

AUTUMN 2022

La Vita

MAGAZINE



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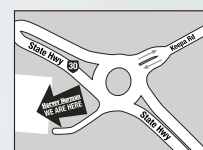


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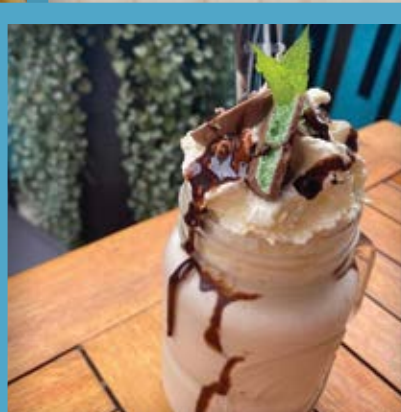
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The views and opinions in this magazine are solely those of the original authors and other contributors. These views and opinions do not necessarily represent those of Virginia Jeeves, the La Vita staff, and/or any/all contributors to this magazine.

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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 Instant Long Grain Rice
- 2 x 400g Packet Frozen Diced Tomatoes Capsicum and Onion
- 2 x Diced Onions
- 1 x Carrots
- 1 x Mushrooms
- 1 x Fresh Red Capsicum
- 1 x 400g Packet Diced Bella White Olives w/ Capers
- 1/2 Cup of water
- 1/2 Chicken Thighs

Pre-heat oven to 180°C
Chop Onions, Capsicum, Carrots, and dice 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 ten 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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Te Kura o Te Pāroa

Questions answered by Erin Te Pou (Principal)



How long has the school been going?

The first version of our school was established in 1893. We will be 130 years old next year. We have produced many proud graduates and offered education to Ngāti Awa tamariki throughout this time. We are now up to the fifth generation of whanau who have attended our Kura. In 1993 the first rūmaki i te reo Māori classroom opened. Currently we have 2 whanau in our Kura (auraki and rumaki). In our Rumaki whanau we have 6 classes that are taught in te Reo Māori - level 1 (90% instruction in te reo) and in our Auraki whanau we have 7 classes that teach in te reo Māori level 3 (instructional 25-50%)

What is the vision for this year?

This year we are in the first year of a new structure. We have Year 1-3 classes (3) in each whanau. Each class has a different focus - literacy, arts, and maths. The tamariki spend a term in each class, and in the fourth term teachers will collaborate on class rolls to make sure tamariki are in classes that they have a special need to progress further or have an affinity with. Teachers plan an integrated lesson with their focus being the main but not only curriculum area. In years 4- 6 we have 2 classes in each whanau that focus on Science and Technology. They also spend a term in each class. In years 7-8 we have 2 auraki and 2 rumaki that focus on STEAM - science, technology, engineering, arts, and maths. These classes don't change each term however the auraki classes are working side by side.

Vision Science education should enable students to develop the capabilities they need for living and lifelong learning. Scientific learning will be understood by school students, as an activity that can be carried out by everyone including themselves and that they can add to scientific knowledge. For learners, science education should help them to participate as critical, informed, and responsible members of iwi and Aotearoa, New Zealand.



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What are some of the changes you would like seen happening in child education?

We would like to see our tamariki grow into being good kaitiaki for our whenua and our people. We would like to see science education and scientific process as the vehicle for learning, encouraging learning through every day "life" experiences to make it relevant and useful to our tamariki. We would like to work on place-based learning that enables our tamariki to problem solve the challenges we face in the current economic, cultural, and environmental climate.



What are some of the biggest achievements that you have seen?

Our greatest achievement is winning Te Manakuratahi - National Primary Schools Haka competition. As one of 43 Kura to compete and coming from a relatively "small" school this was a great achievement that our whanau, Kura, and wider community were very proud of.

Tell us about your culture of the school? One specific strength of our Kura is in performing arts and culturally responsive teaching and learning. Through culturally responsive teaching practices we recognise and deeply values the richness of the cultural knowledge and skills that students and Kaiako bring to the classroom as a resource for developing multiple ways of knowing. We have always taught New Zealand histories - with a cultural & local lens. Our Kura is a designated special character school under our iwi - Ngāti Awa. We align our charter and goals with those of our iwi - sustainable intergenerational education, iwi advancement, Ngāti Awa leading their education success.



LADS IN LAW



Charles Harvey
Staff Solicitor

Phone us on **07 3071192**
for further information.

A recent addition to the Gowing & Co team, Charles Harvey grew up in Wellington, where he obtained his law degree and Bachelor of Commerce. Working initially for the Commerce Commission, Charles quickly recognised that corporate law was not his calling. Charles was always prepared to move for the right opportunity and the Bay of Plenty region was top of his priority list. Better opportunities, better lifestyle.

Charles revelled in the courtroom environment and loved the challenge and the strategy involved in preparing for trial. After graduating he was successful in obtaining a position with the Crown Solicitor's office in Rotorua where he worked for nearly three and a half years. Charles dealt with a variety of offending during his time there, including both criminal prosecutions and several civil aviation regulatory prosecutions. "Out of school I had aspirations to join the Air Force, so working within the aviation regime allowed me to combine two of my passions, flying and law".

Charles' passion for the law is self-evident when you meet him. "Law is a fascinating, all-encompassing industry that impacts almost every aspect of our daily lives. No one generally realises that until they are faced with a situation where the law steps in. And when that happens, it can be complex and overwhelming. For my entire life I have found considerable joy in helping others. Being able to apply my knowledge and skill set to finding solutions to people's problems, in often the most challenging times of their lives, is incredibly rewarding".

Charles is an invaluable addition to the Gowing & Co team. "Fighting for the right result and working alongside my clients to achieve the best outcome is what I bring to Gowing & Co. When a client simply wants answers and direction, I strive to cut through the legal chaos and provide straightforward advice".

Charles' move to Whakatane has been an excellent decision, both personally and professionally. "Work life balance is incredibly important and being so close to the ocean has brought back many memories of growing up in Wellington. As an avid spear fisherman, having this kind of access will make for fantastic summers. The Bay of Plenty also has an abundance of mountain biking options and cycling takes up a lot of my time and energy. This challenges my competitive spirit and gives me that opportunity for adventure which I love".



GOWING & CO

Lawyers Specialising in Excellence

Born in South Africa, Adam de Villiers arrived in New Zealand in 2011. In South Africa, the courts system and legal sector play an important part in the undermining of an oppressive state and continues to play a key part in everyday politics.

Having experienced this system first-hand Adam has a unique and community-based approach to the application of law within the context of a justice system.

“Correct application of the law and justice is very important to the individuals involved but also to the community as a whole” Adam asserts. “Practicing criminal law allows me to ensure the law is applied fairly to the most marginalised and vulnerable people in our community and I enjoy the daily challenge that brings”.

