

Marketplace

YOUR ELECTRICAL ASSET | SEPTEMBER - OCTOBER 2025

POWERBASE 

JOHN COOPER WORKS A LEGACY FORGED IN SPEED

An exclusive interview with Charlie Cooper and his father Mike, on the JCW legacy.

PDL 600 SERIES 30 years & still going strong

The groundbreaking PDL 600 Series marks three decades of being a trusted partner for Kiwi electricians.

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M60-T10 	M60-T5 	M60-T13 	M60-T18 	M60-T19 	M60-T19-XL 	M60-T21 
M60-T22 	M60-T23 	M60-T15 	M60-T16 	M60-T25 	M60-T26 	M60-T30 

60
module
options

10
colour
combinations

3
installation
methods

SELECT YOUR INSTALLTION FRAME

F60-RR 	F60-RR2 	F60-RSQ 	F60-RSQ2 	SF60-RR 	F60-TL 
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WARRIORS 2025

The Ultimate NZ Warriors Experience, Warriors Vs Dolphins game at Go Media Mt Smart Stadium, Auckland.

Everyone had a fantastic time, and the corporate hospitality was well received. Many thanks to Glight for sponsoring this event, and all who were involved in the organising, we were glad to see some very happy customers!



Welcome to our Spring issue of Marketplace for 2025, the promotional and business publication from the members of the Powerbase electrical wholesale group.

We hope the technical features and advertorials in this issue spark ideas that will help grow your business or make it more effective. For more details on these product ranges contact your local Powerbase branch.

Let us know if you have an industry topic or product install case study that we could feature in Marketplace. Email your submission to national.office@powerbase.co.nz

Powerbase is the largest group of independent electrical wholesalers, all locally owned and operated. The people you deal with are the ones that own the business – so we're committed to keeping you happy!

Kevin Lynn
Group Commercial Manager
Powerbase Limited



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PDL 600 SERIES – 30 YEARS & STILL GOING STRONG





The groundbreaking PDL 600 Series marks three decades of being a trusted partner for Kiwi electricians.

New Zealand in 1995. Jim Bolger was Prime Minister; Russell Coutts and the crew of Black Magic won the America's Cup 5-0 in San Diego; and the average house price was around \$125,000.

1995 also marked the arrival of a new electrical range that would prove a staple for the residential and commercial industry and become a trusted choice for Kiwi electricians for the next 30 years: PDL 600 Series.

Groundbreaking features

PDL has always prided itself on strong collaboration with electricians in the creation and design of its products and the 600 series range was no different. The PDL 600 Series was an instant success at the launch thanks to its easy installation, market-leading strength and cover plates in a range of different finishes, which at the time set a new benchmark for customisation.

"It looked good and was very functional," says PDL's South Island Sales Manager Home & Distribution, Dave Chapman. "600 Series had a lot of innovations and engineering features that really set it apart from other products at the time."

Key to these were its front-loading switch mechs and full solid cover plates, which made the range incredibly robust. A few years later, square head combination screws were incorporated into the screw terminals for faster, more solid connections.

"Those screws changed in 600 Series around the year 2000 and became the

norm in electrical products for us," explains Dave. "Incorporated into both the terminal screws for better cable connection, as well as the wall plate screws for fixing the plates to the flushboxes. It sounds minor, but the innovation that it brought is something the electricians really loved."

The reliable choice – tough, versatile and familiar

With a broad range of mechanisms and products within the range, 600 Series quickly became a popular and versatile choice for residential and commercial settings and reinforced PDL's position as a market leader.

In fact, PDL 600 Series still remains in demand today thanks to its simplicity, longevity and reliability.

"It's a product that's tried and true and well-loved for its construction and design," says Dave. "It has some design features that were brought into the New Zealand electrical industry, and they still really haven't been exceeded. It's still a very well-engineered product in the market."

An enduring legacy

The install base is significant, with PDL 600 Series used in schools, universities, aged care facilities, government buildings, retail, and housing across New Zealand over the past 30 years.

With such a solid history, PDL remains committed to the range, which has evolved to keep pace with industry developments and consumer desires.

The introduction of USB charging mechanisms a few years ago, and the use of the Black colour option is increasing to complement design trends in both commercial and residential, and keeping the range current to meet today's demands.

PDL 600 – still going strong

The design and reliability that made PDL 600 Series such a breakthrough product in 1995 continues to resonate with electricians and customers today.

"The range just hits the mark for so many different use cases. I'm always hearing stories of how it's one of the first switch and socket ranges they ever used, and still use today, says Dave.

Thirty years on, it is a product whose legacy endures. "PDL 600 Series is so well regarded. It's celebrating 30 years and is well-stocked in wholesalers across the country, so people know they can always go and get it.

With widespread availability through Powerbase members across New Zealand and a reputation built on trust, the PDL 600 Series range continues to be a cornerstone of New Zealand's electrical industry. ■

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GOVERNMENT APPROVES DEDICATED INDUSTRY SKILLS BOARD

for Electrotechnology and IT Sector

Master Electricians New Zealand welcomes the recent announcement by Hon. Penny Simmonds, Minister for Tertiary Education and Skills, confirming the establishment of a standalone Industry Skills Board (ISB) for the Electrotechnology and Information Technology sectors.



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This decision follows sustained advocacy and sector-wide collaboration led by Master Electricians and signals a vital step forward in ensuring industry-led direction and accountability for training, standards, and workforce development in the rapidly evolving tech and energy landscape.

The new ISB will allow the sector to shape vocational education that better reflects real-world needs, supports future-focused training, and keeps pace with innovations in energy, automation, and digital infrastructure.

Alex Vranjac-Wheeler, CEO of Master Electricians, says:

"This is a huge win for the sector and a testament to the strength of our industry voice. The Electrotechnology and IT sectors are critical to New Zealand's transition to a low-emissions, high-tech economy — and that requires a skilled, future-ready workforce.

We're grateful to Minister Simmonds for listening to the sector and taking action. Establishing a dedicated Industry Skills Board means we can drive more relevant training, lift quality, and better support businesses and learners alike. It's a move that empowers our industry to lead from the front."

The Electrotechnology and IT sectors encompass a wide range of critical roles, from electricians and security technicians to network infrastructure specialists and smart systems integrators. With growing demand for skilled professionals in areas like solar, energy efficiency, automation, and digital

connectivity, the sector's training needs are unique and rapidly evolving.

