

# MOOD



ISSUE EIGHT



## Things to tell a friend

You are doing awesome.

I'm here if you need me.

You have come a long way.

You are stronger than you realise.

I always have time for you.

You are important in my life.

I love you!



# CONTRIBUTORS



A lot has happened since our last issue launched. We have endured lockdowns, and businesses have had to change their day-to-day operations to help accommodate staff and restrictions. Normality is a weird word many haven't used in a while, but slowly things are starting to feel like a "new" norm once again. Like many businesses, we have adapted and are excited to see 2022 as a year to take MOOD to the next level.

We are first and foremost a print publication, but of high importance, especially now, is the digital side of media. With 82% of the NZ population active on social media in 2021 (and rising!), we have recently brought on a dedicated social media co-ordinator to the MOOD team, ensuring we are at the forefront of sharing the awesomeness of the Taranaki region and supporting our loyal advertisers through online reach. Digital is seeing more growth than any other marketing platform, which is why in this issue we talk about the rise of the latest craze, "TikTok". Financial planning tips, because let's be honest, we could all be a bit better with money, as well as some local talent from an up-and-coming jeweller and a small town gal making waves in politics.

Longevity is high on the priority list for us. The magazine is in the hands of those who want it, thanks to our deliveries to companies across Taranaki, and MOOD is free to anyone who wants to pick up a copy. Issue 1 (which is four years old!) can still be found in waiting rooms. Here's to many more issues! Tag us on social media if you have the entire MOOD collection - we'd love to see it. #itsamoodnz

*Annalee, Laura & Greer x x x*

## EVOLVING WITH THE TIMES



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Produced by Mood Mag



# WHAT ARE YOU IN THE MOOD FOR...



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Raspberry Shimmer from the Taranaki Hotel Collection by TwentySixSouth.  
www.twentysixsouth.co.nz  
@twentysixsouth

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..RESIDENT GALLERY

milarky



Proof & Stock Coffee, established 2017  
40 Cutfield Road, New Plymouth.

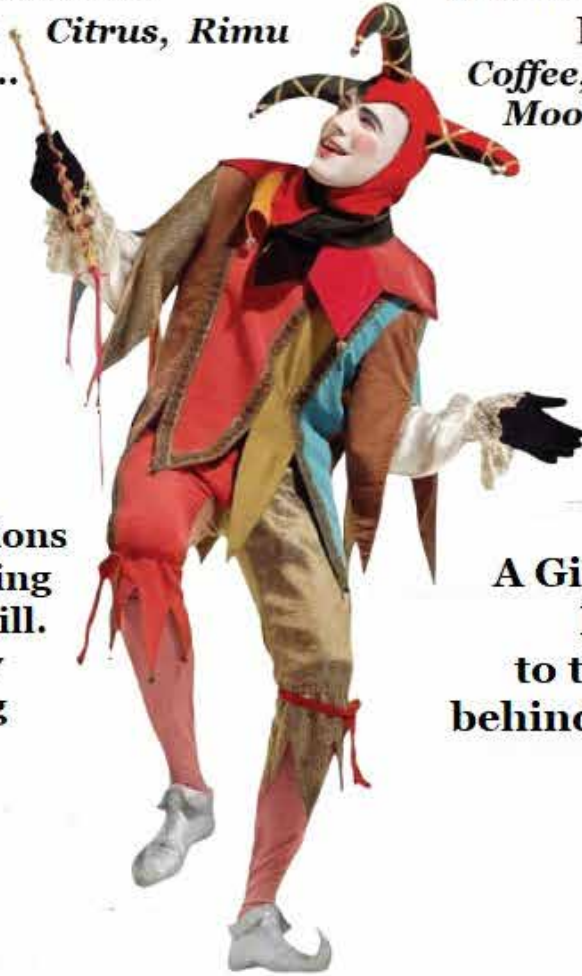


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# Roadtrip Round THE COAST

Supplied by Venture Taranaki

Heading off on a roadie around the mountain? There's no shortage of interesting and quirky places to shop, cool and cosy places to grab a bite, or unique places to do something different. To help you decide what to fit into your daytrip, we've pulled together a list of must-visit locations.



## ŌAKURA

### Matekai Park

A popular link between Oakura village and the beach. 19 McKellar Street, Ōakura

### Objects Design Store

Amazing pieces to make living exceptional, everyday. 1136a South Road, Ōakura

### Holy Guacamole

Zingy and fresh Mexican food, served out of a caravan. Located at the BP in Ōakura for winter.



## ŌKATO

### Lumen Studios & Gallery

Artist-run space based at the old Cheese Factory in Tataraimaka. 1729 South Road, Tataraimaka

### SS Gairloch Shipwreck

See the remains of the shipwreck at low tide on the beach. Lower Timaru Road, Ōakura

## WAREA AND PUNGAREHU

### Cape Egmont Lighthouse

Marks western-most point of Taranaki. 377-379 Cape Road, Surf Highway 45

## ŌPUNAKE

### Cliff top Garden & Ōpunake Walkway

Visit the gardens or do the full Ōpunake Loop Trail. 5 Dieffenbach Street, Ōpunake

### Everybody's Theatre

Started in the 1920s and is now a cinema of yester year while showing today's current films. 72 Tasman Street, Ōpunake

### Sugar Juice Cafe

Delicious cabinet edibles and meals. 42-44 Tasman Street, Ōpunake

### Actionaki

Paintball, claybird shooting, archery, team building, fishing and more. 182 Opua Road, Ōpunake



Photo by Rob Tucker

## PIHAMA

### Pihama Lavender Farm

Situated in the grounds of Pihama Dairy Factory which has a history dating back to 1897. 3510 South Road, Pihama



## KAUPOKONUI

### Kaupokonui Beach and kids playground

You'll find a children's play area, a river for swimming, fishing, and whitebaiting in season, and a surf beach. 138 Kaupokonui Heads Road, Kaupokonui



## MANAIA

### Yarrows The Bakers factory store

Flagship state-of-the-art bakery located in Manaia. 38 South Road, Manaia

### Oakley Garden

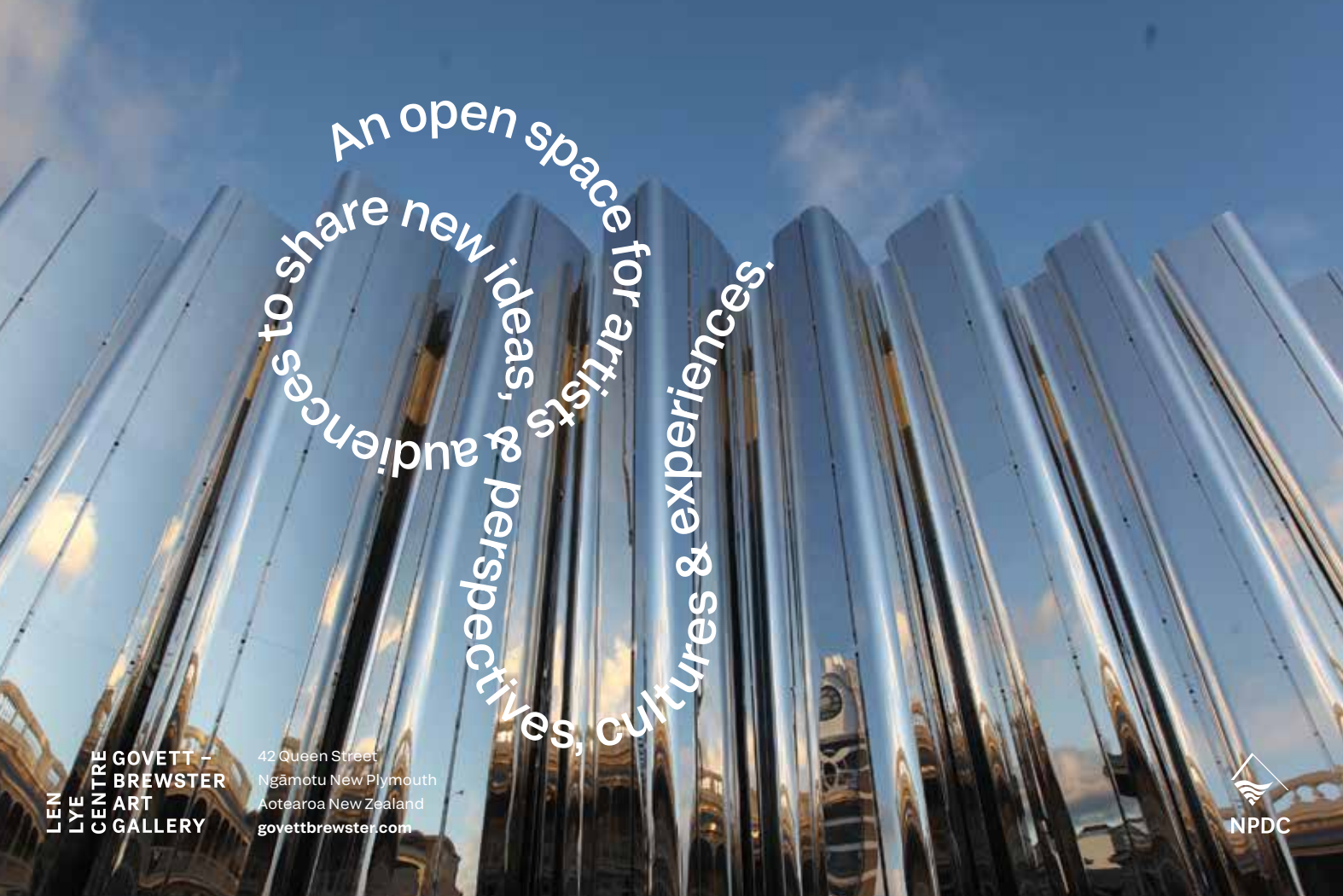
The striking private garden is recognised as a Garden of National Significance. 79 Lower Normanby Road, Manaia

