

# essence

essentially north canterbury

14 House  
& Garden  
Seaside Vibes

16 Feature  
Destinations:  
Amberley and Oxford

Profile 6

Volunteer Firefighter  
All part of the Job

Complimentary  
PUBLICATION

February/March 2024



# Shop the Look

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

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# Behind the Scenes

It's been fun getting back into the thick of it and putting together this first issue of *Essence* for 2024. And we've got some great stories for you from around North Canterbury.

Our writer Amelia recently got to chat with one of Swannanoa's volunteer firefighters. We are so lucky to have amazing people like this in our community, particularly when we're in such a high risk fire season. We don't know what impressed us more about the firefighter - that she takes so much in her stride, whilst juggling a young family, work and study. Or the fact that she's doing all this at 26. What an impressive young woman.

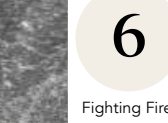
We were equally impressed this issue by Jenny Lynch who at the age of 85 has just published her first novel. Jenny is the former editor of NZ Women's Weekly and was kind enough to answer some of our questions about her working life and writing life. And we've also got a copy of her new novel to give away to one lucky reader in this issue.

There are more contrasts as we check out two amazing homes that couldn't be more different. One a quintessential Kiwi bach built over 90 years ago and another a modern home with a 'formal rustic' style and a beautiful garden with espaliered trees.

Elsewhere we bring you stories of vintage cars, home office space and bbqs. We check out the towns of Oxford and Amberley in our Destinations features plus we take a look round the awesome new café in the Mill at Waikuku. And we bring you our usual mix of local life with fashion, events, beauty and all things foodie.

North Canterbury is bursting with interesting people, places and businesses and we hope you enjoy reading about them. For maximum enjoyment of this magazine we recommend you take a little time out of your day, put your phone out of reach, get a cup of coffee (or a glass of wine depending on the time of day!), find a comfortable seat and get lost in these pages for half an hour. You never know you might discover something that social media algorithms would never put in front of you. And you might like it!

Pattie Pegler Editor



Front cover: Image shows the interior of new Waikuku café Cocoa Black with its striking red wall and rustic retro vibe. Photography: Dorothy McLennan



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# No stress home buying At Silverstream

Last year the team at Silverstream started to notice a trend. New customers were coming to look at homes and falling in love with the well-designed, friendly community and convenient location. But with banks tightening up on lending, increasing mortgage rates and the unpredictable supply and cost of building materials – people were struggling with finance and all the unknowns.

So the Silverstream team, headed up by Chief Executive Jack Lin of Lime Developments Limited (LDL), decided to see how they could help. The result was their completed house and land packages.

Whilst LDL have always primarily been a subdivision developer, now they are branching into house and construction design. “We wanted to see how we could help people,” says Lin. “So we started working with different architects, then using our established relationships with builders – with the idea that a family can just come to our office and buy a completed home at a fixed price.”

It’s a concept that not only takes away the worry over changing costs and securing finance – but it’s also stress free. For many new homeowners, a new build can involve a lot of time, a lot of decisions and a lot of uncertainty. With a completed home, people can move in and carry on with their lives.

As with the overall Silverstream subdivision design, these homes are all about good quality and unique design. “We are quite strict about approval,” says Lin. “And we apply the same ideas to our house design. We wanted every house to be different, and they are in different locations and on different sections – not all next to each other.”

But one consistent thread that prospective home buyers will find in these completed homes is attention to detail along with good quality finishes. The kitchens are designed by a Christchurch business and include engineered stone benchtops, tiled splashbacks, and good quality cooktops, ovens and dishwashers, whilst bathrooms incorporate tiled showers, carefully selected joinery that compliments the colour scheme, and good quality tapware.

And, even more appealing, landscaping is included with these completed homes. All of them will have a poured concrete patio, signature trees, fencing (where applicable), and mailboxes included. New homeowners won’t have to then spend endless weekends and dollars on planting trees and laying lawns.

“The idea is that you just pack your bags and move in,” says Lin, who lives in Silverstream himself. “I am pretty proud of what we’ve done. We prefer to take our time where necessary to make sure everything we design and build is the best it can be.”

To find out more about the completed house and land packages, get in touch with the friendly team at Silverstream.



03 323 6991  
enquiries@limedl.co.nz  
www.silverstreamestate.co.nz

\*Renders are artist impressions only and subject to change



## Kaiapoi Fun Run & Walk

Sunday 10th of March

8.30am start for 10km walk,  
9am start for 5km walk/run and 10km run

All participants must check in at the Kaiapoi Borough School from 8.10am on the day.

This ever-popular event starts at Murphy Park by Kaiapoi Borough School and follows the river through the town up to Silverstream Village, and returns to finish at Kaiapoi Borough School.

The 10-kilometre course is a good opportunity for runners of all abilities to test their fitness on a unique course. With 99% of the course off road competitors can relax and enjoy walking or running alongside the Kaiapoi River without traffic worries.

For less serious runners the 5km course follows the same route up to the start of Lineside Road on the south side of the river, and then returns to finish at Kaiapoi Borough School.

Both courses are open to walkers young and old and the course is also suitable for prams

and strollers - but not scooters or bikes.

The first three male and female runners on the 10km or 5km courses will receive certificates to acknowledge their times on the day. All competitors who attend the prizegiving are eligible for spot prizes donated by local businesses. Prizegiving will begin once all competitors are back at Kaiapoi Borough School.

The Kaiapoi Fun Run Committee would like to thank All Together Kaiapoi, Wilson Traffic Management, Environment Canterbury, the Waimakariri District Council, Kaiapoi New World, and the many volunteers who all contribute to the success of this event.

Entry is \$10 per person but free for under fives.

Register online at <https://events.humanitix.com/kaiapoi-fun-run-and-walk-2024>

Cash entries will be accepted on the day.

If you have any queries, please email Andrew Blackwell [events@blackwellsdeptstore.co.nz](mailto:events@blackwellsdeptstore.co.nz)

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**5 & 10KM**

Registration

Registration is now open, go to [https://events.humanitix.com/kaiapoi-fun-run-and-walk-2024?](https://events.humanitix.com/kaiapoi-fun-run-and-walk-2024?fbclid=IwAR0NUGC6nef4t3x3GI0noApM00xzBfEiYVH06M-uISFTDRiIzmJjEXX7eRQ)

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## Family Picnic

Waikuku Beach Domain  
Sat 9 Mar – 11am to 4pm

Four kayakers are fundraising - rowing the east of NZ from Bluff to Cape Reinga, overnighing along the way including a stop at Waikuku Beach. The local Lions Club are hosting them and as part of this there will be a Kapa Haka welcome greeting on the beach followed by a picnic in the park. There will be children's games, food trucks and ice cream. So take along your picnic and enjoy.



This is a fundraiser for Child Cancer Foundation, Lions Cancer Trust, Starship Foundation and Surf Life Saving NZ and donation buckets will be on display. So take some cash too!



## Swannanoa Country Fair

Swannanoa School, Tram Road  
Sun 10 Mar – 10am to 3pm

This major fundraiser for Swannanoa school is a great day out for all the family. There's a kids' zone with bouncy castles, plant stalls, live auctions and a huge white elephant sale – get in early if you want any bargains. Entry \$5 per adult

## Oxford A & P Show

Oxford Showgrounds | Sat 30 Mar

A last chance to check out an A & P Show this summer – expect all the usual country fun from dog trials to craft stalls, prize chickens to cake competitions.

Entry \$15 per adult



## Rangiora Art Society Display

The Rangiora Art Society (RAS) are now running a regular monthly exhibition at FOD Café in Rangiora. Work from some 20 local artists is displayed with a theme that changes each month, says RAS Treasurer, Julie Hassall. From intricate oil paintings to abstract canvases and detailed watercolours of local scenes – there is a wonderful range of talent on display and all artwork is also available for sale, with something to suit a range of budgets.

Displays change with a new theme for each month. The March display will be focused on autumn colours with the colour viridis, a kind of muted green.

The 'Art Annex' of FOD not only allows local RAS artists to display and sell work, but it also brings art and our local artists into a more prominent position in everyday life. So next time you head into FOD for a coffee make sure you check out some of the wonderful art on display.

And if you're a local artist looking for some inspiration then RAS run regular Tuesday morning get togethers. You can take along your work in progress, meet other artists and get creative.

Art Annex, FOD Café, Rangiora – during opening hours



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## Ohoka MARKET

The Ohoka Good Friday Market on March 29th includes the 2nd Great Cake Competition.

