

SUMMER
ISSUE
2023/2024

Ma Vita

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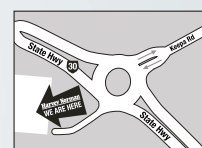
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HOW THE KAI INSTITUTE IS PRESERVING CULTURE THROUGH KAI

Te Whare Wānanga o Awanuiārangi is a proud supporter of The Kai Institute, which is led by Wānanga Council member Distinguished Professor Linda Tuhiwai Smith.

In a world of fast food and international culinary trends, it is easy to forget the rich tapestry of indigenous food that has sustained cultures for many generations. Here in the Bay of Plenty, you will find a humble movement that is dedicated to re-introducing traditional kai practice, preserving kai mātauranga (knowledge) and protecting the cultural identity of Māori.

Ngā Āhuatanga o te Kai Ltd, The Kai Institute, is a joint venture leading this movement. CEO, Distinguished Professor Linda Tuhiwai Smith, and General Manager and Nutritionist, Julia Coates, are at the forefront of this vital mahi (work), ensuring all that kai encompasses is not lost, but safeguarded, celebrated and understood.

The journey began in December 2022, when investment from Te Whare Wānanga o Awanuiārangi and Te Puna Ora o Mataatua

laid the foundation for this charitable company. In its early stages, the focus was on creating essential documents, tools, processes, and operational frameworks. Despite being a new and small entity, they have already harnessed their strengths to expand their networks and implement a range of projects.

CEO of The Kai Institute Distinguished Professor Smith shares *“We want to ensure our culture is put back into kai rather than extracted from it, to build a new generation of leaders in kai sovereignty and to honour the kai journeys of our pakeke, kaumātua and tipuna. There are several organisations that are already working in this kai sovereignty space, and we don’t want to replicate the good work they are already doing. We just know there is more work to be done so, for now we are focused on a small number of community projects in the wider Bay of Plenty, including the East Coast.”*

What sets The Kai Institute collaboration apart is the multifaceted approach they have taken, using their collective strengths to identify the following five critical projects:



- **Kai Memories Archive:** Recognising the profound connection between kai and memory, the project seeks to record the kai memories of whānau, with special emphasis on kaumātua (elders). This initiative is a treasure trove of experiences, stories, and knowledge that will shape future research and knowledge exchange.
- **Kai Podcasts:** The joint venture has taken to the airwaves with a series of podcasts that delve into diverse kōrero (conversations) about kai. These episodes offer a unique window into the world of kai and traditions and serve as a platform for sharing invaluable mātauranga.
- **Intergenerational Kai Sovereignty:** “Bringing the kai of our ancestors to the mouths of our pēpī (infants),” is a venture dedicated to passing on the love for kai from one generation to the next. By introducing parents and pēpī to kai sovereignty practices, they ensure that the taste for kai is cultivated from an early age.
- **Mataatua Declaration Symposium:** With a focus on protecting the Mataatua Declaration on Indigenous Cultural and Intellectual Property Rights and WAI262, this project is creating a new generation of kaitiaki (cultural guardians). It is a vital step in preserving the cultural identity of Māori.

- **Marae Gastronomy:** This initiative explores the mātauranga and tikanga (customs) of kai across diverse marae.

The Kai Institute is excited about the work already underway and looks forward to expanding their portfolio of projects as they continue to develop and build capacity. We can expect to see the launch of their website this month, and an official launch of the company in 2024.



Rauru Kirikiri (Board member rep TWWOA) Julia Coates (Manager) Distinguished Professor Linda Tuhiwai Smith (CEO) and Fiona Wiremu (Board Member rep TPOOM).

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The perfect spot for a refreshing beer after an epic ride in the forest, a cheeky wine with the ladies, or a relaxed family meal. Even your four-legged friends are welcome in the dog friendly covered courtyard, only a five-minute walk from the Whakarewarewa Redwoods Forest.

If you haven't got time to stop, there's a delicious range of Good George beers and ciders to takeaway, too.

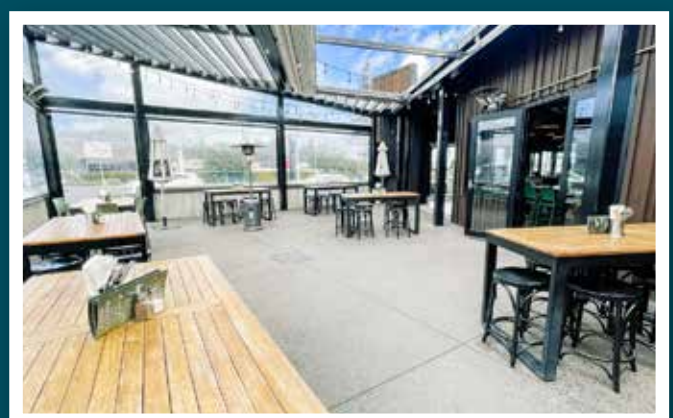
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HOMES

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Imagine building a new warm, well-designed home that we have worked with you to get the home just how you want it. Then you could sell or rent the old home to finance your better new home!

Have you had some ideas but not sure where to start?

Or perhaps you want us to come up with the ideas?

It can seem a bit daunting knowing where to start and what to do. This is where Chris at Longview Homes can help you. We have industry partners that we work with regularly and can guide you right through the whole process. Either by project managing for you from the concept of subdivision, or if you like to be hands on, we can set you up with our industry partners.

While the subdivision is ticking away in the background, we will already be working on your new home design, getting it just right.

Having worked in the building industry for over 34 years now we have seen the trends and flavors come and go. This has helped us recognize the pros and cons of different designs and building materials. Our aim is to take the time to explain these, so you can make an informed decision on your well-designed and durable home.

Longview Homes has inhouse Designers to custom draw your dream or even make some changes to one of our standard designs.

Right from the initial concepts Chris is communicating with the Designer on the construction details. Making sure the Design also achieves good construction principles and keeps the budget in check.

Being a qualified Carpenter, with Trade Certificate, Licensed Building Practitioner with a Site 2 License shows the commitment to regular learning and upskilling.

As a member of the Master Builders Association this also gives our clients the added assurance of being backed by a well respected and long serving organization.

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Call in and have a chat with Chris to discuss your ideas.





“

We can't really believe that we are already at handover!! We were just looking through emails between us over the build and I must say that you guys are efficient and thorough.

It's amazing that we have been able to keep up with the original supplied timelines given the barriers along the way.

Interestingly your tradies and associated business all say that you run a "tight ship", and this is clearly evident and appreciated.

Dave and Christine

“

Right from the start of the process of us deciding to build a house Chris was very helpful and listened to our ideas and requirements and worked with us to make our dream home a reality. Great communication and organisation made it so simple to alter the plans where it didn't quite suit our needs. Staying on track with time-frames and budget in the current building environment and terrible weather in the last 9 months is testament to his organisational skills.

Using Longviews metra panel construction method meant we went from a concrete pad to a large house with walls and a ceiling in one and a half days and we have no doubt that it is a durable product that will withstand all the knocks of family life.

Chris and the team have done an amazing job with our home on the farm.

It's a shame in a way that this is our forever family home as we would have loved to work with Longview Homes again.

