

Complimentary
MONTHLY PUBLICATION

July 2022

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Feature

Women in
Business 2022

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Profile

Living With
Alopecia

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contents

This issue is one of our favourite to put together because it gives us the chance to introduce to you, our 2022 North Canterbury Women in Business. This annual feature gives you the opportunity to get to know some of the women in our community that inspire, meet challenges and succeed in business.

Women who put their heads above the parapet and have had to think outside the square especially in the past 12 months deserve our congratulations. It has been a challenging year for some, but their passion and commitment to their work and businesses is evident in the way they have answered the questions we put to them on pages 15 - 20.

We cover a few challenging subjects in this issue. Alopecia - It's a hard topic to discuss as for most of us, hair is an important part of our appearance and self-image, and any type of hair loss can be very hard to cope with. Our writer Michelle McCullough had a bit of a battle on her hands interviewing me on the subject. While I consider

that I'm fortunate to be able to hide my hair loss - it's not as easy for others. I met up with Debbie Albrecht and Marie Childs to talk about our different stages of living with alopecia - our stories are on page 8.

Marie Broers was nominated as a makeover recipient as part of National Volunteer Week, for her contribution to the Kaiapoi Community Support service. Marie, who suffered a stroke five years ago, has had to adapt to a new reality. Her personality, determination and strong support from the community have helped her to rebuild her life. Page 22.

Step into Kate McClelland's newly built Pegasus Bay home and it's clear that plants count. A tall, elegant Bird of Paradise stretches for the ceiling, the voluminous leaves of an Elephant Ear plant draw the eye and a string of turtles cascades from a window sill. This sunny, inviting home is featured on page 10.

Enjoy your month, Dorothy

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Front Cover: This cosy space was captured by Dorothy at this month's Home and Garden photoshoot.



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WIN!

It's our 1st birthday and we would like to celebrate with you. Be in to win a Murad mini gift pack valued at over \$100.

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Loburn School Fundraiser

Loburn School recently held their Mid-Winter Quizmas fundraising event and raised \$12,800 on the night which will go towards additional teacher aide hours at Loburn School Te Kura Aromauka. Great fun was had by all, with over 170 attendees from all over North Canterbury who vied for a 'Best Dressed Team' award!



Part of the Organising Committee: Amelia Norman, Claire Green, Kylie Young, Cat Johnston and Louise Paterson
'The Cod Pieces': Kate Bint, Kelly Bint, Shayne Harris, Shenna Rowe, Danny Rowe and Oliver Bint



'Team Hawaii': L-R: Patrick Carmody, Trent Lister, Glen Young and Andrew Mouat
'The Contractors': Mel Lawton, Chris Lawton, Mike Bartlett and Pip Bartlett.

The Big Splash

The Charles Upham Retirement Village Big Splash was held on 1 July at the Rangiora RSA. The annual fundraiser supports the Rangiora Stroke Club, St John Rangiora and Rangiora Promotions Association.

images: **Shane Jones Photography**



Laura Good, Ashleigh Connelly, Elizabeth Devlin, Jennifer Stone and Caitlin Tindall

Stunning New Premises

Laura and her team from Create Design Studio showcased their beautiful new offices, located on High Street, Rangiora. The event was celebrated with friends, family and invited guests.



Lisa Wilson and Jodi Koster

Jeremy and Katrina Goodman



Sarah Reed, Charlotte Hickling and Jodi Koster



Mel Cox (essence), Matt James and Miles Dalton



Michael Price, Ryan MacDonald and Brendan Holt



Matt and Belinda James, John Leonard and Catherine Roper



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A Celebration of Life

Recently Hall & Co Funeral Directors relocated to 18 Albert Street in Rangiora, (a former funeral director's premises) a move which has seen Geoffrey revisit his roots.

In life everything changes, and that includes how we celebrate the lives of our loved ones.

Geoffrey Hall, of Hall & Co Funeral Directors, said the rule book for how funerals are conducted has long gone, with more people choosing more intimate services over larger based funerals.

"People's attitudes have changed over the years, and with Covid restrictions, people were not allowed to have large-scale funerals and that certainly changed how we do things. Now most of our work is small, private services

or direct cremations with a memorial service after. Although if you want a traditional funeral with all the bells and whistles, we can do that too."

"When I opened business in Rangiora 1983, I started out at 14 Albert Street with Baxters Joinery shop behind me. Now I am at number 18, with Lyall Park joinery behind me."

From their new premises, Geoffrey and his friendly team will continue to offer the same exceptional service they are known for – thoughtful and personal funeral services, unique to the person. From small intimate gatherings to celebrations full of joy, Hall & Co offer a range of options to suit all religious denominations, tastes, and budgets. And for those who are eco-conscious, they can provide a number of options to ensure your loved one is farewelled in an environmentally friendly manner.

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.
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TIME TO TRAVEL with HelloWorld

HelloWorld Travel Rangiora is excited to be back working in a physical store in central Rangiora after a two-year period as a home based agency.

Anna and Liz are back in the office, collectively offering over 50 years of experience. We are also excited to have Kelsey who will join us mid-July returning to the industry she has been missing over the past 2 years.

Anna happily admits her happy place is the Pacific Islands which she knows like the back of her hand and while Liz loves utilising her personal experience to create those perfect further afield itineraries.

These past two years have been turbulent to say the least, but we are proud that during this challenging period we helped so many of our clients and local residents to rearrange their travel, obtain refunds or credits, and now ultimately help reconnect them with their friends and families.

With the government's announced staged border re-opening what was a trickle has become a flood of demand for travellers to start exploring the world again.

We are seeing a strong trend back towards the Pacific Islands for the winter holidays, that we all crave at this time of year, as well as many people making the journey further afield to see families that some have not seen for many years.

We are also experiencing huge interest where travellers are looking for more guided, fully supported itineraries – particularly those providing unique holiday experiences. We have a large array of products available, can provide

guidance to the best options to suit any traveller and most importantly we are here to support our clients not just until they get on the plane but right through until they get home.

There are different challenges to travel today. For all those people who waited so long to start travelling overseas again we are here to help you navigate the complexities of the current travel environment. Time is dedicated to checking departure, transit and arrival documentation in this new era of Covid Travel to ensure the holiday you have been dreaming of is hassle free.

Even though restrictions are now easing, many countries still require documentation to support your travel plans, this is where our expertise comes in, navigating the requirements specific to each individual's specific travel plans. Although we can't always assist with the completion of these documents, we make sure that you have the current information clearly detailed as well as the process to obtain.

Our new store is located in Shop 4, Conway Lane, 176 High Street Rangiora. We do appreciate you giving us a call to make a time before you come in, this allows us to provide our clients with the best service possible.

We are excited about the future of travel, restrictions lifting and people being able to travel freely and explore the world yet again!

Liz and Anna | 03 310 6288



WHAT ARE WE SEEING IN THE MARKET RIGHT NOW?

Several factors drive real estate markets, however, the two basic fundamentals of supply (the number of total properties for sale) and demand (the number of buyers active in the market place) play a significant role in establishing market conditions that favour buyers or sellers. Generally conditions are favourable for sellers when supply is low and demand is high. There are lots of factors which contribute to the demand/supply and we've spoken about what brought about 2021's extreme example of this in previous articles.

Conversely, when supply is high and demand is low, conditions are favourable for buyers by offering more selection and breathing room, allowing buyers more time to do their due diligence and make an educated decision on their future property. We are starting to see the market lean in this direction at the moment. Prices have levelled out and in some cases have come back a bit from their peaks, the time on the market pushes out a bit and we can see a disconnect between where vendor's expectations are (perhaps holding on to last year's market) and where buyers see value (sometimes trying to build future downward market fluctuations into their offers).

SUPPLY

Throughout May we saw 2139 'new listings' come onto the market, up year on year by 16.63 percent. This was

met by 1436 sales for May, a decrease of 28.91 percent. With a total of 4831 listings on the market in May for buyers to choose from, this is up a significant 60.45 percent year on year. In short, there is considerably more supply than this time last year.

DEMAND

The initial buyer metric we consider is the number of buyers viewing properties online. Throughout May we saw 4.376 million views across our Ray White websites, resulting in over 44499 enquiries which is still really healthy.

Ray White New Zealand saw 683 properties scheduled to go to auction in May (down 19.26 percent when compared to the same period last year) leading to an all-sold clearance rate of 45 percent with, on average, two registered bidders and 1.5 active bidders. We are seeing quality homes in good locations with multiple bidding registrations and active bidders.

The final consideration we look at when measuring the volume of demand in the market, and arguably the most significant, is the number of people obtaining pre-approval for finance. Pre-approvals are a key indicator of buyer confidence, knowing they have the financial capacity to buy the property. Our partners at Loan Market are still seeing increased numbers of pre-approvals across the country with 10 percent more than this time last year. This is despite the major changes to the Credit Contracts & Consumer Finance Act (CCCFA) which came into force on 1 December 2021 and rising interest rates. That does suggest we may in fact be heading for a period of increased activity again as pre-approvals get spent.

Locally we think the market is pretty "normal". Special properties and properties offering fair value to buyers are selling with good demand. Anything which is overpriced will sit as buyers now have more options to spend their money on. We expect this to be the trend for 2022 with perhaps a wee burst of activity as we lead into spring.

For more information please see our Ray White Now publication at www.raywhite.co.nz/ray-white-now/

DIY LANDLORDS WON'T NEED TO MEET NEW PM REGULATIONS



Despite an overwhelming opinion from attendees at recent Housing and Urban Development Ministry workshops that private landlords should also need to comply with the proposed incoming regulations for property managers, senior officials say it is not in their remit to recommend that.

While private landlords are covered by the Residential Tenancies Act, I unfortunately do come across many landlords who either do not understand the legislation or seem to think they are exempt from it!

Tenancy law in New Zealand has become very complex over the past few years and while there are certainly some private landlords who understand and comply, it takes a lot of time and effort to keep on top of the many changes that continue to be introduced.

I fully support the Government's

proposed regulations which include property managers being licensed, having to establish a trust account, holding insurance, undergoing 20 hours of professional development and complying with an independent disciplinary and complaints resolution scheme. I do however think that because the regulations will be here to protect both landlords and tenants, that private landlords should also need to comply with the same regulations.

About 59% of the country's private rental properties are under management which has increased by 10% since 2020 however that still means that around 40% of rental properties are being privately managed.

