

AUTUMN 2023

# La Vita

MAGAZINE



| FOOD | FASHION | CULTURE |



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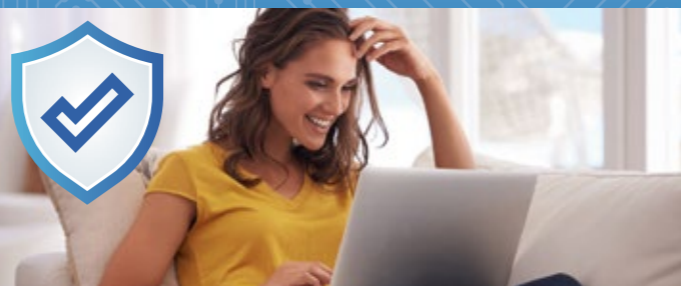


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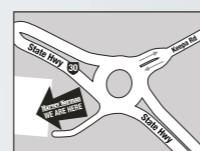
“Had the best mocha, and eggs benedict this morning. Great atmosphere and awesome staff.”



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## WHAKATANE

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486206\_WKT



# Kai brings Whānau and Aroha together

Bought to you by Te Whare Wānanga o Awanuiārangi

## RAW FISH *Ika Mata*

300g fresh skinless, boneless white fish fillets  
Juice of 3-5 lemons  
1 x 400ml can coconut cream  
3 spring onions  
Handful of fresh coriander, chopped  
4 tomatoes, seeded and cut into small pieces  
Lettuce cups

Cut fish fillets 1cm pieces.

Place into a bowl with the lemon juice to cover, mix well.

Leave in fridge for 2-5 hours depending on how firm you like the fish.

Drain the fish, add the coconut cream, gently tossing to combine. Add the spring onion, coriander and tomatoes.

Serve immediately in lettuce cups.



## POTATO SALAD *huamata rīwai*

5-6 medium cold potatoes, cut into cubes  
3-4 spring onions, chopped  
1 cup mayonaise  
2 tablespoons vinegar  
Seasoning  
2 hard-boiled eggs (optional)

Place the potatoes, spring onions and eggs (if using) into a bowl.

Into another bowl add the mayonaise and vinegar and mix well, season to taste.

Pour the mayonaise over the potatoes and carefully combine.



hī ika

huawhenua

Ika Mata

māra



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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 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)

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### *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.



# YOUR NEW HOME DESIGN PROCESS



## 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**  
Owner Operators Longview Homes Eastern Bay

027-299-8622

Longview Homes.co.nz

Longview Homes EBOP

longview homes ebop







lime chip



gold rush



bark mulch



nuhaka stone



hoki poki



crushed shell



gunsmoke pebble



jade



**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, compost, bark, crushed shell, river stones, decorative pebbles, railway sleepers, coldmix and landscape boulders.

Some of these products are in bulk and some are bagged for your convenience.

There's a range of metal options for the tradies too including GAP20/GAP40, drainage metal, builders mix, crusher dust, pumice, sand, scoria and more.

Open weekdays from 7am – 4pm, and  
Saturday mornings 8am – noon  
(or available for bulk loads by prior arrangement).

Anytime is a good time to spruce up your garden and finish it well with the variety of landscape supply options available. Pop into the yard to have a look or have a chat to their friendly staff. *Now is the time to get your garden looking good!*

uruti stone



ebony



black beauty



awarua white



View products online

[superiorexcavation.co.nz](http://superiorexcavation.co.nz) or find them on Facebook to view their monthly special.

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E [info@superiorexcavation.co.nz](mailto:info@superiorexcavation.co.nz)



**LANDSCAPE  
SUPPLIES**



## Bespoke Rooms Crafted with Passion

By Jane Cook

When you are not looking for just a new kitchen, but rather a room crafted with skill and passion that will give your home that 'WOW' factor, you need to consider FD Kitchens & Interiors.

At FD Kitchens & Interiors, high-end, custom kitchens are designed, created, and installed by qualified Designers, Master Joiners, and Cabinet Makers.

