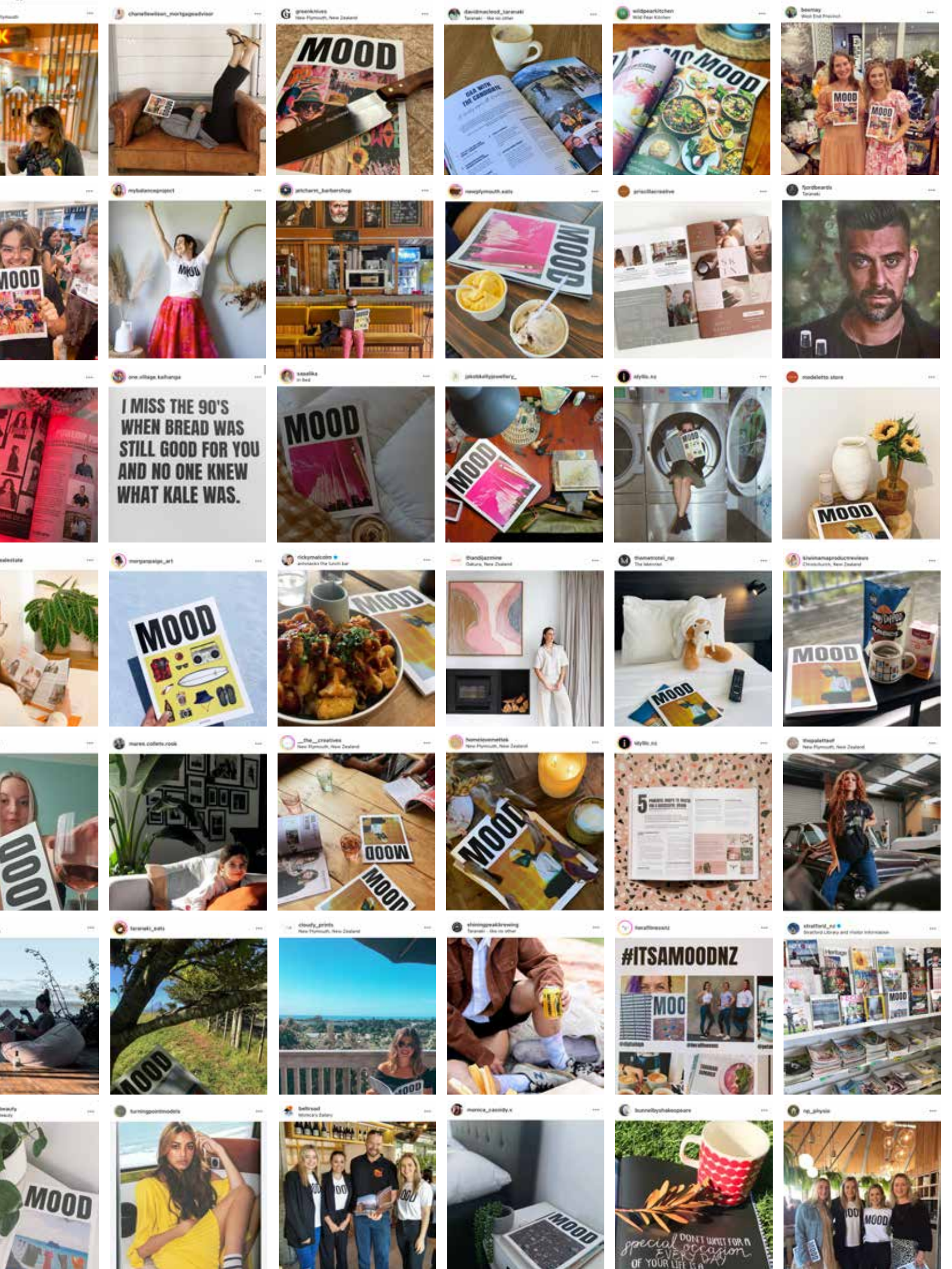


# MOOD

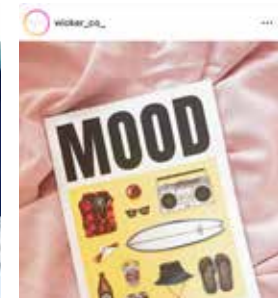


ISSUE TEN











# CELEBRATING MILESTONES

It is with great excitement that we celebrate a significant milestone in our journey, our 10th issue! What better way to mark this occasion than with a custom Jordan Barnes painting on the cover.

In this issue, you will find a blend of captivating features that delve into various aspects of the season. From a cosy crockpot recipe to warm your soul, to showcasing local businesses that are thriving within our community and charities that are making a difference. We have left no stone unturned in bringing you the very best of what makes our region great.

As we reflect on our journey so far, we cannot help but feel immense gratitude for the unwavering support and loyalty from our readers and advertisers. It is your continued enthusiasm and encouragement that has carried us to this memorable 10th issue.

As we move forward, we promise to continue delivering content that informs, entertains, and inspires you. Our mission has always been to provide a platform for captivating stories, thought-provoking ideas, and beautiful imagery, and we will keep striving to exceed your expectations with every issue.

Each page of this magazine represents countless hours of dedication and passion. The commitment to excellence from our talented team of writers, photographers and contributors has allowed us to thrive and create a publication that resonates with you, our valued readers.

Thank you for being a part of our magazine family. Please enjoy our winter issue and let its enchanting pages transport you.



*Annalee, Laura & Greer x x x*



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Produced by Mood Mag



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Artwork by Jordan Barnes  
[www.jordanbarnesartist.com](http://www.jordanbarnesartist.com)











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# THE BEST THINGS TO DO IN TARANAKI ON A RAINY DAY

Words and Photography by Te Puna Umanga Venture Taranaki

When Taranaki maunga is hiding behind grey clouds and rain spreads across the motu, don't let it keep you from exploring the region like no other. Taranaki is humming with great indoor activity options for all ages, such as unique museums, an award-winning gallery, restaurants, bars, and eateries galore. There is fun for the whole whānau in Taranaki, no matter the weather.

## FOR THE WHOLE FAMILY

The Fun Ho! Toy Museum displays all Fun Ho! toy models with the toys made on-site regularly. If the toy maker is in-house, you are welcome to watch him in action and if the furnace is fired up, watch him make the toy of the day.

Walk in the footsteps of the pioneers of the 1850-1950 era at the Taranaki Pioneer Village. Explore over 40 original buildings and see artifacts of the era. There's an on-site cafe and animals to feed, plus mountain views, picnic spots, and interactive displays to keep the kids amused. Take the Pioneer Express around the Village and see the craftsmen on every second Sunday of the month.

Challenge your friends and whānau to a round of ten-pin bowling or strap on a vest and step into an underground warzone-themed Laser Tag experience. Bowlarama is a modern family entertainment centre that has 16 lanes of Tenpin Bowling, an 18-hole Black Light Mini Putt course, Arcade Games, and Underground War Zone-themed Laser Tag.

Get wet and wild at Todd Energy Aquatic Centre in New Plymouth, dip in to Hāwera Aquatic Centre for splash around, or check out the newly opened Wai o Rua - Stratford Aquatic Centre.

Test your mind at the number one puzzle escape room experience in Taranaki at Escapinator Escape Room New Plymouth. Work together as a team to take on the Train, Zombie or Pirate Room and make your escape in the quickest time possible.

Step back in time with a visit to the historic Everybody's Theatre in Ōpunakē. Elegantly restored with movies playing on Friday, Saturday, and Sunday nights at 7 pm, and Saturday at 1 pm.

And, Naki Nitro Indoor Karting is fast fun for all ages.





## FOR THE ADULTS

Head to the Shakespearean-inspired town Stratford to check out Forgotten 43 Brewing, run by mates with a passion for freshly hopped craft beer and a love of all things Taranaki. Try out their Krakin, a warming chocolate and chilli stout, the perfect brew for a rainy day. And, while you're at it, pay a visit to Fenton Street Arts Collective, only a few minutes away, for award-winning gin, art, and coffee in the beautifully restored heritage building.

If art's your thing, why not try Pinot and Picasso? Enjoy an evening (or afternoon) painting, laughing, and sipping. The expert hosts deliver step-by-step instructions with plenty of room left for your inner Picasso to run wild. By the end of the session even all you 'non-creatives' will be taking home your very own artwork!

Escape the rain in South Taranaki with a memorable dining experience at Upside Down Eatery, where locally grown produce is the hero and flavour combinations will leave you delighted.

Take a tour indoors with Juno Gin. With two fun and informative tours on offer to book including a guided walk-through of the distillery, any Gin fanatic will love this experience. If cocktails are more your thing, book the cocktail class to create and enjoy three different cocktail styles and nibbles.

## IMMERSE YOURSELF IN THE HISTORY

Keep out of the rain and explore Puke Ariki. Look up as you enter and be welcomed by the huge prehistoric megalodon shark suspended from the museum ceiling, followed by three permanent galleries showcasing life in Taranaki, its unique geology, flora and fauna, the museum's Māori taonga, and a range of changing exhibitions. Then cosy up in the on-site library with a book for the afternoon.

Take a trip to Aotea Utanganui Museum of South Taranaki. A purpose-built museum that embodies the spirit and energy of the South Taranaki and home to significant collections including the earliest dated wooden artefacts found in New Zealand, the Waitore Artefacts (c.1400s); The Hāwera Star Newspaper Archive (1880–2018); the Ellmore-Timms Photography Collection; and artworks by prominent Māori artist Oriwa Tahupotiki Haddon (1898–1958).

Or take a visit to the widely regarded best private museum in New Zealand, Tawhiti Museum. The award-winning museum uses life-size exhibits and scale models to present Taranaki history in a series of engaging displays. The Traders & Whalers underground boat ride is akin to something you'd find at Disneyland! Check the Tawhiti Museum website for opening times.





## SOAK IN MINERAL HOT POOL OR FLOAT TANK

Taranaki Thermal Spa offers private indoor hot pools to relax and soak in thermal mineral waters from Taranaki maunga, along with sauna and massage treatments on offer.

Or hit your reset button by floating weightlessly in a luxurious mineral-rich environment at the Floatation Sanctuary. Float tanks are an amazing way to disconnect from some of the constant noise and distractions that creep into our daily lives and you will come away feeling completely rejuvenated.

## ENJOY LOCAL RESTAURANTS/CAFES/EATERIES AROUND THE MAUNGA

There are plenty of places to refuel no matter where you are in Taranaki. Hungry surfers, family explorers, and Surf Highway 45 road-trippers will be spoilt for choice when it comes to places to eat and drink. Check out The Vault in Ōpunakē, Social Kitchen in West End Precinct after 5pm, or if you're thinking Italian, fall in love with Toret Cucina Italiana's handmade pasta and wood-fired pizza. The Baking Company in Stratford offers delectable bakery treats, or sit down for a gourmet meal at The Burnt Place in Hāwera.

## SHOP UNTIL YOUR HEART'S CONTENT

If a spot of retail therapy is what you need to brighten your rainy day, pick up an artistic treasure around the maunga at Kina NZ Design + Art Space, Percy's Place, Fenton St Arts Collective, The Collaboration, Gallery Pātea or Life of Chi.

A bit thrifty? Check out new and pre-loved clothing store August, with clothing by high-end New Zealand and Australian brands stocking the racks

## DISCOVER THE LOCAL ARTS AND CULTURE SCENE

Everywhere you look in Taranaki take in local art at the many art galleries, and open studios. Follow the pulse of creativity south to Stratford to the award-winning Percy Thomson Gallery, The Emporium in Ōpunakē or Hāwera community art gallery Lysaght Watt Gallery.

New Zealand's only contemporary art museum, The Govett-Brewster Art Gallery and Len Lye with its iconic façade is the perfect place to start if you are central or look out for the vibrant street art entrance at Gover St Gallery, a not-for-profit community art gallery. Browse The White Sail Gallery on the waterfront, or get hands-on at The Jewel and Jeweller or Ringcraft Moana with a jewellery-making workshop.

## RENT GEAR AND CATCH A WAVE

Not afraid to get wet? Check out the sea conditions, and if safe, grab a board and trip down Surf Highway 45 and catch some of our world-famous waves! Rent a board from one of the local operators. Beach Street Surf Shop offers gear rental and surf lessons at Fitzroy Beach, or try Vertigo in Ōakura and be sure to hire a wetsuit to keep warm on those wild winter days.

[taranaki.co.nz](http://taranaki.co.nz)





# WINTER Feastival

TARANAKI  
2-6 AUGUST 2023

Experience a long weekend filled with unique culinary events celebrating our local food scene. Book in to an event and experience the amazing food grown here, the talented people who create it, and the unique places to experience it.

Events combine local food collaborations with the seasonal and rich bounty of our region and its people.

TARANAKI  
like no other

*Come out and Feast this winter*

Wednesday August 2 – Sunday August 6

**Tickets: [www.festival.co.nz](http://www.festival.co.nz)**



# STATE OF NATURE

PICTURING THE SILENT FOREST

7 APRIL - 5 NOVEMBER 2023  
PUKE ARIKI MUSEUM

Puke Ariki



NPDC



## 4TH WALL THEATRE



### THE LAST FIVE YEARS

Brilliantly funny, playful, and tender, *The Last Five Years* chronicles the couple's passionate romance from both perspectives. With a beautiful, witty and emotionally powerful score that will hook you from the first note, this musical features the incomparable talents of Jess Stafford-Old as Cathy and Cameron McHugh as Jamie.

Show Times: 13th - 29th July  
Thursday, Friday, Saturday 7:30pm



### BEN WILCOCK QUARTET

Ben Wilcock's album, *The River Tethys*, offers a bold mix of contemporary jazz and original melodies, featuring impressive improvisations and arrangements of classics. With renowned musicians on piano, violin, double bass, and drums, their ensemble delivers dynamic voice and melodic clarity, true to jazz roots.

Show Times: 12th August  
Saturday 7:30pm



### LITTLE SHOP OF HORRORS

In *Mushnik's Florist* on Skid Row, Seymour purchases a strange plant named Audrey II to save the failing business. Little does he know that the plant develops a soulful voice, thirsts for human blood, and seeks world domination. This sci-fi horror musical offers musical hilarity and has captivated audiences for over 30 years.

Show Times: 31st October - 18th  
November. All shows 8pm

BOOK TICKETS: [WWW.4THWALLTHEATRE.CO.NZ](http://WWW.4THWALLTHEATRE.CO.NZ)





# FILM FESTIVAL SEASON

*at the LEN LYE CINEMA*

## FRENCH FILM FESTIVAL AOTEAROA 2023

22 Jun to 05 Jul



## Whānau Mārama New Zealand International Film Festival

19 Jul to 10 Sep



## LATIN AMERICAN AND SPANISH FILM FESTIVAL 2023

13 Oct to 20 Oct



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LYE  
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# A QUIRKY COASTAL GEM WITH HOLLYWOOD CHARM

Words by Jenna Houghton | Photography by Gina Fabish

**It's a little theatre in Ōpunakē with a big reputation. Patrons tell friends and family of the must-do attraction; the old-Hollywood décor, sofas for seating and Boutique Sunday screenings. It's unique, warm and quirky – quirker still in October when the small coastal community has been yarn-bombed.**

Everybody's Theatre is exactly that; a space created by the community for the community. Ōpunakē locals pulled together to purchase the facility in 1980 when its future was in jeopardy. Originally a general store, Mr L Whiting turned it into a theatre in 1921, at a time when motion pictures and movie palaces were all the rage. Today the interiors pay homage to that era with art deco fabrics and furnishing and a museum in the lolly shop and foyer, displaying old film equipment including the theatre's former arc light projector.

