

# MOOD



ISSUE TEN



# FROM BEATS TO BITES

Welcome to the pages of Issue 11, where we embark on a journey celebrating the vibrancy and ingenuity of our local community. As we transition into the warmer months, our magazine is your go-to guide for all things summer. We invite you to stay in the know with the latest beats and rhythms of the upcoming music scene.

But it's not just about the melodies; in this issue, we shine a spotlight on the heartwarming endeavours of local charities, with a special feature on the impactful work of Big Brothers Big Sisters. Beyond the inspiring narratives, indulge your taste buds as we uncover some of the best street food in town, taking you on a flavourful journey. And for those with a sweet tooth, don't miss the delectable recipes crafted by the talented Abbey Macfie, providing you with the perfect excuse to don your apron and create some culinary magic.

With business advice, home aesthetics, wedding inspiration, and a myriad of delights awaiting you, Issue 11 promises to be a captivating exploration of all the facets that make our community truly special. So, grab your favourite beverage, find a cosy spot, and immerse yourself in the stories, inspirations, and experiences we've curated just for you. We hope you enjoy this issue.

*Annalee, Laura & Greer x x x*



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## COVER & INSIDE SPREAD - ARTWORK BY NICK SETTEDUCATO

**Sentient Surfer** - Surrealism, summer and surf. The enigmatic sentience of the octopus as a metaphor for generative AI. Created using a mix of AI tools and Adobe Photoshop; applying digital collage and compositing techniques.

**Inside Cover: Fly My Pretties** - AI technology on the rise. A swarm of jellyfish emerge from the deep. Beautiful, threatening, inspiring. Created using a mix of AI tools and Adobe Photoshop, applying digital collage and compositing techniques.

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# milarky

..RESIDENT GALLERY

[..SATURDAY'S 9-3]



# ENTERTAINMENT

Hōtaka Whakangahau

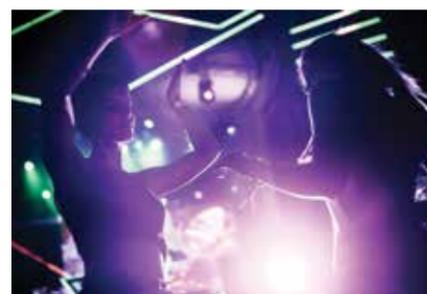
TSB Festival of Lights is stoked to be bringing hot acts to Pukekura Park this summer, for free!



## Allen Stone

SATURDAY 16 DECEMBER | 8.30PM – 10PM

Allen Stone's journey began in the small town of Chewelah, Washington. After dropping out of college, he made the move to pursue his music career and quickly gained a reputation for his powerful live performances. His unique ability to channel sensitivity into his songs while radiating hope and promise has endeared him to audiences worldwide.



## Ecstatic Dance

THURSDAY 4 JANUARY / 8.30PM – 10.30PM

Connect with your body's wisdom, move, and express whatever you're feeling and connect with others. There are no right or wrong ways to dance, just feel and move your body however you like! Led by Sarsha Hope, the founder of somatic dance in New Zealand, and DJ'd by BLASÉ. This event will GLOW, so wear whites or fluoro clothing and come early to get body painted with UV paint between 8pm – 9pm!



## Huia and Rei

FRIDAY 5 JANUARY / 8PM – 10.15PM

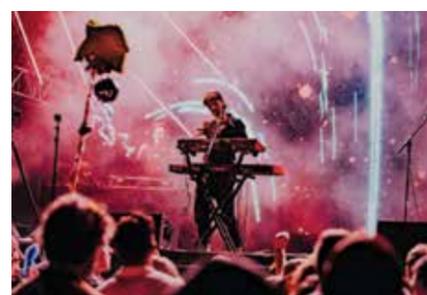
Flowing from ambient tunes, liquid D'n'B, through to dancehall bangers, Huia's set is a richly layered big bass sound with conscious lyrics in both te reo Maori, English and a touch of Spanish. Following along with elements of hip-hop, pop and dance flavours, Rei's music seamlessly bridges urban and electronic, offering an upbeat multi-genre sound which always gets the crowd pumping and leaves them feeling culturally empowered.



## Black Comet

SUNDAY 14 JANUARY / 8.30PM – 10PM

A big groovy soul-fuelled funk that is guaranteed to have you dancing all night long. The new galactic funk big band led by Laughton Kora (Kora, Neon Ninja, Fly My Pretties), featuring legendary musicians Sam Jones (keys/ sax), Poihakena Reid (keys/sax/guitar/ voice box), Stan Bicknell (drums) and Dan Antonovich (bass).



## Beacon Bloom

SATURDAY 20 JANUARY / 9.30PM – 10.30PM

With an electric touch to melodic house, Beacon Bloom captivated their audiences with live vocals and synths. With over three million streams, they have had recognition from artists like RÜFÜS DU SOL, David Guetta, Paul Oakenfold, and Nora En Pure.



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

# GET IN THE MOOD FOR TARANAKI'S BRAND-NEW FESTIVAL, ROCK THE BOWL!

On Friday 29 December the Bowl of Brooklands will host Rock The Bowl and a stacked line-up full of international and homegrown talent.

We caught up with Coterie and Rome Ramirez from Sublime with Rome for a quick-fire Q&A to find out about their music influences, summer plans and what they're looking forward to whilst in Taranaki.

With a massive line-up, stunning setting and summer weather. Rock The Bowl is going to send out 2023 with one heck of a party.

Tickets available from Ticketek or the TSB Showplace Box Office.

## COTERIE

**YOU'VE GOT A BIG SUMMER OF GIGS LINEUP, BUT WHO ARE YOU LOOKING FORWARD TO SEEING LIVE?**  
SUBLIME! These guys are iconic!

**WHAT'S BEEN THE MOST MEMORABLE PERFORMANCE OR MOMENT FOR THE BAND SO FAR?**  
Selling out both of our AUS & NZ tours earlier this year was sick! But a sold out show at Auckland's Powerstation was beautiful!!

**TOP SONGS OR ARTISTS ON YOUR SUMMER PLAYLIST?**  
- PARADISE (unreleased Coterie tune)  
- Sprinter  
- Bob Marley  
- Dope Lemon

**WHAT DOES 2024 LOOK LIKE FOR COTERIE?**  
Lots of good times, some big shows and tours, loads of new music.



## SUBLIME WITH ROME

**YOU'VE GOT A BUSY SUMMER TOURING IN NEW ZEALAND, WHAT ARE YOU MOST LOOKING FORWARD TO?**

We're most looking forward to bringing the music out to all new fans in NZ who may not have had the chance to see us live before!

**WE'RE PRETTY CONFIDENT TARANAKI IS GOING TO BE YOUR FAVOURITE PLACE IN NEW ZEALAND! WHAT ARE YOU GOING TO CHECK OUT WHILE HERE?**

Definitely the beaches and music shops - always a must!

**WHERE HAS BEEN YOUR FAVOURITE PLACE TO PERFORM?**

Favourite place overall, would probably be South America.

**WHO ARE SOME OF YOUR MUSICAL INFLUENCES?**

Top 3 - Fishbone, Misfits, Bob Marley.

**WHAT IS YOUR FAVOURITE SONG TO PERFORM AND WHY?**

400z to Freedom. Lots of memories of good times.

**TOP SONG ON REPEAT AT THE MOMENT?**

Party at Ground Zero - Fishbone



CHRISTMAS AT THE BOWL / 17 DEC

ROCK THE BOWL / 29 DEC

DIRE STRAITS LEGACY / 3 JAN

MATCHBOX TWENTY / 2 MAR

WOMAD / 15-17 MAR

[npeventvenues.nz](http://npeventvenues.nz)



# ARTIFICIAL INTELLIGENCE

EXPLORING CREATIVITY, AI, AND INNOVATION WITH NICK SETTEDUCATO

Words by Robert Drake | Photography by Gina Fabish

When tackling a topic like artificial intelligence and creativity it's not immediately obvious who you should speak to. Fortunately for us, New Plymouth has Nick Setteducato.



Nick is an all-round creative who currently works as Digital Systems and Product Specialist at Puke Ariki. Nick also sits on the board of the National Digital Forum (NDF), a network of people working together to enhance digital interaction with culture and heritage in Aotearoa.

"I studied Studio Art at New York University in the late nineties. I focused on photography, printmaking, and early computer graphics. At nights and on weekends, I played guitar in a band," reflects Nick, surrounded by guitars in his home office.

"I was mentored by Krishna Reddy, a sculptor and printmaker whose artwork sits up there with Picasso and Miró. Krishna took me under his wing, and his philosophy on life and creativity really helped shape my worldview."

Since then, Nick has embodied one piece of advice from Krishna, "Always be creating". At 28, this led him to New Zealand, where his experience in collection photography (recording historical artifacts and art) landed him a role with Wingnut Films, Peter Jackson's production company.

"I was hired to photograph and help look after Peter's WW1 and Film Memorabilia collections. I ended up working very closely with Peter on a few projects, and I was always inspired by his passion, drive, and work ethic."

During this time Nick became interested in stop motion video. It aligned with his photography skills and appetite to tell stories. This exposed him to a whole new world of tools like video editing, visual effects, and digital compositing software.

“I’m interested in exploring how technology helps shape and bring creative ideas to life. There’s a steep learning curve with some tools, but artists are generally keen to share their techniques. When I began learning 2D animation, I reached out to dozens of filmmakers online, and they all came back with enthusiasm and willingness to share their knowledge and experience.”

When AI image generation tools were launched last year Nick was quick to jump in. The tools, like Stable Diffusion and DALL-E, allow anyone to produce high-quality images based on text prompts.

“I was immediately captivated by these new tools and the seemingly endless creative possibilities they provide. I did a lot of research and there was a lot of trial and error at the start, but they’ve already become much more intuitive to use”.

Just like any form of creativity, Nick argues that you can always tell the difference between someone who has invested the time and who hasn’t. While AI image generators are bringing down the barriers for people to produce digital art, there still a level of mastery required to realise a unique idea.

In fact, Nick’s art goes through several different workflows before he’s happy. After wrestling with an image generator to get what he wants, he’ll make significant adjustments in photo and video editing software to bring it to life.

“People are rightly concerned about how these tools might impact creative industries, and we need to have the conversation around that. But we shouldn’t lose sight of what an incredibly exciting time it is to be making art. At the end of the day these are just tools, and creativity still relies on human input, taste, and a unique conceptual approach.”

Nick’s latest project is creating an entire craft beer brewery from scratch using AI tools. The brand, label artwork, background story, and even the website content will be made with help from AI. He’s calling it Diffusion Ales and, perhaps thankfully, the enterprise won’t be brewed or sold in the real world.

“These types of projects are an outlet for me, and they provide a sort of creative direction. I get such a kick from exploring an idea and pushing it to its limit.”

He also enjoys sharing his passion for art and emerging technology. Sitting on the board of the National Digital Forum (NDF), Nick supports their conference and workshop program.

“I want people to get excited about these emerging tools and embrace them. The best way to do that is to demystify the technology and make it accessible, and I’m thrilled if my creative work and the mahi I do with Puke Ariki and NDF can play a small part in that for the people of Taranaki.”

Nick is a local artist exploring digital art, collage, video, animation, AI, and emerging technology.

**Check out his work on Instagram @neekosette or visit his website [nicksette.com](http://nicksette.com)**



# A GOOD

rule to follow is when  
someone *proudly* posts about  
something, there’s no reason  
to add a negative comment  
and rain on their parade.

Jason Gunn



**PUKE ARIKI**

New Exhibition | Open 9 December 2023 – 8 June 2024

Kount Five Plus Two! Pop Culture in Retro Taranaki 1966-1983.  
 Re-live the music, fashion and pop-culture of retro Taranaki, following the lives of local cover band Kount Five Plus Two.  
 Hit rewind with Puke Ariki this summer and enjoy an exhibition for the whole whānau!  
[pukeariki.com](http://pukeariki.com) | 1 Ariki Street, New Plymouth | @PukeAriki



Te hāori  
 whaka  
 tōnu

A SERIES OF NEVER-ENDING BEGINNINGS

5 August 2023 –  
 11 February 2024

A survey exhibition of Toi Māori from the Govett-Brewster Art Gallery Collection.

Discover the world of Māori art through 50 years of the Govett-Brewster Art Gallery's contemporary collection.