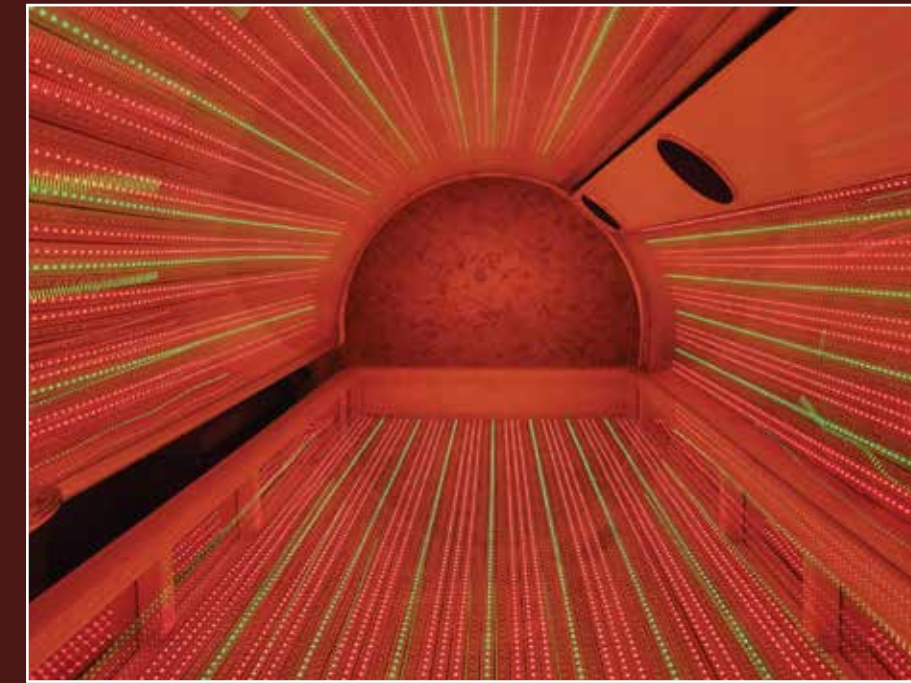


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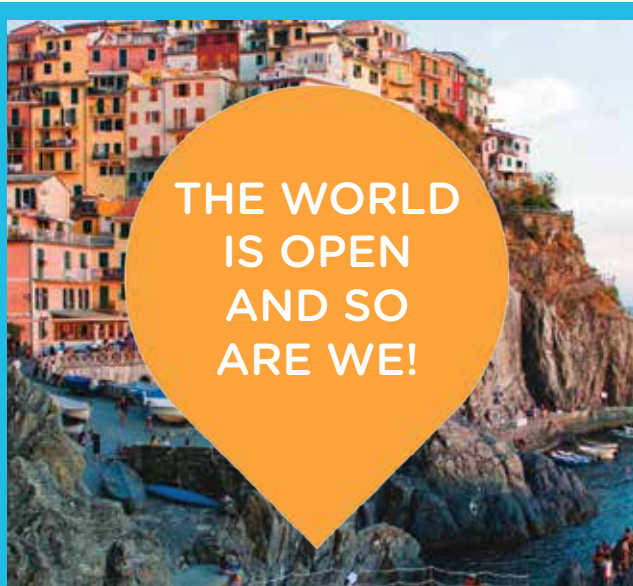


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Debbie Albrecht, Dorothy McLennan and Marie Childs

Alopecia is a topic that is discussed on and off in the Essence office because about five or six years ago, I was unfortunately diagnosed with Frontal Fibrosing Alopecia (FFA) a form of scarring alopecia which is characterised by a slowly progressive band of hair loss along the front and sides of the scalp resulting in a permanent loss around the hairline.

Before my diagnosis alopecia wasn't really something I thought about - when I started noticing my eyebrows thinning, I just put it down to getting older. A few months later I realised the hair on my arms and legs had all but disappeared and I had a slight redness around my forehead. It didn't cross my mind that it might be alopecia.

However, these noticeable changes were enough to make me seek an appointment with my GP who referred me to a dermatologist. I remember my first appointment with the dermatologist who likened FFA to a forest fire - he assured me that it would burn out at some stage - hopefully sooner rather than later I thought and I'm quietly confident that's what is going to happen. I have my fingers and toes severely crossed!

In the early days of my diagnosis, I was constantly on Google reading any research there was - but to be honest there wasn't a lot. FFA was only diagnosed in 1994 and there seems to be no known cause or effective treatment but it is said to be increasing worldwide. I was prescribed daily antibiotics and steroids in the hope they would have some effect in halting the progression but in the end, I decided that the negative side-effects of the drugs and the fact that they were really only experimental at best made me decide that the uncertainty wasn't worth the

risk. I'm happy to wait until more research is done although I do have days when I wonder if I've made the right choice.

I'm fortunate that I have my close friend Michele, owner of Hi Gorgeous who is able to use her amazing styling skills to disguise my hair loss. Most people don't know unless I tell them. Having a regular relationship with your hairdresser can be more important that you realise - they are often the first to recognise if things are going haywire. Michele has been quite surprised at the level of hair loss she is seeing in clients right now so something odd is going on. A worldwide group that I belong to, are convinced that it could be something in the ingredients of beauty products, skin care or it may be environmental - but who would know - it would be amazing to find out. Other forms of alopecia have been around forever so it's interesting that this is a relatively 'new' variant.

For most of us, hair is an important part of our appearance and self-image, and any type of hair loss can be very hard to cope with - for some of us it is helpful talking with others who are going through the same thing. It was great to grab a coffee with business woman Debbie Albrecht and Rangiora High School Sports coordinator Marie Childs who were happy to share their experiences with me.

Dorothy

I must have had a premonition - I brought this cute little water colour years ago from the Rangiora Art Society's annual exhibition. It hangs in my ensuite and it reminds me that I'm not a fan of windy days. Every other day is fantastic!



LIVING WITH Alopecia

words: Michelle McCullough images: essence magazine

For Debbie Albrecht, a problem shared is a problem halved.

The well-known Rangiora businesswoman has alopecia areata, an idiopathic disorder characterised by a rapid loss of hair that usually begins on the scalp.

"I started noticing hair loss when I was about 40. I had what is called a subtotal hysterectomy, and I am not sure if it's related but after that I started noticing less hair on my eyebrows, arms, and legs. Then about four years ago I started to get very noticeable patches of hair loss. At first I tried to disguise it, but it came to a point where I couldn't do that anymore.

When she received her diagnosis, the 56-year-old said she took it "very personally."

"There was a period of feeling sorry for myself, but I am not one of those people who will sit on that. I think when you are diagnosed with anything it's like goodness gracious what is this all about? And after that initial shock you say okay what do I need to do? How do I sort this out? And then you get on with it."

"I started wearing a topper which is a partial wig. Then I found out I could have a hair integration system, where they take what hair you have and attach real hair to it. I managed to do that for about six months, but I reacted to the net that they put on your scalp. So about three months ago I had my head shaved completely, and I started wearing a wig. But what has happened now is, and I don't know how long it will last, my hair has started growing back."

After her initial shock, the So You! Boutique owner made the choice to be open about her condition, and has used her experience to help herself and others.

"When I started this journey I did a Facebook video on the So You! page showing my hair loss. And after doing that, for months I had women come into the store and share their story about cancer or alopecia with me."

"We have a lot of conversations with women about what is going on in their lives. My hair loss is nothing compared to what some of these women are going through. For me, the way I have coped with it was to share and it has helped me immensely.

Everyone has their own journey; everyone is different, and everyone copes in different ways. And if you aren't coping that's okay but don't be too hard on yourself, it is going to take time. I think it's important to be kind to yourself, have a supportive network and to talk to other people who have alopecia."

The 56-year-old said a lot of the women who approached her were unaware of their options in regard to wigs and cosmetic treatments.

"A lot of them thanked me for sharing my story because they didn't know what their options were. My eyebrows are cosmetic tattoos, I wear eyelash extensions sometimes so there are things out there that you can do - there is choice. You can still be feminine with no hair!

There are also advantages to hair loss. You don't have to shave your legs or under your arms."

"A number of people also did not know that they could receive financial assistance from the government to purchase a wig or hairpiece", Debbie said.

Called the Wigs and Hairpieces Service Payment, this subsidy is for people who suffer from serious hair loss because of a medical condition, or have undergone treatment for cancer.

"The wigs these days look very real, especially the ones made with real hair. [For my wig] I went to Savanna Hair Solutions in Christchurch. It takes about six to 12 weeks to be made, and when you get the wig you can style it any way you want. You can colour it. You can use heated tongs on it. You can do everything and anything you would do on your own hair. The only thing you can't do is go swimming with it on, and you wouldn't go to sleep with it on."

In addition to her alopecia, the 56-year-old has recently been diagnosed with haemochromatosis, a genetic condition that affects 1 in 200 New Zealanders. Also known as iron overload, haemochromatosis occurs when the body takes in and stores too much iron. This leads to a weakened immune system, and a toxic build-up of iron in your liver, heart, and pancreas which can result in permanent damage.

"They do not know what causes my alopecia, but the indication is that it is related to haemochromatosis," Debbie said.

As for the future, Debbie hoped that by sharing her story she would be able to help more women who were going through a difficult time.

Debbie



Dorothy's alopecia is mostly only noticed if she is caught out in the wind or her hair is tied back. Debbie is seen here wearing her topper. Marie looks great with or without her wig.

'You don't need hair to paddle'. That was the reaction of Marie Childs' Waimak Dragon Boat Club teammates when she told them she was losing her hair.

To some that might seem like a strange thing to say, but it was exactly what she needed to hear. You see Marie has alopecia universalis, an autoimmune condition where the lymphocytes around hair follicles release chemical messengers called cytokines that reject the hair, resulting in 100% hair loss on the scalp and body.

The Rangiora High School Sports Coordinator's alopecia journey started in 2010, and began with small patches of hair loss the size of a 20-cent piece that would appear periodically.

"I just felt a cool breeze one day and I put my hand up and thought oh my goodness - that's skin. I didn't think too much of it, and it grew back. Over the next three years I would get another one and it would grow back, then I would get another one and it would grow back. Then I noticed receding around my ears, and a patch on the back of my neck that just kept going up and up."

Initially diagnosed with alopecia areata, at the end of 2017 the mother of two was told that her condition had advanced to alopecia universalis. This news coincided with a number of stressful life events for Marie, including the death of her beloved father, and managing the New Zealand Open Dragon Boat Team's trip to the World Nations Championships in China.

"When I got back from China I went to the specialist, and he said it's probably all going to fall out and not grow back. And

that was it. No suggestions that I should go see a counsellor, nothing - just that it's all going to fall out. And by Christmas it was all gone.

"I was devastated by it. There is a big difference in telling people you have no hair, and them actually seeing a totally bald scalp, no eyebrows, no eyelashes. There were moments where I thought I had to quit my job. I can't do dragon boating any more. I just wanted to go and hide."

