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# La Vita

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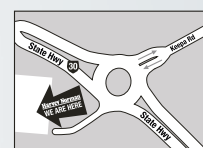
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# Ciao, hello...

## Welcome to **La Vita Magazine**

WOW! Spring is in the air, and if you know me, you will know its my favourite time of the year, apart from getting one year older!



This issue we get up close and personal with The Legend Stacey Waaka! New Zealands Black Fern and visit The Red Barn—an extraordinary culinary treasure in Thornton.

*Virginia*

Virginia Jeeves Owner & Editor



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*La Vita*  
MAGAZINE





# GROWING WITHOUT COMPROMISE

**Kiwifruit Orchard Manager Helen Scott loves coming to work each day and not having to compromise her principles or ignore a Māori viewpoint in favour of commercial profits.**

“We are very focused on what we’re doing to the land and how we should be looking after it rather than just ‘take, take, take’ to make more money,” she explains.

She oversees almost 13 hectares of organic and conventional kiwifruit growing in Te Teko for Māori Investment Limited (MIL) and is a graduate of the Kai Oranga and Wai Ora programmes at Te Whare Wānanga o Awanuiārangī (TWWoA).

“I’m growing kiwifruit, but I’m creating an environment that’s holistic, that’s whole,” Helen says.

“A lot of things I learned at Kai Oranga I implement at work now. We’ve got this strip of native plants that actually does about five different things for us. It provides all-year flowering which attracts wild native bees for pollination and helps attract beneficial insects. Some of them are nectar plants, so they attract bellbirds and tui. Birds can be a problem in kiwifruit but if you attract the right bird, there is no problem. Our native birds are very territorial.”

Helen says her study at TWWoA has given her a whole new perspective on horticulture. “Now when I look at the soil structure, I look at it in terms of the whakapapa of that soil. Kiwifruit is marketed as an international fruit, but I see it as rongoā as well.” The 46-year-old says the Kai Oranga course was life changing.

“It made me reflect on myself, and what I was up to, and where I was at. I’ve been able to let go of that scientific way of thinking. We’re so clinical when we grow commercial crops but it’s about trusting that our ancestors were on the right path.”

Having a conventional and organic orchard sitting side-by-side provides real time comparisons on different growing techniques. Helen believes organic growing is the future; conventional techniques may produce higher yields but involve “lying to the soil

to get what you want.” Plants growing in a strong soil structure will also be more resilient to climate change, she says.

Helen never dreamed she'd have such a long and fulfilling career when a neighbour knocked on her door 20 years ago and asked if she wanted to go kiwifruit picking. She is very grateful to have worked for a series of supportive employers, including MIL.

Helen is now a guest speaker at Kai Oranga courses and several TWWoA students have come to work for her after graduating. She recommends the course to anyone who feels as though there might be something missing in their life.

“That’s how I felt, like there was something missing. I remember gardening with my mother when I was small but that freedom that I felt was a distant memory. Traditional mara (food gardening) really interested me.

“Kai Oranga was kind of like an awakening for me. I didn’t realise how fractured our relationship with the earth was. I’ve gained a lot in knowing Māori principles, our whakapapa to Papatūānuku and

Ranginui, how involved we are with kaitiakitanga, and I’ve been able to apply other principles that I learnt at Awanuiārangi.

“I just have a different lens on seeing how to grow the commercial crop now. I don’t have to compromise that anymore. Money’s not a bottom line. I feel like we can do this without abusing Papatūānuku and Ranginui, and that’s the lens I see it from now.”

Helen decided to follow up Kai Oranga with the Wai Ora course because it was a natural follow-on to think about bodies of water and how to prevent issues like nutrient leaching.

She wants to emphasise there are plenty of career opportunities within the kiwifruit industry and she encourages others to consider getting involved.

“It’s not a dead-end career. There’s a bit of stigma that it’s just labour your whole life. But there are supported pathways for our people – whether it’s supervision, management, leadership in the industry – through the whole supply chain. Being outside in the fresh air and working with the land is the best.”

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# *Selling or* **BUYING?**

## **WHAT YOU NEED TO KNOW**

Tips and Tricks to help you through the residential conveyancing process by the Conveyancing Team at Gowing & Co Lawyers Limited, Kelly Wallace and Kelly Jones.

### **Selling or buying – what you may need to provide:**

The Anti-Money Laundering & Counter-Terrorism Act (AML) came into force in 2013 for financial institutions and in 2018 extended its umbrella to law firms and conveyancers amongst other non-financial groups including real estate agents.

This means that law firms are now required to collect and verify information to show that we know who our clients are. If you are looking at selling or buying property, it will be beneficial for you to know exactly what it is you might be asked to provide and to gather that information together to present to your real estate agent, mortgage broker, bank, lawyer or conveyancer. A list of those items could include:

- Your NZ Passport or overseas passport
- Firearms licence
- Driver's Licence
- A bank statement issued by a registered NZ Bank
- A statement issued by a New Zealand Government Agency.
- Proof of your current address such as a utility bill.

In most cases, these documents must be originally sighted, copied and verified by the person you are meeting with. It is also a good idea to provide that person with your IRD number at the same time as this will be used if applying for Kiwisaver and later in the process, for the mandatory Land Transfer Tax Statements used when transferring property in New Zealand.

*If we are involved at the outset, we can answer any questions you have and provide any advice you need to ensure the agreement you are entering into is exactly as you need it to be.*



There may be other instances where you may need to provide further information e.g. if you are buying in the name of a Trust then you may need to prove your source of income.

If you are unsure that you have the right verification or need some clarification please contact us and we will happily talk you through the process.

### **Selling or Buying – The Agreement for Sale & Purchase**

If you are utilising the services of a real estate agent, please ask them to send us a draft copy of the agreement BEFORE you sign it. They can e-mail it to us directly. We will check the agreement for you and provide advice as to the process and legalities of the document before you lock yourself into the contract. This is especially important if you are selling and on-purchasing. We will ensure the dates align and that the appropriate clause you need is in the agreement should your property not sell or the property you are looking to buy becomes unsatisfactory.

If we are involved at the outset, we can answer any questions you have and provide any advice you need to ensure the agreement you are entering into is exactly as you need it to be.

If you are looking to sell or buy privately, without the assistance of a real estate agent, we can draft the agreement for you and will assist you with all the details required when you contact us.

