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Feature
Men in
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Feature
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Elections

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contents

Yay it's Spring...having said that, it was snowing when I left for work this morning. It is always quite a surprise when it snows at the beach.

In this issue we showcase some of the talented businessmen that contribute to the success of our community in our Men in Business feature on pages 13 - 16. We are sure you will enjoy reading about their very diverse careers.

Rangiora brothers Craig and Ben Oliver are mountain bike riders and can often be found in exotic locations competing against the world's best in international competitions. The duo recently took time out of their busy schedule to talk to Essence as they prepared to compete in the 2022 UCI Mountain Bike World Championships in Les Gets, France.

In the first part of our new kitchen series, Sandy from antiques store Twine (which is opening in Rangiora later in the year) gives us a glimpse of her home kitchen and shows us how a real 'classic' look can work.

Your vote does count - we showcase some of the local body candidates who took the opportunity to be part of our advertising feature on pages 19 - 23.

The people you elect to our community boards and councils make decisions that affect our lives every single day. They decide things like what we can do on our sections; where we can walk our dogs; what kind of recycling and rubbish collections we get; what sort of parking options we have, where new development should be concentrated - the list goes on. And sure, decisions on rubbish collections might not sound particularly riveting, but they do matter.

So, when those voting papers arrive in your mailbox - take a proper look at them, - it's important to know the candidate you are voting for and what sort of views and ideas they represent. Think about what you want for your community and make sure you vote.

Enjoy your month, Dorothy

Essence News



We have a new baby in the essence family. Larnya (our SC graphic designer) husband Ben and big sister Milly welcome gorgeous Bonnie Olive.



Our columnist Barb from Rangiora New World was out and about delivering on daffodil day in her cute wee Bambina.



Front cover: Get to know our Men in Business on page 13-16



Ingredients: Page 24



Profile: Page 04



Sandy's kitchen: Page 18

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Essence is printed on FSC accredited paper.

Published by Impact Publicity 2005 Ltd
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Words: Michelle McCullough Images: Supplied

ACHIEVING GOALS

They may spend their lives two-wheeling their way around the world, but there's no place like home for Craig and Ben Oliver.

The Rangiora brothers are mountain bike riders and can often be found in exotic locations competing against the world's best in international competitions. The duo recently took time out of their busy schedule to talk to Essence as they prepared to compete in the 2022 UCI Mountain Bike World Championships in Les Gets, France.

This competition follows Ben's success at the Birmingham 2022 Commonwealth Games, where he won a silver medal for New Zealand in the men's cross-country mountain bike race.

"I was pretty psyched to be able to ride for New Zealand. When you go to a Commonwealth Games, you realise how big it is and how many people in New Zealand are watching you. You get a boost of energy doing what you love and being part of such a special event."

The 25-year-old is no stranger to the world stage, having

represented New Zealand at the 2018 Gold Coast Commonwealth Games, narrowly missing out on a bronze medal. Older brother Craig has also had his share of success - coming third in this year's New Zealand National Championships and sixth in the 2022 Oceania Continental Championships in Brisbane.

Growing up in Rangiora, the talented brothers started mountain biking when they were at primary school. They realised that it could be more than a hobby for them when they started overtaking their parents, Craig said.

"We would play rugby on a Saturday and go mountain biking on a Sunday with Mum, Dad, and Grandad to places like Bottlelake Forest Park and McLean's Island."

From there they started to enter local competitions, and were vying for national titles from the age of 13, Ben said.

"That's when it started to get reasonably serious. We started trying to win national titles and be the best we could be in New Zealand. When we were 16 and 17 we worked out a plan to go to Europe and we had the chance to race in our first Junior World Cup together in Germany."



Since then, the brothers have competed around the world, regularly travelling to Europe as well as South Africa and Brazil for competitions. The transition to competitive international riding has taken a lot of work, and the brothers continue to train every day to improve their skills, Ben said.

"Our training rides are typically between two and five hours of varying intervals so it's pretty high intensity. We also do a bit of basic gym work. It's important to keep the legs moving but also know when it's time to rest and recover. The hardest thing is injuries. Coming back from injury sometimes it feels like nothing is clicking so you have to be patient and wait for it to work out."

While injuries are part of the job, some are more serious than others. Several years ago, while on a training ride in Andorra, Craig had an accident which resulted in a severe concussion, broken fingers and burns.

"We were going down a hill at about 40km an hour and a car door opened and I ran into it and was knocked out, flew across the other side of the road, and got hit by another car coming the other way. It was pretty dramatic."



The accident, and the cost of racing, saw Craig take a five-year hiatus from competitive racing. He returned to the sport at the start of this year and is glad to be back competing alongside Ben again.

"It's pretty good doing it together. When one of us is having a rough day and is not motivated to get out the door for a ride, that pushes us to get out there."

You never want to let the other one go out alone because it allows them to get a bit more training. And when travelling you've got someone to bounce ideas off and do stuff with, which makes it a bit easier."

When asked what attributes were needed to make a career out of riding, the brothers said it was important to be driven, dedicated, passionate and able to roll with the punches.

Ben encouraged young riders to make the most of what New Zealand has to offer.

"We've got some pretty unreal trails so just enjoy it and try to do as many as you can. And enter as many competitions as you can, because it really sets you up if you want to race in Europe."

As for plans for the future, the brothers want to continue doing what they love, and maybe ride for New Zealand at the Olympics one day. When they are not busy travelling the world, Ben and Craig can be found hitting their favourite trails at Craigieburn Forest Park in Castle Hill. Craig also owns Custom Cycle Coaching, which offers one-on-one and group mountain bike coaching throughout Canterbury.

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Fetes and Fairs

NORTH CANTERBURY

North Canterbury's Spring Calendar is packed full of activities for the whole family. From fetes and markets to art shows and garden tours, it's set to be a busy few months. Check out what our beautiful region has to offer this spring with our What's On guide.

Rangiora Photographic Society Exhibition

30th September to 2nd October, The Brick Mill, Waikuku

Opening night at 7pm on Friday 30th and then open from 10am till 4.30pm on Saturday and Sunday.

Come and view the fabulous talent of our members. Vote for your favourite image and maybe purchase some wonderful artwork. Gold coin entry.

Raffle prizes - 3 limited edition canvases from 3 of NZ's world class photographers. Join us at the Brick Mill - we would love to see you.



Picture perfect puppy by Amy Boyce



Local Markets

- **KAIAPOI FARMERS MARKET**
Morgan Williams Reserve, Charles St, Kaiapoi. Every Saturday, 10am-12pm
- **OHOKA FARMERS MARKET**
Ohoka Domain, Mill Road, Ohoka. Every Friday, 9am-12.30pm
- **OXFORD FARMERS MARKET**
Main St, Oxford. Every Sunday, 9am-12pm
- **OXFORD CRAFT MARKET**
Oxford Town Hall, Oxford. First Sunday of each month, 10am-2pm.
- **RANGIORA WELCOME MARKET**
Hope Centre - 111 East Belt, Rangiora. Every Thursday, 3pm-7pm
- **RANGIORA CHURCH STREET MARKET**
St John's Anglican Church Grounds & Hall, Cnr of Church and High Streets, Rangiora. First Saturday of each month, 9.30am-1pm

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Mandeville Craft Fair

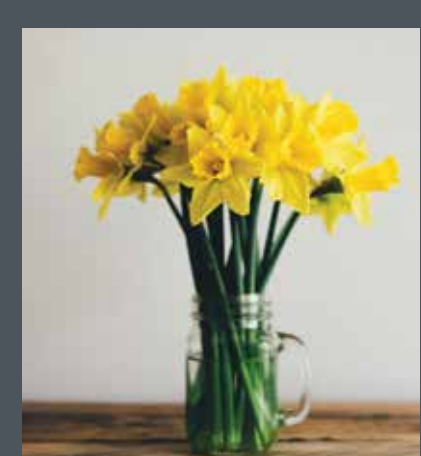
With its manicured fields and established shelter trees Mandeville Sports Grounds are an ideal place for a large scale outdoor Craft Festival. So grab your friends and family and come and experience a Country Fete close to town - the Mandeville Craft Festival. Don't miss our 10th event, its shaping up to be our best Craft Festival yet.

Enjoy live music throughout the day while you wander amongst the 120+ arts and craft stalls, grab a coffee and a bite to eat from the delicious food on offer and later in the day try a craft beer or gin - there is something for everyone.

Elevate Market in the Park

Elevate Market in the Park is returning for the second time this year! We simply had to replicate this gorgeous 'mega market' because it was so much fun and so well attended earlier in the year when the inaugural Market in the Park took place in Rangiora.

Save the date, **Sunday 2nd of October** and get ready for Christmas early whilst supporting local businesses. Elevate Market in the Park is a time to shop until you drop and bring the kids along for some fun Circus Workshops, Bouncy Castles, Live Busking Shows, Live Music featuring Mandi Miller and our beautiful Victoria Park!



Woodend Spring Flower Show

Celebrate the arrival of Spring at the Woodend Spring Flower Show this weekend. The annual flower show which started in 1932 is set to feature beautiful spring flowers, crafts, photography, Devonshire Teas, floral art and much more.

The Woodend Spring Flower Show will be held at the Woodend Community Centre on Saturday October 1, from 1pm to 4pm.

