

# essence

essentially...north canterbury



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Local Business  
Feature

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Complimentary  
PUBLICATION

June / July 2023



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# Behind the Scenes

Winter time might sometimes get you down when you're scraping frost off the car windscreen in the morning. But there's plenty to love about the chilly season too.

This month writer Róisín recounts a wintry overnight horse trek in the hills around Lake Coleridge. If anything, the snow only enhanced the beautiful countryside and her experience. It's enough to get you out in the hills this winter. Read the full story on page 6.

And our vibrant business community continues to hum along in winter time. We've been catching up with lots of business owners this issue and it's been fascinating to hear about what they offer and what keeps them motivated. And to hear that often their experiences don't mirror a lot of the doom and gloom we read about - many of the business people we spoke to were feeling optimistic about the months ahead and their future business goals. Check out our In Business feature on page 21.

Also feeling vibrant is our events scene this winter. Cooler temperatures won't keep North Canterbury residents at home. A recent night with the Dark Destroyer from The Chase was a

sell out event (check out some photos from the night on page 30). And there are plenty more great events worth marking in your calendar - including Fire & Ice in Kaiapoi and the Matariki Winter Lights Festival in Oxford.

Elsewhere in this issue we get tips on colourful homes from interiors designer, Becky Lee; check out a beautiful architectural farmhouse and meet a Rangiora man who tried the ultimate extreme endurance event. We also bring you local business updates, fashion, health tips from Dr Libby and much more.

So get cosy indoors and get reading this latest issue of Essence for all the best of local stories.

Pattie Pegler Editor



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Fashion and homeware faves

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## Office space to rent

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# Something good is Brewing



Deb and Ian Riach, the founders and owners of Coffee Worx Coffee Roastery are set to expand their now well-established coffee roasting operation. The Riachs opened their Coffee Worx café and roastery in Rangiora in 2013 after expanding their 7-year-old coffee roastery from a warehouse in Christchurch to include their now popular retro industrial style café located on Blackett Street.

Deb and Ian are North Canterbury locals having lived in the area since 1992 when they purchased and ran their first hospitality business, a luxury lodge in Okuku. The couple loved the rural lifestyle and decided to stay when they sold Okuku Country Lodge in 2005. It was in 2006 the Riachs returned to the coffee industry with the purchase of a small boutique coffee roastery which they rebranded as Coffee Worx. The roastery was purchased to support the expansion of their Yellow Rocket Bagels and Coffee franchise which had three outlets, when the earthquakes decimated the chain, and they lost all three outlets in the fateful 2011 disaster.

This left them with just the coffee roastery, so they picked up the pieces from the loss of their retail chain and began again by supplying their premium coffee

blends to other cafes and hospitality outlets. Their history in the coffee industry as the original founding partners of Coffee Culture put them in a knowledgeable position to help support new entrants to the industry and after winning several awards with their coffee blends at the NZ Coffee Awards, their fledgling business began to take flight.

Alongside the flagship Coffee Worx brand, the Riachs developed their Heartland Brew Coffee brand to supply Trends foodservice group. The coffee became popular with many small businesses because of its premium quality at a very reasonable price and it became the first ranked coffee through Trends, so they decided to expand its distribution to New World and Pak n Save supermarkets in the South Island. Despite the hardships of the Covid era the business has continued to thrive and now they can no longer keep up with production demand as their 1 kg bags of Heartland Brew continue to gain popularity with domestic and business users.

They have taken the plunge and leased a building next to their Christchurch distribution center and bought a larger 60kg capacity roaster, which is currently being commissioned. This will mean a lot less roasting at their Rangiora site, but their fresh roasted coffee will continue to be roasted and offered in store.

13 Ashley Street, Rangiora  
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L to R: Sharon Simons, Sonya Eder, Chanelle Spencer, Bridget Hope, Pip Hendry



L to R: Joy Mehlhopf, Andrea Thomson



L to R: Emma Hamilton, Suzi Cadigan, Mel Cox



L to R: Matt Doocey, Nicola Willis, Bridget Hope

## Inspiring Women

On a rainy Friday morning in May the Inspiring Women event still drew a great crowd. Many from the local area gathered to hear talks from deputy leader of the opposition, Nicola Willis, and local business woman Bridget Hope of Magpie Style. The event was organized by local National MP, Matt Doocey.



L to R: Kath Taylor, Pam Stewart, Matt Doocey, Tom Doocey, Sara Daly, Joan Doocey



L to R: Gill Smith, Chelsea Smith

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# A Winter Trek

WORDS: RÓISÍN MAGEE | IMAGES: RÓISÍN MAGEE

As a hopeless romantic, as much in love with horses as the day I was first bucked off, I have tried many times over the years to convince Mr Magee to buy a horse. His response always goes something like this: “No.”

Mr Magee prefers pursuits like hunting, shooting or fishing. He likes aeroplanes, war movies, big machines and television programs like ‘Outlast’ where people have to survive in the Alaskan wilderness.

Horses are not totally out of the question as soldiers used to ride them, but my horses and their various complicated needs have put him off. Imagine my delight when I found a horse trek operator – James Cagney - who was not only (a) a man, but also (b) a munitions expert (having served in the NZDF) and (c) an expert hunter with access to some of New Zealand’s most spectacular back country.

Even better, James is very good at doing something I have always wanted to learn – packing horses. He spent many years working as a hunt guide in Canada, where the hunters disappear for long stretches with all their gear packed on horseback and he assured me that I could learn to pack in a weekend. Having failed to learn anything to do with

horses quickly, I was dubious, but the opportunity to get my husband on a horse was too good to turn down.

So we packed our bags and drove an hour and half north to Lake Coleridge, where James and his wife Deb run High Country Horse Adventures. The plan was to ride with packhorses from Lake Coleridge across the Rakaia and up into Black Hill Station for a night in a musters’ hut, before retracing our steps back home the next day. We would spend two full days in the saddle.

The best thing about riding with someone who doesn’t normally ride is that they don’t worry about anything. James gave Mr Magee a quick lesson – left, right, stop, go and we were off. Plunging into the raging Rakaia in midwinter? No worries. Scrambling up steep slopes in fog so thick you couldn’t see the hand in front of your face? What’s the issue?

The worst thing about riding with someone who doesn’t normally ride are the clothes they think will be ‘suitable’. Mr Magee emerged the morning of the trek wearing a hi vis orange mining jacket. Was that the best jacket, I wondered, politely? Yes – it’s 100% waterproof, he replied firmly. And that was that.

James’ horses are fantastic and they really can cater for everyone – from complete beginners to very experienced



riders. The longer the trek, the fitter you probably need to be, but there are options for different levels. And the country James has access to...

**This is what you come for. The sweep of the massive valleys, the towering peaks, ice cold rivers with enough flow that you can feel the water snatching at your horse’s legs.**

The sense of history and a taste of what life was like before machines came to these remote stations; when horses were more than just pampered pets – they were a lifeline to the outside world.

We trekked in midwinter, so on the first day after fording the Rakaia we climbed through Black Hill Station in thick fog. We took an old pack track; the fog seemed to dampen the sound of the river below and there was no sign of any other life. It felt eerie. But then we popped out of the fog onto the snowy tops. And at the sound of horse hooves crunching through snow – I suddenly realised that I had never ridden in snow before. Watching the horses run off to play and roll in the snow when we stopped at the hut was something I will never forget.



As the real estate industry continues to be fast paced and demanding, in our opinion a team of experts is a far better option to obtaining a successful outcome for customers and clients.

Claire and Stuart Morris Ray  
White Morris & Co Real Estate

## Comparing Apples with Bananas

There is a lot to consider when you are making the call on which salesperson or sales team you want to work with when selling your home. How do you know what you’re getting - are you comparing apples with apples or are you comparing apples with bananas?!

Let’s start at a company or business level:

- Do you want a real estate company with a physical office presence?
- Do you want a real estate company with a sales team which can work together to sell your property or a solo operator?
- Do you want a business that “works in” with other agencies in the area or one which doesn’t?
- Do you want a business with a fully resourced sales team (admin support, training support, management support, inhouse auctioneers and marketing) or not?

If your decision is more focussed on the salesperson then it may pay to give some thought to:

- Experience vs enthusiasm - finding the perfect blend should be the goal. Don’t write off a new sales consultant if they have management support. They will bring huge energy to your sale process.
- Team vs individual -
  - A team should give you and your prospective buyers more options for open homes and viewing times. It should give you specialists in each aspect of your sale but depending on the structure you may never see the “lead agent” or personality you thought you were listing with.
  - Set the terms before you commit to a salesperson/ team so that you aren’t disappointed.



As the real estate industry continues to be fast paced and demanding, in our opinion a team of experts is a far better option to obtaining a successful outcome for customers and clients.

Whether you are buying or selling please feel free to reach out to one of our team members as they are more than happy to assist you as that’s the business we are in!

## The Power of a Property Management Team: Efficiency and Excellence

When choosing a property manager the decision between hiring a property management team or relying on a sole operator can significantly impact the success of an investment. While the choice may seem straightforward, the benefits of a property management team far outweigh those of a one-person operator.

A property management team offers a diverse range of specialised skills and expertise. From marketing and tenant screening to maintenance and financial management, a team brings a collective pool of knowledge, ensuring every aspect of property management is handled with proficiency. Each team member’s unique skill set enhances efficiency and minimises the risk of overlooking critical details.

The sheer capacity of a property management team is another benefit as it enables prompt response and provides round-the-clock emergency support. This quick and reliable assistance not only enhances tenant satisfaction but also safeguards the property owner’s investment. If one team member is unwell, or away on holiday, there will always be someone who can step in and keep things ticking along in their absence.

A property management team also offers a network of resources and industry connections. Their established relationships with contractors, mortgage advisors, accountants and industry experts foster cost-effective maintenance, timely repairs, and adherence to legal obligations. Such connections are often inaccessible to solo operators, limiting their ability to provide comprehensive services.

In conclusion, the benefits of utilizing a property management team are undeniable. The combination of expertise, efficiency, availability, resources, and the freedom it provides to property owners makes it the best choice for caring for your investment property. By harnessing the collective power of a team, property management becomes a well-oiled machine, ensuring both success and peace of mind for all stakeholders involved.



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# Desert Running

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED BY DAVID CARTWRIGHT



A line of participants stretches across the desert landscape in the Marathon des Sables.

When we meet Charles Upham Village Manager, David Cartwright, at his office the vibe is upbeat. He calls out a hello to a passing resident, has a quick chat with a staff member, remembers it's someone's birthday and pops to the café to get drinks (strictly no alc) for our interview.

He's full of energy. But just days ago he returned from Morocco where he took part in the Marathon des Sables. It's a 250-kilometre, one week run across the desert where runners carry their own food and sleeping equipment. Honestly, I wouldn't have been surprised to find him asleep on his desk today.