Projectionists were required to sit a certificate to operate the highly flammable equipment. Like welding rods, arc technology produced the high-intensity light needed to project the celluloid film. "I can only imagine what a

thankless task that would have been," Manager Aretha Macadam says.

"The technology was prone to catching fire and as such the projection room is actually lined with tin, and it's all still like that. It was a super hot and busy job for the projectionist back then, having multiple reels to change and rewind, having to cut over different projectors; it was quite labour intensive."

Films were shown like that until 2015 when the theatre underwent extensive renovations and earthquake strengthening, a need identified in the wake of the Christchurch earthquakes.

"There was quite a community fundraising event that went down to raise enough funds. It happened in different phases and at different parts of the build. They were still running events and movies in some shape or form; they did an incredible job."

Not only did the building need structural work, but distributors made the call to transition all movies to digital, forcing the theatre to secure a few hundred thousand dollars for a new projector.

Charities like the Toi Foundation and Pub Charity



supported the work, along with the South Taranaki District Council, generous locals and dedicated volunteers.

Everybody's Theatre is a charitable trust managed by a committee and run by volunteers. Aretha holds the only paid position, but also gives her time to screenings which run Thursday through Sunday, with extras during the school holidays.

“Around 50 volunteers make the screenings happen,” Aretha says.

“All the volunteers have some kind of love for theatre. It might be that they love the theatre in Ōpunakē, and they want to see it succeed and stay here, or it might be that they have a love of movies.”

Volunteers also have some kind of connection to the coast, whether they live in Ōpunakē permanently or have holiday homes for the summer. Theatregoers range from regular locals who refuse to see a movie anywhere else, to cinephiles who know the theatre's history and will make a special trip just to visit.

“We have one lady who comes every Friday night and has said she's got to stop paying to come for a sleep because our chairs are so comfy... And then we have people who will regularly come down from New Plymouth or up from Whanganui.”

“We had a group of four who came down specifically to see the theatre. They were from Aussie, but of course we weren't open. I showed them around and they gave us a very generous donation which was nice.”

The theatre screens old advertisements for tour groups. Ads for things like cigarettes have painstakingly been converted from glass slides to digital, which is a treat for older visitors.

While predominantly a cinema, Everybody's Theatre has been used for comedy shows, one-man acts, cabaret, brass band concerts and special screening events. Volunteers also host Boutique Sunday sessions, preparing nibble platters and offering wine and beer on the first Sunday of the month. Boutiques have proven popular, as have the downstairs sofas which were first introduced during renovations as temporary seating.

“Everything was stripped out, so they got old couches and plonked those down on the concrete floor and set up a few blow heaters around the place and started running events to try and help raise some funds. That's how the couches started, and they just never left.”

Aretha sees it as a community treasure, attracting visitors and establishing Ōpunakē as a destination.

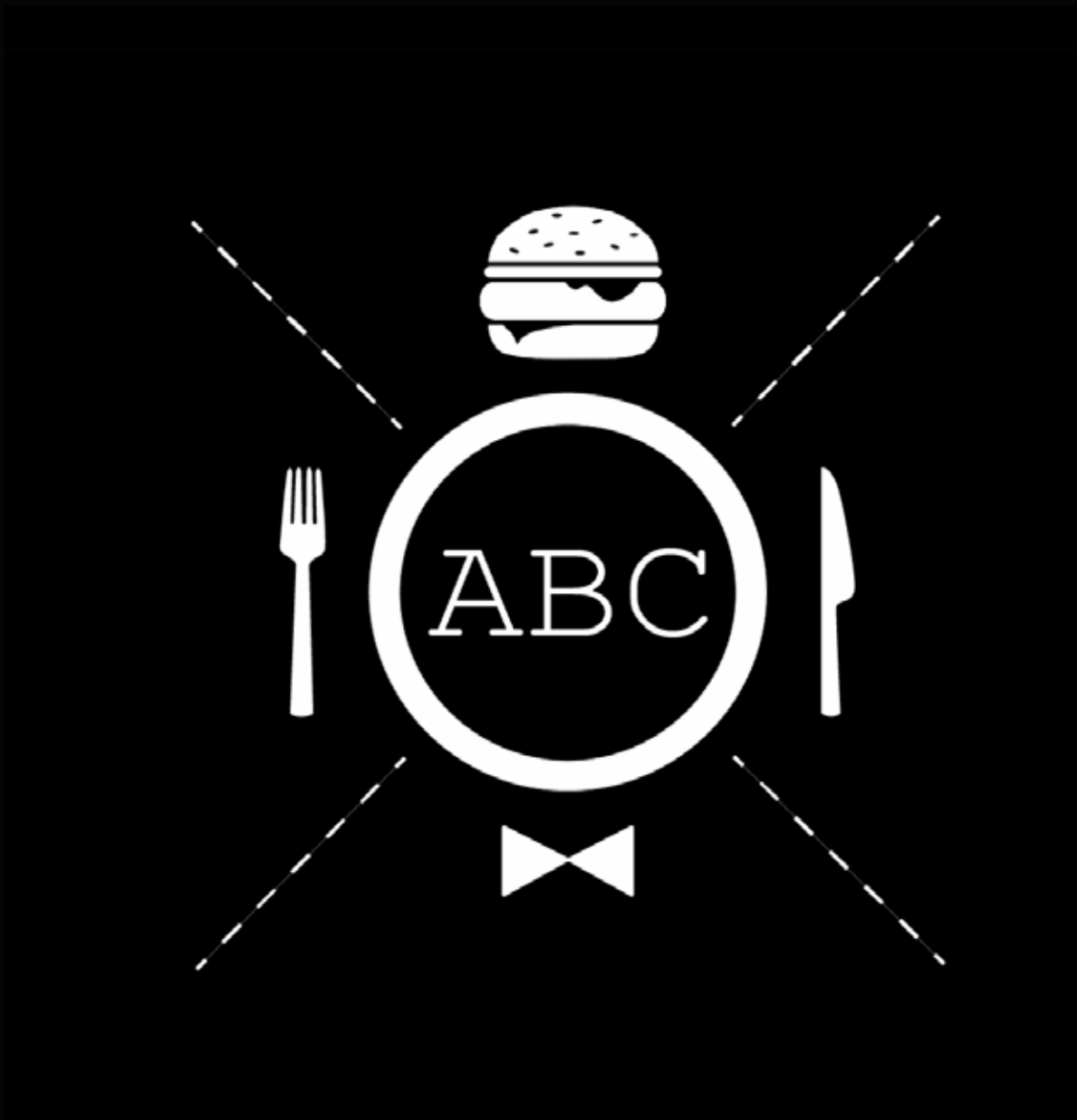
“It's kind of put Ōpunakē on the map, because people are coming to see the theatre. Of course, the surfies will tell you they're coming for the surf.”



# #antsnacks

## the lunch bar

coffee | bagels | sliders | salads | catering



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catering | food truck | lunch bar



# SLOW COOKER MUSHROOM & LENTIL BOLOGNESE

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Recipe & Photography by Emma Boyd

There is no denying that winter is here. Our majestic Mouna is covered in snow, smoke coils from chimneys, and winter coats and woolly hats emerge once again. You might also find that it's this time of year that the slow cooker emerges, gently coaxing those cheaper cuts of meat into wonderfully unctuous comfort meals. In this recipe, you can mix things up a little, giving classic Bolognese sauce a new lease on life. Should you be unable to let go of the mince at the heart of this dish, there are instructions on how you can incorporate it into this recipe too.

## INGREDIENTS

½ cup puy lentils  
1 cup stock (vegetable or chicken)  
2 tins chopped tomatoes  
2 tablespoons olive oil  
1 red onion, quartered, sliced  
4 cloves garlic, minced  
400g mushrooms, finely chopped  
1 tablespoon balsamic vinegar  
1 teaspoon sugar  
1 tablespoon finely chopped rosemary  
1 tablespoon finely chopped thyme

Pasta to serve  
Parmesan cheese, parsley or basil to serve

## METHOD

Turn on your slow cooker. Put the lentils, stock and tomatoes into the stock pot and put on the lid. Heat the oil in a heavy-bottomed frying pan over a medium-high heat. Once hot add the onion and fry until soft and translucent. Add the garlic and fry for a further 2 minutes before scraping this mixture out into the slow cooker. Return to the pan to the heat and cook the mushrooms until they release their moisture and then begin to stick to the bottom of the pan. Scrap these into the slow cooker and add in the remaining ingredients. Season with sea salt and freshly ground black pepper. Put on the lid and cook for 8 hours.

Serve on top of pasta or mashed potatoes with a sprinkle of parmesan cheese and fresh herbs.

If the concept of a Bolognese without meat is a stretch for you, then add 500g browned beef mince to the slow cooker along with the mushrooms.

Serves: 6





# EAT A RAINBOW'S VIBRANT FEASTS TRANSFORM LIVES AND COMMUNITIES

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Words by Jenna Houghton | Photography by Gina Fabish

## **Boxes of colourful packaged meals leave a New Plymouth kitchen weekly, going to vulnerable families in difficult circumstances.**

Curries, mac and cheese, fish pie and more, are made from fresh and varied whole foods, which inspired the name, Eat a Rainbow Foundation. It's a call of encouragement made by health professionals everywhere; to source nourishment from nature's rainbow foods; fruit and vegetables full of essential vitamins and minerals for a healthy diet. Their mission is to nourish families, particularly those who could do with an act of kindness.

In 2020 as COVID-19 took hold, Momo Martin and Michelle Hartley saw a way to help families in hardship. The trained chefs and owners of Theory Food catering and Eat a Rainbow meal service began donating meals, over 1000 during lockdown.

"We were able to operate throughout all alert levels. We initially reached out and donated 120 frozen meals to a local charity. The newspaper wrote a nice article, and the community supported us, so we were able to keep giving," Momo says.

Eat a Rainbow slowly evolved from a pre-packaged meal operation to a charitable foundation. It was a natural evolution for the team who had always viewed the venture as community focused.

"The spirit and the heart behind the business was being able to support the community by providing nourishing, healthy and nutritionist-approved meals that are really convenient. People were buying them for their elderly parents because they were healthy, easy and affordable. As well as that, we were donating them, funded by Theory Food," Momo says.





“We realised we could still make an impact by having it as a charity and we didn’t need to try and do both. It was something we had to kind of work through and grapple with a little, and we realised that actually, we could possibly make a bigger difference by being a charity and focusing on one thing.”

The need for their service didn’t drop as alert levels did, in fact it grew along with community support. Fresh ingredients are sourced locally from growers, farmers and businesses, and donations from generous people ensure they continue to meet demand. Organisations like the Toi Foundation have helped with operations – providing a freezer and marketing support – and calls for supplies like ice packs for shipments are met by the public.

“We received some donations from people that were super grateful to still have jobs and people who wanted to reach out to support other families, so we engaged with different charity partners and tried to spread that out and support more people.”

Eat a Rainbow Foundation (EARF) has partnered with the Rodrique Hope Trust and Gabby’s Starlit Hope Trust to make sure the food is going to where it’s needed most. In March 2023, the Eat a Rainbow Foundation delivered 317 meals to whānau of a local school struggling over the holidays; people in temporary accommodation; and children, their families and the nurses who support them at Taranaki Children’s Ward and Starship Hospital. During lockdown, families were still travelling to Auckland for treatments under strict conditions including no-stop trips, so pre-packaged meals were a way Momo and Michelle could help where an oversight had left many vulnerable.

Similarly, EARF provide for parents and carers who often neglect to care for themselves when their children are in hospital. Positive testimonies suggest the act of kindness is more than just a meal to many.

“The meals acknowledge that – hey, we care about you

as well, and we’re thinking of you and your journey, and where you’re at with your child’s health.”

The high demand also highlights the affect the cost of living and a post-pandemic world are having on families. People in emergency or transitional housing face numerous challenges, easing something like where they will source their next meal is core to EARF’s mission. The demand in this area has increased since the Eat a Rainbow Foundation launched, from average shipments of 20 meals to recently around 120.

EARF hopes to increase their output by 75% this year, with community support and new partnerships, though it’s important to Momo and Michelle that the needs of current partners continue to be met.

“We’ve got the capacity to do it, so we’re engaging with more charity partners at the moment and working to achieve it. Need is high this year with inflation, rising costs and so much pressure on families.”

The Eat a Rainbow Foundation is supported by a board of respected trustees in Maura Young, Simon Cayley, Zara Ryan, Momo and Michelle, who all share the vision and goal. The community can support by volunteering time for deliveries, dropping off ice packs, and monetary donations to help cover ingredients. Momo and Michelle also contribute through Theory Food by giving 10% of the revenue from corporate catering to the Eat a Rainbow Foundation.

“Meals are nutritionist-approved and that’s to honour the people that receive them. They’re really good quality and made by professionals. We’re giving you our best.”

[www.earf.nz](http://www.earf.nz) | [@eatarainbowfoundation](https://twitter.com/eatarainbowfoundation)

Supported by Toi Foundation  
[www.toifoundation.org.nz](http://www.toifoundation.org.nz)



**NESTLED IN THE HEART OF SUBURBAN NEW PLYMOUTH, PROOF & STOCK HAS SERVED THE LOCAL CURBSIDE COMMUNITY SINCE 2017.**



Co-owners Adrianna and Tane Morgan, and their amazing team operate their business from two converted garages on 40 Cutfield Road, New Plymouth.

“Thinking outside of the box and doing things differently comes part and parcel at Proof and Stock” says Morgan. “We feel that as a small whanau operated company, our success has been driven by our obligation socially and environmentally”.

Business as we know it, is often about the bottom line, but in Proof & Stock’s case giving back helps to set some standards within the industry and food for thought within differing sectors.

### **FOSTERING THE NEXT GENERATION**

The “Rangatahi Barista School” was launched as an initiative to address the shortage of talented baristas while promoting the idea of ‘production with purpose’.

**“IT WAS BORN FROM DECADES OF COFFEE MAKING AND A HUGE HELPING HAND FROM THE TOI FOUNDATION”**

Our program is here to help young Maori enter the workforce while instilling quality in the coffee industry. Students train on-site for six weeks at our flagship store. After that, graduates are placed in paid work with our wholesale customers within our local community. This means that all of our customers have a well-trained barista who not only knows the product but also shares our core values of “Manaakitia.”

### **COFFEE AS A CYCLICAL COMMODITY**

With our planet harbouring the fruits for our daily cuppa Joe, it’s in our best interest to do what we can to nurture nature.

Proof & Stock have developed a composting system that breaks down coffee cups, used coffee, roasted bean







## **SUSTAINABILITY VALUES**

Tapping into Tane and Adrianna's strengths has been essential in developing a strong relationship with the design and art community. We have collaborated with local artists to create reusable art flasks that provide a sustainable refilling option for our regular customers. This has been a groundbreaking step to reducing waste, saving costs, supporting incredible artists, and educating our community.

We personally deliver wholesale orders twice a week in four-kilogram tins. The empty containers are collected only to be refilled and returned during the next delivery. By implementing this system, we save almost two hundred kilograms of bag waste from our landfill each week.

Striving to do better, push boundaries, and stay true to our values has led Tane and Adrianna towards including solar power to run the roastery and flagship store. Limiting our carbon footprint with the goal of hitting zero is exciting and will give our business longevity moving into the future.

husks, and green waste from households. Within 8 weeks, this waste turns into worm-rich fertiliser that's given to the local community and neighbourhood gardens.

This not only minimises our carbon footprint but also helps in the regeneration of soil at the same time. "Although we price our coffee according to its quality, our contributions to the environment and the community are on our own time."





