patients struggling with debilitating frontal migraines, occipital migraines from the back of the head, or tension-type headaches from the top of the neck, Botox has proven to be a game-changer. By targeting specific headache-prone areas, such as the forehead and the back of the head and neck, Botox injections can provide substantial relief from chronic migraines. Many patients have reported a decrease in both the frequency and intensity of their headaches, leading to a better quality of life.



While these therapeutic applications of Botox share similarities with cosmetic treatments, the focus lies in addressing medical concerns rather than aesthetic enhancements. Patients who undergo Botox treatment for migraines not only experience relief from pain but also enjoy the added benefit of a smoother, more relaxed appearance in the treated areas.

The success of these non-cosmetic applications lies in the skill and expertise of cosmetic doctors who administer the injections. Precise targeting of affected areas is crucial to achieving the desired therapeutic effects while minimizing potential side effects.



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The biggest misconceptions about diet and nutrition

WORDS: DR LIBBY | IMAGES: SUPPLIED

In the pursuit of health, many people often stumble into believing common misconceptions about diet and how to nourish ourselves. This is entirely understandable considering how much information we can access on the internet and how varied the recommendations! Many nutrition myths still have a foothold, and it can be confusing to know what to believe.

To cut the confusion, I like to keep it simple. What the vast majority of nutrition professionals agree is on the nutritional power of eating more whole real food. Whole real foods are essentially foods that are close to their natural form and haven't undergone significant processing before they reach our plates. They include vegetables, fruit, meat, seafood, nuts, seeds, eggs and legumes/pulses. In actual fact, whole real foods are just food – it's simply that we now have many other options available to us on supermarket shelves.

In my mind, there is no such thing as "junk food". There's just "junk" and there's "food". Yet to delineate, we currently refer to "food" as whole, real food. It is either nourishing or it is junk, a conglomeration of highly refined, artificial and/or poor quality compounds that masquerade as sustenance. Mother Nature is the unrivalled chef, crafting meals that perfectly suit our biological needs. Meanwhile, human intervention can introduce some concerning components, while clever marketing skews our perception of what's truly nutritious. When it comes to choosing what you consume, prioritise "low human intervention" foods, trusting in the wisdom of nature.

We must also consider how we speak about food. We often use terms such as "healthy" or "unhealthy" to classify food. However, food isn't "healthy" or "unhealthy," it is nutritious or not. The health designation belongs to us. The

more nourishing our diet, the healthier we tend to be. So, before categorising food as "good" or "bad," ask yourself: "Will this nourish me?" Then, let how nutritious a food is predominantly guide your choices, while also allowing some space to nourish your soul. The latter might involve catching up with your favourite friend on a Friday evening occasionally, and not being preoccupied with the nutrition content of what you are eating – perhaps just don't catch up with this friend too often.

Imagine your body as a finely tuned, awe-inspiring machine, its gears oiled by the nutrients you consume. When ultra-processed foods – the potential saboteurs of our systems – no longer hijack our taste buds, we can begin to let our requirement for nourishment drive our choices. Our body, functioning at its optimal capacity, will then navigate towards optimum health. This is one key reason why I encourage you to put health and nutrition in the driver's seat of your choices, not weight, as is so common.

Health is not a destination but a daily journey, a series of choices we make to nourish ourselves from the inside out. It is not about perfection, it is about what we consistently do. Choose health, choose nourishment, and the rest will naturally follow.

Dr Libby will be speaking LIVE in Canterbury in September and October 2023. For date, venue and ticketing information visit www.drlibby.com

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive Detox courses has helped more than thousands of women around the world find freedom from their health challenges.

For more information go to www.drlibby.com



Bouncing Back With Dr Libby

In her first tour in over four years, Dr Libby is returning this September to offer you strategies and solutions to feel better when you don't know how.

Whether you are struggling with sub-par health—maybe a dip in physical and mental sharpness, a heaviness, a lethargy and weariness, feeling a bit 'meh' overall—or feel as though you have such a long laundry list of issues that knowing where to begin feels impossible, Bouncing Back is for you. It's not normal to experience symptoms like a relentless backache or painful joints, temperamental hormones, elevated cholesterol, recurring illnesses, stubborn body fat, anxiety that echoes through sleepless nights, headaches that plague you, insomnia, an unpredictable thyroid, IBS that flares up with every dietary detour, or fatigue that feels like a never-ending hangover. Yet, for many people, navigating these challenges has become their daily grind.