Benjamin and Renee



CHRIS AND TANYA BALLANTYNE

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EMBARK ON A CULINARY ADVENTURE

at The Red Barn Bakery in Whakatane

This summer, let your taste buds dance with delight at The Red Barn Bakery, nestled in the heart of Whakatane. Our bakery, a culinary haven, beckons you to experience the magic of seasonal Flavours, artisanal creations, and warm hospitality.

Begin your day with the alluring aroma of freshly baked pastries that define The Red Barn experience. From flaky croissants to mouthwatering danishes, each pastry is a masterpiece crafted with precision and passion. And, of course, don't miss our heavenly custard squares – a symphony of velvety custard nestled between layers of buttery goodness.

Indulge your sweet tooth with our diverse selection of pies, capturing the essence of Kiwi tradition. From the classic apple pie to innovative combinations, our pies are a celebration of local Flavors and culinary expertise. And for a cheeky treat, try our donuts filled with fresh cream – a delightful combination of light, fluffy dough and luscious cream that will leave you craving for more.

The Red Barn Bakery takes pride in the artistry of handcrafted bread. Our bread selection, from crusty baguettes to wholesome multigrain loaves, reflects the expertise of our bakers. Each slice is a testament to our commitment to delivering the perfect blend of flavour and texture, ensuring that every bite is a moment of pure satisfaction.



*Say hello to our
friendly chickens!
They might even lay
an egg for you!*



*Come and Visit us over
Summer at the Red Barn*

Beyond the delectable offerings, The Red Barn Bakery is a place where community thrives, and memories are made. Our outdoor seating area offers the ideal setting to bask in the warmth of summer afternoons. Whether you're enjoying a cup of freshly brewed coffee or treating yourself to our artisanal ice cream, our bakery is the perfect destination to unwind and connect with friends and family.

Come and visit our dedicated team at The Red Barn Bakery this summer. Immerse yourself in a world of flavour, tradition, and the simple joy of savouring every moment. From the warmth of our ovens to the heart of our community, The Red Barn Bakery invites you to make this summer unforgettable with the irresistible allure of our pastries, pies, and much more.

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AARON STANDEN

Aaron's reputation as the consummate professional is what sets him apart from the competition. His commitment to mastery in marketing and relentless drive to achieve the best possible result for his vendors in any negotiation is what his reputation has been built upon. Real Estate for Aaron is not just a profession or career, but a passion that includes investments and a rental portfolio, making him the perfect person to discuss anything real estate. Always happy to take a call and with honest advice at the end of the line, call Aaron anytime.

027 273 5548

Aaron.standen@harcourts.co.nz



CALEB JEON

Meet Caleb, a Bay of Plenty local and an enthusiastic real estate professional who made the leap from industrial design. Originally from Korea, he's been woven into the Kiwi fabric since '93, graduating from Massey University with a keen eye for detail. Nationally recognized for transforming family narratives into poignant portraits, Caleb's retail space in Eastern BOP is a hub for connections and practical solutions. As a family man, Caleb intimately understands the challenges of both Kiwi and immigrant life. Beyond his local expertise, Caleb boasts a wide-reaching network within the Asian market, recognizing and addressing the unique needs of this diverse community. In real estate, his commitment to honesty and trust ensures a personalized, stress-free journey. Choosing Caleb means partnering with a professional deeply connected to your needs, making your real estate experience not only successful but also culturally attuned and memorable.

022 034 9913

caleb.jeon@harcourts.co.nz



CHRIS ROBSON & ARLENE DAVIDSON

Chris is a local through and through having grown up in Whakatane and being actively involved in sports clubs and the community. With an early career in the Police, trust, honesty and integrity are at his core and attention to detail and client care is vitally important to him. Since commencing real estate in 2004, Chris has attained his AREINZ qualification and is an accomplished Auctioneer, also catering for many charity auctions locally. His drive and tenacity partnered with excellent negotiation skills ensures he consistently delivers outstanding outcomes for clients. Chris is joined in real estate with his wife Arlene, a licensed salesperson with a wealth of experience offering a team approach and ensuring a point of contact is always available. They are Rotary members and Chris is a Trustee for Neighbourhood Support, serving our community. In their spare time you will find them on walking trails or at the tennis club.

Chris: 027 577 0029

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Arlene: 027 264 1913

DAVID MARSHALL

David Marshall is a brand name in Ohope synonymous with success in real estate. Since beginning his career with Harcourts Whakatane in 1994, David has consistently accomplished outstanding results. David's a uniquely relaxed character with an extensive local knowledge - he's a born and bred local. His passion for the area and especially Ohope knows no bounds. He actively lives the beach life that others simply dream of. Add in exceptional negotiation skills and we have a recipe that gives his clients absolute confidence and ease with the decision making of buying or selling their beach homes. If you're looking to relocate, or from out of the district and planning on making a move to this little piece of paradise, then David is the man to talk to. He gets a huge amount of pleasure being a part of people's lives and for him, it's about the relationship, not just the sale. Get in touch with David, he's the local in the know!

027 499 8481
davidsohope@gmail.com



LEWIS RAMSAY

Lewis has lived in the Whakatane area for the last 20 years and prior to living in the Eastern Bay spent most of his life in Hamilton, where he was involved in Real Estate for around 4 years. For the past 18 years he has been involved in the local real estate market and thoroughly enjoys working with the Harcourts Whakatane team, where he specialises in the Kawerau area as well as servicing the surrounding areas of Whakatane, Ohope, Edgecumbe and Matata. Lewis firmly believes Real Estate is all about providing an exemplary service and building lasting relationships with both past and present clients. "My clients deserve and expect a high level of professional service and clear communication." When Lewis is not busy selling real estate, you can usually find him playing a round of golf at the Whakatane Golf Club or pottering around on his lifestyle block.

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ANNA ROBERTSON

Anna embraces positivity and truly believes presentation is key when marketing your home. Having a background in sales, marketing and previously an international high society event florist, her desire to present a property at it's very best, comes naturally. With an eye for colour, a supply of soft furnishings, a collection of plants/potted colour and the blessing of the homeowner, often a transformation takes place. Additionally, being people focused is vitally important for Anna; her clients are always treated with respect and understanding. With strong links to our beautiful region, being born, schooled plus owning businesses here, and living in Ohope with partner Ian and children Alicia and Devon, her connections are far and wide. Awarded Rate My Agent Agent of the Year (Ohope) is a career highlight. Anna's client testimonials confirm her ability to assist through the whole process, in preparation, setting and selling while ensuring you are guided and supported along the way.

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MONIQUE LE LIEVRE & PHOEBE CRAWFORD

Monique, a true local of Eastern Bay, and her daughter Phoebe, born and raised around Ohiwa Harbour, form an impressive mother-daughter team in real estate. Together, Monique and Phoebe excel in seamlessly selling both lifestyle and residential properties, leveraging their unique blend of experience, enthusiasm, and insight to customise tailor-made experience. Monique, intimately understands and values the joys of living and working in the country having raised five children on a lifestyle block. Her entrepreneurial spirit and dedication to being client and goal focused brings about best outcomes and trusted relationships.

Phoebe effortlessly blends a bubbly personality with impeccable communication skills. With an International Business Studies background and fluency in German, her vendor-oriented service ensures clients experience the utmost value. Phoebe's firsthand insight into rural living adds a distinctive edge, complemented by her quick, tech-savvy, and strategic approach—all fueled by a genuine desire for client success. Trust the mother-daughter duo for a personalized property journey that transcends expectations.