# MEET THE CHEF CARVING UP OUR FOOD SCENE

---

Words by Robert Drake | Photography by Gina Fabish





## **Award-winning chef, Jeremy Webling, has a simple yet effective approach to food, business, and life.**

“I don’t really want this article to be all about me,” says Jeremy, who won Outstanding Chef of the Year at the Taranaki Hospitality Awards 2022. “We have a great team, not just at Fork n Knife, but at The Arizona as well. Last year’s award reflects everyone.”

But after hearing a statement like that, it’s hard not to focus on Jeremy, one of Taranaki’s most humble and respected hospitality entrepreneurs. His career has come a long way from washing dishes at Portofino as a 16-year-old. In his late teens, Jeremy studied commercial cookery at WITT and worked at various restaurants, before heading overseas to work in kitchens across England and Australia.

“ I developed a love for food and cooking in those early years. It didn’t take long to start dreaming of my own restaurant, so I soaked up as much knowledge as I could. There’s always something to learn – from both good and bad operators. ”

When Jeremy did eventually return home, he and his wife Brittany became co-owners of Westown’s Little Fed, before buying The Arizona, an established New Plymouth late-night burger joint. In what now seems like fate, the building next door to The Arizona was also up for lease, which presented a unique opportunity.

“The chance to create our own restaurant from scratch, right next door to The Arizona, was too good to pass up. We established Fork n Knife to express everything I’d learned about food over the past 20 years. I wanted to prove that simple food can be sophisticated. I wanted customers to experience fine dining without the pretentiousness.”

A quick glance at the reviews for Fork n Knife and you’ll read words like “superb”, “stunning” and “incredible”. It’s obvious that Jeremy has made good on his promise to deliver simple food, done well. Fortunately for locals, the restaurant reopened in May after a brief hiatus.



“ While we were running Fork n Knife, we catered a few weddings for family and friends. To our surprise, enquiries kept coming in purely through word of mouth. So, we invested in a large smoker trailer that runs mainly off Manuka and Pohutukawa wood and launched our catering side of the business called Smoke Meat Everyday. We now cook lots of beautifully smoked meat and a variety of sides for weddings and larger groups. The smoker is a real talking point for our clients. ”

The catering meant an extra ball to juggle, and with two young boys, the couple had to figure out how to achieve a good work-life balance whilst doing justice to each venture. Therefore, the decision was made to open Fork n Knife between May and Christmas, after which they will close the restaurant to focus on catering. Fortunately for burger lovers, The Arizona will remain open all year round.

“Seating a maximum of 35 people with a set menu format, Fork n Knife has an intimate, warm vibe that is well-suited to the cooler months anyway. We want to make the most of it while it’s open, so we’re looking to refresh the menu every three weeks or so.”

Team culture is incredibly important to Jeremy. “If you’ve got their back, they’ll have yours,” he says. “Everyone is encouraged to bounce ideas around. It makes the creative process so much more fun and exciting. It becomes more than just a job.”

If you want to experience Jeremy’s culinary delights, visit The Arizona and Fork n Knife at 91 and 91a Devon Street West respectively.

For more information, follow the team on social media or contact them via the details on the next page. Or visit Fork n Knife and The Arizona at 91 Devon Street West, New Plymouth.







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## Tom Yum

### Ingredients

45ml Monica Gin  
20ml Lychee Liqueur  
20ml Lime Juice  
1 Chilli  
Lemongrass  
Soda Water

### Method

Slice 3 rings of lemongrass & 3 rings of chilli and muddle in a shaker glass.  
Add Monica Gin, lychee liqueur, & lime juice.  
Top with ice and shake.  
Pour the whole mixture including ice into a tall glass, add soda & stir.  
Garnish with a couple of chilli rings.



## Lemon Drop

### Ingredients

45ml Juno Extra Fine Gin or Monica Gin  
30ml Limoncello  
15ml Lemon Juice

### Method

Shake all ingredients in a cocktail shaker with ice and strain into a martini glass.  
Garnish with a lemon leaf.



## Espresso Martini

### Ingredients

45ml Vesta Coffee Vodka  
30ml Kahlua or similar coffee liqueur  
30ml Espresso

### Method

In a shaker add all ingredients.  
Shake with ice.  
Strain into a martini glass.  
Garnish with coffee beans or chocolate flakes.



## Dark Forest

### Ingredients

30ml Vesta Coffee Vodka  
20ml Black Raspberry Liqueur  
Soda Water

Berries for garnish (we love to use boysenberries)

### Method

Fill a short glass with ice.  
Add Vesta Coffee Vodka & black raspberry liqueur.  
Top with soda.  
Stir & garnish with berries.  
Serve either with soda or on the rocks.

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# COMMITTED TO COMMUNITY

Interview by Ross Bennett.

Watching David MacLeod actively engage in conversation with our community is a lesson in ease, intent and genuine excitement. The new kid on the political block seems very at ease with the public, with a genuine grin and relaxed manner that reflects the confidence of a man who is energised by his new role as the National Party candidate for New Plymouth.

David's commercial business success and leadership qualities are undeniable. He speaks of his "commitment to community" which is less of a campaign slogan and more a lifelong value that he has maintained throughout his professional career. I spoke with David, to find out how his values inform his vision for our region.

## **David, what values drive your ability to steer Taranaki toward a better future?**

I'm all about getting stuff done. I'm driven by creating outcomes in alignment with what the people want and utilising my networks to help people achieve those outcomes.

## **Family is obviously a key part of your personal values. What does a strong family look like to you and how do you feel that will shape a better region?**

I believe that a strong family is one that is able to communicate well, listen and trust in one another in order to achieve positive outcomes. I see communities as large families, for our region to succeed we need to be able to communicate with each other, listen to diverse opinions, avoid polarising behaviours or personally tearing down those that offer another view. Diversity drives better decisions when aired constructively, we need to get back to listening, playing the ball not the man as they say. These types of actions will help to shape more caring communities.

## **You're campaigning on caring communities, what does this look like and what's required to achieve this?**

Caring communities look out for one another. It's not a cliché that it takes a village to raise a child; there is a great deal of untapped experience and knowledge in the greater community. In an age where so much of our time is stolen by the digital world we need more people to be present in a physical sense for others. This requires motivation and I believe that if we start thinking, "what can I offer, how can I contribute?" Then we will start to create communities that are more effective, creating more opportunities and greater understanding.

## **I have witnessed your ability to relate to a wide range of the community, is this political training or are you genuinely this charming?**

Ha, well no, not any special political training but more of an occupational habit. After 22 years with the Regional Council, six with Fonterra and ten with PKW I've engaged with a variety of people. I believe we get the best outcomes when we are able to understand and listen to their perspectives. So maybe not so much charm as years of practise engaging with people on their level.

**Committed to community? Absolutely. Engaging and genuine? He calls it years of practise, well, it worked like a charm on me.**

Authorised by D MacLeod,  
37 Gill Street, New Plymouth.



# Q&A WITH FINANCIAL JOURNALIST FRANCES COOK

With the rising cost of living in New Zealand we chatted with Frances Cook, who is on a mission to make money matters simple. She's best known for her role as the BusinessDesk Investments Editor, her weekly personal finance podcast Cooking the Books - New Zealand's #1 business podcast - and is a best-selling author. Most of all she is a reformed financial hot mess who now saves others from her money mistakes.

podcast to talk and learn about all things money. Little did I realise it would kick off a whole new obsession. Soon I was hooked on the money world, and the ways small changes could make a big difference for normal people. It just needed someone to talk like a normal human being.

## HOW DO YOU STAY UP-TO-DATE WITH THE LATEST TRENDS AND DEVELOPMENTS IN THE FINANCIAL INDUSTRY?

I'm now qualified as a financial adviser, so that helps. The rest is helped by my day job as a journalist. I start the day watching the headlines, I interview industry leaders every day, I talk to readers on my social media and figure out what's concerning them. Everyone's life is different, so the right strategy will look different for different people. I just try to take in a firehose of information, then filter it so that the right parts get to the people who need to know about it.

## WHAT IS YOUR PERSONAL APPROACH TO FINANCIAL PLANNING AND INVESTMENT STRATEGIES?

The simpler the better. People struggle with this, particularly successful people. We're so used to the opposite strategy in the rest of our life – if you work harder, you get further ahead.

With money, it's truly the opposite. There's decades of research to back that up. The simpler budgeting techniques, the set and forget passive investing, these are the things that work for the most people. So we have to fight that instinct that complicated will make it better, that paying more gets us further ahead. Find a strategy that you



## GIVE US A BRIEF OVERVIEW OF YOUR EXPERIENCE AS A FINANCE JOURNALIST. DO YOU SPECIALISE IN ANY PARTICULAR FINANCIAL TOPICS?

I'm a bit of an oddity, as financial journalists go. I spend a lot of time interviewing industry experts, and business leaders, but I also have a really close relationship with my readers. Most journalists don't talk to their readers as much as I do, but I've made an effort to encourage questions, and build up a big social media following, because I want to make sure that my money explainers never lose touch with the real problems that people face. One of my big fears is to spend too long speaking to CEOs and millionaire entrepreneurs, and I forget what life is like for the vast majority of us. So I really make sure to be having those conversations all the time.

That means over the course of a day I can be talking about anything from realistic budgeting, to buying a first home, to investing in shares, or how to start your own business. I love it. The variety keeps me interested.

## WHAT MOTIVATED YOU TO PURSUE A CAREER IN FINANCIAL JOURNALISM?

To begin with, it was quite self-interested. I'd just left political journalism, and wanted a new focus. I was in my late twenties, and tired of feeling confused and stressed out about my money.

Journalism can be explained most simply as "find out something you didn't know before, and tell other people about it". So I decided to start the Cooking the Books



like, automate it, and forget about it. Lay down. Play dead. That's truly how normal people become millionaires.

## WHAT DO YOU THINK ARE SOME COMMON MISTAKES EVERYDAY NEW ZEALANDERS MAKE WITH THEIR SPENDING HABITS AND FINANCES?

Thinking that it's not possible for them. We all start in a different place in life, and different things are possible for different people, of course.

But pretty much everyone could make their life a bit easier by making a couple of small tweaks. A couple of changes to your KiwiSaver settings. Putting \$20 a week into savings. Learning more, so that you can earn more. Of course you can do more with your money if you're earning more, it's silly to say otherwise.

Small things can make a big difference, the trick is that you have to know where to put your effort, especially if you don't have a lot of spare money. That's why I'm so passionate about being able to put out free information through BusinessDesk and Cooking the Books podcast, because people need to know the options that are available to them, whether they have a little or a lot.

## GIVEN THE EXTREMELY HIGH COST OF LIVING IN NEW ZEALAND AT THE MOMENT, COULD YOU SHARE 5 TIPS OR ADVICE ON HOW TO SAVE MONEY AND SPEND WISELY DURING THESE MORE DIFFICULT TIMES?

**1.** See if there's something you can change in the big spending areas first. For most New Zealanders, that's housing, transport, and food. They're big costs, and they often feel locked in, but sometimes you can change something there even if it's temporary. If it's a big spending area, then there's the possibility of big savings.

**2.** Go through your bank account and look for any subscriptions. Businesses love subscriptions, because we forget we have them, so stop using them but keep paying.

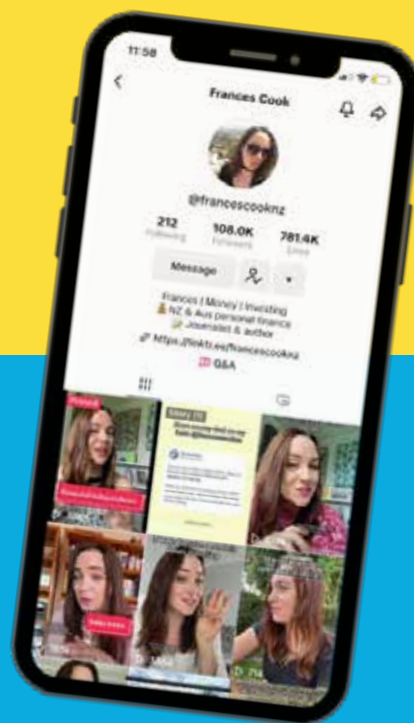
**3.** Negotiate everything. Your pay, your bills, your work perks. You can even negotiate fees on a credit card, in many cases. Call up the places where you have regular bills, and ask them to match a competitor. Or you can tell them you're considering closing the account, and could you get a better deal. The worst they can say is no.

**4.** It's particularly worth checking your power bill. New Zealanders pay quite high electricity rates, often simply because they're too loyal to companies. An easy way to check if you're on the best plan is to go to powerswitch.org.nz

**5.** If you need to cut back, try mixing it up what you're cutting back on so that you never feel deprived overall. So one month, no social life. The next month, you're ok for coffee with friends again, but you're eating simpler food at home. If you try to cut back everything all at once, you'll be miserable, and might just give up entirely.

## WHERE CAN PEOPLE LEARN MORE ABOUT YOU AND THE FINANCIAL GUIDANCE YOU PROVIDE?

I've got two books: Tales From A Financial Hot Mess, which is a good 101 guide of money mindset, getting out of debt, sorting your KiwiSaver, and home ownership; and Your Money Your Future, which is about earning more and investing for financial freedom. I also host the Cooking the Books podcast, with two new episodes a week, talking to a mix of money experts and real New Zealanders who made big changes to their money lives.



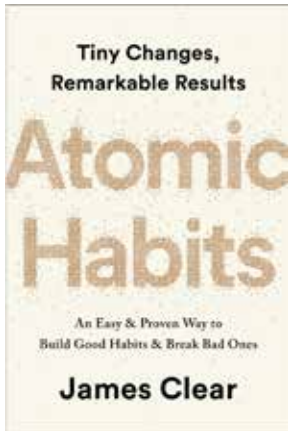
Find her books at: Whitcoulls, Paper Plus, The Warehouse, Mighty Ape, Amazon & more.

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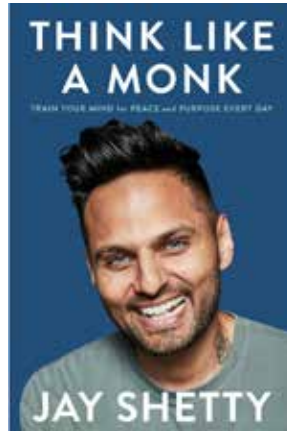
# MID YEAR RESET



## ATOMIC HABITS

By James Clear

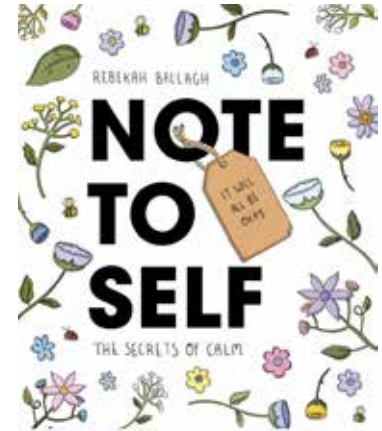
People think when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions.



## THINK LIKE A MONK

By Jay Shetty

Jay Shetty, social media superstar and host of the #1 podcast 'On Purpose', distils the timeless wisdom he learned as a practising monk into practical steps anyone can take every day to live a less anxious, more meaningful life.



## NOTE TO SELF

By Rebekah Ballagh

This book is jam-packed with handy tips, bite-sized wisdoms & thoughtful illustrations to help you navigate through feelings like anxiety, stress, worry, guilt & sadness.