## ŌHAWA AND WAIHI

### Ōhawe Beach to Waihi Beach Coastal Walkway

There are several points of interest on the dramatic South Taranaki coastline. For your safety, please ensure you do this walk two hours either side of low tide. Ōhawe Road, Hawera





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A cabin at Taranaki Retreat

# FINDING HOPE TOGETHER

Words by Pip Walker | Photography by Ben D'Ath

**Nestled under the watchful eye of Taranaki Maunga lies a space for people to breathe.**

Taranaki Retreat is a suicide prevention initiative with a slightly different approach to traditional mental health providers. Since 2017, the community funded organisation has offered stays and outreach care to more than 5,000 people. Its kaupapa is to focus on the good things in life; to help people choose how to write their next chapter.

“At Taranaki Retreat we offer hope,” says life coach, lead coach Liz Fry. “A lot of people come to us having been through other therapies and when I tell them life coaching is future focused, they often breathe a sigh of relief. For them, having to start at the beginning and share their story all over again can be triggering and retraumatising.

“People struggle with loneliness or disconnection for many reasons, and need to grow connections, or whānau in its broadest sense. We provide a safe space of non-judgement, where people can be around people, participate in workshops, get creative and start to build up their confidence and a sense of belonging.”

In his former role as Dean of Taranaki Cathedral, Taranaki Retreat co-founder Jamie Allen recognised a gap in support for people whose mental, physical and spiritual health was suffering, but who weren't the right fit for acute clinical support services. When he and wife Suzy faced their own journey losing daughter Carrie to cancer, they were prompted to do something to help people struggling.

“It was a real eye opener for us, that experience of holding our child through poor health and the heartache involved in that,” says Jamie. “Through that journey we received beautiful support, but we also saw a disparity in that experience compared to people dealing with something that wasn't cancer.

“When it comes to things a little more stigmatised like addictions, self-harming, emotional distress and anxiety, people struggle to know how to help - they're worried about doing or saying the wrong thing. They knew how to respond and deal with our child going through chemo better than that.

“When Carrie died we looked at what was important to us, and what we wanted to draw out of that experience. We put our suffering to good purpose and worked with



Entrance to Taranaki Retreat on Hurford Road



Some of the grounds at Taranaki Retreat



Artwork created through a community fundraising initiative





Entrance to Waimanako on Devon Street West

others to form something that would provide a space to go where you could access that support.”

Jamie says through Carrie’s illness, Ronald McDonald house was a sanctuary for their family. It was easy to access, free, and linked them to people who really understood. Taranaki Retreat was born with that as inspiration.

Taranaki Retreat has already made a real difference. A 2021 study by Otago University PhD student Rowan Magill found that, during and after their stay, guests experienced a distinct reduction of suicidality. In a report by independent researcher and evaluator Maree Young, some guests stated they ‘would not still be here’ or ‘were still alive’, due to Taranaki Retreat.

In the words of one participant: “I came to the Retreat hoping to find the cure for all my problems. Obviously this was not the case, as my problems were still there when I got back. What had changed though, was my ability to handle the situation. The Retreat gave me the tools to grow as a person.”

The team is now working to expand its reach and create more pathways for people who need support. Their latest offering is Waimanako; The Hope Centre, a cafe open till 9pm, six days a week in the Metro Plaza in New Plymouth.

It’s designed to be a place where people can enjoy food and coffee for a koha, and those needing support can seek help.

“You don’t have to make an appointment or anything - you just rock up,” says Jamie. “That takes away an obstacle to accessibility of services, because people can feel tentative about expressing their needs and taking that really daunting step of saying ‘I need help now’. If there’s something that’s going to have an impact on our confidence to do that, we might go down the easier route of putting it in the too hard basket.

“You can suss out the space by ordering some fries and a coffee, and get a vibe of the place without making yourself vulnerable. If you want to talk to someone, no one will make a big deal about it, you can even present a hypothetical situation to get advice on your own needs. We can give reassurance, find some hope together and crucially, start working on solutions.”

“ I walked in, pretty anxious, not knowing what to expect. I had a bloody good coffee and a massive omelette, and asked for someone to talk to - I was going through a messy relationship breakup. We talked for about an hour and I left feeling so much better. I needed to get everything off my chest, and to have some tools to help me. ”

- Waimanako customer

Taranaki Retreat and Waimanako are only able to exist thanks to community funding and volunteers, something Jamie says is incredibly humbling and says a lot about Taranaki. Now, with Waimanako, it’s even easier for people to support this essential work.

“A great way people can contribute is by rocking up and having a kai - pay what you feel and know your dollars will make a difference to the community. Anyone who buys breakfast, fries, crepes or coffee is paying it forward to make this all possible and make a difference.”

To learn more about Taranaki Retreat or make a donation visit: [ko-fi.com/taranakiretreat](http://ko-fi.com/taranakiretreat)



Some of the friendly faces at Waimanako; The Hope Centre



A look inside Te Huinga, The Gathering - Community Cafe

## SUPPORTING YOUR LOVED ONES MENTAL HEALTH

### REACH OUT

Touch base if you haven’t heard from someone in a while or something doesn’t feel quite right, it could be just the lifeline someone needs. Instead of a Facebook message, drop by with some baking or suggest a night out

### LISTEN

Tell them you’re concerned and are there to help. Don’t be afraid if you don’t know what to say, stay calm and listen. You don’t need to offer any advice or solve any problems

### OFFER PRACTICAL HELP

Your loved one might not be able to tell you what they need, so offering practical help like providing a meal or walking their dog, can be a big help

### GROW YOUR UNDERSTANDING

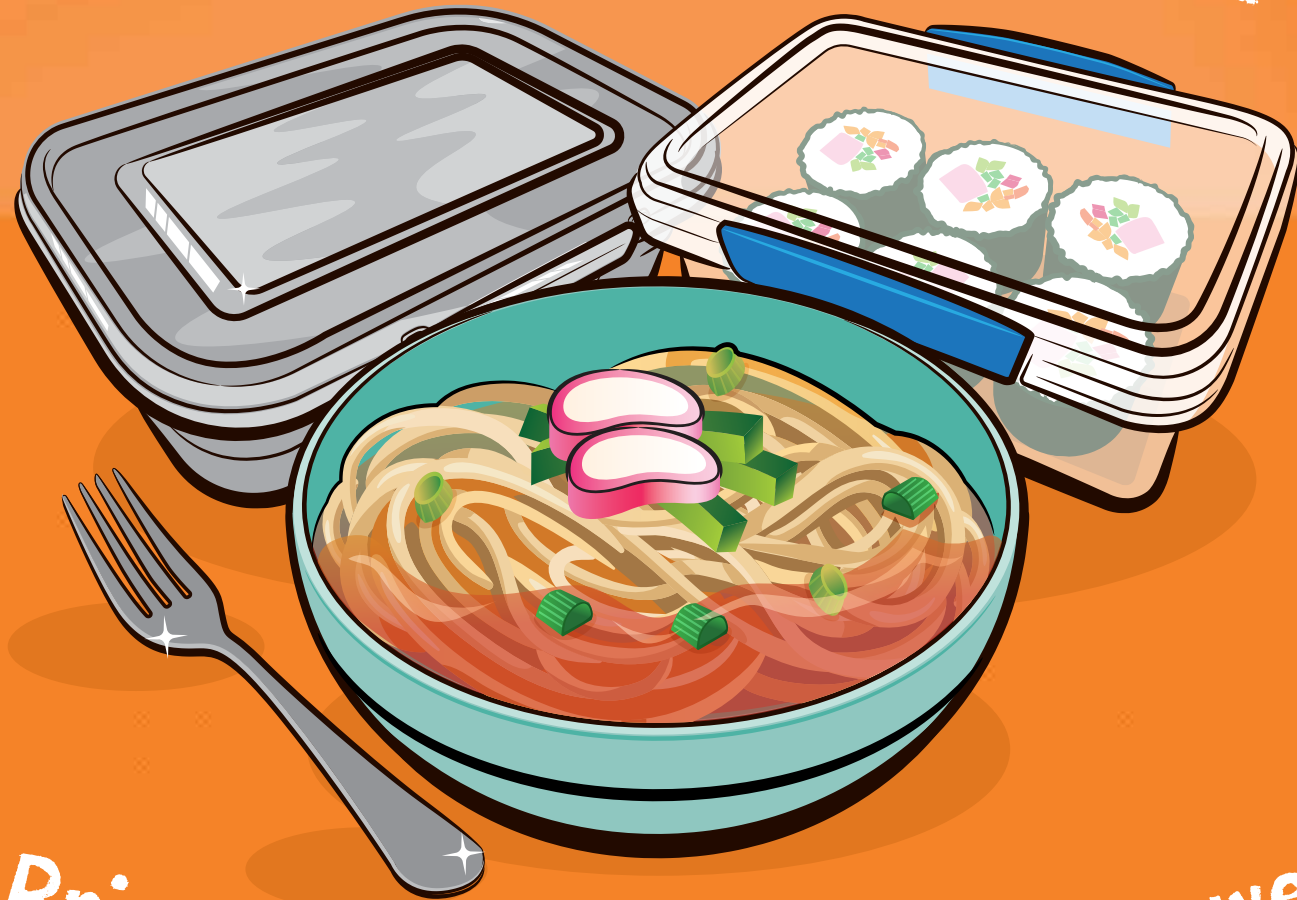
LifeKeepers is a free online course to learn how to recognise and support people at risk of suicide

