



essence

essentially...north canterbury

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Kaylee Bell

Complimentary
PUBLICATION

April/May 2023

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Behind the Scenes

Once the clocks have gone back we are well and truly on the way to winter. And day light saving can get our body clocks all confused - Dorothy was in the office at 7am this week, thanks to the lighter mornings. Or so she says, there was nobody there to verify this arrival time!

But regardless of the effect on our body clocks, there really are so many great things about the cooler months. The crisp autumn mornings and the leaves turning colour and the chance to do some star gazing at the Oxford Observatory. We are so lucky to have such an amazing facility so nearby. Find out all about it and how you can book a visit in our article on page 10.

Elsewhere in this issue read about the Pegasus couple planning to row the Atlantic; how a Canterbury weatherman forecast the weather for his wedding day and find out why country singer, Kaylee Bell, still loves her hometown of Waimate. Sure, it might feel like things slow down in autumn, but there's still plenty going on in North Canterbury.

But if cooler weather and more time indoors has got you looking around your living space with a critical eye, then check out some of our home and

garden stories for inspiration. This month we visited an award-winning home in Leithfield where rugs from Briscoes sit comfortably alongside antique furnishings. And writer Jo Bailey spent some time chatting to the After Hours Stylist about life, homes, gardens and her recent book.

So whether you're an early bird up with the dawn or a night owl that likes the long dark evenings - make sure you find some time to sit back, relax and enjoy this issue of Essence. We hope you enjoy reading it as much as we love putting it together.

Pattie Pegler Editor

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House and Garden



Front cover image: The After Hours Stylist image supplied by Kate Williams

On the Couch

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Fashion



Giveaway

After Hours Stylist Book

We have a copy of the fabulous After Hours Stylist book to give away to one lucky Essence reader!

With beautiful photography, a wealth of ideas and tips for home décor, gardens and entertaining, all arranged seasonally, this is an inspiring book for any home.

To go in the draw just email pattie@essencemagazine.co.nz with your name, contact details and tell us why you would like to win this beautiful book. Entries close Monday 22nd May.

Thank you to our writers this issue: Grant Shanks, Michelle McCullough, Róisín Magee, Jo Bailey

contact us:

Dorothy McLennan Publisher
dorothy@essencemagazine.co.nz

Pattie Pegler Editor
pattie@essencemagazine.co.nz

Pat Naude Sth Canty Advertising & Business Manager
pat@essencemagazine.co.nz

Larnya Bourdot Graphic Design
larnya@essencemagazine.co.nz

Create Design Studio Graphic Design
studio.rangiora@printing.com

Advertise essencenz@essencemagazine.co.nz

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Skedaddle Run For Nature

Saturday 29 April - near Culverden

Skedaddle is North Canterbury's new trail running event and takes place at the majestic Island Hills Station in the Hurunui. All proceeds go towards conservation efforts in the Mandamus Preservation Reserve, which includes the largest QEII Open Space Covenant in Canterbury.

With different options to suit different abilities, the race offers four distances; 42km, 30km, 15km and a kids' 3km run. The courses are all point-to-point along stunning singletrack through the privately-owned Island Hills Station. Stunning scenery, great trails and all for a good cause.

Find out more and enter online at www.skedaddle.co.nz.



Boots n' All Kaylee Bell

Tour starts 4 May, Waimate Town Hall

Singer/songwriter Kaylee Bell kicked off 2023 opening for Ed Sheeran. Now she's off around the country with her own live show and it's going to be great. Bell is a force to be reckoned with, she's won countless awards, played huge venues with big names and she's super talented.

She's kicking off her tour in her hometown of Waimate and then heading off around the country. Dates and venues are selling out super-fast so get in quick if you want to get a ticket.

Tickets available at www.ticketmaster.co.nz \$39.90 each



Grease

4 May to 20 May Rangiora Town Hall

The North Canterbury Musical Society have been rehearsing for months to bring this fabulous musical favourite to the stage. There's something really fun about seeing an old classic like Grease brought to life on the stage. The talented cast and crew at NCMS will be taking us back to Rydell High's class of 1959 with the romance between tough boy Danny Zuko and wholesome newcomer, Sandy. And of course, their friends in the form of the Pink Ladies and the T-Birds. Plenty of the classic hits including Summer Nights, Grease and Hopelessly Devoted. This is set to be a really great performance.

Tickets available online at www.ncms.co.nz \$37.50 each.

Saturday 6 May - Balcairn Hall

For music buffs this is a great opportunity to catch the NZ String Quartet as they tour the country with their lively and eclectic musical performances. Part of the New Zealand Arts On Tour program this is an evening that will appeal to both newcomers and seasoned chamber music fans.

The NZ String Quartet has an established international reputation for its insightful introductions. With the quartet providing spoken introductions to each piece of music in order to demystify the music and illuminate the stories behind the pieces.

So, if you have never heard a string quartet play live or, don't know what to expect, this is a great place to start.

Tickets available online at Eventbrite \$30 each.



Gather + You New Premises

On a Monday evening in March business owner Natalia Baker hosted stockists, friends and family at the new Kaiapoi premises for Gather + You.

The weather was great, everyone enjoyed looking around the new, beautifully styled boutique with its homewares and baby items and Natalia did an amazing job doing all her own catering and styling.



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International Women's Day

The Soroptimists North Canterbury marked International Women's Day with a wonderful breakfast event at the RSA in Rangiora. Speakers included Dame Sue Bagshaw, a youth advocate and doctor and fashion designer, Abby Foy.



Dael Foy and Dame Sue Bagshaw

Jim Gerard, Mayor Dan Gordon, Ross Ditmer, Peter Black and Mayor Marie Black, Fi Sidey



Students representing Rangiora High School

Dael and Abby Foy

Mary Gerard and Soroptimist president Anthea Penny



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Wedding weather with Russell Voice of CWU



WORDS: MICHELLE MCCULLOUGH | IMAGES: SARAH CLEMENTS PHOTOGRAPHY

Selecting the perfect day to tie the knot can be a nerve-racking task for many couples, but when you are Canterbury's premier weatherman there is a bit more pressure to get it right.

And that is exactly how Canterbury Weather Updates weather analyst Russell Voice felt last month when he married his beautiful bride Phoebe at Amuri Estate in Hanmer Springs.

"I was pretty nervous, not about getting married but just about the day. I was looking pretty intensely at the forecast leading up to it, and while it was going to be sunny and warm, there was a chance of thunderstorms at around three o'clock, so I was looking at the rain radar, hoping nothing would bubble up."

"You can't control the weather but [at the wedding] I was still watching the clouds and watching the sky change and hoping it stayed away."

Thankfully the thunderstorms did not appear, and the couple were able to enjoy their outdoor wedding as planned.

"We had the ideal conditions, it played out all right. February is usually the most settled time of the year, and it's usually the best month in Canterbury, and New Zealand to have a wedding because there's a higher chance of having a good day. Having said that, the February we have just had has been very unsettled, especially in the North Island."

"We got lucky really because the week after the wedding it rained for four days straight; just constant rain."

Despite attending the University of Canterbury and studying to be teachers at the same time more than a decade ago, the couple did not meet until 2016. The couple had their first date at Terra Viva Cafe in Christchurch where Russell impressed the primary school teacher with his knowledge of weather.

"I got talking about the weather pretty early on. Pheeb's hadn't even heard of CWU, despite it being popular even back then. So, I spent some time explaining what we do and how and now she even helps me edit some of my content."

While Phoebe is relatively new to the world of forecasting, growing up on the Kaikoura Peninsula Russell's interest in weather started early.

"Kaikoura is the most amazing place to watch the weather unfold and develop with the mountains and the sea. I remember between the age of seven and nine I would bike up to the lookout and watch the southerly front roll in, with the rain and the snow then bike back and report to my parents."

Since then, the keen outdoorsman has built on his knowledge and honed his skills as a forecaster while working as a physical education teacher. He launched Canterbury



Weather Updates in 2013, and what started as a simple Facebook page has developed into a full-time business.

"I look at a lot of maps, and computer models from Europe and the US, and from there I look for trends and consistency. When you have trends, and consistencies amongst more models you get a higher degree of confidence in what you're saying – that's what weather forecasting is."

Today, CWU is one of the region's most trusted brands, with users from Waimate to Kaikoura flooding to the site daily to check the forecast.

"We use all of the same stuff as MetService, and all the same models. The point of difference about what I do is that it is more personalised weather information. When [other services] generate a forecast it's just a generic forecast, it hasn't been moderated, or tailored towards that place. I personalise it and give it more detail."

As for the future, Russell plans to enjoy married life, and expand his business with the introduction of CWU TV.



Be brave, do your homework, seek quality advice and get involved.

Claire and Stuart Morris Ray
White Morris & Co Real Estate

Is Property Still a Viable Investment?

We reckon it is but that's our opinion, there are some key concepts to keep in mind however:

- It is a long term investment. If you are looking to make a quick buck by turning over property that's cool, and you may well be able to make it work however for most of us we need to look at the long game. By long game we mean 10-15 years minimum, allowing your property ownership to extend through a full market cycle of growth, boom and recession. That way you will access the capital gains that property has historically offered - generally doubling in value every cycle (or close to it).
- Remember you are getting a return on the value of the entire asset, not just the equity you have invested to own it. This may seem complicated so let's look at an example - let's say you purchase an investment property for \$600,000 and it returns \$500 a week (or \$26,000 a year). That is a return of about 4.33% on the \$600,000, even less if you take into consideration costs like rates and insurance. It doesn't sound that appealing when you can achieve that or better in the bank for almost zero risk or effort BUT (and we think this is a big but), depending on your lending structure you may only have had to find 20-40% of that \$600,000 to purchase it (\$120,000 - \$240,000) So all of a sudden that return is more like 10-20% on the money you actually had to find. Yes we understand you need to service the debt on the rest but your tenant will be helping you to do this.
- Cash flow positive property - these are almost impossible to find currently. This is when the rent accrued actually covers the entire debt servicing. Most likely you have to top up the mortgage each week just consider it compulsory saving for your future.
- Debt is not something to be afraid of if you understand it. A lot of Kiwi's are in a race to own their own home debt free - this is a great goal to have but less so if that is the only asset you own when the time comes to stop working and your income reduces.