Tia Ranginui, *The intellectual PROPERTY of a savage mind*, 2015.  
 Collection Govett-Brewster Art Gallery, New Plymouth.  
 Acquired through the Govett-Brewster Foundation with the support of Grant Kerr. Documentation by Sam Hartnett.



Featuring original interior bricks and salvaged rimu, complemented by modern exposed beams, Te W'anake The Foundry offers a warm, industrial ambience that's ideal for a modern, welcoming coworking location.

The ambitious, the industrious, the innovative, the collaborative ... all will feel right at home here.



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 MEETINGS  
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 130 High Street, Hāwera



LEN LYE CENTRE GOVETT - BREWSTER ART GALLERY



# NURTURING DREAMS: THE VILLAGE OF MENTORS IN TARANAKI



Words by Laura Leadbetter



## A SALUTE TO OUR REMARKABLE MENTORS

From the rugged landscapes of Taranaki, a remarkable narrative has unfolded, where bonds were forged, and dreams soared. This is a story of how a village came together, through the brilliance of mentoring. Since 2007, when the Big Brothers Big Sisters (BBBS) programme took root in the heart of Taranaki, something truly extraordinary has occurred. Nearly 600 young lives have been positively influenced, empowered, and elevated through this programme, guided by dedicated mentors also known as 'Bigs.' The success of this story stands as a testament to our region - the compassion within our community and the profound impact it has had on each of these tamariki and rangatahi.

## THE POWER OF MENTORSHIP

Big Brothers Big Sisters offers two types of mentoring; community based, and school based for young people. It works by matching adult volunteers with a young person. They spend at least an hour together every week, doing things they both enjoy. Children are matched when they are between the ages of 6-10, and once they are matched, they can stay in the programme until they turn 18. Our volunteer mentors help form strong, positive relationships that express care, encourage personal growth, collaborate on decision-making, and expand possibilities



## THE INCEPTION OF SOMETHING EXTRAORDINARY

BBBS started when Snr Constable Paul Lampe (Programme Director) saw the programme in action in Nelson, where it had been transplanted from Canada. He immediately saw its potential. Not just that, but there was plenty of research showing the positive impact of mentoring – and the earlier, the better. Mentoring is an intervention that works. It's a process of creating a relationship between two people, one older than the other. Children with a reliable and consistent relationship with an adult are better equipped to face challenges in their daily lives.

## DOING ORDINARY THINGS TO CREATE EXTRAORDINARY PEOPLE

"It's a simple idea, really," Paul says "It's about doing ordinary things to create extraordinary people." BBBS sets up relationships that provide stability and opportunities for young people and their whānau, often when they're facing adversity. It isn't about entertainment; it's about time and relationships and simply having some fun together.

Most outings take place in the community; at a library, a park, the beach, the walkway, baking, or anything else that Bigs and Littles are interested in. Some friendships last for many years, ultimately having a massive impact on the children involved. In some cases, matches last for 10 years or more, to the point where the mentor has been in the child's life longer than not. And obviously, these types of friendships can continue long after they've officially left BBBS.

## NUMBERS THAT WE ARE PROUD OF

BBBS is run in 12 regions across the country. Of the young people involved, an impressive 70% said they had improved their relationships with family, peers and adults. Another 70% had experienced a positive shift in their attitude towards school and academic performance, fostering a renewed sense of motivation and commitment. Perhaps most significantly, these young participants developed a clearer sense of their future aspirations, with nearly 96% reporting improvements in this regard. These statistics underscore the transformative power of mentorship generally and the impact of our dedicated village of mentors.

## A BEACON OF HOPE FOR TARANAKI

Taranaki has the potential to lead the way towards reduced crime, improved mental health and education outcomes, and greater employment productivity by prioritising mentoring for our youth. This is only possible because of our community of volunteer mentors. We proudly celebrate the legacy forged in Taranaki since 2007 by our village of mentors - a legacy of nurturing dreams, planting the seeds of potential, and illuminating a brighter future for our youth. This is the resounding echo of BBBS and all the mentors, past and present, in Taranaki, a region that knows the profound meaning of how it takes a village to raise a child.



If you would like to get involved or for more information contact Snr Constable Paul Lampe  
paul.lampe@bigbrothersbigsisters.org.nz

Or visit their website:  
www.bigbrothersbigsisters.org.nz/taranaki

# TRAILS & TOTS

Words & Photography by Jennifer Julian

## OUR KAUPAPA

Trails & Tots aims to connect whānau with the outdoors; providing meaningful opportunities for families to spend time in nature, connecting with one another and with Taranaki whenua.

Our kaupapa focuses on nurturing and supporting parent's and children's health and wellbeing, by offering accessible, outdoor, community-based meet-ups, sessions, educational workshops, and events.

## ABOUT JENN

Jenn is an experienced educator with a Masters degree in Outdoor Experiential Education, Curriculum and Pedagogy. She has taught outdoor education for just about every age group, from early childhood through to instructing at the university-level, facilitating a wide variety of skill-based and experiential learning in the outdoors.

Jenn has held qualifications in a number of outdoor pursuits and has significant experience in risk management and outdoor first aid provision. She has also worked and volunteered with a range of conservation groups.

As a mother of two young tamariki, Jenn knows firsthand how important it is to spend time outdoors with our little ones (for both parents and children).

Jenn feels passionate about inclusivity and accessibility of time in nature and hopes Trails & Tots can provide meaningful experiences and connections for whānau around Taranaki.



## THE "WHY" BEHIND TRAILS & TOTS

The initial prompt to start Trails & Tots came from recognising that new parents in Taranaki lacked options in the way of organised, outdoor "things to do with baby" activities. Music groups, coffee groups and support groups were present, but not much that catered to those seeking something nature-based.

From talking to other new-parent friends, Jenn found common themes: parents wanted others to hike with for safety and social aspects, weren't sure where to go or which trails would be appropriate, or just felt overwhelmed by the new stressors that could be involved with getting a baby out on the trails. Jenn felt there was a gap here that she could help fill and support the community with, which led her to start Trails & Tots. Within the first six months over 100 different parents had participated, and the meet-ups quickly grew.

Improved health and wellbeing, social connection, connection to taiao (nature), and better knowledge of Taranaki trails and whenua are all benefits that participants have felt and expressed.

For Jenn, the bigger picture of Trails & Tots involves growing the meet-ups and sessions to support more than just those wanting to tramp as a whānau. One of Jenn's primary focuses as an outdoor educator is the recognition that we all connect to nature in different ways; she hopes to provide a variety of nature-based offerings that help new parents (and their pēpi/tamariki) thrive outdoors.



## WHAT WE OFFER

Trails & Tots currently offers three different types of meet-ups/sessions:

1. "Parent Paced" tramping meet-ups - an opportunity to find community with those looking to get outside with their pēpi/tamariki, enjoy some movement in nature, and explore the Taranaki trail offerings. For these hikes, we ask that pēpi/tamariki ride in a pack. Stops for feeds, nappy changes, or other baby-related-admin are always understood and accommodated for. More information on these weekly meet-ups is located on the website: [trailsandtots.co.nz](http://trailsandtots.co.nz)
2. "Whānau Friendly" tramping meet-ups are for parents with toddlers/tamariki on foot. These sessions cater to parents and toddlers through to tamariki moving at a "slow adult pace". Jenn provides a nature-based activity to help encourage little ones along the way.
3. Our latest addition are the "Nature Play" sessions, which have been a huge success and were fully booked within a day of the calendar launch. These sessions cater to those with tamariki ages 0-6, and involve child-led, play-based learning and exploration at some incredible outdoor spaces around Taranaki. Registration for all of our meet-ups and sessions are required through the website [trailsandtots.co.nz](http://trailsandtots.co.nz)

All Trails & Tots meet-ups and sessions are currently koha based, which means we ask people to pay "what they can, when they can". Funding has also been applied for in hopes of keeping Trails & Tots inclusive and accessible for the Taranaki community. We hope to find a funding partner in 2024 to keep Trails & Tots sustainable into the future.

[www.trailsandtots.co.nz](http://www.trailsandtots.co.nz)  
[@trailsandtots](https://www.instagram.com/trailsandtots)





### WHAT'S THE DIFFERENCE BETWEEN FLAG FOOTBALL AND AMERICAN FOOTBALL?

Flag was created from the contact version as a way to bring kids into the sport and teach them the fundamentals of the contact game. Such as throwing and catching the ball, as well as positional play on the defensive side of the ball and how to run offensive lines to create separation from the defender. It's a 5-aside game in flag as opposed to 11 in contact, and you don't wear helmets or pads, but much of the rules are the same or similar due to how it began.

### WHERE CAN PEOPLE GO LEARN MORE ABOUT FLAG FOOTBALL IN TARANAKI?

People who want to know more and stay up-to-date on all training, playing, and any other flag-related information can visit the Taranaki Kraken American Football Team Facebook page or @Taranaki\_kraken\_flag\_football on Instagram. All of the information is shared on these platforms. Give us a follow to stay informed!

Facebook: Taranaki Kraken American Football Team  
Instagram: @Taranaki\_Kraken\_American\_Flag\_Football



# FLAG FOOTBALL TOUCHDOWNS IN TARANAKI

Words by Brooke Weck from Kraken Flag Football

## WHAT IS FLAG FOOTBALL?

This is a fast-paced, competitive growing sport both nationally and globally, in part due to its inclusion in the LA Olympics from 2028. It is non-contact and extremely addictive due to the explosive nature of the big plays that can happen at any time during the game. It is played on a field smaller than a rugby pitch and has up to 8 downs (ripped flags) to score a touchdown before the ball is handed over to the opposition.

## WHO CAN PLAY FLAG FOOTBALL, WHAT ARE THE AGE GROUPS AND DIVISIONS?

Anyone can play flag football. At present, we have a large group of regular kids showing up each Sunday. So many that we have been running 3 teams, and they rotate out after each touchdown so that 2 teams are always playing. We'd love to see more 15-18 year old kids set up a Colts team, and we currently have a good number of men for the open men's team as well as a full team for the over 35s master division. We also want to have an open women's team, as this is a fast-growing division in flag football, but so far no women have shown up to play (yet)! It is truly a sport for all to be involved in.

## ARE THERE ANY PLANS TO GET FLAG FOOTBALL INTO SCHOOLS IN TARANAKI?

We've recently taken part in a week-long event run by Sport Taranaki focusing on alternative or non-traditional sports. We had a half day with kids to showcase and teach them flag football and hopefully create more enthusiasm for the sport. Working full-time with a young family makes it hard for me to put more time into creating a programme at school level to attract more athletes, so for now we rely heavily on word of mouth.

## IS THERE A SPECIAL SKILL SET NEEDED?

No specific skills are needed, but if someone wants to be a quarterback like Tom Brady, they will need a bit of arm strength to whip the ball down the field. It does help to have some athleticism, and I'm a big believer in speed being an advantage in this game as well as a safe pair of hands. But if you don't have that, we can get you some football gloves, as they help immensely with catching the ball. Anything else can be taught, so just showing up and finding out what it's all about will keep you coming back and developing more each week.

GAME CHANGER

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[gamechanger.org.nz](http://gamechanger.org.nz)

# PowerUp

BUSINESS READY



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The PowerUp Business Ready programme will help you to:

-  Develop, build, and grow your business capability
-  Gain tools, knowledge, and confidence to progress your business or innovative idea
-  Connect with other entrepreneurs and develop your network

Plus you'll hear from some amazing local guest speakers who are leading in their fields.

And its FREE! It will only cost you your time and commitment.

“ F n Lemons has benefited greatly from the expertise and knowledge shared by Venture Taranaki course leaders and local business owners.

Due to rapid growth and my "let's just wing it" attitude, I neglected a lot of the business fundamentals. Being guided through business plans, budgeting, and formalised marketing strategies has been invaluable to our success.

I gained confidence and validation we were on the right track and my participation in PowerUp Business Ready has led to new opportunities and connections. ”

Alex Ratahi, Founder, F N Lemons.



**Applications open now.  
Visit [venture.org.nz](http://venture.org.nz) and  
search 'PowerUp' to apply.**

**venture**  
TARANAKI  
Te Puna Umanga

# Emerging BUSINESSES TO WATCH



Balloon House Co. can supply your party with the newest, interactive inflatable rental! Have a birthday party, gender reveal, photoshoot, or event coming up? The inflatable is versatile, fun and friendly for all ages. Highest quality, biodegradable garlands of all shapes and sizes are available to make your next event pop.