## General Advice

- Know where your deposit is coming from. If you are selling your property and on-purchasing a new property, remember to check you have enough money available for the deposit. Deposits are normally payable once an agreement goes unconditional e.g., when all your conditions are satisfied before settlement. If you are relying on the deposit from your sale property to pay the deposit for your purchase property, please be aware there is a process to this whereby the other party needs to agree to that deposit being released. A real estate agent may also insist on taking their commission from that deposit before you are able to utilise it for your new home. Before signing the agreement for sale and purchase please discuss your deposit requirements with us.
- **Solicitor's Clauses** – if you are selling or buying through a real estate agent, ensure they add a Solicitor's Clause to the agreement if you are unable to clarify things with us first. This allows us to check the agreement and raise any issues as to its form and content even it is has been signed.
- **Wills** – it is always a good idea when owning property to have a Will in place. We can draft a will for you and have it signed and witnessed prior to settlement so you are covered if anything happens to you.

We have only covered some basics of selling and purchasing property in New Zealand in this article. There are many other aspects we can assist you with including whether you are eligible to buy property in New Zealand (if not a New Zealand citizen and /or living overseas), tax requirements if you are selling an investment property, forms of ownership, enduring powers of attorney and much more.

We are also more than happy to provide you with an obligation free estimate of costs for any of the services we may be able to offer to you.

For peace of mind and specialist legal advice when it comes to selling or buying your home, please contact Kelly Wallace or Kelly Jones at Gowing & Co Lawyers Limited.

**Kelly Wallace** – [kelly@gowing.co.nz](mailto:kelly@gowing.co.nz)

**Kelly Jones** – [kjones@gowing.co.nz](mailto:kjones@gowing.co.nz)

## Tips for Buyers

- **First Home Kiwisaver Withdrawal** – if you need to apply for Kiwisaver, we are here to help. If you are looking at signing a contract and it is subject to finance approval, including Kiwisaver, please ensure you allow 15 working days for approval. Most Kiwisaver scheme providers require this timeframe for processing. As soon as you have signed your contract, get in touch with us and we will assist you with the application and ensure you have everything you need.
- **Kainga Ora Home Start Grant** – if you have been contributing to Kiwisaver for at least 3 years you may also be eligible for a First Home Grant. This can be up to \$5,000.00 each towards the deposit for your first home. There are specific income and property requirements attached to the approval and we can assist you with your eligibility and the application process. You can also check your pre-approval BEFORE you find a property to buy. Please phone us if you need assistance with this.
- **Cash Contribution** – if you are purchasing a property and needing to obtain a mortgage, please inquire through your lender as to whether you are eligible for a cash contribution also known as solicitor's costs. This is a loyalty payment offered by most Banks to go towards the costs of the purchase of your new home. In most cases, there will be a three- or four-year requirement to keep your lending with that Bank or financial institution to avoid having to repay those costs but please talk to us or your lender for further clarification.
- **LIM Reports** – when applying for a LIM via the Council, you can add our e-mail address to the application. This means the Council will send the LIM directly to us and we can check it for you and advise you if there is anything you need to be aware of.
- **Any other conditions** – we can assist you with any other conditions and reports you may be requiring as part of your due diligence when purchasing a new property. Please do not hesitate to get in touch with us and we can go through the process and offer our advice as to your options.

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by Lea

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## Your Floor Plan or Ours?

In the early 1900's, it was common for a home's floor plan to be framed, dated, stamped, signed and hung in the foyer or entrance way. Such was the status and perceived importance and significance of a home's floorplan. This is also why the initial stage with Chris and Tanya Ballantyne from Longview Homes is spent working very closely with you through the process of designing and developing a floorplan that you will hopefully fall in love with...

Chris Ballantyne is a trade qualified carpenter, a registered master builder and a Site 2 Licensed Building Practitioner. Chris has been building for over 30-years and together he and his wife Tanya own Longview Homes in the Eastern Bay of Plenty / Whakatane area.

Longview Homes has over 30 standard house plans available, these can all be easily modified and changed. Equally, Chris and Tanya are very happy to work with your floorplan if you already have one or alternatively, they can work with you to help develop your very own floorplan from scratch.

There are several good reasons much of the initial design process is all about the floor plan.

A floor plan that ticks all the boxes:

- Makes the absolute most of your site's position, aspect and outlook,
- Is just the right size, and that size is in sync with your land, as well as your needs, wants and budget,
- Has the right layout in terms of the rooms and spaces you want, and the general flow that you're trying to create,
- Maximises the space that is available to best suit both your lifestyle and priorities.

In terms of helping people tick all the boxes when it comes to their floorplan, Chris and Tanya work through a carefully thought-out process that looks at a few key areas:

### Rules and Regulations

Where you're looking to build are there any building covenants or rules and regulations about what can be built on your land?

### Aspect and Position

How would you like to position your home in relation to the sun? Are there any views or spaces that you'd like to maximise?

### Size

Is it just you or do you come with a tribe? Are the spaces big enough to fit the number of people who will use them all at the same time? Is your family up-sizing or downsizing? What about the size of your furniture? Do you have a lot of stuff or are you living the minimalist dream? And of course, what is your budget?

### Layout and flow

Layout and flow are very important when it comes to creating a house that feels like home. Do the kitchen, living, dining areas work well together? Likewise, the living room as a separate space might seem like a great idea, but will get used or is it important to have a separate space that can either be quite or loud? Is it important to keep the bedrooms away from your entertaining spaces, how do you feel about having the bathrooms open directly onto living or dining rooms? How important is the indoor / outdoor vibe and flow?

### Lifestyle and priorities

What do you do at home? Do you work from home and need a quiet, airy office? Do you need a large living space for entertaining? A lot of friends and family to stay? What about the laundry? Is the garage the best place for it, or do you need a sole purpose space? Only you truly know your lifestyle and what floor plan feels right to you.

It's equally important not to get distracted by the finishes. The functionality of the home is the priority, so focus first on the floor plan. Certainly, the finishes make a home more personal, but it's the spaces and their working relationship, which will make a home function well, more than anything else.

“

*We had thought the suggested three months construction period was rather optimistic but in fact we were able to move in a day early. This was in large part due to the overall organisation by Chris.*

Jane and Barry  
Whakatane

“

*At all times communication with Chris was excellent and any queries were rapidly answered and resolved. The whole house building process was stress-free from beginning to end.*

Ilmars and Helen  
Opotiki

### **A standard floor plan is often a helpful starting point...**

A pre-designed floor plan is often a really helpful place to start if you haven't already got a floorplan in mind. Standard plans help you think through what you like and equally don't like. Longview Homes has a collection of over 30 floor plans from which to choose. These certainly don't have to be used but they are often a good source of ideas and inspiration.