### ASK FOR HELP

Use services like Taranaki Retreat and Waimanako. You can contact them on behalf of a loved one - sometimes helping someone take the step to getting support can be just what they need



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There is something so wonderfully satisfying about turning one meal into two, particularly now as consumers increasingly feel the pinch at the supermarket checkout! The first recipe elevates the humble roast chicken to new levels with the addition of garlic and rosemary smashed potatoes (just a warning, these are addictive!). The second recipe takes the bones and frame of the chicken, turning them into an incredibly tasty stock, forming the base of a ginger-spiked chicken noodle soup. Not only do these recipes go easy on the wallet, they also nourish bodies and fill bellies during these cooler winter months.

## ROAST CHICKEN WITH GARLIC & ROSEMARY SMASHED POTATOES

Recipe & Photography by Emma Boyd

### Ingredients

#### Roast Chicken

1 free-range chicken  
1 lemon, cut into wedges  
5 cloves garlic, halved  
Olive oil  
Sea salt

#### Garlic & Rosemary Smashed Potatoes

1kg gourmet (small) potatoes  
30g butter  
3 tablespoons olive oil  
3 cloves garlic, minced (I use a zester to do this which makes this an easy job!)  
2 tablespoons fresh rosemary (or 2 teaspoons dried)

Pre-heat the oven to 180°C on fan bake. Put the chicken into an oven-proof dish and stuff the lemon wedges and garlic into its cavity. Rub the chicken all over with olive oil and sprinkle generously with sea salt. Put into the oven and roast until the juices run clear when a sharp knife is inserted into the thigh. The time will vary depending on the size of the chicken, but it will take at least an hour. Start checking it at this point and every 5-10 minutes until it is fully cooked.

Put the potatoes into a pot, bring to the boil then reduce the heat and cook for 8-10 minutes or until tender. To test, insert a sharp knife into the biggest potato and if it slides in easily they are done. Remove from the heat, drain and arrange in a baking dish or on a baking tray. In a small pot or frying pan, melt the butter and olive oil together. Mix in the garlic and the rosemary.

Using a potato masher press down on the potatoes to break their skin and 'smash' them. Don't worry if bits fall off and get messy – these bits will go golden brown and crunchy. Drizzle the butter mixture over the potatoes, then place in the oven and roast for 45 minutes or until golden brown and crunchy on the tops. Sprinkle with sea salt before serving.

Serve the chicken and potatoes with seasonal vegetables – remember those in season have travelled less of a distance and so are likely to be fresher and cheaper. Eat a rainbow for maximum nutrient intake – lots of vegetables of as many colours as you can.



# GINGER & CHICKEN NOODLE SOUP

Recipe & Photography by Emma Boyd

## Ingredients

### Chicken Broth

Leftover chicken bones and frame  
1 onion, cut into wedges  
5 cloves garlic, halved  
2-3 teaspoons sea salt (this will depend on the size of your slow cooker)


### Ginger & Chicken Noodle Soup

2-3 tablespoons Tamari (or light soy sauce)  
2 teaspoons sesame oil  
2-3 tablespoons freshly grated ginger, to taste  
2 tablespoons olive oil  
1 onion, cut into wedges  
4 cloves garlic, thinly sliced  
350g broccoli, cut into small florets  
150g sugar snap peas (or use frozen peas)  
Leftover chicken, shredded  
200g rice noodles, cooked as per packet instructions  
1 cup roughly chopped coriander  
Sesame seeds to garnish

Put the chicken bones and frame into a slow cooker. Cover with water and add the onion, garlic and 2 teaspoons of the sea salt. Turn to high and cook for 24 hours. Once the time is up, taste and add more salt if required. If it tastes watery, then that is a sign that more salt is required. Pour the stock through a strainer and into a large pot. Put the bones into the compost. This makes roughly 10 cups of stock but will depend on the size of your slow cooker.

Bring the stock to a boil, then reduce to a simmer. Add the Tamari, sesame oil, ginger, and taste for seasoning, adding more salt if necessary. Heat the olive oil in a heavy-bottomed frying pan over high heat. Once hot, add the onion and cook, stirring continuously, until starting to char. Add the garlic and cook for a further minutes before removing from the heat and adding to the soup base.

Add in the broccoli, peas and chicken and simmer for 2 minutes before adding the chicken and noodles and simmering until heated through. Remove from the heat and stir in the coriander. Serve topped with extra coriander and sesame seeds.

A top-down photograph of a wooden table. In the upper center, a white ceramic bowl is filled with a clear soup, containing rice noodles, shredded chicken, broccoli florets, and green peas. Two wooden chopsticks are placed vertically on the left side of the bowl. To the right of the bowl, there are several fresh green coriander leaves. In the lower center, a dark-colored pan is filled with a large portion of white rice noodles, topped with broccoli and green peas. The background shows a wooden surface and a grey cloth in the top left corner.

**I MISS THE 90'S  
WHEN BREAD WAS  
STILL GOOD FOR YOU  
AND NO ONE KNEW  
WHAT KALE WAS.**



# Emerging BUSINESSES TO WATCH



The Golden Hour is the social event you have all been waiting for. Designed to be an ongoing series of creative experiences, mix in some cocktails and live DJs, and you have one unforgettable evening. Brought to you by the gals who have been missing a bit of culture, community and creativity, so they are bringing it to you.



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# LEADING THE WAY WITH AUTHENTICITY

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Words by Pip Walker

Tory Whanau describes herself as fierce, or “staunch AF”, but also humble and approachable. She believes these are the qualities we need to see more of in our local and national leaders - tough enough to get things done, but ultimately - for the people.

So after years training politicians as Chief of Staff for the Green Party, the 39-year-old who hails from Patea has decided to run for Wellington Mayor.







“It’s about paving the way for the future generation. Women before me struggled way more and I appreciate them for that, I’ve struggled a bit and I want to make it easier for our rangatahi. If they can see me running for Wellington Mayor, they know they can do it too.”

Tory launching her campaign for Mayor of Wellington at Courtenay Central in Wellington.

“Growing up in a small place like Patea we all knew each other, it was very safe and had a strong sense of community. I saw the mayor as a trusted leader, not just a politician.”

“I want to apply that way of thinking to Wellington. We’ve lost our way here. Leadership is all about people, and people are not a business. We shouldn’t be obsessed with financial management and money, we’ve got to start thinking about each other.”

Despite putting herself in the public eye and up for scrutiny, Tory isn’t shy about bringing her whole self to the table.

“I don’t want to be a polished politician. Our world is in a state right now where trust is being eroded, so I need to be my authentic self. I’ve accidentally sworn at public events, I talk about my mental health because it’s real. I also like to have a laugh, and I think people enjoy that.”

“Let’s all lift the curtains a bit and not be afraid to share our true selves because it will resonate.”

Tory’s determination to tell her story, her way, is something she’s passionate about. When she was a child her photo was featured in a newspaper article about Māori and Pasifika kids struggling at school. The caption read: “Tory Whanau turns five next month. She is desperately keen to be off to school, can’t wait. She is a bright, lively child and should do very well...unfortunately, the odds are against it.”

“Because of my personality and how I look I’ve always been pulled into photos like that for schools and stuff. It’s always been a bit token, which has been odd to deal with, so I need to force my own narrative,” she says.

“That article has lingered for me. My koro (Māori activist Rongo Tupatea Kahukuranui) framed it and pointed it out to me from a young age, like he knew I was going to get into politics. The photo also inspired my parents to make huge sacrifices so I got a good education. We were a poor family, so my dad moved to Australia to work for years to pay my boarding school tuition at New Plymouth Girls’ High. They wanted me to have every opportunity and prove that article wrong.”

That’s exactly what Tory has done. Even if she isn’t elected Wellington Mayor, she’s proud that just by running, she’s setting a good example.

“I want wāhine Māori to have confidence in themselves. We need more representation - we’ve had older men at the helm for a long time, now is the time for women. We need a new type of leadership where emotion comes through and we’re not afraid to be vulnerable. If I can inspire someone to run for mayor or parliament - awesome. I want to show we can do this, we can have an impact on our country,” she says.

Tory’s self-confidence is impressive, but she admits she too has had moments of self-doubt.

“I’m still young in political terms and when people suggested I run I got imposter syndrome and wondered if I could do this. I know many other women get that feeling too. But Wellington needs something different, and I know I can add value, so I decided to just go for it.”

