

essence

essentially...north canterbury

9 House & Garden
A Hundred Year Old Homestead

16 Feature
Destination Cheviot

Profile **14**
Christmas Gift Guide

Complimentary PUBLICATION

December 2023/January 2024



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Behind the Scenes

One of the highlights of pulling together this issue was our road trip to check out a one hundred year old homestead. It was hot and there was a lot of traffic and roadworks and we had a panic when we realised the fuel light was flashing 10kms out of Culverden. But the homestead was wonderful and it was one of those days that reminded us of all the amazing hidden places, people and stories in North Canterbury. We love bringing you these stories.

We might be speeding towards Christmas but if you're not the super organised type who has all their Christmas shopping ready wrapped, then do check out our Christmas Gift Guide on page 14. We really believe that keeping it local matters but it's also just more fun. Skip the overcrowded malls and online shopping and check out our local stores.

Carrying on the Christmas theme we meet Mrs Christmas from Okuku who fully embraces the season. We bring you Christmas wishes from some of our wonderful local businesses and we've got

the absolute best recipe for Christmas Day breakfast - Caramelised Yogurt, is super easy and super yummy Dorothy tells us.

We're also keeping it local with summer inspiration this issue, check out our feature on Cheviot on page 16. From camping to glamping, beaches to biking this little town has it all.

You'll also find all the usual favourites in these pages - from fashion to beauty, food to local living.

We want to say a big thank you to all our advertisers who have supported us this year and all the wonderful people that help put this magazine together - from our writers and photographers to our graphic designers. We couldn't do it without them.

And, lastly, a big thank you to our readers. We hope you find a little quiet time to sit back and enjoy the many stories and snippets in these pages.

We'll be back in 2024 showcasing North Canterbury - and we can't wait!

Until then - have a great holiday!
Pattie Pegler Editor



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Closing for the holidays from 5pm Friday 22nd December

9 House & Garden - A hundred year old Homestead

24 Essential Ingredients

23 Wine, Dine & Unwind at Ravenswood

Fav essence photo this month from House and Garden, page 9

Front cover: Image from the garden at Kaiwara Homestead. We had a bit of fun with this photo, teddy had a blue bow and we wanted to Christmas him up. So our fab designer used the wonders of Photoshop. We loved this quirky pic. What do you think?

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The team at Arthur-Nellie wish to thank all our valued customers for their continued support and wish everybody a happy and safe holiday.

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The team at Essence Magazine would like to wish all our advertisers, readers and local supporters a very Merry Christmas.

We'll be back in 2024 showcasing all things North Canterbury - and we can't wait!

Have a great holiday!

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Summer Fun

Water Safety

Stay safe on or around the water this summer. St John shared these key tips.

- Alcohol often plays a part in water-related incidents – so it's best to avoid it.
- If you see someone in trouble in the water, stay calm and get help immediately – alert any lifeguards on duty or seek out others to assist.
- If it's safe for you to do so, get the person out of the water, check if they are breathing and if they have a pulse. If there's no pulse, start CPR immediately and ensure someone has called 111 for an ambulance.
- If you're boating, wear a correctly fitted life jacket, tell someone where you're going and know exactly where your location is.
- Always supervise children around water.
- Be aware of dangers and risks such as rips at the beach, and always swim between the flags or near a lifeguard if possible.
- Avoid swimming alone as water conditions can change quickly and unexpectedly.
- Lastly, protect yourself from the sun with appropriate clothing and sunscreen and seek shade at the hottest part of the day



Jandals are a summer must have, they're cool, comfy and so easy to slip on. But Archies take it to the next level with a jandal that also gives arch support, moulds to your foot and has a stretchable strap for a snug fit so no gripping with your toes. We are keeping our fingers crossed there'll be a pair under the Christmas tree. Available at Craze.

Protect your Skin this Summer

We all love the warm weather but if you really want to enjoy summer, make sure you stay protected in the sun.

Sunscreen: Choose a broad-spectrum sunscreen of at least SPF 30, ensure the AS/NZ 2604 standard is on the label. Re-apply every two hours and pay attention to those forgotten areas like tops of ears and backs of necks.

Clothing: More is more when it comes to sun protection. Choose clothing made from tightly woven and darker fabrics and if you can go for long sleeves, high necks, etc.

Hat: The bigger the brim on your hat the better to keep your face and neck shaded.

Sunglasses: Wrap on close-fitting, wrap-around style sunglasses. Not all sunglasses protect against UV radiation, so make sure they meet the Australian/New Zealand standard (AS/NZS 1067:2016)



Rangiora Art Society

A lively crowd enjoyed The Grand Opening of the Rangiora Art Society's showcase event at Charles Upham Village on Friday 24th November. 50 artists from the North Canterbury Art Collective exhibited their impressive art works.



Mayor Dan Gordon with Rangiora Art Society treasurer Julie Hassall | Jeff and Nicky Sherman with artist Sue Roxborough



Twine Antiques is back in town

With a unique selection of vintage, retro and antique collectables Twine Antiques, now in new premises at the top of Rangiora High Street, really is a store with a difference.

And this new spot is ideal says owner Sandy, who has been running the business since 2011. "There's plenty of easy parking for customers. There's a large shop frontage. And inside there's plenty of space with areas to display all different wares."

With plenty to display, including an old dentist chair and antique furniture, the space is put to good use. There are some beautiful antique furnishings from dining tables to couches, smaller collectables such as Crown Lynn swans and crystal decanters and the downright unusual such as old tin numbers that were used to keep scores at a bowling club.

There are also plenty of fascinating things for the garden - from old, weathered planters to retro deck chairs and even some incredibly well-made old garden tools.

"There really is no rhyme or reason to my buying," says Sandy. She's underselling her expertise. With a love of buying second hand dating back to childhood, she has a real eye for interesting pieces backed up by solid knowledge of items and eras.

So if you're looking for something a little bit different head

along to the new Twine Antiques store. From glassware to vintage baskets and furniture - you'll be sure to find something you love.

Twine Antiques
333 High Street Rangiora
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Mrs Christmas of Okuku

WORDS & IMAGES: AMELIA NORMAN

One of Jodie Paterson's earliest memories is sitting on the couch in Christchurch as a young girl, singing along to 'The 12 Days of Christmas' on the record player. "I just loved it, because it went on forever," she recalls. "And I'd go over and put it on again and again. It was magical."

Decades on, Christmas magic is a driving force in Jodie's life. "There's so much bitterness and so many horrible things happening in the world. It's nice to bring some magic where you can. And Christmas is magical."

Known locally as "Mrs Christmas", Jodie's remote Okuku home becomes a beacon of Christmas cheer come December 1st every year. Unlike most of us who pull out a few dusty old boxes of decorations and perch them on the tree, Jodie's decorating begins when she unlocks her 20ft shipping container, full to the brim of Christmas joy.

"I always set up on December 1st. It takes a good two to three days to set everything up," she explains. "But we make an occasion of it. Mum always comes and helps, and we put on the Christmas music and everything. It's great!"

It's one of many Christmas traditions that Jodie and her family recognise every year. They have traditions around present opening, around reading The Night Before Christmas, and around the way the Christmas pudding is made. Another Christmas tradition happens in August. "My



"I always set up on December 1st. It takes a good two to three days to set everything up," she explains. "But we make an occasion of it. Mum always comes and helps, and we put on the Christmas music and everything. It's great!"

Scottish heritage features strongly, with more than one Santa in full tartan, and one huge tree adorned completely with all things Scotland and bagpiping, for which the Paterson family are renowned. Another tree serves as the final resting place for much-loved teddy bears and cuddly animals owned by Jodie's two sons, now in their teens. "I can't throw them away, so they go to the tree. Then we get to see them each year."

The locals know that Jodie's is the place to go for some Christmas magic. When COVID put a stop to public Santa photos, a neighbour asked to use Jodie's place as the backdrop for their Christmas photos. Other years, Jodie and husband Richard have taken friends and their kids out on a tour of their deer farm to pick cherries and spot "Rudolph's helpers" in the paddocks.

"The kids love it," says Jodie, as she hangs a shiny blue and white bauble on one of four full-sized Christmas trees in her lounge. "There's a lot wrong with the world, so why not create a bit of magic where you can?"

mum gives me a Christmas decoration for my birthday each year," says Jodie. She adds each one to her vast collection, which started back when Jodie was 10 years old and saved up to buy her own decoration from iconic '90s department store DEKA; a scene of Santa careening through a blue night sky on his sleigh, with a shining full moon above. She still has this decoration today. Now, of course, it's accompanied by 20-odd Christmas trees, 40-ish Santas and countless elves, baubles, wreaths and reindeer.

