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Braemar Station
50 Years Of
Farming

essence magazine

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16

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Inspire

Complimentary
MONTHLY PUBLICATION

December 2022

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Elbow Chair



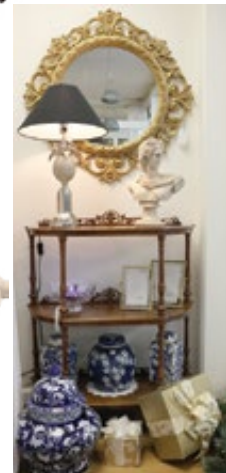
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Behind the Scenes

Lately we've been thinking about photos. It's not easy to get a good photo and we go to great lengths here at Essence to get it right. We loved the cosy, rustic and slightly mysterious air to the front cover shed this month but photos like this rarely happen with one click of the camera.

With this month's recipe photo for Cranberry and Couscous Salad (page 19) there was an added challenge. It was too delicious. When Dorothy opened up the Essence fridge there was a little bit missing. Someone in the office had had a little nibble, apparently they were 'starving'.

Dorothy took the salad home to photograph in pretty bowls (thank you Jenna from Niche) but then she was battling fading evening light and hungry husband, Andrew. "I love it when Dorothy brings home food to photograph," he said.

Anyway, we love the recipe - and it got a definite thumbs up from unofficial tasters. So make sure you try this one out!

We've got plenty of other great stuff for you in this month's magazine. Our writer, Michelle, found

out how the story of farming Braemar Station was written (page 8) and we bring you some Christmas tree styling tips (page 11) and great gift ideas as well as the best markets to stock up for Christmas dinner (page 21).

So from all of us at Essence magazine - have a very merry Christmas, shop local and get out and enjoy all the wonderful spots we have in North Canterbury.

We'll be back next year!

Pattie Pegler Editor



Merry Christmas from Essence!

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Essence is printed on FSC accredited paper.

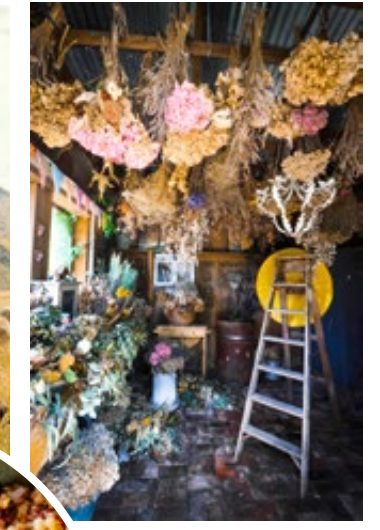
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Profile Story Braemar Station



Front cover image by Dorothy McLennan. This shows the interior of the dried flower shed at Broadoak, this month's feature garden.



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Ingredients
Cranberry and Couscous Salad

Giveaway

Caci Clinic Rangiora Giveaway:
The team at CACI Rangiora have a fabulous giveaway to finish the year. Just head over to the post on Essence Facebook, like and tag a friend to be in to win.



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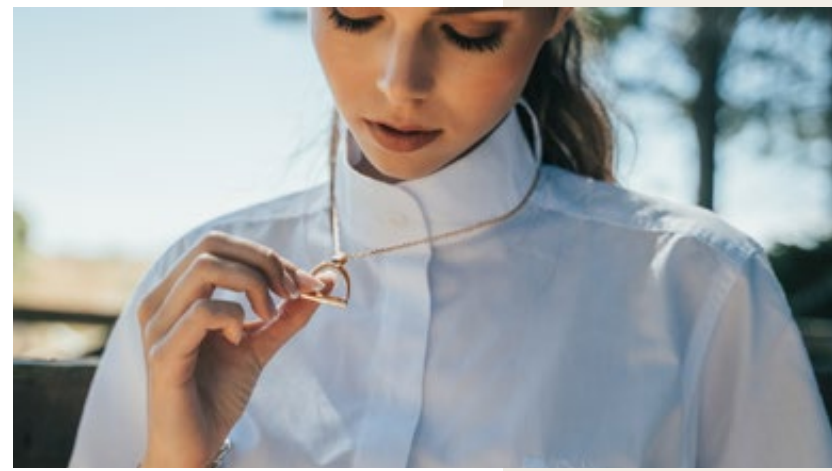
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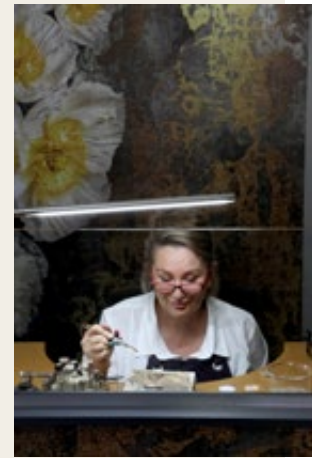


Design. Create. Indulge.

Upstairs on a weekday morning in Rangiora's Good Street, the Crawford Hill jewellers are hard at work. There's a showroom area but also a design studio and a very busy workshop. They are hand making beautiful jewellery right here in Rangiora.

It all started when founder Kelly Crawford, a keen equestrian, made a silver jewellery stirrup back in 2013. From there she started to make jewellery for equestrians and along with partner, Daryl Hill, used to run this small business from home.

"We've worked out of lots of different garages," laughs Daryl. "Some good, some bad." But after Covid lockdown they made the decision to ramp things up and for Kelly to really follow her passion for jewellery making. Daryl, she says, is the "snowballer".



CRAWFORD HILL Jewellery



Left to Right: Janine Simmons, Kelly Crawford, Daryl Hill and Marc

That snowball effect has seen them recently move into their new premises and expand their offering to include fine, handmade jewellery. Kelly and Daryl are excited to have master handmaker, Marc, come on board to design and create fine jewellery alongside them.

"Handmade jewellery is a dying art," says Marc. "It can take many hours to create one piece but the result is something utterly unique."

Both Marc and Kelly are dedicated when it comes to the art of jewellery making. Marc recalls stopping at the side of the road to sketch out an idea that suddenly came to him for a piece. Kelly remembers getting up in the middle of night to make a piece of jewellery because she was feeling so inspired by an idea.

So much jewellery is computer designed and mass produced in this day and age. But at Crawford Hill the focus is on pieces that are handcrafted from start to finish. Their diamonds are ethically sourced and their gold is from right here in New Zealand.

"We make jewellery for families, for milestone events but also just for pure indulgence," says Kelly. "We make future family heirlooms. And that's something really significant."



Model Annie Saunders takes to the catwalk

Blackwells Fashion Show

This was the second time Blackwells have held a fashion show and it attracted some 100 visitors to the store. The team are hoping to make it an annual event.



Nicole Pohio, Michael Blackwell, Andrew Blackwell, Belinda Syme



Michelle Tait, Michael Blackwell



Left to Right: Tony Vincent, Jane Maloney, Kees Jansen, Kathryn Lancaster, Shaun Maloney, Claire Maloney, Hannah Sandilands, James Sandilands, Ben Maloney, Mariana Parra Loza, Thomas Batt, Kate Maloney



Left to Right: Hamish Kerr, Penny Mander, Thomas Batt, Kate Maloney, James Sandilands, Hannah Sandilands, Ben Musson, Jane Maloney, Simeon Joplin, Maddie Beulink.



Left to right: Jane Maloney, Maddie Beulink, Kate Maloney, Ben Musson, Hannah Sandilands, James Sandilands, Penny Mander, Thomas Batt. (The Bridal Party)

Spring Wedding

Images: Supplied by Amour Weddings

The wedding of Hannah Maloney and James Sandilands was one of the first weddings to take place at Broadoak in Ohoka, on a beautiful spring day earlier this year.



James Sandilands and Hannah Sandilands, the Bride and Groom cut the cake



The happy couple in a shower of confetti



Left to right: Shaun Maloney, Hannah Sandilands, Claire Maloney. The Bride with her parents.



