

essence

essentially...north canterbury



19

Daisy and Izzy
Dagg House of
the Year

essence magazine

positive, informative, inspirational
and proud to be locally owned

16

Jarae's Breast
Cancer Story

Complimentary
MONTHLY PUBLICATION

October 2022

Shop the Look

The Fabric of Society

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



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Love Shopping? Our region has some superb stores, offering all sorts of unique items to generate interest and conversation. From standout trinkets to staple pieces, rugs, lamps, cushions, vases and artwork! You name it, it can be found somewhere near you.

THE Wool Shop RANGIORA

Summer Knitting

Nestled among the Heritage buildings on Rangiora's High Street, The Wool Shop will delight shoppers with its modern, bright fit out and a selection of wool, yarns, accessories and books to satisfy the needs of all knitters and crocheters alike.

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Behind the Scenes

After that crazy cold snap it feels like summer really is on the way, we've even been breaking out our sandals at the Essence office this month. As always our beautiful region really shows off at this time of year - with breathtaking sunsets, blossom appearing and the buzz of spring in our towns and communities. We are spoilt for choice when it comes to filing these pages about North Canterbury.

This month writer Jo Bailey brings us a great house and garden story about ex-All Black Israel Dagg and wife Daisy. This gorgeous family open their doors and share their beautiful North Canterbury home with us - and it's stunning.

Elsewhere we take a wee tour around that often overlooked area - Southbrook and we're delighted to showcase some of the businesses in the area.

Our regular food columnist Barb from New World got our taste buds going with her delicious mushroom risotto. What an easy and affordable mid week dinner - give it a try and let us know how you get on!

And we have some interesting recommendations for pet owners with a page dedicated to animal stories.

So grab a coffee or a wine, put your feet up, turn your phone off and enjoy a leisurely read of Essence and all our local stories.

Pattie Pegler
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Essence is printed on FSC accredited paper.

Published by Impact Publicity 2005 Ltd
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Front Cover: Spring fashion image supplied from Craze, Kaiapoi. www.crazefashion.co.nz



House and Garden Feature: Izzy and Daisy Dagg - House of the year P.12-14



Jarae's Journey. In this issue, we talk to local beauty therapist Jarae Calder about her Breast Cancer journey P.16



New World Recipe: Mushroom Risotto P.19



Together we are better, like burgers & beers, mac & cheese...

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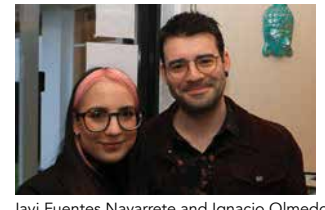
Oliver Watson, Jasmine Luck, Michael Price, Brad Russell, Javi Fuentes Navarrete, Dhruvil Desai, Ryan McDonald and Alena Powell



Sheryl Price, Brian Price and Michael Price

MoMac

Ryan McDonald and the team at MoMac celebrated the completion of renovations at their offices in Blake Street, Rangiora with drinks, nibbles, friends and family.



Javi Fuentes Navarrete and Ignacio Olmedo



Michael Price, Scott Woodhouse and Bridie Sinclair



Scott Murray and Mike Beckingsale



Tristan Lowe and Josh Cottle



Pavol Neki, Chucky Prague, Steph Norris, Ryan McDonald, Josh Cottle



Chrissy McDonald, Ali and Bec Russell, Alena Powell and Steph Norris



Sally Watson, Oliver Watson and Robin Smith



Gordon McGlashen and Jeska King



Jasmine Luck and Tristan Lowe



Bailey Young, Merrin McDonald and Laura Good



Julian Ball and Grant McDonald



Ryan McDonald and Johnny Smit



Broadway Bound

Ashgrove School were 'Broadway Bound' at the end of term three with their amazing four night performance directed by Principal Leon Van't Veen. The standing ovation was well deserved!



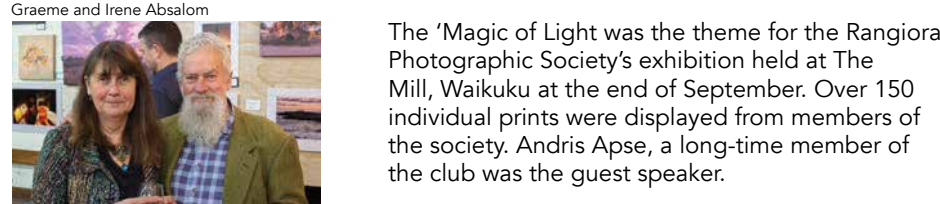
David Woodcock and Andris Apse



Martin Kircher and Nathan Green



George McClay and Will Henderson



Veronica Wedlake and Keith Sycamore



Peter and Valerie McClatchy



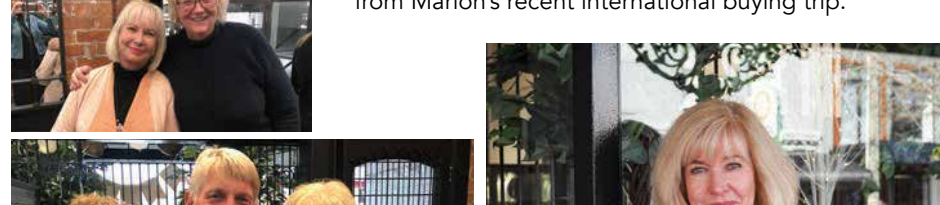
Viktoria and Matt Docey



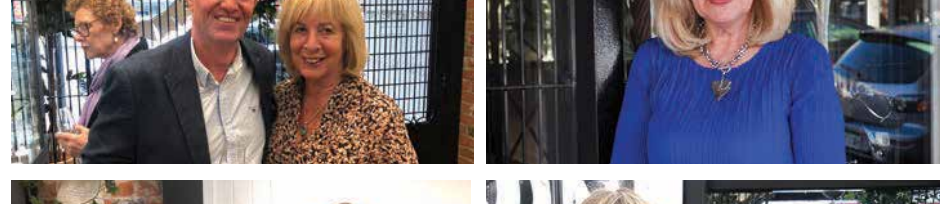
Graeme and Irene Absalom



Jeni and Paul Sanderson



Lucy Walsh, Anna Labeidz, Sarah Perrins, May White and Jenny White



Phillip Redmond, Padi Nistala, Andrew Thompson and Mayor Dan Gordon



Phillippa Redmond, Tessa and Michael Molloy



Steven and Michele Webb

Kath and John Cosgrove

Photographic Society

The 'Magic of Light' was the theme for the Rangiora Photographic Society's exhibition held at The Mill, Waikuku at the end of September. Over 150 individual prints were displayed from members of the society. Andris Apse, a long-time member of the club was the guest speaker.



“Being new to the Rangiora area we knew no Real Estate agents.. we chose Jan McCormick and Michael Jenks to sell our home. They are extremely professional and caring. I would recommend the "team" to anyone looking at selling” - Mark and Michelle

Jan McCormick
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 jan.mccormick@bayleys.co.nz
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Geraldine Festival

The Harcourts Geraldine Festival, featuring the Alpine Energy Art Exhibition and Awards, is delighted to be returning after a hiatus during COVID, with plenty in store for everyone to enjoy at this year's event.

The Festival opens on the evening of Thursday 10th November with the Alpine Energy Art Awards, marking the 25th year that Alpine Energy has supported and sponsored the exhibition. We will be celebrating this important silver anniversary in style that evening with refreshments and nibbles, awards announcements, plus the first chance to view and purchase art. Everyone is welcome.