**Follow Tory’s journey @misswhanau**





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**BDO BACKING OUR FUTURE**

Introducing our 2022 graduates! We continue to have a very successful internship and graduate program at BDO Taranaki and we are lucky to have four graduates joining us this year. BDO Taranaki offers summer internships to students who are working towards their accountancy degrees and intending to return to Taranaki on completion of their studies.

Pictured from left to right we have; Carissa Krutz who started in our summer internship program in 2020 and is now employed full time. Then we have Millie Tomlinson and Renee Emmett, and in the back, Colin John, who joined BDO this year after completing their accountancy degrees. All of our graduates will continue their studies to become Chartered Accountants with the support of BDO.

Keep an eye out for our summer internship program in August/September 2022 for the chance to gain experience in a chartered accountancy environment with a friendly team.

For more information about our internship program please contact Lisa via email at [lisa.potter@bdo.co.nz](mailto:lisa.potter@bdo.co.nz).

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Creating epic logos...





# THE GLASS WOMAN

Words by Jenna Houghton | Photography by Sandra Henderson

Nicola is right at home in the workshop. Being hands-on comes naturally to the businesswoman who previously ran a farm in central Taranaki grazing cattle and shearing sheep, before a stint at a local steel company.



These days, Nicola's cutting glass and fitting windscreens when she's not overseeing daily operations at The Glass Man in Spotswood, New Plymouth. It's been a learn-on-the-job experience for the new owner who first joined the team as office manager in 2005. "I don't sit still," Nicola says.

“ I'm not a person to just sit in the office, I get on the tools and I'm out helping the boys as well. I'm out there lifting glass, I'll putty windows, put windscreens in, I'll cut and glaze windows here in the factory. ”

Like most trades, glass and glazing is a male-dominated industry. It's less common to find a woman working on the factory floor, let alone running the show, but last October Nicola was ready for the challenge. The progression from office manager to branch manager to owner is something she is proud of but admits it's not without the support of former boss Mark Goodwin, The Glass Man team and their local customers that it's been possible.

"It's just myself running this business, and it's a big thing, I think, for a woman to have a company like this on her own. For the last five years the previous owner had been in Melbourne and all the staff, customers and locals looked after me and supported me to keep the business going. I've been here 17 years and I love my job. I'd be here 24/7 if I had the chance. I was given the opportunity and it was a no-brainer for me to buy it."

For 35 years, The Glass Man has provided commercial, residential, and automotive glazing as well as custom glass products for clients around Taranaki. Their longevity is a testament to the trust they have built with the community, and it is a sense of community people get by supporting



The glass Man



Trusted glass supplier and installer serving the wider Taranaki region



Strong focus on safety



Customer-centric approach



Accredited Master Glaziers and Window & Glass Association glass company



Suppliers of Viridian Glass Products



the little guy in an industry with some big-name national and international franchises. Customer satisfaction is a focus for the team of eight, their commitment to providing friendly and round-the-clock service is what Nicola thinks sets them apart. They are also backed by Master Glaziers and the Window and Glass Association, meaning customers can be assured the team is fully qualified and the work is carried out to the highest standard.

Nicola plans to take some time to adjust to the new role, so any changes to the business are being implemented thoughtfully, including tweaking the logo and rolling out new marketing strategies. However, she does have a vision for the future.

“ I don’t want to run before I can walk, so I’m keen to give it the first year then go from there. I see a lot of potential for growth and there are a few things I would like to upgrade or do, but in the meantime, I’ll be finishing off the showroom and enhancing what is already in place. ”

A new showroom at their Manadon Street location has been in the works for some time and is currently under construction. It will give customers an opportunity to see glass and glazing products and systems before installation.

Nicola doesn’t see the workload slowing down anytime soon because there will always be broken glass, insurance claims, and upgrades as homeowners decide to double glaze for better insulation. The cyclical nature of trends also plays a part in what customers opt for in splashbacks, balustrades or showers. The Glass Man do it all, and time and again for their repeat customers.

“We bend over backwards; we’ve got staff on call 24/7. I do find from time-to-time businesses have automated messages or you can’t get a hold of them, but we like to answer every call. We’re locally-owned, and we look after our customers which is a big thing for me. Basically, if we don’t have them, we don’t have a job.”

22 Manadon Street, Spotswood, New Plymouth  
 Open Monday to Friday 8 am – 5 pm  
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 www.theglassman.co.nz



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Amanda offers a variety of flooring options. Famous carpet brand in every style, colour and texture including stunning wool carpets, vinyl, luxury vinyl planks, timber and laminate with different colours and plank styles.

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From left to right: Sandra, Bailey, Tawera, Laine, Karl, Bill, Nicola. Absent: Sam and Geordie



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# TIKTOK IS TAKING OVER THE MARKETING WORLD

Words by Katie Pettigrew

**TikTok has fast become one of the most popular social media platforms. Thanks to a global lockdown it was the most downloaded app of 2020 and has now had over three billion downloads worldwide.**

Launched by a Chinese company in 2016, in the early days TikTok was seen as a Gen Z app but has since established itself as more than just dancing and lip-syncing teenagers. Over the last two years many of us have found ourselves influenced by the app, cooking that trending pasta recipe, singing that catchy tune or using that hack to keep avocados fresh. Whilst one video might be inspiring, the next comedic and sometimes cringey, one thing's for sure – it's addictive.

There's no denying the massive influence it's having on our lives, but what exactly is this app and how does it work?

In a nutshell, TikTok is an app where you can watch millions of short videos on just about every single topic you can think of – think Instagram and Facebook home pages but just full of videos, no annoying statuses from that distant family member or high school friend you haven't seen in years. All you have to do is download the app and the videos will start playing on a loop on the home page.

TikTok's home page is known as the 'For you page' (FYP) and is arguably its superpower over other social media platforms, driven by an algorithm, over time as you start using the app it picks up on what videos you watch and interact with, what you skip past, your location, language and other traits and personally tailors the app to you, serving only videos it believes you will enjoy.

While this makes it super enjoyable and addictive as a viewer it's also a massive benefit for businesses using the app as a marketing tool. The FYP means businesses can reach their desired audience without doing any targeted adverts – TikTok's AI already knows what users to push

the videos too. TikTok's website literally says "don't make ads. Make TikTok videos."

And better yet, you don't need any followers for it to start showing up in front of people, the videos just need to be the right blend of engaging and playing into the trends to land it on the FYP. TikTok even gives you all the tools to create a good video, there's a library full of music, sounds, effects and filters ready to put over your videos, whether its adding captions, putting writing over the video or doing a voice over, the choice is yours.

Trends come and go quickly on the app, ranging from popular sounds and filters to dances and challenges – but they're a sure way to get your videos recognised. You'll be amazed at what becomes a trend and people find satisfying to watch – whether its someone's teeth being cleaned, a makeup tutorial, the perfect golf swing, an online order being packed or a day in the life of a total stranger. There's no rhyme or reason to what becomes a trend, but one thing's for sure, TikTok has the potential to make a song reach #1 in the charts, get people roaming the supermarket shelves for bagel seasoning or watching an old TV series that's surfaced on the app.

All of this has meant TikTok's monthly active users sits around 1 billion, quickly catching up to Instagram at around 1.4 billion and miles ahead of Twitter at around 430 million. And even though Facebook and YouTube are still leaps ahead with over 2 billion monthly users it's still early days for TikTok and this sort of growth is something to take notice of.

Here are some favourite local creators to check out and maybe even get addicted too or collaborate with.

Follow us on TikTok @moodmag

## TARANAKI TIKTOKERS



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@liv.purdon



Te Wai Tamati  
44K followers  
@tewaitalksteeth



Talz  
16K followers  
@talzlife5



Bre  
90K followers  
@bre\_orr



Jacob Kneepkens  
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IVHQ  
11K followers  
@ivhq



Samantha Best  
77K followers  
@samanthaleighbestt

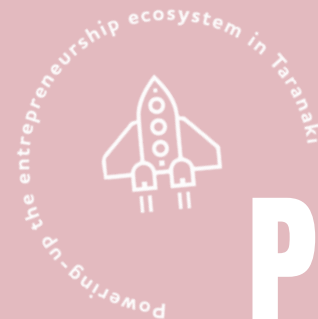


Krakin Chillies  
3K followers  
@krakinchillies



Michaela Blyde  
81K followers  
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PowerUp is all about growing, connecting, supporting ideas, and harnessing the expertise and passion required to develop a thriving entrepreneurship ecosystem in Taranaki.

This includes celebrating our entrepreneurial stories and in the second season of PowerUp Podcast we share the success of more remarkable Taranaki entrepreneurs.

In this season, we're talking to innovators in energy, skincare, coffee, engineering, manufacturing, and food. It's no exaggeration to say some are genuine leaders in their fields; pioneering positive global change while living the famous *Taranaki Like No Other* lifestyle.

Listen as we delve into each guest's unique journey, their lessons learnt, and uncover inspiring insights as to how they achieved their success.

These are great yarns and inspiring listens, that might just give you the nudge you need to get started and help broaden your understanding of what you thought possible.

The PowerUp Podcast is available on Spotify, Apple Podcasts, and wherever you get your podcasts.

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For more information visit [venture.org.nz](http://venture.org.nz)



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\*For legal reasons, we, here at Idyllic, are not actually criminals, though Shay does have quite a few outstanding parking tickets....

