

# essence

essentially...north canterbury



18

Restoring the  
BNZ Building

22

Surf Lifesaving  
at Waikuku

*Christmas*  
gift guide edition

essence magazine

positive, informative, inspirational  
and proud to be locally owned

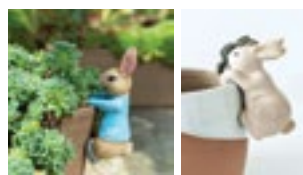
Complimentary  
MONTHLY PUBLICATION

November 2022



# Shop the Look

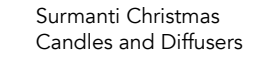
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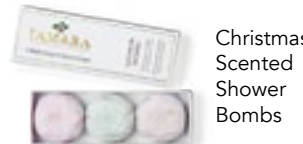
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# Behind the Scenes

Everybody seems to get crazy busy as we head towards the holiday season – all these warm days and long evenings usually mean lots of social events. And at Essence magazine this is also the time of year when we pull together our Christmas Gift Guide issue – showcasing the wonderful items available from local retailers. There are always a few things that end up on our Christmas shopping list. Check out the Gift Guide starting on page 11.

In Kaiapoi we have loved seeing the BNZ building spring back into life – finally the road cones and the temporary fencing are gone and the building is back in all its glory. We wanted to find out a bit more about what went on behind the scenes during that restoration so we caught up with developer Jedd Pearce and others involved with the project, to get the lowdown. Check out the story on page 18.

As summer begins so do thoughts of heading to the beach and taking a dip in the sea. I'm sure I'm not the only one who feels safer swimming between the flags and knowing that lifeguards are there looking

out for us. That's the result of hard training and dedication and that starts with the Surf Lifesaving Clubs around our country. They nurture the lifeguards of tomorrow. Read about the Waikuku Surf Lifesaving Club on page 22.

Meanwhile, if you like to relax by whipping up a storm in the kitchen, then try out the yummy recipe from food columnist Barb. This month she's put together some delicious jelly and white chocolate mousse cups. See page 20 for the full recipe.

And you'll be glad to know that if you take the 'flexitarian' approach to your food suggested by Dr Libby – you'll be able to eat those mousse cups one day and take it easy the next! It sounds like a good approach to the holiday season.

We've loved putting together this issue and we hope you take a few quiet moments at this busy time to sit down and enjoy reading it.

Pattie Pegler Editor

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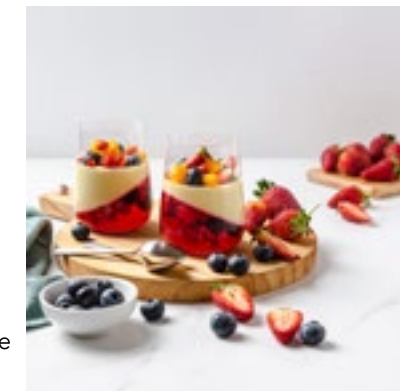
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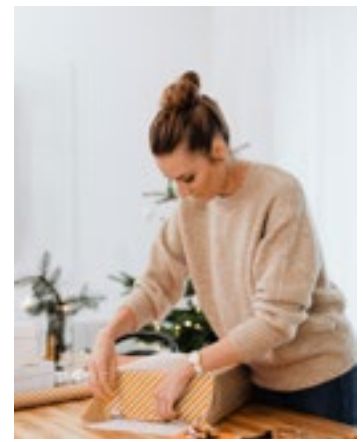
211 King Street, Rangiora, North Canterbury.  
Ph: 03 313 1811 | www.essencemagazine.co.nz

Essence is printed on FSC accredited paper.

Published by Impact Publicity 2005 Ltd  
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Front cover image: Jelly and White Chocolate Mousse Cups made in the short glasses currently in the New World Promotion. Image provided by New World Rangiora. Full recipe page 20.



The Christmas Gift Guide page 11



Restoring the BNZ building in Kaiapoi page 18



Dr Libby - Flexitarian Approach page 8



The Waikuku Surf Lifesaving Club page 22

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# Seaside Summers like no other

IN THE TIMARU DISTRICT

Are you dreaming of digging your toes into the warm sand, picnicking in the sun with friends and family, shopping boutique stores and sampling exquisite food and wine?

Then a summer holiday in the Timaru District could be just for you!

The Timaru District, tucked away in the lee of the South Alps, offers a wealth of activities for the entire family.

Caroline Bay, an AA Top 10 Beach, is the ideal place to start your holiday in seaside Timaru. Enjoy a stroll on the sand with a coffee in hand or a picnic on the shore before heading into Timaru's CBD. There, you'll find the likes of Millie Rose Boutique, Tuesday, and Preen. With an abundance of top restaurants, dining options are plentiful. A visit to The Oxford, Street Food Kitchen, and Saikou will not disappoint. With a cocktail in hand, Hector Black's is the perfect place to end your day.

If you feel like a day away from the coast, head to Geraldine for a day of boutique shopping and exquisite food. Located less than an hour's drive from Timaru, the landscape transforms from sparkling



coastlines to rolling hills and native bush.

Home of the NZ favourite, Barkers of Geraldine, the Barkers Foodstore and Eatery is a must visit! Sample their products, with a delicious lunch before heading across the road for a tasting at Geraldine Cheese. If you like gin, you need to check out award-winning gin distillery, Humdinger. With ingredients sourced from the local area, their range of flavours including citrus and the recently released Pink Gin featuring local blackcurrants and rosehip will round your day off perfectly.

The Timaru District is full of activities, adventures, food, and shopping to please all.



Spend the weekend exploring the many quaint towns in the area and take in the relaxed pace without compromising on quality.

We promise you won't regret it.



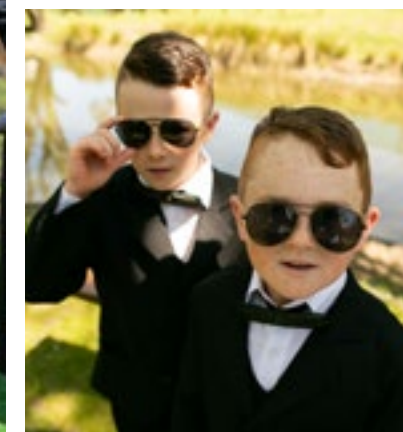
The groom with groomsmen



Left to Right: Riki Wilson, Kaytee Velenski, Sam Perkins, Carla Stepens, Courtney Ruffell, Gemma Ruffell, Josh Abrams, Oilly Ruffell and Sara Conrad



The bride, Gemma, with father Barrie Coughlan



Oilly and Charlie Ruffell

## A Weekend Wedding

Photography: Karl van Beek – Hanmer Springs Photography

It was perfect weather in Hanmer Springs at Labour weekend for the wedding of Gemma Coughlan and Courtney Ruffell. Friends and family came together to celebrate the reception with the couple at the home of the bride's parents.