In an engaging 90 minute, in-person event, Dr Libby will share ways to unravel your weariness and niggly health issues so you can bounce back to living the fulfilling life you long for. Free yourself from the 'I'll be happy when...' trap, understand how to combat digestive, hormonal and thyroid challenges, explore why your immune system may be struggling, learn how to pull yourself out of an anxiety spiral, come away with techniques for more supportive thoughts to aid in better decision-making—and so much more. Equip yourself with the knowledge and strategies you need to bounce back to vitality, because it is possible, and you are so worth it.

Giveaway

We have two free tickets to give away – to Dr Libby's talk on Thursday 26th October. To be in to win email pattie@essencemagazine.co.nz

Canterbury Dates:

- Thursday the 14th of September at St Margret's College in the Charles Luney Auditorium 12 Winchester Street Merivale.
- Thursday the 26th of October at St Margret's College in the Charles Luney Auditorium 12 Winchester Street Merivale.

You can find out more about Dr Libby's Bouncing Back events at www.drlibby.com and buy tickets online.



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Get Sugared For Spring

As the weather warms up and we get out those spring clothes, it's a good time to think about hair removal. And over at Waikuku-based business, Sugar Shak it's all about sugaring.

So what is sugaring? Well it's a hair removal method that dates back to ancient Egypt. It involves applying an all-natural sugar paste to the relevant body part and then removing it along with the unwanted hair.

Unlike waxing, the sugar paste is removed in the direction of hair growth, not only minimising ingrown hairs but also cutting down on hair breakage and, crucially, making the whole process less painful. As waxing pulls hair out in the opposite direction of growth, hair follicles can easily break in half. Another benefit is that sugaring paste doesn't stick to the skin, so it only removes hair. Waxing, on the other hand, adheres to the skin and can cause more irritation.

Sugaring can be used on most body areas from the upper lip to the legs and everything in between.

"It's actually far more efficient than waxing," says Sugar Shak founder and Natalie Swain. "And it leaves your skin really smooth because it exfoliates as well."

So if you want to get silky smooth and hair free as summer approaches – it might be time to try some sugaring.

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Girls Who Grow

WORDS: MICHELLE MCCULLOUGH | IMAGES: SUPPLIED

With fewer school leavers embarking on careers in Aotearoa's primary industries, the team behind Girls Who Grow are on a mission to showcase the wide variety of opportunities for young women in the world of food and fibre.

Headed by entrepreneur Catherine van der Meulen and Future Farmer's co-chair Aimee Blake, Girls Who Grow aims to create a safe space for young women to explore traditionally male-dominated industries through school-based workshops, farm visits and scholarships.

In Aotearoa, women make up 32% of the primary industry workforce, and for Catherine, that number is just not good enough.

"We need to change the narrative and get more young women at the table. Girls Who Grow is designed to get the youth to think differently about the future that they want to be part of, and the future that they want to be proud of."

Even though we are using the vehicle of agriculture and farming as a way for young people to connect back to the land it doesn't have to be about agriculture because land use can be many different things to different people."

Aligned with the United Nations Sustainability Development Goals, Girls Who Grow believes that primary industries benefit from the skills and perspectives of women and that society benefits from a more diverse workforce. Underpinning this is research from world-renowned climate resource Project Drawdown which has ranked educating

women as the sixth most effective solution to climate action.

"Educated women are going to bring more climate-conscious behaviours, and that's why we need a feminine lens at the table. The Girls who Grow programme is set to spark young women's imaginations, to envisage a future where all stakeholders win, especially the environment."

Following the success of a pilot programme in several Otago schools, the team is now eyeing opportunities to extend Girls Who Grow into Canterbury and further afield. And to raise funds to grow the initiative they have partnered with One Good Kiwi which gives Kiwis \$100,000 to donate to a worthy cause of their choice every month.

