

# essence

essentially..north canterbury



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& Garden  
A Home that  
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Gabi Rennie

Complimentary  
PUBLICATION

October/November 2023

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# Behind the Scenes

One thing I've discovered about working with Dorothy - she's a perfectionist. A day before print she'll decide a particular story isn't good enough. Or she'll want to completely redesign a page or change up an image. And if that means driving an hour to get the right photo on the morning of print day - she does it.

Those last-minute changes are all about making the magazine as good as it can possibly be.

With the 20-year anniversary of Essence I have been asking Dorothy what she thinks is the secret of its longevity and success. She invariably bats away the question with a self-deprecating answer - about stress levels

and grey hair popping up. And we laugh, because we do like to laugh in the Essence office.

But joking aside - I feel pretty lucky to be working for a magazine that has stayed the course. And if I had to say why I thought Essence is still around after 20 years - I'd say it's because Dorothy takes it seriously - and that means that all of us take it seriously too. We want to bring North Canterbury the best magazine we can.

So sit back and browse through these pages. Get shopping with our Christmas Gift Guide, get inspired by a local flower farm, get ideas on interiors from our house and garden pages and enjoy all things North Canterbury celebrated in this issue.

Until next issue!  
Pattie Pegler Editor



When I published the first issue of Essence Magazine in October 2003 I didn't actually think about a long term plan. But here we are 20 years later still doing what we set out to do and that was to promote North Canterbury. It is a privilege to be involved and I wouldn't change it for anything. I can't say it hasn't been without the odd challenge but on the whole it has been a great experience. I just want to say a quick thank you to the business owners that have trusted us with the promotion of their businesses, the amazing staff who have contributed to Essence and the great relationships we have formed in the community. - Dorothy

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Home & Lifestyle - A Home that Feels Like a Holiday



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Profile - Telling Rural Stories



Front cover image: supplied by our long term advertisers, Blackwells, Kaiapoi's iconic department store. Twenty years ago the first issue of Essence came out with a fashion front cover and, with the support of Blackwells, we have carried on that fashion focus today.

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## Rangiora Museum 2024 Calendar

Once again the Rangiora Early Records Society have put together a wonderful calendar giving us all a chance to see a glimpse of Rangiora past. With a local, historical photo for every month of the year – they also show a modern day shot, so we can see the shops, streets, and buildings as they were and as are they today.

This year we particularly like the June shot of a snowy Rangiora High Street in 1945 and the May photo of the Whitehouse Bakery store shot in 1931 with their staff and delivery vehicles lined up outside – a forerunner to Artisan Bakery.

This year Artisan Bakery have also stepped in as a sponsor for the calendar. It's thanks to their support along with Wilson Print and Rangiora Museum – that these calendars can be produced. History like this is easily lost and yet so valuable and it's great to see local businesses supporting this project. A big thank you also to the volunteers of the Rangiora Early Records Society and Rangiora Museum – without their diligent work so much of our local history would be lost.

You can support these organisations preserving our local history by buying a calendar. The Calendars are \$15 each and can be purchased from Rangiora Barbers in High St Rangiora or the Rangiora Museum in Good Street.



## Music With Michal

Sun 12 Nov - 1pm

Michal was awarded 'Best Children's Artist' at the 2022 NZ Children's Music Awards – and is one of Aotearoa's most prolific Children's Artists. Her song 'Brave' was awarded 'Best Children's Song' in the 2021 New Zealand Children's Music Awards and placed second in the International Songwriting Competition in 2022.

This performance will see all proceeds go to Rachel's House Trust to help cover the funds for continuing their free service in the Waimakariri community.

Rangiora Town Hall

## Canterbury Half Marathon At Pegasus

Sun 10 Dec - Walkers start 8.30am, Runners start 9am

Set in Pegasus Town, this event caters to runners of all levels as well as a walking section and a kids 3km run. Participants get to run around the lake and experience amazing water views and pleasant walkways.

Main Street, Pegasus



## Braided Art Exhibition 2023

Weds 22 Nov - Fri 24 Nov

A fundraiser for the Waimakariri Public Arts Trust's (WPAT) will be held in Rangiora next month.

The Braided Art Exhibition 2023 will feature work from 200 Waimakariri artists.

Foyer of Waimakariri District Council Service Centre, Rangiora



## Presbyterian Mini Market

Sat 18 Nov - 10am to 2pm

Stalls with baking, preserves and jams, plants and all things gardening, books and jigsaw puzzles. Light lunch inside and sausage sizzle outside. Plenty of stalls, bargains and even a chance to try your hand at mini golf.

Corner of High & King Streets, Rangiora

## Charles Upham Art Showcase

Sat 25 Nov – 10am to 4.30pm and Sun 26 Nov – 10am to 4pm

'Cash and carry' art show – buy the art you love and take it home with you. Work from over 50 North Canterbury artists across a variety of media. In collaboration with the North Canterbury Collective and the Rangiora Art Society

Charles Upham Village, 24 Charles Upham Drive, Rangiora

## Kaiwara Homestead Open Day

Sat 18 Nov and Sun 19 Nov – 10am to 4pm

This old homestead is just over 100 years old and this is the first time it has been open to the public. Wonder the extensive gardens including the partially restored fernery and potting shed and get inspired by the plantings. Ticket are \$20 and all proceeds will go to Cholmondeley Children's Centre.

Kaiwara is 10 minutes' drive from Culverden, signposted from St Leonards Rd

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IDEAL EVENTS

METORITE  
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## North Canterbury Business Awards

Earlier this month many of the region's businesses gathered to celebrate the North Canterbury Business Awards. The awards, organised by Enterprise North Canterbury, were announced at the Gala Dinner at Mainpower Stadium. The evening was attended by many in the local business community along with local MP Matt Doocoy and his wife, Viktoria.

Entering your business for an award takes some discipline and thought – so congratulations are due to all those who entered. We know what great businesses we have in North Canterbury and it's great to see some of them in the limelight.

Images: MoMac



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STATION



# Canterbury's Footballing Fern

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

At just 22 years old, Gabi Rennie has represented New Zealand on the football pitch over 30 times, including at the Tokyo Olympic Games and the 2023 FIFA Women's World Cup. Raised in Loburn, Gabi is currently living in the USA studying at Arizona State University and playing for the intercollegiate Arizona State Sun Devils football team. Between classes, practice and games Gabi shared her future plans and what she loves most about coming home to North Canterbury.

**Essence:** *What did you want to be, growing up?* From a young age, I wanted to represent my country. I did every sport under the sun and was always very competitive. When I was 5 or 6, Sir Mark Todd came to our school and talked about being an Olympian. I came away from that with a new goal; to be an Olympian. I just didn't know in what sport.

**Essence:** *What's the best piece of advice you've ever been given and who gave it to you?* "Control the controllables", from my mum. It's something that helps me deal with the different curve balls life throws.

**Essence:** *What makes you smile?* My family. Also, good food and good coffee!

**Essence:** *What are you studying and what do you hope to do once you've graduated?* I'm doing an interdisciplinary degree in Biological Sciences and Human Rights. I hope to go pro with football once I leave college. After football, I hope to work in health policy.

**Essence:** *What's your favourite thing to do when you come home?* I just love being home! We live in Loburn and it's so peaceful, so I enjoy just having a cup of tea on our deck. I also love going to Waikuku Beach. I now live in the desert, so I really miss the beach.

**Essence:** *Where is your favourite North Canterbury coffee spot?* You can't go wrong with Coffee Worx in Rangiora. I always go there for breakfast or a coffee and scone when I'm home.

**Essence:** *What are you reading?* The Book Binder of Jericho by Pip Williams. A historical fiction that follows two sisters navigating life when all the men have left for war.

**Essence:** *Favourite podcast?* The Hamish and Andy podcast. I also recently discovered The [female] Athlete Project which focuses on female athletes' stories. I enjoy the inspiring stories and the similarities of being a female athlete across different sports.



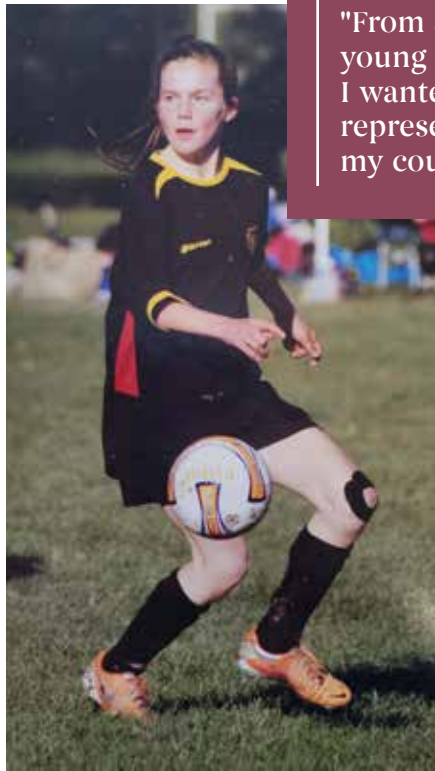
**Essence:** *Where did your love of football come from?* I played so many different sports when I was younger but fell in love with football because it brought out my most competitive self. I got to meet amazing people through football and that was a big catalyst for my love for the game.

**Essence:** *What has been the highlight of your football career to date?* The 2023 FIFA Women's World Cup. The opening match against Norway at Eden Park is a moment I truly will never forget and will forever be grateful for. When we walked out to a full stadium of Kiwi fans, it was overwhelming. It made me realize how far football and women's football has come in NZ and I was so humbled to be a small part of the moment.

**Essence:** *What is the next big life event you have your sights set on?* I have my eyes set on the 2024 Paris Olympic Games. I am also looking to pick up a professional football contract in January which I am very excited for.

**Essence:** *To all the young girls in North Canterbury hoping to be a Football Fern one day, what words of wisdom can you share?* Enjoy what you do. When you love what you do, the sacrifice and work is worth it. And enjoy the little wins. There are a lot of setbacks in sport and in life, so when you have those little success moments enjoy them, be proud of yourself and then keep working for the next moment.

"When you love what you do, the sacrifice and work is worth it."



"From a young age, I wanted to represent my country."



At the risk of getting out the crystal ball we reckon this market is on the turn. Confidence is returning to spending habits of first home buyers and investors - this is a great sign

Claire and Stuart Morris Ray  
White Morris & Co Real Estate

## How Do I Get Top Dollar In A Down Market?!

While our friends in the media have written as many articles as possible telling us all how bad the market is, the results we are achieving in our auctions rooms would suggest otherwise - but as they say "why let the facts get in the way of a good story!"

So how do you do it? How do you get top dollar when the market is on the decline or trying to dig itself out of it? We've seen some excellent results and they generally all have the following covered:

- There is plenty to choose from so make sure your property is presented at its best. Neat, tidy, smelling good, looking good, free from excuses and ready to move into.
- EQC claims! These are still a thing and will likely be so for the foreseeable future. So make sure you have a fresh set of docs (order them from EQC - make a phone call, it's better than emailing) and make sure all of the work is completed and where possible proof is available.
- Prep work - all those jobs you never got around to, get around to them. Finish everything, tidy everything up, take away rubbish, touch up, tidy up. GET IT DONE! Because it will make you money!
- If you have altered your property in any way with renovations make sure the appropriate consents are in place. If you didn't do it then approach the council and get a Certificate of Acceptance - if that sounds scary, ring me.
- Do what your real estate agent suggests. You wouldn't try and tell your surgeon how to operate or your lawyer how to do their job so trust your selected agent and take their suggestions on board. There is no doubt that the clients I work for who listen to me and work with me get better results come sale time.