Friday gives way to the busy and vibrant street market in the centre of Geraldine, with local favourites OJ and the Drama Queens entertaining the crowds. The art exhibition will also be in full swing and look out also for the white elephant stalls at St Mary's Church and the Geraldine Museum.

Saturday is the main event when the peaceful Geraldine Domain becomes a bustling hub for a day as stalls, food trucks, kids' entertainment, and live music blend to create a great family day.

Our open gardens are a hugely popular part of the festival, and most are open Friday through to Sunday, giving everyone a chance to enjoy them at their leisure. There is also a range of complementary events taking place in and around Geraldine that weekend, including vintage car displays and rides, book-a-rama, Soul Food Concert, and much more.

Make the most of spring 2022 and join us for a fabulous Harcourts Geraldine Festival 2022. For more info go to www.geraldine.nz/geraldine-festival/

Miscellaneous

misə'leɪnəs/ adjective

(of items or people gathered or considered together) of various types or from different sources.

(of a collection or group) composed of members or elements of different kinds. "a miscellaneous collection of well-known ne'er-do-wells"

After the success of "Miscellaneous - An Art Exhibition" in March 2020 and "Miscellaneous 2.0 - Another art exhibition" in November 2021, Mandy Palmer and Nikki Parker aka Absconditus Creations are back for "Miscellaneous 3.0 - Yet another art exhibition." This time they have invited three other Canterbury artists to join them - Glentui based artist Nigel Wilson (Red Lion Workshop), and Christchurch based artists Seonaid Burnie (The Clothworks) and Duncan Nash (Tin Can Studio).

Each artist brings their own distinctive and often eclectic art forms to the show. From Mandy's detailed figurative artworks in a variety of mediums; Nikki's distinctive quirky illustrations with a lot to say; Nigel's sculptural artworks created from wood and steel; Seonaid's textile creations using pre-loved and eco dyed fabrics; and Duncan's bright colourful artworks made from tin cans and other up-cycled materials.

Miscellaneous 3.0

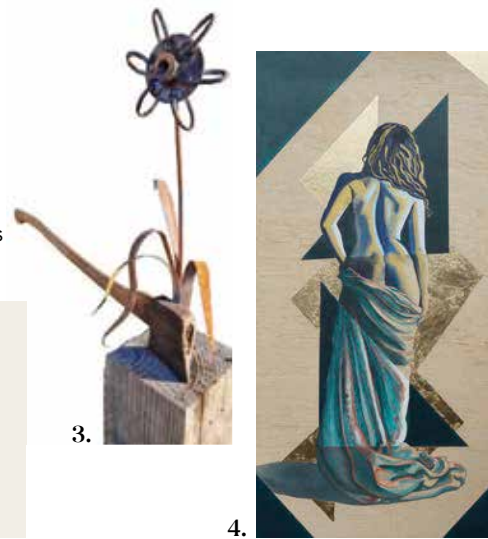
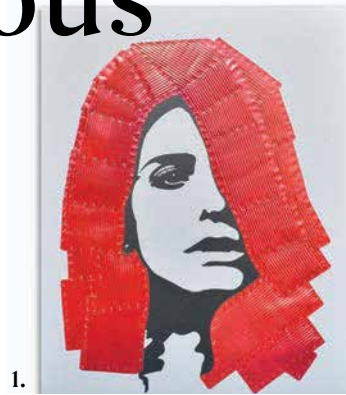
5th to 13th of November

The Mill, 1473 Main North Rd, Waikuku.

Visit the "Miscellaneous 3.0 - Yet another art exhibition" event page on Facebook for more details.

Thanks to Waimakariri District Councils Creative Communities Funding and LiquorLand Carlton for supporting this event.

1. Duncan Nash Seeing Red
2. Duncan Nash Sunset Malfunction
3. Nigel Wilson Cut No More
4. Mandy Palmer Golden Translucence
5. Seonaid Burnie Habitat
6. Nikki Parker Just Breathe



Join us for our Summer Season of Markets
Every Friday 9 - 12.30
Special Markets:
Show Day Nov 11th
Christmas Dec 16th & 23rd

TimeBank Waimakariri

The first TimeBank in New Zealand was started in Lyttelton in 2005.



Seeing the success of the Lyttelton TimeBank a steering group knew it would be great to have a TimeBank in the Waimakariri. On the 13th of September 2018 TimeBank Waimakariri was officially launched.

SO WHAT ACTUALLY IS A TIMEBANK AND HOW DOES IT WORK?

A timebank is a community of people who help and support each other sharing services, skills, talents and knowledge in exchange for time credits instead of cash.

One of the core values of TimeBank is that everyone has something of value to share with others. And everyone's time is of equal value. One hour always equals one time credit, no matter what the skill is that is being shared.

The vision of TimeBank Waimakariri is to help build a stronger and more connected community in the Waimakariri District.

HOW DO YOU JOIN TIMEBANK?

Becoming a TBW member is an easy process and it is FREE to do so.

Head to <https://waimakariri.timebanks.org/signup> and follow the prompts to set up your profile.

Anyone can join TBW - individuals, families, organisations and schools can all become a part of the TimeBank Waimakariri community.

WHAT EVENTS ARE COMING UP FOR TBW?

SHARE, SHOW AND HAVE-A-GO DAY - Sunday 30th October 11am-3pm at Dudley Pavilion, Rangiora.

This is a FREE event that anyone can come along to, from ages 5-95!

TimeBank members will SHARE why they enjoy being a part of TBW, SHOW some of their talents with displays and demonstrations, and you can HAVE-A-GO at some fun hands-on activities such as cupcake decorating, making mini herb gardens and cress heads and MORE.



GET IN TOUCH

tbwaimakariri@gmail.com | 021 0265 4071
www.waimakariri.timebanks.org



THE RUSTY ACRE

Opening 14 October for the season

Step into the wonderful world of whimsy at The Rusty Acre this summer. This fabulous Mandeville garden has more than 80 steel sculptures on display, and is home to a unique home decor and gift shop. Full of gorgeous new and vintage pieces to cherish, personally sourced brocante, a shop with a difference.

Open 10am - 4pm Friday, Saturday and Sunday, or weekday by appointment for larger groups.

1 Roscrea Place, Mandeville Christchurch

@therustyacre

See us at the below fetes, markets and garden festivals!

Spotlight on Southbrook

It was the business of postal deliveries that gave Southbrook its name. Back in 1871, the area was known as Rangiora Bush and it had a store and a thriving mill and was a developing township.

But the local residents wanted a post office for the area and one that wouldn't be confused with Rangiora, so the name South Brook was agreed upon at a public meeting.

The area opened its own school in 1874 and in 1878 the population of Southbrook was just over 350.

Today Southbrook is a thriving area with plenty of homes, green spaces and its own sense of community. And, of course, a vibrant business community. We're delighted to share their profiles with you here.



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BURBIDGE AUTOMOTIVE

Burbidge Automotive have been looking after North Canterbury vehicles since 2003. Located in their distinctive and easy-to-find yellow building on Flaxton Road, they provide handy, local expert car services. Whether you just want to stop by for your Warrant of Fitness while you wait or you have a problem with your exhaust – Burbidge is the place to go. They do general services and repairs, tyre repairs and replacement, exhaust, clutch, brake and engine work for cars, light trucks and four-wheel drives. They'll even carry out warranty repairs and provide a courtesy car when needed. **Find them at 325 Flaxton Road, Southbrook**

RANGIORA LANDSCAPE SUPPLIES

What gardener doesn't love a trip to Rangiora Landscape & Garden Supplies? Whether you're looking for some gravel to revamp the driveway or some great mulch to keep those garden beds in shape – you'll find some great options at this local supplier. From stone chips to bark nuggets and composts – it's a great place to get some landscaping inspiration and then just stock up.