- We all want a comfortable and enjoyable retirement and to achieve this you will likely need another source of income on top of the pension or a cash reserve in the bank to chew through. Investment property can offer both but it means embracing some debt over your working life. It makes sense that as your career/life progresses and your earning capacity does too, to then take the time to consider servicing some debt. The more you earn the more debt you can service with some comfort - with the goal being that you are debt free when your earning reduces/stops but have multiple properties to live off comfortably into retirement.

- Get out there and do it - legally you will need support for the first 6-12 months around some key areas. Good ideas can be to offer to help established agents, shadow or just donate your time to help - what have you got to lose? Your first two years will be spent marketing yourself and building a business. It can be tiring but remember you're in it for the long run!

Is now a good time to invest?

The media is making quite a song and dance about the engineered recession we are in at the moment. We're not hiding from it as the economy follows a pretty reliable cycle. The best time to buy is when the prices are low and we would suggest we aren't far away from that.

When supply is low and demand is high it generally keeps returns at a healthy level. It's hard to see those stocks being replenished at the same pace they are being sold so this could remain the case for quite some time.

So be brave, do your homework, seek quality advice and get involved. We won't be changing our strategy just because the market is at a slower point. We're in it for the long haul and a period of growth is just around the corner. As an investor client just said to us "We're investing now because no one else is - it's time to buy"

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Spectacular Stewart Island

to the highest point on the island – Hananui/ Mt Anglem. After the disgrace of our ferry crossing, ruined by my retching, I marched ahead on day one leaving my boyfriend trailing behind me. He might have been carrying all of our gear. I forget.

We shared our hut on the first night with a man, who refused to say where he was from because he was a citizen of the world, and a generously proportioned German hiker who had twisted her ankle and was debating whether to ring the water taxi. She didn't have a mobile phone. I'm not sure there was any coverage.

The next morning, I was in such a hurry to get out that I didn't eat much breakfast. My boyfriend pointed out that just getting up and down Mt Anglem was a 1000 metre climb. In hearing this, the citizen of the world jumped up and announced he was going to run up Mt Anglem.

We left as quickly as we could.

The climb began in thick mist and about two thirds of the way up, we met the world citizen on his way back down. He said the top was about five minutes'

walk but there was no point us going any further because it was completely clogged in. We ignored him. About 45 minutes after this, we popped through the cloud and were rewarded with glorious views across to the mainland and over the whole island.

I was so moved that I proposed (for the second time). The answer was no (again). I then promptly ran out of energy and to my lasting shame at one point sat down and cried on the way to our second hut. But it is a lasting testament to the appeal and magic of this beautiful place that this memory in no way tarnished the experience as a whole.

Go, if you haven't been! And go again, if you have. Kiwis, you don't know how lucky you are!

(For anyone curious, no, I didn't swim. It was very cold. But we didn't use our raincoats much either – we had two weeks of beautiful blue skies.)



Writer Róisín Magee ready for action



WORDS: RÓISÍN MAGEE | IMAGES: RÓISÍN MAGEE AND REALNZ

When I first came to New Zealand, I was amazed by how few of the Kiwis I met had visited Stewart Island. My then boyfriend had grown up spending holidays in the family bach in Golden Bay and had a lot to say about how great Stewart Island was. An island that is 85% national park? With real, actual kiwi, that you can sometimes see even in the daytime?! Hold my beer, I thought, I'm off!

So when we got the chance, we took a couple of days to help the boyfriend's parents pack everything we needed for two weeks on the island. This included coal (for the range) petrol (for the boat – very few cars on the island) and raincoats. I looked out at the bright blue skies and packed my bikini.

About 30 minutes into our ferry crossing I started to feel sick. My boyfriend asked politely if this was normal. It wasn't. I had never been sea sick in my life, even on a mackerel fishing trip in Cornwall on which the other passengers had vomited throughout. Apparently this was the calmest he'd ever seen the Foveaux Strait. So either the Foveaux Strait is quite gnarly, or the coffee on board is not to be trusted.

Oban more than made up for the queasiness, however. It's a lovely fishing village clustered around the harbour, with a small shop (best to bring most things you need with you), a pub in the form of the South Sea Hotel and a tourist shop run by one of the nicest ladies I've ever come across. She lent us her car to drive home in, although I forget why, and we bought merinos.

Rakiura/ Stewart Island is New Zealand's third largest island. Polynesian people had arrived by the 1200s but they didn't stick around. Māori, on the other hand, settled around the coast and on some neighbouring islands. They caught fish and harvested tītī, which is still a bit of a delicacy in Southland and delicious spread on hot buttered toast. In the first half of the 19th century, European sealers and whalers arrived.

Despite this long history of human habitation, most of the island is as it was before people arrived. There are around 15,000 southern tokoeka (Stewart Island Kiwi), as well as several species of native parrot, including kākāpō.

From Oban, you can visit Ulva Island, a predator-free scenic reserve in Patterson Inlet to see kākā, weka, kākāriki, south island saddlebacks, little blue penguins and rare yellow-eyed penguins. If you have your own boat, or take a water taxi, you can also visit the spit, where there are old middens to see and the Norwegian whaling base. Spooky, but well worth a trip. If you're as lucky as we were, you might find an optimistic albatross flying alongside your boat.

Tramping is the main draw for a lot of visitors to the island (the Rakiura Track is a Great Walk). We fulfilled a childhood dream of my boyfriend's and walked



How to get there
Stewart Island Ferry Services (www.realnz.com/en/experiences/ferry-services/stewart-island-ferry-services/) Stewart Island Flights (www.stewartislandflights.co.nz/)

Where to stay
South Sea Hotel. Prince Harry had a drink here when he visited, if that doesn't put you off. (www.southseahotel.co.nz/)

Where to eat
The van next to the children's playground serves the best fish and chips I have ever had. Battered blue cod, fresh from the sea – yum!

What to take
Sturdy shoes, warm clothes and, yes, raincoats. Even in midsummer!



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Star Gazing in Oxford

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

One definite upside of the dark evenings is the chance to get out and look at the night sky without having to wait for a late sunset. However, if, like me, you step out into your back yard, look skywards and then realise you can't identify much more than the moon – well then, it could be time to get booked in for a session at the Oxford Observatory.

The observatory not only has a very hi-tech telescope but it also has a team of dedicated volunteers who can tell you what to look for and where to look. And that's pretty important in the vast night sky.

“People are always amazed by what you can see through the telescope. There are lots of oohs and ahhs,” says volunteer Raul Elias Drago. “We look at things like open clusters which can be tens or hundreds of stars, double stars, globular clusters ...you see different objects at different times.”



Visitors may also get to see galaxies, nebulae (giant clouds of dust or gas in space), and planets like Jupiter with its coloured bands and Saturn with its distinctive rings.

Sessions also incorporate some time outside star gazing with volunteers helping to identify visible constellations and things like the Milky Way that can be seen with the naked eye.

The open sessions are run by volunteers and typically take up to 20 people. Roughly an hour is spent on the telescope and they try to view around six objects – pointing them out and then giving each visitor a chance to see it through the telescope. Sessions are weather dependent – there's not much you can see through a thick layer of cloud.

For those with more than a casual interest in astronomy, then it's also worth checking out some of the workshops and courses on offer at the observatory. There's even one on astrophotography – helping you capture great images of all the incredible things up in that night sky.



Bookings are essential for observatory sessions. For further details visit www.oxford.ngawhenua.nz or find the Oxford Observatory on Facebook.



On the couch with Raul Elias Drago

Raul Elias-Drago has been volunteering at the Oxford Observatory since 2019 and first became interested in astronomy when he was in primary school and had to complete a project on the solar system. That early project cemented his interest in outer space and today he is passionate about all things astronomical and describes himself as an 'exolinguist' – someone who studies alien language.

He moved to Oxford, from Auckland, in 2014 looking for a rural life. As his 'day job' he is a project manager at the West Coast Primary Health Organisation in the Mental Health and Addictions Unit. “I'd like to give the biggest shout-out to my colleagues who work so hard for our community,” he told us.

essence: Tell us about a memory that makes you smile.
Going to get ice cream with my parents on Sundays. We used to get into my dad's old mustard coloured 1970s Cadillac and go the same ice cream parlour in old San Juan, Puerto Rico. The buildings there date back to the 1500s and 1600s and I used to always get vanilla ice cream. It's still my favourite flavour ice cream today.

essence: What has been a defining moment for you in your life?
Easy - becoming a parent myself! I have two children, a daughter nine (a future arthropodologist/artist) and a son eight (an up-and-coming car and engine technician).

essence: What did you want to be when you were a child?
I wanted to be an astronaut from the earliest time that I can remember because I wanted to walk on the clouds.

essence: What makes you smile?
Seeing my partner smile.

essence: How do you start your day?
I make myself a really bad-tasting watery coffee ... sorry tastebuds ... and then I take the kids to school. I feel pretty fortunate to be able to spend that time most mornings in the car with them.

essence: If you could live forever, would you?
Oh, I would like to live forever most definitely! I'd like to see what happens to our planet: will the human race act in time to save it?

essence: What's your favourite time of day and why?
The middle of the night, I love feeling like I am the only one awake in the whole world.

essence: What is the best thing about living in North Canterbury?
I think what makes North Canterbury special is how easy it is to approach people and talk to them. It reminds me a little bit of Puerto Rico, where I was born.

essence: If you could improve one thing about North Canterbury what would it be?
I would like to see less light pollution. This would bring huge benefits to our health, protect our ecosystems, conserve energy, and preserve our pristine skies. It would be a game changer.

essence: Can you recommend a movie to us?
One of my favourite movies is *Contact*, it was made in the late 90s and it's about making contact with aliens, with Jodie Foster. It's based on the sci-fi novel by Carl Sagan. I love science fiction when it comes to movies and books.

essence: Technology - the worst thing that has ever happened to human kind? Or the most amazing thing that has ever touched our lives?
One of most amazing pieces of technology to touch our lives had to be the fax machine. Up until that time, the only way to send written information was by mail (which was very slow). With the fax, everything became literally instant: you could send letters, submit a report, buy a house, share a drawing, etc. in a matter of seconds. Today's mobile phone hasn't changed much of that.