A turning point for Marie came when she made the decision to be open about her condition with her teammates.

"There was one of the girls on the team who said to me 'I don't care about your hair as long as you can still paddle'. And they [the rest of the team] were pretty much the same - 'you don't need hair to paddle'. They were interested, and they asked questions, but they didn't judge me. It felt good just to paddle and know that my hair wasn't their priority.

"That was kind of my turning point. I thought I can't be a recluse, it's not in my nature. So, I put a post on Facebook and did this major coming out.

While her teammates are not concerned by her lack of hair, the reaction of strangers can be quite confronting, Marie said.

"I get a lot of sympathetic smiles, and I have people come up to me in the mall because they think I have cancer. There was one guy very early on and he came up and he said, 'my daughter's got the same hairdo as you at the moment'. And I just turned around and said 'I'm not having chemo'. He was very apologetic, and I felt bad, but I was embarrassed. He was just trying to be kind to me. I feel guilty that people feel sorry for me when I'm not actually sick."

Now at the age of 54, Marie has started to make peace with her condition with the help of her family, and counselling.

"Everyone has been very accepting and supportive. My brother and his family have been very supportive, and my mum is amazing. At the start she struggled because she couldn't do anything to help, and as a parent that's really hard. My son's Nathan and Matt have been a tower of strength since the very early days, and my partner Rick continues to be my rock.

Late last year I had a couple of counselling sessions. It's the first time I have had counselling, and spoken about my hair. She said I need to go through a grieving process. Losing my hair and dad dying, I kind of blocked everything out and just got on with it because that's my personality, but it all caught up.

There is certainly a degree of lost identity. Hair can influence how you see yourself, and how others see you, so it becomes an extension of your identity. I used to have long blonde hair, and there are still moments when I really miss it, that's hard.

“A lot of them thanked me for sharing my story because they didn't know what their options were. You can still be feminine with no hair!”

There are so many people out there with different conditions. I still have two arms, two legs, my brain, I can still do everything I did before I just look different. When it comes to choosing your condition, I am pretty lucky really."

When asked if she had any advice for others experiencing hair loss, Marie said was important to be open with the people around you.

"My best advice would be don't try and hide it. Share it. Be open with it right from the start with people. I couldn't think of anything worse than to be imprisoned by it. The more people you who know the more strength you will have. If you don't tell anyone, how can they support you?"

"It's life-changing and it's hard. There are times when you'll feel angry and naturally think why me? But if you want to live your life you've just got to get on with it."

And that's exactly what Marie is doing. When she is not paddling up and down the Kaiapoi River with the Waimak Dragons, Marie coaches the Rangiora High School dragon boat team. From 2019 to 2021, Marie was the president of the Aoraki Dragon Boat Association, and in 2019 she founded the all-women team Pegasus Dragons. In 2021, the Aoraki Dragon Boat Association awarded Marie the prestigious Coach of the Year award.

Marie

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INVITE!

We have decided to meet again on Thursday the 28th of July, from 5pm at Joe's Garage Rangiora.

Come and join us if you are going through a similar experience.

We are definitely not experts on the subject, but we do know how to support each other, have a laugh and drink wine/coffee!



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Plants Make A New Home

words: **Pattie Pegler** images: **essence magazine**

Step into Kate McClelland's newly built, North Canterbury home and it's clear that plants count. A tall, elegant Bird of Paradise stretches for the ceiling, the voluminous leaves of an Elephant Ear plant draw the eye and a string of turtles cascades from a windowsill.

"I couldn't choose a favourite," says Kate. "But I do love the calathea because it's doing so well and it's really hard to grow." Its beautifully striped leaves dominate the kitchen counter. And in this open plan living area with lots of sun and good light all year-round the plants seem to thrive.

The plant care routine is pretty easy says Kate - she regularly feeds them, cleans their leaves and usually waters them once a week. For newbies to the house plant phenomenon she advises getting easy care plants to start with, so you can train your green fingers up before buying anything more tricky, or expensive, to look after.

Kate moved into this house just over a year ago. The build had taken around 10 months and as with so many building projects it had its stressful moments. "Making sure I understood what was happening was important," says Kate. "And towards the end it was stressful because I was renting and the build ran over."

But she enjoyed the planning and design phase and thinking about the interior schemes. Always organized she did "a lot of research" early on so she knew what she wanted and didn't have to make decisions on the fly. This included elements like the fixtures and fitting, door handles and window frames. For the all important lighting she got an electrician to draw up a plan that includes some black downlighters in the lounge area. They only light the area under the downlighter itself, so they provide an efficient but subtle light when

looked at from other areas of the open plan space.

The colour palette largely sticks to whites and creams, blacks and charcoals and of course, greens. White walls, black window frames, white textured tiles for the kitchen splashback and black cabinetry. And in the living room a feature wall in a dark charcoal, Dulux Glenbrook.

It's a fresh and modern look softened with the many plants and touches of timber and leather in the furnishings and finishes. And the love of plants threads through - a large still life collage made up of plastic tiles dominates the feature wall with its bold bright florals. In the master bedroom a botanical wallpaper and green accents reflect the plant world. There's a feeling of green and orderly calm in this home.

She might be organized and have made lots of interiors decisions way in advance, but Kate is clear that she is not a fan of the "matchy matchy" look and there's plenty of character here too. A small, antique oak, drop leaf table provides a perfect spot for some baby houseplants; a large canvas from Canterbury artist Libby Chambers adds a pop of bright colour and a tan, leather armchair stands out alongside a pair of cream couches.

"But I do love the calathea because it's doing so well and it's really hard to grow."



Jet, the black cat lolls on the back of one couch and Henry, a 5-month old Jack Russell runs around the living room looking for things to chew.

But he can't be blamed for the battered frame on a dark oil painting standing against the wall. Its chipped gilded plaster frame was an 'as is' purchase - Kate's latest op shop find. "I love antiques and just interesting old things. I like going and just having a bit of a fossick around," she says.

This newly built house is very much home. Embarking on the building process had its ups and downs admits Kate. But it's the end result that counts. "When I moved in everything was completed. And I love it."

Previous Page:

- Still Life With Flowers wall art by Ixxi; Alexander tan leather armchair from Cintesi and Mercator Calico floor lamp from Mitre 10.

Second page clockwise from top left:

- Black kitchen cabinetry with white textured tile splashback and electric hob; timber panelling hides range hood and additional storage
- Kate and 5-month old Henry relax in a cosy corner
- Dining table from Nood; black moulded plastic dining chairs from Asko; Cushions available from Niche.
- Lounge area with cream couches, coffee table and feature wall in Dulux Glenbrook
- Vintage oak drop-leaf table was a gift from a friend, colourful artwork by Canterbury artist Libby Chambers



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Coastal Towns

The coastal communities along State Highway One from Woodend to Waikuku are quietly booming, with new suburbs and businesses popping up everywhere... the ultimate quiet achievers. Made up of Pegasus, Waikuku, Woodend and Ravenswood, this little corner of North Canterbury is home to gorgeous scenery, beautiful wildlife, diverse shopping and an ever increasing array of cafes and restaurants.



Explore

The Tūhaitara Coastal Park stretches from Kairaki at the mouth of the Waimakariri River to Waikuku Beach and is a highlight of the area. Whatever your passion, this stretch of coastline has it all, from walking and biking tracks, horse riding trails and fantastic surf.

For nature lovers there is an abundance of wildlife and fauna to discover, including a wide range of birdlife. Local photographer and avid bird watcher Jean Williams said the best spots to birdwatch included the wetlands at the back of Pegasus and Waikuku. Highlights include white faced herons, white herons, spoonbills, waxeyes and kingfishers.

If you love golf, Pegasus town is home to Pegasus Golf and Sports Club which is a 72 par, 18-hole championship golf course. The course features a fantastic view from every hole!

If racquet sports are more your thing, then check out the Woodend Tennis Club for both social and competitive tennis and a firm favourite with local families is the playground at Pegasus Lake, featuring a giant climbing frame, a super-fast slide and fort.

For those seeking more of an adrenaline rush, the flying fox at Waikuku Beach is a must do and the beautiful Waikuku Beach, with its stunning views up and down the coast is pure magic. The Waikuku Surf Club patrols the beach during summer, when surfers and swimmers flock to the beach on those famous hot Canterbury days. Even the little ones are catered for with the Waikuku Beach Paddling Pool - a great place to cool down and have a splash. Locally known as the Whale Pool, this outdoor pool is open every year from Labour Weekend to Easter.

Shop

There is something on offer for everyone if you're keen to shop... a trip to Waikuku is not complete without stopping at the historic Brick Mill building on Main North Road. The Mill offers a wide range of art pieces, jewellery and fashion from local and international artists and designers.

Just down the road at Woodend you can find more shopping, everything for your horse, gardening/landscaping/ food/coffee and even a cute little gift shop located in the local plant nursery.

Stay

Whether you are visiting or looking into a more permanent move, there are lots of services to help you achieve your dream. For short-term visits, Book-A-Bach has plenty of rentals ready to accommodate you, from resort style living in Pegasus to bach rentals in Woodend and Waikuku.

For those interested in a totally fresh start, Ravenswood is an emerging community between Rangiora and Pegasus. Close to Christchurch but with a more rural feel, life at Ravenswood has it all. Ravenswood's prime location makes it the perfect base to enjoy everything that Christchurch and North Canterbury has to offer.

Eat

As these communities continue to grow, in particular the massive growth in Ravenswood, they will see the addition of several well known restaurants, adding to the array of local cafes and restaurants already in the area.

Everything from award winning coffee, diverse offering of cuisine and local wines - it's all here.

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WovenVeranda Imports a stylish Scandinavian range of Indoor and Outdoor Wicker Furniture that is made with natural and synthetic wicker. Ideal for your garden, verandas, decks and indoor conservatory rooms.

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The Synthetic Solid Core Cane is UV Stabilised and woven upon aluminium framing whilst the Original Cane Plant is woven upon a Rattan frame. They are environmentally conscious and proud to say all wood utilised within their furniture is Certified Sustainable!



Woodend Landscapes

Woodend Landscape Supplies is a family business that has been supplying the landscaping industry with quality materials since 2007.

Their products range from soils, barks, composts, mulches and gravels to paving stones, railway sleepers and edging timber. They also cut and stock firewood onsite and let it season and dry for at least a year, which is stored in newly built shelters.

They are committed to providing our customers with outstanding customer service and have established themselves as one of the leading suppliers in the area.