Adam finds the courtroom environment both challenging and exciting. “Decisions are being made that have significant effects on people going forward and that requires that lawyers perform well on a daily basis, keeping their client’s best interests at the forefront of their own decision-making”.

Having graduated from Victoria University in 2018, Adam started his legal career in Auckland working in the areas of criminal defense and treaty law (Waitangi Tribunal Claims). He joined the team at Gowing & Co Lawyers Limited early this year with a view to increasing his experience in all aspects of law, particularly Criminal Law. “I am lucky to now be based in beautiful Whakatane and working at Gowing & Co alongside experienced solicitors who provide a wealth of knowledge in many areas. I am now gaining invaluable experience in multiple areas of practice”.

There is no doubt that Adam offers Gowing & Co Lawyers Limited the benefit of worldly perspective. His considered and empathetic approach to his clients and their legal proceedings adds great value to our hard-working team.

Outside of work hours, Adam prefers to spend his time exercising in the outdoors whilst enjoying the town’s scenery or enjoying a good book at home.



Adam de Villiers
Staff Solicitor

or visit our website:
www.gowing.co.nz

A photograph of a modern, two-story house with a light-colored exterior and dark wood accents. The house has a large garage door on the left and a large window on the right. The sky is overcast.

Making your new house a HOME

If you're in the market to build a new home, the team at Longview Homes are here to help.

Longview Homes owner-operators Chris and Tanya Ballantyne and their team are ready and able to help with anything in the build process.

"We can explain the build process, how to get the best out of your section/site, we can organise all the pre-construction reports and check on council requirements, advise you on pros and cons of different building products and materials, and help clients understand things about the build process that they may not be aware of," says Chris.

If you're interested in Longview Homes' regular plans, it's a straightforward process. If you're needing a bit of flexibility in the plans, the team are equipped to make changes a stress-free process.

"We work with you from the idea to move-in stage and everything in-between. We are there to help you with developing your plans, consent drawings, council consent processes, site planning, choosing materials, paint colours, fixtures and fittings.

"And we always keep you informed along the way so that there are no surprises," says Chris.

"If you would like to use our design and draw services, we have in house architects who can adapt one of our plans or completely start from scratch.

"The first step is to get a floor plan that you fall in love with. Once we have that we can flesh out all the construction details and a fixed price contract can be presented."

Plans are completely customisable and Longview Homes can design a home to your specifications and wishes.

"With land being more scarce these days, sections sizes are constantly changing. We can draw plans according to the site and boundary restrictions.

"We also organise additional services, such as site clearing and demolishing existing buildings, bulk earthworks, site services and consents and more as the need requires."

The team at Longview regularly provide not only the entire house being built, but any other add-ons you may require, such as driveways, fencing, decks and more, depending on your needs.

"This is often what people talk about turn key design," says Chris.

There are plenty of other building companies out there, but Longview Homes has a hands-on approach to the whole process, from initial consultation to move in day.





“We offer a personalised service where your dealing with the same person through the sales process and project management,” says Chris.

“As a qualified builder, Chris has the bonus of having input from a construction perspective into the design.”

The team are well-versed in building to deadlines and are efficient with their time, making your move-in date a reality.

“Our build time frame from the first day on site till hand over is efficiently managed, creating a faster move in date. We are handing over homes in the expected time frames, as opposed to the horror stories that you hear of jobs dragging on forever.”

Longview Homes also are the local approved installer of Metra Construction Panels; an engineered wood panel system that has been used in more than 9000 projects in

New Zealand over the past 25 years. The panels are extra strong, New Zealand made and allow Longview Homes to build your house from the inside and the outside at the same time.

“We can have a home ready in as little as 12 weeks, thanks to these panels and our expert team,” says Chris.

They’re also extra tough; withstanding any knocks and dents and are suitable for families with children and pets. When you choose to build with Longview Homes, you’re building with an expert, full-time team.

“Our build team are employed directly by us,” says Chris.

“This means that we have greater control over our quality of work, and they are far more invested in the job rather than looking at getting out as quickly as possible,” says Chris.

“We are passionate about using all local tradesmen wherever we can; most of our tradies we have used for more than 20 years now. You are not limited by the choices in your home, we are happy to accommodate any specialised features or fittings in your home.”

When it comes time for a consultation, the team will discuss your site and any preliminary work that may be required.

“We’ll ask you what your ‘must haves’ are and how they will fit your budget,” says Chris. **“We explain how the build process actually works, from initial concept and design, through the build consent process, and onto completion, and we would discuss time frames.**

“We are not about dictating to a client what we think



Chris is easy to deal with. He proactively keeps in touch and was always contactable in a timely manner when we had any questions. The job was well managed and we were kept informed of what was happening at all times. We were also reminded of what decisions we needed to make in a timely manner. We are very happy with the quality of the work undertaken in our home. Tradespeople were a pleasure to deal with and accommodating of what we wanted. We wish Chris and Tanya every success for the future of their business.

Denise & Michael

they should do; our prerogative is to offer alternatives to our clients and let them decide on their best course of action and then guide them through the whole process.”

Jane and Barry recently build their home in Coastlands, Whakatane, with Longview Homes and say their experience was fantastic.

“We were offered a basic plan which we were able to adapt according to our needs and were attracted to the idea of solid walls with an outer covering of brick and this, along with double glazed windows, has meant the house is warm in winter and cool in summer.

“We had thought the suggested three months construction period 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 Ballantyne. There were no lay-days and the work was of an excellent standard. Chris has been very approachable and listened to our needs,” the Whakatane couple say.

“After completion Chris has not hesitated in coming to view and make any little adjustments that needed doing. We have recommended Longview Homes to friends who looked at our house and are now in the process of building with them.”

So if you're in the market to build, make sure to get in touch with Chris and Tanya from Longview Homes.



CHRIS AND TANYA BALLANTYNE

Owner Operators Longview Homes Eastern Bay

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Dermal Glow

ADVANCED SKIN AESTHETICS

What inspired you to get into Dermal Therapy?

As a teenager I struggled with congestion in my skin, and I watched my older sister battle with acne as well. Our mother fell victim to the very clever marketing of TV commercials and purchased a skincare range that was meant to clear acne.

My skin became so stripped and vulnerable that I developed eczema. This eczema stuck around for a good five years, and I would get the most horrific eczema on my neck and eyelids, to the point I could barely open my eyes! I believe this is what inspired me to go and study Beauty Therapy.

After working for a lovely beauty salon in Tauranga, I found myself wanting to focus more on the skin side of the industry. I took myself to Australia, as I knew there was some amazing technologies and skin clinics that just focused on the skin itself, as opposed to sharing their energies with other parts of the industry i.e., waxing etc.