Entries close March 15th. Email [info@ohokafarmersmarket.co.nz](mailto:info@ohokafarmersmarket.co.nz) for an entry form or pick one up direct from the Friday morning market 9 – 12.30.

Summer season ends April 26th. Winter season starts May 3rd until Sept 27th. Join us!



Ohoka Domain 9 – 12.30, all weather, Fridays  
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One off appearance at Ohoka Market on Good Friday 29th March

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# Fighting Fires

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

The day Essence interviewed volunteer firefighter Assina Dalglish of Swannanoa, a forestry fire was raging on the other side of the Waimakariri River, in Kirwee. It would eventually wipe out 80ha of forest, scrub and farmland but the efforts of the firefighters in attendance would thankfully mean that no homes or lives were lost in the blaze.

Whilst Assina wasn't on call for the Kirwee fire, she knows first-hand the devastation that fires like this one can wreak. As a member of the Swannanoa Volunteer Fire Brigade, the 26-year-old has attended her fair share of significant call outs in the past three years, including the Loburn and Swannanoa fires in January as well as car accidents, natural disasters and medical events.

"It's hard at times but it's all part of the job," says Assina, with her trademark pragmatism. "You do some really late nights and weekends. It's hot, it's hard going, but I always think no matter what you're turning up to, it's probably somebody's worst day. The worst day of their life. By turning up and doing something – anything – to help, we can only make that day a little better."

It's this focus on helping people that drove Assina to apply for the brigade back in 2021. "I've always enjoyed helping people out. As a kid I was a St. John cadet, and I grew up wanting to join the army. Having my son changed that, so firefighting became my way of helping people and serving the community."

With a waitlist in place, joining the Swannanoa Volunteer Fire Brigade isn't a walk in the park. After a Q&A with the senior officers, Assina had to undergo a six-month probation and training period, followed by the toughest part of the selection process: "At the end of your probation the crew take a vote to see who wants you on board. It sounds harsh, but it's such a team-oriented thing so it's really important that you all gel well."

Luckily, Assina got the nod and jumped straight in to attending weekly training evenings and regular call outs which can involve anything from driving huge fire appliances to being on the hoses, stabilising vehicles involved in accidents or attending to patients in a medical emergency.

Unsurprisingly, when you're going through all of that with a band of 26 other volunteers, you become close, fast.

"Before I joined the brigade I didn't really know anyone in the area. As soon as I joined it was like I had a second family," says Assina. "I even met my partner Ben here. It's such a great community of people and they're always there to help. That's probably what I love the most about it."

Although she's parenting her young son, studying full time, working seasonally and volunteering with the brigade, 26-year-old Assina somehow also manages to train for and enter competitive events with other firefighters like the Auckland Skytower Challenge and the United Fire Brigades' Association Firefighting Challenge – a gruelling physical event that

has been dubbed "the toughest two minutes in sport".

Whilst the thought of that competition alone would frighten the best of us, Assina says she isn't phased by the competition or by the life-threatening emergencies she faces on a regular basis. "I don't really get scared

**"It's hot, it's hard going, but I always think no matter what you're turning up to, it's probably somebody's worst day. The worst day of their life. By turning up and doing something – anything – to help, we can only make that day a little better."**

and I think that's because we have a lot of training behind us. I feel very competent at what I do, and I know that I have all these safety protocols behind me so I'm always very focused on the job at hand. You have processes to work through, so you just work through it and do the job."



## Fire Safety

What Can Rural Families Do to Help Safeguard Against Vegetation Fires?

1. Visit [checkitsalright.nz](https://checkitsalright.nz). This is a super handy tool that tells you if it's safe to light a fire at your place, or not, such as during a total fire ban as we have seen this summer. It also has a lot of information on fire safety that families can use.
2. Make sure your driveway has adequate space for a fire appliance. This means a space of 4m wide by 4m under trees and growth surrounding driveways. If we can't get our vehicle in, or can't open the doors once we're there, this can delay access to your emergency, which could be life threatening.
3. Consider what you plant around your home. Although it sounds small, having green spaces around your house and plants that are good fire breaks can make all the difference by slowing an approaching fire and allowing crews valuable time to get to it. We saw this a lot at the Loburn fires. There is good information about low flammability plants on [checkitsalright.nz](https://checkitsalright.nz) under 'Reduce your Risk'.



"Once you identify that you like the look of an auction property ...understand that bidding is on a cash and unconditional basis"

Claire and Stuart Morris  
Ray White Morris & Co Real Estate

## Are auctions back?!

As the market improves, more and more sellers are turning back to auction as the best method for them to sell their property. We felt it was the perfect time to talk about what it takes to get ready to bid at auction in case you are new to the process. We appreciate this can appear to be quite a daunting task but if you know what you're doing it's the most transparent and informed way to buy property in the market today.

Once you identify that you like the look of an auction property the first thing to understand is that bidding is on a cash and unconditional basis. In other words you complete your due diligence prior to bidding at auction instead of once you make an offer. To assist with this you will generally find the seller provides you with a Property Information pack which will include a LIM, Title, EQC information, insurance information and more often that not a Building Inspection - which is great!

It is then really important that you work closely with the listing salesperson, your bank, your insurer and your solicitor to review this information - we suggest following a process like this:

- Register your interest & obtain a copy of the auction pack

*If you are interested in the property be sure to let the sales consultant who showed you the home know. This ensures that if another buyer makes a pre auction offer and the owners accept that offer, then the sales consultant is able to contact all interested parties.*

- Have the Title, Land Information Memorandum (LIM) and Particulars and Conditions of Sale approved by your solicitor prior to bidding.



- Have your finances arranged to coincide with the date of settlement and possession. Also make sure you are able to pay a 10% deposit on the fall of the hammer by electronic bank transfer.

- Speak with an insurance company to make sure you can obtain insurance on the property from the settlement date if you are the successful purchaser.

- Request any variations to the Particulars and Conditions of Sale by way of an Aside Agreement. Such variations must be discussed with your sales consultant prior to auction day. They will then seek the seller's approval.

- You will need to complete and sign an Auction Bidding Registration and Consent By Purchaser' form prior to bidding. This form will be in the property information pack but your sales consultant will provide one upon request.

Once you've completed your due diligence and you're ready for action.

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## The blind trust of Property Management!

I was reading an article recently about someone who had purchased a rent roll believing that the sole charge property manager was doing a good job and ensuring the properties complied with legislation, however upon delving deeper this was far from the truth.

This got me thinking about how much an active supervisory role in a property management business is imperative to ensuring shortcuts are not being taken and that the landlord's assets are protected.

I wish I could be confident in saying that all property managers are created equally, but that is not always the case unfortunately, and until regulation is re-introduced, inferior property management will continue to be out there destroying the name of our profession.

So, what should you be looking for? If you have not been asked to supply a healthy homes report, smoke alarm and insurance information, your property is likely not compliant with current legislation. There are many boxes to tick and all new tenancy agreements and renewals must have these details recorded, so why haven't you been asked? Although we know that sometimes we have to deliver news landlords don't like hearing, it is our responsibility to ensure our landlords are protected from any potential fines whilst ensuring our tenants are living in healthy, safe and compliant homes.

Does the company have an externally audited trust account? Who is ensuring that everything is above board, that bonds are being lodged on time, and of course that payments are going where they should be? It's surprising how many landlords don't check their accounts regularly.

Are you receiving thorough inspection reports to ensure compliance with your insurance policy? Are maintenance requests and recommendations being sent to you?

And finally where does the buck stop, who can you call if you are not happy or have concerns?



Katrina Green  
Operations Manager Property Management  
E. [katrina.green@raywhite.com](mailto:katrina.green@raywhite.com)

Anyway I thought it was food for thought and as a property investor myself I see these things as the absolute minimum when choosing a property manager to take care of your rental properties.

## Choose a venue that celebrates your loved one's life

When it comes to celebrating a unique life, there are no rules. From personal touches to meaningful locations, say a final farewell in a way that matters. Visit our website to view a comprehensive list of North Canterbury venue options. John Rhind Funeral Directors in Kaiapoi are happy to talk to you about funeral options and answer all your questions. Talk to us today.

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# Brand strategy

What is it and why is it so important?



I am Laura, Creative Director at Create Design Studio. For over ten years I have been working with local businesses, and I love to see them be successful in what they do.

Over the next six issues, I plan on bringing you some bite-sized tips and tricks that will help you better connect with your customers, and ultimately strengthen your brand.