The new ISB is expected to work alongside the Tertiary Education Commission (TEC) and other stakeholders to ensure qualifications, training providers, and industry standards are fit-for-purpose and responsive to emerging technologies.

Further background:

New Zealand stands at a critical juncture in the energy transition, with electrotechnology at the heart of innovation and productivity advancement and sustainable growth across virtually all sectors. Electrification and its constantly advancing sophistication are going to power productivity in all other industries. The data shows the electrical/electrotechnology sector is a high-value industry, contributing significantly to New Zealand's GDP and productivity. It also outperforms the national economy in both growth rate and productivity metrics, indicating strong economic and skilled workforce potential if positioned strategically as it will be with its own Industry Skills Board:

- 156,915 people worked in the New Zealand electrotechnology sector in 2024.
- 25,860 of these people were self-employed (for a self-employment rate of 16.5%, compared with the national average of 15.5%).
- 35,399 businesses operated in the sector in 2024, with an average annual growth of 3.3% over the last decade,

exceeding New Zealand's total business growth rate of 2.0% per year.

- Sector GDP in 2024: \$30.7 billion, accounting for 7.3% of New Zealand's total GDP.
- Annual GDP growth rate over five years (2019-2024): 3.6%, compared to 2.3% for the total economy.
- Annual GDP growth rate over 10 years (2014-2024): 4.1%, compared to 3.0% for the total economy.
- GDP per full-time equivalent (FTE): \$206,118, significantly higher than New Zealand's average of \$165,995.
- Annual productivity growth rate (2019-2024): 0.8%, compared to 0.1% for the total economy. Businesses in the sector continue to grow faster than the total economy, indicating strong entrepreneurial activity.

Forecasts for growth potential are significant.

- Forecasted employment in 2030: 171,333 (growing from 156,915 in 2024).
- Projected job openings in the sector (2025-2030): 944,753 (including replacement demand).
- Professionals make up the largest occupational segment in the sector, accounting for 57.6% of job openings between 2025-2030. ■

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SOMETHING SPECIAL

I'm about to head off to Wellington for the annual Beervana festival and whenever I'm down that way I have to visit Paraparaumu Beach Golf Club for a round of golf.

I'd go as far as saying Paraparaumu Beach is my favourite golf course in New Zealand. And yes, I've played all the hard-to-get-on greats such as Tara Iti, Te Arai, Kinloch, The Hills, as well as Cape Kidnappers, Kauri Cliffs, Jack's Point and Wairakei.

But there's something very special about Paraparaumu, which compared to all those courses listed above, is almost boutique in nature.

It might not have the sleek elegance and views of Tara Iti, or the high-in-the-air drama of Cape Kidnappers and Kauri Cliffs, but it's got plenty of assets those courses lack.

If you've recently watched the British Open on TV and want a true links golf experience like Royal Portrush, Paraparaumu is where you'll find it.

It is the epitome of links golf and would not be out of place in Scotland, Ireland or England — and is often compared to the great courses in that part of the world.

Paraparaumu is built on, around, and through a collection of sand dunes with fantastic pot bunkers, and ball-gobbling rough that more than make up for the lack of length.

The gently rolling sand dunes and the intimate scale of the fairways and greens are matched by a friendliness in the clubhouse.

A lot of the difficulty in Paraparaumu are the decisions about risk and reward — it's always asking a question about what's possible and what's worth taking a chance on.

What Paraparaumu has is variety, charm, memorability, drama and a fun factor dialled up to 11; and — as caddie extraordinaire and hometown hero Steve Williams will always say — the best set of par-3s in the country.

The 16th in particular is a diabolical gem with a narrow green that's perched on top of a small sand dune.



The course, created in 1929, remains the only venue in New Zealand where the great Tiger Woods has played a tournament, when he came out for the 2002 New Zealand Open.

The fact that Woods, in his heyday, didn't demolish this course is a testament to its bite.

The first time I played it I struggled — the wind roared and I was uncertain of the best routes to take. Now, with a few more outings under my belt in different wind directions I can't wait to get back to see how it behaves and how I react to the questions it asks.

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JOHN COOPER WORKS - A LEGACY FORGED IN SPEED

My exclusive interview with Charlie Cooper and his father Mike, on the JCW legacy.

Charlie Cooper, a name increasingly recognised in the demanding world of endurance racing, carries more than just his helmet and racing suit into the paddock; he carries the weight and inspiration of a legendary motorsport lineage.

Grandson of Formula 1 icon and Mini innovator John Cooper, and the son of Mike Cooper, the visionary behind John Cooper Works (JCW) - in fact, even his great Grandfather Charles was an engineer and co-founder of the Cooper Car Company, Charlie is the living embodiment of a passion for performance that has spanned generations and helped reshape automotive history.

Growing up, Charlie was, in his own words, "surrounded by cars". Many know that his grandfather, John Cooper, had a profound





impact on the automotive world, however, it's a fact Charlie admits he didn't fully appreciate until he was older, sadly after his grandfather had passed away in 2000.

'Grandfather' John Cooper's story is impressive, not least for his revolutionary contribution to Formula 1 with the rear-engine design, which put the engine behind the driver, a concept famously utilised by drivers like Sir John Arthur Brabham and Bruce McLaren. But the Cooper Car Company was a crucible of talent, with figures like Ron Dennis, who later led McLaren, doing his apprenticeship there, and legends such as Sir Jackie Stewart also began their careers in a Cooper, a testament to the marque's influence.

This motorsport passion was subsequently inherited by Charlie's father, Mike Cooper. While Mike's direct involvement in Formula 1 racing was less pronounced than his father's (he wasn't a driver as such), his focus became intensely Mini-centric. He played a crucial role in the relaunch of the Mini Cooper, first with the classic Mini under the Rover Group, and then, significantly, by founding John Cooper Works (JCW) around the time of his father's passing. JCW became

synonymous with high-performance Minis, and part of its success story includes the Mini Challenge, a racing series that actually found its early roots Down Under when BMW Australia commissioned Coopers to build race cars to support the Australian Grand Prix in the early 2000s.

For Charlie, this car-centric environment was his normality. He spent summers cleaning cars at the family dealerships, taking the rich automotive tapestry for granted in his youth.

"[When I was young] My grandfather had retired to the south coast and ran [Honda] car dealerships, which my father took over," recalls Charlie. "I would spend my summers in the back of the dealerships cleaning cars, my grandfather would come and check that I'd be cleaning them properly."

