

on mas

SUMMER 2019

Bariz Shah and
Saba Afrasyabi

Hope in the face of adversity

Money Gifts / Sustainable giving

Professional life Celebration / Modern holidays

Good living Motoring / Classic Kiwi cruising

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PUBLISHER

MAS
Level 3, PWC Centre
10 Waterloo Quay
Wellington 6011

PHONE

0800 800 627

WEBSITE

mas.co.nz

EDITOR

Sophie Speer

MAILING ADDRESS

OnMAS
PO Box 13042
Johnsonville
Wellington 6440

HEAD OFFICE

+64 4 478 8863

EMAIL

onmas@mas.co.nz

DESIGN

eightyone.co.nz

THE HUB

For more stories, videos and to share your views, visit the MAS Hub at hub.mas.co.nz. The hub is the go-to site for features from *OnMAS* issues, as well as helpful information and useful tips on all the things that matter to us – and to you. You can easily share stories from the hub with friends and family, see videos that delve deeper and have your say on issues affecting you and your community.

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From MAS

I tēnei wā i te tatanga atu ki te mutunga o te tau, ka anga atu ō tātou whakaaro ki te raumati i te putanga whakamutunga o *OnMAS* mō 2019, ā, ka huri ōku whakaaro ki tēnei tau nui whakahirahira mō mātou i MAS.

I tērā tau, i pōti ō mātou Mema kia whakatūria he tūāpapa atawhai, ā, he nui hoki ngā mahi i mahia kia tīmataria te Tūāpapa MAS, kia tīmata hoki āna mahi. I a mātou e tuku nei i tēnei moheni kia tāia, kei te whakatūria ngā kaitiaki o waho, ā, hei ngā marama tuatahi o te 2020 ka rangona ngā kōrero katoa mō te ahunga rautaki. Ka taea e koe te pānui i ētahi atu kōrero mō te Tūāpapa i te whārangi 4 i ā mātou kōrero ki te kaitohutohu kaupapa atawhai ki a Michelle Wanwimolruk, ki te kaiarataki i te kaupapa.

I tēnei tau kua kaha ake tā mātou mahi whakarahi i ā mātou Mema, i waenga i te ao ngaio whānui kē atu. Mai rā anō kāore i kauparea ngā tāngata nā ngā hoa, ngā whānau, ngā hoa mahi rānei o ngā Mema i ārahi mahi, heoi anō, e ora ai mātou mō te wā roa me rapu tāngata hou i waho anō i ō mātou taura tāngata ake. Koia mātou ka

tūhono atu nei ki ngā rōpū ngaio pēnei i te New Zealand Marketing Association me te New Zealand Bar Association, koia hoki mātou i whakarewa i tētahi kōkiri whakatairanga e whai ana kia tōia mai ētahi mema hōu, otirā, tētahi whakatupuranga kaimahi ngaio taitamariki ake.

E hāngai ana tā mātou pūrongo mātāmua i tēnei marama ki tētahi tokorua nō Ōtautahi e hāngai ana i ētahi umanga iti i Āwhēkitāna hei whakahōnore i te hunga i mate i te parekura i te whare karakia Muhirama i Ōtautahi. Kua mahi nui ēnei manene i mua, a Bariz Shah rāua ko Saba Afrasyabi i te roanga atu o 2019 ki te kimi huarahi hei tūhono i te hapori Muhirama ki te hapori whānui kē atu o Ōtautahi. I whiwhi a Bariz ki tētahi Karahipi i raro i te kaupapa MAS Here for Good mō tana mahi hei tumuaki o te Rōpū Ākonga Muhirama o te Whare Wānanga o Waitaha, ā, he hōnore ki a mātou te tautoko i tana mahi.

Pērā i ngā marama katoa, he mea nui ki a mātou ā koutou tukunga whakaaro mai, waihoki ngā tukunga kaupapa hei tuhiinga mō ngā marama kei mua anō hoki. Īmēra mai ki a mātou ki onmas@mas.co.nz

Tēnei au te tuku atu hei māngai mō MAS i ā mātou mihi, me te tūmanako ka pai tā koutou raumati, me ngā aumihi anō mō te Tau Hou.

Mike Davy,
MAS, Kaiwhakahaere Matua
Whakatairanga, Rawa Hoko
hoki.

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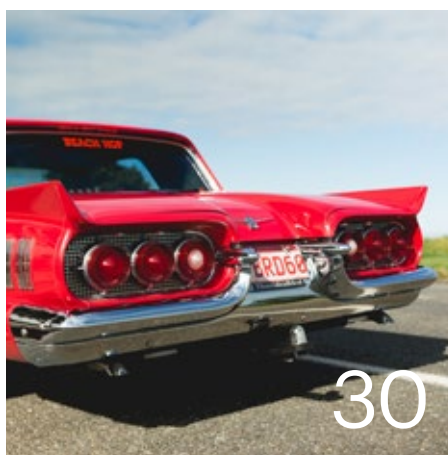
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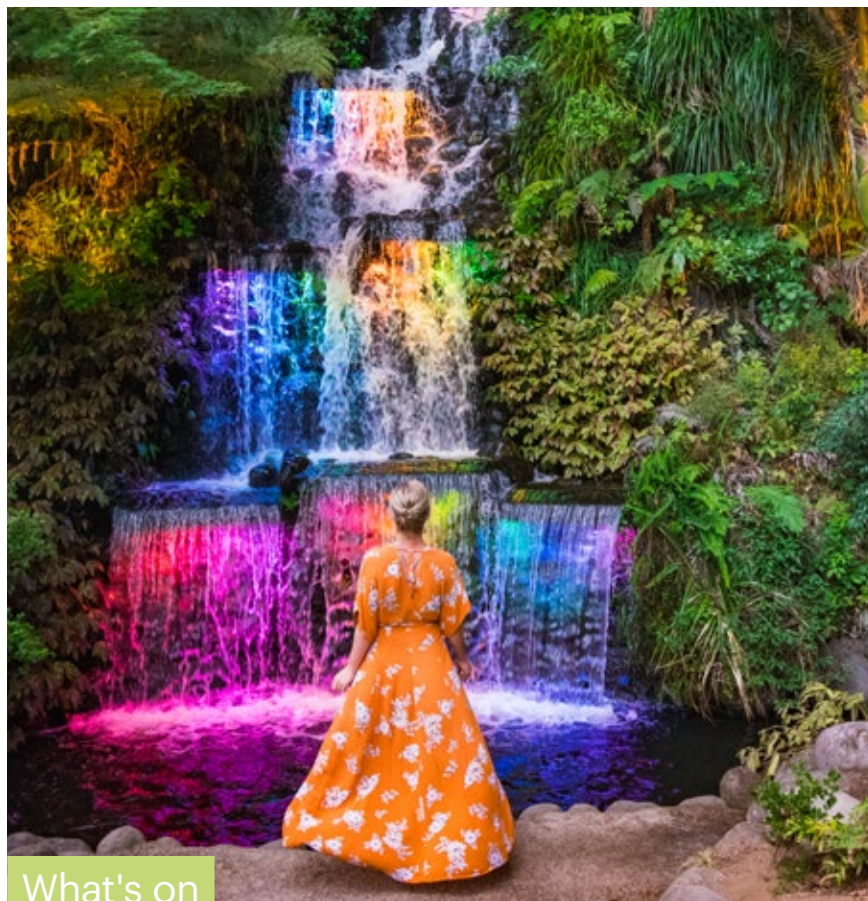
Bariz Shah and Saba Afrasyabi: two Afghan-Kiwis inspired to help others.



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News briefs



What's on

01 / LIGHT IT UP

14 DECEMBER –
1 FEBRUARY /
NEW PLYMOUTH

New Plymouth's Pukekura Park will shine brightly after dark with an explosion of light and colour for the annual TSB Festival of Lights. The event, which runs for seven weeks, sees the gardens transformed into a wonderland of interactive, mesmerising and entertaining light installations. Visitors to the family-friendly event are encouraged to pack a picnic and spend an evening exploring the lights. There'll also be plenty of food on offer as well as live entertainment nightly.

festivaloflights.nz

02 / FAMILY FESTIVITIES

17–19 JANUARY / RAGLAN
AND TIMARU

Multi-genre event Soundsplash Festival has run in Raglan for the past 15 years and in 2020 will offer a second event in Timaru across the same weekend. The all-inclusive, family-friendly event is a celebration of music, culture and art. It's also sustainable: both events are committed to being zero waste. The line-up includes Peking Duk, Stan Walker and Mitch James.

soundsplash.co.nz

03 / BEST BUSKERS

23 JANUARY –
16 FEBRUARY /
CHRISTCHURCH

Enjoy performances from some of the world's best buskers at Bread & Circus – World Buskers Festival 2020. The festival offers a series of ticketed shows alongside jugglers, musicians, tricksters, puppeteers, mime artists and dancers who'll be performing on the streets of Christchurch. The Bread & Circus programme is headlined in the Spiegeltent by Blanc de Blanc, which brings together the finest 'champagne cabaret' and acrobatic talent from around the world.

breadandcircus.co.nz

04 / CELEBRATION IN THE VINES

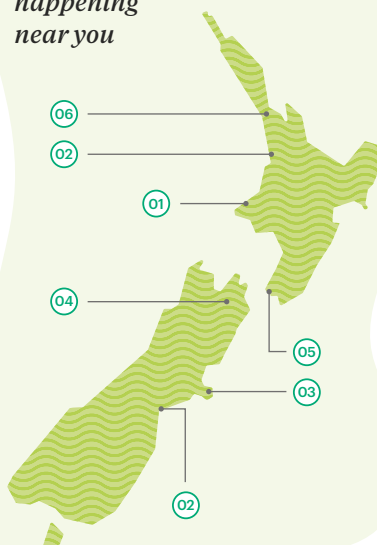
8 FEBRUARY /
MARLBOROUGH

Eat, drink and be entertained at the annual Marlborough Wine & Food Festival. Now in its 36th year, this is New Zealand's longest-running wine festival and offers wine lovers a day spent sampling the region's very best wines and local cuisine while enjoying performances from Kiwi musicians. Visitors can take part in masterclasses with winemakers or watch cooking demonstrations from celebrity chefs. The event is held at Brancott Estate, one of the country's oldest vineyards.

