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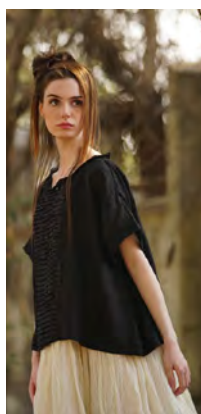
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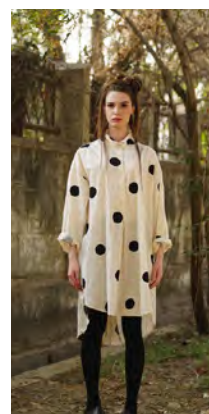
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*“You know what the happiest animal on earth is? It’s a goldfish.
You know why? It’s got a 10-second memory.”*

If you aren’t familiar with the show *Ted Lasso*, it follows a beloved American football coach as he travels to England to coach a fictional English Premier League football team, despite having no experience coaching football. Funnily enough, the team he coaches is called ‘Richmond AFC’ and they play at ‘Nelson Road’, a nice little local connection. I was a bit late to the game on this one, but somehow, I’ve nearly got the end of the third series for a second time. And I never watch anything twice.

It is effortlessly clever, cheerful and enjoyable, while at the same time it has a lot to tell about human relationships, friendship, family and work-life balance. There’s lots of slapping a “BELIEVE” sign and words that rhyme, but you can’t help but be drawn into it, no matter how much you hate its niceness.

Anyway, if you’re looking for something to binge over winter, I’d highly recommend. This show will leave you forgetting about the bad, and looking at everything in a more positive way.

“Be a gold fish.”

Sarah



Stand out Style
Page 39

@thegubeproject
Model: Kah Yee

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Te Kura Tamawāhine o Whakatū

Nelson College for Girls



Bel Canto at this year's Big Sing Competition gaining a 1st and 2nd placing in the Own Choice Song and NZ Composition categories.



This year, Ngā Manu Kōrero Speech Competition was hosted by Nelson College for Girls. It was a joy and privilege to listen to, and watch so many talented students perform. Thank you to all schools who attended for your mahi pakeke and passion, and congratulations to all the winners.



Lola King and Luseane Uia have been selected in the NZ Junior Womens Squad to compete at the Asian Championships in 2024. Both girls have represented Tasman at age group levels and play club volleyball for the Pines.

KEY DATES @NCG

FRIDAY 28 JULY

EXPERIENCE NCG

All Y8 students interested in attending NCG in 2023 are invited to come along and experience a range of activities.

THURSDAY 3 AUGUST

OPEN EVENING

All potential students are invited to come along with whānau to see the College and talk to staff.

FRIDAY 4 AUGUST

DOORS OPEN DAY

All welcome to come and see the College in action. Boarding Hostel also open for viewing. Drop in any time between 11.30 - 1.00pm.

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Te Huihui—o—Matariki


16 July
Nelson Giants
vs Southland Sharks


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Electrix Cheerleading
'Top of South show offs'

3 August
Fashion for a Cure Nelson



For more info and tickets visit
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Event dates are correct at time of printing. Please check itson.co.nz for updates.

OUT AND ABOUT WITH BLAIR

Nelson Hospital

I am out meeting people in Nelson and Tasman every day, and this month so many people have approached me to express their disappointment that the Nelson Hospital rebuild has been delayed. I too am extremely disappointed—especially when just eight months ago the Minister of Health promised construction would begin before October this year. But unfortunately, our local hospital has become yet another example of Labour's failure to deliver.



We urgently need to get the hospital rebuild back on track because we need safe and modern healthcare facilities that meet the needs of our growing community. National will get things back on track by fixing the economy so we can invest in our health infrastructure and deliver the healthcare Nelsonians deserve.

The economy is top of mind for many people at the moment. The cost of living is going up every week, and with the New Zealand economy in recession, people are really concerned about the future. I know that my experience working for international financial institutions will help the National party team, led by Christopher Luxon and Nicola Willis, address the tough economic challenges we face right now.

Christopher is visiting Nelson this month and is keen to meet as many Nelsonians as possible while he is here. I am hosting a public meeting with him on July 11 at the Annesbrook Event Centre, 40 Saxton Road West, Stoke. Details below and on my Facebook page: www.facebook.com/BlairCameronNelson.

GET NZ BACK ON TRACK

Public Meeting with Christopher Luxon, Leader
& Blair Cameron, Candidate for Nelson

 Tues 11 July, 11am

 Annesbrook Event Centre, Stoke



Authorised by B Cameron,
544 Waimea Rd, Nelson

Your Say

What is your favourite book?



Julie Coutts

Fried Green Tomatoes at the Whistle Stop Café by Fannie Flagg. It's a rollicking tale that takes you through all sorts of twists and turns.



Lew Monk

I really enjoy old books, particularly anything by Dick Francis. Some of his I've read six to eight times.



Ranelle Harris

Anything by Julia Garwood, she's a great romantic thriller writer.



Tracy Robinson

The Lion, the Witch and the Wardrobe. It was my introduction to fantasy as a child. I love the fantastical world C. S. Lewis created.



© Maree Hoare

Congratulations to Maree Hoare who won a tea set from Fine & Dandy with her photo taken at Cable Bay.

WIN!



Bondi Sands Technocolor has just landed in NZ, and is a self-tan game-changer. It's been developed over several years using laser skin analysis technology that evaluates varying skin tones and their ability to process self tanning actives. To be into win one of these trial packs featuring four different base colours, email your best photo to editor@nelsonmagazine.co.nz





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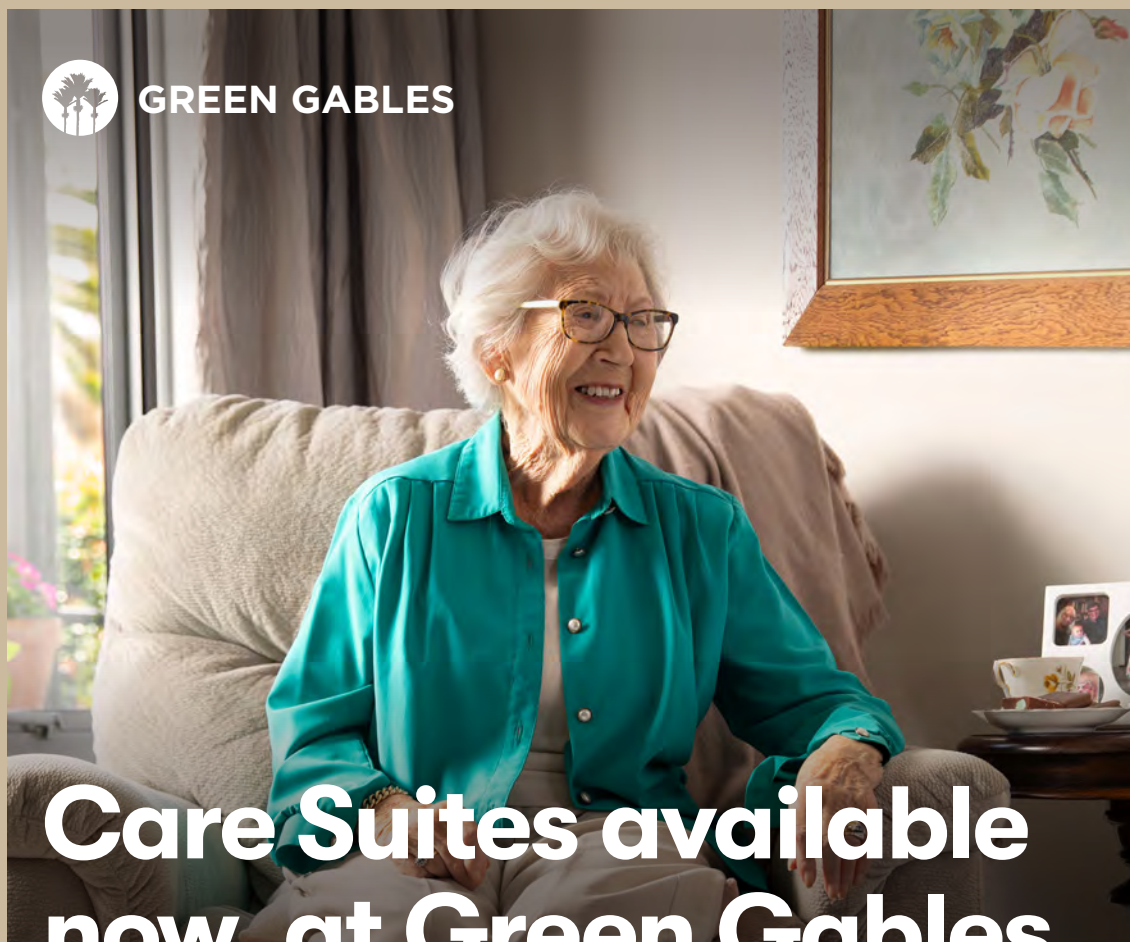
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What made news in our region...

New and improved New World for Stoke

A land swap between Nelson City Council and Foodstuffs South Island has paved the way for a new 3,229m² New World supermarket in Stoke. The new supermarket will stretch across the western side of Strawbridge Square, crossing the Neale Avenue entrance and cover the area currently occupied by the old Video Ezy building. Once the new bigger store is open, the old New World will be demolished. Foodstuffs say the move will bring a range of benefits to the growing community of Stoke.

War on wasps

A “game changer” wasp bio-control programme has been delayed after the two insects imported to deal with them failed to breed in captivity and have all perished. The insects include a species of hoverfly and the wasp nest beetle. Both species are from England and while being extremely difficult to rear in captivity, they are expected to make a significant difference to the wasp population in New Zealand. Despite the setback, the programme will continue with the aim of releasing the insects next summer. “Nationally it will be one of the biggest game changers in biodiversity,” Tasman District Council’s environmental information manager, Rob Smith, says.

Giants legend Mika Vukona immortalised

Mika Vukona’s #14 jersey was immortalised last month as it was lifted into Trafalgar Centre’s rafters to be retired. As one of only three players to receive the honour, emotions were raw as the crowd gave Mika a standing ovation. After playing eleven seasons for the Giants between 2004 and 2020, Mika was a crucial part of the team’s culture. His jersey hangs alongside Phill Jones’ #4 and Nenad Vučinić’s #13.

‘Just in Case’ kits for elderly

A new initiative designed to help older adults in emergency situations was launched by Age Concern Nelson Tasman last month. The ‘Just in Case’ emergency kit was created after recent regional and national disasters highlighted the need to be prepared. The kits contain basic food rations, a gas stove, cutlery, first aid kit, heavy duty gloves, rain poncho, torch and radio – all the supplies that are helpful in getting through the first 24–48 hours of an emergency. The cost of the kits is \$250, and the organisation is fundraising to help cover the cost for recipients.

Gold Guitar for Zac Griffith

Former Garin College student Zac Griffith has taken the title of Overall Winner at the New Zealand Gold Guitar senior finals in Gore last month. The 18-year-old also scooped the title of Best Singer Songwriter with a song he wrote about a break-up called ‘My River Runs to You’. Despite never having been in love or going through a break-up, Zac says it was just something he was inspired to write. “I don’t really know where the idea came from, but I sat down to write and the break-up song is what came out.”

Ebus service launching soon

The new and improved Nelson Tasman Ebus service launches in the region on 1 August. The new fleet includes 17 electric buses that will operate on a half-hourly timetable on all urban routes around Nelson and Richmond, 7am – 7pm, seven days a week, with the new rural express routes servicing Motueka, Māpua, Wakefield and Brightwater. The buses will run on lithium iron phosphate (LFP) batteries as opposed to the Nickel Magnesium Cobalt (NMC) batteries used in many electric vehicles, meaning they are a more environmentally sustainable choice and will last for more than ten years.



Things we love

Dancing for a Cause Charitable Trust has announced the total amount of \$440,000 raised from the 2023 NBS Dancing for a Cause event “shattered” all previous fundraising records. All funds raised from the event go towards supporting the vital work of Nelson Tasman Hospice. Sport Tasman’s Ryan Edwards along with his dance partner Hazel Adcock won over the judges on the night.

QUOTE OF THE MONTH

“I love the concept of Te Ramaroa, bringing people out into the winter air and being mesmerized by the joy of light and texture that is created.”

Donna McLeod
Pages 30–31

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Client Testimonials...

“Simply the Best.

Having never worked with a real estate agent before I have no comparison to make, but can not imagine how anyone could surpass Tracy. From the first meeting I knew I had found the right person to sell the home of my late parents, and I later learnt that Tracy was their choice as well. Tracy came with a reputation as a top seller in Brightwater who knew the market very well. The Mike Pero brand also appealed as did her support for the local community.

As I do not live in the Tasman district, having an agent who lives locally is an added bonus providing extra security when the property is unoccupied. It does not need to be said that Tracy is totally trustworthy and the selling process was extremely transparent. Her appraisal of the property was very realistic as were the recommended adjustments she suggested in response to the market.

As well as the weekly vendor reports Tracy kept me informed by text and email of open homes and private viewings with immediate feedback. She expressed a positive but honest outlook in a difficult market, giving me the confidence to know that she would get a sale.

The extras Tracy provided pre and post sale were amazing.
“Going the extra mile” does not cover it. She is simply the best.

”



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Getting to know...

Shanine Hermesen

If you were in Nelson in the 90s you'll remember Fifeshire 93.0 FM. At the same time, Sir Wallace Rowling, Digby Lawley and Kevin Ihaia set up the Fifeshire Foundation to assist local families needing support. Shanine Hermesen helps to continue the work today, supporting local people facing hardship and crisis to make longer-term changes in their lives.

My friends would describe me as...

According to my friends 'The Rookies MTB Girls', I am a human unicorn! Unique and sparkly, bubbly, fun, positive, adventurous and full of life.

What I love most about living in Nelson is...

Exploring our awesome outdoor backyard with friends, adventures with my son, time with family, enjoying the arts and music scene, the great selection of local cafes and fantastic op shops.

I will never stop talking about...

The importance of Fifeshire Foundation in our community, and the wonderful Fifeshire family. We couldn't do the work we do without a wide support network; the Fifeshire family extends far and wide. Emma Bennett, our kaiwhakarite/programme coordinator, and I are supported by a strong board and a super team of volunteers as well as generous donors, sponsors, and supporters. It takes a village, so they say, that is very true of our community.

The thing I love most about my work is...

The breadth of people we can help through the work we do. It can be hard to learn about what people are going through, but on the other hand, it is so amazing to be able to support them through a difficult time. And on the flipside is the warmth and generosity of people who donate to us to be able to do this work, it's just so heart-warming. I love the work we do because it really is about locals looking out for locals.

My biggest challenge is...

The demand and need in our community. I see the need exceeds the amount of support available and it's a constant balance ensuring there are enough resources and donations.

Something I learnt way later than I should have...

Being is more important than doing.

I'm most looking forward to...

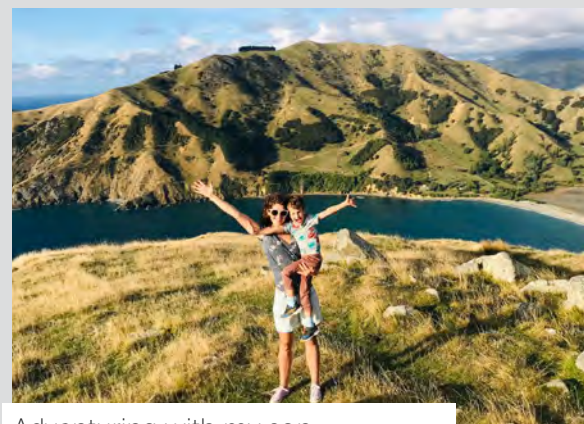
An upcoming event to celebrate 30 years of Fifeshire Foundation. Everyone is welcome to come and join us for the celebration. It is being held 2-5pm, Saturday 22 July at Fairfield House.

The advice I would give to someone who is having a hard time is...

Trust in the outcome, it is hard work but worth getting back on your feet. Remember that people are here to help, there is a strong community here to support you. And that even darkness is needed to allow the stars to shine bright at night.

In the future I see myself...

In an ideal world, my role at Fifeshire Foundation would no longer exist as there would be no demand for our support, but I think it's more likely the need will continue. I think long term our focus on a 'hand up' will continue to be important, as well as ensuring we continue to work closely with local agencies to meet the needs of our community. 



Adventuring with my son...



Playing music...



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on the *couch*

with Melisa Kappely

Experts in human resources and recruitment, Intepeople shareholder and general manager Melisa Kappely sits down with *Nelson Magazine* to discuss the many roles the business plays in the New Zealand workplace.

Why did you become involved with Intepeople?

Intepeople is a highly reputable company that has been working nationally for over thirty years. Entering a partnership with the major shareholder Paul Bell allowed our family to continue to be based in the Nelson Tasman region and enabled me to have a great career working with a highly capable team of HR practitioners.

What are the main services you offer?

Intepeople offers a diverse range of people-centric services. We partner with businesses to find talent to fill key roles on both a temporary and permanent basis.

We also have a team who act as outsourced HR managers. They provide speciality advice services to businesses in areas like strategic workforce planning, culture surveys, change management, employment investigations, collective bargaining, leadership development, workplace conflict resolution, and remuneration advice. We deliver these types of services to clients across Aotearoa in a broad range of sectors.

Have you noticed much change in remuneration offered and is there more room for negotiation than there used to be?