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TARANAKI  
Te Puna Umanga



# 5 WAYS TO IMPROVE YOUR FINANCIAL SITUATION

Words by Min McKay - YouChange Financial Coaching & Planning

Wondering how you can you make improvements to your financial situation, without cutting off the things that are important to you?

No matter what stage of life you're in, it's always a good idea to assess your finances. Here are some tips to help you make lasting improvements and enhance your financial situation.

## 1. BE REALLY CLEAR ON WHAT YOU ARE WANTING TO ACHIEVE

First off, you need to know what you're working towards. This will help shape your budget correctly and keep you focused when you're not feeling motivated. If you're in a relationship, it's important that you're both on the same page with this.

Whether it's a house deposit, new car or family holiday, once you're clear, you can then set out your priorities – this will help you make better decisions that align with your goals.

## 2. HAVE A ZERO-BASED BUDGET - AND STICK TO IT!

A zero-based budget means allocating every. single. dollar.

Every dollar you earn should be given a job. This gives you clarity on where your money is going and means your money is working hard for you. To do this, you need to consider all possible costs that might come up over a year and allocate your money accordingly.

Having a good budget in place will make you feel free and means you can spend without guilt. If a budget makes you feel restricted, then you're not doing it right.

Your budget won't work if you only use it some of the time, you need to be 100% committed. As time goes on, make adjustments to ensure that your budget is fit for purpose – our finances can be changing, and your budget needs to change with you.

## 3. HAVE MONEY SET ASIDE FOR A RAINY DAY

This is so important, especially if you're in the early stages of improving your finances. The last thing you need is for something to go wrong and not have money set aside.

Ideally, your rainy-day fund should have 3+ months of expenses saved, but when starting out, prioritise having at least \$1,000 in this fund. This means if something does happen, you're not going to need to look towards credit cards or borrowing money to deal with the emergency.

## 4. AVOID CONSUMER DEBT ALL TOGETHER - AND IF YOU DO HAVE DEBT, MAKE IT A PRIORITY TO GET RID OF IT!

AfterPay, credit cards, overdrafts, hire purchases, personal loans – avoid it all!

Having debt puts strain on your finances. It means each time you are paid, you need to be putting money towards something you have already purchased, instead of putting it towards the financial goal you're working towards.

If you have any debt, even small amounts – get rid of it. Behind having some money in your rainy-day fund, clearing your debt should be your next priority.

Don't steal from your future to enjoy today, take ownership of your financial position – if you don't have the money in your account for the purchase, then you shouldn't be buying it.

## 5. EAT AT HOME MORE AND MEAL PLAN

I know! This is the inglorious advice we quickly avoid, but seriously! I see time and time again this being the biggest expense for people, and most of my clients are shocked when

they see the actual amount they are spending on eating out and takeaways.

Make a meal plan for the week that includes all the meals you'll eat and then shop to it. Don't forget to plan your lunches, this is the most common meal that people buy!

You can then make a choice ahead of time when you'll buy meals – as well as saving you lots of money, this will make eating out far more enjoyable because you've made an intentional decision to do so.

Committing to this is the simplest most sure-fire way to save money. It will save you from buying more than you need and stop you stepping foot back in the supermarket in between shops and spending more than you intended. Remember if you're throwing food away, you're throwing away money. Meal planning reduces waste and your overall food expenses.

Other great benefits of meal planning are it saves you time and mental bandwidth having to think about your meals, and because you know what you are cooking there is less chance of getting takeaways or eating out. A little effort goes a long way here, the more effort you make – the more you will save.

Free meal planning templates are available on the YouChange website if you need some help starting.

Remember money is not just to help meet our needs but to enrich our lives. It doesn't need to be an oppressive hand that controls us, if we are intentional about spending on the things that give us the most value, we can stop being controlled by our money and start using it as a tool to create the lives we want for ourselves.

YouChange offers many resources to help set you on your journey towards positive money – check out our website for details.

[www.youchange.co.nz](http://www.youchange.co.nz)



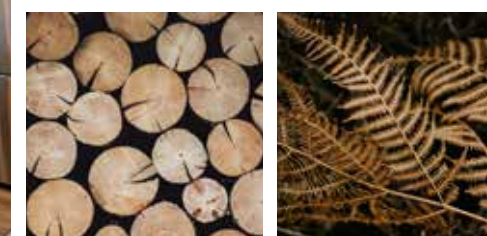
“ **USING DEBT TO FUND  
YOUR LIFESTYLE,  
MEANS STEALING  
FROM YOUR FUTURE  
TO ENJOY TODAY.** ”

Min McKay - YouChange Financial Coaching & Planning



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# FOLLOW THE PULSE OF CREATIVITY RUNNING THROUGH TARANAKI

The Coastal Arts Trail is New Zealand’s newest and largest arts tourism experience, featuring over 60 stops across the lower west coast of the North Island, including more than 30 stops along the Taranaki coastline.

The trail is an easy, self-driving, art-lovers’ journey through the Taranaki, Whanganui, and Manawātū regions, taking visitors through an eclectic mix of public art, street art, galleries, and museums. From well-known institutions to hidden gems, away from the beaten track, travellers can expect a full range of art experiences throughout the three regions. And, if they’re lucky enough to get a booking for the world’s first gallery camper, they can also do it in style.

The Coastal Arts Trail brings together three regions that share a depth of artistic and cultural assets. A unique partnership between Venture Taranaki, Whanganui & Partners, and the Central Economic Development Agency (CEDA) (Manawātū), the project recognises the importance of kotahitanga, working together towards common goals.

The creative industry is a shared strategic focus for all three regions, and this is their most significant collaboration to date, to ensure a united approach. After extensive planning, the vision for the trail was realised with the help of government funding for the recovery of tourism communities impacted by COVID-19.

Venture Taranaki embarked on the collaboration with an ambition to build awareness around the arts and cultural offerings in Taranaki, and to increase visitation to the region as well as visitor expenditure, particularly in the arts sector.

“Our involvement in this collaboration with Whanganui and Manawātū on the Coastal Arts Trail will contribute towards strengthening the creative reputation of our regions, to provide visitor sector resilience and encourage further



Choosing local Taranaki art for installation inside ‘Vallery’ at Gover St Gallery

regional visitation,” says Venture Taranaki General Manager of People & Place, Vicki Fairley.

To set the Coastal Arts Trail apart, an ambitious gallery camper concept was put together in conjunction with Quirky Campers NZ. Launching at the end of July, ‘Vallery’ is a world-first art gallery campervan, offering a completely immersive art experience: travellers can sleep under art, dine with art, and recline on art, all integrated in a comfortable and practical way. Boasting over 50 works by 26 different artists, ‘Vallery’ represents just a taste of the sheer volume of art to be explored and experienced on the Coastal Arts Trail.

Nine Taranaki artists have works on exhibit inside Vallery, including a large-scale ceiling commission from Taranaki artist Gabrielle Belz, featuring a glowing night sky. Belz’s work also includes a striking black and white arch depicting some of the region’s iconic native trees and birds. Keen eyes may recognise local beachscapes in Diane Stoppard’s pinhole photography, reproduced on the camper’s bedding.

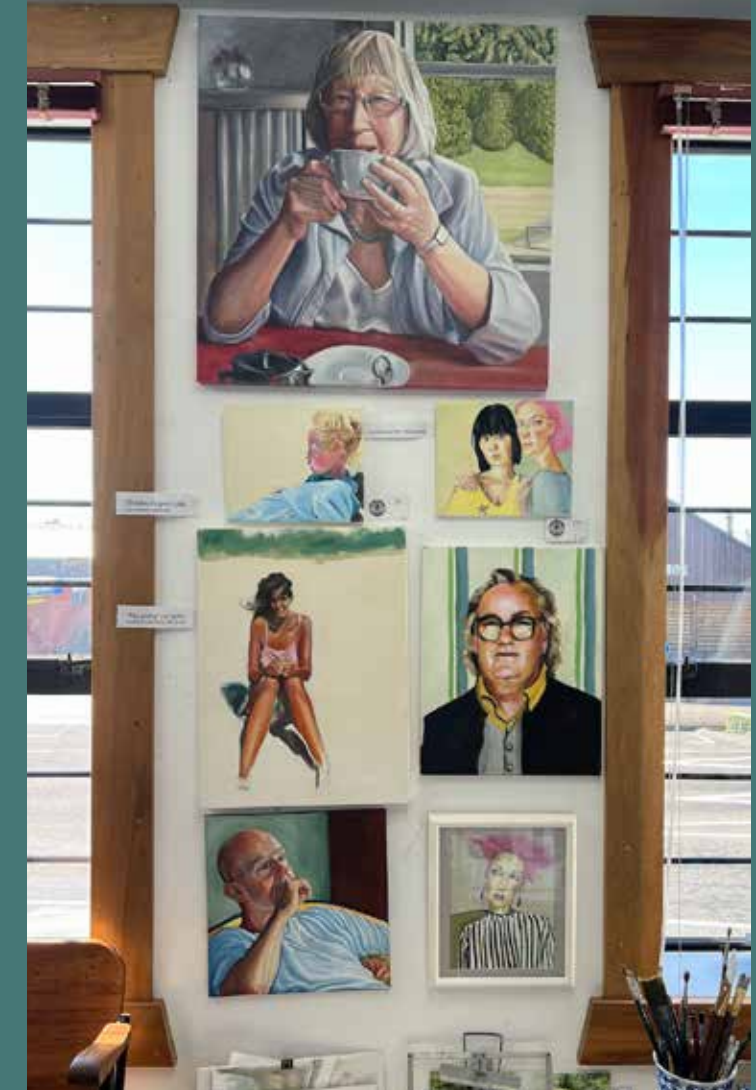
Vicki Fairley says the artistic collaboration is a testament to the region’s artists and makers. “We’re delighted to play host to the Coastal Arts Trail, and everyone exploring it. ‘Vallery’ allows us to showcase just some of the talent present in Taranaki, and we’re looking forward to welcoming visitors in region to see the rest.”