But David has done plenty of extreme events. He's done the Coast to Coast and marathons in Christchurch, New York, Honolulu, Queenstown, Rotorua and Auckland. He's done the Bondi to Manly Ultra and the Old Ghost Road Ultra. He's done New Zealand Ironman, Taupo Enduro – a 360km cycling event – and he's stepped in the boxing ring for charity. But running 250 kilometers in the desert. Why?

**“I like to push myself,” he replies. “I wanted to see if I could do it. And, I wanted to raise money for NZ Flying Doctors Service.” (He did, over \$10,000.)**

In April David travelled to Casablanca where he met up with other race competitors, including a 20-strong group of New Zealanders and Australians. Whilst the race is hugely challenging for participants it's also a big logistics exercise for the organisers. An 'admin day' in the desert prior to the race made sure everyone's insurance papers were checked along with health and fitness levels. Backpacks were weighed and had to include certain safety items like compasses and emergency beacons as well as sufficient food.

The race spans several days with different distances to be covered each day outlined in a 'road book' given to runners. At each stage runners had to make it to the next overnight point, where tents and medical facilities were set up by the logistics crew.

Nights were spent in desert tents and there was a 'degree of sleep deprivation' acknowledges David. Racing started early each day with a blast of Highway To Hell from AC/DC through loud speakers.



A pre-event run through the streets of Erfoud



David Cartwright running on desert sand in 50 C degree temperatures

**“I cannot describe what the heat was like,” says David. “It got up to 52 degrees and that's like standing in front of an oven.” In fact the heat was so extreme that the daily start time was soon brought forward an hour to 7am.**

To say it sounds challenging is an understatement. And by the third day, some 127 participants had left, badly affected by the desert, the effort, and the difficult living conditions in the bivouac tents. As well as the extraordinary heat.

On day two David started to develop a blister. If you're thinking of a spot of sore skin on the heel – think again. This was a blister that covered the entire ball of his foot and took off nearly two layers of skin. He shows us some photos. They're grim. Despite this he ran on day three covering nearly 35 kilometres. Then day four loomed, a 90-kilometre stage which he began but had to withdraw from at the first checkpoint.

Pulling out of the race did leave him deflated. “I went to some dark places,” he says. “I was disappointed with myself, but I am going back in 2025 and I am going to do it better.”

There are, he says, three key areas he believes he can improve on in 2025. Foot preparation is one – putting more thought into shoes, socks and conditioning the feet ahead of time. He also plans to minimize the weight of his pack. This time it weighed 10.8 kilos, which seems reasonable but there were many who travelled much lighter. “If you can't eat it, don't take it,” is the approach of many of the seasoned participants David says.

And finally, he thinks his time management could have been better – giving the example of the end of day two, where he had waited to see the doctor before eating. When he got back to the tent, many participants had eaten and were already going to sleep in preparation for the next day.

“I've got the fitness level. I've got the gear. I've got the muscle memory,” says David. “I am never going to be first. But I don't care if I'm last. I just want to do it.”

## New Zealand Flying Doctors Service

This service was established 26 years ago and provides critical-care patient transfer services between hospitals across New Zealand.

A flying intensive care unit with highly trained medical staff and specialist equipment - the service operates 24/7 transferring critical care burn victims, spinal injury patients, neonatal transfers, trauma victims, surgery transfers, organ delivery, and blood or equipment supplies.

It is an invaluable part of the medical system but relies heavily on fundraising to keep it running.



David Cartwright kitted up and ready at the start line



In the tent after the sandstorm



David Cartwright packing up his gear pre-run





## Bringing Osteopathy to Rangiora

WORDS: MICHELLE MCCULLOUGH | IMAGES: DOROTHY MCLENNAN

Step inside Koru Wellness and you're greeted by luscious green plants, a sense of calm and a warm welcome. Here, a dedicated team of professional osteopaths have come together to bring a wide range of osteopathy treatments to North Canterbury.

For those who don't know, osteopathy is a form of manual medicine which recognises the important link between the structure of the body and the way it functions.

The talented osteopaths at Koru Wellness include Virginia Wylaars, Susanna Collins, Carla Selvam-Lyne, Julia Carlé, and soon to join the clinic, Olivia Tamanui-Yaxley. The dedicated team is enthusiastic about the big difference osteopathy can make in keeping the body flexible, mobile and pain-free by identifying treatment plans that lead to healing and rejuvenation.

Susanna said that the practice of osteopathy is for everyone regardless of age, and benefits those needing help with their physical and mental wellbeing.



"We are primary healthcare practitioners, which means that you don't need a referral from your GP to make an appointment. Our osteopaths consider the whole body and assess all factors within people's lives that may be contributing to how they're feeling. We use our hands to assess and use a range of techniques to treat many different conditions."

The osteopaths at Koru Wellness can treat a wide range of health complaints, including occupational and sports injuries, neck, back and joint pain, migraines, and headaches. They can also help alleviate pain associated with pregnancy and help babies with feeding or digestive problems, reflux, colic, and sleep difficulties.

**"Osteopathy is a person-centred therapy which means we work together with the patient to develop a treatment plan that encourages healing and wellbeing. We make sure patients feel comfortable and informed about their treatment options."**

"We have placed real importance on working collaboratively between ourselves and other health care providers to find the best ways to treat our patients. We're continuously learning and increasing our skills and knowledge by attending various professional development courses."

Located in an inviting 1920s building on Kippenberger Avenue, Koru Wellness has ample car parking at the rear of the clinic. They are ACC treatment providers and can help with new and existing claims.



L-R: Julia Carlé, Susanna Collins, Carla Selvam-Lyne and Virginia Wylaars

For a limited time, Koru Wellness is offering a free 15-minute phone consultation for new patients so you can discover how Koru Wellness can help you feel, move and live better.

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# Recycling

WORDS: KELLY CRAWFORD | IMAGES: CRAWFORD HILL

It seems the world we live in has become one that has a throw away culture engulfed with mass produced products that are easily broken, and unable to withstand the wear and tear of our busy everyday lives.

When buying jewellery we are not exempt from this culture. We are often sold something pretty and shiny without knowing exactly what is and not thinking to ask how long it will last. How many of us have those broken bits and pieces of jewellery tucked away in a draw safely, but not knowing what to do with them?

**Have you ever had the thought of recycling your old jewellery? Reusing those broken bits and pieces and creating something new, something unique, just for you?**

Precious metals are versatile and they can be recycled. They can be melted down and forged into new pieces of jewellery and given meaning and brilliance yet again.



You may even have jewellery that has been handed down to you. But it isn't "your style" these too can be added giving you the opportunity to "wear them your way".

Recycling jewellery is something that at Crawford Hill Jewellery our team of trained professionals can step you through the process of recycling and remodeling. They can answer all of the questions you have, and help you out with design ideas.

Our specialized workshop above our store at 140 High Street, Rangiora has all of the necessary tools to be able to melt metals down and handmade beautiful jewellery from once unbearable bits n pieces.

It's really quite incredible what can be created with a little bit of imagination, style and recycled metal.



Kelly Crawford



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Cute and colourful, mid-length coat with on trend checked fabric. **Blackwells**

Sunnies with soft orange frames. **Blackwells**

Get active in this Lorna Jane pink, patterned sports bra. **The Sports Shop**

Keep warm in style with this pink and orange block colour, mohair knit sweater. **Craze**

Camo pattern pink and red bag strap. **Craze**

Red, vegan leather, cross body bag with stylish metallic stud detail. **Craze**

Elegant, sterling silver chain and stirrup pendant. **Crawford Hill**

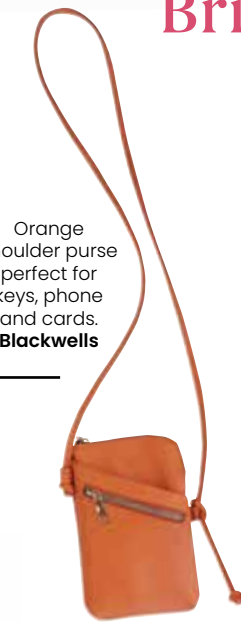
Get cooking this winter with The Cookbook from Yottam Ottolenghi. **Fabric of Society**

## Brighten your winter with vibrant colours

Add a pop of colour with this Annie Sloan chalk paint in glorious Barcelona Orange. **Fabric of Society**



Orange shoulder purse perfect for keys, phone and cards. **Blackwells**



Gorgeous hot pink, patterned tote bag perfect for winter shopping. **I Adore**



9 carat gold hoop earrings with charms. **Crawford Hill**



Red Cabello ankle boots with chunky sole and plenty of colour. **Blackwells**



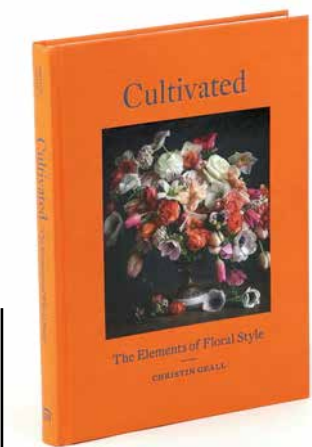
Pink and mulberry striped bag strap. **Craze**



Add some style with this hot pink fedora felt hat. **Thea's Boutique**

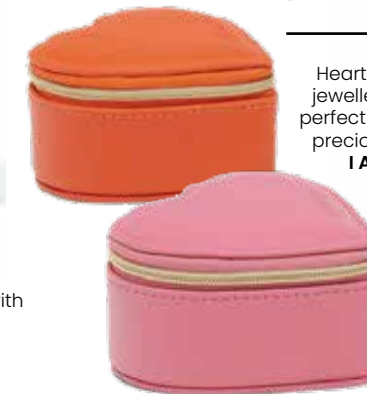


Have some fun and stay warm with these cute Vespa ladies socks. **I Adore**



Learn the secrets of floral design with Cultivated by Christin Geall. **Fabric of Society**

Heart-shaped jewellery cases perfect for storing precious items. **I Adore**



Get some colour on the table with these vibrant, vintage salt and pepper pots. **Vintage Rose**



Hot pink, quilted style jacket with hood. **Thea's Boutique**



The scents of strawberry, rose and champagne combine in these beautiful soy candles. **Thea's Boutique**



# Jawlines And Chins

WORDS: DR PETER ASPPELL  
(DURHAM HEALTH COSMETIC)



Jawline and chin treatments with dermal fillers are extremely effective and are one of the most popular cosmetic treatments for both women and men.

By using fillers, and sometimes Botox, we can reshape and recontour the face. Providing sharp definition to the jawline addresses sagging skin and jowls as well as lift the skin back to tighten the lower face and neck.

As we age, the shape of the bony jaw changes - it loses height and recedes so the skin begins to droop over the side. Fillers can lift this back into place and give a sharper more elegant jawline.