Maajor Brand Studio is the new home to Craig Jones, creative director and graphic designer. With 20 years in the creative industry, he is all about bringing your entrepreneurial ideas to life through powerful brand storytelling.



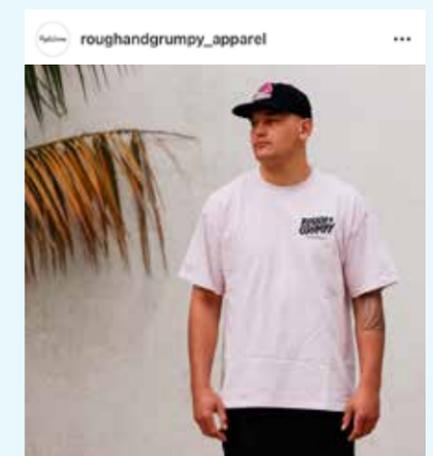
Recharge isn't your run-of-the-mill chartered accountancy and business advisory firm. We specialise in serving small to medium enterprises in the trade industry, offering top-notch accounting and business advice while prioritising the well-being of tradies.



In the coastal village of Oākura, Taranaki, Malva Chocolate make handcrafted, award-winning chocolate and cacao delicacies with ethically sourced, mostly organic natural ingredients and direct trade cacao from the Pacific.



The Silo is a very unique and classy gourmet food Truck/Trailer. They offer a wide range of catering options from Canapes and Buffets to a three course set meal. They can also offer a more relaxed and very unique style of dining where they serve gourmet street food straight out of the trailer. With a menu of your choice, they can cater to any dietary requirements.



Proudly based in South Taranaki, Rough and Grumpy Apparel is a lifestyle clothing brand inspired by the everyday lives of small-town coastal communities.



## CREATING A BETTER FUTURE BTW – SINCE 1973

BTW's story and passion for bringing professional services to Aotearoa, New Zealand began 50 years ago. Then business partners and surveying professionals, Buxton, Tuder and Waugh, began their operations with hydrographic and land surveying services in Australia, in 1973, and then New Zealand, in 1974. Five decades on, BTW marks this milestone with pride, knowing that their talented team over the years has been instrumental in the development of significant projects, firstly in the Taranaki region (onshore and offshore) and now, further aboard.

Managing Director, Grant Aitken says, "There is a lot for us to celebrate at this 50-year milestone. BTW started with our three innovative founders going after significant opportunities here in Taranaki, in the '70s. This set the business up for an exciting future."

"Our success is down to our people, and where we are located. Taranaki has been home to our business consistently over the last five decades, and the Waikato for six years. Across that time, we have developed relationships with clients, iwi, hapū, community groups, consultants, councils, schools, universities, and individuals who have played a role in our company's growth and sustainability. Some of our clients have been with BTW since our New Zealand operations began, and this has created a pathway for the business to this point and into the future."

The landscape for BTW has changed significantly over time. Grant adds that, when he joined the firm, over 20 years ago, "60% of work was in the energy sector, and the business was BTW Surveyors, BTW Hydrographic, and BTW Navigation – creating software solutions. Today under the BTW name, we are a multidisciplinary company with approximately 100 professional surveyors, civil, structural, and geotechnical engineers, planners, UAV pilots, environmental scientists, 3D geospatial specialists, BIM and GIS experts working across a broad range of sectors. We're working on projects throughout Aotearoa, with offices here in Ngāmotu - New Plymouth, Kirikiriroa - Hamilton, Whāingaroa - Raglan and Taupō."



Mathew Dickey, Kaitohu Mataaro Metarahi, Director and Principal Civil / Three Waters Engineer, puts BTW's growth and resilience as a company down to a focus on wider and greater impact. "As the team has grown in number and diversity, our knowledge and capability has increased. In turn, this equals bigger projects and a bigger impact. Our staff are driven to create a better future by focusing our collective efforts on the right projects, in the right areas. The further reaching our services and support are, the greater the impact we have – for our clients, but also for our community, the environment, and for our own people."

Cam Twigley, Pou Taiao, Director and Principal Planner supports the sentiment that people and relationships are key. "It's important to fully understand the values and aspirations of the people you are working with. Our long-term relationships are built on good communication, integrity, trust and consistent high quality service delivery. In my experience, even when there are difficult issues to resolve, working collaboratively with a positive and open mindset will typically result in a way forward and a successful outcome."

"Good business is really about good relationships and having each other's back. Last year, we had a terrible tragedy in Hamilton, when one of our staff was killed in an accident while cycling to work. The way Grant, our senior leadership team and staff dealt with a shocking situation and provided on-going aroha and support for whānau and others grieving, showed the true character and heart of our people."

BTW remains New Zealand owned and operated; a strong team of professionals with a strategy that supports the delivery of creative and sustainable solutions. A commitment to leading-edge technology and embracing innovation is helping BTW to add value.

Mathew shares that "BTW is driven to find smarter ways to solve challenges. With so much technology available, it's easy to say that businesses can deliver efficiencies in time and cost with continual investment in the latest tools, but at BTW, we know that innovation and delivering smart solutions only comes from astute and intelligent application of the technology and system integration."

Cadastral Survey Team Leader and Associate, Kathryn Barrett, joined BTW in 2001, immediately after graduating from Otago University. She too lists the diversity of work, support and knowledge on offer at BTW as factors for success. "A highlight for me is seeing the growth of the company from around 20 people when I first started, to 90+ FTE's spread over four offices. The diverse range of skillsets and knowledge that we provide for our clients is something I am very proud of."

Speak to anyone in the BTW offices and you'll hear talk of a collegial and supportive workplace culture that makes BTW a great company to work for. Grant says, "We have passion for our work and life away from it, and that's what delivers results. We connect with our communities and clients, not only on the job, but also in the environments where we live and play. Balance is key to how we do business at BTW, along with focusing on our purpose of **creating a better future.**"

WWW.BTW.NZ 0800 289 787

Photography by Kowhai + Thistle  
Opposite page: Grant Aitken, this page:  
Kathryn Barrett, Cam Twigley, Mathew Dickey

# PROGRESS OVER PERFECTION: NAVIGATING SUSTAINABLE CHOICES

Words by Lauren Wallace (Partner) and Rebecca Eaton (Senior Associate) | Photography by Gina Fabish



Govett Quilliam

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**Climate anxiety and eco-guilt are on the rise, especially among our young people. As mothers and environmental lawyers at Govett Quilliam (GQ), we get it.**

Every week seems to bring fresh media headlines of severe flooding, droughts, wildfires, plastic pollution and biodiversity degradation. It's hard not to feel overwhelmed and powerless, but each of us have the power to contribute to meaningful change through the choices we make on a daily basis.

In our work at GQ, we are immersed in some of the most significant environmental challenges facing our country. To advise and advocate on these issues effectively, we need to comprehend and process complex data from various sources, including scientists, policymakers, engineers, industry experts, environmental groups, and tangata whenua. Given the depth of understanding we've acquired, you'd think we would know how to lead perfectly sustainable lives. However, we're the first to admit that we don't.

In fact, perfect is a word we try to steer clear of. In our profession, accuracy, meticulous attention to detail, high-stakes situations and demanding deadlines are all fundamental aspects of our job. It's therefore easy to see how perfectionist tendencies can creep in for lawyers. Yet research shows that perfectionism can lead to unhealthy levels of pressure and unrealistic expectations, which in turn can lead to high levels of stress, procrastination, anxiety, and burnout. So instead, we strive for excellence, we set reasonable expectations, we focus on outcomes, and we accept that mistakes are a part of the learning and growth process. We believe adopting a similar mindset is a helpful tool to manage eco-guilt and climate anxiety.

When it comes to being more sustainable, we choose not to let perfect be the enemy of doing better.

Yes, we have flown on planes this year, eaten meat and used the odd disposable coffee cup here and there, but that doesn't mean we don't try to make informed, eco-conscious choices whenever we can, as often as we can.

A common and frustrating argument we hear is, "The problem is so immense that my actions won't make a difference." Regrettably, this often leads to apathy. While there's no denying apathy is an attractively easy coping mechanism, we think our children deserve better than that. Now more than ever, we need action, and every little bit helps. As Zero Waste Chef, Anne Marie Bonneau, aptly said: "We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

The same principle applies to climate action. We often hear the argument that "New Zealand's contribution to global emissions is small, so nothing we do will make a difference globally," but we have one of the highest emission rates per capita in the world and our emissions are continuing to increase. If all the cities and countries with similar populations to New Zealand (like Los Angeles, Sydney, Denmark, Ireland, Costa Rica and Slovakia), were just to opt out of doing anything, where would that leave us? While we are small, our collective efforts will have a substantial impact.

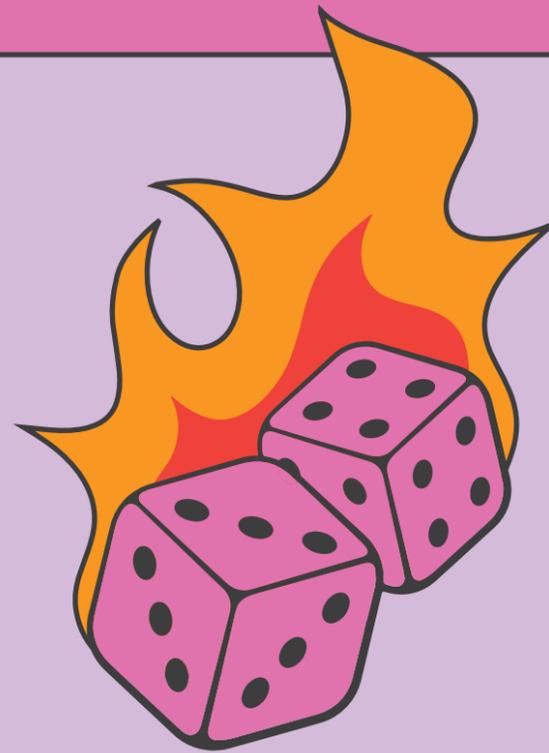
Solving climate change isn't about finding a single perfect solution. And doing nothing in the hope that one will eventually materialise will achieve, well, nothing. While the most significant impacts will come from government, industries, organisations, and businesses adopting policies, technologies, and practices that reduce emissions across systems and sectors – individuals still have a powerful role to play. Our choices regarding what we buy, how we travel, what we eat, what we demand of our politicians and require of our employers, and the businesses we support and invest in, all matter. Every day, we have the opportunity to use our influence and take action through our choices.

For us, doing something positive (even if its not perfect all the time), feels a lot better than doing nothing at all.





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## UNLEASH YOUR INNER MOTIVATION

Staying motivated as a business owner can be challenging, especially when facing the inevitable ups and downs of entrepreneurship. Here are some tips to help you stay motivated and focused on your business:

### SET CLEAR GOALS

Figure out what you want short-term and long-term so you know where you're headed.

### CELEBRATE WINS

Give yourself a high-five for the small victories to keep that motivation flowing.

### STAY EXCITED

Remember why you started in the first place and maintain your passion.

### COOL WORKSPACE

Spruce up your workspace so it's a cool place to be and work.

### BABY STEPS

Break down big tasks into bite-sized pieces; it's easier and less overwhelming.

### GET INTO A ROUTINE

Make a daily or weekly schedule to keep things running smoothly.

### KEEP LEARNING

Stay curious, attend some workshops, and read up to keep the good vibes going to keep inspired.

### HANG WITH POSITIVITY

Surround yourself with people who are upbeat and chasing dreams, just like you.

### CHILL OUT

Take breaks and make sure you're getting enough rest so you don't burn out.

### ROLL WITH CHANGES

Be okay with change, adjust your game plan when needed.

### PICTURE SUCCESS

Imagine where you want to be – create a mental vision board.

### TEAM UP

Don't hesitate to share the load; ask for help so you're not doing it all solo.

# 9 SIMPLE MARKETING TASKS TO DO BEFORE YOU 'SHUT SHOP' FOR THE HOLIDAYS

Words by Sarah Ellem - Marketing Manager at Baker Tilly Staples Rodway

How is your brand being represented over the break?  
Here's a helpful, practical marketing checklist:

- 1.** Update your Google Business Manager with open and close dates. Check and reply to any reviews, and remove or report any spam.
- 2.** Update your social media 'about' pages with dates you are open or closed and add or pin a relevant post or run an advertisement. Check your notification settings too – do you want them on or off during this time?
- 3.** Turn on your 'out of office' email message and update it for the holidays, or set up an auto-reply or forward it to a working team member.
- 4.** Check that your website content is up-to-date, pop a message on the home page, refresh any content, or update your chat bot auto-reply.
- 5.** Give any physical building signage a once-over, clean the branded car, wash your windows, tidy any displays, fix anything damaged, water the plants, etc...
- 6.** Update or change your voicemail if you have it, and make sure those that answer the phones know what's going on over the holidays too.