It was only later that the true scale of his grandfather's impact on both motorsport and the broader automotive world dawned on him.

"There were so many links to him [John Cooper] in the Formula 1 paddocks," says Charlie proudly. "People that had been involved with Cooper or knew him very well always introduced themselves. And even

today, at 86, Jackie Stewart still has so much energy and enthusiasm for John and racing, he started his career in a Cooper."

Arguably pretty obvious, but Charlie stresses that Mini was also a big part of his growing up, but for reasons that some may not be aware of.

My father and grandfather brought back the Mini Cooper, Charlie told me.

"The Mini Cooper (1275GT) actually disappeared from the Rover lineup. But my father saw that there was a big demand, especially in Japan. So he created aftermarket kits to convert your Mini to a Cooper, and that was so successful that it turned into the Mini Cooper again being on the production line."

The Cooper name, which John Cooper started putting on cars many years ago, is now recognised globally. From Charles' engineering prowess and the pioneering spirit of John Cooper in F1 and the original Mini, to Mike Cooper's stewardship and evolution of the JCW brand, and now to Charlie's own endeavours on the track, the Cooper legacy is not just being preserved; it's being actively driven into the future, embracing new challenges like the exciting world of electric JCW models. ✓

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A SAFER HOME WITH AFDD

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AFDD: The ultimate home electrical protection

When Christchurch homeowner Paul Griggs decided to sell his family's newly renovated home, he was dismayed to discover he might need to completely replace its assortment of wiring in order to assure buyers of its electrical safety.

But a new solution for home electricity security from PDL by Schneider Electric solved the potentially costly problem quickly and easily.

The answer was Arc Fault Detection RCBOs – all-in-one devices combining arc fault detection with overload & short circuit breakers and residual current protection. Including these in a new switchboard at the property took care of electrical compliance, was less expensive than full rewiring, and provided the new homeowners with peace of mind, while keeping their insurance company happy too.

Wiring through the years

The Woolston house contains what Paul Griggs describes as a “mixed bag” of wiring. Built in 1920, it was extended in the 1960s to double its size. Griggs and his family have lived there since the 1990s, adding a garage and two sleepouts over that time, and then spending the last two years renovating the entire property for sale.

He says the home's electrics are a mixture of newer, brand new and original wires, some encased in metal conduit. “It would be fair to say we were maximising the old wiring for the modern home's necessities and the additional outbuilding.”

While the family hadn't experienced any significant problems, Griggs wanted to ensure the home's electrical system couldn't cause insurance issues for potential buyers and impact the sale price. But in order for an Electrical Inspector to sign off on the property's electrical compliance, he found that the age of the house meant he could be facing a bill for complete rewiring.

Not keen on paying thousands of dollars on top of the recent renovation costs, Griggs did some more research and discovered the newly launched Arc Fault Detection RCBOs from PDL by Schneider Electric.

Ultimate home electrical protection

AFDD-RCBOs are the ultimate solution for electricity malfunction detection and are an investment in protecting a home and its occupants from the risk of electrical fire. They are combination devices that detect arc faults (one of the most common causes of electrical fires) and also feature miniature circuit breakers (MCBs) and residual current devices (RCDs) to protect against short circuits, overloads and fatal electric shocks.

While RCDs and circuit breakers are standard additions to switchboards in New Zealand, arc fault detection devices (AFDDs) are still a relatively new concept

here, despite having been mandatory in Canada and the USA for several years.

Arc faults can occur when cables become damaged, often when squashed underneath or behind furniture, or simply through poor connections or old wiring. The insulation inside the damaged cable lets current leak out, generating heat and carbonising the material around it, which then becomes more conductive and generates a bigger arc that is invisible to those in the home until the cable or socket catch fire.

An AFDD installed in a switchboard monitors the electrical arcs that occur as part of daily electricity usage on the circuits throughout a home. If it finds any abnormal or dangerous arcs it will trip to isolate and disconnect the faulty circuit before it can ignite and cause a fire.

AFDDs' ability to detect these arcs before a fire starts means they have been approved by many insurance companies as a way of mitigating risk. They're particularly useful for older or wooden homes, properties where the occupants have limited mobility, or in rentals where landlords have no control over how many appliances or devices tenants are plugging in.

The new AFDD-RCBO from PDL by Schneider Electric updates its original AFDD that launched in New Zealand in 2016, now combining the circuit breaker and RCD elements with the early warning system of arc fault detection.

Cost-effective alternative to rewiring

After discussions with his electrician and insurance company, Griggs was assured



that his compliance would be signed off if he installed a new mains board with the AFDD-RCBOs as part of it – a very welcome alternative to full rewiring.

“This installation was what we decided to go for, as the AFDD system would identify any issues in any one electrical line, meaning rewiring was then limited to only problem areas,” he says.

“Further to this, we had the peace of mind that with installing the AFDDs we would have full insurance on the building and that any issues within the electrics would be immediately isolated by the AFDD closing off that individual line.”

Peter Matthews of PPM Electrical Services in Christchurch (an electrician and Electrical Inspector) carried out the installation and says the combination

device is a useful tool for homes. “Arc fault detection is still a relatively new concept for New Zealanders and it’s a good one. They [arc faults] can happen in a newer site too, so it’s a very good idea.”

Peter Matthews was also impressed by how easy the AFDD-RCBOs were to install and the fact they detected an issue straight away. “It ‘red flagged’ it, so as soon as I turned it on it wouldn’t set,” he explains. “Through more investigation I found that particular circuit hadn’t been rewired as I’d been led to believe, and it was tripping on the residual function of the AFDD.”

Simple solution for a successful sale

Paul Griggs says he was delighted with the result the AFDD-RCBO installation provided. “Once this work was completed

we had a robust and sound electrical system. If any issues arise in future they’ll be immediately identifiable and repairable.”

The property sold for its asking price and Griggs says the installation of the AFDD-RCBOs gave everyone involved peace of mind and saved his family the significant expense of a full rewire.

“We had a better deal from the electrician due to ease of install, easy compliance sign off and easier dealings with our insurance plus the new owners’ insurance,” he says. “We can all sleep a lot better at night too, knowing this house should never burn down due to old or faulty wiring.”