Whether you've got your own floorplan, you want something totally bespoke or alternatively there is a standard, pre-designed plan that you like... Chris and Tanya will be only too happy to help.

If you're exploring your options and beginning to think about where to begin with the design of your new home why not get in touch with your local experts and call into their office at 57 Domain Road, Whakatane or call 027 299-8622 to arrange an obligation free chat with Chris.

**Get in touch with our team today to start your exciting new home build journey...**



**CHRIS AND TANYA BALLANTYNE**

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# *Enjoying spring at* **THORNTON SCHOOL**

Spring is a wonderful season to celebrate, marking the transition from the cold winter months to brighter and warmer days. It is a season that brings forth new life, symbolised by the birth of calves and lambs in farms across the country.

Being a farming community, our annual Agricultural Day has always been an important event on the Thornton School calendar. The children work hard with their calves, lambs, and goats in order to bring them to school to compete in the various categories: leading, best reared, child effort, and most obvious pet.

The indoor exhibition is a New Zealand country school tradition and gives the children the opportunity to show off their creative side creating and displaying floral arrangements, vegetable novelties, and aqua jars.

The warmer spring weather means that the students can be outside more. Our school grounds are one of our treasures and are a hub of energy and excitement. The children love their wheels and ride scooters on the concrete areas, and bike on the bike track which goes around the outside of the field incorporating jumps, twists, and turns.

The shrubbery is a favourite place where huts are built, trees are climbed, and sticks become a valuable trading commodity.

Importantly the playgrounds facilitate social interactions among students. Students can form friendships while playing together and learn important social skills such as teamwork and conflict resolution. Additionally, these spaces enhance creativity and imagination as children have more room to explore their environment freely.

A group of students maintain a school garden and grow flowers and vegetables to give away. This year, all children participated in a project to plant the wet area of the playing field with plant species that drink up the water. Native plants species were chosen for their fruit, nectar, and foliage to attract native birds.

The school pool is heated and allows for an extended swimming season. This provides the opportunity for a water safety programme and daily swimming lessons which is important due to proximity of the Rangitaiki River and the beach to our school.

The school has well maintained buildings that include five classrooms, a well-resourced library, a space that is used for celebration assemblies, drama, and languages, as well as a new modern administration block.

Thornton School has students of many cultures and places value on diversity and inclusiveness. As an International School, we welcome children from other countries and this has enhanced cultural awareness in our students.

Art participation plays a crucial role in the overall development of children and provides them with opportunities to express themselves, think creatively, and develop an appreciation of the different art mediums.

We hold an annual art week, where the children are exposed to different techniques and styles that broaden their understanding of the arts.

Another important avenue for art participation is through our annual musicals that are staged at the Little Theatre in Whakatāne with costumes, lights, sound, and what the children think is most important – microphone headsets. These shows provide an opportunity for the students to showcase their talents through singing, dancing, and acting. Participation in these musicals enhances creativity as it requires students to interpret characters and emotions while performing on stage. The shows that we choose to stage are chosen for their audience appeal and their suitability for a large cast as

**We hold an annual art week, where the children are exposed to different techniques and styles that broaden their understanding of the arts.**



all of our school students, from the five year olds to the twelve year olds are involved. Past year's shows include Shrek, Madagascar, Spongebob Squarepants, and The Lion King.

Each year our school partners with Coast Care to plant native, sand-binding Pingoa, and Spinifex plants at our Thornton Beach to help form and stabilise the sand dunes. Our school children have participated in this activity for many years and the children can see the ongoing, positive effect that their efforts have had on the coastline.

Reading, writing, and numeracy are the foundations of our academic programme. Participation in the local REAP Science kit project adds to the classroom science programme, and our local environment adds depth to the overall learning programme. Te Reo and Japanese are the two languages that our students experience.

So, spring at our school offers an array of attractions that contribute to creating an enriching experience for both staff and students. From the breathtaking, rural view across the playground to Mount Putauaki, the availability of the playground and the promise of swimming in the heated pool, to the rich learning programme; these elements come together to promote a positive learning environment where academics can thrive alongside holistic development.

Thornton School is a great place to be at any time of the year, and our students, staff, and school community acknowledge First Credit, Whakatāne our school banking provider for this opportunity to showcase our school.



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Disclosure statements available free of charge on request

# WHAKATĀNE'S CULINARY GEM:

## *Where Vintage Retro Vibes and Delectable Delicacies Unite*

Nestled within the heart of Whakatāne, a town steeped in historical significance and a thriving sense of community, stands The Red Barn—an extraordinary culinary treasure that promises to deliver far beyond a simple meal.

Embark on a journey into a realm where flavors intertwine with tales of unwavering resilience, boundless love, and the pursuit of dreams. Situated in the picturesque landscapes of rural New Zealand, The Red Barn offers a captivating expedition that not only delights your taste buds but also evokes cherished memories that linger in the soul.

**A Journey of Love, Endurance, and Tradition** The story of The Red Barn is not merely about culinary artistry; it's a heartfelt tribute to a timeless family legacy rooted deeply in tradition. Generations ago, the foundation

of Dennetts Bakery in Opotiki was laid by Lal Dennett, setting the stage for an enduring heritage that revolved around baking. This baking legacy, passed down through Meredith's father and uncles, became an intrinsic part of her own identity. The nostalgic aroma of freshly baked goods, inherited from her ancestors, merged seamlessly with her personal passions, serving as the cornerstone of The Red Barn's captivating narrative.

Meredith, once an accomplished independent midwife hailing from South Auckland, found herself charting an unexpected course when circumstances led her to care for her Mother. This journey, interwoven with love and the echoes of her family's baking heritage, eventually guided Meredith towards the creation of The Red Barn.

**A Symphony of Culinary Craftsmanship: Baker, Pastry Chef, Chef, and More** The Red Barn transcends the definition of a mere café; it stands as an artistic canvas where Meredith and her dedicated team paint their culinary dreams. Infused with the fond memories of her grandmother's kitchen, Meredith's artisanal baked creations come to life alongside a seasoned baker—a loyal member of the team for over a decade. Together, they conjure delicate pastries that tantalize the senses and warm the heart. The team's expertise extends beyond baking, encompassing accomplished pastry chefs, skilled culinary artisans, and masterful baristas who meticulously craft every cup of coffee. Each creation emerging from The Red Barn is a testament to Meredith's unwavering dedication and the collective passion of her team.