At the risk of getting out the crystal ball we reckon this market is on the turn. Confidence is returning to spending habits of first home buyers and investors - this is a great sign. If we haven't already, we have hit the bottom of this market so if you have been waiting to buy, get involved NOW! If you are wanting to trade up, down or sideways - now is your time.

## Excellence In Property Management Recognised

Each year we are asked to submit entries into one of several categories to be recognised at our annual Ray White Awards which were held recently. While we are not ones to enter just for the sake of entering, this year we decided we deserved to put our name forward in the large office of the year category. While we didn't take out the top spot, we came very close being named a finalist.

With almost 200 Ray White offices in New Zealand we are immensely proud to have been awarded this accolade and recognised as one of the top three Ray White Property Management businesses in the country. But what we are even more excited about is the reflection this has on the service we offer day in and day out to our valued clients who entrust us to take care of their investment properties.

Looking back to when we opened the business eight years ago with a team of one (me), a desk, a car, a cell phone and a laptop we have come a very long way, now managing over 500 properties and with a team of ten! The ability to adapt, and change, and the desire to always improve our services is what keeps us at the top of our game, and is one of the reasons why we are consistently recognised for our achievements.

Ray White's head of Property Management told me that we have a business that is not only reliable, steady and well run, but also driven to make improvements, implement new technologies and learn something new every day - which is a unique balance in our industry where sometimes things are done the same way, just because that is how they have always been done. Not here at Ray White Morris & Co Property Management - we are always striving to get even better!



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# A Home that Feels Like a Holiday



Christopher Collie



northcanterbury.co.nz



Max Warren

WORDS: AMELIA NORMAN | IMAGES: CREDITS ON PHOTOS

On a quiet corner in the sleepy, seaside settlement of Waikuku Beach is a home that feels like a holiday. Waves lap and gulls call in the middle distance. Quail skitter across the tidy, sheltered lawn. Sun pours over the neat deck, through wraparound sliding doors, across smooth West Coast beech floors. But despite the epic bach vibes, this is the full-time family home of Max and Julia Warren and their young daughters Olive and Poppy.

"We live in Waikuku Beach for the lifestyle," explains Julia. "Our lives are very outdoorsy and very beach-focussed and we wanted our home to blend in with this environment and our lifestyle."

From the street, the Warrens' home is all striking angles and gently weathered larch cladding. Eye-catching yet modest. The bold Corten steel alcove around the front door gives just a hint of the savvy design within.

The couple designed the home themselves. Max, an architect, who has recently set up his own business MW Architect, had long held a dream of designing his own home. With an array of award-winning projects from which to draw inspiration and a wish-list that included optimised outdoor living space and an "amazing" kitchen for food manufacturer, Julia, the pair threw numerous ideas around before settling on their compact, three-bedroom, bach-like design.

"We'd been looking for land for a while, whilst living in Christchurch," explains Julia. "We found this property in 2018. What we actually bought was an enormous macrocarpa hedge and a very old, dilapidated bach that had been here forever. Max took out everything that he could potentially reuse, like some lovely rimu and flooring, then he tied the framing to his Dad's Landcruiser and pulled the whole shack down!"

Once the property was cleared, the couple were standing on a 688m2 pile of sand. "It was all just sand," recalls Julia. "It made digging the piles really easy, but it also meant we had to bring in a huge amount of soil to get anything to grow here." It also inspired the home's moniker: Sandhill House.

The only nod you'll now find to the oodles of sand are an outdoor shower secreted around the side of the house ("ideal when we're coming in from the surf") and an impressive succulent garden where enormous green, yellow and blue agave and cacti variants thrive.

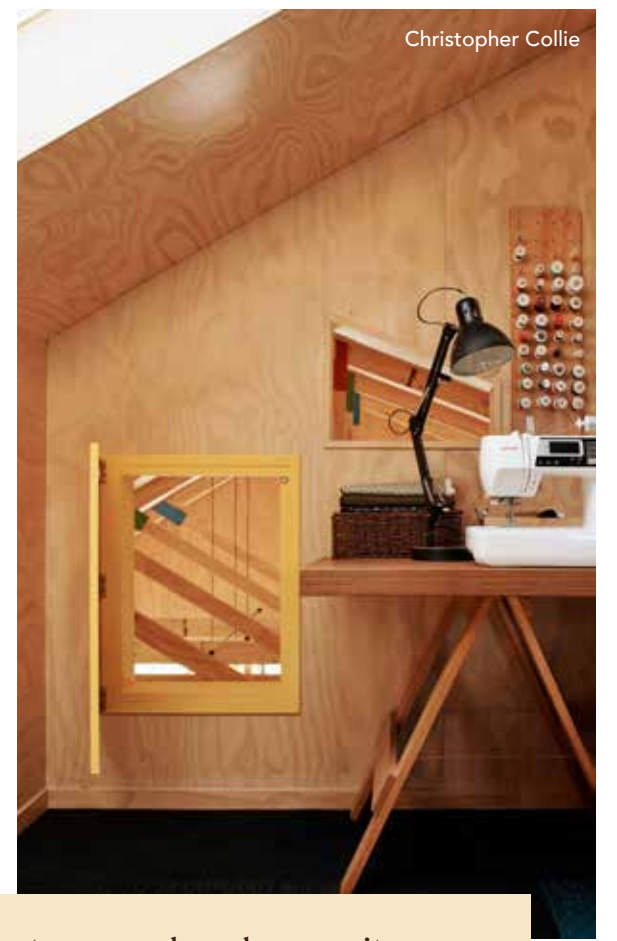
"A functional kitchen was a non-negotiable for me in the design phase. I wanted an amazing kitchen with lots of storage space and a walk-in pantry where our appliances could sit, ready to go. Max's only requirement was space for a coffee machine."



Christopher Collie



Christopher Collie



Christopher Collie

A wall of ply nooks provides storage and work space; its practical functionality contrasting with the colourful climbing wall that dots its way up to a safety net and a sun-yellow hatch into the upstairs loft space.

Around the garden's edge, lush akeake, lancewoods and lemonwoods create a well-established border. To the south are a walnut tree, apricot, loquat and feijoas. Just off the deck, to the north, is a small, flourishing herb garden along with some greens and strawberries. "That's my kitchen garden," says Julia, an avid foodie who operates her own raw food business, Make it Raw.

"A functional kitchen was a non-negotiable for me in the design phase. I wanted an amazing kitchen with lots of storage space and a walk-in pantry where our appliances could sit, ready to go. Max's only requirement was space for a coffee machine."

All the kitchen boxes have been well and truly ticked with a single wall of black cabinetry, steel benchtops and brass hardware offset beautifully by the ply walls that envelop the kitchen and living space. Max's coffee machine, shining in the corner, is the only benchtop appliance to be seen. The leathered negresco island is a central feature, serving as a family meeting space as much as a food prep one. "The island really brings the family together. The girls will sit and draw or eat there while we're in the kitchen."

Across the island is the bright living space, with those holiday-feel wraparound sliding doors and the gabled

ceiling filling the room with beautiful natural light. A wall of ply nooks provides storage and work space; its practical functionality contrasting with the colourful climbing wall that dots its way up to a safety net and a sun-yellow hatch into the upstairs loft space. Up here, Julia and Max share the space for sewing and working, respectively.

"I love the way Max has incorporated a lot of fun things," says Julia. "The girls go up the climbing wall and into the net and read books up there. Then there are the colourful nail plates up on the exposed trusses, the bright yellow laundry and the yellow garage floor."

These happy pops of unexpected colour amongst the ply walls, timber floors and sleek furniture have earned the home two Resene Colour Awards this year. Sandhill House has also received a Housing Award at the 2023 New Zealand Institute of Architects Canterbury Architecture Awards.

"These awards are a nice way for Max and our builders, McKenzie Builders, to get some recognition for the hard work they put into the house," says Julia. "But it also shows that you don't have to be building a million-dollar home to engage an architect; it shows that an architect can actually save you money with clever design and good use of space whilst adding something fun with a little bit of quirkiness."



Max Warren

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North Canterbury based, Pointbreak Homes, are excited to bring to market some brand new, stylish homes in The Clearing, Amberley's newest premium master-planned subdivision, that combine functionality, sustainability, and modern aesthetics.

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The Clearing offers a vibrant new neighbourhood mix, appealing to families, downsizers and retirees alike. Amberley is now a thriving North Canterbury town, just 40 minutes north of the outskirts of Christchurch via the new Northern Motorway.

Being the gateway to North Canterbury's wine district, with stunning mountain views, plenty of local amenities and Amberley Beach just a minute down the road, on offer is an idyllic place to call home. This is easy living, with real community connections and a lifestyle location that's hard to beat.

## Lot 6 The Clearing, Stage 1

Title expected October 2023



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## Window Treatments to Beat the Heat



WORDS: CHRISTINA GARDNER | IMAGES: SUPPLIED

With Show Weekend just around the corner and a hot, dry La Niña summer forecast for North Canterbury now's the time to consider sun protection for your home.

Window treatments play a crucial role in protecting your home from the sun's harsh rays, providing both functional and aesthetic benefits. When it comes to safeguarding your interior spaces from excessive sunlight, there are several window treatment options to consider.

Sunscreen & Sun Filter Roller Blinds. Probably our first thought when it comes to front line sun protection of your home. Coming in various styles and transparencies, these window coverings can be customised to block varying degrees of sunlight, from light filtering thru to complete blackout.

Thermacell blinds, with their honeycomb structure, are known for their energy efficiency as they create a barrier against heat transfer. We often think of these blinds as best for room warming and retaining heat inside the home. But they are equally as efficient in keeping heat out and come in a great range of colours and transparency levels.

Blinds, whether horizontal or vertical, offer adjustable control over sunlight. You can tilt the slats to redirect or block the sun's rays while maintaining a view outside. Venetian blinds, with their adjustable angles, are particularly efficient at this task. Vertical blinds work well for larger windows and sliding glass doors, allowing you to control the sunlight's entry by simply adjusting the vanes.

Interior shutters, such as plantation shutters, provide excellent protection from the sun's glare and heat. They have adjustable louvres that can be tilted to control the amount of sunlight entering the room. Shutters are not only functional but also add a timeless, classic charm to your home's interior.

Curtains and drapes made from heavy, lined fabrics can effectively block sunlight when closed. They are an excellent choice for bedrooms and media rooms where complete darkness is desired. Additionally, curtains and drapes can add a touch of elegance and style to your interior decor. However, its important to remember that fabrics are impacted by sunlight and will fade with repeat exposure. Combining a sunscreen roller blind with lined drapes is the best way to protect fabric in sunny windows

In conclusion, selecting the right window treatments to protect your home from the sun involves considering factors

such as the room's purpose, level of privacy, and the look you'd like to achieve.

I can help you navigate the range of solutions to deliver a comfortable and well-lit interior while safeguarding your furnishings and reducing energy costs. Whether you choose shades, blinds, shutters, or a combination of these, investing in proper sun protection through window treatments is a smart choice for both your comfort and the longevity of your home's interior.

If you would like help finding cost effective and creative solutions for your home – whether it's a new build, renovation or one window don't hesitate to give me a call so we can arrange a time to meet.