THE MEASURE OF A BEER

Everyone knows a great beer when they drink one, but what makes it official? The process of assessing, codifying and minutely scoring the beers that find their way onto shelves is a lot more exhaustive than you might think.



www.newworld.co.nz/discover/beer-and-cider-awards



brewersguild.org.nz/nz-beer-awards-2025/



www.melbournroyal.com.au/australian-international-beer-awards/

While the year-round nebula of small regional competitions tend to focus on one style of beer and a small stable of breweries, much like the recent NZ Stout and Smiths NZIPA challenges, the New Zealand beer industry is only judged en masse three times annually. Firstly at the massive Australian International Beer Awards early in the year, then the New World Beer & Cider Awards, and finally the Brewers Guild Awards.

The New World competition could be considered something of the dark horse amongst the three, as it only considers beers that are available through said supermarkets, and as such is a little more consumer focused rather than the more 'by brewers for brewers' attitude of the other competitions. But, it also happens to be the one I judge at, so that's the experience I can convey. However, while these competitions may differ structurally, the core process of judging a beer remains almost identical across the board.

Christchurch City typically hosts the venue where judging takes place, with the function spaces attached to our two race courses possessing the space and centrality that makes the massive logistical task easier. Day one sees the operations team get things assembled, and the year's junior judges are on-boarded into the judging process. For everyone else it's a day of travel as the rest of the judging pool fly in from the various corners of the craft beer community.

That evening provides one last bit of calm before the storm of the next two days as the entire team sets in for a sensible (usually) dinner and drinks as

people who may only see each other face to face for these three days of the year catch up.

The next morning everything kicks off. Tables are arranged amongst four judges - one captain, two seniors, and one junior. Everything is tasted blind, with nothing but the style, %abv and any non-standard ingredients (for any judges with serious allergies) displayed. The last few years have seen the mechanics of the judging finally brought online, with scores and notes being entered into a LIM system, which has been a great boon to anyone downstream who had the job of interpreting the handwriting...

Describing the judging process superficially (drinking beer and discussing it all day), it sounds like the best job in the world, and it is, sort of. What is less easy to communicate is the intense pace and pressure that's an integral part of it. I've described it as the air traffic control of drinking.

This year saw over six hundred entries assessed, with almost eighty beers passing over my table over the two days of judging. There are a great many skills at work when assigning a consistent, considered and (hopefully) cogent mark to a beer, but efficiency is the one you have to work the hardest. More than eight minutes on a given beer and your table is likely falling behind.

Everything from appearance to the slightly ephemeral but nonetheless crucial 'drinkability' is scored, eventually constituting a mark out of a hundred. An initial phase sees all judges assemble their scores and notes on an entry, which is then uploaded to the LIM for phase two, where consistency is checked

and further discussion of the beer takes place across the table. The wait before one's score is displayed against everyone else's is easily the most nerve wracking - if you've given a beer an eighty while the rest of the table are on a sixty-two, then you've got some explaining to do.

Once all entries have been judged, any considered to be of gold medal status (typically eighty-five points or above) will be re-judged by a panel of table captains. These beers will go head to head, with only the single best out of every category being awarded a coveted Best In Class trophy. Once this vast sum of judging telemetry has been assembled and officiated, the brewers of the various entries finally receive their results. The winners will get to update their labels with those crucially consumer attracting medals, or join the year's Top-30, in the case of New World. For those who miss out, the notes from the judges will ideally serve as a guide to assist with the improvement and development of their beers in the future.

And that, in a very rudimentary nutshell, is how you make a great beer, officially. For those interested in keeping up with which ones are the hot ticket this year, the Australian International Beer Awards results have already been published, and include a compelling number of New Zealand entries. The New World Top-30 is due to be unveiled very close to the release of this issue, and the Brewers Guild Awards winners have already been announced. If you're not a follower of craft beer then don't worry, ordinary beers like Monteiths can (and have) come out on top of the micro-brewed stuff on occasion. ☑

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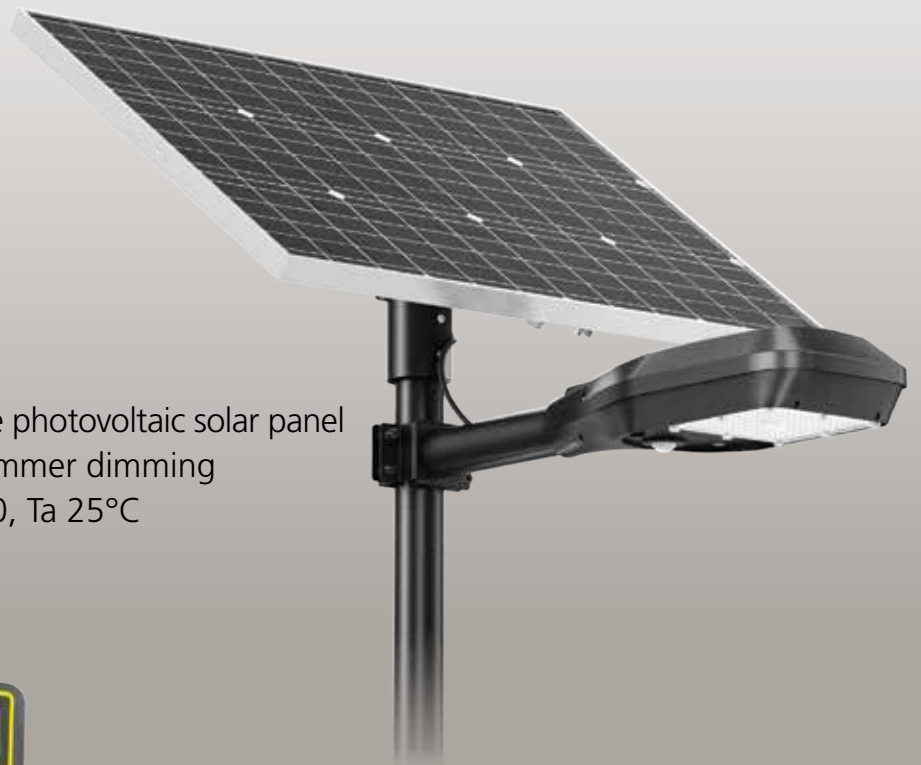


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HISTORY OF A RUGBY FORTRESS

Former Manu Samoa No 10 and freelance rugby scribe Campbell Burnes looks back at one of the great unbeaten streaks in the professional game.

By the time you read this, the All Blacks may have extended their unbeaten streak at Eden Park to a scarcely believable 51 Tests.

Or it might be 52 Tests, if they have also beaten Australia for the Bledisloe Cup on September 27. Alternatively, it might have come to a grinding halt at the hands of the Springboks, who had not tasted success there since 1937.

