

MOOD





EAT, SLEEP, RAVE & REPEAT

Issue 9 is all about welcoming back and celebrating the summer season. Jam-packed with all of our favourite legendary events including TSB Festival of Lights and WOMAD, promising to be bigger and better than ever before. Along with a range of great local artists performing a variety of small concerts throughout our bustling region this summer is one to get ready for.

One of our goals since starting MOOD has been to showcase local nonprofit organisations, share their stories and raise awareness. This issue features Horses Helping Humans where you can read their uplifting story on page 28. Amongst the pages discover places to visit, gin to drink and stories including walking through the eclectic home of Katey Kat to topical conversations of trialing the 4-day work week.

We have recently added a digital marketing service with promotional bundles; for more information, contact our social media coordinator Abbey at digital@itsamood.co.nz.

Be sure to get in touch if you want to be a part of issue 10 next year as big things are in the works! #itsamoodnz

Annaloe, Laura & Greer x x x



CONTRIBUTORS



SANDRA HENDERSON
Photographer



ANNABELLE ROSE
Designer



ROBERT DRAKE
Writer



MICHELLE ROBINSON
Writer



KATIE PETTIGREW
Writer



EMMA BOYD
Recipe Creator



ABBEY CHRISTENSEN
Social Media Coordinator



RYAN POLEI
Photographer



JUSTINE SHERA
Contributor

MOOD HQ

Email: hello@itsamood.co.nz
Website: www.itsamood.co.nz
Facebook: [@itsamoodmag](https://www.facebook.com/itsamoodmag)
Instagram: [@itsamood_mag](https://www.instagram.com/itsamood_mag)
Produced by Mood Mag

WHAT ARE YOU IN THE MOOD FOR...



ON THE COVER

Celebrating 20 years of WOMAD by TAFT
www.womad.co.nz
@womadnz

10 WOMAD - TWENTY

16 Q&A WITH SOJØURN

20 YOUR LOCAL GIG GUIDE

22 10 THINGS TO DO AROUND THE MAUNGA THIS SUMMER

24 LOCAL SPORT STAR PROFILES

26 BINGE WORTHY PODCASTS FOR YOUR SUMMER ROADIE



28 HORSES HELPING HUMANS

32 STAWBERRY GIN SLUSHIE

36 BAKED SALMON WITH BALSAMIC GLAZE AND FRESH SUMMER SALAD

40 SIPPIN' ON GIN AND JUICE WITH GOODNESS GRACIOUS



42 EMERGING PRODUCTS

46 8 WAYS TO SHAMELESSLY PROMOTE YOUR BUSINESS

50 THE LATEST WORKPLACE TREND IS HERE - THE 4-DAY WORK WEEK

54 WHAT TO ASK WHEN BUYING A COMMERCIAL PROPERTY



56 AT HOME WITH KATEY

64 CREATE CALM BY SIMPLIFYING YOUR HOME

70 SUMMER AT HOME



80 Q&A FOR OCEAN LOVERS FROM OCEAN LOVERS

82 STRIPES AND THINGS

84 IF YOU'RE GOING TO WEAR SOMETHING EVERY DAY, MAKE IT A DIAMOND



86 TOASTY NIGHTS

88 DESIGNER SPOTLIGHT - MKY.

94 #ITSAMOONZ



..RESIDENT GALLERY
[..SATURDAYS 9 - 3]



@proofandstockcoffee • Artist Flask Series • #6 Coming December 2022



Amanda Keat • Hori • Em Wafer • Milarky • Anna Gibson

WOMAD

TWENTY

Words by Alexandra Bishop

The return of WOMAD is well overdue, so it's time to pull out all the stops for a festival like no other in 2023

We're rediscovering the world this March at WOMAD NZ 2023. After a pretty long hiatus due to COVID-19, there's no better feeling than announcing an out-of-this-world lineup to get people of all ages ready to party for three epic days and nights- we've got plenty of catching up to do! WOMAD's our chance to keep the summer groove going that little bit longer - and pull artists from each corner of the globe to right here to the heart of Taranaki.

The last two years have been anything other than smooth sailing, - pulling the plug on WOMAD 2022 was no easy decision, but that led us to ensure that WOMAD 2023 is going to be our best yet.

WOMAD NZ has announced over 25 international artists, hailing from Afghanistan to Zambia, bringing everything from powerhouse folks singing to the eclectic sounds of zam-rock, hip-hop and afro-soul rolled into one.

WOMAD 2023 is a full swing 20th birthday celebration - so we're planning on bringing you one of summer's biggest festivals to the award-winning Bowl of Brooklands and Brooklands Park, 17-19 March 23.

So whether you're looking for an excuse to keep the dancing shoes on, party in the

picturesque bowl with your friends, or looking to score the coolest parent of the year award - we've got something for everyone.



ARTISTS TO CATCH AT WOMAD 23

Check out the top 5 artists I'm recommending you don't miss out on next March

AVANTDALE BOWLING CLUB

Tom's recent album 'TREES' is charged with a rawness that you can't help but have on loop.

Song: *Twenty Eight*

ADG7

Check out the NPR tiny desk concert of ADG7 on Youtube to get a feel for the sound this trio of powerhouse folk singers.

Song: *Taking You To Us/Whatever*

SAMPA THE GREAT

An eclectic mix of afro-soul, zam-rock and hip-hop, her execution is flawless and i've had 'Let Me Be Great' ft Angélique Kidjo on repeat recently.

Song: *Let Me Be Great (ft Angélique Kidjo)*

CIMAFUNK

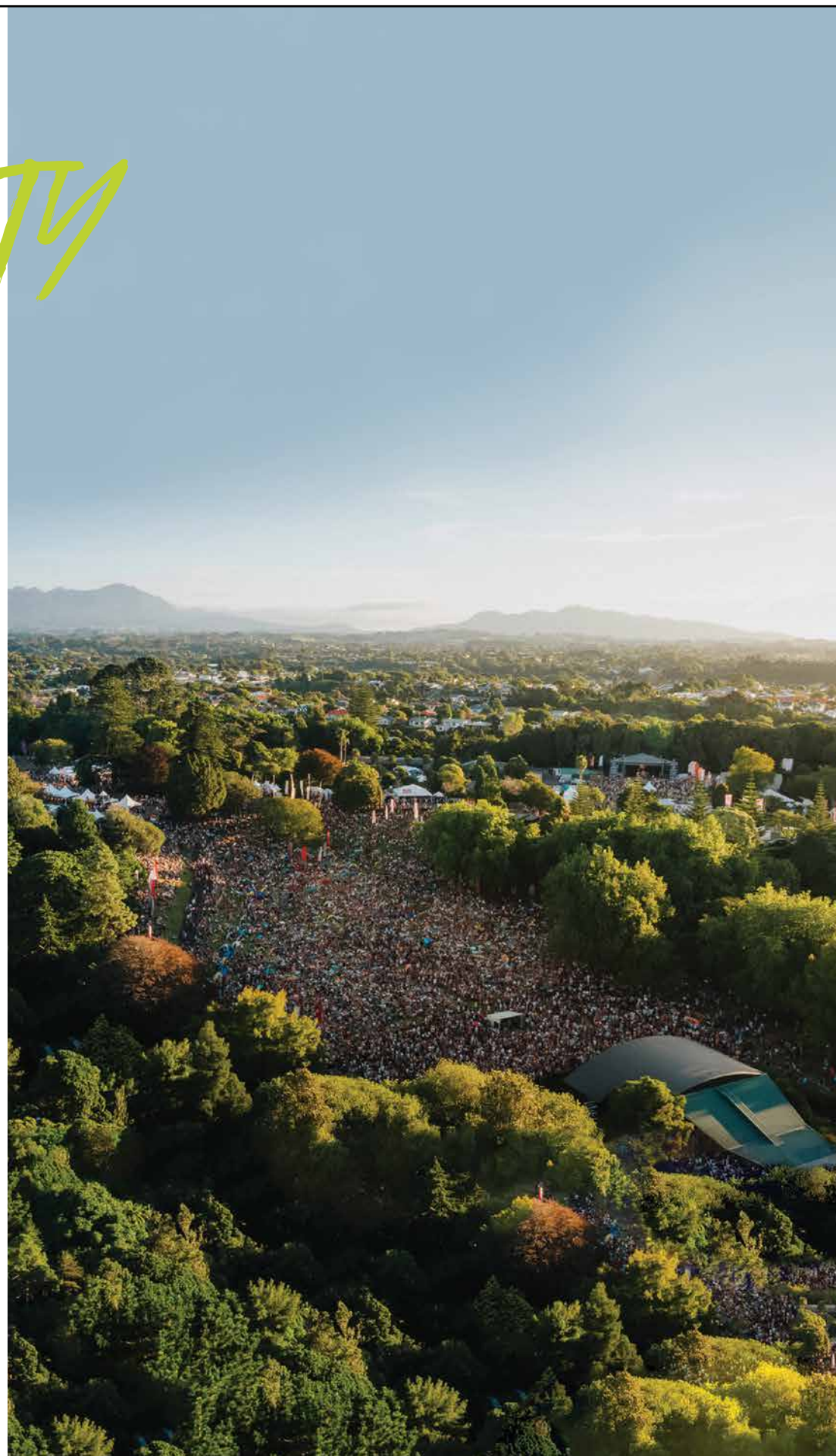
Having always had a soft spot for funk music - CimaFunk almost immediately went to the top of my list.

Song: *Rompelo (ft Lupe Fiasco)*

DEVA MAHAL

Delivering pure grit and soulful blues, it's impossible to not catch yourself out (or be caught out) singing along wildly.

Song: *Snakes*



WHATS YOUR FESTIVAL MOOD?



DANCING QUEEN

You'll be kicking off in your dancing shoes and really getting into the groove - whether it's front row down at the Bowl Stage or discovering your next favourite indie beat up at the Dell Stage.



I'LL BE THE FEATURE

If you're anything like us in the WOMAD Festival crew, you'll take your wardrobe to the next level. Don't miss out on the Friday Night Dress up evening (Theme for 2023 yet to be announced) and tag us in your favourite get-ups on social.



THE CONNOISSEUR

With over 40 vendors in Global Village, food from across the world is at your fingertips. Whether you're looking to expand your tastebuds or find the perfect morning cure for a sore head - we've got you covered.



CLEVER SAUSAGE

OMV STEAM Lab is for curious mind-swith famed meteorologists, mathematic crochet and a world of Science, Tech, Engineering, Art & Math professionals coming to the stage.



KIDZONE

Earn some serious brownie points with the little ones. Kidzone is their perfect hangout -- packed with activities, workshops and imagination. Ideal for those 12 and under.

In conversation with **SAMPA THE GREAT**

Words by Alexandra Bishop

We chatted with Zambian born, Sampa The Great everything WOMAD, featuring in the Black Panther trailer and what it means to be *Great*.

WHAT CAN WE EXPECT TO SEE FROM SAMPA THE GREAT AT WOMAD NZ 2023 AND CAN YOU GIVE US ANY SPOILERS?

WOMAD is pretty special to me, It's really funny – I'm either talking about WOMAD or there's an announcement about WOMAD and I'll be talking to Angelique Kidjo in the same day. I first met her at WOMAD and that made my experience super special, so everytime I'm reminded of the festival I'm like – 'OMG this is where I met my mentor!' So it's super special to me.

But also as a festival itself, the range of artists who come from around the world is really beautiful and its beautiful to see a festival that holds so much.

You can expect to see a lot of energy, we're bringing the sets we've brought around the world and hopin to show something different to the WOMAD crowd.

There may be a special guest, I'm not sure yet! But that special guest will be wild. So for now, expect a lot of energy, zam-rock jams and a really good time.

WHAT'S BEEN THE MOST NOTABLE OR MEMORABLE MOMENT OF YOUR MUSIC CAREER SO FAR?

This year's been pretty memorable – Thank god! I'd say the most recent would be having my song 'Never Forget' in the Black Panther trailer, that's wild – that's huge. I was screaming like a wild child, I was so happy I'm not even going to be cool about that one, I was so happy.

HOW WOULD YOU DESCRIBE YOUR SOUND TO AUDIENCES WHO MAY NOT BE FAMILIAR WITH YOUR WORK?

I'd say a mixture of Afro-soul, hip-hop, and zam-rock put into one. I'm not one to stick to a specific genre, but afro-soul really encompasses everything that I want to express.

Hip-hop is obviously the avenue that people know me for the most, and then zam-rock is the new and improved me so it's a mixture of this eclectic music sound.

WHAT DOES BEING GREAT MEAN TO YOU?

Good question! The story behind the name is to always strive to be the greatest version of yourself – meaning that there's days where you aren't great or you don't feel great, it's about knowing that's normal and there's always a next day to try do your best. It's to never let those moments get you down and to continuously strive to being the greatest version of yourself. That's being great.

WHAT ARE YOU MOST LOOKING FORWARD TO ABOUT COMING TO NEW ZEALAND AND

The way I talk about New Zealand! My parents are so irritated with me! It's one of the places on my list that I really want to explore and immerse myself in the culture. When I do come over to New Zealand, it's a really short visit and I haven't been able to really see New Zealand.

Its somewhere I really want to immerse myself in, learn about the cultures and really get to know. Im so excited to see that, and feel that and stay longer. Im excited to bring my whole band with me – it's going to be dope.

WHAT DOES 2023'S JOURNEY LOOK LIKE FOR YOU?

2022 has already been such a huge step for me, I feel like a chapter I started awhile ago has come to it's fruition, come full-circle and has a beautiful closing to it's story. 202 will be a new chapter for me and it's really exciting.

You can see Sampa The Great taking to the stage at WOMAD NZ 2023 17-19 March at the Bowl of Brooklands and Brooklands Park!

Grab your tickets and don't miss out!

“ **HIP-HOP IS OBVIOUSLY THE AVENUE THAT PEOPLE KNOW ME FOR MOST** ”



 **SAMPATHEGREAT**

 **SAMPA_THE_GREAT**

WOMAD.CO.NZ



TARANAKI

BOWL OF BROOKLANDS & BROOKLANDS PARK NEW PLYMOUTH, TARANAKI

HOME OF WOMAD NZ SINCE 2003

DONT MISS THE RETURN OF ARTISTS FROM ACROSS THE GLOBE

ADG7 KOREA • AVANTDALE BOWLING CLUB AOTEAROA

BAB L' BLUZ MOROCCO/FRANCE BÉLA FLECK & ABIGAIL WASHBURN USA

CIMAFUNK CUBA • DEVA MAHAL AOTEAROA FLY MY PRETTIES AOTEAROA

KEFAYA AND ELAHA SOROOR AFGHANISTAN/UK/ITALY KITA AOTEAROA •

MAZBOUQ AOTEAROA • MDOU MOCTAR NIGER • RIZWAN MUAZZAM

QAWWALS PAKISTAN • RUBI DU AOTEAROA • SAMPA THE GREAT ZAMBIA

THE GARIFUNA COLLECTIVE BELIZE • THE LANGAN BAND SCOTLAND

YOUSSOU N'DOUR & LE SUPER ÉTOILE DE DAKAR SENEGAL

AND SO MUCH MORE!