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Friday 18th Nov

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IDEAL EVENTS

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

Ohoka Farmers Market weekly on a Friday

September

- Wellington Home Show: 16th, 17th, 18th September
- Alexandra Blossom Festival: 24th September
- Nelson Home Show: 30th September, 1st and 2nd October

October

- "All American Day", Waimak Classic Cars, 14 Ashworths Beach Road: 2nd October
- Amberley House Xmas Country Fete: 27th October
- Hurunui Garden Festival Sponsor & Destination: 27th - 30th October
- Hanmer Springs Fete: 28th October
- Amberley A & P Show: 29th October

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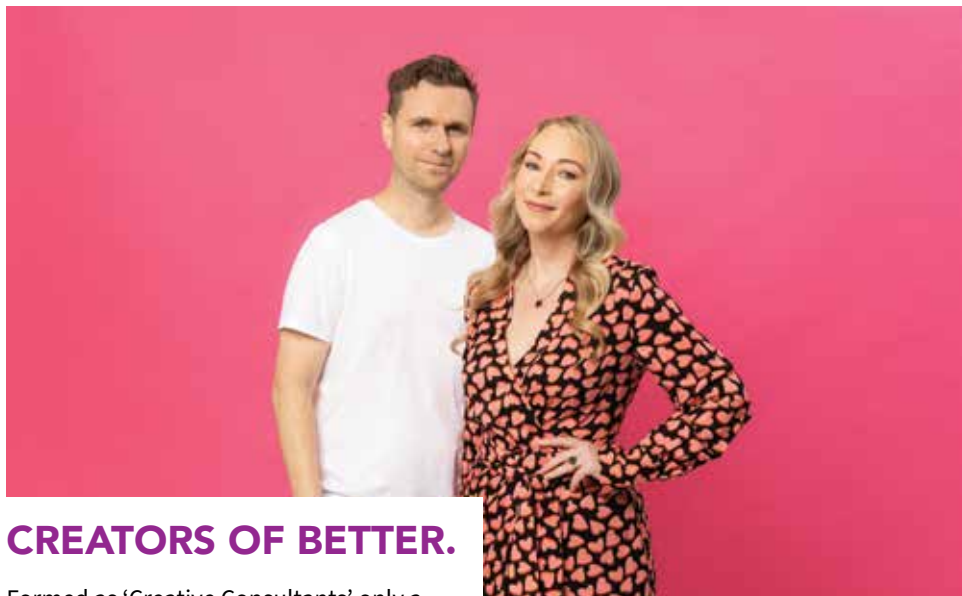
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The agency works across a variety of different industries - with client partners

diverse as insurance, cosmetic, and agricultural. But also a lot of heart clients in the not for profit sector - creators of better.

And although the team works nationwide, Andrea and Jiarn like to keep it local whenever possible, earlier this year you may have spotted the Rangiora High Street in The Salvation Army Red Shield Appeal campaign.

"We were chuffed to put our beautiful main street on a nationwide stage" - says Andrea.

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Q&A with Jason

What skills and knowledge will you bring to the council?

First and foremost being able to listen, adapt and learn. My roles all require me to work with people and teams to get the best results. I also have experience in governance and strategic re alignment/ direction, decision making on the Board of North Canterbury Neighbourhood support.

What do you think are the three key issues facing the Waimakariri community over the next five years?

Maintaining value and service levels for ratepayers, as the district grows, managing new zoning requirements and lifting voter/ ratepayer engagement let's keep local government local.

What do you think the local council could do better?

Looking at the voter turnout rates for local elections, we should try our best to work on community engagement. Possibly looking at increasing and encouraging access to councillors and elected members, this isn't only council's responsibility we should be engaging where we can.

What do you do when not out campaigning for local Council?

I have a passion for the community in all my roles, currently I am a Deli/ Seafood manager at New World Rangiora, Volunteer fire-fighter, St John youth leader and recently a treasurer for NCNS.

Vote **JASON** **GOLDSWORTHY**



- Keep local government local
 - Opportunities and solutions focused
- Serving our community

Authorised by Jason Goldsworthy, 027 232 2726



THE SUBJECT OF SUBJECT TO SALE OFFERS

As the market returns to a more balanced state we are noticing an increase in "subject to" or "conditional upon" sale offers being made. There are a couple of reasons we are potentially seeing this - the finance industry has tightened and securing bridging/short term finance is a lot harder and, generally speaking, properties are taking longer to sell than they were last year.

We would like to suggest that while making subject to sale offers can work out from time to time, there are several really good reasons why you should bite the bullet and get sold before making offers or even before you seriously start looking:

- There is still cash in the market and these offers will almost always be favoured by home sellers over the uncertainty and length of time subject to sale offers can create.
- Even if you do manage to get a property under offer conditional upon selling your own home, there is a strong chance you will be faced with an escape/cash out clause giving the owners the opportunity to accept a cash offer should it come along prior to you selling.

• The market may change between the time you make an offer and end up selling resulting in you being disadvantaged financially.

• Falling in love with a property that you can't have because you aren't ready to buy can have a detrimental effect on your purchasing process down the track. It can impact your perception of value or even stop you from making a move on an excellent option because it doesn't live up to your memory of something you have seen in the past.

Our advice is very simple - once you determine that a move is on the cards (for whatever the reason), run through a process similar to this and keep things simple!

- Get a market appraisal on your own home (in fact, get several).
- Head to a mortgage broker armed with this information and determine what your budget will be based on the value of your current property .
- Check and see if raising finance against the equity in your own property to purchase is an option (good for you if it is!).
- Have a bit of a snoop around the market and see if your budget lines up with your needs in a property .
- Contact your preferred sales person and make arrangements to get on the market and sell.
- Try to resist looking at property until you're under offer - that way you may actually be able to buy if you find something you love!

Expect the number of homes on the market to increase dramatically as we head into spring. If you are thinking of selling, why not beat the rush and get on the market ASAP and then be ready to buy when the supply is at its greatest!

READ THE FINE PRINT!

When signing up with our property management company for us to take care of your investment for you, you will first be required to sign a Management Authority.

While our own Management Authority does contain a lot of information and asks a lot of questions, it is very important that we get this information at the commencement of the relationship, whilst ensuring everyone is on the same page.

When we sign a new client up we spend time explaining the agreement in full including all of the terms and conditions and the obligations of both parties.

In most cases the agreement will have a minimum length of time and a cancellation period after the initial term expires, plus of course it should contain all fees which may be charged during the management.

I often see other company's Management Authorities and to be honest I am a little disturbed by the conditions in some of them including the authority to charge a fee to the landlord if they cancel the management during a current tenant's fixed term tenancy. For example, a landlord cancels the management with 'ABC Property Management' and it ends on 1 January, however the tenant's fixed term tenancy does not expire until 1 November. The landlord is then expected to pay full management fees

to 'ABC Property Management' up until 1 November! You will likely agree with me when I say it seems completely unreasonable to be charged for a service you are no longer receiving! Another condition to be aware of is the amount of notice required to cancel the management and this can vary from one month to three or even six months which seems a very long time to hold on to a client who is wanting to move on.

Now let's talk about fee structures. These can be charged in several ways and sometimes a lower weekly management fee which seems great value can actually be hiding a bunch of extra fees meaning when calculated over 12 months you may be paying more than you thought.

I believe in having very transparent fees so there is nothing hiding in ours, however if you are unsure and concerned there may be some hidden fees it is important to ensure you ask before you sign the Management Authority as it is after all legally binding.



Katrina Green
Operations Manager
Property Management
E katrina.green@raywhite.com

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THINK PINK
FASHION HOME



We have moved!



Jess and Sally along with their fabulous team, opened their beautiful new premises recently. We caught up with Jess who filled us in on their journey to this wonderful new space.

Why did you make the decision to move location?
Larger, more purpose-built premises were a goal we had right from the beginning when we bought Cocoon in 2011.

How long has the process taken?
Eleven years!! But in terms of the actual process, from signing on for the new premises to moving in - 11 months. We were affected by Covid, a lockdown, and also supply chain issues for key building supplies.

What sets the new location apart from your previous premises?
Space! We have doubled the number of treatment rooms that we offer, which allows us to offer extras, like teeth whitening held by Olivia from Smile Glow, Botox clinics and more!

But we've also been able to give our team a proper lunch room with space to sit and eat, we've got a purpose built laundry room, spacious waiting area etc.

What can your clients expect from the new spa?
A spacious but warm and welcoming atmosphere, beautiful well-appointed treatment rooms, and the same fantastic team delivering great results.
Will you be adding any additional services?
Yes! There are several things in the

pipeline or being researched currently - watch this space.

What is your favourite part of the new spa?
Not necessarily a "part", but my favourite aspect is the feel of the building. It's feels warm, comforting, inviting.

The team are happy in there and I just love walking through it and absorbing the feel-good vibes

How long have you been in business?
11 years and counting.

Why should people visit Cocoon?
We love what we do! And now we have even more space to do it. As a team we love to make people feel good, and we love the technical aspects of creating healthy skin with our clients.



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A Life of Quality

Due to the incredible advances of Western medicine, we are going to continue to live longer. We are so fortunate to live in a time where there is such extraordinary emergency medicine available to us. Yet, the question I ask you to ponder is, are we living too short and dying too long?

It's your quality of your life I encourage you to consider. Today, as well as in the later part of your life, you want to be able to bend over and do up your own shoelaces. Imagine what life would be like if you had to rely on someone else to do this? How would your once-independent self feel? You don't want this to happen because your tummy has grown too large for you to be able to reach your feet, and so in later years you wish you had changed your lifestyle earlier. Or because you have been sedentary for too long and in later years your spine is relatively inflexible and you can't bend to reach your feet. You don't want that to occur.

Statistically speaking, men are more likely to experience significant health challenges because they have put off getting help when the initial warning signs began to appear. Don't let it take a health crisis to wake you up to what you already know: that without your health you have nothing. Listen to your body. The ways you eat, drink, move, sleep, think, breathe, believe and perceive don't just impact on how you feel, function and look today — they are going to influence how you feel, function and look in the future. The power to change all of that is in your hands — and in your hands only. Let that motivate you.

The way you feed yourself is a fundamental way you can demonstrate appreciation for your body. Yet for far too many, processed foods, takeaways and pre-packaged meals are on heavy rotation. If the majority of your meals are not homecooked or based on whole, real foods, slowly and incrementally begin to tip the balance the other way one meal at a time.

It's common too, for people to build their meals around protein, while adding a token effort of veggies to their plate, almost as an afterthought. Protein is an important macronutrient yet, it is micronutrients that drive the myriad biochemical processes in our bodies which create our overall health. For optimum health, aim to have seven serves (3 ½ cups) of vegetables each day. It can help to build your meal around vegetables and have them make up around

50% of your meal. Of course keep eating your protein — just be sure to also include plenty of veggies.

Some of the specific nutrients that men need for optimal health include:

Zinc

Necessary for converting cholesterol into testosterone at optimum levels, and testosterone is needed for strength, mental health and libido. Food sources include oysters and red meat and there's a small amount in eggs and sunflower seeds. Zinc was once readily found in soils and therefore in our foods. However, too many soils are now zinc deficient and as a result many people are now deficient in this vital mineral and find supplementation to be valuable.