- 7.** Check any advertising content you have running over the holidays, including billboards, magazines, radio, and social media. Is the content relevant and appropriate for the time period?
- 8.** Do a 'stock-take' of any branded collateral, such as business cards, clothing, etc... so you can reorder in the new year.
- 9.** Make a note in your work calendar to update your Google, social, or website open and close dates when you're back.

Good marketing practices takes time and effort – and the smallest things can have an impact on how people feel about your business. Your brand is the sum of every single interaction a person has with your business – make sure even when you are closed it is still a good experience.

Have a lovely holiday season!

## Own your marketing in 2024!

Register your interest in our 3-step workshop series.

It's not 'what to post on social media' session; it's business focussed and will help you understand the how, why and when of your marketing outputs in 2024.

**Feb 22**  
Marketing foundations

**Mar 7**  
Brand best practice

**Mar 21**  
Using the tools you have



"We worked with Sarah and Nicole to deliver a Back-to-Basics marketing workshop. The content was engaging and perfectly pitched to the audience. Would highly recommend."

Rachael, Sport Taranaki

Find out more by emailing: [nicole.colless@bakertillysr.nz](mailto:nicole.colless@bakertillysr.nz)

 **bakertilly**  
STAPLES RODWAY



Louise Jeffares, Christine Upson, Sarah Oliver, Nic Tyson, Jacinda Doell, Stacey Jones, Jane Bishop, Debbie Prevett & Mike Weren.

# THE INSURANCE WORLD MADE EASY

In today's fast-paced world, where families and business owners are constantly juggling multiple responsibilities, the need for simplicity in every aspect of life is vital. Unfortunately, one area where simplicity often proves hard is insurance.

The complexities of insurance can be overwhelming, leaving individuals feeling lost amidst a sea of policies and endless jargon. But fear not, because The Advisers For

Insurance, led by owner and Director Nic Tyson and supported by a team of dedicated staff, are here to be your trusted one-stop firm for all your insurance needs.

Navigating the complex world of insurance can be a daunting task, but that's precisely where The Advisers step in. Their mission is clear: to simplify the insurance maze and make it easy for you to focus on what matters most. With their professional and proactive advice, they make the insurance world easy and guide you towards peace of mind.

## THE BENEFITS OF USING AN INSURANCE BROKER

### 1. EXPERT GUIDANCE

What sets an insurance broker apart is their comprehensive approach. Whether you're a business owner seeking protection for your assets, a homeowner safeguarding your property, or an individual securing your future with life and health insurances, a broker will work for you to get the best cover. No need to juggle multiple insurance providers or sift through a mountain of policies; they are your one-stop solution. The Advisers are experts in their field. They have in-depth knowledge of various insurance products and that can provide you with tailored advice that suits your unique needs. Instead of trying to decipher complex insurance jargon on your own, you can rely on their expertise to guide you towards the right coverage options.

### 2. TIME AND EFFORT SAVINGS - AT NO EXTRA COST

Dealing with insurance can be time-consuming, from researching policies to filling out forms and comparing quotes. The Advisers take the burden off your shoulders, and the best part is, their service doesn't cost you any additional money. It's entirely free for clients and they are paid via the insurer.

They handle the paperwork, liaise with insurers, and do the legwork on your behalf, all without charging you a fee. This not only saves you valuable time but also ensures that you have access to a wide range of insurance options without the hassle of contacting multiple companies. The Advisers' commitment to simplifying the insurance process includes making it financially convenient for you, allowing you to focus on what truly matters—your peace of mind.

### 3. PERSONALISED SERVICE

But it's not just about policies and paperwork at The Advisers. What truly sets them apart is their caring nature. In an industry often associated with impersonal transactions, this business prides itself on building lasting relationships. They understand that insurance isn't just about numbers; it's about the people behind them. The business has a long history stretching 30 years and puts its success down to caring for people, integrity, and having a personal approach.

When you work with an insurance broker, you're not just a policyholder; you're a valued client. They take the time to understand your specific needs, answer your questions, and provide guidance that aligns with your goals and circumstances. This personalised service ensures that you're not left in the dark when it comes to your insurance coverage.

### 4. LOCAL EXPERTISE

Being a locally owned business, reputation is a strong part of their business culture, and providing solid and practical advice is more important than returns to overseas shareholders. They understand the specific risks and challenges that people and business owners face. Ultimately, insurance is about providing peace of mind, and The Advisers excel at this. They empower their clients with the knowledge and coverage needed to face life's uncertainties head-on.

Working with a local insurance broker like The Advisers means you benefit from their deep understanding of the local market and community. They are an established business strongly supporting other local business's and families throughout Taranaki.

So if you're seeking to simplify insurance and want to support a local and dynamic Taranaki business, consider The Advisers For Insurance. The Advisers are your local allies, committed to providing you with the best insurance solutions and a personal touch where service is at the forefront of everything that they do. When you choose to work with them, you gain access to expert guidance, claims management, time and effort savings all leading to the peace of mind you deserve in today's complex insurance landscape.

**THEADVISERS**  
FOR INSURANCE



### CONTACT THE ADVISERS

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[info@theadvisers.co.nz](mailto:info@theadvisers.co.nz)

Unit 6 – Top Town,  
123 Devon Street East,  
New Plymouth

(06) 769 5186

### HOW WE HAVE HELPED A LOCAL BUSINESS

"I have been using The Advisers for insurance since I started my business 8 years ago. There are so many options out there when it comes to insurance. The Advisers made it really easy. After asking me questions about my business they were able to look around at all the different business, technology and insurance covers to find the best one for my business. They do this every year for me, so I know I'm always getting the best price and cover. What I love about The Advisers is that they are really easy to work with, nothing is ever too much trouble. Jacinda is always a call or email away. They sort all the details so that I can get on with running my business."

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At Summit Refrigeration we truly understand that your home is your sanctuary and that's why we offer premium solutions that not only suit your lifestyle but your interior design style.

As well as boasting exceptional energy efficiency features and Wi-Fi Control, Mitsubishi Electric's Black Diamond Series features sleek colour options designed to elevate any room - including white, red and black.

And if you're looking to put these in multiple rooms, there's no need to worry about multiple outdoor units too. The Black Diamond Range can be added to an OmniCore Multi Room System using just one outdoor unit, ensuring your exterior remains as clutter-free as intended.

**Don't settle for ordinary ... invest in the best!**

**Talk to the team at Summit Refrigeration for a free quote.**

# BEHIND THE SCENES WITH LIBBYKATE DESIGN

Words by Katie Pettigrew | Photography by Gina Fabish



In 2020, much like the rest of us, Libby Colson ended up with some extra time on her hands. Combine this with her passion for all things creative and Libbykate was born.

Libby had studied a Bachelor of Textile Design at Massey University in Wellington, not really knowing where it might lead her.

“I did my degree for 4 years and then moved back to New Plymouth and was lucky enough to land myself a design role where I stayed for 5 years and learned a lot about the industry.” During lockdown, I started dabbling in my own time, drawing and making patterns and it just snowballed into doing this as an actual business.”

Three years later, Libbykate is a textile and surface pattern design brand. All fabrics have been hand drawn, painted or digitally developed by Libby which she then transforms into beautiful products for you and your home.

“ I design patterns and textiles inspired by florals and natural surroundings, particularly seasonal flowers. I then translate the patterns onto fabric to make home decor and gift products like cushion covers, wheat bags and hair scrunchies. ”



Libby is never short of her inspiration, living on a dairy farm in Inglewood with her partner Chris and attending the New Plymouth Garden Festival each year.

“The farm is an ideal place for inspiration, we have a nice big garden where I can get out into nature. My goal is to one day grow my own inspiration, particularly unique flowers that you don’t normally see. I also love going to the garden festival, taking photos and getting ideas for future designs.”

Once Libby has her inspiration, it’s down to the designing and creating process. She starts with designing a surface pattern – a pattern that can go on any surface.

“I always start by making sure my patterns will seamlessly repeat over a roll of fabric. I start with designing a tile, which is usually a 50cmx50cm square, and make sure that it will match when replicated side by side to create a pattern. It can be quite technical, because you don’t want to be able to see a ‘join’ in the pattern.”

From there, Libby orders the fabric and then gets down to the sewing. The whole process from start to finish can be quite time consuming, but Libby says it’s fun and no two days are the same.

“It’s nice to have variety in my work. Usually I’ll design for half a day and then I’ll sew for the other. I’m still telling myself that I can do this and it’s definitely a work in progress, but this year has been a turning point where I have had more time to focus on it.”

Libby works part-time at Down to Earth Organics in New Plymouth but spends most of her time working on Libbykate. The magic happens at home.

“I work in a sleepout turned studio. It’s all set up with my computer, table, sewing machines and a chair for Alfie, my German Short-haired Pointer.”

Libby sells all items through her website, and at Down to Earth Organics, she has also had interest from local shops and pharmacies where she now stocks some of her products.

Custom designs for businesses or personal passion projects are also available.

“We can work together to design a custom collection that is unique to a business or design a personalised one off pattern for a specific item, project or event.”

Ultimately Libby’s goal for the future is to be working on Libbykate full-time and expanding into more products like stationery and wallpaper as the business grows. In the meantime, she’s grateful for the support from family, friends and the community that has got her to where she is now.



TEXTILE DESIGN  
**libbykate**  
libbykate.co.nz | @libbykate\_design

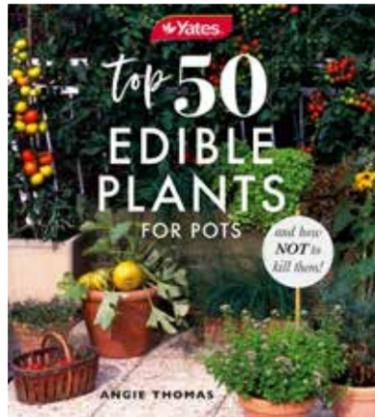


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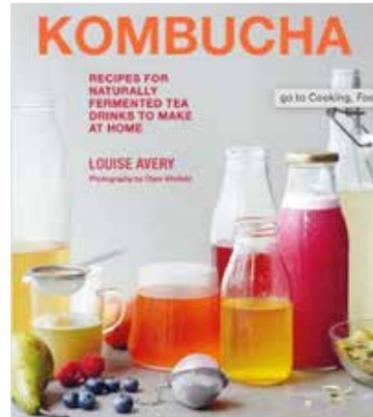
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## EDIBLE ACTIVITIES



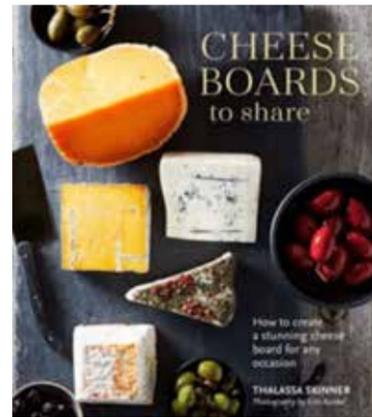
This book provides the best information on which edible plants to grow in pots and how to care for them, no matter what your skill level. With loads of glorious photographs for inspiration, it puts 'patio to plate' within reach of everyone, whatever their gardening space.

Available at Kina NZ Design + Artspace



Louise Avery began brewing kombucha in 2010 as part of a self-sufficient and healthy lifestyle, living on a Scottish Island in the Hebrides, simply because she loved its unique and more-ish taste. Here she reveals her tried-and-tested recipes that use the freshest produce to create truly delicious cold teas.

Available at Poppies Books



How to create a stunning cheese board for any occasion. Providing everything you need to know in order to present and feast upon your perfect cheeseboard, this book features 25 themed boards as well as accompaniments and essential practical information on cheese.

Available at Belhams Interiors'

## WONDERFUL MADE EASY

Amanda Donaldson and Jenny Brisco 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.



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# RELAX & RECHARGE AT THE UNWIND

Photography by Brook Sabin



Just a short 15-minute drive from New Plymouth, you'll discover the latest luxurious retreat known as "The Unwind."