I then did my Laser Safety certification, and after some great and not so great jobs, I eventually landed a job at a Plastic Surgery Clinic. This is where Dermal Therapies were introduced to me. I was trained in some of the most advanced skin technologies, and it really took my career to the next level.

The education in Australia was outstanding and I am truly grateful that I took myself there.

I LOVE working with skin and it still fascinates and excites me seeing my clients skin change for the better. I can't see myself ever getting bored working with skin.

What has been the highlight of your career so far?

My highlight has got to be when I won 'Mesoesthetic Retailer' for the whole of Australia. They flew me to Barcelona where I was trained by their doctors in their laboratory, wine and dined, and given amazing products and treatments to my heart's desire.

What do you love most about being in this industry?

I love building trusting relationships with my clients and watching their confidence grow as they regain the beautiful healthy skin they deserve.

Seeing the changes I can make in peoples skin gives me the warm fuzzies. I love seeing results and I love educating clients on how to reach their skin goals.

I love to learn all things skin! I am forever signing up for webinars and trainings, as this is a constantly evolving industry.

What are your favourite skin concerns to treat and why?

Whilst I find any skin concern that you can get results from enjoyable, a real fun one for me is sun damage and broken capillaries. The results are quick and effective.

I also enjoy treating melasma (hormonal pigmentation) as this is something I have personally struggled with, and people often think there is nothing you can do for it, where in fact there are some amazing treatments and products that can dramatically reduce it.

What is your favourite skin treatment?

This is most definitely the BBL + Moxi, due to the dramatic results it achieves. I love everything to do with our BBL treatments, whether its corrective, Forever Young or hair removal. If its BBL, I love it!

What treatments have you had?

I have had lots of treatments having worked at plastic and cosmetic clinics. To sum it up nicely with my most favoured skin treatments, I have had two sets of Dermamelan treatments for my melasma (when I was 23 and 25), I have done a course of 6x skin needling. Now I have my own laser device, I plan to have BBL Forever Young 4x a year for its prevention of ageing benefits. Last year I had two Moxi Laser treatments and if I have an event to go to, I will do a clinical peel to brighten my skin.

Give us one bit of skin advice?

I honestly feel if SPF were drilled into us back in the day like it is now, I wouldn't be as busy as I am. The sun causes 90% of ageing, along with triggering other skin conditions like melasma, skin sensitivities and rosacea.

The sun has harmful UV rays all year long in New Zealand. So, slip, slop and slap that SPF, come rain, hail or shine, all year long!

Dermal Glow is a results driven skin clinic, specialising in advanced skin rejuvenation and skin treatments, located in the heart of Ohope Beach.

Charmaine is the director and owner of Dermal Glow and brings over 12 years' experience in the Beauty and Dermal Therapy industry. She has worked at some of the most prestigious plastic surgery and cosmetic clinics in Perth, Australia. She has been trained in some of the most high-tech medical devices on the market and has experience treating a vast array of skin conditions.

It is her immense passion for skin that has driven her to create and open Dermal Glow.



Introducing BroadBand Light BBL[®] by Sciton, available exclusively to Dermal Glow

Broadband Light (BBL)[™] is the world's most powerful IPL device on the market. Setting a new standard in treating skin conditions such as pigmentation, age spots, rosacea, broken capillaries, acne and loss of elasticity. The BBL is considered to be the 'Rolls Royce' of pulse light devices as it's one of the most powerful available. The light energy delivered by BBL will gently heat the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to regenerate. This corrective process will restore your skin to its natural beauty, making it clearer, smoother, vibrant and younger looking.

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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.

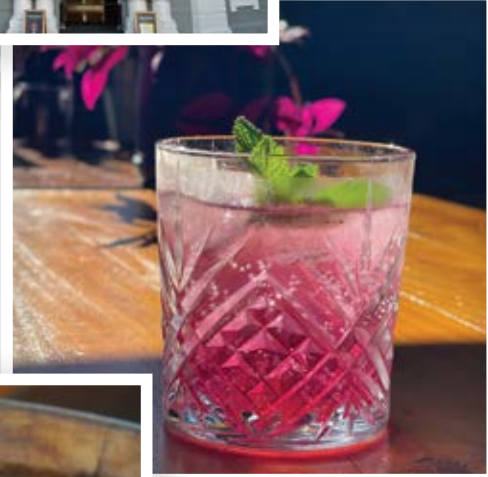
Covering all bases, whether it's a coffee and muffin to start the day, stopping by for a beer or cider after your trip to on the water, a glass of wine with the ladies, or to fill your bellies with some delicious soul food.

And if you don't have time to sit down you can even buy bottles of beer and cider to takeaway. With live music or DJs on the weekend.

The Comm. is the perfect place to celebrate all of life's momentous occasions!

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45 The Strand
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07 307 0449

Enjoy Yourself



Test Kitchen

On Tuesday 22 February The Comm held its first Test Kitchen. A chance for the resident Chef Johny & Kevin to try some new dishes and turn on a delicious meal. The amazing local support provided feedback on the dishes. Watch out for the next one and some new menu items coming on board soon.

“ It was a great evening. All the dishes were enjoyable and made for a great experience as well as atmosphere. ”

“ Everything on the plate was near perfect ”

“ I was delighted with the entire evening. Special mention of our particular wait person - well mannered, obliging and attentive. Professional's the word. ”



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A scenic view of a coastal town, likely Whakatane, featuring a bay with several boats, a sandy beach, and modern buildings in the foreground. The sky is clear and blue.

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Located by the beach and in tranquil surroundings, Coastlands Preschool is the perfect space for your child to learn and grow. There is plenty of fresh air and large indoor and outdoor areas for children aged six months to six years.



They proudly call themselves Whakatane's most spacious preschool and now this is even more accurate with the addition of their Ngā Tamariki o Papatūānuku programme. Ngā Tamariki o Papatūānuku, which means 'children of the earth', was started last February and is a way to allow their tamariki to spend even more time playing in, and appreciating, nature.



Two mornings a week, eight of the oldest children in the centre, along with two kaiako, pack up their bags and head down to Coastlands beach for a morning of exploring, playing and fun. Hours of fun is had playing in the sand and, if conditions permit, the water. In amongst this, tamariki are learning to be kaitiaki of their local beach.

The beach is the perfect place for children to explore their urges. An urge is a pattern of behaviour that children have in their play where the child has an primal need to play in a certain way. All too often we try to fight with this innate behaviour by telling children they aren't allowed to run, jump, throw... At Coastlands Preschool they find ways for children to safely act on these urges and when at the beach there are no limits! The child who is a collector comes home with pockets full of shells and stones. The positioner can line up the treasures they find. The child who has the urge to enclose, can bury themselves (and their friends) in the sand, or allow the water to cover them as the waves come in. There are logs to climb and jump off. Sticks to build huts. The list goes on. As well as these twice weekly beach excursions, Coastlands Preschool also make the most of the field that surrounds their grounds. Children are often taken beyond the gate to have more room to run, kick balls and play the ever favourite game of Duck, Duck, Goose.