What is it about this ground, this venue, that makes it one of the most intimidating in world sport? If I knew that, then I would probably have a much bigger house. There is a mysterious mystique about the place. It's New Zealand's national stadium and opponents must get tired of hearing the same questions from media in the days before they face down the All Blacks at the Garden of Eden. But then they find it hard to bring their A game as the home team invariably lifts there or finds a way to win when not at its best.

The famous defeat to France in 1994 was just the All Blacks' 10th reverse there since 1921, and it required one of the great team tries – 'the try from the ends of the earth' – to seal it for Les Bleus. Just the 1937 Boks and the 1986 Wallabies had won series deciders at Eden Park before that moment, a full year before rugby went professional.

The All Blacks drew 18-all, in insipid fashion, with the Boks in 1994. Then came 38 wins on the bounce until the controversial 15-all draw with the touring Lions in 2017. In truth, the All Blacks were the better team that night, but did not finish off several scoring opportunities. Until 2025, they had reeled off another 11 consecutive victories. The 50th of the streak came against the Pumas last

season, the first 40 minutes just about the best half the All Blacks produced in the first year of the Scott 'Razor' Robertson era.

The great Auckland team of the 1980s-90s lost just once at Eden Park between 1983 and 1992, when Waikato edged an NPC semifinal, partially thanks to 'The Hand of Purvey'. That team would see off all comers but could fall back on its peerless scrum, support play, or the boot of Grant Fox if things were going awry. Yours Truly lost just once on the hallowed turf in over 20 games ranging from age grade rep stuff to premier club rugby. The place just had a certain feel to it that meant home teams mostly played very well here.

Eden Park was never the ideal cricket ground, with postage stamp boundaries, and yet some of the great moments in our cricket history have played out here,

not to mention three Rugby World Cup triumphs – 1987, 2011 and 2022. While a half-empty Eden Park for rugby does not engender as good an atmosphere as, say, a full Go Media Mt Smart Stadium, anytime Eden Park packs in more than 40,000 is a special time, as you will see (or have seen) when the Boks come to town on September 6 and the Wallabies on September 27.

One day some team will beat the All Blacks here, but they will need an almighty effort and more than just a smidgen of luck, such as striking the home team on a very bad day.

Let us hope that has not come to pass by the time you read this. ▣

Mark Telea and the 2024 All Blacks extended the unbeaten Eden Park streak to 50 last year.



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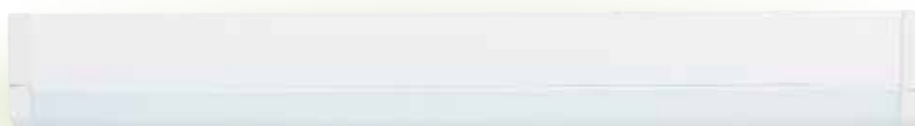
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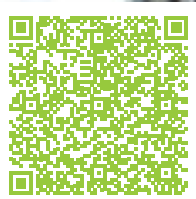
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WORKING SOLO: TIPS TO STAY MENTALLY WELL

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If you work alone or in a small team, it can be easy to neglect your own wellbeing. Here are some ways to keep you feeling well and connected.

WORKING ON YOUR OWN

Working for yourself can have its advantages. It can offer the flexibility to choose where and when you work, and the ability to call your own shots. But in a recent survey, 39% of small businesses felt their physical or mental health had been negatively affected by being in business.

It's vital to have ways to cope with the stress of owning a business to avoid burnout. As 70% of small business owners work alone, it's easy for them to feel isolated. Research shows that people who feel socially connected find it easier to stay mentally healthy.

If you're your own boss, or work in a small team, and you're feeling worn out and stressed, it can affect your business. And if your business is facing some challenges, that can also affect your wellbeing and your personal relationships.

WAYS TO STAY WELL

To stay healthy and well, here are some actions to keep in mind. There are quite a few so pick the ones that seem most doable for you.

Set your hours (and keep them)

Running a business is time consuming and most business owners work well beyond

the standard eight-hour work day. Decide how many hours you will work and do your best to stick to them. Getting seven to nine hours of sleep per night will also help you perform at your best.

Do something for you

Try to find some time as often as possible to do something you enjoy. This will help keep you balanced and, at the very least, give you something to look forward to.

Finding the right mix of movement and downtime will keep your body and mind fit. Move as much as you can throughout the day, but also make time for breaks.

Ask for help

Asking for help can stop you feeling overwhelmed, whether at work, at home, with a business mentor, or even a therapist. It also offers a chance to share burdens or bounce ideas off someone else.

Watch out for bad habits

There might be something you are using as a coping mechanism, e.g. alcohol, or not getting enough sleep because you're working late. Keep a watch for unhealthy behaviours that could damage your health and your business.

Maintain good habits

Exercise is often the first thing to go out the window during busy periods. But it helps you stay physically fit and mentally strong, so you're better able to cope with pressure and fight off fatigue.

Eating regular meals made up of whole foods, vegetables and fruit can make a big difference to your energy levels throughout the day. Drinking water can help you avoid headaches and fatigue, especially during warm weather or when you've been active.

You do you

It's tempting to compare ourselves to others, but it's unhealthy. Remember that what you see on social media isn't the full story, and a similar business down the road that seems to be going well will have its own issues.

Get connected

Getting to know other business owners in your industry or location can be extremely beneficial. The chance to share advice and experience can help you feel more connected. Meeting others could also lead to sales or opportunities to collaborate. Also remember your family and friends, and make time to connect with them.

Get involved

Find causes, charities or initiatives to support. Giving to others, even your time and attention, can make you feel part of the larger community. You might also make a few new friends, deepening your connections.

"Getting involved in giving back to your community is a great way for business owners to get connected and achieve work-life balance," says Andy Hamilton, CEO of Icehouse, an organisation that helps businesses find success and reach their potential.

Upskill

Seek out opportunities to learn, sharpen your skills, and challenge yourself. This will directly benefit your business, as well as your mental wellbeing.

One step at a time

When big issues come up, remember that they are best tackled one step at a time. Decide which parts to address first and work your way down. For advice, reach out to your network to see who can help. ■



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WHO SMOKED THE CHEESE?

Smoking cheese is a fantastic way to add a unique, savoury flavour to cheese for a platter or incorporate into dishes like macaroni and cheese, vegetable bakes, or even pies. The key is cold smoking, which infuses the cheese with smoke without raising the temperature enough to turn it in to a gooey mess.