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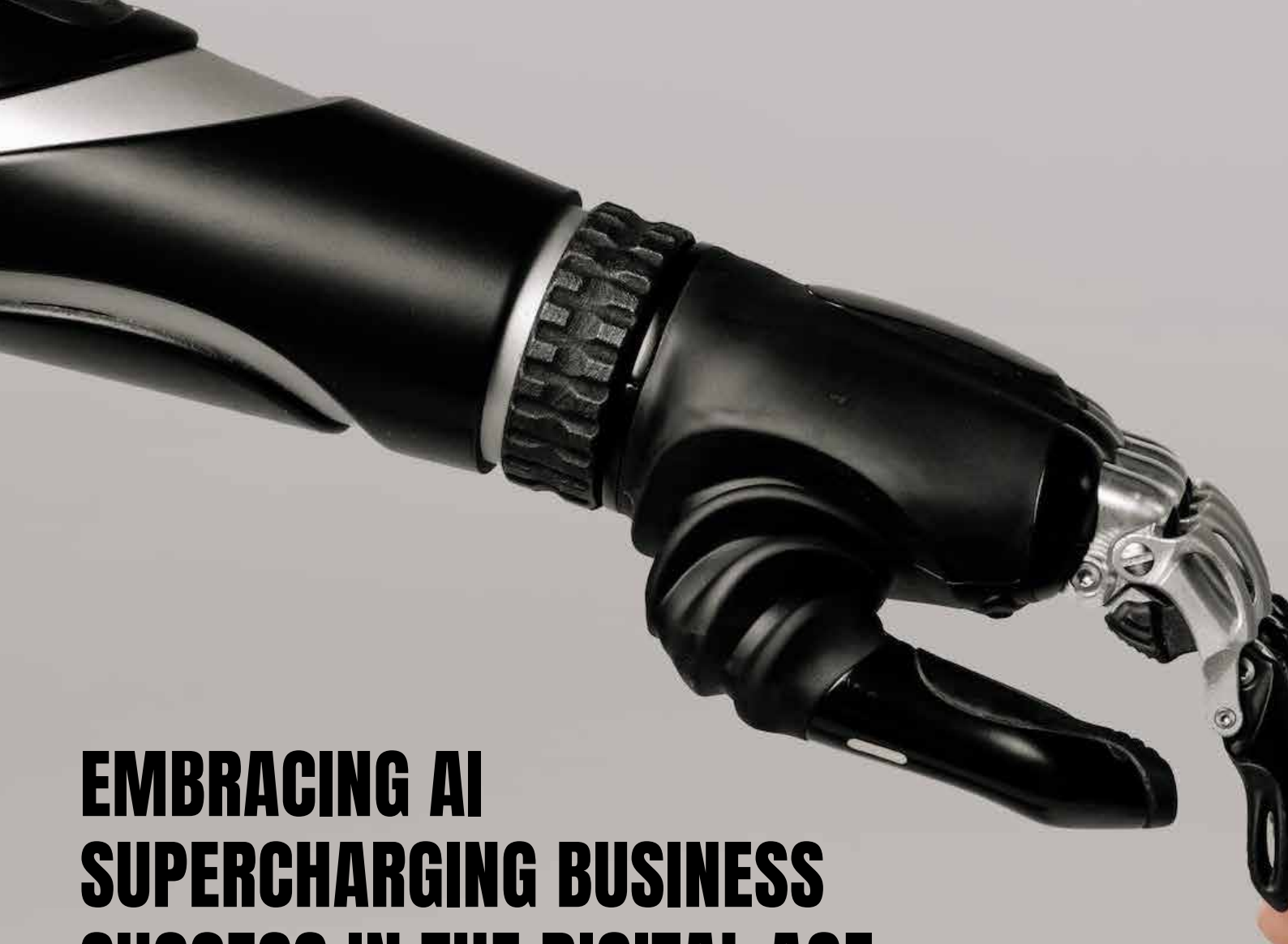
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# EMBRACING AI SUPERCHARGING BUSINESS SUCCESS IN THE DIGITAL AGE

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Welcome to the fast-paced world of technology where businesses are realising the incredible power of artificial intelligence (AI). AI is a game-changer that can give companies a competitive edge, supercharge operational efficiency, wow customers, and spark innovation. From automating boring tasks to unlocking valuable insights from big data, AI is reshaping the way businesses operate. In this article, we'll dive into the awesome benefits of AI for businesses and why it's an absolute must in the digital age.

## **SUPERCHARGED DECISION-MAKING**

Buckle up, because AI is about to take decision-making to a whole new level! AI-powered algorithms are lightning-fast at analysing massive amounts of data and dishing out precious insights. They can spot patterns, trends, and connections that might escape human eyes. By tapping into this analytical prowess, businesses can make data-driven decisions, streamline processes, and discover exciting opportunities. Whether it's predicting sales or optimising the supply chain, AI empowers businesses to make smarter choices, leading to better outcomes and fatter wallets.



## **EFFICIENCY OVERLOAD**

Get ready to witness some serious efficiency gains. AI is a pro at automating repetitive tasks that suck up time and energy. Chatbots and virtual assistants are on standby to handle customer queries, provide support, and make interactions smoother than silk. This means happier customers and lower costs. But that's not all! AI can also automate backend operations like data entry, inventory management, and quality control. This turbocharges operational efficiency, slashes errors, and frees up valuable resources. By automating the dull stuff, businesses can ramp up productivity, cut costs, and focus on more exciting endeavors.

## **PERSONALISED BLISS**

AI is all about rolling out the red carpet for your customers. By harnessing the power of machine learning, businesses can analyse customer data, like preferences, purchase history, and online habits, to understand their unique needs and desires. This allows for customised recommendations, tailor-made marketing campaigns, and personalised product offerings. Talk about making customers feel like the stars of the show! Personalisation not only boosts customer satisfaction but also builds loyalty, resulting in repeat purchases and long-lasting relationships.

## **CRYSTAL BALL FORECASTING**

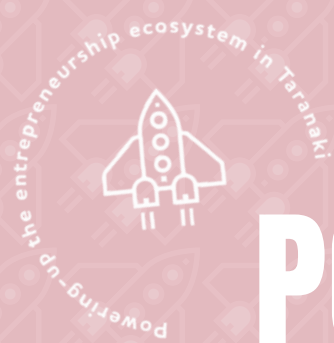
Picture this: accurate forecasting and killer planning. AI can make it happen! AI algorithms crunch historical data, market trends, and external factors to predict the future with jaw-dropping accuracy. This capability enables businesses to optimize inventory management, predict demand, tweak pricing strategies, and navigate risks like a boss. By tapping into AI-powered predictive analytics, businesses can stay agile, save money, and outshine the competition in the ever-changing marketplace.

## **FORTRESS OF CYBERSECURITY**

In today's interconnected world, cybersecurity is no joke. But fear not, because AI has got your back! AI plays a crucial role in spotting and tackling potential threats. Its algorithms are like cyber superheroes that can detect anomalies, patterns, and sketchy activities in real-time. This means businesses can be proactive in sniffing out threats and swiftly neutralising them. AI-powered cybersecurity solutions are here to save the day by safeguarding sensitive data, protecting against attacks, and shielding businesses from financial and reputation nightmares.

AI is a bonafide game-changer! It's turbocharging efficiency, fueling innovation, and catapulting businesses to new heights of success. Whether it's supercharged decision-making, automation, personalised experiences, forecasting, or cybersecurity, AI has got it all covered. Businesses that embrace AI can tap into data-driven insights, streamline operations, optimise resources, and deliver mind-blowing customer experiences. So, buckle up and embrace the AI revolution to stay ahead in this crazy digital era!





# POWERUP PODCAST

## WE'RE BACK FOR A THIRD SEASON OF THE POWERUP PODCAST.

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# Emerging BUSINESSES TO CHECK OUT



Myth Run Club's goal is to improve people's lives by getting them active and connecting with others in our community. They have multiple distances for runners and walkers. It is held every Saturday at 8:30am down at east end skate rink. It is a completely free event and the perfect way to start the weekend.  
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# WORKING

# FROM HOME







Words by Katie Pettigrew | Photography by Gina Fabish

**It's no secret that Taranaki is a community thriving with creative people who run their own businesses. But where exactly does the magic happen? Four locals have invited us into their work from home space for a behind-the-scenes look.**

# JORDAN BARNES







**When Jordan Barnes was 14, his teacher commissioned a small ink drawing from him, which established the belief that he could make a living from being an artist one day.**

Today, Jordan is a fine artist, mainly working on oil paintings and large charcoal drawings. He’s been doing it for 17 years, working for himself, holding exhibitions, and selling custom pieces.

Throughout his career, he’s had a few different studios; a joint space in Auckland, an inner-city studio to himself and a waterfront studio in Lyall Bay. The common theme among the spaces is that they influence his work.

“If it’s a smaller space, I tend to make smaller works, which I have never been drawn to do. The more space I have, the better for my practise, because that’s where I want to take my work, into that larger realm.”

Which means his current studio is perfect for creating the work he wants to.

“My current studio is underneath my house, and it’s the biggest space I’ve had, which has been fruitful for developing the larger stuff I want to be known for.”

Jordan’s father built the house for him and his fiancé in 2021 and the studio is essentially where the double garage would have been.

“I’ve got to create the space. I tailored it to me so I could have the right lighting and plugs and have the power outlets exactly where they needed to be.”

Jordan’s favourite thing about his studio is the ranch slider that opens straight out to nature.

“I’ve never really experienced that until now; it was always the inner city views, which I loved at the time, but now looking out to pure leaves and greenery that change through the seasons—it’s beautiful.”

When Jordan’s in the studio, he prefers to be alone, with the exception of his 18-month-old Italian Greyhound Maloney, or Mo, as they call him. It means he can play his music as loud as possible and make his own rules. As for what you would find him listening to, it depends on the work he’s making—anything from indie folk music to death metal or a podcast.

As for separating work from home, it’s something Jordan has always had to think about.

“I developed discipline early on, my brothers and dad are builders, so they were up early with a strong work ethic. Right from my youngest years, I saw that, so I knew what hard work was.”

Right now, Jordan’s fresh off a trip from New York, Paris and London, finding inspiration for his next work.

**@jordanbarnesartist**

# RUTH FRANKLIN





**In 2016, Ruth Franklin had just moved home from Australia. She had some time to really slow down and explore what she wanted to do, so she started playing with clay.**

Seven years later, Ruth is a ceramic artist, making functional pieces for people to treasure from a studio in her parents backyard.

“My studio is set up in the garage at my mum and dad’s house, where I grew up. I actually live only a 20-minute walk from there, so it’s very handy. I can put my daughter Mary in the pushchair and walk around.”

Having the studio there is a no-brainer for Ruth, it mixes her love and inspiration for nature with the convenience needed for her work.

“One of my favourite things about the studio is the view, looking out to the chickens and the veggie garden. The other thing is that it’s my space and my thing.”

It’s also very practical for all the stopping and starting that comes with working with clay.

“With the nature of clay, sometimes you just need to do one little job like taking a piece out of the mould, covering work so it doesn’t dry out too fast or checking the kiln,

temperature so it’s really practical to have the studio at home.”

Making ceramics was always in the back of Ruth’s mind as something she would like to get into.

“I had an aunt who potted when I was growing up. I saw her work and loved going out to her studio and having a play with the clay.”

Ruth makes anything from mugs, bowls and plates to jewellery dishes and vases. Her work is mostly inspired by the patterns of nature and rock formations.

“I try to replicate those patterns in my own work. One of my favourite parts of the making process is marbling the liquid porcelain with coloured stains. I have limited control when I pour it into the mould, so it’s exciting to examine the details when it’s ready to pop out. Here the clay is still wet and the colours are quite vivid, giving me an idea of what the final result might look like once fired.”

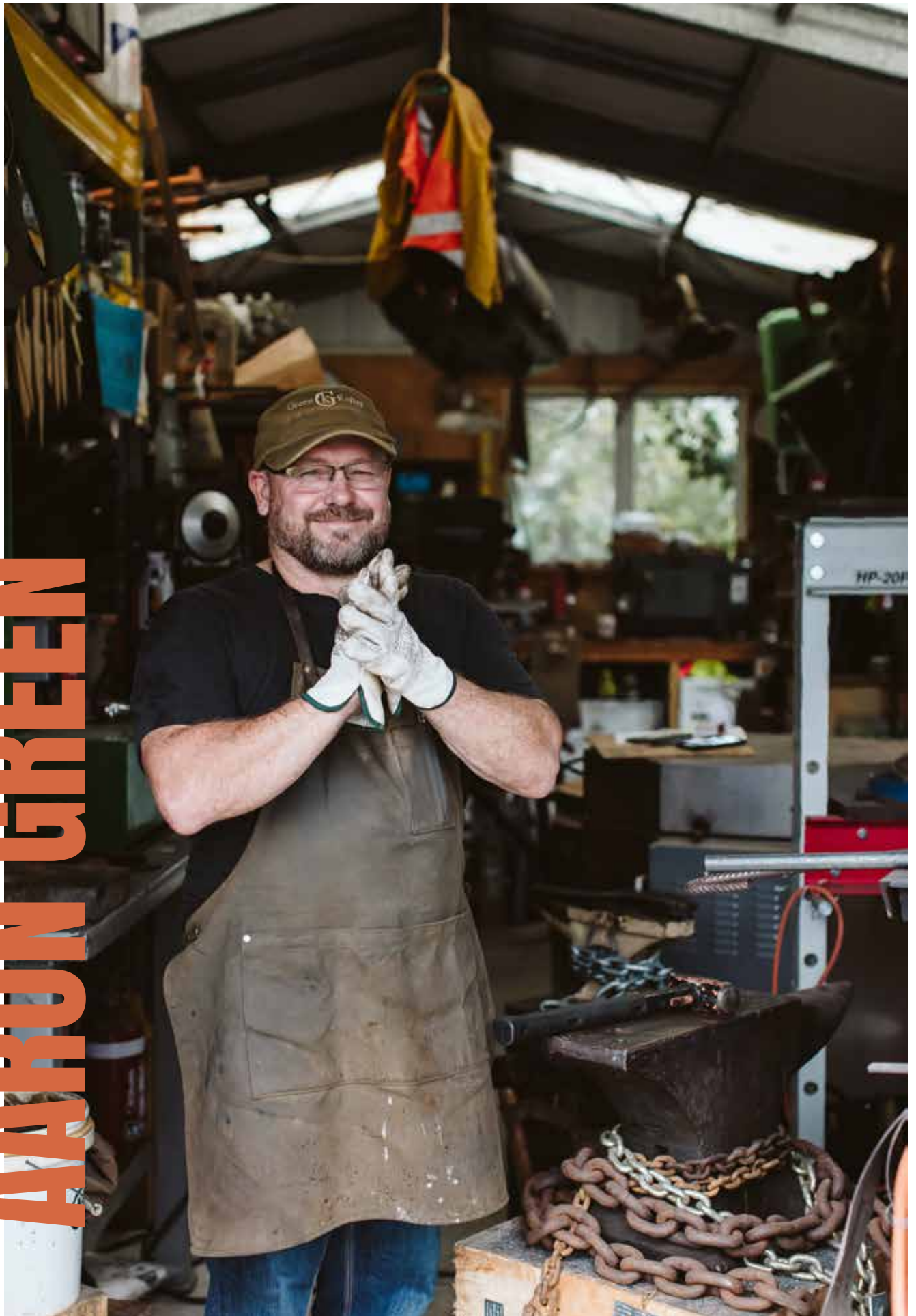
Ruth collaborates with a few different businesses and cafes, making tumblers and customising them to suit each individual place. She also sells work on her website when she’s made a collection and gets a few custom orders, making things like wedding gifts with engraved initials.

Looking to the future, Ruth would love to get a space big enough to run workshops.

**@ruthie\_frank**



# AARON GREEN





## Creating handmade kitchenware products started out as a hobby for Aaron Green nine years ago. Today, it's a business he runs from home.

"I had some time off work, so I went to the University of YouTube and started working out what people did back in the day to make knives and what tools they used. After that, I built up my skills and machinery, and then about four and a half years ago I started selling."