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monique.lelievre@harcourts.co.nz
Phoebe: 027 521 5565
phoebe.crawford@harcourts.co.nz



LANI THOMPSON

As a commercial property owner, and business owner herself, Lani understands the commercial property landscape locally and nationally. Her interest in business has led to her current position as Deputy Chair of the Eastern Bay of Plenty Chamber of Commerce, and Chair of the Whakatane Town Centre marketing and promotions group - EPIC Whakatane Town Centre Inc. To say she is passionate about the success of business in our district is an understatement!

Prior to embarking on a career in Commercial Real Estate, Lani enjoyed more than a decade of experience in family businesses encompassing transport, farming, importing, commercial property, administration and HR management. Add to this her 18-year career in banking, and First Class Honors Degree in Law, it's easy to see that she brings a valuable set of skills and insights to her role.

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SHARNA PINKERTON

Sharna and her family from generations previous to present day have and still do call Whakatane their home. She has had past experience across numerous industries, which have served her well in developing relationships across a wide range of people throughout Whakatane. She feels comfortable in many different and wide-ranging scenarios when dealing with people's needs and challenges. She is an outgoing person who connects well and loves the thought of how she can apply real life skills to real estate. Her mum taught her you can't beat an honest day's work and to treat people with kindness. She loves meeting people and building meaningful relationships and connections. She takes a genuine interest in their life's journey, what's important to them, and enjoys being a part of that and helping where she can. Her focus is on developing lifelong relationships in real estate, born from being reliable, honest and hardworking.

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TRUDY MCKINNON

Trudy's standout quality lies in her knack for putting people at ease and instilling confidence in a process that often brings stress and demands. The evidence is her international award for customer service, securing the top position among 9 countries for her exceptional care and service to both Vendors & Purchasers. This accolade stands as a testament to her unwavering commitment to unparalleled service. Her ability to represent her clients is evident with her negotiating skills and ability to think outside the square, ensuring a successful result. When not at work, Trudy loves the outdoors, fishing, bike-riding and hunting. Her biggest passion is of course Lola, her standard poodle, often seen out and about on Sunday mornings erecting open home pointers.

021 122 3044

trudy.mckinnon@harcourts.co.nz



WAYNE PAMMENT

After a career spanning 20 years in fields such as aviation and dairy farming, Wayne saw an opportunity within real estate and in 2016 he joined Harcourts Hamilton as a Rural and Lifestyle Sales Consultant. Then, after a successful few years in this role, he delved into the area of leadership and purchased a share in the Harcourts franchise, ETB Realty Ltd, with offices in Rotorua and Whakatane. Wayne has a real passion for getting out in the field with his team, developing the Harcourts brand and supporting the local community through the Harcourts Foundation, sponsorships and fundraising projects. His ethos is that 'We're not just a business about property, we're a business about people.' Wayne also enjoys time with family and friends and loves the outdoors. "Nature is a great way to rest, recharge and keep you grounded, and we're very lucky to have plenty of it at our doorstep."

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Ciao, hello...

Welcome to **La Vita Magazine**

Wishing you all an amazing Christmas, and all the very best for 2024!

Virginia

by your La Vita Editor
Virginia Jeeves
virginia@lavitaonline.co.nz



I don't think I will get away with not making a Christmas cake this year! But am certainly putting this on the menu! Naughty but nice! Triple Chocolate Chocca Cake!

Triple Chocolate Chocca Cake!

2 cups plain white flour
1½ cups brown sugar
1 cup cocoa powder
1½ teaspoons baking powder
1½ teaspoons baking soda
½ teaspoon salt
3 eggs
2 teaspoons vanilla essence
½ cup oil
1 cup milk
1 cup boiling water
½ cup chocolate buttons

Icing:

1 cup chocolate buttons
3 small Kit Kats, crushed

A handful of fresh raspberries or strawberries

1. Preheat the oven to 160°C (320°F).
2. Prepare a 25 x 25 cake tin, and spray it well with cooking spray or line it with baking paper. A large loaf tin can also be used for this recipe.
3. In a large bowl, add the flour, sugar, cocoa, baking powder, baking soda, salt, and chocolate buttons. Mix well until fully combined. Then, mix in the eggs, vanilla, oil, milk, and boiling water with a wooden spoon until the batter is thoroughly combined.
4. Pour the mixture into the lined cake

- tin and bake for 35-45 minutes or until the cake is cooked through the middle.
5. Once cooked, allow the cake to sit in the tin for 5 minutes before turning it over onto a cooling rack.
6. Once the cake has cooled, prepare the icing.
7. Heat a non-stick pan on the stovetop until piping hot. Remove it from the stovetop and let it sit for one minute. Then, place the chocolate buttons in the pan and let them sit for one minute. Stir quickly with a wooden spoon and drizzle the melted chocolate over the cake. Sprinkle crushed Kit Kats on top and finish with fresh berries.



Cherished COMMUNITY

Richard and Tatiana Sharp's commitment to their community has become a hallmark of their café, making it a cherished establishment for locals and visitors alike.

In 2020 Tatiana Sharp and her husband Richard had been living in Switzerland for more than 10 years, having a permanent base and a well-established business. They were running a successful chocolate factory and cafe and offering decadent Swiss chocolate delights to tourists from around the world in the beautiful mountain resort Interlaken. They were settled and did not plan any bigger moves. But Covid-19 changed everything. The family decided to take the opportunity of unplanned free time and came to visit Richard's parents in his hometown Whakatāne. Given the continuing pandemic situation in Europe, the tourism industry was not getting any better, and simultaneously life living alongside the grandparents was proving to be a great joy for the whole family. The young family had to make a call.

They decided to stay in Whakatāne permanently and let their three children grow up with the opportunity to see their grandparents daily. Well, but what now?

Robert Harris Café, a franchise renowned across the country and an established business in the centre of this little beach town was currently for sale. Another big decision had to be made.

What unfolded was a beautiful story of community connection and coffee excellence, setting this Whakatane branch of Robert Harris among the top 5 franchises in New Zealand.

"We did not know the brand. We were new in the country and had no idea about the history behind it. But we liked the location and the coffee and felt that it would be more suited to the current situation to start with support from a well-known brand. Mainly, all food and desserts are made on site, nothing is bought in, so we knew this is the way we want to do things."

It has been nearly three years now and the couple was astonished with the feedback they were given from the customers and regulars. "The café is a not just about food and good coffee. It is about meeting friends, seeing others and being seen. We have a lot of customers who are meeting their friends or family here on a weekly basis. It is nice to know their story, their kids, their grandkids... We fell in love with Whakatāne's warm-hearted community." The support the Sharps received was beyond their wildest expectations. Their commitment to this community has become a hallmark of their café, making it a cherished establishment for locals and visitors alike.

Beyond the charming facade of this bustling café lies one more remarkable story: Richard and Tatiana are parents to 5 year old triplets! Managing a busy café while balancing family life can be an arduous task, yet they have found the perfect equilibrium. "We knew

that what we had in Switzerland was really working for our family life, so we wanted the same. Being able to manage your own work hours when you have three little kids is a huge advantage. Besides, the boys are only 5 years old, but they eat 12 eggs for breakfast! Yes, another reason why we chose the gastro industry”, laughs Tatiana.

