

WINTER 2022

# La Vita

MAGAZINE



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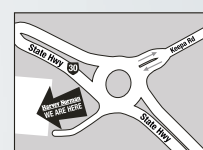
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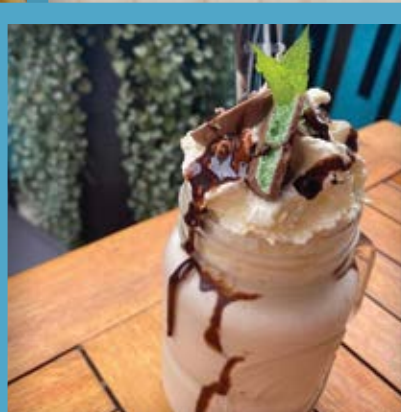
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DUE CHRISTMAS

2022

TAKING PRE-ORDERS

# COOKBOOK

## RECIPES INSPIRED BY YOUR ITALIAN KIWI GIRL: VIRGINIA JEEVES



### CHICKEN CACCIATORE in Capsicum Mushroom Olive Red Sauce with Rice

Oil  
Salt and Pepper  
1 x 1kg Packet of Tandoori Lamb Grain Rice  
2 x 400g Pans Packed Diced Tomatoes Capsicum and Onion  
2 x Brown Onions  
1 x Carrot  
1 x Mushroom  
1 x Fresh Red Capsicum  
1 x 400g Pans Packed Beans in Tomato Sauce with Olives and Capers  
1/2 Cup of water  
1/2 x Chicken Thighs

Pre-heat oven to 180°C  
Chop Onions, Capsicum, Carrots, and slice mushrooms and set aside.  
Heat three tablespoons of oil in a pan, sauté Onions, Capsicum, Carrots and Mushrooms with some salt and pepper, cook until soft.  
Add in Chopped Olives and Canned Tomatoes with the water, stir and simmer for 10 minutes.  
Add Chicken Thighs and cover with the sauce.  
Transfer to an oven dish, cover, and place on low until the chicken has cooked through.  
While chicken is in the oven follow packet instructions and cook rice.  
Once chicken has cooked remove from oven and serve with rice.



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# Ladies IN LAW

*If you are looking for fast, efficient and knowledgeable legal services  
then Gowing & Co Lawyers Limited is the place to go.*



## **KELLY WALLACE (DENCH)**

*Conveyancing Practitioner/Practice Manager*

Kelly started at Gowing & Co Lawyers Limited over twelve years ago having previously held roles in both the Ministry of Justice (Court Registrar at the Whakatane Courthouse) and the Ministry of Social Development (Case Manager at Work & Income).

It was whilst working at the Courts that Kelly first met the two Directors of the firm (Roger Gowing & Gene Tomlinson (now a judge)) and her experience there was one of the reasons that she decided to accept the role she was later offered to work for them. "Gene and Roger made law interesting" Kelly advises. "They are both incredible lawyers with so much knowledge and experience between them".

Kelly originally started as Roger's secretary, going on to manage the firm a few years later whilst completing first her Diploma in Law (first two years of a law degree), then her Legal Executive papers and finally her Diploma in Conveyancing.

Now one half of the "two Kelly's" who exclusively operate the firm's conveyancing practice, Kelly loves her role at Gowing & Co, both working in property law and practice management. "Working in conveyancing is so rewarding" Kelly enthuses. "Helping people into their first home or their dream home or making a complicated transaction run smoothly brings me such a sense of accomplishment, not least because of the smiles on our client's faces when all goes well". And as Practice Manager? "I honestly work with the best team in the world, they make that side of my job easy because they are such fantastic people and professionals".

In her downtime, Kelly loves to spend time with her husband, 10-year-old son, miniature schnauzer Chase & "crazy" ginger cat Tarzan who are part of a bigger blended family with three adult children living and working elsewhere. "My youngest boy is the only one who has shown any interest in working in the legal profession", Kelly laughs. "He heard one of our lawyers on the phone advising a client and told me he wants to do the same thing. I asked him what he meant, and he said he wants to help people like a lawyer does".



## **KELLY JONES**

*Legal Executive*

Kelly Jones has been with Gowing & Co Lawyers Limited since 2003. Over the following 19 years she has become a permanent fixture within the firm, only departing for brief periods to take maternity leave, welcoming into her family her now almost eight-year-old daughter and six-year-old son.

Kelly's knowledge and experience in conveyancing is extensive and she loves what she does, especially when assisting those new to the housing market. "Buying a property is really exciting, but it can be pretty stressful too. It's my job to make sure clients, especially first-home buyers, understand exactly what's involved in a sale and purchase process."





# GOWING & CO

Lawyers Specialising in Excellence

In recent years, Kelly has branched out into the commercial side of conveyancing working with local small businesses in respect of sales and purchases including commercial leases. Kelly is a big believer in "supporting local" as herself and her husband Dylan purchased their own small local business All Upholstery Limited. "Having been through the process of purchasing a business, I now appreciate and understand the long "to do" list that needs to be ticked off so that things run smoothly" Kelly advises.

Buying (or selling) commercial property or businesses can be a major challenge for many and Kelly sees her role as being the person to make that challenge easier and more achievable. "I want to take the stigma away from that perception of an appointment with a lawyer or legal adviser as being daunting or difficult" she says. Kelly's approach is friendly and professional yet relaxed and her clients always leave an appointment with her feeling reassured about their individual transactions.

Kelly has also qualified as a Legal Executive cementing her already large wealth of knowledge. Between the two Kelly's they have conveyancing covered and you can be assured that these ladies in law will provide you with excellent service.

## CAITLIN GENTLEMAN

### Associate

Caitlin Gentleman hails from North Canterbury and has been working at Gowing & Co as a solicitor for the past five years. Caitlin started working with the firm at only 23 years of age and has recently been raised to an Associate position.

Caitlin's passion is Criminal Law, and she has proven herself to be a capable and confident litigator.

"I love being a criminal lawyer because it allows me to be an advocate for people from all walks of life, whether it be a teenager appearing for their first time in Court for drinking and driving, or a seasoned criminal charged with a serious burglary."

Caitlin hopes to change people's perception around the role of a Criminal lawyer. "There's a stigma that we do what we do to get "bad guys" out of trouble but there are so many more important layers to the profession" she advises. "Nothing happens in a vacuum; crime generally has its origin in deprivation. My goal is to be a voice for people in unfortunate circumstances and ensure their experience within the criminal justice system is meaningful, spurring them on to make positive changes in their lives".

And every success story Caitlin is a part of inspires her to continue helping people. "Every now and then, I am able to get someone with a serious drug problem into rehabilitation, or present an effective



argument that allows someone to retain their driver's licence and thereby their employment, those little wins make my job so worthwhile". Caitlin adds "We are also there to ensure that the law is applied fairly, through the process of appeals we can challenge decisions, which can lead to better law reform".

Being a young woman, in what was previously a male-dominated industry Caitlin admits there can be challenges earning the respect of the judiciary, clients and fellow lawyers. "I'm definitely up for that challenge. I rise to it every day, by working hard and taking inspiration from my mentors, Roger Gowing and Judge Gene Tomlinson. Together they have a wealth of experience in Criminal law and I am so lucky to be following in their footsteps."

s t a n   w a l k e r

x

J A K O B   C A R T E R





Connecting smells and scents with memories of places we've been and people we've met is often shared in conversations. Connecting a fragrance with our mental health and state of mind, is not so transparent.