Without the right framework, creating, developing and maintaining a brand can be a daunting task no matter the age and stage of your business.

At the base of any successful brand is strategy. But, why? Well, without clear direction and detail, your brand is at risk of having little or no impact. It may fail to reach your ideal customers, and those who it does reach will become easily disengaged from your brand.

The goal when curating a brand strategy is to first outline (money aside)

WHY your company exists.

WHAT does your company hope to achieve?

HOW do you plan to achieve this?

WHO will your company serve?

The answers to these questions are both essential and powerful, as they will build the foundation and definition of your brand. It is important to be as specific as possible, the clearer you are the stronger the connection and loyalty will be between your customers and your brand.

More information can be found on our blog so if you found this helpful, make sure you check that out. If this feels too overwhelming to begin with, feel free to give me and the team a call today. Let's create a strong brand together.

**"... without clear direction and detail, your brand is at risk of having little or no impact."**

Laura Good  
Creative Director, Create Design Studio

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# TELLING TALES OF Rural Life

WORDS: PATTIE PEGLER | IMAGES: DOROTHY MCLENNAN

On a late summer morning looking out over a garden with rambling roses, vigorous vines and established trees – it's hard to imagine that seven years ago this was a bare paddock. But that's exactly what it was says homeowner Sue Heazlewood.

The first task in the garden was creating an edible garden. "I saw something similar in a movie and I thought I'd like something similar," she explains. It also gave her the benefit of having a small area to focus on initially rather than being overwhelmed by the size of the project. Although, hard work and large projects aren't things that seem to trouble Sue. A mother of six grown up children, former property developer and author of the successful Tangleby books – she is a whirlwind of undaunted energy.

Originally from Cheviot, Sue lived for several years in Christchurch but always longed to return to rural life. When

her eldest son, Adam, spotted this house on the market he thought it was perfect for her – he was right.

Fast forward several years and Sue has truly made the modern house a home for herself and her partner, Don. There are comfortable couches, a white grand piano and a French dining table under a modern chandelier-style light. Whist touches of gold show up in the baroque style frames of paintings and burnt orange accents in the cushions and dining chairs. It's exuberant in its gleaming colours.

So how would Sue describe her interior design style?

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Above: Sue and partner Don  
Centre: A table at Tangleby set for lunch  
Far Right: One of the Tangleby cats relaxes alongside the grand piano

Above: One of the outdoor entertaining areas with solid wooden table, bench seating and pergola. Above right: An elegant corner, French style chairs with striking striped upholstery

Far right: A second outdoor area bordered by formal hedging and incorporating outdoor fire and cooking area.

Right: The main, open-plan living area with 'formal rustic' style, comfortable couches and grand piano.



"Formal rustic," she replies without a pause. "I don't want a house where I am tiptoeing around or am worried when grandchildren come over."

But it was the garden, the rural setting and the creatures that she came across that inspired her first book – Tails of Tangleby Gardens. "I was in the garden and I had been watching these skylarks and I just started thinking about talking animals," she recalls. The book also includes simple recipes for children to make.

**"I've always loved cooking," she says. "When my six children were growing up there was a huge amount of cooking. I would always write the dinner menu on the kitchen splashback so they wouldn't keep asking what was for dinner. And on a Sunday I would give them three choices for their school lunchboxes."**

That first book took Sue just six months to write and was published in 2022. Since then she has written and published three other books – a second children's book and two grown up cookbooks – including A

Table At Tangleby which recently won the Entertainment Category in the Gourmand Best in the World Cookbook Awards.

But this is not overnight success, says partner Don. Together they work endlessly on the books – checking online orders, keeping up with comments and feedback on social media and talking to distributors, going to food shows and producing online content. And, on top of this, Don is also working on his own book which looks at the history of the Havelock District.

Meanwhile Sue is always trying different recipes, making notes and making short cooking videos for their social media channels. She films them in the light, bright and meticulously tidy kitchen at her home – but whilst the cooking comes easily to her, she has had to build her confidence at making videos.

"When she first started filming I wasn't even allowed in the house at the same time," says Don good naturedly.

Whilst awards might be exciting, it's not what keeps Sue and Don working. They love what they're doing and the feedback from customers is heartwarming. They hear from grandparents who read the stories

## GIVEAWAY

We have one copy of A Table At Tangleby by Sue Heazlewood to give away to one lucky reader. The book has recipes that will impress for every occasion and every season. This will make a great addition to any kitchen shelf!

To be in to win just email [pattie@essencemagazine.co.nz](mailto:pattie@essencemagazine.co.nz) by the 30th March with your name and address.



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# Make your home cozy this winter

WORDS: CHRISTINA GARDNER | IMAGES: SUPPLIED

With North Canterbury enjoying a long hot Summer it probably seems strange to start talking about insulating your home for winter. But now is the best time to consider the options for window furnishings to help make your home cozy this winter, well ahead of the first signs of autumn.

BRANZ, an independent research organisation, says:

42% to 45% of heat in houses insulated to pre-2007 requirements is lost through windows.

If your home has been built or renovated under the 2007 Building Code, which requires double glazing, you still lose up to 31% of heat through windows.

Properly fitted drapes and blinds can cut heat loss through single glazed windows by 60% and double glazed windows by 40-50%.

Choosing the right window treatments will help insulate windows and prevent heat loss. Here are three options to answer your "how can I warm up my home?" this winter.

Thermacell Blinds, or honeycomb blinds, are one of the most energy-efficient window treatments available. These window coverings feature a honeycomb structure to make an air pocket between the window glass and the room that acts as an insulator, blocking heat and keeping the cold out.

When a heater is running, Thermacell blinds reduce heat loss through windows by up to 60%, which equals around 10% savings on your heating energy. In hotter months, Thermacell blinds reduce unwanted heat from the sun through windows by up to 60% when installed with a tight fit.

Consumer New Zealand, in a 2021 review of window treatments, rated Thermacell Blinds second only to floor to ceiling lined drapes for insulation ([www.consumer.org.nz/articles/curtains](http://www.consumer.org.nz/articles/curtains))

## Heavy curtains or drapes

Drapes or curtains are another way to insulate your home by adding one extra barrier against the cold winter air. The main difference is that curtains are sized to fit the window, and drapes reach the floor.

Their ability to reduce heat loss depends on the size of the area covered, fitting, fabric type and colour. With such a wide variety available, it's tricky to talk about each fabric's efficiency. But based on different consumer reports from all over the world medium-coloured drapes with white lining have been proven to prevent up to 33% of heat loss.

An additional tip to reduce heat loss is that your draperies should be hung as close to windows as possible and fall onto a windowsill or floor.

## Curtains over blinds

More and more kiwis prefer to combine blinds and curtains to get the best from both worlds. First, two coverings can work together to create a better look for your interior. Secondly, you will keep more heat inside your home, as multiple layers mean better insulation.

You can combine:

Thermacell blinds with curtains

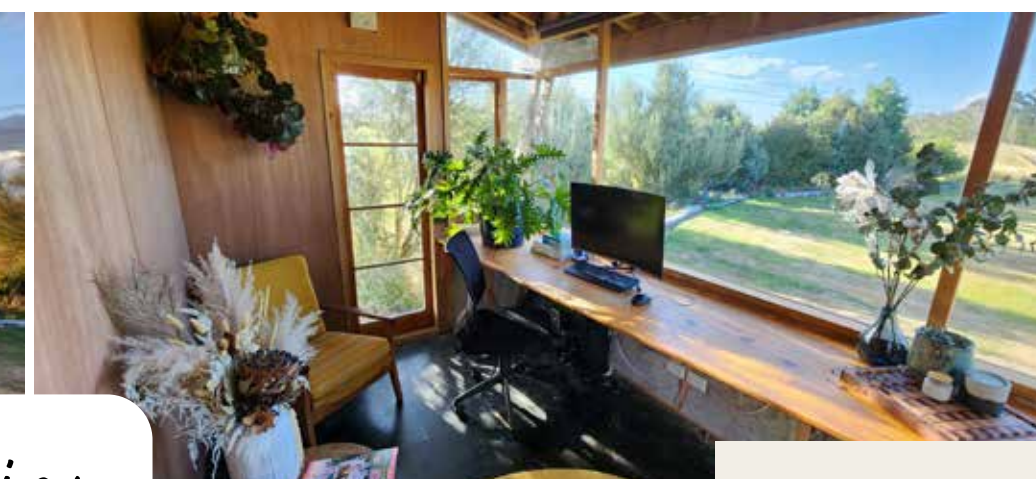
Roman blinds with curtains

Roller blinds with curtains

As the local Harrisons business owner I can help you choose the perfect energy-efficient window covering for your home. I provide free, in-home consultations and answer any questions about function, cost, and style, with free measuring and estimates. I bring the samples to you. Please give me a call to set up a time to meet in your home.