17-19
MARCH
2023

TICKETS ON SALE
WOMAD.CO.NZ

@WOMADNZ



17-19 March 2023
NEW PLYMOUTH, NZ

WOMAD20

THE WORLD'S FESTIVAL



Entertainment

Hōtaka Whakangahau

TSB Festival of Lights is stoked to be bringing hot acts to Pukekura Park this summer, for free!

TSB Festival of Lights



Wallace

Saturday 17 December | 8.30pm – 10.10pm

Sporting trademark jazz-influenced vocals and a magnetic stage presence, Wallace's style nods at greats of the genre – names like Erykah Badu and electronic modernists like Little Dragon. Over the years, Wallace has contributed her honeyed vocal tone to Dutch legends Kraak & Smaak, Australian hip-hop staples Thundamentals, and Zambian born, Australian-based rapper Sampa The Great; and worked alongside producer Simon Cohen (of Justin Bieber's global #1 Love Yourself fame).



Fleetmac Wood

Wednesday 28 December | 8.30pm – 10.30pm

Back by MASSIVE demand! Los Angeles-based Fleetmac Wood return with exclusive remixes and edits crafted for the dance floor. This DJ set and audio-visual show is not a tribute act, but a performance that reframes the music of Fleetwood Mac. Twirling through disco, techno and house, DJs Roxanne Roll and Alex Oxley have taken this dance party from Berlin to Burning Man and have performed around the world.



Sweet Mix Kids

Saturday 31 December | 10.30pm - 12.15am

New Zealand based DJ/Production duo Sweet Mix Kids have played at some of the world's coolest parties, clubs and festivals - Coachella, Rhythm & Vines - and toured supporting or playing private parties for Adele, Ed Sheeran, Rudimental, Netsky, Flume, Coldplay, and more. Finalists for Best Electronic Artist at the Vodafone New Zealand Music Awards, Sandon James and Chris Scott embody versatility and premium taste both in the studio and onstage.



Glow Yoga with Sonic Tonic

Thursday 12 January | 8.45pm – 10pm

Get your inner and outer glow on! UV painting from 8.45pm, then hit your mat at 9.15pm to groove through a Vinyasa class on the Fred Parker Lawn. Lifted spirits guaranteed as special guest Matt Benton (The Black Seeds) supports us sky-high with exuberant sounds of the saxophone and singer-songwriter-producer extraordinaire Barnaby Weir (The Black Seeds, Fly My Pretties) spinning the decks. BYO glow or fluro clothing and yoga mat. All abilities welcome, LET'S GLOW!



Emily Rice

Friday 20 January | 8.45pm – 9.45pm

Tāmaki Makaurau multi-instrumentalist and songwriter Emily Rice has a sound that continues evolving through different styles with each new project - most recently electronic-dance, RnB-pop music with her latest release 'AUAHA' - integrating vocal looping, sprinkles of jazz and a touch of saxophone. With her entrancing and compelling vocals, Emily sings with the deep conviction and voice of an experienced performer.

See the full entertainment schedule at festivaloflights.nz and via [@tsbfestivaloflights](https://www.facebook.com/tsbfestivaloflights) on Facebook and Instagram

Q&A WITH SOJOURN

@sojourn_music



SOJOURN will be performing at the TSB Festival of Lights this Summer! We caught up with them to find out a little more about their band, ahead of their performance on Saturday 7th January.

TELL US A BIT ABOUT YOUR MUSIC STYLE AND VIBE?

SOJOURN are a 6-piece surf rock reggae band hailing from the sun and surf-drenched town of Mangawhai Heads, NZ. The band have been blitzing shows across Aotearoa, bringing their surf-psych-reggae vibes since 2019.

“Our music is a tasty blend of surf rock and reggae. Perfect for your summer fix”.

HOW DID YOU GUYS GET TOGETHER?

During the summer of 2018, I was at a local cafe in Waipu Cove (Northland), watching Tony (Baker) and James (Finlay) playing an acoustic set (as The Aloha Corner). I have known Tony from music at high school and had heard of James through his other bands. The boys invited me up to play a couple of songs - and from there the rest is history. (Isaac Hunter - Lead Singer)

James and I had been playing music together for a wee while. James was definitely always on my radar, as a top up and coming local musician from home. Isaac was much the same, an immaculate guitarist and songwriter from Bream Bay. In the earlier days of the project we had my cousin (Annaree Peters) singing, but as the project evolved and grew, she stepped away, and Isaac stepped up into the lead singer role and we haven't looked back. I also managed to poach Jacob O'Brien (Saxophone) after a gig we played with his band in Auckland. The brother is ska pedigree and definitely knows how to swing the sax. The final pieces of the puzzle came in the form of Elias Giles (Keys) and drumming prodigy Adam Blake from Auckland. We've had a pandemic thrown in the mix, but the band is right where it needs to be now, and we can't wait to play some big new tunes this summer. (Tony Baker - Bass Guitar)

WHY THE NAME SOJOURN?

In our early days, we used to jam a lot, playing a lot of Sunday Sessions and parties. We'd kind of lose ourselves in the music and play these long-winded versions of songs, much like Fat Freddy's Drop and Trinity Roots. We had bounced a few different name ideas around but couldn't settle on one. We were playing one sunny afternoon over a few brews, and one of our mates described these little sessions as a bit of a 'sojourn'. We started performing under the name, and it stuck. We kind of like to think our

music takes people on a bit of a sojourn. (James Finlay - Lead Guitar)

WHAT'S IN THE PIPELINE FOR SOJOURN OVER THE NEXT FEW MONTHS?

We have recently released a live project (The Kaipara Live Sessions) which came off the back of our recent "Mystic Ways" EP. For both of these projects we worked with Connor Jaine (Mako Road) on recording and production and we are booked for more recording in October 2022. We are planning to release new music for summer (we have a couple of very tasty new tunes that we can't wait to record and release). From here we will be playing a few of our own headline shows around Auckland and Northland, before heading off to Taranaki to play your very own "TSB Festival of Lights" in January 2023. (Tony Baker)

WHAT DO YOU WANT THE PEOPLE OF NEW PLYMOUTH TO KNOW ABOUT YOUR UPCOMING TSB FESTIVAL OF LIGHTS SHOW?

We pride ourselves on super polished, high-energy performances. We have been busy writing a bunch of new songs over the winter and can't wait to road-test them in New Plymouth in January. Of course, we'll play a lot of our better-known songs, but we like to surprise audiences with new tunes. We can't wait to get down to Taranaki and perform. (Tony Baker)

We are bringing the good times. Everybody's welcome, if you wanna chill, we got you. Keen to rage? We got you. As long as there's Aroha in your heart, Sojourn knows how to get you going. (Jacob O'Brien - Saxophone)



ARE THERE ANY MEMORABLE PERFORMANCE MOMENTS FOR THE BAND?

There have many considerable moments for us over the years. Playing shows and meeting a bunch of other artists on the road has been one of them. Being able to network and connect over things only musicians can connect with is something special and unique. Also, the recording process of our Mystic Ways EP was a beautiful time. We got to stay as a unit for a few days and completely emerge ourselves into a creative state where our only focus and worry was how can we make this body of work so solid. It was our first time recording out of a studio so it was very special to us. (Isaac Hunter - Lead Singer)



SOJOURN have been really lucky to have played some unreal shows across Aotearoa. Last year we were flown over to Great Barrier Island to perform at "The Wingman Festival" which was epic. We also opened the Main Stage at Bay Dreams in 2021 too which was amazing. We like playing shows across NZ, with some memorable shows in Dunedin and Christchurch. We have sold out our local Mangawhai Tavern the last 3 times we have played there, and we love playing to a full house with everyone singing along. I guess one of our most memorable performances was our most recent, opening for "The Black Seeds" in Auckland at the legendary PowerStation. To be honest, big or small, we love playing every show. (Tony Baker)

The first jam night was real special for me. Having seen SOJOURN play before it was cool to finally get on the seat and jam with the band. Then obviously playing at Power Station and the mini tour to the west end wiggle was important for me. (Adam Blake - Drummer)

Playing with the black seeds, playing at Bay Dreams. Soundsplash and many taverns around Aotearoa. (Jacob O'Brien)

WHAT ARE YOUR FAVOURITE THINGS TO DO OUTSIDE OF MUSIC?

At home in Mangawhai, I'm never far away from catching a few waves or chilling at the beach with the whanau. I actually spent some time living in Taranaki and loved the waves and coastline on the west coast. (Tony Baker)

Surfing. Love a bit of time in the water. (Adam Blake)

Whanau, Manaakitanga, Hauora. Living our best lives and enjoying what life has to offer. (Jacob O'Brien)

WHERE CAN PEOPLE LISTEN TO YOUR MUSIC?

We are on ALL good streaming platforms - Spotify & Apple Music. We have also released a bunch of amazing music videos and a recent live project on our YouTube Channel.



CHRISTMAS AT THE BOWL / 18 DEC

UB40 / 30 DEC

KING GIZZARD AND THE LIZARD WIZARD / 6 JAN

WOMAD / 17-19 MAR

For event updates check our website
npeventvenues.nz



KING GIZZARD AND THE LIZARD WIZARD

With: Greenbathing, Half Hexagon, Carnivorous Plant Society
6 January 2023, Bowl of Brooklands, Tickets \$55 (+fees) from Ticketek

One of Australia's most prolific rock bands, King Gizzard And The Lizard Wizard are bringing their unique sound to New Plymouth this summer for a concert at the Bowl of Brooklands on Friday 6 January 2023.

The Melbourne-based musos will headline the concert, which will also feature Taranaki band Greenbathing and fellow Kiwi bands Half Hexagon and Carnivorous Plant Society.

King Gizzard release new music at a frenetic pace - from expansive jazz-rock, to semi-acoustic ballads and from sci-fi sound to garage.

Don't miss your chance to see one of Australia's most innovative, important and productive rock bands this summer at our stunning Bowl of Brooklands.



YOUR LOCAL GIG GUIDE



FRAU KNOTZ @frau_knotz

Channeling rave nostalgia and Eurodisco, Frau Knotz toggles between whimsical fantasies and dark truths, switches propulsive rhythms and expansive balladry and tunes glamor with gameplay to concoct elixirs of dance. Get ready; Frau Knotz vows to take you on a deep sonic odyssey beneath her blissful blonde brain.

LOCAL GIGS

Saturday 31st December - TSB Festival of Lights, 8pm - 9pm, Fred Parker Lawn

Listen online: Spotify, Soundcloud, Bandcamp, Apple and www.frauknotz.com

TRIP CHANGE MUSIC @tripchangeband

Trip Change is an originals band from the mighty Taranaki bringing you tasty organic sounds from the soul. Their genre of music is a diverse mixture of soul, blues, roots, rock, jazz, psychedelic, ska and so on. The name Trip Change is referring to an ever-changing sound always developing in search for new pockets of melody and grooves. Keeping it as real as possible and letting the music speak for itself.

LOCAL GIGS

Thursday 5th January - TSB Festival of Lights

Friday 13th January - Summer In Taranaki festival, Butlers Reef

Listen online: Spotify, YouTube or Bandcamp



JEREMIAH THE NINE @jeremiahthenine

Jeremiah the Nine started rapping 3-years ago at age 17. "Rap has always been a passion of mine; it gives me a feeling unlike anything else. You know when you hear a song and feel like it was written just for you? That feeling got me through some tough times as a kid, so I just want to share it."

Listen online: Spotify, Apple music, YouTube, Soundcloud and Amazon music



BUSH BUDS @bush_buds_nz

Bush Buds is a 5-piece indie roots-reggae fusion band formed in Taranaki in 2018. The band consists of close family and friends and is all about creating a wave of energy for people to ride, long into the night. Our debut single 'Good Company' spent a week at number 14 on the official Hot 20 Nz music charts and has over 50k streams on Spotify. In the last 12 months we have been making a name for ourselves in the festival scene touring NZ and sharing the Bush Bud vibe.

LOCAL GIGS

Saturday 25th March - Backyard Bass festival - Waiata Whenua Farm, North Taranaki

Listen online: All major streaming platforms.

LAURA. @laurajanemusic

laura. is an emerging kiwi artist with a sweet, pure vocal. Fresh off her latest single 'Safety in Numbers' debuting at #7 on the Official New Zealand Charts, laura. has been coined 'New Zealand's answer to a new upcoming pop musician'. Her fun, indie-pop vibe collides with her honest lyrics to create a performance that simultaneously pulls heart-strings and gets toes tapping.

LOCAL GIGS

Friday 13th January - Summer In Taranaki festival, Butlers Reef - Playing with SKRAM

Saturday 11th February - 7pm The Garden Gig with Special Guests

Listen online: Spotify and www.laurajanemusic.co.nz



FIN RAH ZEL @finrahzel

Fin Rah Zel, are an indie soul band, who are known for delivering soulful melodies and feel-good vibes, transporting the listener to a higher place. Their accomplishments have been second to none, with opening for Sons Of Zion in 2021, performing at the Bowl Of Brooklands venue, and their recent single 'Negativity, no more' has landed in the NZ top 20 hot music charts, along with landing in Spotify editorial playlists such as 'Island Time' and 'The local List Aotearoa'.

LOCAL GIGS

Friday 13th January - Summer In Taranaki festival, Butlers Reef

Listen online: Spotify





Pouākai Tarn

10 THINGS TO DO AROUND THE MAUNGA THIS SUMMER

Looking for things to see, do and eat around Taranaki maunga this summer? We've got you sorted with our list of top 10 must-do's for locals and visitors.

With the most sunshine hours recorded for two years running, an endless coastline to explore, world-class festivals and events, natural attractions, and award-winning galleries and museums to visit, Taranaki is always humming!