There is much more room for negotiation these days. Candidates considering job opportunities are looking very carefully at the packages they are offered, including non-financial benefits, while also making sure that the environment is right for them to thrive. Some companies are offering rewards such as mental health and well-being options, personal development opportunities and reduced or flexible working weeks.

Companies are also expected to deliver more on their corporate social responsibilities, with employees asking for time to give back to the communities they are part of. We are going to continue to see more of these non-financial factors being important for employees.

What should organisations be focused on in the current environment?

It is a challenging environment for employers with high wage increases, inflation, and low unemployment. And although it may ease to some degree this year, it will continue to be tough. Successful companies are navigating this by transforming their people practices, such as taking a more strategic approach to planning what capabilities they need now and into the future, reviewing how they attract and retain key people, and developing leaders to lead the different generations. A key consideration for any business, though, is really ensuring that they spend time on getting their culture right. People have a range of channels that they use to understand a company's culture, and they use this to determine who they choose to work for.

What do you love about your job?

I enjoy working with great companies and adding value. My role is really diverse so one day we might be working with a company to identify the best talent, and the next day planning what capabilities a business might need for the future, providing advice on how to navigate complex people situations or making recommendations on how to improve their culture. It is interesting and challenging work, and you can feel like you are really making a difference to a business's success.

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School trip sparks passion for nature

Like most teenagers, Nate Wilbourne has a hobby. Unlike most teenagers, that hobby is now a total obsession. *Adrienne Matthews* finds out why this busy Brightwater lad is so passionate about enhancing our environment.

Presenting ideas to an audience can be daunting for most people, but when it is a TEDx stage and will potentially be seen by any number of viewers the world over, a special kind of courage is required.

Brightwater teenager Nate Wilbourne is not short on courage and took on the challenge last year at age fourteen to give his inspiring talk 'The Importance of Connecting Youth to Nature', never missing a beat while challenging the audience to understand his love of nature and the need to actively care for it.

At eight years old he planted his first tree. "It was on a school tree-planting trip by a local river that made me realise how much I loved Papatūānuku, the land. It made me think about how exciting it is to do something practical that will help nurture the planet," he says. "It gave me a personal connection to nature and drove me to explore the importance of us humans behaving in a sustainable way, supporting the planet rather than destroying it."

By eleven he was trapping predators, and aside from announcing his family's property was predator-free thanks to his efforts to catch the local rats, he was contacting local councils to encourage trapping in our native reserves.

Two years ago, after time spent exploring the Abel Tasman National Park, Nate searched online for organisations that were involved in protection of the environment and conservation, knowing that it was fast becoming his passion. "I discovered that Forest and Bird have youth branches nationwide which are organisations for young people who want to contribute to protecting and restoring the country's natural environment and the species that live within it. I became their youngest member and obtained approval to set up a hub in Nelson which now has fifty members aged between fourteen and twenty-five," he explains.

"We have a leadership team who decide what events we want to hold, such as tree-planting and

ABOVE: Nate Wilbourne presenting 'The Importance of Connecting Youth to Nature' at TEDx Nelson, age fourteen.



1, 2 & 3. Nate is a talented wildlife photographer, regularly documenting species for his environmental projects.
4. As part of Forest and Bird, Nate participates in planting days around the region.

educational environmental trips. We also participate in community events such as the Moturoa Rabbit Island Community Planting days alongside Whenua Iti Outdoors and the Tasman District Council and work to support other local conservation organisations.”

“These events are a wonderful opportunity for those who are interested in conservation to get together with like-minded people of a similar age and do practical things that will make a positive difference while gaining a range of skills along the way,” he says.

Passionately interested in the way climate change is affecting the planet, Nate also became the under-25 youth representative on the leadership committee of the Nelson-Tasman Climate Forum.

Recently Nate was able to attend a week-long ‘Blake Inspire’ week in the North Island. Established in memory of Sir Peter Blake who was a passionate environmentalist, the organisation offers a range of opportunities for people of all ages who want to increase their knowledge and experience of the natural environment. “I feel so lucky to have had the chance to attend the youth leadership week,” says Nate. “It was an awesome experience to work alongside trained environmentalists and scientists in different spheres as well as meeting like-minded young people and developing connections that will help in the future.”

“We explored an estuary in Raglan with Niwa scientists and learnt about its history and its health, experienced ecotourism in Rotorua along amongst a wide range of other activities that gave us insight into the realities of climate change, biodiversity and marine science,” he says.

Just about every day after school and every weekend, Nate can be found engaged in some kind of eco activity. A favourite is helping out the HealthPost Nature Trust in Mohua Golden Bay who have established an eco-sanctuary at Onetahu to restore biodiversity to provide a safe, predator-free place for flora and fauna to flourish. “I have been involved in tree-planting, pest trapping and translocating species,” he says. “There has been a big problem with wild pigs in the area that create havoc by trampling through the undergrowth and destroying the burrowing area of seabirds. The project has also had us cracking down on all the other predators such as rats, possums and stoats.”

A highlight has been helping with the translocation of over one hundred Fluttering Shearwater (Pakahā) birds to the area, a species endemic to New Zealand. “There is also a plan to bring in Flesh-Footed Shearwater (Toanui) next year, which will be exciting,” he says.

Translocation of birds in New Zealand dates right back to one hundred and fifty years ago when Sir George Grey released kiwi and weka onto Kawau Island. His early efforts were followed much later by numerous nationwide projects undertaken by the Department of Conservation and approved breeders to ensure the survival of threatened species.


“My first ever experience with translocation was several years ago at the Brook Waimārama Sanctuary,” says Nate. “It was incredibly exciting and a once in a lifetime opportunity to be able to experience the process of working to save a very rare bird, the orange-fronted parakeet, *kākāriki karaka*, of which there were then only around three hundred left in the wild.”

“I am looking forward in future to help with the translocation of kiwi, tieke, pāteke and *kākā*,” he adds. “One of my most exciting experiences ever was seeing a Kiwi during a night tour of the Zealandia Wildlife Sanctuary in Wellington. I couldn’t believe my eyes.”

Committed to reducing carbon emissions, Nate works alongside the Tasman District Council on the Streets for People initiative, helping to create a safer environment for cyclists on the roads. “I feel it is so important to get behind such community initiatives that will improve our local environment and hope I can encourage other young people to come on board,” he says.

As if he didn’t have enough already to keep him occupied, Nate was also the organiser of the Nelson School Strike 4 Climate NZ and Fridays for Future NZ events. “I firmly believe our government needs to take more urgent action to get greenhouse gas emissions reduced and work determinedly toward a low-carbon economy,” he says. “Every single thing that is done now has an effect on what New Zealand and the wider world will look like in the future. I don’t want to be living on a planet that has lost its incredible biodiversity and is polluted beyond repair.”

Nate is remarkable in not just the passion he has for the natural environment but also for the amount of practical input he contributes. When he is not studying or contributing out in the field or photographing the natural world, which is another passion, he is working hard to establish connections with like-minded individuals and organisations and taking every opportunity to provide a youth perspective on any of the causes he supports and promotes.

“I’m also pretty busy with communication and social media at a national level with various non-profit organisations that are working toward a better future. All things considered, I can’t think of anything else I’d rather be involved in,” says Nate. 

BROUGHT TO BOOK

The story of Nelson's publishers of quality

As with many business ideas, it started with frustration at the existing options. Thirty five years on, Nelson-based book publisher Potton & Burton has left its mark on the book publishing industry and they're not done yet.

Words: Alistair Hughes

Nelson has been home to Potton & Burton, one of the country's most well-known and successful independent book publishers, for thirty-five years. The fact that they are not based in a distant, major business centre, as might be expected, can be traced back to a life-long friendship which began at Canterbury University in the mid-1970s. And a certain volcanic crater.

Adventurous Nelsonian students Craig Potton and Robbie Burton first formed a friendship, very appropriately for their future career together, in the mountains. A novice climber, Robbie's first mountaineering experience with Craig in Aoraki Mount Cook National Park was to prove as formative as meeting his future business partner.

"...that first experience in the high Alps was as exhilarating as anything I'd ever done," writes Robbie in his memoir *Bushline*, released last year. "Craig was always wonderful company in the hills... unfailingly funny and cheerful in the face of whatever was thrown at us, with a wide range of intellectual and political interests."

These shared interests saw them both develop a passion for the burgeoning conservation movement. After university they both worked full-time for the Native Forest Action Council (NFAC), a groundbreaking organisation working out of 'Crewenna,' a rambling old house on the northern outskirts of Nelson. According to Robbie, Craig's confidence and commitment made him a 'born activist,' while Robbie's administrative duties allowed him to develop organisational and written communication skills which would serve him well in the future. As NFAC scored some major victories against native forest logging on the West Coast, and the shifting of attitudes toward protecting our environment began to grow into a landslide, Robbie oversaw production of a guidebook on what is now Paparoa National Park, as part of the campaign to save it. The result might not have been worthy of Potton & Burton's prestigious catalogue, but in many ways Robbie's course was set.

"From a young age, I was a voracious reader", he explains. "A passion for words and books was always there, it's never gone, and it hasn't dimmed."

While Robbie further developed his organisational prowess within a creative environment as a community arts worker in Nelson, Craig was honing

his own talents as a landscape photographer, picking up contracts to write and photograph handbooks on New Zealand's national parks for the then Department of Lands and Survey. His and Robbie's worlds were to collide again in 1990, when Craig asked his old friend to lunch. And Robbie explains this is where the aforementioned crater comes in.

"Craig had a terrible experience with an Australian publisher when he was commissioned to photograph and write a book about Tongariro National Park. After he'd spent two years working on it, they pulled out of the deal and ceased publishing New Zealand books, and he ended up rescuing and investing in the project himself".

Unfortunately, when the proof came back from the presses Craig's all important cover image, an aerial shot of Ngauruhoe's volcanic crater, had been printed upside down. Chicxulub crater in Mexico is held to be the impact site of a massive asteroid which fell 66 million years ago, and led to the total extinction of the dinosaurs. But the devastating impact of the misprinted Ngauruhoe crater was to have the opposite effect – it led to the creation of a new publishing house.

"At that point, in a great display of entrepreneurial daring, Craig decided to take charge of the quality and do it all himself, even though he hadn't done any publishing," continues Robbie. "He was very clear from early on, however, that his interest was photography and remaining active in conservation, and he didn't want to do the desk-bound management of the publishing house. He liked to work with friends and so thought I would be a good fit for that."

Robbie assumed the role of publisher and managing director at what was then called Craig Potton Publishing, but with admittedly very little idea how to begin.

"I started in the great kiwi tradition of DIY, knowing almost nothing about the business, and it was a long and slow process which I don't really recommend. But that was my only choice, as there was nowhere you could go to train back then, so I just learnt on the go."

With nothing to base his approach on, Robbie assumed this would be a hands-on role and quickly got to grips with the entire gamut of book production, from editing to design, print production



Robbie Burton has been publishing books in Nelson for 35 years. 📷 Tessa Jaine

and colour correction. Potton & Burton's reputation for the highest quality publications owes a great deal to Robbie's meticulous over-seeing of every aspect of a book's development and realisation.

Entering a necessary world of commerce initially challenged the counter-culture values of the bearded conservationists who had campaigned so successfully against rapacious big business.

"I really struggled with a life where the profit margin seemed to be the most important thing, and it took me a long time to come to terms with it, but I absolutely have," explains Robbie. "There are all kinds of ways to run an ethical business and I've tried hard to do that."

The new company enjoyed early success in winning the Supreme Award in the Nelson Tasman Business Awards, which was a great confidence boost. They went on to dominate the market for photography books aimed at the tourist market, which Robbie describes as the engine room of the early development of the company, while they also developed a wider ethos for their other publishing.

"There are a few defining factors," he says. "We publish non-fiction with a genuine commitment to contribute to the culture of this country, and I'm not particularly interested in anything which is not New Zealand-focused. The other major aspect which comes from Craig's earliest vision is a real dedication to quality, the standard of the whole book is very important."

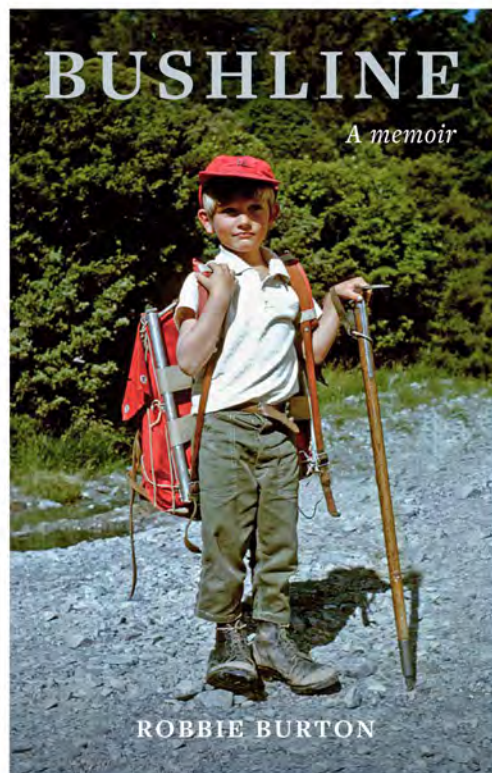
Robbie also names commitment to collaboration as another component setting Potton & Burton apart.

"Authors get to have much more of a say in what we do than with many other publishing houses. And of course, if you look after people's work and try to do the best for them you can build fantastic relationships."

One of his own most rewarding working relationships has been with investigative writer Nicky Hager, which led to Potton & Burton's publication of controversial, bestselling exposés *The Hollow Men*, *Dirty Politics* and *Hit & Run*. These hard-hitting works make an interesting contrast to the publishing house's other releases but embody their dedication to contemporary New Zealand issues.

Over the past three decades many of their other titles have found their way onto bookshelves across the country. These include *Tamatea Dusky: The remarkable story of Fiordland's Dusky Sound*, *Edmund Hillary: A Biography*, *Shelter from the Storm: The Story of New Zealand's Backcountry Huts*, and an influential book which Robbie ruefully reflects on almost turning down: *Ghosts of Gondwana: The History of Life in New Zealand*. A Montana book awards winner and never out of print, Robbie cites his eventual decision to publish it as turning point in his own professional confidence.

"In terms of commercial viability, the first thing you have to be is a blind optimist, and willing to take a risk. Being a good publisher requires 'seat of the pants' judgements, an instinct of whether something is going to fly or not. Some books I was sure would do well have bombed but then there are successes that I was equally surprised by."



Robbie Burton's own book, *Bushline*, which was released last year.


One instinct which served Robbie well led to his difficult decision to downsize Potton & Burton in 2019. Having grown to a staff of 18 in a Port Nelson warehouse with their own distribution operation, Robbie came to the belief that the diminishing book market could no longer sustain their business at that scale.

"When we were a larger operation, being able to provide jobs for people was incredibly rewarding. But going into liquidation would have made us no use to anyone, so remaining a viable business was how we could best be of service."

Choosing to be proactive literally saved Potton & Burton, as his calculations have since confirmed that the following year's pandemic would have wiped them out. Consequently, Potton & Burton are very much still around, remaining a highly regarded conduit for the best of New Zealand creative talent. Robbie credits Nelson for providing some of the uniqueness which has made them a survivor.

"The reasons we're based here are personal, rather than business, because the quality of life we have is a huge bonus. We've tried to create a good place to work and have had fantastic loyalty over the past thirty years, from great local staff."

The other advantage of being provincially based has become one of Potton & Burton's greatest strengths.

"Being a little more isolated we've all had to adapt, do everything ourselves and learn how to publish to a high quality, often on the smell of an oily rag. I feel very lucky to be able to carry on doing this in such a wonderful place." 

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MOVEMENT THAT INSPIRES



Trugging on with tradition

From his rural workshop near Takaka, trug maker Tony Hitchcock brings two hundred year old wood working techniques into the twenty-first century. *Alistair Hughes* pays him a visit.

Golden Bay artisan woodworker Tony Hitchcock is apparently part of an endangered species. According to the Heritage Crafts Association, (of which King Charles is president), Tony's mastery of trug making is an ancient skill in danger of dying out in its home country of England.

Trugs are traditional shallow baskets made from shaped slats of wood, used for carrying garden tools and produce. Perfected in Sussex two centuries ago, Tony still uses original techniques to keep the craft alive, from his workshop just outside Takaka.

"After I made the first one I was quite excited," recalls Tony. "It just feels so natural, working with untreated, alternative timbers. In winter you harvest your rims and handles and it's such an enjoyable

process. Taking a little handsaw, pottering along the river bank, and bringing timber home to render and steam. And with coppicing, it grows back."

Tony is describing only the first steps in a precision process which results in a truly beautiful, and practical receptacle. The frame is generally made of hazel or willow with the slats which form the basket shaped from aspen poplar. The design also incorporates locally sourced copper boat builder's nails and a finishing strip, also copper, is salvaged from retired hot water cylinders.

On seeing the final product, there's an irresistible tactile quality to the combination of planed timbers and carefully assembled curves.

ABOVE: Tony finishes off a trug in his workshop. One of his Devon Maunds is in the foreground.

*“You can show people a photograph of a trug,
but when you actually hold one out to them,
everyone wants to touch it!”*

“You can show people a photograph of a trug,” smiles Tony, “but when you actually hold one out to them, everyone wants to touch it!”