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18 ct Gold and Five Stone Diamond Ring



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Lladro - My Two Little Treasures



Basalt Wedgewood Decanter, Beaker and Vase



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Oriental Coffee Table



Pale blue and white mock croc shoulder bag \$12



White quilted look shoulder bag \$5

Cobalt blue stiletto heels from Zara \$30

Chiffon tiered dress by Shein \$45

Pink flora and feather fascinator on headband \$20



Orange pleated biased cut chiffon dress from Mi Hong \$60

Orange feather and black fascinator \$10

Orange suede wedge heel sandals from Lipstik \$18



Cute pink bag from Jimmy Choo \$15

Floral pastel crossover dress from Dotti \$25

Pale pink, Top Shop stilletos with cuff ankles \$25



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# Birch Hill Flower Farm



Nicky Paul, founder of Birch Hill Flower Farm



WORDS: AMELIA NORMAN | IMAGES: BIRCH HILL FLOWER FARM

There's a lot more than just flowers growing at Birch Hill Flower Farm. This verdant patch of land in rural North Canterbury, fringed by towering eucalyptus and weeping willow trees, is a place where ideas, plans and dreams flourish.

Founder Nicky Paul has constant improvements and developments in mind for her business. "In the future..." is how she starts a lot of her sentences. Or, "One day..."; "Down the track..."; "What I really want to do is...".

Nicky is an ideas lady. After all, it was only three years ago that she broke ground on Birch Hill Flower Farm; a notion that stemmed from a love of gardening and Pinterest.

"One day on Pinterest I saw someone growing and selling flowers," Nicky recalls. "And I thought 'I could do that!'" She wasted no time in planning and digging a series of 15m long flower beds in which to plant a rainbow of blooms on her 4 hectare lifestyle block. Ranunculi, dahlias, snap dragons, cosmos, sweet pea, larkspur, zinnias... the list goes on. That

was in 2020. Since then, the number of beds has more than doubled. Borders, fences and trellises have appeared, as have a greenhouse, a shed and a covered lean-to that serves as a sheltered space for Nicky's workshops. She's created a brand, a social media presence, a website, and discovered abundant new opportunities for income-by-flower.

"I had to give up my full-time job," explains Nicky, who used to work as an insurance broker. "It was just too much. I was burning out." Finding fewer hours and more flexibility elsewhere has allowed Nicky to pursue some of those 'down the track' goals and stay on top of the endless cycle of germinating, pricking, planting, growing, weeding, composting, turning and maintaining her beloved flowers.

It's early spring when Essence visits. Apart from the odd cluster of creamy yellow daffodils and pink tulips popping up neatly on the fringes of the orderly beds, there's barely a flower to be seen. Yet, the farm is brimming with life. Tiny green shoots push their way up through the dark, freshly turned soil. Blossoms flash their bright colours from small apple trees. Bellbirds



Come late spring this whole space will begin bursting with tall stems of petals in every shape and colour, filling the air with a gentle floral scent, attracting butterflies, bees and visitors.

and fantails whistle and squeak amongst the dangling willows above the ornamental pond. Come late spring this whole space will begin bursting with tall stems of petals in every shape and colour, filling the air with a gentle floral scent, attracting butterflies, bees and visitors. "January is the busiest time," explains Nicky. "But my growing cycle extends from early spring right through until the first frost, usually in April."

Between now and then, Nicky will be in the garden every day from 3pm until dark. If it's wet or cold she'll likely be potting or pricking seedlings in her lovely warm greenhouse. In here, with the mesmerising repetition of "sow, prick out, plant, repeat," time can fly. "The crockpot comes in handy," she quips. "And luckily my partner Les is a good cook. That helps a lot!"

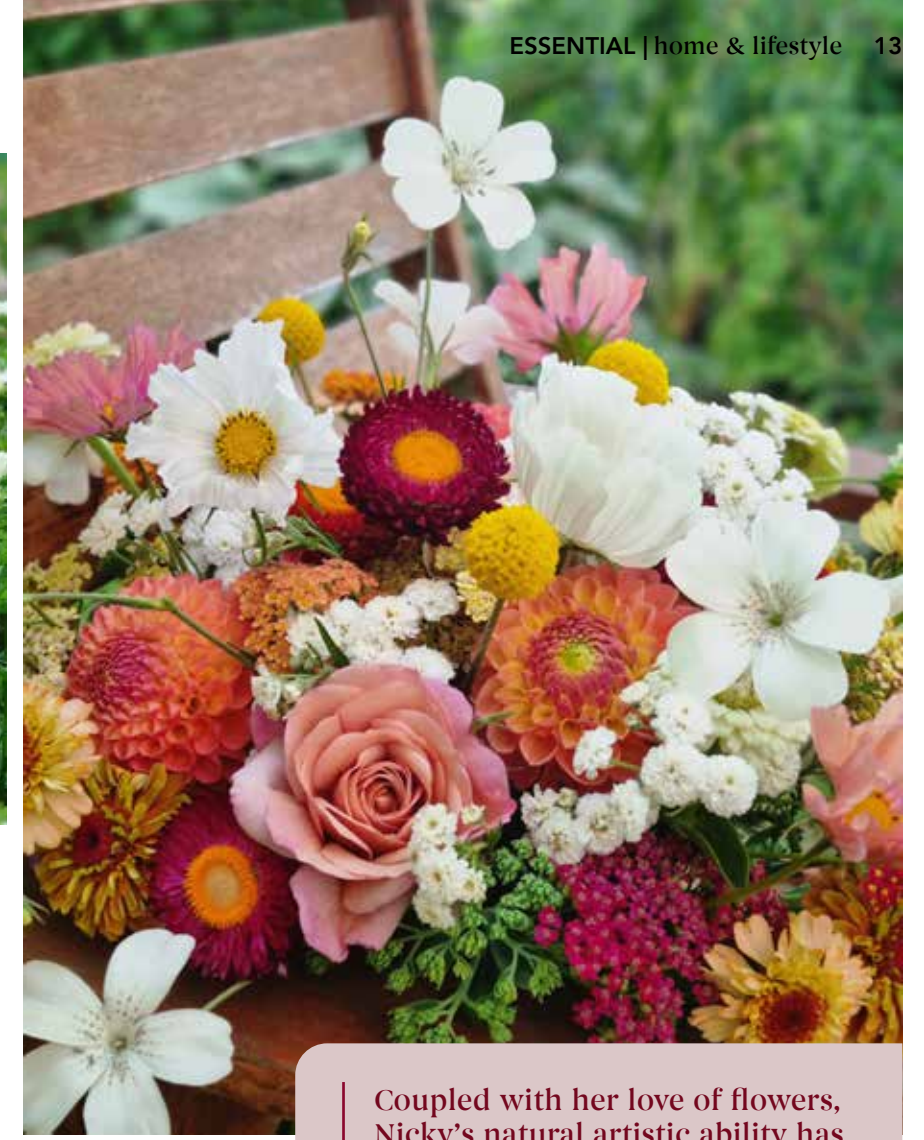
With her children having left home, Nicky has more time than ever to devote to the farm. But even when the kids were small, gardening was a passion for the self-taught floriculturist. "I've always had a garden, wherever I was. Even when we were renting, I'd make a space to garden. My grandmother was an avid gardener, and my grandfather had a love of trees, so I think a lot of it comes from them. Unfortunately, my grandmother has passed away and was never

able to see this but I know she would be super proud."

Coupled with her love of flowers, Nicky's natural artistic ability has seen her creating wedding bouquets and designing gardens for friends and family for years. But the development of Birch Hill Flower Farm has introduced new opportunities for sharing her skills and passion. She runs floral workshops, welcomes gardening groups and small tour groups for days out. She's a member of the Floral Collective Canterbury; a friendly bunch of small-scale flower farmers who sell fresh, local flowers to florists, designers and event companies. And in the summer she sells beautiful bouquets.

And there are many more plans taking shape like a small shed-cum-shop renovation that's part way finished, and a peaceful pond-side bank that's being turned into an entertainment space. "But it's all time and money," says Nicky. "At the moment I just do things as I can afford them, and all the money goes straight back into the farm."

With so much growth in just three years, one can only imagine the bright, beautiful, brilliance of this space in 10 years' time. But however it may look, we know for certain that Nicky Paul will be here, planting new ideas, plans and dreams.



Coupled with her love of flowers, Nicky's natural artistic ability has seen her creating wedding bouquets and designing gardens for friends and family for years.



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# Getting Together with gardens

Countless studies show that gardens and green space can carry tremendous benefits for health and mental wellbeing. But they also do something else - they bring people together.

But it's not enough to just have some token patches of grass says one of Silverstream's founding developers, Fred Rahme. You need to bring people together.

"We put in exercise equipment, swing sets, benches," he explains. "There's a jetty and a swing bridge and the Silverstream walkway along the river. We didn't just want a green corridor. We activated the green space."

And it works, says resident Shirley Jackson. The community make regular use of this green space for events like the annual duck race. And they take pride in the space - Shirley regularly joins a group of residents who are planting along the reserve and to date they have put in nearly 2000 plants that are provided by the council. The work brings people together but so do the walkways, the stream side benches and the playgrounds - they draw people out. And you don't need to be a garden expert says Shirley, who says she hardly knows a plant from a weed, but she is a great organiser.

People getting out in their gardens can also bring unexpected celebrations. Earlier this year Shirley's street won the Best Street Award in the Kaiapoi Community Garden competition. "It was a surprise," says Shirley. "We didn't know and we didn't expect it at all but people do put work into their gardens."

They certainly do. Residents in Silverstream also picked up awards for the best townhouse garden and the best vegetable garden - amongst others.

For the residents in Shirley's street the silver award plate has been carefully shared around - each of them getting to keep it for a few weeks. "It really has brought the street together and given people a sense of pride," says Shirley.

And when things don't go to plan in the garden, the community rally round. When one elderly couple were unable to keep their garden to the standard they wanted due to ill health - a neighbour, Mark, put out a call for help on Facebook. It drew willing helpers from all over Silverstream who spent many hours weeding, planting and laying lawn to transform the garden into a low maintenance, easy care spot. Whilst local café, Urban Revival, even put on a spread to keep the volunteers energised for the day.

The homeowners themselves hadn't considered reaching out on Facebook, but they were blown away by the response and the kindness of the community.

To developer Fred Rahme, it's what he was hoping for in these green spaces.



It drew willing helpers from all over Silverstream who spent many hours weeding, planting and laying lawn to transform the garden into a low maintenance, easy care spot.



"As humans we want a community," he says. "We want to get to know each other, we want to belong."

Check out the community @SilverstreamSubdivision on Facebook or Instagram



SILVERSTREAM  
www.silverstreamestate.co.nz

# Celebrating 20 years



The Fabric of Society

Cocoon Beauty & Day Spa

Upstyle Me

Thea's

Querky Style

The Rusty Acre

I Adore Homeware & Gifts

Emmas at Oxford

Gifts & Finds

# Christmas Gift Guide

Christmas shopping should be a pleasure not a chore. So keep it stress free and fun this year - right here in North Canterbury.

You'll be amazed at the variety and range of items available from our local retailers. There are gifts for everyone at all budgets; friendly, helpful service and no waiting around anxiously to see if that thing ordered on some overseas website will actually turn up for Christmas.

Read on to get inspired with this year's awesome Essence Christmas Gift Guide from our fabulous local stores.



Gather & You

Propaganda

So You!