Beautiful perfumes and soothing scents can and do affect the way we feel and the way we think. Imagine designing a fragrance as an inspiration to bring more conversation between men to talk about their health, and specifically their mental health?

Our local talent, Jakob Carter – Designer, Scent Creator, and Founder of his 'Jakob Carter' brand, is a detail orientated aficionado. Jakob's designs evolve from his heart. He loves to create bold pieces which make a statement. When it comes to his olfactory talent, it is the same, nothing is less than vibrant and bold.

With his creative energies, passion to be effective in

people's lives, and inspirational vision, Jakob collaborated this with, who better than another fellow creative with similar visions, the extraordinarily talented, Stan Walker. When approached by Jakob Carter, Stan Walker jumped at the opportunity, as this was something he had been considering for a while.

Inspired by mental health and conversation, designed for the modern and stylish man, the fragrance 'Human' was born through this collaboration.

'Human' was created on the evidence that life is a voyage of growth. Representing both the positive and negative aspects of our journeys, as well as the challenges and beauty of our world.

We are all human, and we all have our struggles to deal through.



"It's not easy, but it's ok not to be ok. It's ok to go through what you are feeling, at the end of the day we are all Human. To seek and feel the human inside all of us. To open up and heal." – Stan Walker.

The name 'Human' is the title of one of Stan Walker's recent songs. The song is about two brothers having a conversation about the state of our mental health. The word human includes us all so is apt that we are all in this together – connected. Human means being yourself, embracing both the good and the not-so-good. The fragrance stands for our humaneness.

The fragrance 'Human' is described as vibrant, bold and daring! 'Human' comes in a limited-edition Eau de Toilette. The base of the fragrance is earthy – dry amber, Patchouli, Tree Moss and Tonka Bean. The heart is sweet – Apple, Strawberry, Geranium and Orange Flower. The top is the warmth – Bergamot, Grapefruit, Aromatic and Marine.

This is a perfect blend of scents, producing a sexy and classy Eau de Toilette spray for men, but really can be worn by anyone, and delivers a sense of lightness!

The adventure of getting 'Human' into the marketplace, has proved that anything and everything is possible when

you put your heart into your dreams and aspirations.

Jakob's products, including 'Human', can be found in limited selected retail shops and of course on his website [www.jakobcarter.com](http://www.jakobcarter.com)

The website also displays Jakob's other creations including his luxury soy candles, reed diffuser scents, and of course his luxury fashion collections.

Stan Walker is one of New Zealand's and Australia's iconic Singers, Actors, Author, and now Perfumer. Jakob Carter is on a journey to become one of New Zealand's great Designers, and Perfumers. These two architects of their own fate have both been on long and hard journeys of their own and it is terrific to see their compassion and determination to share that we are all in this together and its okay to ask for help. Both Jakob and Stan are advocates for us to all embrace our dreams and talk with others about the hurdles we face. We are fortunate to have on our own kiwi doorstep, such talent and humanity.



If you have recently secured some land, or you have some existing land that you are looking to build a new home on, or even if you are just contemplating building a new home, there are a number of things that are well worth "being in the know" about when it comes to building a new home...

There is absolutely no doubt that over the last few years there has been massive disruption and some pretty significant changes in the new home building sector. Many people, who have built new homes over this period, have continued to have a good experience – but equally, you hear stories about people who have been negatively impacted by factors such as struggling to get finance, massive delays with getting title and resource and / or building consent, huge price rises and some significant supply and labour shortages.

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 Chris and his wife Tanya own Longview Homes in the Eastern Bay of Plenty / Whakatane area. Over the years Chris has seen massive housing booms and he's also been through some pretty tough times. Chris has strategically survived the global financial crisis and various other ups and downs in the market.

We recently took some time out of Chris's busy schedule and asked if he could help us "Be in the Know" about the secret to a successful build in the current market.

## **Firstly, In the Current Market Why Should we Build a New Home vs. Renovating or Buying an Existing Home?**

When weighing up renovating or buying an existing home as opposed to building



**Longview**  
HOMES

a new home, I would always recommend going with a new home, perhaps change to if it fits your budget?if you can afford it. You get to design every part of your new home from scratch, so you get exactly what you want, and it is customised to your specific needs, not someone else's.

The government is encouraging people to build new and as a result banks seem far more willing to lend money to people looking to build a new home, and brand-new homes are typically valued higher.

A new home is built to the latest building code, reducing your living costs as power bills and maintenance are significantly cheaper.

A new home is also healthier because it is far better insulated, warmer dryer and properly ventilated.

## **When Is the Best Time to Build?**

The age old saying that today is the cheapest time to build will always be true. After 33 years in the building game, I have never ever come across a situation where building costs have gone down. Next month or next year will always be more expensive.


When it comes to the best time of year to build, we are lucky to be able to build all year round in New Zealand. The New Zealand climate is generally pretty mild without too many extremes. For this reason, we generally have no more hesitation building a new home in the winter than we do in the summer.

## **What Is the Key to A Successful Build?**

Always communication and organisation!

It is virtually impossible to foresee everything, so communication is key. For this reason, building is very much a contact sport, you need to problem solve and trouble shoot - it is important that you and your builder stay in close contact throughout the build. It is critical for





both parties (the builder and new homeowner) to work with people they respect and can easily get along with.

When it comes to organisation, figuring out all the requirements and details early on and planning well ahead, generally eliminates any unexpected surprises.

### **What Can We Do, To Avoid Getting Caught out By Price Rises?**

This is a tricky question that unfortunately doesn't always have an easy answer.

The biggest thing you can do is choose a builder with very strong relationships with suppliers and sub-contractors and a strong reputation for paying their bills on time. When times get tough, suppliers and sub-contractors tend to remember who has looked after them and shown them loyalty and respect over the years. Suppliers and sub-contractors will tend to prioritise these people and do their utmost to look after them when it comes to honouring prices that were quoted.

Sometimes there may also be an option to purchase some materials or supplies early and hold them for the build if predicted increases are foreseen.

### **What Can We Do, To Avoid Getting Caught Out By Supply Shortages?**

Once again, choosing a builder with very strong relationships with suppliers and sub-contractors certainly helps. We've been dealing with the same suppliers and sub-contractors for well over 20 years. The relationships we have are extremely valuable to both parties. We look after them and whenever possible they look after us. They put materials aside for us and ring us if they are getting short of items. They will place orders well in advance and carry extra stock just for us. Equally our subcontractors always make an effort to fit us into their busy schedules.

In these times where certain supply lines are very tight, we use our experience and expertise to plan much further ahead than we normally would. We inform our suppliers of our upcoming requirements early and work to secure certain items well in advance.

Sometimes we talk to our suppliers before we make product selections and overcome problems by selecting and choosing items that we know are going to be available.



#### **CHRIS AND TANYA BALLANTYNE**

Owner Operators Longview Homes Eastern Bay

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# Love Inspire Create



**“No matter how new or old your home, whether it’s owned or rented, shared or you live alone, let it speak of your sense of style, your story, your passions and interests. If it does this, then you have truly created a home for your soul.”**



# pear

INSPIRED HOME



Carolyn Chadwick Photography

“ I opened Pear five years ago with the idea of filling a niche in our local area that would compliment our surrounding businesses. I wanted to offer a relaxing shopping experience amongst unique, vintage, re-purposed and new pieces with a more organic style of home decor.