**Fostering Dreams Amidst Adversity** The inception of The Red Barn was no easy feat. Meredith took the reins just before the onset of the COVID-19 pandemic, bravely navigating through lockdowns and uncertainties that clouded the horizon. Her resilience and determination transformed adversity into an opportunity, illuminating





both her personal strength and the enduring spirit of the community.

Amidst the backdrop of uncertainty, The Red Barn emerged as a symbol of hope, showcasing the remarkable ability of communities to generate joy even in the face of challenges. Meredith's journey, marked by trials and triumphs, echoes the very essence of The Red Barn—a sanctuary where every dish tells a tale of perseverance and unyielding determination.

**A Hub of Unity: Bridging the Past with the Present**  
Beyond being a simple café, The Red Barn encapsulates an amalgamation of eras. Vintage retro vibes seamlessly mingle with rustic charm, transporting patrons to a simpler, more nostalgic time. Here, friendships are forged, celebrations ignite with fervor, and narratives find their voice. The Red Barn is not just a place to dine; it's a haven where memories take root and connections flourish.

**Honoring Life's Milestones**  
Within the walls of The Red Barn, culinary creations stand as heartfelt tributes to life's significant moments. Whether it's a birthday, an anniversary, or any other special occasion, the café's ambiance serves as the perfect canvas for celebrating milestones. Meredith's journey—spanning from the depths of caregiving to the heights of entrepreneurship—exemplifies the resilience of the human spirit, illustrating its remarkable capacity to find joy and create enduring memories.

**Reserve Your Celebration**  
The Red Barn goes beyond being a mere dining spot; it transforms into a venue that honors the tapestry of life's moments. Birthdays, anniversaries, and every cherished event find a home within its vintage walls. Against a backdrop of undeniable charm and an array of delectable offerings, timeless memories await to be woven.

**A Journey of Love, Endurance, and Tradition**  
The story of The Red Barn is not merely about culinary artistry; it's a heartfelt tribute to a timeless family legacy rooted deeply in tradition.



**Expressions of Gratitude and Future Aspirations**  
Meredith extends her heartfelt gratitude to Brenda and Kerry Looney, whose invaluable guidance paved the way for The Red Barn's success. Their mentorship acted as a driving force, elevating the café into a thriving epicenter of community engagement.

At The Red Barn, flavors harmonize with emotions, narratives of strength, and wellsprings of inspiration. It's more than just a dining experience; it's an invitation to immerse oneself in the intricate tapestry of life, to honor the past while cherishing the present. Join us in savoring the journey of life, one exquisite bite at a time. Come, share your stories at the Barn, and let's weave new tales together!

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**Superior Excavation** based in Mill Road Whakatane, is locally owned and operated by Leigh and Kiri Carter. They have been providing specialist earthmoving and contracting services across the Bay of Plenty since 2005. They are now offering landscape supplies for all your garden projects big or small. They have a wide range of products including topsoil, mulch, garden mix, bark nuggets, compost, peastraw bales, crushed shell, river stones, decorative pebbles, railway sleepers, coldmix, ponga logs and landscape boulders. Delivery also available.

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There's a range of metal options for the tradies too including GAP20, crushed concrete, drainage metal, builders mix, crusher dust, pumice, sand, scoria and more.

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# POSITIVE MEDICINE

## *Your Life Your Health*

Ohope Beach Medical Centre has an integrated Whole Person approach to healthcare. We consider all aspects of health, wellbeing and the mind-body-spirit connection into our practice of healthcare. This approach impacts on everything that we do, how we support our patients, our staff and ourselves.

This way of practicing healthcare is called Positive Medicine. Positive Medicine has been developed by Dr David Beaumont and is based on the principles of the Māori Model of Health, Te Whare Tapa Whā, as described by Sir Mason Durie. When we think of health in this way, we recognise that Whole Person Health and Wellbeing can only be experienced when we consider all the aspects of our lives: our physical health, our psychological health, our emotional health and our spiritual health.



Fulfilling relationships with our whanau, friends, those we live with and those we work with allow us to enjoy connection, and provide us with the opportunity to grow in our understanding of ourselves and one another.



**Positive Medicine integrates ancient wisdom, positive psychology (Martin Seligman), and person-focussed care with effective clinical medical intervention.**

Physical health, Taha tinana, is generally what we think about as our “health”. There are many things that we can do for ourselves that have the greatest impact on our physical health, and they are all related to these with three words: eat, move, rest.

Psychological Health, Taha hinengaro is about our minds, how we think and how to maintain the balance of our thoughts to be more positive than negative. It’s also about our work and our financial health. We will support you with the tools to actively improve your psychological health and to support you through the challenges of our rapidly changing environment that we face today. Emotional Health, Taha Whānau is about the health of our relationships. Fulfilling relationships with our whanau, friends, those we live with and those we work with allow us to enjoy connection, and provide us with the opportunity to grow in our understanding of ourselves and one another.

And Spiritual Health, Taha wairua is about our connection with ourselves, our community, nature and the land and perhaps with something greater than ourselves. It’s also about what brings meaning and purpose to our lives and fosters the seeds for creativity.

When we consider our health in the context of our whole life, we begin to understand what we can do to not only

improve our health, but to enable us to live fulfilling and joyful lives. You will be supported to develop a plan for yourself that will define what Whole Person Health looks like for you, with the steps that you need to take to get you there.

Positive Medicine integrates ancient wisdom, positive psychology (Martin Seligman), and person-focussed care with effective clinical medical intervention. This model of health is proactive and empowering and can support you on your healthcare journey from whichever state of health you find yourself in, to reaching the best potential you have for your health and your life. We want to help you to thrive and get back to doing the things in your life that are important to you.

The team at Ohope Beach Medical Centre would love to support you toward Whole Person Health. You can book an appointment with your GP, Health Improvement Practitioner and clinical team to find out more.



Ohope Beach  
**MEDICAL CENTRE**

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# Stacey *SMILE* Waaka

It may be cliché, but the first thing you notice about Stacey when you first meet her is her immensely happy natural smile. She doesn't reserve this gift or pick and choose who receives it - she smiles for herself.

*By Heidi Reader*

Turns out, SMILE is also an acronym based on the values that motivate her:

SELFLESS – MANAGEMENT – INSPIRATION – LOVE - ENJOYMENT

She is a vibrant, driven machine of a rugby player from Ruatoki.