Shop the Look

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



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WORDS: KELLY CRAWFORD | IMAGES: CRAWFORD HILL

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Utterly unique teaspoon earrings. **Vintage Rose**

Go anywhere, goes with anything Blaze tote bag. **Craze**

A touch of casual style with this multi-stripe cotton knit full of texture and colour. **Country Lane**

Tropical greens keep a rainy day cheerful in this cute, hooded raincoat. **I Adore**

Lido sunnies with milky teal and green frames. **Fabric of Society**

Effortlessly stylish Rivington dress by Stella + Gemma. **Craze**

Elegant single-breasted blazer in hunter green with military style buttons. **Country Lane**

Green mixing bowl from Mason Cash range embossed with forest scenes. **I Adore**

On trend chunky loafers in gorgeous green suede. **Street Legal**

Get cosied up with this pea-green velvet, quilted throw. **Niche**

On trend botanicals and animals combine in this Victorian scene cushion. **Thea's Boutique**

A pop of green to lift any scene with this ceramic artichoke. **Thea's Boutique**

Gorgeous Green Favourite Things

Hello Friday phone bag with adjustable crossbody strap, perfect for phone, cards, lip balm. **Blackwells**

Crocodile green Bowery blouse by Stella + Gemma. **Thea's Boutique**

Dual straps change up the look for this gorgeous Status Anxiety bag in soft pebble leather. **Niche**

Super cute, mint green monstera leaf earrings. **Gather + You**

Leather purse with pretty floral lining. **Gather + You**

The perfect weekend casual look with this Huffer sweatshirt. **Propaganda**

Heavy duty canvas tote bag in sage green. **Gather + You**

Get a pop of colour with this gorgeous emerald green shoulder bag from Rusty. **Propaganda**

Button through, Genesis style coat in moss green will set off any winter outfit. **Craze**

Gorgeous green and white shoes from Woden with distinctive cork sole. **Craze**

Sage green and white checked, tiered dress with super cute tie back. **Blackwells**



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Celebrating nature's bounty and beauty

WORDS: JO BAILEY | IMAGES: KATE WILLIAMS

It is 8pm on a Monday evening, and Kate Williams is in her floral shed, styling two stunning Easter creations she will help groups of eager participants to make, at workshops she is running at her beautiful Prebbleton property on the coming weekend.

Working late into the night is nothing new for Kate, who truly lives up to her name – the After Hours Stylist. At this time of the year, she is up until around midnight most nights working on creative projects. Then she is back up at 6am, to get ready to head to her day job, managing a Christchurch law firm.

As well as overseeing the design and interior styling of the lovely home Kate and her husband Phil built on a block of bare land they purchased nine years ago, the couple has created acres of spectacular cottage style gardens, with formal elements, and many flowers – including abundant fields of lovely blooms. These are in hot demand at regular ‘pick your own stem’ sessions as people flock to pick their own dahlias, zinnias, cosmos, gladioli and more. Kate also welcomes people to her home for regular floral and interior styling workshops, using foraged bounty from the garden.

Her love for beauty and finding ways to accentuate and celebrate it, combined with her passion for creativity, knows no bounds. Kate is an accomplished artist, who loves getting into her paint studio to work on commissions, and create artworks based on her floral designs. Photography is another passion. Her



inspirational and aspirational Instagram page, After Hours Stylist is well worth a visit to see how she brings the strands of her creativity together in beautiful imagery.

Kate's schedule is punishing, but she is grateful to have married another creative soul who shares her huge drive. "Phil is amazing. He has spent his life creating buildings, designs and inventions, and is always coming up with new business ideas. Over the summer he has done most of the garden work here and I've done most of the playing," she laughs.

Kate says it is not unusual to come home and find Phil has built a recycled structure for the garden, a new wall to use as a backdrop for her photography, or even a flying fox which has become a much-loved addition to their property. "I got home recently to find him on the tractor. He'd created a new paddock for another three acres of garden."

As the colder weather approaches, the pace will slow a little for Kate and Phil. "A glass of wine together would be nice," she says.

They both love the process of designing and building something from scratch. In fact they have built seven homes in their 33 years together. Kate says the Prebbleton property is a bit special, and might just keep them in one spot for a while yet. The house was designed by architect, Darren O'Neil, and built in stages. Features include exterior cedar and corrugated iron, with beautiful oak floors and timber trusses inside.

Although Kate has no formal interiors training, she has a brilliant eye, and loves nothing more than styling a room around a special piece, which could be anything from one of her artworks, to some gorgeous linen she has found. "It's quite hard to define the interior style of the house, but I would say it is almost French Country, come Cape Cod," she says.

Kate grew up in a creative household, with her pharmacist father, and nurse mother, always working on projects after work. "Mum would create with food and sewing. Dad did up old Buick cars, with Mum doing the upholstery. It wasn't unusual to find Dad working in the garage at 2am. I definitely get it from them, as well as their love of caring for others. Our house was always full of people."

The Williams' house and garden, and Kate's creative work, have been profiled in many local and national magazines, one of which led to the publication of Kate's first book, appropriately titled, *The After Hours Stylist: Growing, gathering, and creating through the seasons*. "When House and Garden photographer, Anna McLeod was here shooting for the feature, she said, 'you should do a book'. Within an hour, we did our first staging together, talked with publishers over the next few weeks, then worked intensively on the project for 28 weeks to meet the deadline."

After whittling down the resultant 20,000 images to 600, the result is a beautiful coffee table book, featuring the best of Kate's styling with flowers, foliage and food, and several recipes. "What I hope to achieve with the book, and also my workshops, is teaching people that you can celebrate in style without it being a big expense – that you can create something unique and special using the things around you."

The After Hours Stylist: Growing, gathering, and creating through the seasons is available from leading retailers.



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Above: The exterior of the barn house with solar panels on roof, a large deck and easy indoor outdoor flow. Below: The large open plan living area with oak floor and structural steel beams.

The Barn House

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

In the rural village of Leithfield, a modern black barn with round windows is at once unassuming but easy to spot. And for Lynnette Creagh, it's a home that has brought her full circle – back to the area she grew up in, with her parents next door and the farm style house she longed for.

Like so many Cantabrians, Lynnette and her husband, had to move from Christchurch after the earthquakes. Leithfield seemed like a natural choice – they just needed a house and when Lynnette spotted a renovation done by High Country Homes, she was impressed enough to get in touch with them.

"I phoned them and asked are you one of those boutique builders that I can't afford," she recalls with a laugh. They said they weren't and Simon Banks, licensed architectural designer and builder, came over and had a look at the building site.

"The site was located on the river side of a stop bank with a creek nearby and needed flood proof foundations," says, Simon. "There was a herd of goats, a pet stag and a swathe of children running around. What you need is a barn in that situation ...and things went from there."

The Build

But this wasn't just a case of building. With a young family and a small business, Lynnette and her husband were working on a limited budget. Here the simple shape of the barn really helped to keep costs down and Simon was also aware of keeping the house affordable to run and maintain – it has off-grid capacity, there's no spouting which cuts down on maintenance and a log burner with solar water makes for extremely low energy usage.

The combination of style and budget is no small feat and the house won first place in the Canterbury 2015 House of the Year Award in the \$400 – 500k category. And Lynnette has nothing but praise for Simon's expertise in design and building.

Today, this award-winning, 4-bedroom barn is a real home to Lynnette, her husband, three children and a dog called Pedro. They have lived here for eight years and spend most of their time in the vast open plan kitchen, dining and living area. Light pours in through the round windows and natural textures abound – oak floors and pine clad ceilings, leather furnishings and vast visible steel beams. This is rustic meets modern.

Interiors

But overall, it's a big space that could easily feel just...well, big. It doesn't.

One key consideration says Lynnette is the size of furniture. "Because the room is so big, little furniture just looks silly." So the pieces here are large and solid – like the bespoke oak kitchen island, the darkly painted pine dresser and even the Boston fern which is of rainforest-like proportions.

Spaces are further defined by furniture placement and rugs, clearly carving up the barn room into distinct areas. By the kitchen counter there are bar stools and by the window two comfortable, mismatched armchairs, looking out over the view (one of Lynnette's favourite spots to sit with a coffee). In the middle of the room the dining area is staked out with a large rustic table and a wrought iron chandelier style light above and at the far end the lounge area with soft, leather couches and beanbags.



Above Left: Candles and retro lamp add ambience to the master bedroom. Above Right: House owner, Lynnette, with canine companion Pedro. Below: Bespoke oak kitchen island is solid and practical combined with white cabinetry and dark subway tiles.



Left: Timbers, foliage, sheep skins and leather add softness to this laidback living area. Centre: The corridor offers plenty of storage in inbuilt cupboards, alongside wall space to hang art. Right: Lynnette's eclectic style brings a homely touch to the country kitchen.

So what is Lynnette's approach to interior décor? She brushes the idea away modestly. "I will give anything a go," she laughs.

It's a bit of an understatement. She made the curtains, reupholstered the ottoman, made the bean bags, happily paints and revamps furniture to fit the room – like the teal sideboard and the pine dresser now painted black and she started her colour theme from one of the Sid Dickens' tiles on display. And she reveals that she also made the willow baskets after attending a weaving course.

It's easy for the rustic and eclectic to become the simply messy. But here Lynnette's eye for interiors has really paid off and, when pressed, she admits she does have some form here. "I do have a background in soft furnishings," she says. "I love sewing and I am a crafts person. I guess it's in my blood."