Perhaps you know what you want, but the finer details are not yet visualized. Or maybe you have the exact model in your head. Either way, at FD Kitchens & Interiors, you can let your creative imagination go - and there it is - your kitchen, removed from your dream and brought into realisation.

Hailee Gentlemen, the Director, brings a wealth of experience and expertise to FD Kitchens & Interiors due to her history in the construction industry and her qualifications in project and business management. Her entire professional life has been devoted to organising and coordinating the production of kitchens and homes. In 2018, after selling her previous successful kitchen business in Christchurch, she relocated to Tauranga and acquired FD Kitchens.

But this business is now more than a kitchen manufacturer. FD Kitchens & Interiors also produce gorgeous and distinct Laundries, Bathrooms, and Wardrobes. Even if you want to have a one-off piece of furniture created, then FD Kitchens & Interiors' experienced timber joiners will work wonders to make your conception come to fruition. Just browsing through the FD Kitchens & Interiors website will get you enthused to take up renovations!

There is a standard process that is followed. First, you will have a meeting with the Designer - this can be at your home, or in their all-inspiring showroom. Then the design concept is presented with recommendations and the plan is put into place. Following manufacture and installation, the personal service is then continued with a design handover with the designer coming to your home to ensure all is as expected.

Quality kitchens are thoughtfully designed using only the best cabinetry materials. For your objectives and vision to materialise the way you desire, they will work collaboratively with you,

leaving no creative stone unturned. The materials and layout will suit the style you want to achieve.

Benchtops from Natural Stone, Engineered Stone, Timber, Stainless Steel, or Laminate. From classic, to modern, from industrial to country, the look you are after is limitless.

The team also enjoys creating classic bathrooms that are elegant and refined while yet recognising the room's functional relevance. The space will always be finished with superior fixtures, easy-to-clean surfaces, and smart hardware. Give your home something a little special than just a bathroom!

Laundries can be transformed from plain tiny rooms in old houses to bright functional spaces. Or if your current laundry is the corner of the garage, this too can be made into a best-dressed enviable space where boring is not on the radar. Modern laundries are more than just a room for the washing machine. Think about organisation systems - storage - drying clothes - cleaning - ironing - there is a lot to consider when designing a laundry, a great laundry, that is!

A wardrobe can finish off a bedroom when it is cleverly planned, expertly constructed, and thoughtfully placed. It's remarkable how much time an effective wardrobe can save you by adding flair, organisation, as well as actual storage. If you're thinking of space for your shoe collection, then you're in the right place.

FD Kitchens & Interiors have two in-house Designers, so everything is tailored specifically for the customer's space. There is no 'off-the-shelf' construction going on here. You won't find an automated CNC Machine in this workshop! The machinery used though is all state of the art.

Whilst all the production that comes out of FD Kitchens & Interiors workshop is bespoke and highend, this does not mean that it's high priced too. The business model used by Hailee and her team is a little different from the standard run-of-the-mill Kitchen manufacturer. You do pay for quality, but Hailee has ensured they are still affordable.

The Joiners and Cabinet Makers are all qualified and passionate about what they are creating and hold responsibility for each project from start to finish. The work completed also comes with a ten year warranty.

The showroom and workshop are based at 202 Jellicoe Street, in Te Puke. From here they will travel throughout the Bay of Plenty and Waikato.

They can look at designing your desired rooms within a new build. They can take a one-stop-shop approach when doing renovations. If you need some inspiration for unique ideas, practical spaces, and efficient storage solutions, from a scullery to an ensuite, then FD Kitchens and Interiors is where you need to be.





# No drip – No dip!

We all know a drip when we see one! But this business owner says if there is no drip - there is no dip!

By Jane Cook

Radine Moke, Whakatane business owner from Drip Desserts started out selling cookies at the local markets. There was huge demand for these cookies and this demand was only going in one direction, and that was upwards!

The home oven was soon outgrown, and Radine took the plunge to follow her dream and opened her own shop. She was realising her ambition to have her own business and create a place for locals to enjoy in a welcoming family-friendly environment.

If you haven't been into Drip Desserts yet on Commerce Street, in Whakatane, this is a warning – you may start salivating when you do!