If all this space sounds like something your child would benefit from, get in touch with the team at Coastlands Preschool.



www.coastlandspreschool.co.nz



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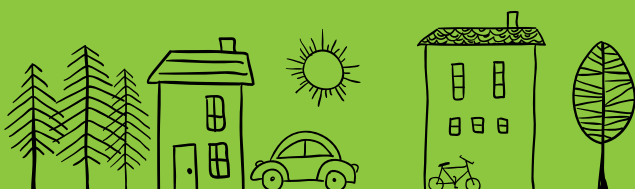
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WHEN ELEGANCE MEETS PAPAMOA



"To be able to touch and feel the product in a retail setting has proved immensely popular".





george street linen

WHERE CAN THE BRAND BE FOUND?

Though George Street in Whakatane is where this gorgeous brand of linen is stored, George Street Linen can be located throughout New Zealand and beyond. Its online store <https://georgestreetlinen.com/> is remarkably easy to use and you can browse this exceptional linen via a number of different ways, whether you wish to shop by style, fabric type, collection or simply have a look at what's on sale, it's all there in a crisp simple-to-navigate website for your perusal.

Boutique stores nationwide stock a range of this wonderful linen including but not limited to luxury fashion stores such as Sisters & Co. And George Street Linen has opened its own signature store "just around the corner and down the road" from its original storage site in Whakatane.

Greg advises that he was receiving numerous requests from eager locals to be able to inspect more closely the different fabrics and materials on offer. He originally had a small section of his warehouse dedicated to a "mockedup" boudoir of sorts, featuring a bed draped in a selection of beautiful samples.

However, the local interest became such that he decided that a store was in order. "It gives our local customers the best of both worlds" he says.

"To be able to touch and feel the product in a retail setting has proved immensely popular".

George Street Linen's signature store is a must-visit if you are ever in the area. Crisp, clean, and classy, the local retail outlet displays this uniquely wonderful brand to perfection.

A LITTLE HISTORY BEHIND GEORGE STREET LINEN BRAND

WRITTEN BY KELLY DENCH

A 101-year-old building that used to be a garage and auto-repair shop. A sunny rural town on the East Coast of New Zealand's North Island. A man whose love of fashion and textiles sent him on a journey around the world. And a linen brand of exceptional quality. Introducing George Street Linen and its creator Greg Davidson.

That 100-year-old building is now a lofty warehouse storing bundles of exquisite materials and fabrics, manufactured by Greg's Shanghai manufacturing team. No vestiges of grease remain in the airy and fragrant space. And it is situated, you guessed it, on George Street, in the small but vibrant town of Whakatane, New Zealand.

Greg spent 15 years in Shanghai setting up his linen manufacturing business which encompasses all aspects of the creative process, from dyeing to printing, weaving to shipping. Prior to that he spent many years in New York working in textile design after having started his own fashion industry brand Chow Mein in Auckland. He has lived in many exotic locations around the world, but there is nowhere he would rather be than where he is right now.

"The support I've received locally has been fantastic" Greg enthuses. "And what a beautiful place to live, Whakatane has a bit of everything".





stan walker

x

JAKOB CARTER

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Winter Destinations



Village Resort *The Village Resort is located at 82 Lake Terrace (entry is by way of 6 Tui Street) in Taupo, New Zealand, and overlooks the shores of stunning Lake Taupo. Just 500 Meters from the Taupo CBD, it is ideally situated for all your accommodation requirements in the North Island of New Zealand's Water Playground and Events Capital. With a mix of One, Two, and Three Bedroom Apartments, this 4 Star property boasts a Heated Outdoor Swimming Pool, a Private Spa Pool, and glorious views across the lake.*

Book Online: thevillageresort.co.nz

Huka Falls Jet

Hold on tight as you'll be travelling in one of our state of the art jet boats at an incredible 80km an hour! Along the way our trademark 360 degree spins will leave you with a beaming smile and a heart pumping with adrenaline. And that's even before reaching the spectacular Huka Falls! From your unique vantage point on the jet boat you will have the best water level view of Huka Falls – New Zealand's most visited natural attraction.

Book Online: thecomm.co.nz



Rock Carving *Kayak New Zealand's largest lake! Kayaking is by far one of our favourite activities and LakeFun Taupo offer Double Kayak rental for \$35 per hour (split between two people). If you do have a few extra \$\$ up your sleeve then a challenging Kayak to Mine Bay will get you up close and personal to the iconic Maori Rock Carvings in the bay. Allow around 4 to 5 hours to reach Mine Bay – pack your camera!*

Book Online: lakefuntaupo.co.nz

HUMANS OF Whakatāne

Local business owners contacted the Business Spread to ask if we could pass on their thanks to the community for supporting them.

We thought, 'why not give them a space where they can do this themselves?'

MASSIVE thanks must go to Virginia at La Vita Magazine for providing this opportunity. Here is a selection of local business owners who would like to thank you for your support.

To see more, follow Whakatāne Matters on Facebook for more stories and thank yous.



Andrea Stephens
Andrea Stephens Photography



Tammy Viitakangas
Mata Brewery



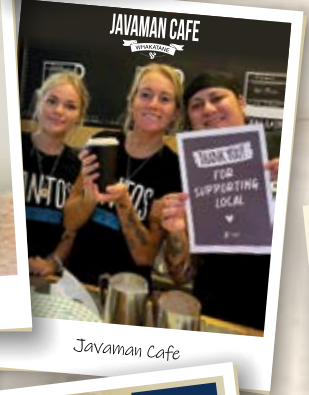
Leigh Rackham
Box & Bow



Taryn Passau
Kanga Training Whakatāne



Kathryn Coyle
Kathryn's Pilates



Javaman Cafe



Mehrhad Hojabri // The Temple Gym



Trudy Enckevort
Too Pretty



Legacy Accountants
Jason Lougher // Emma Hall



Sarah Galbraith
Social with Sarah



Roak Crew and Phoenix
Paragon Cleaning Services



Courtney Crew
Mums & Bubs Gift Boxes



Jineshkumar Solanki
Appenzell Dairy Plus



Jazmin Wratt
RENaskin



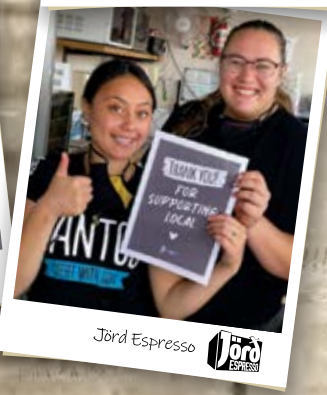
Fraser and Dee Coffey
Guthrie Bowron



The Comm.