Tony has been in this unique line of work for five years now, after inheriting the business from his mentor and neighbour on the other side of the nearby Anatoki River, Brett Hutchinson. Their association stretches back a long way, to when Tony mowed his lawn as a teenager. Always interested in carpentry, Tony and a young friend even constructed a bush hut on Brett’s property — which is still standing and a popular neighbourhood destination today. After leaving school and working with the forest industry, Tony popped in on Brett for a cup of tea, little realising it would change the direction of his life.

“Brett announced that he’d just made his made his last trug,” recalls Tony, “and seemed quite happy to retire and focus on other things. My ears pricked up and I told him that in all these years I’d never actually watched him make a trug or learned how. And he said that if I was interested in taking over the business then he’d teach me.”

Tony describes the process of learning as casual, but intense at the same time.

“He was very gentle, but his attention to detail and commitment to quality meant that he would always tell me if something wasn’t good enough.” This extended to Brett retrieving an early trug which Tony had sold. “He told me I needed to go back over it, and he was dead right, you know. So I think I really learned a huge amount from that.”

Tony particularly took to this venerable craft because his long-held desire to work in artisan wood crafts had always been frustrated by dyslexia.

“I told Brett that it had made any sort of woodworking in the past a battle, and he took out a tape measure and told me to drive a four inch nail through the middle and forget it. Because trug making is all to do with feel and done by eye. There are a few basic measurements, but it’s about knowing what is going to look good and also hold together well.”

Tony gained his skills over a season with Brett, but actually running a business would involve more than just that. And this is where Maddy – the cousin of his childhood hut-building friend, and now Tony’s partner — brings another set of skills.

“I do the accounts and admin,” explains Maddy, “managing the website and updating social media.” She jokes that Tony seems to have his own ‘magnetic field’ which somehow slows computers down whenever he goes near them, so their separate roles are ideal for each other. “In a partnership it’s important to realise where our individual talents lie. And it’s given us a confidence that I don’t think we would have come across individually,” says Tony.

Maddy was able to utilise the time which the 2020 lockdowns provided to overhaul their administration processes.

“Customers used to email us and there would usually be a story attached about their personal connection with trugs, and then we’d discuss shipping and I’d write an invoice. It was very personal but also very time consuming.” They have since moved to handling all orders through their website, which has instantly made a difference.

“We initially thought business was slower,” laughs Maddy, “but it’s actually because we’ve become more efficient. It’s streamlined things, and when you’re bringing up three young kids that’s really important.”

Customers still contact the couple to pass on their trug stories or leave comments online.

Tony feels this is an important element of what they do. “We were very hesitant to lose that human connection and become just another business which processed orders automatically. But Maddy has done so well with designing the system that people can still communicate with us if they want to.”

He describes the process of creating a trug as ‘a full and focused day’. “Add getting the base and boards ready, it’s three days, really. And then if you go right back to coppicing the timber, then probably a week in total.”



1. Tony's workshop, which he built himself on his rural property near Takaka. 2. Seated at his special shaving horse, Tony begins assembling another trug. 3. The 2020 lockdown enabled Tony and Maddy to extend their product range while also streamlining admin processes. 4. Tony's workshop can be found in the Anatoki Valley just outside of Takaka. © Alistair Hughes and Lana Taylor

“You’re trying to hold a drill and a hammer and a nail at the same time, and obviously if you press too hard you’ll break the wood. If you’re too gentle, or too slow, it will start to dry out. But once you get a rhythm to it, it’s quite beautiful.”

Tony claims making your first trug can make you ‘wish you were an octopus’. “You’re trying to hold a drill and a hammer and a nail at the same time, and obviously if you press too hard you’ll break the wood. If you’re too gentle, or too slow, it will start to dry out. But once you get a rhythm to it, it’s quite beautiful.”

As well as the trug, Tony also makes an elegant flower basket constructed of a single shaped piece of timber, and then the much more complex ‘Devon maund’. Larger and deeper than a trug, the maund was originally used to gather and store produce like potatoes and onions.

Orders are despatched in plain cardboard boxes, as the classic trug and maund designs are surprisingly robust. Dispensing with unnecessary polystyrene packaging fits with Tony and Maddy’s desire to run a sustainable business, and any waste from the manufacture originally became firewood or mulch.

However, once again due to the pandemic, Tony has had time to further refine his technique and increase his product range, which helps further reduce any otherwise unusable timber. He picks up a perfect replica of his renowned classic Sussex trug, intricately fashioned at half size.

“I was able to develop these ‘child’s trugs’ and that’s been a lot of fun.”


Unable to use the templates which he had for the full-sized versions, Tony admits that scaling them down required a lot of trial and error. “But it’s a fantastic way of using wood which might have

snapped if used for a full sized trug, which has cut down waste phenomenally.”

Tony’s further refinements in the steaming and shaping processes mean that a lot less boards break. The neighbourhood has cause for a little regret, however, as this discarded timber would otherwise have been bagged up and distributed as the driest kindling available anywhere.

Other new products include milking stools, and a more bench-shaped seat called ‘Roger’s stool,’ named after Tony’s uncle who created the prototype many years ago. Finally, a robust and perfectly mitred ‘tool trug’ completes the new range, its straight edges contrasting with the more curved garden variety. “Brett had a cardboard prototype which I was able to use as a basis, although the angles were still really challenging,” says Tony. But he enjoys the variety which the different processes these newer products require.

Visitors are welcome at his workshop by appointment, where they can see a trug take shape before their eyes. The area alone is worth a visit, bordering the Kahurangi National Park and rich in local history.

“We wanted to be part of something which is more gentle on the world, and the environment,” says Tony. “And I’ve always been really passionate about anything to do with trees, whether it’s wood working or planting. So it’s a great blessing to have had all of this passed onto us, really.” 

LET THERE BE LIGHT

Nelson's light festival Te Ramaroa is more than just about lights this year as it adds cultural performances giving locals even more of a reason to visit this year's festival. *Adrienne Matthews* finds out more.

Light is important to every culture, having been part of celebrations and religious traditions for centuries. These days its magic and versatility are celebrated in unique ways through light festivals all around the world.

Thanks to a small group of Nelson artists who put on the first light festival in 2013, our city now has a much-loved biennial event that draws in over forty light artists and thousands of people.

Renamed Te Ramaroa in 2021, the name represents a beacon that honours the past, celebrates the present and holds a light to a bright and positive future.

There is no better time for a light festival than winter with its early sundown that allows families with children of all ages to coat up and experience the astonishing displays that Te Ramaroa is known for.

It celebrates the diversity of the local community and the array of skills amongst the artists and designers who continually wow the crowds with their spectacular creations.

With Matariki (the Māori New Year public holiday) being a fortnight after Te Ramaroa this year, Māori Theatre collective Te Ora Hā has chosen to create a performance during the light festival at the Refinery ArtSpace in Hardy Street to celebrate it.

Te Ora Hā was brought to life in 2011 with professional performers Donna McLeod, Maihi Barber and Gaynor Rikihana having a strong desire to bring Māori stories to the stage and celebrate important cultural events.

Donna McLeod who lives on McLeod Bennett Papakaiinga in Motueka and is of Te Āti Awa whakapapa, has a great love of performance and respect for the importance of telling stories. "My Mother's family were musical, so I grew up knowing their reputation and at whānau gatherings saw their craft and discipline," she says. "I also attended many hui with my grandmother and developed a love of storytelling from everything I heard."

In 1985, Donna joined Te Ohu Whakaa ri which included Apirana Taylor and Briar Smith Grace on a New Zealand Student Union Tour of New Zealand. "I didn't inherit my family's singing abilities, but I discovered a gift for writing poetry and telling stories," she says. "I had the privilege of being Whangai and carrying my Nanny's kete. I carry the responsibility to tell our stories."

"I love that as a country we have embraced Matariki, that our children are learning our history, especially about Parihaka, and hopefully about the Nelson Tenth's".



Donna McLeod of Te Ora Hā collective, whose work tells the stories of Matariki, pictured with Lee Woodman, who is installing the work at Refinery ArtSpace. © Tessa Jaine

“To have gifted performers such as Maihi and Gaynor share a performance space and enhance the shows with their talents is true collaboration. We respectfully hold each other’s space with the spoken word, Te Reo Māori, humour, history, waiata and traditional Māori instruments. It is truly Māori theatre, and we love to bring the stories to life in a way that weaves everything together in a rich and vibrant way.”

“We are a group that is very fluid. People come to us with a range of professional abilities and talents, and it is wonderful to be able to incorporate different skills in every performance we do. It is also exciting to be able to use the technology available now to elevate the shows to even greater heights than previously and give the viewers an experience they won’t forget.”

People who have shared space with Te Oro Hā include musicians Peter Prestal, Richard Nunns, Cindy Batt, Bob Bickerton, Callum O’Leary and performers Ngarangi Marsh, Darney Takao, Niyah Takao and Keri Takao who has been their Kaikarakia and MC.

Donna is excited to be able to tie in the Matariki performances this year with Te Ramaroa. “I love the concept of Te Ramaroa, bringing people out into the winter air and being mesmerized by the joy of light and texture that is created,” she says. “We shouldn’t be scared of the night as it is a joyous time, something we should reclaim. When the Matariki constellation of stars reappears in the skies above Aotearoa, I hope

that families can seek them out and feel settled and grounded in the sanctuary of the night.”

The art of Ashia Te Moananui, finalist in the prestigious national 2022 Parkin Drawing Prize, will be an integral part of the performance and design creative and lighting artist Lee Woodman has contributed his skills to the multi-media performance. “What Lee has been able to do with Ashia’s work is beautiful,” says Donna. “People will truly feel the magic of Matariki.”

Donna is thrilled with the opportunity to bring the show to a Nelson city venue. As arts co-ordinator for Te Noninga Kumu Motueka Public Library and in charge of commissioning over twenty art works to enhance that space, she has met a wide range of artisans in the Motueka and Tasman areas whose work has not been previously well-known locally. “It is great to have a relationship with a city gallery where these people’s work can be experienced.”

She is currently engaged by Te Awhina Marae supporting the revitalisation of Nga Toi Māori with Kahu Paki Paki.

“My greatest joy is seeing a renaissance of Māori culture and arts,” she says. “I feel so privileged to be living in this moment.” 

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The Lawrey Story



Blenheim's new library and art gallery highlight both the value of civic investment and a lack of direction on this side of the Whangamoas. *Matt Lawrey* thinks Nelson could learn a trick or two from its neighbour and warns that the city needs to come up with its own vision for the future, before it's too late.

Ever get the feeling Nelson might be getting left behind?

I don't want to sound negative. God knows, I've been a cheerleader for this place since I first landed. For almost a quarter of a century I've been raving to anyone who will listen about how brilliant it is, and yet lately it's felt like things have been starting to slide. Seriously, the city's ability to spend large amounts of money, time and energy talking about great ideas, that then never come to anything, is starting to look like a serious character flaw.

Don't get me wrong, there are some good things happening that have been in train for a while, including the new electric public transport service, the upcoming bus hub at Millers Acre and the plan to remodel Bridge St in way that will put people first. These are all steps forward but they're not going to save the city from the impact of online shopping, people working from home and the inevitable growth of Richmond. Electric buses are wonderful things, but you've got to give people a reason to get on them. Pedestrianised central cities are a great idea too, but you need to give people reasons for being pedestrians.


Over the last 14 years we have repeatedly seen potentially-transformative projects wither and die. These include the performing arts centre, the gondola, and the science and tech precinct. Even the Church St upgrade that had huge support from local businesses and landlords fell into the way-too-hard-for-Nelson basket. At the time of writing, question marks hang over the future of the 175-dwelling Kainga Ora development planned for the central city and the walkway-cycleway destined, in theory, for the waterfront. Add to this the decision to put the new library on hold, and you end up with a big question mark hanging over the future of the central city.

It's a very different story over the hill in Blenheim. A lot of Nelsonians look down their noses at Blenheim

but, when it comes to investing in their future, Malabarians, leave us for dead. In 2016 the town celebrated the opening of its 700-seat performing arts centre, ASB Theatre Marlborough. In 2019 another smaller theatre was added to the centre. In April this year, Blenheim was in party mode again as the town cut the ribbons on its brand-new library, which is three times the size of its old library, and its new art gallery. That's three major economic-activity-generating, community-building projects, worth over \$42 million, all opening in the space of seven short years.

Marlborough's Mayor, Nadine Taylor, expects the investment in the library and art gallery to help to revitalise Blenheim by attracting people, businesses and opportunities into the downtown area. She told Radio NZ that it is much more than a library and a gallery. "It's a living space, it's a children's space, it's an all-ages space and it's a future technology space, and that's what the people of Marlborough wanted."

I can't help thinking that the people of Nelson need to figure out what they want before it's too late. I know the impact of last year's floods and slips need to be taken into account but we also need a vision for the future of the city; a vision that goes beyond watching the place turn into a giant retirement village. Our predecessors understood the importance of civic investment; the people who built this city believed in working for a brighter future. They believed that they had a duty to try to make Nelson a better place for future generations. That spirit appears to still be alive and well in Blenheim, but can we can honestly say it still exists in Nelson? I hope we can.

I also hope our elected representatives can look past the naysayers and actually commit to a vision. Planning for Marlborough's new library and art gallery began in 2013. The longer it takes for Nelson to come up with a plan, the more expensive and the harder it will be to implement. The clock is ticking. 

Winter Rocker



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ON THE STREET

Model Kah Yee isn't afraid to stand out from the crowd, in fact, she uses her style to help her to express herself. Kah Yee documents her fashion journey on Instagram at @xuaninnz.

What are you wearing today?

The skirt and thigh-high boots I'm wearing are from Zara, my top and the bright red shoulder wrap were birthday gifts from my mother.

What is your style?

I like captivating the symphony of haute couture and avant-garde masterpieces by blending elegant and colourful garments with a touch of uniqueness. I also like to add bold jewellery to go with my outfits from time to time.

What is most of your wardrobe made up of?

Heaps and heaps of oversized coats, weird geometric tops, either short or oversized skirts, and cargo pants. I just love to overlay clothing and make myself look abnormal amongst the crowd. You can see me either wearing only one piece of clothing, or layers all over me!

What are you loving at the moment?

I'm currently leaning more towards colourful garments. They not only provide a striking presence of colour, but also attitude and style to add to my characteristics.

What are you dressed for today?

My photographer came up with a brilliant idea about layering colours for a shoot concept that would go well with the location, so I chose these garments that are striking and unique.

What is your approach to shopping?

Bright colours, unique geometric designs or clothing that emphasizes silhouettes. I am a big fan of Christian Dior and Balenciaga, and most of their styles are related to these elements. I could never skip something that stands out from the crowd.

Do you have a style rule you always obey?

One thing I'm always concerned about myself is that I wear clothes that make me feel different from other people. Something like wearing a bright mint top in a crowd of muted colours or black and whites.

What wardrobe item should everyone invest in?

Coats. I feel coats are a very good way to show attitude and character, and they layer well with clothing. Plus, coats are awesome in countries with seasons!

If you could raid one person's wardrobe, who would it be?

It is definitely Anne Hathaway, I love how she always appears in the most sparkled garments in every show or gala!

Finish this sentence – You would never catch me wearing...

T-shirts. (n)



Monochromatic Moment

Monochromatic fashion is one of the hottest trends of the last few years, although it certainly isn't new. Coco Chanel is accredited with starting the style back in the 1920s with her black and white designs. Just as it sounds, monochromatic, is about wearing one colour, with 'mono' meaning one and chromatic meaning 'colour' – however, there is a little more to it than that. Here are a few tips for achieving your perfect monochromatic moment.

1. Colour choice

Choose your colour. Going monochromatic is about working with the colour or colours that suit you best. You can do a monochromatic look with any colour – black, white, navy or tan instantly create chic looks, or opt for bright colours for something more fun. To make it easier for yourself, first try out a colour you already have plenty of in your wardrobe.

2. Successful shades

To pull off a monochromatic outfit, wear pieces that are all in the same colour family, but different shades. Choose a matching jacket and pants but a slightly lighter shade in the same colour for your shirt, this will achieve definition in your outfit. Try pulling out pieces in your wardrobe that are all varying shades of the same colour and see what you've got, you may surprise yourself by putting together an outfit you wouldn't normally wear.

3. Textural elements

A stylish monochromatic outfit looks best when there are different textures in your clothing. Try combining a wool coat with a silk dress underneath, a pair of chunky leather boots and a thick woollen scarf. The contrast between the fabrics and textures will add dimension to your outfit.

4. Always accessorize

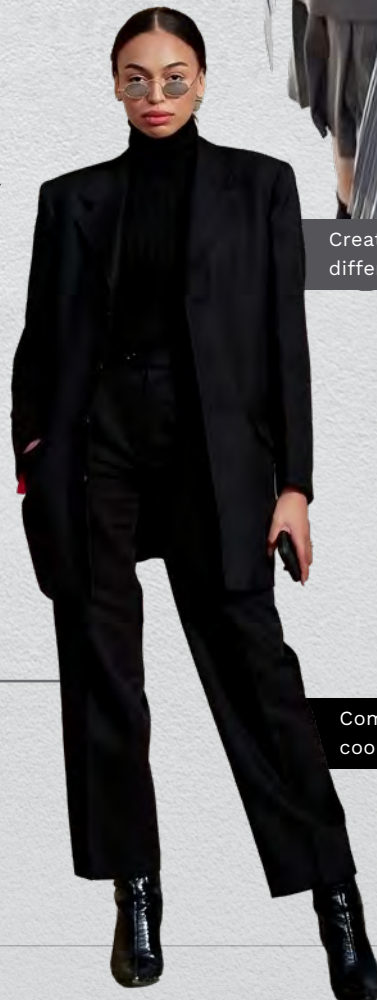
Monochromatic style doesn't stop at your clothing, don't forget the accessories. Handbags, shoes, belts, and jewellery in the same colour can all be incorporated. Choose shoes or heels in the same colour as your outfit to elongate the body. Alternatively, try out accessories in a contrasting but complementary colour to your outfit to make your look really pop.