The gorgeous smells and the scrumptious looking treats that await you are really too much to resist!

La Vita Editor, Virginia Jeeves, chats with Radine, about 'Drip Desserts' and their journey to success.

I have always known that I was going to be my own boss, she tells Virginia.



## Tell us, is it everything you imagined it to be?

It's just that, plus so much more! It's all butterflies and fairies at the start, but once you knuckle down and really dive into it, it all comes down to how much you want it and the hard work you put into it.

## How do you like to start your day?

We're parents of 4, so waking up to our babies is my favourite part of the day. Everyone's energy is high by 7am, ready to fully send whatever it is we have to do.

## So, what was your incentive to start up your business.

Having worked quite a few jobs, I lost who I was as a person. I had no goals, no aspirations, and children who look up to me obviously as their role model. I'm not made to work for others. My role in life is to be and do anything I want to. Being able to do it with my fiancé and babies rooting for me, is the reason why I continue.

## What inspires you?

People that can reach for things that seem impossible.

## Any advice you could give anyone wanting to start out with a new venture?

100% go out and do it!

If you have a passion for something, do it. If you are unsure of yourself, or have naysayers saying you can't, or shouldn't, then even more reason to do it and prove to yourself and everyone else, that you can do it. Do not let anyone get into your head!

## What is your favourite drip treat?

Definitely the Triple Chocolate Cookie.

## What do your customers love about visiting you?

I believe it's their experience when they come into the store. We give all our lovely customers our full attention and energy, as best as we can.

## Tell us what you love about being your own boss!

Getting time back. Though there's so much that goes into running your own business, being able to control the amount of time I spend and put into it means a lot to me. I've missed out on a lot while working other jobs, especially on important days with my children.





#### Where do you see the business going?

Obviously my goals are huge for Drip. Our confidence is unmatched and I know we'll be a very successful dessert store in the future.

#### Tell us about your Whānau

I'm recently engaged to my best friend and business partner James Merito, and we have 4 beautiful, crazy babies.

#### Did you grow up in Whakatane?

Majority of my life I've been here in Whakatane, but I was born and raised in Auckland for the first few years of my life.

#### What were you doing before you took the plunge?

I was working as a sales assistant at Farm Source, Edgumbe. Happy to say it'll be the last job I'll work that I don't own.

#### What is your bestseller?

Our Cinna buns are our bestseller overall! But for cookies, the Caramilk.

#### Who inspires you as a baker?

Honestly, I just enjoy eating chocolate and sharing it with my fiancé. It's just a bonus that we get to share it all with others.

#### Where do you get your inspiration from?

James. He has a huge, sweet tooth! I also follow many amazing bakers on social media, and I love what they can create.

#### Have you always loved baking?

Not really, I kind of still don't. But I do love what we can create and share with others.

#### What services do you offer?

We have recently started doing Catering with Grazing Tables and Boxes. We also offer a subscription for businesses where they can subscribe and receive a platter from us every week for however many months they'd like.

We aim to help save time and effort for business meetings or gatherings.

If you can't make it into this lovely little shop, don't worry, you can shop online too – have a look at the mouth-watering goodies on the website: [www.dripdesserts.com](http://www.dripdesserts.com)

If you have a sweet tooth, you surely will not be disappointed here!



## Make: Coconut & Elderflower Splendour

Our version of 'splendour in a glass', combining fragrant elderflower with a splash of gin, coconut water and refreshing Brown Brothers Moscato.

#### WHAT YOU'LL NEED

- 400mL Brown Brothers Moscato or Brown Brothers Sparkling Moscato
- 250mL Coconut Water
- 50mL Elderflower Cordial
- 50mL Gin
- Ice

#### GARNISH

- Lime Wheels
- Lime Leaves

#### WHAT TO DO

- Add all ingredients to a 1L jug, fill to brim with ice and stir
- Serve in glasses filled with ice
- Garnish with lime wheels and lime leaves