The wedding ceremony with celebrant Jodi Wareing

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Christmas Tree tips and tricks



We do love a good Christmas tree at Essence and a big thank you to Janice Tuuta of Kaiapoi for letting us photograph her tree. It's such a great example of how different themes and colours can work when getting your home decorated for Christmas.

So what are some of the key tips and tricks when it comes to Christmas decoration?

For the Christmas tree, take stock of how many baubles and decorations you have before you start. First up use whatever you have most of and then fill in any gaps with those you have less of. This makes sure you get an even spread of colours and decorations.

Keep it simple when it comes to lighting – a pre-lit tree will cut out the hassle of tangled lights. If you do have traditional lights they should be the very first thing you put on your tree. Then place other decorations around them.

All I Want For Christmas Is...

When it comes to Christmas gifts – big or small, homemade or store bought, it's really the thought that counts.

But sometimes a little direction can help those shopping for gifts. Just ask Dorothy who was less than impressed to open up a gift from husband, Andrew, last Christmas and discovera new wheel for the wheelbarrow. Very practical and Dorothy does like gardening, so you can see the thought process...but it made for a frosty start to festivities apparently.

So this year our wee list of Christmas picks is designed to cut down on that margin of error for gift givers. These are few things we bet many of us wouldn't mind finding under the tree. They're all available locally and if you like one of them....well just leave the magazine open on the dining table and hope that it gets noticed.

Christmas Picks

Wine 'Pet nat' wine is short for 'pétillant naturel' which is the French for naturally sparkling. This might seem like just another trend in the wine world – but it's actually one of the oldest ways of creating sparkling wine and involves bottling before the wine is fully fermented. Often young and fresh and fruity, you can find 'pét-nat' locally. We're all hoping to try 2022 Greystone Petillant Natural this holiday season. **Order online or buy at the cellar door.**



Status Anxiety Handbag: We're not a fussy bunch at Essence when it comes to handbags. We're actually a little bit frugal. But our editor, Pattie, did love this green, leather handbag from Status Anxiety she spotted recently. Just the right size with the right mix of handles and shoulder strap, inner pockets and general loveliness. **Available from local retailer Niche in Rangiora.**

Beautiful Beach Houses: This book offers glimpses into fabulous seaside homes with plenty of beautiful images of innovative architecture and inspired floorplans. There are homes in all corners of the world from Costa Rica to Croatia. And yes, a couple of places in New Zealand too. A beautiful, dreamy read to get you inspired. **Available from local retailers, including Emma's at Oxford.**



Karen Murrell Lipstick: We love these NZ designed lipsticks made from the finest natural ingredients, including avocado and evening primrose oils to keep lips nourished all day long. Long-lasting colour with a lovely, creamy texture they feel great to wear. And the pretty artwork on the boxes makes them a perfect wee gift. Violet Mousse is their no 1 selling colour in NZ but you can **check out their full range at local retailers, including Life Pharmacy.**

Husqvarna Phone Charger: We're always losing our phone chargers or leaving them in the wrong place. So this great little gadget is a really useful stocking filler. It plugs into any USB and has three connections for different types of phones. **Available from Brands Mowers, Rangiora.**



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Claire and Stuart Morris - Ray White Morris & Co Real Estate

Where to from here?

I know we suggest each year that time has flown by but this year must be some kind of record! It seems to have been a blur but now is a great time to reflect on 2022 and make some predictions for what lies ahead for the North Canterbury region next year - "crystal ball gazing" so to speak.

The effects of the "pandemic market" are now long behind us which has left the country in an interesting predicament. Some of the major markets have fallen back by quite a margin with turnover (number of sales), time on the market and median sale price all falling back, while a couple of markets (North Canterbury being one of them) have held the line and simply returned to a more transitional, seasonal market space where we've experienced lower volumes of transactions through the colder months and then an increase of sales in the spring and coming into the summer months. In short, it has been an even market where buyers sought value for their dollar and in a lot of cases were prepared to wait until they found it.

We all know the economy has experienced massive inflation this year and the Reserve Bank is doing what they can to slow that down - which is to hike up the interest rates. This will have an effect on the

market while the public adjusts to the new normal (I do recall us celebrating when the interest rates came down to 7% not too long ago) but this market does provide plenty of opportunity for those prepared to look for it.

Another interesting trend is that of first home buyers preferring to save for a bit longer, take advantage of their KiwiSaver benefits and choosing new and smaller options vs the older style home. The impact on the market is that their dollars went straight to the new building company or developer and didn't flow up through the market as we might normally have seen.

Canterbury, North Canterbury included, is being "targeted" by domestic buyers looking to stretch their dollar a bit further - whether it be by investing or simply moving from more inflated markets. This will see us well in the long run. I believe the next market cycle will be a good one for Canterbury and will be making sure we have as much exposure to it as possible with our property assets.

2023 predictions are much the same as this year. An even, balanced time where value is sought and excellence is rewarded - a great trading market for anyone who wants to make a change. If things get tough and the economy slows just remember we have been here before and it doesn't last forever. Trying to wait for the bottom can be a dangerous game and just remember if you buy and sell in the same market the rest is almost irrelevant. We believe that North Canterbury continues to grow stronger and offers so many benefits to those who live here.

Some of our team members are working over the holiday season - contact us at one of our 3 offices in Rangiora, Pegasus and Kaiapoi for sales and property management services.

Have a fantastic Christmas, enjoy some downtime if you can, remember the importance of family and rest. We'll see you all again next year to get into it again.

Price it right!

Have you ever looked at rental properties listed on Trade Me and thought 'wow - they are charging a very high rent' and made the assumption that the original price it is marketed at is the rent which will actually be achieved?

We are quite regularly hearing from landlords when pitching for a new management that another company has been in and appraised the rent much higher than we have.

In my opinion this can be misleading to the landlord as disturbingly there appears to be nothing to substantiate how they have come to this price. We do a lot of research before advising on what an expected rent could be, looking at currently listed competition, data from Property Guru and Tenancy Services, as well as comparable properties we have recently rented in similar locations.

So why is this so important? When you look at properties currently listed for rent, take note of the date they were listed. If they have been sitting online for over three or so weeks often people start assuming something is wrong and therefore don't even consider the property.

We understand it can be frustrating if the market is not meeting your expectations but when you actually break it down, reducing the asking

rent by a small amount, say \$20 per week, can make a massive difference to enquiry levels and when you work it out over a 12 month period it makes sense to listen to the market.

For example, if you reduce the rent from \$520 to \$500 per week that is \$1040 per year! That may sound like a lot but in fact it is only just over two weeks rent and if the property is overpriced it will very likely sit empty for more than two weeks longer than if it was priced right at the beginning. Food for thought I think!

Of course the rental market does change frequently and even working daily in the industry I will admit we are not infallible and sometimes we may need to readjust as well. What is important is listening to the market and being proactive. Equally if you are having a rental appraisal done, ask for the information which backs up the rental figure which you are being given so you can see the real picture and won't be potentially disappointed down the track.



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Mobile Home Care Services
NORTH CANTERBURY



Susan Taylor and Lisa Suapopo are Registered Nurses with over 30 years' experience in Surgical/Palliative Care/ Rehabilitation/Mental Health and Community based care. They have recently set up Mobile Home Care in North Canterbury and we had a few questions for them.

Why did you set up Mobile Home Care?
We worked at Te Whatu Ora for several years and saw a need when discharging patients home. They and their family often had few options for ongoing care and that can compromise health recovery. So we wanted to offer care which would fit into everyday life and promote independence and safety for the client.

What are some of the key factors when thinking about in home care versus retirement living? Making decisions about ongoing care is often very difficult for the client and family. The most important thing is safety. It is proven that people are safer in their own home and often they are not ready to move into a retirement facility or need time to process this next step. Some support in the form of personal care, medication assistance and shopping can help someone stay at home.