Aaron's main focus is on handmade forged knives, but he also dabbles in handmade spoons and carbon steel pans. He's inspired by two things; his love for food and the idea that we rely on mass produced things for our kitchens.

"I like the satisfaction that something is handmade other than your food. Back in the day everything was handmade, now we buy something, we use it, it breaks and we throw it away."

It's not just steel Aaron works with, it's wood too.

"I can forge a knife out of steel, but then I've got to make a wooden handle, which can come from anything. The wood could be from an old building or someone's favourite tree."

All of his pieces are crafted in his workshop at home, which still has some overflow bits from the family.

"I started off with a small, cramped space, but I slowly started to take it over. Now I've altered things so that I have a really nice workable space and people can come to see the process."

And it's important that it's functional, as it's somewhere he spends a lot of time—a knife can take anywhere between 20 to 30 hours to make and the workshop can reach temperatures of 35 degrees.

A standout feature in the workspace is the anvil. Aaron describes it as the real old beaten-up thing he hits the hot steel on, but it's the giveaway that he works with steel.

"I rescued the anvil out of a scrap metal bin, it weighs about 60 kilos and looks 50 years old. When someone walks in, they definitely know I do something with steel."

The other pro of his workshop being at home? Aaron says the commute is really good. And as for the cons, it can be pretty easy to get distracted and move on to the next project.

Aaron mostly sells custom pieces, with the profits from each going back into the business.

@greenknives



# LIAH ROEBUCK





## If you've been to a wedding in Taranaki this year, chances are you've seen one of Liah Roebuck's creations.

Liah started her bridal design business 10 years ago, she had just graduated from university with a Bachelor of Design, majoring in fashion and thought she had nothing to lose.

"When I moved back to New Plymouth, I thought why not? What's the worst that can happen?"

From there, Liah Roebuck Bridal was born.

A self proclaimed perfectionist, bridal has always been something Liah gravitated towards, she loves the technical side of it.

"I did well on the precision side of my degree and I'm a huge lace lover, so I thought bridal was something I could pour my time and love into. I also love being part of people's wedding days."

Liah has always worked from home, when she first started out she was lucky to have a space at her parents house, and then when she and her partner bought their current property, they built a studio out the back.

"I love how although it's very central, it's also remote. No one knows it's here unless they book in."



Liah's space is really open and warm. She loves the wooden roof and polished floors.

"It's one huge open space and a blend between a workroom and showroom. I want people to show up and know that I make the dresses."

Liah says the nature of the bridal industry suits an at-home workspace.

"It's really personal and private, so my clients don't have to worry about nosy people walking past. It also means I can be flexible for my life and the lives of my clients, they can come in after hours."

Liah books anywhere from 15 to 30 brides a year and even made her own dress seven years ago. Each year looks quite different, but it works to suit the ebbs and flows of her life. Now that Liah's kids are older, her days are more structured. She spends three days a week in the studio and in the busy summer months, it's often long nights and weekend work.

When she's not in the studio or spending time with friends and family, you'll find Liah running; it helps clear her head. "I realised I needed another outlet, I found when I wasn't with my kids, I was either in the studio or on my emails, so I picked up running. I've done seven half marathons and I've just signed up for a full one later this year."

@liahroebuck\_bridal





**KLAUS OHLENDORF**  
Project Manager/Shareholder

**CAMPBELL MATTSON**  
Managing Director/Shareholder

**HANNAH MATTSON**  
Interior Designer/Shareholder

**KORY SWEENEY**  
Sales Manager

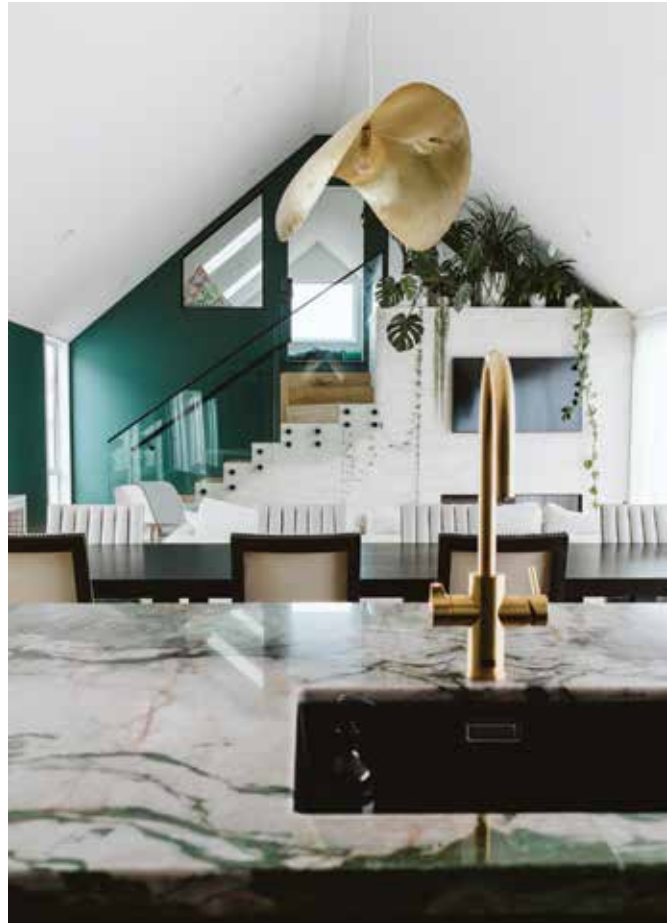
**RHYS BARRON**  
Senior Forman/Shareholder

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Property Manager Of The Year

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## **THOMAS WATT**

Real Estate Salesperson

---

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## RICH HUES AT HOME

1. **Piccolo Cushion Cover** \$69.90 from Temp Concept Store
2. **Pesce Salad Bowl** \$89.95 from Freedom Furniture
3. **1990's Burgundy Highback Dining Chairs - Set of 8** \$790 from Gina Fabish
4. **Nudie Run Oākura** \$5,700 from Koru on Devon
5. **Capriccio Copper Duvet Cover Set** \$444 from Bianca Lorenne
6. **Fruit Bowl** \$150 from Art Haus
7. **Matemateonga - Espresso 8oz** \$52 each from Kina Art Space
8. **Gertrude Contemporary Metal Locker** \$529 from Home Love Mette K



# PROJECT.



**maintenance solutions**

## **PROJECT MAINTENANCE SOLUTIONS. SAM ADAMS & PHOEBE STEWART.**

Founded due to a gap in the market for a locally owned and operated commercial painting and maintenance provider, PROJECT Maintenance Solutions specialises in one-off commercial repaints and tailored maintenance schedules, helping businesses and plant operators to streamline their maintenance needs.

PROJECT relieves pressure by managing a project from commencement to completion, giving clients precious time back in their day to focus on running their businesses while providing the convenience of forecasting inevitable maintenance costs. Combining their backgrounds in the paint trade and business development, respectively, founders Sam and Phoebe think they have found a winning formula.

### **PROJECT'S SERVICES INCLUDE:**

- One-off repaints
- Preventative maintenance schedules
- Commercial painting, shop fit-outs, rebrands
- Epoxy floor coats
- Roof coats
- Project management
- Airless spraying

*"With businesses still feeling the impact of the pandemic and the cost of living continuing to increase, it is more important than ever that we keep profits in the region.*

*The move into the commercial sector, and working with the incredible local businesses we have in Taranaki, has been a no-brainer for us."*

*"We thrive on projects that most people would put in the too-hard basket - a tricky site, perching 10m in the air in a knuckle boom with the wind blowing us around is what gets us out of bed in the morning.*

*Over the past 12 months, we have built a portfolio of pretty impressive projects with well-known national brands and awesome local businesses. With plenty of exciting projects in the pipeline, we are looking forward to PROJECT becoming a more common sight in Taranaki."*





# BUILDING WITH TRUST IN TARANAKI

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Words by Robert Drake | Photography MCK Photography

**When it comes to home builders in Taranaki, Milestone Homes is a relatively new kid on the block, but the franchise has been making its mark on the industry for over 20 years.**

Milestone Homes was brought to Taranaki in 2019 by co-owners Jody Calvert, Glen Jordan, and Campbell Mattson. Locals might be familiar with Campbell, who has over 20 years' experience in construction and is part of the national Master Builders Residential Working Group. Together, the trio saw an opportunity for the franchise in the region.

“Milestone Homes offers a predesigned range of home plans that have been carefully designed and costed for the New Zealand market,” says Jody. “There’s a focus on balancing function and aesthetics that we really resonated

with, and we felt that the people of Taranaki would too. We also benefit from being part of the same group as Jennian Homes, a highly respected and trusted name in the New Zealand building industry for over 40 years.”

But it’s not all about pre-planned houses. Milestone Homes caters for true design flexibility, regularly meeting clients’ unique requests, and even building directly from an architect’s plans. This flexibility is backed by an in-house team who problem-solve with clients to meet their requests.



Lorraine Harding, the business's dedicated Project manager, has years of experience in the building industry and a passion for delivering exceptional service. Lorraine plays a vital role in ensuring every client's needs are met and their project runs smoothly from start to finish.

“ We pride ourselves on being adaptable, and coming up with design solutions that achieve our clients' vision without blowing out their budget. We believe that building strong relationships is the key to providing exceptional service. ”

Residents in South Taranaki are also reaping the benefits of Milestone Homes. The team has a permanent office in Hawera where they work three days a week.

“We've had a great response to our presence in South Taranaki. If there's a challenge on site, we're able to get there at the drop of a hat. We also have close relationships with local tradies and suppliers (especially co-owner Glen, also known as Jordy, who is a well-known local) which



means we're very much embedded in the community. On top of that, we're proud sponsors of Building Wellness Taranaki, a Taranaki-based charitable trust dedicated to strengthening the well-being of our construction communities."

The team is encouraging locals to visit their new show home in Hāwera which celebrates everything Milestone Homes is about. It's a large, 4-bedroom home with open-plan living, dining, and kitchen/scullery areas, and has all the mod-cons you could ask for, including underfloor heated tiles and ducted central heating.

“ This home combines modern design with functional living. It captures what we constantly deliver to our clients – comfort, style, and quality. We invite everyone in Hāwera or New Plymouth considering a new build to come to Hāwera and take a look for themselves! ”

Visit [milestonehomes.co.nz/listings/53a-rata-street/](https://milestonehomes.co.nz/listings/53a-rata-street/) to see the next available viewing times or call 06 757 4483 to speak to the team.



The Metro range features 10 contemporary home designs created by Milestone Homes to deliver modern living solutions for smaller urban sections. Compact yet packed with new-home comforts, Metro plans are a go-to for professional couples, young families and empty-nesters looking for relaxed, easy-care living.



The Lifestyle range features 30 stylish home designs created by Milestone Homes to deliver comfortable, quality homes ideal for modern living. Functional and flexible, the cleverly designed Lifestyle range has a proven track record of happy homeowners from professional couples to large families.



The Country range features six spacious home designs created by Milestone Homes to offer comfortable, modern living with proportions perfectly suited to a rural setting, lifestyle block or larger section size. Generous and designed to connect with the outdoors, the Country range are a top pick for large families or lifestylers seeking space and a touch of luxury.



06 757 4483

[taranakisales@milestonehomes.co.nz](mailto:taranakisales@milestonehomes.co.nz)

53A Rata Street, Hawera

[milestonehomes.co.nz](https://milestonehomes.co.nz)





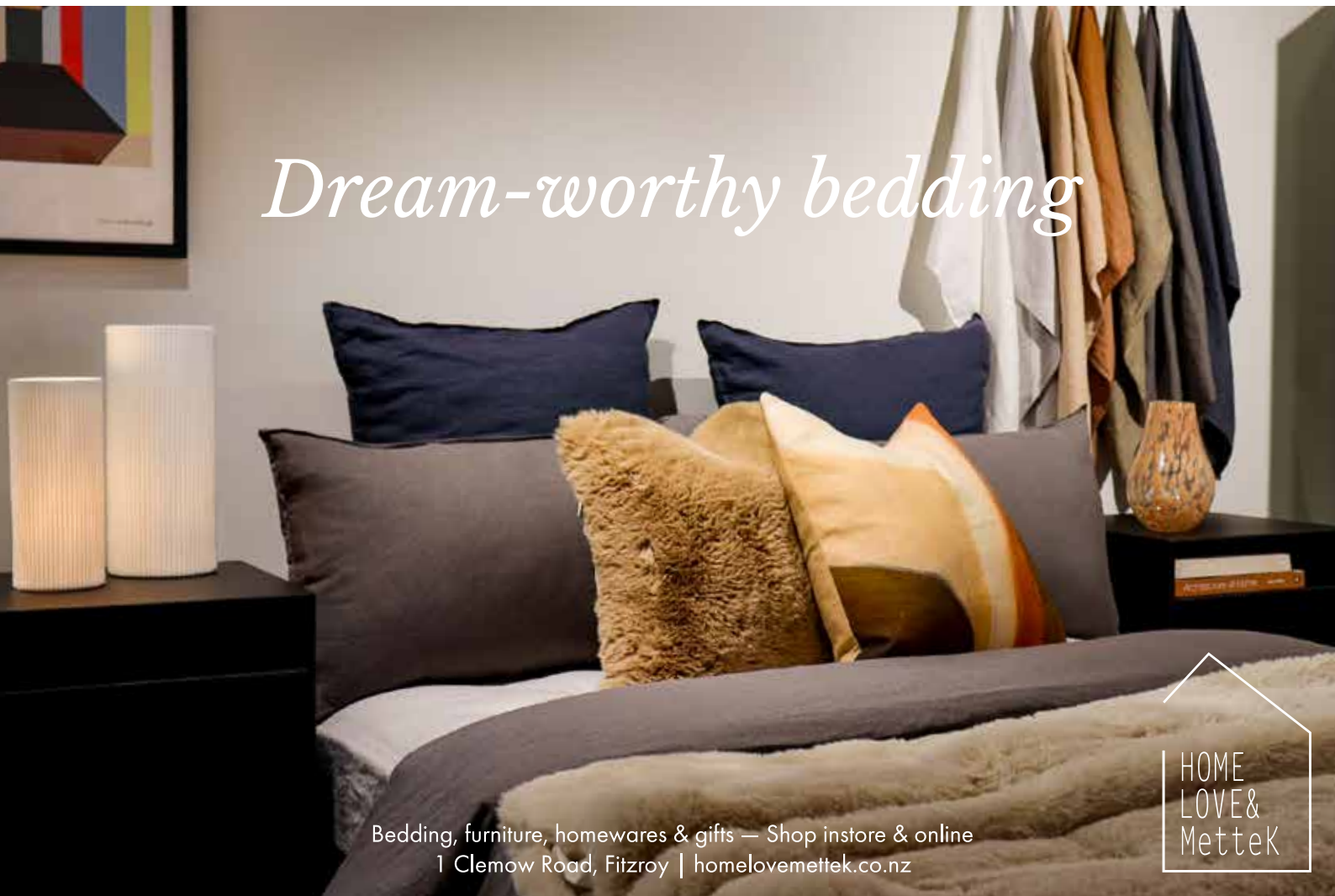
## LOCATION PODS

Tiny Transportable Homes

These 29sqm pods by Location Homes provide a cost-effective way to create a permanent home, a weekend cabin, a guest house, or an office in the backyard. The pods' architectural design incorporates high-quality building materials and thoughtfully chosen design elements to provide a luxurious experience at a more reasonable cost.

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# BUILDING A HIGH-PERFORMING HOME WHILE KEEPING COSTS IN CHECK

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Words by Beatrice Chamberlain with Priyaanka Khatri (Senior Associates at GQ) | Photography by Sandra Henderson

**The latest changes to the Building Code represent the next steppingstone on Aotearoa New Zealand's path to a climate resilient future.**

And coming from a millennial who's nervous to see how climate change will shape our future, it's encouraging to see New Zealand's net zero emissions commitment feed through into legislation and our daily lives.