I am lucky enough to spend my work days surrounded by beautiful, interesting pieces and products. I hope my store inspires my wonderful customers to create personalised spaces in their homes where they too love to spend time.

I'd like to take this opportunity to thank you for your support over the past five years, for letting me into your homes (if only through pics), you make my 'job' a pleasure. ”



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## Scott

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**0274 938 019**

Theatre Whakatane is where you may recognise this cheerful man, a talented actor/singer who also served 12 years amongst our community as a district councillor



## Pat

Residential & Lifestyle Sales  
**027 260 0654**

A proud mum to fur baby Louie and her handsome sons! Loves spending time with her family and her many great friends



## Stuart

Manager  
Residential & Lifestyle Sales  
**027 498 8864**

A true petrol head is our Stu! You'll likely find the proud Poppa spending time with one of his grandkids driving in the backseat of HOUSE0



## Steve

Principal  
**021 727 338**

An enthusiastic mountain biker and now embarking on a classic car restoration. Passionate about building great teams and delivering outstanding service to the community



## Sabina

Residential & Lifestyle Sales  
**0800 210 454**

If she's not walking her dog Lulu at Ohope Beach you'll likely find her in her garden and perfecting her interior design skills



## Debs & Michelle

Residential & Lifestyle Sales  
**Debra 027 641 3690 Michelle 021 0279 0603**

A dedicated mother and daughter team who you will often see out and about with their friends and family. Did we mention they really know how to put on a delicious seafood banquet!



## Chris & Arlene

Auctioneer  
Residential & Lifestyle Sales  
**Chris 027 577 0029 Arlene 027 264 1913**

Our Sports lovers! You'll find these two hiking in the bush or down at our local tennis club! And if you know Chris...you'll know he loves his rugby!





# Welcome to The Comm.

The Comm. is the home of craft beer and cider, Good George Brewing in Whakatāne. Bringing great beer, cider, awesome food and great times to the Sunshine Capital of New Zealand.

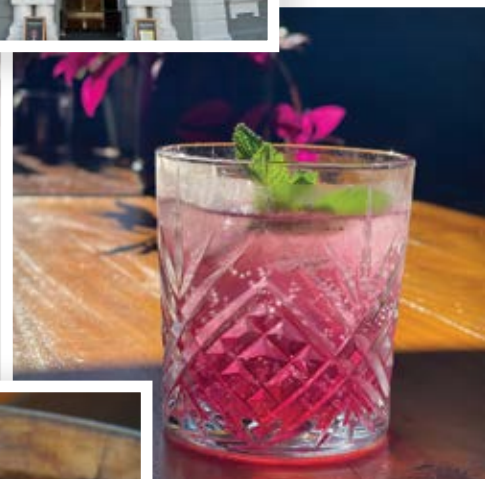
Covering all bases, whether it's a coffee and muffin to start the day, stopping by for a beer or cider after your trip to on the water, a glass of wine with the ladies, or to fill your bellies with some delicious soul food.

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NEW & UPDATED FOR WINTER



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THE COMM. RITUALS

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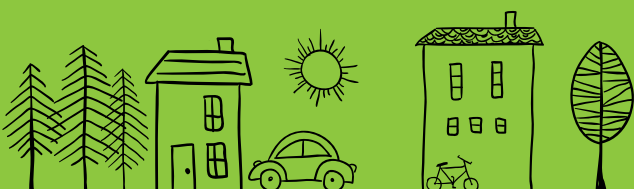
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# more than an art gallery!



Many of us drive past Ohope's very own art gallery on a daily basis. Or we see 4ArtSake when we pop over to Ohope for a coffee, lunch, or to go to the beach.

Is it an art gallery? Or is it more than that?

Next time you're in Ohope, call in and take a look inside this lovely treasure trove. You will not regret it!

4ArtSake is an art gallery. And it is also a glorious little Boutique with many wonderful treasures to discover!

Owner, Judi Lenne, purchased the gallery seven years ago. Since then, Judi decided to branch out into also selling bespoke jewellery. Although this brought in more customers, she knew there was more she could do to get her little shop the significance it deserved. She then advanced into selling clothing. The clothing was a door opener, and this has grown no end over the past few years. Now you will also find homewares, toiletries, perfumes, shoes, actually, if you're on the search for a gift, in Judi's boutique you can find anything from Beard Oil to Truffle Honey! Wait... what?

Most products that Judi sells at 4ArtSake are sourced locally. She is happy to support local businesses selling their products. She loved being able to support those that suffered during the Covid lockdowns.

Judi is excited to announce that one of the products she sells, Papyrus, will now be permanently in stock, as she has purchased that business. The Papyrus range includes room fragrances, hand lotions, shower gels, and mmmm, honeysuckle hand soap. Just divine!

Jakob Carter, our local celebrity from Opotiki, chose 4ArtSake to sell his products. This is something Judi is very proud of. Jakob's fragrances (for both women and men) including 'Human', by himself and Stan Walker, grace her shelves. The Jakob Carter candles are also a popular choice for many.

Some of the products on Judi's shelves will provide excellent gift choices. If you need to buy for that male who is so hard to buy for, or if you are a male and just looking for something a bit special for yourself, 'Guys Stuff. Finally.' The 'Zorilla' brand offers the likes of men's Beard Balm, a Solid Cologne (great to keep in your pocket) and Aluminium Free Deodorant.

'Two Dudes', for men, is another great brand supplied here. Ladies - don't think you can leave your husband outside, whilst you take a peek inside this boutique - it's not all about you!

Judi was also excited to proclaim a couple of new clothing brands she is now stocking. 'Devise' a New Zealand brand offers some beautiful pieces that complement one of her existing brands 'Nes.' If you are on the hunt for something new, something different, look no further! 'Rose Road' casual clothes, is another



new label here. If you haven't been in the boutique for a while, there are constantly new arrivals to keep your attention. Isn't it great to be able to have such beautiful collections, right here in Ohope?

Don't forget the Italian label 'Lilliano'. Jo, who initially started up the gallery, supplies this line of clothing, and it is continually evolving. After discovering the finest silks and linens in Europe, it made sense to lean towards only sustainable natural fibres for the latest fashion items direct from Milan,

Paris, and London. This collection is just sublime and stockists in New Zealand are limited - another great reason to visit this boutique.

There are so many lovely clothes to choose from and Judi's great eye for detail, is an honest one. She will tell you if that's not your colour, or perhaps a different style would be more suitable. If you get home and think better of your purchase, then that's ok too, just bring it back!

The 'Minx' Shoes in store are a fresh alternative to what you will find in your usual chain shoe store. Judi stocks not quite run of the mill shoes, which makes them all the more appealing! The beauty here, is that if she has a shoe which you love, but isn't in your size, she will order in a pair just for you! You don't have to wait for any bulk buying, or any "sorry, no can do" response here.

The art gallery side to Judi's business, is as you would expect and more, from a small New Zealand beach town. A mixture of contemporary art, to sculptures, to the classic New Zealand landscapes.

The gallery attracts many visitors, both locals and holiday makers.

Judi has built up a solid rapport with numerous artists, and you will find a terrific variety of art works to suit all tastes and budgets. The Artists who have their work displayed here include some local and some from a bit further afar. Tamzin Blair, Sabine Poppe, Pam Mossman, Angus Collis, Heather Wilson, are just a few names spotted in the first few minutes of entering the room. There are many more, so very worthwhile checking this out if you are on the lookout for a piece of unique art.