When someone is considering referring a family member to you is there any resistance? Realising that people need help is not an easy thing to admit and some resistance is not uncommon. We want to establish a welcoming relationship with clients and their families. They have the control. We often have a trial period to see how things go and clients can change their minds at any time.

When should people consider Mobile Home Care for themselves or others? We cover all life stages. Including post-natal care for new mums going home. An hour or two of help to make a meal or look after siblings can really help mum to rest and feed her newborn.

Caring for the carer is also important. They often need the most help and someone coming in for just a few hours can make the whole week more manageable.

Whatever the age or stage, we're here to help.

For further information visit www.mobilehomecare.co.nz or call us on 021 0805 1006.

BRAEMAR STATION
Celebrating 50 years of Mackenzie farming life

words **Michelle McCullough** images supplied

When told by a publisher that the window for books about farming had closed, Duncan and Carol Mackenzie were not deterred.

The couple, who had spent most of their adult lives farming at Braemar Station in the Mackenzie district, decided to do what all good farmers do and just get on with it - releasing their book Braemar Station – Celebrating 50 years of Mackenzie farming life in September.

"[Being farmers] we've always had to get on and do things ourselves, and because of the isolation, we tend to become self-sufficient and find ways of solving problems. When we went through the avenues of getting the book printed, we got a few funny replies back including one company who said that farming books have had their day", Duncan said.

Despite the publisher's opinion, their self-published book has been met with rave reviews and has shown that there is still a healthy market for books about farming.

Located on the eastern shore of Lake Pūkaki, and 30 minutes from Tekapo, Braemar Station is a 64,000-acre station; farming Perendale sheep, beef cattle and deer. The Mackenzies moved to the property as newlyweds in February 1970 and raised their children Annabel and Hamish on the high-country station, which is known for spectacular views of Mt Cook, the Southern Alps and Lake Pukaki. Now retired and living in Timaru, Duncan and Carol started working on the book during the first Covid-19 lockdown in 2020. While the rest of the country was busily perfecting their banana bread recipe, the couple spent their time revisiting their history of the station using Duncan's detailed farm diaries, and the family's precious photo

albums that had been meticulously curated by Carol over the years. The 349-page book took the couple six months to write, and in a bid to maintain the authenticity of their story, they forwent the use of ghost-writers and wrote every word themselves.

Despite being "farmers not writers", the biggest hurdle the couple faced when writing the book was deciding on a fitting title, Duncan said.

"When it came to naming the book, it was really interesting. We went through a lot of scenarios, and one was because we looked at Mount Cook from our kitchen window every day, Carol wanted to call it Mount Cook For Breakfast. Everyone nowadays when they see something new, they Google it. So, you know what comes up when you search 'Mount Cook For Breakfast'? The Hermitage breakfast menu, - so we went off that idea and chose the obvious, Braemar Station. And if people Google it, what is it? Braemar Station."

Packed full of stunning photography depicting farm and family life, *Braemar Station – Celebrating 50 years of Mackenzie farming life*, details the family's history on the station, and covers the ups and downs of modern farming in New Zealand. One of the chapters covers the raising of Lake Pūkaki in 1976. The lake level was raised by 37 metres to feed the local dams and generate power, resulting in 404.6 hectares of the Mackenzie's land, including buildings and yards, being submerged under water.

"We've done a lot of things that a lot of people haven't. A lot of people have never been through a lake raising and lost thousands of acres. Not a lot of people have changed

their whole sheep flock halfway through their farming career. Not a lot of people have been through tenure review."

"When you're out socialising with people, and you tell them these things over a few gins they always say why don't you write about it? Why don't you write a book? It doesn't matter who you talk to, everyone's got a story that they want to write about but not many people are game enough to take it on."

In 2007, Duncan and Carol officially retired with son Hamish and his wife Julia now running Braemar Station. Still a working station, the property is extremely popular with visitors to the region due to its stunning views, lake fishing and walking and biking tracks including New Zealand's longest and most stunning cycle trail Alps 2 Ocean passing through the property.

To read more about this stunning station and how the Mackenzie family navigated their 50 years at Braemar, visit your local bookshop and pick up a copy of *Braemar Station – Celebrating 50 years of Mackenzie farming life*.

May the road rise up to meet you.
May the wind be always at your back;
May the sun shine warm upon your face;
and until we meet again, may
God hold you in the palm of His hand.

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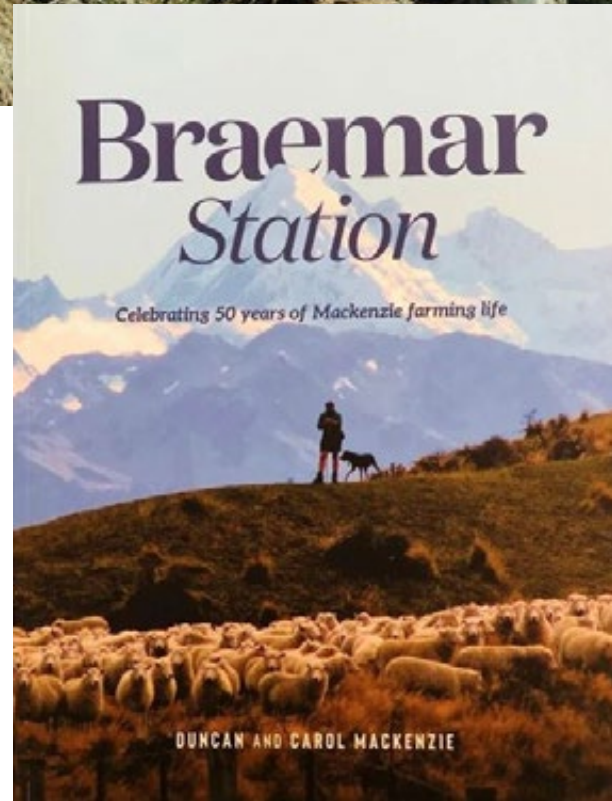
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TWO GREAT SHOPPING EXPERIENCES UNDER One Roof

When it comes to shopping, furniture and clothing have a lot in common – customers like to touch, see and feel what they're buying. Now they can do just that at the engaging new retail space shared between Bridge Interiors and Sally Mac's of Amberley

The idea of sharing a retail space in Amberley was initially a temporary arrangement between Sally Mac's and Bridge Interiors, but it's worked out extremely well.

"It's been such a success that it has evolved into something more permanent," says Simon Mather of

furniture and home décor importer and retailer Bridge Interiors. Simon is delighted with the success of this new physical space to display his extensive and enchanting range of wares.

And well-known womenswear retailer, Sally Mac, is equally enthusiastic. "In these new premises there's plenty of space and the contrast between clothing and interiors, works really well. I love the colours and textures and visually it looks great."

You can visit this unique shared retail space at 94 Carters Rd (S.H.1) Amberley, North Canterbury.



Sally Mac's of AMBERLEY

"For me it's about making sure the customer is happy with what they've got," says Sally. "If they tell me they think something is 'quite nice', I say "I think we can do better than quite nice."

Sally Mac started her store in Amberley twenty-six years ago with a "pragmatic approach to women's clothing" and a real love of people. It's a combination that has seen her business go from strength to strength.

With a fabulous array of colours, fabrics and clothing – she stocks practical daily wear items like shirts and outdoor jackets as well as smart outfits for dressier occasions. But she never refers to her store as a 'fashion store'. For Sally Mac it's about clothing that looks

good, makes the customer feel confident and can be worn for popping out for coffee or going to a party. She gives customers honest opinions and never does hard sell.

Sally Mac's stocks separates; including tunics, trousers, jeans, tops, jackets, skirts right down to socks and knitwear. And with more room now available has started stocking footwear – casual sneakers, sandals, jandals and more. Whatever you need to complete your look – head to Sally Mac's.



Bridge Interiors

Bridge Interiors is already well known to many people in Christchurch, North Canterbury and further afield, as up until several years ago their store was located in the north of the city. However, for the last 12 months Bridge Interiors has shared a retail space with Sally Mac's in Amberley and has continued stocking their colourful and eclectic range of furniture, home décor, mirrors and lamps as well as outdoor pots and objets d'art.