wine-marlborough-festival.co.nz



Summer events
happening
near you





05 / ARTY-FACTS

21 FEBRUARY – 15 MARCH
/ WELLINGTON

The New Zealand Festival of the Arts kicks off in the creative capital in late February. This year, three guest curators will put their own unique spin on the programme – choreographer Lemi Ponifasio, comedian and musician Bret McKenzie and multimedia artist Laurie Anderson. Expect to see theatre, dance, music, literature, and visual arts from some of the world's leading artists across Wellington and the wider region. festival.co.nz



06 / HEALTHCARE HONOURS

29 FEBRUARY /
AUCKLAND

New Zealand's inaugural Primary Healthcare Awards celebrate the hard work of the country's primary care practitioners who are on the frontlines of improving the health and wellbeing of all New Zealanders. The awards extend and replace the successful 28-year-old Pharmacy Awards. Nominations closed last month, and the winners will be honoured at a black-tie gala at Auckland waterfront's Shed 10 on 29 February 2020. nzphawards.co.nz



From MAS

As the year winds down and we turn our thoughts to summer in the last issue of *OnMAS* for 2019, I wanted to reflect on what a big year it has been here at MAS.

Last year, our Members voted to establish a philanthropic foundation, and a lot of work has been done to get the MAS Foundation up and running. As we go to press, the external trustees are being appointed, and the first few months of 2020 will be all about setting the strategic direction. You can read more about the Foundation on page 20 where we talk to philanthropic consultant Michelle Wanwimolruk, who is leading the project.

This year has also seen an increased focus on expanding our Membership to a wider professional community. We've always welcomed referrals from Members' friends, families and colleagues, but our long-term sustainability means we need to continue to grow outside our immediate circles. That's why we're partnering with professional organisations such as the New Zealand Marketing Association and the New Zealand Bar

Association and why we've embarked on an advertising campaign aimed at attracting more Members, particularly a new generation of younger professionals.

Our cover story focuses on an inspirational young couple from Christchurch who are creating microbusinesses in Afghanistan to honour those killed in the March mosque attacks. Both former refugees, Bariz Shah and Saba Afrasyabi have spent 2019 finding ways to strengthen links between the Muslim community and the wider Christchurch community. Bariz was a recipient of a MAS Here for Good Scholarship for his work as President of the University of Canterbury Muslim Students Association, and we're honoured to be able to support his work.

As always, we welcome your feedback and ideas for future issues. Email us at onmas@mas.co.nz

On behalf of MAS, I hope you have a wonderful summer and I wish you all the best for the new year.

Mike Davy
MAS, General Manager
Marketing and Products

*Read this in te reo Māori
on the inside front cover.*

امید

HOPE

in the face of adversity



This page / Bariz Shah and Saba Afrasyabi are establishing 51 microbusinesses in Afghanistan
Opposite / Saba photographed a man selling vegetables in Afghanistan



The Christchurch mosque attacks have inspired two Afghan-Kiwis to help others.

Fifty-one Afghans have the prospect of a better future thanks to the support of two former refugees now living in Christchurch.

Bariz Shah and his wife Saba Afrasyabi are honouring the 51 people who died in the Christchurch mosque attacks through a project that will help Afghan people establish microbusinesses such as tea stalls, fruit and vegetable cart and small sewing businesses.

The pair left for Afghanistan in November where they will reside for three months. They are filming their experiences and plan to create a documentary that will be shown in Christchurch next year.

Bariz – an engineering student and the current President of the University of Canterbury Muslim Students Association – received a MAS Here for Good Scholarship and was awarded \$3,000, which he put towards a new camera for the documentary.

Our model is to empower people by establishing microbusinesses.

Bariz Shah

Saba – an Afghan who was born and raised in Pakistan as a refugee – says she and Bariz already had the idea of setting up microbusinesses as a way to give back to their homeland before the horrors of the March attacks, but the events compelled them to put their idea into action.

“Even though the Afghan people are living in a war zone and have untold hardships in their lives, they’re hopeful for a better future.

They became our motivation, and when March 15 happened, it inspired us to do something to help those people. We wanted to honour the 51 lives lost,” Saba says.

Leading through tragedy

Bariz was only weeks into his new role as president of the Muslim Students Association when the Christchurch attacks occurred and was part of the team who helped with the burials.

He says it was a challenging time as he needed to keep his composure and maintain his strength for the community throughout.

“It was an extremely difficult time for me because not only did I have to lead during

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these rough times, but three of the people who were martyred I knew really well.

“Looking back at the event now, I feel quite honoured to have been able to bury our martyrs. It is an experience that will stay with me for the rest of my life.”

Bariz has spent his time as President continuing to support the Christchurch Muslim community. He established self-defence classes for Muslim women and was involved with an initiative that saw Canterbury Spyder Ryders offer motorcycle rides for young Muslim children.

“This initiative was great as it brought two communities with different backgrounds together. It erased the fear that Muslim children felt about white men and was a chance for us to celebrate our similarities instead of focusing on our differences.”

For more than a year, Bariz has been running the University of Canterbury Muslim Students Association’s Rising Leaders programme as a way to provide support and mentorship to young Muslims. The programme uses adventure-based activities to help build the confidence, self-motivation and leadership of the young Muslims involved.

Two of these young people were among those killed in the mosque attacks, and others lost members of their families.

“Although this tragedy caused us all a lot of grief and sorrow, we decided to use the event to work even harder to increase the brotherhood among ourselves. Three of those in the Rising Leaders programme who lost their brothers continue to attend the programme and have amazed us with their strength.”



01

Facing discrimination

The Rising Leaders programme was something that might have helped Bariz growing up. He moved to Christchurch when he was six, just weeks before 9/11, and growing up, he faced relentless racism and discrimination. Feeling worthless, he turned to drugs and alcohol as a way to mask the pain.

His family helped him regain his self-worth, and he studied hard to get into the University of Canterbury where he is working to gain a degree in civil engineering with a minor in global humanitarianism.

“Growing up, I lacked the guidance of good mentors. This lack of guidance caused me to stray from my true self.”

Despite the discrimination he faced, Bariz is now committed to working to bring the wider Christchurch population together with the Muslim community.

“The reason I’m so motivated to do the work I’m doing now is because of the things I experienced as a young person.

I can’t really express the feeling in words, but it’s like I’m feeding my soul. I feel blessed for the opportunity to go there and do something for these people.

Saba Afrasyabi

No young person should experience that, but looking back now, I don’t blame the people for the way they acted towards me. They had no knowledge of who I was.

“What I’m trying to do now with the University of Canterbury Muslim Students Association is to create opportunities for people from different backgrounds to come together, have friendly conversations and get along with one another.”

He believes the education system could help prevent this discrimination by creating an understanding of different religions and cultures.

“If it starts at school, it will ripple up to higher levels,” he says.

01 / Bariz and Saba are dedicated to bringing the Muslim community together with the wider Christchurch community

02 / A shoe-shine microbusiness on the streets of Kabul

03 / Microbusinesses are the only way for Afghan people to survive





weeks through a Givealittle campaign – enough for the 51 microbusinesses, one to honour each of those who died in the Christchurch attacks.

“Our model is to empower people by establishing microbusinesses, so we’ll be providing them with tools or services rather than just a cash handout. For example, for a small portable business on wheels, we’ll get a carpenter to build the cart and we’ll provide the business owner with two weeks’ worth of goods to sell. It could be anything from vegetables to clothing – anything sellable in a market.”

The pair hope to continue creating microbusinesses in countries where citizens would benefit from them.

02

Coming together

Bariz believes the horrors of the Christchurch attacks have provided an opportunity for understanding and tolerance in the community and that it’s important not to lose momentum as time moves on.

Despite the tragedy, he believes the event has made the wider public more willing to engage with other religions and cultures.

“It opened people’s eyes to Islam as a religion of forgiveness, patience and love, which helped to remove the preconceptions people had from past events such as 9/11.

“The Muslim community has a responsibility now to take advantage of this situation and create opportunities for Muslims and non-Muslims to understand each other, especially at this time when people are willing to listen.”

Bariz and Saba hope they can finish their documentary in time to have it premiere in Christchurch in March 2020, around the first anniversary of the mosque attacks.



03

Creating hope

Saba says microbusinesses are the only way for Afghan people to survive. After decades of war, people are largely surviving day to day and have no access to support or welfare from the government.

Born into an Afghan family living as refugees in Pakistan, Saba and her siblings encouraged her family to return to Afghanistan in 2017 as a way to re-establish ties to their homeland.

Saba spent that time using photography to document the lives and experiences

of Afghan people before marrying Bariz in Pakistan in 2017 and moving to Christchurch in 2018. Her mother still lives in Kabul.

She says it’s inspiring seeing people retain their sense of hope for a better tomorrow in the face of so many challenges.

“Even when I was 13 years old, it was my dream to do something for these people. I can’t really express the feeling in words, but it’s like I’m feeding my soul. I feel blessed for the opportunity to go there and do something for these people.”

A team of six have been scouring Afghanistan for recipients to help start their micro businesses. Saba says they’re looking for people with skills and potential but who lack the funds to start their own businesses.