When it comes to finding home wares, it's not about lavish spending – rugs are from Briscoes, there are Trade Me purchases dotted around and pieces inherited from family members, like the footstool that belonged to her grandparents.

Lynnette also likes the quirky. "I see things I like and then think about where I could put it," she says, pointing to the large Fresh Eggs sign in the kitchen.

Over one hundred years ago Lynnette's grandfather was born in the village. When Lynnette was growing up this land was a horse paddock. It's perhaps no surprise that when Simon drew up plans for this barn home – the family instantly loved them.

"We looked at the plans and just said 'That feels like our home'," says Lynnette.

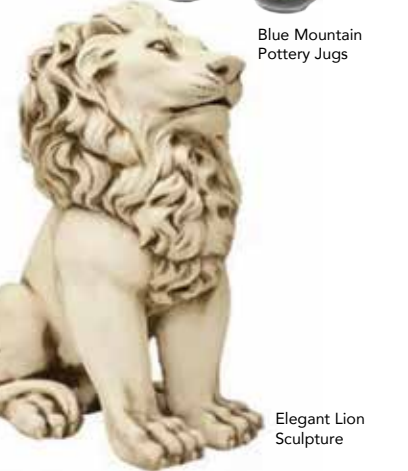
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Garden Remedies for winter ills

WORDS: MINETTE TONOLI

For the colds we suffer in the colder months, here are two recipes (that can be made from your own garden produce) that can help remedy some of the symptoms commonly associated with winter ills:



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.



Spicy Tomato Drink for Stuffy Sinuses

This hot (spice), hot (temperature) drink is great for nasal congestion.

Tomato juice is rich in Vitamin-C, a well-known natural cold-fighting nutrient. It is also high in other vitamins, minerals and antioxidants. Make your own from your tomato harvest, or use a good quality (no added salt or sugar) from the store.

Garlic is a powerhouse – strongly antifungal, antibacterial, and antiviral. Great for the circulation and heart too. Freshly crushed is better than jarred.

Lemon juice is good to reduce nasal congestion, ease sore throats, and is rich in vitamin C.

Cayenne (or chilli) is muco-kinetic (moves mucous), and relieves sneezing, stuffy nose, and postnasal drip. It's warming, nourishing, and supports good circulation and immune function.

Spicy Tomato Drink Ingredients

- 1 litre Tomato juice
- 4 Cloves garlic (or more)
- Juice of 1 lemon
- ¼ to ½ tsp Cayenne pepper (dried) or 1 small chilli (finely chopped)

Method

Add all ingredients to a small saucepan and heat to boiling. Reduce heat and simmer for 10-15 minutes stirring often. Drink warm.

Sore Throat Sage & Thyme Gargle

At the first sign of an itch or scratch in the throat, my family knows to make an herb gargle with either sage or thyme, or even better – both! These culinary herbs are easy to grow and are available as plants or seeds from most garden centres

Sage and thyme are antiseptic and have been used as domestic remedies for sore throats and upper respiratory tract infections for many years.

Gargle Ingredients

- 1 ½ - 2 Tbsp fresh sage (or 1 ½ -2 tsp dried)
- 1 ½ - 2 Tbsp fresh thyme (or 1 ½ -2 tsp dried)
- 2 Cups water, just boiled

Method

Steep the herbs in water, covered, for about 10 to 15 minutes.

Strain and cool slightly.

Gargle the tea, making sure you swish well all round the inside the mouth and as far down the back of your throat as you can.

A weaker infusion can be sipped as a warming tea, and will benefit the digestion, calm the nerves, and serve as a general tonic.

*Do not use either of these herbs in therapeutic doses when pregnant or breastfeeding.



Harvey Norman artist's impression



New Retail Centre

Ravenswood

watch this space!

WORDS: SUPPLIED | IMAGES: SUPPLIED

North Canterbury's newest community is coming on in leaps and bounds since the spade was first put in the ground five years ago. Not only have close to 400 homes been built and well over 1,000 sections sold (to date) but the retail and commercial end of Ravenswood has new buildings popping up when it was bare fields not too long ago.

Ravenswood is more than a subdivision; it is a thoughtfully designed community centred around its rural location and lifestyle amenities. Who wouldn't want to live close to shops and restaurants, a beach, golf course and parks with the advantage of easy access onto SH1 for Christchurch city?

On the residential side, Ravenswood is now selling its last stage (Stage 6) which is nicely tucked away next to the Taranaki stream and the most northern sections are conveniently located near the new shopping area which is currently being developed. Freedom Villages is also building a 240-unit lifestyle village which will be a fantastic addition to an already thriving community.

With section sales soon coming to an end, the retail and commercial area of Ravenswood – called Ravenswood Central, is about to ramp up quite considerably. New World, McDonald's and BP are already well established but some new kids on the block will soon be joining them. Joe's Garage, The Coffee Club and other delicious eateries will be opening in the next few months, followed by Harvey Norman, Lone Star and Gull service station.

Another retail area is due to begin construction next year and it already has a number of spaces leased, with only a few to go (so get in quick!).

With so many well-known national brands coming to the area as well as new and expanding local shops, the fast growth within the Waimakariri District and Ravenswood Central's ideal location is certainly a recipe for success for any business looking for space to lease.

Good things come to those who wait, and Ravenswood Central is an area to keep an eye on in the near future as it continues its journey to be the newest New Zealand town centre.

For more information visit www.ravenswood.co.nz

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Pegasus couple set to row across the Atlantic

WORDS: MICHELLE MCCULLOUGH | IMAGES – SUPPLIED BY NICKY AND BOB PARR

When Nicky and Bob Parr told their loved ones that they planned to row across the Atlantic, their reactions ranged from delight and pride to disbelief and horror.

The Pegasus duo, who are on the cusp of retirement, are set to take part in The Atlantic Challenge - an adventure that will see them row almost 5000km in a tiny boat, spend up to 70 days at sea, face 20ft waves, and possibly experience hallucinations.

"We decided to take on this challenge a year ago, a decision we made pretty much on the spur of the moment. It was a grey day, life seemed to have slowed to a walking pace, and people we knew seemed to be turning up their toes on an alarmingly regular basis. We felt the need to reclaim old space, invigorate ourselves by embracing something out of the ordinary," Bob said.

The challenge will start at La Gomera in the Canary Islands in December 2024 and will finish in St. John's Harbour in Antigua, with Nicky estimating the voyage will take them between 60 and 70 days.

"There is nothing but ocean between these two points, though we may occasionally see a ship. It is equally possible we will see nothing at all, except the sky and the sea and wildlife. Whales, dolphins, sharks and various species of fish are very likely to come close to the boat, sometimes to within an oar's length. And we do have to go over the side every ten days or so, to scrape off barnacles and weed that will

otherwise slow our progress. One in the water, one on shark watch," Nicky said.

Life at sea is not a new endeavour for the Parrs, who spent four years living on a yacht in the Caribbean, and several months exploring the Norwegian fjords and islands. "However, this challenge requires a new level of preparation", Bob said.

"Being in our 60's, physical preparation has to be careful and gradual. We still have more than 18 months to go before we set out, but even now we're strength and flexibility training and spending time on a rowing machine. Our plan is to gradually increase the intensity and duration of this and to condition ourselves to the interrupted sleep patterns.

"Sleep deprivation and burning several thousand calories of food every day can result in many problems, problems that include hallucinations. This event is nothing at all like rowing on a river, or even along a coastline. The open ocean can be serene and beautiful, but it can also be dangerous and overwhelming. Trying to prepare for the myriad of sensations, feelings, sights, sounds and fears of such an experience is almost impossible. So, we plan on 'wait training'. That is, wait until we get out there, then embrace the experience for all it is."

The couple will undertake the challenge in a Rannoch R25, a purposely designed two-person boat that can self-right if it was to capsiz, Bob said.

"Our rowing shift pattern is likely to be two hours on and then two hours off, 24 hours a day throughout the entire



passage. Downtime will be spent sleeping in the one coffin-sized cabin."

By taking on this mammoth challenge, the couple hope to raise more than \$50,000 for the charity Pilgrim Bandits (NZ) of which 25-year military veteran Bob is the patron. The charity supports frontline heroes such as police officers, soldiers, firefighters, and nurses who have physical injuries or suffer from mental health issues as a consequence of their service.

"Moment by moment, we intend to embrace the experience for all it is – the lows, the highs, the fear, the delight and of course the seasickness. There will be no escaping that,"
Nicky said.

To follow Nicky and Bob's journey or donate to Pilgrim Bandits (NZ) visit www.glimmeringsea.org

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Mark Glanville Manager & Funeral Director

Born and bred in North Canterbury, Mark lives with his wife Olwen on a lifestyle block in Flaxton. He grew up in Waikuku Beach and later settled in rural Woodend, working

as a North Canterbury Funeral Director and qualifying in Funeral Directing in 1995.

Outside of the office Mark enjoys getting outdoors, white baiting during the season and he is also a seasoned Toastmaster.

Christine Staines Funeral Director

Christine, a 4th generation Kaiapoi local has brought up her family in the picturesque river town and has been working as a funeral director in North Canterbury since 1997.

It's work that she has a real passion for, rising to its challenges and treating all those involved with empathy and respect. "It's an easy job to love," she says. "But it's not always easy."

For further information visit our website at www.johnrhind.co.nz/kaiapoi or give Mark or Christine a call, 03 327 7499.

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What Is Cosmetic Radiofrequency?

WORDS: DR PETER ASPPELL
(DURHAM HEALTH COSMETIC)



As we age, our skin can start to show the signs of wear and tear, including the development of benign lesions such as skin tags, warts, and moles. While these lesions are generally harmless, they can be unsightly and cause self-consciousness. Thankfully, there is a new cosmetic procedure available that can help to remove these lesions without the need for surgery or extensive downtime: cosmetic radiofrequency.