An enchanting emporium full of beautiful and unique pieces for the home – this is the perfect store for those looking for something a little bit different. Something that won't be seen in every home or garden up and down the country. Something with that bit of character, X-factor

or just simply a classic design. Store owner Simon Mather has many years of experience sourcing intriguing and quality items from around the globe. Most recently, visitors to the space in Amberley will find anything from replica Xian Chinese Warriors to oceanic pots, armchairs, French style consoles, vintage style leather sofas, mid-century style sideboards, quirky figurines and impressive alloy candelabras, trays and tableware.

And there will always be something to see at Bridge Interiors, as they continue to introduce all sorts of new items. Rest assured – it will never be boring and you'll always spot something you love.

1. Decorative indoors terracotta vase \$350
2. Lamps and 2 drawer Bombe cabinet
3. Large 'Oceanic' jar – suitable for outdoors 112cm \$1250
4. Antique French water pots
5. Beautiful range of Alument homewares
6. Rolled arm, deep buttoned sofa in full grain leather with aged finish
7. Mid-century inspired armchair, available in brown or camel leather \$1250

LE PLAISIR
WISHING YOU A SEASON FULL OF FUN PARTIES, BEAUTIFUL EXPERIENCES, SOOTHING CHALLENGES, AND NEW MEMORIES TO CREATE!
-THE TEAM OF LE PLAISIR
We will wrap up 2022 on December 23rd and our first day in 2023 will be January 4th. We look forward to seeing our wonderful clients again next year. Happy Holidays!
Shop 3/42 Silverstream Boul., Kaiapoi | 03 327 2404

The Shoe Lines girls wish you and your family a safe and wonderful festive season and extend our sincere thanks for your valuable support this year.
03 313 8444
info@rangiorashoelines.co.nz
rangiorashoelines.co.nz

MERRY Christmas
"Thank you to all of my wonderful clients for your support over the past year! Wishing you a very Merry Christmas and a happy and safe holiday season!"
The workshop will close from 21st December & reopen 16th January 2023.
PLUMBING PRO
NORTH CANTERBURY LTD
RICHARD LOVELL
03 313 6654 | 027 223 6606

MARIA THACKWELL
MORTGAGE COMPANY
We would like to wish all our fantastic clients a very Merry Christmas and a happy and safe New Year.
We will be taking a well-earned break between 22 December and 16 January however we will be monitoring our phone and email during this time!
Graeme Soper & Lisa Marshall
Your Local Mortgage Advisers
0800 888 485 | office@mariathackwell.co.nz

Merry Christmas
We are proud to bring you Christmas greetings from all the wonderful businesses in North Canterbury!

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Plumbing | Gas | Drainage | Electrical
Wishing a safe and relaxing holidays and an exciting 2023!
Don't forget we are open throughout with our 24/7 Service! Call day or night and our friendly team will be there to help.
Call now to talk with our friendly team.
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www.clyne-bennie.co.nz

Merry Christmas, Meri Kirikimete!
What a year it has been! While it is wonderful that the world seems to have opened up, and once again families and friends from near and far are able to gather and celebrate, it is also a time for reflection and to remember those who won't be joining us this year.
Christmas is the season for kindness and sharing. Remember to check in on your neighbours. Show some charity and help spread Christmas cheer to others less fortunate. We have some wonderful groups in our community who work tirelessly helping families in need at this time of year.
For me, Christmas is about spending time with those closest to me. I enjoy seeing so many people connect and share joy.
Thank you to our emergency services, medical teams and all those working and keeping us safe over this holiday period.
Wishing you and your family a Merry Christmas and a happy and relaxing New Year holiday period.
Mayor Dan Gordon and Rupert

lime
REAL ESTATE
HAVE A MERRY Kūi Christmas
Thank you for another year of supporting local. Best wishes from our family to yours.
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CFS
Canterbury Financial Services
Investment & Insurance
Group Life & Employee Superannuation Specialists
Mark and Hayden O'Donnell and the team at Canterbury Financial Services thank you for your loyalty and business over the year and wish you a very Merry Christmas and a healthy and prosperous New Year.
Our office will be closed from Wednesday 21st December 2022 and will reopen again on Monday 9th January 2023.
237 High Street, Rangiora | 03 313 9200 | admin@cfslimited.co.nz
cfslimited.co.nz

The Wool Shop
123 High Street, Rangiora | 03 313 6062

Kath and her team would like to thank you for your continued support this year.
Being part of a creative community that shares its sorrows, triumphs, laughter and creations is truly amazing and we appreciate every one of you. Have a fabulous festive season and here's to a brighter 2023.
Kath, Kim, Jo, Theresa and Karen

1. Earrings \$23.50
2. Leather handbag \$295
3. Top \$139 Skirt \$119
4. Zips & laces leather shoes \$189.90
5. Necklace \$27.50
6. Leather slides \$139.90
7. Linen dress \$229



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Cnr. Williams St & Raven Quay Kaiapoi | 03 327 8029 blackwellsdeptstore.co.nz Open 7 days

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03 312 3432
emmasatoxford.com

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Better, Bolder, Different
Indigo Moon
You are a Champion
Beatrix Bunny

For the KIDS
Lilly and George
Puzzles
The Wind in the Willows
Gotcha
The Boy, the Moir, the Fox and the Horse

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Auto-mowers

Get a Husqvarna Auto-mower installed before Christmas to take care of those lawns while you're away on holiday. There is a mower suitable for every lawn.

Get in contact to organise a property assessment!
From \$2,190 - \$6,490 + installation

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275 Flaxton Road, Rangiora
313 6640
brandmowers.co.nz

Christmas Toys

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- Chainsaw: \$69
- Blower: \$65
- Mower: \$79
- Blower: \$60
- Chainsaw: \$60

the Sport Shop
345A Flaxton Road, Rangiora
03 313 7983
thesportshop.co.nz

- Takeya Stainless Steel Drink Bottle: \$79.99
- Rose Road Cruz dress in black: \$170
- Skills Ball Set: \$89.99
- Jordan All Court Basket Ball: \$80
- Aerobie Medalist Disc: \$30
- NZ Cricket Plastic Cricket Set: \$64.99
- Molten Basketball: \$95
- Aerobie Sonic Fin Football: \$49.99
- Nike All Court Basket Ball: \$76

Vintage Rose
174 Williams Street, Kaiapoi | 03 327 0045
VintageRoseKaiapoi

- Amoura Range Fragrant Soap - NZ Made
- Standing Giraffes - 34cm - 48cm
- Buddha - Suitable for outdoor use 65cm
- French Bulldog with Tray 51cm
- Gentleman Fox 41cm
- Fantails with Paua Shell Inlay

RANGIORA SHOE LINES
162 High Street, Rangiora
03 313 8444 | info@rangiorashoelines.co.nz | rangiorashoelines.co.nz

- Swan Lake Tulle Tutu Skirt Lilac Gingham
- Minx Sneaker Tessa Orchid
- Gelato Sneaker Kyro Botanic
- Bresley Dobbie Lilac
- Brianwood Indri Bag - Lilac
- Gift Vouchers
- Balloon Dogs

CAMEO Fine Arts
closing at 12pm on 23rd December and reopen 16th January.
10 Cone Street, Rangiora 03 3135474 cameofinearts.co.nz

- Turkish Lamps
- Children's Books: Kuwi's First Egg, Sparrow Fart
- Decorative House Number and Letter Tiles: 184A
- Bird Wall Art
- Three Cows
- Three Sheep
- Metal Garden Flower

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*Excludes Deluxe and Regular Vintage Design Necklace and Bracelet.