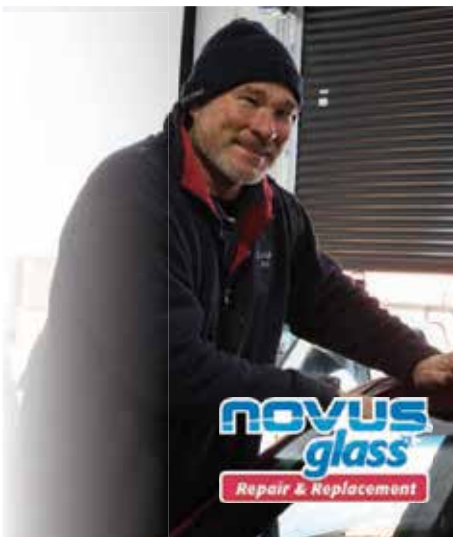
You can head along with your own trailer and buy by the scoop or they'll loan you a trailer to get your landscaping shopping home. And for large scale purchases you can arrange delivery. **Find them at 643 Lineside Road, Southbrook.**



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ICONIC BUSINESS FOR SALE

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Best Summarised;

- Trending sales growth year on year
- Solid profits for a working owner
- Online platforms, websites, IP, and social database of regular customers
- Secure lease in excellent location surrounded by connected businesses
- Good stock levels in preparation of a busy summer ahead
- 30 Years of history, community involvement and sponsorship
- Excellent supply relationships

Don't drop the ball on this one if you want to own it. **Call me Jason Olliver, ABC Business 0274 424140**

RayWhite

Multiple offers – what's the go?

As the market evens out and we see more deadline sales/priced properties, we will also see more multi offer situations. Unfortunately they can be a confusing and frustrating process to navigate and something we spend a lot of time explaining and managing so a fair outcome can be found for both parties (buyers and sellers).

So for this month's column we felt it was time to give you a refresher guide on multiple offers and dispel any unnecessary fear so you can be better prepared to win in the future.

As the term "multiple offer" suggests, it is a situation which occurs when a property attracts interest and offers from more than one prospective purchaser. This can happen in any type of sale process (except auction) and it is always the owner's choice to encourage the multiple offer situation.

Because the situation is going to create disappointed people who have missed out on the property, it is really important that the real estate company and salesperson

involved adopt a robust, consistent and ethical process so that all parties have an equal chance to "win".

It is best practice to have each purchaser and the owner acknowledge that they have been told they are in a multiple offer situation and the repercussions of this in writing. It could be through the addition of a clause to the contract or a multiple offer form addendum to the sale and purchase agreement.

As soon as it becomes apparent that a multiple offer situation is going to arise and an owner has instructed the sales consultant to manage this process, all purchasers should be made aware. When the offers are written up it is suggested that each purchaser be told:

- There is more than one prospective purchaser interested in the property and consequently more than one offer will be presented.
- A time frame for presentation should be set – this could be predetermined based on a set sale process or based on interest



Claire and Stuart Morris Business Owners

levels and in fairness to all parties who want to make offers.

- It is advisable that the purchaser puts their highest and best offer in for presentation for the following reasons:
 - The owner has the right to accept or reject any offer or negotiate with the most favourable offer to exclusion of the other offers; and
 - Consequently the purchaser may not get another opportunity to submit a higher and better offer to the owner.
- It is best practice that each offer be placed in a sealed envelope and will only be opened in the presence of the owner. The terms and conditions of each offer should remain confidential to the purchaser and the salesperson who drafted the offer.
- All offers should be presented to the owners at the same time by the listing salesperson and it is recommended that a member of the management team is present to ensure the process is run correctly.

You need to be giving some good thought to what your best offer is because then it's time to put that on paper. Think about how to make the offer look most appealing to the owner. This could include:

- Finding out what settlement date the owners would like and working with that.
- Getting as organised as possible so you can reduce the number of conditions and the time frames you need to complete your due diligence.
- And of course money – it's time to put in the highest offer you are comfortable with. We always suggest to clients that the figure needs to be at a level where if they were to miss out by just \$100 they wouldn't have even the smallest tinge of regret - there is no more time for regrets! We also suggest to clients that they think about making an offer that is different from the norm. Many people make offers in round numbers so make it different. Put \$500 on top - you never know, it could do the trick!

So, in a practical sense, if you find yourself in a multiple offer situation all is not lost! Be encouraged that the property you are interested in is popular now and will more than likely be popular when you want to sell it down the track! Don't be afraid or upset about the situation - embrace it, take confidence in your decisions and be bold!!!

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Summer Dresses **Craze** | Urban Status Bag **Craze**
 Heels **Moda Bella**



Rhythm Tie Back Dress **Propaganda**
 Romance Straw Hat **Propaganda** | Ring **Marion & Co**
 Wedges **Shoe Therapy**



Alquema Coat **Molto Bella** | White Straw Hat **Molto Bella**
 Heels **Moda Bella** | Ring **Marion & Co**



Dresses **Theas**
 Ring & Earrings **Marion & Co**
 Heels **Shoe Therapy**



Country Lane

Spoiled for choice

When it comes to fashion you'll find yourself spoiled for choice in North Canterbury. The region's fabulous boutiques offer high quality styles and items from New Zealand and international designers

You'll find all sorts of labels in North Canterbury's charming and relaxed high streets. And you'll find warm and friendly customer service from retailers who will help you choose exactly the right items for you - whether you're on the lookout for the ideal dress to wear to the races, casual wear to see you through the summer months or the perfect pair of sandals to set off an existing outfit.

So swerve battling the crowds at the malls and shop in North Canterbury to revamp your wardrobe from top-to-toe.

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Photography: Dennis Radermacher, Lightforge



Photography: Dennis Radermacher, Lightforge

A stunning family retreat

WORDS: JO BAILEY

Former All Black and Crusader, Israel Dagg and his wife Daisy never expected to settle in the South Island once he retired from rugby. That all changed one day in Christchurch, when Israel's career was nearing its end, says Daisy. "We were always going to return up north, but were sitting in town one day when Izzy said, 'I'm really going to miss Christchurch'. I said, 'Same', and he said 'Shall we stay?' So we did."

The Dagg family had already built their first home in Northwood, but after the arrival of Arlo now five, and four-year-old Tilly, were keen to have more space for the family. "We couldn't find a section big enough in town so started looking over the bridge and the perfect 10 acre block came up in Clarkville. As soon as we drove up the long private driveway, I said 'that's us'."

With a hot summer predicted, the Dagg family are looking forward to lots of opportunities to host and entertain whānau and friends.



The neutral interior with lots of light white walls and wood has a coastal feel, with rustic textural elements



The family has lived in their beautiful new architecturally designed home for 18 months, and were thrilled when it won a Gold Award for their Amberley-based builder, Keane Builders, at the recent House of the Year Awards. "It was fantastic for Chris our builder to get the highest recognition for his craftsmanship."

Daisy, who has an interior design diploma, worked with Gisborne-based friend and architect, Shane Kingsbeer to design the 486m², four bedroom home plus children's playroom, and study, which she describes as a modern farmhouse with coastal elements. "I grew up on a farm by the beach in Gisborne, so wanted to touch on those themes."

The neutral interior with lots of light white walls and wood has a coastal feel, with rustic textural elements including decorative exposed Douglas Fir trusses in the expansive, sun-drenched dining and living areas, and a striking bespoke in-situ board-formed double concrete chimney, evoking a traditional farmhouse feel.