Cosmetic radiofrequency is a minimally invasive procedure that uses high-frequency energy waves to target and remove benign skin lesions (kind of like a hot knife through butter). No scalpel is required and we take the lesions off flush with the skin. After a short period of healing there are no scars and the area looks like the lesion was never there in the first place.

The procedure typically takes between 15-30 minutes to complete, depending on the size and location of the lesion. Prior to the procedure, a local anaesthetic is applied to the area with an extremely fine needle to reduce any discomfort. Very few patients have reported any discomfort at all.

One of the biggest advantages of cosmetic radiofrequency is that it is a non-invasive procedure, meaning there is no need for incisions or stitches. This reduces the risk of scarring and means that recovery time is minimal. Additionally, unlike traditional surgical methods of lesion removal, there is no risk of bleeding or infection.

With minimal downtime and a low risk of complications, cosmetic radiofrequency is an attractive option for those looking to improve the appearance of their skin. If you are interested in this procedure, be sure to discuss your options with a qualified healthcare provider to determine if it is right for you.



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Tired All The Time

WORDS: DR LIBBY | IMAGES: SUPPLIED



Energy is a key issue for so many people these days. I can't tell you how many people share with me that they are addicted to their snooze button because they're too tired to get up straight away! It's not supposed to be this way. We're supposed to bounce out of bed in the morning, full of energy to start a new day, restored from our sleep overnight. In my view, energy is the true currency of great health, for not only is it an excellent marker for what's happening in the body, it's something that benefits us all when we have it in abundance.

We don't often consider our liver when we are feeling tired, irritable, headache and run down, but this mighty organ is often at the heart of these symptoms and many others. In today's world, we are exposed to more pollutants than ever before, through what we eat, drink, breathe and put on our skin. Our exposure to some of these are beyond our control because they are in the air or used in manufacturing. Other problematic substances like alcohol, trans fats from processed cakes, biscuits and deep-fried foods, we choose to consume. If our liver is overwhelmed and the mechanisms of detoxification and elimination are compromised, every process inside of us that creates health and energy, as well as those processes that help to prevent disease, can be affected.

There are two ways to support the liver for better energy. One is to up your intake of liver-loving foods. These tend to be your bitter foods like green leafy vegetables and colourful plants. In particular, the liver loves the Brassica family of vegetables which includes broccoli, Brussels sprouts, cabbage, kale and cauliflower. The liver

also needs B vitamins (found in a wide range of whole, real foods) as well as amino acids from protein-containing foods. The second way to support the liver is by reducing the substances I like to call 'liver loaders'. They include alcohol, trans fats, refined sugars and synthetic substances, such as those found in pesticides and conventional skin, laundry and cleaning products. The liver also has to deal with substances the body makes itself such as oestrogen and cholesterol, and when our detoxification pathways aren't keeping up with their task list, these substances risk being recycled, rather than continuing on their way to be eliminated in our urine and/or faeces. The recycling of oestrogen can contribute to hormonal imbalances, which can be significantly debilitating to energy.

So if fatigue or low energy is a recurring issue for you, I encourage you to consider offering your liver some additional support both through what you choose to consume and what you minimise. You may be surprised how quickly your energy revives!

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

For more information go to www.drlibby.com

Beauty faves

Skincare products seem to get better and better all the time. But the sheer choice of products can be confusing. So we asked some beauty experts to recommend us one product and simply tell us what it does. And here they are, our beauty faves!



This cream works like a protective shield against dehydration, aiming to immediately plump skin and reactivate its moisture memory. Perfect for winter!

Available from **Loral Ford Beauty, Pegasus.**



This creamy, hydrating luxurious daily cleanser even removes makeup effectively!

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



Ultra DNA Night Cream for smoother, hydrated and more nourished skin overnight.

Available from **Beauty & You, Amberley**



Vitamin Veil Cleanser is the perfect cleaning oil for the winter months.

Available from **The Beauté Room, Rangiora**



The BEAUTÉ ROOM

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

I have always had a passion for healing and rejuvenating the skin, with a long background within the beauty industry and working in pharmaceutical and advanced skincare clinics, I love to keep advancing with the times and knowing we can achieve beautiful skin with commitment.

I have chosen Circadia by Dr Pugliese advanced skincare range which I have been working with for ten years now.

Helping clients to feel their best and look their best is my goal.

Autumn/Winter tweaks for your skincare routine Just as you switch up your wardrobe every few months, it's important to do the same for your beauty routine – especially as autumn winter approaches. Have you noticed your skin breaking out and looking dull recently? The change in seasons is probably to blame – the changing climate can lead to dead skin cell buildup, which in turn results in trapped oil and bacteria beneath the surface, and increased breakouts – and on top of this, as we start spending more time indoors and have ramped up the central heating, your skin will require more hydration.

Switching your cleanser

If you've been using a foaming or abrasive cleanser throughout summer, switch it out for a cream or oil-based

formula once temperatures start to drop. Your skin will be producing less oil so it's important to wash your skin gently to prevent oil from being stripped. This will still do an effective job of removing makeup and deep pore cleansing without disrupting oil balance.

Reduce acids and retinols to their gentler forms

Skin becomes drier and more sensitive during the winter. You might think that exfoliation would worsen dryness, but it's important to keep at it, rather than a scrub, try a chemical exfoliant will help both to treat tight, flaky skin and to improve moisture retention. Try the gentlest AHA available, mandelic acid (which will also help to hide evidence of summer skin sins by targeting sunspots). Circadia serum 71

Layering moisturising products

As autumn gives way to winter, you're likely to feel even more dryness (especially around areas where your skin is delicate like the eyes and lips), so now's a good time to add extra moisture to the skin in preparation for the big freeze. Layering serums with moisturizers and SPF is great for extra hydration and protection.

Free Skin consultation with every facial and samples are given to help you on your skincare health routine.



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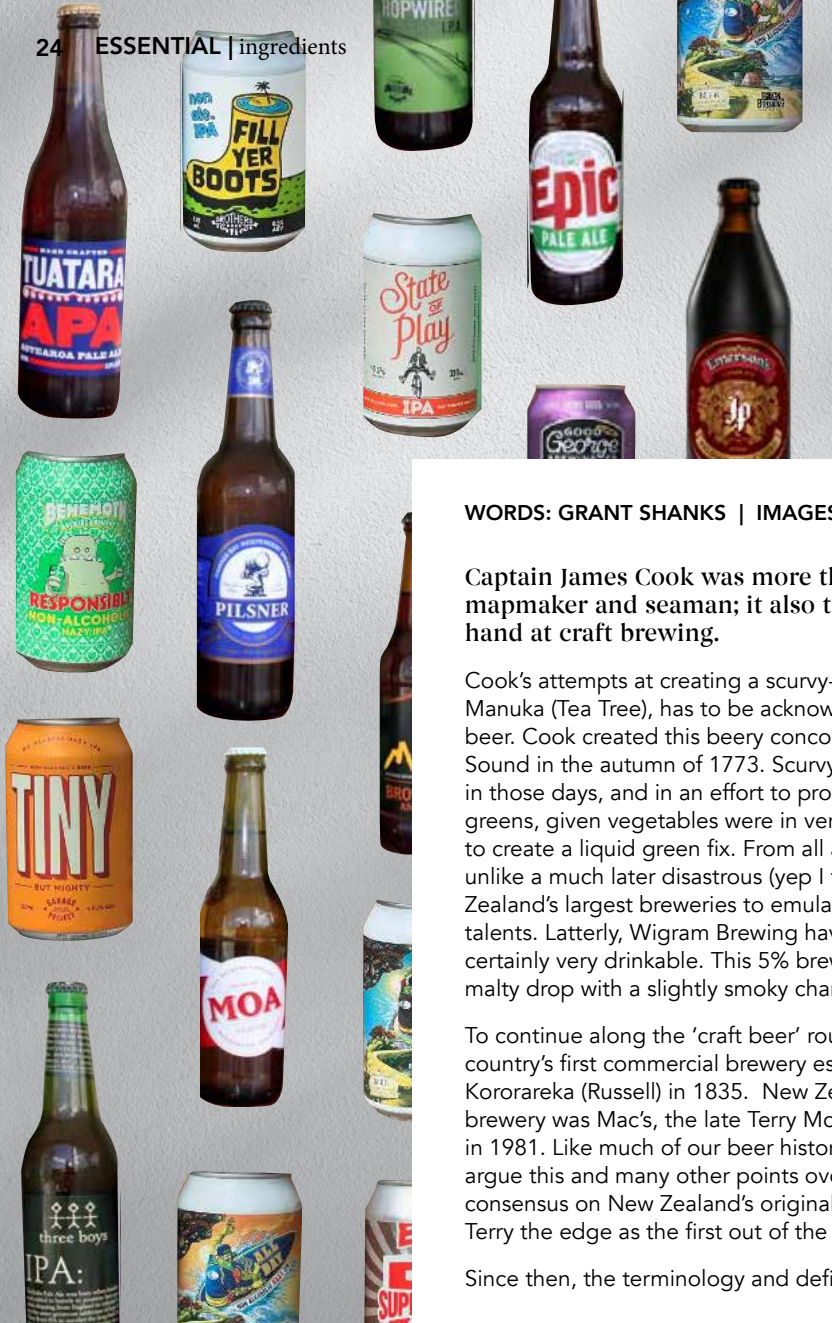
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Crafty Cook Made New Zealand's First 'Craft' Beer

WORDS: GRANT SHANKS | IMAGES: SUPPLIED

Captain James Cook was more than just an explorer, excellent mapmaker and seaman; it also turns out he was a pretty fair hand at craft brewing.

Cook's attempts at creating a scurvy-busting beer from Rimu and Manuka (Tea Tree), has to be acknowledged as New Zealand's first craft beer. Cook created this beery concoction on Resolution Island in Dusky Sound in the autumn of 1773. Scurvy was a very real threat to seafarers in those days, and in an effort to provide his crew with some vital greens, given vegetables were in very short supply; Cook's solution was to create a liquid green fix. From all accounts his brew was drinkable, unlike a much later disastrous (yep I tried it) attempt by one of New Zealand's largest breweries to emulate and celebrate Cook's brewing talents. Latterly, Wigram Brewing have created a version that is most certainly very drinkable. This 5% brew has been described as 'a nice malty drop with a slightly smoky character.'