My target temperature for cold smoking cheese is below 25 C (77 F). This can be challenging, especially in warm climates in the middle of summer. To combat this, you might need to smoke in the cooler hours or with the addition of ice trays to your barbecue.

CHOOSING THE CHEESE AND WOOD:

Most hard and semi-hard cheeses such as Cheddar, Swiss, Tasty, and Provolone are excellent for smoking. Softer cheeses like Camembert or cream cheese can also be smoked but require more precise temperature control and shorter smoking times.

When choosing your wood, mild-fruity varieties are best as they complement the cheese without overpowering its flavour. Apple, pecan, maple, or cherry wood are great choices.

PREPARATION AND SMOKING PROCESS:

I recommend cutting 1kg blocks of cheese into four 250g portions. This reduces smoking time, increases the surface area for smoke infusion, and allows for using smaller portions later. Before smoking, let the cheese come to room temperature to minimize condensation, which can interfere with the smoke infusion. Gently wipe away any condensation that may form with paper towels.

Whatever equipment you use for smoking (smoker, barbecue, or cold smoke tube adaptor), it must be set up for indirect heat and capable of maintaining a temperature below 25 C (77 F). For example, using a classic Weber Kettle, I use only three lit charcoal briquettes and small chunks of cherry wood to maintain a low temperature. Ensure the smoke is wispy and clean, not dense and billowing.

Place the cheese on grease-proof paper on the opposite side of the kettle from the heat and smoke source. Adding a deflector can shield the cheese from any direct heat.

Determining the best temperature control for your specific barbecue is part of the fun of smoking cheese.

The cheese is ready when it "looks" done, rather than by a set time. After about 15 minutes, check every 5 minutes for appearance. Once satisfied with the "look", remove the cheese from the smoker and let it rest in a dark, cool area for 30 minutes, avoiding refrigeration if possible.

THE ESSENTIAL RESTING PERIOD:

This next step is crucial: vacuum pack your individual smoked cheese portions and refrigerate them for at least three weeks before serving. Freshly smoked cheese can have an unpleasant, strong, acrid flavour. This resting period allows the flavours to mellow and meld, resulting in a decadent, savoury taste explosion.

Smoking cheese is a rewarding experience that will give any budding pitmaster a sense of pride and lessons in temperature control.

UNTIL NEXT TIME, KEEP THE FIRES BURNING!

TIPS FOR SUCCESS:

Temperature Control is King: Prevent melting.

Clean Smoke: Aim for thin, blue smoke to avoid bitter flavours.

Patience: The resting period is non-negotiable and essential for delicious smoked cheese.

Experiment: Find your favourite cheese and wood pairings!



FRENCH GODDESS: CITROEN DS 19 REVIEW



When Citroen launched the fabled DS at the Paris Motor Show in 1955, the car world changed forever.



For perspective, try to picture the European motoring landscape of the post war years. During the late forties, the vast majority of cars produced look just as they did before WW2. Vertical radiator grills and high rooflines were the norm all throughout the west. However, the dawn of a new decade saw the birth of new ideas and the Citroen DS was one such new idea.

When it broke cover, it looked like no other mainstream passenger car before it. Like something which had descended from outer space, the DS, or Goddess as it became known, really kick started the French obsession with being different when it comes to producing cars. Citroen were already responsible for giving us the first front wheel drive car in the form of the Traction Avant, but the DS added so much tech to its CV that no other car could compete.

Aside from being beautiful to behold thanks to lines penned by Flaminio Bertoni, the DS' technological innovation was staggering. Take its hydropneumatic suspension. Instead of conventional suspension and shock absorbers, the DS featured a sphere filled with trapped gas on one side and hydraulic fluid on the other.

With the compression of the gas acting in place of the suspension and hydraulic fluid in place of the dampers, the DS could stay completely level in the corners and would offer unreal levels of ride comfort. The hydraulic fluid also controlled the power steering, brakes and transmission.

Citroen also had a pump which allowed you to self-level the car and raise and lower the ride height from inside via a lever next to the driver's seat. This system was so clever that you could even drive the DS on three wheels.

Other tech included headlights which turned with the steering wheel on later models and the DS was the first production saloon fitted with disc brakes. Those who didn't want this new-fangled tech could by the more conventional Citroen ID 19. This model featured a more traditional transmission with no power steering.

The DS bowed out in 1975 after 1.5 million examples containing a variety of different variants had left the factory. This 1972 DS 19 Special was produced during the DS' twilight production years. You know a car sticks in the minds of the public and those who built it if it remains in production for two decades. With 105,000

miles on it, it arrived in New Zealand in 1989 and has had four owners since. As far as tidy examples go, this has to be one of the best on Canterbury roads.

Under that curvaceous Flaminio Bertoni designed bonnet sits a 2.0L four-cylinder engine mated to a four-speed hydraulic column shift transmission. If you pop said bonnet and have a looksie, you can't help but notice the spare wheel sitting in front with tool kit housed within. Power is rated at 79kW and torque at 152Nm. If you have a long enough bit of road Citroen say the DS could reach 168km/h, though don't think for one moment I was going to try.

Slide inside and you are greeted with some truly timeless surroundings. The bench seat arrangement is plush and as you hop in, you start to sink into it much like you would with your grandmother's old lounge suite. The DS puts relaxation above everything else and you can tell. Ahead of you sits an instrument cluster which is clear, concise and well laid out.

The rear-view mirror sitting above the dashboard gives some very Jetsons kind of vibes. The sloping roofline still gives ample headroom and lankier folk in the front and rear have plenty of room to slob



out, especially with these sofa-like seats. Venture down to the right of the driver's seat and you find a lever. Pull it towards you and the car starts to rise. Citroën say it will rise to a maximum ride height of 28 cm. The novelty doesn't wear off as you go up and down again and again just for the heck of it.

Start up the four pot and your immediate surroundings give rise to a happy burble. As you select first via the column shift manual box, you become very aware just how different the DS feels to just about every other car.

The single spoke steering wheel requires a firm set of mitts to turn when stationary but it lights up when you get moving. Propping myself up from that sinking sofa style bench seat, I tiptoed the DS onto the SH1. By now people were already looking

back as they drove past. The DS still grabs attention wherever it goes. Most probably think, "what on Earth is that?" or "haven't seen one of those in years."