With two children, two cats and a dog, Daisy says the choice of engineered French oak hardwood flooring through most of the home apart from the bedrooms and playroom has proved inspired. "It's a family home. We want it to be lived in, and with young children and new animals you can't be too precious."

The sprawling home has lots of room to host guests and entertain, both of which are important to the Dagg family. "We wanted a house based around entertaining. Izzy and I don't have family here but they visit often. At Easter we had 18 people staying. The house is great for occasions like that."

One special feature is the 'Dagger's Bar' a covered outdoor entertaining area which opens off the kitchen, complete with heating, a pizza oven, cooktop, bar, fire, and a TV for watching the big games. "We wanted a space we could use all year round. In the summer we can open it right up. It's a fantastic area to entertain people and have parties. We use it almost more than our lounge."

The home's four large bedrooms are beautifully decorated in soft tones, with a pop of dusky pink on the walls in Tilly's room, and the powder room featuring a pink sink and a stunning gold mirror with an incredible floral artwork created by Rose and White Home. "The mirror is one of my favourite pieces in the house," says Daisy.

Muted grey tones and striking brass fittings are features of the home's two bathrooms. Family photos adorn the hallway and some of Israel's All Blacks memorabilia hangs in the study, highlighting the importance of whānau and celebrating achievements.



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Photography: Dennis Radermacher, LightforgePhotography

Daisy is a keen cook, and a food and lifestyle blogger, with a large following on her Instagram platform *every.daysimple*. The home's stunning kitchen and large Butler's pantry with white and wooden cabinetry are among her favourite rooms. "They are great spaces to create my recipes and store different produce and food products."

Israel also does some work from home, as a presenter on the *Izzy and Kempy for Breakfast* radio show with former New Zealand rugby league player and Warriors' coach, Tony Kemp. "Izzy uses the pool house as his radio office, and literally has a 10 metre walk to work in the morning."

All the north facing rooms feature generous glazing, which open onto extensive decking and a paved area which wraps around a large solar-heated swimming pool and spa area. "The children learnt to swim last summer and spent nearly every day in the pool," says Daisy.

Landscaping is progressing, with lots of delicious produce already being harvested from the Dagg's tunnel house and raised vegetable beds.

With a hot summer predicted, the Dagg's are looking forward to lots of opportunities to host and entertain whānau and friends in the stunning family retreat they have created in North Canterbury.

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A cake for all occasions

BANOFFEE CAKE

This gorgeous cake is from the kitchen of lifestyle and food blogger, Daisy Dagg, whose stunning home is also this month's House and Garden feature. For more of Daisy's recipes check out *every.daysimple* on Instagram.



Ingredients

CAKE

- 2 free-range eggs
- 1 cup caster sugar
- 150g butter, melted
- 3 bananas, mashed
- 1 teaspoon baking soda
- 1/2 cup hot milk
- 150ml plain unsweetened yoghurt
- 2 1/2 cups self-raising flour

Preparation Time:

10 minutes

Cooking Time:

45 minutes (plus 1-2 hours to cool)

Serves 8+:

Double the cake ingredients if you want a two tier cake.

ICING

- 500g mascarpone (I use Tatua)
- 1 cup icing sugar
- 1 cup butterscotch sauce (save 1/4 cup for topping) - you can make your own but I used the Barkers one.

GARNISH

- Sliced banana and shaved chocolate.

Method

Preheat the oven to 160°C and line two cake tins with baking paper (if you have doubled the cake mixture). Don't be perfect about it as this is the look you want.

Beat the eggs, sugar and melted butter in a small mixing bowl and place in the bowl of a stand mixer. Put the mixer on low speed and add in the banana, baking soda, warm milk and yoghurt. Add the flour and leave to mix for a minute or so, until combined thoroughly.

Pour cake mixture evenly into the two prepared tins and bake for 40-45 minutes or until the cakes spring back when you touch them or the sides are pulling away from the edges. When the cakes are cooked, remove from oven and allow to cool for at least two hours.

While the cakes are cooking, prepare the icing. In a bowl, mix together the mascarpone, icing sugar and butterscotch sauce until all ingredients are well combined.

When the cakes are cooled, find the cake with the worst looking top. Using a large knife gently remove a thin layer from the top of the cake making it flat. Place this cake on a cake stand or large plate and add half of the icing evenly over the top of this cake. Gently add the other cake to the top, then spread the rest of the icing evenly over the top of the second cake. Pour over the saved butterscotch sauce, place some sliced bananas on top then shave some chocolate over the top of the two tier cake.



A Goodbye

TO THE WAIKUKU HERON/KŌTUKU

WORDS: DOROTHY MCLENNAN PHOTOGRAPHY: STEVE ATTWOOD

Animals don't have to be pets to enhance our lives. Many of us get great enjoyment out of the animals we see in the wild, living their lives alongside us in natural spaces. And it can be upsetting to see them pass away.

Some of you may have read recent news reports about a white heron/kōtuku that was found dead in the reeds of the Ashley Rakahuri Estuary. White herons are magnificent birds with delicate white plumage, long elegant legs and a distinctive curved neck. They can live up to 15 years but are also very rare in New Zealand with only around 150 to 200 of them in the wild. They are a protected species and there is a hefty fine for killing one. As there should be.

The Waikuku heron had been here as long as we have lived in the village. It was a big, beautiful and stunningly solitary creature that appeared in the estuary at low tide most days. It was amazing to watch it so focused on its prey and appearing disinterested in anyone walking by.

I'm not the only one in Waikuku that will miss seeing the heron. A lot of us are devastated and there has been an outpouring of upset on community groups with people wanting to share their feelings and what the heron meant to them. Many of us felt privileged to see this rare and beautiful bird in our local estuary.

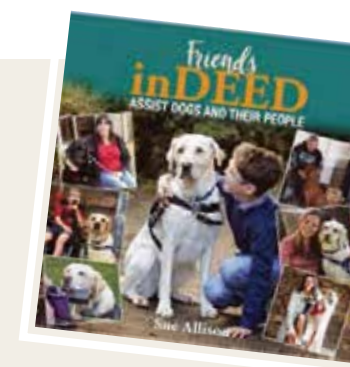


Photographer Steve Attwood took many amazing shots of the heron over the years. So I contacted him to see if we could use some of these images. He told me that it's a real privilege to see a white heron because they are generally solitary birds and disperse widely outside of mating season.

Steve said this rarity is shown in the Māori proverb 'He kōtuku rerenga tahi' meaning the bird of single flight, implying something seen perhaps once in a lifetime.

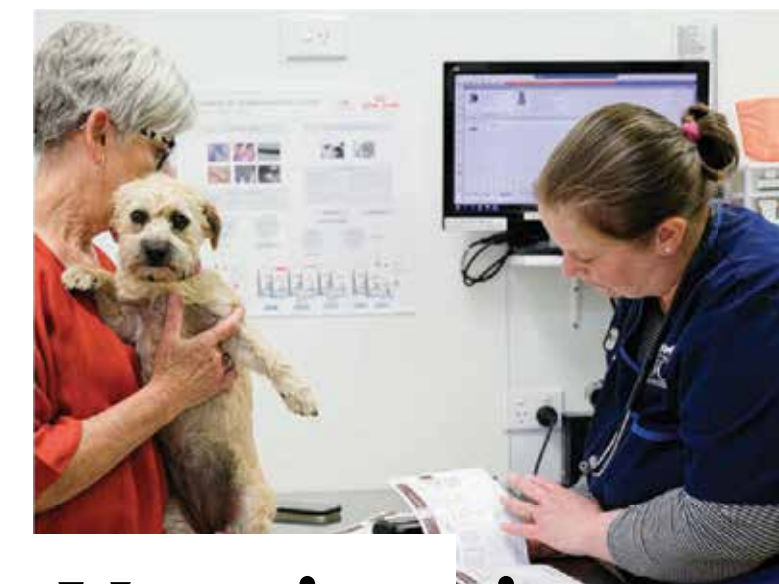
Will we be lucky enough to have another white heron become a daily visitor? We can only hope so.