Bariz says they don’t believe in charity but are focused instead on enabling people to work for themselves by providing the tools they need. A microbusiness costs about NZ\$400 to set up. Earlier this year, they raised NZ\$20,000 in four

MAS Elective Scholarship winner



... working out what was happening and fixing people's illnesses appealed to me, the puzzle-mad, Sherlock Holmes fan that I was.

Jessica Redshaw

Medical students applying for the MAS Elective Scholarship were asked to write an essay about the person or people who had been influential in their decision to pursue a medical career. The winner, Jennifer Redshaw, received \$1,500 to help towards her elective placement costs.

In the family

Jennifer Redshaw's whānau have been her primary influencers in life. Her mother left her nursing career to home-school her children, and this gave Jennifer a love of learning and the freedom to explore what interested her. From a young age, her grandmother would suggest she should be a doctor when she grew up, but Jennifer's stubborn side led her to dismiss this until she was studying NCEA.

"First, you spend years at university doing science and learning about the human body, which sounded fascinating, then you spend the rest of your life helping people. The idea of problem solving every day, working out what was happening and fixing people's illnesses appealed to me, the puzzle-mad Sherlock Holmes fan that I was."

Jennifer says she would never have found herself in medical school without her whānau, and now two younger sisters have decided they want to be doctors too.

"I'm so thrilled to have played a part in inspiring those dreams."

Jennifer won the MAS Elective Scholarship and plans to spend her elective in two countries: Apia, Samoa for six weeks and Cologne, Germany for the remaining six.

You can read Jessica's essay at mas.co.nz/JessicaRedshaw

Inspiring finalists

The quality of the essays we received was so high that we wanted to share the other finalists' stories.

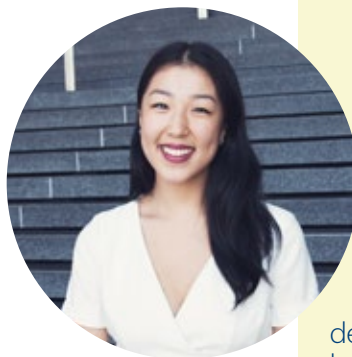
Early exposure

At age five, Michelle Curtis's cousin Michael was the first New Zealand child to survive a liver transplant. In 1988, the surgery was not even performed in New Zealand. Now, one liver can be transplanted into three people. Unfortunately, this was only the beginning of Michael's health journey, but the generosity of his donor gave him 31 years of life.

The Otago University student says Michael was among her family members who contributed to her decision to study medicine. He helped her value her own health and instilled a desire to help others. It also sparked in her an interest in medicine as a child, and she vividly remembers the trips to the phlebotomist to test for organ rejection and Michael's many hospital admissions.

"My exposure to the healthcare system through my family and experiencing what a difference doctors can make in people's lives with appropriate resources helped to shape and cement my decision to apply."

You can read Michelle's essay at mas.co.nz/MichelleCurtis



Cruise crisis

A medical situation with her grandfather helped fifth-year University of Auckland medical student Rose Falconer reignite her passion for medicine and reflect on why she chose to pursue it in the first place. Her 93-year-old grandfather had spent several months on a world cruise, but when the ship docked in Auckland, he was discovered to be short of breath with a dangerously low pulse of 32 beats per minute. He refused to be seen by the ship doctor, but knowing how serious the situation was, Rose contacted the doctor herself, leading to her grandfather being sent in an ambulance straight to hospital where he received a pacemaker that saved his life.

"Seeing my grandfather sitting comfortably in my lounge today reminded me of the rewarding feeling that comes with truly making a difference to someone's life and has made me feel confident that I have made the right choice in pursuing medicine," she says.

You can read Rose's essay at mas.co.nz/RoseFalconer



MAS Here for Good Scholarships

Recipients of the MAS Here for Good Scholarships were challenged to write an essay detailing their volunteer activity and how this benefits them in life and in their chosen future profession. The winner was Bariz Shah (read his story on page 4), but Dayeon Lee's essay was highly commended by the judges.

Sustainable medicine future

As a young Korean born in Japan and now living in New Zealand, Dayeon Lee grew up as a "third culture kid" attempting to navigate western suburbia while holding on to a dream of becoming a health professional.

After joining civics education charity UN Youth New Zealand and attending its Global Development Tour in 2015, Dayeon began thinking more deeply about sustainability and what she could do to make a difference. She now sees her future medical practice as being closely connected with these efforts.

"Today, with diverse experience centred around my passions for sustainability, equity and rangatahi, I am endeavouring towards a career in global health development heavily rooted in medical expertise."

Dayeon is studying for a Bachelor of Medicine and Surgery at the University of Auckland and is Director of the Global Development Tour 2020 with UN Youth New Zealand.

"Beyond directly impacting my career trajectory to head towards public health on a global scale, my experience with UN Youth teaches me essential skills to reach my goals. Everything from leadership, communication, time management and, importantly, resilience are essential attributes for an upcoming medical health professional balancing late night ward runs, teamwork, ongoing assessments and emotionally poignant patient interactions."

You can read Dayeon's essay at mas.co.nz/DayeonLee

Sustainable giving

Feel good this Christmas by giving back to the community, protecting the environment and gifting sustainably. If you're looking for a way to celebrate more sustainably this Christmas, we've put together a few tips.



01 Collaborate and give back

Collaborate is an app that connects people to volunteer opportunities that match their skills and interests. By swiping through projects in your city, you will be able to find one-off opportunities or ongoing volunteer positions. There are also lots of online volunteering opportunities that you can get involved with, wherever you're based. lets collaborate.co.nz

02 Eco-friendly vacation

One way to help the environment this Christmas is by choosing an eco-friendly holiday spot. From eco-silos on Banks Peninsula to off-the-grid earth houses in Coromandel, there are options to stay in quirky accommodation that provides energy-efficient facilities in some of the country's most picturesque locations. Eco Find has listings for more than 100 eco-friendly accommodation offerings across the country. ecofind.co.nz

03 Trees that count

One way we can all tackle climate change and improve our environment is by planting more native trees. Trees That Count is a conservation charity that has been planting native trees around New Zealand since 1990. Get involved for as little as \$10 and consider gifting a native tree instead of the latest gadget to friends or family. There are no batteries required, and it'll last a lifetime. treesthatcount.co.nz

04 Christmas box

Bring hope to the table this Christmas by feeding a New Zealand family for \$30. One hundred percent of your donation goes directly to feeding a family less fortunate, ensuring they won't go hungry on one of the most festive days of the year. christmasbox.co.nz



05

Give a goat

Give a goat this Christmas, and you can help a family in Vanuatu start their own farming business and earn a sustainable living. The income made from rearing goats allows families to build permanent housing, gain secure access to clean drinking water and provide for their household. oxfamunwrapped.org.nz/christmas-goat

06

Clean out the closet

Have a clear-out of old clothes or unused children's toys and donate to your local charity shop. This will give other children in your community something new to play with at Christmas and the less fortunate some new clothing items for summer.



Holiday checklist

If you're heading away this summer, plan ahead so you can relax properly. The last thing you want is to come home to a burst waterpipe or burgled house.

- ✓ Before you leave home, turn off your water supply before you leave and any non-essential appliances at the wall.
- ✓ Double check you've locked all your windows and doors and set the alarm if you have one. It's also a good idea to hide valuables out of sight through any windows.
- ✓ Think about how you can create the impression there's someone still at home. Ask a neighbour to clear your letterbox regularly and put out your rubbish bins. If you have timers on your lights, set these to go on and off at different times in the evening.
- ✓ If you have a MAS contents policy, your contents are covered anywhere in New Zealand. Even so, it's a good idea to make sure anything in a roofbox or on a bike rack is properly secure. If in doubt, bring it inside with you if you can.
- ✓ If you have a holiday house, turn off the power and water when you leave and if you've had tradespeople in since your last stay, it's a good idea to change the lockbox number if you have one.

Modern holidays

With the holiday season almost upon us, people all over New Zealand are gearing up for a break spent with friends and family. Families, cultures and religions spend their summer in different ways, so we spoke to three MAS Members to see how they celebrate the holiday period.

From North America to New Zealand

Grant Highstead found his first Kiwi Christmas an unusual but not unpleasant experience. He had been living and working as an A&E doctor in North America for most of his life and had grown up with the traditional American Christmas where the food was plentiful and presents were the main event.

When he came to New Zealand in 2016 to work as a doctor in Palmerston North, it was only supposed to be a year-long contract. However, he and his family – wife Kari and daughter Jordan – soon realised they loved the New Zealand lifestyle and could see themselves settling here permanently.

Their first Christmas was spent travelling around New Zealand and making the most of being on the other side of the world. There was no Christmas tree, no extravagant meal and hardly any presents – just time spent with family exploring Aotearoa.

According to Grant, the New Zealand Christmas isn't as commercial as the North American version, and Kiwis value the quality family time that Christmas allows more than anything else.

"In North America, by November, every store you walk into has Christmas music playing and Christmas displays everywhere. Here in New Zealand, there was



01

none of that – I think I saw one Christmas decoration at the hospital last Christmas and it was put up only a week or so before Christmas Day.

"Christmas is so much more low-key here and far more family-oriented. I really appreciate that, but it is a little difficult to get used to. It's just a much quieter holiday here than what I was used to in North America."

Grant says the low-key Kiwi Christmas suits him just fine. In fact, it's one of the reasons he's fitted in so easily with the New Zealand way of life.

Working as an A&E doctor meant working nights, missing big life events and not being able to do the traditional Christmas lunch or dinner that other families valued in North America, so he had already made these adjustments years ago when he started his career.