Christina Gardner  
Local Business Owner  
Harrisons Curtains & Blinds  
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# Home Office with a view

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

Many of us work from home at some point, whether it's a day a week or full-time. We might spread out on the corner of the kitchen table or take our laptop to the spare bedroom. But architectural designer, Josh Newlove, has created a home office that ticks all the boxes – great views of Mt Peel, close to the house, but far enough away to avoid disturbances.

It sounds pretty swish but Josh built the space entirely himself all from recycled materials, seeking out bargains on Trade Me and Marketplace and doing most of the work himself.

"I love coming up with new ideas and experimenting," says Josh. "And Dad is a builder so I grew up around building."

The cladding is from a damaged building, the windows are recycled from the old Crow's Nest and even the desk is a massive macrocarpa slab that Josh milled himself. He was keen to make use of the huge amount of waste in the building industry and to be as sustainable as possible in building this home office.

Of course, using recycled materials can create some restrictions – for instance the size of the office was decided by the three sheets of ply that he had for the floor. But it doesn't mean a compromise in quality – the office is fully insulated, all the rafters are exposed and are one continuous beam from inside to out and there's a 20mm plywood eave. The door is

painted a bright yellow (Resene Bright Spark) to match the yellow kitchen in the main house. And, of course, there's wi-fi internet and power. The space is versatile and could be used for other things – such as a sleepout or extra living space as the family grows up.

All up the total cost of creating this office has been around \$5000 estimates Josh, although obviously that has not included his own labour.

Like many of us Josh got a taste of working from home during Covid – it was a steep learning curve he says. But now he likes to divide his time between the buzz of the NB Architect office in Timaru and his own home office which he finds is a good space for focused, creative work. "It's nice to be able to work for a while then go into the garden, do something in the veggie plot and have a break," he says.

So what are Josh's tips for others looking to create a similar home office? Well, keep things on the smaller side, if it's less than 10 square metre it doesn't need a consent but does need to be built to building code. Get some advice from a builder or designer and use recycled materials where you can to save on costs and save good materials from going to landfill. And location is key – you want to be able to tap into power and wi-fi from your house and be near enough to pop in and get a cup of coffee but far enough to get some quiet time.

"Josh likes to divide his time between the buzz of the NB Architect office in Timaru and his own home office which he finds is a good space for focused, creative work."



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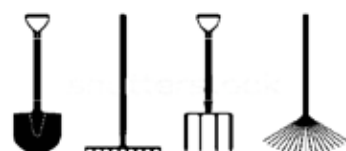
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# Seaside Vibes

WORDS: PATTIE PEGLER | IMAGES: LISA FRENCH

Turn off the highway to Waikuku Beach and there's an instant holiday vibe in the air. Perhaps it's the sea air and the picnicking families. Or the fish and chips and the beautiful views over the lagoon.

Whatever it is – Waikuku has long been a holiday favourite with Cantabrians as Charlie and Sue Hand can confirm. The couple spend a lot of time in their Waikuku bach with their scotty dog Clyde. But it was Charlie's grandfather, Percy, that originally built 'Barrington Lodge' bach some 92 years ago – helped by Charlie's dad, Raymond (Ray), who was then a teenager.

Charlie's grandfather and father used to catch the train to Kaiapoi from Christchurch and then hop on their bicycles to cover the final stretch to the bach.

**“It was only the second bach to be built in this street,” says Charlie. “Back then it was just sand roads.”**



Charlie's grandfather started work on it during the depression when new building materials were both hard to come by and expensive. So a great deal of recycled materials were used to create the bach – the porch used to have no windows, just shutters recalls Charlie and there was chicken wire at the top by the roof to provide ventilation. The shed was built from flattened out corrugated iron (it's still standing and you can see the faint waves in its wall showing its origins).

It might have been built by hand with recycled materials, but it has really stood the test of time. It's perhaps part testament to the skills of Charlie's grandfather, who was a joiner, and perhaps in part to the quality and durability of those second-hand materials.

The bach has been in the Hand family ever since it was built and Charlie has many happy memories of childhood summers spent here. “We all used to come out for a few weeks at Christmas and then my dad would often go back to Christchurch and work and we would stay. We used to practically live on the beach. And I often used to sleep up there,” he says gesturing towards an old tree house tucked up in the gnarled macrocarpas.

Whilst the bach has retained much of its original charm it has evolved over the years. What was the porch is now a bedroom and there are windows now instead of shutters and the chicken wire is long gone. Inside the lounge area used to be divided into small bedrooms says Charlie but now it is one space with comfy built in couches that can double as beds and original floorboards.

It's also expanded. The kitchen door used to mark the end of the bach. But now there's a little corridor, a bunk room, a shower and a toilet. Previously there used to be a tin bath and the family used to park the car in what is now the bathroom says Charlie. There's also a whole extra sleeping area in the form of a new cabin placed at the end of the existing bach. It was put in place ready built and provides a handy extra bedroom when friends and family sleep over.

Despite these changes – the bach has stayed true to its roots as a family getaway. This is no prissy modern holiday home. The wooden floors and cladding are original. A small wooden cabinet has stood in the main room long enough to carry the watermark from a 1953 flood that washed through the beach settlement. And the walls are hung with photos of the family – there's even one of the bach being built, all faces smiling with pride as their work progressed.

**It might have been built by hand with recycled materials, but it has really stood the test of time. It's perhaps part testament to the skills of Charlie's grandfather, who was a joiner, and perhaps in part to the quality and durability of those second-hand materials.**

Today the bach still brings the family together and when Charlie and Sue married three years ago in Christchurch, they had their after party here. Now they regular spend time out here, relaxing, swimming, surfing and biking the trails with Clyde as a happy passenger in Charlie's bicycle basket. And whilst there are some occasional maintenance jobs to do around the place, they are kept to a minimum.

“My grandfather's advice was never paint it because you'll have to do it all the time,” says Charlie.

Barrington Lodge is a place to kick back and enjoy life with friends and family.







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Facebook: Kowai Hair Studio



**TAKE YOUR TIME IN AMBERLEY**

WORDS: AMELIA NORMAN | IMAGES: NATHAN TRETOWEN PHOTOGRAPHY

Once known primarily as a rural service town, Amberley is now in serious boom mode, attracting new residents and visitors at a cracking pace.

The laid back lifestyle of the rural township and its proximity to the coast and Waipara wine region are some of the drawcards for newcomers, alongside an abundance of exciting businesses, a friendly community and a busy events calendar.

A wander around the industrious town centre will please history buffs and shopaholics alike with the striking Waitaha Statues, Charles Upham Statue, Amberley War Memorial and historic cob cottage interspersed among stores selling everything from farm supplies to high-end fashion, second-hand goods, gifts and homewares.

If getting active is more your style, Amberley doesn't disappoint. The Amberley Area Cycle Trail is an easy 8km track that will take you all the way from Amberley to Leithfield via scenic farmland and across a (usually dry!) riverbed. Or drive east along Amberley Beach Road and take in the dramatic coastline as you stretch your legs with a brisk walk along Amberley Beach. Cross back over Golf Links Road to find the pretty Amberley Wetlands Walkway; a developing wetland with boardwalks and wildlife. For more information check out amberleynz.nz



If you fancy a beach-side round of golf, tee up nine or 18 holes while you listen to the pounding surf at Amberley Golf Club. With very affordable green fees and surrounded by beautiful scenery, Amberley Golf Club offers some of the best greens in the area for visitors and members alike.

After expending all that energy, a long and hearty lunch is called for. You're spoilt for choice in Amberley, with everything on offer from a picnic in the local reserve to hearty pub fare, a taproom and pizza kitchen, bakeries, coffee shops and cafes aplenty.

If you're visiting for one of the many local events, book ahead to stay local at a motel, hotel or beach-side camping ground. This ensures easy access to enjoy the weekly craft and farmers' market or the annual A&P show, garden festival, street party, surfcasting competition and car show.

With plenty to see, do, buy and taste, be sure to stop and take your time in Amberley.

AmberleyNZ Business and Promotion Group brought back the Markham St Festival, fantastic day with amazing weather and over 2000 people attending and 50 stall holders and retail outlets joining for a fun festival.