Roadside sign by ‘from out of the blue studio’ in Ōpunake



Curator Aimée Ralfini engages in a workshop with local artist Sally Laing



Local artwork on display at Fenton St Arts Collective



Gallery Patea, part of the Coastal Arts Trail, showcases amazing local art

Find out more by visiting our website [coastalartstrail.nz](http://coastalartstrail.nz)







# At home with **STEPHANIE MURRAY**

Photography by Sandra Henderson

**Stephanie Murray, a local fashion icon and director of Stephanie Murray Mortgages, assists first-time home buyers, commercial property investors, and home builders in locating the best mortgage for their needs. Stephanie showed us around her New Plymouth home, built by Location Homes and furnished by Plantation Design Store.**

## **TELL US A LITTLE BIT ABOUT YOURSELF?**

I have always had a passion for property and have been involved in the property market since I was 17 years old in my first bank role. Although it was probably actually prior to that via my parents and family.

In my banking roles, I learned how to help others achieve their financial and personal goals through property ownership. Wind the clock forward a lot of years and experiences later, and now SMM is a team of Mortgage Advisors nationwide that love to assist in property transactions every day.

## **WHAT DOES A TYPICAL DAY IN THE LIFE OF STEPHANIE LOOK LIKE?**

No day is ever the same in Steph's world! It often takes me a minute or two to figure out where I am when I wake up. My typical day always starts with scanning media to see what is relevant in the financial world, followed by some exercise before my emails and phone goes crazy. I travel at least half of my life for clients, team SMM, sponsorship, networking, planning our charity events, board representation... the list goes on. Nothing is ever typical! Usually 12 hours later, I wind down with a quiet vino, a bit of yoga practice or a walk somewhere scenic.







**HOW WOULD YOU DESCRIBE THE STYLE OF YOUR HOME?**

I would describe it as minimal opulence. I love quality and a touch of luxury. I also would say it is vintage and new as I have many of my late family pieces that I treasure incorporated into the house style.

**WHICH ROOM IN YOUR HOME IS YOUR FAVOURITE, AND WHY?**

It would have to be my wardrobe/dressing room – enough said.

**WHAT MADE YOU DECIDE TO BUY BRAND NEW INSTEAD OF DOING UP AN EXISTING HOUSE?**

Building a brand-new house means you can have exactly what you want. I have done this a number of times now and enjoy the process. I was able to incorporate my dressing room into where a bedroom would normally be and have room for everything important to me, even the little things like wine storage. I find a new home so warm and inviting and a canvas for new memories. Also, it is very important to me to have a low-maintenance house that is “lock and leave”.

**WHAT IS YOUR FAVOURITE FEATURE IN YOUR HOME?**

The clean modern lines and the attention to small details make it so special. I particularly love the lighting. The home is beautiful to come home to at night, inside and out.

**IF YOU WERE TO REDESIGN YOUR HOME AGAIN, IS THERE ANYTHING YOU WOULD CHANGE?**

Probably just more wine storage! But I probably just need to buy less wine - another passion.

**HOW WAS IT WORKING WITH AN INTERIOR DESIGNER?**

I would say for a time poor person like myself, it is the only way to go. I know what I like, and working with a fabulous designer that understands you as a person means they will come to you with options that you didn't even know that you loved until they presented them to you. An eye for interiors and style is a gift – and it's a must to use a professional. It is time efficient and extremely cost-effective as they know how to hunt a bargain.

**IS THIS GOING TO BE YOUR FOREVER HOME?**

No, but it's a fabulous space. I love how it has come together to be a reflection of me as a person. I love the time I spend in this home and have intentions of being here a long time yet.

@stephanie\_murrar\_smm\_







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*Sandi and Greg Parker*

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# LET'S CREATE A HOME

Before you can get to the finish line, you must first figure out where you're heading. This is something to bear in mind when styling your home, whether for your own enjoyment and happiness or for the purpose of selling.

Although we don't believe you can go wrong if you buy what you love, there is an age-old saying, "don't go to the supermarket hungry, this can often lead to poor choices." The same may be said about purchasing furniture and home décor. When you buy something you love, it nearly always fits your style, but trusting in a stylist can help make sure it all goes together, creating a flow throughout your home.

When you work with us, we make a point of noting your colours and style and having a solid knowledge of the mood you want to create. Every room in the house has a function that can help you live a better life.

We work to enhance what's already there and sometimes design to soothe any slightly dated aspects when styling. If you're looking to elevate your home or prepare it for sale to attract the best price possible, contact Mette for a consultation.

As featured, this house we styled is built by Profound Builders. We kept the styling modern and contemporary to reflect the newly built property.



@homelovemettek  
www.homelovemettek.co.nz  
1 Clemow Road, Fitzroy





# Top tips for selling your home in winter

There are numerous advantages to selling your property in winter because there are fewer homes on the market, increasing competition. When planning your open home, keep these industry tips in mind:

- Open your curtains and make sure all of your lights are turned on to ensure that your home has plenty of light.
- Make your home warm and inviting by lighting a fire or turning your heater on.
- Know the facts about your home's insulation, ventilation and heating.
- External maintenance can seem a real chore in winter - make sure the outside is clean, lawns and gardens are tidy.

Nobody knows our region's real estate scene better than we do, with eight offices spread around the mountain. If you're thinking about selling, call our professional team for a free home appraisal.

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Robbie Keck and Phil Smiley from Frankley Farm Collective

# CHANGE STARTS IN YOUR BACKYARD

Words by Brittany Ryan - Sustainable Backyards Trail Manager

**More people are turning to their backyards for food and healing, especially after the last couple of years. Saving on groceries, making fewer trips to the store, and spending quality time at home with whānau are welcome shifts. Rising petrol prices continue to drive the cost of food upwards, so to find solace in the backyard, here are some tips to harmonise with Papatūānuku.**

**Use your cardboard** - Composting requires 70% carbon (browns) like cardboard, paper, hay, and leaves. The other 30% is nitrogen (greens) like food scraps, coffee grounds, and grass clippings. When composting is done in the correct ratios, it smells sweet, like brownies.

**Catch the rain** - Use a barrel, bin, or even an old hot water cylinder attached to a downpipe and gutter. Fix a tap to the bottom and reap the benefits of fresh rain brimming with beneficial nitrates.

**Lasagne layer using materials from the house** - This is a low-maintenance style of composting where cardboard is layered with grass clippings... like baking a lasagne. Topped with hay and a handful of potting mix, seedlings can be directly planted into the layers.

**Involve the whole family** - Propagating seeds is a great way to engage tamariki, and recent statistics indicate that people learn best through intergenerational knowledge. Behavioural Change Project Manager Alexandra Vernal

says: “In the garden, many people use the learnings they received from their parents and grandparents, and then share them with their children and grandchildren. This is a valuable source of information that gets passed to each generation and is a strong motivator for people to get out and work in the garden.”

**Join a community garden** - Flecks of inspiration found in the hearts of community garden groups and the volunteers who uphold others are creating a patchwork of healing, much of which can be achieved by growing together.

Seek out a nearby grower who is nailing it and patronise produce stalls like Crazy Pumpkin or the Sunday Farmers Market, avenues to buy fresh, high-quality food. Sourcing locally is better for human health and the environment, and supporting growers like Frankley Farm Collective, HARTYGRNZ, Peihana Farm, and Goldbush Micro Farm builds food resilience. A food resilient region can mean supply chains are efficient and diverse, land use is optimised, and consumers choose seasonal local produce.

To top it off, there is no better way to build community resilience and connection than to come together and celebrate. Excitingly, trading loops, local markets, harvest festivals, community-supported agriculture boxes (CSA), and backyards trails are being rediscovered.

As a platform to strengthen our region’s ability to react and adapt to change as well as share local know-how, the Taranaki Sustainable Backyards Trail creates exciting opportunities for some of the most inspiring backyards and community gardens in the province to open their gates and share their successes with the public each spring. The Trail supports food resilience through networking as visitors are encouraged to engage with garden hosts and gather ideas to get started in their backyards. This kind of sharing is instrumental in the transition that society needs to curtail climate change, live healthier lives, and deepen our relationships.



Blue Petal Botanicals orchard and herb garden



Tobias Underwood and Green School NZ students planting sunflower seedlings in their green house (for Ukraine memorial).

Ko te āhua o te taiao tētahi wakarereka ka waihotia ake tātou ki nga reanga whakeheke. Knowledge of the environment is a waka that we wish to leave to the generations to come.