Ravenswood



Located in the Waimakariri district, Ravenswood

is a new residential development, designed to offer family living at an affordable price with all the benefits of a thriving community.

Experience a semi-rural lifestyle - fresh country air, open spaces, green areas, neighbouring walkways and nearby golf course and beaches - with the convenience of a commercial centre offering a New World supermarket, BP service station and Wild Bean Cafe, McDonald's restaurant, and a wide range of other retailers within the development.

Pegasus Dental

PAG Dental group provides services in Pegasus North Canterbury. Their goal is to provide a wide range of dental services to maintain good oral health.

They have friendly well trained staff that will do their best to cater for your dental needs and provide a fear free environment.

Oral Health is important not only for the wellbeing of general health of the body but also for a better quality of life. Your mouth is important for eating, smiling, speaking, drinking and their goal is to help you maintain your mouth in the best of health.



in through the gabled roof and is set aside for exhibitions, weddings and events and new space Little Bohemia, filled with a variety of eclectic fashion, accessories and knick-knacks.



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BLACKWELL'S DEPARTMENT STORE *is lighting up Winter*

Organised by Blackwell's Department Store, the Fire and Ice Festival is an annual winter highlight in North Canterbury's social calendar. We are running this event after a fantastic response and a lot of fun last year. This free family event has been run in tandem with the Kaiapoi Art Expo since 2014 and will be held on Saturday 16 July.

Andrew Blackwell, of Blackwell's Department Store, said the festival was a great way for the community to get together and enjoy each other's company during the colder winter months.

"It's become a bit of a community gathering. People come out, catch up and have a yarn. The atmosphere is great, and everyone has a really good evening."

This year's festival will feature live ice sculpting by renowned Auckland Ice Sculptor Victor Cagayat. Armed with a chainsaw and some chisels, this master of ice will spend several hours creating a variety of amazing sculptures from large blocks of ice in the carpark of Blackwell's Department Store. You can see Victor in action between 12.30-3pm. The sculptures will then be placed upon colourful lights to showcase at the festival's night market.

The second part of the festival is the extremely popular Night Market (5-8pm). Featuring more than 25 local craft stalls and food vendors, serving a diverse range of delicious cuisines. There will be something to suit everyone's taste buds. Fire Poi performers, accompanied by Dr Sanchez's Latin guitar music, will be entertaining you as you enjoy the atmosphere of our night market. Wander around and enjoy hot food, mulled wine, crafts and bargains.

With so many exciting experiences for the whole family, this year's Fire and Ice Festival is not one to be missed.



Lisa Johnstone: Gorilla

The Corcoran French Kaiapoi Art Expo is happening Saturday 16 and Sunday 17 July.

Come and see hundreds of artworks from over 100 Waimakariri artists plus 14 Waimakariri schools on display over 2-days under one roof at the Kaiapoi Club.

10am to 5pm, gold coin donation.

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Women in Business



Improving FINANCIAL LITERACY



When 15-year-old Bronwyn Candish stepped into her first fifth form accounting class, little did she know that it would shape the rest of her life.

"I knew right away, from that first day, that it was for me. Mum said I came home and told her I wanted to be an accountant."

Fast forward several years, and Bronwyn is the new owner of Rangiora accountancy firm Sheppard & Ormsby Limited, which has been a stalwart of the North Canterbury business community since 1979.

"The traditional accountancy side of the business will stay the same, but we are adding an extra layer to our services and offering business advisory and business development.

"Some people think they aren't big enough to need an accountant but it's never too late



or too early to contact us. We love to see small businesses and those who are self-employed, who have a really strong growth mindset and aren't afraid of a challenge.

"Running a business can be quite isolating, and not something you can talk to your friends about so we can be that support network for people to bounce ideas off. So instead of seeing people once a year to do their tax return we want to get involved and help them run their business.

Education is a key motivator for Bronwyn, who said she likes to leave her clients "better off than when I found them".

"I think it's a real shame that financial literacy is not taught in schools. I think it's one of those subjects that we all have in common, right? Death, taxes, mortgages and money in general. So anything I can do to improve the financial literacy of my clients, I'm all for that."

And in a bid to help educate the younger generation on money matters and give back to the community, Sheppard & Ormsby have recently signed a sponsorship agreement with Banquer - a financial education platform that aims to teach primary and secondary school pupils across New Zealand and Australia about financial literacy.

"For every tax return we file we are going to put a high school student through the program. We hope to put at least 700 students through the program this year. We're super proud to be a part of it."

Another motivator for Bronwyn is her son who, at only 2 years old, has changed how she does things in her professional life.

"It has definitely made me more empathetic towards my clients, and more aware of my clients burning themselves out when they are spending too many hours [working] when they are not being paid for it. I am probably a bit harsher with my clients now, and remind them what their priorities are and that family is at the top of most lists."

While the last few months have been pretty busy, Bronwyn said she was now looking forward to getting involved in the local business community. "With Covid we haven't really been out and about much, but I am really excited to get out there and meet some other people, especially women in business, and create a network."

We are looking for a local chartered accountant to join the team! Contact us to find out more.



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WHERE BALANCE brings Harmony

An overwhelming desire to help people heal physically and mentally is what motivates Elizabeth Carter.

The local massage therapist spends her days treating her clients' aches and pains, as well as providing a safe space for emotional healing.

"As a massage therapist one of my primary concerns is making my working environment an atmosphere where people can relax and release tension. Touch and massage releases endorphins that are the body's natural pain killers. They say a one-hour massage equates to eight hours sleep, so that restfulness allows your body and brain to recover."

Based in the same building as Essence on King Street, Elizabeth offers a range of services including Swedish and Deep Tissue massage, Hot Stone massage and Cupping - a traditional Chinese therapy that helps ease pain and inflammation, and increases blood flow, relaxation, and well-being through the use of special suction cups.

"I have children attending with their guardians, the elderly and everyone in between. Massages aren't just luxury, sometimes it's a necessity to keep people mobile in their daily lives. I have gym enthusiasts and sports clients who use it to keep themselves in prime condition, there are people on treatment plans referred by physios and of course, I have clients who come in just because they absolutely love the feeling it gives them."

The talented and friendly therapist also offers Reiki and is a certified Reiki Master Teacher.

"I found that people came for massage but also had deeper pain going on - emotional and traumatic things that they needed to get off of their chests in a safe environment. I liken it to people visiting a counsellor where you can discuss your homelife and history in privacy.

"It doesn't matter who you are or what you've been through, Reiki is for everyone. I want people to know they aren't alone, whether it's spoken or not, each of us carries so much. In a nutshell, Reiki is love. You are 'sending love' and holding that space for someone while they heal. There is so much to Reiki and I encourage people to explore how it can aid them by contacting me".

Later this year, Elizabeth will further her skill set by embarking on an Oncology massage course specifically tailored to help those battling cancer and undergoing cancer treatments.

The busy mum made the switch from office work to massage therapy almost a decade ago for her own well-being, and hasn't looked back.

"Originally, I did admin work, but I found that I personally wasn't thriving in that environment. I needed to find a career that worked for me. I know from personal experience that massage makes you feel amazing, it's a warm and cosy feeling and I wanted to share that with other people. [Working for myself as a massage therapist] is one-on-one, and I can really focus on what I love the most, making people glow from the inside out.

"Seeing the feeling people walk out with - It's peace, it's bliss, it's cloud nine, and it can be physically transforming. Knowing you gave that gift to someone [is the best part of my job]."

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"It doesn't matter who you are or what you've been through, Reiki is for everyone."



Elisa Leach

Women's Empowerment, Relationship & Sexuality Coach at Elevate with Elisa



Belinda James

Owner of BIZ BOOKS

What advice do you have for people interested in starting their own business?

Most people looking to start a business don't know what they don't know. Having an independent opinion of their proposal and guidance in setting up can help avoid costly mistakes later.

Come and have a chat with us! Call 0210 609604

What gets you out of bed in the morning?

Knowing that my work can make a positive difference to my client's businesses and resultant wellbeing is a big motivator. Building high trust relationships and seeing client's success is very rewarding.

What do you do to keep yourself motivated when things are not going well?

I'm extremely lucky to be in business with my husband, Matt, who is a business consultant and coach. He is great in helping me see the wood from the trees.

What skills are needed to be successful in your industry?

You really can't get away from the value of formal training and years of practical experience. However, equally important is the ability to build trust with clients through clear communication and empathy.

How do you measure personal success?

To me, success is about achieving life goals. Running a business is only a part of my life, but business success allows me to plan for a fulfilling future and to spend quality time with my family. There is more to life than work. Work is the "means to the end". Having "me time" is essential too.

How do you wind down/shut off after a busy week?

We're a rugby loving family and both my sons are involved with Ashley Rugby Club. Watching local rugby from the side lines is how I relax. I can be known to be quite vocal in my support!

Otherwise binge watching a good series on Netflix is bliss.

Unit 5, Admiralty Buildings,
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Katie Croft

Occupational Health Physiotherapist at Katie Croft Consulting

What is your business focus?

I am based in workplaces providing occupational health input. I aim to restore function, prevent injury, and improve performance, sustainability and productivity.

What does a typical day look like?

It may be leading rehabilitation to help a builder return to work following back surgery, to spending time on farm with vets investigating ways to decrease pain and discomfort relating to repetitive tasks, to leading workshops for team leaders about manual handling and injury prevention. I have a special interest in manufacturing, production and the rural workforce and am grateful in my work that I am often outdoors and meet lots of people.

What is unique about your business?

I don't work in a clinic providing hands on physiotherapy. I work at the workplace, sorting out what the business client needs, which varies hugely, to ensure the workers are able to do the job, be able to sustain this and prevent injury. It's about the people and changes all the time. From improving policy and procedures relating to injury management, to practical training involving a combination of many different parts of physiotherapy. I have a scientific approach to work and am lucky I enjoy reading while ensuring an evidence-based approach to interventions. We need to do the things which make a difference for the individual worker, and at an organisational level.

What excites you about your work?

I'm excited about using Preventure wearable technology and am doing this in my work as part of task analysis and education. Technology and science combined is an amazing tool which is used regularly in high performance sport, now it's time to focus on the workers.

What do you do to wind down?

Be outside, doing something which is usually sport or nature related. At rugby or netball, in the garden, and in our amazing natural playground in Waimakariri.

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Jan McCormick

Licensed Real Estate Agent for Bayleys

What advice do you have for people interested in starting their own business?

Do your research and play to your strengths - It is important to go into an industry you feel passionate about and can add value to.

What have you learned about yourself going from an employee to an employer?

Communication and team work are essential elements for success.

What gets you out of bed in the morning?

Loving what I do - Every day is different. I learn something new every day and get to meet some wonderful people.