In men, a strong chiselled jawline and a more square face shape is considered attractive. Filler treatments are an effective way to achieve more bulk and width for men looking for a more masculine look to their lower face.

Chin treatments with fillers are also a great way for men and women to address a short or receding chin, adding length and projection. Previously, treating a small chin

has required orthodontic work or surgery to lengthen the jaw bone but now with fillers we can get fantastic results right away and filler can last in the chin up to two years.

Belkyra is a new fat dissolving injectable treatment that is designed to reduce fat accumulating under the chin - the so called 'double chin'. Belkyra destroys the fat cells which are then broken down by the body over weeks and once they're gone they're gone forever.

A well-trained cosmetic doctor can discuss whether fillers, Botox and Belkyra are suitable for you and whether combination treatments will give the best results.



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

# Habits to adopt to age well

WORDS: DR LIBBY | IMAGES: SUPPLIED



Ageing is a natural part of life that we don't need to fear; we all go through it.

Your changing skin, hair colour or body in no way detracts from who you are and the goodness in your heart. The passing years also bring wisdom and that has a radiance all of its own. Yet, ageing isn't just about what happens on the outside, it's also about our structure, mobility and internal health. Due to the incredible advances of Western medicine, we are likely going to continue to live longer and longer. Yet, in reality, are we living too short and dying too long? This is an important question to ponder; for what I care about is the quality of your life. There are several habits you can adopt to help prevent degenerative diseases, maintain your own independence and live an energised, healthy and full life right through to your twilight years.

## 1. Muscle mass

From the age of 30 onwards, if we don't actively build muscle, we gradually lose it. Embrace resistance training. This doesn't have to mean going to gym unless that spins your tyres. In a yoga practice, you resist your own body weight. Pilates, too, is excellent resistance training, as is gardening, farm work, carrying groceries and children. Don't avoid movement. Take the stairs regularly, for example.

## 2. Hydration

Most people are aware of the critical importance of great hydration for their health, and of course for their skin, in particular. Yet, so many people tell me that they know they would be better off drinking more water. Unintentional chronic dehydration can contribute to pain and inflammation, not to mention fatigue, which can have an enormous impact on whether we feel energised or not.

## 3. Nourishment

Three biochemical processes through which we age are known as oxidation,

inflammation and glycation and great nutrition goes a long way to providing our body with the substances it needs to ensure these processes happen slowly rather than rapidly. Eating whole real food and reducing your intake of processed foods is one of the most simple, yet powerful ways to prevent premature ageing. This is because processed foods are often laden with sugar, trans fats, additives and preservatives all of which take a toll on our health in myriad ways, including via detrimental effects on the gut microbiome and giving our liver more to detoxify. No amount of exercise can combat the effects of a lousy way of eating. Focus on real food, rather than junk, to provide your body with more of the nourishment it needs every day.

## DETOX BY DR LIBBY – DOES YOUR BODY NEED A RESET?

Nutritional biochemist, Dr Libby Weaver, has created a 28-day detox journey designed to help decrease your total body burden. This ultimate health takes an in-depth look at detoxification as Dr Libby teaches you how to do this effectively, for your unique body and helps you to cultivate well-functioning detoxification systems, for life. The course has been designed to fit in around a busy schedule, and only requires around 10-15 mins of dedicated time each day. Find out how good your body is supposed to feel by joining Detox by Dr Libby, starting 6th June, 3rd of July and 7th of August [www.drlibby.com](http://www.drlibby.com)

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive Detox courses has helped more than thousands of women around the world find freedom from their health challenges. Detox by Dr Libby starts on the 3rd of April, 1st of May and 5th of June.

For more information go to [www.drlibby.com](http://www.drlibby.com)

# Winter treatments for Pigmentation

Here at The Beaute Room

We love our Circadia Medical grade skin care by Dr Pugliese we are the only one here in the South island that stock this wonderful range

So while we are in the winter months now is the perfect time to get on top off reducing your Pigmentation.

We have the Mandeliclear Peel system ideal for Fitzpatrick skins from 1 -5 safe and effective to help with reducing pigmentation

Hormonal melasma that is known as the pregnancy mask can appear as patches or splotches and can get worst with sun exposure.

Hyper pigmentation from Trauma to the skin from Acne can cause deep purple colouring to the skin.

Pigmentation sun damaged spots can begin at an early age and slowly become more apparent into 30s 40s 50s.

It is important that future Sun exposure be avoided and UVA, UVB sunscreens be applied.

A skincare plan for home care use that have these ingredients in them.

Tyrosinase inhibitors should be incorporated such as Songyi mushroom bearberry Licorice extract , kojic acid azelaic acid willow herb gamma amino butyric acid can be an effective alternative to Hydroquinone extract, and off course Vitamin C.

It is recommended to come in and see us have a consult and talk about recommended home care.

## Special Offer

Our offer on the Mandiclear System is \$140 for the months of June finishing 31 July

And you will receive a Post peel kit valued at \$50

The Beaute Room for all you Beauty Needs



Michelle is an experienced and knowledgeable beauty therapist with a deep understanding of skincare and related issues.

**The BEAUTÉ ROOM**

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# Beauty favs

As winter draws in for many of us it feels like our skin could do with a little extra hydration or nourishment. Cold mornings and hot air from heat pumps can put our skin under all sorts of stress. So we asked some local beauty experts for their best winter product suggestions. Here's what they recommended.



Ultra-Lipid SOS Serum is formulated to immediately soothe feelings of discomfort and restore balance to the skin's ecosystem. The skin quickly becomes more comfortable and appears soothed.

Available from **Loral Ford Beauty, Pegasus**

ReDesign Crème is an omega-rich cream for lipid-dry and/or mature skin. It delivers intense nourishment and hydration to dry, thirsty skin whilst helping to smoothen fine lines and wrinkles, for a softer, more supple-looking complexion.

Available from **Cocoon Beauty and Day Spa, Rangiora**



From Circadia by Dr Pugliese, this medical grade skincare brings Nighttime Repair Plus and Vitamin C Reversal Serum.

Available from **The Beauté Room, Rangiora**

# Find a sweeter you at the Sugar Shak

When it comes to hair removal, new Waikuku-based business, Sugar Shak is all about sugaring.

Having lived and worked in Australia for the last 20 years, founder Natalie Swain, is a highly experienced and qualified beauty therapist. She has owned and managed successful salons in Noosa and she is an absolute wealth of knowledge when it comes to sugaring. She first became interested in the method some ten years ago and has trained with Alexandria Professional Body Sugaring, Body Sugaring Australia and Lish Australia.

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

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

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

Now back home in Waikuku she is excited to have set up the Sugar Shak to offer her



wonderful skills to North Canterbury. She also offers other carefully selected beauty services including facials with hemp-based skincare products from Hey Bud.

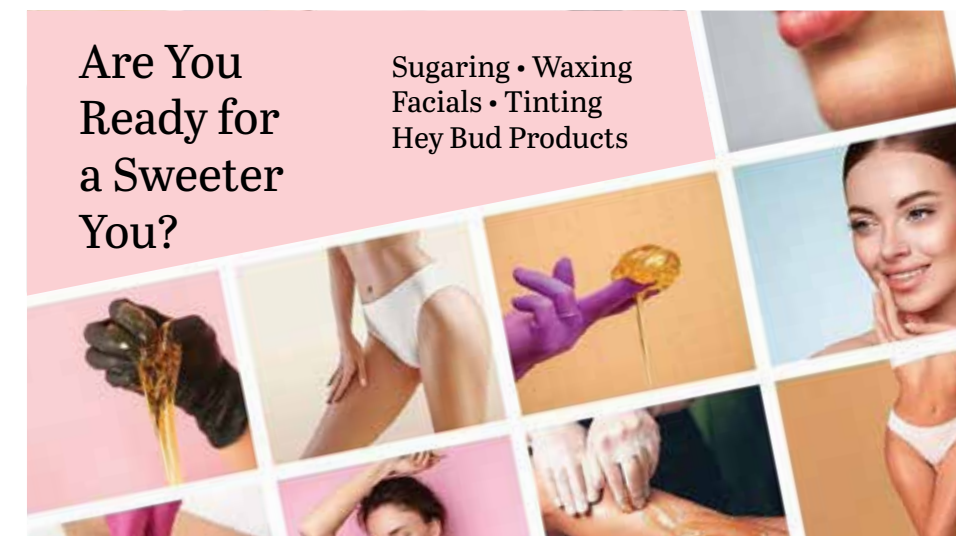
So if you want to get silky smooth and hair free – get booked in at the Sugar Shak.

[www.sugarshakbeauty.com](http://www.sugarshakbeauty.com)  
021 221 3421

**SugarShakBeauty**

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# Destination Shopping



Step behind the hedge on the corner of 50 North Eyre and Logans Road and you're greeted with a wonderful surprise - a hub of cute country cabins turned shopping spot. Packed full of gorgeous pre-loved homewares, florals and fashion - Upstyle Me is set to become a must visit in the North Canterbury countryside.

There are three distinct shopping spaces. The fashion area - buzzing with beautiful colours, fabrics and patterns. Next door the focus is flowers and in the third cute cabin, complete with Cape Cod chairs on the decks - is the pre-loved homewares collection.

Head into the garden and tucked away up a path way of flowering cherry trees-is where you find the French themed Beauty Cottage. Inside blacks, whites and pastel pinks combine to create a tranquil setting to relax and unwind. Perfect for the beauty treatments on offer here - such as eyebrows, eyelashes and massage.

## Upstyle Me BOUTIQUE



Pre-loved clothing along with plenty of as new items with labels and lovely vintage pieces - the fashion store has plenty of options. There's a focus on curvaceous sizes, from 16 upwards and customers who would like a personalised shopping experience can book a time in advance and arrive to find carefully selected items ready for them to try on.

You'll also find a fabulous range of accessories - bags, shoes and other wardrobe essentials.

## Fashion



End of Summer Sale Starts Wed 21st June

- All items must go
- Grab a bargain
- 50% off racks



## The Beauty Cottage



A visit to the Beauty Cottage will leave you not only looking fabulous but also fully relaxed. Sit back and let our beauty therapist work her magic. Beauty services include eyelash and eyebrow treatments as well as relaxation massages. By appointment only.



Rana Hammond, Founder of Up-style Me

Rana Hammond, founder and owner of the Upstyle Me shopping and beauty concept, is a bundle of energy and no stranger to the business world.

North Canterbury born and bred she's a qualified machinist by trade and when her children were young designed and manufactured school uniforms for nine schools in the North Canterbury area. Thus grew the business with her hands on skills and business sense.

Rana set up her own label, Uneek Kids Clothing and had a store in Kaiapoi. She also worked in retail and hospitality for 30 years including Staxs, Ballantynes fashion Central, Footloose Shoes, Michael Hill Jeweller, building on her background in fashion.