Every corner and surface of Jodie's five-bedroom home is tastefully adorned with decorations. There are miniature scenes complete with lit-up houses and snowy trees; there are Santas large and small, travelling by parachute, by jeep and by golden sleigh; mini rock n' roll dancers who twist and jive to Christmas music; a Christmas train that merrily loops the base of a tree. There are twinkling lights, flickering candles, green, red, silver and gold galore. The family's



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Claire and Stuart Morris
Ray White Morris & Co Real Estate

Back to the future!

This time each year we like to wrap up the last 12 months and have a crack at making some predictions for next year. We've read what we wrote last year and we were pretty bang on so this article might be worth reading to the end!

Last year we suggested the market had slowed and was likely to continue to do so. It did, the economy and consequently the real estate market fell into recession. Every market across the country had turnover drop significantly and this was followed by a "correction" (fancy economist term for dropping prices). The first half of this year was tough, only those that had to sell sold and only those that had to buy bought - the rest of the buyers waited for the bottom...let's put a pin in this and come back to it shortly.

We thought the interest rates would continue to rise for most of the year and would likely get close to 7% (they have). We also suggested that we remembered getting excited when interest rates came down to 7% and I stand by that. 7% is about the average interest in NZ over the last 50 years. We are very close if not at the top of interest rates for the immediate future. We do think they will stay there for a good 6-9 months.

We also suggested that first home buyers have started holding out longer for newer, smaller homes vs older doer uppers. No change here - the best value homes in the market are entry level which require a bit of work. If we were a first home buyer we'd get stuck in at the lower end of the market, look for "good bones" (real estate chat for doing the basics well) and add value. Most of the Baby Boomers you younger folk like to hate on made more money from property than they did working. If you want to predict the future - look back at the past. You can still buy a two bed unit in Rangiora for the early \$400,000's, that has to be better than paying rent or living with Mum and Dad doesn't it?

We were seeing more domestic migration from other markets to Canterbury because we offer good value. This has continued except mainstream media is now reporting

the same so expect it to pick up. We said "we believe the next market cycle will be a good one for Canterbury and will be making sure we have as much exposure to it as possible with our property assets". We still stand by this.

We didn't get the prediction for 2023 100% right - we thought it might hold and be a pretty good trading market. We didn't think the reserve bank would go as hard but then we didn't think the government would keep printing money either. To pick up from earlier, we did say waiting for the bottom is a dangerous game because you'll likely miss it...you've missed it. It was winter 2023 and since then we have moved from recession to a transitional market.

2024 will be steady as she goes. Interest rates won't do a lot, maybe a slight reduction late in the year. Pricing will stop going down, turnover will head back up. There will be times when great results happen. Domestic migration will continue, Canterbury is the place to be (in our opinion). It will be a good year to trade, and so will the next. It's a great time to plan and execute property goals.

Some of our team members are working over the holiday season - contact us at one of our 3 offices in Rangiora, Pegasus and Kaiapoi for sales and property management services.

Have a fantastic Christmas, enjoy some downtime if you can, remember the importance of family and rest. We'll see you all again next year to get into it again!



Coalition Commitment To Landlords

There were a number of promises made by National and Act during the election campaign which directly affected property investors, and it looks like they have already pushed on with the first one - to restore the interest deductibility for landlords!

The Government has announced that the 2023/24 year sees a 60% deduction, with an 80% deduction in 2024/25, and back to 100% in 2025/26.

While obviously costs to landlords are still higher than ever with an increase in interest rates and overall costs such as rates and insurance, I am confident that this will provide some much needed relief for many landlords who have been struggling to hold onto their rental properties due to them becoming financially unviable as an investment, and in some cases unaffordable to be able to hold onto.

However it is not all about the landlords, and the tenants themselves will find this has a positive impact on their affordability as this should help to stabilise rental prices somewhat. It is often thrown around in the media that landlords are greedy, however we manage over 500 properties and categorically it is not greed that sees weekly rents increase, but rather increased costs to landlords.

Undoubtedly this will mean that those landlords teetering on being forced to sell due to the financial drain holding onto their properties.

Another real benefit is that with the reintroduction of interest deductibility on all investment properties, this will mean that more investors will purchase pre-existing homes as opposed to just new ones (which were still able to claim interest back).

While having lovely new homes is fantastic, due to the building cost of these the rents are higher, but now I believe we will see more good quality 'second hand' homes back in the market for renters.



This will assist with rental stock, and also help to keep rents lower for tenants - it really is a win-win situation in my opinion.

Katrina Green
Operations Manager Property Management
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Holiday Reading

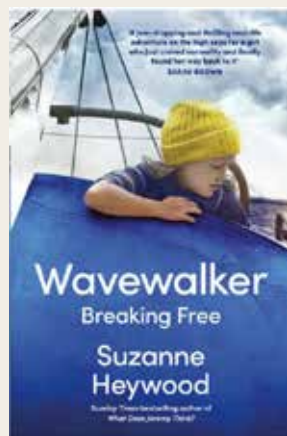
Looking for a little holiday reading? Check out some of the titles that have got us gripped this year. Available at Emma's Bookshop Oxford.

Wavewalker

Suzanne Heywood

"One morning over breakfast my father announced that we were going to sail around the world." So begins Suzanne Heywood's true story of her childhood spent roaming the world on a sailing boat with her parents and her brother.

It might sound like an exciting adventure but it soon becomes apparent that it's actually terrifying and precarious and the children yearn for normality. As Suzanne grows up on board she becomes determined to get some sort of education and build a life on land. A fascinating true story.

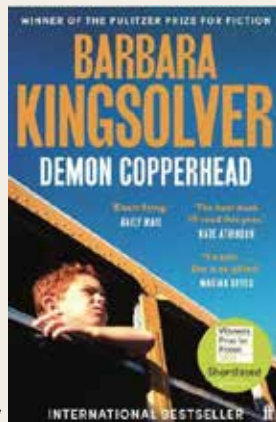


Demon Copperhead

Barbara Kingsolver

Set in the Appalachian mountains in the US against a backdrop of the growing opioid crisis and grinding poverty this Pulitzer prize winning novel, by US author Barbara Kingsolver, was apparently inspired by the Charles Dickens' classic David Copperfield.

If that's the sort of literary reference that puts you right off, don't let it. Sure it's meticulously researched, the use of language is wonderful, it highlights eternal social issues. But it's also just a really good story, really well told. It hooked me from page one.

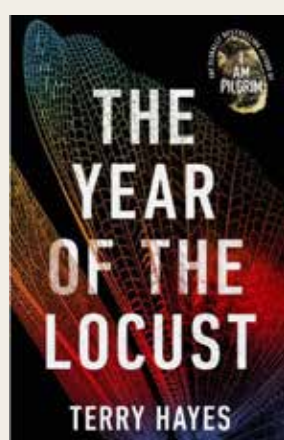


Year of the Locust

Terry Hayes

This is the second novel from Terry Hayes, the author of the doorstep thriller I Am Pilgrim.

I was beyond excited to read about this second book coming out and I am hoping to find it in my Christmas stocking. If for some strange reason you haven't read I Am Pilgrim yet - find a copy now, it's an absolute page turner of a thriller about an agent trying to stop a terrorist attack and it's a masterpiece of its kind. What a treat for the holidays!



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We will be taking a well-earned break between 21 December and 14 January however we will be monitoring our phone and email during this time!

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Merry Christmas

The Essence team are delighted to bring you Christmas wishes and season's greetings from some of our wonderful local businesses. Read on to get in the festive spirit!



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Antiques & Giftware*



A BIG THANK YOU to all my valued customers for your continued support over many years. And for your kindness when Ian passed in August. Wishing you all a very happy and safe Christmas and a prosperous New Year.

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Kath and the team at The Wool Shop wish you all a very happy festive season

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Merry Christmas, Meri Kirihimete!

I wish you all a safe and happy festive season!

It has been quite a year, and I know that the challenges, especially from the rising cost of living, can feel particularly difficult during this time.

I encourage you to embrace the spirit of Christmas by enjoying the precious moments you share with your friends and loved ones.

Amid the hustle and bustle, remember to take a step back and be kind to yourself. We all deserve a little extra care and

compassion, especially during the holiday season.

When it comes to Christmas shopping and functions, consider supporting local businesses. Your choice to buy locally helps make the Waimakariri District thrive.

Thank you to our emergency services, medical teams and all those working and keeping us safe over this holiday period.