Blackwells Department Store

Hair Handlers

Brands Mowers & Chainsaws

Cameo

Studio Pilates



# Blackwells

- 1. Black & White Tree | 2. Reindeer | 3. Xmas Sacks
- 5. Nutcracker Soldier | 6. Nutcracker Soldier | 7. Ladelle glasswear | 8. Ashley and Co Lip Tint
- 9. Ladelle Gin glasses | 10. Baby Jeans | 11. T/shirt | 12. Roll on Crocodile
- 13. Dish Towel, Gold set of 4 Knives, Santa Cheese Board | 14. Ashley and Co Bonberry Candle

Cnr. Williams St & Raven Quay, Kaiapoi | Ph 03 327 8029  
www.blackwellsdeptstore.co.nz Open 7 Days



# So You!

- 1. Barclay Orange | 2. Berlin Light Cherry Angle Bag | 3. Floral Earrings
- 4. Loren Beige Sunglasses | 5. Rose Gold Evening Round Bag | 6. Kena Dress
- 7. Dali Tee Hot Pink | 8. Floral Clutch

Shop 3, 188 High Street, Conway Building, Rangiora | 03 313 1720 | www.soyouboutique.co.nz



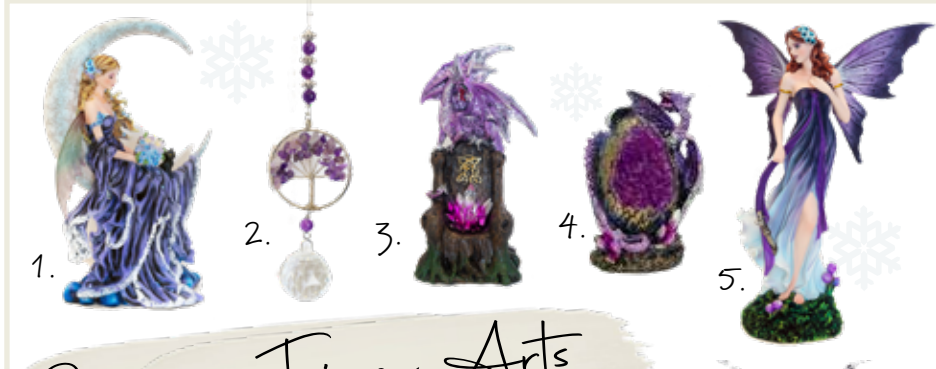




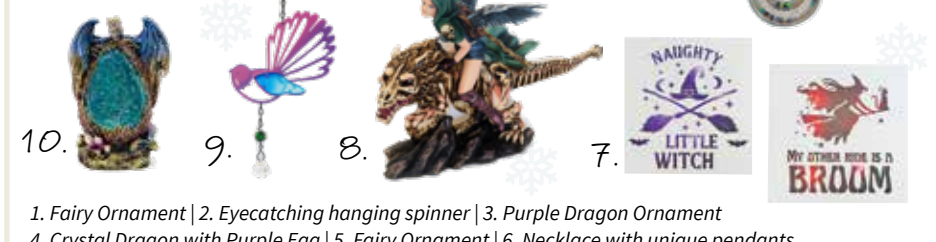
The Rusty Acre



1. Cast Iron Peter Rabbit | 2. Metal Kiwi | 3. Brass Goose | 4. Brass Duck  
5. Tall metal Sunflower | 6. Cast Iron Horse head | 7. Brass Bull  
1 Roscrea Place, Mandeville | 021 1466 426 | Open Fri-Sun, 10-4pm



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4. Crystal Dragon with Purple Egg | 5. Fairy Ornament | 6. Necklace with unique pendants  
7. Witch Light boxes | 8. Dragon Ornament | 9. Fantail hanging ornament  
10. Green Dragon Ornament  
10 Cone Street, Rangiora | 03 313 5474 | www.cameofinearts.co.nz



Emmas at Oxford



1. Zay Bags | 2. Hands in the Dirt - Leah Evans | 3. Getting Lost - Travel Game  
4. Botanical Foot Soak | 5. Billy Connolly - Rambling Man | 6. Botanical Hand Creams  
7. The Observologist - Giselle Clarkson | 8. The Wilson Sisters - Horse and Pony Guide  
53 Main Street, Oxford | www.emmasatoxford.com | 03 312 3432



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1. LSKD Top | 2. Drink Bottle | 3. Grey Sweater  
4. Tote Bag | 5. Cap | 6. Gift Vouchers available | 7. Control Mat  
Unit E/9 Cone St, Rangiora | rangiora@studiopilates.com | 03 925 8136



Propaganda



1. Black Volcom Victor Sandals | 2. Carve Polarized Sunglasses | 3. Lilac Side Bag By Rusty  
4. Adjustable Hat In Dark Almond | 5. Santa Cruz Cotton Socks | 6. Old Skool Vans For Toddlers  
7. Hurley Leather Wallet  
152 High Street Rangiora | www.propagandaclothingnz.co.nz



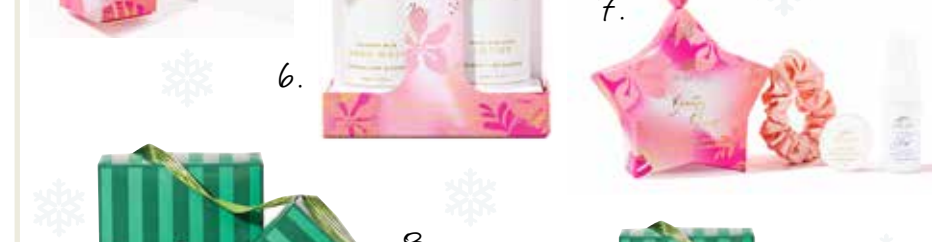
Up-Style Me



1. Maxwell Williams Crockery | 2. French Country Lantern | 3. Ceramic Kitchen Storage Jars  
4. Luxury Candles | 5. Mother and Child Statue | 6. Wreath | 7. Teapot and Cup Set  
8. Garden ornament | 9. Maxwell Williams Cake Plate | 10. LG Pitcher | 11. Burgundy Monochrome  
Structured Floral Arrangement | 12. Candle Holders | 13. Organik Botanik Bath Salts  
50 North Eyre Road, cnr of North Eyre Rd & Logans Rd, Swannanoa  
Ph. 021 860 236 | upstylemeltld.co.nz | Wed to Fri 10am - 4.30pm, Sat 10am - 3pm



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7. Pure Fiji Beauty Sleep Trio \$20 | 8. Image Skincare Hydrating & Nourishing \$110  
9. Image Skincare Youth Restoring \$209  
2/246 High St, Rangiora | 03 313 5552 | www.cocoonbeautyanddayspa.co.nz



Gifts & Finds



1. Iron Bee trivet \$26 | 2. Queen Bee wall art made from NZ honey drums \$135  
3. Wrendale keepsake gift tins \$17ea | 4. Hanging terracotta pot man \$29ea available  
in green or red | 5. Foraging Fox double oven glove \$50 | 6. 100% organic cotton bibs \$14ea  
7. Boss Lady soy candle \$35ea | 8. Mens genuine leather wallets \$37ea  
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4. H50 Hedge Trimmer (skin) \$219, (kit) \$319 | 5. PE5 Pruner + Pole (skin) \$329, (kit) \$465  
6. R4 Automower (kit) \$1,599 | 7. T28 Grass Trimmer (skin) \$219, (kit) \$299 | 8. Charger \$89  
9. 18V Batteries, 2.5AH + 4.0AH \$119-\$179 | 10. P5 Pruner (skin) \$229, (kit) \$325  
\* kit includes battery and charger  
275 Flaxton Road, Rangiora | Ph 313 6640  
sales@brandmowers.co.nz | www.brandmowers.co.nz

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3. Dog Bookends
4. Olive Green Sunglasses
5. Antique Style Clock
6. Wooden Deer
7. Happy Campers Cushion
8. Terracotta Vase
9. Rustic Style Home Sign
10. Rust Cotton Cushion
11. Large Bench Bulldog
12. Textured Glass Vase
13. French Themed Wooden Boxes
14. Gold Ram Statue
15. Antique Mirrored Decanter

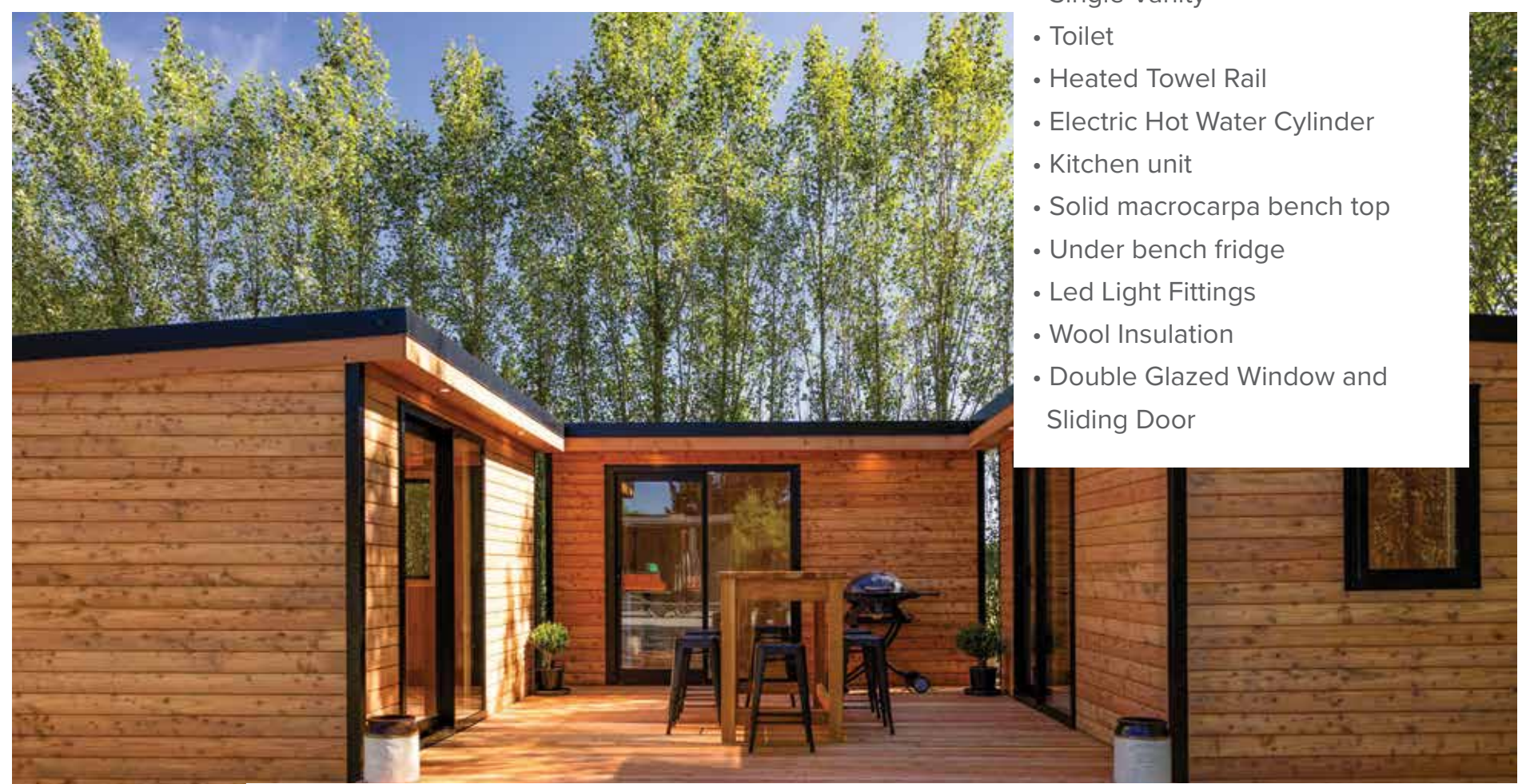
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 (03)312-8963 | sales@loburnsawmill.co.nz

# Jewellery Valuations

Are Your Jewellery Valuations Up to Date for the Holiday Season



WORDS: KELLY CRAWFORD | IMAGES: CRAWFORD HILL

As the holiday season approaches, our thoughts often turn to festive gatherings, gift-giving, and the joy of spending time with loved ones. However, amidst the celebrations, it's essential not to overlook an aspect of holiday preparations that's less glamorous but equally crucial - ensuring the protection of your valuable jewellery. Whether you're receiving new pieces as gifts or simply want to safeguard your existing collection, now is the perfect time to get your jewellery valuations up to date for your insurance companies.