Now she runs a construction business, has just started another business doing fire doors and is also in the process of building a new home on their lifestyle property in Swannanoa.

It would be a lot for anyone to fit in, but then several months ago she decided to create this new venture - Upstyle Me. "I have always wanted a wee shop," she explains.

Whilst Rana loves drawing on her fashion experience and helping people to choose colours and style for their wardrobes, she specialises in colours and body shapes helping customers to decide what suits them.

She has also brought on board Assistant Manager Sharon Dickie, to help run the shops from day to day. A qualified florist and passionate advocate for the pre-loved concept, Sharon offers a warm and friendly welcome to visitors.



L to R: Sharon Dickie and Rana Hammond

## Homewares

There is no shortage of choice here with an eclectic collection of Maxwell Williams, Stevens and Haven homewares including wrought iron art, French country, candles, trays and picture frames. The range of crockery and china is superb - with platters, bowls and plates of all shapes, styles and colours. As well as gorgeous high-tea items - from cake stands to tea cups. All pre-loved and affordably priced.



## Flowers

In a dedicated cabin shoppers can browse a beautiful selection of unique vases from French country style to modern and contemporary shapes.

There are also ready-to-go bouquets of silk and high-end artificial blooms put together with a careful eye by professional florist Sharon.

These long-lasting arrangements are ideal to take when visiting hospitals or care homes and loved ones resting places or just brighten up your home.

You can also buy single stems or even take along your own vase and Sharon will help you put together something fabulous to fill it.







# A Farmhouse filled with colour

WORDS: PATTIE PEGLER | IMAGES: DEAN MACKENZIE PHOTOGRAPHER

When John and Grania Ryan said goodbye to their old villa, the local kids came out to watch. It was taken away in two pieces on the back of a couple of wide load trucks on a warm spring night. That was in 2019.

"It was a good house, we did a lot to it over the years," recalls John. "We had en-suite bathrooms and big verandahs added. But in the end it was still a cold, 1905 villa."

Today a newly built, 4-bedroom, architecturally designed farmhouse sits in the mature garden left by the villa. With floor to ceiling windows, large outdoor entertaining space and a mud room. An open plan living area is bright with pinks and greens and a cosy log burner. And huge glass windows frame the surrounding views of the Port Hills and the Alps. "It's an unusual feeling to be in a new home in the same spot," says Grania.

During the two-year build, Grania would come across every day to water the garden – she particularly wanted to make sure the old rhododendrons and camellias survived the process. They did.

The couple have lived on their Tai Tapu sheep and cropping farm for 45 years and there have been many changes in that time. "I wasn't a gardener when I moved here" recalls Grania. "I had 3 young children. But it was John's mother that gave me the inspiration to do a little every day."

Those three young children are now all grown up and living overseas. The old villa is gone and the new house stands in its place. But it's far from a blank slate. John is a fifth-generation farmer and Grania is originally from Ireland, where her mother dealt in antiques.

**"We selected a lot of the colours around our artworks and nostalgic pieces, old family furniture. Nothing is modern," says Grania.**

They wanted to create a warm, inviting interior that reflected the feeling of a farmhouse – and they knew that off white walls were not for them.

In the old villa Grania recalls painting a wall in a vivid colour called Sunset Sand. "People would come in and go 'oh my goodness'. It was magnificent. I think my love of colour has always been there."



Top: The main living area with high ceilings, log burner, over the dining table are two 60cm Acid Washed Copper Dome lights. Walls painted in Resene Pavlova, timber flooring and couches accessorized with cushions by Becky Lee.

Centre: The kitchen combines modern white cabinetry, warm timbers and copper brick mosaic tiles from Brymac. A bespoke glass cabinet was a suggestion by the architect and provides a place to display meaningful items.

Bottom: The 'den' is a space to retreat to with walls painted in Resene West Coast, original couches that have been reupholstered in Linwood velvet in Terracotta Genie and cushions from Becky Lee. Curtains in Fibre Naturelle range from Malcolm Fabrics and Persian rug add a cosy but elegant feel.



Top Left: Exterior of the newly built, architecturally designed farmhouse

Top right: In the master bedroom Volver textured wallcovering from Elitis, timber bedside cabinets and bespoke lampshades from Becky Lee.

Above: Warm, organic colours and textures combine in the powder room with embossed vinyl Topaze style wallpaper from Elitis and Resene Pioneer Red walls and lacquered cabinetry with a vintage mirror belonging to Grania.

**"We trusted her absolutely because she has this ability to see the end result," says Grania. "This is the joy of someone with that vision like Becky."**

So they got in touch with interior designer, Becky Lee, who turns away from shades of neutral instead helping her clients embrace the joyful, vibrant nature of colour. The initial brief to Becky was to keep in mind the classic country style even though this was a new build and also to ensure that any scheme considered the pieces of precious family furniture that mean so much to the couple.

The powder room incorporates a rich, fire-toned wall covering and Pioneer Red paint. In the master bedroom a dreamy verdigris green, textured wall sets a moody atmosphere. The walls in the 'den' are West Coast Green. And whilst Grania was initially at the colour, it is now one of her favourite rooms, with its comfortable couches, artworks and warm woods – it's both cosy and elegant. And also the perfect spot to retreat to when you have a 'rugby mad husband'.

Meanwhile in the kitchen copper tiles change colour during the day as sunlight moves across them. And a wall to ceiling glass cabinet, suggested by the architect, displays all sorts of curios from wedding gifts to wine glasses. "When they first suggested it I said 'don't be ridiculous, what on earth would I put in it?'" says Grania. "Now I find I've put out all those memories on display that I had previously packed away in cupboards and boxes."

As well as big colour on walls, Becky has brought pops of colour into rooms with her vibrant and unique cushions – there are detailed hunting scenes, fabulous florals, rich grape and emerald greens. It could easily be too much, busy or garish – and that could be why often we shy away from colour in our houses, we're a little bit nervous. But when it's carefully orchestrated and considered like this home – the results can be both beautiful and unique.

*Vintage Rose*

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Come along and enjoy our relaxed rose pruning demonstration and learn how to prune your roses and gain knowledge for beautiful blooming this coming spring summer.

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# Colourful Cushions

IMAGES: DEAN MACKENZIE PHOTOGRAPHER



“Cushions are a fun opportunity to try more adventurous colour combinations without the full commitment of a large area such as a wall or curtains.”

This month we catch up with talented Christchurch interior designer Becky Lee to get her advice on colours and cushions.

**essence:** How should we think about colour in the home, particularly in relation to cushions?

Becky: There's a classic design rule known as the 60:30:10 rule that guides the amount of each colour in a space. 60% is your main colour, often the wall colour, 30% is the secondary colour, often curtains, rugs or upholstered furniture and 10% is the fun bit - the accent colour. Cushions are a fantastic way to tie together colour schemes. Look for designs that contain your accent colour or even better contain all three - floral designs are great for this!

Cushions are a fun opportunity to try more adventurous colour combinations without the full commitment of a large area such as a wall or curtains. They really are quite powerful tools in design, often the cherry on top that brings a whole scheme to life.

Using different sized cushions together can add more visual interest, especially if mixing patterns and colours. A generous 50cm square cushion at the back, with a shallower, rectangular cushion sitting in front of it in a different fabric can create a potent vignette.

Cushions can be used on chairs, window seats, beds...any spot that needs a touch of colour or comfort. But be careful to consider scale. A small, occasional chair with a large cushion will look out of balance, as will a king size bed with a single small cushion in front of the pillows.

**essence:** How can you keep your cushions looking good?

Cushions made with quality furnishing fabrics should last many years, provided you follow the washing instructions. But also remember that NZ sunlight is particularly harsh so protect your fabrics from sunlight.

Mass produced cushions made with low quality fabrics and filled with polyester fill, are unlikely to last long and stay looking great. I think we all need to be more aware of the impacts of purchasing low-cost homewares, it is much more planet positive to buy once and buy well.

**essence:** What is the best option for cushion inners?

Polyester fill (essentially a type of plastic) deteriorates relatively quickly, often becoming lumpy and uncomfortable and once it's at that point, there's no reviving it and so the inners end up in landfill. Good quality feather inners offer better comfort, are easily revived with a good airing and plumping and should last for many years. There are now strong standards around the production of feather inners and bird welfare. So ask the question and make sure you are purchasing ethical feather inners.

Industry tip: make sure the inner is always 5cm larger than the cushion cover. So a 50cm square cushion cover needs a 55cm square inner. This will ensure the cushion looks luxurious and generously filled.

**essence:** Tell us a bit about what goes into making your beautiful cushions?

I live for mixing colours and sourcing beautiful fabrics to create really special statement pieces. All my cushions are thoughtfully designed, piped in one colour, backed in another and even the zip colour is carefully considered. It's all about the dance of the colours, and it means each design is unique. I'm also very passionate about sustainable luxury and at every part of the process that I can control, this is a guiding force.



## BECKY LEE

You can shop Becky Lee's cushions online at [www.beckylee.co.nz](http://www.beckylee.co.nz)

Use the code **ESSENCE** at checkout to receive a complimentary ethical feather inner valued at \$45 with any cushion cover purchased before August 6th.

Choose a venue that celebrates your loved one's life

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

[johnrhind.co.nz/kaiapoi](http://johnrhind.co.nz/kaiapoi)

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FDNZ cert, Reg. FD (FDANZ)  
Location Manager, Funeral Director

**JR**



# NC in Business 2023



**Katherine McLeod**  
Owner of The Wool Shop

Katherine McLeod is the owner of The Wool Shop in Rangiora. She took over the iconic store two years ago and loves the retail business and customers.

**What does your business offer?**  
Along with our legendary customer service, we offer a fantastic selection of yarn, patterns and accessories for all your knitting and crochet needs.

**What do you like about doing business in North Canterbury?**  
Rangiora really is a destination town now with an awesome retail sector in a small area. It's easy to walk from place to place and shop at high quality stores.

**What do you get up to when you're not working?**  
Apart from knitting and learning to crochet, I love to read, go tramping and spend time with my family. Having just relocated a house from St Albans to Oxford will see me on the renovation tools for a wee while and I have just applied to be a St John volunteer so life is never dull!

123 High Street, Rangiora | 03 313 6062

**Loral Ford**  
Owner of Loral Ford Beauty Specialist

With over 20 years in the beauty industry, Loral Ford has been running her Pegasus-based beauty clinic since 2016 where she provides bespoke, high quality skincare to her clients.

**What does your business offer?** My passion has always been helping clients with skin issues. I am proud to offer Sothys cosmecutical skin prescriptions and I am also trained in Sothys skin micro needling rejuvenation treatment which is the latest advancement in skin care coming out of Europe. As well as facial therapy, I also offer a range of beauty treatments including electrolysis.