As we start to talk, we hear how it has been for Stacey on her journey as a young lady from Whakatane High School to a contracted Black Ferns Sevens and Fifteens player. And I might add, the current New Zealand Beef and Lamb poster girl.

Let's cut to the chase about the driven attributes of this powerful young lady from Ruatoki. In her own smiling description, she hates to sit still, she loves her rugby and kapahaka. She likes structure, she is stubborn, she likes to push the boundaries, and she is very respectful of all that her rugby life has given her so far.

Stacey was given encouragement from a teacher at school who could see her competitive potential. While she loved her netball and touch, it was the chance to become a professional rugby player and go to the Olympics that made Stacey pin her ears back and aim towards her rugby goals. In 2015 Stacey debuted for the Black Ferns.

Her life is based in Tauranga now, the hub of conditioning and prepping of these rugby athletes. She travels, plays, returns, trains, rests, sets goals, adapts, visits her whanau and friends, and re-focuses on 'what next?'. Smiling the whole time. The Smiling Assassin as she is known.

We chatted about the professional expectations of her, performance measures, her support for the team's culture, the haka wairua and connections. Stacey knows she is a role model and acknowledges the privilege of that. Outside of



*Our former Black Fern Heidi Reader has a chat to our new generation Black Fern Stacey Waaka.*

**She likes structure, she is stubborn, she likes to push the boundaries, and she is very respectful of all that her rugby life has given her so far.**



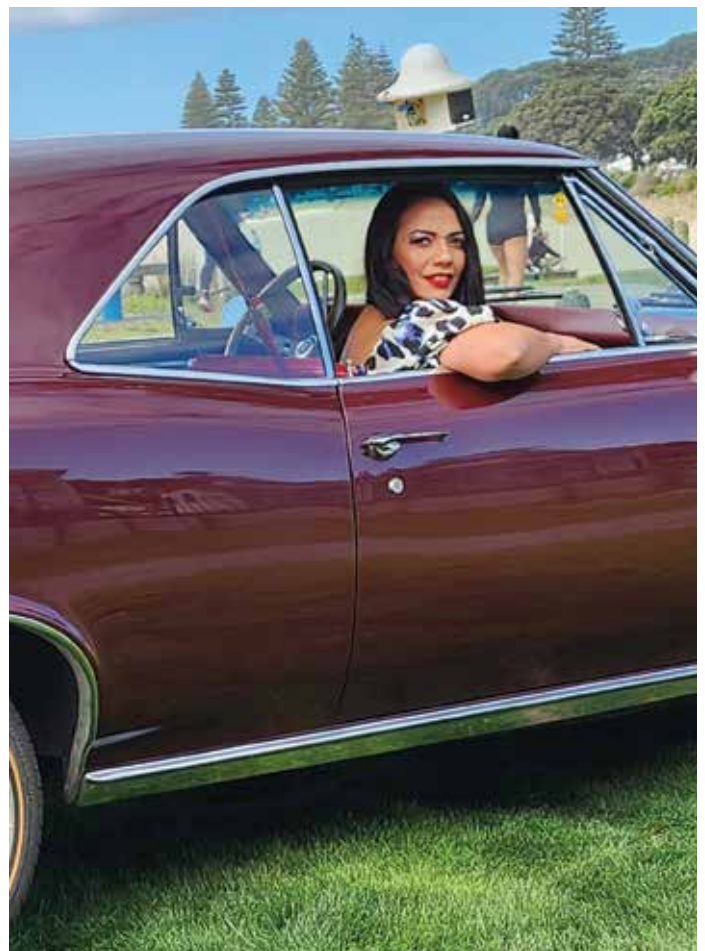
her rugby world, she is 'aunty', daughter, sister, and friend. At home, she gives back with visits to local causes and her community. She hopes her time and love given to her nephews and nieces might inspire them. Her whanau are her harshest critics and biggest supporters, she says, smiling of course.

What rugby has given to Stacey is a chance to earn a living, travel the globe, personal advertising and endorsements, but the biggest thing she says, has been the connections and friends around the world that shape her future hopes. Travelling has also given her perspective on how grateful she is to be a New Zealander.

She strives to bring her A-Game every time - with her skills, mana, mindset, perception, mental toughness, agility, and flare. And there is the 'look good, feel good, play good' aspect - taking pride in your appearance on the field as a wahine toa. And why not?

Women's rugby has evolved for the better over the last 30-plus years. Just look at this rugby-playing inspiration from Whakatane. A humble, determined, smiling world-beater!

*Special thanks to Karl Thomas for lending us Lulu is "66" Pontiac LeMans for the photo shoot!*



**She strives to bring her A-Game every time - with her skills, mana, mindset, perception, mental toughness, agility, and flare.**

# Capturing Memories

Want to captivate your special proposal in a snap shot? Or you could even be stuck on an idea for the perfect proposal? Going to a wedding and you can't think of what gift to buy the newly weds?

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AUGUSTINE

*Special thanks to Augustine Mount  
Maunganui who dressed our beautiful model  
and provided us with the venue for make up.*

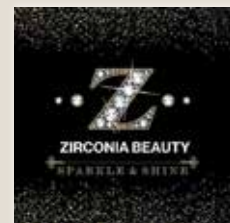
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With this photoshoot the Make-Up was done by Zirconia Beauty. Zirconia Beauty offers makeup for all events eg. Weddings, engagements, school balls, birthdays, stage Make Up and photoshoots. Appointments can be made on- [www.zirconia beauty.com](http://www.zirconia beauty.com).

Zirconia beauty uses a high quality brand from Debbie Delgado's make up range. She has been an international Make Up artist for the past 30 years. This brand has been proven, to provide good coverage whilst giving a natural effect.

The brand has a wide variety of products. If you need guidelines on foundation or any other make up products, we offer free foundation match appointments.





## *Seafood Pappardelle*

**In a spicy tomato cream sauce!**

### **Ingredients**

3 tablespoon extra virgin olive oil  
3 tablespoon butter  
500g of raw prawns, peeled  
Handful of cherry tomatoes  
3 garlic cloves, minced  
3 tablespoons of balsamic vinegar  
1 onion, diced  
½ teaspoon of chilli flakes  
½ cup of white wine  
2 cans of diced tomatoes  
300mls of cream  
1 packet of pappardelle pasta or any long thick pasta  
chopped flat-leaf parsley to serve

### **Method**

In a pan, heat some oil and butter until combined and the butter has melted. Sear the prawns for approx. 1 minute per side. Remove from the pan and set aside.