Omega-3s

These essential fatty acids (EFAs) play a pivotal role in regulating cholesterol, reducing inflammation and preventing blood clots. All of these things, if left unchecked, can lead to some of the most common health challenges that men experience. Your body can't produce EFAs so it is essential that you get these from food. Sources include oily fish, walnuts, chia seeds and flaxseeds.

Vitamin D

This important nutrient is also instrumental in dampening down inflammation making it vital for cardiovascular health and stroke prevention. Yet, this is just one of the many roles it plays. We get vitamin D predominantly from sunshine so daily (safe) sun on our skin is important. During winter months, supplementation can be necessary.

Magnesium

Involved in over 300 biochemical processes from digestion to sleep cycles to muscle relaxation, magnesium is critical for dampening down stress in the body. The best sources include leafy green vegetables (the darker the better), seeds (particularly sesame seeds), nuts, raw cacao (think dark chocolate), and seaweed.



SKINCARE FOR MEN

by Dr Peter Aspell (Durham Health Cosmetic)

Men getting cosmetic treatments is nothing new - they just talk about it less and tend to get more subtle treatments in areas like forehead, temples and along the jawline.

While the aesthetic goals are, obviously, different the treatment principles remain the same. Most men in my clinic come in concerned about lines in their foreheads and so Botox treatments tend to be as in demand with men as they are with women and men almost always want the treatments to go unnoticed by others. The doses men require are typically much higher as they tend to have more muscle bulk and stronger lines but the principles are the same — temporarily weaken the fine muscles of the face to reduce wrinkling.

Skincare is another point of difference — men typically want the simplest skincare routines and so I like to keep it simple with two or three products, applied in under 30 seconds, twice a day when brushing their teeth.

Six months on, almost all of my male patients notice their skin has improved because so few of them ever used even basic moisturisers

before. Chemical peels are also very popular as due to higher testosterone levels men tend to have oilier and more acne-prone skin. These peels are cheap, easy to perform alone or as part of any other cosmetic treatment and are a real hit with those of us with greasier skin.

Perhaps the greatest differences between the sexes are in how we use dermal fillers. Men rarely ask for lip filler treatments and are less concerned with the signs of ageing around the mouth and chin. Whereas jawline treatments for women focus on getting more elegant, fine and lengthened jawlines, men come for treatment to widen their jawline and sometimes chin, giving the appearance of a more bulky, muscular lower face. Bags under the eyes seem to bother men less so than women, however subtle filler treatments under the eyes are designed to make everyone look more refreshed and less tired.



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MEN IN BUSINESS

North Canterbury is bursting with wonderful businesses owned and run by dynamic and entrepreneurial men. Across all sectors from real estate to architecture, construction to marketing, our men in business are flourishing and dynamic in the North Canterbury business world.



Making Your Business a Success

Matt James has no interest in world domination, but if that is your goal, he is more than happy to help you find your way.

Matt is the Managing Director of North Canterbury Business Services and provides specialist business support and coaching to start-ups and established businesses throughout North Canterbury. He set up the business eight years ago and runs it alongside his wife Belinda who is an accountant and financial coach.

"When you start up a business you've got an awful lot to do and it becomes overwhelming. I try to navigate a path which is achievable for you by breaking it up into bite size chunks, and then prioritizing those chunks into what's most important.

"I'm a problem solver, and part of my skill set is finding solutions for people."

I am also well connected, which means I can often help people talk to the right people to get to the success they need. I will throw rocks and bricks at someone's business proposal to try and break it. If we can't break it, then it's a valid proposition and we'll go forward with it. If it does break, I've got some pretty good plaster I can apply to work on weaknesses."

With skills and experience built up over a lifetime of working for large private and public multinational corporations including Xerox, Meridian Energy and Ngāi Tahu, Matt said he gets immense satisfaction from sharing his knowledge with other business owners.

"Being able to apply that knowledge to people who are starting up a business is quite fulfilling. I have no interest in world domination myself, but I am happy to help other people be successful. Many businesses that have come to me have started just as an idea and to be able to help guide them into a sustainable business is pretty cool. I'm a bit like Mary Poppins - you need me until you don't."

When asked what advice he had for others wanting to make the transition from employee to business owner, Matt said it was important to "back yourself and go with your gut instinct".

"And realising you don't know everything, and you can't do everything. When it's best to take advice and when it's best to get someone in who knows what they are doing. For example, I know one of my strengths is the delivery of marketing



strategies, but I am not very creative, so we use local company Create to do all our marketing. It's knowing what you are good at and what you are not good at."

When he is not busy helping business owners achieve their goals, Matt can be found doing his bit for the local community.

"In my home life I do a lot of community work. I have been the chairman of the board of Rangiora High School, president of the Waikuku Beach Surf Lifesaving Club and I am currently the president of the Pegasus Residents Association. I just naturally get sucked into those community roles which I enjoy because it's incredibly rewarding being able to help the community."

Unit 6/Level 1,
Conway Lane Rangiora
027 8310 237 | www.ncbiz.co.nz



A Quality Cut

A passion for people, food and delivering the best quality product is what motivates local butcher Peter Benny.

Peter owns Meat2U, a home-kill and butchery business that specialises in home kill and wild game meat processing. Due to customer demand his business has recently expanded to include an online shop that offers premium meat sales to the public.

"Every second person was coming in and asking for products, so we decided to do online sales. Now we have sales going out every day of the week to people from all over North Canterbury and Christchurch. Initially it was just me on my lonesome but now I have two full time butchers and a meatpacker working with me.

"With the pandemic people were encouraged to buy online, and I think it's a trend that is only going to get stronger. Buying online gives people more choice and buying power. People can buy from us, and because we don't have a shop our overheads are a

lot lower so we can sell things cheaper. They get more bang for their buck."

Now from his purpose-built facility in Rangiora, Peter is now able to provide meat for both home kill and online sales.

"For farmers and life-style block owners, we do on-farm kills of all livestock, and have stock yards for live animal drop off. Recreational hunters can also bring in their deer and their wild pig, and have it turned into something very high end. We have a 24/7 game drop-off chiller for deer and pigs."

As for online sales, popular items include Meat 2U's range of sausages which are available in 20 flavours including gluten free options, as well as their range of naturally smoked bacon and ham, Peter said.



"People will come in looking for products that they can't buy from the supermarket."

Or if they can get it from the supermarket they are heinously expensive or just very difficult to access. We do some research, tell them what flavours are available and they can go from there. I get 100% satisfaction from helping people with dietary requirements."

All Meat2U's products have excess fat removed before being vacuumed sealed and clearly labelled.

And with more than 35 years' experience, there is not a lot he does not know about quality meat. Coming from a family of butchers, Peter left school at 17-years-old to train as a butcher and was named New Zealand's Butchery apprentice of the year in 1982. Since then, Peter has worked in freezing works, a venison export plant, owned a retail fish shop and

managed several butcher shops before setting up Meat2U two years ago.

When asked what skills were needed to become a successful butcher. Peter said it was important to be passionate about what you do and be willing to work hard.

"You also have to understand how meat is cooked, how it is to be eaten and be interested in cooking in general. I like cooking because cooking is very closely followed by eating."

401 Gressons Road, Rangiora
03 313 0022 or 0272 63 28 28
www.meat2u.nz



Richard Fantham Radius Building

What does a typical day look like for you?

Out of bed at 5am to start my day with some exercise then into the office at 5.30 am to refine my program for the day and clear a few routine tasks. From 6.30am I enjoy an hour of family time while we all get ready for the day and then I do the morning school run. From there I'm either in the office for the day working on a multitude of things or I'm about town checking in with my clients and our teams to ensure everything's ticking over smoothly. My work day typically ends between 5 and 6pm.

What gets you out of bed in the morning?

There's always a fresh challenge to tackle and no two days are ever the same. Every project is unique with different details and different client needs so that keeps it interesting. We also have the underlying goal of constant improvement which keeps the motivation high.

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

Absolutely yes! Building regulations, products and systems are in constant evolution so one of my key tasks is keeping up with these changes to ensure we offer the best advice and service possible to our clients. The learning never stops and my staff and I are constantly looking to improve our performance both individually and collectively.

How do you measure personal success?

I ask myself 4 questions. Are my clients happy, are my staff happy, is my family happy, am I happy? If the answer is yes to all four I consider it success.

How do you achieve a work life balance?

Work life balance is a little elusive at times. Our construction schedule stays very constant but the amount of enquiry and level of detail in our projects varies and my work hours fluctuate accordingly. I'll often work a few late nights but always try to have the weekends off with my family. As our systems have developed over the years I'm finding this much easier to achieve.

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Aaron Clark Property Brokers

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

Do your homework, talk to people with relevant experience for qualified advice, and have twice as much money in the bank as what you think you'll need!

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

I think to myself, "When I'm 65 and looking back on this time, how important will it be then?" It keeps things in perspective.

What are three keys to success?

A strong work ethic, a well thought out marketing plan, and the willingness to never stop learning.

What skills are needed to be successful in your industry?

Relationship building, genuine empathy, negotiation, and communication.

How do you measure personal success?

Client feedback. If my customers are happy then everything else takes care of itself.

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

There was months of study to get into the industry, plus ongoing industry study, and I work with two real estate coaches to keep on top of my game.

Where do you see yourself in 10 years?

At Property Brokers, helping as many people as I can every day.

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

I'm involved with the Rangiora Lions Club, was President of the North Canterbury BMX Club when we built the new track in Rangiora, and I play as much sport as my body and my work hours let me.

How do you achieve a work-life balance?

I don't. But I am in charge of my diary so I add community service and sport to my schedule on top of the 50-70 hours I work a week. One sleep-in a week gets me through so I can do it all again.

222 High Street, Rangiora
027 873 5121 | aaronc@pb.co.nz



Michael Jenks

Licenced Real Estate Sales Person for Bayleys North Canterbury

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

You will need a strong work ethic. Honesty and integrity are also vital components of every successful enterprise.

What gets you out of bed in the morning?

A passion for selling real estate.

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

I try to look at things from a different angle to help achieve a favourable result.

What are three keys to success?

I like to get up and on with my day early; put in a full day's work and treat people the way I would like to be treated myself.

What skills are needed to be successful in your industry?

Good negotiation skills are vital as is the ability to read and interpret different scenarios.

How do you measure personal success?