The changes will improve the quality of Aotearoa's housing stock (warmer, drier, healthier homes – win!) and your bottom dollar will ultimately benefit (cheaper power bills – double win!). The flipside is that the cost to build – no frills included – now comes at a heftier price. These extra

costs, combined with the other financial pressures of 2023, mean that for the end consumer, building projects may start to feel more like a pipe dream than a reality.

With that in mind, here's a few pointers from my own recent build experience for achieving a climate friendly, high-performing home without breaking the bank.

## **SHOP AROUND FOR LENDING**

Construction finance is more complicated than a standard home loan. Unless you're die-hard loyal to your bank of choice, it pays to explore your options, and make sure you're getting the best bang for your buck. Property lawyer Priyaanka, notes that when embarking on a build, having trusted advisors in the fold from the outset can be extremely important for minimising unexpected costs



down the track. Where bank policies are a continuously moving feast, a mortgage advisor with experience in construction finance is an invaluable resource to kick start the process and guide you along the way.

### **PLAN LIKE A BOSS**

Take time at the outset to plan and get professional advice about your project. This can mitigate your risks, and hopefully, get you to the end of your project more swiftly and economically. Your build contract will be critical here and it's worth getting your lawyer to review it. Excuse the pun, but if you can nail down the critical elements of your build contract and understand where your exposures lie right at the start, you'll be well placed to manage any unexpected costs that crop up. From a financial management perspective, cashflow forecasting is Queen. Priyaanka says most professional service providers can roughly estimate their fees up front, so again, shop around and build these estimates into your spending plan. Also, don't forget to factor in those fringe costs, like insurances, rates and utilities.

### **COMMS ARE KEY**

It's no exaggeration that communication (effective or not) will play a huge part in your ability to manage your budget. Changes will happen – that's a given. My best tip here, in true lawyer fashion, is to make sure that before any change is made or works are carried out, the associated costs are agreed and recorded in writing. It might seem obvious, but when you're in the throes, it tends to be the simple things that slide. To avoid budget blowouts - get it in writing.

### **SOURCE CREATIVELY**

When it comes to costs savings on build projects, a little resourcefulness goes a long way. If you're after a particular item or material for your project, research online and reach out to suppliers to see how prices stack up. Keep your horizons broad, go off the beaten track and explore all your options. I spent a lot of time scouring online trading platforms, op-shops and garage sales for unique items and in the process, found some real gems. Most of the decor in our home is second-hand or vintage, and we even crafted some pieces ourselves, such as my palladiana tiled travertine coffee table (aka my pride and joy). There really is no better feeling than "it's vintage" or "I made it", plus a few extra pennies in the pocket.

### **WHERE YOU CAN, SUPPORT LOCAL**

In times of economic pressure going local bears more impact than ever. In Taranaki we have so many passionate tradespeople and creatives who are eager to share their craft and be part of your project. Using local trades and suppliers can keep travel and environmental costs down (especially if something goes wrong!). And even where there's no upfront costs savings, you can feel comfort in your choices to "consciously spend the inevitable."

Armed with the right people, a resourceful outlook, and a bit of creativity – a high-performing home can be more than just a pipe dream.



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# PRIORITISING MENTAL WELL-BEING WITHIN THE CONSTRUCTION SECTOR

Words by Jenna Houghton | Photography by Gina Fabish



**Christina Lorth**  
General Manager

Since April 2022, 53 local tradies have reached out to Building Wellness Taranaki for support. That's 53 people who may have otherwise felt overwhelmed, stressed, or run-down by work or home-life, and unsure of where to turn to for help.



**Campbell Mattson**  
Chairperson - Location Homes



**Andrew Pepper**  
Board Member - Pepper Construction

Building Wellness Taranaki (BWT) recognised the need for a localized and industry-led service to support and empower the construction sector, which has the highest rates of suicide in New Zealand. Intervention is just one part of the mahi. The big goal is to enact a culture change; to normalise conversations about mental health, and to give people and businesses the tools to support their own wellbeing.



**Chris Pye**  
Board Member - Clelands Construction



**Lindie Meintjes**  
Board Member - Baker Tilly Staples Rodway

BWT was founded and is backed by local leaders who have the influence and capability to drive change. Campbell Mattson, Managing Director of Location Homes; Frances Boyce, Managing Director of Whitaker Civil Engineering; and David Langford, former Group Manager for Planning and Infrastructure at the New Plymouth District Council, launched the charitable trust after an enlightening conversation on mental health at an industry event.

“Some of our industry leaders came together out of shared passion for industry and its people. They volunteer their time and their expertise and have a lot of passion for this mahi,” BWT General Manager, Christina Lorth says.



**Paul Carlyon**  
Board Member - ClearHeads Psychological Consulting



**Frances Boyce**  
Treasurer - Whitaker Civil Engineering

“They see first-hand the unique challenges facing industry every day and knowing these can be the cause of poor mental health, they all came together and thought ‘we need to be the change’.”

Pressures have compounded since COVID-19 with delayed projects, supply chain issues, and labour shortages. Tradespeople are taking stress leave like rarely seen before, and mental health has become a new focus in workplace health and safety for many businesses. Christina says these conversations are critical.

Absent: Hone Tipene - Board Member



“Our Tools to Talk events are a platform to share best practice around workplace wellbeing and share lived-experience and mana-enhancing stories. It’s all about creating connection, having a bit of a korero and kai, and creating a community that collaborates... and that is so required, coming into the year ahead where there are already mounting pressures.”

Onsite Buddy and Leading Wellbeing training programmes are designed to build confidence and help workers and management spot and respond to signs of distress in their colleagues and teams. Mentorship provides specialised business support for owner operators sole traders or struggling workers. Tools to Talk sessions and community seminars, in collaboration with Tradies Tools Down, build awareness around mental health in the industry and encourage positive action.

Developed locally, these programmes are based on research and evidence. BWT facilitators have the skills to connect with people and, importantly, they understand the industry, often coming from it themselves.

A key contributor is facilitator and consultant, Dr Andy Walmsley, a New Plymouth-based clinical psychologist whose work and research has focused on suicide prevention in construction. Work in this space has revealed alarming statistics, including the fact that construction workers were more than two times more likely than the rest of the New Zealand workforce to die by suicide, and that early statistics may have significantly under-represented actual numbers by failing to recognise the wider sector.

Our Taranaki construction community is made up of nearly 6,300 people, across 1,500 businesses. It is wide-reaching, including carpenters, plumbers, electricians, painters, technicians and supporting trade workers. BWT also opens its arms to the civil and infrastructure engineering sector and associated workers e.g. transport and manufacturing.

“The overarching purpose is to improve the culture of the construction sector in Taranaki to one that cares for the mental wellbeing of the whole person. It’s not just supporting workers in the workplace, but also considering their whole situation. We take a holistic approach to wellbeing,” Christina says.

“Five pillars/pou help us to reach that overarching purpose, and they are our support pou, early intervention, awareness, mentoring and advocacy.”

Membership enables BWT to continue to provide services. By ‘taking the pledge,’ members are vouching to prioritise the wellness of staff, and in return receive access to toolbox talks, training, resources, and discounted tickets to events. To ensure longevity, the startup trust also needs the support of industry partners and sponsors.

“We are seeing increased industry engagement, which means that we are serving a community need. 40 local organisations support our work, 26 of which are members, and the rest are organisations that have come on board as funders or pro-bono partners.”

The Toi Foundation has been instrumental in the success of BWT, offering an initial grant to establish the framework and begin the work, and has continued to support since.

“Our services are very much tailored to our region. It’s based on need, on research and on evidence-based practice. Being a localised initiative, we have huge capabilities, distribution, connection and ability to collaborate with other industry partners, community services and healthcare.”

Success is recognised in the increased engagement and greater awareness they have created. BWT has sought the influence of speakers and educators, like New Zealand icon Mike King who has long championed mental health in our rangitahi, and Paul Rangiwhahia; wellbeing advocate, artist and creator of A Mental W.O.F and I AM (So) Worth It: A guide to being awesome, which sits proudly on the steps of Puke Ariki Library. These events reach thousands. 800 attended the Tradies Tools Down event in February, and those who didn’t make it, heard about it on building sites or social media. It was also an opportunity for people to gather and celebrate each other and the industry they’re a part of.

**Supported by Toi Foundation**  
[www.toifoundation.org.nz](http://www.toifoundation.org.nz)



For more information contact Building Wellness Taranaki at [help@buildingwellness.co.nz](mailto:help@buildingwellness.co.nz)

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**Samaritans**  
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# TAKING A SWING AT PRO STATUS

Words by Robert Drake

Golf is a notoriously difficult sport to turn into a career, but Taranaki golfer Sam Jones has his eye on the world stage.

“I want to turn pro within the next year or so”, says 26-year-old Sam, who recently became the first amateur to win New Zealand’s prestigious Charles Tour series trophy. “Over the past couple of years, I’ve really started to believe I can take that next step.”

It’s easy to see why. In a few short years, Sam went from winning Taranaki Champs two years in a row with his Hāwera High School team (2013-14), to winning tournaments while representing the University of West Georgia in the United States.

“I got a scholarship by reaching out to a U.S. college recruiting agent who attended the North Island Men’s U19 Championship. Some coaches got in touch and before I knew it, I had signed the paperwork, bought a plane ticket, and flew to Georgia. Looking back, I didn’t really know what I was getting into, but it’s one of the best decisions I’ve ever made”.

The leap of faith paid off. Between 2015 and 2019, Sam played in 10 tournaments each year across the states of Georgia, Florida, South Carolina, North Carolina and Tennessee. He says making the team was tough enough, let alone playing in the tournaments themselves. Despite this, he made the team for every tournament, and even holds the record for the best 18-hole score for any player at the University of West Georgia – hitting 61 on a par 70 course.

“Playing on the courses over there significantly improved my game, particularly my driving,” reflects Sam.

“Individual holes are often separated by houses, water, and out-of-bound areas. If you make a mistake, you can’t just hit off the next fairway like on a lot of courses in New Zealand.”







Sam returned home at the end of 2019 with a world of experience, confidence, and even a Finance degree! Shortly after he arrived, Sam kept the momentum going by winning the New Zealand Amateur Championship. Since then, he's been chalking up more wins and keeping hyper-focused on his goal.

"I'm heading back to America this year to participate in several amateur events. If I perform well against the top players, I can increase my world amateur ranking, which currently sits around 100. I'm aiming to get into the top 20, which will help me get attention from sponsors and agencies who can place me in the bigger tournaments."

In the crazy world of golf, "amateur" players can't accept prize money from tournaments that they play in, even if they win. On the flip side, playing professionally on the big tours in Asia, America, and Europe for example, costs a lot of money. It's common to be paying over \$200,000 in expenses just to play on tour for a year. And in golf, if you're not playing well, you're not getting paid. Underneath the manicured lawns and collared shirts, golf is a cut-throat sport.

"I find that playing golf is the easy part. Navigating the career is the hard part. I'm incredibly grateful to the people that have supported me over the years - my parents, the Golf NZ Academy, Taranaki Golf, and the local community who support our fundraisers, particularly alongside Ngamotu and Manaia Golf Clubs."

Sam returns the faith placed in him by practicing and hitting the gym nearly every day. He even analyses his playing data in minute detail, all to ensure he's spending time practicing as efficiently as possible. After talking with Sam, it's clear that he's an incredibly driven and committed person - characteristics that could take one of our own to the heights of the game.

We wish Sam all the best!

Want to follow Sam's progress?

Follow him on Instagram: @sam.jones\_61

# SAM'S MUST HAVES FOR THE GOLF BAG

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# FASHION AT THE CENTRE



It's been a long time between fashion editorials for Centre City, but with new stores, fresh energy, and plenty of exciting things underway, Centre City is set to reclaim its title as the fashion destination for the region.

MOOD grabbed five minutes with Rebecca Johnson, Marketing Manager for the Centre, to get the fashion scoop on what's hot to wear this Winter.



**Rebecca:** Rough Tie Dye Skirt (*Glassons*) \$49, Rough Tie Dye Long Sleeve Top (*Glassons*) \$34, Lovisa Jewellery

## SHOP THE CENTRE

Working with MOOD on our first fashion editorial has been a massive buzz for us. Showing the new fashion trends and how easy it is to adapt them to everyday wear is a great way to entice customers to come shopping. We've got some great brands that keep up with the latest trends and offer them to consumers at affordable prices. There's something special about touching and seeing the products you're interested in before purchasing. Shopping in person can be a great experience, especially when looking for something specific. Plus, supporting local stores and contributing to the community is always nice.

## WHAT'S HOT IN WINTER

Winter fashion is taking a stylish turn with pops of colour, combining different fashion trends to create a cool, curated look that's easy to wear. We see a lot of power dressing lately, but with an urban edge that stands out. Blazers, Trench Coats, leather skirts, vests and knits are great investment pieces that will take you through the seasons.

I love the layered look that's super popular - it's perfect for staying warm and looking chic at the same time.

## DEFINE BEING "STYLISH"

I adore fashion and styling! It's one of the best ways for people to express themselves. How someone dresses can reveal much about their personality, mood, and cultural background. Seeing the creativity of putting together a fashionable outfit is fascinating. Plus, something is empowering about feeling confident in what you're wearing. Fashion and styling are beautiful outlets for self-expression and creativity. It's essential for everyone to feel confident and stylish, no matter their budget or lifestyle.

## WHAT DO YOU LOVE ABOUT WORKING IN THE CENTRE?

From a fashion perspective, I'm lucky to witness the transition of what's in season from the stores to the streets. It's fascinating to see how the trends change and evolve, and the customer service- I've got to know many of the retailers, and many of the fashion store teams love what they do. They love fashion and helping people feel confident in their clothing choices.



# OUT OF THE OFFICE & ON TO THE STREET

## POWER DRESSING WITH AN URBAN EDGE

Show off your confidence and style this Winter by combining some of the season's sharp, tailored pieces usually reserved for the office with edgier, street-style trends to create unique and stylish looks.

When it comes to staying warm and ahead of the fashion curve, layering is the way to go; mixing and matching puffers and trenches with luxe fabrics, bold patterns, soft knits, and a multitude of functional and fun accessories will create a unique and stylish wardrobe that will take you through the season, and from the indoors and out to the streets!

Now is the time to channel your inner street-style fashionista...

Winter is looking LIT!