Turn the heat to medium and add the onion, garlic and pepper flakes and cherry tomatoes. Cook for a few minutes, then add the wine and simmer for one minute then add the balsamic vinegar then the canned tomatoes and cream.

Return the prawns to the pan and simmer gently for about 7 to 8 minutes. Be careful not to overcook the prawns.

While the sauce is simmering, in a separate pot, cook the pappardelle pasta following the package instructions. Drain and toss through a little olive oil. Add the pasta to the seafood and before serving sprinkle with some parsley.



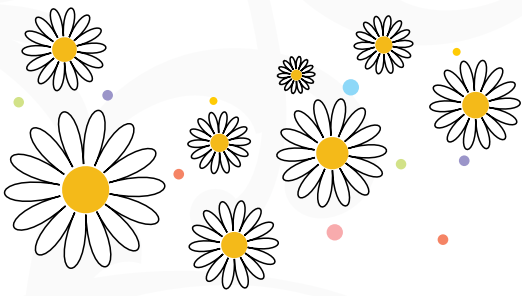
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Your La Vita Editor





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# THE COMM

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And if you don't have time to sit down you can even buy bottles of beer and cider to take away. Check out our social media to see what live music is on Friday and Saturday nights.

The Comm is the perfect place to eat, drink and be merry!

## OPENING HOURS

Monday to Friday 10am - Late

Saturday, Sunday & Public Holidays 8am - Late

## SCAN HERE FOR OUR MENU

or here: [thecomm.co.nz/menu](http://thecomm.co.nz/menu)



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# Let us host your next event at The Comm.

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With a variety of food, liquor, and spaces available we want to make your function the best you've ever seen.

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## Full Kitchen

With our experienced head chef and kitchen team, we can cater from 2 to 240 on-site for an event.



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## Entertainment

We regularly host local talent on Friday and Saturday nights to add to the atmosphere. Check-in to see if we can extend the entertainment to suit your event.

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**Take a look at some of the options from our website then fill in the enquiry form and we'll assist you in making your next function one to remember.**

**Find out more:  
[thecomm.co.nz/functions](https://thecomm.co.nz/functions)**

**45 The Strand  
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[book@thecomm.co.nz](mailto:book@thecomm.co.nz)  
Phone 027 214 3327**





# When life hands you lemons! Get cooking!

BRINGING YOU THESE DELICIOUS SPRING RECIPES

## Welcome La Vita Readers

BOUGHT TO YOU BY NW AND WRITTEN BY VIRGINIA JEEVES, LA VITA MAGAZINE EDITOR



*follow us on*



51 Kakahoroa Drive,



@newworldwhakatane



newworldwhakatane



### Entrée: Lemon Garlic Shrimp Skewers

#### INGREDIENTS

For the Marinade:

Juice and zest of 1 lemon  
2 cloves garlic, minced  
2 tablespoons olive oil  
Salt and pepper to taste

For the Shrimp:

Large shrimp, peeled and deveined  
Wooden skewers (soaked in water)

1. In a bowl, whisk together the lemon juice, lemon zest, minced garlic, olive oil, salt, and pepper to create the marinade.
2. Thread the marinated shrimp onto the soaked wooden skewers.
3. Preheat your BBQ grill to medium-high heat.
4. Grill the shrimp skewers for about 2-3 minutes on each side, or until they turn pink and are cooked through.
5. Serve the lemon garlic shrimp skewers as a delightful spring entrée.



## Main Course: Lemon Herb BBQ Chicken

### INGREDIENTS

#### For the Marinade:

Juice and zest of 2 lemons  
3 cloves garlic, minced  
Fresh herbs (e.g., rosemary, thyme, oregano), chopped  
Salt and pepper to taste  
Olive oil

#### For the Chicken:

Chicken pieces (drumsticks, thighs, or bone-in breasts)

1. In a bowl, combine the lemon juice, lemon zest, minced garlic, chopped fresh herbs, salt, pepper, and a drizzle of olive oil to make the marinade.
2. Marinate the chicken pieces in this mixture for at least 30 minutes.
3. Preheat your BBQ grill to medium-high heat.
4. Grill the chicken pieces, turning occasionally, until they are cooked through and have a nice char, typically 20-30 minutes depending on the size and type of chicken pieces.
5. Serve the lemon herb BBQ chicken as a simple and flavorful spring main course.

## Dessert: Pavlova with Lemon Curd

### INGREDIENTS

#### For the Pavlova:

4 large egg whites, at room temperature  
1 cup granulated sugar  
1 teaspoon white vinegar  
1 teaspoon cornstarch  
1 teaspoon vanilla extract

#### For the Lemon Curd:

Zest and juice of 3 lemons  
½ cup granulated sugar  
4 large egg yolks  
¼ cup unsalted butter, cubed

#### For Topping:

Fresh berries (e.g., blueberries, raspberries, strawberries)  
Whipped cream

#### For the Pavlova:

1. Preheat your oven to 300°F (150°C) and line a baking sheet with parchment paper.
2. In a clean, dry mixing bowl, beat the egg whites with an electric mixer until they form stiff peaks.
3. Gradually add the granulated sugar, one tablespoon at a time, while continuing to beat. Ensure that the sugar is fully incorporated, and the meringue is glossy and holds its shape.
4. Gently fold in the white vinegar, cornstarch, and vanilla extract.
5. Spoon the meringue onto the prepared baking sheet in a circle or into individual nests, creating a well in the centre for the filling.

6. Use a spatula to shape the meringue into a pavlova nest or circle, with slightly raised edges.
7. Bake in the preheated oven for about 1 hour or until the pavlova is crisp on the outside and slightly soft on the inside.
8. Turn off the oven and leave the pavlova to cool inside the oven for about an hour.

#### For the Lemon Curd:

1. In a saucepan, combine the lemon zest, lemon juice, granulated sugar, and cubed butter. Heat over medium-low heat, stirring constantly until the sugar has dissolved and the mixture is smooth.
2. In a separate bowl, whisk the egg yolks.
3. Gradually pour the hot lemon mixture into the whisked egg yolks, whisking continuously to temper the eggs.
4. Return the mixture to the saucepan and cook over low heat, stirring constantly until it thickens to a custard-like consistency, about 5-7 minutes. Do not let it boil.
5. Once thickened, remove the lemon curd from heat and let it cool.