Commissions are quite popular now too. See something you like, but would just love something personal to add a bit of you? Or perhaps a slight colour change to match a specific decor? Talk to Judi about having one of the Artists do something specific for you! How fabulous would that be? Also, you can take a piece of artwork on trial overnight with no obligation to buy (conditions do apply with this).

Judi has two fabulous guarantees: Everyone has got to be happy when they walk out the door;

And when she decides to have a sale, it's a real sale, with real discounts... certainly worth a visit.

The two employees, Jean and Jane, are just as keen to assist as Judi is, so you can't go wrong really. Jean and Jane have a great relationship with the artists too as have been working for Judi for most of the time she has had the gallery.

Judi loves to chat, loves her business and coming to work, although she admits it is not really like a job. Chatting with her customers, the ones she knows as well as the ones that she has just met, is fun and everyone is treated like family. The moment you walk into the shop, there is a warm welcoming ambiance. If you walk in feeling meh, you will walk out feeling a lot happier (even if you don't buy anything).

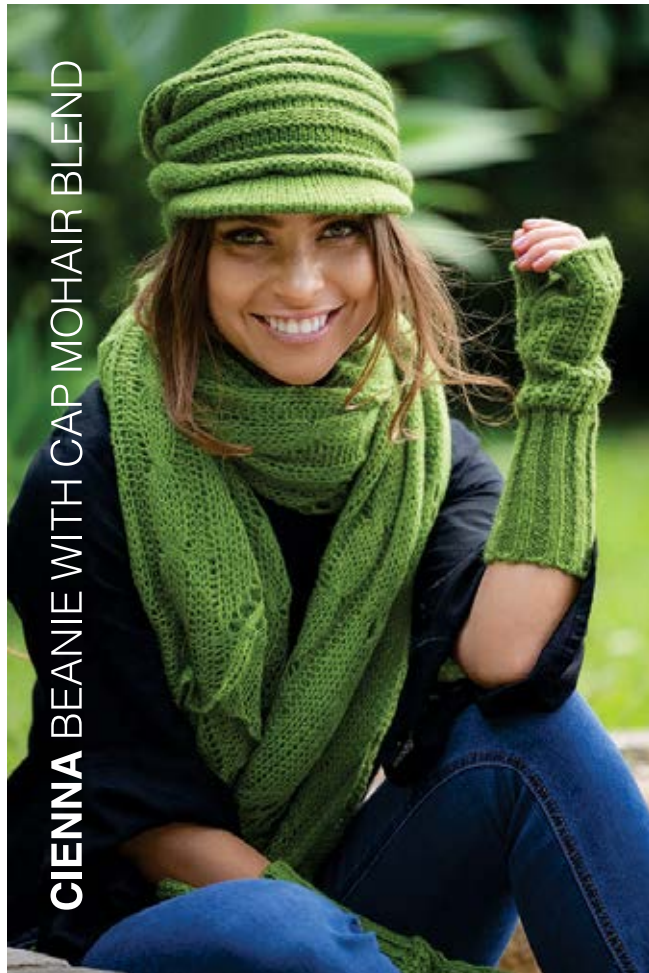
Come to Ohope for that boutique shopping experience. Grab a coffee. Bring your partner, there is something for everyone at 4ArtSake.



If you can't make it in person, visit [www.4artsake.co.nz](http://www.4artsake.co.nz) or their Facebook page.







CIENNA BEANIE WITH CAP MOHAIR BLEND



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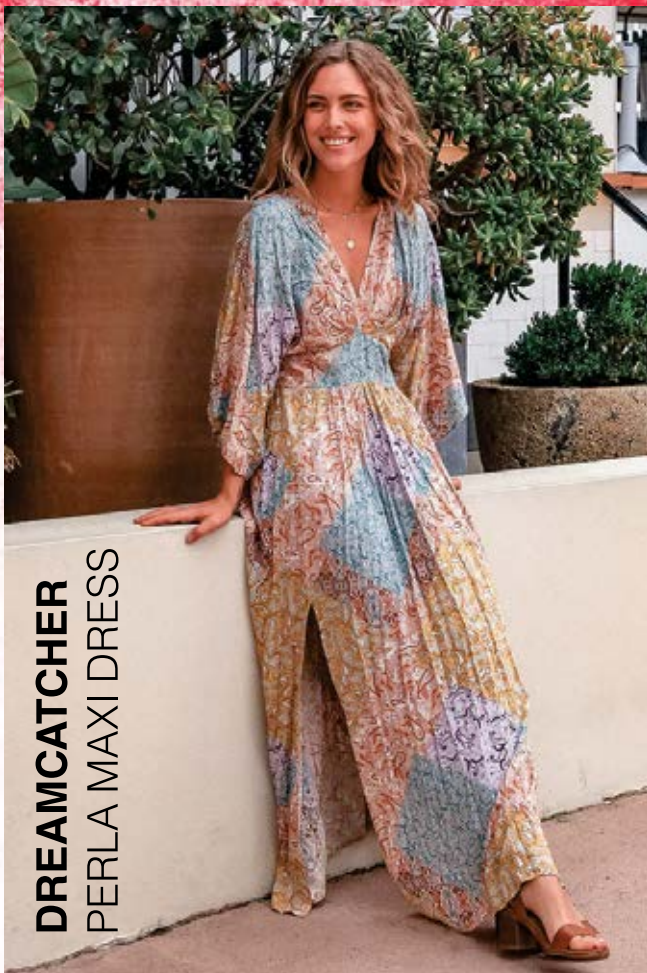
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We believe we have one of the most challenging jobs in the world but also one of the most rewarding.

We are a **local family owned** and operated business with staff from all different backgrounds and professions. Our focus is people and family.

As a family business, our values are constantly practiced throughout the funeral home. This allows our families to feel unconditionally accepted, and the highest quality of service has been delivered with the utmost professionalism, integrity and care.

Our staff work, live and play in the communities that we serve.

Trusted by our community for over 30 years. The team at Willetts Funeral Services are honest, reliable and proud to provide our community with complete funeral services that creates memorable and personal experiences. We have years of experience caring for families from all walks of life, cultures and faiths. Each family comes to us because they know we are leaders in our profession.

Our staff are also your adviser, organiser, administrator and supporter – here to help with every detail.

We'll support you through the entire process and help you understand the choices available.

We adhere to the highest standards and we're proud to be a part of the FDANZ, (The Funeral Directors Association of New Zealand), and NZEA, (New Zealand Embalmers Association), NZIFH (New Zealand Independent Funeral Homes)



## Steve and Lisa

Steve, along with his wife Lisa, are the Managing Directors / Owners of Willetts Funeral Services since they purchased the business in 2013. Steve, however, has worked in the business for almost 30 years, after initially training as a motor mechanic straight out of school.

Steve and Lisa are parents of Kayla and Jayden. Jayden is married to Nikki and Steve and Lisa enjoy their roles as 'bonus grandparents' to Larissa and Lachlan.

Steve is the epitome of a community man, serving on school boards, coaching sports teams, giving financial support to community groups, not to mention his 20-year commitment as a Volunteer Fireman for the Whakatane Fire Service.