"We want to get as many people involved as we can. Whether that be through mentors, farmers who want to put their farm forward for lunch and learn experience, schools that want to be a part of the programme or someone who wants to give us \$1.2 million. We would love for everyone to reach out."

"We would love to have our own Girls Who Grow farms. Climate-positive, B Corp-certified farms across New Zealand where young women can live, work and be educated."

Local hill country farm Hurunui Hills was one of the first North Canterbury farms to endorse Girls Who Grow. Farm experiences manager Scotty Bamford said the programme was a great way to get women of all ages involved in agriculture.

"Any programme that inspires people to a new way of life or career change is a great thing. The agriculture sector is

changing, and we need new ideas and thinking to bring it into the future."

Scotty and his team's contribution to Girls Who Grow will consist of one-day farm experiences on the sheep and cattle farm. These experiences will be led by his mother and farm owner Maria who will be "the real star on those days".

"She grew up in Auckland and Christchurch but always knew farming was in the blood. She'll inspire wahine and [show them] that they can do it and that the options are limitless."

To find out more visit www.girlswhogrow.co.nz or to donate to Girls Who Grow, please visit www.onegoodkiwi.nz.



Attendees at a recent Girls Who Grow event creating a prototype of their drought solution



Get out in the Garden

WORDS: MINETTE TONOLI

The daffodils are up, the new season's seed catalogues are out, seed potatoes are selling fast, and garden centres are slowly filling up with more than just the perfunctory winter flowers and vegetables. All sure signs that our main growing season is upon us and while can still be bitterly cold in August and September, now is the time to get a jump-start on your main season productive growing.

What to grow

Almost all veggies, herbs, fruit, and flowers can be started at this time of year but remember to grow frost-sensitive plants under cover and keep them protected after planting out in the garden (generally between Labour Weekend and Christchurch Show Day).

The North Canterbury region is large, with quite a few different climate zones scattered about – even the microclimate in your own garden can make a difference, so be sure to check with local seasoned gardeners, gardening books, seed or seedling labels for information specific to your exact growing conditions.

Warning: Don't be tempted by warm-season plants on offer at garden centres far earlier than they should be!

Gardening is Growing

At the start of each new growing season, I'm astounded by the number of newbie gardeners, and particularly young people making gardening their passionate hobby or vocation. Gardening allows for a perfect blend of old-time knowledge and new-fangled ideas.

Sustainability is Key

One principle that gardeners of all ages are embracing, is that of sustainability.

Much simplified, sustainability can be defined as living/gardening in such a way that your present needs are met without compromising the ability of future generations to meet theirs.

Gardening sustainably means you protect, restore and enhance your natural landscape to benefit the continued existence of the whole ecosystem – humans, plants and other critters.

~ Loosely based on the USA Sustainable Sites Initiative using the United Nations Brundtland Report's definition of sustainable development as a model.

Easy sustainable practices for your garden:

1. Use what you have

Make your own compost from kitchen and garden waste or craft plant ties from old t-shirts and stockings.

2. Support local

Buying plants from local growers means you get a plant that is suited to your growing area, have less plant-miles associated with it, and you stimulate your immediate local economy and support your community.

3. Be water wise

Catch, conserve and use water wisely on site, i.e., don't water at mid-day; mulch; choose water wise plants.

4. Avoid non-degradable items

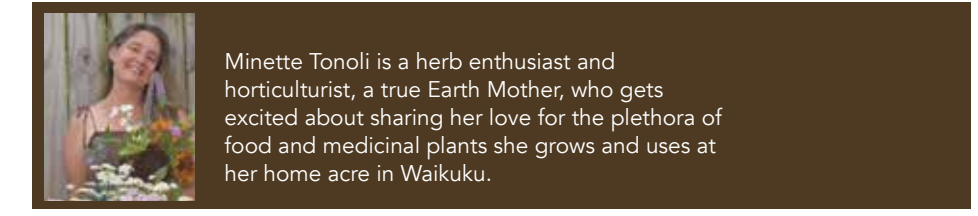
Use cardboard, newspaper or wool mat as weed suppressors; coir pots instead of plastic pots; metal or wood tags instead of plastic name tags.