What do you do to keep yourself motivated when things are not going well?

If I keep working hard and focus on what is important. I know from experience that things will always get better.

What are three keys to success?

Passion, hard work and personal integrity.

What skills are needed to be successful in your industry?

Excellent interpersonal skills, a strong work ethic and an ability to adapt to variable industry conditions.

Have you had to upskill, or do further education, to get where you are now?

Real Estate is constantly evolving and it is vital to stay in touch with market conditions. Bayleys provide continuous professional education to keep me upskilled in an ever changing industry.

What things do you do to engage with the local community?

I am committed to two local charities- The Soroptimists of North Canterbury and Bayleys Bring What you Can. This year Bayleys partnered with the Salvation Army to collect food donations for our local food banks. I was privileged to be assisted by the fantastic students from Ashgrove School and Rangiora High School.

How do you achieve a work-life balance?

I work hard, but always try to make sure I spend quality time with friends and family.

021 395 241 | bayleys.co.nz
Bayleys Rangiora:
251 High Street, Rangiora



Sandy Turner

Owner of Shine Hair

What advice do you have for people interested in starting their own business?

Know your market, do your

research and believe in yourself.

What gets you out of bed in the morning?

My fur babies wanting to be fed!

What are three keys to success?

I have always lived by the belief that " Success is not the key to happiness - Happiness is the key to success " and to that, it has always been important to me to be in tune with what makes me happy.

Happiness, Consistency and a great attitude!

What skills are needed to be successful in your industry?

You need to be a great communicator, resilient, creative and passionate.

How do you measure personal success?

By having a full clientele, a great & loyal team and feeling content in my professional and personal life balance.

Have you had to upskill, or do further education, to get where you are now?

In an ever-changing fashion industry, I believe you have to always be one step ahead and ever evolving. I am constantly investing in and attending industry training with my team and attending overseas seminars and workshops. I'm currently in London, and Paris next week.

As a child, what did you want to be when you grew up?

How does that align with where you are now?

I've always been creative and one of my favourite things was creating hairstyles on my dolls' heads! At 14 I started my first Saturday job sweeping floors and started my apprenticeship at 16 years old. 30 years later and owning a salon in the UK and now in NZ, I still love what I do.

How do you wind down/ shut off after a busy week?

Relaxing with my family and I love taking the dogs for a beach walk.

178 Williams Street, Kaiapoi
03 327 0991
shinehairnz@gmail.com



Jo Hawley-Smith

Owner/Co-Manager of Snap Fitness Rangiora and Snap Fitness Kaiapoi

What advice do you have for people interested in starting their own business?

Do it if it seems to stack up after doing some good research and getting some good advice. Be prepared for hard work and a steep learning curve but it's great fun!

What gets you out of bed in the morning?

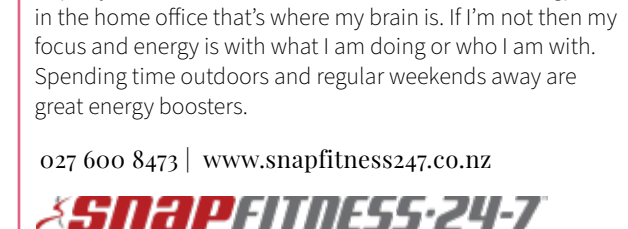
A cliché I know but the opportunity to help make a difference to someone's life. I'm passionate about the power of exercise to make a positive difference to both physical and mental health and I love to see people develop and blossom through the gyms. Exercise helps with so much and it's brilliant that people come to us for so many different reasons. I admire people that achieve great physical milestones but my personal buzz comes from seeing people feel better and develop self-confidence through exercise. We see people come in with very little idea of what to do but wanting to feel better both physically and mentally. As they spend time in the gym they get the physical benefits like losing weight, gaining strength, having more energy, reducing medication, sleeping better but they also start smiling more, feel more positive and have improved self-esteem. They can transfer all those positives into the various aspects of their lives and that's my buzz.

What things do you do to engage with the local community?
I put sponsorship money into some local events, the team take part in community events and we use local suppliers wherever possible. I am an active member of local business networking groups and attend regular weekly, fortnightly and monthly meetings.

How do you wind down/ shut off after a busy week?

I try to just live in the moment so if I am at work in the gym or in the home office that's where my brain is. If I'm not then my focus and energy is with what I am doing or who I am with. Spending time outdoors and regular weekends away are great energy boosters.

027 600 8473 | www.snapfitness247.co.nz



STAYING THE *Course*

Transparency, resilience and a healthy dose of optimism are some of the key attributes needed to succeed in business when times are tough, Deb Riach says.

Deb owns the popular Rangiora cafe and roastery Coffee Worx, and has been an integral part of New Zealand cafe culture since 1995, when she co-founded the Coffee Culture chain with her husband Ian. She also owns the successful coffee brand Heartland Brew, which is distributed in supermarkets throughout New Zealand.



Throughout her career, Deb has navigated several challenges including the global financial crisis, the Christchurch earthquakes and now the Covid Pandemic.

"Covid has been quite different to the other challenges we've been through because it's been going on for so long. It's been unpredictable and it's worn people down over time.

"I think having a good dose of optimism is pretty essential right now, but also drawing on really long-standing business practices, values, and experience. You have to really dig deep and find that resilience. You can get yourself through some really significant challenges by staying in the right mindset.

"I'm probably lucky that I am a fairly optimistic person. I have always managed to see futuristically. I look ahead at the possibilities that are before us and try to then navigate strategically through things that are challenging."

With lockdowns and vaccine mandates, the hospitality industry has been hit hard by the pandemic. Despite this, Deb's number one priority has remained the same - to create a safe, supportive, and positive environment for customers and staff, underpinned by open communication with her team.

"We have managed to keep our team intact which was very challenging, but it was important for us to look after our people. If you have a good team, you've got to look at them as one of your best resources, your prized asset. [We have] tried to keep the workplace positive, looking for the good in it all and accepting that this is difficult and supporting each other. I think those things are vital because each person has their own unique, individual, and personal challenges that they're trying to work through."

For Deb, who worked in banking before following her heart into the exciting world of hospitality, it's not just the people behind the counter that she cares about.

"We've always been that place where people can come in, relax for an hour, and not have to worry about too much."

"If you have a good team, you've got to look at them as one of your best resources, your prized asset."



And that's what Deb has found to be the most. The difficult thing about Covid - it has separated people.

"People need to be together when things are hard and times are tough, they need to see other people's faces giving a supportive smile that says, 'it's okay; we'll get through this'.

"For us it's more than just coffee. Obviously we are proud of the premium coffee we produce but true hospitality is something you can't pay for, because it's an emotional exchange between two people. And this is what people miss, as much as the actual product. You can never let go with the fact that hospitality is bigger than the food or coffee. It's always about the people."

Cnr Ashley & Blakett St. Rangiora
P (03) 423 3243 I www.coffeeworx.co.nz



Karla & Deb
Owners of Country Lane Fashions

What advice do you have for people interested in starting their own business?

Do something you love, and lots of research in your market

What gets you out of bed in the morning?

Working with my best friend and catching up with our customers/friends.

What do you do to keep yourselves motivated when things are not going well?

Brainstorm over a wine, and talk to other business people.

What are three keys to success?

1. Great staff and team culture.
2. Learning and listening to your customer's needs.
3. Move with the times, keeping up with trends.

What skills are needed to be successful in your industry?

Good communication, product knowledge and future planning.

How do you measure personal success?

Growth - both personally and our brand.

What does a typical day look like for you?

Arrive at work, catch up chat, Karla does orders, Deb social media, advertising etc. Discuss next season. Shopping, home, wine, catch up with hubby, movie, bed.

Where do you see yourselves in 10 years.

Expanding our brand, having more time for family and travel.

What do you do to engage with the local community?

Support local charities, schools and groups with donations and raffles. Shop local, use local suppliers and employ wonderful local ladies.

How do you wind down after a busy week?

Deb: My partner and I both have Businesses so we like to hang out at home with the kids and dogs and have friends over to watch Rugby.

Karla: We keep Friday night low key with an easy dinner and a glass of wine. I love big walks and if the weather is good you will often find us at Pegasus Beach chatting over a fish and chip lunch on the sand dunes.

144 High Street, Rangiora
countrylanefashions.co.nz



Erin Blundell
Owner/ Senior Podiatrist of North Canterbury Podiatry (Rangiora)

What advice do you have for people interested in starting their own business?

Advertising is an essential part of your initial budget. Accounting software (eg Xero or MYOB) are a huge time saver in the long run, and well worth the money for a basic package.

Reinvest as much as you can back into the business early on and forgive yourself for the inevitable learning curve.

What are three keys to success?

Patience, Persistence, Productivity.

What skills are needed to be successful in your industry?

People skills and resilience.

People skills being empathy, and the ability to work with people to tailor treatment to their needs. Modern health care requires the time to explain the how and why to patients, resulting in patient buy-in with better results.

Resilience partly being the ability to work alone, as the majority of podiatrists do.

Retention of podiatrists in the industry is poor; keeping up communication with fellow podiatrists in important to help reduce burn out.

The second part of resilience in any health care setting is dealing with lack of funding and little focus on preventative care. Our hospitals and emergency departments will continue to overflow until this is addressed.

How do you achieve a work-life balance?

I share 50/50 custody of my daughters with their father; the parent who has them that week works mainly school hours. The parent who does not, does long hours to play catch up! Flexible working hours are the biggest bonus of being self employed.

The Gables Arcade, Level 1,
96 High St, Rangiora
022 1726 049
www.northcanterburypodiatry.co.nz



Riara Auret
Owner of Handzon

What do you do to keep yourself motivated when things are not going well?

I think of how disappointed I would be to lose my business and the result that would have on my family and my team.

What are three keys to success?

1. Do something that you love to do (and that pays the bills)
2. Surround yourself with capable, positive people who share your vision
3. Don't sweat the small stuff.

Have you had to upskill, or do further education, to get where you are now?

Yes, I have to upskill all the time. Whether it is finding out how to make the new printer behave, or how to build a website - upskilling is part of moving forward. The Brother sewing and embroidery machines we sell are rich in technology and requires me and my team to continuously expand our skills and knowledge.

What does a typical day look like for you?

I wake up at 5am to a coffee served to me in bed by my hubby. Admin, marketing and prep for classes till 7, then prepare breakfast and lunch for me and the kids, get them up and to school. Then I head to the shop, where I will teach a class, or serve customers, process embroidery or quilting orders, see sales reps, stock shelves...whatever comes along!