Image & Recipe by Shellie Froidevaux





# WHAT IS FOR BREAKFAST

**WELCOME LA VITA READERS!**

**LET'S KICK START YOUR MONDAY TO SUNDAY WITH NEW WORLD WHAKATANE**



*follow us on*

- 51 Kakahoroa Drive,
- @newworldwhakatane
- newworldwhakatane

## SALMON + SPINACH OMELETTE

### INGREDIENTS

- 3 eggs whisked.
- 1 tablespoon of grated cheese
- A handful of fresh spinach
- 60g of Smoked Salmon
- 1 Tablespoon of pesto
- Salt and pepper
- Spray Oil

**METHOD FOR RECIPES ARE HERE**



## FROZEN STRAWBERRIES

### INGREDIENTS

Great alternative for fresh ones, and the great thing is they not only help keep your smoothy chilled but you can get them all year round!

- 10 Frozen Strawberries
- 1 cup of oat milk
- 1 teaspoon of honey
- 1 teaspoon of chia seeds
- 2 tablespoons of rolled oats.

Place all the ingredients into a blender and give it a good blitz!

## GO Bananas

### INGREDIENTS

I like to peel and cut bananas and place them in the freezer for my smoothies!

- 1 banana
- A handful of frozen berries
- 1 tablespoon of rolled oats.
- 1 cup of cranberry juice
- 2 tablespoons of unsweetened yogurt
- 1 teaspoon of honey
- 1 teaspoon of chia seeds

Place all the ingredients into a blender and give it a good blitz!

## HOMEMADE MUESLI

### INGREDIENTS

- 3 cups rolled oats.
- 1 cup wheat bran
- 1 cup of coconut flakes
- 1 teaspoon ground cinnamon
- 1 cup sliced almonds.
- 1 cup of hazelnuts

## HOMEMADE MUESLI BARS

### ...FOR BOTH

- ½ cup of pumpkin seeds,
- 3 tablespoons of linseeds
- ½ cup of chopped dried apricots or ½ cup of dried cranberries
- 3 tablespoons of runny honey this is optional.

## CHIA SEED YOGURT BOWLS

### INGREDIENTS

- 6-8 small ramekins
- 3 cups of plain unsweetened yogurt
- 1/2 cup of chia seeds
- 1 cup of Frozen berries
- ½ cup of sheered coconut toasted in a non-stick pan
- 70g of toasted almonds, toast these in a non-stick pan and set aside.
- Sugar-free free maple syrup

## Banana LOAF

### INGREDIENTS

- 3 bananas
- 140g butter
- 1 teaspoon of baking soda
- Sprinkle of salt
- 150g brown sugar
- 3 large eggs were beaten.
- 2 teaspoons of vanilla extract
- 3 cups of all-purpose flour
- 3 tablespoons of golden syrup
- 70 grams of walnuts chopped.

MONDAY TO SUNDAY SPECIAL

MONDAY TO SUNDAY SPECIAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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# GET STRONGER

*with sophie*

No one said Motherhood would be easy. Especially when juggling a new career. But no one also said it couldn't be fun! Sophie Turner makes life fun - for herself and her clients.

*By Jane Cook*

Having always been into fitness, and doing competitive gymnastics in her younger years, Sophie Turner struggled as a new Mum with two babies under the age of two. Her two children were born only 16 months apart; after number two, the struggle was real.

Post-natal depression crept in. Sophie's answer = the gym!

Joining the gym and getting back into her fitness was a game-changer for Sophie. The gym was her happy place. Not only was she working on her body, but her mind too.

At this time, Sophie was trying to decide what she should do career-wise. Having previously been in retail, she wasn't keen on returning to that, and she didn't want her time with her children restricted by 9 to 5 working hours.

Sophie loves people, is great at reading body language, loves her fitness, and having discovered how the physical activity helped her mentally postpartum, decided she could help other women in similar situations.

Sophie trained to be a Personal Trainer through the NZIHF (New Zealand Institute of Health and Fitness).

From here she started out doing boot camps twice a week, training a few women at a time. She then took on a role at the Aquatic Centre doing group fitness. This was daunting at first as her predecessor had had a great relationship with the class attendees and Sophie doubted herself that she would be able to uphold their high expectations. She did!