5. Encourage biodiversity

Plant flowers and herbs to increase populations of beneficial insects and other garden critters, this has a positive outcome for your soil and your crops.

6. Avoid all use of synthetic fertilizers, herbicides and pesticides

There is a natural and sustainable option for almost every gardening problem or need.



Minette Tonoli is a herb enthusiast and horticulturist, a true Earth Mother, who gets excited about sharing her love for the plethora of food and medicinal plants she grows and uses at her home acre in Waikuku.

Choose a venue that celebrates your loved one's life

When it comes to celebrating a unique life, there are no rules. From personal touches to meaningful locations, say a final farewell in a way that matters. Visit our website to view a comprehensive list of North Canterbury venue options. John Rhind Funeral Directors in Kaiapoi are happy to talk to you about funeral options and answer all your questions. Talk to us today.

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Painting pottery at The Station Café

Tucked away down a side street in Rangiora, going to The Station Pottery Café always feels a little like an escape from everyday life. The beautiful old station building is full of character and it feels warm and welcoming.

So the idea of a Friday evening platter and a little bit of pottery painting at this gorgeous spot – sounds like the perfect start to the weekend. Try one of their savoury platters – with cheeses, cured meats, olives, crackers and grapes – perfect with a glass of something from their wine list. Alternatively if you've got a sweeter tooth – then a dessert style platter serves up chocolate and caramel slices, mini meringues, brownies and other goodies.

And whilst you're sipping and nibbling, choose a pottery piece to paint and unleash your creative side. From mugs to bowls to plates and more – there's plenty to choose

from. They provide the pieces, the paints and they'll glaze it for you ready to collect later.

It's a great way to unwind with a friend or catch up with a group of mates in a laid back, welcoming atmosphere.

The friendly staff will always try to accommodate you if you just show up on a Friday evening, but booking is advised – particularly if you are a larger group and want to do some pottery painting.

So get booked in at The Station Pottery Café, the perfect start to your weekend. www.thestationpotterycafe.co.nz 03 313 6018 thestationpotterycafe@gmail.com



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Pie perfection

WORDS: JO BAILEY

Artisan Café by Rangiora Bakery has added another top national placing to its growing collection, after its scrumptious Thai Beef Brisket Pie won the Silver award in the Gourmet Meat category at the prestigious Bakels Supreme Pie Awards, which attracted over 4000 entries.

Packed with slow cooked beef brisket infused in a Thai curry sauce and coconut cream flavours, the creation and execution of the pie was down to a "real team effort", says Rangiora Bakery General Manager, Frank Janssen. "We have won or been placed in numerous New Zealand competitions with lots of our products over the years, but never with a pie before. Four of our staff worked really hard on our entries, and Artisan owner, Ron van Til and myself were excited to be in Auckland to pick up the Silver award on their behalf. We are very proud of the team."

Artisan New Product Development baker, Arlyn Thompson developed the recipe for both the Thai Beef Brisket Pie, and the bakery's Chicken and Leek pie, which won sixth place overall in the Chicken and Vegetables section. She was supported by Sue Brocherie, with Kenny Chambers in charge of the pastry. Production Manager, Wayne Rewie oversaw the small team.

According to Frank, the secrets to a good pie are "nice flaky pastry, a good colour on top, a base that is not too thick or thin, and of course a delicious filling."

Rangiora Bakery is constantly innovating when it comes to all its bakery products, both for its flagship Artisan Café in Rangiora, and its host of wholesale clients throughout New Zealand, Australia and the Pacific Islands.

Frank says the first pies in Artisan's new premium range are already in the warmer at Artisan Café, including the two award-winning pies. With the last few weeks of winter ahead, there's no better time to pop in and give them a try!

Frittata with Smoked Salmon and Mascarpone



If you're looking for something to cook Dad for Father's Day Brunch we have a very tasty Frittata filled with Smoked Salmon, grated potato topped off with Mascarpone. This is a New World favourite from a few years back and will certainly make Dad's Day special. You can plan ahead and precook the potatoes the day before, store them in the fridge and grate them on the day, they are certainly easier to grate cold. If you can't get hold of any fresh chillies just use a sprinkling of dried chilli flakes. If the frittata looks a bit pale put it under the grill for a few minutes and it will go nice and crispy. Before you remove it from the pan run a scraper around the edges to loosen it and then it will slide out easily. Serve it up in wedges with a dollop of Mascarpone, some of your favourite relish on the side and of course freshly brewed coffee for Dad. If you have any left, it's great cold the next day.