Satisfied customers; I always aim to exceed their expectations.

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

I am extensively involved with the horse community in North Canterbury. My wife rides and I attend and sponsor a variety of local events. I get great satisfaction especially from helping young riders and the Para Equestrian riders.

As a child, what did you want to be when you grew up? How does that align with where you are now?

I have always loved interacting with people and a sales career was a natural progression from there.

How do you achieve a work-life balance?

Luckily I love my job as I always seem to be working!

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

I really enjoy working on my lifestyle block and helping my wife with our horses.

251 High Street, Rangiora
027 473 7768
michael.jenks@bayleys.co.nz



Making The Right Choice For Your Home Design

Creating a dream home can be a daunting prospect, and the key is to get it right from the start with great design. With over 10 years in the industry, that's something Joe Armitage, founder and director of Choice Architecture, knows all about.

Choice Architecture (previously Choice Design) was born after Joe discovered the need for a reliable and professional option for those in North Canterbury and beyond, who wanted an architecturally designed home.

Joe's determination to provide a fantastic service coupled with his business acumen – has seen him recently celebrate 5 years in business. In that time, he's seen changes in the approach to homes and design, with family homes tending to be larger and a move toward a more contemporary, modernist aesthetic. He's also become increasingly aware of the hard work that goes into being a business owner.

"I admire anyone who's willing to chase their dreams and start up their own business," says Joe.

"Whether it turns out to be successful or not. I know the dedication and sacrifice that goes into it."

Expanding a business and taking on staff can be a challenge for business owners, but Joe has made great choices along the way and today the business employs a dedicated, 'great team' of five, who always make him proud, he says.

Despite being a self-confessed 'people pleaser', Joe is well aware of the need to switch off at the end of the working day to ensure good balance in his life. With two young children and a major renovation of his own house going on, Joe has plenty to distract from work. To help him unwind, he makes a conscious effort to go out for dinner with his wife, enjoy movies and catch up with his mates at the pub.

Looking back on the past 5 years, Joe touches on his very first job when he started Choice. It was a small bathroom and ensuite alteration that taught him an important lesson. "Always give any potential client the time of day and take on any job no matter how small of a project it is, you have to start somewhere. Your eagerness will filter through, and word of mouth is an important tool for bringing in more work."

Today, Joe says some of his proudest moments are when Choice Architecture gets recommended by a previous client.

From those humble beginnings, Joe and his team have since worked on some impressive new homes, while still retaining



the passion for clever redesign of existing homes and have many return clients.

"I welcome the opportunity to meet with you to discuss your ideas, so you can see for yourself that when it comes to home design, we are the right Choice".



hello@choicearchitecture.co.nz | 021 224 6423
choicearchitecture.co.nz



Jacques de Beer North Canterbury Signs

How long have you owned your own business?

I started my first signwriting business in 1988 in South Africa. During our time in New Zealand since 2008 my wife and I had a signwriting business on the North Island, we decided to relocate to Canterbury December 2018.

Where did the idea come from?

I always wanted to be an artist, in school I always got the task of painting posters and banners for any function that happened. That slowly progressed to doing signwriting on windows for my dad's business followed by the business next door asking me to do their windows aswell. From then onwards I've always been involved in the industry.

What did you do before you setup your business?

I originally studied graphic design and then went into the South African military. During my time at the military I managed a large onsite printing facility. I worked in various areas of the advertising industry from managing tourism offices to organising big events and shows such as Chris deBurg and Bonnie Tyler during their South African tour.

What is your role within the business?

I'm mainly in charge of the graphic design and production which includes, manufacturing various signs and decals, operating the CNC router and printing equipment and then also all aspects of installation.

What have you learned about yourself since becoming a business owner?

For a large part of my life I've always been involved in business and the main thing I've learned is to trust myself and my abilities, and to never compare my business journey with

another business as you just never know what goes on behind the scenes.

What are your goals for the future?

Ideally the big picture is to keep growing the business and continue creating a lifestyle where I can be creative. Eventually it would be great if my children took over and I can slow down the pace.

How do you achieve a work life balance?

I don't... I enjoy what I do and have been since 1982 when I started in the industry so it never feel like work. I sometimes listen to my wife and take a day off to go visit my daughter in Christchurch.

How do you manage stressful situations?

Deep breaths and more deep breaths.

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MAKING TRACKS

Blind faith and a passion for bikes have contributed to Pushbikes owner Richard Allin's success.

A lifelong competitive mountain biker, Richard began his career working in a bike shop, before buying an existing bike shop and establishing Pushbikes in 2001.

"One of the good things about being in business is that you get to wear many different hats. From marketing and accounting to HR to retail displays, there's always a different task to do. I find it all very rewarding.

"I am pretty proud of my Rangiora shop. When I bought it a lot of people questioned it and said there wasn't

a market out here for it. But I knew there was, because I was working in a shop in town and we were servicing people from the area.



I had knowledge and knew that it would work. You've just got to back yourself and do the best you can."

Knowledge and passion have helped Pushbikes go from strength to strength, with the Rangiora business moving to a bigger site three years ago. The creation of an online store means that Pushbikes now has customers all over New Zealand. A second Pushbikes location opened in Papanui in 2006, and a third in St Martin's last year.

All three locations offer an extensive range of bikes and accessories, and each has a workshop for services and repairs. Richard said the talented team in the service department can even fix pram tyres.

While the Covid Pandemic had impacted the business in terms of global stock shortages, it had led to a resurgence in cycling.

"Covid has certainly been good for the bike industry in the last couple of years. With people not being able to travel they have made the most of their own backyards. New Zealand has a massive amount of trail networks and some amazing trails to offer. So, Kiwis are getting out and enjoying it."

The advent of e-bikes had also increased in recent years, with Pushbikes stocking a number of makes and models of this popular style of bike.

"They have completely changed the industry over the past few years. Now 70% of the bikes we sell are e-bikes, and it's only just going to continue to expand as the technology develops. They have made popular trails like Dunstan or the Otago Rail Trail more accessible to people who might not be able to achieve it on a normal bike. You can cover more distance, have a lot of fun, and hop off the bike at the end of the day and still feel like you can stand up. It makes the whole thing a lot more enjoyable."

As for goals for the future, Richard said he wanted to expand the Pushbikes footprint nationwide. The company was looking for investors who are interested in becoming store owners within a joint partnership model under the Pushbikes brand.

1 High Street, Rangiora
03 313 5298
www.pushbikes.co.nz



LIVING HIS DREAM

In a few short years, Ryan McDonald has turned his hobby into a business, and his business into a brand.

Ryan is the creative director of MoMac Social - a full-service creative agency that specialises in videography, photography, web design, graphic design, branding, and social media. Established in 2017, the Rangiora-based business has grown from a one-man band to a team of seven and is now one of North Canterbury's most recognised brands.

"We're North Canterbury and proud. We're proud to be these little guys based in Rangiora rather than Christchurch, and punching above our weight."

A mechanic by trade, Ryan's interest in videography began when he was a pupil at Rangiora Borough Primary School. Over time this interest grew into a serious passion, with Ryan regularly creating video content for family and friends.

"The idea [for MoMac] popped into my

head one evening after doing a lot of videos and seeing what was popular, I saw there was a bit of a gap in the market for businesses and advertising, and at the time people weren't really making cool videos for businesses."

The idea coincided with several advances in visual media technology, including the introduction of GoPro and drones which made videography more accessible, Ryan said.

When he originally established MoMac, the idea was to work for free for six months to build up his portfolio while travelling back and forth to Brisbane for work.

"The plan was to work on the rigs for two weeks and come back and make videos for two weeks. But on that first week back we started getting enquiries straight away. There was only one way to find out if it was a goer, and that was to quit my job and move back to New Zealand.

"What started as just video evolved into a little bit of social media. Then we started doing a couple of websites, and that just kept growing. The business is now split into two divisions, one side doing photo and video and the other side is web,

social and graphic design."

Ryan said the evolution of MoMac had been underpinned by the idea of bootstrapping - the process of reinvesting income into a business for the purpose of growth. An example of this is the story behind the company's Blake Street office.

"The office was a house that I bought when I was in Australia. When I moved back to New Zealand, I was working out of my parent's lounge to keep costs down. We moved in about two and half years ago, but I could only afford to do one section of it. And as I could afford it we did another part and another. We have finally finished the very last bit of the renovation so now the entire house is a fully dedicated HQ."

Despite his success, Ryan has not lost sight of the initial idea behind MoMac.

"We're going to keep doing good work, and providing value for our clients."



027 899 6607
admin@momac.co.nz
www.momac.co.nz



NO PROBLEMS, ONLY SOLUTIONS

Chris Hendriks loves to find solutions to tricky problems.

Chris owns Not Just Coatings, a business that provides abrasive blasting, marine coatings, painting services, waterproofing and hydro demolition services for commercial or industrial projects. With New Zealand's largest water blaster in their stable of equipment, no job is too big or too small for the Kaiapoi business.

When it comes to running his business, Chris likes to take

a forward-thinking approach and is known for his "no problems, only solutions" attitude. And with more than 42 years of experience, there is not a lot he doesn't know about his industry.

"We can fix your corrosion, broken concrete, and cracks in foundations and walls. We can paint your walls and waterproof. We're a company of many talents."



The 57-year-old credits his dyslexia for being able to think outside the square.

"I might not be able to write things down, but I know my industry. At Not Just Coatings we look at things differently than other people will look at them, and that's how we survive. We have had lots of clients come to us and ask us if we can do this or that, and if we can't we study it and get it done. And that's how we've grown.

"Jobs that stand out to me are the most awkward jobs. After the earthquakes, we had to fix a lot of problems for people, problems that they said couldn't be fixed."

Founded in 2006, Not Just Coatings services the whole of New Zealand, with teams also travelling to Australia and American Samoa for work.

The company employs 16 staff members who are an integral part of the business's success, Chris said.

"We really value and appreciate our staff. There is no 'I' in team. We're all part of the wheel and the wheel can't go round if it's not hitting the ground."

Chris believes that if you are willing to work hard, there are no barriers to success.

"We are open to employing people that struggle to read and write because sadly in today's society you are judged on your education. You don't need to be able to read and write to make money."

"I'm not a very good teacher because I can't write anything down but if you want to learn I will show you how it's done."