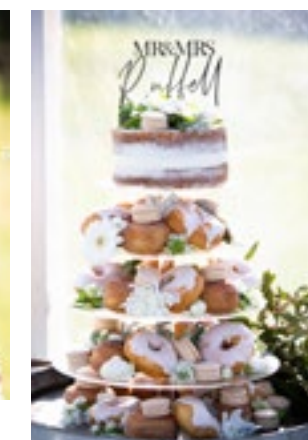
The wedding ceremony was held in the garden at Waiata, Hanmer Springs



Left to Right: The grooms' parents, Kelvin and Rachel Ruffell, Courtney and Gemma Ruffell, with the bride's parents, Barrie and Fiona Coughlan



Marley Ruffell ready for an exciting day



# SEASIDE SUMMERS

## — TIMARU —

**There's nothing like a summer seaside holiday.**  
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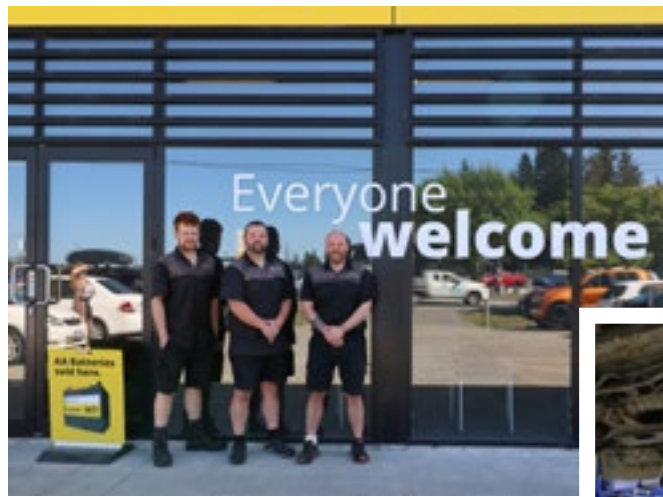
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# Happy Customers

AT AA AUTO CENTRE RANGIORA

The team at Rangiora's AA Auto Centre were delighted to see their excellent customer service recognised recently. The Centre won the AA Auto Centre of the Year Award at the AA Auto Centre conference for New Zealand franchisees.

They were crowned the network's top Auto Centre and also took out the Regional Centre Award with a near perfect satisfaction score of 97%.

AA Auto Centre Rangiora Owner Operator Mike O'Donnell was thrilled with the recognition and put his success down to having a team that cares about doing right by their customers.

**"It's great to get recognition for the hard work the team have put in," says O'Donnell.**

"And it's definitely a whole team effort. The people you have are really important, whether they be on the front desk or out the back, you need to have the right team onboard with the right values. I also get out from underneath the cars and spend time on the front desk, which really helps as you get a good feel for how things are going and where improvements can be made."

The Rangiora Auto Centre, on Lineside Road, is part of the AA Auto Centre network and offers all mechanical services to both AA members and non-members. Locally owned and operated the Centre has been open for two years and the team pride themselves on great service, high quality work and good value. Its convenient location also means you can drop off the car and head to the supermarket to do your grocery shopping or run some errands in a pre-booked courtesy car.

The friendly team offer pre-purchase checks on vehicles, services and WOFs. But they can also help with anything that may be concerning you about your vehicle – from new tyres to a strange noise under the bonnet.

"We provide really good quality mechanical services, that are also accountable to the AA standards, so people have complete peace of mind," says O'Donnell. "And our customer service is second to none. It all comes together to create a really hassle-free service that customers can absolutely trust."

# Bits and Bobs

A round up of things that have caught our eye around North Canterbury this month.

## Rangiora Museum Calendar

The Rangiora Early Records Society have put together another fascinating calendar for 2023. This time they have taken before and after shots, showing shops and buildings as they were and as they are today. June shows us the former Rangiora RSA building, destroyed by fire in 1965. And we particularly liked the historical image for November of the 'stationery and fancy goods'. Thanks to the support of Wilson Print, R Grant Electrical the Rangiora Museum.



The Calendars are \$15 each and can be purchased from Rangiora Barbers in High St Rangiora or the Rangiora Museum in Good Street.

## Getting Knitting

Knitting is super on trend at the moment and apparently a great way to be mindful. As a non-knitter it can be hard to know where to start. But The Wool Shop in Rangiora, on High Street have just the book for the novice – 350 Knitting Tips Techniques & Trade Secrets. It gives advice on everything from casting on to the types of wool and needles to use. Plus the friendly ladies in the shop can give you lots of beginner advice. Check it out – this could be your new holiday relaxation.



## Kaiapoi Christmas Carnival and Santa Parade

Christmas shopping, family fun zone and the Santa Parade at this popular annual event. **Saturday 3rd December.**

## Mandeville Craft Festival

This is the 10th outing for this great crafty festival and with over 100 stalls, food and live music – you can enjoy a fun day out and tick off your Christmas shopping list too. With giftware, art, home décor, clothing and an array of other items – it is a chance to pick up some truly unique gifts including toys, outdoor ornaments, clothing and more, all from clever and talented makers.

Entry \$10 per adult and children under 12 are free. You can pre buy tickets online or buy on the gate on the day. **Sunday 4th December.**

## Soroptimists Christmas Tree Festival

Every December the council buildings in Rangiora come alive with this wonderful display of up to 40 Christmas trees. Decorated by schools, community groups and businesses with a wide range of colours and themes. Entry is a gold coin donation and you can take a look at the trees and vote for your favourite. There's a wishing tree, a remembrance tree and fabulous raffles.

All funds raised will be donated to North Canterbury Plunket Community service. The display runs from the 5th to 16th December.



# RAY WHITE MORRIS & CO PROPERTY MANAGEMENT Take out National Industry Awards

The Ray White Morris & Co Property Management team attended the TMC Conference & Awards in Auckland recently where they had the opportunity to both learn and celebrate (a perfect combination)!

Entering two categories in the awards, Manager of The Year and Property Manager of the Year, they were super excited to have been recognised in both categories with Katrina Green taking home the Manager of the Year award and Tanaya Jeffcott making the finalists for Property Manager of the Year.

The team has achieved several Ray White National awards during the span of their seven years in business, including Small Office of the Year, Excellence in Business Development, National Top 10 - Arrears

Management (1% or less), Completed Lets & Growth, plus numerous Canterbury Zone awards. The TMC awards however are the first industry awards outside of Ray White they have received.