“We focus on typical kiwi kitchen. Everything is crafted daily on site. Every now and then we introduce some European dessert or meal and that is widely appreciated. But we know that our clientele wants a good bacon and egg pie or scone with their well-crafted coffee so we keep these staples in the cabinet. We are parents so we made the café kids friendly. You can have a free fluffy with every coffee ordered and there is small breakfast menu for kids too. Our sons regularly test all the treats of course.”

The breakfast menu is a crowd-pleaser. Their Big Breakfast is the same in all RH Cafés across the country and is popular all day long. To order Eggs Benedict is a safe bet. What’s truly commendable is their commitment to using locally sourced produce. Their emphasis on supporting nearby suppliers resonates strongly. It’s not just a business decision; it’s a dedication to the growth and sustainability of the community.

Whakatāne is fortunate to have such passionate advocates of local businesses. The staff, led by the dedicated owners, will greet you with open arms. “We employ about 20 people, 10 of whom are full time, the remainder are students or weekend casuals.” Robert Harris Franchise organises a yearly conference. “It is our favourite time of the year. We can meet franchisees from all over New Zealand and discuss our worries, challenges or joy with others who are in the same boat. We also learn and educate ourselves on food safety, efficiency, customer service and food trends. We can run our café very independently, yet being a part of a bigger umbrella is a great asset. The coffee and drinks are the same in every Robert Harris you visit, but some meals can vary. “We have the biggest range of sweets and desserts. Our café has 16 types of desserts in the cabinet every day, which is unusual. They all are made here by our experienced chef and his team”.

In a world where franchises can sometimes prioritise profits over people, the story of this Whakatāne café offers a refreshing perspective. The success of this Robert Harris Café isn’t just about business; it’s about building a community, fostering connections, and celebrating the joy of life in the sunny Eastern Bay of Plenty.



The owners’ genuine interactions with their customers are heartwarming. When you visit their café, you’ll witness meaningful conversations that go beyond the usual pleasantries. Inquiring about families and showing sincere concern for well-being are at the heart of these interactions. “I never thought I would return to live in my hometown, but life had a different plan for us and now that I’m here with my family, I enjoy it a lot” says Richard. “Tatiana is great with customers; she knows the names and even notices when regulars change their hairstyle. My strengths are admin, legislation and statistics related to running a food business. Together we make a strong team. Funnily enough, I don’t drink coffee, but I love the science behind it and the craft required for its preparation” says Richard.

If you ever find yourself in Whakatāne and yearning for a delightful coffee or a tempting treat, make your way to Robert Harris Café. The warm and friendly staff, led by the passionate owners, will ensure your visit is not just about satisfying your taste buds but also about savouring a sense of belonging and community. This Whakatāne branch of Robert Harris Café is a shining example of how a business can thrive when it’s built on the pillars of genuine community connection.



lime chip



gold rush



bark mulch



black mulch



uruti stone



Nuhaka stone



black beauty



awarua white





hoki poki



crushed shell



gunsmoke pebble



jade

Superior Excavation based in Mill Road Whakatane, is locally owned and operated by Leigh and Kiri Carter. They have been providing specialist earthmoving and contracting services across the Bay of Plenty since 2005.

They are now offering landscape supplies for all your garden projects big or small. They have a wide range of products including topsoil, mulches, barks, garden mix, compost, peastraw bales, crushed shell, river stones, decorative pebbles, railway sleepers, ponga logs, landscape boulders and wood smoking splits for your pizza oven or offset smoker. Delivery also available.

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

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

They can also do customised orders for specialised products, such as green roof mix and certified playground bark.

Open weekdays from 7am – 4pm, and Saturday 9am – 1pm

With summer holidays and Christmas on the horizon, spruce up your garden and finish it well with the variety of landscape supply options available. You can go for a bold look or contrast pebbles with black mulch or shells and get that eye catching composition that will impress your guests. Pop into the yard to have a look or have a chat to their friendly staff. *Now is the time to get your garden looking good!*

The Superior Excavation Landscape supplies team would like to thank you for your business throughout the year and wish you all a safe and happy holiday season.

[View products online](#)

superiorexcavation.co.nz or find them on Facebook to view their monthly special.

57b Mill Road, Whakatane

P 07 3080344

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**LANDSCAPE
SUPPLIES**

JET-SET READY

Let Your Adventure Start with Good Health

Travelling can be fun, adventurous, relaxing, tiring, exciting, and sometimes, just needed!

By Jane Cook

Whatever your reason for travelling, one thing that a lot of people don't have in the forefront of their minds when checking their passport is up to date, is their health.

If travelling to Africa or some Asian countries, vaccinations are usually what springs to mind. However, there is more than that, that needs to be considered...

When planning an overseas trip, part of the plan should be to visit your local GP. We're not necessarily talking vaccines here. Jetlag, altitude sickness, sea sickness, swollen ankles, are just a few common side effects to discuss.

Ohope Beach Medical Centre are here to assist you in a pre-travel conversation to ensure you are prepared. Their recommendation is don't leave this to the week before departure. Book early – about three to six months prior to your trip.

Some countries legally require travellers to have certain vaccines, so talking to your GP about what you need can be vital. Vaccines often need to be administered at least four weeks prior to your trip, if not longer.

If on regular medication, you may need to discuss with your GP about ways to manage your condition while travelling. Ensuring you have enough medication with you to last your entire trip, plus extra, as travel delays are common. Taking a list of your medications, along with anything you are allergic to, can be essential if you find yourself in a fix. Carrying a medic alert bracelet or pendant can prove worthwhile.

You may want to pop a first aid kit into your backpack if you're off on a wild adventure. These can be super handy, containing anything from anti-bacterial creams, painkillers, plasters, to pills for tummy upsets, insect repellent, and sunscreen. Ohope Beach Pharmacy have a great selection!



What you take with you can differ depending on whether you are going on an organised trip or travelling alone. Staying in accommodation or backpacking and sleeping where circumstances allow!

Travelling with children and babies can take some extra planning. Talk with your GP about your travel plans. Many travel-related vaccines are not suitable for children. Your GP will advise on the best course of action here. Pregnancy is a whole separate topic, but certainly needs to be discussed also when planning your getaway.

Travelling with an immune system weakened from cancer, chemotherapy, or other medications can add risks to travelling. Any unstable medical issue may be cause to postpone your trip until you can travel more safely.

Travel Insurance is, of course, an essential part of travelling. If you do have a medical condition, let your Insurer know, as often pre-existing conditions can be excluded from the cover. Insurance shouldn't be classed as a substitute for being prepared.

Naturally there are other ways to prevent becoming ill whilst you're on a long-awaited holiday. Eating and drinking safely is one. The most common travel-related illnesses are gastrointestinal conditions.

When uncertain about the hygiene standards at your destination, opt for fully cooked meals and drink only sealed beverages and steer clear of adding ice to your drinks.

Advice for keeping safe and healthy whilst travelling can be obtained from the team at Ohope Beach Medical Centre. They know you and they know your medical information.

Of course, there are the nasties that are everywhere, such as Bed Bugs, as we heard about in Paris recently (we didn't really want to mention them) and the not so common, such as a Tick in Germany that can spread serious disease!

Be aware that some diseases can be contracted overseas, but symptoms may not appear until after you arrive home. Don't dismiss the seriousness of the symptoms – it could be nothing, but better to be safe to visit your GP, just in case if something more sinister.

Advice for keeping safe and healthy whilst travelling can be obtained from the team at Ohope Beach Medical Centre. They know you and they know your medical information. They will know about your destination and the requirements for you. And they can provide advice on how to prevent those Bed Bug bites!