- Daisy pendant was \$45 now \$22.50
- Round snake chain was \$79 now \$39.50
- Scandinavian pendant was \$219 now \$109.50
- Square snake chain was \$79 now \$39.50
- Large heart clip bangle was \$245 now \$122.50
- Teardrop clip bangle was \$215 now \$107.50
- Heart pendant was \$135 now \$67.50
- Fine belcher chain was \$79 now \$39.50
- 10 ring pendant was \$199 now \$99.50
- Square snake chain was \$59 now \$29.50
- Double crossover cuff was \$649 now \$324.50
- Multi stone necklace was \$485 now \$242.50
- Dome bangle was \$695 now \$347.50
- Blue topaz pendant was \$695 now \$347.50
- Navette chain was \$355 now \$177.50
- Amethyst pendant was \$175 now \$87.50
- Round snake chain was \$79 now \$39.50
- Blue topaz pendant was \$135 now \$67.50
- Square snake chain was \$59 now \$29.50
- Polished wide cuff was \$695 now \$347.50
- Double wishbone cuff \$199 now \$99.50
- Double horse shoe pendant was \$135 now \$67.50
- Fine belcher chain was \$79 now \$39.50
- Half snaffle pendant was \$149 now \$74.50
- Fine belcher chain was \$79 now \$39.50
- Horseshoe earrings were \$89 now \$44.50

146 High Street, Rangiora | OPEN 7 DAYS UNTIL CHRISTMAS | info@marionandcojewellery.com | www.marionandcojewellery.com

Thea's Boutique: Fabulous Fashion and Homewares

With a fabulous choice of fashion and homewares and welcoming, spacious Main Street premises - it's no surprise that Thea's Boutique is a popular shopping destination for visitors to Oxford.

Fashion shoppers will love the cheerful summer colours and textures from labels such as Foxwood, Stella & Gemma and Siren. There are perfect dresses and accessories for that summer barbecue right through to more casual t-shirts and sweatshirts for the holidays.

Meanwhile candles and room atomisers from the Living Light range offer beautiful fresh fragrances for the home. They're just part of the fabulous range of interesting and attractive homewares that includes cushions, plant pots, vases and ornaments. Whilst table lamps from Evaro blend warm light with the enchanting sight of a light bulb that looks like it's floating in mid air but is actually held in place by magnets.

So whether you're browsing for yourself or have a tricky person you need to get a gift for - Thea's has something beautiful to suit all tastes.



Thea's Boutique, 55a Main Street, Oxford
Open Tues - Sunday 10-4
+64 03 242 0490

Dr Libby Giveaway



To get your new year off to the very best possible start Essence Magazine has a fabulous Dr Libby prize pack to give away. Each pack contains:

The Beauty Guide, not your typical beauty book. When we think about our appearance, we often think about what we want to change or cover-up. But what if these frustrations actually offered us a pathway to accessing our true beauty? The Beauty Guide offers beauty solutions and wisdom that will help to transform the way you feel about yourself.

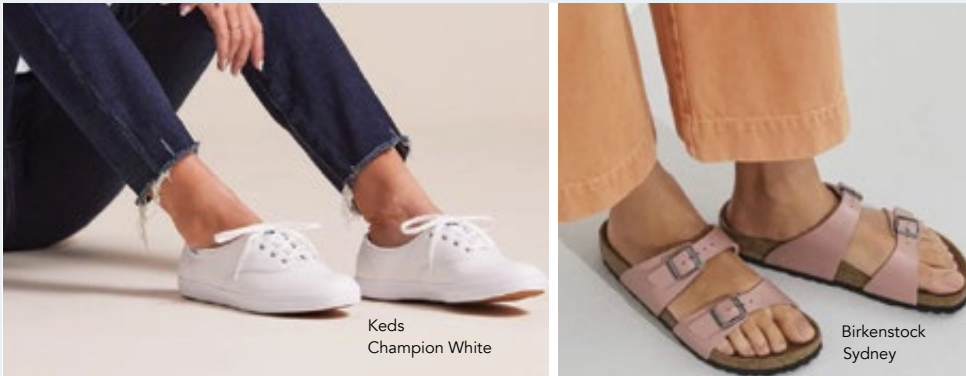
Dr Libby's Wellness Cards - These beautiful cards are designed to help build your health and wellness knowledge through the nutritional, biochemical and emotional lenses.

Bio Blends Organic Daily Greens and Radiant Reds Powder - Formulated by Dr Libby, this nutrient-dense blend of ground up plants, is a quick and effortless way to boost your intake of greens and nutrients. Containing a powerhouse of nutrients and antioxidants, this delicious powder is easily added to water or smoothies as part of a daily routine.

To enter just email pattie@essencemagazine.co.nz by Monday 16th January to go in the draw. The winner will have their prize pack dispatched by post.



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The Wool Shop
 RANGIORA

123 High Street, Rangiora
 03 313 6062

North Canterbury Destinations

As the long summer holidays stretch ahead of us it's a great time to get out and explore. We are spoilt for choice from the spectacular marine life of Kaikoura to the mountain views of Oxford and the unique charms of cafes, boutiques and attractions all around the region. Get out and discover North Canterbury these holidays.



Let nature inspire you this summer!

Have you thought about visiting Kaikoura over the summer months? There is much to discover and to explore including cycle trails, cafes and restaurants, quirky shops, museums, and an abundance of superb marine life.

Dolphin Encounter will introduce you to the ocean environment of the gregarious dusky dolphin and whether swimming with them or enjoying the show from your vantage point on board, you will be absolutely blown away with their antics and energised acrobatics. Their liveliness and carefree behaviour is inspiring and you simply should experience it, and enjoy the vibe for yourself!

Another unique attraction is the diversity of albatross and seabird species found here and an Albatross Encounter tour will have you up close and eye to eye with these magnificent wanderers of the Southern Ocean in a matter of minutes. Seeing the sheer size of these massive birds really brings an appreciation of just how special they are; how they can possibly fly let alone take off from the water is a spectacular display in itself.



An educational opportunity as well as a very unique time spent with these giant seabirds, really is nature at its best!

Tours operate daily. Visit the website for tour times and more information.
www.encounterkaikoura.co.nz
 0800 733 365

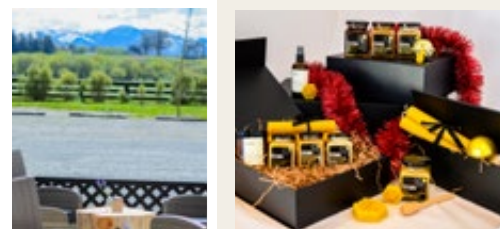


With award-winning honey and beehives all over North Canterbury, it's not surprising that Springbank Honey is becoming a destination spot for anyone who enjoys a little honey.

The well-established, honey loving family business produce three main types of honey from their North Canterbury hives - manuka, beechwood and clover honey. Their factory shop offers all this and more for sale at affordable prices - so it's the perfect spot to stock up on some nutritious NZ honey. Buying honey is a serious business and visitors can even taste the different types of honey before buying - to make sure they get the one that's just right for them.

But there's more to Springbank Honey than shopping. The gorgeous, light and bright Hive Café offers a fantastic range of sweet treats, snacks and hot drinks. There's plenty of outdoor seating and country views over rolling green hills to the mountains beyond - the perfect spot for a mid-morning revival.

So head along to Springbank Honey and stock up on some of their fabulous honey products. You'll be spoilt for choice.
Springbank Honey, 1227 Oxford Road, Cust
Open: Mon-Fri 8am - 3:30pm and Sat 10am - 3pm



Head in before Christmas and you can also grab one of their fabulous Christmas hampers - ranging in price from \$35 to \$135. They contain all kind of honey related treats - from the edible to honey-based skincare and room sprays. They not only make a great surprise gift under the tree but also a good festive thank you gift for staff or clients.



With 11 beers on tap, ranging from IPAs and pale ales to stouts and sour beers, all made on site - it's no surprise that Emporium Brewing is top of the list for many visitors to Kaikoura.