"This is the first time we have entered any awards outside of the Ray White group so to be recognised in both of the categories we entered cements that what we are doing really is above and beyond the normal in our industry" says Katrina. "When we started the business we had an aim to exceed our client's expectations and we continue to implement new systems and processes to ensure we can keep this up in an ever changing industry".

In the property management industry there are many day to day tasks we perform but it is the extra things our team do which makes us stand out.



Katrina Green, Kurt Smith & Scotney Williams from Tenancy Practice Services

Tanaya Jeffcott

Often the only time landlords hear from their property managers is when they are delivering bad news, financial statements or inspection reports. We are always striving to do better than this with regular newsletters, extra insights into what goes on behind the scenes to ensure everything runs smoothly, landlord education seminars, anniversary gifts, client feedback surveys and 'check in' phone calls just to name a few.

It doesn't stop at the landlords however, with tenants also on the radar for special treatment including welcome gifts and sweet treats following property inspections. Multiple systems and processes are set up to ensure effective communication with their tenants which is so important as this is often where dissatisfaction with property managers comes from. Regular tenant newsletters with tips, tricks and things like advice on how to buy a home are also part of their service.

**"Being recognised as Manager of the Year was a real highlight in my career" says Katrina.**

"I am so proud to work with a fantastic team who are dedicated to delivering top notch service to our landlords and tenants".

Equally as exciting was Tanaya's recognition as a top three finalist in the Property Manager of the Year award. "We are so proud to see how much Tanaya has achieved over the past 12 months. She prides herself on delivering the very best service to her clients and to be recognised for that is so very well deserved - although of course in my opinion she deserved to take out the win!"

"We want to say a huge thank you to all of our supporters, friends, family, the wider Morris & Co team and of course all of our wonderful landlords and tenants" says Katrina.

Not one to sit still and 'smell the roses', Katrina says she is committed to continuing to grow and improve the business. "As well as you are doing, there are always things that can be improved. We continue to evolve every day and take every opportunity to learn and grow – after all, who wants to be ordinary when you can aim for extraordinary!"

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## CONSTRUCTION BEGINS AT Bellgrove Rangiora Development

Driving along Rangiora's Kippenberger Avenue it's impossible to miss the diggers, scrapers, trucks bulldozers and other equipment working away at Bellgrove. Earlier this month the developers gathered for a breaking ground ceremony and work has now commenced in earnest on this exciting new development.

"It's exciting to finally see work begin on this project," says Paul McGowan, Bellgrove Project Manager & Director.

**"This will be one of the largest developments in Rangiora bringing around 1300 new sections and homes to the town and more choices for people who want to live in this great little town."**

The Bellgrove development covers nearly 100 hectares on the East side of Rangiora between Coldstream Road, the new MainPower Sports Centre, Rangiora Golf Course and Kippenberger Ave and as well from Kippenberger Ave south to Northbrook Rd. It will incorporate a variety of lifestyle choices – from standalone houses to apartments, townhouses and units. Section sizes range from around 330sqm to over 1000sqm for standalone

home builds providing both entry-level sections and larger, more generous land options. In addition there are higher density Duplex and Villa units planned in both single and two storey configurations on sections from around 200sqm.

The range of section sizes and styles of homes in this master planned community, is designed to appeal to all - from a dream retirement spot to a family's first step on the property ladder.

Stage 1 now under construction is anchored by the Historic Bellgrove Homestead (circa 1880) as well as the upper reach of the Cam River – future facilities include a Preschool and Neighbourhood Shopping/Commercial centre.

New residents will enjoy easy access to Rangiora's charming town centre with its boutique shops and cafes. Rangiora High School, sporting venues and the Rangiora Golf Course are all within walking distance and the site offers wonderful views of the mountains. Clever design takes full advantage of natural features in the area including two watercourses, reserves, walkways and cycleways creating an attractive and vibrant community.

Whilst proximity to transport links also means Christchurch is within easy reach – just a 20-minute drive.

Of course, creating a space where people will want to live means careful thought and consideration, and whilst the development has benefitted from fast-track consenting and infrastructure funding, it has still taken two and a half years of careful planning says Paul.

Bellgrove takes its name from the farm and historical homestead in the centre of the land. "The homestead is a beautiful old building and a slice of the area's history," says Paul. "We wanted to highlight the old and also bring much-needed new homes to the area."

With its smart design, premium location and wide range of lifestyle choices – it's no wonder Bellgrove is selling fast.



For further information on Bellgrove visit [www.bellgrove.co.nz](http://www.bellgrove.co.nz).

For sales enquiries contact: Stuart Morris, Ray White Rangiora on 027 422 6395



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# Summer Skin Protection

WORDS: DR PETER ASPPELL  
(DURHAM HEALTH COSMETIC)

Repeated exposure to UltraViolet radiation (UV) from the sun may lead to skin cancer as well as photodamage: wrinkles, dark spots and fine lines. Both UV-A and UV-B rays are involved in this and UV-B is mostly responsible for redness and skin cancers whereas UV-A rays penetrate into the deeper skin and contribute to fine lines and wrinkles. The amount of UV-A and UV-B that reaches the earth's surface depends on the season but in New Zealand, even in the winter months, our UV exposure is higher than most countries in the world.

Sunscreens can be either physical (these stay as a protective layer on top of the skin, water resistant, need to be reapplied every 80mins, don't penetrate the skin so are usually tolerated by all) or chemical sunscreens (these have higher protection against UV, last longer on the skin and don't leave white marks behind). Sun Protection Factor (SPF) tells you how much UV your skin can handle, e.g SPF 15 means you can handle x15 times more UV than compared with bare skin. In general SPF 30 or more is best for the face.

'Broad spectrum' refers to the range of UV light that the sunscreen offers protection from, and most sunscreens in NZ are in this category. Some sunscreens offer protection

from High Energy Visible light (HEV) which is a very penetrative light that is all around us day and night. We are subjected to it when we use our computers, smartphones, tablets, lighting and other digital electronics. Using a sunscreen on your face with HEV protection is also in your best interest. Zinc and Titanium oxide are found in some sunscreens and these offer protection against Blue light (common source is screens) and this helps reduce dark pigmentation developing in your skin. Interestingly adding a blue light filter to glasses (slight yellowish tinge to the lenses) has been shown to reduce dark pigmentation by blocking melanin pathways in the brain.

While a tan may look good, it comes at a cost to your skin – each tan represents some irreversible damage to your skin which often shows up later in life as dark spots, wrinkles or even skin cancer. While for some of us this seems like a risk worth taking – it is important to take that risk with eyes wide open.



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## Christmas 2022 is now in full swing!