**Simon:** Orange Puffer Jacket (*Hallensteins*) \$99, Black Acidwash Overshirt (*Hallensteins*) \$59, CONNOR Straight Pants (*Farmers*) \$80, Gasoline Stripey Sweat (*Farmers*) \$89, Oakley Shades (*Sunglass Hut*) \$248, Green Beanie (*Pagani*) \$29, Frances Leather Belt (*Barkers*) \$69, Converse (*Platypus*) \$140, Brushed Tassel Scarf (*Cotton On*) \$29, Legasea Dry Duffel Bag (*Barkers*) \$199



**Moana:** Whistle Check Pant (*Farmers*) \$89, Combat Silk Shirt (*Max*) \$159, Cable Crew Knit (*Cotton On*) \$39, Vegan Block Heel Boot (*Rubi*, *Cotton On*) \$69, Teal Handbag (*Pagani*) \$69, Teal Coffee Cup (*Barkers*) \$59

**Josie:** Vegan Leather Skirt (*Pagani*) \$79, Chiffon Blouse (*Pagani*) \$55, Orange Knit (*Merric*) \$59, Check Trench (*Dotti*) \$119, Sock Boot (*Glassons*) \$79, Whistle Green Crossbody Bag (*Farmers*) \$49, Lovisa Jewelry



[centre-city.co.nz](http://centre-city.co.nz)





**Moana:** Denim Jumpsuit (*Dotti*) \$99, Slate Ribbed Long Sleeve (*Glassons*) \$29, ONLY Beige Trench (*Farmers*) \$149, Skechers Pink (*Platypus*) \$119, Woolen Scarf (*Acquisitions*) \$39, GUESS Galleria Body Bag (*Farmers*) \$199, Evity Brown Bag (*Strandbags*) \$269, Burberry Green Sunglasses (*Sunglass Hut*) \$485

**Simon:** L+L Short Sleeve Knit Polo (*Farmers*) \$69, Adrian Pant (*Barkers*) \$98, Classic Longline Trench (*Glassons*) \$99, Stanley Classic iL Flask (*Barkers*) \$79, Bowman Boot (*Barkers*) \$299

**Josie:** Wide Leg Bone Pant (*Glassons*) \$59, Pearl Cableknit Crop (*Dotti*) \$39, Beatrice Oversized Blazer (*Max*) \$279, Camille Link Buckle Belt (*Max*) \$99, Aztec Print Scarf (*Pagani*) \$29, Whistle Orange Clutch (*Farmers*) \$49, Cream Doc Martens (*Platypus*) \$369



**Moana:** Black Denim Skirt (*Dotti*) \$69, Slate Ribbed Long Sleeve (*Glassons*) \$29, ONLY Life Stripe Knit (*Farmers*) \$79, Whistle Double Breasted Check Coat (*Farmers*) \$189, White Boot (?), Blunt Camo/Pink Broly (*Farmers?*), Burberry Green Sunglasses (*Sunglass Hut*) \$485, Whistle Panama Hat (*Farmers*) \$49

**Simon:** Absent Double Pkt Cargo Pant (*Hallensteins*) \$69, Absent Cable Knit Vest (*Hallensteins*) \$39, Denim Overshirt (*Just Jeans*) \$79, Gasoline Satin Puff Bomber (*Farmers*) \$129, Converse (*Platypus*) \$140, New Era Hat (*Platypus*) \$45, Nere Realm Wheeled Bag (*Strandbags*) \$200





**Moana:** Milk Hoodie (*Glassons*) \$49, Milk Slip Skirt (*Glassons*) \$49, Check Trench (*Dotti*) \$119, Pink Skechers (*Platypus*) \$119, Wht Shn Sunglasses (*Sunglass Hut*) \$641, New Era Hat (*Platypus*) \$45, Lola Belt Bag (*Rubi/Cotton On*) \$39

**Simon:** Sandstone Overshirt (*Just Jeans*) \$79, Loose Fit White Cord Pant (*Cotton On*) \$30, Frances Leather Belt (*Barkers*) \$69, L&L Toffee Coat (*Farmers*) \$199, Zura Scarf (*Acquisitions*) \$39, Ray Bans (*Sunglass Hut*) \$X, Adidas Trainers (*Platypus*) \$119

**Josie:** Slice of Cake Dress (*Glassons*) \$69, Single Button Coat Light Blue (*Pagani*) \$169, Purple Beanie (*Dotti*) \$12, Blue Faux Fur Cuffs (*Acquisitions*) \$39, Marikai Blush Bag (*Strandbags*) \$59, Tassel Scarf (*Rubi/Cotton On*) \$39, Doc Martens Cream (*Platypus*) \$369





**Moana:** Coco & Belle Skirt Evergreen (*K&K Fashion*) \$99, Pink Long Flugg Sleeve Sweater (*Pagani*) \$69, Leather Blazer (*Glassons*) \$89, Pink Cuffs (*Acquisitions*) \$39, Navy Bag (*Pagani*) \$59, Black Boots (*Rubi/Cotton On*) \$20

**Josie:** ONLY Navy Coat (*Farmers*) \$129, The Sheer Layering Top (*Max*) \$69, Knit Vest Neutral (*Glassons*) \$34, Leather Pant (*Doti*) \$69, Cream Block Boot (*Rubi/Cotton On*) \$69, Black Belt (*Max*) \$99, Green Clutch (*Pagani*) \$39

## EDITORIAL TEAM

**Fashion Editor:** Rebecca Johnson  
**Photographer:** Katie O'Neill  
**Make-Up Artist:** Annalee Kemsley  
**Hair Stylist:** Kirsty Gavin  
**Creative Design/  
Fashion Assistant:** Alexandra Bishop  
**Stylist:** Gemma Alderdice  
**Apparel:** Centre City

## MODELS

Moana Te Ua  
Josie Gibbs  
Simon Kroon

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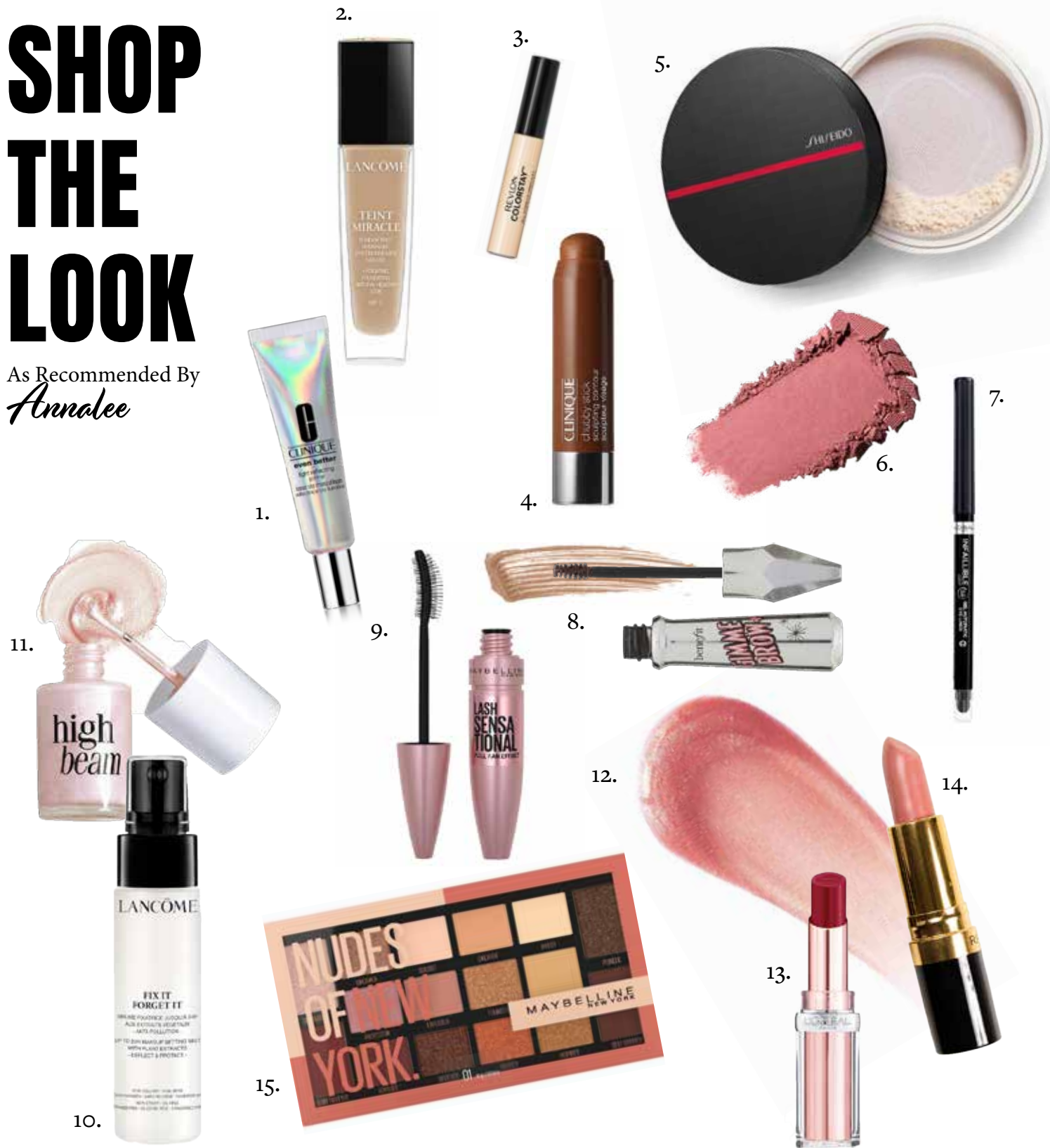


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2. Lancôme Teint Miracle Foundation (*Life Pharmacy*)
3. Revlon Colorstay Concealer with Time Release Technology (*Life Pharmacy*)
4. Clinique Chubby Stick Curvy Contour (*Life Pharmacy*)
5. Shiseido SMK Synchro Skin Loose Powder Radiant (*Farmers*)
6. Clarins Joli Blush (*Farmers*)
7. L'Oréal Paris Infallible Grip 36h Gel Liner (*Farmers*)
8. Benefit Gimmie Brow (*Farmers*)
9. Maybelline Lash Sensational Lash Gloss (*Farmers*)
10. Lancôme Fix, Forget Setting Spray (*Life Pharmacy*)
11. Benefit High Beam (*Farmers*)
12. Maybelline lifter gloss hydrating lip gloss – 'Topaz', 'Reef' (*Farmers*)
13. L'Oréal Paris Colour Rich Glow Balm in Lipstick '353 Mulberry Ecstatic' (*Farmers*)
14. Revlon Super Lustrous – 'Bare Affair' (*Farmers*)
15. Maybelline Nudes of New York Palette (*Farmers*)



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# YOUR PREGNANCY QUESTIONS ANSWERED

**Dr. Olivia Payne, an experienced obstetrician and gynecologist, brings a wealth of knowledge and a deep passion for supporting women during pregnancy and beyond. With expertise in high-risk obstetrics and a focus on preventing stillbirth and managing complex conditions, Dr. Olivia advocates for evidence-based care. Her commitment to mental health support and her personal experiences as a mother add a compassionate touch to her practice. Get ready for an enlightening Q&A session where Dr. Olivia shares her insights on pregnancy, obstetric care, and postpartum well-being.**

## **WHY DO SOME WOMEN CHOOSE TO SEE AN OBSTETRICIAN INSTEAD OF A MIDWIFE LMC?**

Midwives are specialists in low risk pregnancies and are a great option for many women. If complications develop in your pregnancy or during your birth, a midwife can refer you to the hospital team to see an Obstetrician or a member of his or her team (a junior doctor called a House Officer or a Registrar, a specialist in training). Some women with low risk pregnancies may prefer to book with an Obstetrician to have a consistent person providing routine care who can also offer continuity managing any complications that arise – both during the pregnancy and in labour and birth (such as instrumental delivery or caesarean section if required). Women with medical conditions, previous obstetric complications, traumatic labour or birth, pregnancy loss and/or fetal complications benefit from Obstetrician-led care due to the ability to proactively manage potential risks and often prevent complications by formulating personalised management plans. In New Zealand midwifery-led care is fully funded, but private obstetric care is not. While this



a barrier to many, it is worthwhile knowing that many private insurance policies also cover maternity care with an obstetrician.

## **WHEN DO I START SEEING AN OBSTETRICIAN?**

Once you know that you are pregnant, it is best to contact your preferred LMC (midwife or Obstetrician) early on to arrange an initial appointment. You can also see your GP or Family Planning who can arrange routine antenatal bloods and discuss early pregnancy care with you. Seeing your GP is especially helpful if you have medical conditions as your GP can provide valuable information about medications you are taking, past surgeries you have had and letters from specialists involved in your care. Obstetricians accept referrals from your GP or you can self-refer via email on my website ([www.sageobstetrics.com](http://www.sageobstetrics.com)).

## **WHAT CAN I EXPECT AT MY FIRST SESSION?**

At your first pregnancy visit, we will go through when your last period was, whether your cycles are regular and whether you have had any unscheduled bleeding or pain in early pregnancy. I will ensure that you have had all the relevant antenatal blood tests and ask about your cervical smear history. I take a full history of any past pregnancies you may have had, your medical history including any operations, any medications you are taking and any family history of any pregnancy-related or medical problems. Your partner's medical history and family history is also important – as is knowing if there is any family history of any inherited conditions. We do an examination including taking your blood pressure, weight and height. I offer an early pregnancy scan at your first visit (which we try



to schedule between 6 and 8 weeks gestation). We also discuss an overall plan for your care and what is important for you (and your partner). As I see you early in pregnancy, it is also really important to discuss and offer prenatal screening as many of these investigations are time-critical – including the nuchal scan.

### HOW CAN I MANAGE NAUSEA AND VOMITING IN EARLY PREGNANCY?

Some women have no or very minimal symptoms of nausea and/or vomiting in early pregnancy. Other women can really suffer with it and it can be very disabling and, in my experience, anxiety-inducing. Nausea and vomiting often peaks around 8 weeks gestation and can start to ease from 12 weeks. A very small proportion of women may have continuing symptoms through pregnancy. The Cochrane Review showed benefit for mild symptoms with foods containing ginger – for example tea made with ginger, ginger chews. Salty foods such as crackers or plain chips eaten half an hour before eating meals also helps. Small meals often and not allowing your stomach to become empty may also help to reduce symptoms compared with eating three large meals a day. For more moderate to severe symptoms, a number of medications are safe in pregnancy and can be prescribed by your midwife, GP or an Obstetrician. Additional vitamin supplementation is important. Where medications are ineffective or not controlling nausea /vomiting symptoms well, referral to an Obstetrician can be very helpful as there are other medications that can be considered in severe cases to prevent dehydration, electrolyte disturbance and/or weight loss. This condition is known as hyperemesis gravidarum and it can have other consequences later in pregnancy such as an increased risk of preterm labour and growth problems in the baby in pregnancy.

### WHAT DO I NEED TO KNOW ABOUT PRENATAL SCREENING?

I recommend all women have an ultrasound at around 12 weeks pregnant to check your baby's early anatomy. Up to 50 percent of major anatomical abnormalities (such as spina bifida) can be diagnosed on this scan. You will also be offered a nuchal scan at the same time – where the thickness of the back of the baby's neck is measured. A thickened nuchal (neck) fold is a risk factor for Down Syndrome, Trisomy 18 and 13, but also for cardiac (heart) and abdominal wall defects in babies (as well as other conditions). You may decide to have combined first trimester screening (CFTS) by having a blood test taken at around 9-10 weeks which can be integrated with your nuchal scan result to give you either a low or high chance result for having a baby with one of these chromosomal conditions. You can also decide not to have this – but a nuchal scan is still important for detecting babies that may have increased risk of other problems that can have implications for your pregnancy management. At Sage Obstetrics, we also offer NIPT (Non invasive prenatal screening) which is a blood test that can be performed from 10 weeks which covers an expanded panel of

chromosomal conditions (including sex chromosome abnormalities) with a better test performance than standard combined first trimester screening.

### ARE THERE IMMUNIZATIONS I SHOULD GET DURING PREGNANCY, AND WHY?

Yes, we recommend all women are fully immunised against Covid-19. Moderate-severe Covid-19 infection can be associated with an increased risk of hypertension in pregnancy, including preeclampsia, preterm birth and growth problems in babies. Pregnant women, because they are immunosuppressed, also are more likely to have moderate-severe illness than the general population if they are unvaccinated and catch Covid-19. Covid-19 immunisation is safe at all stages of pregnancy. We also recommend that pregnant women are vaccinated against influenza (“the flu vaccine”) and this is free and encouraged for women who are pregnant during the flu season (April to October). If you develop influenza in pregnancy, especially in the third trimester, you are more likely to develop severe respiratory symptoms, need early delivery and to be admitted to ICU. Influenza vaccination for you also provides protection to your newborn baby for up to 6 months after birth. We are seeing a rise in Whooping Cough (Pertussis) in New Zealand and as this affects very young babies the most severely, immunisation of pregnant women is recommended and free from 16 weeks gestation. This affords protection to your baby also from birth through antibodies that cross the placenta. While not free, we also recommend that your partner or any close family members who will be in contact with baby consider being immunised against Whooping Cough. For pregnant women, there is a free walk in antenatal vaccination clinic run through the hospital at the Child and Adolescent Centre on Tukapa Street – open from Monday to Thursday from 08:30am to 4:30pm for both influenza and whooping cough vaccines.