On behalf of the Council, we wish you and your family a Merry Christmas and a happy and relaxing New Year holiday period.



Mayor Dan Gordon and Rupert



CFS
Canterbury Financial Services

Mark and Hayden O'Donnell and the team at Canterbury Financial Services thank you for your loyalty and business over the year and wish you a very Merry Christmas and a healthy and prosperous New Year.



Our office will be closed from Wednesday 20th December 2023 and will reopen again on Monday 15th January 2024

237 High Street, Rangiora | 03 313 9200 | admin@cfslimited.co.nz | cfslimited.co.nz



A hundred year old Homestead

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

An old hospital style bed is suspended high in a tree and a hand-painted sign points to the "Day Bed". Perched on a fence nearby a peacock shrieks before stalking off into the shady undergrowth. Trees tower overhead and sheds and undergrowth tumble up the hillside.

Arriving at Kaiwara Homestead is like stepping into another world. In a good way. Current owner, Bruce Johns, strolls out through the brick courtyard to greet us with his dog padding along behind. Stepping inside the entrance hall with its tiled flooring, large timber pillars and original vaulted ceilings of rimu and stained glass it certainly has a sense of grandeur. But there's something far more striking, the sense of a home and history. This is no fussy modern mansion – it's a working home. There's a rocking horse and chest of drawers; there's a mish mash of unmatched chairs; there are family photos and artworks and old maps on the wall.



One of the many quirky pieces in the garden



Bruce Johns and his faithful canine friend

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The homestead was originally built in 1886 and completed around 1900 when Walter Macfarlane was the owner of the then 25,700 acre country station. Bruce and his late wife, Audrey, bought Kaiwara in 1996 and their two sons now oversee an Angus stud and dairying on the land.

A downstairs room is hung with Corriedale and Angus memorabilia, Bruce wanted to make this office at one point he tells us, but his wife thought it was too chilly. He shows us a cellar under the house with a couple of dusty wine bottles stored away. A small home office room at one side of the house is where farm workers would have picked up their wages each week, says Bruce. He is a fantastic guide to this house – immersed in its history and happy to share his knowledge and recollections of living and raising a family here.

The house opens out onto a brick verandah and a gently sloping garden area of around three acres. "My wife loved the garden," Bruce tells us as we walk through shady areas with paths surrounded by hostas and ferns. There are quirky sculptures, some made from old tractor track; trellises; roses; ponds and some geese nesting near a fenced off area.

"We thought they'd eat the weeds," says Bruce with a laugh. "But they're just sitting on a nest."

Everywhere you look there is something to draw the eye. The tall trees at the centre of the garden are some of the original specimen trees planted around 1900. On a gentle slope at the back of the house stands the iron frame of the old Victorian fernery – recently uncovered. It had its own boiler room to keep things warm for exotic plants and at one end a small room with dusty wooden rafters, is hung with certificates for flower entries at the local A & P Show.

Back at the house we sit on the old brick verandah and Bruce shows us the farmer's diary from 1897 at Kaiwara. It's a fascinating insight into daily life at the homestead. Bruce reads out some entries one of which notes that a worker had a holiday on Christmas Day which makes us chuckle. There's also a copy of the order book from 1906 with letters in it. One is a letter of enquiry. "Have you any young pigs?" asks the note and then. "One of the bags of potatoes you sent me was small rubbish."

Bruce sits back in his chair and grins. "Pretty good, eh?" he says, gesturing at the diary.

The dog shifts position to soak up a little more sun on the verandah and the peacock struts across the garden.

It really is. Pretty good.

Everywhere you look there is something to draw the eye. The tall trees at the centre of the garden are some of the original specimen trees planted around 1900.



Clockwise from top left: Vaulted ceilings in the entrance hall combine rimu and stained glass; a rocking horse and rattan chairs bring character to history; the garden covers 3 acres and includes ponds; a side view of the homestead with a weeping elm on the lawn; a peacock stalks through the park like setting; a field of lupins in the foreground of the bookshop



Clockwise from top left: The brick courtyard and hedging at the homestead; the exterior of the historic cook shop; the cook house corridor with timber cladding and the cook's old oven; one of the bedrooms in the cook house with oak cladding from timber milled at the homestead; the lounge at the cook house; one of the guest bedrooms; the kitchen area; a bear in a buggy in the main garden



Raising Funds

In November Bruce held an open day at Kaiwara Homestead with the aim of raising funds for the Cholmondeley Children's Centre. It was a tremendous success with over 600 visitors and over \$14,000 raised for the Centre – thanks to the many supporters and attendees.

These funds raised will support the Cholmondeley Children's Centre to provide a safe haven for Canterbury children in times of whānau stress or crisis. Cholmondeley is an independent charity and costs around three-million dollars per year to run. Just 20% of this figure is met by Government funding, and the remaining 80% comes from the generous support of the Canterbury community. Cholmondeley has been serving the Canterbury community since 1925 and in that time more than 30,000 tamariki have stayed at the centre.

The Cook Shop

One of the historical buildings at Kaiwara is the distinctive red weatherboard of the Cook Shop. Much of the old building has been renovated as standalone accommodation, possibly for a B & B, but keeping to the original footprint.

Back in the day it would have been the main spot for feeding the many farm workers and shearers at this station. Now Oregon and oak timber walls and ceilings in the bedrooms are from timber milled on the property and a claw foot bath sits in front of a picture window over looking the rolling hills of the Hurunui.

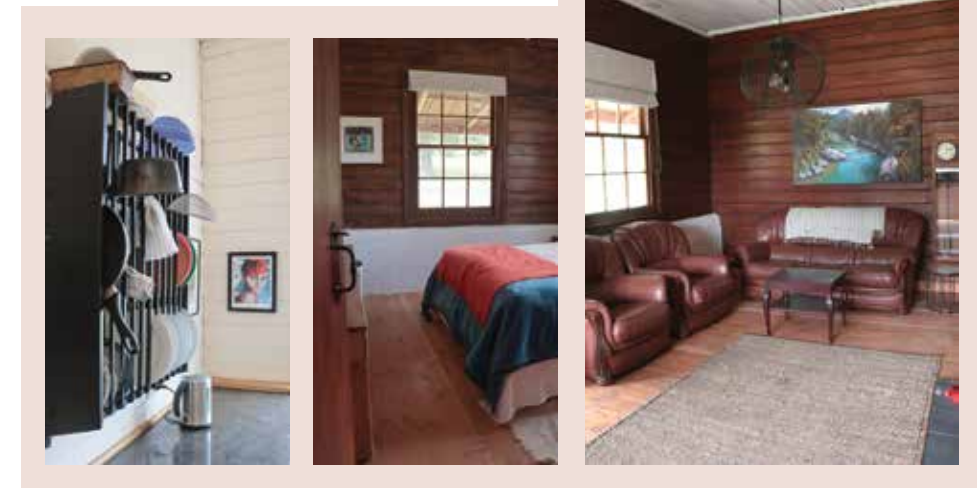


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Connection and Community At Silverstream

Talk to residents at Silverstream and they've all got their individual story. Some are Christchurch born and bred, some are downsizing, some want somewhere to bring up their family. So, what do they love about Silverstream? We caught up with a few of them to find out.



Shirley Jackson

We moved here from Christchurch eight years ago. It's the people we love and the fact that we're out of the city and the way the stream rolls through. It's so friendly and there are so many social events and chances to get together with neighbours and the rest of the community. There's things like the annual duck race, the planting and then there are evening dinners and things down at Urban Revival.



Tanmay Nandurdikar

We've lived here for three years and we've just had our first baby – a daughter. This is such a great neighbourhood - clean, quiet and a great space to raise a family. And there's a really good mix of people and ages with plenty of people our age with young children. There's also a good mix of houses with smaller sections and bigger sections. It's a nice place to live because people look after their homes and take pride in their space and homes. It's hard to point to one thing that we like about Silverstream, we like it all.