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# Being a 'flexitarian' when it comes to your health

WORDS: DR LIBBY WEAVER



Have you noticed that every possible way of eating has a label now? While it's fantastic to see more people taking an active interest in their wellbeing, these labels often come with strict rules. This set of criteria around what's acceptable and what's not may work for some, yet for others it simply isn't sustainable.

When people ask me what to eat, I will often encourage them to explore what I fondly call 'flexitarian eating'. This is all about listening to what will best serve your body, health, energy (note: this does not mean taste buds rule the choice!), and even your spiritual practice. The concept of being a 'flexitarian' can be used by anyone. It simply means you don't have stringent rules.

You might approach your nourishment with the idea that you have high standards. In other words, you don't avoid that highly processed, sugar and preservative laden snack because someone told you not to. Instead, you don't eat it because it doesn't serve your health or quality of life. In saying that, please always remember that it is what you mostly do that impacts your health, not what you do occasionally. Feeling guilty about the odd poor quality food choice does nothing for your health either.

Another flexible approach is what some like to call "zig and zag". A "zig" meal is made up of nutrient-dense foods and no alcohol. While a "zag" meal focuses more on the company you are in, being playful and relaxing. Zags are part of a healthy and sustainable lifestyle. If this approach is going to serve someone's health, I would guide them to zag once a week, or for three out of their 35 eating occasions in a week. For others, five zag occasions better

suits them. That's still 30 meals that are high quality nutritionally!

If you know you are going to your office party, or friend's birthday – that doesn't mean the whole day is a write off, yet so many people approach their life or health in this way! This also tends to ramp up over the Christmas and summer holidays period. With the increase in festivities, many people seem to throw nourishing choices out the window until all the celebrations are over and the new year's resolutions kick in. Going to your festive celebrations is even more reason to eat a nutritious breakfast and lunch and to follow up with nutrient-dense food choices the next day. You enjoy the zag, but when you live mostly as a zig, the zag takes very little toll on your overall wellbeing.

The way you take care of yourself needs to be sustainable. When you are kinder to yourself and put less pressure on fulfilling set criteria, you are more likely to make choices in your life that you can maintain. So, if following rules feels like deprivation to you, or if you are just looking for a more sustainable approach to how you eat, give flexitarianism a try.

Nutritional biochemist Dr Libby Weaver (PhD) is a 13-times bestselling author and speaker. Her practical and supportive online courses have helped more than 10,000 women around the world find freedom from their health challenges.

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



## 2022 CHRISTMAS

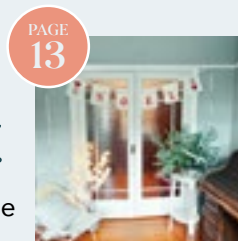
# Gift Guide

North Canterbury is bursting with great stores where you'll find everything you need to go both on and under the tree this Christmas. And our Christmas Gift Guide highlights just a selection of them.

We're spoilt for choice so get out and shop local these holidays.

## DIY Noël Bunting

with Emily, from The Fabric of Society.



PAGE 13

**Marion & Co. JEWELLERY**

Gift ideas from our hand made Sterling Silver & Semi Precious collection

 Small hammered leaf pendant in Sterling Silver \$49, 45cm Chain \$59	 Teardrop Blue Topaz pendant set in Sterling Silver \$185, 45cm Chain \$79	 Machete pendant in Sterling Silver \$59, 45cm Chain \$54
 Larimar ring set in Sterling Silver \$175	 Triple wishbone ring in Sterling Silver \$95	 Chalcedony ring set in Sterling Silver \$209
 Snaffle bit bangle in Sterling Silver \$235	 Triple wishbone cuff in Sterling Silver \$189	 Fluid contemporary bangle in Sterling Silver \$175

146 High Street, Rangiora | Mon-Fri: 9.30-5, Sat: 10-4, Sun (from December): 11-3  
[www.marionandcojewellery.com](http://www.marionandcojewellery.com)

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Open 7 days

Cnr. Williams St & Raven Quay Kaiapoi | 03 327 8029  
[blackwellsdeptstore.co.nz](http://blackwellsdeptstore.co.nz)

Occasional Tables, Father Christmas, Solider Small, Solider Medium, Clock, Garden Tool Kit, Glasses, Tall Soldier, Tea Towels, Mug, Flour Sacks - Set of 3



# Amberley Pharmacy



127 Carters Road, Amberley,  
03 314 8211  
Open Mon-Fri| 8.45-5.30, Saturday 9am- 2pm



## Noël Bunting

D.I.Y CHRISTMAS BUNTING WITH EMILY FROM THE FABRIC OF SOCIETY

**YOU WILL NEED...**  
 Fabric - white linen is great  
 Paint - Chalk Paint® Emperor's Silk  
 Stencil of choice  
 Masking tape  
 Roller - microfibre  
 Fabric scissors  
 Sewing machine or needle and thread.  
 Tape, ribbon string....

**Step 1** Cut out squares of fabric. I used pinking shears which gives a zig zag finish. You can also use normal fabric scissors and fray some of the edges if you wish. Choose which ever size fits in with your project.

**Step 2** Place stencil over top of fabric. The secret is not to have too much paint on your roller, as too much will cause bleeding underneath your stencil. Tape off your stencil so you don't accidentally add extra marks to your fabric. Carefully lift stencil and place fabric somewhere safe to dry. You can iron on the wrong side to seal if you wish. (I didn't) Alternatively you could cut out letters in a contrasting fabric and sew onto the squares.

**Step 3** Pin and sew the fabric squares to your tape or ribbon. You can even sew a channel in your square and thread ribbon or string through them.  
**Step 4** Hang up your bunting. You may want to hang it across a window, fireplace, doorway or even in the porch. *Enjoy your handiwork.. Merry Christmas!*