#### To Assemble:

Carefully transfer the cooled pavlova to a serving plate. Fill the centre or individual nests with the lemon curd. Top the lemon curd with fresh berries of your choice. Finish by adding a dollop of whipped cream on top. Serve immediately and enjoy your delicious Lemon Pavlova with Lemon Curd! This dessert is a perfect balance of sweet and tangy, making it an ideal choice for a refreshing spring treat in New Zealand.

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## *Did someone say holy moly Guacamole?*

**I love this time of the year and I love Guacamole!**

Written by Virginia Jeeves, La Vita Editor

### **Guacamole:**

#### **Ingredients:**

- 3 ripe avocados
- 1 red onion, finely diced
- 2 cloves garlic, minced
- 1-2 tomatoes, diced
- 5 heaped tablespoons of mayo
- 1 lime, juiced
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper (adjust to taste)
- 2 tablespoons fresh coriander, chopped

#### **Instructions:**

Cut the avocados in half, remove the pits, and scoop the flesh into a bowl.

Mash the avocados with a fork until you achieve your desired consistency (some prefer it chunky, while others like it smooth).

Add the finely diced onion, minced garlic, and diced tomatoes to the mashed avocados.

Squeeze the lime juice over the mixture, and add the salt, cumin, and cayenne pepper.

Stir everything together until well combined. Finally, fold in the chopped coriander.

Taste and adjust the seasonings if needed. Mix in the mayonnaise

Serve the guacamole with tortilla chips, tacos, or as a topping for your favorite Mexican dishes.

Enjoy your homemade guacamole, a classic Mexican dip that's both easy to make and delicious!

# MAMMAMIA! DID SOMEONE SAY FRESH PASTA?

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# FIFE LANE

— KITCHEN & BAR —

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AN INTIMATE INDUSTRIAL-CHIC SETTING



Nestled in the block of shops in Central Parade, Mount Maunganui, Fife Lane Kitchen & Bar has been a beacon of culinary excellence since its establishment in November 2019. Founded with the aim of delivering an authentic dining experience, Fife Lane is not just a restaurant; it's a celebration of exceptional cuisine and wine in a sophisticated yet welcoming setting.

Step into Fife Lane, and you'll be transported to a world of elegance and flavour. Picture yourself sipping expertly crafted cocktails in a warmly lit space adorned with natural wood and brick textures.

As you explore the restaurant, your eyes will be drawn to an array of meats displayed in a bespoke glass meat locker, paying homage to the traditional butcher shops of yesteryear. If you're a wine enthusiast, be sure to peruse their carefully curated selection of vintage wines, stored in a dedicated wine room. With a large, customisable space with Private Rooms available for group bookings – exclusive spaces that offer privacy, whilst still enjoying the warm atmosphere of the restaurant and fully equipped kitchen Fife Lane can cater functions/events for up to 50 people before you need to hire the complete Fife venue.



Photo: NZME Alex Cairns

FIFE LANE PRIORITIZES  
FRESHNESS, SUSTAINABILITY,  
AND LOCALITY WHEN SELECTING  
SUPPLIERS AND GROWERS.



In addition to its culinary prowess, Fife Lane Kitchen & Bar proudly boasts a multi-award-winning pedigree, solidifying its reputation as a steakhouse like no other. The restaurant's latest accolade places it among the elite, as it secured the remarkable 83rd position in the esteemed World's 101 Best Steak Restaurant Awards.

Founder of the World's 101 Best Steak Restaurants ranking, Ekkehard Knobelspies, recently commented on Fife Lane's success "What particularly convinced us was the fact that they work almost exclusively with the best pasture-raised beef from New Zealand," says Knobelspies, highlighting the restaurant's unwavering commitment to local products and sustainability. For the World's 101 Best Steak Restaurants ranking, various criteria are meticulously considered, including the origin of the beef, the breed, the transport route, the age at which the cattle were slaughtered, their rearing and diet, the types of steak cuts featured on the menu, and the cooking methods employed. Along with this accolade, Fife Lane can boast Supreme Winner for Establishment of the Year from the 2022 Restaurant Association Awards which is awarded every 2 years.

The restaurant also boasts a unique and rare Mibrasa oven, a closed charcoal grill originally crafted in Spain. This exceptional oven harnesses the power of fire and embers, imparting a distinctive charcoal aroma and flavour to their dishes. This method of cooking allows the food to preserve its inherent flavors while releasing its unique taste, resulting in a menu that's rich in depth and complexity.

But it's not just about the food; it's about the values that underpin it. Fife Lane prioritizes freshness, sustainability, and locality when selecting suppliers and growers. By partnering with those who share their commitment to these values, they've created a community of like-minded individuals dedicated to delivering the very best in seasonal produce.

At Fife Lane, they understand that their reputation is a reflection of their team's excellence. Each member brings a unique blend of expertise, passion, and professionalism to the table. Their commitment to providing exceptional guest experiences and educating customers about the dynamic and ever-evolving nature of the culinary industry sets them apart.

Now, let's talk about a special treat Fife Lane has in store for you. Every Friday, from 12pm, the restaurant opens its doors to indulge your taste buds. Currently offering the full A La Carte menu, during the month of December, they have something truly delightful in the works—a bespoke 3-course set menu for just \$85 per person.

This is an opportunity you won't want to miss. Reserve your table now and savour the flavours of Fife Lane Kitchen & Bar. Whether you're seeking a memorable meal or a place to enjoy with friends, Fife Lane promises an unforgettable experience that's a cut above the rest. Join them on Fridays and discover why Fife Lane has become a beloved culinary destination in Mount Maunganui.

07 574 5519 | [INFO@FIFELANE.CO.NZ](mailto:INFO@FIFELANE.CO.NZ) | 512 MAUNGANUI ROAD, MT MAUNGANUI

TUES-SAT, 3PM-LATE | FRIDAY, 12PM



LAZER PHOTOS & CAMERAS



ROBERT HARRIS



KATHRYN'S PILATES STUDIO

# EXPLORE WHAKATĀNE

EPIC (Events Promotion Initiatives and Community) is an organisation developed by a group of local business people passionate about the success of our retail community. EPIC supports events, activations and other initiatives that contribute to making the Whakatāne Town Centre more attractive, interesting and inviting. EPIC's vision to keep Whakatāne an inviting destination for shoppers, visitors and the community as a whole to spend quality time connecting with each other. To find out more, visit [epicwhakatane.co.nz](http://epicwhakatane.co.nz)

GEORGE STREET LINEN



## FAMILY FOCUSED

Whakatāne, where family fun meets retail therapy! This summer, pack your bags and head to Whakatāne, the home of delightful shopping and family activities. EPIC (Events Promotion Initiatives and Community) is an organisation focused on making visits to the Whakatāne Town Centre memorable. Shop till you drop in our vibrant town centre, packed with summer essentials, delicious treats and boutiques stores.