It was from here, she was approached by Flex Fitness, a new gym opening at The Hub, to see if she would like to be a Personal Trainer there. Could this be real? Do they really think I am good enough? Sophie thought. This must be a dream! It was always Sophie's preference to work one-on-one with her clients, rather than in group fitness.

Doing one-on-one work meant getting to know her clients on a more personal level, talking about more than just fitness, and helping new mums – especially those going through what Sophie had been through.



This is now Sophie's life – Personal Trainer at Flex Fitness. Working mainly with women, it's not all about losing weight. Sophie says these days there is a lot of emphasis on being strong, fit, and toned. With Sophie it isn't all about physical strength either, she will also go through mental and emotional challenges that women suffer from. She helps them gain back body confidence, and to make better decisions for their families, as well as themselves. She teaches them about nutrition, and very importantly, finding a balance between exercise, family, and work.

The motivation and inspiration to feel stronger, more toned, more confident, and to have the stamina to keep up with their families and children is a tremendous passion of Sophie's. Her love for people, caring nature, along with her own mental health struggles, make her a great resource for women looking for some help in their busy lives that steers clear of a doctor's prescription.

It hasn't always been plain sailing for Sophie since she started her PT work. Postpartum Depression (as per previous diagnoses) was still lingering in the background. Although kept at bay, Sophie knew there was something more. She was easily flustered and found it hard to concentrate. Probably some traits that a lot of working parents recognise, so she didn't think too much of it.

It wasn't until late 2022, that Sophie was diagnosed with a type of ADHD.

For Sophie, this diagnosis was a blessing to be able to recognise that what she was feeling, wasn't anything too unusual or sinister, and is now manageable!

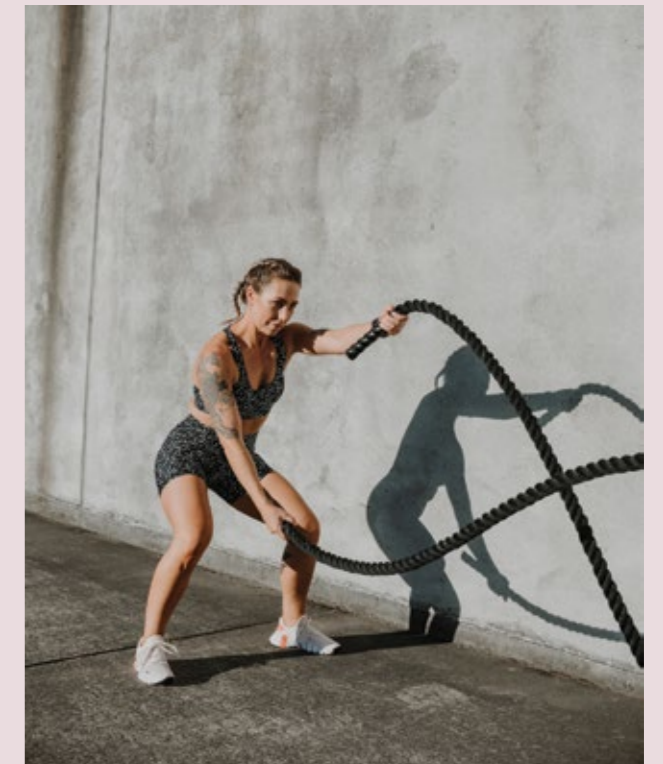
Her question to herself is, how many other women out there, have been misdiagnosed with depression when it could be something else?

Although it is challenging to be a working mum with two young children, Sophie says she feels so privileged to be able to work with women who take time out of their day to have her help them. Like-minded women who end up being friends, not just clients.

On a personal level, Sophie loves to travel and will do so whenever she and her husband are able. She thrives on new experiences. Other loves close to Sophie's heart, are music and food. Ahh, food! This kind of explains her desire for fitness – so she can keep on eating!