Nestled against the captivating backdrop of Mount Taranaki, this cabin is surrounded by farmland and native bush. Exquisitely designed, it boasts a welcoming lounge area with a wood-burning fire, a fully-equipped kitchen, and a lavish tiled bathroom with a generously sized shower. The serene bedroom, softly illuminated, creates a peaceful sanctuary for relaxation and rejuvenation.

Step out onto the deck to bask in the breathtaking vistas of Mount Taranaki. While enjoying the outdoor bath, you can observe the graceful flutter of fantails and the swoosh of wood pigeons passing by. And don't forget to savor the soothing sounds of the nearby river, easily accessible via stairs just a stone's throw from the front door. This idyllic setting offers the perfect backdrop for the ultimate relaxation.



## MEET THE HOSTS

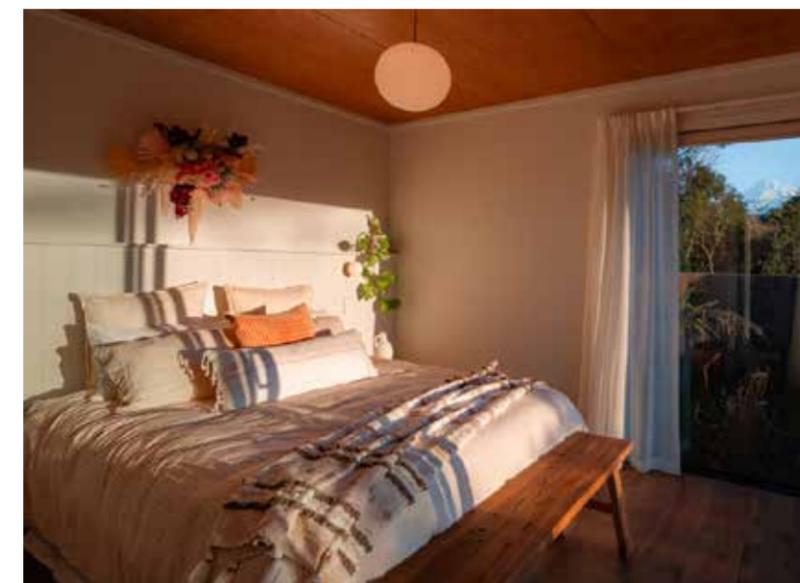
Bill, Justine, and their son, Aiden have been living on their beautiful 2-acre property for the past 3 years. They always dreamed of building their own home, but had given up hope of finding somewhere 'magic' in their price range. Then, they found this land... with the sound of the nearby river, the views and the peacefulness - they knew they'd found their place.

With a passion for unique accommodation, the couple embarked on designing and building their own special cabin. Designed for guests to rest and rejuvenate, Justine felt 'The Unwind' was the perfect descriptive name for this little slice of heaven.

The build was done by James Wakeman.

## BOOK YOUR STAY

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@theunwind



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## QUIET LUXURY

1. Tessere Pine Eurocase Pair \$228 from Bianca Lorenne
2. Charlotte Corduroy 2 Seat Sofa \$2200 from Home Love & Mette K
3. The Artist \$78 from Fenton Street Arts Collective
4. Esme Clear 4pk Cocktail Glasses \$95 from Art Haus
5. 80's Tessellated Stone Coffee Table \$490 from Gina Fabish
6. Elsie Floor Lamp \$299 from Mr Ralph
7. Limes from \$10.50 from F N Lemons
8. Lagoon, 2023 price on enquiry from Morgan Paige Taitoko



# BELHAMS INTERIORS' INSPIRING SHOWROOM TRANSFORMATION

Photography by Sandra Henderson

**Faced with a huge empty space, and a business full of wonderful furniture and accessories to relocate from Fitzroy, the Belhams Interiors team realised they needed to treat themselves as their own client to come up with a layout that would “wow” in their new location.**

“We sat down as a team and planned what display spaces we needed, and how many of them” says Belinda Brown, Owner and Design Director of Belhams Interiors.

“We are often asked by our clients to help them create separate spaces from large open plan living areas to inject cosiness. That’s what we needed to do in our new showroom. We used our design software to create a 3D model of how we should break up the spaces, and the layout that would generate a good flow throughout the showroom. We want to take our clients on a journey of how their home could look and feel, and inspire them.”

“We also needed an area to store samples, display fabrics and have a large island to lay everything out on and mood board our clients’ homes with them.”

Belhams Interiors has created a ‘one-stop-shop’ for everything to do with your home. They design kitchens, bathrooms, home extensions and renovation plans then they help you decorate it and fill it with unique furniture and accessories.

The design area has benchtop and cabinetry samples, handles for your wardrobe, kitchen, bathroom and laundry.



There are rows of hanging upholstery and curtain samples, and shelves full of wallpaper books to create those special features our rooms crave.

With the largest range of Wallace Cotton bedlinen and accessories in Taranaki, they love working with customers to refresh their bedroom with new linen.

No project is too big or too small for the team at Belhams Interiors. We work with our clients refreshing one room in their home or helping them review their plans and choose the finishes for their new build or extension.

We want our clients to include us as part of their building and renovation team. Most builders and architects look at a building from the outside in. We look at it from the inside out because that’s where you live.

We design kitchens, bathrooms and extensions. We create 3D imagery for our clients so they can see what their space will look like before they go ahead.

We will stay with you through your project and furnish and style your spaces with the finishing touches, ready for you to move in!

## TOP 5 TIPS: FOR BUILDING AND RENOVATING

1. Choose your team - make sure you have a team who understands your vision and supports you in your journey. Anything can be achieved with the right team!
2. Talk to your architect, designer and builder – planning is fundamental. There is a design that will match your budget and vision but be prepared to compromise if you have to.
3. Set your budget – budget for your interiors and your landscaping separately from your build costs to ensure you don’t run out of budget for them.
4. Order your key materials – lead times can be significant on feature lights, tiles and furniture.
5. Don’t change your mind – spend more time at planning and budget stage making your decisions to avoid costly changes during your build.

# LUSH LIVING, ZERO STRESS: TOP 10 NON-KILLABLE INDOOR PLANTS

Let's face it, not everyone has a green thumb, and the whole "keeping a plant alive" routine might not be your forte. It's high time to transform your living space into a vibrant sanctuary, free from the anxiety of plant funerals. Here's a list of the non-killable 10 – your guide to a carefree abundance of greenery!

## RUBBER PLANT (FIGUS ELASTICA)

Adapts to different light conditions, though it prefers bright, indirect light. Allow the soil to dry between waterings.

## HEARTLEAF PHILODENDRON (PHILODENDRON HEDERACEUM)

Adaptable to low light but prefers medium, indirect light. Thrives in well-draining soil.

## SNAKE PLANT (SANSEVIERIA)

Thrives in low light. Requires minimal watering.

## DRACAENA

Comes in various varieties with different light requirements. Generally easy to care for and adds height to any space.

## SPIDER PLANT (CHLOROPHYTUM COMOSUM)

Adaptable to various light conditions. Produces "pups" or baby plants that can be re-potted.

## PEACE LILY (SPATHIPHYLLUM)

Tolerates low light but appreciates indirect light. Signals when it needs water by drooping.

## ZZ PLANT (ZAMIOCULCAS ZAMIIFOLIA)

Very low maintenance and drought-tolerant. Thrives in low to bright, indirect light.

## POTHOS (EPIPREMNUM AUREUM)

Grows well in various light conditions. Can tolerate occasional missed watering.

## ALOE VERA

Prefers bright, indirect light. Requires well-draining soil and infrequent watering.

## SUCCULENTS (VARIOUS TYPES)

Drought-tolerant plants with unique shapes and colors. Require well-draining soil and bright light.



## giving back through real estate

We do real estate differently and believe in giving back to our local communities and families in need. Founded in April 2022, we allocate a portion of every commission to the move Foundation and we are proud to have reached the \$30k mark!

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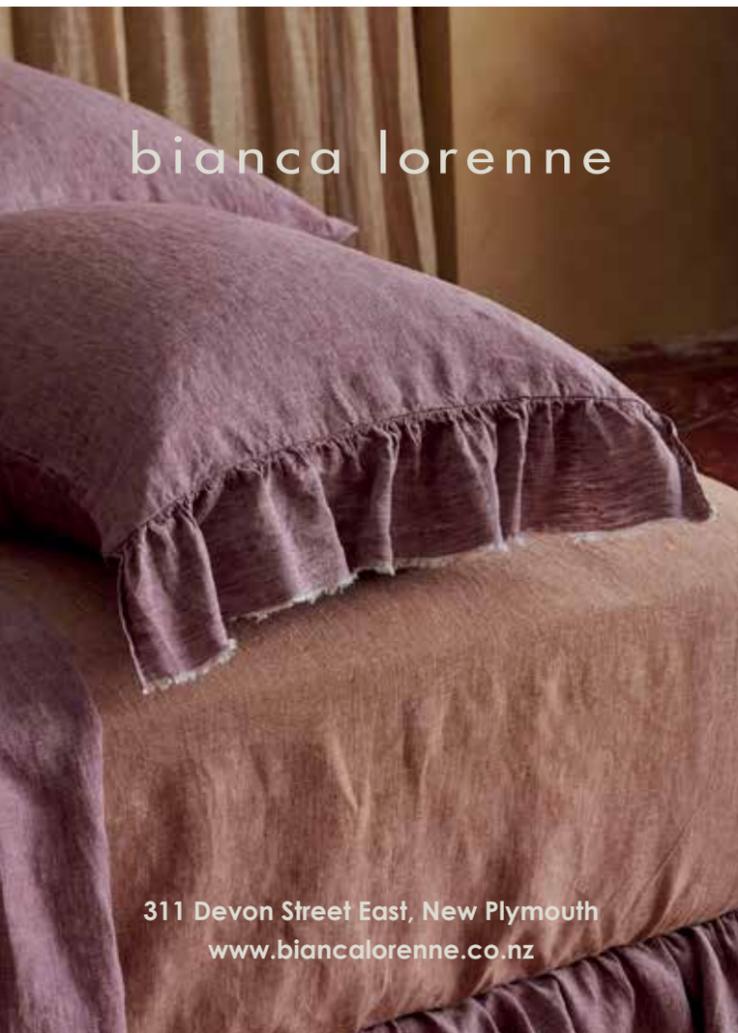




**MORGAN PAIGE TAITOKO**  
Taranaki Artist

Morgan Paige Taitoko is a designer and artist based in New Plymouth. Returning to her roots in Taranaki, she has created a fresh body of work, capturing light interplays within obscured glass. This process translates into bold, abstract paintings on canvas, offering a captivating, one-of-a-kind creation to elevate your surroundings.

[morganpaige.co.nz](http://morganpaige.co.nz) | [@morganpaige\\_art](https://www.instagram.com/morganpaige_art)