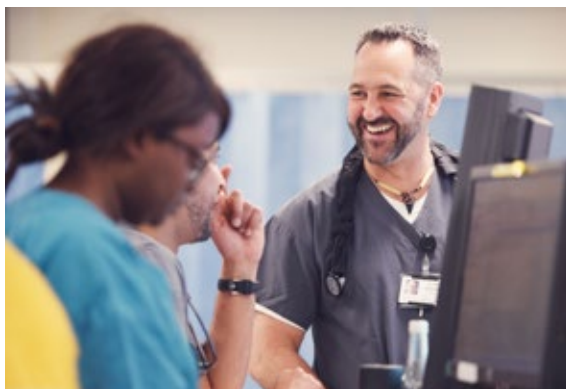
"Back when my daughter was still quite young and I was working nights full-time, it was actually really easy. I would work my night shift, get home at 8am on Christmas Day and play Santa Claus.

"My daughter would get up and there would be presents under the tree, we would have a family breakfast and open presents together. Then I would go to bed to work the next night shift. It was never an issue.





01 / The Chilton family have a tradition of selecting and cutting down a Christmas tree from their garden every year
02 / For Grant Highstead, working in A&E on Christmas Day is like any other day
03 / Grant, originally from America, prefers New Zealand's laid-back approach to Christmas



02



"That's how a lot of people do it in the States where you'll often have a lot of travel to see your extended family. You do a small thing with your immediate family on Christmas Day and then a few days after Christmas you'll make the big drive to see your wider family," he says.

This Christmas will be much the same for Grant and his family. While he doesn't work the night shift any more, he still does shift work and might end up rostered on for Christmas Day. But that doesn't matter to him.

"A huge positive for me about New Zealand is the long summer break and the four weeks of annual leave. This summer, I'm taking leave in January and we're going camping with friends, so I'm not taking time off at Christmas.

"My daughter and wife will travel and do things around New Zealand over Christmas, and I'll work like I normally do. It doesn't really matter to me if I'm off on Christmas Day itself – as long as we have time to do some activities as a family."

For Grant and his family, Thanksgiving is a more important holiday, and when he lived in the States, that was the holiday he would negotiate leave for rather than Christmas Day.

"There are a few things my wife grew up having at Thanksgiving that she tries to make here, but it can be difficult to source the ingredients in New Zealand. There are a few places you can buy North American foods, so we tend to splash out and buy hard-to-find ingredients at Thanksgiving time."

Pine trees and homemade pizzas

Mike and Susannah Chilton met in 2000 at St Stephen's Church in Sydney, where she had moved to study dentistry. They both grew up in Christian families where going to church was always a part of Christmas Day.

The Chiltons have since returned to Susannah's hometown of Palmerston North and now share a lifestyle property with her parents Bruce and Sandra, along with their children Meg (11) and Henry (6). For the extended family, attending church remains central to their Christmas Day.

"Christmas is always special," says Mike. "We're Christians so Christmas is very important to us. Both Susannah and I grew up going to church on Christmas Day, and our kids will grow up doing the same."

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"We mostly celebrate Christmas here in Palmerston North with Susannah's family. Our Christmas preparations start in the first week of December when we cut down a pine tree that Susannah's mum Sandra has grown in her large country garden, and the kids help decorate it. The last few trees have been too tall to bring inside the house so we've had to set them up outside.

"On Christmas Day, we have a family breakfast, open presents and then head off to church. Later in the day, we might swim in the pool and fire up the pizza oven for dinner," says Mike.

Susannah followed in her father Bruce's footsteps, becoming a registered dentist in 2005. Father and daughter now work at the same dental practice in Palmerston North.

"I've not been rostered on a Christmas Day call yet, but I've worked other public holidays like Easter. When I was in high school, Dad worked Christmas Day or Boxing Day, and I'd go in and assist him. Christmas Day is usually a little quieter, but Boxing Day was mostly fixing broken teeth from Christmas Day," says Susannah.

Another tradition for this multi-generational family is opening their home to people who might not have anyone to spend the day with or any family that lives locally.

"There are always lots of people around at our place during Christmas. People can face lonely times over Christmas, and we often have guests around who aren't part of our direct family," says Mike.

Susannah can't recall a Christmas Day where there weren't 'orphans' at her parents' place, and that tradition is something she wants to pass down to her own children.

"My parents have always done that, and now we do it too. That's why we try and keep the day low key, so people feel welcome and not like they're intruding," says Susannah.

Christmas pudding and treasure hunts

Jack Hailstone and Alice Mitchell met at university in Dunedin in 2012 where she was studying for a Bachelor of Physical Education and he was studying for a Bachelor of Science majoring in physiology, on his way to medical school. They were in the food line at their hall of residence and they started chatting. The rest, as they say, is history.

"It's so funny that we met in line waiting for food because we both love food so much," says Alice.

Alice's family is originally from the United Kingdom, but she has spent most of her Christmases here in New Zealand. That hasn't stopped her family from incorporating English traditions into their now very Kiwi holiday celebrations.

"One very traditional English thing that my Mum does is Christmas Day dessert. She'll make a Christmas pudding with brandy sauce and wrap up coins to put inside it – she includes a \$2 coin, a \$1 coin, a 50c coin and a button.

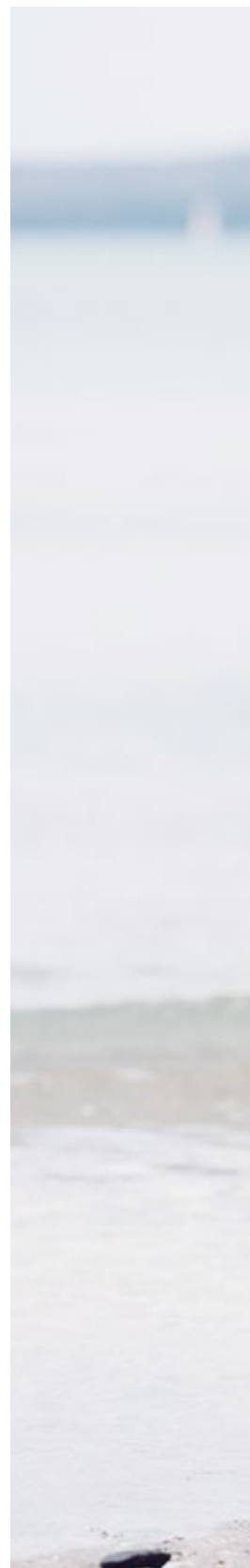
"She'll pop the coins and the button in evenly, so everyone gets one in their slice of pudding – the thing you don't want to get is the button," Alice says.

The other tradition Alice's family brought with them from England is a treasure hunt that starts with 'table presents'. At the centre of the dinner table is an old-fashioned fluffy snowman.

"Mum writes a clue underneath the snowman that will lead us to our hidden presents, which is normally a nail polish or something little like that. It's a fun tradition to keep up," she says.

Jack's family usually have a classic Kiwi summer Christmas, complete with paddleboarding, a family member dressed up as Santa and plenty of meringues.

"We try and get down to the beach on Christmas Day. Most years are spent at my Aunty's place in Waimauku – she has a big swimming pool so it's great. It's also my Mum's birthday on the 25th, so my siblings and I try and make it special for her. We get her a gift voucher for a treatment of some sort, and we make sure to sing her Happy Birthday around the dinner table.





04 / The Chiltons on Christmas day 05 / Jack Hailstone and Alice Mitchell blend English traditions with Kiwi holiday celebrations
06 / Jack and Alice like to get down to the beach on Christmas Day



05

"Christmas is fairly relaxed, and the bubbles are normally popped quite early especially because of Mum's birthday," says Jack.

With Jack stepping into a new role as an orthopaedic surgery house officer this November, days off will be limited over the summer period, but he's been lucky to avoid being rostered on for Christmas Day and Boxing Day.

"It's going to be a bit of a shock as I'm used to those long university breaks over the summer. But I'm excited to be stepping into my first proper role, and I'm happy to have Christmas Day off," says Jack.

Alice and Jack say they hope to carry on both Kiwi and English Christmas traditions when they start a family of their own.

"Jack and I are quite active, so when we have our own family, I think we're going to incorporate beach walks into our Christmas Day, along with some of those more English traditions like Christmas pudding with coins," says Alice.

"We also enjoy experiences over physical gifts, so we ask family members for those where possible. Last summer holidays, Alice's parents gave us a couple of nights' accommodation in Nelson. We managed to get cheap flights, and I ended up proposing to her down there," Jack says.

"Hikes, adventuring and beach walks are a pretty big part of our relationship. We got engaged on top of Mt Starveall, and we have plans to climb the Pinnacles in the Coromandel this summer too.

"Getting outdoors and going for a walk will definitely be a part of our joint Christmas traditions in the future," Alice says. ♥

06



**GPs are generally
curious, caring
and energetic
people, so they're
often pulled in
many different
directions ...**

Dr Rachel Greenwood

The doctor duo tackling the challenges of GP life

Two Invercargill GPs are working to create a general practice where autonomy, a good work-life balance and wellbeing can thrive.

When they first entered the medical profession, new GPs Kirsten Taplin and Rachel Greenwood were among the many doctors feeling the pressure of working 14-hour days while running on empty.

While they were immediately drawn to working in the primary sector, they soon became aware their lifestyle needed to change.

When the opportunity came along to buy a practice in Invercargill in 2018, Kirsten and Rachel jumped at the chance, hoping this would provide them with more autonomy, a healthier lifestyle and a better work-life balance.

"We knew each other's strengths and how to communicate with one another effectively. Importantly, we're on the same page when it comes to healthcare delivery and the quality of care that we want to provide," Kirsten says.

Their practice emphasises building strong relationships between doctors

and patients. This results in the patient feeling more comfortable and cared for, while each doctor gains a better understanding of the patient's needs as well as their physical and emotional background.

"GPs are able to do what they do best when they actually know their patients. That is what sets us apart from hospital doctors – a long-term relationship built on respect and trust that develops over the years," Kirsten says.