Why Update Your Jewellery Valuations?

Your jewellery collection is not just a reflection of your personal style and taste; it's also an investment. In the event of theft, loss, or damage, having accurate and up-to-date valuations is crucial for your insurance coverage. Over time, the value of precious gems and metals can fluctuate due to market trends, making outdated valuations inadequate for replacement.

We have prepared these steps for you, to help you ensure your jewellery's protection:

**1. Inventory Your Jewellery:** Start by creating a detailed inventory of your jewellery. Document each piece with photographs, receipts, and any relevant certificates, such as appraisals or grading reports.

**2. Contact a Certified Appraiser:** Seek out a reputable and certified jewellery appraiser to provide updated valuations. They will assess the current market value of your pieces, taking into consideration factors like quality, craftsmanship, and any changes in market trends.

**3. Inform Your Insurance Company:** After receiving updated valuations, contact your insurance company to ensure your coverage aligns with your jewellery's current value. Don't forget to ask about any specific coverage options for valuable pieces.

**4. Take Preventative Measures:** In addition to insurance, consider ways to protect your jewellery. Invest in a secure home safe, take precautions when traveling with your pieces, and ensure regular maintenance and cleaning to preserve their luster.

By following these steps, hopefully you can enjoy the holiday season with the peace of mind that your precious jewellery is adequately protected. Remember that as your jewellery collection grows or as market conditions change, it's essential to periodically review and update your valuations. After all, the true value of your jewellery extends beyond its monetary worth; it also holds sentimental and emotional value that is irreplaceable. This holiday season, let your jewellery shine not only with beauty but with the confidence that it's safeguarded for years to come.

If you have any questions, or need any help to do this, call into Crawford Hill Jewellery and have a chat with us.

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Kelly Crawford



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Pink Handbag for all those Cup Day essentials **So You**



Keep the sun off in style with this fab pink trilby style hat **The Fabric of Society**



Black heels and strappy elegance in hot pink **Moda Bella**



All the pinks in the long-sleeved casual print dress **So You**



Lilac crystal earrings add sophisticated glam to any outfit **I Adore**



Simple and stunning maxi length tiers to take you anywhere **Propaganda**



Smart and practical pink framed reading glasses **The Fabric of Society**

The perfect go with anything green in this cute shoulder bag **Craze**



Pretty in pink with these puff sleeves and cut out back dress teamed with wide brimmed hat **Craze**



Gorgeous summer florals and easy-to-wear elegance **So you**



Two toned leather in a timeless slingback style **Street Legal**



Cool cotton lilac with a cute hem ruffle to take you through summer **Craze**



Slip-on sandals with braided straps and petite heel **Street Legal**



Keep cool in halter neck mini dress with adjustable tie **Propaganda**



Dress up any outfit with this timeless pearl and gold necklace **Crawford Hill**



Simple elegance with these silver bangles **Crawford Hill**



Glam it up with this green and gold vintage clutch bag **Upstyle Me**



Clear heel and a dash of diamante in these sparkling sandals **Street Legal**

Chunky heels and stylish detail make the perfect everyday summer shoe **Moda Bella**



Anytime summer style in this midi length green summer dress **Craze**



Cool summer style in this maxi linen dress with lined bodice **Craze**



Add a pop of colour with gorgeous green earrings **I Adore**



Elegant tiered midi dress in classic white **Propaganda**



This cute white, tiered midi dress with hem detail is stylish and simple **Blackwells**



A chunky heel and glossy gold straps combine for utterly glam sandals **Street Legal**

## Race Day ready



Nothing says summer dress like a touch of on-trend gingham **Craze**



White cross body bag with gold stud detail and room for all your essentials **Craze**

# All About Eyes

**WORDS: DR PETER ASPELL**  
(DURHAM HEALTH COSMETIC)

The eyes are usually the first feature we notice when we look at each other or ourselves in the mirror.

The most common complaint I get from my patients is looking tired and this often refers to the darkened hollows/bags under the eyes that we all develop overtime. This can, of course, be exacerbated by stress and poor sleep but it's also the inevitable result of ageing. This happens because the lower eyelid skin gets thinner, it sags and the bony skeleton around the eyes changes shape and the small plump pockets of fat under the skin breakdown overtime. The overall appearance changes from small and smooth to hollow and droopy.

Until a few years ago the only option to treat this was surgery, which although effective can be risky and involve significant cost and recovery time. Dermal fillers, which breakdown naturally over a year or so have become a much more popular and practical way to address this extremely common problem safely and with pretty immediate results.

Not every patient is suitable for tear trough fillers alone but a simple test you can try in the mirror is gently press your fingertips against the cheekbones just below your eye bags and see if that gives them a bit of improvement. If so then you'll likely a good candidate. For some people, treating the cheekbones and temples with a bit of filler first is a better idea but a good cosmetic doctor will be able to talk you through this.

I really enjoy treating tear troughs because the result is an instant freshening of the eyes and the treatment takes less than an hour, is painless and costs a fraction of what surgery costs.

All treatments start with a thorough consultation and discussion around the best way to achieve a freshened and more youthful result - unlike lip fillers, which always aim to look subtle. The goal is simply to look refreshed and well rested. It's rare for anyone to know it's been treated which is great as most patients value their privacy. Combining this treatment with a good skin care routine and eye cream yields the best outcomes.



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# Reducing inflammation

**WORDS: DR LIBBY | IMAGES: SUPPLIED**

Put simply, inflammation is your immune system's response to a stimulus. This might include problematic substances you ingest via food and drinks, absorb via your skin, or breathe in, or those that the body is directed to produce inside itself. Chronic inflammation is most commonly driven by lifestyle choices, so the good news is there is plenty you can do to help reduce it and minimise the collateral damage that can occur when it is always switched on.

## 1. Nurture your gut

Different types of gut bacteria can either increase or decrease levels of inflammation. You can support the health of your gut by incorporating as many different types of plant foods as you can into your way of eating – variety is key. Think different types of vegetables, fruits, nuts, seeds, pulses, herbs and spices. These all contain different substances that feed your good bacteria and help them to thrive. Fermented foods such as sauerkraut, miso, kombucha, kimchi, tempeh and kefir are also excellent. You may also like to include warm, slow cooked foods and bone broth which offer restorative, gut healing properties.

## 2. Love your liver

When the liver isn't able to do its critical detoxification work efficiently, due to damage from alcohol, toxins or viruses, inflammation increases. We can support the liver by reducing our exposure to what I like to call "liver loaders"—alcohol, refined sugars and synthetic substances that are often found in processed foods, conventional cosmetics and household cleaning products. In addition to reducing your intake of liver loaders, your liver will benefit from consuming more bitter foods such as green leafy vegetables as well as iron, protein and sulphur-containing foods.



## 3. Nature's anti-inflammatory pantry

In addition to focusing primarily on whole foods with an emphasis on plants, there are also a number of foods that have potent anti-inflammatory properties and increasing our consumption of these can help too. They include turmeric, ginger, flaxseeds, and oily fish, due to their long-chain omega-3 fatty acid content, as well as grass-fed meats.

## 4. Check your stress

The stresses of modern life aren't going to disappear anytime soon, so it's crucial that we have practices in place to help mitigate the effects of this on the body. Breath-focused practices are a fantastic way to help lower stress hormone production—this could involve diaphragmatic breathing, meditation, tai chi, qi gong or restorative yoga. It's also important to consider how you might be able to change your perceptions of pressure and urgency in everyday life if stress feels persistent for you.

## 5. Embrace the Chill

There is a growing body of scientific research that supports the use of cold water immersion therapy for a variety of health conditions—including reducing inflammation. It involves immersing the body in cold water for a short period of time, usually between 5 and 20 minutes. This is something you can do in the ocean (when the weather is cold enough), your shower or at a local recovery centre or bathing house.

**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.**

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

# Protect against those UV Rays

As the warmer weather rolls around, sun protection becomes more important than ever. Particularly for those areas, like our faces, that are exposed everyday. But we know the choice of products available can be confusing, so we bring you a round-up of some of our sun protection faves.



This high-quality sunscreen is formulated by a leading British dermatologist and skin cancer surgeon and it really does tick all the boxes. UVA and UVB protection, hypoallergenic and cruelty free.

Available from **Loral Ford Beauty, Pegasus**



La Roche Posay SPF 50 is one of our sunny day faves. In a small, handbag size bottle this lightweight, non-greasy sunscreen is perfect for your face and neck.

Available from pharmacies



Juvenate ReShield is lightweight, silky anti-ageing sun protection. It's NZ made, reef safe, vegan, paraben free and it comes in tinted or untinted versions.

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



A lightly tinted sunscreen that also moisturises. TIZO® AM Replenish Lightly Tinted can also be used under makeup and contains vitamins C & E to combat free radical damage.

Available from **Le Beaute Room, Rangiora**



## Get Clean With Clay

Sunscreen, sweat and makeup can leave skin feeling greasy and grimy at the end of a long week. Hey Bud Clear As Clay Mask can help with that. With hemp seed oil and bentonite clay it detoxifies and clears skin – helping to reduce acne, scarring and blackheads.

Available from **SugaShack, Waikuku**

## Look After Your Crowning Glory

Just like our skin, hair needs a bit of care to look good. After all – we put it through a lot. So Wella's Ultimate Repair products, with patented bond repair technology, are designed to repair damage, whilst rebuilding and strengthening the hair's internal structure. What does that mean? It means healthy, smooth hair for you this summer.

Available from **Hi Gorgeous, Rangiora**



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## Great Food and Coffee Creates a Buzz

On a midweek morning Rangiora's Black & White Coffee Cartel is buzzing. It's hardly surprising - the coffee is great, the cabinet is bursting with delicious choices and the space is light, bright and welcoming.

It's all down to serving good food and good coffee, say café owners Bridget Philpott and Lydia Fechny. And from breakfast to brunch to lunch the team does just that.

There are classic dishes like eggs benedict and salmon bagels, as well as Chef's specials that change up every few weeks to offer new options - like Thai Beef Salad, a current fave. And you'll go a long way to find a cabinet as tempting as this one - full of colour and fresh ingredients with sweet treats like orange almond cake and savoury options to suit all dietary requirements - from hearty sausage rolls to veggie frittata.

## Creates a Buzz

The cabinet is regularly restocked and tidied during the day to keep it looking great. And their two talented chefs are always coming up with freshly baked options to go with the morning coffee - such as good, old-fashioned scones to ham, cream cheese and pesto scrolls.