If you think you could benefit from Sophie's customized plans and programs, goal setting, identification of any barriers and obstacles, weekly check-ins, advice on nutrition, (the list goes on) and all being 100% confidential, then feel free to check out her website, or social media:

Photography: @jadesteelcreative



**Web:** [www.strongerwithsophie.co.nz](http://www.strongerwithsophie.co.nz)

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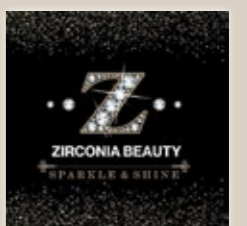
## *Sparkle and shine with Zirconia Beauty*



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).

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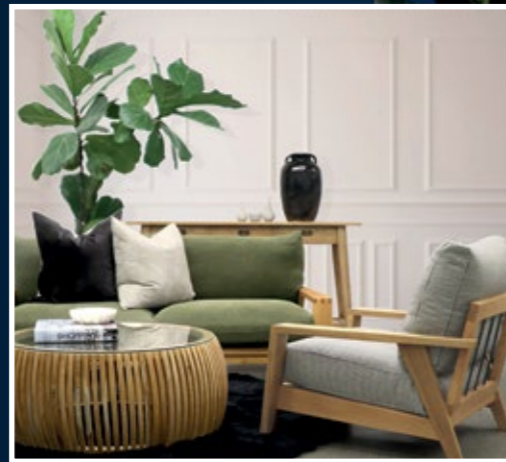
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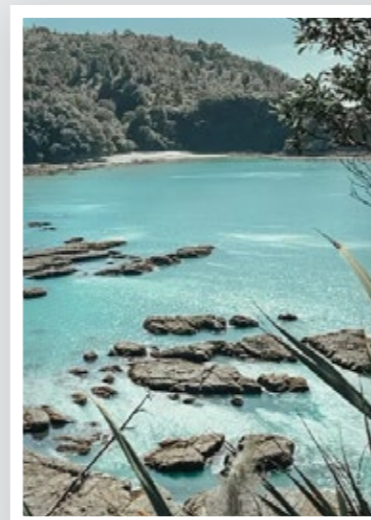
# Hello Lovers.

Enjoy a romantic escape after a hectic wedding, with white-sand shores, hidden coves, tranquil harbours and a quaint small-town vibe, Whakatane and the seaside suburb of Ohope both offer an array of romantic adventures, as well as fuss-free stays to complete your honeymoon or romantic getaway.

## Plan your Honeymoon in Whakatane with these 7 romantic hot spots for couples.

### Start by discovering Whakatane's most romantic beach.

Otarawairere Bay, is a small cove hidden from sights at the western end of Ohope Beach. With access a little harder these days due to a slip, you'll need to turn off the top of hill from the Ohope Road and access via the track between number 115 & 117 Otawairere Road. Also just voted Best Hidden Gem Beach from NZ Herald.



### Have a picnic and enjoy the views from Kohi Point Lookout.

One of the most stunning viewpoints in the Whakatane area, Kohi Point is raised on the headlands between Whakatane and Ohope. Access is along the Kohi Point Walkway, which is a 2 and a half hour walk to go between Whakatane and Otawairere Bay or you could simply head up to the viewpoint and return the way you came for a shorter trip. Sit back and enjoy the views of Moutohora Island, the White Island volcano and look out for dolphins leaping in the bay.



### Stay centrally at The Complex.

Located just a two minute walk from the Central Business District with the beautiful Whakatane river mouth is just a short walk away.

Several scenic walking tracks, including Nga Tapuwae o Toi, or the 'Footprints of Toi', are within a short distance and the Wairere waterfall is located 100 metres behind The Com Plex.

### Buy your loved one something unique at the boutiques.

Stroll through the shops, you can shop till you drop at one of the CBD's many boutiques. There's plenty of parking, no traffic jams and the perfect number of shops to get around in a day.

Our favs include The Good Tonic - sourcing and creating ethical and sustainable products, Salt Air Surf - around since 1993, this clothing store offers every major surf and skate label you can think of, and Whitegold - with a mix of all things modern yet timeless is the perfect place for gift shopping. You'll find something for everyone, but will end up keeping most of it for yourself.