1. A SUMMER EVENT LINE UP LIKE NO OTHER

Don't miss the return of the TSB Festival of Lights (17 Dec-22 Jan), or strap on your best dancing shoes for three days of WOMAD (17-19 March). Test your endurance during the Oxfam Trailwalker (11-12 March), be wowed by the local and international talent at the Te Kupenga Stone Sculpture Symposium (January 2023), or sample local seasonal produce at Summer Festival (16-19 Feb).

2. POUĀKAI TARN

If you only have the chance to do one of the many walks or tracks on and around the maunga, the Pouākai Tarn should be your number one choice. A four-hour round trip hike, this track offers that Instagram-worthy shot of the maunga perfectly reflected in the tarn.



TSB Festival of Lights

3. CHADDY'S CHARTERS

Locally owned and operated by ex-All Black Carl Hayman, Chaddy's Charters provides wildlife boat tours to the most northern fur seal colony in Aotearoa, as well as bike, kayak, and stand-up paddleboard hire and lessons.

4. LIARDET STREET PROJECTS

A must-do 'hidden secret' for locals and visitors alike, Liardet Street Project is a communal courtyard of food trucks and stalls, tucked away in central New Plymouth, offering a wide range of authentic street food. The perfect spot for when your squad can't agree on just one type of cuisine.

5. THE HIDEAWAY

Spend your morning at The Hideaway, wandering around the Hillsborough Holden Museum or zipping downhill on the luge. The mini-putt course is a replica of the Bathurst race track, and there is an on-site café to fill any hungry tummies.

6. COASTAL EATS

Your foodie journey around Taranaki isn't limited! A short scenic drive to Ōakura will take you to authentic Italian restaurant Toret Cucina Italiana, beach-front Black Sands Pizzeria and Bistro or food truck Holy Guacamole. Carry on down the coast a little further and find yourself at Lemonwood Café and Eatery in Ōkato or Sugar Juice Café in Ōpunake. There are plenty of places to refuel around the maunga for hungry surfers, family explorers, and Surf Highway 45 road-trippers.

7. FIND YOUR UNIQUE SUMMER KEEPSAKE

If a spot of retail therapy is what you need, pick up a unique keepsake at Kina NZ Design + Art Space, Planation Design Store, Home Love & MetteK, Bianca Lorenne, Percy's Place, Fenton St Arts Collective, Hello You, or Gallery Pātea.



Gallery Pātea



The Hideaway Luge

8. EXPLORE TARANAKI PIONEER VILLAGE

Step back in time and experience the pioneering past of Taranaki first hand. The village has its own railway line encircling the property, giving visitors a good overview of the complex. You can also enjoy a tasty bite at Shakee Pear café during your visit.

9. TAWHITI MUSEUM

Experience Tawhiti Museum and the adjoining Traders & Whalers underground boat ride, where history comes to life in incredible detail. Widely regarded as the best private museum in Aotearoa, Tawhiti Museum features thousands of life-size models and scale figures recounting our region's colourful history.

10. PARKS AND GARDEN WALKS

Taranaki has an abundance of public gardens to enjoy that change with the seasons. Add to your list of summer activities a visit to King Edward Park in Hāwera, Hollard Gardens in Kaponga, and New Plymouth's Tūpare, Pukeiti, and Pukekura Park.

For more ideas about things to see and do in Taranaki this summer, visit [taranaki.co.nz/visit](https://www.taranaki.co.nz/visit), or follow @TaranakiNZ on Facebook, Instagram and TikTok.

TARANAKI
like no other

Make a weekend of it!

[taranaki.co.nz/visit](https://www.taranaki.co.nz/visit)

AN INITIATIVE OF VENTURE TARANAKI

LOCAL SPORT STAR

Profiles

Words by Sport Taranaki

Meet some of Taranaki's best athletes from 2022 who have shown that competing in sports while balancing other responsibilities like work, school, and family is possible in many different ways.



KEIGHLEY SIMPSON

After helping her Sacred Heart Girls' College First XV to the Chiefs Cup 1st XV final and her Clifton Women's team to a premiership win in 2022, Keighley Simpson also played a huge part in the Taranaki Whio campaign in the Farah Palmer Cup. A member of the New Zealand U18 Ngā Mareikura Māori Girls Rugby team in 2021 and 2022, Keighley's talent and work ethic was clear with some of her try scoring exploits on show at provincial level.



NATASHA GOULDSBURY

Natascha Gouldsbury's performances on the waves of Aotearoa have earned her appearances on the international stage. After building on a long list of victories and placings nationally, Natascha was named to represent New Zealand in the World Junior Surfing Games, recognition she was in the top three U18 surfers in the country. She was also selected for the World Surfing Games and the Olympic qualifier event, recognising she was among the top three open women in the country. Her selection in the Skull Candy Pro Junior event reflected her ranking amongst the top 40 junior surfers worldwide.

Winner of the 2022 Taranaki Sports Awards Young Sportswoman category.



CALEB LAWN

Caleb Lawn has speed to burn on the beach and the water. He earned selection to the New Zealand High Performance IRB squad and picked up two first placings and one second placing in the U19s at the IRB nationals. In the Central Regional competition, he won both the Open Men's and the U19 Beach Flags and placed second in the U19 Beach Sprint and Beach Relay. He was also in strong form at the Taranaki Championships, winning more Beach Flags and Beach Sprint events.



KALANI MARRA

Kalani Marra showed why he is an up-and-coming talent in the boxing scene after securing his second North Island Golden Gloves title and being judged the most Scientific Youth Boxer of the tournament. This made him eligible to face the Champion of the South Island Golden Gloves, a bout he lost narrowly due to an injury. After some time to heal he returned to take the National Youth 63.5kg Champion and was also crowned the most scientific Youth Boxer in New Zealand. This secured him a selection for the National Youth team to the World Championships in Spain.

Winner of the 2022 Taranaki Sports Awards Young Sportsman category.



ROGER STACHURSKI

Roger Stachurski has been playing competitive cricket for over 50 years but is still rolling the arm over with impressive results at local, regional and national level. Roger was selected for the New Zealand team playing in the over 60s World Cup in September 2022 and played a key role in the side's run to final, Roger took 17 wickets at an average of 10.94 and won the trophy for the Top Bowler in the tournament, including a five-wicket haul and man of the match performance against the American side. The former representative cricketer who sits in eighth on the all-time Taranaki wicket takers list, has made an immense contribution to the sport, and was recognised with the Stainton Trophy Award for services to Taranaki Cricket in 2021. Roger has been a member of the Central Districts Over 60s side since 2019 and picked up the most wickets and second most runs for the side while captaining the side at a recent national tournament. As captain of the NPMU Hounds in Taranaki club cricket he was also the top wicket taker and winner of the bowling trophy.

Winner of the 2022 Taranaki Sports Awards Masters category.



MACKENZIE BARRY

Mackenzie Barry made her international debut with the Football Ferns this year after a standout season for the Wellington Phoenix Women's team. She led the Phoenix in clearances, blocks, and interceptions in their campaign and her performances caught the eye of the Football Ferns, who named her in the senior New Zealand squad for internationals against Norway and Wales. She then made her debut against Japan. Mackenzie came through the grades in Taranaki and remains a strong supporter of the game in the province, returning to support Central Football-Taranaki and inspire the next generation of players



www.sporttaranaki.org.nz

@sport_taranaki
@ActiveTaranaki

BINGE WORTHY PODCASTS FOR YOUR SUMMER ROADIE



THIS IS ACTUALLY HAPPENING

Uncanny, extraordinary, true stories of events that have dramatically altered the lives of ordinary people; a son is shot by his own father, a woman's sister develops multiple personalities, a man wakes up in the morgue. These are riveting, moving and often haunting stories that will stick with you long after you listen.



GIRLS THAT INVEST

Join Sim and Sonya, two millennial investors who are extremely passionate about all things investing and personal finance as we break down the intimidating and not-so-well-taught world of investing and growing wealth, minus the jargon.



HAMISH AND ANDY

Hamish Blake and Andy Lee continue to taunt each other and their button-pusher Jack with a weekly show that is more about their listeners than it is about themselves



KICPOD

Welcome to the KICPOD. Your D&M on the stuff that matters. Hosted by Steph Claire Smith and Laura Henshaw, founders of Keep it Cleaner, a health & wellness app that focuses on feeling your best, not looking a certain way.



MIND PUMP

Sheds the light of TRUTH on health, fitness and a host of other wellness topics. By listening to Mind Pump, you will quickly cut through the fitness world BS and start to understand the absolute fastest way to reach your health and fitness goals

LAST CHANCE. SIGN UP AND START TRAINING



11 -12 March 2023

Teams of four

50KM or 100KM challenge



Join thousands and take part in NZ's largest endurance event: Oxfam Trailwalker. Challenge yourself while challenging the injustice that keeps people trapped in poverty.

oxfamtrailwalker.org.nz

OXFAM
TRAILWALKER
100KM | TEAMS OF 4 | 36HRS

50KM | TEAMS OF 4 | 18HRS

HORSES HELPING HUMANS

Words by Michelle Robinson | Photography by Ryan Polei

A programme teaching teens to manage anxiety through horse work is increasing its capacity with permanent facilities right here in Taranaki.



Horses Helping Humans Facilitator Laura Menzies

Macey the sleek brown Kaimanawa carefully keeps pace as she is lead through an obstacle course. With a lean back on the heels and exhale of breath, her handler has caused this great mare to come to a halt, with a simple shift in posture.

It's the key element in what makes Horses Helping Humans Taranaki, Hōiho Hāpai Hapori, so successful. "Horses are the best teachers," facilitator Laura Menzies explains. "They mirror your body language, their heartbeat regulates your own."

At the time of writing, 200 young people await their first face-to-face contact with a Child and Adolescent Mental Health Services team member in Taranaki. Another 282 youth are being treated, with a total of 482 young people needing help for mental health services in our region. "How much of an impact could we have, if we could get these guys alongside a horse?"

So far this year (2022) a combination of 98 tamariki and taiohi throughout New Plymouth, Hawera and surrounding towns have benefited from the six hour course. Broken into bite-sized sessions, the programme specialising in instilling calm confidence in young people has been run out of the Okato Pony Club. New purpose-built facilities in Warea will mean more time on site and more taiohi through the gates. The open posture and assertiveness required to lead a horse is the same as that needed to relate to people, Laura explains.

It's all done through the simple work of leading a pony using a slack rope around obstacles. You need to be mindful, present, confident and assertive. Which doesn't mean you can't have a bad day.

If you are tensed up, have a shy introverted posture, are downcast, stressed, uncertain or flustered, your horse won't respond well. A simple shift to open posture, raised head, relaxed shoulders, wide-legged and belly-out stance will elicit a better response. "Horses don't lie. They are forgiving and don't hold a grudge," Laura says. "As soon as you adjust your body language, they will respond to you."

A spring wind whips up dust and horsehair as Coastal School students complete their final session when Mood visits.

Here the therapy ponies aren't ridden, they are lead with a slack lead, commanding voice and relaxed posture. A pony is carefully selected for each participant, the horse's temperament suiting that of its young handler to bring out the best in them. "The ponies are so generous," Laura says fondly. "They will remember their handlers when they come back and visit."

Characteristics of the four main personality types of humans and the attributes of each are taught so taiohi can understand themselves and others better. The tallest

horse Macey, a once wild dark kaimanawa who requires calm assertive communication (melancholic). While Lily is a quiet white miniature who needs motivating to get her energy up (phlegmatic).

Reggie, a dark miniature, is needy and responds best to clear boundaries (choleric). While Basil, a caramel-coloured miniature, is cheeky and playful (sanguine). "Goodbye Basil, I'll miss you," a young boy calls, giving his pony one last cuddle.

A whanau member remarks how calm, confident and cooperative the boy's demeanour has become since starting the course. "Seeing him be involved and wanting to be involved is just awesome. "These guys are cool."

While catered towards high school students, the programme is suitable for children as young as eight. Attendees might come from families where a parent has left, or may struggle with anxiety, bullying, abuse or suicidal thinking.

The course has also assisted neuro-diverse students with autism or ADHD. The Stratford Teen Parent Unit, which also hosts regular workshops for their members, is another group that benefits from the organisation.

Participants often enter the course looking withdrawn, with introverted body language. It's remarkable to see the change in posture, the lifted head and smiles on these kids in a short space of time, their coaches say. "The response to this programme was like nothing we have seen before," Coastal School special education needs coordinator Shelley Cook says.

"We don't have the capacity to emulate the uniqueness and power in the same way that these sessions do."

Taiohi learn about the brain stem that controls movement, the part of the brain responsible for emotions, and the prefrontal cortex where decisions and rational thinking take place, which is still developing in teenagers. Through breath work, blood is sent back to the prefrontal cortex, calming the body and focusing the mind.

This writer was challenged to a pony session, opting to lead tall dark and brooding Macey. Staying focused on open posture and clear directives were constant challenges. Branching off into conversation was a distraction for Macey, who took every opportunity to stop in her tracks, munch tasty grass and not budge.

It was incredible to see the consistency required to keep the ponies focused, skills which taiohi completing the course are so clearly embodying. "We hope the taiohi take these practical skills out into the real world," Laura says. That's happening.

Two course participants, best friends, told of how when one suffered a panic attack the other was able to coach her through with learned breathing techniques.

Students are also better focusing on their classwork, their teachers report.

Horses Helping Humans has branches in the Manawatu, Christchurch, Abel Tasman, Auckland and Northland. Taranaki was among the first to incorporate tikanga Māori. Each session starts with a karakia to unite the group and connect with nature and culture while creating a warm, familiar environment for taiohi, Laura explains.

They acknowledge the Māori figure or atua Rongo-mā-Tāne, the god of cultivated foods and peace. A Spotswood College student even drew a diagram of him with the required open assertive posture that participants learn.

“How can something so simple be so effective?” founder Chris Goodin muses. “But it beats doing nothing.”

The four therapy ponies graze in the paddocks alongside retired racing horses on the former dairy farmer’s estate in Warea.

Chris has seen how helpful this work is and is excited about taking it further, thanks to Toi Foundation with the development of the charity’s own facilities near Chris and Husband Steak’s Goodin Country Garden.

Each session costs roughly \$1000 per person, equating to about 10 weeks of counselling, but is arguably more impactful, Chris says.

She is grateful to the the support the charity has received from Toi Foundation, Lottery Taranaki Community, The

Lindsay Foundation, New Plymouth District Council and the Children’s Flexi Fund (administered by New Zealand Police) which has enabled many taiohi and tamariki to attend the programme free of charge.