And when people come for the food and drink they're also delighted by the premises. With high ceilings, huge windows and a contemporary but welcoming atmosphere - it's the perfect spot to grab breakfast, a morning coffee or catch up with friends for lunch.



Bring this magazine into the café in Rangiora after 2.30pm and receive a free standard hot drink. Offer expires 30th November 2023

1/5 High Street, Rangiora | Open Monday to Friday 7am - 4pm, Saturday & Sunday 8am - 4pm | No Surcharge on Public Holidays



## Arlo.

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Delicious Cabinet Food

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Arlington Shopping Centre, Rangiora  
www.arlocafe.co.nz

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## Monteiths Rangiora

Great food and friendly service

When you head out to eat, it can be tough to find somewhere that suits everyone. But the menu at Monteiths in Rangiora, does a good job of it - from lunch to dinner, sharing platters to meaty mains, soft drinks to cocktails - there is something for all tastes.

This well-established family restaurant offers a full range of food options from lunch through to dinner. Daily specials include fish of the day, pasta of the day and roast of the day whilst a selection of sharing dishes includes crisp and crunchy cauliflower poppers, dirty fries and pesto garlic naan bread.



For those after a hunger busting dish - there are hearty steak meals, wild venison pie and plenty of burgers and pizzas. Or opt for the Monteiths Farm Platter a fabulous combo of sirloin steak, Yorkshire pudding, bacon, pork belly bites and seasonal veggies with onion rings.

A dedicated kids' menu includes cheeseburger sliders, fish and chips and pizza.

Of course, you will want to save space for dessert. For those with a sweet tooth there are some mouthwatering options - ice cream sundaes, affogato and cheesecake to name just a few.

And there's a flexible approach. Just want to share some garlic bread and pork crackling with friends after work? No problem. Want a burger and a beer whilst you watch the sports? Pull up a stool in the bar area. Looking for a quiet spot to have a dessert and a coffee or liquor in the evening? Head for a cosy booth and settle in.

Staff offer a warm welcome and great service whatever the time of day and whatever your order. So head into Monteiths Rangiora and enjoy one of their delicious dishes.

Open daily 11am to 10pm  
Monteiths Rangiora  
75 Victoria Street  
03 313 2929

www.monteithsrangiora.com



## Springing Into Local Food

The best food is seasonal. Sure you can buy imported asparagus all year round in supermarkets - but it doesn't taste half as good as the first spring taste of fresh, locally grown asparagus.

We are so lucky in North Canterbury to live surrounded by fabulous, local food producers and growers. From berries to veggies, eggs to nuts, milk to wine - even more exotic sounding things like olive oil and truffles - there are people producing all these in our region.

Their produce is not only phenomenal but it's also often great value. So swerve the supermarket and get along to one of the farmers markets around the area or look out for farm gate sales.

### Ohoka Farmers' Market

9am - 12.30pm, Fridays at the Ohoka Domain

### Amberley Farmers Market

9am to 12.30pm, Saturdays, outside Hurunui Council Building, SH1 Amberley

### Kaiapoi Farmers Market

9am to 12.30pm, Saturdays, Morgan Williams Reserve, Charles Street, Kaiapoi

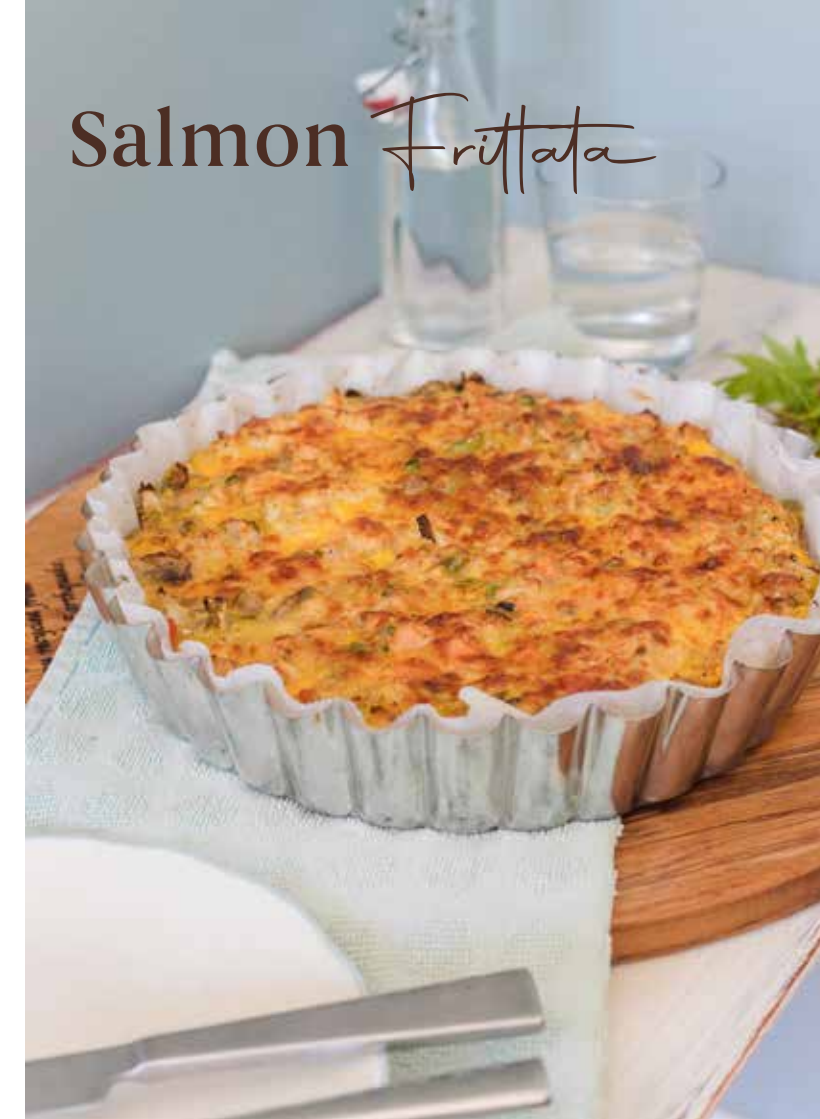
### Oxford Farmers Market

9am to 12.30pm, Sundays, Main Street, Oxford



The summer season is a busy one at Ohoka Farmers Market for regular Friday morning quality artisan foods and crafts. Don't miss the Special Markets with Special Guests Show Day Nov 17th and Xmas Markets Dec 15th 22nd. Superb seasonal foods, garden plants, unique handcrafted gifts.

Ohoka Domain 9 - 12.30. All weather Fridays.  
www.ohokafarmersmarket.co.nz



## Salmon Frittata

With the change of seasons our food and eating habits change, we look forward to salads and lighter menu options. November approaches with the hint of summer, BBQs and entertaining outdoors.

This month's recipe is certainly one for the warmer weather. From our New World Collection we have a Salmon Frittata, something that is easy to make and you can use leftovers so nothing in your fridge goes to waste. It contains a mixture of fresh and frozen veggies and if you don't have everything that's in the recipe make the most of what you do have, leftover roast veggies, cottage cheese, tuna. Or, if you want to treat yourself, use some fresh smoked salmon instead of tinned and add ½ cup of cream.

A couple of pointers, after the frittata is cooked I put it under the grill for a few minutes to brown the top and if you're serving it hot use a sharp knife to cut giving you nice smooth wedges. I also cooked it in a deep flan dish with a removable bottom lined with baking paper. This is also great cold the next day or if you're planning a picnic, slice it and put it back in the dish so it's easy for transporting. Make the most of November relaxing with family and friends before we head into the Silly Season, happy cooking.

### Ingredients

- 1 tablespoon oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- ½ leek, white and green parts thinly sliced and washed thoroughly
- ¼ head cauliflower, florets, stalks and any nice leaves chopped into small chunks
- 300g (2 cups) frozen mixed veges
- 200g mushrooms, sliced
- 415g can pink salmon
- 8 eggs, beaten
- Salt and pepper, to taste
- 50g cheese, grated

Serves 4-6 | Prep time: 10 mins | Cooking time: 20-30 mins

### Method

Heat oven to 180°C bake or 160°C fan bake. Heat oil in a large oven proof frying pan on the stove over medium high heat. Sauté onions until slightly softened, add garlic and stir fry for a minute or until fragrant.

Add leek and cauliflower, turn heat to high and cook until the leek is softened, and the cauliflower starts to become tender. Add frozen mixed veges and mushrooms and cook until heated through.

Add the pink salmon to the pan and gently stir through.

Season beaten egg with salt and pepper if desired, then pour over the veges and salmon. Scatter with cheese over the top and transfer the pan into the oven.

Bake for 20 minutes or until set. Remove from oven and leave to cool slightly for two minutes before slicing and serving.

### Cooking tips:

If you don't have an oven proof frying pan, cook this frittata in a large baking dish. Grease the baking dish and follow the method above for cooking the vegetables and salmon, transfer into the baking dish then pour the beaten egg over the top. Bake until set.

If you have left over veges from another meal, you can add them into this recipe in place of the veges listed.



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.



## Did you know Artisan do photo image cakes to order?

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We also have lovely, iced birthday/celebration cakes available in our retail freezer daily.

Open daily 7am - 5pm 18 High Street, Rangiora | 03 311 8837 | [www.rangiorabakery.com](http://www.rangiorabakery.com)



# Wine & Dine

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.



## ACORNS Café

Friendly staff, delicious cabinet food and fresh flavours are the order of the day at Acorns Café this spring. The warmer weather brings in beautiful Chai breakfast bowls and for lunch there are fresh salads daily with a signature Minty Lime vinaigrette with fresh mint and lime.

So treat yourself to a coffee, a snack and relax away from the hustle of Rangiora town centre.

1 Charles Upham Drive, Rangiora  
03 310 6407 | Find us on Facebook



## LA LUNA

With premium coffee, a delicious breakfast, lunch and dinner menu – La Luna has something to suit everyone. Try Southern Fried Chicken with Buttermilk Waffles – a tasty lunchtime bestseller. The dinner menu includes mouthwatering tapas to share including lamb kebabs and cheese croquettes. Plus à la carte mains, kids' menu, tempting desserts and a warm welcome. It's the perfect spot!

Unit 5/246 High St, Rangiora | 03 423 3149  
Mon to Sun 9am - 3pm,  
Dinner 5.30pm - 9pm Tues to Sat | www.laluna.nz



## THE STATION Café

Get creative over coffee at this unique Rangiora café. With delicious cabinet snacks, a tempting lunch menu and a chance to get painting your very own pottery piece from mugs to eggcups and more. This is the perfect spot to kick back, order your snacks and unleash your inner creative!

2 Blackett St, Rangiora | 03 313 6018  
www.thestationpotterycafe.com



## COFFEE Worx

Spring is here!

As the spring Markets, Fairs, and Shows ramp up, what better time is there to gather with loved ones and enjoy a relaxing brunch from our new Summer menu.

And don't forget to stock up on our fresh roasted premium coffee for the long weekends ahead.

13 Ashley Street, Rangiora  
03 423 3243  
www.coffeeworx.co.nz

## Pataka BERRIES

Pataka Berries proud growers and suppliers of top quality, New Zealand grown berries. Available year round are frozen blueberries, blackcurrants, boysenberries, raspberries, strawberries and apricots. Please contact to check what is available.  
Sold through our on-site shop.

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768 Marshland Rd, Christchurch | Ph: (03) 323 7896 | Email: patakaberries@xtra.co.nz  
www.patakaberries.co.nz Open 7 Days



## NOM NOM Kitchen

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

With something on the menu to please everyone Nom Nom is a fantastic choice for your next family catch-up, special occasion or just a great meal!