We don't know who harmed the heron. And we don't know why. Of course, there are lots of theories but sadly none of them will bring that beautiful creature back to our estuary. What we do know is that whoever it was took a little bit of joy from all of us that day.



WIN!

A beautiful book full of heartwarming stories of the unique bond between people and their assistance dogs, *Friends In Deed* is from local author Sue Allison. We've got a copy to give away to one lucky reader. Just email us at mel@essencemagazine.co.nz to go in the draw to win this touching read. Winner drawn Wed 26 October.



Vaccination is key

WORDS: PROVIDED BY RANGIORA VET CENTRE.

The benefits of vaccinating your precious pet far outweigh any potential risks! Vaccinations are an important part of preventative health care for pets. They prepare their immune system to fight off disease-causing organisms.

There are several preventable, infectious diseases which have the ability to make your beloved pet very sick or even kill them. Prevention is possible with regular vaccinations.

Your vet is the best person to advise you about your pet's vaccination and health requirements as these vary, depending on their age, where you live and the health and lifestyle of your pet.

A year in the lives of our pets is the equivalent of several more human years. This means that changes can happen quickly, so an annual check-up at the time of vaccination is very important as many issues can be diagnosed early, giving your pet a real advantage.

The team at Rangiora Vet Centre highly recommend annual health checks and vaccinations for all pets. As it's the start of the busy kitten and puppy season, they encourage anyone to get their pets booked in early for their vaccinations so they don't miss out, leaving their pets vulnerable to disease.

Many families are starting to travel again also, which means pets will be heading to boarding facilities. Vaccination is required before pets check in, so please make sure you review your pet's needs well before you head away.

We understand there are differing views on vaccination within the community. If you have any concerns or questions with respect to your pet, please do not hesitate to contact the team at Rangiora Vet Centre to discuss what is best for them.

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Jarae's Journey

WORDS: MICHELLE MCCULLOUGH
IMAGES: SUPPLIED

October is Breast Cancer Awareness Month and there are lots of different ways to get involved - from being "breast aware" to helping raise vital funds for research, education and patient support.

At Essence, we are extremely proud to be able to use our platform to raise awareness of Breast Cancer which is the leading cause of death in New Zealand for women under the age of 65. Every year 3,500 women and 25 men are diagnosed with Breast Cancer in Aotearoa. This equates to nine women per day: one of which will be Māori and one who will be under the age of 45.

In this issue, we talk to local beauty therapist Jarae Calder about her Breast Cancer journey. Jarae has had a front-row seat to the destruction Breast Cancer can cause, but refuses to let it beat her.

The 31-year-old has a rare genetic mutation known as PALB2 that increases the risk of breast cancer, ovarian cancer, and pancreatic cancer. Jarae inherited the gene from her beloved mother Maryann who sadly passed away on February 24, 2015, after a six-year battle with cancer.

The Breast Cancer Foundation states that inherited breast cancers account for 5-10% of all breast cancers and of these, BRCA mutations like PALB2 carry the highest risk. Sadly, at the time of Maryann's death, information about the PALB2 gene was unknown.



To learn more about Jarae, and her experience with Palb2 Gene, visit @jaraesjourney on Instagram.

"I didn't want to live in fear every six months and wait for something to come up. For me, it was about taking control. I definitely have no regrets, but it hasn't been an easy ride."

Two years on from her mastectomy and her breast reconstruction, Jarae has still not recovered fully and will need more surgery in the coming months to fix some lingering issues.

"It's changed what I can do physically. Before I had the surgery I would go to the gym every day and I would have said I was quite strong and was able to lift quite heavy but now I sometimes struggle to open a nail polish bottle."

Jarae's cousin is currently battling breast cancer for the second time, which has had a profound impact on Jarae.

"I feel terrible that I was able to do what I did and that dropped my percentage [of getting breast cancer] but unfortunately, she wasn't quite so lucky. My doctor calls it 'survivor's guilt.'"

When asked if she had any advice for others going through a similar experience, Jarae said it was important to "trust your gut".

"The specialists are there to guide you, and they know what they are doing, but ultimately you have to make the decision that is right for you."

It was also important to have a strong support system, Jarae said.

"I was lucky that I had really good support. My auntie lives on the West Coast and for every appointment, I had she would come over and support me. She has been through it and actually had a pretty rough experience so we had some pretty open talks and even talked about what my mum would have wanted me to do."

"I always remember my mum saying that there's always someone out there that's worse off and I definitely live by that."

WRITER: MICHELLE MCCULLOUGH
IMAGES: SUPPLIED



One week post reconstruction surgery, whilst still bruised and swollen, Jarae was out collecting for Breast Cancer Awareness in Rangiora.



Jarae after the initial surgery showing the not so glamorous life of the surgery with the drains and the tights, tucked under skin where the breasts were removed.

"Mum was the first person in New Zealand to be recognized to have PALB2. They didn't know anything about it, but they knew there was some relation to the BRCA mutation. Eventually, a few more people came up with the same variances and they were able to recognise it, and that's when I was able to be tested."

When her genetic counsellor told Jarae she had the PALB2 gene, she was not surprised.

"I am so like my mum, so I was bound to carry her genes. Knowing that I am so similar to mum, I think I prepared myself that I was going to carry it, so I wasn't that shocked."

Jarae's sister was also tested for the gene, but her results came back negative.

Upon receiving the news that she carried the gene Jarae was given two options - have a mammogram and tests every six months or have a prophylactic double mastectomy. Without hesitation, Jarae chose the mastectomy.

"Seeing how sick my mum was - it was just continuous. There wasn't a time when she wasn't getting bad results or having surgery or treatments for six years. I always said if I had the gene I wouldn't hesitate to have the surgery."

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Excess Perspiration

(HYPERHYDROSIS)

WORDS: DURHAM HEALTH

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

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



If you've tried different deodorants and have been cleared by a doctor for any underlying cause then Botox is an excellent treatment you may like to consider. It works by temporarily blocking the nerves that control the sweat glands in the affected areas.

These eventually recover and treatment for armpits with a cosmetic doctor typically last 12 months and is painless, safe and very effective. Cosmetic doctors can also treat palms and soles of your feet which last about 6 months. Treatment takes about 30 minutes and are generally extremely well tolerated.

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DR LIBBY

Does your liver need

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Nutritional biochemist, Dr Libby Weaver (PhD), is a thirteen-times bestselling author and speaker and founder of food based supplement company, Bio Blends. Her practical and supportive online courses have helped over 10,000 women around the world find freedom from their health challenges, visit www.drlibby.com

as well as some the body makes, and then directs and guides them around and out of the body—with the primary objective of maintaining homeostasis and keeping us well. This is why you'll often hear me say that the liver plays such an important role in how we look, think and feel.

Some indicators that your liver may need support include regularly overheating or hot flushes (especially at night, which may disrupt sleep), sex hormone imbalances, headaches, congested skin, poor energy, sugar cravings and elevated cholesterol. You may also notice that your body fat deposits shift. A key sign of this can be what is referred to as a 'liver roll' (a roll of body fat just under the bra line for women, or just beneath the pectoral muscles for men), which may develop, irrespective of overall body shape and size.