With his quiet leadership, Steve has earned the respect of his staff and wider colleagues with his fair manner but high expectations of the service he strives for. He has never been someone to promote himself, or his company, instead letting the reputation and ongoing commitment to his community and its people speak for itself. He brings a wealth of experience and knowledge of the industry to Whakatane that can only come from being on the front line for 30 years.



## Megan

Megan has been with Willetts Funeral Services for almost 3 years but has been a Willetts for all of her (unmarried) life,

being the niece of Brent Willetts. She was raised in Whakatane and apart from her OE in England she has called the beautiful Eastern Bay of Plenty, her home.

She has been married to Warren for 25 years and they are parents to Lucas and Aidan. With a natural affinity for people, she enjoys meeting people and being someone they can rely on to help them through their grief journey. Naturally after living here for so long, she often encounters familiar faces through her day, which makes her job so much more meaningful to be able to help them.



## Kyle

Kyle joined the Willetts Funeral Services team after a strong calling to help people in their toughest days. He is committed to serving his community in this role, and being a born and bred Kawerau boy, brings local expertise and passion for his hometown, as well as the surrounding districts.

Kyle is married to Sheena, who is a nurse, and together they have two young son's Tobi and Theo. Kyle has a Trade in Joinery and Cabinet making and came to us from Asaleo Care in Kawerau, where he worked as a Winder operator and Health and Safety Rep.

Kyle is a member of Kawerau Rotary and continues to serve Kawerau in this role. In his spare time Kyle and his whanau run away to Te Kaha where they spend time together playing in the rock pools riding tractors and chasing fish. He feels privileged to be in a position where he is able to support families at a difficult time, and to work with families of many different cultures and beliefs. He has a natural affinity for the role, and a genuine care for people.





## Kylee

Kylee has been working for Willetts Funeral Services since 2013, becoming drawn to the industry after the sudden loss of her father at the end of 2012.

Kylee was born and raised in Whakatane and feels privileged to serve families in her hometown – often having multi-generational connections to people she is guiding through the funeral process, which makes the job so much more special.

She is married to Tracy and between them they manage their blended family and busy lifestyle, keeping up with Kylee's son, Daniel who is an apprentice Mechanical Engineer, and Tracy's daughter, Ezmae who is at Intermediate School.

A regular attendee at the Salvation Army Church, she has a solid grounding of the pressures and sadness of the job. She carries her role with a sense of humour, as well as a genuine, honest approach to the grief families are enduring, and a commitment to helping them in any way she can. She has a natural eye for detail and enjoys most the creative and design part of her work.



## Ashley

Ashley has been with Willetts Funeral Services for just under a year – joining the team after a being drawn to the industry for a number of years. She was

born and raised in Waimana so has a strong connection to the people of the close-knit community.

Along with being a single parent raising her 3 boys, Syrus, Luxton and Kayden, she also manages the demanding, unpredictable schedule of the job, and so she certainly has her hands full. With a background in beauty therapy, Ashley has brought those skills and expanded on them with her care of the deceased. She has shown herself to be an exceptional embalmer with a natural flair in the finer details of restoring people in her care to their natural appearance.



## Tarryn

Tarryn is our newest team member, joining Willetts Funeral Services in March. From Ngati Makino descent with connections to Ngai Awa, Ngati Porou and Nga Puhi, she was born in Whakatane but moved, not too far away to their homestead in Otamarakau as a child. After a few years away living in Canterbury, she moved back to the homestead with her partner, Derrick, at the beginning of the 2022 to live with her Dad after the passing of her mother in 2021.

Tarryn and Derrick have 3 children Taylia, Waikorapa and Skye and two mokopuna; Maroitiki and Tuakiterangi. In her spare time, Tarryn loves spending time at the beach, conveniently straight across the road from where she lives, and relaxing with a good book.

Tarryn was drawn to the funeral industry because of the ability to genuinely serve people. She is proud that women are now more prevalent in the traditionally male industry, and with amazing examples of trailblazer funeral director women in her family, she is proud to continue the kaupapa.



## Sacha

Sacha is back after a 20-year hiatus – originally working for Brent Willetts Funeral Services in 1996 till 2001.

The best looking of the Butler siblings, she is Steve's little sister, and enjoys working for her big brother, bringing her administrative and organisational prowess to the team.

Sacha is married to Gavin and together they have 3 children: Bradley, Luke and Keeley. Her spare time is spent as a spectator and taxi driver to her children with all their sporting endeavours, and you will often find her helping out and supporting her kids sports teams with coaching, managing, fundraising and cooking the odd sausage sizzle.

She has a natural, kind affinity and compassion for people which is a huge asset to the team. Sacha is the Office Administrator but has strengths that permeate through into other vital aspects of the funeral services.

## We are available 24/7



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Phone Whakatane: (07) 307 1111  
Phone Opotiki: (07) 315 8888  
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Office Hours  
Monday – Friday  
9:00am – 5:00pm  
After hours: by appointment



21 King Street  
Whakatane 3120  
New Zealand



# HUMANS OF Whakatāne

WOW, WOW, WOW!

What an awesome response we had from our Humans of Whakatāne Campaign.

It was a huge boost in morale for all the business owners, to know all of the love and support they have, so for that we THANK, YOU!

Also a MASSIVE thanks must go to Virginia at La Vita Magazine for providing this opportunity.

Here are some more of our local business owners who would like to thank you for your support.

Thank you, thank you, thank you for supporting and continuing to support our small independent garden centre FLORA & LEAF.

It isn't easy owning a small business but as business owners we all do our absolute best and sometimes that has its own challenges.

Flora & Leaf care about your plants, we don't profess to know everything about gardens or plants but together we will get the information you need.

So come on down and have a look round. We have lots of interesting plants and trees soon will be full to the brim with fruit.

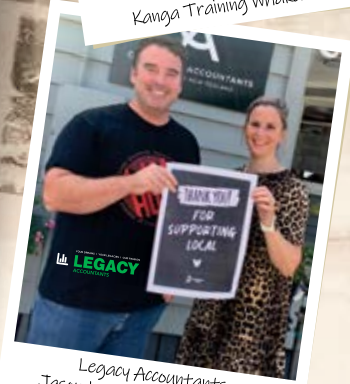
Whakatāne is an amazing community and it is an absolute pleasure to be part of it, so thank you again for supporting our beautiful small businesses.



Kathryn Simpson  
Flora & Leaf



Taryn Passau  
Kanga Training Whakatāne



Legacy Accountants  
Jason Lougher // Emma Hall



Angela Le Sueur // Jewelz



Colin and Donna Stobie  
The Good Tonic



Kathryn Coyle  
Kathryn's Pilates

The silence is broken by the high pitched pager tone from the bedside table. Auto pilot kicks in. Clothes on. Phone. Keys. Out the door. At the station. Uniform on. Into the firetruck.

Now we're on the road, my focus turns to where are we going and what are we going to? But this one is different...the address seems familiar, and initial reports are that it's a major fire. It takes a moment to comprehend the address is my own business. Some moments really stick out from that night. Forcing entry to Epic Escape, searching a building so familiar to me I could navigate with ease even in the pitch black smoke, and later watching flames destroy the business we had grafted at for 3 years. In the morning as the sun came up, there was an overwhelming sense of defeat with the thought "we can't do this all over again."

But then the town woke up. As news spread, the support started coming in. Although we were insured it only covered some of what we had lost. Without the generous donations and fundraising done on our behalf, Epic Escape would have ended on November 29th.