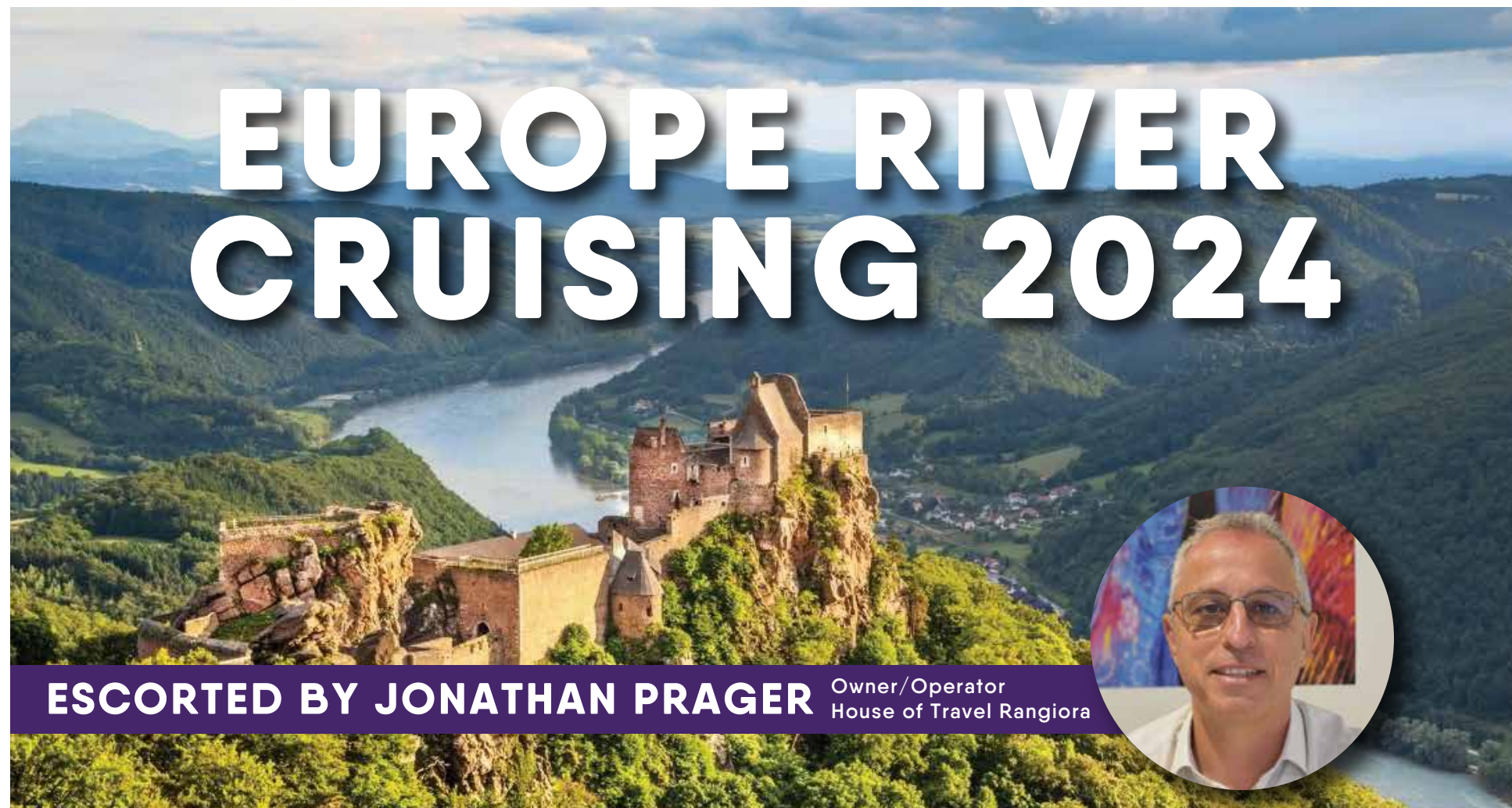
Rick Jopson

It's the first time we have lived in a townhouse but we love it. It's two storeys and I can look out to the mountains and across the whole development. It's a beautiful place and we don't have lawns to mow. We were slaves to our last property. Now we have more free time and I walk five kilometres every morning and every evening along the streamside walkway and I talk to everybody.



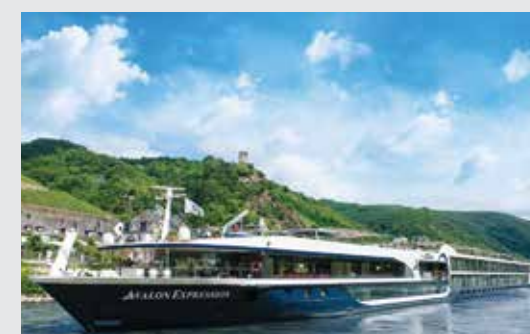
Lois Hawthorne

I was on a 10 acre block next door to Silverstream and I came to live here a year and a half ago. It's been amazing to watch the community grow here. It was a different type of coming together I think – it came out of the post-earthquake need for homes and it's ended up with a really good mix of people because of that. There was good planning around the mix and types of housing. There was thinking behind it. I love living here now and I love the community. People are so friendly and helpful. Silverstream has quite a special feel to it.



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Happiness Through Baking

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

Good Bitches Baking (GBB) is a national organization that helps to spread a little happiness by delivering home baked goods to those who might be having a tough day. There are 'chapters' all over the country and we recently got to chat with Sally Clerk who heads up the Christchurch chapter.

Back in 2015 Sally helped to set up the Christchurch chapter of Good Bitches Baking. Then there were just five bakers, including Sally. And they baked for the Cancer Society in Christchurch.

Fast forward to 2023 and there are just under 300 bakers in the Christchurch chapter, with approximately 20 of them located in North Canterbury. And they bake for 59 different recipients from Rolleston to Rangiora.

"I love baking and I love meeting people," says Sally. "Good Bitches is a great organization to be involved in - I am still doing it after 8 years. I feel like it's something you can get stuck into."

The Christchurch chapter has an "amazing group of bakers" says Sally. The general expectation is that people bake once a month. But bakers can choose what they bake and how much they spend – simple ANZAC biscuits or a chocolate cake and all baking is accompanied by a list of the ingredients used and a personal message to the recipient. There are no meetings to attend or anything like that – it's just about baking to bring a little happiness into the day of those who are having a tough time.

Sally herself bakes a "mean carrot cake" and lot of biscuits and slices she says.

In North Canterbury GBB bake for a few different organisations including Rachel's House and The Hawksbury Community

Trust. As more bakers come on board then Sally can also help more recipients. With the standard GBB rule that baking goes to volunteers and people in need, rather than those employed in those organisations.

Christchurch is one of the largest GBB chapters in the country and it has its own challenges. The main one is getting the roster right – working out the logistics of who is baking and when and where it is going says Sally. The bakers deliver their own baking to recipients and there are specific time slots worked out for this.

As more bakers volunteer and come on board, Sally can also take on more recipients.

For many of those people, who are having a tough time, the fact that someone has taken time to bake for them is important. "It might just be a biscuit or a slice," says Sally. "But it can be quite a powerful biscuit."

If you'd like to spread a little happiness through baking – then get in touch through the Good Bitches Baking website at www.gbb.org.nz.



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Destination Cheviot



WORDS: AMELIA NORMAN | PHOTOS: SUPPLIED CHEVIOT PROMOTIONS

If you're looking for a summer holiday destination that packs in the very best of North Canterbury's natural attractions and family-friendly activities, look no further than Cheviot.

The small, rural township located on the Alpine Pacific Touring Route between Christchurch and Kaikoura is full of unexpected adventures from farm tours to cheese making, surfing to birding, cycling to hiking and plenty in between.

Spend a morning exploring the tracks, trails and history of the Cheviot Hills Reserve. The abundant specimen trees and expansive grass areas of the domain provide the perfect spot for a summer's picnic and a family game of cricket.

Meander Cheviot township to discover the historic former Knox Presbyterian Church (now the Cheviot Knox Community Centre), the St John's Anglican Church with its beautiful William Morris stained glass windows, the children's playground and the fabulous local gift shop.

Little Oaks Preschool

Cheviot Little Oaks Preschool are proud to have 30 years of history providing high quality preschool education for rural children in North Canterbury.

Our children's happiness, well-being and sense of belonging is the heart of what we are about. Some of our lovely teachers have been with us for 20+ years, proof of our wonderful centre's happy culture.

Nature school, Art, Music mat times, literacy and numeracy with added Montessori self-help skills give a variety of exciting programmes for our Tamariki.

Little Oaks Preschool Cheviot is an integral part of our small community supporting young families.

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shop. For a real taste of Cheviot, stock up on locally made Mt Beautiful wine, Gore Bay Honey, and Harris Farms smallgoods. A long and lazy afternoon tea will beckon you from one of the delightful eateries on the main street. If you've booked ahead you can follow this up with a visit to an artist's studio, food foraging workshop, farm tour or a thrilling jet boat ride nearby!

Whether you're camping at Gore Bay, glamping at Tawanui Farm, or living large at the luxurious Ribbonwood Country House, the long summer evenings are the perfect time to kick back, enjoy that local wine you bought and soak in the peaceful surroundings of rural North Canterbury.