To continue along the 'craft beer' route, we must acknowledge the country's first commercial brewery established by Joel Polack at Kororareka (Russell) in 1835. New Zealand's first recognized craft brewery was Mac's, the late Terry McCashin's Stoke brewery established in 1981. Like much of our beer history, some craft beer aficionados' will argue this and many other points over a pint or two. However, general consensus on New Zealand's original commercial craft brewer gives Terry the edge as the first out of the blocks.

Since then, the terminology and definition of what is 'craft beer' has

generally been accepted as being any beer that is not produced by the major breweries. This is an area that is as hazy as many ales, simply because the big players saw the money-making potential in craft brewing and they decided to cash in. In many cases the biggies bought out existing craft brands. Or, they set about creating what they would have the beer-drinking public believe were genuine craft operations. Not all, but many of these brands were simply hidden under the big corporate umbrellas. The purist naturally enough will always ask the question "Is this really a craft beer?" However, when you check the small print on the can or bottle in your hand, it may surprise you to see who actually makes your favourite craft beer.

Anyway, love them, loath them or just like them, the big outfits will always be here. But genuine craft beers are also most-certainly here to stay, and by the thousands. Many of the award-winning crafties such as Emerson, Panhead, Good George, Behemoth, Garage Project, Tuatara, 8 Wired, Bach Brewing, Wigram Brewing and Brew Moon are just some of the names most of us know and whose products we enjoy. There are hundreds of other great brews out there to discover. Just take a look at the huge selection you'll find in any good supermarket. Seeking out that 'special drop' is a sacred mission for many of the beer lovers I know.

Remember, if you want a genuine 'craft beer' check the fine print, and if you do find that your favourite drop is actually the semi-illegitimate offspring of the big boys such as Asahi, DB, Lion, Heineken, etc - is that really such a bad thing? After all, at the end of the day it's your beer and your choice. Cheers.



Recipe Book Review Who Made All The Pies

"I know that everyone reading or flicking through this book will have the same question on their minds. Can you use store-bought pastry? Of course you can..."

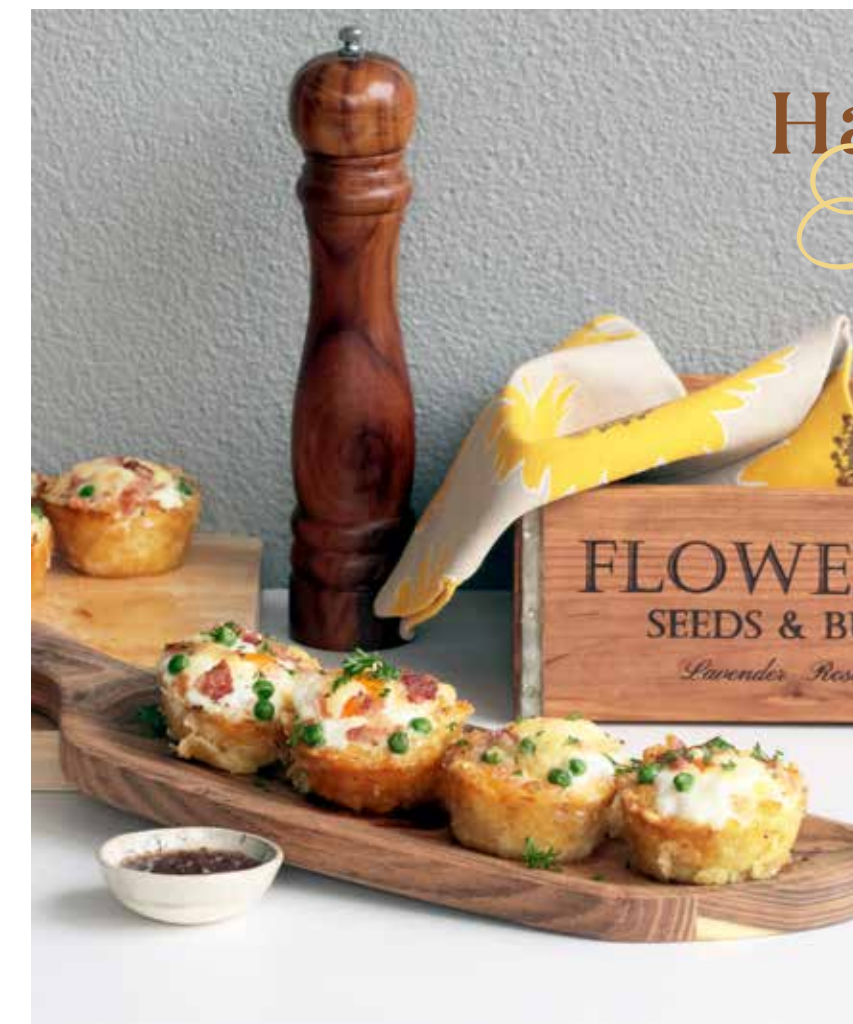
It was that line right there in the introduction that kept me reading. And it's actually representative of the approach author Wendy Morgan takes in this book all about pies and the making of them. She is by her own admission, not a technical or precise cook or baker and she thinks it's okay to call pies 'the beautiful ugly'...they may not always look great but they taste amazing.

And Morgan sure knows a thing or two hundred about pies - her parents started Hillier's Bakery and she grew up around baking and 5am starts. It's a charming back story and it's actually very nicely told in the introduction with some great old family photos.

The book covers pies of all shapes and sizes and flavours - from small bites like salmon rolls and whitebait savouries to big pies with classic fillings like chicken and tarragon or venison, bacon and cranberry. There are pies for every occasion - from on the go breakfast to light summer lunches and fully family dinners.

With great tips on general pie making success, the most useful equipment and a great range of recipes - this is a handy little book to have on your kitchen shelf.

Available from 1st June 2023 from Bateman Books online and retailers.



Hash Brown Egg Nests

Mother's Day is only weeks away and if you're planning to cook breakfast for Mum, we've got a simple tasty brunch recipe that everyone in the family will love. Our Hash Brown Nest Egg Nests are straightforward to make and ideal if you're feeding a crowd, you can even make them today before and reheat them on the day.

This recipe is a great twist on the Big Breakfast with crispy hash browns, eggs, cheese, and bacon. A couple of pointers to make your recipe a success, I cut squares of baking paper for the bottom and sides of the muffin tins it makes them easier to get out when cooked but I still greased them well. I used chopped bacon, but you could use chorizo sausage instead or you could even make them vegetarian.

Serve with some freshly sliced avocado, relish on the side, sauteed spinach and of course Mum's favourite bubbles. Enjoy

Serves 12 | Prep time: 20 mins | Cooking time: 32 mins

Ingredients

- 550g mini or standard frozen hash browns, thawed
- 1 ¼ cup grated cheese
- ¼ cup frozen peas
- 12 eggs
- ¼ cup chopped fresh herbs (we use parsley and basil)
- ¼ cup cooked chopped bacon.

Method

Preheat your oven to 200°C fan bake. In a large bowl break up the hash browns and toss together with 1 cup of cheese, salt and pepper. Divide the mixture amongst a greased muffin tray and press the mixture tightly into each cavity to create a nest.

Place in the oven to bake for 15-20 minutes or until the cheese has melted and the edges have browned. Turn the oven temperature down to 180°C.

Sprinkle half the peas amongst the nests, then crack one egg into each. Top with remaining peas, cheese, salt and pepper and return to the oven to bake for 10-12 minutes, until the egg whites have just set.

Allow to cool slightly before removing from the tray and garnishing with fresh herbs.



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



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Back In The Barista World

"I'm in my element, in my happy place," says Janet Scott, the manager at Rangiora's new Arlo Café. "And I have had people coming in saying 'so this is where you are'. I have reconnected with so many familiar faces. I love it."

Janet is no stranger to the hospitality business having owned and run the Brick Mill Café in Waikuku for just over 12 years. She opened the café in 2007 with her sister-in-law and built it up. At the time neither of them had any experience in hospitality – but they learnt quickly.

After a rollercoaster of a time that took in the earthquakes and other challenges, Janet sold the business in 2019 and decided it was time to take a break from the hospitality industry. But she still did some casual and weekend work as a barista locally.

"I just missed that hospo vibe, and I missed people," she says.

The secret of a good coffee? "Passion," says Janet without hesitation. "I want to serve a good coffee. I want every coffee that goes out the door to be one that I'd be happy to drink myself."

Arlo also offer fresh cabinet food daily all provided by Percival Street Bakery - from scones to rolls, ciabattas and sweet treats like friands. And, of course, great coffee, from local supplier Three Llamas!



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North Canterbury is brimming with great cafes, restaurants and bars offering everything from brunch to fine dining. So try something new this month and check out our picks.