Thanks to the amazing community of Whakatāne, that isn't the case. We are rebuilding. It will be bigger and better than before, and as soon as we can find a new building to make epic, we will rise from the ashes. So, thank you Whakatāne for your support. We can't wait to welcome you back again!



Anne Hetherington + Matt Lowe  
EPIC escape





First and foremost, Jon and I would like to thank the amazing community from the bottom of our hearts, for the ongoing support they give our small business.

Initially, Covid was kind to us, because people found a renewed passion for Bikes but as time has gone on, we have fallen victim to supply chain issues as have so many other industries.

Through all the madness we celebrated our 5th Birthday, with a sale and lots of giveaways. We were super humbled by the kindness shown by other business owners, who bought scooters and bikes to donate back to us to give to deserving kids in our community. All in all just grateful call whakatāne home.



Jon Evetts  
Full Cycle Bikes

The team at The Fresh Market would like express our gratitude to all our valued customers who have continued to support us throughout the last couple of years.

We are proud to be the Eastern Bays leading fresh produce and specialty grocery outlet, our goal is to provide the best quality produce sourced from both our national suppliers as well as an extensive network of local growers.

Covid has put serious pressure on the supply and distribution of produce as of late which has been a major challenge in its own right but we are lucky to have great supplier relationships which has definitely reduced the impact of being able to do what we do best – contributing to a healthy community.

To put a positive spin on a negative situation a major change we made to The Fresh Market operating model as a result of the lockdowns was to offer a non-contact home delivery service as a means of continuing to provide healthy food options, this was greatly received and we also picked up a new set of customers which was a great outcome.



Sean McKane  
The Fresh Market

## BUSINESS SPREAD

Improving a business while managing the day-to-day is a common challenge for many business owners. Join other business owners in this group to share information and tips.



Jenny Mays  
Coffee Counsel

Hi, my name is Jenny and I am the proud owner of Coffee Counsel, the mobile coffee trailer parked at Maraetotara Reserve in Ōhope. My biggest focus, aside from selling yummy Havana coffee, is to ensure that people are greeted with a warm and friendly face, some positivity, and a bit of cheeky banter for the regulars. It is essential that a genuine connection is made, and people leave with a smile on their face.

I left my previous career to spend more time at home with my rapidly growing children, and figured if I was going to work 60-hour weeks, I may as well do it for myself! A lot of people thought I was crazy to walk away from an amazing job right when we were emerging from the fallouts of our first lockdown in 2020, but I knew I had to re-address my priorities. And despite the challenging times myself and all business owners are facing, I still believe it was the best thing I did.

Since starting up in September 2020, I have been blown away by the amazing people in our Eastern Bay community. I feel more connected to my home community than ever!! "Supporting local" was truly evident after our last lockdown period and the move into the traffic light system - so many people made deliberate efforts to go to each and every cafe, restaurant, shop, outlet, business...I loved seeing people sharing their love and support for EVERYONE! It was truly special, uplifting, and completely "Kiwi". It is essential now more than ever that we all support each other as we move through these uncertain times. I want to say a huge 'thank you' to everyone who has supported all local businesses in any way - us small business owners really do appreciate it, and it does make a difference!



# Eastbay REAP

Collaborate with Partners to  
Inspire the Next Generations of Innovators

By the time G Force George was five or six, she had a pretty good idea about what she wanted to do in life. Rebecca Magdalinos, as she was known back then, grew up watching jet planes train high above the beach at Turakina. Just 15 minutes from the Ohakea Airforce Base, Rebecca got to watch jets tumble through the skies at swift speeds and she knew it was something she wanted to be involved in.

A “spectacular television ad” from the NZ military, which was fashioned around the Top Gun movie and feels, confirmed Rebecca’s dream and she set her heart on being a pilot for the Royal New Zealand Airforce. So, when she was going through school, she always knew she needed a good understanding of science.

After graduating high school Rebecca applied for the Airforce, only to fail some of the physical testing which would rule her out of ever being a pilot. This didn’t stop G Force Gorge however, and rather than ending her dream to work with jets it just diverted her to the path she was meant to take.

Now days, Squadron Leader Rebecca is an Aeronautical Engineer with the Airforce. She is currently under secondment and appearing as G Force George with the Nanogirl experience. She realises it has been her experience in the science and engineering space that has helped her understand the importance of this area of knowledge for the next generations.

Nanogirl is a movement to inspire, educate and empower through science, technology, engineering and math – or STEM. It delivers workshops and shows facilitated by qualified scientists to improve understanding of STEM in learners of all ages.

Rebecca says she knows first-hand how important it is to get kids interested in STEM subjects early. That’s why she enjoys her mahi with Nanogirl because she gets to showcase how cool STEM can be.

She says there is evidence that suggests most children know, or at least have an idea, what they want to do in life by the time they are 12. A key component to helping kids get into science, technology, engineering, or maths is contextual learning.

The principle of “contextual learning” explores how bringing learning into a familiar, fun context can make the experience more meaningful to students.



EASTBAY R.E.A.P

Ka ako te katoa, tūhonohono te katoa | Everyone learning, everyone connected



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[www.eastbayreap.org.nz/sdgs](http://www.eastbayreap.org.nz/sdgs)

As part of the process of exploring content across different contexts and seeing how it is relevant, a contextualised learning experience prepares students for life outside the classroom. Students start to conceptualise how the knowledge they have gained during their studies is relevant to their intended profession, the workplace, other aspects of life, and the world more broadly.

Contextualising learning in this way allows a more seamless transition from higher education to the world of work. For example, conducting and designing experiments with the scientific method and enquiry helps science students think critically about assumptions of knowledge that are pervasive in society.

This is why Eastbay Rural Education Activities Programme (Eastbay REAP) was keen on bringing the Nanogirl experience to the Eastern Bay and showcasing STEM to learners of all ages. The House of Science team at Eastbay REAP is focused on bringing science experts like Nanogirl to rural communities.







# How is Eastbay REAP Helping to Support STEM and Contextual Learning in the Rohe?

At the end of May, the team from Nanogirl spent a week in the rohe delivering workshops to teaching staff and assembly shows to tamariki.

G Force George, or Rebecca as she is legally known, was joined in the experience by fellow Nanogirl communicators including Marine Scientist Georgia “Super Snapper” Third and “Tornado” Tammy Rush. They visited 10 schools and delivered workshops to hundreds of teachers in the motu.

This opportunity was driven by the local community and supported by Eastbay REAP and its partners including the three Community of Learning: Kahui Ako (CoL) and local House of Science sponsors.

Eastbay REAP Schools Sector Lead Courtney Andrews says the focus of the Nanogirl weeklong visit was to help kaiako grow their STEM skill base so collectively they can open the eyes and minds of learners through impactful STEM learning.

“Science education has never been more important, with the pandemic and climate change issues bringing science conversations into our communities and homes. STEM skills help develop critical thinking and problem solving which we know are essential for our students’ future success in a fast-changing world.”

The vision of Eastbay REAP: Ka ako te katoa, tuhonohono te katoa, is about learning and connection.

“Eastbay REAP supports connecting the community to lifelong learning through educational programmes, courses, resources and events for educators, parents, whānau, groups and individuals. There is no one-size-fits-all when it comes to learning, so our programmes are tailored to meet a range of needs. We work through an easy step-by-step approach to establish what is needed and how we can help.