Surfers and cyclists will be up bright and early to catch the best of the day. If the tides and wind align, Gore Bay is renowned for its punchy little surf break. Book in for a surf lesson if you're not a seasoned pro. Alternatively, paddle boarding, kayaking, fishing and boating are popular options for the marine-minded holiday maker to while away the best part of a day.

Cycle trails lead in almost every direction from central Cheviot. The Cheviot Coastal Classic is a fabulous 30km coastal loop track that requires dedication and a fair bit of fitness, both of which are rewarded with a stop off at the picturesque Cathedral Cliffs. A swim break at Gore Bay beach is also a must! For those seeking an easier ride, the Ready Money Trail at Cheviot Hills Reserve will fill a pleasant hour amongst peaceful woodlands.

Enjoy the day's end with a picnic dinner at St Anne's Lagoon, a few minutes north of Cheviot. Keen birders will be kept happy spotting rare breeds while everyone else relaxes in the shade and revels in the tranquil setting.



Cheviot is the perfect summer escape, so close to home.

For further information on Cheviot and its many attractions visit www.cheviotnz.com.



Cheviot Village Market

Cheviot's Village Market takes place out front of the picturesque Knox Church, every fortnight on a Saturday between 10am and 2pm.

Located in the heart of Cheviot village on State Highway One, the Village Market is a real local affair with a variety of quality stalls including arts and crafts, antiques and collectables, clothing, jams and preserves, baking, locally grown produce, quirky wooden items, plants and more.

The Cheviot Village Market runs all year and in the cooler months heads indoors to the Knox Community Hall behind Knox Church.

Next Village Market dates : Saturday 16 and 30 December, 6 and 20 January, 3 and 17 February.

Enquiries: 021 186 4284
Email: cheviotvillagemkt@gmail.com
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Village Hall MARKET



Gifts & Finds

This unique gift shop is open every day through till Christmas from 10am and they have a wonderful range of goodies with something to suit everyone.

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This is a spot that will make gift shopping a pleasure, and there's even complementary gift wrapping.
35 Hall Street, Cheviot | Follow us on Facebook for new stock arrivals



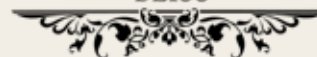
Hair Styling at Bliss

With over 20 years' experience, friendly and down-to-earth hair stylist, Erin heads up Bliss in the centre of Cheviot township.

It's the place to head to if you're looking for a restyle, a great haircut or a little revamp of that colour these summer holidays. Or even if you just want to take the kids to get a little trim. Erin can turn her hand to anything hair-related and her professional but warm approach will always make you feel welcome.

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BLISS



Number Eight Cafe

This popular country café has it all – great food, barista coffee, friendly service and outdoor seating for these summer days. With a focus on using fresh, local ingredients – their day time menu includes beautiful cabinet food from hearty pies to frittata, wraps and sweet treats. They also open for evening dining Thursday to Saturday throughout the summer (bookings are essential). Cheviot pork and Canterbury lamb feature on the dinner menu along with fresh, seasonal salads and pizzas – just make sure to leave some room for dessert, who doesn't love tiramisu or affogato?



8 Hall Street, Cheviot | [numbereightcafe](https://www.facebook.com/numbereightcafe)



Walking the Kaikoura Track

Just a 30-minute drive from Cheviot, the Kaikoura Coast Track combines the best of both worlds – nature and comfort.

This breathtakingly beautiful two day walk allows you to discover a coast line abundant with marine life, tussock covered tops and stunning scenery.

This is a private track and that means numbers are limited so you're not bumping into other people all the time and you don't have to carry all your camping gear and food. Instead, enjoy tramping with a light day pack and have your bag transported to the next nights accommodation.

Check out www.kaikouratrack.co.nz for further information and to book.

Tawanui Farm

A working 330-hectare sheep and beef farm, Tawanui, offers a unique opportunity to experience rural NZ life.

The family host farm tours and guests can book into the private campsite with geodesic domes and a hot spa. And if you want some real thrills then they also run the Hurunui River Jet boat experience.

For full details check out www.tawanuifarm.co.nz

This is definitely one for the must do list this summer.



Luscious Summer Lips

We recently caught up with NZ natural lipstick queen, Karen Murrell, to find out her top tips on colour trends this summer, how to make lipstick last and how do we use a lip scrub?

What can we expect to see in terms of lipstick trends this summer? In addition to the bright pinks of Barbie Core being here to stay for the warmer months ahead, due to our renewed love of the 90's and early noughties I foresee a summer of neon shades popping through which will also be extended to use on the eyes. Don't be shy of complementing your lipstick with a similar shade on your eyes, we've seen it feature strongly on TikTok over the northern hemisphere summer and we will follow suit. Soft pastel shades will also feature – think Karen Murrell shades like Lavender Laughter and Peony Petal adding a soft, polished, hyper feminine feel.

How do we keep lips soft and smooth in summer? Keeping lips well exfoliated and nourished helps your lipstick application look better and last longer. I recommend using a lip scrub (my favourite for summer is the Watermelon or Mint Lip Scrubs from the Island Goddess Collection) either in the shower or at the basin each night and then apply some Moisture Stick to seal in hydration.

How do we use a lip scrub? Simply apply directly to dry lips, rub lips together to continue to work in and then remove with a clean damp washcloth. Lip scrub can be incorporated as part of your morning routine to create a smooth canvas prior to make-up application, or just before bed to encourage overnight skin rejuvenation.

What lipstick colours should we have in our makeup bags? When I travel I only take three colours with me. One neutral nude shade as this is good for weekends and casual meetings. I go for a red or orange shade for evenings or days



when I'm feeling bolder or need to feel empowered. Finally, one pink shade which I tend to wear on days to work when I'm wanting to be more fashion orientated.

Any tips to make lipstick last longer?

One thing I suggest with Karen Murrell natural lipsticks is layering the closest matching Lip Pencil underneath your favourite shade. Line the edges of your lips, then colour in the lip itself with the lip pencil. Then apply your favourite shade on top of this for ultimate lipstick staying power.

We have a set of Karen Murrell lip scrubs to give away to one lucky reader. Just email pattie@essencemagazine.co.nz with Lip Scrub in the subject line to go in the draw. Entries close on 20th January 2024.

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Crisp white and khaki sunhat. **Craze**

Casual look khaki jandals with arch support your feet will love. **Craze**

Tiered maxi dress with gorgeous green botanical pattern. **Craze**

Totally on trend Crocs in ballerina pink. **Modabella**

Gorgeous green Frames on these stylish reading glasses. **The Fabric of Society**

Summery terracotta vase with blue patina. **Thea's**

Casual and comfortable, relaxed fit shorts for those hot summer days. **Thea's**

Hot pink slides add a pop of colour to summer outfits. **Craze**

Candy floss pink retro deck chair. **Twine**

Rustic style heart. **I'Adore**

Unique retro blue and brown patterned bowls. **Twine**

We're loving all the laid back, summer beach vibes this holiday season.

Elegant neutral shades of white and driftwood for the home. **I'Adore**

The perfect versatile shade of blue Crocs for the casual look. **Modabella**

Simple elegance and room for everything in this khaki shoulder bag. **Blackwells Department Store**

Simple summer elegance with pale blue pattern and fun waterfall frill. **Craze**

Cute straw style sunhat with cool blue brim. **Craze**

Super stylish French basket to carry all your holiday essentials. **The Fabric of Society**

Pretty and playful sundress with adjustable straps and flattering tiered style. **Blackwells Department Store**

Navy blue jandals with arch support. **Craze**

Eyecatching shades of mottled blue on these sunglasses frames from Age Eyewear. **Blackwells Department Store**

Denim shorts and versatile classic white shirt for summer casual. **Blackwells Department Store**

Plenty of tips for home style with a timeless blue and white summer palette. **I'Adore**

Summer Beach Vibes



Excess Sweating (Hyperhidrosis)

WORDS: DR PETER ASPPELL (DURHAM HEALTH COSMETIC)

Excess sweating that disrupts your daily life is called hyperhidrosis and affects 1 in 20 of us. It tends to begin during adolescence and most commonly affects the armpits, hands, feet and face. It can be uncomfortable and cause significant embarrassment, anxiety and psychological trauma - sometimes limiting our career choices, social activities, relationships and self-image.

Hyperhidrosis can be due to an underlying health condition but often has no apparent cause. Fortunately there are options to treat this but the biggest challenge is that people don't often seek medical advice due to embarrassment or perhaps not knowing that effective treatment exists. There are a few deodorants available at pharmacies that are effective for some people but most will find these only last a few hours or have limited effect. There are also certain prescription medications like oxybutinin you can try but these are generally poorly tolerated because of their side effects which include dry

mouth, constipation, dizziness and blurred vision.