Colin and Donna Stobie
The Good Tonic



Jord Espresso



Laura Shaw // Gateway Floral



Angelia Le Sueur // Jewele

la vita magazine
la vita magazine



Trudy Endeavour
Too Pretty

Hi, you amazing, supportive local people, I hope you're all keeping well in these crazy Covid times. It's been a heck of a ride over the past two years, and extremely challenging both financially and mentally for us all. Too Pretty would like to say a MASSIVE thank you for supporting local. Without your support we would never have survived. YOU ROCK.

Purchasing a small business is always a risk, especially not knowing what life is going to throw at you. Too Pretty has been in business for about 22 years, and I have owned it for the past 13 years. We moved from small premises to a beautiful new location, which has seen Too Pretty grow in leaps and bounds. None of this would have been possible without your support. Now more than ever our town needs you. Let's support each other; let's all shop local. I shop local myself, and also support local charities and fundraisers whenever possible. We can do this together!

To wrap up, I consider myself extremely lucky. Not only do I have my dream job, but I also own my dream business. THANK YOU.



Colin and Donna Stobie
The Good Tonic

As conscious retailers we have a great sense of responsibility and pride in changing what it means to be in business. Our goal is to create, collaborate, and curate quality sustainable and ethically sourced products and artisan produce.

The support we have received from the local community has been very humbling. Fourteen months later we have new customers coming in daily, all through word of mouth and local business support. We love sharing our stories and, even more so, we love hearing those of our local artists and artisans, customers and other businesses.

We have traded without international tourism since opening, but in many respects this has helped us grow and work with our community to create a growing synergy of support and camaraderie that may not have been there if the borders had been open.

We can't thank the local businesses and people of the Eastern Bay of Plenty enough for their friendship and support since Donna and I opened our doors.



Mehradd Hojabri // The Temple Gym

At The Temple Gym we are honoured to provide a local service to people from different ages and stages of life.

Over the past seven years we have been overjoyed at the results, testimonies, and support from gym members and stakeholders from the Eastern Bay of Plenty and beyond. Our thanks and gratitude goes out to each and every one of you who has supported and who continue to support The Temple Gym.

While the unforeseen global pandemic has bent us, it has not broken us, and we rejoice in these times of trial and tribulation because they bring forth faith and perseverance.

The Temple is not just a gym, but also a haven for people who are looking to reshape, renew, or revitalise their fitness lifestyle and goals. Ultimately, we aren't looking for the money - we're looking for the change (in people) and that's why we continue to do what we do for the life that is, and the life that is to come.

We're a multi-award-winning small, family-owned whakatane brewery with an onsite tasting room/bar. Our tasting room has 12 different taps to choose from, along with yummy pizzas, and we regularly host live music, quiz nights, and other events. All our Mata beer and cider is brewed and packaged at our brewery. Most of it is sold in our local area, but we do also sell to supermarkets, liquor stores, bars and restaurants around the country.

We'd like to say a big thank you to our local community for your amazing support. We wouldn't be here without you. Covid has had a major impact on our entire community. Our onsite tasting room has suffered, with several weeks of lockdown followed by a general slowing of trade with customers not dining out as much as they did before. Sales of our beer and cider to other hospitality venues such as bars and restaurants have also suffered.

We have made some changes to the way we sell Mata Beer. During the first lockdown we set up an online store for deliveries of our beer and cider and were overwhelmed with the support we received, particularly from the locals.

Hi! I'm Andrea Stephens and I am a documentary, wedding, family, and commercial photographer based here in Whakatane.

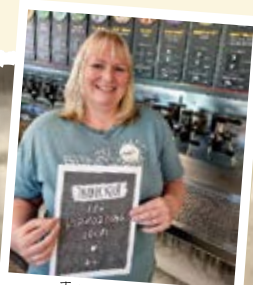
The support of the local community has carried me through the ups and downs of running a business, which included a huge drop in photographing weddings because of the pandemic.

I love that local families are coming back as repeat clients to document their growing families. I love that other local businesses trust me to help them tell their story through branding photos. Because of this support I have been able to keep growing my business as well as having the flexibility to spend time with my two boys.

'Supporting local' has never been more important, because small businesses have needed this support to carry us through some tough times. So thank you! I am super-stoked to be part of this amazing community.



Andrea Stephens
Andrea Stephens Photography



Tammy Viitakangas
Mata Brewery

Wowee! Who would have thought 24 months ago that we would all be going through what we are going through now?

My name is Ange and I started working at Jewelz in 2017 following the closure of a previous business in Edgecumbe due to the floods. As they say, one door closes and another opens.

Starting at Jewelz as a complete newbie was exciting and I found I absolutely loved the jewellery industry. Sue Dawson is a mine of experience I learned from every day. After the initial lockdown in 2020, a conversation took place and I was crazy enough to buy this small business in these uncertain times. 'Why?' people asked. Well, I learnt very quickly that Jewelz has a very loyal customer base, plus in business terms it had room to grow, and together with my amazing staff and customers, I endeavour to do this. I am grateful and humbled by the support of our community and the commitment of Keeping It Local, and in return we have done and will continue to do our absolute utmost to serve you, our local community, with honest, as fast-as-we-can, friendly service.

From the bottom of my heart,
THANK YOU. Ange



Angelia Le Sueur // Jewelz

About a year ago we made Whakatāne our home and started Dairy Plus on Appenzell Drive. We got an amazing response from Whakatāne and Ōhope people. We'd like to say a special thanks to those in our neighbouring community who have always supported us.

Last year we did some food truck events to bring the community together, and we supported 1000 Helping Hands and Bike Whakatāne. We regularly hold Facebook competitions with free giveaways to promote ourselves and give something back to the community.

We started this business with the hope the summer holiday and tourist trade would help us to survive the first year of business. Unfortunately, due to Whakatāne being in the red light level the whole holiday period, we were heavily affected, but thanks to the neighbouring community we managed to survive. Then Omicron came and a lot of my customers are in home isolation and now we are struggling to maintain business day by day.

We hope everyone comes out of this pandemic safely and in good health, and we send our best to all the other businesses that are suffering. I urge you all to support your local businesses, because 'together we are strong'.

We are open Monday to Friday 6.30am to 7pm, and Saturday/Sunday 8am to 6pm. Please support us and help keep the dairy on the hill open.



Jineshkumar Solanki
Appenzell Dairy Plus

Kangatraining Whakatāne is a postnatal baby-wearing exercise class for local parents and babies where you can look after your physical and mental health while bonding with your baby.