Try out monochromatic styling for yourself, you may just fall in love with this sophisticated and timeless style. Have fun trying the look with different colours and for all different occasions – from casual to formal – it is a style that immediately achieves a put-together look.

Make a serious statement in head to toe monochrome



Create definition with different textural elements



Complete your look with coordinating accessories



Yin & Yang is the thang

Black and white is seasonless, timeless, ageless and the most easy to wear of all colour combinations. This non-colour combo is back in a big way.

1. Baci bustier and G-string set, \$69.90 **Be Adult Boutique** | bkinky.co.nz 2. Fine fur felt hat, handmade in Nelson, \$560 **apes&apples** | apesandapples.com 3. Jens Hansen round resin ring in sterling silver, \$690 **Jens Hansen** | jenshansen.co.nz 4. Minx style Lorna in white patent with a trendy high profile black sole unit, \$229 **Taylors...we love shoes** | weloveshoes.co.nz 5. Assembly, Elise knit, \$240 **Trouble and Fox** troubleandfox.co.nz 6. Trelise Cooper BLACK crop jacket, size 14, \$80 **Ruby Coast Preloved Clothing** | [cnr Aranui Rd & Stafford Dr Mapua](http://cnrAranuiRd&StaffordDrMapua) 7. OH3 - black and white swing coat, \$239.90 **Beetees** | 240 Trafalgar St, Nelson | beetees.co.nz 8. Carrano Carrie boot, available in three colours, \$399 **Tango's Shoes** | tangosshoes.co.nz 9. Briarwood black leather detailed handbag, \$60 **Ruby Coast Preloved Clothing** | 10. Stolen Girlfriends Club, Eagle Strike crew, \$249 **Trouble and Fox**

Take care of yourself

Focusing on ourselves encourages a feeling of self-worth and balance within the psyche and promotes a sense of calm, important for navigating everyday stresses of life. It is vital to take some time out for yourself, whether it be in an emotional, spiritual or physical sense.

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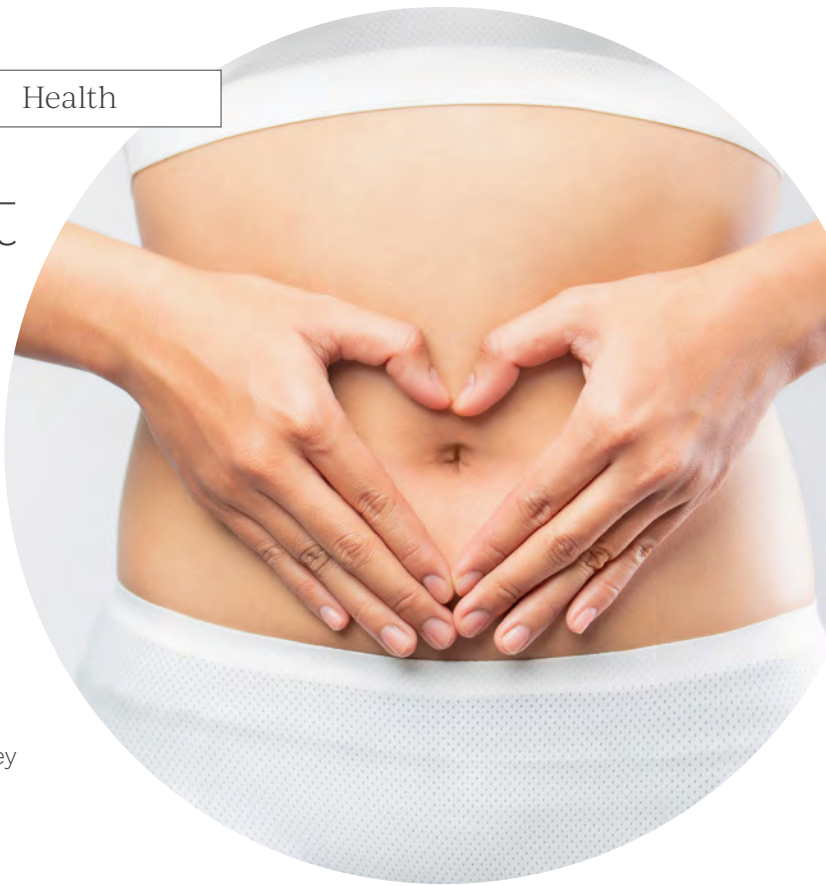
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Improving gut health after antibiotics

With the cold weather upon us, bugs are starting to do the rounds again. And while most illnesses usually just need some TLC, occasionally we have to take antibiotics, but *Dr Marissa Kellahe* says although they can be lifesaving and have prevented many deaths and illness since they were discovered, they also come with risks.



One major risk is how they can affect our gut microbiome (the collection of bacteria and other organisms that live in our intestine). Our microbiome is key to good health, yet a single course of antibiotics can wipe out entire strains of gut bacteria, encouraging 'bad' bacteria to thrive. This can lead to gut dysbiosis (an unhealthy gut microbiome), which is linked to many health issues – including diabetes, heart disease, allergies, mental health conditions, dementia, and even some forms of cancer.

Gut dysbiosis is obviously not a reason to avoid antibiotics when we really need them, but it does mean we need to do what we can to protect our gut. Luckily, there are lots of effective ways you can help your gut recover.

Let's start by getting back to basics.

For a healthy gut, we need to give our good microbes the foods they need to thrive, as our gut bacteria literally are what we eat.

Research shows that foods high in saturated fats, refined carbs, added sugar, highly processed foods, emulsifiers, and potentially artificial sweeteners, can promote dysbiosis, so limit these as much as possible. Alcohol is also not your gut bug's friend. Instead, try to include as many foods as you can that feed your good microbes.

One of the biggest studies of gut health in history (the human microbiome project) looked at this in detail and found that people with the best overall health, and the healthiest gut microbiome, followed the same simple eating pattern.

They ate mostly whole plant-based foods, had diets very high in fibre, and ate a big diversity of different plant foods – ideally more than 30 different ones per week. This has led to the '30+ a week' recommendation.

In general terms, this means eating as many different high fibre whole plant foods as you can, such as nuts, seeds, whole grains, legumes, fruits, veges, herbs and spices, aiming for at least 30g of fibre per day.

Fermented foods such as kefir, kombucha, kimchi, and yoghurt can also be helpful for our gut bugs, as these can improve our gut microbiome diversity in as little as two weeks!

And don't forget the basics – adequate sleep (7–9 hours per night), reducing stress, time restricted eating (having a break from food for 12–14h overnight), and exercising daily all help gut health, plus have the added bonus of improving our immunity in general.

From a supplement perspective, *saccharomyces boulardii*, or *lactobacillus rhamnosus* GG probiotics can reduce the risk of antibiotic-related diarrhoea.

And last but not least – try not to take antibiotics unless absolutely needed. Viral sore throats, colds, and coughs don't need antibiotics.

Even many mild bacterial infections such as ear or skin infections can often be treated in other ways – so always ask your doctor about whether antibiotics are really needed.

For more gut and immune health tips, check out the blog posts at yourlifestylemedics.com

Stay safe, warm, and healthy this winter! 

Dr Marissa Kellahe is a GP and lifestyle medicine doctor. She runs health courses and offers one-on-one consults.



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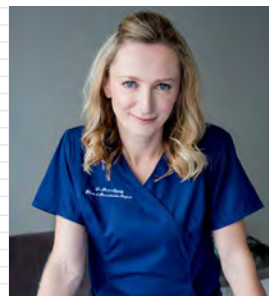
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Dry vs dehydrated skin

Cooler weather brings along a set of challenges for our skin. The cold air, low humidity, and indoor heating systems can wreak havoc on our body's largest organ, leaving it vulnerable to a common winter concern – dryness. Owner of Eunoia Beauty, *Kate Dyer*, explains why determining whether your skin is dry or dehydrated is crucial to devising an effective skincare regimen.

While the terms dry and dehydrated are often used interchangeably, they have distinct characteristics and require different treatment approaches. Understanding the differences can help you tailor your winter skincare routine to combat the specific issues your skin may be facing.

Dry skin is primarily a skin type and tends to be a chronic condition. It occurs when the skin lacks sufficient oil or sebum, resulting in a compromised skin barrier. This deficiency allows moisture to escape easily, leading to dryness, flakiness, and a tight, uncomfortable sensation. During winter, dry skin can worsen due to harsh environmental factors. It may appear dull, and rough, and even develop fine lines or cracks.

By comparison, dehydrated skin is a temporary condition that can affect any skin type, including oily or combination skin. Dehydration is caused by a lack of moisture and occurs when the skin can't hold enough water in its top layer, which can be caused by external factors like cold weather, wind, or indoor heating, as well as internal factors like inadequate hydration and certain lifestyle habits. Dehydrated skin often feels tight, lacks elasticity, and may show signs of increased sensitivity, such as redness and itchiness.

Fortunately, with the right knowledge and skincare practices, you can provide your skin with nourishment and hydration to return to its balanced state. Humectant ingredients like hyaluronic acid and glycerin draw moisture into the skin from the environment. Occlusives, like ceramides, jojoba oil and dimethicone, moisturise the skin, sealing in water, and supporting the barrier capabilities of the skin. A substance's hydration denotes its humectant nature, whereas moisture denotes its occlusive nature.

If in doubt, you can layer these two classes of ingredients into your skincare routine. Start with a product containing humectants to draw moisture into the skin, and then follow up with an occlusive to seal in that moisture. This layering technique helps to create a more effective barrier against dehydration and helps maintain the moisture balance in your skin, keeping it hydrated and protected throughout the cooler seasons. Look for essences, serums, and moisturisers that contain these ingredients to allow you to embrace the beauty of the season without compromising your skin's health.

| eunoia beauty.com



Healthcare SPECIALISTS

Experts in their field, healthcare specialists possess a wealth of medical knowledge and experience, providing accurate and personalised guidance tailored to individual clients. Consulting a healthcare professional can help with early detection, diagnosis, and treatment of potential health issues, helping to prevent complications and promote an overall sense of wellness.

Gaining specific knowledge in particular subjects, they can offer valuable information and provide a compassionate and supportive environment for people to express their concerns and discuss sensitive topics, offer emotional support, alleviate any anxieties, and foster a trusting patient-provider relationship.

Healthcare professionals enable informed decision-making regarding lifestyle choices, preventive measures, and treatment options. Ultimately, seeking the guidance of a healthcare professional empowers people to take charge of their health, leading to early intervention, improved outcomes, and enhanced quality of life.



Nicky McLeod of The Breathing Clinic offers rapid, natural, effective relief from breathing-related disorders.

Changing the way you feel in a few simple breaths

Breathing Educator, Buteyko practitioner and owner of The Breathing Clinic, Nicky McLeod, is dedicated to busting the myths around breathing, helping people learn to optimise their respiratory function and raising the profile of breathing as a key foundation for health.

Nicky's Buteyko journey began when she started researching how to relieve snoring and asthma for her husband and son, however, a diagnosed epileptic, she had no idea she also had a significant underlying breathing problem. Completing her training with the Buteyko Institute of Breathing and Health in 2016, Nicky then opened her own clinic in Nelson. "I was extremely unwell before I discovered breathing retraining. I quickly realised my breathing was dysfunctional. Education around habit and lifestyle factors that influence breathing along with tailored techniques can be life-changing and can lead to natural, effective relief from breathing-related disorders. Symptoms can start to improve within hours of getting the right knowledge, as in my case where I had no more seizures following a Buteyko course."

Everything that's ever happened to you is reflected in how you breathe, she says, and the signs of dysfunctional breathing can be difficult to pick up to the untrained eye. Offering an initial breathing assessment, Nicky will tailor a programme that complements each client's personal health profile. "A breathing assessment helps clients discover the link between symptoms and breathing and, using capnography and oximetry, learn how breathing is impacting their physiology. The belief that deep breathing is good for you is a modern health disaster. Used incorrectly, deep breathing can drop vital CO₂ levels and negatively impact a person's baseline breathing pattern. When CO₂ becomes too low in your lungs, it changes the pH of your blood and can cause spasm in the smooth muscle that surrounds the tubes in your body."

People around the world have used Nicky's science-based, practical approach to get significant and sustained relief from breathing-related conditions such as snoring, sleep apnoea, insomnia, anxiety, panic attacks, asthma, hay fever, allergies, sinusitis, blocked nose, recurrent respiratory infections, chronic cough, headaches, migraine, and impaired speaking, singing or sports performance.

The Breathing Clinic
027 278 3499 | 21 Stansell Avenue, Tahunanui, Nelson
breathingclinic.co.nz



Experienced plastic surgeon, Chris Adams.

Chris Adams, plastic and reconstructive surgeon

Plastic and reconstructive surgeon Chris Adams, who specialises in aesthetic (cosmetic) and reconstructive breast surgery and the surgical management of melanoma, visits Nelson once a month.

He consults privately from Specialists @132 in Collingwood St and has regular private operating lists offering outpatient surgery through The Rutherford Clinic and inpatient service through Manuka St Hospital. For the past 20 years he has been the visiting plastic and reconstructive surgeon at Nelson Public Hospital.

Chris graduated from Otago Medical School in 1990 before training in plastic and reconstructive surgery in Auckland, Hamilton and Wellington. In 2001 he became a Fellow of the Royal College of Australasian Surgeons (FRACS). After completing his training in New Zealand, Chris spent two years in the UK where he completed fellowships in aesthetic surgery, breast surgery, hand surgery, microsurgery and burns surgery at hospitals including the Wellington Hospital in London and Frenchay Hospital in Bristol.

In addition to breast and melanoma surgery, Chris offers a full range of cosmetic and reconstructive surgical procedures including non-melanoma skin cancer management, hand surgery (especially for Dupuytren's Disease) and post-traumatic (ACC) reconstruction.

His practice is based at the Wellington Plastic Surgery Institute (WPSI) in Wellington. The Wellington Plastic Surgery Institute offers comprehensive plastic surgical care including advanced plastic surgery nurse specialists to support Nelson patients. WPSI is an affiliated provider for Southern Cross patients.

Wellington Plastic Surgery Institute
04 499 7642 | L6, 15 Murphy Street, Wellington
Specialists@132, 132 Collingwood St, Nelson
wpsi.co.nz



Registered nurse Nicole Mansbridge performing an ear examination.

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At Ear Health Nelson, registered nurse Nicole Mansbridge is committed to providing an efficient professional service that is delivered to an exceptional standard. Services include earwax removal under microscope using microsuction, assistance with management of infections, ear pain and eustachian tube problems. ACC and War Pension subsidies available. No referral necessary.

Ear Health Nelson
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earhealth.co.nz/clinic/nelson



Experience forest bathing under the night sky at Maruia River Retreat.

Treat yourself to a skin to soul retreat

Maruia River Retreat is hosting the first Natural Beauty, Wellness and Mental Health Retreat on Sept 29 - Oct 2 with Stacey Fraser cosmetic chemist and university lecturer, beauty industry expert, philanthropist and experienced yoga teacher Cristina Holopainen. Be inspired with workshops of beauty and mental health, yoga, rest, sound healing and spa treatments all within the relaxed luxury facilities at the 500-acre nature estate.

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Cyndy Smith, Barbara Kotua, Victoria Sharp and Michelle Hunt.

Comprehensive support for patients and families

Dealing with cancer or supporting someone who is? Transitioning to life after treatment? The Cancer Society is here to assist you and your loved ones throughout the entire journey. Sometimes, seeking additional support or talking to someone outside your immediate whānau and friends can be beneficial. According to Michelle Hunt, centre manager of the Cancer Society Nelson Tasman Centre, "We are here to lend an ear, provide valuable information, and offer support services tailored to your personal situation."

The society offers various practical forms of support, including cancer-related information, emotional assistance, guidance in navigating the healthcare system, grants to alleviate financial burdens, volunteer drivers for transportation to hospital appointments, travel aid, referrals for counselling, access to a library with resources including children's books, support groups, restorative yoga classes, and a rehabilitative gym program (exclusive to Nelson). They can also connect you with other cancer services and relevant health and social services you may require. Counselling services are available for whānau members, including children.

Dedicated volunteers play a crucial role in supporting the Cancer Society team. They contribute by volunteering as drivers, assembling patient information packages, engaging in creative and craft activities, and assisting in fundraising events. The recently introduced Home Visitor Service has been highly successful as well. Cancer prevention is a significant focus for the society. Their health promotion initiatives encompass lending shade marquees and umbrellas to non-profit groups during the summer, promoting healthy habits in schools, advocating for a smoke-free environment, and distributing 1000 free skin check vouchers annually.

Michelle Hunt, together with support coordinator Cyndy Smith, warmly welcome two new team members: Victoria Sharp, volunteer & events coordinator, and Barbara Kotua, marketing & administration coordinator. Their presence further strengthens the support services provided by the Cancer Society Nelson Centre.