Like all things meant to be, the founders were all in the right place at the right time. Laura had returned from Summer Camp in the United States where she was horse riding with teens and was working with youth offenders through S.T.A.R.T Taranaki. She thought she would have better success intervening into these young lives if she could get them in front of a horse.

Meanwhile, youth court judge Lynne Harrison had discovered Horses Helping Humans in Australia and was off to meet course creator Sue Spence.

Lynne and Chris happened to be seated next to each other on a plane. A plan was hatched, Laura was shouted an airfare, and the three women were on their way to the Gold Coast to meet Sue.

Within three days Chris witnessed two hooded teen boys go from moping and withdrawn, to having their hoodies off, an open stance and laughing as they took their ponies around a course without the need for a lead. “That’s all I needed to see.” Yet she has seen so much more.

The young man photographed petting a horse in the HHH Taranaki brochure is memorable with his comment, “this is a life changing day”.

“It taught me how to control my emotions in a good way and to turn down bad decisions when I can.

“To stand back on my heels, have an open body and be confident in just saying no.”



DESTINATION PLAY AT KĀWAROA –

YOUR CHANCE TO HELP FUND THIS LEGACY PROJECT!



When Bryce Barnett visited the imaginative beachside playground at Takapuna, Auckland, designed for kids and adults alike and largely funded by local benefactors, his mind turned to the possibilities for New Plymouth’s foreshore.

“I saw this opportunity in Taranaki because we have got a fantastic foreshore” says the businessman and philanthropist.

His ‘dream big’ thinking has led to the Destination Play at Kāwaroa project which is being led by the Taranaki Foundation in partnership with Ngāti Te Whiti, New Plymouth District Council and NP Partners.

“Destination Play is an example of New Plymouth people coming together to create something amazing for our people and will reflect our unique cultural heritage through our partnership with Ngāti Te Whiti, transforming Kāwaroa into one of the highlights of our award-winning Coastal Walkway. Our thanks to the Taranaki Foundation and the NPDC for their collaboration on a project that will celebrate the child in all of us,” says New Plymouth District Mayor Neil Holdom.

Water play, climbing platforms and a pump track are some of the new features planned for this innovative new play and learning space that will

transform New Plymouth’s Kāwaroa Park for all ages to enjoy and explore.

Ngāti Te Whiti spokesperson Julie Healey is proud of the cultural narrative celebrated and woven through Destination Play at Kāwaroa.

“Destination Play will celebrate and bring to the forefront elements of our rich Ngāti Te Whiti history. Through the use of inclusive story-telling Destination Play will facilitate a more in-depth appreciation of the whenua (land), moana (sea) and te taiao (the environment) for all generations within the wider Taranaki community” says Julie.

To date, Destination Play at Kāwaroa has secured approximately 80% (\$4.5M) of the estimated project cost from generous philanthropic donors, organisations, individuals, funders and trusts.

The just-launched community fundraising campaign aims to get the Taranaki community involved to raise \$1 million to bring this ambitious community project fully to life and to ensure this visionary play space opens as planned, within budget and on time next summer.

Toi Foundation Chief Executive Maria Ramsay says the Kāwaroa project will be a fantastic asset, not just for New Plymouth but for all of Taranaki. It’s also free to use.

“It’s more than just a playground; it’s an opportunity to tell the stories of Ngāti Te Whiti and the place where it’s being developed.”

“It’s a great example of what can be achieved when philanthropists (people and organisations), the corporate sector, Council and iwi jointly work together.”



**TOGETHER, WE CAN MAKE IT HAPPEN.
DONATE TO DESTINATION PLAY AT KĀWAROA TODAY.**

www.taranakifoundation.org.nz/destination-play

STRAWBERRY GIN SLUSHIE

Recipe & Photography by Emma Boyd

This recipe is like summer sunshine in a cup. It blushes a pretty pink and can be made with either fresh strawberries, hulled and frozen, or store-bought frozen ones. If you prefer lime then add the juice of one lime instead of the lemon. And for a kid friendly version simply leave out the gin. Or make another batch for the kids without it! Best served in the company of good friends on a sunny summer afternoon.

Ingredients (Serves 3)

500g strawberries, hulled, frozen
120ml gin
Juice 1 lemon
1 1/2 tablespoons caster
2 teaspoons vanilla extract

Put all the ingredients into a high-powered blender and blend until smooth. Alternatively put all the ingredients into a large Pyrex jug and blend until smooth using a stick blender. Divide between three glasses and top with a sprig of mint. Serve immediately.



Pure Plant-Based, Vegan,
Vegetarian Eatery.

178 Devon Street East, New Plymouth City Centre

wildpearkitchen.co.nz | @wildpearkitchen



Wild
PEAR
KITCHEN
PLANT BASED VEGETARIAN



Catering | Food Truck | Lunch Bar

www.abc-catering.co.nz | 41 Devon Street East, New Plymouth
@abc_catering_limited

SUMMER Feastival

TARANAKI
16-19 FEBRUARY 2023

Celebrate all the culinary things that make a Taranaki summer like no other – the amazing food grown here, the talented people who create it, and the unique places we are fortunate enough to experience it.

Feastival Taranaki combines local food collaboration with the seasonal and rich bounty of our region and its people.

TARANAKI
like no other

Get ready to feast this summer

Thursday February 16 – Sunday February 19

Events & Tickets: www.festival.co.nz





BAKED SALMON WITH BALSAMIC GLAZE



Recipes & Photography by Justine Shera
@mybalanceproject

Ingredients:

1 650g salmon fillet
2 teaspoons extra virgin olive oil
2 teaspoons minced garlic
3 tablespoons balsamic vinegar
2 teaspoons honey
2 teaspoons dijon mustard
1/2 teaspoon salt & pepper

1. Preheat oven to 200 degrees Celsius and line a baking sheet with aluminium foil. Coat with non-stick cooking spray.
2. In a small frying pan, heat the olive oil over medium heat. Add the garlic and cook until fragrant and beginning to brown, about 2-3 minutes
3. Add the balsamic vinegar, honey, mustard, salt, and pepper. Whisk and simmer until the mixture thickens; about 4 minutes.
4. Place salmon skin-side down on the prepared foil & brush generously with the balsamic glaze.
5. Bake for 25 minutes, then check to see if cooked. It is cooked when the salmon flakes nicely. You may need to cook for a little longer depending on your oven.

FRESH SUMMER SALAD

Ingredients:

2 cups baby spinach
Micro greens
400g black beans, rinsed
1 punnet heritage tomatoes, cut in half
1 red onion, diced
1/2 capsicum, diced
1/2 cup corn kernels (fresh of a cob is best)
2 radishes, halved and finely sliced
1/2 cucumber, thinly sliced
1 large avocado

Create a bed of spinach and greens on a large board or plate. Scatter black beans on spinach and arrange the tomatoes, cucumber, corn, onion and radishes on top. Gently toss together with your hands. Finish the salad with avocados, feta and micro herbs on top, and serve with Tangy Balsamic Vinaigrette.



UPSIDE DOWN

E A T E R Y

Upside Down is a modern breakfast lunch and dinner Eatery, all products are fresh, free range, sustainable, and carefully prepared. The new addition of our own kitchen garden guaranties highest quality and freshness. We are working hard to make every day delicious!

54 Fantham Street, Hawera
www.upsidedown.kiwi
[@UpsideDownEatery](https://www.instagram.com/UpsideDownEatery)



Come find fresh, farm-to-table, artisan eats from some of our region's most talented growers, producers, and creators! Visit Farmers Market Taranaki every Sunday in New Plymouth's Huatoki Plaza from 9am till 12noon.
www.farmersmarkettaranaki.org.nz | [@farmers_market_taranaki](https://www.instagram.com/farmers_market_taranaki)



- Hampers
- Catering
- Hams
- Online store



hello@theoryfood.co.nz
www.theoryfood.co.nz

theory food

THERE SHOULD BE A CALORIE REFUND FOR THINGS THE DIDN'T TASTE AS GOOD AS YOU EXPECTED.

SIPPIN' ON GIN AND JUICE WITH GOODNESS GRACIOUS

Words by Robert Drake | Photography by Ryan Polei



Goodness Gracious founders from left to right: Lane Simkin and Henry Miles

Most people walk into a liquor store and become overwhelmed with choice. But for Taranaki mates Lane Simkin and Henry Miles, there was one thing missing.

“A couple of years ago we started making our own alcohol at home”, says Lane, co-founder of Taranaki-based Goodness Gracious. “We experimented with ingredients to make drinks like feijoa wine and mead, which eventually led to buying a little home distillery to figure out how to make gin.”

The pair grew up in Taranaki and met through mutual friends. From the very beginning they were sharing beers, dreams and business ideas. Fast forward five years and Goodness Gracious is born – makers of a new pre-mixed gin and orange juice drink.

“Neither of us have any experience in the food and beverage sector. We both still have full-time jobs – Henry is a farmer and I’m an Environmental Advisor. To be honest, we still don’t really know what we’re doing”, laughs Lane. But early sales suggest other wise. Liquorland Fitzroy, their first stockist, sold out during the first weekend on shelf. No mean feat given the plethora of choice in the ready-to-drink (RTD) category.

“A lot of people told us it would be tough. The category seems saturated. I guess we got a little tired of the RTDs out there and when we started looking for alternatives, we noticed there were no pre-mixed gin and orange juice drinks. We kept joking about filling that gap ourselves – until one day we actually started doing it.”

By “started doing it”, Lane means the painstaking (and costly) process of mixing, sampling, and formal recipe development, which they repeated until the desired flavour, alcohol and sugar content was reached. Balancing their goal of low sugar with the naturally high sugar content of orange juice wasn’t as simple as they’d hoped. It took two development companies and dozens of recipes before they were satisfied.

“We were emailing and texting production companies during the second wave of COVID in 2021. Everything seemed to take a lot longer than it should and we initially struggled to find the exact recipe that made us say, ‘yep, that’s the one’.”

Over a year later, they ended up with the perfect blend of gin, orange juice and sparkling water with dashes of lemon and lime. It all comes in a bright orange 330ml can

containing 5.8% alc/vol. It’s one that you’ll be reaching for on those hot summer days.

In some ways, the brand design represents the true DIY spirit of Goodness Gracious – Lane whipped up the logo himself despite “not being very artistic at all”. There’s a no-nonsense feel to the venture.

“We’re proud to have come this far but we know it’s just the beginning. There’s a lot to do in terms of distribution if we want to expand to other regions. We’ve also got a lot of friends and family to thank.” The future of Goodness Gracious looks bright and while there are future flavours on the horizon, the two mates are staying focused on the task at hand.

“We’ve got some ideas and we’d both love to see the company grow. For now, we’re just grateful for all the local support we’ve been getting – from liquor stores, customers, and a few locals who have helped with different aspects of the drink.”

Goodness Gracious comes in boxes of ten and is coming to a store near you. Stockists at time of print are Liquorland Fitzroy, Liquorland Powderham and Liquorland Courtney Street in New Plymouth.

@goodnessgracious.2022



Emerging PRODUCTS TO CHECK OUT



Carefully constructed in organic tones, inspired by the dusky desert sunset, in soft hues of clay, ivory, desert bloom, sand, black and cactus. Each style is a modern take on the most beloved hat of past times, the woollen felt fedora – the must-have accessory for the wanderlust. Our hats are unisex and each style has an internal adjustable band to fit even the smallest sizes, ensuring the wearer feels secure. The ‘Wanderer’ and The ‘Romantic’ aren’t just hats; they’re a feeling – celebrating the simplicity of light, movement, and daily rituals. www.brookebarrett.co.nz



Reka, peanut butter goodness. Bite sized spheres of the nutty stuff, dipped in a range of chocolates with an assortment of toppings. Reka started as a go-to BYO for every party, event, or gathering. Just as quickly as they went on the table, they were all gone, which prompted the suggestion of selling them. The bite sized treats started as a hobby but have become a staple of the week’s ideas and creativity as I look to see what can match with the trusty peanut butter base.



HOLM creates consciously designed luxury candles with coconut and Taranaki beeswax, scented with only 100% pure botanical essential oils. All-natural, no nasties. HOLM was built with a mission to create authentic, transparent products that contribute to healthier people, homes, and the environment. www.holmnz.com



Magnolia Lane & Co Ceramics was established in 2021 by the maker and creator Courtney Pryce. Working full time at Coastal Vets, this quickly turned into a business selling to wholesalers all over New Zealand. All her pieces are wheel thrown using stoneware clay, creating beautiful, unique pieces for you and your home. Courtney’s passion, eye for design and attention to detail have been the driving force behind her brand.



Affordable Luxury Pods that offer a space to live, work or play! Influenced by nature and built to enhance your lifestyle. These 29sqm pods provide a cost-effective way to create a permanent home, weekend cabin, guest house, studio or office in the backyard. Constructed entirely at our facility in Taranaki by our parent company Location Homes, they are then delivered to the customer complete and ready to move in. Customers can choose their selections in just a few clicks online. www.locationhomes.co.nz



The all-new Modscene Dog Manor will make your pooch feel like royalty. Designed and made in Taranaki by Modscene this cool new kennel is modern, warm and durable. It is hygienic and easy to clean, it has a drainage hole located on its base so that the interior can simply be hosed down and the water will quickly drain out. Whilst designed for outdoor use, the Modscene Dog Manor can also be kept indoors. And then there’s colour. With 19 colours to choose from, there is a colour for everyone! www.modscene.co.nz



CHANELLE WILSON
Mortgage Advisor

I take pride in delivering quality service, not just today but settlement and beyond, as your local Mortgage Advisor. chanelle@stephaniemurray.mortgage | 027 288 3333
[@Chanelle Wilson - Mortgage Advisor](https://www.instagram.com/ChanelleWilson)



GLEN BENNETT
MP for New Plymouth - NZ Labour Party

“I’m committed to a nation that cares deeply for our people, as well as our planet, and Labour has strongly demonstrated its focus on both.” Glen Bennett your local MP.
[@glenbennettlabour](https://www.instagram.com/glenbennettlabour)



GOVETT QUILLIAM
The Lawyers

Fresh to the region, Family Lawyer Anya Graeff has been enjoying living and working in Taranaki. “I love the breadth of opportunities available to develop professionally”. Here at GQ we are proud to attract fresh, committed and passionate people, to give our local businesses and community access to world-class legal talent.
06 768 3700 | thelawyers.co.nz | email@gqlaw.nz

Q&A WITH THE CANDIDATE

A Sunday session with David MacLeod

A proud Taranaki local who grew up in Manaia, David went from training as a sparky to owning his own business, going on to work on important regional issues like the environment, predator-free and fresh water as Chair of the Taranaki Regional Council. David has always been a strong advocate for what makes our region great – it's people!