Much of the important work starts with the reception staff.

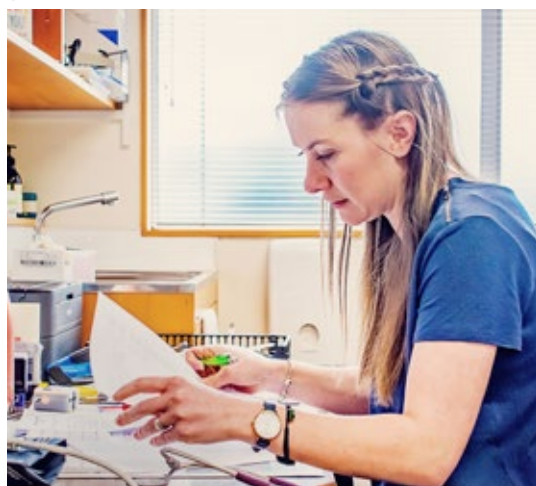
"They organise the appointments as best as they can to suit the needs of the individual patient, giving extra time where it's needed and trying not to book particularly complex patients one after another for us."

Through better scheduling and cutting down clinical hours, Kirsten and Rachel have seen their own work-life balance improve, but it's an ongoing challenge.

Rachel says, "GPs are generally curious, caring and energetic people, so they're often pulled in many different directions, meaning it's hard for them to practice self-care."



01



02

01 / For general practice owners Kirsten Taplin (L) and Rachel Greenwood (R), running a business with better work-life balance starts with their receptionist

02 / Kirsten has seen her wellbeing improve thanks to better scheduling and cutting down clinical hours

As new owners, Kirsten and Rachel understand why younger GPs could be reluctant to own their own practice as most owners are older.

“It is a very big commitment, and a lot of the information regarding the many benefits of owning and running a practice is not readily available to young doctors,” Kirsten says.

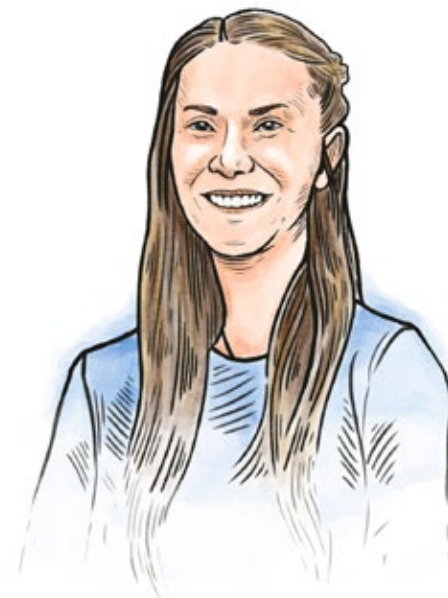
Rachel says there’s an attitude that many doctors will “end up” in general practice, even if that’s not what they’ve specifically trained for in medical school. According to Rachel, this attitude needs to change.

“General practice shouldn’t be a default career pathway, because it’s not easy. We need keen, motivated individuals who are fully informed about the options to buy practices and reap the benefits of their qualifications and hard work. Otherwise, you can work for someone else and they will benefit on your behalf.”

Rachel says this shift in mindset could be achieved by pairing up GPs in training with retiring GPs so that registrars become aware of the opportunities and the financial benefits of running a practice. ♥

It is a very big commitment, and a lot of the information regarding the many benefits of owning and running a practice is not readily available to young doctors.

Dr Kirsten Taplin





01

MAS Member Robin Treadwell has always been interested in sustainability and living an eco-friendly lifestyle, but she's proving anyone at any age can take action against climate change

It wasn't until Robin was in her 60s that she was inspired to take action, after her granddaughter Ella was born and she read Naomi Klein's *This Changes Everything: Capitalism vs. The Climate*.

"I thought to myself, 'I'm not too old to do something', and for Ella's sake and all of her peers, I need to do what I can to let people know what is really going on. Climate change had been peripheral to my life before then, and it was a real light-bulb moment," says Robin.

Since then, Robin has taken it upon herself to do everything she can to



The retired eco-warrior speaking the truth on the **climate crisis**

increase awareness about the climate crisis and to live with a smaller carbon footprint. Robin has lived on Waiheke Island permanently since 2012, and she is working on establishing a co-housing venture that will help reduce her carbon footprint as well as dealing with the loneliness and isolation felt by seniors living alone.

"Last year, I needed to have some major repairs done on my home, so I was house sitting and having other women come and stay with me. I realised how much happier I am living with other people, and there are lots of single older women like me who felt the same. I talked it over with some friends, and we decided to explore the possibility of living together," she says.

Robin says we need new models of housing, not only to help us live more sustainably but also as a way of looking



02

01 / Robin Treadwell grows fruit and vegetables in an effort to reduce her carbon footprint
02 / Robin is part of a community of Waiheke Islanders committed to minimising their impact on the climate by riding bikes where possible

after the most vulnerable members of our communities. This is not idle talk for Robin – even though she has not yet secured the land for her co-housing venture, she has decided to sell her home anyway.

Universal responsibility

Beyond her communal housing plans, Robin is involved with the organising group for Our Climate Declaration – a declaration to encourage people to take action on climate change in their local communities – and the Carbon Neutral Waiheke Island group. In March this year, Robin helped organise a bike ride from her home on Waiheke Island to Wellington with other members from Carbon Neutral Waiheke Island to highlight the actions everyone could and should be taking to combat climate change.

When it comes to addressing climate change, Robin believes she and other seniors have the advantage of perspective, wisdom and experience and should be the ones taking responsibility for dealing with the problem.

“Almost all of the people in the Climate Declaration are grandparents. This isn’t about naming and shaming, but the reality is that climate change became a major problem during my lifetime. My generation failed to pay attention



ROBIN’S TOP TIPS TO REDUCE YOUR CARBON FOOTPRINT AND TAKE ACTION ON THE CLIMATE CRISIS

Be politically active in support of necessary legislative change

Join OraTaiao, the New Zealand Climate and Health Council for health professionals calling for urgent and fair climate action

Inform yourself and others – ask questions and get answers

Recycle wherever possible, but more importantly, **REDUCE!**

Downsize your vehicle

Take public transport or ride an e-bike

Reduce meat and dairy intake

Eat seasonally and locally

Support ethical/sustainable clothing companies

to what the scientists were telling us, even if we had good reasons. We were busy raising families and so on,” she says.

She realises it might be an unpopular opinion, but Robin thinks her generation needs to stop the cruises, the ‘gratuitous’ travel and other high-carbon lifestyles in order to leave a liveable future for the next generations.

“A lot of people see flying as a right rather than a privilege, but that time is over. The actions taken by individuals might be small, but they send a signal to others that ‘business as usual’ is ending.

“If we have to put up with a bit of inconvenience in order to leave a liveable future for the next generation, that’s fine with me,” she says.

Robin believes that healthcare professionals have a particularly important role to play, as they will be at the frontline dealing with the health-related consequences of the climate crisis.

“The New Zealand Medical Association has joined others around the world, recently declaring that climate change is a health emergency,” she says.

Support the change makers

Robin says the most important action people can take is to vote in support of political parties who are making the systemic, legislative changes necessary to stop global warming.

“The main thing is devoting support to the strong measures that need to be taken. We need to put aside our petty concerns about what it will mean to our lives and look at the alternative,” she says.

Robin is passionate about people using public transport, e-bikes and electric vehicles or downsizing their vehicles. She’s also a big believer in reducing our intake of meat and dairy products and eating seasonally and locally whenever possible. ♥

MAS Foundation:

Private money for public good

Philanthropic organisations have enormous potential to make a difference in the world if they have a clear purpose and a sound strategy. MAS has turned to one of New Zealand's leading philanthropic consultants to help get the MAS Foundation off to the best possible start.

Michelle Wanwimolruk is an experienced philanthropic consultant who won the Kiwi Invest Emerging Leader Award earlier this year at the Philanthropy New Zealand Awards.

She won this award for her work with the Borrin Foundation – a new and significant philanthropic entity in New Zealand funding legal research and scholarships – established through a bequest of the late Judge Ian Borrin. Michelle worked with the trustees to establish the organisation and she continues to serve as the Foundation's Chief Philanthropic Officer.

Michelle says the key to establishing a new philanthropic organisation, is developing a clear strategy and goals to ensure the organisation makes an impact.

"Everyone knows that having a pile of money gets you into the business of philanthropy

but it doesn't necessarily mean you're going to do a good job of it. To have an impact with your philanthropy, you need to go further than cheque-book grant making.

"What makes the best grant makers well known is that they do more than just give money. They lend support, and they convene and gather people and do a lot more thinking about the issues and systems involved so they can play an active part in social change."

The MAS Foundation will be focused on health research, education and promotion, and it is expected to give away about \$2 million a year once it is up and running. But Michelle says the MAS Foundation will need to think carefully about its niche and strategy to get the most out of this investment.

"The thing we always need to think about is how a private philanthropic funder can have a disproportionately positive impact and complement public funding to be a catalyst for greater change.

"Philanthropy has a role in funding riskier projects, more innovative projects at an early stage. Government can then take to scale in a way that philanthropy can never do."

As this issue of OnMAS was going to print, MAS was finalising appointments to the inaugural board of trustees for the MAS Foundation. Trustees were scheduled to be appointed in November, and Michelle will hold workshops with them in the new year to focus on establishing the Foundation's strategy and vision. ♥

"The really great funders out there understand that they're not in the business of giving away money. They understand that they're in the business of making an impact on society."



Michelle Wanwimolruk



A visit from Alanna Mitchell

While in New Zealand for MAS Talks in September, Alanna Mitchell also spoke with school students about her experiences travelling with scientists to understand the impact climate change is having on the oceans.