Cancer Society Nelson Tasman
03 539 1137 | info@cancernelson.org.nz
cancernelson.org.nz

Supporting individuals with disordered eating and body image concerns

Hayley Guinness, founder of Stepping Stones Yoga and Therapy, provides psychotherapy services to empower clients with the tools, strategies, awareness and a confidence to live a life in tune with their authentic selves. A qualified clinical nurse consultant, Hayley has been at the forefront of eating disorder specialist care in public health in New South Wales, Australia. She was in a team of senior clinicians that developed and delivered the first ever public health day program for adults with eating disorders in Australia.



Hayley Guinness has 18 years experience in the mental health sector.

For 18 years she has worked in the public mental health sector and has delivered group programs for binge eating disorders, severe enduring eating disorders, bulimia, yoga for the inpatient care, meal support, and cognitive remediation and emotional skills training for anorexia (CREST). Now calling Nelson home, Hayley is passionate about her role using specialised training to support individuals with eating disorders, eating disordered behaviour and body image concerns. "I have highly developed skills that enable me to work therapeutically with individuals, their whānau and care providers. I am working hard to reduce the stigma and make treatment/support accessible."

Educating the community of the importance of early intervention, adequate resources and accessible services, Hayley's skills enable her to deliver evidence-based psychological treatment modalities at an individual level via online telehealth and face-to-face sessions.

"My wealth of clinical and yoga teaching experience is combined at Stepping Stones Therapy and Yoga to offer support through individual therapy. I've taught yoga in clinical and community spaces for more than nine years and my mission is to support people to apply yoga principles in daily life in order to live with mindfulness, intention and self-compassion. I am looking forward to running workshops and group programs in the near future. In 2024 I will be bringing Eat Breathe Thrive© a seven-week program which encompass' - mindful eating, functional exercise, emotional balance, and fulfilling relationships."

Stepping Stones Yoga and Therapy
020 469 5812
steppingstonesyogatherapy.com



Audiologist Ed Thynne knows firsthand what it is like to experience hearing loss.

Showing the way to better hearing

Born with hearing loss, local audiologist Ed Thynne understands firsthand the personal impact this can have on someone's life. Having worn hearing aids since the age of five, Ed says his clients often find comfort in dealing with a professional who holds a deep understanding of how life-changing the right technology can be. An audiologist for over ten years, Ed attended Otago University where he studied human physiology and completed his Master of Audiology at Auckland University before working in private practice. He has held management positions in large national practices across the top of the South Island and opened his own business, Ed Thynne Hearing one year ago operating from his clinic in Motueka with visiting clinics held in Nelson and Wakefield.

Helping clients to find the best solution for them and their budget, Ed says "Hearing is such a central part of our lives and relationships with others. It might sound cliché, but helping people with their hearing and seeing wonderful changes in them is what drives my passion for what I do. Being able to work with someone to improve their hearing is a such a buzz. When someone comes in for a check-up appointment after getting hearing aids and describes all the sounds they are hearing again, and being able to hear conversations without straining, it's so good. I think of myself as an experienced guide, showing the way to better hearing."

Ed Thynne Hearing is about more than providing new hearing aids, Ed also provides a comprehensive

hearing aid optimisation service for hearing aids purchased elsewhere. He will take a look at a client's hearing aids to make sure they are set correctly and undertake an in-clinic service and clean. "This is essentially a 'second opinion' service". He also takes the time to explain things well and not rush through the appointment. "If required, I can arrange for the devices to be repaired offsite and I can also access any existing ACC, Veterans' Affairs or MoH funding or help with new claims."

Bringing a personalised level of care to the community, Ed has already helped a tremendous number of people in the region and looks forward to assisting many more. "I think that people really do appreciate someone taking a genuine interest in them and their hearing. Being able to do this helps, and people love being able to support a locally owned audiologist rather than a big multinational company. I'm really pleased that I am now getting a lot of word-of-mouth referrals from happy clients who have come through. They are telling their friends and 'word's getting round'. Hearing from someone they know and trust that they've had good service is always the best type of advertising, and I genuinely appreciate that."

Ed Thynne Hearing
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Visiting clinics to Nelson and Wakefield
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www.tasmandaysurgery.co.nz**

Enhance yourself

In Nelson, we are fortunate to have some genuinely first-rate healthcare providers. One of the region's long-standing practices in varicose vein treatments is enhanceskin. The clinic, run by David and Robyn Orsbourn, has a well-deserved reputation for client care and outstanding service.

David attributes the clinic's ongoing popularity to its reassuringly local reputation. "I think it makes a real difference that we know and understand the lifestyle our clients want to live. We don't dip in and out of Nelson; we live, work and play here ourselves," David says. But it also means that David is always available to his patients. He doesn't hop on the plane straight after treatment. Instead, he gives clients his mobile number and insists they call it if they have any questions.

"Patient after-care is really important to Robyn and me; we'll always fit people in with post-treatment concerns," he says.

David also believes clients feel reassured that he and Robyn have built their specialist vein clinic on a cornerstone of family-medicine philosophies.

"Before I founded this practice, I was a GP, in fact, for over twenty years. At the clinic, we are proud to have maintained similar perspectives to those adopted in family medicine. We believe in providing continuity of care and a personalised approach to treatment."

A generalist approach to health is one of the elements of family medicine that David has carried over from general practice.

"We understand the requirement to get to the root causes of health problems. Varicose veins cause many symptoms that may affect our client's well-being. By treating the veins, we also improve their general health," he explains.

Finally, David also believes the treatments speak for themselves. All are walk-in, walk-out procedures. There is no requirement for hospital stays or general anaesthesia; in fact, many patients drive themselves home afterwards. The ease of these minimally invasive treatments means his patients are keen to spread the word.

"We now see friends and relatives of previous clients, and the most common feedback we receive is that people don't know why they were so worried about getting their veins sorted," David says.



Robyn and David Orsbourn offer walk-in, walk-out varicose vein treatment at their clinic in Nelson.

If you've been 'putting up' with your varicose veins, Robyn urges you to contact her at their clinic. She will arrange a complimentary, full doctor's vein assessment and scan with David, helping determine which of the specialist treatments they offer will suit you.

You can also utilise your health insurance for treatment. enhanceskin are an affiliated provider to Southern Cross Health Society for endovenous laser treatment and ultrasound guided sclerotherapy. They are also accepted for cover by NIB, Sovereign, FMG, UniMed, Accuro and OnePath.

| enhanceskin.co.nz



Jacintha Atkinson-Manson and Amanda Crehan established Atkinson Crehan Law after the dissolution of Knapps Lawyers earlier this year.

Atkinson Crehan Law

where expertise and empathy go hand in hand

Challenging the way law firms are run, Jacintha Atkinson-Manson and Amanda Crehan are committed to modernising their legal practice while never losing sight of the personal touch.

Atkinson Crehan Law was established after the dissolution of Knapps Lawyers in May 2023. “We have created a more collaborative environment,” says Amanda. “We are utilising the transferable skills, expertise and knowledge within our existing team. Our goal was to pool that collective knowledge to help us build a more flexible, adaptable and cohesive business, and we are achieving that.” Jacintha believes it is their openness and willingness to discuss different ways of doing things that makes the firm’s future an exciting one. With offices in Nelson, Richmond and Motueka, the pair have made a conscious decision to create a future-focused team. “We are no longer pigeonholed into narrow fields of expertise. We want to provide a comprehensive, integrated service. We also pride ourselves on being early adopters of new technology. For example, we are moving our entire operation into the cloud, which is enabling us to deliver our services much more efficiently and responsively while retaining our approachability.”

A whirlwind few months have passed and the duo say it is amazing what can be achieved when you put your mind to it. Staff members, some who had been with Knapps for over forty years, as well as more recent joiners, were given the opportunity to continue their journey with Amanda and Jacintha at the helm. “We have drawn strength from one another and the team around us,” says Amanda. “What quickly became apparent was that we had

support from so many people around us, willing us to succeed. What initially felt overwhelming soon became exciting and things started falling into place. We thought ‘let’s just go for it’ and we haven’t looked back since. It’s injected a new energy into the team. Everyone with us has chosen to be here and that is an amazing feeling. We have thrown a lot of changes at them but everyone has come in every day with a smile on their face and that is what has been wonderful to see. It is an exciting time!”

Building a resilient firm that is able to offer a wide range of professional services to clients meant starting with a strong team ethos, says Jacintha. “We have a diverse collection of people, which we believe is hugely important. We are not looking for carbon copies of ourselves. We encourage new ideas and people who constantly challenge us, creating an environment where we can all learn and grow. Everyone has different views and ways of doing things. We never stop learning and I am open to that collaborative approach. Being prepared to upskill and having an appetite to take on something new is fundamental to that growth. Although we have a great deal of experience, we bring a new outlook and a shared vision.”

Amanda brings a wealth of experience from leading and managing large legal teams. Before emigrating to the region in 2014, Amanda spent 15 years as a partner in a large UK law firm where she was the training principal responsible for recruiting, training



and retaining trainee solicitors across the firm. She was repeatedly named as a Leader in her Field in Chambers & Partners and The Legal 500 Directories. She joined the Knapps Partnership in 2018, becoming managing partner in 2020.


Jacintha completed a double degree in law and arts, majoring in psychology, graduating from the University of Otago in 2009. She worked as a solicitor in Gore, gaining good general legal experience. After relocating to Nelson in 2013, Jacintha joined Knapps as a senior associate in 2020 and became a partner in April 2022.

Jacintha and Amanda work closely alongside Hamish Kennedy (formerly Kennedy & Associates) who is based in the Motueka office. Hamish was the founding partner of the Motueka office and continues to provide high level advice and assistance over a range of issues, ensuring that the firm's clients continue to be well looked after.

"We have a small but perfectly formed team in Motueka. Hamish has been a part of the firm for over 30 years. He will continue to be a strong presence in Motueka, and our team can travel between our Richmond, Motueka and Nelson offices to accommodate our clients. We are also recruiting both legal and non-legal staff interested in a career with us, with opportunities available across all three sites."

Providing a warm and welcoming atmosphere, the Atkinson Crehan Law team can assist with a range of services including property and commercial law, estate and asset planning, estate administration, wills and powers of attorney, family trusts, dispute resolution, subdivisions and relationship property. "We love helping people achieve what they want to achieve – it's as simple as that."


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Let's talk decks with **Refresh**



Summer's just around the corner, thinking about updating or having a new outdoor living and entertainment area?

We answer a few common questions about decks...

When it comes to materials, pine decking is the most affordable option, but requires the most maintenance. Composite decking is low-maintenance as it's resistant to rot and fading. PVC decking is highly durable and low-maintenance, but can be expensive. Hardwood decking is durable, requires less maintenance, and remains one of the most popular choices.

It's important to consider the size of your deck when planning your outdoor space. A deck that's too small can feel like a walkway rather than a destination. Make sure there's room for you and your furniture.

Ground floor decks typically don't need consent, anything 1.5 metres off the ground will need to go through council. Allow four weeks for materials to arrive, and two weeks for construction.

Decks can be the perfect addition to your home, whether you're looking to add value or just want to enjoy some outdoor time.

There's still time to have your outdoor area created before Summer, talk to Gary today.



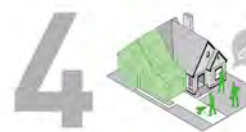
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My HOME

Kim and Keith Randall, together with their son Ashley, have beautifully restored their historic character home on Richmond Ave. They have enjoyed living here for three years, but now it is time to downsize. The home has recently gone on the market, ready for new owners to enjoy.

© Tessa Jaine

Where is your home and how long have you lived here?

Our home is situated on the corner of Richmond Ave, Nelson, opposite Melrose House. We have lived here for three years.

What four words would you use to describe your home?

Historic, grand, homely and elegant.

What's your decorating style?

We kept the original features in the home and brightened the walls using neutral colours.

What is the history of your home?

The home was completed in 1910 for Kenneth Gordon Lucas and his wife Hilda Gladys Lucas (Harland). Kenneth was the grandson of Nelson Evening Mail founder Robert Lucas. We have enjoyed sharing our historic home with the community as part of the Nelson Cancer Society Historical Homes Tour.

Where do you shop for homewares?

We didn't need to buy anything for this home, as when we bought it, it came with all the furniture and homewares which suit the home beautifully.

What piece would you never part with?

The original Kienzle chiming wall clock, made in Germany.

Have you done any renovations?

With our son Ashley, who is a builder by trade, we replaced over one hundred weatherboards, replaced piles, had the house rewired and completely repainted the exterior. Inside, we painted most rooms and added new windows in one bedroom, plus the bathroom.

What do you love about the neighbourhood where you live?

It's quiet, with friendly neighbours and only ten minutes walk into the centre of town. The schools are close by and my favourite spot up the Grampians is only across the road.



The Randall's used neutral tones to brighten the interior and complement the heritage features of the home.



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If money was no object, what would you get for your home?

A swim spa is still on my wish list, maybe at the next house...

What's your favourite room?

The bedroom with a 180degree view, overlooking the Centre of New Zealand and out over the sea. My Dad enjoyed staying in this room while over from the UK for ten weeks.


What's your favourite spot in the house?

The grand staircase, with the Rimu banister and leadlight windows by the front door.

Best money spent?

We bought our own scaffolding, which we used over the two years it took to paint the whole exterior of our home. We then sold it on.

Best memory in your home?

Christmas time in our front sitting room, with a large Christmas tree and all our family with us. 

1. A favourite memory of Kim's is family Christmases spent in the sitting room. 2. Original Kienzle chiming wall clock from Germany. 3. The Randall's left the antique coal range in place in the kitchen. While it no longer works, it is a unique feature. 4. A vintage velvet telephone chair sits in the entrance of the home, it came from the previous owner who furnished the home to suit it's historic style.



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Samantha
Interior Designer
for HUBBERS

We talk to Samantha who has a Bachelor in Interior Design, a passion for home furnishings and a love for wallpaper.

What gets you excited about an interior design project?

Anything different! I'm always looking to try something new in interior spaces and love it when clients present me with a multitude of ideas - usually something they have seen online. It inspires me to put my best into each project to get the desired result for the client. There's nothing quite as exciting as completing a project and having a client love their new space.

Is wallpaper still in style?

When I envisage wallpaper, I think most people tend to remember overwhelmingly cluttered patterns that were last in style in the 1970s... all over the walls in every room. I know I grew up with this in my bedroom. Today's wallpaper designs are modern and stylish including on trend revamps of times gone by. Think of it as art for your walls - hundreds of designs, patterns and textures for any taste that'll freshen your home.

What are the latest trends in wallpaper design?

For me, three trends are full scale designs, texture, and subdued patterns. I've also noticed a lot of trends towards using wallpaper in unexpected places which create a statement. A wall behind a bed in headboard style is a great way to add sophistication to a main bedroom. As well as feature walls with large scale murals and even wallpaper on the ceiling!

Why do you love wallpaper?

Wallpaper adds colour, texture, and personality to a room. It creates an impact in big or small spaces. I love using wallpaper when working on a project. By pulling out colours that work, wallpaper can really bring the space to life, as well as complementing accessories and furniture.

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WASHABLE

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SPONGEABLE

Uncoated papers; highly decorative and delicate. Best maintained by using a dry, clean sponge/eraser or with a lightly dampened cloth and minimal water use.

JAMES DUNLOP
TEXTILES



Local Architecture Awards 2023

TE KĀHUI WHAIHANGA NEW ZEALAND INSTITUTE OF ARCHITECTS (NZIA)

Words: Amy Russ

Honouring the finest architecture in the country, the Te Kāhui Whaihanga New Zealand Institute of Architects (NZIA) announced this year's winners, chosen from 17 shortlisted projects, in their local awards for the Nelson and Marlborough regions. The awards provide a platform for celebrating some of the most innovative and inspiring designs in the country. The architectural practices behind an epic wine centre, a Studio House and an enduring architectural build have all scooped awards at a celebration of Nelson and Marlborough's best architecture, held at The Suter Art Gallery in Nelson. Promoting and celebrating outstanding architecture and creating greater awareness of the values and benefits well-designed buildings and public spaces can bring to cities and towns, the NZIA represents over four thousand members. Established in 1905, NZIA were gifted a new name in 2019 and represent more than 90 percent of all registered architects throughout the country.

The projects, three of which also received a Resene Colour Award, received a prestigious Te Kāhui Whaihanga New Zealand Institute of Architects Architecture Award across seven award categories. Awards jury convenor, Min Hall, says all of the projects they visited responded to the comparatively rural nature of the region. "We tended to see buildings that reflected that characteristic quite strongly, even in the residential categories. The architects have taken the rural vernacular as a guide, using simple pragmatic forms. There was also an encouraging consciousness of environmental and sustainable issues overall, and we were pleased to see much more openness to acknowledging te ao Māori in the public projects."

Winning the Commercial Architecture award and recipients of a Resene Colour Award, Nelson-based Jerram Tocker Barron Architects wowed judges with their awe-inspiring design of The New Zealand Wine Centre – Te Pokapū Wāina o Aotearoa. Judges say the research and education centre for grape and wine research exhibits a sensitive response to place and the wider environment while providing a focal point for a number of disparate elements. Given a complex relationship between existing buildings, this new addition seamlessly draws them all together, they say, with the large verandah making a strong entrance statement, drawing users in from the surrounding courtyard, and providing a collaborative public space.