With strong values of whānau, respect and hard work, David is the 2023 National Party Candidate.

1. Let's start with what really matters... Pineapple on Pizza?

Yes...Definitely, Yes.

2. At what point do budy smugglers become undies?

Ha! As soon as they leave the beach. That's if you're brave enough to wear them (I'm not).

3. Favourite Sports Team?

It's got to be the Black Ferns. They had such a great World Cup after a lousy leadup. They beat the most dominant team in recent history - you've got to be proud of that.

4. What advice would you give your 21-year-old self?

Just enjoy it. Enjoy your youth, there is a lot of adulting ahead and it changes so quick!

5. Plans for holidays?

Spending time with my family – my wife and kids... and probably a lot of their friends. We'll do lots of mountain biking, swimming, beaching, and a touch of golf.

6. Favourite Holiday Movie?

You're probably expecting me to say Love Actually, or the Notebook, or for those hardcore Christmas movie fans, Die Hard (well sort of). I'm more of a TV series guy, the most recent season of Ozark is on my list.

End of the Sunday Session:

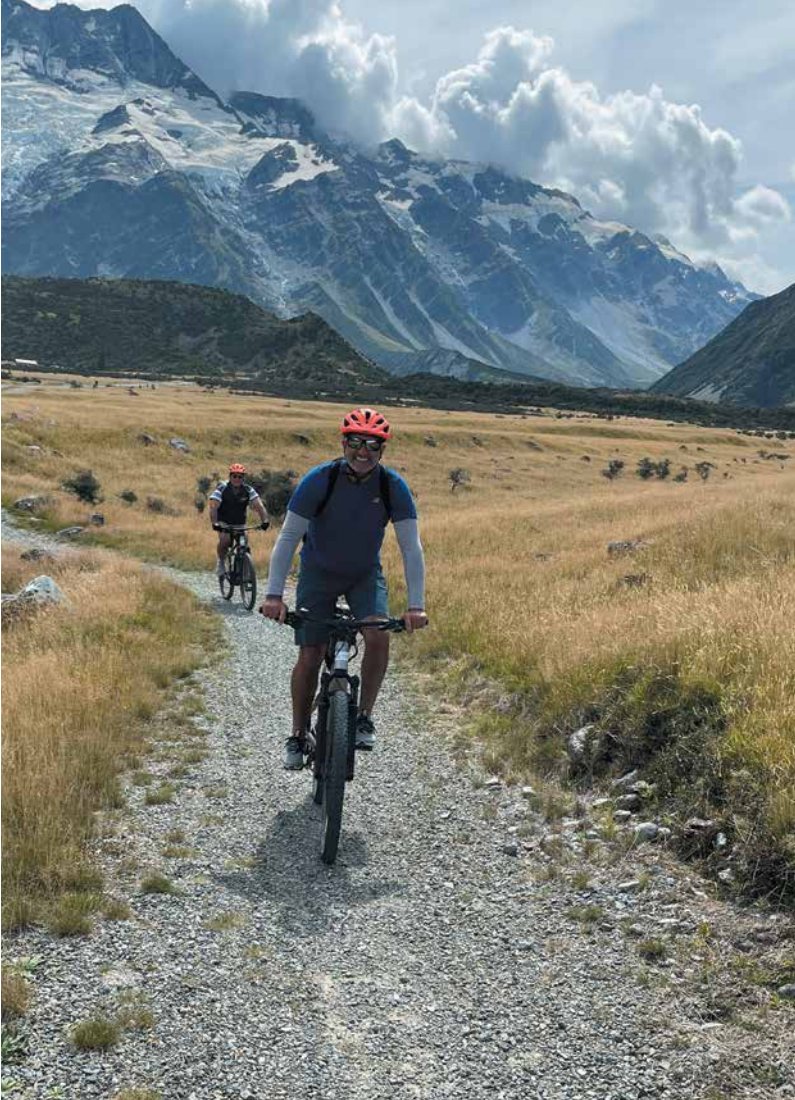
It doesn't matter where you live or what you do, 2022 has thrown many challenges at us and the Christmas/ New Year break can't come fast enough.

So! Take the time to enjoy the company of those who matter most in your life and spend a moment or two fine-tuning, checking-in and finding your direction leading into the 2023 year.

I'd love to hear what's important to you – I want to understand the issues affecting everyone in our community. It's my job to work on your behalf to get the best for our region.

Enjoy the break, and challenge yourself to be as good a person as you can be in 2023.

Authorised by
W Durning,
41 Pipitea St,
Wellington.



8 WAYS TO SHAMELESSLY SELF-PROMOTE YOUR BUSINESS

- Post on your personal social media accounts.
- Ask friends and family to tag, share and refer.
- Leave cards and flyers everywhere you go.
- Offer friends and family a discount (instead of freebies).
- Always ask for reviews and testimonials.
- Join groups and help others to demonstrate your expertise.
- Promote what you believe in, instead of yourself.
- Let your passion shine through.



Stand out or get lost

Branding | Website Development | Ecommerce Experts

If you're about to launch the next big thing or even if you've been in business for the last 100 years, we're the creative minds you need beside you.

hello@thecreatives.co.nz

the
creatives

www.thecreatives.co.nz



BTW

A passion for our professions and the regions

SURVEYING | ENGINEERING | PLANNING | ENVIRONMENT

New Plymouth – Ngāmotu

179-181 Courtenay Street
PO Box 551
New Plymouth 4340
+64 6 759 5040

Hamilton – Kirikiriroa

517 Anglesea Street
PO Box 1229
Hamilton 3240
+64 7 595 0020

Raglan – Whāingaroa

1 Wainui Road
Raglan 3225
+64 7 595 0020

info@btw.nz www.btw.nz



Tasman Toyota



Let the good vibes roll.

The Corolla Cross Hybrid has arrived.
Book a test drive today.

🔍 Toyota Corolla Cross



COROLLA

**Let's
Go
Places**

Fitzroy 06 769 9933 | Westown 06 753 2397 | Hawera 06 278 6139
www.toyota.co.nz/tasman-toyota | salesteam@tasman.toyota.co.nz

THE LATEST WORKPLACE TREND IS HERE THE 4-DAY WORK WEEK

Words by Katie Pettigrew

We could all do with an extra day out of the office but what are the wins for businesses who make the switch to a four-day 32-hour work week?

The Monday to Friday 40-hour work week has been the mainstream working model for almost a hundred years. Structured mostly for factory workers, at the time it was introduced the five-day week was revolutionary in replacing the six-day work week with only Sunday off.

But times seem to be changing again and momentum is building for the latest work model businesses have been adopting, the four-day, 32-hour work week. The four-day work week is essentially the same pay and benefits for employees but with a reduction in hours.

There are many arguments as to why it's time for a change, as well as the staff wellbeing and productivity outcomes, the main one is that the current 'nine-to-five grind' just doesn't reflect the modern world anymore. There is no longer the traditional bread winner and homemaker setup of a household, technology has advanced so much that we can all be reached on the other side of a screen or phone, remote working is more common and life and work is busier now.

Four-day working weeks isn't a new concept, it's already been implemented in businesses across the UK, Europe and Japan, but it's being driven now more than ever. The

pandemic has had a massive influence on this – for two years businesses had to adapt as the world of working changed drastically and employees got a taster for the benefits of a more flexible working schedule.

A big advocate in this movement is 4dayweek Global, a not-for-profit community for people interested in supporting the idea and that researches into four-day work week practices and the future of work and workplace wellness.

4dayweek Global have been running a pilot throughout 2022 with businesses worldwide joining in to trial the four-day working week, including here in New Zealand. The trial operates off the 100-80-100 model where employees get 100% of the pay for 80% of the time, in exchange for maintaining at least 100% of the output.

For business owners a 32-hour work week for the same pay and benefits could sound like just giving staff an extra day off, but 4dayweek Global argues it's actually about

“working smarter, not longer, and investing in the wellbeing of the most important asset to any business – your people.”



WHAT ARE THE BENEFITS?

- It doesn't necessarily mean long weekends; it can be a day during the week
- Increased staff wellbeing. Staff are happier, healthier and less stressed which in turn leads to;
- Increased productivity – when staff are well rested and happier their output is better
- Staff are more focused which means less mistakes
- Improved work life balance
- Fewer wasted hours
- Attracting new staff is easier – time is more precious than higher salaries or benefits

All of this leads to a better work culture and staff engagement

The results from the 4dayweek Global trials are promising; 63% of businesses found it easier to attract and retain talent with a four-day week and 78% of employees with four-day weeks are happier and less stressed.

WHAT ARE THE CHALLENGES?

- It could mean one day less a week for contact with clients or customers
- The workload remains the same
- There could be scheduling issues
- Less face-to-face time with your team
- Change is never easy
- The four-day weeks just simply might not work for some industries

If the four-day week doesn't sound like the right fit, there are other alternatives popping up that can see some of the same benefits but are more convenient for the business, like the nine-day fortnight. This sees employees work the same number of hours but condensed over nine days instead of 10.

Could this be the new way forward? It's been nearly a hundred years since the working week had a refresh and this could mean a future where the working world is driven more by output, flexibility and wellbeing and the Monday to Friday, 40-hour working week is a thing of the past.



BDO
Audit, Tax, Advisory

Free Xero Help? If you have any Xero questions come into our office or schedule an online appointment with one of our Xero experts for free! Every Wednesday from 9am until 11am BDO Taranaki offers free advice to anyone that has any frustrations or questions around Xero. We look forward to helping you.

www.bdo.co.nz/taranaki | 10 Young Street, New Plymouth | taranaki@bdo.co.nz | 06 759 9034

Goodwill

LAW



Serving good buggers since 2020

New Plymouth's #1 Rated Law Firm

www.goodwill.law | office@goodwill.law | Floor 1 White Hart Hotel | 021 091 26871

INSURE
TARANAKI

Understanding your business, is our business.
Get the advice and service you deserve.

www.insuretaranaki.co.nz



WHAT TO ASK WHEN BUYING A COMMERCIAL PROPERTY

Kevin Hight Commercial Real Estate Salesperson from McDonald Real Estate

Thinking about purchasing a commercial property and not sure what due diligence you should be doing? Here are our top tips to get you started.

LOCATION LOCATION LOCATION, STILL ONE OF THE THREE MOST IMPORTANT POINTS WHEN MAKING A BUILDING PURCHASE.

This sounds like an old wives tale, but it still rings true today, no matter what you are buying. The value of a property is dependent on a few things, but a higher profile site will always demand a premium.

HOW LEASABLE IS THIS PROPERTY? WHO WILL FILL THE GAP WHEN THE PRESENT TENANTS LEAVE, BECAUSE ONE DAY THEY WILL!

Even though there may be a very good long-term lease in place, it is wise to think about the next tenant and the desirability of the site or building. You can bet that one day you will be looking for a new tenant and if your property is a very specialised site or it's a large size that can't be resized you may have to rethink.

WHAT IS THE SEISMIC RATING OF THIS BUILDING?

This is very important, and although there is generally time provided by the council to remediate any issues, it can be a costly procedure, plus the ability to borrow money against an earthquake prone building under 67% of NBS is difficult. Unless you have the ability to repair it, it may be a stretch too far.

WHAT MAINTENANCE IS COMING UP?

Check the major maintenance issues; roof, paint, broken

concrete, etc. Will these need attention in 1, 3 or 5 years? Factor this into your decision.

HOW LONG IS THE CURRENT LEASE AND HOW GOOD ARE THE TENANTS?

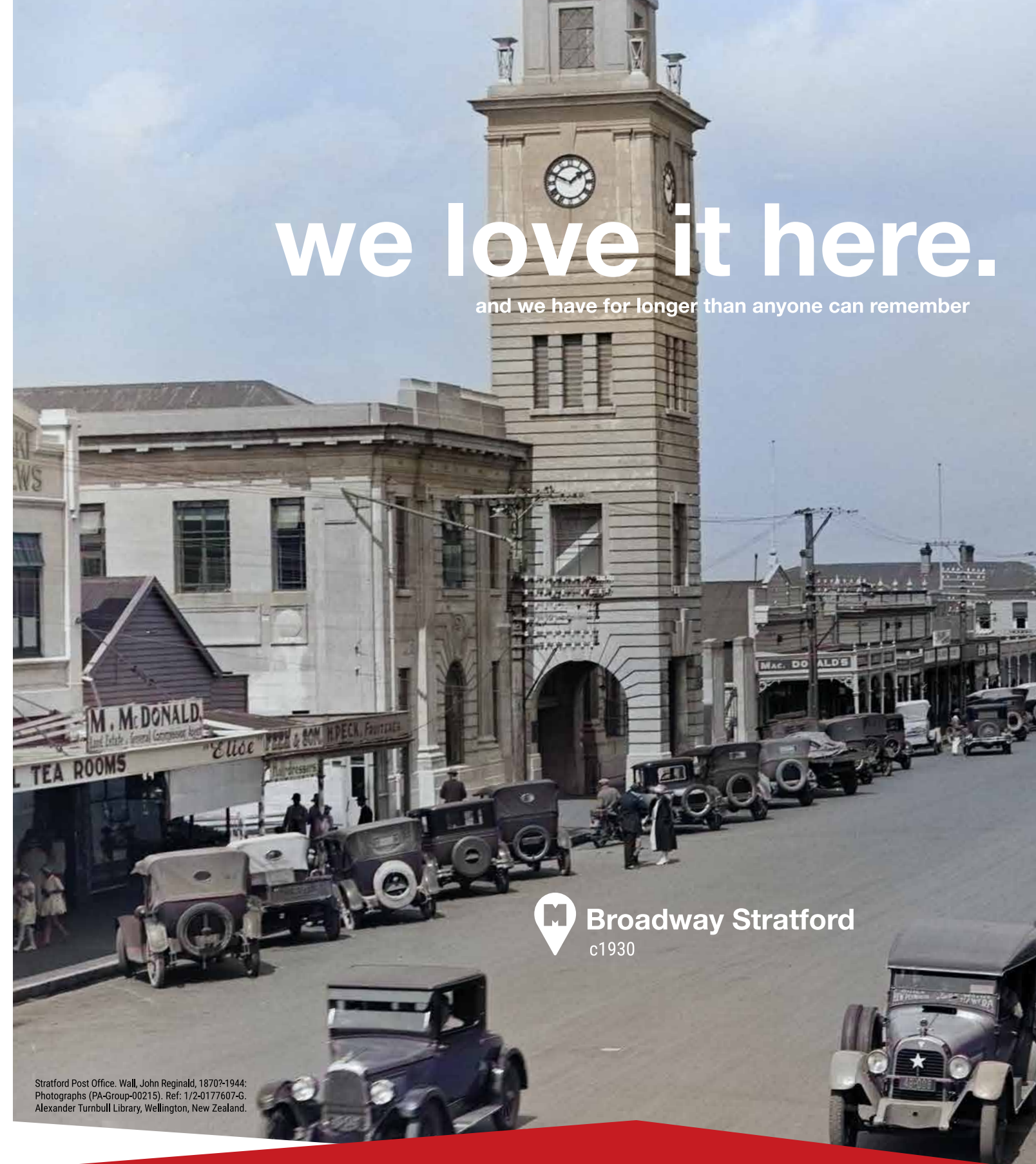
The decision to buy an investment property will hinge on the rate of return on your money. But it is worth noting the length of the term and some information on the existing or new tenants regarding their performance and their ability to pay the bills!