In Christchurch, she stopped by Christchurch Girls' High School and Hillmorton High School and visited Wellesley College in Wellington. Fifteen-year-old Christchurch Girls' High School student Molly Smeele reflects on Alanna's visit.

"It was excellent having Alanna Mitchell come to speak to us at Christchurch Girls' High School. She spoke about the long-term impacts that climate change and pollution will have on humanity and the world.

"Alanna explained the science of climate change in a way that allowed everyone in the audience to understand. Students were shocked

and horrified when she explained that the acidity level of the oceans has been permanently changed because of the amount of carbon dioxide we have produced over the last few decades.

"Hearing Alanna talk about her experiences studying, documenting and raising awareness around the environmental impact we are having on our oceans was inspirational. As a society, we must address the issue of climate change, and part of that is understanding the science behind it so we can truly understand the urgency of the action we need to take.

"Alanna has dedicated her life to trying to make a difference to how people perceive climate change. Young people like myself and other Christchurch Girls' High School/Te Kura o Hine Waiora students must have the opportunity to learn from experts on climate change so we have the knowledge to go out into the world and make a difference." ♥



MAS Member Jane Jones attended Alanna Mitchell's MAS Talk in Christchurch and reflected on her experience in a poem.

Her Grace is not eternal

The ocean is a cross
absorbing our sins one carbon atom
at a time
but there will be no resurrection
her grace is not eternal

The ocean is a war zone
microscopic refugees shuffle wearily
away from the violence of heat
To foreign waters

The ocean is a mirror
showing us what we have become
her silent reflections
do not tell lies

The ocean is an old woman
now unsmiling
becoming bitter with years
hope turned sour

The ocean is a feast
everyone is invited
laden, groaning, heaving
but we ate too much

The ocean is a circus
a fine balancing act
splendid and terrifying
addictively unpredictable

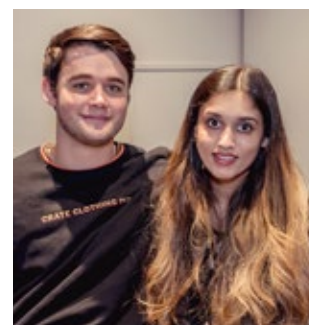
The ocean is a dying father
Who tells his fighting sons
"I have limited time left
forgive each other, choose life"

Without the ocean we are lost
in her, we are found
and find ourselves
sustained.



Spotlight on oceans and the climate crisis

The 2019 edition of the MAS Talks series saw award-winning Canadian science journalist Alanna Mitchell wowing audiences in Christchurch, Wellington and Auckland. Alanna has spent her three-decade-long career travelling the globe with scientists seeking to understand our rapidly changing planet.



“What a brilliant evening. Considering the grim picture of what we have done to the planet that Alanna painted, we left with a renewed energy of how we can turn this around.”

Dawn Williams, Wellington

“I just wanted to say how much I enjoyed this talk. Alanna was AMAZING, life-changing.”

Sally Hickling, Christchurch

“I was fascinated by her experiences (especially how she described witnessing a coral spawning – I felt like I was there with her!) and was grateful for her courage to share what she has learned.”

Mint Bhetraratana



Students on celebrating

This time of year is all about celebration, but how important is it to weave celebration into our personal and professional life all year round? In their final term of being Student Association presidents, Ming, Georgie and Fraser tell OnMAS about the importance of celebrating your big and little wins and their plans for summer as they approach graduation.



Georgie Martin

**President / Massey University
Veterinary Students' Association**

How do you celebrate your own wins and successes, both personally and professionally? Success often comes following hard work, which can be mentally, physically and emotionally tiring. Being extroverted, I recharge by surrounding myself with people. Consequently, I love to celebrate with family and friends.

Do you think the veterinary sector encourages people in the industry to celebrate big and little wins? The industry has celebrated big successes in a variety of veterinary sectors for many years. This generally consists of annual awards at national and regional levels. However, I think smaller wins are starting to be recognised and celebrated more at other levels, such as within clinics, staff teams and the vet school. This movement is associated with the increasing awareness of mental health in the profession. Veterinarians and veterinary

students are crippled with mental health issues. Being encouraged to celebrate wins, no matter how small, is a mindful habit that boosts wellbeing. It creates a positive mindset and positive emotions that can build resilience when faced with adversity.

How important do you think it is to acknowledge wins and celebrate in your line of work? Put simply, celebrating wins in the veterinary profession is extremely important. It improves mental health and wellbeing, but it's also crucial for maintaining motivation. We are motivated by our successes. Celebrating reinforces the reason for our hard work, reminds us goals are attainable and increases our drive to set more goals.

Being a vet sometimes requires working outside of conventional hours, often over periods of celebration. Do you have any tips on incorporating celebration into your work day so you don't feel like you're missing out?

Working over periods of celebration as a veterinarian is often inevitable, but it's just part of being a member of a team. These responsibilities are divided amongst your team. Remembering this can be a motivator because the next holiday someone else will be working while you are celebrating. During these days, taking regular breaks and connecting with other people can also help distract you from feeling as though you're missing out.

What are you doing over the summer break? Do you do anything to celebrate at this time of year? This is an exciting time celebrating with my class. We have finished our last-ever lectures and are finally entering the clinical stage of the degree. It is also a time to hand over the baton as student President. Reflecting on our achievements this year and celebrating with my awesome team has made it very worthwhile.



Fraser Jeffery

President / New Zealand Medical Students' Association

How important do you think it is to acknowledge wins and celebrate in your line of work?

I think in medicine we don't always have a lot of time to celebrate our wins – there's always more work to do and more patients to treat. I don't think that's necessarily a bad thing, though, since we're not in this line of work for our own personal success. The most important thing is to help our patients and their families. If they are able to celebrate, then that is satisfying enough for us!

Working in medicine sometimes requires working outside of conventional hours, often over periods of celebration. Do you have any tips on incorporating celebration into your work day so you don't feel like you're missing out?

I'm graduating in November and can't take annual leave over Christmas so I'm searching for these tips as much as anyone!

The hospital tends to go into festive mode around this time of year, though, which helps us feel like we're not missing out. Planning regular breaks around this time of year can make up for missing out on the big public holidays too.

What are you doing over the summer break? Do you do anything to celebrate at this time of year?

I'll be leaving student life behind and starting work as a PGY1 this summer! I'm looking forward to starting the next chapter after medical school, even if I have to say goodbye to university holidays. I've just spent the last half of my elective in Rarotonga, though, so I feel like I've probably had my fair share of sun.

Ming Yap

President / New Zealand Dental Students' Association

How do you celebrate your own wins and successes, both personally and professionally?

It usually involves my family and a few of my closest friends out at dinner with a couple of drinks. What is success if you can't celebrate it with your family and friends? Usually wins come after a period of long and gruelling work, so I also like to celebrate by treating myself with a weekend away with a couple of close friends.

Do you think dentistry encourages people in the industry to celebrate big and little wins?

The wins in dentistry come from providing honest, good-quality care to patients. The wins can be as little as seeing a patient's oral hygiene improve after teaching them how to brush and floss properly, to delivering a set of dentures restoring a patient's smile and confidence. You celebrate these wins with the patient and your dental team, and nothing is more rewarding than seeing your patient leaving your clinic healthier and happier than when they came in!

Dentistry sometimes requires working outside of conventional hours, often over periods of celebration.

Do you have any tips on incorporating celebration into your work day so you don't feel like you're missing out?

On every special occasion, make sure you treat your team with some delicious sweet treats to celebrate the festivities (but not too much sugar!). Burnout is a very common issue within our profession, so it is important that we set some time aside to spend it with our friends and family over periods of celebration.

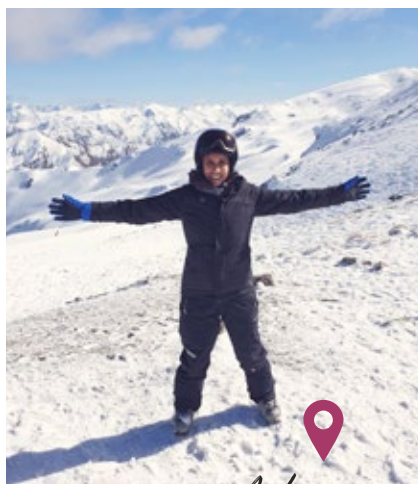
What are you doing over the summer break? Do you do anything to celebrate at this time of year?

My summer break will be a busy

one as I make the transition from university to working life. December starts off with a big celebration – our class graduation! My family and I are celebrating with a road trip around the South Island. After that, I'll be busy making the move from Dunedin to Hamilton where I start my new job right after the new year. ♥



Selfcare



Adventure

Connection



From left / MAS Member Nisha Patel's trip to Queenstown for the TV show *Adventure All Stars* saw her enjoy spas, skiing and being pampered

Helping the helpers

What started out as an opportunity to raise money for an important charity turned into an experience of personal growth and life-long friendships.

Antenatal and postnatal depression have impacts that are far-reaching and intergenerational.

Lack of support – particularly in the period immediately after the birth – can mean at-risk children develop behavioural and cognitive difficulties including learning difficulties, addictions and mental health issues later in life.

It's an issue close to MAS Member Nisha Patel's heart, so she jumped at the chance to help support Mothers Helpers – a charity that aims to prevent perinatal depression and anxiety and help with the recovery and wellness of mothers who experience it.

Nisha – a vet and mother of two – was one of 12 ambassadors selected for *Adventure*

All Stars, which is set to air on TVNZ this summer. The show provides an opportunity for anyone to undertake a fundraising journey for their nominated charity, culminating in the filming of the adventure of a lifetime.