194 King Street, Rangiora | 03 310 6886 | www.smokeandmirrors.nz



206 High Street, Rangiora  
03 313 9383  
northcanterburybooks.co.nz

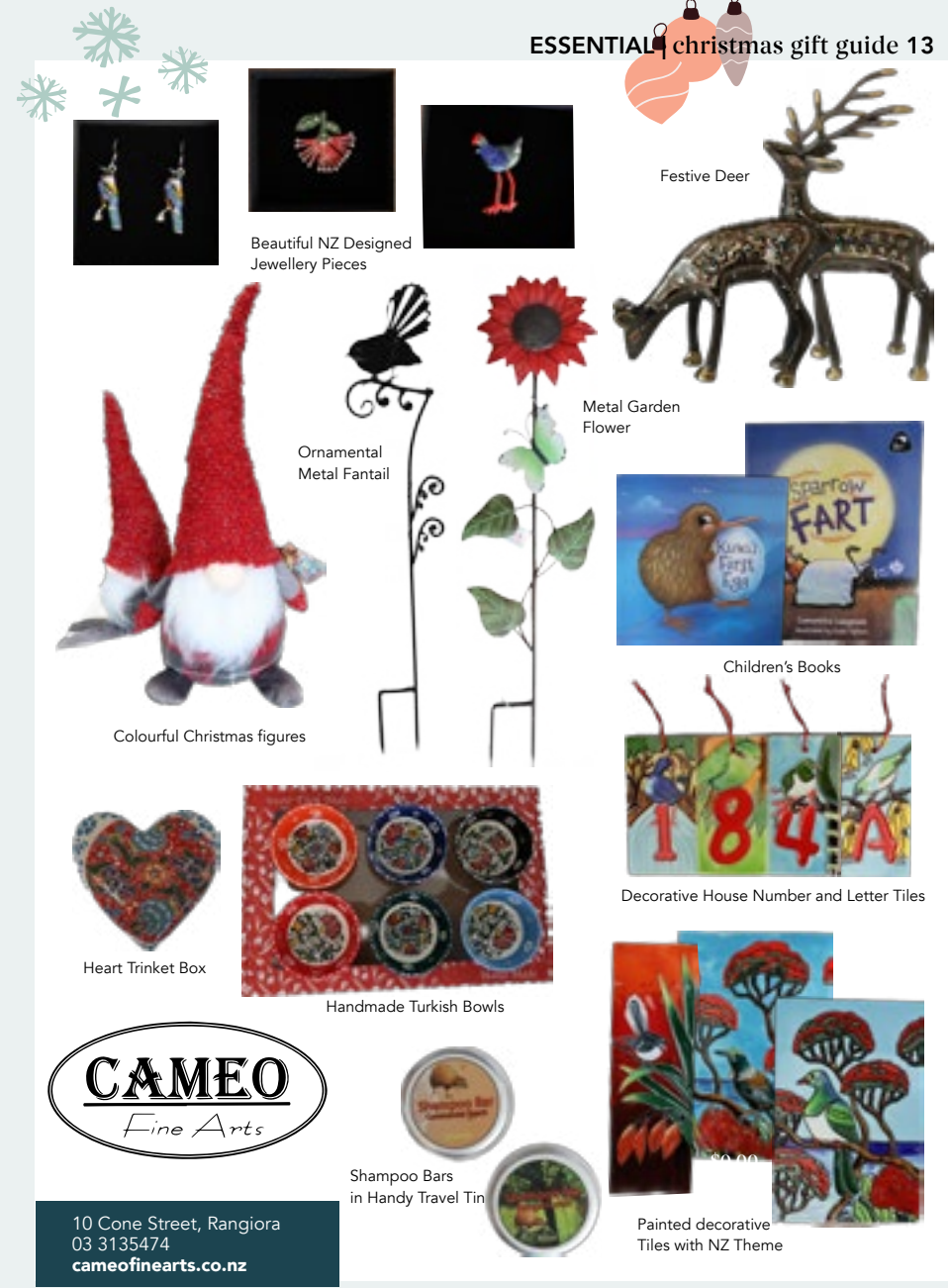


## Beach Vibes

OUR BEST BEACH VIBE CHRISTMAS GIFT IDEAS



123 High Street, Rangiora  
03 313 6062



345A Flaxton Road, Rangiora  
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Los Cabos Bria  
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Notebooks

**The Rusty Acre**

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Chch. 021 146 6426

1 Royal Crown Derby Plate - Village Green Antiques and Giftware  
2 Narciso Perfume - Life Pharmacy  
3 Purse - Niche  
4 Stelle Frame in Gold - I adore  
5 Roxy Wild Rose Slides - Propaganda  
6 Antique Gold Pinecone - I adore  
7 Hanging Monkey- Vintage Rose  
8 Napkin Rings - Blackwells  
9 Christmas Angel - The Rusty Acre  
10 Avena Sunglasses -The Fabric of Society  
11 Hat -The Fabric of Society

**A few of our favourite things**

When we're out and about photographing things for the Christmas Gift Guide we spot all sorts of gorgeous things that we love. This year we fell in love with a lot of gold and pink blush tones – warm and glamorous and totally festive – here are just a few of them.

# Gold Blush

- 12 Glass Tumblers - Blackwells Department Store
- 13 Lantern- Out of the Bleu
- 14 Father Christmas Decoration - Out of the Bleu
- 15 Inika Lip Gloss - I Adore Naturals
- 16 Vase - Niche
- 17 Tempa Hip Flask- Blackwells Department Store

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**Husqvarna CHRISTMAS GIFT IDEAS**

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# Getting guest ready for *The Holidays*

WORDS: PATTIE PEGLER

If you've got family and friends descending these holidays then a little advance planning can make it less stressful and more fun for everyone involved.

First things first, choose a guest space. If you've got a dedicated spare room that you keep permanently set up with fresh linen and guests towels - easy. If not, then get creative and consider any spare space - a home office, a tent, a sleep out or a caravan. You could shift the kids into a tent and convert their bedroom to a guest room - depending on your kids and your guests. Just make sure there are no bits of Lego lying in wait for your visitors.

## Pretty it up

A good night's sleep matters so make sure the bed looks welcoming. Fresh sheets, plump pillows and a pop of colour from cushions, a blanket draped across the end of the bed in case of a chilly night. Layering is the way to go if you want that inviting hotel look.

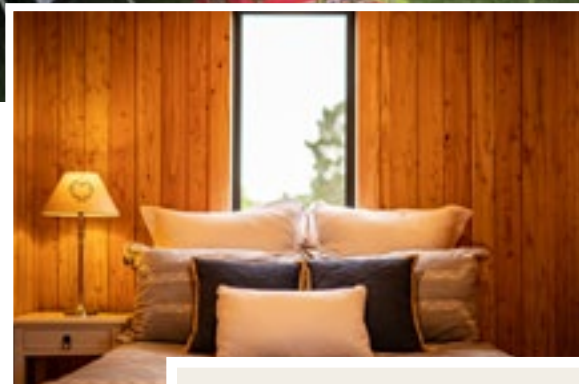
You might want to add a beautiful scented candle to the

night table or some fresh summer flowers. If you have space to play with then other possibilities could be a refreshment tray with bottled water and glass tumblers, a mirror so they can check their look before they head out or a comfortable bedroom chair where they can read or relax.

## Keep it convenient

Style always needs to combine with function. So think about convenience - make sure there is space for your guests to put their suitcase away, hang some clothes and a spot to charge their phone. Put some pretty toiletries for them in the bathroom, or if they're sharing the family bathroom you could put their towels and a little basket in their bedroom - make it clear it's for them.

And, of course, the best visits start with a happy host - so you may stress out before they arrive but as soon as they knock on the front door, forget everything else and just enjoy their company.