As for goals for the future, Chris and his team hope to expand the business and become more environmentally conscious.

"We're trying to buy some land at the moment, and hopefully, within the next two to three years we're going to build a water processing plant to recycle our water and reuse it. In our industry, we use a lot of water, and water is a precious resource - we need to think about the long-term impact."



chris@notjustcoatings.nz | 027 427 5004
www.notjustcoatings.nz



PREMIUM EVENTS

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Contact Andy Youngman
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Radius Building are in the business of exceeding expectations

The talented team at Radius Building are in the business of exceeding expectations.

Specialising in residential architectural new builds and alterations, the Fernside-based business is owned by Richard and Michele Fantham. The couple are motivated by a strong desire to produce exceptional results for their clients.

At Radius Building excellence in workmanship and communication is standard practice, Michele said.

"Just good enough is not acceptable. Excellence isn't and never should be an extra when your financial investment is high. No matter what stage you're at during your building journey, it doesn't matter - we always aim to exceed expectations.

Former Army Officer Richard is the driving force of Radius Building, which he started back in 2006. He is Advanced Trade Qualified, an LBP and Building Site Manager, while Michele takes care of the day-to-day administration of the family-run business.

"Richard is deeply determined and is dedicated to making sure that he's providing his clients a better service than what anyone else could give them. That's just how he functions by default. It's his sincere desire to go out of his way to craft a home that's exceptional and give his clients that exceptional service. When he already has high standards himself, it's impossible to craft a home to a lesser standard.

"They say you're only as good as your team - and we have an amazing team. Our guys are just wonderful people and super talented. They are passionate about building and fully focussed on delivering the best possible results for our clients."

Whether you have plans for your dream home already drawn up, or are not sure where to start, the team at Radius Building will help guide you through your project.

"We provide all the help and guidance required, from our initial meeting through to completion and we even stay in touch afterwards to ensure everything remains perfect."

Radius Building use a software program called Co-Construct which allows their clients to keep track of their project, know when they need to make decisions and have access to all the information related to their build.

"The aim is to provide an outstanding quality home that our clients will love, and make sure that the journey is stress free and fun. Our clients aren't just another 'job' or another 'project', they are our business and our focus during their entire building journey. It's important to us that our clients have an experience that they are delighted with and proud to have been a part of."

Radius Building service the entire Canterbury region, and are members of both the Registered Master Builders Association and the New Zealand Certified Builders Association.

Prebbleton House

Radius Building's latest build is a beautiful four-bedroom family home in Prebbleton. Built with space and tradition in mind, this 450sqm home provides a sophisticated blend of craft and comfort for the whole family. The stunning home features two living areas, a well-equipped modern kitchen and a magnificent staircase that takes you to the second floor where a 'bridge' allows you to take in the views of the surrounding area.



021 222 9994
richard@radiusbuilding.co.nz
radiusbuilding.co.nz



A Classic Kitchen

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

Sandy owns North Canterbury antiques store Twine (which is opening in Rangiora later in the year). In this first part of our kitchen series, she gives us a glimpse of her home kitchen and shows us how a real 'classic' look can work.

I wanted a classic kitchen that wouldn't date and I wanted furniture rather than cabinetry, liking it to a European kitchen.

The engineering table in the middle came out from an antique shop in Auckland, I bought it years ago and it works perfectly. It's got drawers that open on both sides and a great workbench.

I do think space and layout is really important in a kitchen, you want things to work. Get your oven, fridge, sink in the right places. That's why my fridge is at the end of my kitchen so that if people come in they can get a drink or whatever out of the fridge without having to go past me if I'm cooking.

We got the white cabinets from Millbrook, as we always try to support

local. I knew I wanted cabinets right to the ceiling as it makes everything look taller. I also wanted the glass doors on the cabinets, to show off my collection of blue and white cornishware. I'm a neat person so that works fine for me.

The chandelier is from Vaughan Antiques and I love it with the lemons. It ties in well with my giant lemon tree outside the French doors, perfect for the G&T's!

My old ice safe is from Germany and it stands at the end of the table in the middle. Then by the wall there's an old wooden meat safe, that was off a farm in Australia. Now I keep some of my cookbooks in it but I just love the look of it. I've also got a chrome 60's stepping stool, they are so practical every kitchen needs one.

"I wanted a classic kitchen that wouldn't date and I wanted furniture rather than cabinetry, liking it to a European kitchen."



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After Before

Yes, you should vote, and here is why.

Want to end a conversation quickly? Ask someone how they're going to vote in the upcoming local elections.

Local elections are mostly greeted with a profound lack of interest. They simply don't generate the excitement, big names and big personalities of national elections. But most local candidates put in plenty of work letting us know they're running - with billboards and Facebook pages and leaflets and advertising.

They invest time and money putting themselves forward to represent our communities. Yet still we mostly respond with an eye roll or a fake yawn when asked about how we'll vote for council or our local community board. But your vote does matter.

The people elected onto our community boards and councils make decisions that affect our lives every single day. They decide things like what we can do on our sections; where we can walk our dogs; what kind of recycling and rubbish collections we get; what sort of parking options we have; whether we get a new playground; where new development should be concentrated. The list goes on. And sure decisions on rubbish collections might not sound particularly exciting but they do matter to most of us in our daily lives.

So when those voting papers arrive in your mailbox in the coming days - take a proper look at them, read about the candidates, think about what you want for your community and cast your vote.

You can find out all the details of the local elections on your council website. And in the leaflet that will arrive with your voting papers.

"The people elected onto our community boards and councils make decisions that affect our lives every single day."

Re-Elect
DAN GORDON
FOR MAYOR

Authorised by Dan Gordon, dan@danogordon.co.nz

RE-ELECT

PHILIP
REDMOND QSM
COUNCILLOR

for
Kaiapoi
Woodend Ward

"Serving the community"

Authorised by Philip Redmond 2276214

RE-ELECT
**MURRAY
CLARKE**
Community Board

Authorised by Murray Clarke, 027 513 7678

ENVIRONMENT CANTERBURY

VOTE **SHAUN LISSINGTON**

Financial | Environmental Sustainability

Authorised by Shaun Lissington, 027 315 0039

Q&A with Shaun

What skills and knowledge will you bring to the council?
I offer myself for election with a comprehensive range of representation and governance role history.

As an owner/operator of a successful family farming business, I am well aware of the issues we currently face but very concerned with the challenges confronting us and how we can create an environment that can both financially and environmentally sustainable.

What do you think the local council could do better?
Earn the trust and respect of all ratepayers.

Ensure that lives, property and infrastructure are protected from the impacts of climate change.

What do you think are the three key issues facing the Waimakariri community over the next five years?
Climate change
Flood protection
Efficient public transport

What do you do when not out campaigning for local Council?
Currently I am grazing young stock on our dryland property at Loburn.

ENVIRONMENT CANTERBURY

VOTE FOR
CLAIRE MCKAY

FOR SENSIBLE
DECISION MAKING &
COMMITMENT TO :

- A HEALTHY ENVIRONMENT**
- A HEALTHY ECONOMY**
- A VIBRANT COMMUNITY**

Contact Claire on 027 486 4023

Authorised by Claire McKay, clairemckay2016@gmail.com

Q&A with Claire

What skills and knowledge will you bring to the council?
I bring strong leadership and good governance to the table, supported by my skills for critical and strategic thinking needed for reasoned decision making. Local knowledge and two terms of experience on Council means I have a detailed understanding of the complexity of the issues faced in managing our natural resources, and urgent need to address the consequential impacts from decades of rural and urban development, and the need for communities to understand and be prepared for impacts of climate change.

What do you think are the three key issues facing the Waimakariri community over the next five years?
A high frequency, safe, reliable Public Transport service which travels to the places people want to go is critical for connecting our local communities, and Christchurch city, whilst reducing carbon emissions and road congestion.

Improving freshwater management and ecosystem health remains extremely important for everyone. Real and lasting change requires a huge shift in commonly accepted practices and behaviours, in both urban and rural communities. Everyone must "do their bit".

What do you think the local council could do better?
My business background and appreciation of the value of hard-earned cash, means I will continue my drive for prioritisation of work programmes and an efficient and effective Council with affordable rates.

I care about our people, our natural environment and resources, public transport, the economy and most importantly our future.



Mayor, Council, Community Board... What is the difference?

This year voters in both Hurunui and Waimakariri will be choosing a new mayor as well as councillors and representatives for community boards. So what do all these people do and what is a ward anyway?

The council is made up of 10 councillors and the mayor who is the leader of the council. Together they review and make decisions on things that are important to the whole district – like the district plan and future growth. There are three wards in both the Hurunui and the Waimakariri and whilst we all vote for one mayor, we vote for councillors that represent our wards.

There are four community boards in the Waimakariri and these focus on building strong communities. They represent the community to council; they make decisions on local issues and even have some discretionary funding for local projects.

In the Hurunui, Hanmer Springs also elect a Community Board to deal with local issues. The full Council delegate a range of functions to the Hanmer Springs Community Board. The rest of the district is divided into wards and council delegate some local matters to each ward committee who also advise Council on local matters.

A ward is simply an area of the district. According to a Stats NZ definition the ward system was designed “to allow for the recognition of communities within a district and to increase community involvement in the local government system.” There are three wards in the Waimakariri and three in the Hurunui.

“The council is made up of 10 councillors and the mayor who is the leader of the council.”



Jim Gerard QSO

RANGIORA SUBDIVISION COMMUNITY BOARD

I am passionate about Rangiora. We face substantial growth, estimated at 20% over the next few years. This requires careful planning and management.

Such things as traffic congestion, bus services, park and ride, car parking, and environmental policies to protect and enhance our district require careful and sensible planning. As well, with an aging population, a 24-hour medical service is essential. So too is the need for prudent financial management, rate costs must be held.

As a former Councillor, Mayor, MP for Rangiora, and currently Chair of the Community Board, I bring extensive experience to local issues. I also bring wide public and business experience, having served in Canada as New Zealand's High Commissioner, past member of Lincoln University Board and Canterbury Business Board.

Authorised by Jim Gerard, 027 726 8555



Liz McClure

RANGIORA ASHLEY COMMUNITY BOARD, RANGIORA SUBDIVISION

It's a privilege to live in Rangiora with my husband and three children. We are active members of our community where I have completed 7 years on the Southbrook School Board.