It is completely postnatal-safe with a focus on retaining the strength in the abdominal and pelvic floor muscles following pregnancy and childbirth. It also has a non-judgemental mental health component, giving mothers an opportunity to make new friendships and bond over sleepless nights and what regression their baby is going through that week.

Exercise has been proven to prevent postnatal depression and the Kanga community is a village of strong, supportive mothers with babies aged six weeks to two years and beyond.

I want to say a massive thank you to all the mums who have continued to support me through changes such as a delay in starting due to lockdown in August 2021, restrictions in numbers, changing some classes to outdoors to comply with mandates, and differences in class structure.



Taryn Passau
Kanga Training Whakatāne



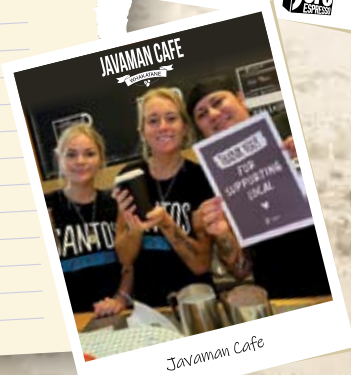
Jörd Espresso

At Jörd Espresso, Javaman Cafe, and The Comm, we enjoy serving our local community and hosting you for delicious food and drinks. Our business is about welcoming people in and making them feel comfortable. Unfortunately, recently we haven't been able to do that because our people haven't been coming in. We'd like to ask that if you can, please get out and support your local businesses, whether it's hospitality or retail. And if you can come back into the office and work, do it. Let's bring people back to the Whakatāne CBD.

We also want to thank you all for being our loyal customers to Jörd Espresso, Javaman Cafe, and The Comm. We hope to see you soon.



The Comm.



Javaman Cafe



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.



I'm Katt from Kathryn's Pilates Studio down on Quay Street. Kathryn's Pilates has been operating now for seven years, and an outstanding seven years it has been.

My commitment to my business is 100% and I aim to give the best experience for my customers every time they enter the studio. Customer service as a sole trader is vital. My customer base is varied in age, shape and size, as Pilates Reformer is for everyone. You will be long and strong in your muscles and body, and also flexible.

I am blessed with a very loyal customer base; they see me as an essential worker, and hey, I am for their wellbeing and frame of mind in these somewhat challenging times. The past two years have certainly added more challenges and being adaptable to changing circumstances is critical to small businesses right now - thinking outside the square is required. I'm committed to supporting our local businesses and appreciate my town supporting Kathryn's Pilates.

Thank you whakatāne, for supporting local.



Kathryn Coyle
Kathryn's Pilates

'Starting a new business in the middle of a pandemic is a good idea,' said no one ever!

Yet that's exactly what's happened thanks to the encouragement of our local business community. It started with a shower thought in 2020 and launched as a business (put date - February 2022 or whatever, as 'just weeks ago' will be out of date immediately).

I can honestly say that if it were not for the nudges, the encouragement, and the feedback from would-be end users here in our community, The Social Approach would never have come into existence.

Now I'm able to help businesses with their social media - but in a way that's affordable for every business. The Social Approach helps by providing unique social media content every month that is completely customisable - so no two posts ever look the same. It removes the barriers and makes posting easy.

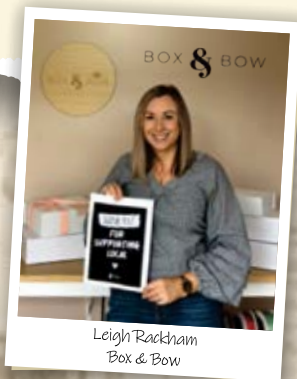
It's local support that helps a business like mine get going. And it's exciting, because when businesses in our community succeed, our whole community rises.

Thank you to those in our community who have encouraged me and others. Every local purchase, every online subscription (in my case), and every time you engage a local service, makes a difference.

Box & Bow is a local online business. We offer a range of gift boxes for all occasions as well as corporate gifts, and we can customise these to suit your business or event.

We focus on excellent customer service and want to make gifting easy, while ensuring you're gifting quality, high-end products. A lot of our products are from other small businesses, so if you purchase from us you're not only supporting local, you're also supporting many other New Zealand businesses. Last year during Covid our business was heavily affected by lack of stock from our suppliers, who were also having a hard time sourcing their packaging or ingredients. The most stressful time for us was when we ran out of gift boxes - a crucial part of our business! Our supplier had been waiting on a shipment for months and it kept getting pushed closer to Christmas. We were looking at the possibility of not trading for Christmas, our busiest time of the year. Thankfully they arrived just in time for the silly season, after a lot of stress and worry.

I'd like to thank the community for supporting local at this time. It helps to keep all our favourite businesses open in our town.



Leigh Rackham
Box & Bow

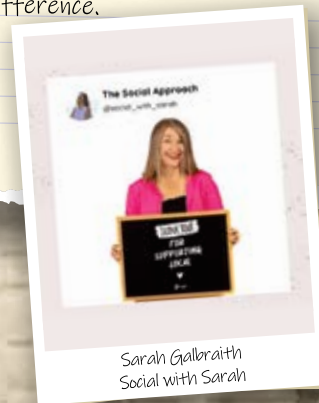


Laura Shaw // Gateway Floral

At Gateway Floral we are committed to providing the best service, with top-quality flower arrangements and free delivery in whakatāne.

We want to thank our community for the support throughout these difficult times. We have publicly stated that flower prices have inflated, along with imported flowers no longer being available, and yet our community is still supporting us with nothing but positive reviews. In return we are supporting local by sourcing more than 75% of our flowers from local growers. This creates a circle of support that goes around and around, so when you support us, we in turn support other local businesses.

We have a broad selection of fresh and dried flowers, giftware, sweet treats - the list goes on. We can cater to many occasions, including weddings, custom commissioned pieces, and so much more. If you're looking for the best service in town with free local delivery, then Laura, Elise and Niki are the girls to see at Gateway Floral.



Sarah Galbraith
Social with Sarah

laviteonline.co.nz



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Email: cafe@jordesspresso.co.nz

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**Peppermint &
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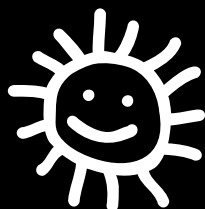
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Imagine if **100** women came together and each gifted **\$1000** **\$100,000** could go a very long way in our community

Impact 100 has already established a group of over 50 generous women from across the region who are helping us to reach the target. Each one committed to making a powerful difference to the needs of women and children in our community. Why not join them in helping us reach the goal of 100+ generous women?

'Impact 100' will make a difference, now and into the future. As a group of investors YOU get to decide where the funds will be best spent in the Eastern Bay, in order to make the biggest impact.