Timber Cabin - Loburn Sawmill

A good night's sleep matters so make sure the bed looks welcoming.

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Portable, functional and stylish cabins

Locally owned and operated, Loburn Sawmill pride themselves on being North Canterbury's best local timber mill.



Wool-insulated and featuring double glazed windows with aluminium joinery, these aesthetically pleasing cabins can be stained with coloured wood oil tints to suit any location.

Made from durable Larch timber with Douglas Fir framing, these functional multipurpose cabins can also be used as an office space, sleepout, art studio, holiday home or even a man cave.



## Broadoak Gardens

Broadoak is a 2-acre English Garden inspired by the great garden estates of England. It is a functioning family lifestyle block complete with an orchard, potting shed and large Potager vegetable garden that produces food for the owners family the whole year through - not forgetting the 300 hazelnut trees, beehives, and resident chickens!

Garden tours welcome by appointment. Please visit our website for more details

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(03)312-8963 | sales@loburnsawmill.co.nz





The restored frontage of the brick and stone building restored to its former glory.

# Building the Bank Back Better

The old brick BNZ building has finally come back to life in Kaiapoi. The project has taken roughly two years to complete and has been a real challenge according to Kaiapoi developer Jedd Pearce.

"Most people don't want to do restorations as you end up spending more than it's worth," says Jedd. But whilst it may not be a money maker, preserving such a building creates an important and positive legacy – one that really matters to the North Canterbury community.

"I wanted to do something for Kaiapoi, to help out the town," says Jedd, whose family have lived in the area for three generations. But he is quick to point out, this was never a one man show. Local business Hazeldine Construction did all the building work,

WORDS: PATTIE PEGLER  
IMAGES: KAREN CASEY

Paper Plus took on the lease, a local interior designer Katy Husband from, Feather & Oak Interiors, finished the apartments on the upper levels.

It's a thought echoed by Jasmine Hazeldine. "At the opening we were talking to people about what has gone in Kaiapoi, and buildings that our kids will never see. This restoration been a real team effort and I'm so proud for Kaiapoi."



Scaffolding surrounding the two-storey building became a familiar sight in Kaiapoi.



Extensive strengthening work was carried out by Hazeldine Construction including steel framing between the floors.



Photo credit - Landmarks

## HISTORY

The BNZ building was originally built in 1883 and incorporated both the bank and accommodation for the bank manager. Designed by architect Thomas Lambert, who had a reputation for being "sensible and economical" in his work, the building and its fence, are listed with Heritage New Zealand Pouhere Taonga.

In the 2011 earthquake the building was severely damaged and was bought by North Canterbury businessman John Shivas in 2015, his intention was to save it from demolition. He commenced restoration and strengthening work on it, but sadly passed away before he was able to complete it and the building was then sold.

## CHALLENGES

There were plenty of challenges in the restoration including surprises. Like the three internal ceilings that Pearce says may have been intended to try and make the downstairs room warmer.

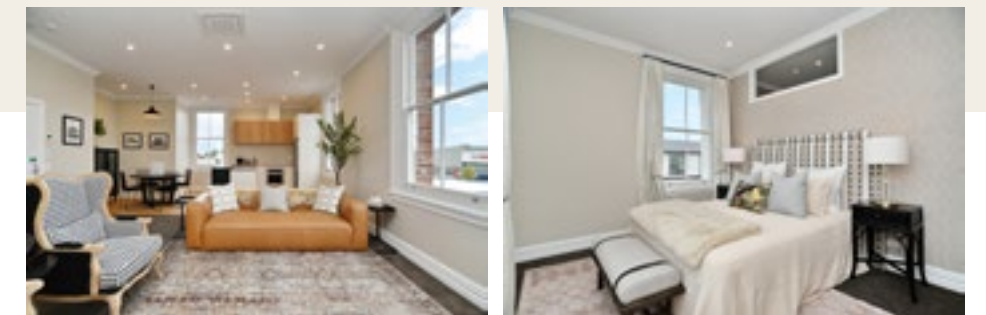
"We were lucky too," says Jedd. "As local builders Hazeldine came on board and did the work at cost for us."

To strengthen the building the Hazeldine team drilled eight metres down through the brick walls to the foundation, inserted threaded rod and anchored this to the foundation. The interior was gutted to install a steel structure at midfloor level and diaphragm midfloor was created. A steel angle was then installed to the second storey ceiling line to form a diaphragm ceiling.

The fireplaces were removed, restored and reinstated. The windows were removed, reglazed, new sash weights were put on them and they were reinstalled. And after looking at old photos the team realised the building had had three chimneys on the roof – so they rebuilt them.



The apartment interiors have been stylishly put together by local interior designer Katy Husband.



The attractive, 2-bedroom apartments are both available for short term holiday stays

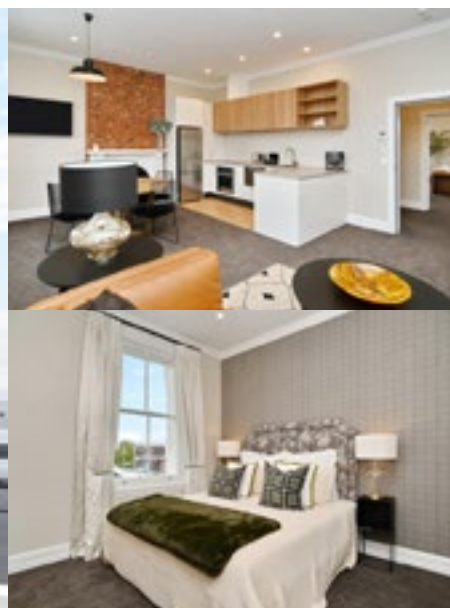
## A NEW LEASE OF LIFE

With the work completed dedicated bookman, Jared Raines, moved his Paper Plus store into the ground floor premises. "Two and half years ago I was having a beer with Jedd and we were both keen to save the building. I committed to it then really."

Now the premises are the perfect fit. "I wanted to create a space for people. People sit in the bay window, they have conversations with complete strangers. This space almost creates an emotional feeling," he says. And customers agree, their feedback has been very positive.

Meanwhile upstairs two apartments, with high-quality interiors, will be rented out as short-term holiday accommodation.

The BNZ Building is now open for business again – a sign of Kaiapoi's history and its strong community vibe.



Adaptive & innovative, we are solution builders. And thrilled to have restored the Heritage BNZ Bank building, Kaiapoi.



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National **N** Matt Doocy  
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# Jelly and white chocolate Mousse Cups

**Serves 4**  
**Prep time: 30mins + chilling**  
**Cooking time: 5mins**

Combining two classic desserts, these jelly and white chocolate mousse cups are a treat for the eyes and taste buds. Made in short glasses for the ultimate visual appeal, these cups are fruity and deliciously creamy. Your guests won't be able to resist digging their spoons into these.