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Getting Personal with Kaylee Bell



Kaylee Bell was born in Waimate, started singing at 4-years old and today is the most streamed, female country singer in Australasia. She kicks off her NZ tour, Boots n' All, in May in her hometown of Waimate. This month the Essence team got to ask her a few questions before she heads off on tour.

essence: What is a childhood memory that always make you smile? Just being home in Waimate playing music in the bedroom with my brother and sister and kicking about around home with my best friends...simple things .

essence: What's the best piece of advice you've ever been given and who gave it to you? If you can dream it you can do it- Kylie Harris, I had that note next to my bed my whole childhood.

essence: What was your earliest public performance and do you come from a musical family? The Waimate Country Music Competitions in Waimate at the Regent theatre, which is where we are kick starting my tour. My Mum is musical and sang and played piano. She loves it and encouraged us all to learn so my brother and sister and I grew up playing instruments and singing in Country Music Awards around NZ from a young age.

essence: You moved to Australia at 21. What made you move and how did you find that first year overseas? I knew quickly there was a ceiling for me in NZ with Country Music and to be able to have a career I needed to go further abroad. Australia felt like a nice stepping stone rather than just straight to Nashville. I finished my degree at NASDA and jumped on a plane with no plan and only a couple of friends in Aus but I knew I wanted to be there to have a crack. There was a lot more going on there in the scene with artists like MORGAN EVANS and The McClymonts and they were who inspired me.

essence: Where is home for you now? Auckland North Shore, but I plan to base myself in Nashville from June onward and come back and forth between NZ, Aus and Nashville.

essence: How often do you come back to Waimate? As often as I can, Mum and Dad are still there and I love my family and catching up with old friends. I love the sense of home I still get there and the community of a small town.

essence: You travel and perform a lot – how do you relax? I exercise, write songs, read, do yoga and pilates, boxing and spend time with friends that fill my cup.

essence: What's your favourite time of day? Sunset, I get inspired and it's like the day is starting to settle.

essence: What's your worst habit? Impatience

essence: What do you miss about New Zealand and particularly Canterbury? The community, it sounds clichéd but after being in Auckland for 6 years it really is becoming more noticeable for me. I miss the mountains and views and just the people.

essence: Can you recommend a podcast and a book to us? Podcast, The girls Uninterrupted- it's a laugh and informative-kiwi too!! Book – the Shania Twain biography From This Moment On- I read it every year, it's so insightful.

essence: Social media – do you love it or loathe it? Both- it is necessary for what I do and has huge benefits when used correctly, but I have set firm boundaries around it of late and make sure I get off it and be present in my surroundings and conversations.

essence: What has been your proudest moment in your music career so far? Winning Toyota Star Maker in Australia in 2013, it's the biggest talent search in country music in Australia. I was the first kiwi to win it since Keith Urban at the start of his career in 1990.

essence: What is your biggest hope for the year ahead? To be happy and keep doing what I love- playing and writing music and sharing it with as many people as I can.

essence: The music business is super competitive. Can you give one piece of advice for young people looking to follow in your footsteps and create a career as a music artist? Never give up- it's really that simple.



Matt Doocey MP for Waimakariri invites you to a networking event

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With guest speakers National Party deputy leader Nicola Willis and fashion businesswoman Bridget Hope

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Local Business updates



Volunteers stepped up to help sort and pack donations at the Mandville Super Value.

North Canterbury Businesses Help Cyclone Relief Efforts

From large to small, many North Canterbury businesses have stepped up to help cyclone relief in the North Island. We caught up with a few of them to find out about their efforts.

"When we saw the devastation we just said 'we have to do something'", says Kelly Hames, owner of the Super Choice Mandeville and Fresh Choice Oxford. "So I put a post out on social media and thought we might get a few things to send. But the response was amazing."

Both stores acted as drop-off points for food and other items that people donated. And the amount of donations was overwhelming says Kelly. Many willing volunteers came along on a Sunday afternoon to help pack things onto pallets in preparation for shipping to the North Island. "People want to be able to help," says Kelly. "And this was about people doing what they can do."

Kelly also reached out to her business contacts and managed to raise \$170,000 in monetary funds for the cyclone relief efforts. "This way we covered both bases," she explains. "We sent immediate items that were needed and people donated and we asked businesses to raise finances with us."

Meanwhile up in Culverden, Sarah Reed from The Grumpy Merino, also wanted to help. "I'm from Hawke's Bay and my sister lives in Gisborne. It's a place which I hold close to my heart and it was difficult watching the devastation from afar."

Sarah put a call out on her social media with clear instructions on how to donate and what was needed. The response was overwhelming. "I didn't expect to get so many donations from our area," she says. "People were super generous." She took all donations to Mandeville and packed them up alongside Kelly Hames and the volunteer team.

"I think for many people down here," says Sarah. "We've been displaced and experienced the extreme trauma and devastation after the Kaikoura Earthquakes. It was a super triggering time and this allowed our community to give some love from afar."



Above: Vet Nurses Susie Lowe (left) and Janine Ealam who ensured the teams were ready and up to the challenge of baking, and also prepared to still be able to perform their vet care duties on the day.

Over at the Rangiora Vet Centre, the nursing team had to get up early to get baking and raise funds for Humans Helping Animals (HUHA).

The HUHA team have been helping pets find their way back home, and providing safe, care for displaced animals in the regions affected by Cyclone Gabrielle. The RVC team wanted to offer whatever help they could and their bake sale raised \$1336.40.

The team also wanted to thank the community for trusting that their baking is just as excellent as the care they provide to Rangiora's four-legged furbabies!



Sarah Reed, from The Grumpy Merino, with her horsebox packed with donations for cyclone relief

Business on the move...

Shoe retailer **Street Legal** have moved premises in Rangiora but remain on the High Street. They are now in a new spot, where Lordship Linen used to be based. 124 High Street



Michelle (pictured above), therapist and founder of the **Beaute Room**, has moved into new premises in East Belt and is looking forward to welcoming clients looking for advanced professional skincare services and beauty treatments.



Boutique baby and homeware store, **Gather + You**, have moved premises from Rangiora, due to building works, but are still keeping it local in Kaiapoi. Now located at 178 Williams Street, alongside Shine Hair and Craze Fashion, business owner, Natalia Baker, says that high rents can make it hard for smaller businesses to find premises and they did think about going online until they could find space. But when she heard about the Kaiapoi premises coming available she made her mind up quickly. "I had a look on the Wednesday," says Natalia. "And by Friday we were moving in. It has been so lovely meeting all the Kaiapoi locals and we have felt very welcomed."

Business growth

Coffee Wox in Rangiora are experiencing such an upturn in business that they are set to take new roasting premises. They provide both coffee for the Coffee Wox cafes and the Heartland brew range that is sold in supermarkets in 1 kilo bags.



"When we first approached supermarkets they said that a one kilo was too big to sell to the home market, but now they are selling really, really well," says Coffee Wox founder, Deb Riach. "I think more people are drinking coffee at home now and they don't want to compromise on quality."

Taking on the premises in Wigram, specifically for roasting, will more than double their roasting capacity. Meanwhile the on-site roastery at the Rangiora Coffee Wox café will continue and will be used for roasting coffee to supply all the Coffee Wox cafes.

Business Awards Open For Applications

The North Canterbury Business Awards, sponsored by Mainpower, open for entries on the 5th May. The Awards are open to businesses of all industries and sizes. So, if you would like to see your business receive the recognition you think it deserves, then find out more about the process at enterprisenorthcanterbury.co.nz

Got a business story you'd like to share with us? We'd love to hear from you. Get in touch with pattie@essencemagazine.co.nz

ASK AN Expert



Casey Walters

Senior Solicitor, Katherine Wilmott Legal Limited

Casey specializes in family law - with a particular interest in relationship property. Casey also assists with Wills, enduring powers of attorney, divorce applications, PPPR Act and other legal matters.

Can separate property become relationship property?

Yes! There are a couple of ways this can occur. For example, if someone moves into a home owned by the other person; and contributes to the mortgage. If concerned - seek legal advice.

If we haven't been together for three years and we separate, how is property divided?

Classification of a de facto couple can be tricky, it doesn't necessarily relate to the three-year rule. If classified as a relationship of "short duration" property is divided according to contributions. Generally you take with you, whatever you came into the relationship with. If parties own a home together and didn't contribute equally, then this needs to be discussed with a lawyer.

My ex-partner wants to buy my share of our former home. Can we use the quotable value ("QV")?

If you both agree on this. Our advice is usually to get a registered valuation as it will be more accurate and possibly in your best interests. If finance is required, the bank may ask for one anyway.

When should I consider reviewing my Will?

Wills should be reviewed regularly, but particularly if your circumstances change (ie. relationship status, children, family trust or business). If you are getting married or entering a civil union this also needs to be considered.

Can I put my pets in my Will?

Absolutely! We recommend doing so. You can also include a monetary gift for the purpose of looking after your pet.

What is the time limit to apply to Court for a division of relationship property?

If you have been married or in a civil union, once divorced, usually one year. For de facto relationships, you must apply within three years of separation. The Court may consider later at discretion.

Do I need to review my Contracting Out Agreement?

They should be reviewed periodically to ensure they remain fair. Even more important if there have been life updates! (ie. new business, having children). You may need to vary the original Agreement to ensure you're protecting new assets adequately.

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Jacqui Fraser

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What service do you provide?

I am a mortgage adviser providing expert advice to all types of home buyers. I offer advice and support for buyers navigating the South Canterbury market. I will work with you at every stage- from figuring out how much you can borrow to finding the right lender best suited to your needs and completing and submitting applications on your behalf.

Why choose a mortgage broker rather than going direct?

I will save you time and stress. I can offer other options that you may not have known were available. I know the interest rates and application criteria for different lenders on our approved list of lenders and can negotiate on your behalf. My advice is impartial and over a broad range of lenders.

Is it hard to get a home loan in these times?

Rising interest rates and higher inflation means lenders are taking more care than ever to ensure they do not write unaffordable mortgages that set homeowners up for failure. There are ways to improve the quality of your application e.g., keep your expenses as low as possible, clear/reduce debt. Come and talk to me to find out what to do to improve your financial position prior to applying for a mortgage.

Can I borrow if I don't have 20% deposit?

This type of situation is not always straightforward, and professional advice will help outline the full range of options available to you e.g., using different lenders. Government assisted schemes such as First Home Loan make it easier to get into your first home with only 5% deposit - eligibility criteria to meet. If you have less than 20% deposit, give me a call today.

Is it good to have a fixed interest rate over these times?

Choosing a fixed or variable interest rate home loan can help you reduce interest charges over the life of your loan - I have a loan structure discussion with all my clients where we go over the pros and cons of Fixed versus Floating and what is the best structure for your circumstances.



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Bronwyn Candish

Owner of Sheppard & Ormsby

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

Self-care has been such a topic of discussion over the last couple of years of "interesting times." Here's my unpopular opinion. Perhaps instead of spending another \$100 on yourself that you probably don't actually have (hello credit card), how about investing that time in sitting down and reviewing your finances.