### Sail over to Moutohora Eco Sanctuary.

Connect with nature and each other on a romantic trip to Moutohora Island, also known as Whale Island. This extinct volcano is a highly protected island providing sanctuary for rare birds, reptiles and plants. Dig your toes into the hot sand beach.

Book with Moutohora Island Tours.



### Cruise the cycle trails together.

Enjoy easy-going trails like the Ohope Harbourside Trail to see unspoiled estuaries and birdlife. Similarly, the Warren Cole Walkway can be found in Whakatane town, taking you along the Whakatane riverside. Finish with a cold beverage at The Comm.

For something more exciting, take a shuttle to the Whirinaki Forest mountain bike trails for a true wilderness escape



### Enjoy a romantic meal together at Whakatane's best Restaurant.

The Comm is the home of craft beer and cider, Good George Brewing in Whakatane. Bringing great beer, cider, awesome food and great times to the Sunshine Capital of New Zealand. From Breakfast to Lunch to Dinner you can finish or start your day at The Comm with live entertainment on Friday and Saturday nights.

Be sure to book as tables don't last [www.thecomm.co.nz/book](http://www.thecomm.co.nz/book)



Enjoy your break in Whakatane and discover something new off the beaten track.



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Covering all bases, whether it's a coffee and muffin to start day, stopping by for a beer or a cider after your trip to the bay, a glass of wine with the ladies, or to fill your bellies with some delicious soul food.

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!

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Monday to Friday 10am - Late  
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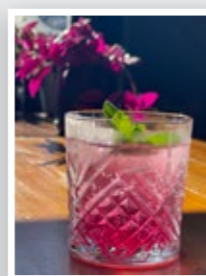
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## *Parmesan Cheese Coated Fish Tacos with tzatziki dressing*

The best thing about this recipe is that its quick easy and can be made all year round! You pick your season, and we will supply the fish! Come and see our fresh selection at Gibbos today!

**Ingredients**

- 3 x Fish fillets cut in half.
- You can use whichever Fish is in season, here are some suggestions for you: Snapper, Cod, Tarakihi
- Fish Batter made with Parmesan Cheese
- 3 Eggs beaten with some Salt and Pepper
- ¼ cup of grated Parmesan cheese
- Flour for coating the Fish.
- Rice bran oil for frying the Fish.
- Paper Towels
- 6 Soft Taco Shells
- Tzatziki dressing
- 1 cup of unsweetened Greek yogurt
- Juice of half a lemon
- 1/2 of a cucumber grated, peel the skin on or clean the Cucumber and leave the skin on
- Once grated squeeze all the juice out of the Cucumber.
- 1 Garlic clove grated fine.
- 5 tablespoons of Olive oil
- Salt & Pepper
- 1 packet of soft taco shells or wraps
- Mix with a salad of your choice, Green or a Coleslaw

**Method**

First, make the Tzatziki dressing, mix all the ingredients in a large bowl and place in the fridge, season with some salt and pepper.

**Frying the fish**

Slice the fillet into two halves, wash it, and pat it dry with some paper towels.

Mix the egg with the Parmesan cheese and season with some salt and pepper.

Heat a non-stick pan with some rice bran oil approx. 5-7 tablespoons.

Dip the fish into some flour, shake the excess flour off the fish, and dip the fish into the egg mixture covering both sides.

Shallow fry the fish on medium heat for approx. 2 minutes on both sides or until cooked in the centre. Remove from the pan and drain any excess oil by placing on some paper towels.

**Assembling the Fish Tacos**

Fold the soft taco shells carefully, and place them in the toaster on low heat. Keep an eye on these as they burn fast, you might like to pop them up to check and flip them around so that both sides toast evenly.

Place some salad on one side of the toasted taco, add a piece of the cooked fish, and finished off with some Tzatziki dressing.

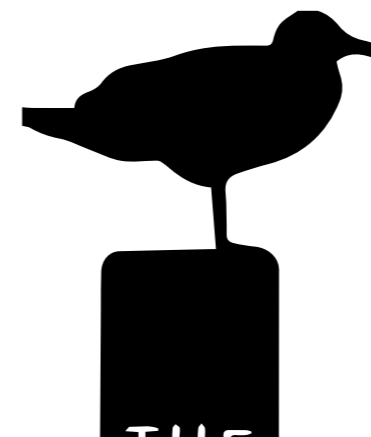


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# BUILDING *your dream*

We chat with Scott Arlidge - Director of RESCOM Construction with decades of experience to help you with your building requirements...