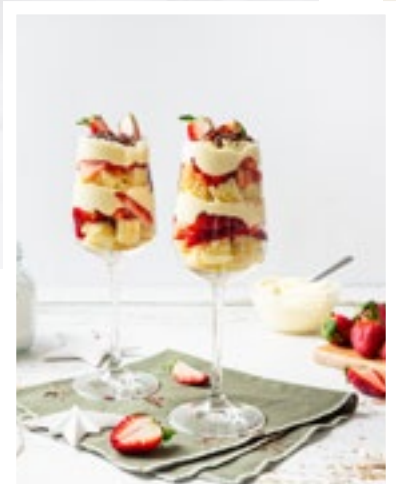
### Ingredients

- 85g flavoured jelly crystals (we used raspberry)
- 2 1/2 tsp gelatine powder
- 200g fresh strawberries, diced + extra to garnish
- 250g white chocolate, roughly chopped
- 200ml cream

### Method

Place the jelly crystals and gelatine in a large heatproof jug or bowl. Pour in 2 cups of boiling water and whisk until the crystals have dissolved. Cool to room temperature.

Fill a medium tray or dish with uncooked rice, then nestle four short glasses in the rice on a slight angle. Distribute strawberries amongst the glasses and carefully fill with the jelly. Place in the fridge for 1 hour or until set, pushing the fruit in the centre further into the jelly once it has half set if desired.



Strawberry Shortcake Trifles - Displayed in Spiegelau glasses

Add the chocolate into a microwave safe bowl. Microwave in 30 second increments until completely melted, stirring well between each. Set aside to cool to room temperature.

Whip the cream to soft peaks. Gently fold the cream through the white chocolate mixture until just combined. Spoon the white chocolate mousse into your glasses and refrigerate for a minimum of 2 hours or overnight.

Garnish with extra strawberries, then serve and enjoy.

**Top tip:** Make it a fruit salad and swap out some of the strawberries for your favourite fruits (blueberries and diced mango are our picks). These layered jelly mousse cups can be made a day in advance and stored in the fridge until serving for a stress free dessert.



Free premium glasses - There are six Spiegelau glass styles to collect, while stocks last. Every \$20 spent = 1 sticker. Start collecting stickers and redeeming for glasses.

# Christmas Menu with Barb

Christmas is fast approaching and if you're anything like me I like to plan my Christmas Menu ahead of time and this year we have the added bonus of our Spiegelau Glass Promotion. We have six stunning glasses in the range and for every \$20 you spend you receive a sticker plus we have bonus stickers when buying participating products. These glasses are perfect for Christmas Day and will be the envy of your friends.

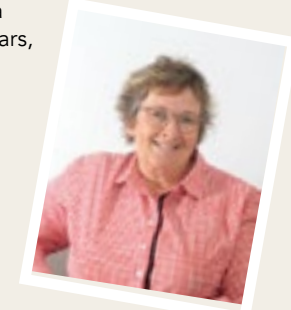
This month's recipe is our Jelly and White Chocolate Mousse Cups made in the short glasses and the great thing is that you can make them ahead which will save time on Christmas Eve.

You can even be a bit creative and substitute the strawberries with your favourite fresh fruits, I go for colour, the brighter the better. These Mousse Cups are deliciously creamy and certainly will be a talking point as your guests tuck into dessert.

We have an extensive Somethings Cooking Recipe Selection and in the weeks leading up to Christmas I'll be sampling some of our Christmas Themed Recipes, follow us on Facebook for tastings times.

### For a successful Christmas Dinner planning ahead guarantees success!

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



# Edible Flowers

WORDS AND IMAGES: MINETTE TONOLI



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.

November marks the end of spring and truly it feels like summer already! The warmer weather has made for phenomenal growth in the garden and plants are looking lovely and lush.

It's a perfect time to plant nearly anything and everything for a reward of harvesting fresh vegetables, fruit, herbs and flowers from the garden all through summer and autumn.

One of the things that are in full production already are some beautiful edible flowers – just in time for summer BBQ salads and cool drinks.

Adding flowers to food has a rich history across many cultures across the globe, and has seen a resurgence in interest recently with celebrity chefs, healthy living activists and hobby cooks including flowers in their recipes. There is much truth to the saying "eating with the eyes" – when food is plated up beautifully, we perceive it as tasting much better, and edible flowers are a perfect way to add not only beauty but flavour too.

Many edible flowers are lovely simply as garden flowers too, and a good number of them are brilliant companion plants to vegetables and fruit. So there's always a good reason to add a couple of edible flowers to your garden plans.

Top 10 easy to grow and use edible flowers:

### Borage

Blue (or white) star shaped flowers have a cucumber-like flavour and are often added to ice cubes, or tossed into salads.

### Calendula

Bright orange and yellow flower petals are used in salads, soft cheeses, to decorate cakes, or can be added to teas.

### Nasturtium

The peppery taste of nasturtium flowers is great in salads, or infuse a vinegar for colour and flavour.



### Violas and Pansies

Used in a myriad of ways – pancakes, cookies and cakes, salads, punch bowls or garnish.

### Chives

Gorgeous purple pom-pom flowers are a delight to add to salads or sandwiches.

### Dianthus

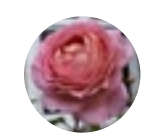
Pretty pinks, whites and reds of dianthus can be used to liven up green salads, add whimsy to cakes and cookies, and garnish cooked dishes.

### Hibiscus

Nothing says tropical summer like the large blooms of hibiscus – add to salads, sandwiches, teas, and cool drinks.

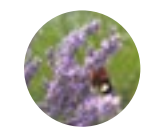
### Citrus blossoms

Sweet scented citrus blossoms are a delight to the senses – infused they make a great drink, or can flavour preserves, soft cheeses and baking.



### Rose

Fragrant roses taste the best! Make syrups, jams, jellies, or add them fresh as garnish.



### Lavender

English lavender is the best lavender to use as an edible flower often used in sweet treats like biscuits and syrups.

### Be careful

Care should be taken to positively identify flowers before eating, and always use good hygiene practices when harvesting and adding flowers to food.

All information provided as guidance only, and is subject to my general disclaimer: [www.meadowsweet.co.nz/disclaimer](http://www.meadowsweet.co.nz/disclaimer)



### Nom Nom Kitchen

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[nomnomkitchen.co.nz](http://nomnomkitchen.co.nz)

### Christmas Options

Try a side of hot smoked salmon, for your family meal, or a fresh side of salmon for your own cooking pleasure.