Wishing the Dads, Grandads and all the father figures in our children's lives a wonderful Father's Day.

Ingredients

- 8 eggs
- 1 red chilli, deseeded and diced
- 2 cooked potatoes and grated
- 3 spring onions, cut into strips
- 300 grams smoked salmon cut into strips
- 2 T vegetable oil
- 2 T butter
- salt and pepper
- 3 T mascarpone to garnish

Serves 4 | Prep time & cooking time: 25 mins

Method

Heat the oil and butter in a large fry pan, fry the potato and diced chilli.

Whisk the eggs, season with salt and pepper and pour in the pan.

Place the smoked salmon and spring onions on top, gently stir, cover and cook over a low heat for 8-10 minutes until the eggs are set. Season with salt and pepper.

Garnish with a few spoonfuls of mascarpone, and serve in wedges.



Essence columnist, Barb Palmer has been part of the friendly team at New World Rangiora for 20 years, the last nine as their Brand Ambassador sharing recipes and ideas with customers.



Artisan is the ultimate spot for Father's Day breakfast or lunch.

Enjoy a delicious cooked breakfast or the firm favourite Bacon brekkie sandwich. Also on the menu is the recent award-winning Thai Beef Brisket Pie!

Come dine in with us this 'Fathers Day' Sunday 3rd September and go in the draw to win this celebration cake for your Dad

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



5 Principles for driving on Ice or Snow

1. Drive much slower than you usually would – losing control in wet or icy conditions only takes a split second.
2. Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently and use your highest gear when travelling uphill and your lowest downhill.
3. Avoid skidding or sliding – If your vehicle does not have an ABS anti-skid braking system, pump the brake pedal in short rapid bursts rather than pressing long and hard.
4. Keep a safe following distance – at fifty kilometres per hour, it takes up to ten times longer to stop on an icy road than on a dry road.
5. Headlights on dipped beam - when driving in fog, rain or snow, drive with your headlights on. If your vehicle is equipped with fog lights, turn them on.



Not Just LAND ROVERS

WORDS: GRANT SHANKS AND DAVE (SPROCKY) LOCKETT | PHOTOS: SUPPLIED

Established in 1966, the Canterbury Land Rover Owner's Club (CLROC) is one of the oldest such clubs in the country, and with a membership of about 155 owners, it is also one of the largest of its kind in New Zealand. While membership (as the name suggests) was originally restricted to the venerable Land Rover, in later years the club opened its doors to other 'serious' four wheel drive vehicles. These include big cousin, the Range Rover, Toyota Land Cruisers and Hi Lux's, Nissan Patrols along with Jeeps, of course, and other 4x4's with similar off-road capabilities.

The history of the Land Rover goes back to the immediate post WW2 years. The original prototype was actually created in 1947 on the chassis and axle of the war's proven rugged old workhorse, the Willy's Jeep. Rover company chairman, Maurice Wilks, and his brother Spencer, were the culprits. So successful were the brother's experiments in a barn down on the family farm in Wales, the company almost immediately went into production of this new and quite revolutionary 4x4. The Land Rover Series 1 was rolled out by the former bicycle manufacturing company the following year. The rest is very much motoring history.

Today, CLROC is very much an active club promoting the virtues (and dare we say vices) of this iconic and sometimes maligned (by the uninformed of course) marque.

"My old '53 is noisy, uncomfortable and underpowered, but it gets me where nothing else will," said one rather proud owner. "I love the old girl."

That basically sums up the earlier Rovers at least. Like the Jeep they were semi-cloned from, they were rather utilitarian, a bit rough around the edges some might say, but very functional. Today, they are a lot more sophisticated, but the functionality is inbred, and that's the driving force (pun intended) behind CLROC – getting out there and doing it.