So, whether you are planning a holiday, a business trip, or a journey out of necessity, be sure to incorporate what could be a very valuable visit to your GP as part of your plan.

Often, we see people work, work, work, trying to get everything done before they take a holiday. This can be detrimental, as only leads to exhaustion and then getting ill, whilst they are supposed to be enjoying their holiday. The team at Ohope Beach Medical Centre recommend you slow down gradually, to fully enjoy your break.

Just as important, when you get back home, take extra time off work for a few days. Often, we arrive back, jetlagged, and then start back at work the next day – tired and feeling the need for another break! Don't let this be you. Take your time. Relax and enjoy!



Ohope Beach
MEDICAL CENTRE

SECURING YOUR RETIREMENT

FINANCIAL SECURITY IN YOUR GOLDEN YEARS. IN THE HUSTLE AND BUSTLE OF EVERYDAY LIFE, RETIREMENT PLANNING IS OFTEN PUSHED TO THE BACK BURNER.

But the truth is, no matter where you are in your life's journey, it's never too late to start planning for retirement. Whether you're a recent graduate, a mid-career professional, or someone nearing retirement in Whakatāne, New Zealand, Key Financial Solutions Whakatāne is here to guide you on the path to financial security in your golden years.

Starting Early: The Power of Compounding

For those just beginning their careers or with several working years ahead, understanding the power of compounding is essential. The sooner

you start saving for retirement, the more time your money has to grow. Regular contributions to retirement accounts, such as KiwiSaver, can harness the magic of compounding interest. This means that not only does your initial investment grow, but the earnings on your investments also generate earnings over time, leading to significant growth in your retirement nest egg.

Mid-Career Planning: Balancing the Present and Future

Balancing current financial responsibilities with retirement planning can be a challenge for mid-



career professionals. At Key Financial Solutions Whakatāne, we understand the need to address immediate financial needs while also securing a comfortable retirement. Diversifying your investment portfolio with assets like stocks, bonds, and real estate can provide stability and growth potential. Continue to contribute to retirement accounts, taking advantage of employer matching and tax incentives whenever possible.

Nearing Retirement: Fine-Tuning Your Strategy

As you approach retirement age, it's time to fine-tune your retirement strategy to ensure financial readiness for the next phase of life. Key Financial Solutions Whakatāne can help you evaluate your financial assets, optimize your investment portfolio, and establish a sustainable withdrawal strategy to maximize your retirement income.

Late to the Game: It's Still Possible

It's a common misconception that it's too late to start saving for retirement if you haven't begun in your earlier years. The reality is that it's never too late to secure your financial future. Even in your late 40s, 50s, or beyond, Key Financial Solutions Whakatāne can help you create a retirement plan tailored to your current circumstances. Increasing your savings, reducing unnecessary expenses, and

maximising contributions to retirement accounts can help you catch up.

The Role of Professional Guidance

At Key Financial Solutions Whakatāne, we understand that retirement planning can be complex, regardless of your age or financial situation. Our team of financial experts is here to provide personalised guidance and create a retirement plan that aligns with your specific needs and goals.

We conduct a comprehensive financial assessment, consider your income, expenses, debts, assets, and future financial goals, and formulate a clear retirement strategy. We also regularly review your investment portfolio to ensure it aligns with your risk tolerance and retirement timeline.

Conclusion

Retirement planning is a journey that everyone should undertake, regardless of their age or financial situation. At Key Financial Solutions Whakatāne, we're committed to helping you secure your financial future. Whether you're starting your career, in the midst of it, or nearing retirement, it's never too late to begin planning for the retirement you deserve.

Feel free to reach out to us today, and let's start this journey together, ensuring that your golden years are filled with financial security and peace of mind.

Give us a call, and we will even put the jug on for you!



Phone: 0800 111 443 Email: hayley@keyfinancialsolutions.co.nz

Web: www.keyfinancialsolutions.co.nz

Disclosure statements available free of charge on request



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Thanking everyone for their support

After 12 years of having a boutique florist store in the Strand, life has changed and we now work remotely as Whakatane's online florist offering free delivery to most of the Eastern Bay of Plenty.

Order online 24/7 at savviefloirist.co.nz for delivery Tuesday to Friday. All deliveries are made after 12pm.

We offer same day delivery to Ohope, Taneatua township only, Whakatane, Coastlands, Poroporo, Thornton, Awakeri, Edgcombe Kawerau, Otakiri through to Braemar Road, Matata and early Manawahe if order placed before 12pm.

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



Celebrating 30 Years of Dedication: **Steve Butler and Willetts Funeral Services**

In the heart of Whakatane, New Zealand, a man's unwavering dedication to the funeral industry has reached a remarkable milestone.

Today, we gather to express our deepest congratulations and heartfelt acknowledgement to our esteemed boss, Steve Butler, who has devoted an astounding 30 years of his life to the funeral industry, right here at Willetts Funeral Services.

His journey, as we celebrate this momentous achievement, is not just a testament to his professional prowess but also a reflection of his profound impact on our community.

Steve's three decades in the challenging and sensitive funeral industry are not merely a career span; they are a testament to the embodiment of values that go far beyond professional boundaries. It takes exceptional dedication, resilience, and compassion to navigate the intricacies of this field, and Steve has exemplified these qualities consistently. He not only meets the expectations of the funeral industry but consistently exceeds them. His unyielding commitment to upholding the highest standards of dignity, respect, and service is a guiding light for all of us at Willetts Funeral Services.

In an industry where sensitivity and empathy are paramount, Steve stands as a beacon of compassion. His unparalleled knowledge and experience have not only shaped our understanding of funeral practices but have also inspired our entire team to provide compassionate care and unwavering support to grieving families. His mentorship has not just enriched our professional lives but has touched the very core of our humanity. We've learned from him that the importance of a warm, comforting presence during the most trying times in people's lives cannot be overstated.

Beyond his commitment to our workplace, Steve's influence extends into our community. His dedication to Whakatane, its people, and various community passions are immeasurable. Steve's impact has rippled through



our town, and the positive change he's initiated through his career, as well as his involvement in various community activities, will continue to be felt for years to come. He isn't just a boss; he is a community pillar.

One remarkable quality that sets Steve apart is his humility. He's a genuine man who shies away from the limelight, preferring to let his actions speak for themselves. He never seeks recognition, but he unfailingly shows up, works hard, and gives his very best, day in and day out. It's this genuine humility that endears him to everyone around him, creating a workplace culture that fosters growth, respect, and camaraderie. Steve's leadership is not about issuing commands from above; it's about leading by example, and he does so with grace and dedication.

Steve, as we celebrate this significant milestone in your career, we want you to know how deeply grateful we are for your leadership, mentorship, and unwavering commitment to the funeral industry and to our team at Willetts Funeral Services. We are immensely fortunate to have you as our boss, and we're incredibly proud to stand behind you, supporting and celebrating your remarkable achievement. You've shown us what it means to be not just a professional but a compassionate and caring human being.

As we move forward, we carry with us the values and principles you've instilled in us, ensuring that your legacy lives on through the work we do and the lives we touch. Your dedication to the funeral industry and our community is a source of inspiration, and it reminds us that the most significant impact we can make is through our actions and the compassion we offer to those in need.