**What have been some of the highlights of your business journey?** In 2021 I completed a certification in Oncology Aesthetics which gave me the knowledge to amend my treatments for clients who are undergoing chemo therapy/ radiation treatment. Most recently I was awarded the Sothys New Zealand Top Owner Operator for 2021/22/23. I was very humbled as it is something I have strived for during my time in business.

**What do you get up to when you're not working?** Outside of my recent award my greatest achievement in life is my family. I have a loving and supportive husband and we have two great boys. Together, we enjoy weekends away, picnics at Pegasus beach and Sundays in the garden.

Loral Ford Beauty Specialist | [www.lfbeauty.co.nz](http://www.lfbeauty.co.nz) | 0210 794 480





– highlighting the face-framing pieces of your hair, it's a popular technique as it can not only compliment your complexion but it's also less high maintenance than full colour. As autumn comes into play people also change up their hair color and Abby is also seeing more requests for warm and copper-toned colours.

Abby also does hair styling for special events and wedding hair. And for clients wanting a real revamp of their look makeup artist, Melissa of Art and Soul Makeup, also works at the salon by appointment, offering full wedding makeup and even makeup tutorials.



*"I have always wanted a nice, boutique salon where people feel welcome and relaxed," says Abby.*

And whilst she used Pinterest to search out ideas and inspiration for creating the salon interior, it was a family member that inspired her actual hairdressing career.

Abby's grandmother was a hairdresser and had two of her own salons in Christchurch. She inspired Abby to aim for her own business and a photo of the two of them sits in the corner. In turn Abby has named her salon after her own two daughters.

Check out the client comments for Ruby Rose Hairdressing and it's clear that she's getting it right. And since the salon opened on 8th May this year, she has been just about fully-booked. People love Abby and her fabulous skills and Ruby Rose Hairdressing is set to be the new go to salon in Rangiora.

**Ruby Rose Hairdressing, Unit 8/6, Cone Street, Rangiora | 03 313 1122 | [r](https://www.facebook.com/rubyrosehairdressing) rubyrosehairdressing**



## Rangiora's Newest Salon open for business

Step into the new Ruby Rose hair salon in Rangiora and it's easy to see why owner Abby Frampton is already busy. The space is instantly relaxing with its neutral colour palette, pinks and rose golds and, of course, Abby's warm, welcoming smile.

In this gorgeous boho setting, Abby, who has been hairdressing for 17 years and is highly experienced, offers the full range of hairdressing from cuts to colours. She does bleach and tones, foils, honey blondes and balayage. She also does framing or the 'money piece' technique



## First Impressions Count

**In a world where people Google you before they meet you, a good headshot is the new handshake, according to local photographer Ann Worthy-Stephenson.**

Ann owns PhotoWorthy Images, and with more than 12 years of experience as a professional photographer, Ann believes high-quality business photography is the key to making a good first impression on potential clients.

"What we all do when we're going to meet with somebody is look them up on Google and if it's a terrible picture that's going to sit in somebody's mind. You don't get a second chance to make a first impression. Regardless of budget, what type of business you are and where your business is, everyone needs a headshot."

From her studio in Kairaki Beach or on location, Ann not only offers headshots but also product and service photography for use on websites and social media platforms.

Ann said it was important to have a plan in place before the camera was turned on.

"It is something I feel very strongly about. Every client is different, their businesses are different, and they have different messages. Sometimes people say they need photos, but then they don't do it because they don't

know how to tell somebody what they need. [For me] that's not their job, it's the photographer's job to talk to them, decipher what they want and then help them make a plan.

"About a third of my clients say they had photos done but they hate them. I'm sure in those instances they are technically good photos, but they're not telling the story or the message that the client wants."

As well as business photography, Ann also offers maternity and children's photography including fantasy-themed photoshoots which see children transported to a magical fairyland.

*"I love the creativity of it, and I like being able to do something different every day. It gives me a lot of satisfaction because I want people to feel good about themselves."*

I got into photography through scuba diving and underwater

photography, and when I travelled I always gravitated to children and what people did for a living."

Originally from the United States, a love of kiwifruit saw the talented photographer settle in New Zealand 26 years ago.

"I grew up in West Texas on a cotton farm, and when I was about 10 years old [I read] a little blurb that said kiwifruit only grew in New Zealand which I now know is not true. But I loved them and told my mother I was going to go to New Zealand someday and not leave. I knew this is where I'm supposed to be."



To find out how Ann can help you promote your business visit [www.photoworthyimages.com/business](http://www.photoworthyimages.com/business).

## Sally Mac

Owner – Sally Mac's, Amberley



What do you most enjoy about being in business?

The highlights of my business are always related to our customers. So they are things like when a new customer tells me her friend shops with us and 'you always tell her what looks good and what doesn't!'. Or when a customer says 'I knew you'd have exactly what I wanted!'. Or when we have two or three generations of one family who shop with us. Apparently, I'm a people pleaser – it's such a buzz to know that we have made a customer's day!

What is the hardest thing about running a business?

The hardest thing about running my business is not getting carried away when I'm ordering!! I prefer to have a wide variety of stock, with smaller quantities of each colour and style. Carrying up to 50 brands across clothing, footwear & accessories means that I'm seeing a lot of product, and it can be very tempting! Achieve work/life balance firstly by having amazing staff! Employ great people, treat them well, and you'll be surprised at the response. Divest yourself of some responsibility - and if you make work fun, it's easier to create the balance.

What keeps you awake at night?

As I've been self-employed since my early 20s, it seems my night-time 'busy brain' has long been part of my life. Luckily I have high natural energy, excellent health, and can thrive on less sleep than many people. Worrying about my retail stock at night doesn't help me look after customers the next day!

What do you get up to when you're not working?

When I'm not at work, I love walking my dogs, reading, gardening, brain challenges on my phone and catching up with family and friends. I enjoy live music and theatre, playing squash and quiz nights. And occasionally a power nap!

How do you try to support the local community in your day to day dealings?

Something I've been passionate about in the 42 years I've lived in Amberley is 'local' - local Amberley, local North Canterbury. My equation is STRONG LOCAL BUSINESS = STRONG LOCAL COMMUNITY = STRONG LOCAL BUSINESS. I'm sure that a community is only as strong as its residents and businesses are committed to being. My own community commitment includes being a JP for the last 20 years, involvement with local schools judging speech and debating competitions, and selling tickets from Sally Mac's for local events. From a business perspective, it makes sense to 'shop local' - not only making sure I 'walk the talk', but also saving time and being more convenient.

94 Carters Rd SH 1, Amberley  
03-314 8414 | [Sally Mac's Amberley](https://www.facebook.com/SallyMac'sAmberley)



## Riana Auret

Business Founder - Handzon

Riana Auret founded popular craft store, Handzon, in 2018. Since then it has gone from strength to strength.

What does your business offer?

Handzon is an inspiring and encouraging environment where people can be creative and connect. We have classes in all kinds of crafts and social events. Our staff is friendly and encouraging, and always ready to help. We develop and publish many of our own patterns – in print and online.

What advice would you give to others starting a business?

Believe in your idea and your vision. Don't take advice from anyone who will not be affected by the consequences of your decisions. Remember other stores of your kind are not competition. Work with them to create a hub and pull customers to your area.

How do you try to support the local business community in your day-to-day dealings?

We always seek synergies – people who knit also eat and wear clothes, makeup and have a need for health products. We constantly approach local businesses to do sampling at our events and classes – it creates some interest and provides the other businesses with a platform to speak directly to potential customers.

1 Alfred Street, Rangiora  
03 423 3544 | [www.handzon.co.nz](http://www.handzon.co.nz)



## Katherine Wilmott

Katherine Wilmott Legal

Lawyer Katherine Wilmott started her business, in 2015.

What does your business offer?

I am a lawyer, based in Rangiora. My law practice offers plain English legal assistance with Property Law, Wills, Enduring Powers of Attorney, Estates, Trusts, Business sales and purchases, Leases, and Coroner matters.

What advice would you give to others starting a business?

Work hard, and work wisely. There is no point wasting your time working hard, if you do not manage your business wisely.

What do you like about doing business in North Canterbury?

Rangiora is such a vibrant town and offers a variety of services, hospitality, shopping, new homes. It is great to see my clients succeed in what they do, and knowing that the legal work I have done for them has helped them achieve their success.

How do you manage your work/life balance?

I completely unplug from my business over the weekend and focus on family and what I enjoy doing. There is nothing like a walking the dogs or a bike ride to a café. I also love to lose myself in a good book.

2nd Floor, 29 High Street, Rangiora  
03 260 4777 | [www.kwlegal.nz](http://www.kwlegal.nz)



## Sally Davies

Residential/Lifestyle Sales Consultant

Residential and lifestyle real estate agent, Sally Davies, has been working in real estate with NZ owned Property Brokers for three years.

What made you come up with your business idea?

Real estate sold itself to me, what was more important was finding a good team to work with similar values and reputation for hard working and great service.

What have been some of the highlights of your business journey?

Being able to work in my community and provide a good, honest service where everyone is happy. It's always awesome to catch up with buyers a year on who are still buzzing to be living at Waikuku Beach... "it really is as great as you said it would be".

What advice would you give to others starting a business?

Find a mentor and ask lots of questions. Be passionate about what you're doing / selling.

What do you get up to when you're not working?

I start every morning with a beach walk, no matter what the weather is doing, Waikuku Beach is beautiful. I am currently playing rugby for the Oxford women's team and in summer I surf and bike.

Sally Davies | Residential/Lifestyle Sales Consultant | 027 359 5509



## Charlotte and Mike

Owners of The Riverstone

Five years ago Charlotte and Mike took over Rangiora's Riverstone. They offer immaculate accommodation with a warm welcome and friendly, local knowledge.

What have been some of the highlights of your business journey?

Attaining the Qualmark, 5-star gold award – one of only three motels in NZ. Surviving Covid and making numerous refurbishments and improvements. Being part of the local business community and employing great local people. Meeting wonderful guests, many who have become friends – and some with the most amazing jobs that we never realised existed!

How do you try to support the local business community in your day-to-day dealings?

We recommend lots of other local businesses to our guests - be it a café or restaurant, boutique clothing outlet, taxi service or places of interest. We also donate every month to the Westpac Helicopter, I AM HOPE, the Rangiora Fire Service, Waikuku Surf Lifesaving Club, St John and Southbrook School.

What do you get up to when you're not working?

We spend time with great friends and a family of two, fine young men; one working away, the other in his final year at school. We go to the gym first thing, which is great for our physical and mental well-being.

18 Southbrook Road, Rangiora | 03 313 1863 | [www.riverstonemotel.co.nz](http://www.riverstonemotel.co.nz)



## Create Design Studio

your creative agency

Looking for some creative friends to help with your business promotion? The team at Create are ready to partner with your next project!