The club organizes regular events, such as driver training and expeditions to explore many of the amazing four-wheel drive tracks around the country, including venturing into the High Country and the myriad of river beds in Canterbury and further afield. In conjunction with the day runs, CLROC runs popular camping trips of varying durations to a wide variety of destinations. Camaraderie and the love of Land Rover and four-wheel driving are the glues that hold the club together.

Former Canterbury Land Rover Owner's Club Chairman and stalwart, Dave Lockett joined the club in 2006 and has been an active member ever since. "I have enjoyed a hell of a lot of trips since joining the club, and it's the members that make those trips enjoyable. I



would consider myself a regular Trip Leader running at least 5 outings a year. I'm probably best known for my winter trips to the Lake Tekapo area and Hammer Springs looking for snow to play in. We've had some epic snow experiences over the years. The Tekapo trip is very popular with at least 30 trucks attending most times. Hammer, while not quite as big, normally manages 20 trucks and that event is organized around a very popular Saturday night Pot Luck tea. It's a great family gathering."

"CLROC has always focused on enjoying the outdoors with families. Generations have grown up in the club and are now driving their own vehicles. Sons and daughters, and even grandchildren, have joined their grandparents in the club. The great support from experienced members, to help newbies learn valuable off-road driving skills and the safe way to enjoy what we do is priceless," Dave maintains.

If you are interested in joining CLROC, contact Murray D, the club's Membership Officer, at clroc.membership@gmail.com. And check out the club website at www.clroc.co.nz.



For the love of the Land Rover



As a young boy, Canterbury Landrover owner, Aidan Blanchard, always loved to tinker with bikes and lawnmowers, cars and motorbikes. So it's perhaps no surprise that his working life is all about the mechanics of the marvellous Land Rover.

"I have always loved Land Rovers, it's an iconic brand," says Aidan.

Along with the team at Canterbury Landrover, he services, repairs and restores all models of Land Rover. And with two premises, one in Springbank and one in central Christchurch, Canterbury Landrover are ideally located to help Landrover owners across the region.

The team at Canterbury Landrover are the go-to guys when it comes to all things Land Rover. Deeply knowledgeable and with a professionally equipped workshop they

can do everything from servicing to full restorations – rust repairs and mechanical repairs right through to paint jobs.

An up to the minute Autologic scan tool means they can diagnose faults fast and repair them.

They are also fully approved for all mechanical warranty and insurance work.

If you're after parts then they also stock a wide range of genuine Land Rover and aftermarket parts as well as some second-hand parts. And they don't just deal in current parts – they can source parts for older models too. They have, says Aidan, even found parts for the restoration of a 1948 Series 1 Land Rover.

So if your Land Rover needs a service, a repair or a little careful restoration – then get in touch with the team at Canterbury Landrover.

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The Beginning For Canterbury Financial Services

WORDS: MARK O'DONNELL



Starting out on a farm as a young buck like a lot of kiwi blokes do, I developed a real passion for high country living. My parents managed stations in the South Island, mainly in Otago and Canterbury. By the time I left the land at 28 years old we had worked on 12 different stations.

Growing up rurally means I have formed a real appreciation for our rural community. At 28 I was ready for a change of scenery and looking to challenge myself in something completely different. So, I packed my bags and headed to North Canterbury to start my adventure and my goal of becoming a Financial Adviser.

I started off door knocking. My wife, Kay, would drive me to the area I had chosen to door knock. I was reluctant and full of nerves. I would make my way from house to house selling my newfound knowledge of the industry. This was the grounding for my business and slowly over the next 30 plus years I built the business into what it is today.

Kay and I have three beautiful children - Brittany who has recently married and is living in Australia; Hayden who now has two young boys himself and who works alongside me at CFS as a Financial Adviser and Mitchell who also lives in Australia working as a Construction Manager.

As much as I love being an adviser to all my clients here in the office, it will come as no surprise with my upbringing that I still have a strong passion for getting back to the high country. My sons and I regularly head out hunting and fishing, it is something we all enjoy and will continue for as long as I can.

In 2018 I was awarded AMP's Best Independent Financial Adviser and in 2021 I received the Investment Excellence award from Booster Financial Services. If you are seeking financial advice in Investments, Retirement Planning, KiwiSaver and Insurance I am confident I am the person to speak to.