My husband is a volunteer firefighter and together we run our successful IT business. Our children are educated through local schools, with our youngest finishing primary this year. Our oldest are both studying and working in Rangiora.

With 20-years governance experience, I have held numerous positions and coordinated successful events. I was awarded the MoH Individual Volunteer Award for my mahi with Plunket following the Canterbury Earthquakes. I have strong communication, listening and time management skills, am down-to-earth, reliable and hard working.

I am 100% dedicated to working alongside our community, strongly supporting the afterhours health-centre and engaging with community tamariki.

Authorised by Liz McClure, Ph 0276289984



Andrew Thompson

WOODEND-SEFTON COMMUNITY BOARD

I have been on the Woodend-Sefton Community Board as Deputy Chair for the last two terms. In that time, we have advocated for the local community on issues such as Woodend/Pegasus road safety (ongoing with NZTA) and flooding.

I'm pleased to have been involved with the Taranaki Stream Reserve since the first plantings and to be protecting the Ashley Rakahuri Estuary and our beaches as a member of the bylaw advisory group.

A Chartered Accountant by profession I have worked in senior financial roles for a variety of organisations and now operate on my own as well as being a Trustee of the MainPower Trust and Presbyterian Support Upper South Island.

Living at Waikuku Beach allows me to enjoy what North Canterbury offers and the sense of community that it provides. If elected I will continue to work for the local community.

Approved by Andrew Thompson 0272357140



Jackie Watson

KAIAPOI TUAHIWI COMMUNITY BOARD

As a member of the Kaiapoi Tuahiwi Community Board for 12 years, including as Chair, I have been privileged to be part of a Council led team that has managed the huge changes forced on Kaiapoi by the quake.

The improvements and redevelopment of the town during that time has been very rewarding and I am seeking another term to continue my focus on making Kaiapoi a vibrant destination and a desirable place of residence.

I have been and continue to be an active member of the community, voluntarily working for many organisations intent on providing free or affordable events for families, attracting visitors to Kaiapoi and creating a caring community with plenty of heart.

I have the experience and drive to advocate for you to complete the job of making the most of our unique identity of river town and gateway to North Canterbury.

Authorised by Jackie Watson, 022 3509547



Pete Merrifield

OXFORD-OHOKA COMMUNITY BOARD, OXFORD SUBDIVISION

I live near Cust, having recently moved to Waimakariri. I am married to Karen and we have a blended adult family. I trained as an Automotive Engineer, then retrained to become a Technology teacher. These career choices have given me strong problem solving and public speaking skills and the ability to relate to many varied groups of people.

I want to put something back into my local community. I believe that one of the important aspects of this position is to listen to people because it is people who make our community strong and viable.

I look forward to meeting residents of the area and hearing their concerns and feedback about issues relevant to our area. He aha te mea nui o te ao? He tangata he tangata he tangata! What is the most important thing in the world? It is people, it is people, it is people!

Authorised by Pete Merrifield, petemerrifieldcust@gmail.com



Robbie Brine

RANGIORA COMMUNITY BOARD

Family means everything to my partner Jessica and I. Jessica is a swim teacher at Dudley pool. Between us we have six children and so far five grandchildren

With your vote I will be a steady hand at the wheel continuing to make our community strong and vibrant.

For over 55 years sport has been an important part of my and our family's lives. This is why I have dedicated so much time within sport and recreation.

Some of the achievements I am proud to have been a part of as your elected representative was the rebuild of Dudley Pool, Rangiora Town Hall upgrade, introduction of the 3 bin system, sewer and water upgrades, investment in town centres and district growth also the indoor stadium. My 41 year professional career has been dedicated to listening and responding to issues and problems.

Authorised by Robert Brine, 021 027 74188



Grant Harris

RANGIORA-ASHLEY COMMUNITY BOARD

I have been living in this awesome community and North Canterbury since 2013. My Partner Cara and myself have 3 boys between us and all live locally.

My day job is as a Residential Services Manager for the Salvation Army. I have been lucky enough to be doing similar community roles now for 28 years, I have always been community driven. At present I am volunteering as a Board Member of Elmtree Lodge and am also a member of the Alcohol and Drug steering group here in Rangiora.

Over the years I have been on many Boards and Committees and have a passion for being involved and part of teams to make a difference in our Community.

Vote Grant Harris. Thank you for taking the time to read about me.

Authorised by Grant Harris, grant.harris148@gmail.com



Murray Clarke

RANGIORA COMMUNITY BOARD

As the founding chairman of the Rangiora Community Board I am standing for election in and endeavour to ensure that property rates increases for Rangiora residents are kept to a minimum by avoiding costly overruns and exploring alternative sources of funding.

Committed to listening and acting on the needs of the Rangiora Ward residents, I have been a local resident for 49 years involved in farming in Southbrook and small business ventures. Community activities – Founder of Community Watch, Rotary Club, Waimakariri Health Advisory group, Grey Power, Rangiora Drainage Committee and 6 terms on the Rangiora Advisory Board to name a few.

Previously employed by Otago University as Facilities and Contracts Manager at Christchurch Hospital Site where I am also Justice of the Peace for Staff and patients. I have the ability to fully understand Council Staff reports and act appropriately.

Authorised by Murray Clarke, 027 513 7678

Q&A with Wayne

What skills and knowledge will you bring to the council?

I have a common-sense approach to governance and make good decisions based on merit and facts. I'm trustworthy and honest, have local government experience, proven governance and leadership skills, community focused and care deeply about people's wellbeing. I'm down to earth, a good listener, think practical and solution driven. I have the drive, passion and commitment to be your new councillor.

What do you think are the three key issues facing the Waimakariri community over the next five years?

Managing growth and development but caring for the district's natural beauty

and landscape, we can not afford to lose anymore productive land into houses.

Losing the local voice in key decision making and the ever-changing political landscape, I'm opposed to Central Governments reforms and policies where residents receive poorer services but increasing costs.

Risk of Waimakariri losing "what makes it feel right", Council needs a vision that focuses on the community and empowers people to be engaged, participate, succeed and be rewarded.

What do you think the local council could do better?

To have a new perspective, to challenge your thinking. Embrace technology. Become efficient and achieve smarter services. To care!

Q&A with Thomas

What skills and knowledge will you bring to the council?

I have worked in roading and infrastructure for 8 years and so understand many of the complexities around roading, drainage, and traffic. I have also been a Community Board member for 6 years investigating issues facing the community and have learnt a lot about how the Council works and how to navigate the system. I have enjoyed the Community Boards ability to interact with the Community and believe that this is the key to its effectiveness.

What do you think are the three key issues facing the Waimakariri community over the next five years?

The biggest issue facing the Waimakariri Community over the next five years is one of

preserving its identity. This means protecting the unique environment we live in and maintaining infrastructure to retain quality of life. We have a responsibility to ensure development is well managed and does not negatively impact our way of life or services. Uncontrolled development would result in issues around drainage, water supply, congestion and a loss of the rural aspect of our district.

What do you think the local council could do better?

I believe that the Council needs to work harder to involve the Community in its decision making process, and to communicate more clearly the reasons for its decisions. The Councillors themselves need to be available to their community in order to be able to represent them effectively.

Q&A with Steve

What skills and knowledge will you bring to the council?
A new face with a different approach based on previous Board experience and a strong background in economic development
A strong business background coupled with common sense CEO/General Manager of 11 different large businesses and 2 stints as Board Chair Refer (1) Steve Wilkinson for Council | Facebook
Experience to ask the right questions at the Council table
A history of getting things done
A team player
Time to commit to my community

What do you think are the three key issues

facing the Waimakariri community over the next five years?
Impact of 3 Waters and RMA proposed changes if enacted
Control of rate increases
Controlled Growth and the impact on infrastructure and traffic
Community connection

What do you think the local council could do better?
Show more urgency and more of a can-do attitude than use policy as a reason not to do something

What do you do when not out campaigning for local Council?
Referee touch football at local touch module twice weekly and play representative touch for Canterbury, Run my consulting business

STEVE WILKINSON FOR COUNCIL
Bringing Business experience with common sense
JACKSON Campaign Manager

Q&A with Natalie

Kia Ora Koutou, my name is Natalie Leary.

What skills and knowledge will you bring to the council?
The skills I will bring to the council are leadership, common sense, administration skills and people skills. Through my experiences with sporting bodies, hospitality and service workplaces I have gained knowledge in all areas.

What do you think are the three key issues facing the Waimakariri community over the next five years?
The three main issues that I think need addressing are, rates, opportunities for

work and business to base themselves in our district, and our infrastructure.

What do you do when not out campaigning for local Council?
When I'm not campaigning, I work full time, spend as much time as I can at the Kaiapoi Food Forest and last of all, spend time with whanau and friends.
I am a volunteer with civil defence, I do volunteer work for the corrections department, I follow my whanau with their sporting activities, and love whitebaiting and fishing.

Kia Ora.

VOTE Natalie Leary
Kaiapoi and Woodend Ward
Kaiapoi-Tuahiwi Community Board

*Working for you,
Towards a safer community.*

- I am passionate about creating jobs in our community to keep people local.
- Clean water, Safer roads and affordable rates.
- I am a hard working trustworthy and honest person.

Kia Ora Koutou katoa

Authorised by Natalie Leary: 0204 135 7268

Q&A with Robbie

What skills and knowledge will you bring to the council?
First elected 1998, with 24 years as your councillor I bring considerable knowledge and experience. I supported new water and sewage schemes, Dudley and Oxford pools, the Town Hall restoration, Kate Valley Landfill, three bins system, the new stadium just to name a few of the many decisions I have been involved with. My 41 year civil service career has largely involved listening and responding to problems.

What do you think are the three key issues facing the Waimakariri community over the next five years?
Central Government interference in local body matters such as three waters. Transport

and subsequent congestion. Keeping rate increases manageable are three key issues for the next five years.

What do you think the local council could do better?
Drainage and Roothing infrastructure are two areas we should be doing better, I would strongly support a district wide drainage scheme

What do you do when not out campaigning for local Council?
When I am not doing council business I am incredibly family orientated. Between my partner Jess who is a swim teacher at Dudley and I we have six children and so far five grandchildren, we will often be found spending time with loved ones. On winter weekends I referee Rugby and have coached Netball.