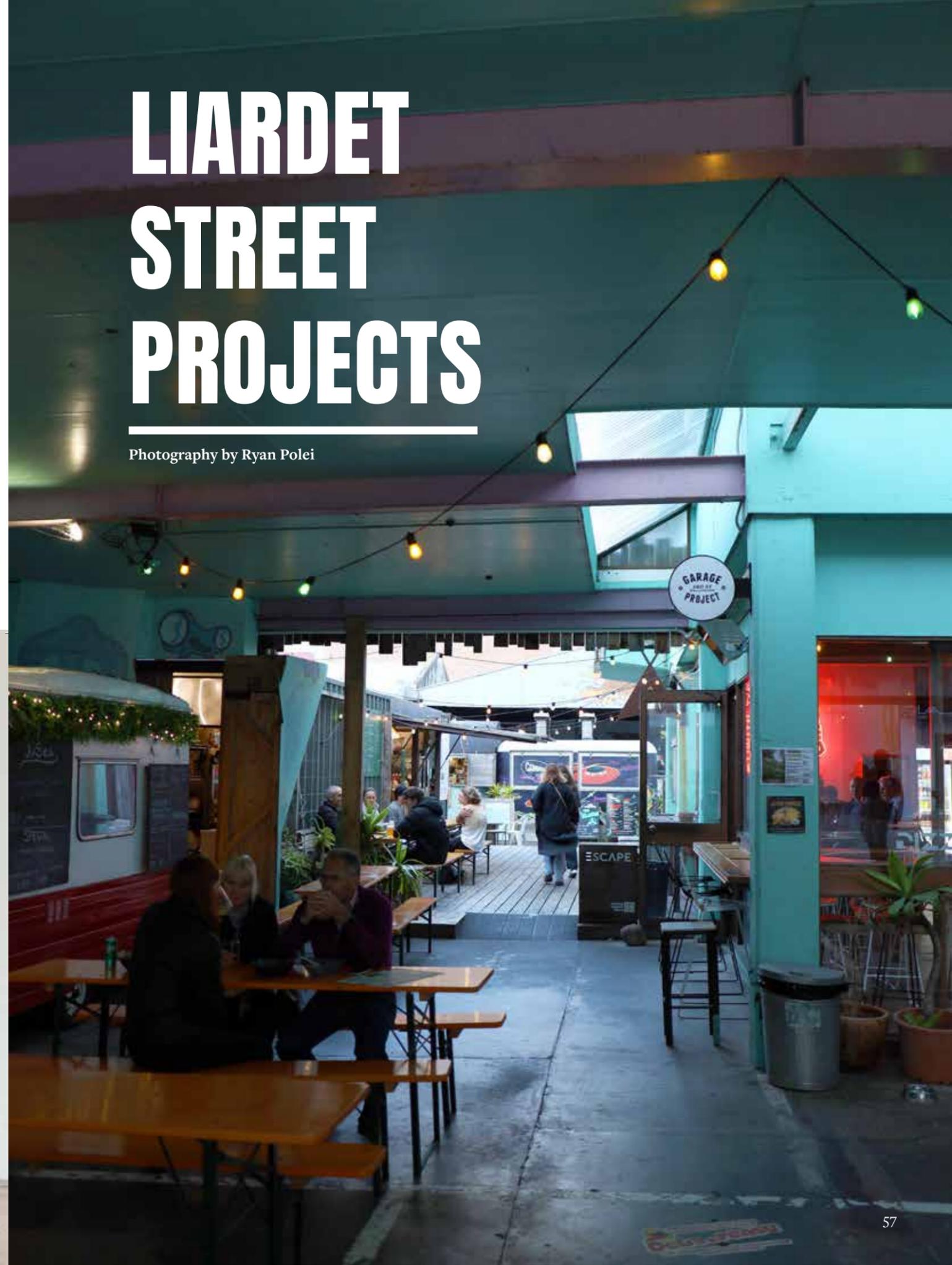
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311 Devon Street East, New Plymouth  
[www.biancalorenne.co.nz](http://www.biancalorenne.co.nz)



# LIARDET STREET PROJECTS

Photography by Ryan Polei



Nestled in the heart of New Plymouth, Liardet Street Projects is a vibrant communal space featuring a variety of food trucks and stalls. Located at 21 Liardet Street, this culinary hub offers an extensive selection of authentic street food and budget-friendly options. It's an ideal destination when your group can't settle on a single cuisine.

From mouthwatering American-style burgers and Vietnamese delicacies to creative Hawaiian/Japanese fusion dishes, tempting pizza, authentic Thai food, refreshing cold-pressed juice, and flavorful Indo-Portuguese or Goan cuisine, there's something to satisfy every palate. Additionally, the area is adorned with captivating street art, perfect for capturing Instagram-worthy moments.

## GAMMA RAY'S



Jonny



### WHAT IS YOUR FOOD STYLE?

The best burgers this side of the Milky Way!

### HOW DID YOU GET INTO HAVING A FOOD TRUCK?

I always wanted my own business. I was very lucky to have the money lent to me by people who had faith in me to succeed in the burger game.

### WHERE DO YOU SOURCE YOUR PRODUCE?

Natural Fare herbs for all our house-made sauces, chutneys, and marinades. TLC meats for the best patty beef in town.

### WHAT IS YOUR FAVOURITE DISH ON THE MENU?

Take 'MOO' to your leader is definitely my favourite. It's our take on a classic cheese burger. It's what Gamma Ray's was designed around.

### WHAT DO YOU LIKE ABOUT BEING IN THE LIARDET STREET PROJECTS?

We all work together as a team, each vendor has something great to offer. We're always looking for new ways to improve the project's experience for the customers and ourselves.

@gamma\_rays

## GOAN CABANA



Bibin & Crystal



### WHAT IS YOUR FOOD STYLE?

Our food is a mix of Indian and Portuguese cuisine.

### HOW DID YOU GET INTO HAVING A FOOD TRUCK?

We are both from the hospitality background and have always wanted to start something here in New Plymouth that showcases our culture and cuisine, which is unknown to many. We wanted people to taste the authentic taste of Goa, which we grew up eating and is also so different from the usual North or South Indian cuisine.

### WHAT IS THE MOST POPULAR DISH ON YOUR MENU?

The Pork Vindaloo, which is slow-cooked pork with aromatic spices and vinegar,

it's served with our signature Pulav rice and a raw mango pickle on the side.

### WHAT IS YOUR FAVOURITE DISH ON THE MENU?

It has to be the potato chops. It's meat stuffed potato pancakes, crumbed and pan-fried. It's a must-try item if you're looking for a perfect mix of Indo/Portuguese food.

### IS THERE ANYTHING NEW COMING TO THE MENU OVER SUMMER?

We do have our Special Masala Dosa, that is a savoury crepe made of lentils and rice stuffed with a potato filling and served with various dips like sambar and chutney.

@goan\_cabana\_nz

## JUSEA



Julia



### WHAT IS YOUR FOOD STYLE?

We offer fresh, cold-pressed juices and smoothies, a healthy, dairy-free product, free of artificial sugars.

### HOW DID YOU GET INTO HAVING A FOOD TRUCK?

When my father became ill with cancer, my family bought a high-quality cold press juicing machine to assist with his therapy. The positive impact the juices had on my father's well-being sparked my interest in juicing. I started up JuSea after realising that there aren't many places in New Zealand that offer fresh cold-pressed juice, hoping that more people would get to enjoy the benefits of this healthy and delicious product.

### WHERE DO YOU SOURCE YOUR PRODUCE?

We buy a lot of our produce from Crazy Pumpkin, who source and grow as locally as possible and are absolutely amazing to work with.

### WHAT IS THE MOST POPULAR DRINK ON YOUR MENU?

For the juices, it is definitely the "Booster", which is a sweet mix of apple, pineapple and carrot. "PB&J" is the most popular smoothie. It's inspired by peanut butter and jam toast and is made of strawberries, bananas, peanut butter, a little Himalayan salt, dates and almond milk.

### IS THERE ANYTHING NEW COMING TO THE MENU OVER SUMMER?

We are working on our homemade popsicles, which will also be dairy and artificial sugar free, and will be available once the weather gets more summery. Our cold-pressed watermelon juice, as well as some fun specials including fresh watermelon and other summer fruits, will also be back on the menu.

@jusea.juicy

# KAHAKAI POKE BOWL



Annie



## WHAT IS YOUR FOOD STYLE?

Hawaiian-style food with Japanese fusion. Fresh and healthy, all gluten-free and dairy-free!

## HOW DID YOU GET INTO HAVING A FOOD TRUCK?

I have been in hospitality for 18 years before starting my own foodtruck. When I saw a foodtruck I could renovate for sale, I jumped on the opportunity because for me, having my own foodtruck was a way to express myself through the style of the trailer, the food I was serving, and my lifestyle. I could finally offer some healthy, delicious food that I was craving from back home to the community of New Plymouth.

## WHAT IS THE MOST POPULAR DISH ON YOUR MENU?

Our tacos have been gaining in popularity heaps lately, but our Katsu Glazed Chicken Karaage Poke Bowl is definitely our most popular dish...

people of New Plymouth love their fried chicken!! However, I highly recommend trying some of the other Poke, such as the Marinated Fresh Salmon which is not far behind! They all come with a different sauce, which sets a different tone for each bowl!

## IS THERE ANYTHING NEW COMING TO THE MENU OVER SUMMER?

Yessss! Exciting! I will be introducing "Poke Donuts" as a quick bite, light lunch, or finger food for the summer! We'll have fun creating different flavour and colour combinations. They're easily described as sushi rings...

## WHAT DO YOU LIKE ABOUT BEING IN THE LIARDET STREET PROJECTS?

We're a community of small businesses that help each other grow. We're always there for each other when anyone needs a hand and we thrive on sustainability. But more importantly, we have fun as a big team, and that makes me happy!  
@kahakaipokebowlnz

# VIET NOM NOM



Tina



## WHAT IS YOUR FOOD STYLE?

Vietnamese street food, fresh and healthy.

## HOW DID YOU GET INTO HAVING A FOOD TRUCK?

I used to be an ECE teacher. I did market research for my sister, who wanted to invest in opening a restaurant in New Plymouth. But the visa situation didn't work out, so I got left behind with all the resources. Instead of quitting, I decided to carry on and off at the markets around Taranaki for another 4 years at weekends and holidays. We upgraded from a gazebo to a food truck, and now we are here in this container.

## WHAT IS THE MOST POPULAR DISH ON YOUR MENU?

Noodle Salad in the summer and Beef Noodle Soup in the Winter.

## IS THERE ANYTHING NEW COMING TO THE MENU OVER SUMMER?

We are in the process of changing our menu, as I just recruited three chefs from Vietnam. Hopefully, will be here in the next month. And we are going to expand our little business in the same area, serving crepes.

## WHAT DO YOU LIKE ABOUT BEING IN THE LIARDET STREET PROJECTS?

I had a few offers to expand Vietnomnom into a restaurant, but I wouldn't change where we are for several reasons: the team that we have (especially Jonny from Gamma's Ray). We have been together for a very long time, and we work together very well. The vibe that we create is a chill and fun experience for customers and our employees. I just love where we are. Kind, caring, togetherness.

@vietnomnom

# NEON ROBOT



Caleb & Dan



## WHAT IS YOUR FOOD STYLE?

American-style pizza, stretchy mozzarella, and a delicious crust!

## HOW DID YOU GET INTO HAVING A FOOD TRUCK?

After working for Jonny Marinovich (owner of Gamma Ray's) for two years, he proposed purchasing what was then Escape Bar and putting in a pizza kitchen upstairs. Myself (Charlotte) and Jonny went into a business partnership, and Neon Robot was born!

## WHERE DO YOU SOURCE YOUR PRODUCE?

Cheeses and meats are sourced through Mediterranean Foods, an importer based in Auckland and Wellington. They bring in products from Italy.

## WHAT IS THE MOST POPULAR DISH ON YOUR MENU?

All our pizzas are equally popular, which is great! Our C-3 pepperoni pizza is an absolute classic, and we sell plenty of our Optimus Prime pizzas (pizza sauce, mozzarella, and basil) on our "Margherita and Margarita" Wednesdays (a fantastic \$25 special).

## IS THERE ANYTHING NEW COMING TO THE MENU OVER SUMMER?

We're proud to offer a constantly changing range of sublime cocktails in our bar. Our bartender Dan has a magical knack for creating perfectly balanced cocktails, he makes a lot of his own infusions and distillations, and he's always trying out new ideas.

@neon\_robot

# THAI STREET FOOD



Nimmy & Donya



## WHAT IS YOUR FOOD STYLE?

The authentic Thai style. We have adjusted the taste a bit to suit Kiwis, but it still retains the uniqueness of Thai food.

## HOW DID YOU GET INTO HAVING A FOOD TRUCK?

I worked as a Thai food chef at a Thai restaurant before starting my own take-away shop in New Plymouth. It was really nice when I saw my customers satisfied with our food and services, so I hope I can share the nice and real taste of Thai food in our style with more people. The food truck is an easy way for the local people to access our food.

## WHAT IS THE MOST POPULAR DISH ON YOUR MENU?

Tom Yum Soup is always the most popular because of the unique taste and smell of Thai herbs.

## WHAT DO YOU LIKE ABOUT BEING IN THE LIARDET STREET PROJECTS?

I really appreciate being in this area, it is ideal for small food businesses that want to share their cuisine and for locals and visitors to get a good variety of foods to choose from in one space. Being in this area I have made more connections and have more inspiration to improve our foods and services. We also have nice workmate friends, which is a great bonus.



# DOUBLE CHOCOLATE SWIRL COOKIES

Recipe & Photography by Abbey Macfie

To me, the perfect cookie is soft and chewy, yet slightly crispy. The chocolate/vanilla cookie swirl is easy to do and yet looks super impressive.

## INGREDIENTS

225g softened butter  
150g brown sugar  
150g caster sugar  
1 tsp vanilla  
1 egg  
300g plain flour  
½ tsp baking soda  
½ tsp baking powder  
Pinch of salt  
1 Tbsp cocoa  
120g chopped white chocolate, plus 30g extra to pop on top before baking  
120g chopped dark chocolate, plus 30g extra to pop on top before baking  
Sea salt for sprinkling

Makes 12.