The group of ambassadors were each tasked with raising \$10,000 for Mothers Helpers. Nisha was sponsored by MAS, which donated \$5,000 toward the initiative. As a thank you for fundraising, the ambassadors were taken on a trip to Queenstown in September where they spent five days undertaking adventure activities and challenges.

She says it was a great opportunity to support a worthy charity, but it also gave her a chance to make connections with a group of like-minded mothers and to grow as a person.

"It was the group that made the experience what it was. Getting to know the other women and understand the different experiences they'd all been through was amazing.

"It really was a once-in-a-lifetime opportunity. There was a lot of personal growth that happened in that week."

Nisha says people close to her have been affected by postnatal depression, and she's watched as they struggle with a lack

of support. They are not alone. While 11,000 Kiwi mothers experience antenatal or postnatal depression each year, about 75 percent of them will not meet the maternal mental health criteria, meaning they can't access funded support.

"It doesn't make sense to me that a charity is providing a vital service for free or at low cost when it should be publicly funded. I also felt that fundraising was an important way of raising awareness about perinatal depression and anxiety. As well as the financial support, I hope this fundraising will help reduce the stigma associated with this sort of mental illness."

Nisha says becoming a mother can change people in ways they might not even realise, and it's easy for them to lose their sense of self.

"I'm a mum to my kids and a wife to my husband but it took this trip away to realise 'Hey, I'm important too'. I think I laughed more in those five days than I had in the previous five years."

Nisha says that over the past year there has been a 14 percent increase in referrals to Mothers Helpers. She and her fellow ambassadors raised about \$100,000, which has helped the charity hire a new contractor to facilitate more postnatal depression recovery groups and to train more facilitators. ❤️

Eating in San Francisco

Al's Place serves food that's inventive and truly delicious



The home of many cultural revolutions, San Francisco is credited with launching the global farm-to-table restaurant food movement in the 1980s. But don't be fooled into thinking San Fran's food evolution ended there; dining in the Bay Area remains a must-do for foodies.

It was a pilgrimage of sorts. A modern one, using appropriately modern transport. One afternoon in late summer, we jumped in an Uber metres from where Uber itself was launched and drove over the Bay Bridge while our driver told us about how the area has changed in the past few decades – a story we'd hear often during our stay.

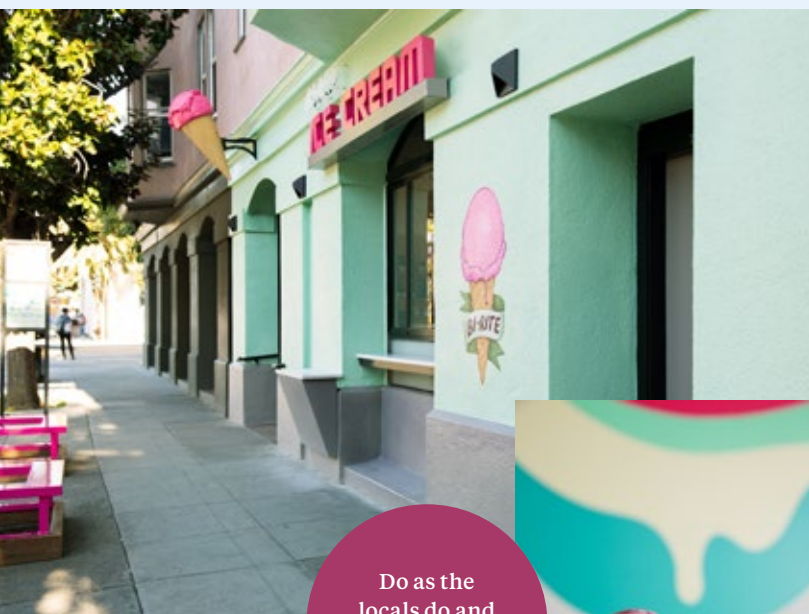
We were deposited in Berkeley, Oakland, in front of an Arts and Crafts era wooden building that almost had a haunted feel to it. Maybe hallowed is a better description: this is where the contemporary American food movement began. It was here the farm-to-table ethos was established, decades before it became popular in restaurants the world over. Here, industrially grown crops are shunned for locally farmed produce, which imposes only a tiny carbon footprint as it is transported to nearby restaurants.

Chez Panisse, started by Alice Waters in the 1970s, established the way so many of us eat in restaurants now: fresh, seasonal, simply prepared, letting the produce shine. It seems so obvious now, but at the time, fussy formal French dining was the standard.

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- 1/ Zuni 2/ Al's Place 3/ Nopalito
4/ Dolores Park 5/ Ferry Building



Do as the
locals do and
enjoy a picnic in
Dolores Park



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Early September proves a perfect time to dine with high summer produce still shining as well as the first early autumn crops. We eat the ruby-red, juicy tomatoes, ultra-sweet corn, perfect peaches, raspberries, strawberries, mulberries and figs. We have a simple lettuce salad from Chez's garden that puts every other green salad I've ever eaten to shame.

We choose to dine at the café upstairs, which offers us an à la carte offering as opposed to the set menu in the restaurant downstairs. But by no means is it a sub-par experience. Older wait staff (and wait, was that Alice herself who just waltzed by?) who have made a career from hospitality serve us with just the right amount of attention and care. The back door is left open and the sun streams in along with a light breeze. It couldn't be more dreamy.

But we didn't come to San Francisco just for Chez Panisse. Our list of places to eat and drink is much, much longer. Alcatraz? Didn't visit. Chinatown? As a coeliac, it doesn't offer much appeal. Fisherman's Wharf? Nope, never made it. But Zuni? Oh yes, we went twice. Al's Place? It felt like a dining experience and a night out in one. Nopalito? I've never eaten better Mexican. Our days were entirely oriented around our appetites, and San Francisco didn't let us – or them – down.

A few more words about the culinary stars mentioned above. Situated way up Market Street, Zuni is a golden-hued dream. Another stalwart from the late 1970s, Zuni feels both classic and modern at the same time, and if you only have time for one meal in the city, this wouldn't be a bad choice. It follows a similar ethos to Chez Panisse with dishes that make produce the star. Don't miss the polenta served with mascarpone and parmesan, and if they have figs stuffed with goat's cheese and pinenuts on the menu, order two serves.

Al's Place is newer, but the influence of those that came before is obvious. In the Mission District, it's Michelin-starred and was food magazine *Bon Appetit's* best restaurant of 2015 – and it's easy to see why. We put our fate in the hands of the chef who serves plate after plate of inventive, unexpected and truly delicious food. The music is all pop, one perfect notch over comfortably conversational, and I find myself dancing in my seat as I eat. A stuffy dining experience this is not. One dish is a perfectly dressed lettuce salad (lettuce again!) with edible flowers and herbed avocado, designed to be eaten with your hands. Another is a cod and stone-fruit curry. Baby radishes freshly pulled from the earth are served with a salty, lemony butter.

California's proximity to Mexico means it serves up some damn good tacos and Nopalito is no exception. The sister restaurant to the popular Nopa, Nopalito celebrates traditional Mexican cooking in a contemporary setting. We find ourselves there for two memorable meals: tacos, empanadas and ceviche that are fresh, punchy and complex and perfectly paired with salt-rimmed margaritas.

The Mission District is the district for Mexican, and you shouldn't go past La Taqueria for what is arguably America's best burrito – an accolade that draws fierce debate online. This humble neighbourhood institution established by Miguel Jara in the 1970s has been wildly popular since it opened with long queues and for good reason: their burritos are delicious. Tortillas are stuffed with meat, beans, guacamole, sour cream and pico de gallo salsa – no filler, all killer.

Doing as the locals do is one of the best ways to experience a new place, and what the Bay Area locals do in the summer is hang out in parks. So we head to Dolores Park, stopping by the Bi-Rite Market to grab some picnic items on the way, and almost by accident we discover the perfect San Francisco late summer afternoon.

Bi-Rite does mean cold-cut sandwich and take out containers of salads, olives, berries – that's a good spread. If you feel inclined, grab a can of sparkling rosé to make it a real party or head across the road and get some scoops from the delightful Bi-Rite Creamery. Dolores Park borders the Castro (SF's gay district) and the Mission, and you'll see a lot of life on those grassy knolls. It offers an excellent vantage point for the city and is used for after-school sports for local schools as well as groups of friends soaking up the summer rays. There'll be a scattering of boom boxes booming Latinx, rap, pop. You'll no doubt get a waft of weed (legalised in the city, the scent is omnipresent), and you might see some entrepreneurial sorts selling everything from cold cans of beer to fresh coconuts spiked with rum. This is not a park for quiet rumination but it will make you feel part of something big, buzzy and diverse.

After all this adventuring, you're going to need coffee. But fear not the terrible American coffee of old – San Francisco has you covered. In fact, it is the birthplace of the third-wave coffee culture currently sweeping the world – with its admittedly overly pretentious and earnest consideration of where the beans come from, how they're roasted and how they're brewed to get the best cup of joe possible. Seek out Blue Bottle, Sight Glass and Ritual Coffee shops scattered across the city, and you'll find a cold brew, pour-over or espresso that rivals New Zealand's best.



A culinary tour of farm-to-table fresh food and cheeky sweets

You might want something sweet or flaky after your coffee. If you've found yourself at Blue Bottle in the Ferry Building, you've come to the right place. Every day of the week, the indoor marketplace offers up smaller versions of some of the city's best and brightest. Acme Bread will hit the spot for most. Or for the coeliacs among us – run, don't walk to Mariposa, an entirely gluten-free bakery that offers buttery, flaky pastry options like spanakopita hot pockets and cherry turnovers alongside cinnamon buns, fruit pies and bread aplenty. We were so in love with Mariposa that we returned three times in nine days for another hit.