JTB Architects were also winners of the Housing–Multi Unit category with their entry; Maitahi Quarter Townhouses – a multi-unit project that overlooks Nelson's Maitai River. The site had planning and flooding constraints that required an architect who could navigate and transform those challenges into opportunities, explained the judges, and the result is a set of attractive and functional townhouses overlooking the river and introducing a much-needed typology to a currently underpopulated town centre. High-quality medium density homes such as these will draw people back into the city, conveyed the judges, which encourages a more sustainable lifestyle. The Motueka Public Library – Te Noninga Kumu rounds out a trifecta for JTB Architects. A winner in the Public Architecture category, the Motueka Library was inspired by traditional farm buildings, and judges say it responds effectively to its suburban setting.

Architect William Samuels was named as a winner in the Housing category for the 2023 awards



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with his entry, Studio House. Comprised of two moveable structures, with a footprint of only 42m², the living area spans the two volumes, resulting in a surprisingly generous space. Judicious use of materials is a hallmark of the design, from the corrugated cladding to the use of scaffolding for the exterior canopy. Detailing is well considered yet economical: hoop windows are crisply detailed, and the loft creates a snug sleeping platform for visitors. Studio House presents a compelling way forward – an economic and considered solution to the residential genre.

The Alpine Lodge in St Arnaud by Architect Ian Jack, and Pohara Hall in Golden Bay by Architect Alex Bowman, both received recognition as winners of the Enduring Architecture Awards. Built in 1984 and firmly embedded in its mountain landscape, judges say Lake Rotoiti's Alpine Lodge is as relevant and popular today as it was 40 years ago. Pohara Hall is an iconic regional landmark that is recognised and loved by many in Golden Bay and beyond. The hall was built in 1971 for community functions, dances and theatre events and represents an era now passed.

The four-person jury consisted of architect Min Hall, Siân Taylor of Team Green Architects, Jonathan Fraser of Studio Pacific and Architect Sarah Pickens. Each juror visited the shortlisted projects before selecting the winners.

THIS YEARS MAJOR AWARD WINNERS

ENDURING ARCHITECTURE

Alpine Lodge, St Arnaud (1984),
by Architect Ian Jack

Pohara Hall, Golden Bay (1971)
by Architect Alex Bowman

HOUSING

Studio House by William Samuels Architects

Awatere Hilltop House
by Rural Workshop Architecture

HOUSING — ALTERATIONS & ADDITIONS

Head of the Bay by Rural Workshop Architecture

HOUSING — MULTI UNIT

Maitahi Quarter Townhouses
by Jerram Tocker Barron Architects

PUBLIC ARCHITECTURE

Motueka Public Library – Te Noninga Kumu
by Jerram Tocker Barron Architects

COMMERCIAL ARCHITECTURE

Cellar One, Cloudy Bay Vineyards
by Paul Rolfe Architects

Real Workspace by Rural Workshop Architecture

The New Zealand Wine Centre – Te Pokapū Wāina o
Aotearoa by Jerram Tocker Barron Architects

EDUCATION

Karamea Area School by MOAA Architect

1. Head of the Bay by Rural Workshop Architecture @ Grant Davis 2. Alpine Lodge, St Arnaud (1984), Architect Ian Jack @ Virginia Woolf 3. Awatere Hilltop House by Rural Workshop Architecture @ Grant Davis Maitahi 4. The New Zealand Wine Centre – Te Pokapū Wāina o Aotearoa by Jerram Tocker Barron Architects @ Colleen Tunnicliffe 5. Karamea Area School by MOAA Architect @ Andy Spain 6. Pohara Hall, Golden Bay (1971) by Architect Alex Bowman @ Virginia Woolf 7. Quarter Townhouses by Jerram Tocker Barron Architects @ Colleen Tunnicliffe

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Winner of the Nelson Housing award.



Studio House

WILLIAM SAMUELS ARCHITECTS

Words: Adrienne Matthews | @Simon Divett

Three years ago, William Samuels returned from almost a decade working for one of Melbourne's top architectural firms to his hometown, Nelson, to establish his own bespoke architectural practice.

Co-founder of urban design and housing advocacy group, NelsonTasman2050, William has a particular interest in advocating for and contributing ideas towards innovative approaches to housing.

Having been the project lead for multiple award-winning architectural builds in Australia at both state and national level, he has continued this trend locally with the recent success of his new home, Studio House, which he built together with his partner Hannah D'arcy.

"The concept came from the desire to create a beautiful and liveable space that was genuinely affordable in an over-inflated housing market which presented the opportunity to bring my interest for alternative housing typologies to the fore," says William.

To address the affordability concerns the house has been designed with a very small footprint and is built on leasehold land, thereby removing the cost of land purchase from the project. Because the structure is on leased land it needed to be relocatable, so the main design constraints were the size of the trailers required to transport the dwelling on local roads. The solution was the construction of two primary interconnected modules that can be dismantled as required. A connective mid-section adds to a spacious living area between the front and back module. Additional modules can be added to the house in the future if required.


"We wanted a design that still felt voluminous and spacious despite the limited 42m2 footprint,"

says William. "The barrel-vaulted ceilings give the feeling of much greater volume while still remaining intimate, plus it allows for a large amount of light to come in through the curved windows at either end."

Amongst many striking features is the storm-felled Rimu that has been transformed into the ceiling and wall lining, plus much of the internal shelving. "It adds a warm, cosy feel and is perfectly contrasted by the teal blue commercial grade vinyl flooring throughout," says William. "We employed a specialised carpenter to install the Rimu because it was important to us that the finish was of a very high quality."

Most tasks however, excluding the necessary plumbing and electrical services, were completed by the couple themselves, a challenge while working around the demands of their busy jobs. They created their own benchtops, kitchen joinery and cupboard fronts, for example, from a moisture-resistant black MDF with a clear coat over top, a very affordable and striking solution.

The bathroom is 1.4 x 2.4 metres with a full width shower. "It is remarkably spacious and the Rimu continues in there, creating a lovely contrast with the matt white walls," explains William.

Clad in corrugated iron, the home sits lightly in its environment while the deck extension provides added living space and integrates the outdoors and indoors. "It is all part of a philosophy of living more sustainably," he says. "This design proved much more affordable than the standard housing approach and I hope it will encourage fresh ways of thinking about housing for the future and meeting the needs of both people and the environment in more adaptable ways." 

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Winner of the Public Architecture award.

Motueka Public Library

Te Noninga Kumu

JERRAM TOCKER BARRON ARCHITECTS

Words: Adrienne Matthews |  Jason Mann

The Motueka Public Library – Te Noninga Kumu – has scooped an award in the public building category at the recent New Zealand Institute of Architects Nelson & Marlborough Architecture Awards. The success of the building is testament to the quality of the relationships between those involved in its planning and construction.

Local Nelson architects Jerram Tocker Barron (JTB) are renowned award winners across all fields of architectural design and were delighted to be involved in the design of such an important public facility. Director and principal of the Nelson studio, Simon Hall, says, “the success of any public building is in collaborating and consulting widely with all community stakeholders from the beginning and this project was hugely successful in that regard.”

The main brief was for a building that was environmentally-sustainable, providing all the requirements of a modern-day library while also containing spaces for community activities. It also had to be sympathetic to the surrounding area.

The exterior corrugated iron cladding is a direct reference to the abundant horticultural buildings scattered across the Tasman District and a large covered verandah on the northern side provides a link to the green space of Deck's Reserve with its recreation and picnic areas and Kiyosato Japanese Gardens.

The southern side with its extensive windows onto Wallace Street gives the public a clear and inviting view of what is inside while asserting itself as a substantial civic building the community can feel actively part of.



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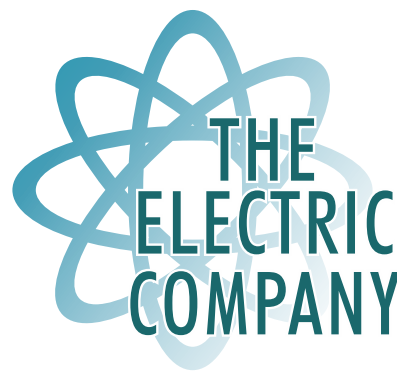


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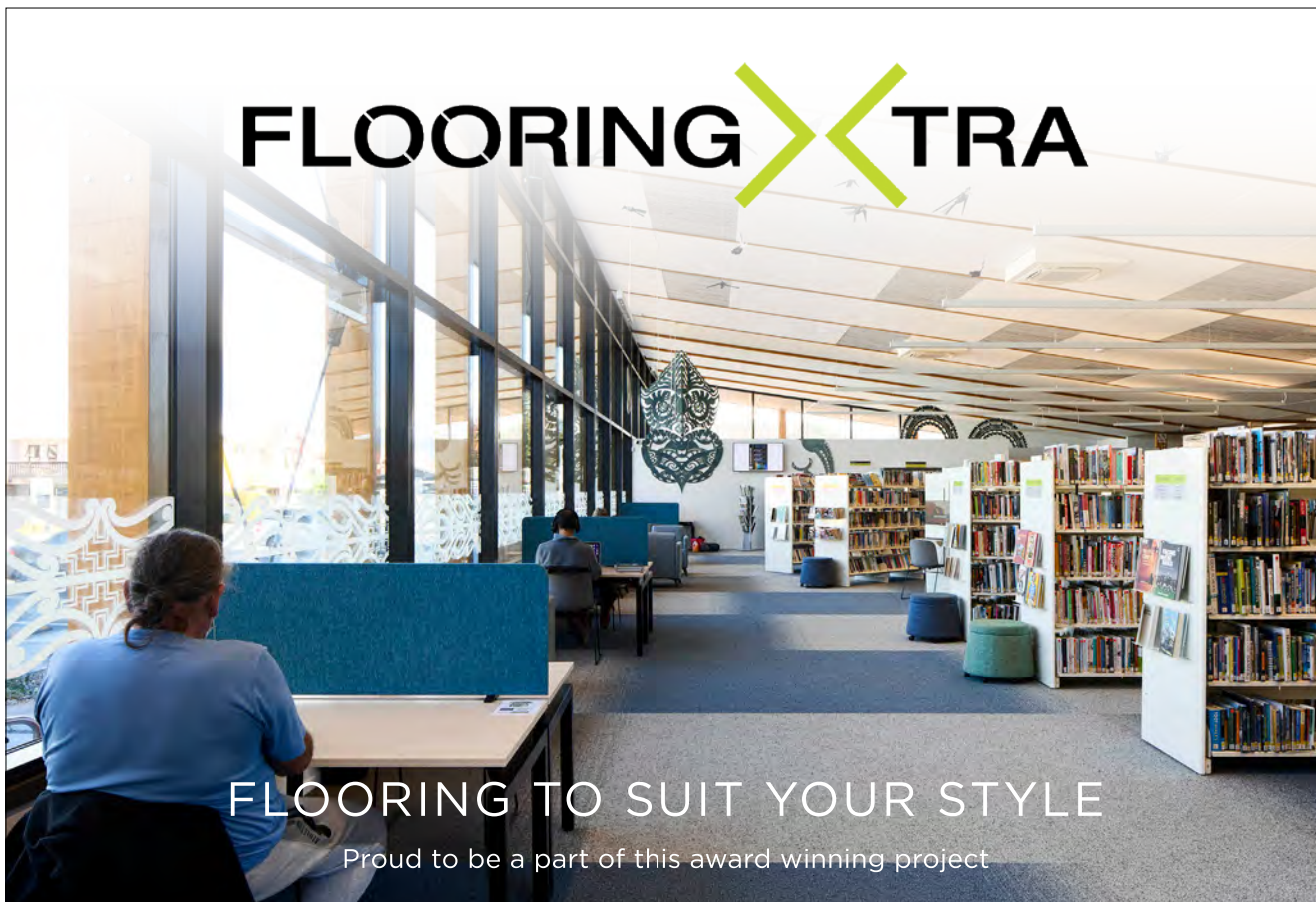
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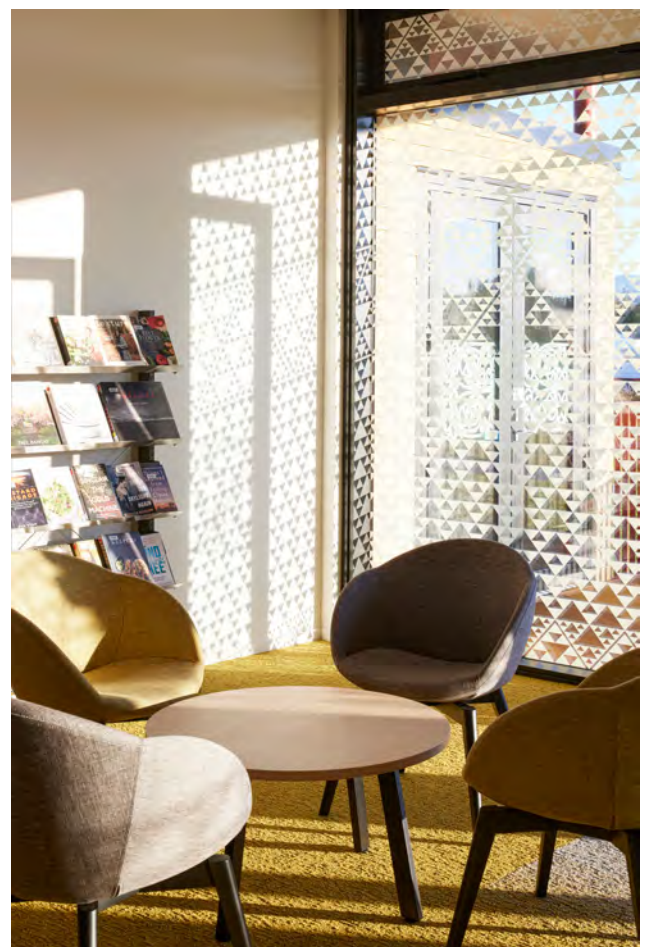


With the exception of five internal timber columns, all of the loads of the roof for the 1,100m² building are supported by the fully timber-framed exterior structure. “This provides a unique aesthetic,” says Simon, “while allowing for a very versatile space inside that can be reconfigured in different ways as required.”

In charge of building, Coman Construction experienced a few challenges along the way. “The biggest was installing such substantial trusses, while a number of structural elements which would typically be concealed within a building envelope were, in this case, exposed as architectural features and required installation at an early stage of the project,” explains managing director Ben Coman. “Significant care and protection was required throughout the build period.”

“Thanks to the Covid-19 pandemic, careful procurement management and programming was essential to ensure project continuity onsite and contractual completion dates were adhered to,” he adds.

Everyone involved in the project, including the local community, wanted the building to be sustainable with natural resources preserved and an ecological balance with the surrounding areas maintained.





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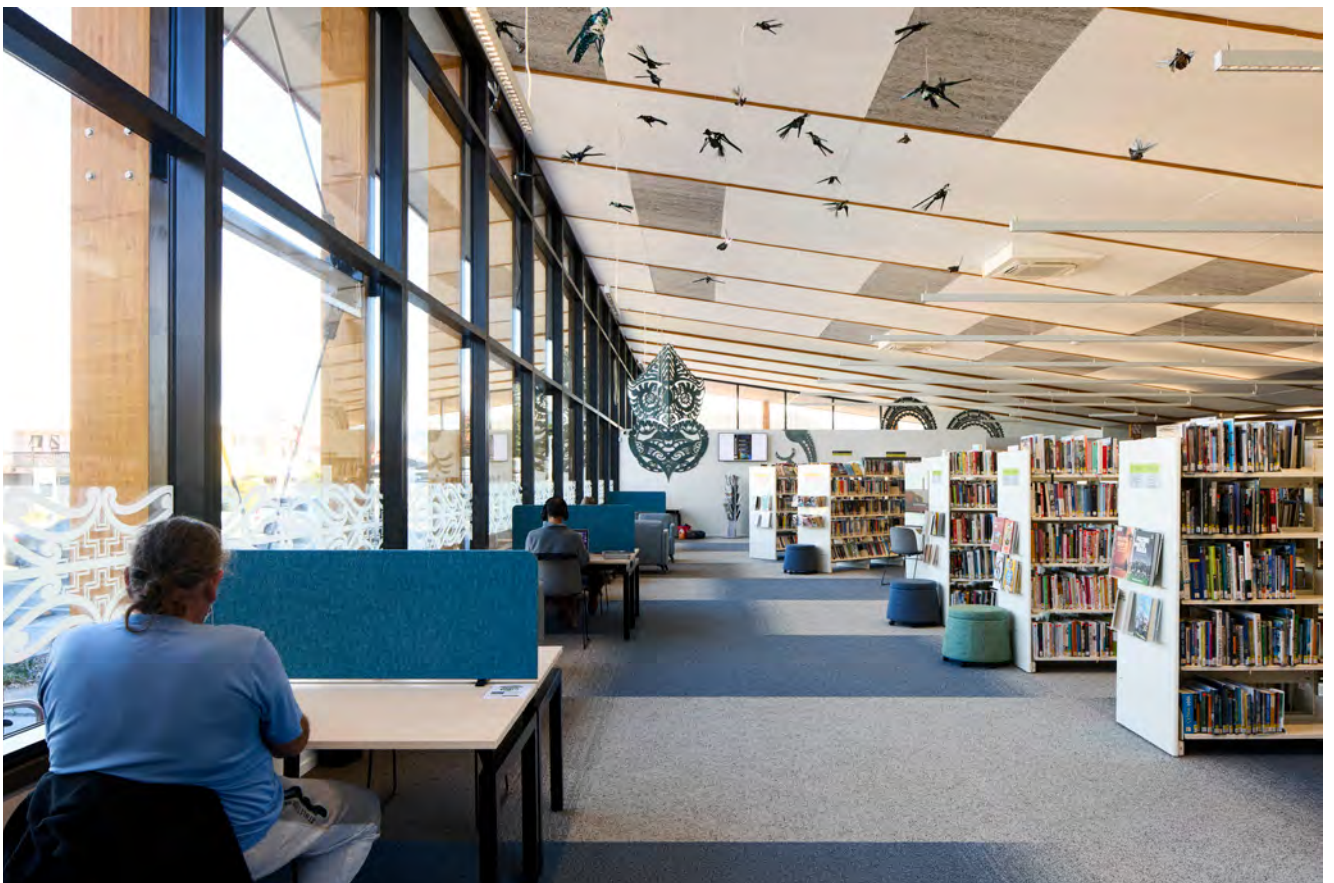
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“The delivery of this civic project for Motueka and wider community is a great example of a true design and build partnership between Tasman District Council, JTB Architects and Coman Construction. It is a project we are all immensely proud of.”