Our liver has to detoxify substances that we ingest, breathe and absorb through our skin, as well as substances that our body makes itself. So, our food and drink choices, as well as what we put on our skin, can really add to the liver's 'workload'. Certain substances, including alcohol, refined sugars and trans fats (found in processed foods and takeaways) often add a significant burden. If we have a high intake of these, it's also likely there aren't enough liver-supporting nutrients going

Of all the extraordinary organs in our bodies, the liver deserves a prize for being such a hard worker. Twenty-four hours a day, seven days a week, the liver is doing its critical detoxification work, among a long list of other tasks, to keep us alive. Yet, how much work our liver has to do—and how efficiently it does this work—can be influenced by our lifestyle choices.

You can think of the liver like the traffic cop of the body—it stores and regulates the levels of some of the nutrients we consume. It also alters the structure of potentially problematic substances we consume,

in either. Without enough nutrients, our biochemical pathways—including detoxification—simply cannot function efficiently.

Ways to support your liver when it comes to supporting the liver and the body's detoxification pathways, it is important to remember that it is what we do every day, not what we do for a three, seven or 30-day period, that will have the greatest impact. And the good news is, there are plenty of ways we can do this.

WHAT YOU EAT

Eating mostly whole, real foods helps to provide the nutrients that our liver detoxification pathways need to function efficiently. The liver especially loves colourful vegetables and vegetables from the Brassica family, such as broccoli, brussel sprouts, cabbage, cauliflower and kale. Broccoli sprouts are a particularly wonderful liver-loving food. Herbs such as St Mary's thistle, turmeric, dandelion and globe artichoke are also very supportive for the liver.

WHAT YOU DON'T EAT

What you don't eat, is just as important as what you do eat. Minimising your intake of 'liver loaders', such as alcohol, refined sugars, trans fats and artificial ingredients, can support the liver and reduce its workload. Eating organic or spray-free produce where possible will also cut down exposure to synthetic pesticides and insecticides.

WHAT YOU USE

Remember that the liver has to deal with many substances that our body ingests. Swapping to natural, eco-friendly cleaning and dish-washing products helps to reduce the load on the liver by reducing your exposure to synthetic chemicals. You might also like to consider what you are putting on your skin, as the ingredients in our skincare and cosmetic products can be absorbed

into our bloodstream. Synthetic and potentially harmful substances, such as endocrine (hormone) disruptors, are found in some conventional products, and using natural skincare, cleaning and cosmetic products helps to reduce the 'load' on your liver. A great way to transition to a more liver-friendly lifestyle is to replace conventional products with natural options as they run out, so there isn't a significant expense or a feeling of overwhelm caused by trying to replace everything at once.

HOW YOU LIVE

Environmental exposures are another consideration for our liver function. We are only just beginning to understand the effects that plastics have on both the environment and our inner ecosystem. We know that plastics can take hundreds of years to degrade and we are yet to truly understand the long-term effects of having plastic-originated substances inside our bodies. However, we do know that some substances in many plastics have been shown to have endocrine-disrupting effects. Try reducing your use of plastics by swapping to glass or stainless steel containers, or beeswax wraps rather than plastic wraps. If you do use plastic, avoid heating any plastics in the microwave or dishwasher to decrease the likelihood of any leaching of problematic substances.

If you're feeling a little overwhelmed about where to start when it comes to supporting your precious liver, know that it doesn't have to be 'all or nothing'. You might like to pick one of the above areas to focus on first, and then continue to make small, incremental changes. These can add up over time to have a significant impact on your health. Remember, you only have one liver, and each little step you take towards taking better care of it will help you to experience better energy, a more even mood, balanced sex hormones and improved digestion and elimination—just to name a few!



Mushroom Risotto

Everyone loves a risotto especially one when it's so easy to make and tastes divine! This month's recipe is an Oven Baked Mushroom Risotto. It starts off in the fry pan then transfers to the oven where it bakes until it's lovely and creamy. It tastes just as good as if you've spent half an hour stirring and reducing it in a pot on the stove. Ideal for vegetarians the mushrooms give the dish an earthy flavour, the white wine certainly gets infused into the rice and the parmesan finishes it off perfectly.

Serve with a green salad, some crusty bread and a glass of wine, any leftovers are great the next day. This recipe is certainly one you'll be making again.

Ingredients

- 2 tablespoons butter
- 1 onion, peeled and finely chopped
- 2 cups (400g) Arborio rice
- 150ml white wine
- 1.5 L (6 cups) vegetable stock, warmed
- 4 tablespoons freshly grated parmesan, and extra to serve

Topping

- 4 tablespoons butter
- 250g button mushrooms, halved
- 400g portobello mushrooms, sliced
- 2 garlic cloves, thinly sliced
- ½ cup oregano leaves

Method

Preheat the oven to 200°C (180°C fan forced). Heat an oven-proof, stove-proof, 6-litre casserole dish over medium heat.

Melt the butter in the dish, then add the onion and cook for 2-3 minutes. Add the rice and stir to coat in the butter. Add the wine and cook for 4 minutes, or until evaporated. Add the stock all at once. Place in the oven and bake for 15 minutes, then remove and gently stir in the grated parmesan. Return to the oven for another 15 minutes, or until the rice is tender. Remove from the oven and allow to stand, covered, for 5 minutes before serving.

Meanwhile, for the mushroom & garlic topping, heat a frying pan over high heat. Add the butter and cook for 30 seconds, or until foaming. Add the mushrooms and garlic and cook for 3 minutes, or until the mushrooms are tender and the garlic is crisp. Add the oregano to the pan in the last 30 seconds of cooking.

To Serve: Spoon the mushrooms on top of the risotto. Sprinkle with extra grated parmesan.

Cook's Tips

Substitute: Fresh oregano for 2 T of dried oregano. Substitute: Wine with extra vegetable stock. Option: Add shredded chicken during the last 15 minutes of cooking. Tip: When adding the parmesan make sure you give it a good stir to mix the rice around so it doesn't stick to the bottom of the dish.

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.



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Wine and Dine

NORTH CANTERBURY

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

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



Monteith's Rangiora

From the Kiwi Classic fish n' chips, to gourmet burgers, stone baked pizzas and a delicious al-a-carte menu. Monteith's has something to suit every taste bud.

Featuring a wide range of Monteith's beer and cider as well as Heineken, Tuatara and Murphy's Stout on tap, Monteith's is the perfect spot to catch up with friends & family.

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LITTLE VINTAGE ESPRESSO

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20 Markham St, Amberley | 03-314 9580



The Taste

Not in the mood to cook? Then pop down to The Taste Asian Fusion House.

Originally called Little Yummy, this popular restaurant has the same owners and same talented chefs. Offering a mouth-watering range of Chinese, Thai and Malaysian inspired dishes, you can dine-in, takeaway or have something delicious delivered straight to your door. Lilybrook Shopping Centre

63 Percival Street Rangiora | 03 313 3333



Nom Nom Kitchen

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

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



The Nor'wester Café

Excellent espresso, food and service. Proudly family owned and operated!

Open Tues - Sun from 8am
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03 314 9411
info@thenorwestercafe.co.nz

Percival Street BAKERY *Your favourite local Bakery*

138 Percival Street, Rangiora | 03-310 6096

Oxford Club Your Social Hub

The Oxford Club restaurant's new Spring Menu offers a selection of nutritious and delicious meals, including Prawn and Avocado or Thai Beef Salad, fresh pan-fried Fish or Roast of the day. Vegan and GF options always available.