## METHOD

1. Preheat the oven to 180° fan bake. Line 2 trays with baking paper.
2. Beat the butter, sugars, and vanilla until light and pale, for at least 10 minutes.
3. Add the egg and beat until well combined.
4. Add the flour, baking soda, baking powder, and salt, and mix on low until just combined.
5. Weigh up the dough and divide it into two separate bowls. Mix the cocoa into one with the 120g dark chocolate. In the other bowl, mix in the 120g of white chocolate.
6. Take a couple of little bits of the dark chocolate dough and a couple of little bits of the white chocolate dough and press them together to form one ball of cookie dough (don't roll them together too much that the swirl is lost). Place on the tray and press some of the extra white and dark chocolate on top. Don't flatten the dough - it will spread as it bakes. Leave about 5 cm between each cookie.
7. Bake for approx 15 minutes, or until light, golden, and crisp. Sprinkle baked cookies with sea salt.



# NO BAKE WHITE CHOCOLATE, STRAWBERRY & ELDERFLOWER TIRAMISU CHEESECAKE

Recipe & Photography by Abbey Macfie

This dessert screams summer to me. A deliciously light and fresh take on a tiramisu, the combination of fresh strawberries and floral elderflower is perfect. Start this the day before you want to serve it.

## INGREDIENTS

### Elderflower syrup:

120ml elderflower syrup  
50ml water  
1Tbsp lemon juice  
40g caster sugar

### Base:

250g milk arrowroot biscuits  
120g melted butter

### Cheesecake:

380g cream cheese  
250g mascarpone  
150g caster sugar  
1 tsp vanilla  
200g white chocolate  
120ml cream plus 300ml cream  
2 tsp gelatin powder  
250g strawberries, sliced  
24 savoirdi (sponge finger biscuits)

Makes one 23cm cheesecake

## METHOD

1. To make the syrup, bring all the ingredients to a boil in a saucepan. Boil for a minute, then set aside to cool completely.
2. Grease and line a 23cm springform cake tin with baking paper, making sure to cover the entire base and sides.
3. To make the base, process the biscuits until they resemble fine crumbs. Add the butter and mix until it comes together like wet sand. Press evenly into the base of the cake tin. Set aside in the fridge.
4. To make the cheesecake, with a hand mixer, whisk the cream cheese, mascarpone, sugar, and vanilla until smooth.
5. In a small pot, add the 120ml cream and gelatin and bring to a simmer while stirring. Add the chocolate and stir until melted. Add this to the cream cheese mixture and whisk to combine well.
6. In another bowl, whip the 300ml cream until it forms soft peaks. Fold this into the white chocolate mixture.
7. Spread 1/3 of the cheesecake mixture over the base of the cheesecake. Add 1/2 the sliced strawberries in a single layer. Dip 12 of the sponge biscuits into the syrup and place over the strawberries in a single layer. Repeat with another 1/3 of cheesecake mixture, the rest of the strawberries, and the rest of the syrup-dipped sponge fingers. Spread the remaining cheesecake mixture over the top. Place in the fridge overnight.
8. Remove from the tin carefully and peel off the baking paper.
9. To serve, dust with some cocoa and top with some fresh strawberries.

# WHAT IS WELLNESS?

Words by Chantal Hofstee - Clinical Psychologist



Wellness will mean different things to different people and your definition of wellness is likely influenced by the culture you grew up in, your family of origin, your personality style and also your age and life circumstances play a role. I never would have thought that having a few hours to myself would be my ultimate happy place but three kids later... here we are.

## QUESTION 1.

Even though wellness is talked about so much, it doesn't often go beyond the platitudes. To dive a bit deeper, it can be useful to ask yourself 'What does wellness mean to me?' As you are reading this I invite you to not skim over this question and to simply keep reading but to take a moment, look up from the page and ask yourself 'What does wellness mean to me? In this phase of my life, what is wellness? Make it specific.

To some an activity will come to mind like surfing, running or sharing a meal with friends. To others a life goal will come to mind like being able to buy your first home, to make that trip you have been dreaming of or to end the dysfunctional relationship you might find yourself in.

To others it focuses more on physical health, recovering from an injury that causes ongoing pain, getting on top of diabetes or getting to a level of fitness that makes you feel energized and good.

If that question hasn't prompted some introspection and concrete things that to you personally feel like wellness, another (somewhat dramatic) angle you can take is this. When you die, what do you want your life to represent?

## QUESTION 2.

The next question is, does what brings you wellness align with how you spend most of your time? If the answer is yes then that's great! Enjoy! If the answer is no then it is likely that making some changes to this will increase your sense of wellness.

It is interesting to work with people from all walks of life and to see that most of them rarely if at all stop and define if they are spending their time in ways that align with what wellness means to them. We are all at risk of getting stuck in habits of working and spending our time outside of work in ways that don't fulfill us. For example, scrolling on your phone is generally not going to lead to increased wellness, yet many of us are in the habit of doing this hours per day.

Years ago, I can't actually remember where or when or why, all I remember is that I was overcommitted and therefore overstretched and not living what to me is a 'life of a good amount of wellness.' I came up with a simple set of rules for myself. A way to force myself to make changes and build my life better around the things that matter most to me and start to say no to the things that took up my time but didn't fulfil me. My rule became: If it doesn't have the F-factor I shouldn't do it. The F stands for: Family, Finance, Fun, Faith.

### Family

As a mum of 3 kids ages 10, 7 and 3, my life revolves around their needs to a large extent and I don't mind that since family is super important to me. I want to give them most of my energy and time. So if it is about family time, family relationships and investing in each other it should get a yes from me.

### Finance

Having big goals for our lives requires finances to fund those goals, plus being the main earner in our home the finance is largely my responsibility. Therefore if it contributes significantly financially it should be a yes.

### Fun

When life only centers around the first two F's (family and finance), the wellness levels can drop pretty quickly. One day I will write a book called 'the secret power of hobbies' because spending time doing what you love doing, even if no one else gets it, is probably the best antidepressant in the world. Spending time with people you enjoy falls under this category too.

### Faith

Lastly there is a built-in desire in all of us to belong to and contribute to something bigger than ourselves and our direct environment. This can be through spiritual practice, volunteering for a worthy cause, or helping others in need. Volunteering our time and resources in this way is hugely satisfying and builds connections that fuel our sense of purpose and belonging which are key features in a sense of wellbeing.

What brings you wellness, what should get your 'yes' and what things/people/activities should you start saying 'no' to. We might not always have full control over these factors but there always are small changes we can make to spend our time in more fulfilling ways and improve our levels of wellness.

## TIPS & TRICKS

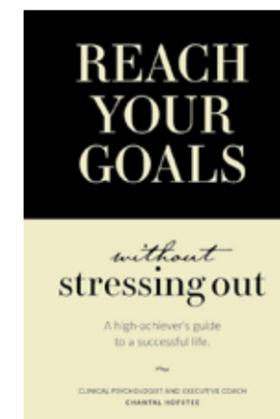
- Set your phone on greyscale and drastically reduce your screentime, you won't regret it I promise!
- Nothing fills up the wellness tank like spending time in nature
- Schedule in your fun activities. Work will always be there and so will family demands, it's your responsibility to make space for fun, nobody else will do it for you.
- Investing in your wellness isn't selfish, when you are fulfilled you will be a better partner, friend, parent and employee.

## HOW TO BUILD A LIFE OF WELLBEING & PURPOSE



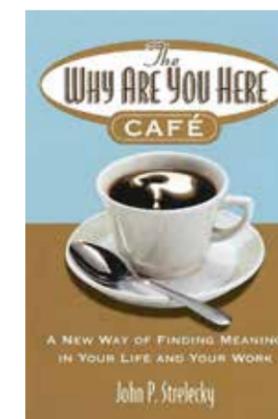
### HUBERMAN LAB PODCAST

The Huberman Lab podcast, led by Dr. Andrew Huberman, a Stanford neuroscientist, explores neuroscience and science-based techniques. It delves into the intricate connections between the brain, organs, perceptions, behaviors, and health. The podcast also explores tools for measuring and influencing the nervous system.



### REACH YOUR GOALS - WITHOUT STRESSING OUT

Most of us don't tap into our mental resources fully, limiting our potential for growth. Battling bad habits, we work harder without grasping the underlying psychological mechanisms. While achieving success in one area, we often falter in others. "Reach Your Goals Without Stressing Out" is brimming with inspiration, brain insights, and practical techniques, guiding you on a self-discovery journey towards sustainable, fulfilling success.



### THE WHY ARE YOU HERE CAFE

"The Why Are You Here Cafe" provides readers with thought-provoking insights and a unique perspective on self-reflection and the world. In need of fuel during a road trip, John stumbles upon a small cafe. Despite planning only to refuel, he ends up in a comfortable booth facing a platter of food and three menu questions: Why Are You Here? Do You Fear Death? Are You Fulfilled?

# SO, YOU'VE REACHED... 30!

THE NEXT 10 YEARS WILL FLY BY.



PHOTOGRAPHED:  
Dr. Tamsyn Newell  
(MBChB, BSc),  
Aesthetic Doctor

We asked Dr. Tamsyn Newell and Nurse Esme Reid their recommendations on feeling confident in your skin – how do we protect our skin, so it ages gracefully and serves us through the changing decades of our life?

## 1. WEAR SUNSCREEN!

Don't underestimate the power of starting a good skin care regime that includes an age-appropriate sunscreen.

Ideally, your sunscreen should have SPF50+ and be UVA and UVB resistant. Because this is something you will wear EVERY DAY, having added hyaluronic acid, antioxidants and other skin goodies makes complete sense. Choosing a good sunscreen is worth the investment.

## 2. CONSIDER MUSCLE RELAXANTS

(Brand names such as BOTOX®, XEOMIN®, DYSPORT®)

We are strong believers that starting muscle relaxants in your 30s is one of the best investments for you to continue to feel confident in your skin. It would be hard to find a skin serum or lotion that can compete with muscle relaxants when it comes to removing and preventing lines and wrinkles.

At the Vein & Skin Clinic, we use XEOMIN®. It is a new generation of BOTOX®, formulated to only contain the active ingredient of incobotulinum toxin A. It is double-filtered so unnecessary proteins have been removed, therefore the chance of developing resistance over your lifetime is reduced. If you choose to start muscle relaxants in your 30's, XEOMIN® is a great choice.

## 3. DERMAL FILLERS FOR BEAUTIFICATION

A 30-year-old's face generally has minimal signs of aging. So, if you do choose to use Dermal Fillers, the focus will be beautification. Some faces suit fuller lips, and some suit higher, lifted cheekbones. Some faces need improvement around the jawline. The type of Dermal Filler chosen for a particular area is of vital importance, as is where and how you inject it. This is where having an experienced Injector can make all the difference!

## 4. A HOLISTIC APPROACH

The same treatment won't work for everyone! The range of services we offer is what experience has told us work. If we feel you need something different, we will tell you.

I (Dr. Tamsyn Newell) love doing injectables and offer a full range of Dermal Fillers, Biostimulators (RADIESSE® and PROFHILO®), muscle relaxants, MINT MONO THREADS® and Deoxycholic Acid. Nurse Esme treats with muscle relaxants, PROTEIN RICH PLASMA®, radiofrequency-microneedling (The Secret), and PROFHILO®. We offer payment plans to help you reach your goals.

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Unlocking tension  
Restoring self-healing

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- Pins & Needles
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- Dizziness
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- Discomfort
- Headaches/Migraines
- Numbness
- Joint Pain
- Heartburn
- Whiplash
- Menstrual Problems
- Old Injuries
- And many more conditions/concerns

## BODY STRESS RELEASE Health Technique

Body Stress Release is a health profession concerned with unlocking the tensions stored in physical structures, thereby assisting the body in restoring its maximum efficiency. This gentle technique assists the body in its own healing process and brings effective relief from many forms of tension, pain and discomfort.

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## Statement Skin Spa

Statement Skin Spa, under the ownership and management of Emilee Shearer in New Plymouth, offers a serene haven for relaxation, rejuvenation, and pampering. Providing a thoughtful selection of essential treatments that span across beauty skin and wellness.