If you've tried different deodorants and have been cleared by a doctor for any underlying cause then Botox is an excellent treatment you may like to consider. It works by temporarily blocking the nerves that control the sweat glands in the affected areas. These eventually recover and treatment for armpits with a cosmetic doctor typically last 12 months and is painless, safe and very effective. Cosmetic doctors can also treat palms and soles of your feet which last about 6 months. Treatment takes about 30 minutes and are generally extremely well tolerated.



Dr Peter Aspell offers a skillset of advanced techniques and procedures exclusive to doctors. Confidentiality and privacy are paramount at Durham Health, nobody would know why you enter our medical facility.

Reducing inflammation

WORDS: DR LIBBY | IMAGES: SUPPLIED

Sleep is a biological human need—like it or not, we cannot function without it. Studies indicate that even moderate sleep deprivation has a similar impact to being under the influence of alcohol, highlighting the danger of driving while tired. Yet it is more than just our speed and accuracy that diminishes.

Sleep, and the rest and repair it offers the body, is critical to a healthy and energy-infused life. With great sleep, we have improved memory, cognition and better immune function. Sometimes when I talk about immune function, I sense that the importance of this system doesn't fully register. Yes, this means minimising colds and flus. Yet, your immune function is critical in the prevention of cancer, as well as in the prevention of autoimmune diseases, such as multiple sclerosis, lupus, Hashimoto's thyroiditis, Graves' disease, and coeliac disease—all of which are on the rise. Taking great care of your immune system is of immense importance to your long-term health and quality of life, and sleep plays an enormous role in whether or not your immune system is able to function appropriately.

Everything works better with restorative sleep: your digestive system, sex hormone balance, your mood, your skin, and even your thyroid function. Plus, you have improved mood, enhanced physical and emotional resilience, better energy and increased physical endurance. A recent clinical trial found that sleep quality impacts skin function and ageing. If you



have poor sleep quality or do not get enough sleep, your skin finds it harder to recover from free radical damage, such as sun exposure and environmental toxins.

Challenges or big changes in our lives can often trigger our stress response and contribute to poor or disrupted sleep. This is a common symptom of 'stress'—our body is trying to protect us from falling into a deep sleep when it believes it is not physically safe to do so. It can be helpful to know this so that we don't add stress about not sleeping to our load. Yet, if sleep challenges go beyond a few days, you may benefit from giving your nervous system some additional support.

Medicinal herbs like ziziphus, withania, chamomile, lemon balm, and magnolia, along with practices like acupuncture and sleep hygiene habits, can help alleviate the impact of stress on the nervous system and foster restorative sleep. Taking proactive steps toward better sleep can significantly enhance overall health and quality of life.

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



WIN! Calm Restore from Dr Libby's supplement range Bio Blends.

Designed to help ease anxiousness, soothe your nervous system and foster restorative sleep, this powerful plant-based, non-drowsy formula also helps reduce irritability and aid in the recovery from symptoms of long and short term stress.

To go in the draw, simply email pattie@essencemagazine.co.nz with **BIO BLENDS** in the subject line to be in to win.

Get Summer Ready With Sugaring

With warmer weather out come those summer clothes and thoughts of hair removal. And if you're looking for a gentle way to get rid of excess hair – then it might be time to get booked in at the Sugar Shak in Waikuku.

Sugar Shak founder, Natalie Swain, has over 20 years' experience in the beauty industry and she is an absolute wealth of knowledge when it comes to sugaring. She first became interested in the method some ten years ago and has trained with Alexandria Professional Body Sugaring, Body Sugaring Australia and Lish Australia.

A hair removal method that dates back to ancient Egypt, sugaring involves applying an all-natural sugar paste to the relevant body part and then removing it with the hair. It can be used on most body areas from the upper lip to the legs and everything in between.

Unlike waxing, the sugar paste is removed in the direction of hair growth, not only minimising ingrown hairs but also reducing pain and cutting down on hair breakage. 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.

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

So if you want to get silky smooth and hair free – get booked in at the Sugar Shak.



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As the warmer weather rolls around, sun protection becomes more important than ever. Particularly for those areas, like our faces, that are exposed everyday. But we know the choice of products available can be confusing, so we bring you a round-up of some of our sun protection faves.



This high-quality sunscreen is formulated by a leading British dermatologist and skin cancer surgeon and it really does tick all the boxes. UVA and UVB protection, hypoallergenic and cruelty free.

Available from Loral Ford Beauty, Pegasus



Juvenate ReShield is lightweight, silky anti-ageing sun protection. It's NZ made, reef safe, vegan, paraben free and it comes in tinted or untinted versions.

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COCOON BEAUTY & DAY SPA



Merry Christmas and Happy New Year, from the team at Cocoon. Thank you for another wonderful year, we love being a part of the High Street and the wider Rangiora community.

Our team will be taking a well deserved holiday, and Cocoon will closed from 24th December til Monday 8th January.

We look forward to seeing you all in 2024.

FIND US AT: 2/246 High Street, Rangiora | Phone: 03 313 5552 | www.cocoonbeautyanddayspa.co.nz

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Wine, Dine & Unwind at Ravenswood this Summer

If you're looking for a new spot to grab a morning coffee, enjoy brunch with friends or evening dinner - then you're spoilt for choice at Ravenswood. There's a great range of new eateries popping up in the development to suit all tastes and appetites.

Joe's Garage

Good food and a buzzing atmosphere make this a great spot to catch up with friends, family or even grab a quick weeknight dinner when you don't want to cook. Meaty mains include pork belly and steak to satisfy the hungriest, pizzas and burgers are perfect family faves and there are side dishes, salads and sharing plates. Just make sure you save space for desserts like New York baked cheesecake and Banana Split.

Open: Mon to Fri 7am - late, Sat & Sun 8am - late
Tel 03 662 9042
www.joes.co.nz



Mifan

A great range of Chinese dishes with a choice of small and large sharing plates that include delicious deep fried wontons, pan fried dumplings and spring rolls. Hearty mains include some chef's specialities such as braised pork belly and pan fried duck breast. With vegan options too - there is something to suit everyone.

Open for lunch: Mon to Sun 11.30am - 2pm
Open for dinner: Mon to Sun 4.30pm - 9pm
Tel 021 0260 3664
www.mifanrestaurant.com



Thai Station

Fresh and flavoursome are the key words at Thai Station. With dishes to suit all appetites from light and fresh Thai salads to spicy soups, stir fries and everyone's favourite - green curry - this is a great go to dining option. There are even lighter portions (and prices) for lunchtime, making it the perfect spot for a quick weekday lunch or to fill hungry tummies before heading to the beach at Waikuku.

Open for lunch: Tues to Sun 11.30am - 2.30pm
Open for dinner: Tues to Thurs & Sun 4.30pm - 9pm / Fri & Sat 4.30 - 9.30pm
Tel 0274 459 988



The Coffee Club

Pick up your perfect, barista coffee to kickstart the day or take a seat and enjoy the breakfast menu which includes delicious Eggs Bene Waffles or the All Day Breakfast. There are options for brunch, lunch and snacks too - from tacos to muffins and crispy churros with chocolate sauce. Whilst a dedicated kids' menu offers cheeseburgers and fish and chips. There really is something to suit everyone.

Open: Mon to Fri 7am - 4.30pm
Sat & Sun - 8am - 5pm
Tel 03 929 0040
www.thecoffeeclub.co.nz



Tsushi

The crisp, light flavours of Japanese cuisine come together at this sushi spot. From rice balls to sushi rolls - with chicken or seafood and tasty vegetarian choices like fresh tempura rice balls and avocado sushi. Perfect for a snack on the go, a working lunch or even the kids' lunch box and if you're feeding a big group or a meeting you can even pre-order a sushi party platter.

Open: Mon to Fri 8am - 7pm,
Sat & Sun 9am - 6pm
Tel 03 310 0584
www.tsushi.co.nz



King of Spices

With well-known favourites like butter chicken, lamb korma and vegetable samosas - this is a great dinner spot. But there's also a different twist to this menu with Indo-Chinese inspired dishes such as chilli chicken - cooked with spices and vegetables and finished off with a home-made chilli chutney. Vegetarians and meat lovers alike are spoilt for choice. And they source many of their ingredients locally supporting local producers and farmers.

Open: Opening early 2024
Tel 03 399 9000
www.kingofspices.co.nz



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Wine & Dine

North Canterbury is brimming with great cafes, restaurants and bars offering everything from brunch to fine dining.