“We are dedicated to supporting and guiding kaiako across the rohe removing identified barriers for equal access to opportunities. As a result, we had kaiako coming in from the East Coast to participate in the Nanogirl workshops as well as us going to their rohe.”

Eastbay REAP moves within the motu from Whangaparoa to Rotoma over to Ōtamarakau and inwards to Ruatāhuna.

The Eastbay REAP House of Science team say as a result collaboration with groups and organisations is key to providing opportunities to explore and enhance teaching methods across the rohe using resources like the Nanogirl experience.

The team shared that the week with Nanogirl began with an all-day professional development workshop at the Eastbay REAP offices in Whakatāne on the Monday. The workshop involved 40 kaiako and its aim was to inspire, educate and empower educators to grow their STEM confidence and capabilities.

Workshops for kaiako were also delivered at Apanui Primary School, Whakatāne Intermediate, Ōhope Beach School and Te Kura o Te Whānau-ā-Āpanui during the week so their educators could have access to the opportunity without having to leave their workplace. The hands-on workshops were designed to give kaiako practical enquiry-led experiments that use common items found in homes and schools.

In addition, 10 schools also signed up to have The Nanogirl Science Assembly Show. An interactive one-hour live show, presented by scientists who are experts in their fields, it showcased a range of exciting experiments that brought science and engineering to life for the tamariki.

Courtney says Eastbay REAP will continue to work with their partners to continue to provide these types of opportunities and shine a greater light on STEM and contextual learning. She says the hope is to inspire the next generation of innovators.





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# Editors pick for a great Winter destination away.

I recently went to Taupo for a few days with the kids and we stayed at the beautiful The Village Resort, which is just a stone's throw away from the lake and comes complete with breath taking views of Lake Taupo that anyone would love. We got a Family Apartment which was well equipped and came with all the necessities we needed. Wandering around the resort, we discovered a great BBQ area, an exciting Spa Pool, and a heated Swimming Pool looking straight out on to the Lake. So we had a spa, and finished it off with a dip in the Pool.

The management and the staff at the resort are all very friendly and accommodating and are filled with Local Knowledge to help their Guests make the most of their stay in Taupo. It was just a short walk to various activities and the many eateries dotting Lake Taupo's foreshore and we found ourselves in the heart of Taupo's shopping district in no time at all.

I highly recommend this resort as it gave the feeling that we were overseas, yet we had only travelled a few hours from home. It was great being able to recharge the batteries and the room was serviced each day making it feel like new each time we got back from our days activities. Our Family Apartment was very spacious and housed Two Adults, Two Teenagers, and Two Kids under 7. We had a ball and the kids enjoyed walking down the road to Mini Golf.

Next time you are thinking of taking a break away from home, but do not want to go too far away, give Taupo a go. Try out The Village Resort for yourselves, you will not be disappointed.

Virginia XX







**Taupo** is one of the North Island's iconic playgrounds and has been the go to getaway for New Zealanders from all over the North Island for years. With glorious Restaurants to satisfy everyone's food desires, to activities and pass-times that allow both young and old to indulge their wants and needs, Taupo has it all.

This year, Taupo has a new attraction, The Village Resort. Located on the shores of Lake Taupo, and only a 5 Minute Stroll to the heart of Taupo's Shops and Restaurants, this one time Time Share Complex is now available to Visitors as a Motel. An ideal base for your Taupo Get Away.

The 22 Motel Apartment complex has a mix of One Bedroom. Two Bedroom, and even a Three Bedroom Apartment, and comes complete with a heated Outdoor Swimming Pool, a Spa Pool, and several Gas Fired Barbecues dotted around the property. It is an ideal base for Singles, Couples, and Families.

Just a stroll up Rifle Range Road is the gorgeous Brantry Restaurant, with delicious fine dining food on offer served with both style and a smile. Or if your preference is for a more diverse offering, Vine Eatery & Bar does everything from Tapas right through to A La Carte Dining.

Taupo has a huge range of activities including Golf, Sailing, Sky Diving, Boules, Tennis, Art Galleries, Libraries, and Shopping. Taupo, your one stop shop for a **Winter Getaway**.



**82 Lake Terrace,  
Taupo, New Zealand**



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# Winter in Taupo

By Jane Cook

Taupo, we've all been there, passing through on our way from North to South, or West to East. Situated in the centre of the North Island, it's a hard place to miss. But Taupo isn't just a place to stop for lunch, or an overnighter on the way to ... somewhere else?

Taupo is a destination in itself. A destination **not to be overlooked!**

Whether you are looking for a romantic weekend away - an adventure filled weekend - a family holiday (after all, we don't want to go too far with the kids in the car) - a work conference - or a quiet relaxing break - Taupo offers the perfect solution for all.

If you like Fishing, there is a lot to offer here, either in the rivers or the lake. Fishing charters are available also.

Parasailing on the lake is a great way to get the heart pumping, or you can also catch a boat trip to see the giant Maori Rock Carving - only to be seen from the water.

Perhaps you would prefer something more adventurous? How about Skydiving? Check out the Taupo Swing, or a Bungee Jump? If that might be a step too far, then there is Whitewater Rafting, or the Jet Boat tours on the river. Mountain biking on numerous trails. Wintertime offers ski fields on the beautiful mountains close by too. There are plenty of activities here that can get your adrenaline flowing.

If you feel the need to relax, how about geothermal hot pools, a day spa, shopping, cafes, and lovely scenic walks? Perfect!

Don't think you can leave the family behind though, there's plenty of action for the little people in our lives too. In fact, there is so much to do for absolutely everyone.

The scenery in and around Taupo is just gorgeous with snow-capped mountains providing a majestic backdrop with the lake in the forefront. The countryside makes good for hiking and cycling trails.

So next time you are considering a holiday, or just a weekend break - don't forget Taupo! It is practically on our doorstep - a magnificent choice regardless of what we desire to do there.



Maori Rock Carving

A photograph of a large, ancient Maori rock carving (petio) on a steep, mossy rock face. The carving depicts a figure with a large head and a long, flowing beard. Below the rock face, a small yellow kayak is visible on the water.

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



Jet Boat

A photograph of a blue jet boat with the 'hukafalls' logo, carrying several passengers in life jackets, navigating through white water rapids.

[www.hukafallsjet.com](http://www.hukafallsjet.com)



Kayaking

A photograph of two people in yellow kayaks on a calm lake. In the background, a steep, rocky cliff with green vegetation rises from the water's edge under a clear blue sky.





The world of travel is opening up again, so now is the time to start planning your next adventure. Whether it is to reunite with friends and family abroad or to tick off items from your bucket list, helloworld Travel is the place to start your journey.

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And here are some tips to make your journey go smoothly

- Check that your passport is up to date – you are best to ensure it is valid for greater than 6 months before expiry for most countries
- Get your NZ Govt Covid International Travel Vaccination Certificate – it can be stored on your phone, or printed out to carry with you
- Plan well ahead – there will be some forms to complete, and possible pre-departure Covid tests, so allow yourself plenty of time – helloworld travel will help you with advice on these
- Check that you will meet the vaccination requirements for the country, or countries, you are travelling to, including their local Covid Tracing App
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*Food is a core part of everybody's life – whether you like to make it or you like to eat it. And for one Tauranga-based chef, it's become a passion.*

**Madeline Hughes** is a professionally-trained, food-loving chef who has travelled the world for the love of flavour.

And that love of cooking has given her some pretty amazing experiences.