**OUT OF THE BLEU**

Out of the Bleu is a beautiful little French inspired store tucked behind the Blue Dairy in the middle of Amberley. Small in space but big on style it is brimming with carefully curated homewares, gifts, linen clothing and the best baskets in North Canterbury.

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Over 27 years ago, Sally MacDonald was struggling to find clothes that suited her lifestyle – smart, casual and classic; the kind of clothes that 'most women wear, most of the time'. Sally Mac's of Amberley is the result of her desire to establish an inviting space for women to shop for clothes - from jeans and tees to dress-up and evening wear.

Sally's original plan to have a destination womenswear store hasn't changed: her clientele has expanded, and her customers drop in to her spacious premises on SH1 whenever they pass through.

'Fashion that works' sums up the Sally Mac's approach. With an extraordinary selection of styles and colours, Sally Mac's aims to satisfy the woman looking for choice, service and honest advice.

94 Carters Road, Amberley | 03 314 8414 | Facebook: @SallyMacsAmberley







# Italian-inspired warm steak salad

Serves 4

## Ingredients

- 500g rump steak
- 1kg new season baby potatoes
- 2 Tbsp basil pesto
- 1 bag of rocket
- Handful of shaved parmesan
- Optional: 1 bag of pine nuts

## Method

1. Remove fat and gristle from the rump steak. Place the steak between two pieces of baking paper and bash with a rolling pin until it's about 1cm thick – this will tenderize the steak. Season the meat well and set aside.
2. Boil the potatoes for 10 - 12 minutes, or until fork tender.
3. Once the potatoes are cooked, drain and toss in half the pesto. Put aside with lid still on.
4. Grill the steak for 1 minute each side over a direct high heat on the BBQ. Put aside to rest for a few minutes.
5. Spread the remaining pesto onto a large sharing platter followed by layers of rocket and potatoes.
6. Thinly slice the steak at an angle, place onto platter topped with shaved parmesan.

Top tip: sprinkle a handful of toasted pine nuts on top of your salad for extra crunch.

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We're making a Italian-Inspired Warm Steak Salad, another popular recipe from our New World Recipe Collection.

This salad is so easy to make and with the addition of Basil Pesto certainly adds to the flavour. Use your favourite steak, we went with rump, certainly value for money and tenderising it with the rolling pin certainly does the trick. Cook it medium/rare about 1 - 1/2 minutes either side and most important rest it for a few minutes before you slice it. Choose the smallest new potatoes you can find as they look great whole. The addition of rocket also gives the salad a nice peppery flavour. If you don't have any pine nuts in the cupboard substitute with some toasted walnuts. Perfect hot or cold and any leftovers are great the next day.

For other great recipes check us out on [www.newworld.co.nz](http://www.newworld.co.nz)

Looking forward to seeing you in store soon!

# 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.



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# Our Favourite Foodie Things

We spend a lot of time talking about food and all related things at Essence - from good recipes to great ingredients. On this page we share a few of our recent faves.



## Athena Olive Oil

Not all olive oil is created equal and Pattie has been absolutely loving this extra virgin olive oil from Waipara-based grove, Athena Olives. Extra virgin olive oil has all sorts of healthy benefits and she has been using this for salads, baking, cooking and just dunking fresh bread in. Nutritious and delicious – what a combo.



## Salt and Pepper Shakers from Ojoy

Great design is often simple and elegant like these wooden salt and pepper shakers that would look beautiful on any table. Dorothy fell in love with them on an out-of-town visit, but is still debating the price tag on such good design. If someone in the store had bothered to stop chatting and talk to her about them, she would probably have bought them. There's a lesson in sales!



## Preserved Lemons

Preserved lemons are one of those things that always seem to crop up in recipes and we rarely have to hand. So make it easy with these ready to use ones from Belazu that you can just pop in the fridge till you next need them.

There are so many clever ways to make a dinner table look great and it doesn't have to cost a fortune. Grab a bunch of rosemary, pop it in a nice jar or vase and you have a beautiful centre piece.



## Kiki Seed Cracker Mix

Dorothy was taken with these lately when she visited a Waikuku bach (see page XX for more on that). This super easy to make seed cracker mix is perfect for platters, snacking and even packed lunches. Available at [www.kikiseedcrackermix.co.nz](http://www.kikiseedcrackermix.co.nz)



## Taco holder

We came across this taco holder when we went to Tangleby Gardens (see page XX for more on that). Honestly, we weren't even sure what it was but when Sue told us, it made so much sense. What a great way to serve up tacos. You can pick these up in all sorts of styles at all sorts of kitchen shops so find one that suits you.



## Get Your Jars Ready

With so much fresh and local garden produce around – it's peak preserving time. From tomato sauces to bottled peaches and delicious chutneys – it's time to start hunting out all the small jars and mismatched lids you've squirreled away over summer.

# Easter at Artisan

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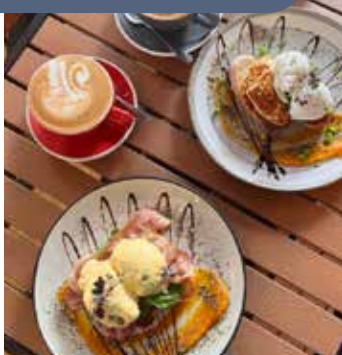
Essence columnist, Barb Palmer has been part of the friendly team at New World Rangiora for 20 years, the last nine as their Brand Ambassador sharing recipes and ideas with customers.







# Cocoa Black Comes To Waikuku



The original wooden floor, the vaulted ceilings and the old log burner all make for a welcoming and cosy interior where customers will feel a sense of the old and the new coming together.

With this in mind there are pieces from a wide range of artists on display both in and outside the café – from an eye-catching, life-size sculpture of a stag and an extinct Haast eagle to wooden sculptures. Inside the café pops of colour appear in two colourful pieces – an ox head and a giraffe both made from recycled jandals washed up on far shores.

“We want this to be a place where people can come for more than just a coffee. To relax, to enjoy themselves, to see the art, to be inspired,” says Tania.

One thing is for sure, with Cocoa Black now in place and so many wonderful art works to see – this is set to become a buzzing destination for Cantabrians and visitors alike.

Cocoa Black, the Waikuku Mill,  
1473 Main North Road, Waikuku  
Open: Thurs to Mon: 8am to 3.30pm (closed Tues & Weds)

North Canterbury’s newest café is set to open its doors as we go to print, and like many Cantabrians we’re feeling pretty excited about it. Cocoa Black owner and operator, Yong Ren, is set to bring his successful brand of great coffee and delicious baked treats to Waikuku’s iconic Mill.

The menu will offer the expected high standards of Cocoa Black cafes in the city. Customers can enjoy the ultimate Allpress Coffee crafted to perfection by experienced baristas and a wonderful range of cabinet foods. Baked treats will include the Cream Cheese Sweet Chilli Ham Scrolls and Cocoa Black signature Cheese Scones. A menu will also offer a range of dishes to suit all tastes from classic favourites like Eggs Benedict to the Big Breakfast, Burgers and Dumplings.

Whilst Cocoa Black have several stores in Christchurch, including their flagship Merivale store - this will be Yong’s first Cocoa Black in a rural location. He is looking forward to being part of this beautiful heritage building. And whilst the café has been completely refurbished inside- with specially sourced chairs for comfortable seating; large and small tables and a state-of-the-art coffee machine – the historical charm has been retained. The original wooden floor, the vaulted ceilings and the old log burner all make for a welcoming and

cosy interior where customers will feel a sense of the old and the new coming together.

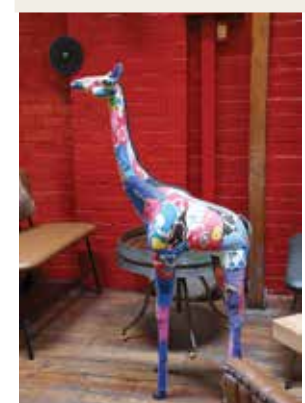
Outside the garden area offers beautiful al fresco seating with interesting sculptures; the gentle sound of the waterway running past at the end of the fence and the dappled light of trees and vines. The perfect spot to enjoy a morning coffee or catch up with friends for lunch.

### Why Waikuku?

Yong decided to bring Cocoa Black to Waikuku’s iconic Mill when he was approached by Tania Candy of Pure By The Barrelman. She encouraged him to come to the Waikuku Mill to help breathe fresh life back into the café and the surrounding space.