Moving up to a sedate cruise and the DS' ride comfort makes itself known. It is utterly sublime. Honestly, there are modern cars which are regarded to have a comfortable ride and they pale in comparison to this. That hydropneumatic suspension just eats up every single change in surface, every pothole and every part of rough terrain imaginable.

The steering is super communicative but its the brakes which deserve a special mention. The brakes are super effective to the point of being dangerous if you don't know how to apply them properly. Due to the hydraulic system, you don't have a pedal to press, but more of a button. The

brakes have two settings, on or off. It only takes your big toe to grow a fraction of an inch and the anchors come on. After several attempts I finally got it, applying only the lightest touch in order to slow things down sedately.

Despite having to relearn the art of braking, the DS is an utter delight in so many ways. With ample torque and a linear powerband from that 2.0L four pot and the kind of ride which would make Aladdin's magic carpet jealous, the DS feels really special on the move. Plus, passing any shop window becomes the perfect excuse to enjoy those handsome lines.

The Citroën DS will never be everyone's cup of tea. However, those who champion character, quirk and personality over everything else, will be utterly spellbound by this French Goddess. ■

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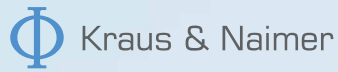
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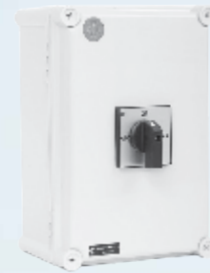
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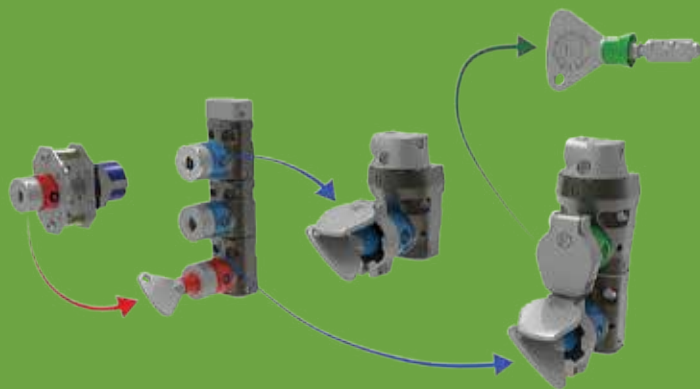


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WOMEN LEADING THE WAY AT SKILLS GROUP

At Skills Group, women are driving change and shaping the future of vocational education. Among them are Di Lithgow, Director of Trades School; Toni Talijancich, Dunedin Campus Manager; and Margaret Moala, Campus Delivery Manager – all committed to empowering women in industries traditionally dominated by men.

Di brings over 26 years of experience in work-based learning. “Empowering women in trades isn’t just about employment,” she says. “It’s about building stronger communities and showing the next generation that leadership should look diverse.”

Toni’s pathway into trades was shaped by years in government and workforce development. “I never set out thinking I’d work in trades,” she says. “But trades build communities and offer transformational opportunities.”

Margaret’s career took an unexpected turn after nearly two decades in academia at AUT and the University of Auckland. “My journey began in IT,” she says. “But I felt a pull to explore private tertiary education. The trades sector is the backbone of this country.”

All three leaders see their roles as both a privilege and a responsibility. “Being in a

leadership role means I can help bridge the gap between traditional education and hands-on training,” Margaret says.


While they all agree progress has been made, challenges remain. “Women still face cultural and gender biases, limited visibility, and the challenge of balancing family responsibilities,” Margaret says. “But the progress to date is real and empowering.”

Di points to Skills Group’s record number of female apprentices as evidence of change. “Once women reach 25% representation, workplace norms really start to shift,” she says. Toni adds, “We’re seeing companies move from token gestures to real change – improving facilities, offering mentoring, and tackling unconscious bias.” They also challenge outdated ideas about trades. “Trades don’t lack career progression,” Margaret says. “They offer dynamic pathways into leadership, business ownership, and specialist roles.”

Di agrees that trades are highly skilled, well-paid, and increasingly innovative. One Skills Hub Christchurch campus learner, Kassandra Hayes, says hands-on training was the clear choice. “I always felt hands-on learning worked best for me,” she says. “I struggled with reading and writing and thought – why spend

thousands on university when I could train in a trade with no debt and work my way up?”

She recently completed her pre-trade electrical course and is now looking for an apprenticeship. “What I love about electrical work is the never-ending opportunities – different types of work, always improving my skills, and knowing it’s a job that will never go out of fashion.”

Margaret’s advice to young women like Kassandra is simple. “Go for it with confidence. The trades offer rewarding, hands-on careers where your skills can make a real impact.” 

“Empowering women in trades isn’t just about employment... It’s about building stronger communities and showing the next generation that leadership should look diverse.”



– DI LITHGOW,
Director of Skills Trades School



– TONI TALIJANCICH, Skills Hub,
Dunedin Campus Manager



– KASSANDRA HAYES,
Etco Pre-Trade Learner

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Powering the Future:

HOW EAS AND ATT ARE SHAPING THE NEXT GENERATION OF ELECTRICIANS

In the heart of Christchurch, Electrical & Automation Services Ltd (EAS) is proving that investing in apprentices isn't just good for the industry – it's good for business.

Founded by Andrew Easton, EAS has built a strong reputation in electrical services for mechanical projects, including building automation, energy audits, and smart control systems. But what really sets them apart is their commitment to training the next generation of sparkies through their partnership with ATT.

"We've had a lot of success with ATT – the business model works for us," says Andrew. "You have the flexibility to take on an apprentice who's not always 'as green as a cabbage' and the backstop to be able to hand an apprentice back to ATT if they are not the right fit."

Currently hosting two ATT apprentices, Andrew sees real value in giving young tradespeople a chance. "The two guys we currently have on the team had been passed back by other companies ... so it's their disadvantage, our advantage!"

EAS also offers a unique service to the wider industry – automation solutions for other electricians. Because they don't do general electrical work, they're not in competition with most sparkies. Instead, they design and manufacture control

panels in-house and provide complete automation packages, including diagrams and cable schedules, ready for installation.

"It is all done in house so that the team know what they are working with ... we know it's all going to be installed and function as we want it to," Andrew explains.

For businesses looking to grow, collaborate, or future-proof their workforce, partnering with ATT – and working alongside companies like EAS – offers a powerful path forward.

EAS Director, Andrew Easton (right), pictured with ATT's South Island Business Development Manager, Eve Stevenson, and ATT electrical apprentice, Levi Hines.