Open Fri & Sat from 11am for Brunch/lunch and on Sunday from 10am, Dinner available Thur - Sun from 5.30pm.

Oxford Club Restaurant
160 High Street, Oxford
Ph 03 312 4411 ext 4 to book

Prawn and Avocado Salad \$16

Buttermilk Fried Chicken \$22

WHAT'S HAPPENING AT CBK CRAFT BAR & KITCHEN?

CBK Craft Bar & Kitchen Kaiapoi is the heart of the community in every way. We love to help support local teams, clubs & activities where ever possible, with a variety of fundraising opportunities.

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Your Garden this Month

What wonderful weather we've had for early spring. Everything is growing beautifully in the garden – including the weeds! What is a weed though, but a plant whose virtues, according to Ralph Waldo Emerson, we simply have not yet discovered. "Weeds" are not a category of nature, but a construct of our own human perception, one that seems to be slowly changing.

Just as with the phenomenal growth I've seen recently in the interest of using herbs medicinally, there is a massive uptake in people learning about which weeds are edible or medicinal, and organising foraging parties and weed workshops.

Here then, in our North Canterbury weed wonderland, are five commonly found spring weeds that have useful food or medicine properties.

There is a large number of other useful weeds – plantain, self-heal, fat-hen, red clover, puha, bittercress, horehound, oxeye daisy, onionweed, and purslane to name just a few.



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.



01 Yarrow (Achillea millefolium)

Identify: Umbels of white flowers atop feathery leaves.

Food: Very nutritious, add young leaves sparingly to mixed salads, or brew a tea from the flowering tops and leaves.

Medicine: Especially valuable as a wound herb, and effective for colds and fevers.



02 Dandelion (Taraxacum officinale)

Identify: A well-known weed that is easy to identify with its toothed leaf edges ("dent de lion" is French for lion's tooth), bright yellow flowers, and puffy seedheads.

Food: All parts are edible, and highly nutritious. Young leaves are preferred (less bitter) and used fresh or cooked. Dandelion drinks include: teas (flowers and roots), beers (leaves and roots), coffee-substitute (roots) and wine (flowers).

Medicine: An excellent diuretic and tonic. Valued as a bitter herb for digestion and for ailments associated with gallbladder and liver. Strongly antibacterial.



03 Nettles (Urtica dioica & Urtica urens)

Identify: Nettles have square stems and visible bristly hairs on the leaves which, when touched, live up to the name by "stinging" and "burning".

Food: An often-used super nutritious wild food. The young leaves are cooked in a variety of ways, or made into a tea, and nettle shoots can be brewed into a beer.

Medicine: Makes a fantastic cleansing tonic and blood purifier. It is also useful for hay fever, arthritis, and anaemia, as well as bruises, eczema, neuralgia, sciatica, haemorrhoids, hair problems, urinary ailments, gout, and much more!



04 Cleavers (Galium aparine)

Identify: Long straggling stems and whorls of leaves full of tiny hooks that make a habit of sticking onto everything.

Food: Edible leaves and shoot tips, sometimes used as a pot-herb, and can be made into tea.

Medicine: Prized for its diuretic properties and benefits to skin conditions such as seborrhoea, eczema, and psoriasis. Excellent spring tonic and general detoxifier.



05 Chickweed (Stellaria media)

Identify: Sprawling tender bright green stems with tiny star-like white flowers.

Food: Very nutritious (some claims 6x more vitamin C, 12x more calcium, and 83x more iron than spinach). Use fresh or cooked.

Medicine: Particularly useful for treating inflammatory skin conditions, and for relieving itchy bites. May help with fevers, sore throats and bronchitis.

All information subject to the disclaimer: <https://meadowsweet.co.nz/disclaimer>

Fav things for the outdoors



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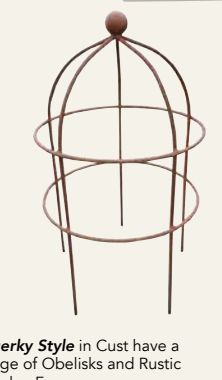
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Querky Style in Cust have a range of Obelisks and Rustic Garden Frame



Foxing it with an Outdoor Mat from **Blackwells Department Store**

Yarrow Fever Tea Recipe

Ingredients

- 1tsp dried yarrow tops
- 1tsp dried peppermint
- 1tsp dried elderflowers

Method

Add to 2 cups of just-boiled water and let steep, covered, for a few minutes.

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Michelle Hansen

Corcoran French - Associate

Experienced property and commercial lawyer, in practice for over 15 years. Accredited Specialist of Property Law Section, New Zealand Law Society. Can assist with conveyancing, leasing, build contracts, subdivision, financing, Unit Titles Act matters.

What conditions should I include in a sale and purchase agreement if I am purchasing?

You should include any specific conditions you want fulfilled (e.g. Title, LIM, finance, insurance, builder's report) and how many working days you have to fulfil your conditions.

Will my lawyer check my sale and purchase agreement before I sign it?

You should always get legal advice before you sign the agreement and throughout the buying or selling process. We will ensure that all necessary clauses and other details have been included and that the dates line up.

Can you explain the LIM to me?

A Land Information Memorandum ("LIM") is a comprehensive report that has all relevant information the Council knows about a property or section, including any special features of the land Council knows about, drainage information, rates information, any consents, notices, orders or requisitions affecting the land or buildings, District Plan classifications and any other information the Council deems relevant.

What do I need to know about buying a unit title property?

A unit title is a form of multi-unit property ownership. A unit title owner owns a defined part of a development such as an apartment or unit and car park and may also have shared ownership in common areas.

All unit title owners of a development make up the body corporate. This is a management structure designed to ensure decisions affecting the development can be made jointly by the owners.

Buying a unit involves different rights and responsibilities to other purchases of land. It's important you know what you are committing to. There are several disclosure documents you either must be provided with, or can request to be provided with before you buy.

There are a number of upcoming changes for unit titles in the near future due to legislation changes, including to the disclosure obligations as part of the sale and purchase process. We have been keeping a close eye on this area and will be well placed to assist.



Michelle@cflaw.co.nz | DDI 03 375 5413
137 Williams Street, Kaiapoi
www.Cflaw.co.nz



Ross Campbell

General Insurance Broker

Dear Readers,

This month, let me take a more positive view of our little country and its future.

Fresh Water. NZ has an abundance of fresh water. This is a massive advantage that millions of people around the world don't have or won't have in the coming years.

Example, the 40 million people living in California. 40million people cannot survive without drinking water for long.

New Source of Income. We have so much water that we might sell it to those without, in the same manner as countries with Oil sell that to us now. Imagine the revenue as hundreds of large ships fill up in the Milford Sound or from offshore terminals on the West Coast.

Free Energy. Lots of rain fills our hydro dams. Free energy to power our electric vehicles and homes, whereas dry countries don't have this option.

More Food. Warmer, moist climates with increased greenhouse gases mean our farms can produce much more food for those not able to grow their own. This means increased wealth for us all while we feed millions of people who might otherwise starve.

Water Ownership. In order for everybody to have an equitable outcome, we must retain the ownership of water rights for the benefit of every New Zealander. What a marvellous future we might have.

No more doom and gloom on wet days; instead, try thinking Rain = Money.

Next: Wealth Inequality. Is it really a problem?

Would you rather be Poor in a Wealthy Country or Poor in a Poor Country?

Wealthy countries have Social Support Services to look after those most in need. Well-funded Hospitals. Schools and pensioners. Poor Countries cannot provide these services.