### AM I GUARANTEED TO GET MY OBSTETRICIAN/YOU FOR THE BIRTH OF MY BABY/BABIES?

One of the things I love most about my job is providing birth care for the women I have looked after and formed a relationship of trust with through their pregnancy. I am also there to perform any other interventions that you might need if complications did arise during your labour and birth – such as instrumental delivery (ventouse or forceps), or caesarean section, control of bleeding or suturing of any tear. Many women find this continuity of care comforting. I am very lucky also to have two midwives who help provide care during labour and birth and postpartum who are also there – and whom you are able to meet during the third trimester. In the event that I am going to be away or if I was to be unwell, Dr Edward Williams covers me and I cover his patients. We are fortunate that we have a great working relationship, work out of the same premises and have very similar clinical practice. If I know that I am going to be away, I try not to book any women who might be due during that time.

### IF I'M PLANNING A PREGNANCY, WHAT ARE THE THINGS I SHOULD KNOW?

It is a really good idea to either see your GP or an obstetrician to request a preconceptual consultation.

This is to ensure that any health problems that you may have are well controlled and that you are on medications that are safe to conceive on (often these need to be changed). It's also important to be on folic acid ideally three months, but at least one month, before becoming pregnant. This reduces the chance of a neural tube defect in your baby by 85 percent. It is also timely to do some blood tests and ensure that you are immune to certain conditions that can pose risk to your baby if you contract them in pregnancy – these include rubella and chicken pox (varicella). If not, you may wish to consider immunisation before trying to become pregnant. Your doctor will also take a history of any risks that your job might pose and provide you with important information about the fertile time of your cycle to improve your chances of conceiving

### CAN YOU TELL ME ABOUT CONTRACEPTION POSTPARTUM?

Incredibly, even if you are exclusively breastfeeding, you can still become pregnant as early as 5 weeks after your baby is born! Your LMC will discuss contraception options with you at your 6 week check. If you are breastfeeding, options such as the mirena IUCD are excellent choices because they can be inserted as early as 6 weeks postnatal, do not interfere with your milk supply and for most women will make your periods lighter and less painful. Your chance of becoming pregnant with a correctly fitted mirena is actually lower than with tubal ligation (<1%). It can remain in situ for several years but can also be easily removed by your GP or gynaecologist if you decide you would like to try for another pregnancy. There is no delay to fertility and your periods will typically resume a month after removal. At Sage Obstetrics, we welcome referrals for mirena or IUCD insertion. There are also a number of other contraceptive options which might be right for you. In the early postpartum period, we recommend against estrogen containing contraceptives (such as the combined pill) because of the increased risk of blood clots in the leg or lungs in the first few weeks after pregnancy and birth, as well as the potential to interfere with lactation.



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- Previous Adverse Pregnancy Outcome & Perinatal Loss
- Preconceptual Counselling
- Previous Birth Trauma
- Management of Maternal & Complex Medical Conditions
- Maternal Mental Health



# TOP 10 TIPS FOR WINTER WELLNESS

---

1.

## **STAY ACTIVE**

Engage in regular physical activity to keep your body and mind energized. Bundle up and go for walks or try indoor workouts and activities like yoga or dancing.

2.

## **GET ENOUGH VITAMIN D**

Since sunlight exposure is reduced during winter, it's important to ensure you're getting enough vitamin D. Spend time outdoors when the sun is out or consider taking a vitamin D supplement after consulting with a healthcare professional.

3.

## **MAINTAIN A HEALTHY DIET**

Focus on consuming a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean proteins. These nutrients will support your immune system and overall well-being.

4.

## **STAY HYDRATED**

Even though it's colder, it's still important to drink enough water to stay properly hydrated. Aim for at least 8 cups of water per day.

5.

## **PRACTICE GOOD HAND HYGIENE**

Winter is often associated with an increased risk of colds and flu. Protect yourself by frequently washing your hands with soap and water for at least 20 seconds or using hand sanitizer when necessary.

6.

## **TAKE CARE OF YOUR SKIN**

Cold weather and indoor heating can dry out your skin. Moisturize regularly, use a humidifier to add moisture to the air, and consider using lip balm and sunscreen to protect your skin from harsh winter conditions.

7.

## **PRIORITISE SLEEP**

Aim for 7-9 hours of quality sleep each night. Establish a bedtime routine, keep your sleeping environment comfortable and free from distractions, and avoid electronic devices before bed.

8.

## **MANAGE STRESS**

Winter can bring added stress, so it's important to find healthy ways to manage it. Practice relaxation techniques like deep breathing, meditation, or engaging in hobbies that you enjoy.

9.

## **STAY CONNECTED**

Social interaction is vital for mental well-being. Stay connected with loved ones through phone calls, video chats, or socially distanced meetups. Consider joining virtual groups or communities that share your interests.

10.

## **EMBRACE WINTER ACTIVITIES**

Make the most of the season by engaging in enjoyable winter activities like walking, ice skating, snowboarding, or building snowmen. Find activities that bring you joy and make winter a fun and memorable time.

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2. Armani Acqua Di Giò EDP 75ml \$187 from Farmers
3. Carpenter Pant \$139.99 from North Beach
4. Frank Green Insulated Food Container \$64.99 from Home Love Mette K
5. Sunnup Woven Outdoor Mat - Terra \$249 from Crystal Cylinder
6. Brixton Messer Fedora \$119.99 from Barkers
7. JBL T760 Wireless On-Ear Noise-Cancelling Headphones \$199.99 from Noel Leeming
8. Heavy Overshirt \$79.99 from Cotton On

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Unlike other cremation services from out of town, your pet stays right here, close by, under the watchful gaze of Mt Taranaki – which is something their customers really appreciate. Families are also welcome to use their viewing room for their last goodbyes if they wish. If you find yourself needing their services, ask your vet for Paws for Thought or contact them directly.

[www.pawsforthought.nz](http://www.pawsforthought.nz)



# MAIDEN.

It's a special kind of feeling you get as you walk through the doors of Maiden. Located in the beautiful seaside town of Oakura, Maiden is more than a hair salon, it's home to an experienced team of professionals, specialising in blondes, balayage, luxury hair extensions, basin bliss rituals and more. Not to mention an exquisite retail boutique that has something for everyone. It's as if the stresses and the noise of life dissipate as the beautiful Maiden team welcome you with open arms. It is this exact vision that owner, Rachel Kruger set out to achieve when she combined her former two salons, The Hair Boutique and Maidenhair into the newly opened, Maiden.



"I have always been inspired to create spaces to welcome people into and just treat them and make them feel really beautiful. I am extremely fortunate to have such an incredible team who are specialists in what they do. The girls are also genuinely wonderful, kind women too which naturally aligns with the goal of making our clients feel relaxed, comfortable and their most beautiful." says Rachel.

The Maiden team have travelled internationally and are the first New Zealand VIP salon of Bellami Extensions, known for their high quality solutions. Extension clients range from having fine, thin hair, alopecia, chemical breakage to women of all ages who want long luscious locks. Maiden offers a complimentary first consultation.

Your experience at Maiden is not complete without a Basin Bliss Ritual. Located in a separate space to the hustle and bustle of the main floor, in a calming and unique sanctuary complete with massage chairs, soothing music, aromatherapy and crystal eye masks. This experience was designed to calm your senses and relax your mind, away from the stresses and busyness of day-to-day life.

Complete your experience at Maiden with a look through the beautiful retail boutique. Stocked with goodies from Ashley & Co, Commoners, Kip & Co, Ruby Tuesday and more. Your Maiden experience awaits.



Maiden offers a unique Basin Bliss Ritual Experience, complete with relaxing scalp massages, massage chairs, soothing music, aromatherapy and crystal eye masks.

# YOUR SKIN'S WINTER CHECKLIST

With the chilly months upon us, it's important to give your skin some extra love and attention it needs. With colder temperatures, harsh winds, and indoor heating systems your skin can lose its natural moisture, become flaky, dry, and uncomfortable if not attended to accordingly. If this sounds like you, here are a few tips on how you can keep your skin looking healthy and glowing all winter long.

## 1. You still need SPF

Just because you don't see the sun doesn't mean it's not there causing destruction on your skin. Up to 80% of UVB and UVA rays can still pose a risk for cancer and aging skin, even when clouds are present, and the temperature is low.

## 2. Moisturise when the skin is still damp

When applied to damp skin, moisturisers work best because they are absorbed more quickly and deeply. That allows the moisturiser to really seal in the moisture.

## 3. Consider professional skincare treatments

Having your skin treated in the winter is a great idea, especially when it comes to peels, needling, and laser where you can avoid high sun exposure post-treatment. Visit your go-to skincare expert and ask for advice on what treatments are best for you.



## 4. Turn down the heat!

While it may be tempting to have those super-hot showers during the colder months to warm up, your skin loses moisture the longer you leave it exposed to very high temperatures. So, try to avoid those scalding shower sessions and use a rich body moisturiser afterward.

## 5. Hydrate inside and out

You Frank Green bottle girlies should be pros at this one. Just as your skin needs water to stay healthy, so does the rest of your body, and this, in turn, benefits your skin so keep on top of your water intake.



## 6. Start with the Basics

Don't quite have a down pat skincare routine yet? Focus on mastering the basics and go from there. You should start with a good cleanser, clarifying lotion (liquid exfoliant), moisturising lotion, and sunscreen. Discuss the specifics of what would be best for your skin with your preferred skin specialist.

## 7. Add a dash of Oil

Regardless of whether you have oily or dry skin, adding a facial oil to your routine in the winter is a great idea. Soothing the skin, sealing in moisture, and strengthening the skin barrier are all benefits of using oils.

## 8. Mask up

Add a face mask to your weekly routine once or twice to further boost your skin's hydration levels. Hyaluronic acid in masks is a great ingredient to look for this time of year because it helps attract and bind to water molecules, which in turn increases the skin's water content.

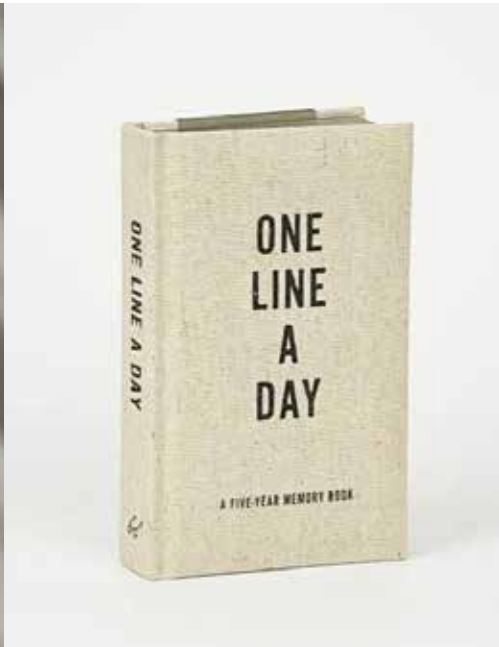
## 9. Which out the physical exfoliant for a chemical one

Chemical exfoliators, such as alpha hydroxy acids (AHAs), can be used in place of a physical exfoliator (like a scrub) to remove the dead skin cells from the skin's surface – it's also less abrasive on sensitive skin and can be used more frequently. This doesn't just help boost your skin's natural radiance it also helps with the absorption of your products.

### Annalee's top hydration product recommendations

1. CeraVe - Hydrating Cream To Foam Cleanser
2. Clinique - Moisture Surge Hydrator
3. Kiehl's - Midnight Recovery Concentrate Oil
4. Skin Smiths - Clarifying Lotion
5. Dermalogica - Discover Healthy Skin Kit
6. Dermal Therapy - Moisture Lip Balm
7. Aspect - Intense Hydration Masks x 5
8. L'Oréal Paris - Revitalift Hyaluronic Acid Serum





## WIND DOWN

1. Vanilla Rose Detox Bath Salts \$99.99 from Wicker & Co Boutique
2. Canvas: One Line A Day \$34.99 from Home Love Mette K
3. Candle - Iris \$98 from The Virtue
4. Mountain Road Estate Smudge Wand \$24 from Down To Earth Organics
5. Jeuneora Beauty Sleep Adaptogenic Super Powder \$77 from Farmers
6. Sleep Balm Body Cream \$49 from The Body Shop
7. CoolHead \$45 from BraveFace.
8. Nokori Dusky Quartz Housecoat \$195 from Bianca Lorenne





B I O N D A H A I R C O

Rachael's passion for hair has always been evident in her work. With a focus on blonde hair since the start of her career, she trained at Headquarters before moving to Melbourne where she worked in various salons for a decade. During this time, Rachael earned a diploma in specialist makeup and landed a position at Telleish Hair Studio, a top colour salon, where she honed her skills and learned specialist techniques to enhance her colouring abilities.

Driven by a desire to have a specialised studio, Rachael founded Bionda Hair Co. She has created the perfect environment for her clients, offering a relaxing experience using sustainable, vegan, and top-of-the-line brands made with ethically sourced ingredients, and are environmentally friendly.

Rachael is proud of her commitment to sustainability. She recycles all salon waste through Sustainable Salons, ensuring that even the leftover chemicals are repurposed and recycled. As an industry that generates a lot of waste, Rachael is happy to contribute to a more sustainable future.

At Bionda Hair Co, Rachael offers a full range of customised hair colouring services, makeup, and hairstyling. She takes the time to understand each client's needs and works with them to create a personalised hair experience.

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## **WEDDINGS BY EMILY**

Celebrant & Wedding Coordinator

Marrying your person is an unforgettable moment, and your ceremony should be too. For me, this means making you feel comfortable, a few cheeky laughs and a collection of heartfelt moments. Together, let's create some wedding magic!

[@weddings\\_byemily](https://www.instagram.com/weddings_byemily) | [www.weddingsbyemily.co.nz](http://www.weddingsbyemily.co.nz)



## **KNEAD**

Artisan Donuts

Knead Donuts now offer catering! Pre-orders are available for in-store pick up, or you can purchase via the webstore. Email for more information and to secure your spot. You can find us at 331 Carrington Street, Vogeltown, New Plymouth.

Open Rāpare – Rāhoroi 8am – 1:30pm or sold out.

[kiaora@artisanknead.co.nz](mailto:kiaora@artisanknead.co.nz) | [www.artisanknead.co.nz](http://www.artisanknead.co.nz) | 331 Carrington Street | [@kneaddonuts\\_](https://www.instagram.com/kneaddonuts_)

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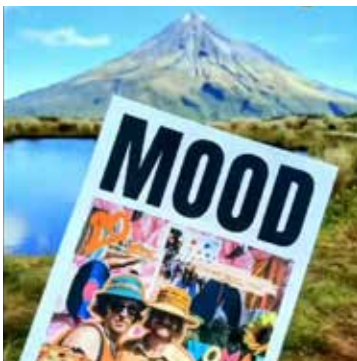
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# MOOD

## ISSUE 11 OUT

### DECEMBER 2023

We love hearing about stories and receiving submissions to potentially feature in our publication. If you think you fit one of the below criteria, get in touch:

- Features of people doing epic sh\*t or stories with something cool to say
- Exclusive fashion shoots and collabs
- Travel features either local or international
- Business tips and advice to help small businesses grow and succeed

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We look forward to hearing from you!