WHAT IS HAPPENING IN THE IMMEDIATE AREA? DEVELOPMENT? ROADING? ZONING?

Check with the council regarding any proposed developments that could be coming up in that area, it may impact a tenant's ability to trade in the future and could impact your ability to sell the property in the future. The zoning can be easily accessed on the council website, or visiting the council offices to discuss the property with the team at the counter.

WHO IS PAYING THE OPERATING EXPENSES?

Check the lease to see who is responsible for the operating expenses, including rates, insurance and any other outgoings that are consumed by the tenant. Water rates and building warrant of fitness are often overlooked but are the responsibility of the tenant. Some of these may be built to a gross lease, so be aware as this will affect the income of the property.



eieio.co.nz
TRUSTED IN TARANAKI SINCE 1912

McDonald
REAL ESTATE
MREINZ LICENSED REAA 2008 LIMITED



AT HOME WITH KATEY

Photography by Sandra Henderson

TELL US A BIT ABOUT YOURSELF

I am a mumma to Inky-Lou Plum (10) and Fable-Bea Fox (7) plus Stanley the three-legged bird eater! I have been an art teacher for the past 13 years, but this year I have not taught and been 'the office girl' in the lawnmower shop in Blagdon, and it's so much fun! It's the job I didn't know I needed! I have recently become obsessed with yoga, and I swear it has changed my life! I also quite like tattoos, saunas, walking, and delicious food!

HOW WOULD YOU DESCRIBE THE STYLE OF YOUR HOME?

My home is a bit crazy and full but very ordered, clean, and tidy. I wouldn't say I have a style. I love colour and didn't hold back when I painted this house (I didn't care about resale and decided I was doing everything for me!) But every now and then, I threaten to sell everything, paint the house white from floor to ceiling, and buy a white linen couch that will turn brown in seconds! I encourage the kids to put their artwork up amongst everything, I like the home to be styled by all of us! I think houses need to be homes, the kids love making huts with the furniture and jumping on everything so my style definitely isn't posh!

WHAT IS YOUR FAVOURITE ROOM/AREA AND WHY?

The lounge and sun-room (which is my bedroom). I purchased the house when the housing market was still a bit crazy and I could only afford a two-bedroom place. The kids got a room each, and I have a sun-room off the lounge. The sun pours in, and I can lay on my bed looking at the view of the sea and the port. I love the winter because when the fire is on I can see it glowing from my bed, so that's a win-win if you ask me! I go to bed after the kids, so it's never been an issue that I am basically sleeping in the lounge! I just had to make it work with the money I had, and it works for our small family.





HOW DOES YOUR PERSONALITY REFLECT IN YOUR HOME?

I am very creative and I guess you can see this in every nook and cranny. I like things to be fun but also serve a purpose. I know deep down I am a very sensible and grounded person, but on the surface I seem crazy and fun, which is possibly just a front! I am quite boring and structured in my day-to-day life, but my appearance and house would suggest otherwise!

WHAT HAS BEEN THE BEST PURCHASE YOU HAVE MADE?

I love the stainless catering units I put in the kitchen. They are practical and hard wearing and somehow fitted perfectly. They were also a cheaper option than putting in a 'traditional kitchen'. I hate things in cupboards, I like to see everything on display, and these were perfect for that. Everything does get dusty though. And having to be precious with a laminate bench top is my worst nightmare.

WHAT IS YOUR FAVOURITE PIECE OF FURNITURE OR ART?

It would have to be the huge vintage maternity poster that was used for teaching in the maternity ward at Barrett St Hospital - if there is a fire its the only thing I am grabbing! It's been great for teaching the kids about the different body parts and what they do! Oh, and maybe the taxidermy collection—those old, dusty stuffed animals are irreplaceable.





TOP 3 PLACES TO SHOP FOR HOMEWARES?

I don't like to buy anything new, I hate having to be precious about furniture and homeware items, so everything I own is second hand. It is way more fun and exciting to have to hunt for something and it also means everything I own has a story behind it! I hunt on Trade Me and Facebook Market Place, I avoid the opp shops sadly, I find their prices ridiculous these days! I have also been lucky enough to be given all sorts of furniture and art works.

ARE YOU AN IMPULSE BUYER OR ARE YOU MORE CURATED WHEN IT COMES TO DECOR?

I like to be impulsive and buy something because I love it and then wonder how the hell I will get it up my ramp and then where on earth I will make it fit! You should buy something because you love it, deal with the space issue later! Decor and DIY excites me. I love being given a blank canvas or a challenge to sort in a cheap creative way. No corner of the house should be left untouched or boring, not even the pantry! My pantry is pink!

WHAT IS THE BEST MONEY YOU HAVE SPENT ON YOUR HOME?

The boring, sensible answer would be the electrical work, it's all safe and new now. The fun answer would be finding a huge room lot of red axminster carpet from around the coast and having it laid in the lounge and my bedroom. I think the carpet layer possibly wanted to kill me! That stuff is heavy and stiff and a nightmare to lay and piece together, but I love it, and it hides all the stains and is a great contrast against the peach and pink wall paint. I also love my plumbing in the kitchen and bathroom. I have exposed copper pipes, which luckily cost me nothing because I was dating a plumber at the time and he couldn't charge me! The trick is to always date a tradie!





IF YOU WERE TO INHERIT \$50,000 WHAT WOULD BE THE FIRST THING YOU WOULD CHANGE ABOUT YOUR HOME?

I'd build a huge deck out front where I could sip my tea and watch the ships come in, and a deck out the back so I could look at the mountain. I would also pay someone to paint the exterior because unfortunately at this rate that's going to be my summer job and I am not excited about it! However, if I inherited \$150,000, I would instal a drive-way (or a gondola). I have no drive-on access to my property. The only way to my house is to walk up a long steep concrete ramp (I just pretend I live in Wellington where this is normal), and surely I am building muscles dragging my groceries and firewood up it!

THIS IS A FAMILY HOME, HOW MUCH REIGN DID YOU GIVE YOUR KIDS WHEN IT CAME TO DESIGNING THEIR ROOMS?

I let the kids choose their light fittings and colours for their study areas (well, they were allowed to choose from the six pastels I had chosen) but they can decorate their rooms anyway they want. I did rip out the wardrobes and put desks in that space, which they use way more than a practical boring wardrobe! I think kids should be allowed to stick things on their walls and make it their own. I encourage it, it's their space and they should own it! And absolutely everything in a house should be super fun!

WHAT TOP INSTAGRAM PAGES DO YOU FOLLOW FOR INSPIRATION?

@eviekemp
 @sweating_and_nesting
 @ourlayeredhome

Follow Katey and her home journey at @kateykatandherkittens



Thank you to all our wonderful customers for your support through the year. We wish you all the very best for 2023!
 Love from Mette and the Team xx

Staging | Homewares | Coffee | 1 Clemow Road, Fitzroy | homelovemettek.co.nz

WONDERFUL MADE EASY

Amanda Donaldson and Jenny Rowe are local business owners and operators who bring the showroom to you. With helpful tips and advice on colours, patterns and styles during a free in home consultation with proposals on the spot. Flybuys with every purchase and finance options available: Buy now, pay later.

Amanda offers a variety of flooring options. Famous carpet brands (in every style, colour and texture including stunning wool carpets), vinyl, luxury vinyl planks, timber and laminate (with different colours and plank styles). Jenny offers her experience to help you select window furnishings across many different styles from curtains, romans, blinds, venetians, shutters, blockouts and sun filters and offers an EXCLUSIVE urban fabric range.



Call Amanda for Carpet 027 224 9899

Call Jenny for Curtains 027 314 7710



CREATE CALM BY SIMPLIFYING YOUR HOME

Kylie Moore From Simplify My Home Taranaki

Having an organised home not only looks aesthetically beautiful, but also reduces anxiety and overwhelm; can save you money at the supermarket and promotes a calmer home as everything has a place. When your home is organised, it has a ripple effect on other areas of your life.

Once you decide on the area you would like to organise, follow these simple tips to help you on your way to a more simplified life.

1.

Remove EVERYTHING from the space you would like to organise. This in itself can be quite an overwhelming process, so please remember, it will get worse before it gets better... but it WILL get MUCH better.

2.

As you remove the items from the space; if it is your pantry, check for expired items and food that may have been opened for a long time that you need to get rid of. In your wardrobe or linen cupboard, check that they are all items you would like to keep and don't have stains, holes etc. We don't want to be putting back anything we need.

3.

As you remove all the items, group all like items together. From the pantry, place all the pastas, rice and grains in a pile, baking items in another, canned foods, snacks, lunch supplies, etc. From the wardrobe or linen cupboard, the same rules apply... Seasonal items, towels, sheets (in their sizes and sets); tops, skirts, long hanging etc.



4.

When grouping the items together, it's a great idea to have some 'sub piles'. A donate, sell and rubbish pile is really important so you are not putting anything back that you no longer need or want or that doesn't work, or is broken! Be Ruthless!

5.

Once everything is out and grouped together, give the empty space a really good clean, ready to put everything back! If it's been a while since the space has been emptied, a quick vacuum of the shelves is a good idea prior to wiping them down, as it makes the job much easier!

6.

This is the fun part... Put everything back!! In your pantry, put all your containers back in their groups. You don't need containers for everything. What isn't in a container, can go in a basket with the remainder of the grouped items. It's a great idea to label these baskets so you (and the rest of the household) know what's in each. The same applies to your wardrobe and linen cupboard. Put all like items away together by putting them in labeled baskets, and hanging like clothes together is a great way to easily find the items you need!

Congratulations! You are done with your space!! Remember to just focus on and complete one space at a time. If you enjoyed this process and the result, you can now enjoy that one and move onto the next space!

If you want to get the professionals in to do all this for you get in touch: www.simplifymyhome.co.nz or email kylie@simplifymyhome.co.nz



New Zealand
Certified
Builders
Association



Find your local builder in Taranaki

We believe all Kiwis deserve to work with builders of the highest standard. NZCB membership is unique in that it has always required trade qualification as a bare minimum.

Our reputation is built on our knowledge, skills and expertise. It's the principle we were founded on and is still our driving force today.

To find a builder close to your home, use our Find Your Builder search function on our website.

TO FIND A NZCB
MEMBER CALL

0800 CERTIFIED
(0800 237 843)

OR VISIT OUR WEBSITE

nzcb.nz/find-your-builder

Visit our Showhomes *to experience the difference*



Fernbrook Pacific Showhome



Fernbrook Smart Showhome



Be inspired by our Fernbrook Showhomes

Located just around the corner from each other, our Fernbrook Showhomes are full of clever design ideas and style, giving you a taste of the quality to expect when you build with Signature Homes Taranaki. Visit our Showhomes to experience the difference today.

0800 102 104 | signature.co.nz

Fernbrook Smart Showhome: 45 Fernbrook Drive, Fernbrook. Open Mon-Sun | 12pm-4pm

Fernbrook Pacific Showhome: 2 Alex Place, New Plymouth. Open Mon-Sun | 12pm-4pm

Office: 240 Devon Street East, New Plymouth. Open Mon-Fri | 9am-5pm

BUILDING TOGETHER FOR A BETTER FUTURE



LOCATION HOMES

AFFORDABLE LUXURY



LOCATION PODS

Affordable Luxury Pods that offer a space to live, work or play! Influenced by nature and built to enhance your lifestyle. These 29sqm Location Pods provide a cost-effective way to create a permanent home, a weekend cabin, a guest house, or an office in the backyard.



HOUSE & LAND PACKAGES

Looking for a new build home without the stress of designing and building from the ground up or waiting for the time it takes to build? Our house and land packages combine a plot of land with a home design that is perfectly suited to that location for a fixed price. Discover our Taranaki packages that are currently available.

CALL TODAY | 0508 562 284 | LOCATIONHOMES.CO.NZ

For Sale!

**18 Selwyn Street
Sycamore Estate**

Located in the new Sycamore Estate, situated at the end of Selwyn Street, Vogeltown, this generous 2,995m² site exudes potential, with plenty of freedom for creativity and privacy; this is your chance to design and build the home of your dreams. With buyer enquiry over \$299,000 this is truly an opportunity you don't want to miss! Get in touch with Taylor & Co from Powers Realty Limited to see what a difference having dedicated real estate agents with fresh ideas can do for you and your property dreams.



Imagine the possibilities.



Renee Ekdahl
LICENCED REALESTATE CONSULTANT
Phone: 027 902 6591
renee.ekdahl@powersrealty.co.nz

Emma Taylor
LICENCED REALESTATE CONSULTANT
Phone: 027 379 7148
emma.taylor@powersrealty.co.nz



CLIMB THIS TARANAKI
Arborists

With over a decade in the arboriculture industry, Jamie is a qualified level 4 advanced arborist, specialising in high end tree care with an emphasis in tree health. Trees are an asset to you, the region, and the environment. Contact us for all arboriculture works/contract climbing and garden maintenance.