"After university, I went travelling and learned about all the deliciousness throughout Europe," she says.

"I was living in London and not loving it, so didn't quite know what to do next. A good friend of mine had been working on the superyachts for a while, so he convinced me to try it out for a season.

"I fell into a cheffing job on a gorgeous yacht, and from there I knew that I'd found my calling!"

Maddie has spent more than five years on-and-off cooking fancy food on superyachts, and says it's a very unique industry to work in.

"I loved working on the yachts. I had to learn very quickly the techniques for cooking for people of all different cultures, preferences, and dietary requirements – all while having limited access to ingredients. These people expect a lot and you have to deliver! I thrived off

that though... opening the fridge and planning a multi course dinner from whatever I could find.

"Yacht cheffing is quite different to other types of cheffing. You're very much at the beck and call of the guests, and you really have to be able to think on the spot to produce exactly what they ask for at the drop of a hat. Organisation and preparation is key, and it helps to be flexible minded and innovative."

Maddie says once she'd discovered her passion for superyachts and cheffing, she wanted to upskill and formalise her profession.

"After a season on a yacht, I decided to formalise my skills, and I moved to Paris to complete a grande diplome in cuisine and patisserie at Le Cordon Bleu.

"That year I learned so much about food. Both from school, and also from being around the French.

"They celebrate the seasons, and revel in quality and simplicity. It was such a joy to experience."

Maddie says her time at Le Cordon Bleu in Paris was "the most incredible experience" and says she is grateful for her time there.

"Every morning I would bubble over with excitement for the challenges of the day ahead.

"I completed the grand diplome, which was one year of cuisine and patisserie. The

days were long, formal and challenging, but I got such a kick out of everything I was learning.

"I felt as though that year I was a sponge, absorbing every drop of knowledge anyone would feed me; not just from school, but also from just being Paris.

"Traipsing from one side of the city to the other with my friends from culinary school to taste the best almond croissant or trying to narrow down our 'to-try restaurant list' down to something our bank accounts and stomach capacity could handle, was a weekly activity."

Her time in Paris has certainly influenced her food – as has her other travel, she says – but she's a fan of playing with flavour.

"My cooking style very much comes from French foundations, but I like to play around with flavours and spices and lot more than the French do.

"Probably growing up in New Zealand on delicious Asian foods has influenced that, and all my travels to other countries very much swayed my tastebuds to new cooking techniques and flavours.

"Aside from France, I'd say Israel and Mexico were two countries where I totally immersed myself into tasting everything I could and being completely obsessed with the tastes."

After receiving her diploma at the world's Best Culinary Training Institution – as voted by the World Culinary Awards – she decided it was time to reboard the superyachts.

"After a few more years on yachts, peppered with lots of travel throughout Europe and Northern America, I was ready to set some roots and move home."

She returned home to Tauranga where she started her own private cheffing business.

"It was such a natural transition from yacht-ing to private cheffing for me," she says.

"I get to spend my days designing menus and cooking beautiful food for all types of people who really value what I do. All while being land based – so no more sea-sickness for me!"

Starting her own business and being her own boss seemed like a natural fit for Maddie when she moved home.

"I was so excited to work for myself and have complete autonomy over what I cooked, and who I was serving that to," she says.

"Private cheffing and small scale catering made the most sense to me.

"It means I can create very individualised menus for clients based on what they love, the style of function they're hosting, and very importantly – what's in season."







Maddie says it's important to her to support small and keep things as local, fresh and organic as she can.

"Private cheffing also means I can stick entirely to my values of buying from local producers, free range and organic where possible - all for clients who I know will appreciate these things.

"I feel so proud when I serve up food like this, and I'm sure people can taste the difference!

"Most people I cook for have come about from word of

# FOR THE LOVE of FLAVOUR

mouth, which I find the biggest compliment.

But for Maddie, there's more joy than just being her own boss. She says interacting with clients is a huge part of the reason that she loves what she does.

"It feels so great to be involved in people's special occasions - birthdays, anniversaries, engagement parties, company milestones, baby showers, or just random 'why not!' dinners."

To see more of Maddie's tasty creations, visit her on Instagram @themadeleineproject



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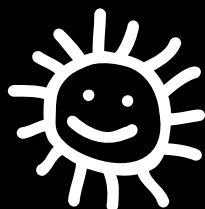


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# Something to take your mind



## STICKY DATE PUDDING

### Ingredients

- 1 1/2** CUP OF DATES  
(PITTED + CHOPPED)
- 1 1/2** CUPS OF MILK
- 1 1/2** TEASPOON BAKING SODA
- 1 1/2** CUP OF BROWN SUGAR
- 2** TEASPOON CINNAMON
- 1/4** TEASPOON SALT
- 1 1/2** CUP OF ALL PURPOSE FLOUR
- 1 1/2** CUP BUTTER(UNSALTED)

### For the Sauce

- 2** CUP OF BROWN SUGAR
- 1/2** CUP OF BUTTER
- 300** MLS OF FRESH CREAM
- TEASPOONS VANILLA EXTRACT

### Instructions

1. In a Saucepan bring milk to boil over a high heat, remove and stir in the dates and baking soda. Allow to cool for 10-15 minutes.
2. With an electric wizz, cream butter and brown sugar until it turns into a nice pale colour.
3. Fold in date mixture gently.
4. Sift in the flour, cinnamon, and salt. Stir the mixture until everything is combined evenly.
5. Preheat Oven to 180 degrees and grease a square or sponge tin or baby ramekins with butter.
6. Spoon the mixture into tin/ramekins
7. Bake for 30 minutes or until a skewer inserted comes out clean.

### Method for Caramel Sauce

1. Put all the ingredients into a saucepan, on a low heat stir until it has thickened and reduce to a nice smooth caramel colour, serve with sticky date pudding by pouring the sauce over the top.

*off those winter blues!*



## MUSHROOM + BACON SOUP

### Ingredients

- 7** SLICES OF BACON CHOPPED
- 3** TABLESPOONS OF BUTTER
- 2** ONIONS, DICED
- 3** GARLIC CLOVES DICED THINLY
- 500** GRAMS OF MUSHROOMS SLICED
- 2** TABLESPOONS OF CORN FLOUR OR ALL-PURPOSE FLOUR, ¼ CUP OF MILK, MIX AND MAKE A PASTE
- 1** LITRE CHICKEN STOCK
- 1/2** CUP HEAVY CREAM
- 2** TABLESPOONS FINELY CHOPPED FRESH FLAT-LEAF PARSLEY
- GRATED PARMESAN CHEESE
- SALT AND PEPPER

### Instructions

Heat a large pot with the butter add the onion and garlic until nice and soft, then add the bacon. Stir for about 3 minutes until the bacon is cooked, then add the mushrooms and season with some salt a pepper.

Stir in the flour paste, stir well, then add the stock and reduce down for a further 3 minutes. Then add the cream and some parsley.

Simmer until it starts to thicken.

Before serving sprinkle over a little parmesan cheese.

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# Rukuhia te mātauranga Pursue Knowledge

A photograph of four women of diverse ages and ethnicities smiling and looking towards the camera. They are in a library or study area, with bookshelves visible in the background. The woman in the foreground is wearing a white shirt and glasses. The woman next to her has curly hair and glasses. The woman behind her has dark hair and is wearing a white top. The woman on the far right has short grey hair and is wearing a black top with white polka dots.

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