Re-elect
▶ ROBBIE BRINE
as your councillor

- Working with you for 24 years
- Connecting our community
- Creating a future for our children

Authorised by Robert Brine, 9 Rickton Place Rangiora, 021 027 74188

Q&A with Colin

What skills and knowledge will you bring to the council?
To bring a fresh perspective on how an efficient business should be run that focuses on its core services utilising my strong academic [B.Agric.Com, Mktg/Economics] and business background [Retail, tourism, building, sport & recreation, farming etc] to achieve that.

What do you think are the three key issues facing the Waimakariri community over the next five years?
Cost efficiency in giving ratepayers better value for their money. Greater accountability in providing those core services. Supporting Council in the democratic process of protecting ratepayer

assets such as our 3 waters infrastructure.

What do you think the local council could do better?
Cost economy. A higher level of productivity within core services and a greater appreciation of people's rights to better services with reduced cost of administration. Improving our road surfaces and traffic flows in problematic areas. Less red tape and more focus on a progressive, positive and united community.

What do you do when not out campaigning for local Council?
Manufacturer of mobile Tiny Houses being part of the housing crisis solution. Part time farmer [4th generation] and breeder of Thoroughbred horses - my greatest passion.

A SOLUTIONS BASED NO-NONSENSE PERSON WITH A GENUINE SOCIAL CONSCIENCE

A strong advocate for democracy, equality and justice. A promoter of private enterprise.

VOTE COLIN WIGHTMAN
Oxford - Ohoka Ward

Authorised by Colin Wightman, c.wightman@xtra.co.nz

Q&A with Joel

What skills and knowledge will you bring to the council?
I grew up here in Waimakariri. We have chosen to bring up our young family in Pegasus. I have a BA in Politics and Sociology from Canterbury University, and I run a small business from my home office in Pegasus, and an office in Christchurch.

What do you think are the three key issues facing the Waimakariri community over the next five years?
Population Growth - Waimakariri is a fantastic place to live. As more people realise this, our community is growing rapidly.

Public Facilities - As our district grows, quality public facilities such as parks, public toilets, and community centres need to be established and maintained
Safer commuting within towns in our district - I want to further develop walking and cycling options.

What do you do when not out campaigning for local Council?
I have a 5 year-old boy named George and a 3 year-old girl named Lottie. As a family we love to visit local parks and playgrounds. I also enjoy taking my kids for a fluffy at local Cafés. My kids believe the best fluffy comes from Brick Mill Café in Waikuku

Vote Joel McLachlan
Kaiapoi-Woodend Ward

Waimakariri needs better representation for young families

- Promotion of local events and attractions
- Improvement of tracks for walking and biking
- Improvement of pedestrian/cycle connectivity between Pegasus, Ravenswood and Woodend

Authorised by Joel McLachlan, joel@advicekiwi.co.nz

Q&A with Niki

What skills and knowledge will you bring to the council?
I've lived in our ward for 23 years, and I'm standing for re-election having served as your councillor for the last three years. Our council has performed well during a hugely demanding term, so I'm well acquainted with the challenges and opportunities we currently face.

I've been a successful business owner, worked in agriculture and horticulture, I hold a BCom in Marketing and Management and I run the Waimak Lifestyle Block Group. I hold the Climate Change & Sustainability portfolio, I'm a qualified RMA commissioner, I chair the Community and Recreation Committee,

and I represent Waimakariri's interests as a member of the Greater Christchurch Partnership alongside the Mayor and Deputy Mayor.

What do you think are the three key issues facing the Waimakariri community over the next five years?
My 'Big 3' are Climate Change/Sustainability, handling a number of ambitious government reforms, and ensuring our infrastructure is fit for purpose in the face of rapid growth and a changing climate.

What do you think the local council could do better?
I think we could keep residents who have made service requests better up-to-date with their progress, and better explain some processes.

RE-ELECT NIKI MEALINGS FOR COUNCIL

OXFORD-OHOKA WARD

- Sound financial management
- Sensible planning in our rural areas, villages and towns
- Sustainable environmental management
- Strong, connected, resilient communities
- Rural matters matter!

Authorised by N. Mealings, niki.mealings@icloud.com

Q&A with Stephanie

What skills and knowledge will you bring to the council?
I focus on solutions no problems. I listen, formulate, and drive change. I have a diverse career in people management, project work, in the spheres of: Health, disability, education, age care, and facility redevelopment.

I am an earthquake refugee and resettled in Rangiora post 2011. I was a former Chair of Senior Net and am a member of Grey Power and the Cancer Society.

What do you think are the three key issues facing the Waimakariri community over the next five years?
Three Waters

Matching our population with appropriate facilities. Finish the health hub. Build a new high school; stop the proliferation of retirement villages, at the cost of our poorer, marginalised elderly, some of whom live in motor camps, and make further demands on our already extend medical services.

Protecting our land from intensified development and protecting our historic rights to land use and privacy.

What do you do when not out campaigning for local Council?
Keep in close with family and friends, avid reader, write poetry, voluntary groups, check on wise elders, gardening and interior decorating. Have gone off cooking!

Our community is fantastic.
LET'S MAKE IT EVEN BETTER.

- ✓ ENVIRONMENT
- ✓ HOUSING PLANNING
- ✓ JOBS & ECONOMY
- ✓ LOCAL DEMOCRACY

Contact Stephanie
brettw@xtra.co.nz

Authorised by Stephanie Waterfield

Stephanie WATERFIELD

Q&A with Pauline

What skills/knowledge will you bring to the council?
As a current councillor, I bring proven experience, commitment and current knowledge of Hurunui District and key issues facing us. I have hindsight, insight and foresight. I offer enthusiasm, positivity, innovation, connectivity, practicality, family outlook, business knowledge, 28 years varied educational experience, effective communication, time management, prioritisation and organisational ability, empathy, resilience, financial prudence, willingness to listen and appreciate others' viewpoints and a passion for youth, biodiversity and environment. My driving force is helping people.

What do you think are the three key issues facing the Hurunui community over the next

five years?
Need to comply with Drinking Water Standards/Proposed 3 Waters reform Maintenance, satisfaction, safety & service levels in Roothing
Plethora of reform being handed down from central government - ensuring our Hurunui voice is heard.

What do you think the local council could do better?
True ENGAGEMENT with the community (not just communication). Improving Hurunui roads.

What do you do when not out campaigning for local Council?
Wife and mother of 3 daughters aged 21/18/16, teacher at Broomfield School, Own/operate Broomfield Automotive with husband Nigel, Gardening, hobby farming, reading, Candy Crush, motorhome travel, cycling, theatre, art.

VOTE RIGHT Pauline White

HURUNUI DISTRICT COUNCIL - South Ward
People, Planet, Prosperity, Progress.

- ✓ proven experience & current knowledge
- ✓ transparency & honesty
- ✓ community connectivity
- ✓ family focussed & youth connected
- ✓ environment & biodiversity conscious
- ✓ local democratic voice
- ✓ local passion & active engagement
- ✓ innovation & critical thinking
- ✓ financial prudence
- ✓ business perspective
- ✓ commitment & enthusiasm
- ✓ practical thinking & reliability

Authorised by: Pauline White, panwhite@xtra.co.nz



Your Garden this Month

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.

Medicinal Herbs to Grow

There are a great many plants I grow – some simply for beauty and others to feed me, but none are closer to my heart than my herbs, especially those that can be used for health.

Medicinal herbs are herbs used to support our general wellbeing or to remedy specific ailments. Plant medicine was the first medicine and is still practiced widely in the world, with home herbalism making a phenomenal comeback in modern society alongside the rapid rise of backyard vegetable gardening.

Starting your own apothecary garden and learning to use the herbs safely and effectively is



My Top Ten Indispensable Medicinal Herbs:

- Chamomile, Matricaria recutita (flowers)**
The Relaxing Herb: treats restlessness, stress, anxiety, sleeplessness and irritability; also good for upset stomachs and skin.
- Lemon Balm, Melissa officinalis (leaves)**
The Life Herb: treats anxiety insomnia, stress and depression; also effective as an antiviral for cold sores.
- Calendula, Calendula officinalis (flowers)**
The Skin Herb & Cleansing Herb: treats bites and stings, minor wounds, cuts, abrasions, rashes; also good for blood cleansing and detoxing.
- Thyme, Thymus vulgaris (whole herb)**
The Antiseptic Herb: treats sore throats, coughs, mouth ulcers; also wards of colds and flu.
- Peppermint, Mentha x piperita (leaves)**
The Indigestion Herb: treats stomach upsets, cramps, gassiness, nausea; also alleviates anxiety, fevers and headaches.
- Echinacea, Echinacea purpurea (flowering tops; roots)**
The Immune Herb: stimulates immune response; also detoxifying and adaptogen.
- Comfrey, Symphytum**

officinale (leaves or roots)

The Wound Herb: typically applied to reduce swelling and bruising, heal cuts, sprains, strains, wounds, sores, broken bones.

- Garlic, Allium sativum (bulb)**
The Heart and Health Herb: a powerhouse of positive actions for general wellbeing especially heart and circulatory system; also used as tonic and fungicide.

- Lavender, Lavandula officinalis (flowers)**
The Soothing Sedative Herb: treats nervousness and irritability, restlessness and stress; also good for tension headaches and skin problems.

- Aloe Vera, Aloe vera (leaf gel)**
The First Aid Herb; treats burns, cuts, scrapes, wounds, scalds, sunburn, even radiation burns.

Asking me for my favourite herb though is akin to asking a mother her favourite child... impossible! Other herbs I grow and often use in my home herbalism include: Feverfew, Sage, Plantain, Turmeric, St John's Wort, Holy Basil, Meadowsweet, Bergamot, Electric Daisy, Ashwaganda, Anise Hyssop, Yarrow, Mullein.

The herb I'll take to a deserted island, or into space? Stinging Nettles (Urtica spp).

*All information subject to: www.meadowsweet.co.nz/disclaimer



Brunch Cups

In this month's issue the focus is on Men, so with that in mind I have an easy breakfast/brunch recipe that the fellas can cook up on a Sunday morning.

Our tasty Brunch Cups are easy to whip up and make a nice change to your usual cooked breakfast. They are also good for packed lunches or picnics and taste great hot or cold.