Brittany Ryan holding a hygiene tray at her home garden and potting up station.

The 7th Annual Trail will take place between Friday 28th October and Sunday 6th November, featuring 30 sustainable backyards all around the region accompanied by over 80 talks and events. The Backyards Trail partners with the Taranaki Garden Festival and the Arts Trail, and is supported by Venture Taranaki and 22 local businesses. With resounding local support, the audience grows each year and inspires over 25,000 visitors to make environmentally-focused changes.

Increasing awareness around sustainable living propels people to make everyday lifestyle changes that enhance well-being and our taiao, natural world. Whether it’s composting, lasagne bed layering, or a water collection system, visitors will find something that makes them say, “I’d love to try that at my place!” The Trail harnesses connections, a positive network, and a transition to living more in harmony with our environment, so pick up our first-ever booklet, choose an event from the multitude on offer, and haere tahi ki tō hoa (come with your friend).



# BESPOKE JEWELLER JAKOB KELLY

Photography by Jack Anderson

Taranaki born and bred and father of two, Jakob Kelly graduated from New Plymouth Boys' High School and began an apprenticeship at Dalgleish Diamond Jewellers under the guidance and knowledge of Bill Roy. After spending nine years in the jewellery industry, he is now a qualified manufacturing jeweller. By day, he works in the oil and gas industry in New Plymouth, and by night, you can find him crafting jewellery at his bench with the aim to be a full-time jeweller in the near future. We caught up with Jakob to hear more about his craft.



## WHEN DID YOUR PASSION FOR MAKING JEWELLERY START?

My passion for jewellery came from a love of creating and tinkering as a child. I grew up observing and shadowing both my Dad and Poppa in their respective workshops. I have always been and still am extremely interested in how things work and the process of how they are made. The first week in my apprenticeship confirmed this is what I wanted to continue to pursue, as it was a combination of many of my interests and strengths.

## WHAT INSPIRES YOUR PIECES?

For the most part, I am a minimalist and this follows through in my jewellery work. Less is more! I appreciate clean lines and a well-balanced design. As the majority of the pieces I make are commissioned, I work alongside customers to help them achieve their dream. Furthermore, I assist in bringing people's ideas to life. I am drawn to coloured stones as there is such a variety that the common person is unaware of, many different colours, cuts, and characteristics... not all sapphires have to be blue. I want to make these different coloured stones more accessible and known as they can significantly impact your total spending when it comes to big ticket items such as anniversary gifts or engagement jewellery.





**TELL US A BIT ABOUT THE TYPES OF JEWELLERY YOU CREATE?**

I specialise in bespoke engagement and wedding jewellery, but I am open to all enquiries regarding custom pieces. I can make anything from pendants, rings, earrings, and bangles and source various chains suitable for bracelets and necklaces.

“ I would like to see an increase in bespoke male worn jewellery, particularly bringing back the pinky ring housing either a coloured stone or traditional monogram. Throwing it back to the 1800’s but keeping it fresh with bright cut engraving. Simple but pleasing. ”



**ARE THERE ANY PARTICULAR PROJECTS YOU’RE WORKING ON OR EXCITED ABOUT?**

Yes! I have recently been in communication with local athlete and Olympic Swimmer Zac Reid, who has organised with Swimming New Zealand to create Olympic rings for our swimming team who attended the Tokyo Olympics. This is an exciting opportunity for me to get my name out there on a national level and through the New Zealand athlete community. These are underway currently and will be available for viewing shortly.

The rest will have to remain confidential until the day of/ after the proposal. I recently have had some very large diamonds come across my bench, so I am excited to share these when the day comes!

**WHAT ARE SOME TIPS YOU WOULD GIVE PEOPLE LOOKING TO PURCHASE A PIECE OF JEWELLERY**

1. Shop around! Find what you like and lock it in!
2. Like everything, it helps when we start with examples/ ideas. The more refined the better but I can help do this
3. Knowing your budget will always make the process go more quickly. Most designs can be made to fit under a specified budget, and if they can’t, I’ll suggest the next best option. If you want to buy diamonds, do some research first. We can adjust a lot of different combinations of attributes to affect the ultimate price. In our first discussion, I normally offer a modest amount of information about what I recommend.

**WHAT CAN WE EXPECT TO SEE FROM YOU IN 2022?**

Going forward, hopefully a lot more engagement rings. You can also expect an affordable modern range of coloured stone engagement rings. Once my website is launched, these will be available for viewing and purchase.

**HOW CAN WE SUPPORT YOU AND YOUR WORK? HOW CAN PEOPLE GET IN TOUCH?**

You can support me with any jewellery enquiry, and I will try my best to help you with your end goals! I will occasionally take on the repair job if I have time between makes.

[jakobkellyjewellery@gmail.com](mailto:jakobkellyjewellery@gmail.com)  
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 0278178962



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**TRENDING FOR WINTER 2022 PANTONE FASHION COLOURS**



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01. Ben Sherman Colour Block Tricot Zip Through \$179.95 from Guize | 02. Nixon Sentry Leather Rose Gold Gunmetal Brown Watch \$289.90 from Backdoor | 03. Sandalwood Sunglasses In Tortoise \$19.99 from Hallenstein Brothers | 04. Hixon Chelsea Boot \$269.99 from Barkers | 05. Volcom Frickin Skate Chino Pant \$79.99 from North Beach

01. Armani Stronger With You EDT \$98 from Farmers | 02. Rhythm Cord Trucker Jacket Camel \$159.99 from Crystal Cylinder | 03. Thrills What A Bummer Merch Fit Tee \$59.99 from North Beach | 04. Stance Unique New York Socks \$37.99 from Playpus | 05. Former War Pooodle Cap \$49.99 from Amazon



# BEARD CARE FOR THE MODERN MAN

Words & Photography by Shaun Coffey

Ever wondered how some guys grow those solid beards you covet? Well, the secret is to use great beard care products! Here's our top tips to growing and maintaining your beard.

## USE A GOOD BEARD OIL OR BEARD BALM

Using a good-quality beard oil or balm really helps the growth and quality of your beard by stimulating the hair follicle above and beneath the skin. Not only that, but it also hydrates the hair and skin, which in turn eliminates the dreaded beard itch. And a plus for partners too, their woolly mammoth can now have beard hair that feels great and smells amazing too!

## FIND A PRODUCT THAT'S EASY TO USE

Here at Fjord Beards Co, we get a lot of feedback from guys enjoying the mess-free spray applicator with our beard oil, which is a definite plus, as eyedroppers can get messy, and no one wants to stain their fresh threads.

1. Applying our beard oil is simple - spray a generous amount into the palm of your hand, then massage the oil through your beard right to the skin - works a treat! You want to use just enough so that it soaks into your skin and beard hair - don't over oil! As your beard journey grows slowly adjust the amount of oil you use.

2. Applying our beard balm is also easy - simply scrape a small amount of balm out of the tin (equivalent to around

half a thumbnail) and rub between your palms until melted, then massage through your beard right to the skin, until it is all absorbed.

## INVEST IN A BEARD WASH

Investing in a quality beard wash is also a must if you want to keep your beard looking, and smelling fresh. There are lots out there, and it can come down to personal preference regarding scented or non-scented, but you should search out a wash that doesn't strip the beard hair of its natural oils. Otherwise, you may find yourself looking for a beard conditioner as well.

## SIMPLE AS!

Having the beard of your dreams really is that simple... use a good-quality beard wash in the shower, then apply a good-quality beard oil or a beard balm. Which one you choose comes down to personal preference, some guys prefer the feel of a balm over or an oil, but both will bring you that great feeling, great smelling beard you crave.



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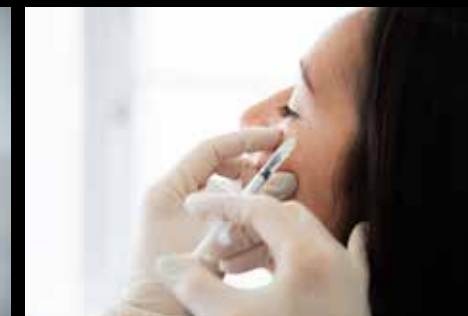
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# Q&A With JAZ

@jazleeandco

Jaz Garner is a hair and make-up artist for TV3 working on shows the News, AM and The Project.

## WHAT DOES A TYPICAL DAY IN THE LIFE OF A MAKE-UP ARTIST LOOK LIKE FOR YOU?

Sometimes it's a 3am alarm, others it's starting at 2pm and working through till 11pm. Each day can be completely different, ranging from working 5 to 18 hour days. It is a lot of packing and unpacking my kit, sanitising products and washing brushes (probably the worst part of the job, haha).



## WHO WAS YOUR FAVOURITE CELEBRITY MAKE-UP JOB?

I have had the privilege of working with so many amazing people that it's hard to pick a favourite, but one that sticks out for me would be Helen Clark. She was so kind and really down-to-earth.

## TELL US A BIT ABOUT WHAT MAKE-UP WORK YOU DO?

I dip my toes in a few pools within the industry. My work ranges from weddings, magazine photoshoots, and lookbook shoots to commercials and TV. Each one requires different skills. For example, the make-up you do for a wedding is completely different to what you do for TV. It's being able to adjust and adapt.