### Scott, tell us how you started.

Well, let's put it this way Virginia, I never would have thought that our company was going to grow this fast in the past 6 years. I started on my own and six years later I have over 22 staff plus sub-contractors that work for me. I had a vision of initially undertaking some small home renovations. My business has grown fast into a firm that now is working from small home renovations to major construction sites and has a steadfast project management team. My team is dedicated to high workmanship and getting the job done right! We are with our clients every step of the way. I enjoy seeing the building industry grow.

### What's your point of difference, I mean there are so many builders out there, right?

We are a family business, and I feel we have the leading edge and understand how stressful it can be for some clients who need renovations or are wanting to build from scratch. Listening to and understanding our client's needs, desires and of course, budget is essential in what we do. We work closely with our clients to ensure we are all on the same page and have a leading team to take the stress away. Project management is what we pride ourselves in. We manage everything for the client to make this as seamless and stressless as possible. Of course, things can change, so we ensure we keep our clients informed.

### Tell us about your team.

Our team are dedicated to working within deadlines, making sure our client's results are what they dreamed of! Whether they need a new kitchen, bathroom, decking, small renovations, an extension, or a complete new build, we have a professional team on board that can make this time an exciting process, rather than a stressful task. Our team is made up of high-end builders, plumbers, and electricians. We also can put you in touch with draftsmen and architects to put your vision to paper. We work closely with all our sub-contractors and property owners so that everyone is informed of every step. It is paramount that we provide peace of mind, and we want to make sure that any building investment is no different regardless of the cost or the size of the project. Every job is a high-quality job. Having the right builder can save you time and money!

### Tell us what is important to you and your team.

Having a good culture within our team is extremely important to us. To create this, we ensure our staff are looked after. We apply good health and safety measurements, make certain we are all on the same page, share the same vision, and that we only hire builders who are passionate and driven. It's also important to me that we source as many local materials as possible. Keeping things local and supporting locally-owned businesses helps our industry grow. And at the end of the day, I think anyone in business would agree with this vision.

### What do you love the most about what you do?

I love seeing a rough diamond come to life, with our design team, and input from our clients, it's a great feeling once the job is completed, seeing the finished results. And of course, a little home baking is always appreciated too - I mean who doesn't love that?

### How can we get in touch with you?

We can be contacted at RESCOM Construction by phone or by email.

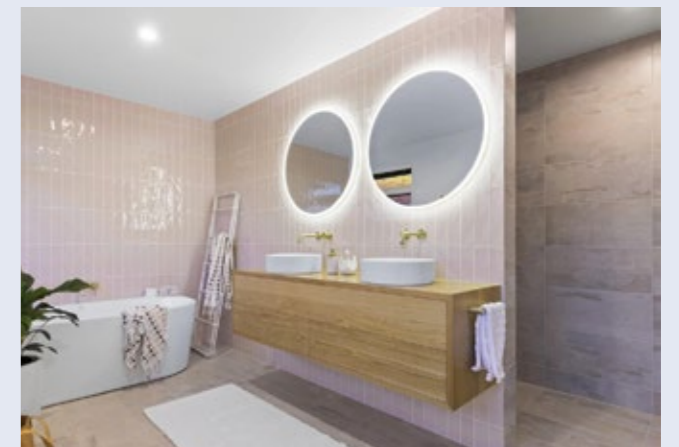
### Any advice you could offer to someone who wants to renovate or thinking of building?

If you are looking at hiring a professional building company that is going to listen to any complexities you may have, then get in touch as it is imperative to hire a company that prides itself professionally, that is forward-thinking, and has the leading edge like RESCOM Construction.

**Phone:** Scott Arlidge +64 22 109 0551

**E-mail:** info@rescomnz.co.nz

**Location:** Tauranga, Bay of Plenty, New Zealand



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