A couple of pointers, make sure you grease the muffin tins well to prevent the bread sticking, the recipe says to use white bread but if you have a

favourite multi-grain use it and it will add some texture to the bread cases. You can also substitute the bacon for salami or chorizo, even add chopped spring onion, the options are endless and you can even make them vegetarian. Make sure you store them in the fridge and then they're ready to go when you need them. Until next month happy cooking!



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

Ingredients

- 6 slices thick white bread
- 25g butter, melted
- 8-10 bacon rashers
- 2 cups baby spinach
- Garlic olive oil
- ½ cup tomato relish
- 6 eggs
- ½ cup fresh grated parmesan
- 2 Tbsp fresh chives or parsley, chopped

Method

Preheat oven to 200 degrees celsius. Press each bread slice into a texas muffin tray, and brush with melted butter.

Lay the bacon rashers on a lined baking tray, and bake in the oven for 10-12 minutes or until golden and crisp. While warm, carefully press into the side of the cups and cut a small piece of bacon for the bottom.

Saute the spinach with a drizzle of garlic olive oil and seasoning, then divide amongst the cups to one side of each cup.

Dollop the relish to the opposite side of the spinach, then crack an egg on top. Season with salt and pepper and place in the oven for 15-20 minutes or until the egg has cooked.

Sprinkle each cup with parmesan and chopped chives, then serve.



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Ask an Expert



Kelly McNamara

Financial Adviser at FANZ Private Wealth, part of the SBS Bank group.

Kelly lives in North Canterbury and splits her time between working in the city and from home. Specialising in goals based financial planning, Kelly can help you identify future goals and build a plan to achieve them.

How long have you been a financial adviser?

I began providing financial advice after completing my NZ Certificate in Financial Services specialising in investments 5 years ago – all whilst working fulltime and being a busy mum. However, I have worked in financial services since 2006, so over 16 years in the industry in various roles.

Is now a good time to invest? The headlines are all doom and gloom and talking about the possibility of a recession.

At FANZ Private Wealth we believe in evidence-based investing and studies show it is the length of time you are invested that matters more than when you start. It is normal for investment values to go up and down and challenging market conditions can present opportunities to buy assets at lower prices. If you are unsure whether to place a large sum into an investment right now, then we can plan to invest smaller sums over a longer timeframe.

What should I invest in? Stocks? Cryptocurrency? Property?

My answer to this question will always be a question to you. Where are you trying to get to or what are your ultimate lifestyle and financial goals? You need an investment strategy that balances your capacity for risk while generating an adequate return to give you a high probability of achieving your goals and living the life you want.

How much do I need to have to invest with you?

For an individual investor we can start with as little as \$500 provided there is an ongoing contribution via direct debit.

How do you get paid?

I am a salaried adviser and don't earn any commissions. I am available for a no-obligation free chat and can take you through the advice process if you feel we might be a good fit.



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Spring is in the air!

Update with Hank

A couple of months ago I described this time of year as “the winter of discontent” and reminded you all that everything is cyclic, just like the seasons of the year. And, low and behold, spring is starting to emerge. Daffodils are out, the lawns are growing and need their first mow of the season. The mornings are light earlier and the evenings are starting to draw out. Not long now until daylight saving and then we really are into the summer months.

Just like the longer days so will everything get just a little bit brighter. The doom and gloom will start to fade. The sunshine and more daylight will inevitably help to make us feel a little better about ourselves and the very fortunate circumstances in which we're privileged to live in. We need the spring and then into summer for both our physical and mental health.

Remember, if you think times are tough for you, there's always someone whose dealing with stuff a whole lot tougher than yours.

A very real and present part of my role as an insurance adviser is to assist and help facilitate claims. All claims, from Private Medical claims right through to Life claims. With the ever increasing number of clients choosing to have Private Medical cover this part of my role is forever increasing. I should add here that by far most claims are accepted without issue, but every now and again one crops up that's a little different and becomes a challenge. It's my job to fight for those claims. And it's not often I lose!

However, it's also part of my role to support and be there for clients needing to make a claim at the other end of the spectrum, Life claims. Or should I say death claims. Yes, it does happen! And, yes, it's emotionally a double edged sword. On the one hand I'm ensuring those who could be financially affected by a sudden and unexpected death are well cared for in this regard. On the other hand it's an emotionally taxing time working with the surviving family members to facilitate

the claim. There's stuff I need to make this happen, but it breaks my heart to have to ask, such as a death certificate is one. Or confirmation from a medical adviser, generally an Oncologist, to confirm “that death is imminent”. Not pleasant nor comfortable but necessary.

Life Insurance is the type of insurance that is least claimed on. That includes all insurances. The number of such claims I've had to deal with are very few, in fact you could count the number on less than one hand. The reason for that is most of us carry on into a long and fruitful life passing under normal age related issues. My own Mum and Dad are still with us but they're 91 and 93. Both in care now but experiencing health challenges as we would all expect at this age.

However, we don't know what the future holds for us. Even the very immediate future. We can plan our day, our week, our time ahead but the reality is that circumstances beyond our control that can interrupt those plans are very real.

Unfortunately I have recently had to deal with such a case. A husband, a father, a son was recently taken in a very tragic accident. Fortunately these clients had the foresight to ensure good and solid funding was available for the family in such tragic circumstances in the form of life insurance.

Remember, if you think times are tough for you, there's always someone going through things far worse!

If you need help ensuring the right funding is in place for your family, then give me a call. Afterall it's what we do..

Cheers Hank



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Matt Doocey

MP for Waimakariri

Two years ago the Labour government announced funding to the tune of \$44 million for its ‘Counsellors in Schools’ initiative, with a promise to deliver up to 100,000 hours of counselling support every year for 24,000 students across 141 schools.

Sadly, the programme has fallen astonishingly short of its target, with only 7,875 hours of counselling delivered between November 2021 and 30 June 2022 – just 984 hours per month.

This is a shocking shortfall under a government that consistently fails to deliver. To hit their target of 100,000 hours, roughly 8,000 hours of counselling would need to be delivered every month. Right now, they are averaging about 10 per cent of that number.

What's more, if we break down the data provided, we can see that from November 2021 to June 2022, \$5.14 million was spent delivering 7,875 hours of counselling. That's over \$650 an hour for a single counselling session.

It's the same story with Labour's mental health services investment. The government announced its \$1.9 billion package to help improve mental health, yet despite this spend-up, the Mental Health and Wellbeing Commission found the government had failed in its delivery, with no material improvements in mental health.

This is a government that simply cannot deliver improved outcomes. And at a time when so many parents are battling growing waiting lists to get their child the mental health support they desperately need, this news of government incompetence and wasteful spending is a kick in the guts.

Simply announcing funding with good intentions doesn't solve any of the issues facing a declining mental health sector. Our vulnerable Kiwis need a well-managed plan to execute change. Unfortunately, we lack a government and a Minister who prioritises mental health.



PAGE TURNERS

words: Emmas at Oxford

The Measure

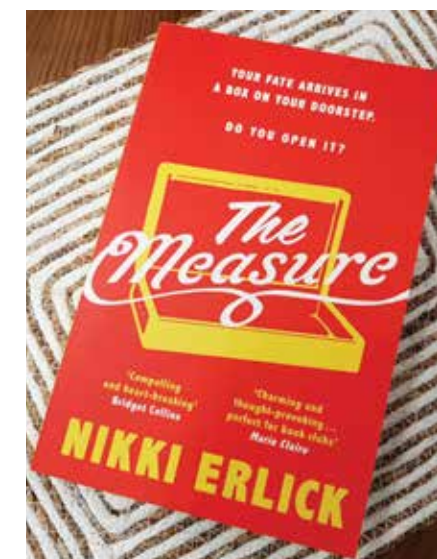
By Nikki Erlick

It Is Not The Years In Your Life That Count, It Is The Life In Your Years.

Eight ordinary people; It seems like any other day; You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live. From suburban doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy. Where did these boxes come from? What do they mean? Is there truth to what they promise?

Would you want to know how many years you had left? If you knew, would you make different choices?

As society comes together and pulls



apart; what do they do with the knowledge of the length of their lives. What choices are made around relationships, actions, politics Fear and discrimination ensue.

This is not a depressing read. It is a hopeful story, which touches on all emotions. I found myself invested in the lives of these characters; applauding successes and being sad about their losses.

This book is a creative and thought-provoking debut that will be one of my 2022 favourites. It would make an excellent book club selection.



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experiencing Sealy Tarns Track

Words: as told to Michelle McCullough Images: Supplied

Liz from essence magazine shares her experience with conquering the Sealy Tarns Track.

I wouldn't call myself a natural hiker or especially fit, but I have always loved nature and the outdoors. Nevertheless, one chilly Saturday morning, I decided to throw caution to the wind, and give the Sealy Tarns Track in Mount Cook a go. And I'm so glad I did.

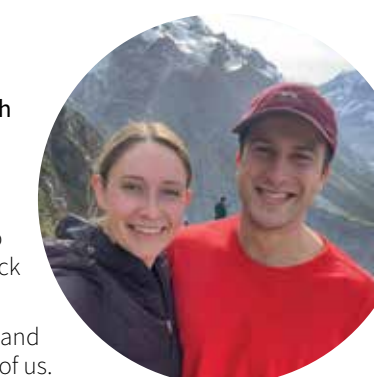
My partner Stas and I had never done this track before, and we thought it would be a great experience for the both of us. Before we set off on our adventure, Stas checked the forecast, and saw that it was going to be a fresh -1 degrees. With this newfound information Stas determined that it was definitely ski jacket weather, but boy oh boy did he regret it once we started hiking!

The Sealy Tarns Track is a 5.1km return track that leads to the freshwater lakes of Sealy Tarns. The views of the Hooker Valley and Mount Cook are just spectacular - I'd stop and pause, take silent pictures with my mind (as well as my camera) and try to catch my breath so I could continue on the top.

Yes, hiking is a physical challenge, but you experience the most gratifying, unique, and memorable experience of your life. All the positives vastly outweigh any niggly negatives. Once you get to the top and experience that view, all the struggles getting to the top make it so worthwhile.

It was amazing to see how many others were out and about enjoying the track, including lot of families with children which was great to see.

The Sealy Tarns Track is definitely a local track to tick off the bucket list. Although I am not ashamed to admit that I was extremely happy once we got to the bottom again!



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