Email: office@willettsfuneral.co.nz
www.willettsfuneralservices.co.nz
Whakatane: (07) 307 1111
Opoiki: (07) 315 8888



Christmas Gift Ideas



160 The Strand, Whakatāne
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07 307 2374

 The Good Life Whakātane

WIN! *with Good Cocktail Co.*

With warmer weather on the horizon, it's never too early to start planning one's summer celebrations!

To help you to get your summer celebrations in full swing, we are giving our readers the opportunity to win a cocktail kit from our friends at Good Cocktail Co.

The cocktail kit contains all the essentials that you need to make delicious alcohol-free cocktails at home including four Good Cocktail Co. cocktail mixers: Margarita, Cosmo, Daiquiri, and Mojito, and three of Good Cocktail Co.'s new cocktail rim garnishes: Berry & Lime; Chilli & Sweet Orange Salt; and Ginger & Passionfruit.

Good Cocktail Co. all natural cocktail mixers

Designed to help you to shake up your cocktail game, Good Cocktail Co.'s range of delicious, alcohol-free, all-natural, cocktail mixers make it easy for cocktail (and mocktail) lovers to create delicious cocktails and mocktails at home.

Good Cocktail Co. mixers are proudly crafted in New Zealand using only five natural ingredients including botanical extracts, fruit juices, and New Zealand artesian water. They are a proud 'no-nasties' option that is 100% vegan, free from artificial flavours and sweeteners, free from gluten and non-GMO., making them ideal for everyone to enjoy.

Good Cocktail Co. cocktail rim garnishes

Like Good Cocktail Co.'s cocktail mixers, Good Cocktail Co.'s cocktail rim garnishes are all-natural, gluten free, and 100% vegan. Each pouch of Good Cocktail Co. cocktail rim garnish (40g) contains garnish for 20



Combine Good Cocktail Co.'s cocktail mixers with these Good Cocktail Co cocktail rim garnishes for a match made in heaven:

- **Berry & Lime:** Pair with a Daiquiri for a sweet treat that can't be beat
- **Chilli & Sweet Orange Salt:** Pair with a Margarita for a spicy kick
- **Ginger & Passionfruit:** Pair with a Mojito to add a hint of sweetness



cocktails, ensuring that one has all the ingredients that they need to add an extra touch of pizzazz to create outstanding cocktails.

So, whether you're planning to host a cocktail party with friends, head off to a BBQ, or simply kicking back at home with a relaxing drink, Good Cocktail Co. has all the ingredients one needs to easily create stunning cocktails or mocktails that are certain to impress.

With Good Cocktail Co, good times are guaranteed!

To be in with the chance of winning this fabulous prize, head to our website (www.lavitaonline.co.nz) for further details on how to enter. Good luck!

Terms and Conditions: All entries must be received no later than 12pm on 1 January 2024 (the competition end date). The prize is not exchangeable, non-transferable, and not redeemable for cash or other prizes. This competition is available to NZ residents age 21 or over. LaVita takes no responsibility for any entries that are lost, misdirected, or can not be delivered. No purchase necessary to enter.

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MAMMAMIA! DID SOMEONE SAY FRESH PASTA?

In the heart of Whakatane, New Zealand, Double Zero Italian Restaurant welcomes diners to an authentic taste of Italy. Stepping through its doors feels like disembarking from a plane and landing in the heart of Rome. This culinary haven is a celebration of handcrafted pasta, pizza dough, and an array of exquisite dishes that tantalize the taste buds.

The pasta, crafted with artisanal precision, transports diners to the cobbled streets of Florence. From delicate ravioli to robust pappardelle, each bite is a journey through the diverse regions of Italy. The pizza, with its crispy yet pillowy crust, evokes the sun-soaked landscapes of Naples, while locally sourced toppings bring a Kiwi twist to this Italian classic.

What sets Double Zero apart is its commitment to elevating the dining experience. The staff, navigate guests through a wine list that complements the culinary voyage. The menu, a tapestry of traditional and innovative dishes, invites patrons to explore the rich tapestry of Italian cuisine.

Double Zero Italian Restaurant is not just a dining establishment: it's a passport to Italy. The ambiance, the Flavors, and the dedication to craftsmanship create an experience that transcends the ordinary, inviting locals and visitors alike to Savor the magic of Italy right in the heart of Whakatane.



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108 The Strand, Whakatane



www.doublezero.nz



DOUBLE ZERO
CUCINA ITALIANA





Mussel Fritters

You can't beat a good Mussel Fritter!

Ingredients

16 fresh mussels
1 egg
2 Tbsp Flour
1 tsp Baking powder
Salt and pepper
3 Tbsp chopped parsley or coriander
Rice bran oil for frying
Handy Towels
Lemon wedges

Method

Open the mussels by pouring hot water over them in a bowl, or steaming them slightly in an open pan with a little water.

Remove from the shells and clean, then chop finely or whiz in a food processor, leaving the mixture a little chunky.

Place in a large mixing dish. Add the rest of the ingredients, mix and place in the fridge for an hour.

Heat the oil gently in a heavy-based frying pan and fry large tablespoons of the mixture until golden brown on both sides.

Drain on paper towels and serve with lemon and a yummy salad!



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WRITTEN BY VIRGINIA JEEVES
Your La Vita Editor





A CULINARY ODYSSEY

Embark on a Journey Through the Heart of Italy:

If you want fun! I will show you how it's done in Italy, while we don't leave any stones unturned and make your dreams come true!

Italy beckons, and the allure is irresistible! Have you ever yearned to fulfill your dreams? Now is the time to make it a reality. Join us in August 2025 as we set off on an extraordinary adventure, immersing ourselves in the essence of Italia – from the vibrant streets of Napoli to the sun-kissed landscapes of Sicily.

Italy, with its quintessential charm, rich culture, delectable cuisine, rustic villages, and seaside hamlets, is the embodiment of timelessness and dreams coming to life.

Our journey is curated by Virginia, our La Vita editor, who grew up surrounded by the beauty of Italy. Raised by her parents, Maria Rosa and Mattie, she speaks La Bella Lingua and cherishes the values of family and food. Virginia's fluency in Italian and innate understanding of her ancestral land make her bespoke food-lovers' tours to Italy an unparalleled experience.





Unlike traditional tours, our small group will forge connections with locals, delving into the heart of Italy and experiencing its hidden gems. Starting in Napoli and bypassing the usual tourist spots like Rome, we'll venture to the Amalfi Coast – a region brimming with enchanting gardens in Ravello, the picturesque villagio of Positano, and the alluring charms of Sorrento.

Our journey takes a unique turn as we stay in Virginia's family village, Marina della Lobra, nestled beneath the captivating settlement of Massa Lubrense. Here, each day begins and ends with music and laughter, with shutters opening to the aroma of freshly brewed coffee. The echoing 'bon journo' and the sound of footsteps on cobblestone alleyways will transport you into a living storybook.

Virginia's goal is to provide an authentic experience, one often missed by typical travelers. With every detail meticulously taken care of, you'll only need to concern yourself with the challenge of leaving a place you've inevitably fallen in love with.

Vivere come un italiano – live like an Italian – and let Virginia guide you through the treasures of this country she knows so well. Be prepared to savor the moments, create timeless memories, and leave with tales to share over a glass of exquisite Italian red wine. This isn't just a tour; it's an invitation to live your dreams in the heart of Italy.