Around 5 or 6 I will collect kids and head home. Mostly dinner is already in process and I might help to complete it, then eat it, watch the news and then - you guessed it - more work! Bedtime is around 10 or 11pm.

How do you wind down/ shut off after a busy week?

A nice dinner out or a movie with my husband, or some shopping with one of my kids. Or a pyjama day, just pottering around the house and a bit of knitting on the couch.

1 Alfred Street, Rangiora
03 423 3544
www.handzon.co.nz



CLOSING DEALS *in Heels*



Tanya Currie
Franchisee/Studio Pilates Rangiora

What do you do to keep yourself motivated when things are not going well?

Take a breath, think about how far we have come despite the challenges, workshop and problem solve ideas with my team. I also love to see things on paper so am constantly taking notes and writing my thoughts helps.

What skills are needed to be successful in your industry?

You need to be passionate and enjoy working with all different types of people, the ability to think on your feet and continuously work on personal development. Never stop learning.

Have you had to upskill, or do further education, to get where you are now?

I have worked in the fitness industry since 2010 so continuous education has led me to where I am now. At SP you must complete over 100hrs of training both online, in person and on the job including numerous exams to become a qualified Platinum instructor. We're also continuously learning and being critiqued.

What gets you out of bed in the morning?

Knowing that I'll be helping dozens of people start or end the day on a high! Our clients are like friends so it's just like hanging out with them.

What does a typical day look like for you?

Every day is different! But generally teaching in the Studio, attending a class myself, some admin, an activity for the kids rugby, swimming, dance etc

Where do you see yourself in 10 years?

Growing the Studio Pilates brand in Canterbury by opening another one or two Studios in Christchurch and raising teens!

What things do you do to engage with the local community?

With challenge events and milestone clients we like to take the opportunity to showcase local products, restaurants/cafes and shops with vouchers or samples in our goodie bags or prizes. We are also very happy to be able to support our local schools and preschools with fundraising and would love to do the same for sports teams.

How do you wind down/ shut off after a busy week?

PJ days with the family on a lazy weekend or a glass or two of wine with my husband and friends over a meal.

03 925 8136

www.studiopilates.com/studios/rangiora



A career in law is not for the faint-hearted, it takes hard work and dedication, Tania McKenzie says.

Tania graduated from the University of Canterbury in 1995 and started her legal career at what was then known as Fraser Venning Crerar.

"In 2007 David Crerar retired from the firm, and I joined Ron Williams as an owner. We changed the name to Williams McKenzie and since that time we have run an extremely successful partnership together. Ron retired from day-to-day practice in 2018 but has remained actively involved with the business as a consultant. As of 1 June, this year Ron made the decision to fully retire from the business and I have assumed ownership and leadership of the firm. I am blessed to have a magic team of people who contribute to our success. We all have a vested interest in the success of the business."

As well as being the owner of Williams McKenzie and managing her team, Tania specialises in Property law, as well as Relationship Property, Wills, and Enduring Powers of Attorney. She is also a Youth Advocate.

"The best thing about my job is the variety of work that I have and the feeling that you are making a difference in people's lives. Whether it is helping them to buy their first home, assisting someone through a separation or ensuring our young people who come before the Youth Court have the best chance to put things right."

A typical day for Tania includes client meetings, drafting letters and documents and travelling to Christchurch for Youth Court appearances. In addition, Tania attends to the usual management tasks that running your own business entails.

"You come into contact with a lot of people from all walks of life, so you need to adapt to meet every client's needs."

"Whereas I previously got to my desk at 7.30am, I now prioritise my mental and physical health and I now exercise every morning before I go to work. I like to make sure I leave the office by 6pm. Working evenings and weekends is inevitable depending on workload, but I am getting better at work/life integration."

For Tania, there are three key components to a successful career in law. "You definitely need empathy, be a good listener and have patience. You come into contact with a lot of people from all walks of life, so you need to adapt to meet every client's needs."

While the past 27 years have been full of milestones, becoming a Notary Public stands out as an ultimate career highlight. This certification allows Tania to officially witness signatures on legal documents, collect sworn statements, administer oaths, and certify the authenticity of legal documents for use overseas.

"There is quite an application process to go through and you have to be approved by the Archbishop of Canterbury in the United Kingdom. Your approval is sent to you on an amazing double-sided waxed paper all written in Old English calligraphy with a special seal. You then have to take an oath and have it endorsed by a High Court Judge in New Zealand."

When she is not busy helping the North Canterbury community with their legal issues, Tania can be found spending time with her family and friends, early mornings at Studio Pilates or attending her local Zumba class.

WILLIAMS MCKENZIE
Lawyers

4 Durham Street, Rangiora | www.williamsckenzie.co.nz



Kate Melanchlan
Founder of Somers Clothing

What skills are needed to be successful in your industry?

I can't speak for everyone, but for me it is passion and having the drive to want to be doing what I'm are doing! Being the founder of Somers is exciting and creative with everyday being different! I aim to surround myself with experts in the areas that I'm not and upskill where needed. As a small business owner you are every role!

What gets you out of bed in the morning?

Coffee!

What do you do to keep yourself motivated when things are not going well?

My set goals! The long term goals help me focus past the current environment and remember why I'm doing this! I completed a Business planning session with SideKick Rangiora and I couldn't recommend it enough. Spending time on your business instead of always in it was a refreshing change.

Have you had to upskill, or do further education, to get where you are now?

When I was in the process of deciding whether to start Somers or wait, I completed an online Fashion Diploma further to previous education. It helped me understand the industry in greater depth and provided me with a broader understanding of the manufacturing process, from plant to end garment.

What advice do you have for people interested in starting their own business?

Just start, it may be slow and hard going in the beginning although you won't be wondering what if anymore!

How do you achieve a work-life balance?

I won't lie, it certainly is the hardest part and I admire all the women that manage it! I aim to remove the guilt and focus on managing my business in my own way. Somers is still in the growth stage, so half my time per week is working externally. I am very lucky to love what I'm doing and have the flexibility to do so.

www.somers.co.nz



SOMERS CLOTHING



Della Anderson
Owner of Della Kit Nails

Della-Kit Nails has been owned and operated by Kaiapoi local Della for 27 years now. With clientele ranging from birth to people in their 90s - Della offers a range of services from baby girl's piercings to feet, tanning and nails for the young or elderly - with over 800 colours on offer both gel and normal polish.

What is your Business Focus

I like to focus on the middle aged and upwards clients - my oldest is 93, and help them with their feet or toenails and fingernails. From cracked heels to ingrown toenails, I educate them on how to grow out their natural nails or give them artificial ones for a special occasion - my focus is to make them feel good.

What skills are needed to be successful in your industry?

Have a creative hand and definitely being a people person goes a long way, also having a good knowledge and understanding of what services your customers need.

Have you had to upskill or do further education to get to where you are now?

Absolutely! Being in the nail/feet/tanning industry a lot has changed over 27 years. I went from two fulltime sunbeds to none - being replaced by fulltime spray tanning. Nail products have changed so much for the better - going from normal polish which I still offer to gel polish which is dry straight away so people can just carry on with their day - no drying time also so many more options now for artificial not just acrylic or fibreglass like years ago.

What are 3 keys to success:

Knowledge, respect and people skills.

How do you achieve a work/life balance?

I love working from home and having a separate salon - once I leave the salon and walk inside home is home and the salon is the salon.

What gets you out of bed in the morning

Kids LOL - knowing I'm going to help someone and make their day better with either their feet, hands or a tan - it is an awesome feeling!

118 Otaki Street, Kaiapoi
Ph. 027 220 7092





is "the amazing people I have worked with over the years and the friends I have made."

Starting A Second Business

People and relationships are extremely important to Andrea, and in fact, her second business, Eddie & Lu, takes its name from "a beautiful Fijian family whom we have become close friends with over the years," says Andrea.

Winning Awards

That project saw her become a finalist in the 33rd Dulux Colour Awards in 2019, an accolade which then took her to the Australasian Finals in Melbourne. No small feat.

"The talent displayed from the other entries was amazing and although I didn't come home with a prize, I was truly proud to be part of the wonderful event," says Andrea.

Early Days

Andrea set up her interior design business back in 2005. Her first 'official' job was on a new build home in Rangiora - and she remembers it clearly.

"It was quite a large brick home with an earthy palette, and it was quite modern for the time," recalls Andrea. "It had a large kitchen, a beautiful spa like ensuite and a large living area with a log burner. It was a great project and I really enjoyed seeing it develop from the plans to the slab and then to the finished home."

Since then, she has worked on everything - from new builds to renovations of all sizes, residential to commercial. All have been special in their own way, but a consistent highlight says Andrea

Andrea set up Eddie & Lu last year and it is dedicated to creating beautiful candles for the home. Whilst it might sound like a natural extension for someone with Andrea's eye for aesthetics and design skills, it came about because of a debilitating food allergy.

"Because of my allergy to soya bean products, I am unable to burn most candles in my home," says Andrea. "So, I decided to start my own range using pure coconut wax."

The candles include subtle and beautiful home fragrances such as Fresh Linen and Coconut and Lime and the use of coconut wax makes them ideal for anyone who suffer from allergies as they are extremely clean burning. "There are a lot more people than you might think with sensitivities to soy," says Andrea.

For others thinking of setting up their own business Andrea is encouraging. "Don't give up and believe in yourself, if you genuinely want something I believe you can make it happen. Like me, there will be mistakes, but it is how you learn from your mistakes that makes you wiser," she says.

andrea robertson design
andrearobertsondesign.co.nz | eddieandlu.co.nz



Two Businesses for Interior Designer

Interior designer Andrea Robertson has worked on projects of all shapes and sizes - advising on colours, finishes and all elements of design to create gorgeous spaces. But one of her best-known local projects is the interior and exterior of Rangiora's revamped RSA building.



Susan Mullink

Real Estate Salesperson
- Lime Real Estate

What gets you out of bed in the morning?

My children always let me know when it's time to get up! Also, the excitement of a new day with new opportunities and new chances to do something amazing, is a very important reason to get up and get started!

What do you do to keep yourself motivated when things are not going well?

Working in real estate is like riding a roller coaster, it's full of challenges, surprises, and excitement. Thankfully, I have the support of my amazing colleagues who I can rely on to give me a pep talk when I am facing challenges and then I'm ready to tackle it head-on!

Have you had to upskill, or do further education, to get where you are now?

I gained a law degree in The Netherlands, which certainly helps with the legal aspect of real estate. I also completed my Salesperson License in New Zealand. To maintain my license, I complete the required hours of compulsory training each

year as well as loads of industry related training regularly with my team. This allows me to provide my clients with the latest information in this fast-paced and forever changing industry.