There are many artistic pieces from Pure By The Barrelman dotted around the café and garden and they also have a small, dedicated store on site. With a focus on recycling the wine barrel and reusing discarded materials to create functional, artistic pieces with zero wastage - Tania wants the area to evolve into a creative hub with a sustainable theme and Yong and his ethos at Cocoa Black fit right into that ideal.

“We want this to be a place where people can come for more than just a coffee. To relax, to enjoy themselves, to see the art, to be inspired,” says Tania.



### Free Coffee For Essence Readers

Head along to Cocoa Black Waikuku on Monday 4th March and get a free, regular sized coffee.

\*One regular sized coffee per customer



## Waikuku Mill Welcomes New Café

The Sandersons are delighted to welcome new hospitality operator, Cocoa Black, to the Waikuku Mill. Along with all the other businesses in the complex the Sandersons are looking forward to having a café back on site for that morning coffee and the occasional snack.

Check out the wonderful variety of interesting shops in the Mill

- Little Bohemia**  
New clothing, jewellery and accessories
- Thrifty**  
Pre-loved clothing from a range of labels
- ID Gallery**  
An eclectic mix of local art and colourful homewares

**Victorian Kitchen Shop**  
Locally made Sanderson pottery and vintage kitchen wares

**The Emporium**  
Antique curiosities and treasures

**The Big Room**  
Antique and retro furniture of all styles and shapes

### A Little History

The Mill at Waikuku was first established as a flax factory in 1870. In 1882 James Clark Andrews bought the existing twine works concentrating on wheat sheaf binder twine. The factory then manufactured twine consistently until the 1940s when they started to make camouflage nets for the Americans before switching to hay bailer twine in the 1950s. The plant closed in 1987 and then in 1990 Jen and Paul Sanderson bought the premises and moved their pottery business there.



## On the couch with Author Jenny Lynch



Author Jenny Lynch is a former editor of the NZ Woman’s Weekly. She has been an actor, a photographic model and a Playboy bunny and lived and worked in the USA, Canada and Australia. And she’s written four non-fiction books. Now in her 80s she has just written her first novel, *The Secrets They Kept* which is loosely based on a real life story her grandmother told her many years ago.

We got to ask her a few questions about work, writing and routines.

**essence:** You have had such an interesting and varied career. But we wondered what your very first job was and what you feel you learnt from it?

My first job was as a junior with the NZ Woman’s Weekly. I had just returned to NZ from an American Field Service scholarship in the USA where I had studied journalism. I was 18 and wet behind the ears, but editor, Jean Wishart, was prepared to give me a chance. I spent two years on the magazine learning the basics of feature writing. I’ll never forget my first interview. I was under prepared and consequently terrified. It taught me the importance of researching your subject properly beforehand. I left the magazine in 1959 and worked on four other publications before returning to the Weekly in 1976.

**essence:** How long were you editor of NZ Woman’s Weekly and what were the biggest challenges in the role?

I was editor from 1987 to 1994, having been assistant editor since 1977. Initially my big challenge was to restore circulation after popular editor, Jean Wishart, retired in 1985 and readers had responded negatively to her replacement. That challenge became bigger in 1989 with the arrival of two Australian magazines boasting far greater resources than we had. They introduced a cult of celebrity. This was at odds with our more family friendly ethos. It soon became clear, however, that readers had an appetite for gossip, glitz and glamour and with much reluctance I had to adjust our focus. In 1991 the Weekly claimed a ‘first’ with pictures of Rachel Hunter’s marriage to Rod Stewart. And we achieved this

without having to resort to the cheque-book journalism our Australian competitors had brought with them. Bidding for stories flew in the face of integrity and fairness and I found this development utterly deplorable.

**essence:** What was the biggest challenge of writing your recently released novel?

It was centred on a mystery. I needed to build tension. The final sentence of each chapter had to provide a clue designed to keep the reader wanting to know more.

**essence:** You have said previously that the whole plot just came to you one day out of the blue. But did you have any schedule for your writing?

I had no particular routine. I worked on the manuscript over many months, adding material and developing the various characters. Eventually those characters became as real to me as anyone I had ever known. I completed several drafts before submitting the final version to the publisher.

**essence:** Any top tips for aspiring writers – fiction or non-fiction?

Make every word count. Unless you are tackling historical fiction where research is vital, you should write about the world you know. I could never have set *Secrets* on a high country station much as I have enjoyed visiting Erewhon and others. You should also seek an independent assessment of your work. Don’t get relatives to do it. They’ll think it is the best thing since sliced bread. Welcome constructive criticism. Writers can get so close to their subject they can’t see the woods for the trees. Fresh eyes can penetrate those woods.

### Giveaway



We have a copy of *The Secrets They Kept* to give away to one lucky reader.

To be in the draw just email your name and address to [essencenc@essencemagazine.co.nz](mailto:essencenc@essencemagazine.co.nz) and tell us why you would like to win this book. Entries close on 30th March 2024.

*The Secrets They Kept* by Jenny Lynch  
Helena Anderson was three years old when she lost her mother in 1967. But her efforts to learn anything about the mysterious Eve or the ‘shocking accident’ that presumably claimed her life are met with tight-lipped evasions from her secretive, God-fearing family. Helena knows there is something she is not being told. She suspects it is something terrible.





# The beauty of the Charcoal BBQ

WORDS: AMELIA NORMAN | IMAGES: LEA LUCAN

There's a lot to be said for the typical gas BBQ – it starts up quickly, the temperature is easy to control and it saves on the pots and pans. And cooking outdoors is fun – especially in summertime.

But if you really want to make an occasion of your BBQ then it's worth thinking about the charcoal option. They're readily available at all the usual stores and whilst they may take a little more time to heat up and require a little more attention – they do give a very special flavour to whatever you might be cooking.

Someone who knows all about cooking with charcoal are the three South American chefs, Hector Meneses, Ignacio Riveros and Carlos Calisto, who form Asado. The trio specialise in cooking, well, asado. So what is that exactly?

Hector explains that 'asado' is the Argentine term for barbecue – where the meat is cooked on a grill or over hot coals and firewood for a long time. It requires skill, time and patience and should not be rushed. In South America, 'asado' also refers to a backyard barbecue with family and friends. People gather, enjoy a wine or a good beer and something to eat, and socialise outdoors while the food is slowly cooked.

When it comes to the type of meat Hector advises that the most commonly used cuts in Argentina and Chile are short ribs, flank steak, skirt steak, chorizo and of course sirloin and rib eye steak. "New Zealand has very good quality venison meat too," he says. "Venison is not a very common cut in South America but most Kiwis love it and that is why it is a fundamental part of our events. New Zealanders love pork belly too, especially when we get that crispy skin."

**If you're trying this yourself at home, you need to think about the type of wood you use for your BBQ. "Asado New Zealand use manuka," says Hector. "It is great because it gives us a very good ember and a good temperature. In addition, the flavour it leaves in the meat is not overpowering."**

Seasoning the meat is also key and when it comes to cooking time the length of time needed on the BBQ really depends on what you're cooking advise Hector. "A 300gm sirloin or rib eye steak can take up to 15 minutes to achieve a good medium rare to medium, while the pork belly and the

whole baby back ribs that we cook take up to three hours with soft and even embers."

To serve the meat the best sauce is chimichurri says Hector – and as for how to make it, well he says Ignacio the Pit Master at Asado New Zealand makes a great one!

If all this sounds complicated then Asado New Zealand can come out and take care of the whole thing for you. Essence Magazine publisher Dorothy recently experienced this when her husband celebrated a birthday at home. Usually one to cater for guests, this time they called the guys at Asado – who kept the guests fed with true South American style.

"I can honestly say I have never felt so relaxed when we've had a party at home," says Dorothy. "Normally we do all the catering ourselves, but getting the Asado crew in was great. It meant we got to talk to our guests and enjoy a drink. And the food was fantastic."



## Windy weather playing havoc with your BBQ?

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# Destination Oxford

## Star Gazing In Oxford

Thanks to community efforts the Oxford Forest Conservation Area (over 11,000 hectares) has been accredited as an International Dark Sky Park by Dark Sky International.

It's a great outcome for the community and for the larger Waimakariri region but projects like this don't happen overnight. The first conversations on creating a dark sky park took place more than five years ago. Then last year a volunteer group called Oxford Dark Sky made up of more than 20 public organisations and businesses went on to drive the initiative and make the application for dark sky accreditation.