Order from now until the end of November at the shop or call us for further enquiries.

2 High Street, Rangiora 027 312 8662  
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# The Sport that Saves lives

Your local surf lifesaving club has a sports arm, facilitating fit fast lifeguards, on hand to help you when you need it. Can you help them?

It's 6pm on a Monday in November. A cold easterly is gaining strength at Waikuku Beach.

Dog walkers move briskly, donning thick jackets, their hair whipped into giant knots.

Adults and children, some as young as ten, are lined up on the water's edge, their yellow fluoro vests prominent along the foreshore. Split into coaching groups they will cover age-based skills, endurance, speed, and strategy between October and March.

Tonight, the seniors are swimming with Gary. They don't wear wetsuits at swimming practice. They are encouraged to feel the water - to know when to change from high knees to duck diving to swimming using all their senses. They are encouraged to train as they would race - faces into the water and their best efforts, despite the frigid water.

It's a certain type of person who wants to do this, but all of them are part of your local lifeguard team or those who hope to when they are old enough.

In a rescue or a race, you don't dictate the conditions or the weather. You must learn to embrace the good and the bad and do the best you can. Resilience and determination are two of many traits that these lifeguards, and lifeguards-in-waiting possess.

Meanwhile, the juniors grab their kneeboards - a type of board you lie on or kneel to use - and sprint into the choppy sea. Few hesitate, most just want to get out there and catch a wave. The water becomes a technical assault on the eyes - bright boards all vying to get out behind the breaking surf. Lifeguards and parents monitor, the coaches direct, and the kids look out for each other.

Sombody loses a board and the unmanned craft washes into shore. A training buddy sees it as a good opportunity to practice a board rescue and picks their mate up. They get on a wave together and it's grins all-round until a rogue wave from the easterly chop catches them unaware. Their weight distribution is not adjusted in time and the passengers lose their board, but not their grins.

The seniors head back out, this time with their knee boards or surf skis. They are working on entering and leaving the water - an area the athletes themselves recognise needs more work.

At the end of the session, they rinse off their surf craft and battles ensue for hot showers at the clubhouse. Parents grab a hot drink once everyone is out of the water and accounted for. Tired figures head home only to do it again Wednesday night, Saturday, and sometimes Sunday.

Nurturing future lifeguards through surf sport requires volunteers and funding to support the club, its craft, craft maintenance and replacement, specialist coaching, and administration.

WORDS: CLAIRE CHATTERTON | IMAGES: SUPPLIED



The club is growing an invaluable asset for this community. To do this the club must continually fundraise.

Their latest fundraiser is a 'Grocery Grab' at New World, Rangiora. To be held on December 9th, the winner will have 3 minutes to fill their trolley. Tickets are \$10 each and will be on sale outside New World every weekend in November. Saturday 2-6 pm and Sunday 10-3 pm. Terms and conditions apply.

## Page Turners

WORDS: EMMAS AT OXFORD

### The Soulmate

By Sally Hepworth

"Gabe is alone at the cliff's edge. His arms are outstretched, palms facing the empty air."

He said she jumped. He wouldn't lie.

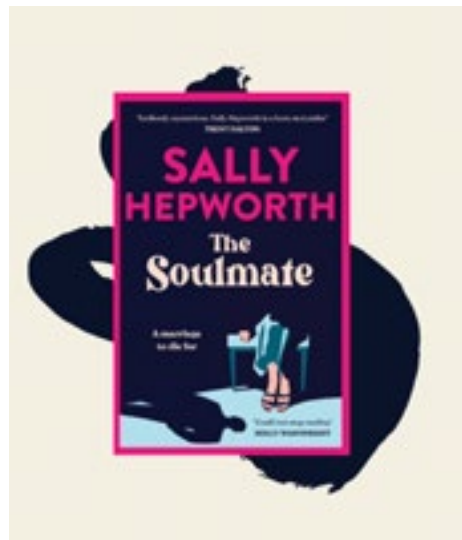
What wouldn't you do for your soulmate?

More twists and turns than a rollercoaster, and certainly a roller coaster of a read. The latest book from Sally Hepworth, quickly became unputdownable - fast-paced and intriguing, but all easy to read. It is told from two alternative points of view; with characters full of secrets, and a constant flow of surprises - that kept coming right to the last page. I absolutely loved this book, and totally recommend it. A definite cure for a reading slump.

The author of many domestic suspense books has produced another in her own "peculiar" brand of funny books about family and murder. This is a dark, romantic and twisted story about the most dysfunctional relationship of them

all; marriage. The origin of the Soulmate was a whatsapp friend group during the Melbourne lockdown, discussing marital misgivings, resulting in many suggestions of how a murder might take place. The Soulmate is a look into the good and bad sides of marriage, resulting in an unconventional murderous love story. It examines love and loyalty, the impact of mental illness on a marriage, and how far people are prepared to go for the sake of family.

"Sally Hepworth writes compelling, compassionate novels with characters you come to know and love. She is one of my favourite Australian writers" LIANE MORIARTY



MATT DOOCEY  
MP for Waimakariri

I'm looking forward to fighting hard for constituents for another term after being the first National MP in the South Island to be re-selected as a candidate.

It's a huge honour to be re-selected as National's Waimakariri candidate for the 2023 election. I remain as committed as ever to advocating on behalf of my electorate, and fighting for the things most important to local residents.

I'm also looking forward to working with the other Christchurch MPs and candidates to make sure we are joined up and responding to the needs of Greater Christchurch as a whole.

Among my top priorities in Waimakariri is fighting for better roading, both maintenance and infrastructure.

We have seen complete inertia from this Government over the Woodend Bypass. Waimakariri commuters are sick of seeing their hard-earned road users charges being

siphoned off for pet public transport projects in Auckland rather than going into the bypass and maintaining our roads.

I will also continue the fight for improvements to health care services in Waimakariri. The community has been let down under Labour with its Wellington knows best approach.

They promised construction on an after-hours facility would start in January this year, but now we are told it's at least two years away. Delays like this are something the government was warned about with their fixation on centralising the health system in a middle of a pandemic.

When local control is taken away, the first areas to lose out are rural and regional areas like Waimakariri. The Three Waters debacle is another example where the loss of local control will have a negative impact on Waimakariri.

It's abundantly clear ratepayers don't want it - Waimakariri has a lot to lose but nothing to gain from centralising Three Waters.

I've been very open that there had been some dark days in the job, particularly following National's 2020 general election performance, but I'm feeling far more positive about the future.

I've still got a lot of fire in the belly for what I do. It's what gets me up in the mornings, wanting to make this a better place for everyone, and I'm absolutely focused on continuing to be a hard-working MP for Waimakariri.



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