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



## THE BROOK Bar & Eatery

Casual dining at its best with hearty dishes from fish and chips to steaks and pasta as well as some classics like Beef Nachos. With salads, seafood, pizza and a dedicated kids' menu – there really is something for all appetites. You'll also find mouthwatering desserts, regular lunch and dinner specials plus live sports and a pool table to keep everyone smiling.

16 Southbrook Road, Rangiora | 03 313 7509  
www.thebrookbar.co.nz



## LITTLE VINTAGE Espresso

Fabulous food, great coffee and amazing service!

Little Vintage Espresso Café  
20 Markham St, Amberley  
03 314 9580



## Giveaway

This is the ultimate book for desserts and sweet treats.

Dish Sweet has recipes for all from shortbread to churros, ice cream to cakes, tarts and picnic treats. It's the perfect book for cooking up mouthwatering sweet treats.

And the good news is we have one copy of this awesome sweet sensation book to giveaway to one lucky reader. Just email pattie@essencemagazine.co.nz with your name and contact details and be in to win. Entries close 30th November.

## The Taste

Premium Asian dine in or takeaway  
**Open Wednesday to Sunday – 4pm to 8.30pm**

Lillybrook Centre, 63 Percival Street, Rangiora | 03 313 3333 | www.thetaste.nz

# dish SWEET

by Sarah Tuck and Claire Aldous



dish SWEET is your one-stop cookbook for the very best of dish baking, desserts, slices, ice creams, cheesecakes and more.

Ideal for taking away on holiday or having on hand at home, it's chock-full with easy to make, delicious recipes all conveniently arranged into sections – there's no doubt you'll find the perfect sweet treat for your next picnic, celebration, or cheeky dessert.

Whether you're craving something chocolatey, the perfect shortbread or scones for afternoon tea, a crowd-pleasing tart, decadent dessert or a scoop of delicious ice cream, dish SWEET is designed to make life that little bit sweeter.

With recipes from well-known cookbook author and editor Sarah Tuck and beloved food editor Claire Aldous and stunning photography from contributors Josh Griggs and Yuki Sato, even the pages look good enough to eat.

### More about the chapters:

**Baking:** There is an enormous amount of pleasure to be found in the act of baking – the measuring, whisking, beating, or folding of ingredients and then the alchemy of cooking that brings delicious results in the form of delights such as the easier-than-they-look Sticky 'Apple Pie' Brioche Pull-aparts, and the playful riff on a classic Chocolate Lamington Cake. From simple to complex, these baked goodies will elevate afternoon tea to a whole new level!



**Slices:** Slices are so incredibly versatile and run the gamut from the healthy and nutritious like the Super-Seeded Muesli Bars to the wildly indulgent Dark Chocolate, White Chocolate and Ginger Brownies... moist, dark, rich and fudgy, they're a must-try.

**Desserts:** The grand finale to any dinner, no matter how delectable the nibbles or how impressive the main, is inevitably the last thing to be eaten – dessert. From the deeply decadent Molten Dark Chocolate and Hazelnut Pudding, to the ultimate Late Summer Crumble or the showstopper White Chocolate, Rhubarb and Strawberry Cheesecake, we've got you covered.

**Tarts:** Tarts are a secret weapon when entertaining. With all the work done in advance they provide you with the easiest 'ta-dah' moments and there are so many variations to play with. The Plum and Citrus Frangipane Tart makes the most of seasonal stone fruit while the Spiced Pumpkin Cheesecake Tart and Macadamia Caramel Tart are spectacular any time of year.

**Ice creams:** If you think making homemade ice cream requires special equipment and a high level of skill, think again! We have the easiest, creamiest frozen delights that are simple to make and delicious to eat – from the No-churn Decadent Dark Chocolate Whisky and Espresso Ice Cream, to the cheaty-pants Lemon Curd, Pistachio and Meringue Ice Cream. You'll be keeping your cool and loving every mouthful!

Dish SWEET is a compilation of all of the very best baking, desserts, slices, ice creams, cheesecakes and more from dish magazine. The cookbook features 100+ recipes – including 'cheeky little extras' that can elevate your sweet treat into something extra special – bringing dish's sweet recipes together in one handy volume to always have at the ready. Available nationwide in bookstores, the Warehouse and speciality food stores.

RRP \$45.00, On sale 10 October 2023

## No-churn Extra-rich Chocolate Frangelico and Boysenberry Ice Cream

By crikey this is good – we've been making ice cream variations for ages, and this one just went to the top of the favourites list.

SERVES 8

### Ingredients

- 500ml cream
- 150 grams dark chocolate (72% cocoa), chopped into 1cm chunks
- ¼ cup Frangelico
- 1 tablespoon dark cocoa
- 395-gram tin sweetened condensed milk
- ½ cup boysenberry jam
- ½ cup chopped toasted hazelnuts or almond flakes

### Equipment

- 1.5-litre capacity freezer-safe container.

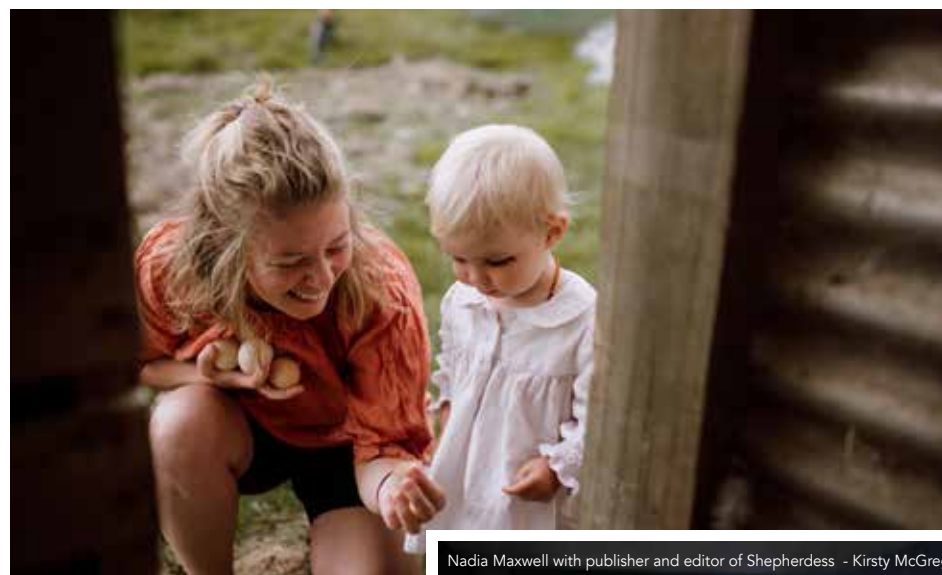
### Method

Heat half the cream in a small microwave-safe jug or on the stovetop until simmering. Add the chocolate chunks and leave to sit for 1 minute.

Whisk until smooth, if necessary, reheating very briefly. Set aside until cool. Add the Frangelico to the chocolate and whisk to combine.

Whip the remaining cream to soft peaks, add the cocoa and sweetened condensed milk and whisk until smooth.

Completely fold in the cooled chocolate and pour into the container. Freeze for 3 hours then drop in blobs of jam and ½ of the hazelnuts and swirl through gently. Freeze a further 4 hours or overnight before serving. Top with the remaining hazelnuts to serve.



Nadia Maxwell with publisher and editor of Shepherdess - Kirsty McGregor



## Telling Rural Stories

WORDS: PATTIE PEGLER  
IMAGES: SUPPLIED

Christchurch based film producer Nadia Maxwell's last two projects were feature films. Now she's bringing her film experience to a new locally produced television series.

A brand-new six-part, half-hour series, *Shepherdess*, celebrates eighteen different rural women – living in rural Aotearoa. A collaboration between the magazine *Shepherdess* and Nadia's film production company, *Overactive Imagination*, the series offers beautifully filmed rural scenes and some thoughtful insights into the stories of women in those places.

Each episode focuses on a different geographic area and three different women who each bring a different perspective to the area. From a mum of four running a busy shearing gang for 200,000 sheep to a woman from Wales who left behind corporate life in London to follow her husband back to his family farm; and Serena (Ngāti Porou), a sixth-generation shearer from shearing royalty who has found her calling as a traditional healer.

It's a fascinating take on the lives of rural women. And whilst Nadia has been immersed in the world of film both here and overseas, as the daughter of orchardists and now living in rural Leithfield with her winemaker husband, two daughters and errant chooks, she 'gets it' when it comes to rural life.

**"Rural women wear a lot of hats and are very community centred," she says of the women in the series.**

Nadia, who started out studying law, has worked on documentaries for big players like TVNZ and Al Jazeera. She's also turned her talents to psychological thrillers like

*Human Traces* which premiered at the Toronto International Film Festival in 2017. And she's worked on award-winning projects like *Here Be Monsters* which won Best Short Film at the NZ Film Awards in 2013.

Whilst the women's stories in the *Shepherdess* series are beautifully presented – it takes a lot to put together these neat looking 22-minute episodes says Nadia. The film crew spent up to six days filming in the different areas and there was a huge amount of logistics involved – from finding good spots to film, to juggling everyone's availability and more.

"The biggest challenge is probably being as prepared as you can be," says Nadia. "Pre-production included extensive research, following the belief 'every woman has a story to tell' the logistics of travelling to small communities kept our team busy... things like putting together the crew, travel and even the catering."

And even then, sometimes the best laid plans can go awry. Filming in Hawkes Bay, for example, was affected by Cyclone Gabrielle.

"There are some things you just can't prepare for," says Nadia.

Nonetheless, the finished series is a beautiful look at women in rural communities. Make it one to watch this summer.

**The *Shepherdess* series is available free-to-air on Sky Open from Sunday 22 October.**

## Open Day Fundraiser at Kaiwara Homestead and Gardens



Over Saturday the 18th and Sunday 19th of November Kaiwara Homestead at Culverden will be hosting an open day with all proceeds going to Cholmondeley Children's Centre.

Bruce Johns has been busy through the year getting the garden prepped for the Homestead's first open day. "Through our families brief association with Cholmondeley we recognise the sterling work they do, with total love and care for youngsters in need," he says.

Kaiwara Homestead was built in 1886. It has been modernised over the years and is now a nine-bedroom home with large living areas, but it has virtually the same shape as in 1900.

The station was purchased by Walter Macfarlane in 1877, for his son John who was 20 years old at the time. John was an industrious man who developed the 24,500 acres, from just one hill block and one paddock on the flat. At its heyday around 1910 it carried 25,000 sheep. There was a cowman/gardener, a cook and two housemaids. And there were three gardeners - now just me laments Bruce!

The Kaiwara garden was one of the premier showpieces of the Amuri. Today Kaiwara comprises 1300 hectares (3200 acres), the garden is approximately three acres, with several notable trees planted before 1900. It was purchased by Bruce and Audrey Johns 27 years ago. Now their two sons run Pedigree Angus cattle on the hills with an annual bull sale held. The 320-hectare irrigated flats carry a dairy herd with 1100 cows milked.



including the partly restored large fernery and potting shed. The recently restored Station cookshop will also be open for viewing. It is now a four bedroom residence contained in the original footprint. Visitors will enjoy recapturing the cookhouse's atmosphere where the cook would have been in charge of catering for up to 30 staff for shearing.