"The area's night sky has long been appreciated by locals," says Thomas Robson, Oxford Dark Sky member and chair of the Oxford-Ohoka Community Board. "It will be good to share this natural unspoiled beauty with night sky enthusiasts. We look forward to supporting this initiative in any way we can."



## Oxford Observatory

If you're interested in getting a glimpse of the stunning night skies above Oxford then check out the Oxford Observatory website. Their open evening sessions run in the winter and get booked up quick. They have some amazing telescopes and awesome volunteers who can tell you exactly what you are looking at [www.oxford.ngawhenu.nz](http://www.oxford.ngawhenu.nz)

## The A & P Show

Oxford's A & P Show always feels like the last big show of the summer here in North Canterbury. This is their 119th Annual show and it promises to be a great day of dog trials, equestrian comps, craft stalls, food trucks and all the usual A & P fun. Put it in your diary – Sunday 30th March. [www.oxfordapshow.co.nz](http://www.oxfordapshow.co.nz)



## Oxford's Main Street

There's a lot going on in Oxford's Main Street. We always love popping into Thea's Boutique to check out the fabulous fashion and homewares and browsing the wonderful books and goodies at Emma's a few doors down.

The street is also steeped in history – make sure you look in the superbly preserved Oxford jail cell. Pop into the Oxford Museum for a wider perspective on the town's history. And check out the Oxford Gallery where they have regular exhibitions as well as creative drop-in sessions.



## The West Oxford Hotel

If you're looking for great food and friendly service then head to The West Hotel Oxford where hosts Jodi and Barrie always ensure a warm welcome.

With a menu full of hearty dishes from ribs and burgers to steak and a dedicated kids' menu; friendly service and easy parking – this is the perfect spot to stop for a little lunch in the country.

Keep an eye out for their weekend specials starting soon and their special Sunday Session with live music on St Patrick's Day, 17th March.

159 Main Street, Oxford  
03 312 1222 | [thewestoxfordhotel](https://www.thewestoxfordhotel.co.nz)



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Items include beautiful homewares, fun fashion like printed Hey Herbee leggings, stylish labels, fashion accessories and a fantastic range of giftware. There really is something here to catch the eye of even the most discerning shopper.

So make sure you leave time to pop in next time you visit Oxford. Open: Tue – Sun, 10am to 4pm

55a Main Street, Oxford | 03 242 0490 | [Thea's Boutique](https://www.theasboutique.co.nz)



## The Oxford Club

We are open 7 days with Bar, Bottlestore, Gaming, TAB, Takeaways and Function facilities too. Come on in for a cold beverage (craft beers on tap) or hot food. Tasty bar snacks available all day and our bar meals from 5pm everyday including Pizzas and a traditional roast.

160 High Street, Oxford  
03 312 4411  
[www.oxfordclub.co.nz](http://www.oxfordclub.co.nz)





# Nefertiti Neck Lift

WORDS: DR PETER ASPPELL  
(DURHAM HEALTH COSMETIC)



The Nefertiti neck lift can be a really effective way to redefine your jawline and neck to give it a tighter, wrinkle free look. It is named after the Egyptian queen Nefertiti, renowned for her delicate features, sharp jawline and elegant neck. Sometimes known as the 'Botox neck lift' this procedure aims to address the ageing changes to the jawline and neck.

The platysma is a broad thin sheet of muscle that wraps around the neck from the collarbone up to and along the jawline. When tightening our platysma by straining our neck we can feel the cord-like bands of muscle running from top to bottom. Over time these bands lead to the development of horizontal lines and weakened, less elastic skin.

In the Nefertiti lift, small amounts of Botox are injected into the skin along the neck and jawline. This temporarily weakens the

muscle and results in a tighter, smoother and more youthful neck. Drooping at the corners of the mouth also improves with this lift. As with any Botox treatments the benefits begin to fade in about four months so for long lasting results repeat treatments are advisable.

The lift can be combined with any other facial cosmetic procedure or can just be performed on its own. It is an affordable treatment, virtually painless and in the right patient can yield impressive results. The Nefertiti lift is an advanced technique and should always be performed by a trained cosmetic doctor.



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## Beauty Snippets

WORDS: DOROTHY MCLENNAN

### Sandal Season

A friend of mine introduced me to Scholl Exfoliating Heel Peels. Obviously, a subtle nod to the fact my heels needed some attention. Medicated pads wrap around your heels, you leave them on for 90 minutes (don't be tempted to leave them on longer like I did) and that's it - you don't have to do anything more. The rough skin on your heels starts to peel between three and seven days and continues for about a week. Mine kept peeling for what seemed like weeks - I thought I was going to lose my feet. I definitely left them on too long!

They are great now, but I would suggest doing them plenty of time ahead for a special event.

Available at The Rangiora Pharmacy.

### Sugar Coated

Have you tried sugaring yet? I got out of my comfort zone and gave this ago. It's a great alternative to waxing. Less irritating on your skin especially if you have sensitive skin. It lasts longer as it removes hair following the natural direction of hair growth and it leaves your skin feeling really smooth. The cost is on par with waxing. I go to Natalie at the Sugar Shak in Waikuku, she really knows her stuff when it comes to sugaring.

Available at The Sugar Shak

### Stick On Bra

Why do I keep buying things that need a strapless bra- I find them so uncomfortable, and often not fit for purpose. I'm getting a bit too old to go a la naturelle so was on a desperate hunt for something that gave some lift and could hold things together for a night. I found these unusual bunny looking ears at Kmart that promised to do just that. They only cost \$7 so I wasn't expecting great things, but they did actually work. They come in a A/B or a C/D cup.

Available at Kmart or online

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## Devoted to Denim

Kendal pale denim jacket perfect for those changeable autumn days. **Thea's Boutique**

Stella & Gemma penny camera bag with textured blue finish, zip and shoulder strap. **Thea's Boutique**

Classic dark denim tapered jeans with high waist and pockets. **Craze Fashion**

Soft, comfortable sneakers in Marine Blue bring style to the casual look. **Modabella**

This simple midi denim skirt will go with anything and look great. **Thea's Boutique**

Annie Sloan satin paint in a glorious Cambrian Blue. **The Fabric of Society**

Casual and cosy this gorgeous knit tee will make a super versatile addition to your wardrobe. **Country Lane**

Comfy, casual cargo jeans perfect for that weekend look. **Thea's Boutique**

Take your work with you in style with this elegant Louenhide laptop bag. **Blackwells**

Pale denim cropped jeans with pocket detail. **Blackwells**

Everyone needs a good classic hoddai for those spontaneous weekends away. **The Fabric of Society**

Cabello super comfortable denim shoes with zip and decorative laces. **Sally Mac's**

Super cute cornflower blue earrings. **I'Adore**

Stylish Amsterdam floor mat in shades of blues. **The Fabric of Society**

Chunky heel and gorgeous blue patent combine in these Wonders shoes. **Modabella**

Add a little glitz with Swarovski stone silver earrings. **I'Adore**

Denim is in. Trench coats are in. This denim trench coat is the perfect on trend combo. **Robe**

Super cute blue socks with doggy motif. **I'Adore**

This cute ceramic bunny can bring the fun to pot rims, jugs, lamp shades or anything with an edge. **I'Adore**



# A HOT ROD LIFE

WORDS: AMELIA NORMAN | IMAGES: SUPPLIED

For Danny Bisschop, a chance encounter at the traffic lights as a boy sparked his life-long love of cars. "I was sitting in my parents' car when I was about 10 years old," recalls Danny, now 70. "I saw a 1933 Ford Coupe pull up at the lights and that was it! From that point on I've been crazy about hot rods."

Little did young Danny know, but he would go on to own that very car - buying it, tinkering with it and flicking it on three times before it ended up in its final resting place as a showpiece in a collector's shed.

That's the thing with Danny - he's not just a panel beater, automotive painter and mechanic; he's a true blue car enthusiast. He happily recalls the history of each car he's owned over the past five decades. He knows where they started their life, who he bought them from, what he did to improve them and where they went next. It's not just a hobby, it's an all-out passion.

"It's just in my blood," he explains.

Unsurprisingly, Danny and his wife Lavina are regular attendees at car shows up and down the country. Danny checks out the cars and Lavina dresses up in her 1950s rock'n'roll attire, but there's much more to it than that.

"We do it because of the people. The cars are just the means to bring us all together, but the best part is catching up with friends, and spending time with likeminded people. We love it."

Over the years, the couple have brought home a number of trophies from the shows, but Danny says the most meaningful one is the MTF Participant's Choice Award he received at the 2023 Caroline Bay Rock & Hop for his 1952 Ford Twin Spinner.