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Apprentice, Levi Hines, working on custom designed and built switchboards for chillers and primary pumps for the Otago School of Medicine - Christchurch campus



PHILIPS

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CoreLine Slim Batten BN126

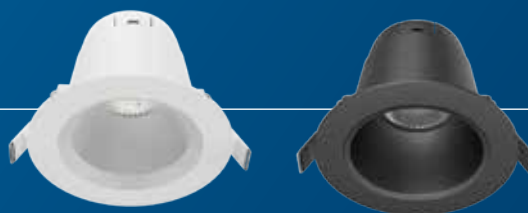
4000K or 6500K, 65mm slim profile with joinable feature for continuous lighting, easy to install with removable LED module, 5 year warranty.

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4ft 4000K
31W 4100 lumens

BN12660L8405FT
5ft 4000K
46W 6000 lumens

BN12641L8654FT
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BN12660L8655FT
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SmartBright Deep Recessed Downlight DNDR

Selectable colour 3000K/4000K/6500K, low glare UGR19 and flicker free, Dimmable, IP44 and IC-F rated, easy to install with large terminal block, 5 year warranty, Ø90mm cut-out Ø110mm ceiling plate.

DNDRLED8D90WH
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DNDRLED7D90BK
Black
6.5W 650 lumens



SmartBright RC170 Lumen & Colour Select Panel

Selectable lumen and colour 4000K/5000K/6500K, reliable and easy to install, 5 year warranty.

RC170BG355P6012
1200X600
38W 5000 lumens
34W 4500 lumens
30W 4000 lumens

RC170BG331P6060
600X600
34W 4100 lumens
31W 3700 lumens
26W 3400 lumens

RC170BG331P3012
1200X300
34W 4100 lumens
31W 3700 lumens
26W 3400 lumens



SmartBright Downlight DN029

Selectable colour 3000K/4000K/6500K, Dimmable, IP54 and IC-F rated, easy to install with large terminal block, 3 year warranty.

DN029BL8CCT90NZ
Ø90mm cut-out
Ø114mm ceiling plate
7.5W 800 lumens

DN029BL1CCT12NZ
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HITTING LOW SCREAMERS OR SLICES FROM THE TEE?

If you struggle with low bullets, slices, or inconsistent drives, your set-up is likely sabotaging you. An open stance and steep downswing frequently produces a weak contact coupled with an open clubface.

Try This Simple Adjustment ...

At address/set-up, position your driver 3-4 inches behind the ball (**pic 1**). Visualise a couple of golf balls between your clubface and your teed up golf ball (**pic 2**). This tiny adjustment can transform your swing-path, angle of attack, and face control.

Why It Works

- **IT SQUARES YOUR SHOULDERS UP**
Placing the Driver 'square' to the target but slightly further behind the ball will ensure that your shoulder alignment isn't in an 'open' position to start your backswing.
- **PROMOTES AN UPWARD STRIKE**
With the club set further back, your spine tilts slightly away from the target. This encourages a 'sweeping upswing' through impact—maximising launch angle and distance instead of chopping down on the ball.

Rehearsal

(When simulating/rehearsing the following movement - Do not hit the ball)

- Start your Backswing from the position shown in **pics 1 and 2** and pause at completion of your backswing.

- Now, practise/rehearse making slow and purposeful downswings at a speed that enables you to observe/watch the clubface leading into the impact zone. Make sure that you stop just before impact. Your downswing movement should be dominated by an unwinding of your hips – This rotational movement serves to square up the clubface of the Driver to your target line before impact – if you have insufficient rotational movement of your hips then your clubface will still be in an open position at impact (aiming to the right of your target) This would produce unwanted clockwise/slice spin.

- Rehearse, repeat and ingrain this unwinding/rotational movement of your hips until you are able to consistently return the clubface of your Driver to a 'square position' at impact (**pic 3**)

Putting It Into Practice

- On the driving range, place a golf tee low into the ground 3 inches behind your teed-up golf ball (or put a coin down if you are hitting from a mat)
- Position your driver behind that tee (**pic 4**) You are to start your backswing from here.



- Take your normal stance. Feel your shoulders square up and weight settle into your trail side.
- Make smooth swings, focusing on the sole of your Driver brushing the top of the low tee before it hits the teed up ball.

ADJUSTMENT: EXPERIMENT WITH DRIVER PLACEMENT:

- 1 inch behind the ball: For minor slice correction.
- - 2-3 inches behind the ball: For higher launch + significant slice correction.

If you over-correct and hook, move the club ½ inch closer to the ball. ▣

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RKF4X28R3D4PB

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Adjustable Black
10W 1100 lumens

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ECOPL066CSLSEG3

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ECOPL123CSLSEG3

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25W 2900 lumens

BWP ECO WEATHERPROOF BATTEN

LUMEN SELECT and **COLOUR SELECT** 4000K/5000K/6500K, IP65 and IK08 rated, easy to install with clip-in gear tray and safety lanyards, optional emergency, 5 year warranty.

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56W 6300 lumens
44W 5300 lumens
37W 4600 lumens
27W 3400 lumens

BWPECO404G2

4FT
41W 5000 lumens
33W 4200 lumens
28W 3600 lumens
19W 2700 lumens

BWPECO505G2ME

EMERGENCY 5FT
56W 6300 lumens
44W 5300 lumens
37W 4600 lumens
27W 3400 lumens

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SL17W3/4/57KDG3

Ø300 mm
17W 1800 lumens

SL24W3/4/57KDG3

Ø400 mm
24W 2500 lumens
17W 1800 lumens

SMOKO BREAK

CHALLENGING SUDOKU

Fill in the missing boxes so that the numbers 1-9 appear in every row, column and 3x3 square. This one is VERY HARD.

			7				5	
			3		5		6	
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		8			7		4	
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3				5	2			
9	2					4		
		3	6					9
		7	2			5		

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HUMANS ARE BORN WITH 350 BONES

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SNAILS HAVE THOUSANDS OF TEETH ON THEIR RADULA

But they don't chew; they use it to scrape and grind food.

CARROTS WERE NOT ALWAYS ORANGE

They were originally purple, yellow, and white.

HURRICANES ARE VERY POWERFUL

A hurricane releases more energy in 10 minutes than all the world's nuclear weapons combined. In other words, the "heat" from a hurricane would be proportional to exploding a 10-megaton nuke every 20 minutes.

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Switch Lighting	+6.2%	August 2025
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Tricab	+7.6%	September 2025
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