Wealth is generally more helpful for those in most need.

What happens to countries that fail in the wealth race? A current example is our young people, many of whom are looking to move to Australia for higher wages and opportunities.

What to do?

History. What have the most successful countries done to create wealth so all citizens benefit? In my lifetime, the most successful countries have created low-cost, open business environments where people can, through their own efforts and labour, create their own wealth.

Capitalism. For all of its flaws, it seems to be the system that encourages most innovation, imagination and growth. This fact isn't argued by the Chinese or even the Russians.

Co-Governance and our future. If, we desire to live comfortable lives where our children have a bright future, I believe we must first embrace "Wealth" as a good thing. To create Wealth, we must build more businesses, increase our exports, and generally become more efficient so we might better compete in a global marketplace.

Attributes required Individually and at a Government level to be successful in a highly competitive world.

- Disciplined
- Creative
- Self-Awareness
- Resourceful
- Intelligent
- Passionate
- Resilient
- Empathetic
- Communicative
- Self-Motivated
- Confident
- Flexible
- Risk-Taker

You will notice no reference to sex, religion, or race in this list. Nor should there be. Sex, Religion, and Race are outdated concepts anchored in past centuries.

Co-Governance. Looking back in history approximately 2470 years, to the Roman Empire when it exerted power and control over its people. These were generally very tough times of endless wars. These class structures were finally replaced by more modern systems of Government.

In the following centuries, many systems were developed,

- Democracy
- Communism
- Socialism
- Dictatorships

The most successful system, I would argue, is Democracy. One Vote per person. Equal rights in law for all.

Co-Governance appears to be an attempt to take us back thousands of years to a time when Roman Citizens had different legal rights based on birth.

The classes in 449 BC were as follows.

- Patricians
- Equites
- Plebeians
- Freedmen
- Slaves

In NZ, we don't have indigenous peoples dating back thousands of years, so we are all of us comparatively modern immigrants at heart. Co-Governance would appear to be an attempt to enshrine in law a race-based class system that the Romans forcibly discarded.

There will be people of, English descent happy with the Monarchy and the English class system that exists today. Alternatively, our Maori people have retained their tribal chiefs and a King, so they may be accepting of a class system.

My view may be tarnished by my Scottish heritage, but I don't believe our future will be enhanced by embracing legal systems based on birth rights or race. Let's build a future where every person, regardless of race or date of arrival, feels truly welcomed. That is the culture I want.

The views expressed here are mine alone.

Ross Campbell | 021 521 651
office@campbellinsurance.co.nz

If you need a second opinion on your home or business insurance, please give me a call.



Matt Doocey

MP for Waimakariri

It was an honour to attend remembrance services last month for the late Her Majesty Queen Elizabeth II, in both the ChristChurch Transitional Cathedral and in Wellington's Cathedral of St Paul.

Both events were fitting tributes to a long life selflessly dedicated to the service of others, and afforded the opportunity to reflect on a truly inspirational monarch – the only one many of us have ever known.

The week prior I represented the people of Waimakariri as a motion of condolence was marked for the Queen in the House of Representatives, and signed a book of condolence in Parliament on behalf of the electorate.

It was also a privilege to attend the 80th Anniversary of the Kaiapoi RSA's Women's Section recently to celebrate the pioneering spirit of the local women who started a movement across the country.

My wife Viki and I attended the event to acknowledge the many women in Waimakariri who over the years have given their service to the RSA.

Maureen Lindsay, Patron of Kaiapoi RSA, unveiled the plaque which had been delayed a year due to Covid-19.

The first meeting came about when a group of women met up together at the Kaiapoi RSA Hall on Waitangi Day in 1941, and by the following year Women's Sections were established in both Napier and Wellington. By the 1990s, all 270 branches of the RSA had a Women's Section.

Kaiapoi has a number of firsts to its name, so it was no surprise that the town's women were trailblazers and saw the importance of establishing a group to support the work of their male counterparts.

In 2006, in response to calls for better coordination of Women's Sections, the RSA's National Women's Association (NWA) was formed.

President of the RSA National Women's Association Dianne Wilson, who travelled down from Taupo for the plaque unveiling in Kaiapoi, said she wanted the Women's Sections of RSAs to move with the times so they continued to be attractive for women to join.

When they were first established, Women's Sections provided welfare services for servicemen and women, as well as coordinating the annual Poppy Day appeal. As time has gone on their role has broadened to include more of a community support role, with catering and other fundraising initiatives on the go.

I thank all those who have given their time over the years to such ventures, and would encourage any women interested in finding out more to contact their local RSA.



Page Turners

WORDS: EMMAS AT OXFORD

The Bullet That Missed

THURSDAY MURDER CLUB BOOK 3

By Richard Osman

It is an ordinary Thursday and things should finally be returning to normal. Except trouble is never far away where the Thursday Murder Club is concerned. A decade-old cold case leads them to a local news legend and a murder with no body and no answers. Then, a new foe pays Elizabeth a visit. Her mission? Kill... or be killed. As the cold case turns white hot, Elizabeth wrestles with her conscience (and a gun), while Joyce, Ron and Ibrahim chase down clues with help from old friends and new. But can the gang solve the mystery and save Elizabeth before the murderer strikes again?



Set in Cooper's Chase, an upscale retirement complex; the engaging narrative guarantees laughing out loud a lot. Superb character development makes the quirky characters become like old friends - Elizabeth, a former M15 operative; Joyce a former nurse, whose journal /notes make for some entertaining reading; Ibrahim is a retired psychiatrist; and Ron a retired union leader.

If you haven't started this series, DO IT NOW. Each book gets better and better; better still, there are two more books to come. Read it in order, and you won't be disappointed. Readers of all genres will enjoy these books.



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Digital skills beneficial at any age

WORDS: ARA CONNECT

Becoming 'digitally savvy' has had many advantages for former national ice figure skating champion and Order of New Zealand Merit recipient, Jeanne Begej.

Thanks to free computing courses at Ara Connect, 75-year-old Jeanne has significantly increased her digital skills and is putting them to good use every day.

As President of the Canterbury Masters Figure Skating Club, her new-found digital confidence and enhanced computing skills and have been enormously beneficial. Her skills in Word, Excel and Publisher could put many people half her age to shame and she quite possibly knows her way around smart phones and apps better than most of us.

Jeanne had some computing skills prior to attending Ara Connect but wanted to gain more. "I've used computers for a long time, but everything I've done on them has been self-taught or just what I've learned through my employment at the time. And with skating administration, I'm on the computer a lot so I just wanted to upskill."

Jeanne attends Ara Connect's Woolston hub, conveniently located just around the corner from Christchurch's main indoor ice rink where she still skates. She says the hardest part about starting was simply walking in the door on the first day. "But once you've been

through that door, it's very easy."

She started off with Digital Basics then went on to courses in Word, Excel and Publisher and is now — at the suggestion of her tutors who were impressed with her ability to pick things up — studying towards a New Zealand Certificate in Computing. "I'm up to web fundamentals at the moment, which I just love. Learning how to design fully functioning websites and make PowerPoint presentations have been highlights."

Jeanne says the tutors at Ara Connect are excellent — "very friendly and helpful" — and she loves being able to study when it suits her, often after a skating session or a coffee with friends nearby.

She encourages anyone who wants better digital skills to just go for it. "It's brilliant and the more people who know about it the better. If you want to improve yourself by upskilling, there's no reason not to do it. It's a golden opportunity."



Jeanne Begej was awarded an ONZM in 2020 for services to ice figure skating. As a leading administrator for the sport, her enhanced computing skills have proven very beneficial.

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