There will be live music and visitors are welcome to picnic in the grounds. There will also be talk given on Kaiwara at 11am and 2pm each day. An original painting by neighbouring artist Lissa Holland will be sold by silent auction with all proceeds to the cause.

Kaiwara is 10 minutes' drive from Culverden, signposted from St Leonards Rd. The open day will run from 10-4pm over the Saturday and Sunday of Show Weekend. Entry \$20, tea and coffee included and children are free.



## Gardening Giveaway

It's time to get out in the garden and home-grown vegies bring so many great benefits. They're cheaper, fresher, often have a higher nutritional value and what a sense of satisfaction when you grow your own.

To give you some gardening inspiration and to celebrate 140 years of helping Kiwis garden, Yates has curated a selection of popular, time-tested New Zealand heirloom vegetable and flower seeds into a new range.

Handed down through the generations and trusted by Kiwi gardeners, the Heirloom range includes old time favourites such as the easy to grow Heirloom Beetroot Mix which comes in striking red and white stripes, stunning golden beetroots and red and white varieties. Also included in the collection is the Heirloom Radish mix which comes in a delightful range of pink, red and white; a buttery Tom Thumb Lettuce and the sweet, bite-sized Yellow Pear Tomato. Bring in the bees and butterflies with the

Bonita Marigold Mix, a charming assortment of yellow, red, orange and bicoloured edible flowers.

And the really great news is, that thanks to Yates, we've got a set of the new Heirloom seeds together with a special commemorative canvas tote to giveaway to one lucky reader.

**Just email [pattie@essencemagazine.co.nz](mailto:pattie@essencemagazine.co.nz) with your name, address and why you want to win these gardening goodies. Entries close on 10th November.**



## Gardening Hacks For Beginners

Join the growing movement of people who are living off their land and growing more for less. Even if you've never planted peas or potatoes, peppers or pumpkins, there is never a better time to start. To help you get started Yates has listed some gardening hacks for beginners.

1. Clear plastic sushi or salad 'clamshell' containers make great mini greenhouses for getting seeds started. Just poke a few vent holes in the lid, fill the bottom half with seed raising mix and sow your seeds. Add a little bit of water, close the lid and place the container in a sunny spot.
2. If you're planting out seedlings in cooler temperatures you can protect them from frost – and slugs or snails – by using 2L soft drink bottles. Take off the lid, cut off the bottom and push the bottle down over the seedling, into the soil. When the seedling is ready to face the elements remove the bottle during the day and pop it back on overnight, until the seedling is mature enough to grow on its own.
3. Attract insect pollinators to your vegetable garden with colourful flowers. The more bees and butterflies you have visiting your veggies, the better your harvest will be.
4. Take advantage of sunny house or garage walls to grow tall tomatoes. Plant seeds in polybags and hang lengths of stretchy cotton plant ties from cup hooks under the eaves. You can spiral wrap it around the main stems to hang up the plant, then gradually train it to full height. Even a tomato plant heavily laden with fruit will hang quite comfortably from stretchy plant ties.
5. Double the life of your vegetables by sprouting them from scraps that may normally get thrown out, including lettuce, celery, bok choy, leeks, and onions. Simply place the cut base of the vegetable in an inch of water, place in good light and change the water every couple of days. Once roots have shown on the cuttings, the sprouted vegetables can be planted out in the garden, or transferred into pots, to grow on into new plants.

## Page Turners WORDS: EMMAS AT OXFORD

Children's books that will make great gifts... adults will be keen to get their hands on them too.

**The Observologist - A handbook for mounting very small scientific expeditions**  
By Giselle Clarkson

Observology - the study of looking. An observologist makes scientific expeditions, albeit very small ones; noticing interesting details in the world around them. Knowing that there are extraordinary things to be found in even the most ordinary places.



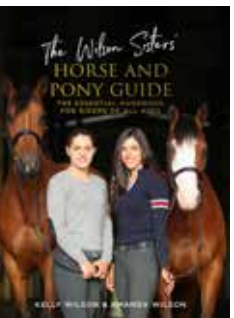
This book is an antidote to boredom, an invitation out of the digital world and screentime, an encouragement to observe our environment, with care and curiosity, wherever we are. One for curious observers of the world right under our noses.

Facts combine with comics, detailed illustrations, science and funny stories,

making this a playful and informative book for 7- to 11-year-olds.

**The Wilson Sisters' Horse and Pony Guide - The essential handbook for riders of all ages**  
By Kelly & Amanda Wilson

Whether you already own horses or you or someone in your family wants to learn to ride, the Wilson sisters have written this comprehensive and illustrated guide to all the things you need to know about riding and horse ownership.



They share knowledge and tried-and-true methods they have accumulated from a lifetime with horses; to establish safe and correct practices to ride and care for your horse and set you up to be the type of owner your horse deserves.



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## Bronwyn Candish

Owner of Sheppard & Ormsby

Terrifyingly, it's beginning to look a lot like Christmas. I am officially the most into Christmas person I know but even I struggled with seeing the Christmas displays being readied at the end of September.

However, it did get me thinking. Thinking of booking those flights home to see family and present lists, but more pressingly being able to take time away from the office with the headspace to enjoy the break and the cashflow to ensure you have a still viable business to return to.

Now is the time to spring clean, blow out some of those cobwebs and ensure you have the right systems and people in place to be able to enjoy the holidays. Imagine how create it will be to only have to worry about whether your barbecued steak is medium or well done.

Here's a few tips from us to help the season be your best yet.

- 1) Ensure you have set a moment aside to re-familiar yourself with the peculiarities of Christmas wages, annual leave and public holidays so that you know you've done this right first time
- 2) Ponder what it means to you to give thanks to your amazing staff and suppliers who have no doubt gone above and beyond this year. Book that Christmas party now or even better refresh yourself with the IRD's rules around entertainment to structure these rewards to get a full deduction for you.
- 3) Chase those lingering late payers and if appropriate engage the services of a professional credit controller. We all know times are tough out there. Unfortunately your customers are likely to have even less money the other side of Christmas.
- 4) Speaking of which, sorry to be the bearer of bad news, but your GST and Provisional tax will be due on the 15th of January. Now is the time to plan ahead for these payments. A tax pool is an excellent idea.
- 5) Take time over the break to really drill down on defining what success looks like for you for 2024 – so that you can recognise that you've done it when you get there

We love this stuff and are doing it ourselves, right now! We would love to parent wit you to make 2024 your best yet. Give us a call

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## MATT DOOCEY

MP for Waimakariri

It was an absolute honour and a privilege to have been re-elected to a fourth term as Member of Parliament for Waimakariri. I was extremely humbled to receive my largest majority to return as your representative in the 54th Parliament of New Zealand. As the Member of Parliament for Waimakariri I will work hard to serve everyone in the electorate to the best of my abilities.

I will continue to fight hard for after-hours health services for North Cantabrians, and advocate for improved transport infrastructure to allow for continued growth in the region. I'm very much looking forward to fulfilling our promise of starting construction on the long-awaited Woodend Bypass, but also to getting out and about in the community to hear your views and concerns on all the other issues that are most important to you.

It has always been a key focus for me to be as accessible as possible for my constituents, and I will continue to hold regular constituent clinics across the electorate, from Belfast to Oxford. Please get in touch with my office in Kaiapoi or Rangiora to arrange a time to meet with me, or alternatively seek assistance from my staff.

New Zealanders voted convincingly for change, and we are looking forward to delivering that change through our hard work over the coming weeks. We will rebuild the economy, reduce the cost of living, restore law and order, and deliver better public services. We will rein in wasteful spending and ensure we are accountable along the way.

But first we will need to exercise some patience while we allow the special votes to be counted and a government to be formed. It's clear New Zealand wanted change in the form of a National-led government, however the exact numbers are still to be determined, and subsequent negotiations to be had.

What's safe to say, however, is that I am very much looking forward to being part of the government after six years in opposition. It will be an honour to be able to effect real, meaningful change for Waimakariri and wider New Zealand, and I thank you again for giving me the opportunity and mandate through your support at the polling stations.

Lastly, I would like to thank my family for their incredible support - I would not be able to serve Waimakariri without it.

I look forward to continuing to represent you as your local MP for the next three years.

## Local Business updates

### MW Architect

Waikuku resident, Max Warren, had been working at a major architectural practice in Christchurch for 12 years as an Associate/Registered Architect. But he wanted to be North Canterbury based and take a change of focus so is now going solo. MW Architect, will be working on affordable and sustainable architecture projects particularly in the residential sector. You can read more about Max's own home design on page 8.



### On The Move

Changes have been happening around our main streets. Gather & You have moved from Kaiapoi to Rangiora High Street. Their new light bright store is packed full of fab goodies all from local makers. Check out some of their lovely items in our Gift Guide.

The iconic Northern A & P Association building in Rangiora has a new tenant with Buddha Stix coming to town. With a great Asian menu in this beautiful old building – this will be one to try for a weekend dinner.

### Award Winning Olives

It's great to see a local producer taking out national awards. Athena Olives are based in Waipara and were delighted recently to pick up three gold medals at the Olives New Zealand awards. You can find them and their amazing locally produced olive oil at Ohoka Farmers Market.



Infliction show. Featuring Leonie Mack's. Credit Sharon Richards Photographics



Action shots from MTGP show. Featuring Victoria Sullivan. Credit Brock Doe Fight Photography.



Weight gym training session.



Dorothy Tucker & Kaitlyn at Kidstuff with Trophy from MTGP Show.

## The Canterbury Tornado

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

At first glance, Kaitlyn Tucker might not look like one of the country's toughest martial arts fighters. But the softly spoken, petite blonde with the perfect smile is all about the double-cross.

"I'm an aggressive fighter," explains Kaitlyn, who is the current Muay Thai AMTA Pro Lightweight New Zealand Champion. "But I pride myself in always putting in a good performance."

Muay Thai is a martial art, also known as Thai Boxing. It's an intense combat sport where participants use combinations of fist, elbow, knee and shin strikes as well as 'clinch' techniques or holds to score points against their opponent. "It's like kick boxing but cooler because you can use your knees and elbows. It's pretty violent but I also see it as an art form," says Kaitlyn.



Nicknamed 'The Tornado', Kaitlyn has risen up the Muay Thai ranks swiftly in the nine years she's been practicing at Timaru's Lucky Nine Gym. From starting out with a trial class with a couple of friends, Kaitlyn is now ranked sixth in the world in her weight class.

"I'd like to work my way up to the top of the rankings. That would be awesome. But we're still figuring out what's next for me. You have to earn your stripes."

Under the expert eye of coach Scott Tweedie, Kaitlyn has a gruelling training regime that involves morning and evening sessions of either swimming, running, air bike, weights, bootcamp, pad work or sparring, six days a week. She travels regularly to competitions, coaches adults and children, and somehow fits in a full-time job at the Tucker family business, Kidstuff, in Timaru.

When asked what drives her, Kaitlyn's quick to answer:

**"It's the constant learning," she says. "There's always so much you can improve on; you're never 'the best'. I never stop learning and I'm constantly being challenged with different tricks and skills, but also with the fitness and mental sharpness you get from it."**

In her coaching role, Kaitlyn sees others enjoying the same benefits. "The kids that I coach really love it, and the kids' class has grown tremendously here in Timaru. Often parents will sign kids up because they want them to get fit or try something new,

but they come away with so much more like new friendships, confidence and focus. Parents even report improvements at school because of what the kids have learnt in their Muay Thai training. That's pretty rewarding knowing you're able to impact someone's life like that."



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