They offer a fantastic tasting tray of tap beers - that lets you sample five 140ml beers for just \$20. And they also have a great range of barrel-aged beers in bottles made on site, a cider on tap, wine, soft drinks, delicious bar snacks and tasty burgers - so it's the perfect spot for a long lunch with friends and family. And there's entertainment too. Kids big and small may like to try out the fun 18-hole mini golf course on site. Or if you want a real challenge for your group book one of the two escape rooms where players have to solve puzzles and interpret clues to 'escape' within a 60 minute time limit. (Bookings are essential).

Open 10am-6pm daily in busy periods (visit website for up to date opening hours).
P: 03-319-5897



Check out events page on website for current events
www.emporiumbrewing.co.nz

Fabulous Pre-Loved Fashion in Oxford

There's nothing like the thrill of finding a little pre-loved fashion treasure - and Oxford's Re.clotheme is the place to do exactly that. Now in new, spacious premises on Main Street the store is fast turning into a must-go pre-loved boutique for womenswear.

Store owner Michelle Anderton has an expert eye and knows her fashion. She makes sure the range includes everything from basic casual items like t-shirts and jeans right through to on trend dresses from labels like Augustine and Trelise Cooper. Whilst footwear, bags and other accessories can add the finishing touches. Whilst most items are 'gently' pre-loved some are as new with the labels still on them.

Shopping pre-loved is not only better for the planet, it's better for your wallet too - and a lot more fun. So head to Oxford and escape the crowds in a truly rewarding shopping experience at Re.clotheme.
49a Main Street, Oxford P: 027 673 5154
www.reclotheme.co.nz | Find us on



Broadoak A Garden to Inspire



Wisteria and hanging flower baskets complete the English country pub feel of what was once a horse stable.

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

When Claire and Shaun Maloney moved on to their lifestyle block in Ohoka in 1998 it was a paddock with scrubby gorse and a stable block.

Now summertime visitors are greeted with colourful blooms that give way to areas of native plantings, tranquil water features and intriguing sculptures. It's no surprise they attract garden visitors from near and far.

Early days

But the couple are clear, this was no overnight transformation. It's been a gradual process and one that has seen them raise four children, run a commercial peony paddock on the premises and generally juggle work and life whilst chipping away at this transformation.

The front garden was one of the first areas they tackled, says Claire, creating a brick and white gravel pathway bordered with an archway of roses, including iceberg and westerland, that today climb up and over the archway.

On the other side of the property a 16-bay horse stable was in a neglected state. Today it functions as a private venue in the style of an English pub. Inside there's a bar with beer on tap, a pool room and a cosy book-lined snug.

"We cleared it up first," says Shaun. "But then it was a kind of organic growth we kept the original footprint and all the rooms are designed around the sizes of those stables."

Everywhere you look there's something interesting – a model ship, a wall full of beer mats. It's even got its own pub sign - *The Bike & Bovine* which was inspired by an old phrase Shaun's dad used to say, 'about as much use a cow with a bicycle'. The image on the sign was originally used in an advert for cheese triangles. Shaun tracked it down via the advertising agency that had created it and asked if he could use the picture for his pub sign – they said yes.

A light fitting on the ceiling is made from old beer bottles with the bottoms taken off. It's a DIY job and Shaun explains he followed a process that involved submerging the bottles in ice water, soaking a wool thread in methylated spirits, lighting them and then using the wool to cut off the base of the glass bottles. Honestly, it sounds fraught with hazard but the finished item looks great.

Outdoor Rooms

The garden itself is diverse. There are sculptures and tree ferns, water features and a fabulous conservatory where Claire is growing banana plants. It was an image on Pinterest that was the starting point for the stunning black steel framed conservatory - Shaun took the picture along to a local engineering company and they created it for him, as a kitset that was put together on site.

The formal garden area is surrounded by hedging that runs between twenty brick pillars topped with gargoyles. Shaun



The black steel-framed conservatory has opening air vents at the top to allow heat to escape. It was made by local engineering firm Division Engineering.



Claire and Shaun Maloney in a rare non-working moment in the garden

"We cleared it up first," says Shaun.

"But then it was a kind of organic growth we kept the original footprint and all the rooms are designed around the sizes of those stables."



remembers how he collected the secondhand bricks in daily trips with his trailer before work every morning.

There are burnished stainless steel peacocks, a life size chessboard, formal ponds and neatly trimmed hedging that forms a love knot. A teak door from India is over 100 years old and marks the entrance to a lawn area where weddings take place.

"People often call it the Narnia door," says Shaun.

But actually much of this block is like Narnia, with unusual and engaging objects and plantings and surprises like the beautiful rustic shed where Claire opens the door to reveal bunches of dried flowers hanging from the ceiling. They're from the first wedding held at Broadoak earlier this year which was for one of their own daughters.

"We pick things up all over the place," says Shaun of the many interesting pieces. Maybe but they're also pretty inventive – an old rusted water tank has been converted into a garden ornament with a fern growing inside it. The small wooden chapel is based on the old style huts used by London taxi drivers, Shaun built it himself. How long did that take? "Probably about a week," he replies.

Interesting and unique sculptures like this burnished steel peacock are dotted throughout the gardens along with features such as the life size chess board.

Hard work

"Shaun does all the design and lay out of things," says Claire as we walk through one of the garden rooms with a love knot in the hedging. "He doesn't stop." But neither does she. Anyone who gardens can see how much work goes into this spot and they have only recently taken on some help.

Beyond the manicured gardens are hazelnut trees, chooks and beehives that they tend themselves. There's a lot of hard work and a genuine love of creativity that has gone into this space and Shaun and Claire are tireless in their efforts.

And honestly, it's inspiring to see what one couple can achieve. Food for thought for all those that sigh about not being able to get on top of the garden.



The cosy, timber lined 'snug' or 'ladies room' in the old English style pub



A rustic, brick-floored shed houses hundreds of flowers drying from the wedding of one of the Maloneys' daughters earlier this year. The pub sign features an image from an old cheese triangle advertisement.



Banana plants and other warmth loving greenery fill the conservatory.



BROADOAK

Broadoak Gardens

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

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

232 Jacksons Road, Ohoka
www.broadoak.co.nz • info@broadoak.co.nz



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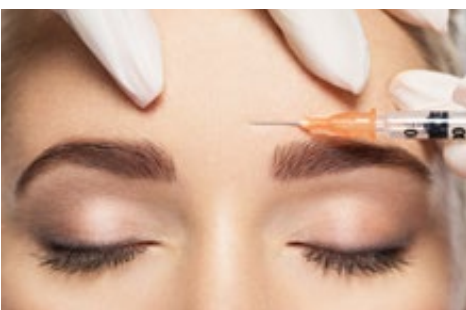
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T: 03 379 3484 www.divisiongroup.co.nz

Questions with Dr Aspell



With our busy lives we often want to have quick cosmetic treatments done in our lunch break or when we have a spare hour. Here Dr Peter Aspell answers our questions about recovery time.

Q: So what will I look like immediately after I have had fillers or Botox treatment?

A: What I love about fillers is you get an immediate effect - although the fillers absorb water and increase in volume over the two weeks after treatment you get a reasonable idea of the final result on the day. Certainly certain parts of the face are more delicate and therefore prone to swelling and bruising than others (e.g lips and under eye areas) but the vast majority of my patients walk out and go straight back to work/home without anyone knowing they've had a treatment.

Absolutely nobody would know you've had any Botox as I use a surgical concealer to cover up the pinpoint bruises from the injection sites so everybody leaves my clinic looking refreshed.

Q: When can I use makeup again?

A: I usually ask that my patients avoid applying makeup over injection sites for the rest of the day. If you've had a microneedling session then it's best not to apply makeup for at least 48 hours. The idea is simply not to get your makeup into the needle's entry site and risk minor infections. Applying makeup anywhere else on the face is, of course, totally fine.