With over 30 years of experience in the industry I have seen many periods of change throughout the markets both locally and globally. This enables me to give you the best chance at helping you achieve your future goals.

CFS Canterbury Financial Services

- Investment Planning
- Personal Insurance
- Retirement Planning
- Business Insurance
- KiwiSaver
- General Insurance
- UK Pension Transfers



Mark O'Donnell
Financial Adviser



Hayden O'Donnell
Financial Adviser

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Important information about us can be found at www.cfslimited.co.nz

Bronwyn Candish

Owner of Sheppard & Ormsby



Tax Time!

For those with a March balance date, the first provisional tax payment for the financial year ended 31 March 2024 is coming up fast.

Payments need to be with the IRD by 28th of August 2023.

So what is provisional tax? Don't be concerned that you are paying any more tax than someone else who has the same amount of taxable income as you. Provisional is "just" income tax, it all comes down to timing of when payments are due.

For those of us who pay PAYE through our employer – you'll recall that PAYE stands for "Pay as You Earn" and the IRD believe that the self-employed should pay as they go too. However, it's just a bit harder to know how much that amount should be given the fluctuations in business life. So, in most cases the IRD uses last year plus 5%.

That said we all know that the last few years have been a rollercoaster and raises the question of whether 105% of last year is even in the ballpark. If it's not (either up or down) get in touch with your accountant to talk through your options before the due date.

One option is to utilise the services of a tax pool. These intermediaries can offer several options when it comes to

being able to defer a payment, or even be able to chip away at it over time, without the hassle of finance applications and for much less than the IRD would charge in interest and penalties.

We like using a tax pool as it gives a bit of flexibility throughout the year. Provisional tax payments made to the IRD can not be withdrawn until the tax return for the year in question is filed – even if it turns out you've paid way too much. Using a tax pool means that these precious funds could be returned to you significantly earlier.

Tax payments shouldn't be a surprise and ideally, not a source of stress. If cashflow is tight around provisional tax time the most important thing that you can do is pick up the phone and have a chat with your accountant. We have a few tools in the toolbox we can use to help you and front footing with the IRD is always a better option than waiting for them to come to you.

77 High St, Rangiora | 03 313 6001



essence 20th anniversary

Photos continued from page 5. It took time to find photos from 2003 to 2007 as back in the day all files were burned to disk. We will bring you more from the following years next issue. Hope you enjoy looking back as much as we did.



Lyn, Kevin and Alley at Guthrie Bowron (formally Donmar Decor) January 04



Terry Waghorn and Andy Pope filling in as proof readers at Essence December 04



Leith Newell and Pam Macintosh Volunteers at the Rangiora Museum July 04



Toni Cannon and Jo Bailey Feb 2004



Niki and Peter Burbidge May 05



Peter and Fiona Bersani at the Waipara Wine and Food April 06



Graeme Smith our travel and wine writer in Paris December 06



Trish and Mark Pringle May 04

Page Turners

WORDS: EMMAS AT OXFORD

Hands In The Dirt - Grow Your Own Kai

By Leah Evans @mrs.evans.garden



Continually shocked at the prices of fruit and vegetables?? With the cost of living rising, and spring just around the corner; now is the time to start growing your own vegetables. And this practical, down to earth how-to-garden book is the perfect resource. Beginning with loads of straight forward advice on getting started: growing in small spaces and containers, building great soil & compost, growing from seed, transplanting, companion planting and much more.

There is detailed information on easy-to-grow garden staples and how to use them in the kitchen with 40 tasty and easy family recipes. Plus tips and tricks on using leftovers and basic preserving, pest and disease control, growing healthy vegetables, and harvesting.

Leah Evans know her stuff; she has been growing veges for 25 years, her family

lives off home-grown food year round; and her instagram has 15,000 followers. She taught food-growing in schools, and has a background in health science, so understands the connection between food-growing and wellbeing.

"My objective is to help build food security and stronger communities through the growing and sharing of nutrient rich quality kai and help the environment out in the process".

Food security is a pressing issue, and Hands in the Dirt teaches the basics that have been lost. It's the ideal book for every beginner gardener, or anyone after some garden inspiration and for anyone wanting to up their garden to table game.



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