For more information contact Virginia
virginia@lavitaonline.co.nz



**Vivere come un italiano –
 live like an Italian – and let
 Virginia guide you through
 the treasures of this country
 she knows so well.**



It's summer! Bay of Plenty

Looking for a summer treat, here's your guide to shopping local

City Nails, created to last

Welcome to City Nails, your premier destination for stunning nails in Whakatane! Immerse yourself in a world of beauty at our newly opened sister shop at 97 the Strand, our skilled technicians specialise in creating beautiful nails and indulgent pedicures, ensuring you leave feeling pampered and glamorous. Experience the epitome of nail artistry in a beautiful venue designed for your comfort. City Nails is not just a salon; it's a sanctuary where your nails are transformed into works of art. Step into a realm of elegance and style at City Nails - where every detail matters. Discover the beauty you deserve, visit us today!

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You choose your piece and your friends and family pay us direct - then you have a piece of art that is your choice.

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If you can't make it in person, visit www.4artsake.co.nz or our facebook page.





Riding the wave with **JACO KAPP**

As the summer season beckons, the allure of the ocean and the waves it offers becomes increasingly irresistible. For many, surfing is more than just a sport; it is a gateway to mental wellbeing and a profound connection with nature.

Meet Jaco, a remarkable individual who has masterfully balanced a dual life for the past two decades. On the one hand, he runs a successful accounting firm, and on the other, he fulfils his sponsorship obligations as a competitive surfer. Managing this intricate juggling act alongside family commitments is no small feat, yet Jaco has thrived in this demanding lifestyle.

One word aptly describes Jaco's approach to surfing: consistency. He has achieved the extraordinary triumph of

winning at least one surfing event every year, for the last 25 years, underlining his prowess in the world of surfing. Notably, Jaco is the reigning Men's Open Champion of the Bay Boardriders Club from 2022.

Jaco's professional qualifications add depth to his multifaceted life. He holds several degrees and is a qualified Chartered Accountant. He has spent numerous years honing his skills with a unique blend of financial expertise in commercial and public practice, which positions him as a valuable resource for understanding the intricacies of business and the key ingredients for success.

From his exceptional journey, Jaco has tasted success in the realm of accounting, earning accolades such as the Most Trusted Accounting Firm for the past two years and reaching the status of a national finalist in the prestigious Xero awards last year. His passion lies in aiding businesses to prosper, an ambition that has been the driving force behind his numerous success stories.

In October, Jaco joined +MORE Bay of Plenty as Principal. +MORE is an advisory and accountancy firm whose core purpose is to create successful business owners.



His passion lies in aiding businesses to prosper, an ambition that has been the driving force behind his numerous success stories.

+MORE believes every small and medium New Zealand business deserves access to business advice fuelled by technical capability and practical commercial experience. That's why their team is here to provide local business owners with advice that has depth to support them through the challenges that come with being in business.

The local team understands that success looks different for everyone. Whether spending more time with family, growing your business, or achieving financial freedom, whatever success looks like for the business owner, the +MORE team listen and work with them to help achieve their version of success.

Jaco is committed to helping clients thrive and achieve their goals. His philosophy is grounded in the belief that when a business succeeds, it has a positive ripple effect on the entire community, ultimately contributing to the overall improvement of the New Zealand economy.

However, Jaco's story extends beyond professional accomplishments. Giving back to the community is a paramount priority in his life. He actively serves as the Treasurer for the Bay Boardriders Club, extending his support

to the local school board, thus enriching the lives of many in his immediate community.

Yet, his altruism knows no boundaries. Jaco extends his reach beyond borders as part of a non-profit organization (NPO) dedicated to sustainable farming and establishing self-sufficient communities in Central Africa. The impact of such initiatives on these communities is profound, showcasing how a single individual's commitment can change lives forever.

Jaco also acknowledges the therapeutic qualities of surfing in this fast-paced life. For him, riding the waves is more than a physical pursuit; it's a powerful mental health exercise. Being out in the ocean, enveloped by the beauty of nature, serves as a natural stress reliever, reinvigorating the spirit and refreshing the mind.

**ADVISORY
ACCOUNTANCY
+MORE**

Where are you now?

The crafty chook - from upcycling furniture to handcrafted luxury soy candles. Light up your world.

The Crafty Chook was created in 2017 as an up-cycled furniture store in Whakatane. This came about while I was fixing up our home at Ohope Beach and wanted to create a beachside interior with up-cycled furniture. We had to sell our Kiwifruit orchard which had been badly affected by the vine-killing disease PSA cut our losses and start again. This was a very difficult time but inspired me to turn our fixer-upper into a beautiful home using furniture and furnishings that I could upcycle. I had a huge amount of fun searching and creating unique pieces for my home. Friends then began to ask me to create pieces for them which gave me the motivation to open my shop. My store, The Crafty Chook, was my favourite place to be and I loved it. Once I had finished renovating our Ohope home we purchased a lifestyle block in Wainui which had a huge space for me to have a studio/workshop with the intention of working from home and running painting workshops, but as we all know, the world changed. Thankfully by this point, I had already moved the business home. Just before lockdown, I was

approached by a local real estate company and asked if I would like to become a real estate agent. With things looking a little grim for retail, I decided why not.



So during lockdown, I did my real estate papers and started working in about October 2020 for Harcourts in Opotiki, which I loved! This is when I started making candles for my vendor/purchaser gifts. Little did I know that things were about to change again. The business my husband was CEO of was bought out by another company and he was made redundant in May 2021. He was offered another job in Te Puke which we decided to take. With our children both at university, it was easy enough for us to move... or so we thought. Property prices in 2021 were ridiculous!! Especially in Papamoa where we decided to move to.

We purchased a property in Papamoa and the moving date was the beginning of September as Ian was due to start work, but hold on, we went into level 3 lockdown. Once we finally got settled in, I had my loyal Crafty Chook followers asking me to make Christmas candles. This led me into 2022 thinking, I should carry



on with this candle-making gig and see where it goes. I had a website made, and product photography done and launched in Easter 2022.

From there I was approached about selling wholesale. My first wholesale order was 50 candles and wax melts which went to a store in Kerikeri. I was buzzing. My brand has had a few tweaks along the way to get it to a point where it is becoming recognisable. It takes a long time to establish a business but I am very grateful to the loyal followers/customers I have and love all the positive feedback and encouragement I receive. Thank you so much.

Every candle is handcrafted by me with love and care and I hope you feel that when you receive your candle.

Crafty Chook Candles are made from natural soy wax which is super creamy and blended from 100% pure soybeans. A natural plant based wax that is GMO-free and contains no paraffin, no unnatural additives, and is also Vegan and Kosher. Our wax contains NO petroleum, animal, or beeswax products. All-natural and biodegradable Our fragrances are all highly purified and guaranteed to be free of phthalates, paraffin, and UV inhibitors. Our fragrances are not tested on animals. All our wicks are natural cotton and are zinc and lead-free. Our amber glass jars are reusable, recyclable or can be returned for a refill. We offer a candle club subscription where you can receive your candles every month for a discounted price. The longer the subscription the more discount you receive.

My intention is to offer my customers an experience every time they light their candles. Every candle is handcrafted by me with love and care and I hope you feel that when you receive your candle. Smell is the most natural and powerful way to make us feel good. Our sense of smell is one of the most powerful and primitive of the senses.