Q: Are there any recommendations for things I should or should not do after treatments? Should I be using particular moisturisers, avoiding sun exposure etc?

A: With all injectable treatments I advise people not to book a facial until the day after - this is to avoid massaging the products away from where I placed them. Similarly, I encourage patients to skip the gym later that day to avoid them accidentally rubbing their face too vigorously with a towel and moving the product around. This isn't really an issue with Botox though, as it is absorbed extremely quickly.

Finally alcohol is a blood thinner so I advise my patients to avoid drinking on the day of treatment otherwise they risk bruising more easily. In my experience, patients receiving injectable treatments for the first time are overwhelmingly surprised by how comfortable, discreet and uncomplicated injectable treatments are, which is why they keep coming back!

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



Durham Health Cosmetic Clinic offers a range of cosmetic treatments to refresh and revitalise your appearance.

- Botox
- Dermal Fillers
- Micro needling for fine lines and scarring
- Radiofrequency Surgery
- Prescription Skincare products

A revitalised you is only a consultation away. All treatments carried out by highly experienced Dr Peter Aspell.

Contact Durham Health Cosmetic Clinic (03) 3134659 - start the journey today. www.durhamhealth.co.nz



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

Seven ways to reinvigorate your life



From time to time you might start to feel fatigued by your life. Maybe you've lost any spontaneity and this makes you feel bored, maybe you're not fulfilled by your work anymore or maybe you are beyond stressed and living in a completely reactive state.

Perhaps the pace of your life means that no matter how hard you try, you just can't reach the bottom of your to-do list and it feels like you're drowning in work. Slow down and look after yourself. Without our health we have nothing.

Here are eight simple ways to look after yourself and help reinvigorate your mind, body and soul.

1. Create a morning ritual

Some of the world's busiest people, attribute their ability to remain calm amidst the juggling act of life, to their morning ritual. Whether it is five minutes, 20 minutes or an hour, whether it is a game of tennis, a walk, meditation, reading or simply drinking a cup of tea while you gaze out the window and think of the things in your life that you are grateful for, time by yourself can set you up for a day with more energy.

2. Make a cup of green tea and listen to your favourite music

Drink some green or chamomile tea and savour the tea break. Music is also a great way to feel relaxed or invigorated. If it's soothing instrumental music, or music with a great beat and no words, this may even help you focus. Just a tea-break alone is enough to reset your day.

3. Create a tech-free zone in your home for one day a week.

It's hard to imagine a world without the sounds of cellphones and emails - but it is possible. Take a break from technology once a week, and feel your nervous system start to calm; it can happen almost immediately. Allow yourself the time to just be.

4. Prioritise fun

When life feels like it is all work and no play, it's very easy to feel fatigued with life. We need things to look forward to and opportunities to be silly and laugh and just play. If you feel silly playing games or making jokes, watch a comedy film and don't hold back. There's nothing like a deep belly laugh.

5. Re-evaluate the to-do-list

Re-evaluate your to-do-list. How many of the tasks need to be done by you? How many can be done by a colleague, family member or friend? How many of them need to be done at all? How many of them need to be done now?

6. Put your legs up the wall

A great way help you breathe diaphragmatically is to lay on your back with your legs up the wall. Lie in this position for five to 10 minutes and focus on your breath. Place a folded towel under your back or bottom for support if you like. Take 10 minutes to fully relax into this pose, it's especially soul-nourishing with some soothing music.

7. Move your body

Get outside and enjoy the beautiful fresh air. Go by yourself or walk with a friend or colleague, you might really enjoy having company as you wake up your mind with the beautiful sights of nature. Or try something new to really break up your movement routine. Garden, go for a bike ride, go skating or try a different style of yoga.

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

The next Detox by Dr Libby courses start on the 2nd of January and the 6 February. For more information go to www.drlibby.com



Cranberry and Couscous Salad

Everyone has a favourite Christmas Salad recipe and this would have to be one of my old time favourites that I make throughout the summer and whenever I take it for a BBQ everyone wants it, so here it is!

My Cranberry and Couscous Salad is so easy to make and is filled with lots of Christmassy goodness. The Israeli Couscous is lovely and plump and gives texture and bulk to the salad, the cranberries add sweetness, the coriander adds a slight citrus flavour and the lemon zest finishes it off with a zing!

I recommend that you make the salad the day before as the salad will have more flavour, the cranberries will also swell. Keep an eye on the couscous as it can stick to the bottom of the pot, if this happens before the 15 minutes is up add a little more water. I find when separating the couscous put on a vinyl kitchen glove and you can really mix it around separating the grains. I store mine in an ice-cream container and give it a good shake to mix it around. If you're making it for Christmas Day I always double it.

Christmas is the time to spend with your family and friends and I'd like to wish everyone a wonderful day, from our New World Family to Yours Merry Christmas and we look forward to seeing you all in 2023

Serves 4

Ingredients

- 1 cup Israeli couscous
- 2 cups vegetable stock
- 4 tablespoons olive oil, divided
- 1 cup dried cranberries
- 70 gram bag of pine nuts
- 1/2 cup spring onion, chopped
- 1/2 red onion, medium sized and finely chopped
- 1/2 cup coriander, chopped
- 1 teaspoon lemon zest
- 1/2 lemon

Method

Heat 1 tbsp olive oil over a medium heat in a heavy bottomed saucepan. Add the Israeli couscous and stir about 1 minute or until the couscous is lightly browned. Stir in 2 cups of stock, cover with lid, reduce heat to low and simmer for about 15 minutes or until the couscous has absorbed most of the liquid and is al dente. Drain in a colander, but do not rinse. Leave to cool. Once cool stir in the remaining 3 teaspoons olive oil to coat and separate the grains. Combine the couscous with the cranberries, pine nuts, spring onions, red onion, coriander, lemon zest. Spritz with lemon juice and adjust with salt to taste.



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



Award Winning Goodies For Christmas

You may have spotted Frank Janssen, the General Manager at Artisan Rangiora Bakery on television recently. He has been making a few media appearances - and all because of his award-winning stollen, a European style Christmas bread with an almond paste centre. Frank entered the Baking NZ Christmas Competition back in October with the aim of making a winning stollen. His colleagues Wayne Rewi also entered in the croissant category and Arlyn Thompson in the fruit mince pies category.



Originally from the Netherlands, Frank's family ran a bakery so it felt good to get back to some hands on baking.

"I am a 4th generation baker- so baking is in the genes," he says.

Four days before the competition Frank got to work along with his team. There were certain guidelines, the stollen had to weigh between 600 and 800 grams for example, but some elements are more subjective. "We used spice in the award winning stollen and this stollen is more nutty," says Frank. "It's quite hard as it depends a bit on the judge."

So Frank baked and reviewed with his colleagues - one batch was too dark, one they tried infusing with chilli, they baked at different temperatures for different times.

But after several attempts he produced the one that was just right, he knew straight away he says.

All New Zealand entries were sent to the judges in Christchurch and it was a couple of months later that Frank heard the news about his win.

Now, as Christmas fast approaches, the award-winning stollen is flying off the shelves along with some other delicious Christmas treats. So if you're after something special for the Christmas table, head along to Artisan Rangiora Bakery for a Christmas treat the family will love. And while you're there remember to check out their fabulous gingerbread house on the upper floor by the kids' area - it will fill you with Christmas cheer!

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Keep it local this Christmas

Looking to shop local when it comes to your Christmas table?

Here's a round up of some of the great markets and spots to buy local produce and tasty seasonal treats in the run up to the big day.



Sefton Dig your Own at Grown

These local growers have previously run a market pre-Christmas. But this year they're sticking with opening up for dig your own spuds and pick your own peas. You simply won't find fresher and couldn't we all do with a quick pre-Xmas work out digging our own veggies? Dates for this are weather and crop dependent so keep an eye on the Grown Facebook page in the run up to Christmas.