How do you wind down/ shut off after a busy week?

We live close to the sea, so you will often find me and my family on the beach, playing hide and seek, building sandcastles and searching for shells. I also love spending time in my vegetable garden. Nothing beats homegrown veggies!

Susan Mullink
Licensed Sales Consultant
022 105 6877 | susan@limere.co.nz
www.limerealestate.co.nz



"Nia is about being in your body. You don't have to copy exactly what I am doing when I am leading the class, or what the person next to you is doing. It's about being in relationship with your body, knowing your limitations, knowing when to push it and knowing when to make slight adjustments for comfort. And a by-product is you will come away feeling not only that you've received a physical workout but a sense of utter joy."

"I feed off the energy of my students and witnessing the joy on their faces as we dance in class."

"One of my students tells potential students that their cheeks are going to hurt after class, and she's talking about the cheeks on their face from smiling so much and experiencing such joy."

Seeing people having fun while being active is a key motivator for Stephanie.

"I feed off the energy of my students and witnessing the joy on their faces as we dance in class. My students are not really students, they are a part of my life, they are my friends. They are people that I care about, and they care about me. We're not just a random bunch of people who get together once or twice a week - we are a community."

Born in Kansas, Stephanie started dancing at the age of four, and has performed under the bright lights of Las Vegas. Since moving to New Zealand, the trained Jazz dancer has appeared in numerous musicals including West Side Story and A Chorus Line. She has also utilized her skills behind the scenes to choreograph musical theatre in Auckland. However, it wasn't until she moved to Christchurch several years ago, and discovered Nia, that her perspective about dance changed.



"One of the things that still resonates with me from my very first class as a student was when the teacher said, 'bring in your arms when you're ready'. When I'm ready? Okay, I don't have to do it when you're doing it or everyone else is doing it? Coming from a dance background where everyone did have to look alike, and be basically cookie cutter dancers - it took me a minute or two to get that thought process out of my head."

Through Plensory Movement, Stephanie also offers Yoga and Centergy - a fusion of Yoga and Pilates which focuses on full-body strength, joint mobility, and flexibility.

Come along to find your Plensory movement.



www.PlensoryMovement.com | 0274 168 283

Dance LIKE NOBODY IS WATCHING

Stephanie DeMay prides herself in offering a space for people to dance like nobody's watching.

The talented dancer is the founder of Plensory Movement - a fitness class with a difference. A play on the words 'pleasure' and 'sensory', Plensory Movement offers Nia- a dance-based fitness program that is a fusion of dance, martial arts, and yoga. Stephanie offers classes in both Rangiora and Christchurch, providing a safe environment for people of all genders, ages and fitness levels to come together, get fit and have fun.

And it doesn't matter if you think you have two left feet.

SOME OF OUR FAVOURITE THINGS

Country Lane Fashions
Rue Ronda Jacket
Rue Viola Suit
Ivy Jenny Boots
Scotch and Soda Velvet Belt
Crochet Hat
Vanilla Moss Sunglasses
Trench Coat
Keds Demi TRX Sneakers
Deauville Bags
Sweet Ride Tote Bag
Coconut Wax Candle
Iron Tray

The Fabric of Society
Lindi Kingi Supernatural Earrings
Pearl Necklace
Ageless Total Facial Cleanser
Retro Bottles
Betty Basics River Denim Jogger
Vanilla Moss Sunglasses

Shoe Therapy
Check out the great artwork at this year's Kaiapoi Art Expo. July 16-17 Artist: Mandy Palmer

Home & Garden
Esmaeae Mosaic Dress
Esmaeae Olympia Blouse
Algiere Bone and Brass Lamp
Puzzle Bracelet in Sterling Silver
Cushions
Retro Rave
Retro Bottles
Vintage Rose

Business Chic

KEEPING IT CASUAL

Founder of Somers Clothing, Kate McLauchlan as featured in our Women in Business 2022

A Second Lease of Life

words: as told to **Pattie Pegler** images: essence magazine

When Marie Broers suffered a stroke five years ago, she had to adapt to a new reality. But her bubbly personality, determination and strong support from the community have helped her to rebuild her life.

It will be five years this November since I had my stroke. I was in the middle of a Zumba class at Ohoka Hall with my daughter, she was 12 at the time. Luckily there were a couple of registered nurses in the class. I was helped outside and the paramedic came and then an ambulance.

I don't remember going to hospital. I woke up there. I could hear voices and my friend Gabi was there. When I was coming too I had fuzzy vision but I tried to talk and couldn't. My husband came and my son and daughter visited but I have no recollection of that time really.

The next morning in hospital I was sitting up and then each day I would set myself a couple of tests - could I walk a couple of steps and then shuffle around the ward a bit, that kind of thing. The doctor said my stroke was moderate to severe. I had lost my peripheral vision and that hasn't come back. From hospital I went straight to Burwood where I spent a week, learning things like how to shower and do daily things and make adjustments to life.

It was scary going back home. We were living rurally then. We'd bought a lifestyle block out near Mandeville. But now I couldn't drive. It was a dramatic change of lifestyle. Before I was a very sociable person and I was out all the time but for the first couple of years after the stroke I was quite insular.

I did have support from CCS Disability. A support worker, Shirley used to come in and help me do things like grocery shopping, meal planning and cooking. It was real basic stuff but I was relearning everything. I also had physio and a lady from Florence Nightingale, Nicky, who helped me with showering to begin with as my balance was all over the place. As that improved we'd go for a short walk, but the cars go really fast rurally and because of my loss of peripheral vision my judgment was out. It was frightening and it was hard.

But I'm a positive person, strong-willed and I thought okay, this is where I am now what do I do? I started chasing other help myself. I love people and I was used to talking on the phone, I had worked as a PA and as an event organiser, so I was able to ask questions and find different types of help.

Part of my journey was to get back to fitness and Nicky, from Florence Nightingale, encouraged me to join the Pegasus Dragon Boating team. There are about 20 of us women, all shapes and sizes, in this boat. It's women supporting each other and there's a big social factor to it too.

We moved into Rangiora last year and it's much easier than being rural because I still can't drive. But my world is huge, I train on the dragon boat. I'm on the committee for the dragon boat and I volunteer at the food bank in Kaiapoi on Wednesdays and Fridays. On Tuesday my support worker will come from CCS and often take me down to the library - I like reading thrillers and whodunnits. And I often listen to audiobooks.

I'm now able to manage my care but I still have to take things slowly. It's about making choices. So on Monday I will often have a pyjama day and often in the evening when the family are watching something I may take myself off and read a book or listen to music, just have some quiet time.

I love volunteering at the food bank. I work on reception there. I have always loved people and talking with people of all ages and walks of life and I treat others like I would like to be treated. But now, I think of those that have helped and supported me too and I want to help and



MAKEOVER FOR Marie

As part of Marie adjusting to life after her stroke, she began volunteering with Community Wellbeing in their Kaiapoi Community Support service (KCS) in October 2021. She was nominated for a makeover by Gabi Barlow the KCS Coordinator (and a makeover recipient herself a few years ago).

From there we headed over to Unichem Fenwicks Pharmacy where Leanne got to work giving Marie a subtle and natural look. She used a range of Revlon products to highlight Marie's cheeks and a matt eyeshadow to bring out the natural blue of her eyes. To hold the makeup and keep in the look in place she finished it off with an age defying translucent powder.

This is what Gabi told us about Marie. "Her bright and bubbly personality and her ability to relate to people from all backgrounds makes her a friendly, well-liked member of Kaiapoi Community Support."

For the final touch we went to see fashion pro Sherie over at Craze in Kaiapoi. With an expert eye she put together an outfit that perfectly suited Marie's personality and body type with bold and bright colours, a pleated skirt to add volume to the lower body and a top that elongates the upper body. This casual dressy look was accessorised with classic white sneakers and a chunky necklace. "I would never have put together this. It looked amazing and I felt amazing, it was also very comfortable," said Marie.

When we heard this we wanted to treat Marie to a little Essence pampering. So we lined up a great team of experts and took her for a day of transformation.

We think you'll agree Marie absolutely rocks her new look. But the last word goes to her. "I just want to say a HUGE thank you to each and everyone of you for today. I have had an amazing time."

First up was a visit to Vogue in Kaiapoi where stylist Jess got to work bringing Marie's look right up to date. There was a whole lot of hair on the floor and Jess gave Marie a flattering concave bob giving her more body round the roots but keeping it soft around the face. With a simple cut and style Marie's transformation was underway.

support others. We have an amazing community in North Canterbury and I want to give back.

I feel like I've been given a second lease of life and I have an appreciation of every single day. Our world is amazing and I choose to celebrate the positives.

Don't get me wrong, there have been some really black days and days I've bawled my eyes out. But the stroke doesn't define who I am. I am a survivor and I want to help others to do that too.

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Thank you...

Thank you to our wonderful makeover supporters for making Marie look and feel fabulous!



Jess from Vogue | Leanne from Fenwicks | Sherie from Craze

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Blind and Low Vision NZ: www.blindlowvision.org.nz

CCS Disability Action: www.ccsdisabilityaction.org.nz/rangiora

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Grilled steak with capers and cabbage

Hope you've all been following Masterchef New Zealand on Three. It's great to see the contestants excel with the challenges that they are given and we wait with anticipation to see who the winner will be.

Our Master-Chef Inspired Dinner Bags and recipes have been a great success. My favourite would have to be the Creamy Tuscan Chicken followed by the Thyme and Mushroom Risotto. If you haven't tried them yet check out our Simply Dinner Stand down the end of aisle one. There are four generous servings in each bag and take roughly 40 minutes to prepare, what could be easier.

This months' recipe is Grilled Steak with Capers and Cabbage from our Master Chef-Inspired Recipe Range. The steak is divine and gets its flavour from basting it with butter and capers. To ensure the steak is tender it's most important to rest it before you serve otherwise you run the risk of a tough steak. The buttery cabbage goes a lovely golden colour and is nice and crisp. And to finish off the Anchovy Butter offers a point of difference and is certainly the star of the dish and gives it the Master Chef-Inspired wow factor.

Make sure you check out all our Master Chef-Inspired Recipes before our promotion finishes.

Serves 4 | Prep Time: 5 minutes | Cooking Time: 20 minutes

We give steak a new spin by basting it with butter and capers, served with juicy wedges of grilled green cabbage. Plate up with boiled new potatoes for an impressively quick dinner.