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MAGAZINE



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The soul of a community is its people.

www.easternbaycommunityfoundation.nz

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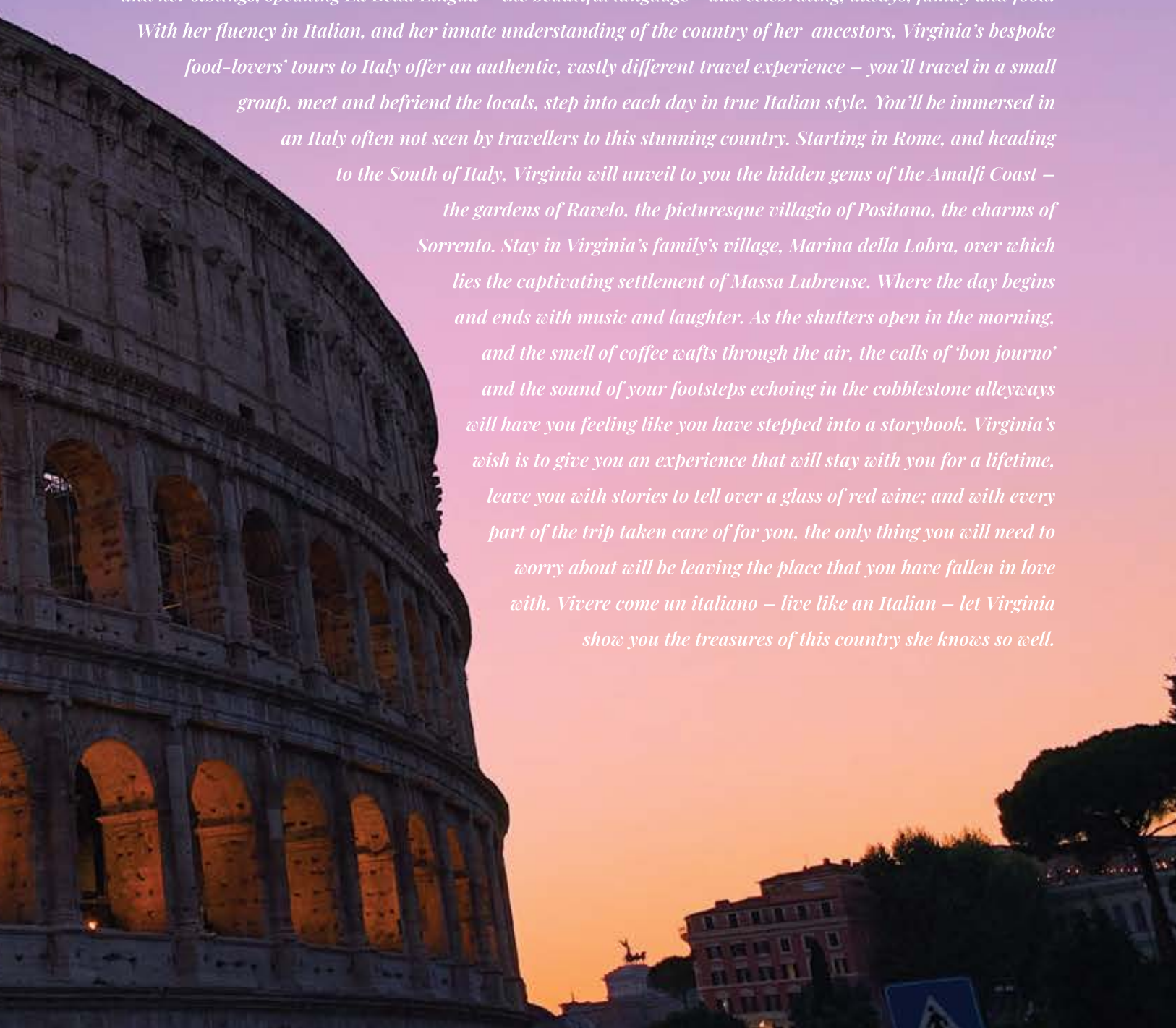
Phone: 021 336 226

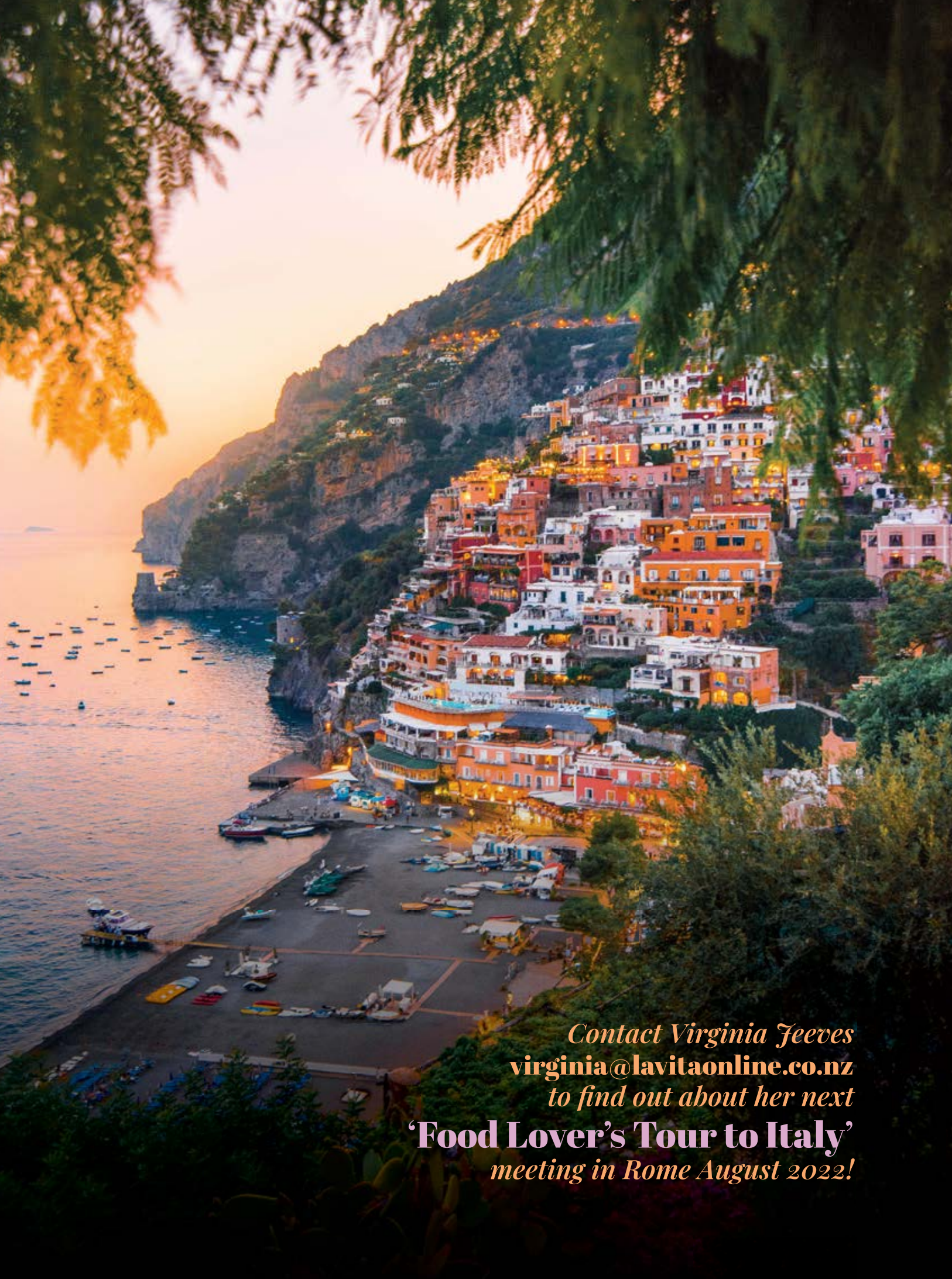
Physical Address: 15 George Street, Whakatane