So try something new this month and check out our picks.



The TASTE

Premium Asian dine-in or takeaway with a range of delicious dishes to suit all tastes. Starters include deep fried wontons, crispy spring rolls and dumplings. Mains options include Chinese stir-fried dishes, Thai curry, and Malaysian fried rice along with chef's specials like the Taste Crispy Chicken. Vegetarian options also available.

Lillybrook Centre, 63 Percival Street, Rangiora
03 313 3333 | www.thetaste.nz

NOM NOM Kitchen

Experience authentic South East Asian Cuisine in a cosy, fully licensed restaurant with impressive Asian style décor.

With something on the menu to please everyone Nom Nom is a fantastic choice for your next family catch-up, special occasion or just a great meal!

257 High Street, Rangiora | 03 313 4276
nomnomkitchen.co.nz

Dining at La Luna

With a great location right on Rangiora's High Street, a modern interior with plenty of greenery adding to the ambience and a delicious dinner menu - La Luna is definitely one to try this summer.

Let's get down to what matters - the food. You'll find something a little bit different here - this is fine dining with some delectable dishes. Mains include Triple Roasted Pork Belly with kumara; Papardelle with slow cooked beef cheek ragu and locally sourced Canterbury Lamb Shank. If you're after a less meaty meal - then try the Fettucine Carbonara or the Roast Vegetable Stack.

There's a good range of side dishes that includes French Fries, Salad or even Loaded Wedges with lashings of bacon and cheese.

If you're not after a full dinner experience - then it's also a great spot to head for cocktails, mocktails and sharing plates. The chef turns out some tasty tapas options that include the full-on flavours of prawn and chorizo; crispy croquettes with parmesan and prosciutto or the ever popular Southern Chicken with chipotle aioli and coleslaw.

There's an extensive wine and beer list here too. But for a real summer treat try one of their awesome cocktails. As well as the refreshing citrus flavours of a classic Mojito, they can also make up a Blackberry Gin Fizz (perfect for those keen on the Keto trend



apparently) or an Espresso Martini. If you're more into the low alcohol treats then try a Pina Colada or Mojito Mocktail - delicious.

La Luna also offer a dedicated kids' menu that includes pizzas. And they have some beautiful traditional desserts including affogato or try something a little different with the Chocolate Fondant.

Daily dinner specials and takeaways is still available.

With plenty of choice, excellent food and friendly service - La Luna is set to become one of the favorite dining destinations in town.

Book online at www.laluna.nz or call 03 423 3149
Unit 5 - 246 High St Rangiora



All About Beer

Author of Continuous Ferment, Greg Ryan, was born in Christchurch and works at Lincoln University.

When he's not working or sampling good beer with friends, his major obsessions are vegetable gardening, watching test cricket and trying to collect recipes from every country in the world.

Essence: Continuous Ferment is about so much more than beer. The research must have been phenomenal - what were the most challenging aspects of researching it? And the most enjoyable?

The digitising of newspapers made many parts of research a lot easier. But I still get a lot of pleasure out of sitting in reading rooms at libraries going through archives that I know very few people have ever looked at. Librarians are incredibly helpful people and some of the best made me aware of things that I didn't know existed but that became very important.

The most challenging aspect was keeping to topic. Beer intersects with pubs, prohibition and anti-prohibition, and quite a few other things. I needed to make sure I was keeping my focus on beer in New Zealand history.

The most enjoyable parts were the discoveries hidden in personal correspondence and some official papers. The sorts of things that hadn't even been mentioned in contemporary newspaper reports. For example, trenchant letters from trade union leaders to the Labour government protesting an increase in beer tax in the 1958 budget. They were fascinating in understanding what was going on beyond public view and the ways in which various prominent personalities got on, or didn't, with each other.

Essence: Can you tell us a bit about the writing process?

My writing process has always been very much about noting ideas as I have them and working as I'm in the mood. I've never been an 'X words or X hours a day' person. I do some of my best thinking walking to and from the University gym or while weeding!

Continuous Ferment A History of Beer and Brewing in New Zealand

by Greg Ryan

Since the first brew by Captain James Cook and the crew of the Resolution at Dusky Sound in April 1773, the story of beer has been deeply intertwined with the history of Aotearoa.

In this remarkable story of New Zealanders and beer, Greg Ryan tackles the big questions: 'Why did people drink and did they do so excessively by contemporary international standards? What did people drink and in what circumstances? How did tastes change over time? What role did brewers and publicans play in the community other than as dispensers of alcohol?' Richly illustrated, astute and entertaining, Continuous Ferment is both a fascinating analysis of New Zealand's social history and a book for anyone with an enthusiasm for malt and hops, barrels and bottles, ales and porters.

We have one copy of this wonderful book to giveaway to one lucky reader. Just email pattie@essencemagazine.co.nz telling us why you would like to win this book and your contact details to go in the draw. Entries close 20th January 2024.



Essence: Tell us about the beer tastings. Was there anything you particularly loved or didn't love?

Beer tastings are partly about the actual beer you're tasting, but also a good natter about what's going on in the beer scene generally.

There have been so many lovely beers over the years. It would be impossible to single them out.

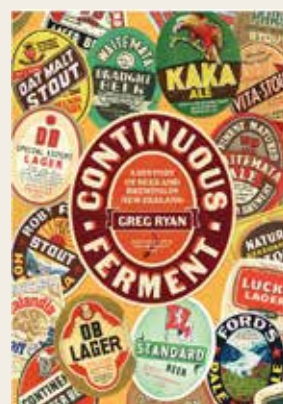
I have encountered some where things clearly went wrong - one from a (short-lived) Central Otago brewery where it was fairly clear that the brewing yeast had got together with something from a neighbouring winery and produced a quite feral and musty result. Then there are those beers with additives - coffee stout; lime lager; apricot ale; chilli beer etc Some were superb. Others showed that you can add whatever you want to beer, but you won't get a good result unless the main 'base' beer is brewed well.

Essence: Have you ever done any home brewing?

Yes, I brewed for about seven years until the 2011 quakes - but haven't got myself organised since then. My brewing wasn't especially technical - so I tended to use cans of malt and not do my own malting. But I did some interesting experiments in extracting the yeast sediment from various bottles of beer to provide the yeast for my own brewing.

Essence: What will you be drinking on Christmas Day?

My Christmas tradition, inherited from my father, is to have a black velvet (Guinness & champagne) at 11am. Someone usually gives me a good bottle of beer for Christmas and I tend to save it until Boxing Day when I'm lazing about with cold turkey sandwiches watching the cricket.



Serves 10 | Prep time: 90 mins | Cooking time: 30 mins

Camembert & garlic wreath

It's hard to believe Christmas is upon us again, 2023 has certainly gone fast! If you haven't started planning your menu for Christmas Day it's time to start thinking about what you'll serve up to your guests. Whether you're going to be home for the day or are spending it with family and friends you want to make it as stress free as possible. If you are cooking a traditional Christmas dinner it's time to order your turkey, ham or speciality cut of meat. Scott and his friendly butchery team are here to help and advise you and remember if you're after a fresh side of salmon you can order them at the seafood counter.

I like to plan ahead so I know what I am doing on the day, look out for specials in the lead up to Christmas and my motto if you see something you like, buy it as often some of the speciality lines sell out quick. Share the load and delegate a course for your guests to bring which help spread the costs for everyone. Make sure you provide alcohol free options as well especially if it's a hot day. Prepare as much as you can the day before as it saves time and stress on the day.

The recipe I have chosen this month is a camembert and garlic wreath, it will certainly give the wow factor to your table and it's also great if you have to take something if you're not dining at home. You can make it the night before and reheat it on the day if you want, just warm it through and it's ready to eat. It takes a wee while to proof but well worth it. I used my MasterChef quiche dish from last years' promotion which was a perfect fit, just grease it well. Make sure you glaze the rolls as it will give them a lovely sheen. Garnish with fresh rosemary from the garden or even some dried cranberries of a touch of colour and sweetness.

Wishing you and your families a wonderful Christmas and relaxing Summer Break from our New World Family to yours.