A great smell can elicit memories and create an ever-lasting impression. Your candle scent can reflect your character.

www.craftychookcandles.co.nz



To enquire about wholesale please contact:
thecraftychook@gmail.com





A MODERN TAKE *on a heritage classic*

Introducing Shepherds Legacy – a new business creating made to order transportable homes.

Steeped in history, shepherd huts have speckled the vast United Kingdom countryside since the 15th century. A haven for wary farmers' during the long, cold lambing seasons, they were simple shelters that offered an escape from the elements.

Inspired by the charm of the English countryside aesthetic and the rugged beauty of New Zealand's landscapes, sisters Diane and June established Shepherds Legacy to bridge both worlds, paying homage to times of old with a nod toward modern luxuries.

The dream extended beyond merely constructing standard shepherd huts; they envisioned creating sanctuaries that offered solace, sparked creativity and fostered a connection with the timeless beauty of nature. With Shepherds Legacy, they realised this vision, crafting spaces that were not just homes, but havens of rest, rejuvenation and unparalleled beauty.





Shepherds Legacy create luxurious oases containing everything required to unwind and relax in utmost comfort. Stripping life back to basics and creating a meaningful place where relaxation comes naturally. This is the vision behind Shepherds Legacy.

The team handcrafts each hut with meticulous attention to detail using only the finest materials. A vast selection of layout and finishing options offers flexibility for owners, whether they plan to use their shepherd hut as a weekend getaway, guest house or a luxurious B&B.

Opt for an off-grid setup with solar power, water tanks and waste provisions, or enjoy the flexibility of a transportable trailer that doubles as a front deck, complete with oak steps and traditional cast iron wheel detailing.

Regardless of which optional extras you include, the standard model features everything you need to get cosy. Inside, you'll find a star-gazing skylight for dreamy nights, a hobbit-style stove, a fully-equipped kitchen with oak benchtops, a butler's sink, and a 3-burner gas hob and oven. The bathroom doesn't skimp on luxury either, boasting a full-size shower and stone basin, all tied together with marine-grade flooring and ambient lighting to create the perfect atmosphere.



With Shepherds Legacy, they realised this vision, crafting spaces that were not just homes, but havens of rest, rejuvenation and unparalleled beauty.



Transform your lifestyle with Shepherd's Legacy. Enquire about your own customised shepherd hut by contacting the team at hello@shepherdslegacy.co.nz or 021309786.

Architeck is a modern and dynamic company that specializes in providing design and detail services for residential and commercial buildings. With over 25 years of combined experience, whether you're planning a renovation or embarking on a new build project, we have the expertise to bring your vision to life. Collaborating with land developers, we offer end-to-end solutions, from Concept Design to Resource Consent / Building Consent and Construction Observation.

Our team of talented designers are committed to delivering excellence in every project. With Architeck by your side, you can trust that your building will reflect your unique style while meeting all regulatory requirements.

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Principle Designer Susan Lands 📞 0212854069 ✉ info@stratforddesign.co.nz 🌐 www.stratforddesign.co.nz

At Design Builders Bay of Plenty, we have over 30 years of experience in creating beautiful, bespoke & personalised one-off homes. As we all know, everyone is different, so the best home is one that's built uniquely for the people who will live, enjoy and more importantly love it. The clue is in our name. We look after you by leading and managing both the design and the build of your new home, be it a renovation or a complete new build. This streamlines everything and puts you at the controls. Our process is ready-made, yet the homes that we create are anything but.

Every Design Builders home is as unique as the people who will live in it and love it. We have an industry-wide reputation for originality and build quality, and hundreds of delighted clients ...

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A dream manifested starts here...

At Stratford Design, we offer inspired interior solutions that are client-focused and mindful of context, function and budget. Ours is a creative, collaborative approach that delivers absolutely stunning results, time after time.

The ethos within our team is very much client driven, with a commitment to creating custom environments that reflect personal style, preference and budget. Working with us, you can expect a high level of professionalism, but also with the all-important personal touch – as well as unstoppable energy, dedication to the craft, and an enterprising spirit that adds value at every step. Our team is led by Principal Designer Susan Lands, who is known and respected throughout the industry and New Zealand for her vision, inventiveness and flair. An honours graduate with a career spanning over 20 years. Our work has featured in many leading design magazines, while our projects have covered everything from home renovations, new-builds and commercial fitouts

“I believe that listening to the client is key to achieving timeless quality designs that are sophisticated, comfortable and in keeping with their vision.” Optimising space, enhancing the joy in life and bringing functional beauty to the fore is what we do best here at Stratford Design.

If you have the dream, a vision, we have the time, passion and know-how to make it happen. Our intelligent design solutions will transform your home into a place you can truly love. We would love to know more about you and your design visions, get in touch, we look forward to talking with you.

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Explore our favourite Facial products



Heliocare

Heliocare is a 360 degree dermatological photoimmunoprotection sunscreen. Which gives you a full spectrum protection against UVA, UVB (SPF50).

This product increases the skin's resistance to the sun. It prevents and reduces hyperpigmentation and is suitable for combination, oily or acne-prone skin.

This product is available in a colourless sunscreen (\$60) as well as a tinted sunscreen which comes in a few colours such as beige and bronze (\$69), which really blends in with most skin tones.

The pigmentation solution sunscreen helps reduce pigmentation which is amazing for sun damaged skin and is priced at \$69.

\$60 Heliocare **\$69**



Lemon & Beaker

Our favourite facial product is the Lemon and beaker face wash which has an amazing lemon scent, leaving the face fresh and clean. You can get a duo kit with a lemon serum for only \$110. All products in the duo kit can also be bought seperately, have a look online www.hairstudionz.co.nz to order your Lemon and Beaker product today.

The Manuka face masks are so hydrating and it leaves the skin feeling radiant. It also helps with redness, puffiness and fine lines.

The Trio pack (Rosewater rage), has the most hydrating dual serum. This helps with skin that feels dry and makes the skin feel glowy. The cream in this Trio pack is also very hydrating, but does not feel oily and is also good to use under your make up. All the products in the Trio pack can be bought online seperately too.

\$110 Lemon & Beaker **\$8**



ORDER ONLINE

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02108966198

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\$185



@HAIRSTUDIOWHAKATANE

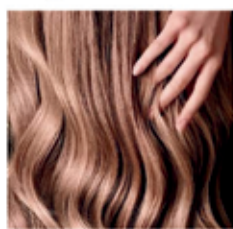
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Wella Fusion

Get your amazing Wella Fusion trio pack, consisting of a toiletry bag, shampoo, conditioner and a mask for only \$84.90. This is usually \$125. Wella Fusion is for all hair types, damaged, healthy you name it. It makes the hair smoother, healthy and shiny. order yours today!

BEFORE



AFTER

HOW IT WORKS



01 FOR DAMAGED HAIR



02 EFFECT INSIDE HAIR



03 EFFECT OUTSIDE HAIR

Matrix & De Lorenzo

Matrix Brass off is one of our favourite Shampoo and Conditioner duo's. It helps get the brassy colour out of the hair and gets the highlights looking fresh and Crisp. It's so well priced. At \$33 it is an absolute steal for such an amazing product.

De Lorenzo is a colour range from Rosewood all the way to Chocolate brown, with this range you can maintain your new colour or change your colour. At only \$31 you can achieve a new coloured look or maintain your red or brunette with this shampoo range.



\$31

total results™

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