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Whakatāne: where culinary delights and retail therapy unite! This summer, indulge your taste buds and satisfy your shopping cravings in our picturesque town center. Immerse yourself in a world of delectable local flavors, artisanal treats, and international cuisine. And while you're here, explore the charming boutiques and stores that line our streets. Whakatāne is the place where your shopping and dining dreams come to life this summer!



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Use the QR codes on the stickers at each location to find out information about each site, or go to [www.epicwhakatane.co.nz/history](http://www.epicwhakatane.co.nz/history)

1 B&B Clock Tower 181 The Strand	7 Maple Cafe Milk Bar 89-93 The Strand
2 Pattersons Drapery and Haberdashery 144-148 The Strand	8 Whakatake Hotel 77-78 The Strand
3 Te Wharewānanga 188 The Strand	9 The Fourtains Roundabout near The Bean Cafe & Bookery
4 Bridgers Building 89-93 The Strand	10 The Mill near the concert site
5 Greener's Store Coverings Building 113 The Strand	11 Coffer manufacturer Bridgers Ltd 88 The Strand
6 Whakatake 88 The Strand	12 Whakatake Carriage Factory/Workshop 38 George Street

The Whakatake and Fourtains Hotel have been classified by the Whakatake Museum, owned and run by Te Wharewānanga. The Whakatake Museum Research Centre is also listed on the map.



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## *Thanking everyone for their support*

After 12 years of having a boutique florist store in the strand, life has changed and we now work remotely as Whakatanes online florist offering free delivery to most of the eastern Bay of Plenty.

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We can also send flowers nationally or internationally on your behalf and you receive the Interflora gurantee



# New chapter for **MEDIA BAY OF PLENTY**

It's a new chapter for local community radio stations Radio 1XX, Bayrock and Q97, as Andy and Sarah Galbraith, founders of local video production agency Bullseye Productions NZ, have recently taken over at the helm of the media company.

With backgrounds spanning television, banking, and business, Andy and Sarah are poised to deliver a unique blend of business acumen and creative flair. Their collective experience equips them with a keen understanding of what businesses need, both from a strategic and creative standpoint.



The Galbraiths are committed to preserving the stations' vibrant local presence, ensuring they continue to serve as essential community hubs.

Andy and Sarah's entry into the radio scene promises an exciting fusion of innovation and community engagement.

As they steer these stations into a new era, Radio 1XX, Bayrock, and Q97 listeners can look forward to an invigorated listening experience that bridges the gap between business savvy and creative brilliance.

Stay tuned for what promises to be an exciting chapter in local radio!





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**BOOK ONLINE NOW:**  
[www.kathrynpilates.co.nz](http://www.kathrynpilates.co.nz)

We are also now offering specialised class types (all classes suit everybody)



## PILATES INTRO

For \$149, you will get 3 sessions to give you an introduction to the Pilates Principles

We cover:

- CORE ENGAGEMENT
- MACHINE USE
- BREATH WORK
- GETTING YOU CLASS READY

If this sounds like you, give me a call and we can organise a time to get started.

In 10 sessions, you'll feel the difference  
In 20 sessions, you'll see the difference  
In 30 sessions, you'll have a whole new body

# New Classes!



FLOW

Classes are designed to provide a continuous + fluid sequence of Pilates exercises. These classes emphasise smooth transitions between the Pilates moves.



SCULPT

Classes are designed to specifically target muscle toning and sculpting. The emphasise is on building lean muscle tissue and endurance.



FIT

A Pilates fit class is a fusion of traditional Pilates principles and aerobic exercises. Lots of fun and motivating.



STRONG

Is a variation of traditional Pilates that combines elements of Pilates with strength training. Building strength and endurance in muscles.



FLEX

The perfect class to improve flexibility and joint mobility. Increase your range of motion and lengthen muscles.



ZEN

POP UP CLASS  
Focus is on mindful movement, breath awareness, stress reduction and slow controlled movements.



**KATHRYN COYLE**  
MASTER TRAINER

027 816 4142  
[zumbakatt@outlook.co.nz](mailto:zumbakatt@outlook.co.nz)

KATHRYN'S PILATES

# HAIR



At Hair Studio Whakatane, every client is important to us and we want clients to enjoy getting their hair done in a relaxing environment and walk out with a dazzling new hairstyle.

Hair Studio opened the 8th of June 2023. Only 5 days to renovate the whole salon and get things ready for clients. Have a look at the 5 day renovation on Instagram and Facebook- be part of our journey. Hair Studio has amazing hairstylists who have been in the industry for more than 30 years - so you cannot go wrong trusting our amazing team.

Hair Studio Whakatane offers a range of services namely:

- Qiqi hair straightening
- Balayage/ombre hair colours
- Folis (highlights and low lights)
- Cuts - men's and women's hair cuts
- Blowwaves and styling
- Upstyles
- Make up
- Brow tinting & shaping

Also check out our amazing range of hair products we stock namely: Wella, Matrix, De Lorenzo, CHI, QiQi, Biosilk, Fanola, 12 Reasons

At Hair Studio you do not have to even pop into the salon to buy your products you can go onto our online store on [www.hairstudio.co.nz](http://www.hairstudio.co.nz) and make your purchase there. Delivery in Whakatane is free.

Hair Studio Whakatane is the sister company of Zirconia Beauty. We also have a beauty range available to buy online and we offer make up and Brows to clients. Check us out on Instagram and Facebook and keep in the loop of giveaways and what we offer.

We offer Laybuy instore to make your purchase easier to make today. Give us a call on 07 308 8626 and make your appointment today.

If you are wanting more beauty options such as lash extensions, permanent make up, spraytanning, facials pop onto Zirconia Beauty's website on [www.zirconia beauty.com](http://www.zirconia beauty.com) and make your appointment online today.

# STUDIO



 07 308 8626

 [hairstudionz@gmail.com](mailto:hairstudionz@gmail.com)

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



@HAIRSTUDIOWHAKATANE

# Rukuhia te mātauranga Pursue Knowledge

Study with  
us in 2024!

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TE WHARE WĀNANGA O  
AWANUIĀRANGI

Discover more