What is your business focus? We

are focused on supporting businesses develop and strengthen their brand presence, that then flows on to supporting them with all the things that encompass that. Usually the journey with our clients begins with branding, branding is a term that is used often but very rarely understood. It is not your logo or your website - it is the emotional response you evoke from within your customers - you could say it's someone's gut feeling about your business. We start with brand strategy. Once we have completed this phase, we have a north star to follow, it guides us and helps us decide the look and feel, the tone of voice, it's the perfect base to create a brand with a purpose.

What do you most enjoy about being in business? Providing a fun and rewarding place for others to work!

What does your business offer? A full

service creative agency, which basically means we can support our customers with everything from Brand Design through to branded pens. We craft websites, create bespoke packaging designs, print books, produce flags, and so much more, like we say, a full service studio a one stop shop for our customers.

What have been some of the highlights of your business journey?

Recently we partnered with local juice company MO to refresh their brand and produce some new packaging for their kids range of



juice, the outcome was not only visually pleasing but has resulted in a significant increase in brand awareness. You can find these cute little bottles on our local supermarket shelves!

Tell us about your premises.

Last year we moved from one end of the High Street to the other, we had such fun giving a historic building a new lease on life, it has a unique quirky feel about it - similar to us! We discovered many hidden treasures in the building as we lovingly brought it back to life. Under the floor, we discovered old paint buckets, antique wooden boxes, and some of the dainty original tiles that were around the fireplace - it was nostalgic for many locals, they would stop us while we worked to share their stories and memories of what the building used to be in earlier years. We look forward to being remembered as part of the building's legacy in years to come!

## create

216 High St Rangiora | 03 313 7774  
[createdesignstudio.co.nz](http://createdesignstudio.co.nz)



## Jess and Sally Telfer

Owner – Cocoon Beauty & Day Spa

Jess and Sally Telfer own and run successful Rangiora beauty and day spa, Cocoon.

### What does your business offer?

Jess: Our focus is as a skin clinic and we offer results driven solutions for all skin types. We have invested in a range of cutting-edge treatment modalities such as Dermapen Skin Needling, and Eclipse IPL, alongside quality, cosmeceutical skincare. We are proud Gold Standard Certified providers of Dermapen skin needling treatment and it is amazing – it gives great results for pigmentation, acne, scarring, lines and wrinkles and more!

### What do you most enjoy about being in business?

Jess: Rewarding our team with trips away to conferences and awards evenings. It's such a great bonding experience and we still talk about the trips years later. A particular standout was winning the Excellence in Retail award at the NC Business awards in 2016, and most recently, being named the "Rising Star" at the 2022 Juvenile Skincare Awards.

### What advice would you give to others starting a business?

Sally: Plan further ahead than the first year and budget conservatively.

### To what do you attribute your business success?

Sally: Passion and team work. Jess and I both work to our strengths, and we share our journey

with enthusiastic, passionate staff who are integral to our business.

### Tell us about your premises. Why do you like them?

Jess: Our premises are a dream that took over 10 years of work, dedication and vision to bring to fruition. And we love our new home! It's beautiful, warm, and gives us the physical space to introduce new treatments, product ranges, and team members.

### What do you like about doing business in North Canterbury?

Sally: We love Rangiora – it's a beautiful small town with great people and great shopping.

### How do you stay motivated in your working life?

Jess: The beauty therapy industry is fast paced and ever changing. I love learning, and I love that there is always so much to learn with this industry. Staying motivated is easy when you love what you do.

Sally: My work life is diverse - alongside my work with Cocoon I work in business support for sustainable corporate dairy farmers and coach group fitness classes. Diversity has been key for me.

2/246 High Street, Rangiora | 03 313 5552  
www.cocoonbeautyanddayspa.co.nz



## Redefining Real Estate

Michelle Facer and Rachael Lay are co-owners and Sales Consultants at, Tall Poppy North Canterbury, delivering a modern, professional, and transparent real estate experience

### What does your business offer?

Michelle: We put customers at the heart of our business and believe in building genuine relationships and delivering exceptional service. We also take a modern approach – without the traditional high-street presence. So we meet clients where they are, whether it's appraising their home, selling it, or meeting potential buyers in their homes – which removes unnecessary expense and allows us to offer a more competitive fee.

Rachael: Unlike traditional agencies with hidden costs and variable fees, at Tall Poppy we set a fair, flat fee from day one. It includes all the foundation marketing components needed to get on the market and sold. Clients appreciate the certainty and transparency this brings, allowing them to plan and budget effectively.

### To what do you attribute your business success?

Michelle: Our approach goes beyond transactional real estate. We prioritize building lasting connections with our clients, many of whom have become lifelong friends. This trust and rapport have earned us the reputation of being the go-to "family agent" for future sales and referrals.

### What do you love about running your business?

Rachael: We prioritize quality over quantity when it comes to agents, maintaining a boutique agency feel to preserve our unique

approach. We love that we can set our own high standards and hand select agents who align with our values and approach. As the brand gains recognition and our client base expands, we are actively seeking passionate, like-minded agents to join our team.

### What do you like about doing business in North Canterbury?

Michelle: It has given us the opportunity to connect with our clients on both a personal and professional level. The sense of community we feel when running into past clients or discovering connections between the many people we interact with daily are one of the many benefits of living and working locally.

Rachael: Watching the brand grow and gain traction in the area. We're still relatively new, so being invited into North Canterbury homes is a real privilege we don't take for granted.

### What do you get up to when you're not working?

Michelle: Real estate can be very demanding, so it's important to take time out to recharge. I like to spend my spare time being creative – painting, writing and prioritizing my health and wellbeing.

Rachael: My spare time mostly involves time with my young family, but I also love getting lost in the garden or, on a rainy day, getting lost in a good book.

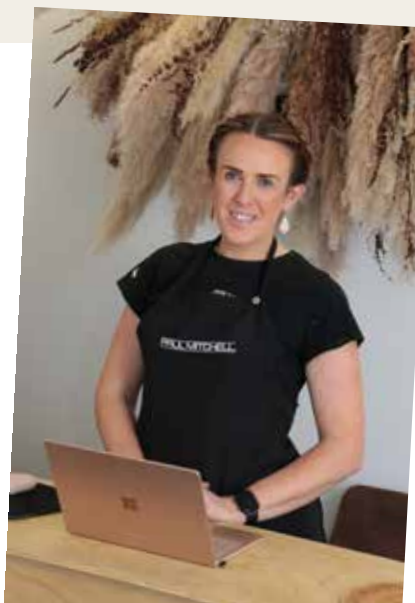
Michelle Facer - 027 307 4530 | Rachael Lay - 027 442 2277



## Local Business updates

### New Beginnings

In beautiful, dedicated premises in Rangiora's Cone Street, hair stylist Abby Frampton has launched her new hair salon Ruby Rose Hairdressing. With many years of stylist experience Abby always wanted to follow in her grandmother's footsteps and have her own salon. Business is already ramping up she says with a steady flow of bookings. You can read more about Abby in our In Business feature.



### New business Sugar Shak is bringing sugaring hair removal to North Canterbury.

Based in Waikuku Beach, founder and highly experienced beauty therapist Natalie Swain, spent nearly 20 years honing her skills and experience in Noosa, Australia where she owned and managed successful beauty salons. If you're not sure what 'sugaring' is then check out the fully story on page 16.



Koru Wellness is a new group of professional osteopaths who have recently moved into beautiful, character premises on Kippenberger Avenue in Rangiora. They are passionate about the potential of osteopathic treatments for general health and wellbeing as well as chronic pain and mobility issues. You can read all about them on page 10.



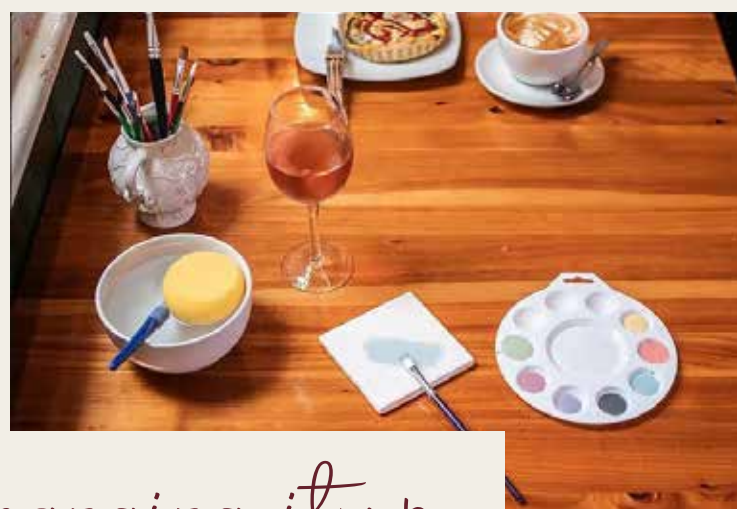
### Book Giveaway Leader Zen

Running a business can be tough. Whether you're grappling with staff shortages, employee engagement and turnover or hybrid working trends – sometimes you need to take time out to think about your own leadership approach.

This wonderful and inspiring book by Jess Stuart will help you do just that. Jess, author and leadership coach, focuses here on self-mastery and mental fitness for calm, conscious, capable leaders.

A great read that will help any business owner to develop calm, conscious leadership skills.

We have one copy to giveaway – just email pattie@essencemagazine.co.nz with your name, address and why you would like to read this book. Entries close on Monday 17th July.



### Changing it up

At Rangiora's Station Café, owners Steve and Vivienne King, recently introduced pottery painting. Visitors can grab a cappuccino and choose a piece of pottery to paint from a ready to go range of items that includes mugs, coasters and even super cute egg cup cars. Paints and brushes are provided and when completed visitors leave the pottery to be glazed and then collect it a few days later.

"We are still very much a café and have great coffee and food," says Steve. "But we don't get that passing traffic that high street does and so we wanted something that would make this a bit of a destination." So far, so good seems to be the result – the café was super busy in the recent school holidays and they are also seeing some group bookings from people of all ages that want to get creative.

### Winning Awards

Over at The Riverstone in Rangiora, owners Charlotte and Mike Dougan were delighted to be awarded their 5-star Gold rating from Qualmark (NZ tourism's official mark of quality). They were evaluated in November last year and are one of only three operators in the NZ to receive this rating.

"The star rating reflects our offer and the Gold rating our commitment to 'world class' sustainable tourism and the best in guest experience," explains Mike.



Beauty specialist Loral Ford started her Pegasus based business in 2016 and was recently awarded Sothys New Zealand Top Owner Operator for 2021/22/23. "I am very humbled by this award," says Loral. "It is something I have strived for during my time in business." You can read more about Loral in our In Business feature in this issue.