"It was such a shock!" he recalls. "The quality of the vehicles at the Rock & Hop is incredible, so for the other participants

**"We do it because of the people. The cars are just the means to bring us all together, but the best part is catching up with friends, and spending time with likeminded people. We love it."**

to vote for mine was a real surprise. Having put in a lot of work, time and money, it's really nice for the car to get that appreciation."

When he says "a lot", he's not kidding. Danny spent two and a half years completely rebuilding and customising the winning vehicle to the point where it's now an absolute one-of-a-kind. "There's no other car like this in the world."

True to form, Danny knows this car's life story: "It was originally a taxi in Dunedin. Then it went to Balclutha and became a hot rod. It went through many owners and then I bought it from a guy in Gore. It was in a very sad state so I pulled it to bits, cut out all the rust and completely rebuilt it. There's basically not one original panel left because I altered everything."

Danny and Lavina are heading back to the Caroline Bay Rock & Hop this year, but the Twin Spinner will have to stay in the garage. "We're taking the Mercury Medalist this year," he explains.



As the only known 1958 Medalist in the Southern Hemisphere, chances are high it could take out a trophy too. But for Danny and Lavina, that's not what the trip is about. "The Caroline Bay Rock & Hop is such a well-organised event. The organisers have really listened to the people and made improvements over the years. They've got it pretty well stitched up now. We're really looking forward to it."

## Page Turners WORDS: EMMA'S AT OXFORD

### The Women

By Kristin Hannah

A sweeping, powerful story of courage with a detail-rich setting - compelling & powerful.

From the worldwide bestselling author of The Four Winds, The Nightingale and The Great Alone, *The Women* is a story of devastating loss and epic love; a portrait of coming of age in a dangerous time and an epic tale of a nation divided.


'Women can be heroes, too'. When nursing student, Frances "Frankie" McGrath, hears these words, it is a revelation. Raised on an idyllic California Island; sheltered by conservative parents; she has always prided herself on doing the right thing. But in 1965 the world is changing, and she suddenly imagines a different path. When her brother goes to Vietnam, she impulsively joins the Army Nurses Corps and follows.

As green and inexperienced as the young men sent to Vietnam, Frankie is overwhelmed by the chaos and destruction of war, as well as the unexpected trauma of coming home to a changed and divided



America. Frankie will also discover the true value of female friendship and the heartbreak that love can cause.

*EPIC is the one word review from our advance reader. Totally absorbed, she read from mid-afternoon until 2am; then again the next morning until untimely visitors arrived. Visitors departed, back to the book - could not put it down.*



**National**  
NZ  
Authorised by Matt Cooney, Performance Building, Wellington

### MATT DOOCEY

MP for Waimakariri

Thanks to Wendy's determination and the generosity of local residents and businesses, funding is now on track for the second camera. The project has had good support from the police, Waimakariri District Council, Neighbourhood Support and Kaiapoi Community Patrol, not to mention former police officer Ken Eccles who has provided his expertise and time.

Ken was instrumental in the community-led CCTV project roll out in the Hurunui district, which has proven very successful in deterring crime but also recovering stolen property.

After the success of the Sovereign Palms initiative residents in Silverstream also asked me to host a meeting with a view to a similar fundraising campaign for their area, and I know Pegasus residents are well on the way to rolling out cameras too. I applaud their efforts and hope other subdivisions and communities are inspired to follow the same example.

This has been a real collaborative effort so well done to Wendy for starting the initial project and overseeing the fundraising, and to the community for getting behind her. It was lovely to hear that as the first camera was being installed, and almost exactly one year since the theft, Wendy was contacted by the police to say her motorhome had been found! A great result for a great resident!

Wendy approached me for help, wanting to do something positive following the theft. I hosted a public meeting and about 300 people came along to support Wendy's initiative. Since then, she has worked tirelessly behind the scenes to raise awareness and funding, so it was fantastic to see the first camera in place.

It was great to start the year with the news that the first CCTV camera has been installed in the electorate following my public campaign for community-led CCTV last year. This was the first camera to be rolled out for Kaiapoi's Sovereign Palms and Moorcroft subdivisions, a project spearheaded by resident Wendy Tait following the theft of her much-loved motorhome from outside her house.



**Free Bridge Lessons**

Register your interest for 2024 bridge lessons by contacting the Rangiora Bridge Club via their website [www.rangiorabridgeclub.co.nz](http://www.rangiorabridgeclub.co.nz) or email [rangiorabridge@extra.co.nz](mailto:rangiorabridge@extra.co.nz). Your queries will be answered.

Lessons start Monday 15 April for 11 weeks. Following lessons you will be able to continue in the club for free for the rest of 2024.

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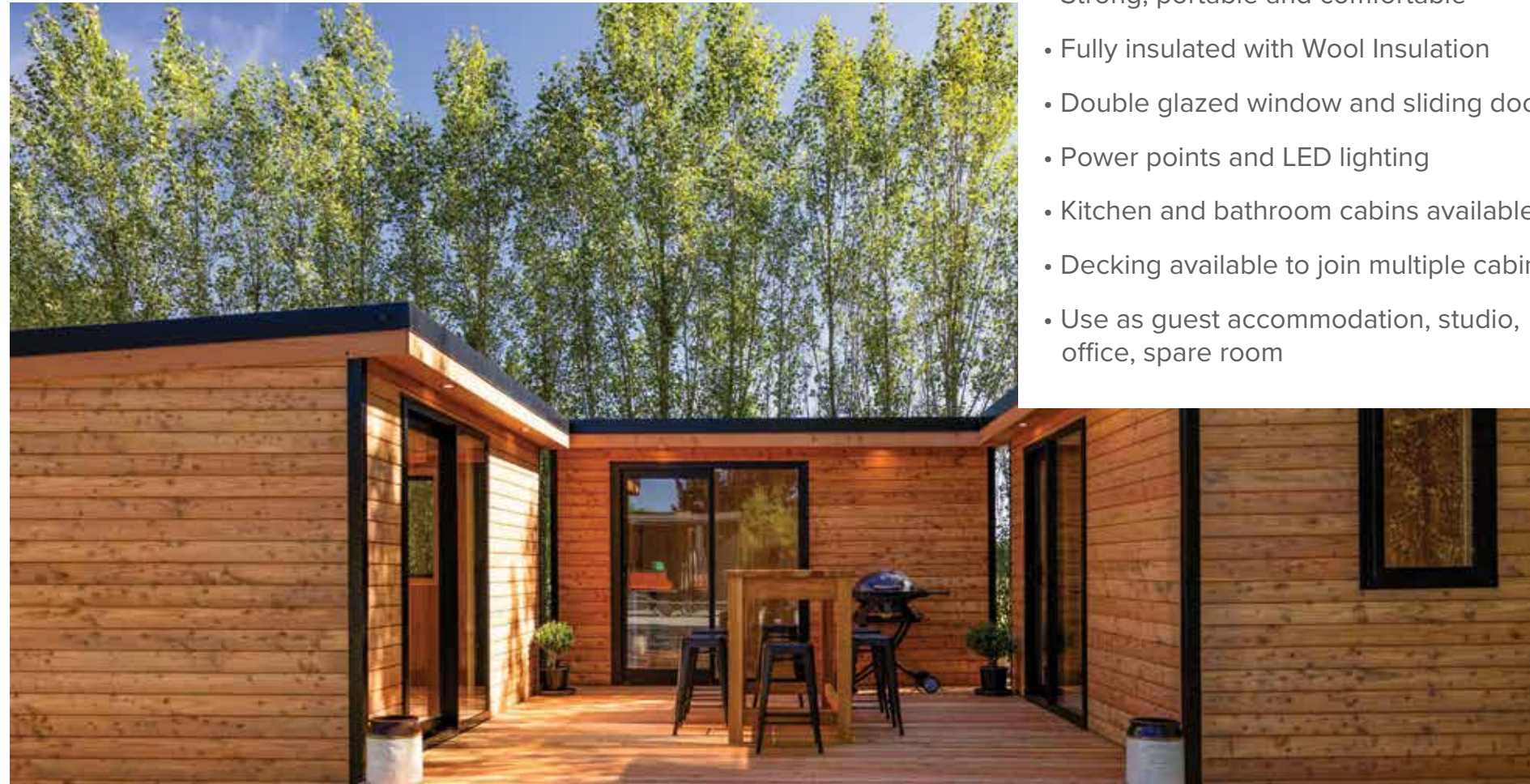
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