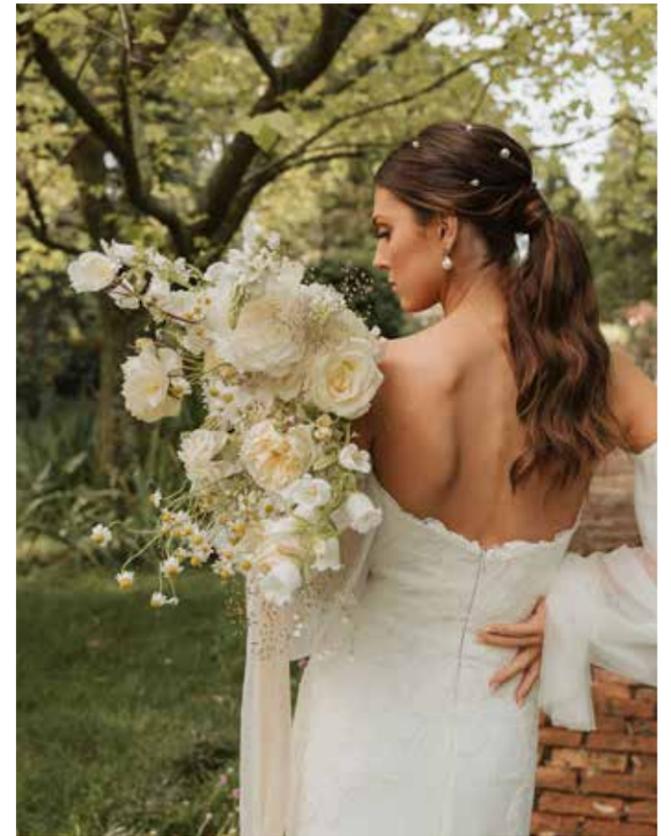
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# AN ELEGANT GARDEN AFFAIR

Immerse yourself in the allure of this romantic and intimate garden-inspired wedding shoot, where every detail whispers of love and enchantment created by some of Taranaki's talented wedding vendors.







Photographer + Stylist: Fleck and forest Photography | [www.fleckandforestphotography.com](http://www.fleckandforestphotography.com) | [@fleckandforestphotography](https://www.instagram.com/fleckandforestphotography)  
Floral design + co stylist: Pineapple Sage | [www.pineapple-sage.co.nz](http://www.pineapple-sage.co.nz) | [@pineapplesage\\_florist](https://www.instagram.com/pineapplesage_florist)  
Venue: 48 Kairau | [@48kairau](https://www.instagram.com/48kairau)  
Dress: Liah Roebuck Bridal | [www.liahroebuck.co.nz](http://www.liahroebuck.co.nz) | [@liahroebuck\\_bridal](https://www.instagram.com/liahroebuck_bridal)  
Jewellery: Dalgleish Diamond Jewellers | [www.dalgleishdiamonds.com](http://www.dalgleishdiamonds.com) | [@dalgleishdiamond](https://www.instagram.com/dalgleishdiamond)  
Models: Reid Rauhihi & Leticia Nixon | [@reidrauhihi](https://www.instagram.com/reidrauhihi) [@leticianixon](https://www.instagram.com/leticianixon)  
Hair: The Alcove hair salon | [@the\\_alcove\\_salon](https://www.instagram.com/the_alcove_salon)  
Makeup: Simone Makeup Artistry | [@simonemakeupartistry](https://www.instagram.com/simonemakeupartistry)  
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Ice cream cart: Little liberty Creamery | [www.littlelibertycreamery.com](http://www.littlelibertycreamery.com) | [@littlelibertycreamery](https://www.instagram.com/littlelibertycreamery)  
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Cocktail garnishes: F N Lemons | [www.fnlemons.co.nz](http://www.fnlemons.co.nz) | [@fnlemons](https://www.instagram.com/fnlemons)  
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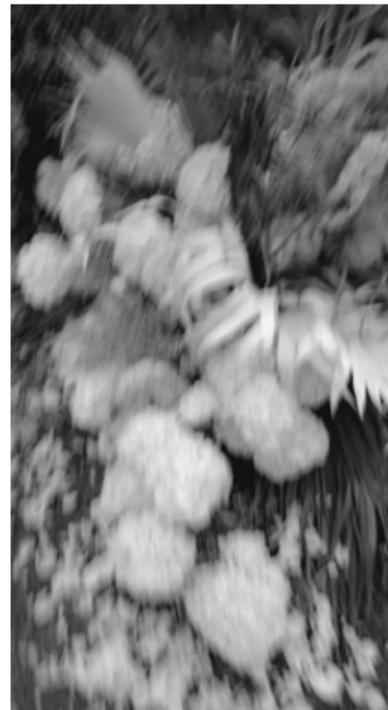
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Results after 9 glute strengthening sessions



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3. Stoney Creek 360 Wide Brim Hat \$49.99 from Hunting & Fishing
4. Arizona Slide \$200 from North Beach
5. Beach Cart \$199.99 from Torpedo
6. Insulated Beer Cooler \$45 from Art Haus
7. Printed Stretch Short \$229.95 from Guize
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# Skin ON FORTY-FIVE

## Is excess skin above your eyes causing you to appear tired or impacting your vision?

As we grow older the skin around the eyes is one of the first areas you see the evidence of the ageing process.

Blepharoplasty is a surgical procedure that removes excess skin from the upper and/or lower eyelids with the effect of improving vision and addressing the appearance of ageing and tiredness.

### Who is a good candidate for blepharoplasty?

It is most common for people in their fifties and sixties to have this procedure, but it may be performed on much older or younger people who may have inherited heavy, droopy eyebrows and fullness in the upper eyelids.

The most common reasons for eyelid surgery are:

- Excess skin obscuring the natural fold of the upper eyelids
- Saggy upper eyelid skin that impairs the vision
- Puffy appearance to the upper eyelids, making the eyes look tired and sad
- Excess skin and eyelid wrinkles

The incision lines for eyelid surgery are designed so the scars will be well concealed within the natural structures of the eyelid region.

### How long does the procedure take?

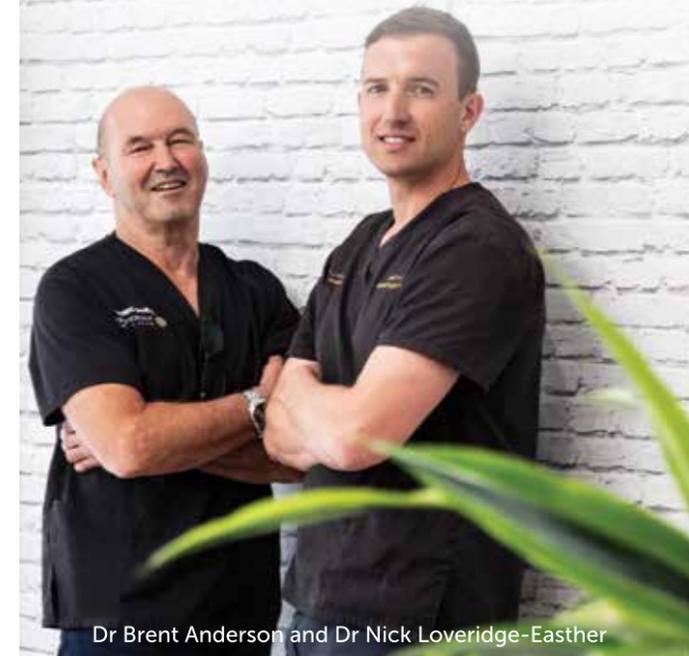
The procedure is performed under local anaesthetic with procedural sedation and takes about 120 minutes from your arrival in the clinic to having you heading home.

## Book now for a FREE Blepharoplasty Assessment.



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Dr Brent Anderson and Dr Nick Loveridge-Easter

## The results



Blepharoplasty surgeries performed by Dr Nick Loveridge-Easter

*\*Some insurance providers will cover Blepharoplasty for significant visual impairment.*



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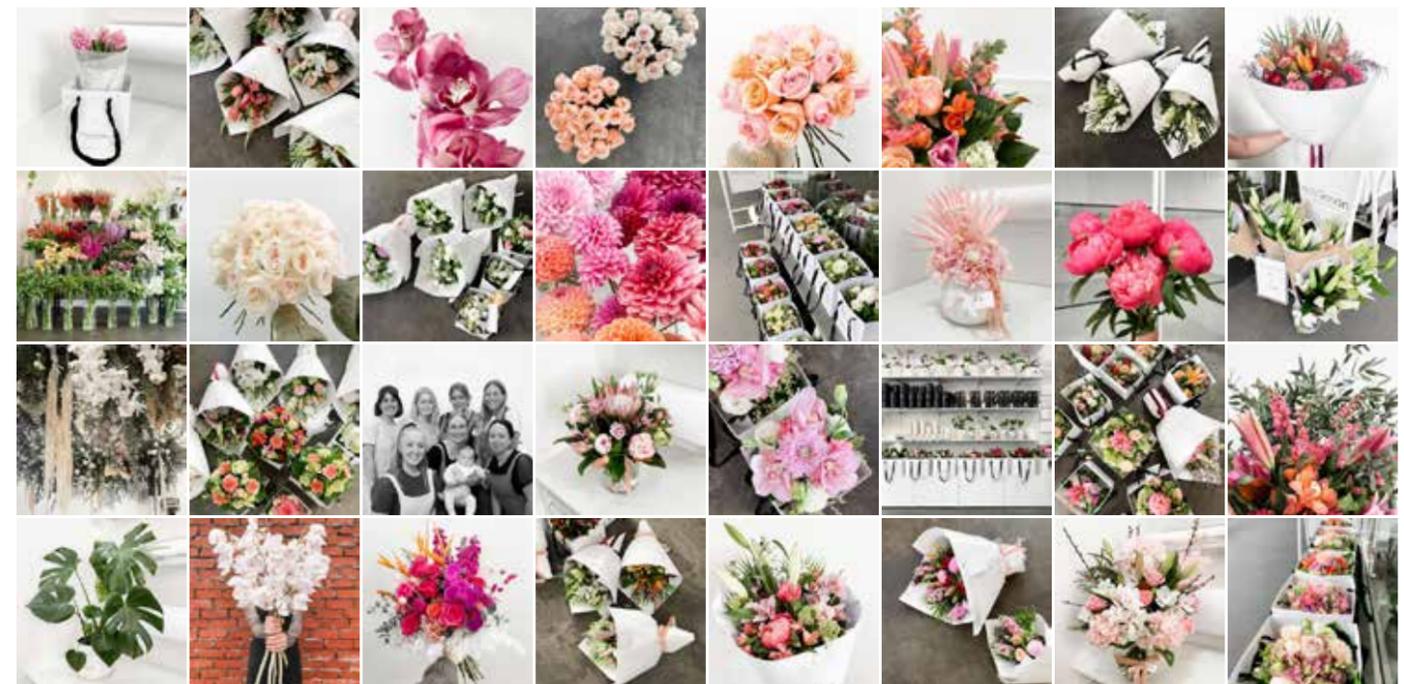
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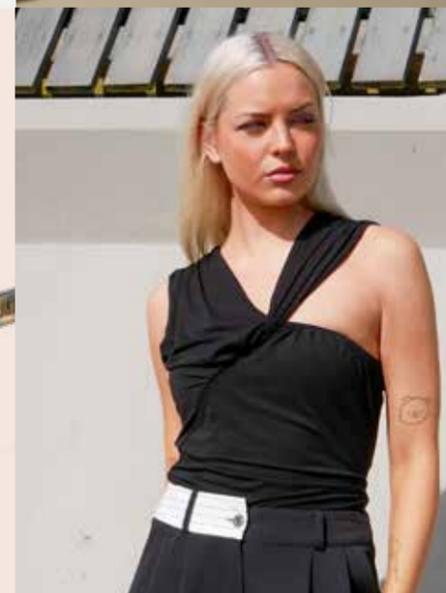
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4. The Horse Friday Bag \$199.99 from Max
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6. Jimmy D Lux Lisbon - Mud Club Floral \$590 from Et Vous
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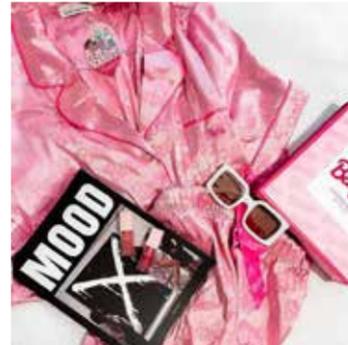
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For a chance to be featured in our next issue of MOOD Mag simply tag us or use #itsamoodnz in your Instagram posts.

# MOOD

## ISSUE 12 OUT

### JUNE/JULY 2024

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

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

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We look forward to hearing from you!