### Office space to rent

If you're a small business or solo-preneur looking for office space in Rangiora, then get in touch with us.

We have two offices available in the Essence building – one large double space and one smaller individual space. Our premises in Rangiora's King Street are conveniently located and offer the privacy of individual offices with shared kitchen and bathroom facilities. So if you're looking for a sunny, central spot to work from then get in touch with Dorothy to find out more dorothy@essencemagazine.co.nz

## Start with the Soil

WORDS: MINETTE TONOLI

It's all in the soil. Good gardeners grow plants, great gardeners grow soil.

Creating and maintaining a living soil, teeming with micro and macro organisms is vital to the successful garden – whether you grow native trees, beautiful ornamental shrubs, an awe-inspiring flower farm, a productive food forest system, or a simple backyard vegetable patch. Or even just a paddock of grasses for browsing livestock.

Food gardening with the soil as your focus is the only way to garden to ensure future food security in uncertain times. Extreme climate events, political pressures, wars and economic collapse can affect food production and supply. A good soil is an investment in food stability for yourself and your community.

A living soil supports an ecosystem of life, including bacteria, fungi, protozoa, nematodes, worms, insects and the plants themselves. Through the interactions between these organisms, the soil is able to provide the plants with all the nutrients they need, in a bioavailable form when they need it. Healthy soil means healthy plants that are nutrient dense and more resistant to pests and diseases.

Do's and Don'ts of creating good, living soil.

### DON'T

Spray herbicides or pesticides. These interfere with the enzymatic processes of the beneficial critters in the soil.

Add synthetic fertilizers, which may cause imbalances in the soil.

Disturb the soil too much. Digging soil over too deep too often disrupts the soil food webs that have formed.

### DO

Add organic compost with active healthy microbes. Making your own compost means you cycle nutrients from your kitchen back to your garden. Compost grows the soil, improves soil structure, water holding capacity, drainage, and adds nutrients.

Feed the soil. While compost is important, other home-made liquid feeds can further benefit the soil ecology, e.g., fish emulsions, seaweed brews, fermented weed and herb teas, aerated compost tea etc.

Mulch. Cover all soil with either a living mulch, green manure crop, or with good quality organic straw or arborists chips. Mulching adds organic matter to the soil, protects the soil from extreme weather, keeps and distributes water optimally, and makes a safe haven for beneficial soil critters.

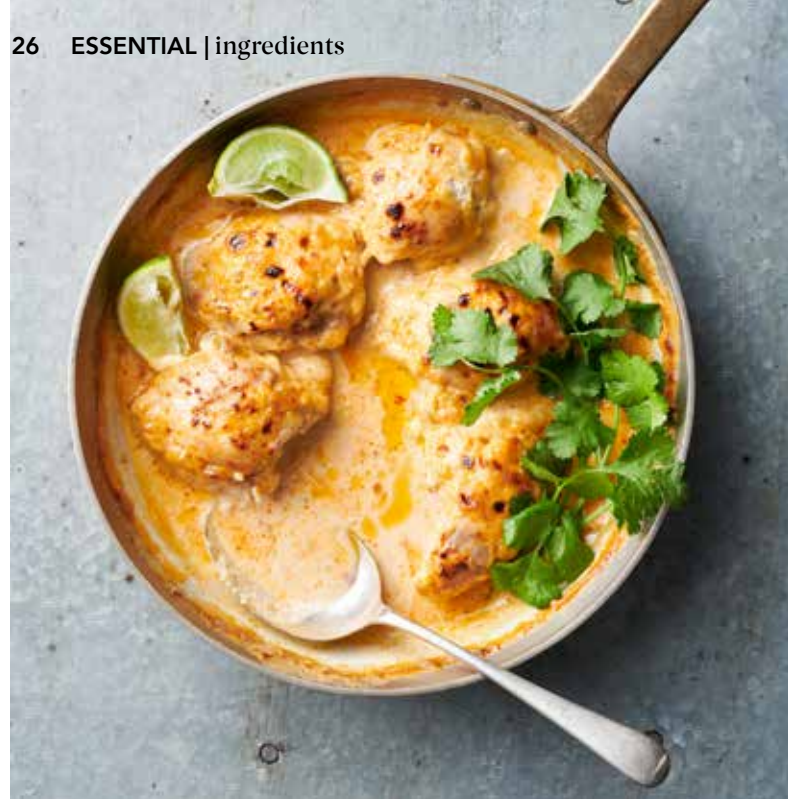
Some winter tasks for the North Canterbury Garden:

- Build your soil! Create a compost bin. Make a leaf litter pile. Start a worm farm. Learn about Bokashi. Invest in mulch.
- Plant garlic. If you have not yet put in your garlic, do so before shortest day (21 June).
- Plant fruit trees and berry bushes. Most fruits are planted while dormant in the winter, settling in and getting ready to burst into bud in spring.
- Plant broad beans and shallots.
- More veggies can be planted out such as cabbages, cauliflower, silverbeet and spinach.
- Weed, clean up spent annuals, and cut back perennials where applicable.



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





## Baked Coconut & Chilli Sambal Chicken

I love the Dish Magazine – it's my go to recipe book especially for a quick weekday dinner. I'm not sure how many times I've made this recipe, but it's a lot, and everyone loves it.

Tip: I only use about ½ a tablespoon of brown sugar - but that could be just my tastebuds, Dorothy.

Sambal Oelek is available at New World.

Recipe kindly shared with us from Dish Magazine. A super-easy dish, with a sauce that's tart, sweet and rich.

SERVES: 4

### Ingredients

- ¾ cup coconut cream
- 3 tablespoons lime juice
- 2 cloves garlic, crushed
- 2 tablespoons each sambal oelek and brown sugar
- 1 tablespoon vegetable oil and grated fresh ginger
- 1 teaspoon sea salt
- 6 boneless, skinless chicken thighs

### To Serve

- Coriander and lime wedges

### Method

Preheat the oven to 180C fan bake.

Combine all the ingredients, except the chicken, in a bowl. Add the chicken and turn to coat well. Tip into a large shallow baking dish or ovenproof sauté pan and fold the thighs in half to make plump parcels.

Bake for 35-40 minutes, or until the chicken is fully cooked through and the sauce is reduced and golden.

TO SERVE: Top with coriander and lime wedges.

CHANGE-OUTS: Small chicken drumsticks with a couple of deep slashes made in the thickest part of the meat.

**Arlo.**  
Rangiora's best kept secret!  
Great Coffee – Delicious Cabinet Food  
Free Fluffy Friday  
Now available Hot Soup and Bread Rolls  
Open Monday – Friday 8am – 4pm  
Saturdays 9am – 3pm  
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www.arlocafe.co.nz  
Follow us @arlocafe

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Pataka Berries proud growers and suppliers of top quality, New Zealand grown berries. Available year round are frozen blueberries, blackcurrants, boysenberries, raspberries, strawberries and apricots. Sold through our on-site shop.  
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768 Marshland Rd, Christchurch | Ph: (03) 323 7896 | Email: patakaberries@xtra.co.nz  
www.patakaberries.co.nz Open 7 Days

**Monteith's Rangiora**  
new menu  
WEDNESDAY'S \$25 ONWARDS

# Wine & Dine

## Acorns Cafe

Freshly baked scones, fabulous coffee and delicious, hearty winter soups bursting with seasonal flavours are the order of the day at Acorns Cafe. Combined with a modern, welcoming ambience and friendly staff – it's the perfect spot to grab your morning snack, catch up with friends or enjoy a warming winter lunch.

1 Charles Upham Drive, Rangiora  
03 310 6407  
Find us on Facebook



## THE STATION Pottery Cafe

Get creative at The Station Pottery Cafe! Now open for evening bookings of pottery painting accompanied by their delicious grazing platters and a glass of wine. What a great way to spend a winter evening!

Or simply have a go at pottery painting next time you stop by for a mid-morning coffee and snack and you'll still find all those favourites on their yummy winter menu like their chicken tacos and burgers.

Book online at [www.thestationpotterycafe.com](http://www.thestationpotterycafe.com)  
2 Blackett Street, Rangiora | 03 313 6018



## The TASTE

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

Lillybrook Centre, 63 Percival Street, Rangiora  
03 313 3333 | [www.thetaste.nz](http://www.thetaste.nz)

## MONTEITH'S Rangiora

New menu here at Monteith's Rangiora. Check out online at [www.monteithsrangiora.com](http://www.monteithsrangiora.com)

- Fresh local ingredients
- Exciting new creations
- Weekly specials
- Kids and vegan friendly

Book your table today. 03 313 2929



## OXFORD CLUB

The Oxford Club's winter menu is packed with delicious and hearty dishes. From seafood chowder or pan fried fish to the classic roast or perfectly cooked ribeye steak. Along with gluten free and vegan options there really is something to suit everyone. Round dinner off with a treat from the dessert menu – like apple crumble or warm fudge chocolate brownie. Perfect for those winter days.

160 High Street, Oxford  
03 312 4411 ext 4 to book  
[www.oxfordclub.co.nz](http://www.oxfordclub.co.nz)



## NOM NOM Kitchen

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

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

257 High Street, Rangiora | 03 313 4276  
[nomnomkitchen.co.nz](http://nomnomkitchen.co.nz)



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



# Strawberry & passionfruit meringue stack



Serves 8 -10 | Prep time: 30 mins | Cooking time: 1 hr 30 mins

### Ingredients

- 5 egg whites
- 285g Pams Caster Sugar
- 1 tsp vanilla extract
- 500g strawberries
- Juice of 1/2 lemon
- 1 tbsp Pams Icing Sugar
- Pulp of 3 passionfruit or passionfruit pulp
- 300ml Pams Cream
- 1 tbsp sliced almonds, lightly toasted
- Mint leaves to garnish, optional

### Method

Preheat your oven to 120°C fan bake. In a large, clean bowl, beat the egg whites until they form soft peaks using an electric beater or stand mixer.

While the beater is still running, add 1tsp vanilla and slowly stream the caster sugar into the egg whites, and mix until the egg whites are thick, glossy, and there are no sugar granules present.

Onto two lined baking trays, spread 4 thin rounds of meringue mixture. Place into the oven and bake for 1 & 1/2 hours or until dried and crisp. Turn the oven off and leave to rest for an hour, then transfer into an airtight container until needed.

To make the strawberry sauce, combine half of the strawberries in a blender or food processor with the lemon juice and 1 Tbsp of icing sugar. Blend until smooth, then strain through a sieve and set aside.

In a large mixing bowl, whip the cream with the remaining vanilla and icing sugar until it reaches soft peaks, ensuring not to over whip. Fold half of the strawberry sauce gently through the whipped cream, then dice the remaining strawberries.

Assemble the stack by spreading some of the cream across the base of one of the meringue discs. Sprinkle over some of the diced strawberries, then top with some passionfruit pulp.