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Consequently, it was decided to use as few toxic materials in the construction as possible. A Red List of toxic building materials has been established in New Zealand by The Living Building Challenge™ which aims to encourage the use of resources to create “green buildings” that do not damage the environment or the people living and working in them.

The almost-fully timber structure with its low carbon and efficient energy focus meets this expectation with avoidance of materials containing the likes of formaldehyde, copper chrome arsenic and many others typically used.


“We have actually achieved a net zero electricity building,” says Simon. “This means that all of the energy required to make the building function are achieved on site by systems, including roof mounted solar panels, that create renewable energy. The building actually produces enough excess power to supply eight houses,” explains Simon, while the use of screw piles to anchor the building has reduced the amount of concrete on site.

The library is passively vented much of the time by actuator-driven windows to get the benefit of the oscillating breezes. When extra heating or cooling is required, heat pumps operate thanks to the power generated through the building’s own renewable

systems. “A large soakage bed in the ground allows for replenishment of the aquifer and the means to water the garden areas,” he continues.

JTB Architects designed the interiors to reflect the local environment with its water, beaches and mountains. Lino is used as floorcoverings, being derived from natural fibres whereas vinyl is petro-chemical based.

A highlight of the library is the allowance made for space for over twenty commissioned artworks by local artisans or those with a close association with the district. These include New Zealand’s largest permanent exhibition of traditional poi.

With a fixed budget for the project of \$3.8M, it was completed in time and on budget. “Coman Construction did an outstanding job in the construction,” says Simon, while Ben adds, “The delivery of this civic project for Motueka and wider community is a great example of a true design and build partnership between Tasman District Council, JTB Architects and Coman Construction. It is a project we are all immensely proud of.” 

| jtbarchitects.co.nz

Transform your kitchen on a budget



JOHNNY PERSICO
Detailer/Project Manager



Before



After



After

If you are on a budget and renovating your kitchen or another space, The Custom Space can provide you with some exceptional respray/reface options that won't cost the earth. Johnny Persico shares how.

FRESHEN UP WITH A RESPRAY

A respray transforms your kitchen to its former glory or can create a whole new look with a paint colour change.

It's a time and cost-effective option that gives your kitchen a refresh (and adds value to your property) without the price tag of a full redesign. It's a simple process, too. The Custom Space will come in and dismantle your kitchen fronts (leaving the carcasses in place), take it away to the workshop, make it beautiful, then bring it back and reinstall it for you. As with any finishing service, there are a range of colours and options to suit all budgets and tastes.

If it's in your budget, you can also change your benchtop, handles and accessories to give your space an entire new look.

MAKEOVER WITH A REFACE

Refacing can also bring several benefits to your home. Like a respray, it can also give your kitchen a brand-new look without the need for a full remodel (changing cabinet door profiles – shaker, groove, textured). Additionally, refacing can increase the value of your home if you plan to sell in the future. It can also improve the functionality of your kitchen by adding storage space or a slight change in layout. Refacing is also an eco-friendly option, as it reduces waste by reusing existing cabinets and materials.

The difference between respraying or refacing is respraying your cabinets freshens up the existing look, while refacing can give it a whole new look entirely, changing the cabinet shape, colour and profile.

YOU'LL BE IMPRESSED

- Cost-effective for final results
- Maintains the quality of your home
- Minimal disruptions for turnaround (1-2 weeks)
- You can pick any colour
- Increase your home value for sale
- New look without a full renovation
- Eco-friendly

150 Vanguard St, Nelson
thecustomspace.co.nz |

Home Style

ENHANCE YOUR LIVING



1.



2.



3.



4.



5.



6.



7.



8.



9.

1. Earthy and sensual, an ever-popular blend of sandalwood and pinot noir, these sculptural candles develop a unique lace-like pattern as they burn, **Living Light, 219 Trafalgar St, Nelson Central Arcade** | 2. Stressless Sunrise Recliner (small) - batick black leather and signature black base. WAS \$4,799, NOW \$3,799, **lynfords.co.nz, 675a Main Rd, Stoke** | 3. Jonathan Adler Vienna salt and pepper set, \$229, **Karen Jordan Style, 151 Trafalgar Street, Nelson** | 4. Arezzo rectangle table lamp with black leather shade by Artwood \$399, **storeycollection.co.nz, 65 Collingwood St, Nelson** | 5. Rader Villa tealight house, \$89.95, **Villarosa Maison, 62 Montgomery Square, Nelson** | 6. Bluesound Pulse Flex 2i portable wireless multi-room music streaming speaker \$600, **beggsmusic.co.nz, 264 Hardy Street, Nelson** | 7. Gasmate outdoor heater 33.5MJ/hr, H:1900mm, W:490mm, D:490mm, \$599, **Mitre 10 Mega Nelson, 99 Quarantine Road, Nelson** | 8. Mila vanity – spray finished/elm top \$2700, **thecustomcreative.co.nz, 48 vanguard St, Nelson** | 9. Nouveau Terrazzo trough pot available in small, medium or large, from \$69.98 - \$189, **Mitre 10 Mega**

Offering a different lens on the natural world

Scott Burnett has spent much of his life standing up for nature and now, as a manager for Forest and Bird, he's working with agencies and community groups across Te Tau Ihu to get better results for the environment. He talks to *Matt Lawrey* about his work, his life and his favourite piece of art.



Scott Burnett with 'Inner Space' by Golden Bay artist Aralyn Doiron.

© Matt Lawrey

Scott Burnett's favourite artwork will come as no surprise to anyone who knows the former Greenpeace activist.

In a home full of environmentally-themed art, Scott's pick is a 2019 painting by Golden Bay artist Aralyn Doiron depicting a gloriously decorated whale coming face-to-face with an astronaut in outer space. Titled 'Inner Space', the artwork celebrates both the majesty of the animal and the beauty of repurposing, having been painted on an old window. It's also deceptively clever. Instead of painting onto the side of the pane of glass that faces the viewer, Aralyn painted it 'in reverse' on the other side of the pane, meaning that, when you look at the painting, you're actually looking at it through the glass. It's a technique that has been popular in Europe since ancient times and reached its peak during the Renaissance.

Scott and his partner, Nelson City Councillor Rachel Sanson, bought the painting at the 2019 Art Expo Nelson. The couple had fallen in love with a similar work featuring an elephant by Rachel's sister Sarah Larnach years before, but were low on funds at the time and decided not to buy it. It was a decision they lived to regret and so, when they came across Aralyn's work, they didn't hesitate to snap it up.

Scott loves the way it provides "a different lens" for looking at a whale.

"To me it's about the fragility of the natural world and the smallness of people in relation to the universe," he said.

It also symbolises the dedication to the environment that brought the couple together.

"Rachel and I met through Greenpeace and were both arrested on the first day we met each other on an anti-nuclear protest in Wellington. We abseiled off the outside of a high-rise building that had the French Embassy in it with a banner between us."

The walls of Scott and Rachel's home are full of artworks that they enjoy strong personal connections to, including a photograph of a kea by Mark Watson that Rachel gave to Scott when he finished building their house. Other significant artworks include paintings by Olga Volchkova, Dean Raybould and Sofia Minson, and a painted mandala the couple bought from a monk in Tibet. There's also a brilliant

sculpture of a dog that their son Kahu made at Nelson Intermediate.

Raised on the Kapiti Coast, Scott puts his love of nature down to his best friend's dad setting up the Ngā Manu Nature Reserve at Waikanae.


"I spent a lot of time there and worked there as a teenager and I think it had a really big influence on me, as well as being in cubs and scouts. I kind of knew that we had to act for our environment from a really young age."

Scott and Rachel's love of the planet, and their desire to connect to people with nature, were also big parts of their business Pacific Discovery that they launched in 2001 and ran for 18 years. Over the course of those years, the company took 2500 American college students on semester-length, overland journeys through different regions of the world, incorporating expeditions, cultural immersion and volunteer service work. After selling the company in 2018 Scott threw himself into study, completing an MA in International Development before successfully putting his hand up for the role of Forest and Bird's Top of the South regional conservation manager. One of his major focusses is breaking down silos within the environmental sector.

"A lot of our approaches to the natural environment tend to happen in a piecemeal fashion. We focus on one pest or threat or one small aspect of an ecosystem, and all of those approaches happen within silos; whether it's council, whether it's community groups or the Department of Conservation, there's this lack of co-ordination or people being able to see where what they're doing fits within the bigger picture."

Scott's also passionate about getting people into nature. He says no amount of information or education will re-connect people with the natural world.

"It has to be about getting people out into the natural world and done in a hands-on way. It's an experiential thing that builds that sort of appreciation for nature, and increases people's understanding, and then helps them to feel somewhat responsible for its health," Scott said.

"We need to see ourselves as part of the natural world and reliant on it being healthy." 

Gallery Showcase | Our region's best creative talent



Nelson City Framers & The Gallery

McKenzie Country, Entering Tekapo –
Juliana Trolove, 42A Halifax St, Nelson
Mon-Fri 8:30 – 5pm, Sat 10am-1pm
nelsoncityframers.nz



Christine Hafermalz-Wheeler

The Artist Goldsmith
Central Nelson
By appointment, come and play!
021 817 209
theartistgoldsmith.com



The Suter Art Gallery

208 Bridge St, Nelson
Open 7 days, 9.30am-4.30pm
03 548 4699
thesuter.org.nz



Nelson Classic Car Museum Museum Store

1 Cadillac Way, Annesbrook
Open 7 days, 10am-4pm
03 547 4570
nelsonclassiccarmuseum.nz



The Coolstore Gallery

10 Aranui Road, Mapua Wharf
Open 7 days, 10am – 5pm
03 540 3778
info@coolstoregallery.co.nz
thecoolstoregallery.co.nz



Arty Nelson Gallery

126 Trafalgar St
Open Mon – Sat 10am – 4pm
Sun 11am – 2pm
021 022 90996



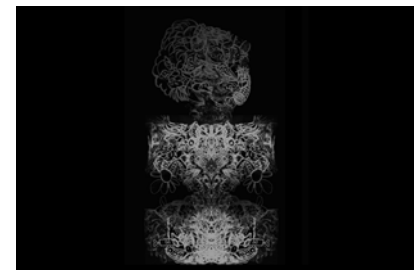
Peter Copp

A chance encounter Ruby Bay. 1.3m x 83cm
Clayridge Gallery
77 Pine Hill Rd, Ruby Bay
027 491 5187, Please phone before visiting
petercopp.co.nz



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Opening hours change, please check
website. 027 975 9204
staceywhale.com



Refinery Artspace

Ashia Te Moananui - Hangarite | Symmetry
Talitha Walterfang - Finding Stillness
R.A.P - I.D - Rangatahi Art Program
Exhibition dates 8 July - 4 August
All welcome



Lisa Grennell BVAD – Artist

13 Cheshire Place, Stoke
Studio visits by appointment only
grennell.lisa@yahoo.co.nz

lisagrennellartist.co.nz



RED Art Gallery & Café

'Harbour' – A group show.
Gallery open weekdays 8.30am-
4.30pm, Sat 9am-3pm
03 548 2170

redartgallery.com



Protean Art Gallery

20 Tahunanui Drive
July to August by appointment only
027 548 5003

proteanart.co.nz

Promoting connection and sparking innovation

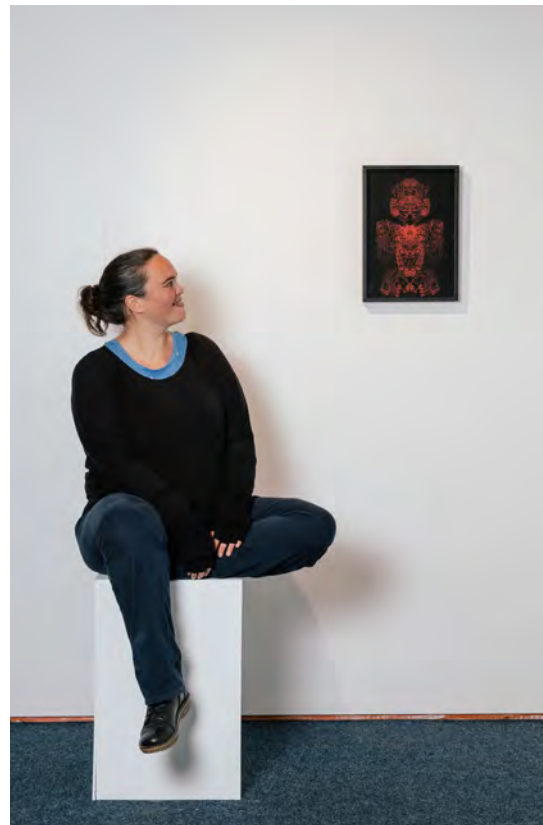
A passionate supporter of the arts with a strong focus on community and social justice, Janja Heathfield has been managing the Refinery ArtSpace and its creative program at Arts Council Nelson for near-on four years.

Growing up in a household that cherished art in all its forms has been a fortunate and influential aspect of her life, says Janja. "The implicit nature of art is communication and the magic of it is in the connection it fosters. The positive change that I have seen is a move away from the gatekeeping model of the past being replaced with a more collegial and collaborative one within the arts, particularly locally. The highlight of the last four years for me has been working with other arts organisations, galleries and creatives to bring ourselves through the challenges of the times to a place of resilience and strength."

"We are fortunate that, with support from Nelson City Council, we at Arts Council Nelson have the privilege of being able to present work that doesn't have to be commercial and therefore can be more experimental, inclusive and community focused to present a diverse and stimulating programme. The Refinery ArtSpace is aptly named as it is a crucible of sorts a hub that promotes connection and sparks innovation."

Announcing a range of diverse and stimulating exhibitions for 2023/24, Refinery ArtSpace look forward to showcasing Te Ramaroa from June 30 to July 4. "Under the Sea: Light and Movement is an immersive and interactive experience featuring sea creatures, light, shadow, and motion. It is a collaborative creation by students and the Ministry of Inspiration (MOI)." Alongside this, the Matariki exhibition will explore the rich stories of Matariki through projections, soundscape, and storytelling presented by Te Ora Hā.

Following on, Janja says there will be three remarkable exhibitions including promising young contemporary illustrator and painter, Ashia Te Moananui with her latest exhibition: 'Hangarite/Symmetry'. Ashia was selected as a finalist for last year's Parkin Prize with her work Schizophrenia is the Art of Seeing the Invisible, and says, "What is Māori art? I cannot speak for others, I can only speak for myself. My art is Maori art in that it is created through the lens of my life's experience of being




Ashia Te Moananui with her latest exhibition 'Hangarite/Symmetry' which will be on show at the Refinery ArtSpace in July.



'Finding Stillness' by Talitha Walterfang.

Maori. Of having whakapapa. Of growing up as an indigenous person in a settler colonial state. I cannot separate my being from this any more than I can separate myself from being an artist. In this I feel I am guided by my tupuna."

An exploration of self-identity with the RAP-ID Rangatahi Art Program including a drop-in workspace and an exhibition from multi-talented Bavarian-born artist Talitha Walterfang, entitled 'Finding Stillness' will also be on show. 

Refinery ArtSpace
114 Hardy St, Nelson
acn.org.nz/the-refinery-artspace



Sprig + Fern Hardy St owner Lee Fern

A neighbourhood pub in the heart of the city

Owner of the Sprig + Fern Hardy St, Lee Fern takes his role as businessman and entertainer very seriously. Taking ownership of the tavern in 2011, Lee says it is great to support, and be supported, by a well-known and well-loved local brand.

“Arriving in Nelson in 1992, most of my career had been servicing signage needs of hospitality. Leaving the trade as computers took over, I spent over a decade as a full-time touring musician, once again serving the hospitality sector. I believe these skills gave me a different view of the industry and as I came to own Hardy Street, I saw the job as once again entertaining the public – putting on a show as it were. The biggest change I have seen in 11 years is the audience. From 18 to 80 and beyond people come to have a good time.”