We believe that the ultimate self-care is taking control of your money to be able to feel less stressed about your situation. Ambulance at the top of cliff type stuff. This is especially important when you're running a business, as we carry the weight of not just our own mortgages, but those of our team too.

Accounting is the language of business, so here's our phase of the month for the challenging economic times we currently find ourselves in Cashflow.

This refers to the amount (and the timing) of money being received and spent buy your business and is very different to your profitability.

Even a profitable business can still fail due to poor cashflow.

One source of quick wins (think less stress!) that we have found for our clients is working closely with them to improve their cashflow.

These are seven key causes of poor cashflow:

- 1) your accounts receivable process; if this is inadequate, your debtor days will be too high. In other words, it will take longer to receive payment from customers.
- 2) your accounts payable process. A poor process could cause you to make payments late, leading to penalties.
- 3) your inventory process. If you carry stock or work in progress for too long, your cash will be tied up for longer.
- 4) is having an inappropriate debt/capital structure, causing unnecessarily high interest charges
- 5) is having overheads which are too high.
- 6) is having a low gross profit margin. This is what's left from sales after variable costs are deducted.
- 7) is sales levels being too low to support overheads and other cash demands on your business. If this is the case, your business is not currently viable and it's essential you work to improve your sales levels

Addressing these will help to significantly improvement your cashflow and your stress level. Whilst some - like keeping an eye on your overheads seem obvious, other such as having an inappropriate debt/capital structure, or a poor accounts receivable process can take a bit more unpacking or advice from a professional to put right.

Luckily, we are here to help.

77 High St, Rangiora | 03 313 6001



ANZAC Day

ANZAC Day was first observed in 1916 and the date, 25th April, was originally chosen as the anniversary of the ANZAC troops landing on the Gallipoli Peninsula the previous year.

The aim of the Gallipoli campaign was to capture the Dardanelles and open a sea route to the Black Sea. But it did not succeed and tens of thousands died on both sides, including 2779 New Zealanders and 8500 Australians.

In total some 18,000 New Zealanders died in World War I and whilst Gallipoli is often referenced, the majority of those deaths occurred on the Western Front in Europe.

But whilst the campaign at Gallipoli did not succeed, it is often seen as a signal that New Zealand was becoming its own, distinct nation. And ANZAC Day was officially made a public holiday and day of national remembrance in 1921.

The numbers of New Zealanders killed, particularly in WWI, sometimes feel just like statistics. You can find tables and charts that show how many people were killed in particular wars and particular battles. But take a moment to consider – every number has a name. And those names had friends and families and places in their community.

The Poppy

The red poppy that many wear on ANZAC Day signifies remembrance. It's an internationally recognised symbol that sprang up from the Western Front in WWI. Poppies apparently thrive on disturbed land – and the churned up, shelled mud and ground of the battlefields saw these distinctive red flowers popping up all around.

They even provided the inspiration for the poem In Flanders Field by Canadian physician and Lieutenant Colonel, John McCrae.

"In Flanders fields the poppies blow
Between the crosses, row on row..."

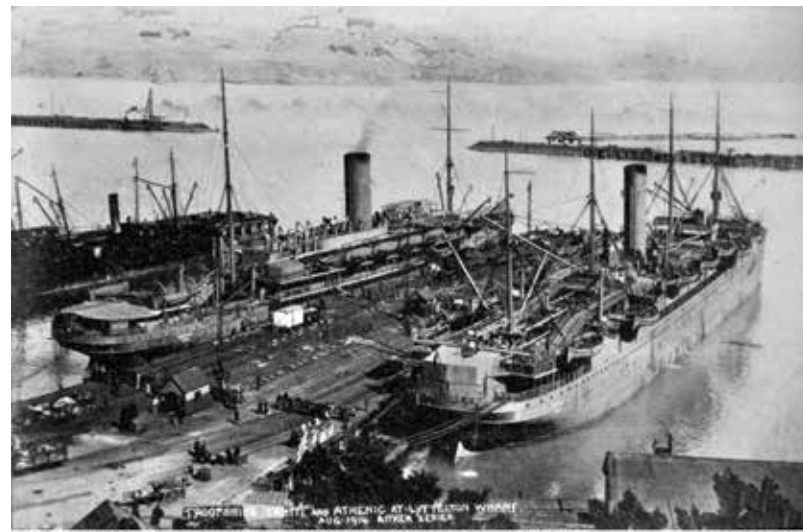
The poem was written in May 1915, after McCrae witnessed the death of his friend, Lieutenant Alexis Helmer, 22 years old, the day before. McCrae himself died in January 1918 in a British military hospital in France – he died of pneumonia and meningitis.

It was that same year that an American teacher and humanitarian, Moira Michael, read his poem in a magazine and decided to campaign to make the poppy a symbol of remembrance to honour the war dead.

The Dawn Service

The tradition of a dawn service on ANZAC day draws on history. The ANZAC forces started landing on the Gallipoli peninsula at dawn. The following year, on 25th April 1916, an Australian battalion held a dawn service on the Western Front to remember their fallen colleagues.

That dawn service marked the start of the traditional dawn services now held to commemorate ANZAC day. These now take place all over New Zealand and Australia.



August 1914 Troop ships "Athenic" and "Tahiti" at Lyttelton P08.071.5.6

The Bugle

At dawn services the poignant bugle call often played is called The Last Post and is often used to at military funerals to mark the soldier going to his last resting place. At ANZAC ceremonies it is usually played before the minute's silence to remember those killed in wars.

Canterbury Soldiers Heading To WW1

Many of those young men that signed up in 1914 in Canterbury left later that same year on one of the first troop ships that sailed out of Lyttelton – the Athenic. The ship joined a convoy that took soldiers and horses from New Zealand and Australia to join the war, initially in Egypt.

The journey took several weeks, through rough seas and incredible heat and the conditions on board were poor. On the Athenic 500 soldiers shared just five washbasins and four toilets – and the heat often drove men to sleep on the upper decks.

They travelled in terrible conditions, some suffered horrific injuries and saw friends and colleagues die alongside them. History matters. Their stories should not be forgotten.

We want to say a big thank you to the tireless work of the volunteers at Rangiora Museum. Without their dedication our local history and individual stories would be lost forever. Support your local museum for future generations.

ANZAC Services

There will be ANZAC services all over the country. Here are a few local events.

- Tuesday 25th April
- 6am Pegasus Lakefront – Dawn Service
- 6.30am Kaiapoi War Memorial, Raven Quay – Dawn Service
- 9am Oxford Cenotaph Service, Main Street, Oxford
- 10am Fernside Memorial Hall, Fernside
- 11.30am Rangiora Cenotaph Service, High Street, Rangiora

Page Turners

WORDS: EMMAS AT OXFORD

One Of Those Mothers

By Megan Nicol Reed

Point Heed is a leafy neighbourhood of a small fictional New Zealand town; where the characters have good, even privileged lives. Focusing on the families of long-time friends Bridget, Roz and Lucy; this novel looks deeper into the ordinary lives to find the rot within.

When a local father is convicted of the possession and distribution of child pornography, the tight-knit, middle-class community is quick to unravel. Granted permanent name suppression, soon friends turn on each other, suspicion rises amongst neighbours, and hysteria rapidly engulfs them all. Who among them was capable of such moral trespass?

Chapters alternate between the present and nine months earlier, when the three families holidayed together. Something caused a rift; Bridget and Lucy haven't spoken since. The tension created between the two storylines makes this book hard to put down. It is pacy and



slightly uncomfortable – each character does things that could be innocent or not, depending on context and interpretation.

This debut novel handles an awful subject well; and you find yourself constantly wondering Who? What? When? Kept me guessing till the end.

'Domestic noir up there with the best of them. Beautiful settings, believable characters, and a moral quandary to keep you reading through the night - One of Those Mothers is a page turner in all the right ways.'

Jacqueline Bublitz,
Before You Knew My Name



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MATT DOOCEY

MP for Waimakariri

As local MP it's my job to advocate on behalf of Waimakariri residents across a range of issues. Many of you will no doubt be aware of my efforts to hold Te Whatu Ora Health NZ to account after failing to honour their commitment to Waimakariri residents to provide after-hours health care services by 2022.

In 2019 the community was promised after-hours health services at my public Town Hall meeting, where then General Manager of Planning and Funding Carolyn Gullery announced that locally delivered after-hours health care services would be funded by the health board. In 2021 I hosted CDHB CEO Peter Bramley at another public meeting, where he announced after-hours health care services would be operational in Waimakariri by 2022.

However sadly this promise has stalled, with answers often difficult to find. Last year I had to submit written parliamentary questions to then Health Minister, Andrew Little, in order to get an update on the beleaguered health

facility, which is now not likely to materialise until 2025.

Regardless of delays with construction of the new facility, the community was promised after-hours health care services would be in place by last year. That's why I have invited Te Whatu Ora, South Link Health, Waitaha Primary Health Organisation and Pegasus Primary Health Organisation to a public meeting on Thursday April 27 to update the community. I hope you will be able to come along and hear what they have to say.

The following month, on Friday May 5, I will be hosting National's deputy leader and finance spokesperson, Nicola Willis, in the electorate. Her first engagement will be Inspiring Women, a morning tea event at Urban Revival in Silverstream, for women in Waimakariri. As a mother-of-four and a successful leading political figure, Nicola will share experiences from her own journey to success.

Nicola will be joined by local businesswoman Bridget Hope, the director of Maggie Style and Paula Ryan Online. Many locals will know Bridget from her successful fashion store in the heart of Rangiora. The mother-of-two launched her high-end retail business from her Ohoka home after identifying a gap in the market on her return from Singapore eight years ago. She now employs eight staff and has offices and online warehousing here in Rangiora.

If you would like to attend the free Inspiring Women event and hear more about Nicola and Bridget, visit my Facebook page or website for more details.



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