Repeat the previous step with the remaining meringue discs, then garnish the top with strawberries, passionfruit, sliced almonds and mint leaves if desired.

Winters certainly starting to rear its head which makes an ideal time to plan a mid-winter Christmas Dinner. Nothing better than sitting down to a hot Christmas Dinner in the middle of winter with friends and family. Start planning your menu and delegate courses out for others to make which will make your job easier on the night.

This month's recipe is a slight twist on a traditional pavlova, a Strawberry and Meringue Stack. Layered meringue discs filled with cream, strawberries, passion fruit pulp and strawberry sauce.

A couple of pointers to make your recipe a success - make the discs ahead and store in an airtight container. I drew 20cm circles on baking paper so they were all of uniform size. If strawberries are hard to find substitute with kiwi fruit or tinned fruit and use a ready made dessert sauce. With the price of eggs use the yolks for a cake; don't waste anything.

Just remember to share the preparation with your guests and everyone gets to enjoy the evening.

For other great Christmas Menu ideas check out our recipes online at [www.newworld.co.nz](http://www.newworld.co.nz)

Until next time, Happy Cooking.

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**The Bayleys team will make sure it gets to the foodbank.**



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## ASK AN Expert



*Erin Ekborn*

Principal Lawyer, Portia

Portia is a law firm specialising in Family Court work. Appointments can be by phone, video-link or in person.

**I'm getting married!  
What do I need to know?**

1. Wills: If you have an existing Will getting married can revoke that Will. A Will can be made in contemplation of marriage. It allocates the power to a person (your executor) to manage your estate after your death. A Will also instructs your executor about what you want done with your property after your die: managing payment of debts, what should be sold, what should be gifted, how your estate should be divided. Under law you have duties to provide for your spouse.
2. Pre-Nups (lawyers call these "contracting out agreements": The Property (Relationships) Act determines what is relationship property and what is separate, and how it is to be divided if a relationship ends. It's helpful to decide while you're on good terms how you're going to manage assets and debts. This is more important if one of you owns property that you don't want to divide equally if you separate, such as a house you bought in your younger years. Sometimes parents help newly-weds financially. It's important to record whether this is a gift, a loan or expected to be for the benefit of only one of the spouses if there is a separation.
3. Enduring Powers of Attorney: An EPOA gives people legal powers to make decisions and act on your behalf. Usually this comes into effect when you are not able to do this for yourself. The property EPOA is about property management. The personal care EPOA is about health decisions.
4. If you are in a "thruple" then you definitely need to talk to your lawyer about your property and your children. Our current laws are not up-to-speed with relationship anarchy and ethical non-monogamy.
5. All of the above equally applies for Civil Unions.



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*Bronwyn Candish*

Owner of Sheppard & Ormsby

Bronwyn Candish is a chartered accountant and the owner of Sheppard & Ormsby. But she's also a mountain biker, explorer, mommy with training wheels and a super aunt.

Sometimes public practice accounting land can feel like a lonely place. Not all clients are excited to hear from you, especially when you come bearing tax news. At times a trip to your accountant's office can feel like a trip to the dentist. And your accountant knows it.

We decided to search for a way to feel like we were really making a difference. We looked around for ideas and I was impressed with other businesses planting trees and saving kiwis, or supporting Starship Hospital, and Outward Bound.

However, I was searching for something that was a direct reflection of our commitment to levelling up the financial literacy of everyone who comes in contact with us, our clients, our staff and that poor unassuming guy next to me on the plane!

I was frustrated at some of the conversations that we were having with clients. It was obvious that their financial literacy was not up to par. But that wasn't their fault, it's not traditionally taught at school. How could we help?

Then, as luck would have it, I had the pleasure of meeting Kendall Flutey from Banqer. For those of you that don't know, Banqer is a simulated economy where students can practise and see the consequences of some of life's money choices.

I had been impressed that Banqer had opened up their programmes free during covid, my niece loved it and this amazing world is home grown right here in Canterbury.

So a deal was struck, we would sponsor a high school student for each income tax return we did.

We ran a pilot programme last year to test the waters and the feedback from the participants was one of my proudest and happiest moments of 2022. With that success we're all in for our 2023 tax returns and are on track to sponsor 700 kids this year.

Banqer now accepts expressions of interest from just about any organisation to become a community sponsor, so I lay down a challenge to you to consider if it could be a good fit for your business too.

If you'd like to explore how your business could develop and measure impact beyond profit, I'd love to tell you more about our journey.

77 High St, Rangiora | 03 313 6001



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**MATT DOOCEY**

MP for Waimakariri

**It was great to see so many residents at my public meeting to discuss community-led CCTV in Sovereign Palms recently.**

The rise in crime is certainly an issue many people are concerned about, so when Sovereign Palms resident Wendy Tait approached me following the theft of her motorhome from outside her house, I was keen to help her start the wider discussion.

I brought the relevant stakeholders to the meeting, including NZ Police, Waimakariri District Council, Neighbourhood Support and Community Patrol, as well as former police officer and expert in this field, Ken Eccles. Ken has been instrumental in rolling out similar systems across much of the South Island and has agreed to take the lead on the Sovereign Palms project.

A similar CCTV project in the Hurunui district has been a huge success, with towns from Hanmer to Leithfield all joining the network, which is really good to see. We heard at the meeting that thieves are coming into areas from all over the South Island, including the West Coast and Nelson, so they could be taking stolen goods some distance.

When a large pounamu sculpture was famously stolen from Hanmer Springs Thermal Pools and Spa in early 2020, the Hurunui camera network played a significant role in its retrieval and the apprehension of the offender as the cameras could track his car to an address in Christchurch.

With more than 120 residents at my recent Kaiapoi meeting, from Sovereign Palms as well as neighbouring subdivision Moorcroft, it was clear with a show of hands that a local camera project has overwhelming support from the majority of people who live there.

**It was heartening to see residents taking control of their neighbourhood and advocating for cameras to support the work of the police. If we can get this project off the ground I see no reason why more of Waimakariri couldn't do the same. Let's face it, with more cameras on our streets we can not only deter crime, but make it easier to identify and apprehend the criminals after they have offended.**

It is important to help the police and other organisations charged with keeping our communities safe. It's great to see this level of community action, and I really hope it inspires other neighbourhoods to follow suit.





## The Chase's 'Dark Destroyer' draws a crowd in Kaiapoi

It was great to see North Canterbury out and about to support the fantastic fundraising evening organised by Kaiapoi Promotions Association with Shaun Wallace, aka The Dark Destroyer from "The Chase" fame. Guests were kept busy with live music, auctions and a quiz hosted by Shaun – in an all-round fab evening.

Images Supplied by Kaiapoi Promotions Association



# North Canterbury Events

## Kaiapoi Art Expo

Saturday 8th July and Sunday 9th July, 10am - 5pm at The Kaiapoi Club323w

This annual event is Waimakariri district's largest visual art show and attracts large crowds every year.

With a wide range of art disciplines on display by local art groups and individual artists, all under one roof. This year there will be around 800 artworks including painting, photography, ceramics, textiles and much more. Gold coin entry.



## Fire & Ice Festival Kaiapoi

Saturday 8 July, from 12.30pm

The art of ice sculpting is making a blazing return to Kaiapoi with Blackwell's Department Store Fire & Ice Festival is lighting up the town again. The event has become an iconic fixture to set a flame to the winter season since Blackwells reopened its new building after the 2010 earthquakes.

Victor Gagayat, Auckland Artist, will return to carve his magic, by turning large blocks of ice into sculptures in the Blackwell's Department Store carpark between 12.30pm - 3.30pm. This year one of the designs for the sculptures will be the winner of a contest Blackwell's have been running with the local primary schools and children.

Strawberry Fairy and her fairy friend will join the festivities for free face painting and magical moments for the children between 1.30-3.30pm.

Then as the evening cools down, the night market will run from 4.30-7.30pm with a wide variety of food and craft stalls lining the carpark. The ice sculptures will be lit up showcasing Victor's masterpieces and Dr Sanchez returns to play the soundtrack for the night with his Latin guitar. This year the community will be amazed by new performing artists including aerialists, stilt walkers and LED hula hoopers, ensuring fun and festivities for all ages throughout the evening.

To end the entertainment, Kitty Strawberry, a local Christchurch Fire and LED performer will pair up with Otautahi Fire Group to bring the crowds an amazing fire performance including fire poi and fire breathing! Local sponsorship from Creative Communities, Enterprise North Canterbury and Harcourts Four has also allowed the event to grow this year. And the Kaiapoi Club has also pitched into the festival, making a section of their carpark available to allow a greater space for the event.

As with previous years, the Fire & Ice Festival coincides with the Kaiapoi Art Expo. Andrew Blackwell, event organiser, says the Kaiapoi Art Expo is a great way to celebrate the many talented artists in Kaiapoi and wider districts. While the festival offers a chance for the community to rug up and get together and celebrate all things Fire & Ice.

"It is always a good community night for the town to come out and warm up with a cup of complimentary mulled wine (for those over 18)," says Andrew Blackwell.

Blackwells Department Store will also be open late with plenty of Fire & Ice clothing specials, making it the perfect night to rug up, come together and enjoy this free event.



## Oxford Matariki Winter Lights Festival

1st to 16th July, from 6pm - 10pm every night

It's the first year for this spectacular midwinter event in the wee town of Oxford and a festive spirit as businesses and homes get their lights on.

For participants there are great prizes to be won and for the rest of us a great time to be had touring the town to see the light displays.

Entries are open till Sunday, 18 June, and visitors can find maps to guide them around the homes and businesses taking part.

Find out more at [www.oxfordnewzealand.co.nz](http://www.oxfordnewzealand.co.nz)





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## Page Turners

WORDS: EMMAS AT OXFORD

### The Mother

By T.M Logan

T.M Logan - the master of the up all night thriller - writes the kind of books that he loves to read - tense psychological thrillers where bad things happen to normal people; exploring themes of loyalty and betrayal, love and hate, trust, jealousy, secrets and revenge.

The Mother is a twisty, tense and fast-paced thriller about a woman betrayed and her search for redemption against all the odds. Because, on parole after ten years in prison, if she can't discover who framed her for husband's murder, she will never see her sons again... This is a domestic thriller with criminal and Government links that spans more than a decade.

He draws you straight in, with an addictive opening scene. Quickly I was totally invested, and couldn't put the book down - seeing it playing out in my mind's eye from start to finish. With



lots of tense moments, I felt the need to watch over the main character's shoulder; never feeling she was safe; and never sure which of the other characters I could trust.

If you're a fan of psychological thrillers, this is an author you need to read.

*Customer Review*  
 "Was up till midnight finishing The Mother ... couldn't put it down. Another brilliant T.M Logan read. Loved it"



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