Toted as the region’s best tavern, Lee attributes its success with him giving it his all and creating solid relationships with the wider community. “I guess the uniqueness with Hardy St is that I not only work the bar and kitchen, having learned to cook from my mother, a caterer, but you will also find me regularly on the stage singing, and at times hosting our popular weekly charity quiz night. This is a great way to give back to the community that has welcomed me so graciously and has made me some

lifelong friends as I try to focus more on helping the lesser-known causes and individuals. I would like to acknowledge the support of the brewery over the last few years. It has been re-assuring to be attached to such a strong brand, especially right now as we face a significant rise in excise on alcohol. The brewery has supported us by absorbing these additional costs, allowing us to keep our pints priced as they are for the present – hopefully allowing our regulars and visitors to continue making more memories at all of the taverns, without being hit in the pocket.”

Enjoying Grown Up Lemonade + Mango as a personal favourite, Lee says the pandemic brought the summer festival favourite of Mango + Lime Cider to the tavern taps. “It was adapted by the customers and has since become part of our core range as a lemonade and mango mix on tap. The first days of winter are seeing the last of our Autumn Breeze Hazy. But people need to visit the taverns to see what’s up next!”

A place to catch up with friends for delicious food, great locally brewed beer and cider, or live music, there’s always something happening at the Sprig!

Sprig + Fern Hardy Street
Open daily, 11am-late

Mulled Pear Cider

This winter-warmer cocktail is the perfect apéritif to add to your mid-winter Christmas menu. It's easy to prepare ahead of time and will have your guests enjoying the delicious aromas as soon as they arrive.

SERVES 10

- 2 litres pear cider
- Juice and peel, separated, from 6 oranges
- 500ml pomegranate juice
- Captain Morgan rum - 400ml dark rum plus a splash or two extra
- 120g caster sugar
- 3 star anise
- 1 tbsp whole cloves
- 1 cinnamon stick

Pour the pear cider into a very large pan with a lid or crockpot. Add juice from oranges, peel, pomegranate juice, dark rum, caster sugar, star anise, cloves and cinnamon stick. Bring to a gentle steam, then cook on low heat for 30 minutes. Add the extra splash of rum before serving into glasses.



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181 Queen Street, Richmond. P. 541 0190
See liquorland.co.nz for info!

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Sprig + Fern Brewing Co.

It's not winter in Nelson Tasman unless you've spent time at a local Sprig + Fern Tavern enjoying a pint of craft beer or cider.

Real beer, real people, really local Sprig + Fern Milton St, Hardy St, Tahuna, Upper Queen, The Meadows, Brightwater, Mapua and Motueka.

sprigandfern.co.nz | [f](#) [@](#)



Alberta's Café

All day breakfast from 7.30 – 2.30pm, seven days a week. Exceptional coffee and views to match. Pop in and enjoy their delicious breakfast menu or a bite to eat from their tasty cabinet of house-made delights. Gluten free, dairy free and vegan options available, they cater for all. Dine in or takeaway.

Shed 4, Mapua Wharf
03 540 3933
albertas.co.nz | [f](#) [@](#)



Eight Plates

Nelson's newest dining experience! Delicious, seasonal small plates for brunch, lunch and dinner, cocktails, coffee, beer and wine.
Open Thu – Mon, 10am – 10pm.

300 Trafalgar St, Nelson
03 546 4300
eightplates.co.nz | [f](#) [@](#)



Atom Café

Enjoy a selection of in-house baked delicacies and seasonal favourites including brownie cheesecake, vegan baguettes and our famous egg sandwiches. There is something for everyone, come and experience our Manaakitanga at Atom Café!
Open Mon – Fri, 8:30am – 4:00pm.

Ground Floor, Rutherford Hotel Nelson
03 548 2299
rutherfordhotel.nz



The Views

With panoramic views of Kaiteriteri, The Views vegetarian restaurant at Kimi Ora Eco Resort offers a relaxing dining experience. With locally sourced seasonal produce, chefs delight in creating a fusion of flavours for you to savour. Vegan and gluten free options are available, with a variety of regional wine, beer and cider. Bookings essential.

Open Thurs- Sat 5.30pm - 8.30pm
99 Martin Farm Rd, Kaiteriteri
P: 03 527 8027
kimiora.com/restaurant | [f](#) [@](#)



The Indian Café

With three great locations you can enjoy Indian Café's delicious food no matter where you are. Head in and find out why Indian Café is the favourite choice for anyone looking for the highest quality food and a memorable cuisine experience.

All venues offer intimate restaurant dining and courtyard settings and takeaway options.

94 Collingwood St, Nelson | 03 548 4089
266 Queen St, Richmond | 03 544 8979
201 Songer St, Stoke | 03 547 0008
theindiancafe.co.nz



Eat Italy

The warm and inviting atmosphere of Eat Italy in Richmond makes for the perfect gathering place with family and friends. From homemade pasta and woodfired pizzas to succulent meat dishes and fresh seafood, every dish is cooked with love and care to deliver an authentic Italian experience. Family-owned, the team at Eat Italy believe that good food is the foundation of a great meal, and they pride themselves on using only the finest and freshest ingredients in all of their dishes.

Berryfields Crossing, Lower Queen St
022 390 2305
eatitaly.co.nz



River Kitchen

Situated on the banks of the Maitai River, at the heart of city centre of beautiful Nelson. You can sit back and relax, away from the hustle and bustle. Specialising in delicious, seasonally inspired food, craft beers, wines from around New Zealand, and locally roasted coffee. We offer a full à la carte menu, serving breakfast and lunch all year round.

Open Tue-Fri 7:30am-4pm | Sat 8am-4pm
Sun 8:30am-4pm.

81 Trafalgar St, Nelson
03 548 1180
riverkitchennelson.co.nz



Miracle Restaurant

Famous for classic Chinese and signature Thai family dishes, Miracle Restaurant offers rich and diverse Asian fusion cuisine with Yum Cha available all day. Come and meet Mira - Miracle's friendly robot who will deliver dishes to your table and even sing happy birthday. Popular set menus are available for individual diners, and all menu items can be ordered online for takeaway. Fully licensed and open 7 days for lunch and dinner.

200 Hardy St, Nelson
03 545 8163
miracleasian.co.nz



Rabbit Island Coffee Co.

A fully functioning specialty coffee roastery, offering an emporium of carefully curated NZ and local artisan treats that will satisfy your senses. Located at Mapua Wharf, Tasman.

rabbitislandcoffee.co.nz [@](#)



Anchor Restaurant and Bar

Top quality food is best served with amazing ocean views! Blessed with a fantastic spot on the water, you will feel welcomed and won't want to leave.

Specialising in local seafood and steaks, there are also delectable choices for non-meat eaters, people with special dietary needs and kids.

62 Vickerman St, Port Nelson
03 546 6614
anchorrestaurant.co.nz



Kerridge & Ko

The easiest and trendiest way for you to feed the people. Whether it's a cute date night for two or you're needing to cater for 200 people. Kerridge & Ko create delicious grazing tables, boxes and grazing trays in a range of different options and sizes.

027 6444 718 |



Hogarth Chocolate

Hogarth Chocolate Makers have been crafting some of the world's best chocolate right here in Nelson for the past 8 years. Creativity and exploration of flavour are pillars of their philosophy. Check out their range at their new factory store and see why they are New Zealand's most awarded chocolate maker.

Open Tues-Fri 10am – 4.30pm
Head to their factory shop to try their range of chocolate products for free.

10B Kotua Place, Stoke
03 544 8623
hogarthchocolate.co.nz |



Mapua Village Bakery

Come and experience the warm, friendly atmosphere in the cosy café with the delightful aromas of a homestyle bakery. Try the gluten free frittas, delicious winter soup served with artisan bread, an all-day breakfast or this month's gourmet pie flavour, chicken and brie. And top it all off with a cup of supreme coffee which will add a bounce to your day.

68 Aranui Rd, Mapua
03 540 3656
mapuavillagebakery.co.nz



Solander Gourmet Seafood

For all your fresh fish and seafood favourites for nourishing winter chowders, paellas and your delicious fish curries, keep it local with Solander.

The very best seafood available in Nelson and NZ, accessible to you via online order. Select from the finest seafood and other gourmet products, to ensure that your dining experiences are healthy, delicious, and incredibly well priced.

gourmetseafood.co.nz



McCashin's Tap Room

With great indoor/outdoor dining areas, bring your friends, family or workmates along to enjoy their mouth-watering menu. Which includes their famous steak sandwiches, pizzas, platters and seasonal plates to savour. McCashin's Tap Room is your local friendly meeting place with fine beverages made on site at the brewery. It's your local.

660 Main Road, Stoke
03 547 0329
mccashins.co.nz

Turning your **travel dreams** into reality



Jason McKay
OWNER OF HOUSE OF TRAVEL, NELSON

Nelson House of Travel is experiencing a fresh wave of interest in overseas travel as clients shake off the Covid blues and re-embrace the joy of travelling again. Owner Jason McKay and his team of experienced travel consultants are pleased to see the resumption of a wide range of travel options and the excitement that is building as people begin to plan their overseas holidays again.

“Whether it is to reconnect with family members or have a really good breakaway and complete change of scene, we are here to bring anyone’s travel ideas into reality with a world of experience at our fingertips,” says Jason.

With over thirty years in the travel industry, senior travel consultant Brendon Maguire loves the creativity involved in putting together a range of scenarios for people ready to spread their wings offshore.

What is popular right now with the clients you are seeing?

Many people are looking for tours where everything is taken care so they don’t have to worry about organising anything themselves. With us managing all the logistics and connections, travellers are completely free to enjoy every moment of the experience. Tours generally have like-minded people aboard and it can be a great way to share experiences and form friendships, and a very secure and safe way of travelling if you are alone.

What is the first step for someone thinking of booking a tour?

When they come into to see us, we ask lots of questions to gain a clear idea of the type of tour they would like. Some people like tours with lots of activity built-in, while others want more free time to explore on their own. Some also have specific areas of interest and we are able to build a tour that will best suit them and their budget. Others have preferences such as being near the water while others might have a passion for outdoor activities such as hiking or mountain biking that they want to incorporate.

Are there any particularly popular tours coming up?

There is still time to book for the fabulous Christmas Market tours in Europe. For those who love the magic of the festive season these are a wonderful opportunity to experience how other countries celebrate Christmas. River cruising tours are also much in demand with their smaller numbers of people on board and different way of seeing the countryside in a relaxed, leisurely fashion.

How difficult is it to get the tour you want?

The trick is to come and see us as early as possible so we can get you the greatest range of departure dates and tour options available. It is our passion to turn your travel dreams into reality.

CHRISTMAS MARKET TOUR

of Austria, Germany and Switzerland. 8 days, 4 countries and 8 cities


Fill your festive cheer with candles, carols, snowflakes and stollen.
Wander past heaving market stalls and pay tribute to old-world traditions,
local craftsmanship and mesmerising city backdrops.


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\$3,225
per person

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CANCER
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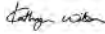

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

CHARMAINE REVELEY



COOP

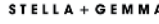

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daisy water



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STORM


TRELISE


TUESDAY

Thursday, August 3rd, 6:30pm
Trafalgar Centre, Nelson

Tickets: \$149 each
Book now: breastcancercure.org.nz



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An Ode to Joy

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What's On

For updated information visit itson.co.nz

21 & 22 July

CAPITOL CITY

They're Baaaaack! Coming from Christchurch this massive band will knock your socks off and make you very happy! Itch your 70's itch and cure your 80's bug at the best dance party in town! Heaps of fun, feel free to dress up and enjoy a night of two amazing eras!

The Playhouse



21 - 23 July

DIRTY WORK

Indian Ink Theatre Company head to Nelson with their biggest show yet, a fun-filled drama featuring a different choir on stage every night.

Theatre Royal

1 - 29 July

BEST IN SHOW

The Quiet Dog Gallery is celebrating the special place that dogs have in our lives. From humorous portraits to dogs with attitude, 'Best In Show' is guaranteed to bring a smile. All profits go to the SPCA. Opens Sat 1 July from 2pm. Painting by Heather Lindsay.

33 Wakatu Lane, Nelson



22 July

FIFESHIRE FOUNDATION 30 YEAR CELEBRATION

Enjoy an afternoon of entertainment, tea and cake to mark 30 years of the Fifeshire Foundation. Featuring Sukalati Beats, Te Mana Hā and DJ Tunesifter. 2-5pm, entry by donation.

Fairfield House



22 July

LABOUR FUNDRAISING DINNER & AUCTION

With Rachel Boyack, Andrew Little, Damien O'Connor, Grant Robertson, Naisi Chen, with more guests to be announced.

Authorised by Rob Salmond, 187 Featherston St, Wellington

Pic's Peanut Butter World

24 July

MOVE + CONNECT

A special 75 minute fusion class of yoga and pilates movement, followed by a drink and some delicious treats in a cosy space (plus the occasional pop-up of local artisan goodies). See website for additional dates. janepascoe.co.nz/move-connect

Appleby House & Rabbit Island Huts

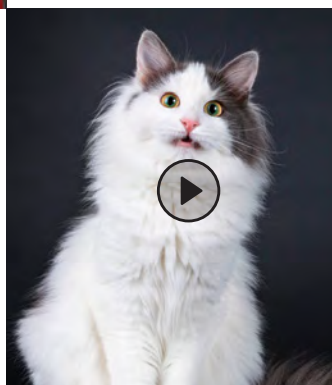


29 July

CAT VIDEO FESTIVAL

Come and get weird with us at this NCMA fundraiser. Raffles, spot prizes and entertainment. Tickets \$20, family of 4, \$60. \$1 per ticket goes to SPCA.

NCMA



Check out what's happening in the region!





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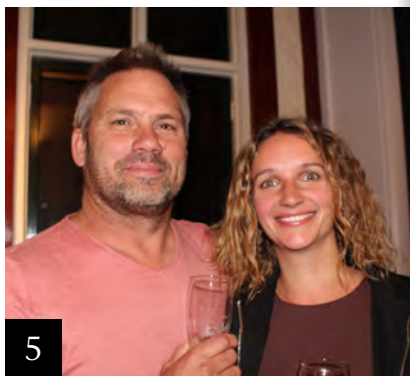
Nelson/Marlborough Architecture Awards

The Suter Art Gallery

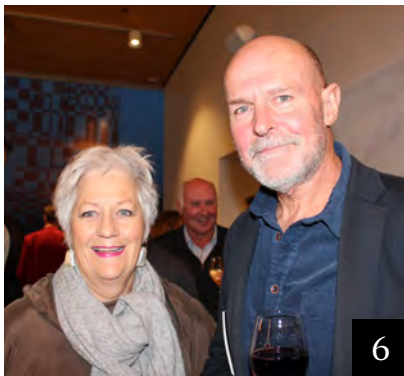
1. Rachel and Trevor Salter
2. David Manrice, Annie Keir and Nicolas Maschino
3. David Wallace and Helena Alexander
4. Kate Cooper and Shrutika Pol
5. Mark and Katja Thompson
6. Sally Wadworth and Euan Mackellar
7. Rachel Dodd, Fiona Christie and Sarah Sillon
8. Arrun Pancha and Peter Marment



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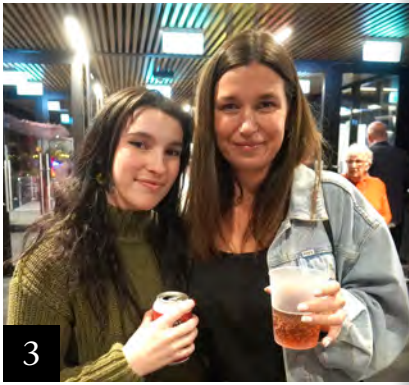




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Dancing for a Cause

Trafalgar Centre

1. Cherie Llewellyn and Karen McLean
2. Dana Brown, Kelly McPherson, Murray Roeske and Ari Cumming
3. Ella Danson and Erin Callaghan
4. Shelley Illingworth and Veronica Hall
5. Phil Atkins and Jarryl Flavell
6. Vivien Fekete and Sophie Renwick
7. Marianne Hart Biggs, Rachel Cooper, Leilani Shee and Rachel Corser
8. Maggie O'Hara and Danni Kemp

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20th Anniversary Life Education Trust

Beachside Conference
and Events Centre

1. Chaz and Alice Brooks
2. Chris Sutton, Stephen and Toni Britt-Foy
3. Kate and Jamie Gaskell
4. Karen Burnett and Ed Solly
5. Mel Fright and Brad Sturgeon
6. Stephen and Julie Fitzgerald
7. Marg Palmer, John O'Connell and Michelle Fitzgerald
8. Martin Chandler and Victoria Hall

© Sarah Board



MATARIKI FESTIVAL

Te Huihui-o-Matariki 2023

9am – 9pm, 14 July 2023

Trafalgar Centre and Rutherford Park





Contrasts Exhibition

McKee Gallery
within the Suter Art Gallery

1. Anna Pickersgill-Brown and Nicole Russell
2. Deanna Benjamin, Kim Filshie and Nick King
3. Kitty Cresswell Riol and Brook Freeman
4. Lisa DeVries and Maria Williams
5. Reid and Virginia Watson
6. Sarah and Miki Pumphrey
7. Heather Lindsay, Pat Reid and Lyse Beck
8. Jenny Pollock and Erica Filshie

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Luxurious but without pretence, discerning buyers will appreciate the casually elegant nature of the finishes, from the engineered timber flooring, through to the tiled bathrooms and tonal contrast of black, wood and marble in the open plan kitchen.

Debbie Cooper 021 0252 8294
debbie@thecoopergroup.co.nz



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