## WHEN DID YOU KNOW YOU WANTED A CAREER IN MAKE-UP?

Growing up I actually never even knew that make-up could be a career. I was always interested in make-up and was that friend who would do everyone's, but it wasn't until I moved to Auckland from New Plymouth and realised there were courses I could do. So I started one of those part-time while working full-time, not knowing really what I wanted to do with it, and by the end of the course my path was clear.

## TELL US ABOUT YOUR JOURNEY TO WHERE YOU ARE NOW IN YOUR WORK?

I started off in retail working on the MAC counter at Auckland airport and this is something I recommend all new/aspiring artists do, it's a great way to learn about products, work on different skin tones, colours and textures and the fastest way to build your kit. I freelanced for a few years while also managing a dance studio. After that, I went into teaching at a make-up school for another few years, which I absolutely loved. It was awesome to pass on my knowledge and help new artists find their place in this industry. While teaching, I started working at TV3 doing make-up for the the News, AM and The Project. Currently, I am there full-time as a contractor doing a rotation of morning shifts, evenings and weekends.

## WHAT IS THE BEST AND WORST PART ABOUT DOING MAKE-UP FOR TV?

The best part is working with other amazing artists and glamming the presenters, so they feel their best! We really are like a family there. I wouldn't say the worst part, but some of the challenges are getting up at 3am for the AM show shift and the time crunch to get them ready. Everything moves at a fast pace there, so you have 45 mins-1 hour for full hair and make-up, which sometimes includes a blow dry from wet hair.

## WHAT ARE YOUR GO-TO MAKE-UP PRODUCTS TO GET THAT FLAWLESS TV FINISH?

The flawless finish is ideally a matte finish as there are so many heavy lights in the studio the presenters can look shiny very easily. The main product we use on everyone is the Studio Fix Powder, it really mattifies the skin and adds a little coverage if they need it.

## HOW WOULD YOU DESCRIBE THE STYLE OF MAKE-UP YOU DO FOR THE PRESENTERS?

We tend to do a lot of smokey eyes, still with dimension and adding lighter shades to the inner corner and lid area. The skin is reasonably heavy as everything gets blown out and looks a lot lighter under the studio lights.

## DO THE MEN WEAR ANY MAKE-UP, IF SO WHAT PRODUCTS?

The men definitely wear make-up, and there are a couple of reasons for that. 1. Men tend to be on the oily skin side, so they need to combat the shine, 2. the texture of the skin looks off sitting next to someone with a full face of make-up and 3. under all of the studio lights, they would look sick and washed out with nothing on. Most of them wear a primer, foundation, concealer and powder.



On set at the AM



Hair and make-up for Heather Keats

## TELL US YOUR TOP 5 MUST HAVE MAKE-UP PRODUCTS



**FIX + SPRAY BY MAC**  
I love using this under make-up more than on top (it acts as a primer).



**PAINTPOTS BY MAC**  
They are a coloured eye base that you can also use as an eyeshadow.



**CONTOUR STICKS BY MECCA MAX**  
These are cream contours that are super affordable and just melt into the skin.



**TRUE MATCH FOUNDATION BY L'OREAL**  
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**'STRIPDOWN' AND 'OAK' LIP LINERS BY MAC**  
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**Hot flushes, weight gain, mood changes, skin issues, infertility, hands-up if you dread your hormones.**

These are just a few of the hormone related concerns seen in Steph's Nutrition Clinic. Steph is a Registered Clinical Nutritionist and believes there is a massive gap of understanding around our hormones as women and what we can do to help find harmony with them.

As women, we go through many stages with our hormones in our lifetime. My goal is to get women empowered and excited about their individual cycles and to not fear fertility, their

hormones and the different stages. Our unique cycles are a barometer of our health and wellness, many of the symptoms experienced during our cycles is an indication of an imbalance. When we learn to understand them rather than dread and fear them, we gain insight into our greater health and wellness.

Treatments are individualised utilising lifestyle, dietary, mental and emotional factors and are suitable for teens upwards.



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# ENCAPSULATE YOUR STYLE

As climate change and sustainability become more prominent topics of debate, one of the most often recognised contributing factors is fast fashion's role as the world's second greatest polluter.

With that, we hear more and more about how people are turning to capsule wardrobes, a design trend to become more sustainable while simplifying our clothing selections and saving money simultaneously.

Building a capsule wardrobe allows you to present yourself with a carefully selected collection of clothing you appreciate. Here's everything you need to know about capsule wardrobes, including their benefits and how to build one.

## WHAT IS A CAPSULE WARDROBE?

A capsule wardrobe consists of a small number of interchangeable clothing pieces that work well together. These are typically timeless pieces that are mostly made up of neutral colours. A capsule wardrobe allows you to put together a range of ensembles with a limited number of around 30-35 items.

## WHY BUILD ONE?

There are four key reasons why you should build a capsule wardrobe. These are:

**TIME** - Having a well-curated outfit also saves time! You know what you need to acquire since you know your style and what works for you.

**SUSTAINABILITY** - You wear every single article of clothing you own because you don't have many, therefore nothing goes to waste. People who opt for a capsule wardrobe frequently invest in long-lasting pieces and avoid fast fashion, an incredibly wasteful industry. For example,

the fast fashion industry produces about 53 million tonnes of fibre every year, of which 70% is wasted.

**SAVE MONEY** - Because your clothing pieces are interchangeable and adaptable, you won't need to go shopping as often with a capsule wardrobe. This means you wear them several times and don't buy items you won't wear on a frequent basis.

**KEEP IT SIMPLE** - Choosing an outfit in the morning before work just became a lot less stressful! As there are fewer garments, there is also less decision-making to be done, along with maintenance and repair. You'll also be more inclined to choose clothing that is easy to care for and it will be easier to pack when you travel or move.

## HOW TO BUILD A CAPSULE WARDROBE

Maire Kondo your current wardrobe. Start by auditing your closet, declutter everything that you do not love, that does not fit properly, you haven't worn in a long time, that isn't in your colour pallet or that isn't your style. Do it sustainably by selling and donating them so the clothing does not end up in a landfill.

Customise your wardrobe by season. Having most of your clothes in neutral colours will make them all interchangeable and easy to mix and match! You can then add a few accent colours that you love and that suit your skin tone.

Start with what you already own and don't declutter everything and start from scratch. Doing so wouldn't be sustainable at all, and it would be expensive.

Neutral-coloured t-shirts, a pair of black pants, one or two pairs of jeans, a white linen shirt, a black dress that can be dressed up or down, 2-3 jackets or blazers, shoes, and accessories are all good basic wardrobe pieces to have.

Investing in high-quality pieces, preferably second-hand or from sustainable labels is suggested, as you'll be wearing them more frequently and they'll need to last longer.

One or two patterned clothing pieces could be added if desired. However, be sure that these patterns are timeless and will not go out of style in a few months. Stripes are a great example.

There you go! Now you should be ready and on your way to start your capsule wardrobe.



# WINTER CAPSULE WARDROBE



Images sourced from Nordstrom



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PANTONE 13-2005  
Strawberry Cream



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01. Lenn Mama Sac \$35 From Lenn Boyz | 02. Blunt Metro Green Umbrella \$19 from Home Love & Mettek | 03. Tanak Pant \$219 from Temp Concept Store | 04. Brixton Wesley Fedora \$99.99 from Backdoor | 05. Thing Thing Liberty Skirt \$139 from Blackbird Society

01. Dear Dylan Ribbed Boxer Shorts Rosewater \$79.95 from Crystal Cylinder | 02. Scotch & Soda Fuzzy Boxy Cardigan \$400 from Et Vous | 03. Moss Copenhagen Moss Alisa L/S Dress \$280 from Carwood Boutique | 04. Gelato Enzo Sneaker \$239.90 Footloose Shoes | 05. Trellise Cooper Triple Sec Jumper Pink \$169 from Guize



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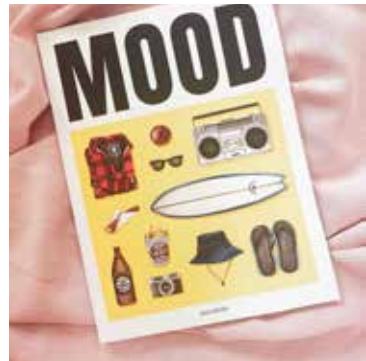
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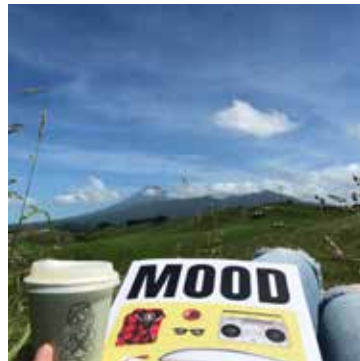
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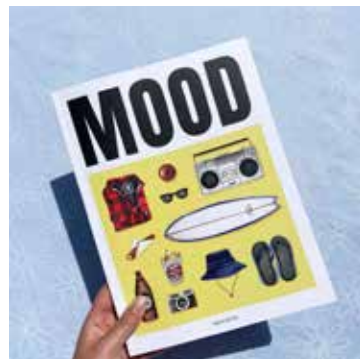
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# MOOD

## ISSUE NINE

### OUT DEC 2022

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- 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!