Dolce Italia

Italia! Her quintessential charm. Her vibrant culture. Her culinary delights. Her rustic villages. Her seaside hamlets. Timelessness incarnate. What dreams are made of...

Our own La Vita editor, Virginia, spent an idyllic childhood with her Italian parents, Maria Rosa and Mattie, and her siblings, speaking La Bella Lingua – the beautiful language – and celebrating, always, family and food. With her fluency in Italian, and her innate understanding of the country of her ancestors, Virginia's bespoke food-lovers' tours to Italy offer an authentic, vastly different travel experience – you'll travel in a small group, meet and befriend the locals, step into each day in true Italian style. You'll be immersed in an Italy often not seen by travellers to this stunning country. Starting in Rome, and heading to the South of Italy, Virginia will unveil to you the hidden gems of the Amalfi Coast – the gardens of Ravello, the picturesque villagio of Positano, the charms of Sorrento. Stay in Virginia's family's village, Marina della Lobra, over which lies the captivating settlement of Massa Lubrense. Where the day begins and ends with music and laughter. As the shutters open in the morning, and the smell of coffee wafts through the air, the calls of 'bon journo' and the sound of your footsteps echoing in the cobblestone alleyways will have you feeling like you have stepped into a storybook. Virginia's wish is to give you an experience that will stay with you for a lifetime, leave you with stories to tell over a glass of red wine; and with every part of the trip taken care of for you, the only thing you will need to worry about will be leaving the place that you have fallen in love with. Vivere come un italiano – live like an Italian – let Virginia show you the treasures of this country she knows so well.





*Contact Virginia Jeeves
virginia@lavitaonline.co.nz
to find out about her next
'Food Lover's Tour to Italy'
meeting in Rome August 2022!*

How to improve your chances of Buying a Home

Maintain a Good Credit Score and Financial Habits

Factors determining your overall credit score include account conduct, time at your current job, time lived at your current address, current debt position, personal savings, and a history of timely bill payments.

Account conduct: Lenders will look at your spending habits. They will not look favourably on consistent transactions at the casino, bars, fast food outlets and other frivolous spending.

Time at employment/current address: The longer you have been at each, the more you are proving that you are responsible and loyal.

Current debt position: If you have a lot of payments that you are making for hire purchases, personal loans, or credit cards, then the Lender may worry about your ability to service the loan repayments on a house. Sometimes a debt consolidation loan will improve your chances as it can reduce your overall monthly repayment amounts.

Personal savings: These show that you can save, so you are a more reliable prospect.

The best advice we can give you is to be conscious of your spending habits. Frivolous spending can be the difference between getting a loan and not getting one!

Having a Deposit, Equity or Financial Backing

The official party line is that banks will require a 20% deposit before they will lend you the money to get into a home. If you are looking to buy in Auckland, that could mean saving \$200,000!

However, if you have done well with your current debt position, account conduct, and spending habits, banks may be willing to lend with less than a 20% deposit.

Most people will want to borrow as much as possible to get into a flash home, but think about this: The \$200,000 toward a million-dollar home would be a 20% deposit, leaving a mortgage of \$800,000; but if you were able to find a property worth \$650,000, then the same deposit would equate to 30%, leaving you with a much lower mortgage of \$450,000.

Whether you have a deposit or financial backing, or are using the equity in your home, make sure you buy smarter!

Using a Mortgage Broker

Advisors have access to many major lenders and can give you valuable advice on your current situation. They can review all your options and tailor-make a lending plan to suit your circumstances.

With the right advice and work, they can get you into a home with only a 10% deposit.

Mortgage Link can help you get what you need to buy a home. Email or give us a call for a friendly, free and no-obligation chat.

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HOW ARE YOU?

We are all in this together and the impact of events happening in our lives right now are huge. It's important more now than ever to look after your mental health and check up on the people around you. Here are some steps you can take to ensure good mental health at this time for yourselves, your friends and whānau.



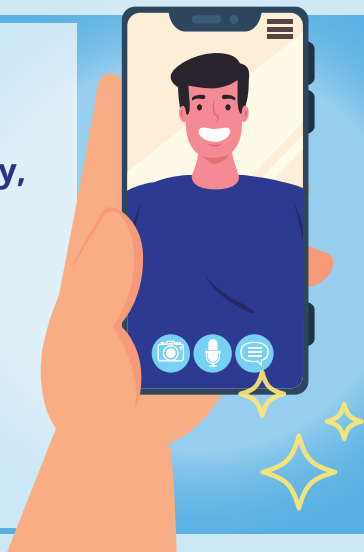
Be curious about the thoughts you have,

If you begin to find yourself constantly thinking particular thoughts, check if they are based on fact or are they an opinion or judgement. At a time like this many of us might be thinking "what if..." Notice that you have these thoughts but rather focus your attention on the present moment and what you can control.



Take the opportunity to practice accepting uncertainty,

Life is uncertain but this does not mean that you can't relish and enjoy the present moment. Try to take this opportunity to be grateful for what you do have, rather than fearing what you might lose or what you don't presently have. This is particularly difficult when under financial stress.



Connect with yourself and others,

Keep in contact with and share your feelings with people in your household or have a kōrero with others by phone and video apps. Exercise regularly as it will help with sleep and is good for your mind and body. Try to keep some structure to your days and make sure you have time to rest and relax.



Be aware of what you can control,

and regulate your emotions and body sensations. For example If you find yourself focusing on particular body sensations, such as

whether you have any symptoms... Take a moment to become more aware of the rest of your body, which is probably quite fine and healthy, and then take time to ground yourself to the present moment. Look around wherever you are and name anything that is a particular colour, shape or beginning with a particular letter of the alphabet.



ONE DOUBLE X

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