Ingredients

- 1 wheel of Pams Finest Southern Alps Camembert Cheese
- 2 tsp Pams All Purpose Active Yeast
- 2 tsp Pams Caster Sugar
- 3 1/2 cups Pams Plain Flour
- 2 Tbsp Pams Crushed Garlic

Method

1. Mix the yeast, sugar and 300ml of warm water together in a large bowl and leave to sit for 5-10 minutes until the yeast has frothed and activated. Add the flour, 2 tsp of salt and 2 Tbsp of olive oil and gradually start mixing until a dough forms.
2. Pour the dough out onto a floured surface and knead for around 10 minutes, or until the dough becomes smooth and elastic. Place the dough back in the bowl, cover with cling film and leave in a warm place to proof for 45 minutes.
3. Knock the proofed dough back with your fist and pour out onto a floured surface. Cut evenly into 24 pieces of dough. Roll into balls, ready to build your wreath.

4. Assemble by placing the camembert in the centre of lined baking tray, and arranging the dough balls in a circular formation around it. Ensure the dough balls are all touching, cover with cling film and then leave to proof for a further 45 minutes.
5. Mix together the garlic, a good glug of olive oil, salt, and pepper. Brush over the wreath with a pastry brush.
6. 30 minutes before you're ready to serve, remove the camembert from the centre and set aside. Bake the wreath for 20 minutes at 200°C. Remove from the oven, place the camembert back in the centre, and bake for a further 10 minutes. Serve while still hot!



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.



Cooking Tips

- Tip 1: Make your wreath dairy free and vegan by leaving out the cheese! These warm rolls are still delicious served on their own and will add a festive flair to your Christmas table spread.
- Tip 2: Add 2 tsp of finely chopped rosemary to your garlic and oil mixture for added flavour!

Try some of our traditional Christmas treats this festive season fresh from our bakery.

We have all your favourites from Paneforte, Stollen, Almond Brot, Mince tarts & Amandel Staaf to beautifully decorated Gingerbread Houses, Trees and Christmas Cakes. Treat your family and friends this festive season!



Open daily 7am - 5pm 18 High Street, Rangiora | 03 313 8837 | www.rangiorabakery.com



Bronwyn Candish

Owner of Sheppard & Ormsby

I love Christmas – perhaps even a little too much.

When my son was born, I decided to collect 24 Christmas themed books that we could read together every evening of December like an advent calendar.

This Christmas, now that he is nearly 4, he's been really into these stories and I'm starting to feel like I know some by heart.

There are some key themes I'm distilling about Santa's "business."

- 1) He's amazing at showing gratitude to his elves. Everyone works really hard, towards the same goal. It's a big ask to be ready in time and they prepare all year. No matter how busy Santa gets, he's never too busy to thank them for all their hard work before he climbs into that sleigh.
- 2) He's also not afraid of mucking in when it's getting close to the crunch.
- 3) When Santa returns from his huge night flying around the world, he and the elves party. Santa must be exhausted; he's been working all year towards this day and now the job is done. But before he puts he's feet up, he celebrates the wins with the team that helped him make it happen

I think we could all be a bit more like Santa.



We will be closed for the Christmas Break from 12pm Wednesday 20th December 2023, and will be reopening on Monday 15th of January 2024.

Please don't forget your GST and Prov Tax due on the 15th of January!

From our family to yours, have a safe, merry and joyful holiday season.

77 High St, Rangiora | 03 313 6001



Wishing you and your family a safe and happy Christmas and very best wishes for the New Year.

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MATT DOOCEY
MP for Waimakariri

I was really humbled to have been appointed by Prime Minister Christopher Luxon as New Zealand's first Minister for Mental Health, Minister for Tourism and Hospitality, Minister for ACC, Minister for Youth, Associate Minister for Health, and Associate Minister for Transport. It is also an honour to be appointed a Cabinet Minister in the 54th term of New Zealand's Parliament.

I would also like to thank the whole of Waimakariri who have allowed me to have this amazing opportunity.

It was a special moment having my family join me as I was sworn in as a Cabinet Minister at Government House at the end of November by Governor General Dame Cindy Kiro. I'm very lucky that my wife Viki and children Emily and James have supported me in being a Member of Parliament over the years and now as a Cabinet Minister. Quite frankly I couldn't do this without their support.

The next day it was a real privilege to take my seat around the new Government's first Cabinet meeting. I am mindful of the huge responsibility I have around the Cabinet table making decisions which will impact on many New Zealanders' lives.

As this is the last edition of Essence Magazine before Christmas I'd like to take the opportunity to thank Dorothy and Pattie for inviting me to keep you all up to date over the year through their publication.

Like many I am really looking forward to spending some time with family on Christmas Day. One thing I always look forward to that has become a family tradition is to go down to the local Christmas tree farm on Tram Road and get the kids to choose a family Christmas tree for our living room.

From my family to yours, wishing you a very Merry Christmas and a safe and Happy New Year.

Inspired Gift Ideas

Tidying up anything would be a pleasure when you have super fun animal head wall hooks like these. **The Fabric of Society**

We love these timeless classic tortoiseshell sunnies. **Craze**



Who doesn't want a gold crab for Christmas? **The Fabric of Society**



Check out this super cool retro ice bucket to bring a touch of glam to your Christmas entertaining. **Vintage Rose**



These holiday baking sets with spatula and jolly seasonal dish towel will keep any baking fan happy. **I Adore**



Simple and elegant home style for the book lover with these animal bookends. **The Fabric of Society**



Retro genie bottles in amber glass look great in any home. **Vintage Rose**

This cute steel wall hanging brings a little happiness to the home. **The Rusty Ace**



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NORTH CANTEBURY



Caramelised Yoghurt Cream with Summer Berries

Try this mouthwateringly delicious adaptation to your morning yoghurt.

Make it late on Christmas eve so it's ready for the morning, it takes no time at all.

Yes, there is sugar, yes there is cream but hey it's Christmas and if you have eaten plain yoghurt all year – you deserve a treat. Just concentrate on the wonderful goodness of the summer berries that go with it. You could serve it later in the day if you don't need the sugar hit at breakfast.

The caramelised yoghurt is at its peak when the brown sugar has melted but the demerara sugar on top is still crunchy.

SERVES 4 - 6

Ingredients

- 375 ml plain unsweetened Greek style yoghurt
- 200 ml cream
- ½ cup soft brown sugar
- ¼ cup demerara sugar
- 1 punnet each of raspberries, blueberries, and strawberries
- Brazil nuts or almonds thinly sliced.

Method

Drain yoghurt in a large sieve lined with a couple of paper towels for 30 minutes. Carefully peel the yoghurt off paper, scraping it into a bowl. Whip the cream until stiff, then fold into bowl of yoghurt. Transfer to a shallow dish. Sprinkle with brown sugar, then sprinkle with demerara sugar. There should be a nice thick coating of sugar on top but don't overdo it. Cover yoghurt cream with plastic wrap and refrigerate for 8 – 12 hours.

One hour before serving put raspberries and blueberries in a bowl. Hull the strawberries slice and add to the bowl. Stir gently and refrigerate.

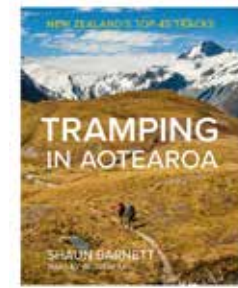
Divide berries between glasses then top with yoghurt cream. Scatter with sliced Brazil or almonds.

Page Turners WORDS: EMMA'S AT OXFORD

Fabulous reading for the holiday season

Tramping in Aotearoa – New Zealand's Top 45 Tracks
By Shaun Barnett

For those seeking out the next multi-day tramp, this fully revised edition includes essential route information, overview maps, commentary and fantastic photography.



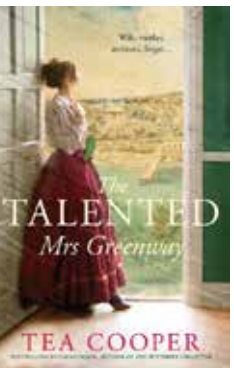
A useful introduction for those looking for trips outside their local area; Shaun Barnett gives the detail needed to make the reader know why a trip should be on their must do list.

Tramps covered include the Great Walks and many others from the North and South Islands, such as St James Walkway, Travers-Sabine Circuit in Nelson Lakes, the Paparoa Track, Avalanche Peak & Goat Pass, and the Mt Somers Circuit.

If you were to have only one New Zealand tramping guide, this is the one to have.

The Talented Mrs Greenway
By Tea Cooper

For fans of historical fiction who enjoy a thoroughly researched novel, that weaves together historical facts and fabulous fiction.



Set in 1814 Sydney; this is a novel about beginning, planning and construction of Sydney, and the woman who stood beside one of Australia's first architects. After being transported to Sydney for forgery, Francis Greenway worked for Governor Macquarie as the town architect. This novel asks, whose hand really shaped Sydney?

Definitely a book for fans of Kate Morton and Natasha Lester.

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