@climb_this_taranaki | 027 210 4678 | climbthistaranaki@gmail.com



Made By Samara
 'Made with love and an Apple Pencil'

Detailed, digitally drawn illustrations

Born out of creative necessity during the pandemic in London, Made By Samara prints are carefully created using time, tiny lines and lots of colour - just for you

♡

To order custom or branded prints:
 Instagram / @madebysamara_



SUMMER AT HOME

1. Costa Nova Grespresso Espresso \$18 from Tempt Store
2. Notebook Oriental Poppy \$29.95 from Et Vous
3. Spliced Vase \$330 from Arc
4. Sunflower Happy Organic Cotton Quilt Cover KS/Double \$225 from Little Haus
5. Foundation 178 Daisies Tea Towel \$16.99 - \$47.97 from From Morgan Paige Art for Child Cancer Foundation
6. Stripe Red Pink Cushion \$259 from Bianca Lorenne
7. Father Rabbit Lettuce 1000 piece puzzle \$45 from Home Love Mette K
8. Czechoslovakian Green Malachite Glass Perfume Bottle \$189 From The Virtue



You'll find the unique, interesting, and artful at the Govett-Brewster's Art + Design Store

Treat yourself or a friend from our great selection of books, stationery, homewares, jewellery and cool kids' stuff.

Visit us today →

42 Queen Street
 Ngāmotu New Plymouth
 Aotearoa New Zealand
 govettbrewster.com

Open daily
 10am - 5pm



I didn't have the traditional entry to motherhood, or the Real Estate industry. Being a young mum means my career has to work around my 3 boys, and that is a huge part of our ethos at Jennifer Russell Real Estate.

Working with Jennifer is a huge source of inspiration for me as she understands the struggles of working & raising children at the same time, and we translate that into the way we work.

We are patient, understanding & work hard to support our clients to get them where they want to be.

Ensuring we're available outside of work hours to sign contracts or answer questions keeps our transactions running smoothly. Being a small family business we aren't bound to any corporate constraints which means we can do things in a way that works for all of us.

We understand that life can be chaotic, and we truly want to help people and families get ahead and thrive.

Our homes have a huge presence in our memories and feelings, so being able to give our clients flexibility and support during a big shift in their lives is a privilege and our pleasure.

Aspen Russell
aspen@jrre.co.nz

Photography by The Virtue.

Workin' Mums



LOOKING FOR A FRESH PERSPECTIVE?

ARCHITECTURE
INTERIOR
LANDSCAPE
URBAN DESIGN
DEVELOPMENT
BUILDING COMPLIANCE
PROJECT MANAGEMENT

Let's work together

BOON.CO.NZ

BOON
design thinkers



Jennifer Russell
REAL ESTATE
Licensed Real Estate Agent REAA 2008



www.biancalorenne.co.nz
311 Devon Street East, New Plymouth



proud stockist of

**BONNIE
AND
NEIL**



**PAWS FOR
THOUGHT**
PET CREMATORIUM

LOCAL FAMILY LOVE YOUR PETS, RIGHT TILL THE END...

When we lose a much-loved pet, a tough decision must be made – what to do with their remains?

Billy and Tracey Walsh know exactly what happens, as they operate Paws for Thought; Taranaki's only local pet crematorium; a privilege they don't take lightly.

"We feel so honoured to look after people's pets in their last days. We're pet people, we know in our hearts how important pets are to a household. They're family, simple as that."

The Walsh family care for our pets at Egmont Village (along with their kennels/cattery business Paws & Claws), surrounded by fields and a peaceful outlook.

"We collect people's pets from their homes or their vet and transport them to our facility and care for them like they were our own."

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



HOLISTIC WOMEN'S HEALTH



From left: Nicole Roiall - Senior MSK & Pelvic Health Physiotherapist, Emma Perks - Lead MSK & Pelvic Health Physiotherapist & Founder, Kerry Hewitt - Administrative Manager and Erica Snowden - Senior MSK & Pelvic Health Physiotherapist.

Find Full Circle Physiotherapy at the calm Tahi Wellness Space provides Musculoskeletal and Pelvic Health Physiotherapy for a range of women's health issues. We offer specific physiotherapy services for pregnancy, postnatal and continence care as well as your general physiotherapy needs. From 1st October 2022 ACC now covers specific injuries birthing parents can experience from the beginning of labour through to delivery of the pēpi/baby.

PRENATAL PELVIC HEALTH

Preparation for birth starts with you and your body. By understanding the changes and feeling a better connection to your pelvic space during pregnancy, this will no doubt encourage a better birthing experience overall. A pelvic health assessment before you start trying for a baby or during pregnancy is ideal (from 12 weeks onwards) whether you have any pelvic health issues or not, can be a very useful experience. It can highlight any pelvic floor problems, help ease pain during pregnancy as well as build a deeper sense of connection to your pelvis prior to birth. This is often creating a more solid foundation for your postnatal recovery, as muscle memory can help to restore balance within the pelvis sooner after giving birth.



POSTNATAL PELVIC HEALTH

We offer Postnatal care and physiotherapy for mothers after birth. Birth is not purely a physical experience. It is also felt both emotionally and energetically. The consequence of such is that as a physiotherapist we approach clients who are in the Fourth Trimester (the first 12 weeks after giving birth) with care and understanding on all levels. The first few weeks after the birth of your baby can be both a daunting and wonderful time. Your main priority is caring for your little one, however it IS important that you also look after yourself. Birth can be unpredictable and doesn't always go 'to plan'. It can also be a very helpful experience to have a postnatal pelvic health assessment, even if there were no issues with your birth. This can help you to better understand the journey that your body undergoes whilst transitioning from pregnancy, to giving birth to being postnatal.

“ *The team at Full Circle Physiotherapy are professional, helpful and kind! They have helped me with a couple of issues postpartum and I 100% recommend them and their service!* ”

www.fcphysio.co.nz | 0210 824 7798 | Tahi Space, 1 Devon St East, New Plymouth | @fullcirclephysio

SKIN

ON FORTY-FIVE

NEW A treatment that does it all!

AGE JET

COLD PLASMA SKIN INFUSION TREATMENT

The latest in skin resurfacing & rejuvenating treatments with minimal to no downtime.

Skin Tightening . Instant Skin Glow & Firming
 Under Eye Bags . Eyelid Lift/Tightening
 Perioral Lines . Acne Scarring . Enlarged Pores
 Hyperpigmentation & much more!
 Suitable for all skin types & tones.
 Only machine in Taranaki!



100% TARANAKI OWNED & OPERATED

51 Egmont Street, New Plymouth
 Open 9am-5pm (Late night Wednesday and Thursday until 7pm)
 Phone 06-927 3491 or 0800 SKINON45 (0800 754 666 45)
 Email info@skinonfortyfive.co.nz • skinonfortyfive.co.nz



Book Your FREE Consultation Now.



DR PEGGY CHEN

Skin Cancer, Mohs Surgery & Appearance Medicine

A dedicated Specialist dermatologist led clinic providing a one-stop shop for all your skin needs this summer. We focus on prevention and reduction of pigmentations, sun damage, and photo-ageing. Our resident aesthetician Lisa, will personalise your therapy and get your skin summer ready. Call now to book in for a free consultation with Lisa.
 09 9681468 | reception@skincancerandmohsurgery.com



MAIDEN

Luxury Hair & Extension Specialists

The Hair Boutique and Maidenhair are merging to create Maiden, luxury hair, extensions & lifestyle salon. Opening soon at The Village Mews 1155 South Road Oakura.
www.maidenhair.co.nz | @maiden.nz



V&S VEIN + SKIN CLINIC

Varicose Veins | Appearance Medicine | Skin Cancer

When you consult with Vein & Skin Clinic, you can be sure you are receiving the best, medically appropriate care.

(06) 757 2872 | 23 Hobson Street, New Plymouth | www.veinandskin.co.nz



NEW PLYMOUTH PHYSIOTHERAPY

Manual Therapy, Exercise-Based Rehabilitation & Educational Programmes

At New Plymouth Physiotherapy we value the importance of community, family, holistic management and understand the importance of breaking down barriers to the access of health care. Everyone should have the opportunity to access the services available as this helps to drive success in the pursuit of health and wellbeing.

06 757 8800 | www.npphysio.co.nz | admin@npphysio.co.nz



OLIVE & CO

Soy Wax Candles & Wax Melts

Olive & Co is a small boutique brand based in the heart of Taranaki. Created by mother-daughter duo Katie and Julie, who're committed to delivering eco-friendly and 100% natural soy wax candles and wax melts. Their hand-poured candles are crafted to not only smell beautiful but also give you that cosy, feel-good feeling!

oliveandco.nz | [@oliveandco_candles](https://www.instagram.com/oliveandco_candles)

Q&A FOR OCEAN LOVERS. FROM OCEAN LOVERS.

Glen Stephens, a passionate traveler, surfer, and ocean lover, experienced his "change-the-world-moment" when he and his young family went back to the Pacific Islands. Glen, who grew up in the Islands, was horrified to see how quickly the coral reefs and marine life had degraded. That inspired him to develop a line of natural products that are safe for the reefs and to support environmental programmes that would further safeguard and restore our marine environment.



SOL+SEA Natural Mineral SPF30 Sunscreen 85mL

SOL+SEA Natural Mineral SPF50 Sunscreen 85mL

SOL+SEA Mineral Based SPF50 Sun Stick 14g

SOL+SEA Hydrating Lip Balm 4.25g

TELL US ABOUT SOL & SEA AND HOW IT CAME TO BE?

I grew up in the Pacific Islands and have witnessed firsthand the deterioration of the coral reefs. After extensive research we discovered ocean temperatures, climate change and pollution were contributing factors but also nasty chemical UV filters found in big brand sunscreens that are washed off into the ocean in tourist hotspots and bleach the coral. This has been proven in scientific studies, and check out the coral next time you're snorkeling! After a trip to Tahiti, I wasn't allowed in the water with a big brand sunscreen on, after discovering new reef-safe legislation being passed around the world and certain products literally being banned from entering the water, we started Sol+Sea.

WHAT DO YOU BELIEVE SETS YOUR SKINCARE LINE APART FROM THE MANY OTHERS OUT THERE ON THE MARKET?

We are a purpose-driven brand. Meaning we are an environmental platform for change, and our profits go towards environmental initiatives like Sustainable Coastlines and Surfaid doing beach cleanups and helping mothers in developing nations throughout the Pacific. Secondly, our products use mineral-based UV filters, not nasty chemical ingredients like the big brands (Octocrylene, Oxybenzone, Octinoxate—watch out for them!) Our products use the best quality NZ ingredients, they're athlete endorsed, tested and they do what they say they do!

HOW DID YOU COME UP WITH THE BRAND'S NAME?

It's a play on words on my son and daughters' names. My wife came up with it. Also Sol is Latin for sun, and sea plays on the theme and where us Kiwis spend most of our time.

WHAT'S THE PHILOSOPHY BEHIND THE BRAND?

To protect your skin, 1 in 5 Kiwis get some form of skin cancer, and to create high-quality and high-performance skincare products for adventurous people and ocean enthusiasts that meet reef-safe legislation.

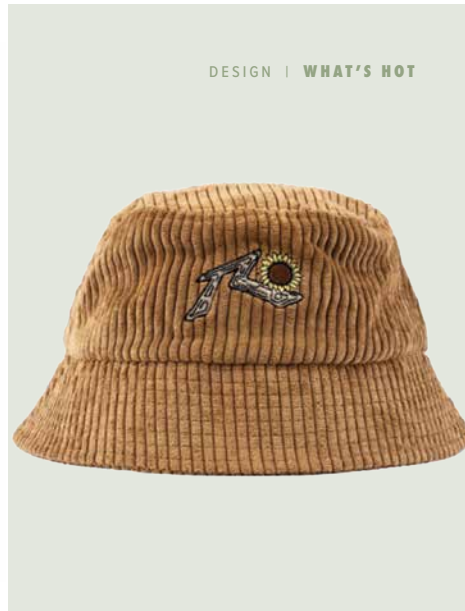
WHAT PRODUCT WOULD YOU RECOMMEND TO SOMEONE TRYING SOL & SEA FOR THE FIRST TIME?

Now that it's summer, try our 100% natural SPF30 (rated to SPF48), its unashamedly thick invisible zinc oxide for the face. Also our SPF50 Face Stick is a big hit.

WHAT'S NEXT FOR SOL & SEA?

We've nearly reached our year 1 target of 100 stores in NZ, we now have distribution in Fiji and Cook Islands, next Tahiti and other countries in the Pacific. And we're pursuing active interest in California, Singapore, Japan and Australia. Also watch this space for colabs and new product lines coming soon!

thesolandsea.com | [@solandseaskincare](https://www.instagram.com/solandseaskincare)



DESIGN | WHAT'S HOT

I HAVEN'T WORN THESE SINCE I BOUGHT THEM. I SHOULD DEFINITELY PACK THEM FOR MY 3-DAY VACATION, JUST IN CASE.

STRIPES AND THINGS

1. Ben Sherman Mod Stripe Polo \$159.95 From Guize Menswear 2. Pearly King Haul Blazer Beige Check \$559.95 From Guize Menswear 3. Rusty Meadow Bucket Hat \$39.99 From Backdoor 4. Makita Cooler & Warmer 40 Volt / 18 Volt \$1,049 From Mitre 10 5. Easy Short \$39.99 From Cotton on 6. Torpedo7 Picnic Mat - Light Stripe \$29.99 From Torpedo 7 7. Torpedo7 2023 Rays Skimboard 35in - Navy/Blue \$69.99 From Torpedo 7 8. Classic Clog Shoe \$85.99 From Northbeach

IF YOU'RE GOING TO WEAR SOMETHING EVERY DAY, MAKE IT A DIAMOND

Words by Michelle Robinson

Ever walked into a jewellery store with your dream design and felt your heart drop when you saw the price tag? New Plymouth's most established diamond jewellers have got you.

The goldsmiths at luxury jewellers Dalglish Diamonds want you to have your dream rock and wear it too.

Introducing Element, Dalglish's very own offering of heirloom quality, laboratory grown diamonds. Identical to the mined variety but created in a fraction of the time (for a fraction of the price), lab diamonds are about giving people options. "Diamonds have that powerful symbolism," Dalglish Diamonds owner Bill Roy says. "You don't have to sacrifice that dream piece."

With no significant diamond discoveries in the last 25 years, the earth's most precious rock is fast slipping out of young couples' grasp. It isn't all bad news.

“The value of mined diamonds is going to skyrocket, and lab diamonds are going to become a lot more of a worthy investment. Lab diamonds are going to become a great alternative.”

For those on a budget, lab diamonds give you the option of having a beautifully cut, white sparkler without having to compromise on the stone. There can be a significant difference between the price of mined and lab diamonds due to the difference in manufacturing and sourcing costs. Some people also prefer the ecological benefits that the lab diamond offers, so a double bonus.