Strawberry Fair

Nothing says summer like the taste of fresh summer berries. This is the third year for this event and it promises to be "massive" say the organisers. Expect live music, stalls, chocolate, alcohol-free drinks and of course strawberries everywhere.

11am – 3pm, Sunday 17th December at the Kaiapoi Forest.



Ohoka Farmers' Market

Get there early if you want to dodge the crowd, the last market before Christmas is always packed. And no wonder, it has a great range of stalls from fresh produce, baked goods, delicious deli foods as well as plenty of options for last minute gifts.

9am – 12.30pm, Friday 23rd December at the Ohoka Domain



Rangiora Welcome Market

This weekday farmers market has plenty of stalls from local growers and artisan makers.

3pm – 7pm, Thursday 22nd December at 111 East Belt, Rangiora (by the High School).



Giveaway

The Taste Rangiora Giveaway: The Taste Rangiora are offering two \$50 vouchers to giveaway. Go to the post on the Essence Facebook page, like and tag a friend to be in to win.

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Heritage Tomatoes

WORDS: PATTIE PEGLER

Many may know Kevin Sepie as the Lavender Fields man, but he's also a man who knows a lot about heritage tomatoes.

Kevin started selling heritage tomatoes about six years ago in late spring alongside the lavender plants at Lavender Fields. "They're very popular," he says. "There's a general enthusiasm for all heritage vegetables. People want to get back to the old school growing in their gardens."

Kevin has around 20 varieties of tomato plants and after selling some he just focuses on growing his own during the summer. And he doesn't sell tomatoes, he eats them, shares them, preserves them. So what are the best heritage varieties to try?

"Well, they all tend to have a richer flavour than the ones you might pick off the supermarket shelf. Jaune Flamme is very popular says Kevin. An almost apricot coloured smaller tomato with a rich, sweet flavour. Sunrise Bumblee is also smallish and a bright, yellow orange colour. Kevin himself prefers the smaller to medium sized tomatoes but he says Brandywine beefsteak varieties are also very popular. When it comes to heritage tomatoes there really is a lot of choice and you may be surprised at the colours, shapes and flavours."

As for growing advice, Kevin is clear – the key thing is not to plant them outside until we are well past the



frosts. But beyond that – tomatoes are actually harder plants than many of us think. Generally with good watering, free draining soil and compost they should do well.

"My father used to always take the laterals out," says Kevin. "It can help air circulate and that's good. But they will still do well without removing laterals."

Plants can be susceptible to aphids and Kevin suggests tobacco plants as a good natural solution – the leaves have a sticky underside which attracts aphids, so they act like a natural fly paper.

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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.

Keeping The Garden Green

It's December and officially summer. A special time of year full of friends, family and festive spirit. And of course, our gardens are flourishing and in full production mode too.

Just like we need to keep well hydrated in warmer weather, we need to remember our gardens need water. Being savvy with watering keeps the garden lush and developing produce that grows optimally.

While there's always a chance of a few rain showers in December, and NIWA's climate outlook mentions humidity and tropical moisture plumes for South Canterbury, there's also a good risk of some dry spells.

Remember that how plants use water depends on many factors – e.g., the type of plants, air temperature, soil moisture retention and infiltration, prevailing winds, relative humidity, aspect of the planting (full sun or shade), neighbouring plants, reflective surfaces in the garden, and soil coverings.

Planning plantings

It pays to think about watering needs when first planting. Plants with similar watering needs grouped together sets up a watering zone that's easy to manage.

Consider the competition for water when you plant – some

trees and shrubs are water gluttons and can suck an area dry, leaving little for their neighbours.

Something I learnt, especially with irrigation, is that mature plants may create a canopy that blocks the water from spraying as far as you'd like it to go. So think of eventual height and leaf cover when setting up watering systems around young plants.

Timing matters

We may only realize our gardens are parched when we see drooping leaves in the middle of the day, but it's rarely the best time to water. Early morning or later evening is better as there's less loss to evaporation and the water gets a chance to percolate through the soil to the root zone.

Deep drenching

If your soil is right (good gardening is all about good soil!), it is most advantageous to do a deep water every few days, rather than short spurts of watering every day.

Much Mulch

A layer of mulch is very effective in maintaining good soil moisture – it helps water percolate rather than run off, and it stops evaporation from the soil surface.



Call in a favour

Unless you have your garden on a well-tuned automated watering system, if you are heading away for a holiday for more than a few days, ask a friend or neighbour to keep your garden well-watered. You can thank them with flowers, or produce from the garden when you reap the next harvest.

Happy holidays - Minette Tonoli

Page Turners

WORDS: EMMAS AT OXFORD

Delicious cookbooks to find under the tree this Christmas ... to suit both beginner and established cooks.

The Joy Of Better Cooking

By Alice Zaslavsky

Life-changing skills & thrills for enthusiastic eaters.

This fun, vibrant kitchen manual contains stacks of veggie-forward recipes, but the real gold lies in the handy kitchen skills and know-how that will help build the foundations for a lifetime of better cooking. It has all the inspiration and hand-holding you need to truly enjoy cooking for family and friends. Broken into sections such as "Slapdash" and "Making The Most Of It", there are loads of substitution, shortcuts, skills and tips to go with the recipes. You will refer to this cookbook time and time again. Perfect for the reluctant cook.



Recipetin Eats Dinner

By Nagi Maehashi

150 dinner recipes. Failproof. Delicious. Addictive. The food you want to cook, eat and share, night after night.

From comfort food to fast and easy weeknights, Mexican, hearty salads, soups and noodles and festive treats. Each recipe includes a photo, helpful notes, tips for leftovers; and a how-to video QR code. Another must-have for the novice cook and those wanting to improve technique. In 8 years, Nagi has gone from corporate to food blogger; with a huge on-line following. And now this cookbook, packed full of delicious looking recipes ... Beef Wellington or Christmas Baked Salmon anyone?



MATT DOOCEY

MP for Waimakariri

As we near the end of another busy year I am mindful of the workload for our health professionals, who have undoubtedly borne the brunt of the Covid-19 pandemic. These people are all dedicated to improving health outcomes for Kiwis, and they have been under huge pressure of late, not just with Covid-related work but also an increased demand of their services coupled with staffing shortages.

The pressure on emergency departments and their staff across the country has been well-publicised, and it's vital we try and relieve some of this pressure on the system. That's why it beggars belief that Waimakariri's after-hours health care facility is still no closer to construction.

The community was promised an after-hours health care facility by 2022 however we have now been told this has been delayed by up to three years with the new opening date pushed back to 2025. We could have been making use of the services by now, being cared for by the many health workers in Waimakariri who would no longer have had to travel into Christchurch for work.

However, resource consents we were led to believe were in place are in fact still to be granted, and the building consent is months away from being lodged. Questions to Te Whatu Ora Health NZ have gone nowhere, and I ended up having to put questions to the Health Minister in order to get answers.

It is simply not good enough that a fast-growing area like Waimakariri does not have an after-hours health care facility so I have launched a petition calling on residents to sign and demand Te Whatu Ora Health NZ fast-tracks the facility without further delay.

Residents I have spoken to are frustrated at having to drive into Christchurch for medical appointments and treatment, especially at a time when petrol prices are so high and waiting times are so long. A health care facility in Waimakariri would go a long way to easing pressure on Christchurch's overloaded system, cut down on expense for all, and take the pressure off family or friends currently taxiing patients in and out of the city.

That's why I am joining local residents Sandi and David McLean to advocate on behalf of our growing community with this petition, calling on Te Whatu Ora Health NZ to fast-track the after-hours project. The McLeans successfully led a petition in 2019 which resulted in the CDHB committing to after-hours health care in Waimakariri so I'm excited to be teaming up with them again.

You can find the petition at www.change.org/p/fast-track-waimakariri-s-after-hours-health-care-facility.

Finally I would like to wish you all a very merry Christmas and a happy New Year. I hope you all manage to spend some quality time with family and friends. Look after each other and I look forward to seeing many of you in 2023.



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