Ingredients

- 4 beef scotch fillets, room temperature
- 80g butter
- 2 Tbsp capers
- ¼ green cabbage, trimmed and cut into 4 wedges
- A few sprigs of fresh herbs (we use thyme)

Tip ingredients (see below)

- 6 garlic cloves, whole unpeeled
- 2 anchovies, finely diced
- 120g butter, softened

Method

- Place a large non-stick frying pan or grill pan over medium-high heat with a drizzle of olive oil. Pat the steaks dry with a paper towel and season with salt and pepper.
- Sear the steaks in the heated pan for a minute on each side. Next, add half of the butter, capers and herbs and allow the butter to melt.
- Grill the steak for an additional 3-4 minutes in total for medium-rare (or cook to your liking), turning frequently, whilst spooning the butter over the steak to baste. Remove the steak from the pan and cover with foil to rest.
- Return the same pan back to medium heat and add the other half of the butter. Once the butter has melted, add the cabbage wedges and cook for 4-5 minutes on each side; covering with a lid between turns until softened and slightly browned.
- Serve the grilled steak with the cabbage and spoon over the remaining juices and capers from the pan. For extra flavour, check out the tip below.



Essence columnist, Barb Palmer has been part of the friendly team at New World Rangiora for 19 years, the last 8 as their Brand Ambassador sharing recipes and ideas with customers.



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Mulled Wine

This traditional homemade mulled wine recipe is incredibly easy to make and always SO cosy and delicious.

- 10 mins preparation
- 20 mins cooking
- Serves 6

INGREDIENTS

- Mulled wine
- ¾ cup (185ml) brandy
- ¾ cup (185ml) water
- 1 orange, zest cut into strips
- 1 lemon, zest cut into strips
- ¼ cup (55g) brown sugar
- 3 cinnamon quills
- 8 cloves
- ¼ teaspoon ground nutmeg
- 2 bottles (1.5 litres) merlot



METHOD

1. In a large saucepan over medium heat, place the brandy, water, orange and lemon zests, sugar, cinnamon, cloves and nutmeg and bring to a simmer. Allow to simmer for 10 minutes so all the flavours can infuse.
2. Add the red wine, bring back to a simmer then remove from the heat. Allow to cool slightly and serve warm or at room temperature.

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Ask an Expert



Jonathan Prager
House of Travel Rangiora

At House of Travel Rangiora we can offer endless ideas for the places you would like to visit and have been helping people travel throughout New Zealand and around the world since 1999. We offer top quality holidays through our many suppliers, and we provide a 24 hour help line for your emergency needs while overseas.

I'm wanting to go to the UK early next year. When is the best time to book, I'm worried the world will change again if I buy tickets now - is it too early?

Book asap. Huge global demand for travel is pushing fares ever higher. You can pay a bit more on your airfares which will offer more flexibility to amend and cancel.

Why should I book through an agent, not just online?

Our office offers huge experience and expertise. Having remained open throughout the pandemic, we have assisted an enormous number of clients in very testing situations. We will not just book your travel, but also advise on all current travel regulations. These regulations change regularly, and we will keep you updated right up to the day you travel. Booking online means that if things go wrong, you have to spend hours on the phone trying to get through to the airlines or website you booked on.

What should my travel insurance cover and can you arrange this for me?

Travel insurance should cover most aspects of your trip, such as cancellation, medical costs and personal effects. Critically, our policy currently also offers Covid cover, which many policies do not.

What happens when I'm on holiday and I come down with Covid?

You will hopefully have travel insurance with Covid cover which will go towards some of the costs of amending your travel arrangements. Our office offers 24/7 emergency assistance with rearranging your travel plans.

I have heard the filling in of declaration forms is a nightmare - will you assist me with this?

Declarations forms only apply to certain countries and are getting easier. We currently don't have sufficient staff to assist with completing these declarations, but are reviewing this as our team grows. We refer all our clients to the correct websites and advise of what they will require to make the process easier.

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The Winter of Discontent

Update with Hank

Just lately it seems to be quickly becoming the "Winter of Discontent". However, the good news is we're over the hump, we've had the shortest day and we're moving back towards longer days and warmer weather. But, before we get there the coldest days are yet to come. There's a bit of hardship yet to endure before we're back to the balmy weather and long days of summer.

And so it is with various aspects of our financial life. There's a lot of noise on how bad inflation is and set to get worse. Everyday price of services and goods going up. Interest rates continuing to rise. Returns on investments such as Kiwi Saver going backwards, the value of houses reversing, the general cost of living going up and, for many of us, the big one is the cost of fuel. The one thing we as a society can't seem to do without.

But here's the thing. Just like the seasons that come and go during the course of the year so are most things in life. Most things that affect us beyond our control are "cyclic". They come and go. Just like winter turns to spring and then to summer so to do many of our life's challenges. Long term things have a habit of levelling out. Now's not the time to stress and panic. Now's not the time to try and fathom out the things that we can't control. Now IS the time to consider and work on the things we CAN control. Take a deep breath and figure it out...

There also seems to be a lot of looking to blame for our current situations. Once again that doesn't fix the issues it just makes us angrier than we need to be. Remember stress, worry, blame are all like riding a rocking horse, it gives us something to do but doesn't get us anywhere!

I've recently had a number of clients concerned about their Kiwi Saver accounts losing money. I have to say here that we are NOT investment advisers, it's a whole different field in the Financial Services industry and we're not qualified to give such advice, but our

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Matt Doocey
MP for Waimakariri

It was a pleasure to launch this year's Volunteer Week in Kaiapoi, where I hosted morning tea for 40 volunteers from across 13 different local organisations.

Communities around New Zealand rely on volunteer groups and individuals for a range of services, and North Canterbury is incredibly lucky to have so many people giving up their time for others.

Kaiapoi in particular has seen its fair share of disaster in recent years, but has risen stronger each time. A large part of this success is down to the dedication of the town's volunteer sector.

I enjoyed hearing from each organisation about the great work they do, whether it be in an emergency rescue capacity, selling donated items to raise money for charity, or keeping our more vulnerable community members fed and cared for.

It was lovely to hear a poem written by Helen Clarke of the Darnley Club especially for the occasion, and hear how much joy volunteering can bring to an individual.

Volunteer stalwart Neill Price, now president of the Kaiapoi RSA, began his volunteer service to the town when he joined St John as an ambulance cadet aged just 10.

The Kaiapoi Museum has been running on volunteer manpower since it opened in the 1960s, while Satisfy Food Rescue distributes food to more than 30 organisations around Canterbury and is a full-time operation.

Perhaps the oldest volunteer group, the Kaiapoi Volunteer Fire Brigade has been saving property and lives in the surrounding area for an incredible 150 years, making it one of the oldest volunteer brigades in the country.

With the increased cost of living, emergency services stretched to capacity, and a proliferation of mental distress in our communities, the need for volunteers is more vital than ever.

While it was not possible to shout every volunteer in town a cuppa and cake in one go, I do sincerely thank each and every one of you who generously helps in this way. I would encourage anyone with a bit of time on their hands to consider joining a volunteer group to help the community they live in.



PAGE TURNERS

words: **Emmas at Oxford**

Lessons In Chemistry

By Bonnie Garmus

A woman in the 1960s with an opinion A recipe for disaster? Not when it's Elizabeth Zott.

The uncompromising & unconventional Elizabeth Zott is a chemist, who knows exactly who she is. So when circumstances force her to become something she's not - the star of the TV cooking show Supper at Six - things don't go according to plan.

"Chemistry is change"

she tells her audience of housewives; initiating a quiet revolution as she dares them to reconsider not just dinner, but their place in the world and capacity for change.

In the gap between Elizabeth's calm but dogged refusal to be anything but herself, and the determination of others



to squeeze her into an acceptable mould, the reader will wonder about all the real-life women who were born ahead of their time - women who were side-lined and ignored. And the reading will invoke the full range of emotions - fear, disgust, empathy, sadness and joy.

This is a highly engaging, clever - debut novel, published in 32 languages and being made into a TV series. It's written in the voice of Elizabeth, who is opinionated, funny, intelligent and quirky. A laugh out loud funny and witty novel; it is also observant, and has a great cast of supporting characters. With many truly funny, inspiring moments, it is a definite must read.

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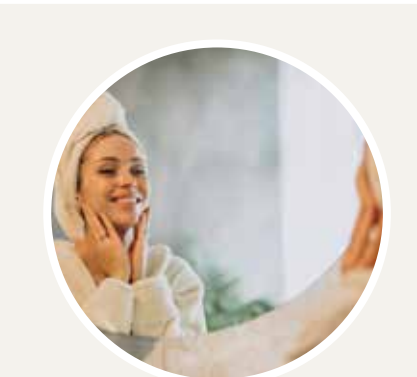
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SKINCARE Q&A

by Dr Peter Aspell (Durham Health Cosmetic)

What is Retinol and when should I start using it?

Retinols are derivatives of Vitamin A and come in several different formulations and strengths, ranging from the weaker over the counter varieties to the stronger prescription creams and even the prescription tablet formulations (for severe acne). There are multiple benefits to using Vitamin A creams and they are suitable for almost every adult. They work to increase cell turnover in the skin and boost collagen production. They decrease fine lines and wrinkles, helps old scarring remodel and breaks down areas of uneven pigmentation. It decreases the production of oil in the skin and helps shrink pore size - this is why it is so important in the treatment of acne.

It is important to get advice on the right strength of Vit A products to start with and work up slowly as tolerated - generally over-the-counter products are very mild and prescription creams are almost always more effective. Only apply Retinols at night as they increase your skin's sensitivity to sunlight and remember to use sunscreen in the day.

It is never too early (or late) to start but it is always best practice to consult with a cosmetic doctor first.

What role do AHAs play in skincare routine?

Alpha hydroxyl acids (AHAs) are water soluble acids, most popularly including Lactic, Glycolic and Pyruvic acid at various strengths that are found in many hydrating or mild 'chemical peels'.

They essentially exfoliate dead skin form the superficial layers of our face and help promote hydrations and collagen reorganisation.

The result is smoother, more glowing and healthier skin.

Think of them as gentle chemical sand paper, polishing the skin on the face.

They come in various strengths and in good prescription creams they often are packaged with Vitamin A products to deliver a powerful combination of resurfacing and rejuvenating effects at once (as an example, my favourite range is AlphaRet Overnight Cream from SkinBetter Science). Weak AHAs can be used daily but stronger concentrations can be used as at home chemical peels - from several nights a week to once per month.

What can I do about nasolabial lines?

Nasolabial folds (lines) can be extremely tricky to treat - often they are physiological (just meant to be there) but can almost always be softened using dermal fillers. Each case is unique and treatments should never involve filling along the line itself. Good treatments for nasolabial lines target the cheekbones, jawline, chin and areas adjacent to the nostrils.

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