Lab diamonds are the answer to what our Insta-generation is after, retail manager Bev Churchill says. "People are telling me they don't care about cut or clarity, they just want a big diamond." Laboratory grown diamonds are not fake diamonds, they are not fugazi, they are not cubic zirconia. In fact, lab and mined diamonds share the same carbon composition, not just to the naked eye, but to trained jewellers using a microscope. This is evidenced in the careful cataloguing of the precious stones being shown in our interview, so as not to confuse the two.

Lab diamonds may even appear a little cleaner and whiter but still have the imperfections and uniqueness as diamonds from the earth.

Each created diamond is inscribed with a tiny IGI number, just like mined, for traceability, certification and grading purposes.

They are imported into New Zealand the same as mined diamonds, from certified dealers in India, Antwerp, New York, and London. They are just as durable and strong, and don't require a large mound of earth to be dug to retrieve them.

While diamonds take millennia to form naturally, the same carbon compositions can be created in as little as six weeks in a laboratory setting using high pressure plasma reactors.

Diamond growing technology has been developed over the last 60 years, finally getting to the point where cutting-edge technology accurately replicates the earth's natural formation process by crystallising carbon into a diamond

with identical physical, chemical and optical properties to a mined diamond.

It's an energy intensive process that produces unique stones, alleviating the risk of mass production.

Lab diamonds are graded on the same qualities as that of mined, with the four C's: cut, colour, carat and clarity, but adding a fifth C - choice.

The likes of Drake, Frank Ocean, Zoe Kravitz and Penelope Cruz are among celebs who have embraced lab diamonds. Colourful cocktail rings have become a whole lot more affordable when accompanied with lab in place of mined diamonds. And the idea you might open a box of diamond earrings for Christmas has become a whole lot more possible.

Established for 100 years, Dalglish Diamonds has long been a premium offering for jewellery. They want to encourage younger clientele on a budget that they too can realise their dreams of a unique statement piece.

The Dalglish team have already been creating some stunning engagement pieces for couples who have done their homework and come in together to explore the option of manufactured diamonds.

"We want people to be able to come in with their Pinterest board and work with our goldsmiths to create their chosen design," Bill says.

"Sit down and chat with us, we have a 3d printer so we can create a model of your ring. You can try it and see how it will look and feedback to us as we create."

Couples traditionally wait until being 25 years married before they finally commit to that 1.5 or two carat diamond upgrade for an engagement, eternity or anniversary ring, Bill says.

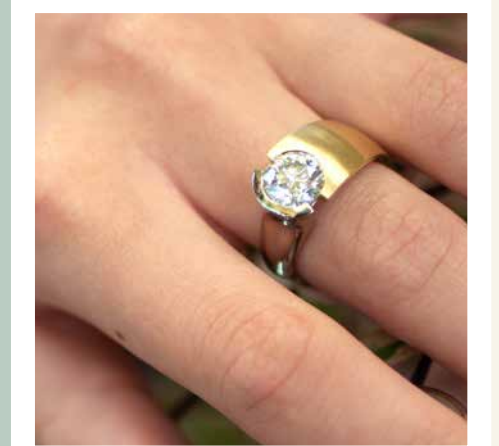
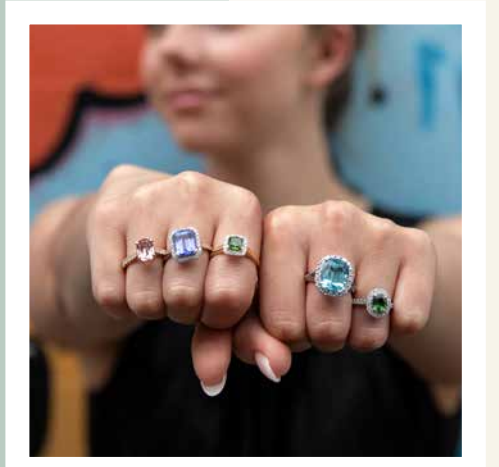
But why wait if you don't have to? Who's going to know?

"People have been choosing smaller diamonds or different stones of a lesser quality to get the ring they want, but now, with the option of lab diamonds that have exactly the same elements as a mined diamond, you have the option for something different - it's opened diamonds up to a new younger market" goldsmith Kati Lemcke warns.

Diamonds are hugely symbolic with romance, love, eternity and commitment for their dazzle factor, but also because they are the strongest, hardest and most durable of stones.

"Other gemstones are softer, sure sapphire is durable, but it too wears down and loses its crispness and becomes rounded. Whereas a diamond, mined or lab, doesn't. It's better quality," Kati says.

www.dalglishdiamonds.com | 7 Devon Street West





TOASTY NIGHTS

- 1. Ripcurl Sun Rays Terry Shirt \$99.99 From Northbeach
- 2. Baina Roman Organic Cotton Towel, Cedar + Sand \$130 From Crystal Cylinder
- 3. Flannel Sleep Bralette \$15 From Cotton On
- 4. Stella and Gemma Acer Slide Brown \$39.95 NZD From Blackbird
- 5. Pilgrim Jemma Ring, Gold Plated \$69.95 From Blackbird
- 6. UASHMAMA Paper Zipped Wallet Large \$170 From Et Vous
- 7. Raaie Morning Dew Vitamin C Serum \$137.00 From Blackbird
- 8. Charlie Holiday - Madonna Midi Dress \$200 From Crystal Cylinder



GUIZE

MENS & WOMENS

2 Devon Street East, CBD
www.guize.co.nz | @guizeclothing

Now stocking the Stolen Girlfriends Club Jewellery Collection



Home of

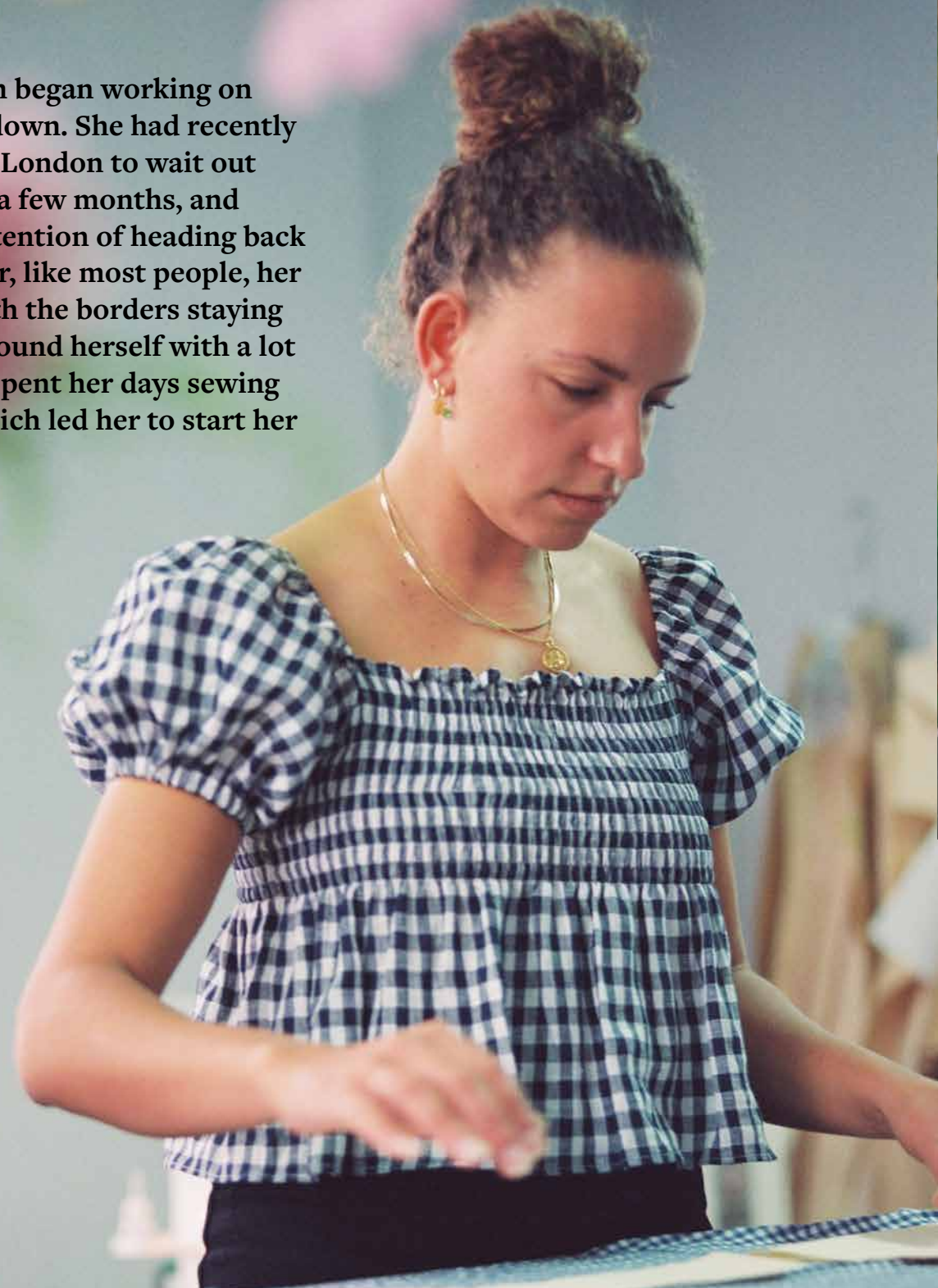
STOLEN GIRLFRIENDS CLUB

Sunglasses | Handbags | Clothing | Jewellery
AVAILABLE AT GUIZE CLOTHING



Michaela Bloxham began working on MKY during lockdown. She had recently moved back from London to wait out the pandemic for a few months, and always had the intention of heading back overseas. However, like most people, her plans changed with the borders staying closed. She then found herself with a lot of spare time, so spent her days sewing and designing, which led her to start her own brand MKY.

@mky.____



DESIGNER SPOTLIGHT

Photography by Ben D'Ath



mky.

DESCRIBE THE MKY VISION AND STYLE

My designs usually begin with creating pieces that are often missing from my own wardrobe. I love working with silk and natural fibres; creating a mix of shapes that are each feminine, playful and classic. MKY evokes a sense of travel, with light linen dresses for warm summer days, and silky slips for balmy nights while the sun sets oceanside. My garments are designed for holiday escapes, effortless and versatile pieces to take you from day to night.

ARE THE DESIGNS YOU CREATE LIMITED EDITIONS, MADE TO ORDER, OR OFF THE RACK?

I'm taking a more mindful and considerate approach to design as opposed to following the usual fashion calendar. So currently building on a core collection which is available and made to order. This consists of a range of timeless quality pieces, designed with the intention to be worn all year round, and mixed in with your current wardrobe staples.

I'm always sourcing new fabrics, and quite often use dead-stock fabrics, or purchase in minimums, so the colour or fabric might change over the year but the initial design won't.

Working on a made-to-order model allows for each design to be made for you! I have an option for a custom fit at checkout, where you can send through your measurements, and I can tailor the design to fit your body.



WHO IN YOUR LIFE HAS ENCOURAGED AND SUPPORTED YOUR DESIGN JOURNEY? DID ANYONE OR ANYTHING INSPIRE YOU?

From a young age, I was always quite interested in art and creative things; and my mum was really good with a sewing machine, so she taught me a lot of what I know now as a seamstress. I guess this fuelled my passion towards fashion design!

Then, during my studies, I interned for several reputable NZ brands, and the women I met along the way were

huge inspirations for me. It was always very encouraging hearing their own stories of how they got to where they are now, working in their dream roles.

But I'd say my number one supporters of MKY have been my friends and family! It's something quite special having the support to be able to express myself through design as a career. One of my highlights is having the opportunity to work collaboratively in a creative space with friends. It's empowering working with other talented creatives who uplift and encourage your own journey.

WHO IS THE 'MKY WOMEN' YOU HAVE IN MIND WHEN DESIGNING?

I imagine those that wear my pieces are women who are inspiring, kind and confident. They're creators and dreamers with big hearts. I design for the everyday woman! Someone who uplifts those around them and enjoys the small things in life.

WHAT HAVE BEEN THE MOST DIFFICULT CHALLENGES YOU'VE FACED?

Possibly the biggest has been the hours of work that go into building your own business. There's so many elements to creating a clothing brand, and then sewing alone takes a long time! Not only the construction of each garment but the time spent behind the scenes; designing, sampling, fitting, resampling. It's quite a process! Especially being a one-woman team, and balancing part time work alongside, it can at times feel like progress is slow. And then there's the challenges of working within an industry where fast

fashion has created this expectation that clothing is cheap. But, this usually comes at the expense of the makers and/or the planet. I think transparency is key in educating the value behind each garment, so we can shift this mindset. Hopefully over time more people will begin to make considered purchases and invest in quality, with an understanding that there is a lot of time and love behind each garment.

WHAT DO YOU ASPIRE TO DO NEXT WITH YOUR BRAND?

Over the summer I have plans to be more in the community and connect with my customers. I'll be selling via pop-up shops and also stocking selected pieces at some of my favourite retail spots around New Zealand.

I've also had a huge success with my Sip & Sew courses, so these will continue again in the New Year. They've been such a neat way to meet new faces and pass on the creative skills to make your own clothes.

www.mky.co.nz



#ITSAMOODNZ



@profoundgroup



@thehairboutiqueoakura



@jetcharm_barbershop



@craftcoffeewaitara



@idyllic.nz



@the_unbakedbakery



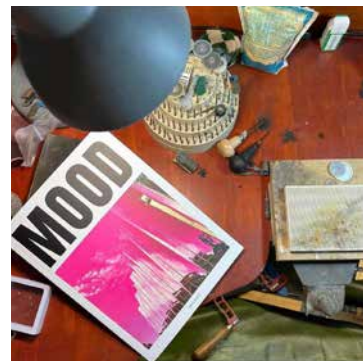
@priscillacreative



@few_of_my_favourite_things_nz



@misswhanau



@jakobkellyjewellery_



@one.of.a.village.kaihanga



@king_queen_hotel

For a chance to be featured in our next issue of MOOD Mag simply tag us or use #itsamoodnz in your Instagram posts.

MOOD

ISSUE TEN OUT

JUNE/JULY 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

ADVERTISE

Showcase your business in an innovative local publication. Download our Media Kit via our website for advertising details.

CONTACT US AT

hello@itsamood.co.nz

Follow us on social media @itsamood_mag

Read MOOD mag online: www.itsamood.co.nz

We look forward to hearing from you!