After all that, airplane food will pale in comparison, so make a quick stop at Whole Foods, Trader Joe's or Bi-Rite for some enviable in-air snacks. Bon voyage and bon appetit! ♥



Classic Kiwi *cruising*



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When long-standing MAS Member Brent Krivan isn't looking after patients in his Paraparaumu clinic, he's looking after something a little shinier and more mechanical.

"Straight out of a Hollywood movie."

That's how Brent Krivan describes his prized 1960 Ford Thunderbird, 1971 VW Beetle and 1972 Dodge Challenger.

A GP in Paraparaumu, Brent has always had a passion for classic cars and says it stemmed from old-school American movies he and his wife Wendy would watch together.

"You watch these cult movies and see the coolest cars that just aren't on the roads any more. Driving one feels like you've stepped into another era."

The couple bought their first classic car, the Thunderbird, in 2013, and the passion has kept on growing from there.

"The Thunderbird was bright red, a left-hand drive and stood out from everything else on the market. The Challenger was something we knew we wanted after seeing the hit movie *Vanishing Point*.

As for the VW Beetle, Brent simply says, "You've got to have one of those, haven't you?"

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While the couple will use the cars for running errands, they are far more than simply a mode of transport. Instead, caring for the cars and taking them out for long drives has become Brent and Wendy's main hobby.

"Our weekends are taken over by car things, so luckily my wife shares my passion too. In fact, she prefers to be in the driving seat.

"We spend most of our weekends pottering around, tweaking things on the cars, polishing them up and keeping them looking good. We get the skilled people to do the major things.

"Then Sundays are for driving. We love going for a quiet, scenic drive – it's a great excuse to get away from normal life before the week begins. There's not a weekend that goes by where we don't take one of them for a good spin."

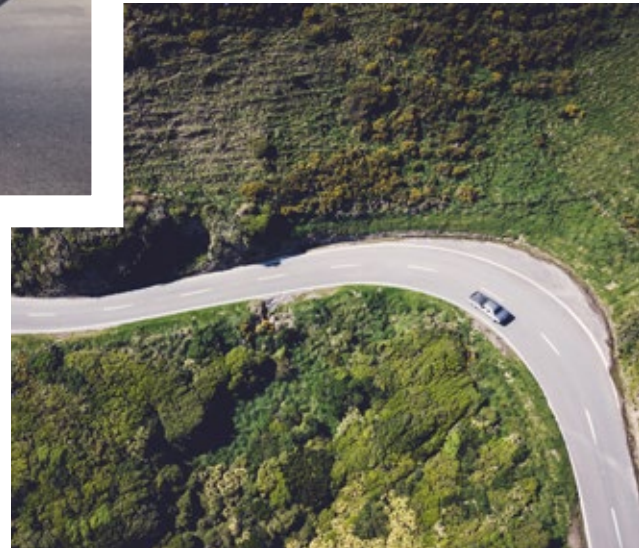
The love for classic cars has filtered into their social life too, with the couple making a point of getting away to other classic car meetings like Americana in New Plymouth, where they meet up and drive with like-minded enthusiasts. They are also part of a local car lovers' club.

As for getting a fourth classic car, Brent says there might not be space with three already, but "you never know". ♥

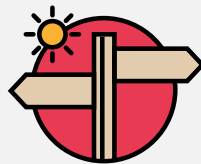
01 / Brent and Wendy Krivan with their 1960 Ford Thunderbird
02 / Behind the wheel: Brent's happy place
03 / The couple's 1972 Dodge Challenger sitting pretty
04 / Thunderbirds are go
05 / The pair love spending their weekends going on long drives in their classic cars



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SUMMER ROAD TRIPS: WHAT YOU NEED TO KNOW

If you're heading off on a road trip this summer, here are a few things to consider before you go and should an accident happen.

Before you go

- ① Check the pressure on your tyres and their general condition.
- ② Top up your window cleaner reservoir, and fix any windscreen cracks or chips.
- ③ Pack your bags securely to prevent them becoming missiles if you have an accident.
- ④ Think about getting your car serviced before you hit the road, particularly if your WOF has almost expired.

If something does go wrong

- ① It's a stressful time, but try and remain calm.
- ② Stop your car, take the vehicle off the road if you can and turn off the engine.
- ③ Make sure everyone is safe. Provide any assistance you can to anyone injured.
- ④ If necessary, send someone up the road to warn oncoming vehicles.
- ⑤ Clear any broken glass and other debris off the road if you can do so safely.

Insurance claims

- ① Do not admit liability.
- ② Exchange details with the other driver(s) and any witnesses: name, address, phone number, registration number and the insurance company for all drivers involved.
- ③ If an uninsured driver is involved, it's important to identify them and their vehicle.
- ④ If the Police attend, get the officer's name and ID number.
- ⑤ Contact your insurer.



Celebration

made simple

Parmesan asparagus pastry twists

This is a recipe that sounds a little fancy and complicated, but it's simple and easy to make in big quantities and it's delicious too.

INGREDIENTS

12 asparagus spears (multiply as needed)
2 tbsp extra virgin olive oil
1 pre-rolled puff pastry sheet
1 egg, medium
½ cup grated parmesan cheese
Freshly ground black pepper and flaky salt

To start ↘

METHOD

Simply wash the asparagus spears and fry them in some olive oil for about five minutes. Cut the pastry into strips and wrap around each asparagus spear, finishing these off by brushing the pastry with egg and sprinkling some parmesan cheese. Bake at 200° for 20 minutes until the puff pastry is golden.

Amey Rane, Executive Chef at Forage in Wellington, says cooking a big Christmas or celebration meal is all about “keeping it simple but tasty”.

Prepare, shop seasonal and don't panic are Amey's three main pieces of advice.

“First, come up with your budget and make an efficient shopping list, remembering to accurately multiply recipes depending on your group size. Keep things economical by hitting local markets too – it doesn't have to cost a fortune.

“It's important to source local and seasonal ingredients,” he continues. “They're cheaper and delicious, and we're lucky on this side of the world as summer is

Mushroom, brie and cranberry Wellington

INGREDIENTS

100g cranberries
400g mixed mushrooms, finely chopped
125g brie
1 large red onion, finely diced
1 garlic clove, finely chopped
1 large carrot, peeled and grated
1 tsp dried sage
1 tbsp lemon juice
1 tbsp tomato purée
1 tbsp freshly chopped rosemary
2 tbsp freshly chopped parsley
1 tbsp vegetarian Worcestershire sauce
1 egg, medium
100g fresh breadcrumbs
Freshly ground black pepper and flaky salt
1 packet vegan puff pastry

METHOD

Preheat your oven to 200°. Start with the mushrooms – they're the star of the dish. Sauté these with the onion, cranberries, carrot, tomato purée, Worcestershire sauce, garlic and dry herbs until they are fully cooked and any liquid has evaporated. Once this has cooled down, stir in the breadcrumbs and brie pieces.

Place one sheet of pastry onto a lined baking tray, brush the edges with egg wash and spoon the mushroom filling into the centre. Top this with the second sheet of pastry and make sure it reaches the edges of the base. Brush the top with egg and snip little air vents into the top of the Wellington. Bake for 10 minutes at 200°, then bring down to 190° for 35–40 minutes.

The main event ↗

the best time for getting a variety of produce.”

Amey says preparation has the power to make D-day totally stress free. “Write out a rough schedule for how you're going to cook everything on the day. Not everyone has a commercial grade kitchen to work with like us, so plan what needs to go where and when.

“Also, too often I see people hovering around the oven, but it's so important your food is left alone. Don't panic and keep opening the oven door it will let heat out and bring moisture in.”

Amey shares a few recipe ideas for Christmas dinner that are easy to prepare for bigger groups and will cater for the meat lovers, vegetarians and vegans.



Prepare, shop seasonal and don't panic.

Amey Rane

Turn over for refreshments →



Working over the festive period?

If you're working over the holidays this year, Chef Rane has a few ideas on how you can batch cook and add some festive spirit to your work lunch while you're at it.

Maple veggies and nuts

Cut up a big batch of kumara, pumpkin, courgette and anything else you fancy and pop them on a baking tray. Add some mixed nuts, like pecans and seeds, and rub these in a bit of oil and herbs of your liking. Bake for 30–45 minutes at 200° until tender and then add two or three tablespoons of maple syrup, letting the veggies soak up the sweetness for a further five minutes. Be careful not to let the syrup burn.

Champ mash

Boil the potatoes until they are soft when pricked with a fork (around 20 minutes), drain and mash. Add 60g of butter and some salt, and mash into a smooth consistency. While the potatoes are boiling, put on a cup of milk and a handful of spring onions and chives to heat. Once heated, mash this into the potato mixture to create the creamiest mash you've ever tasted.

Meat / veggie option

This is where leftovers come in. You're likely to have some leftover ham or beef going, or if you're in a veggie household, maybe some of the mushroom Wellington in the fridge. The maple veggies and mash will work with any of these, so once you've got a batch of these in your fridge, you'll have the perfect Christmas-inspired base to work with.



Fun festive drinks you can make yourself

Alex Vowles, Bar Manager at Wellington's Hawthorn Lounge, gives us his advice on how to spice up your at-home bar menu using what's already in the kitchen cupboard.

"For the festive season, there are two drinks I love making because of the simplicity of the ingredients. You're bound to have them lurking around somewhere, and they end up making the most delicious holiday drinks," Alex says.

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French 75

"The first is a drink that should be in everybody's repertoire, the French 75. Named after a French artillery weapon, this classic is much like the gun it is named after, which was said to hit with remarkable precision. Champagne and other sparkling wine is already widely consumed around the holidays, so it's a no brainer that this cocktail suits this time of year."

INGREDIENTS

30ml dry gin
20ml fresh lemon juice
15ml sugar syrup
75ml champagne (other dry sparkling wines also work very well)

METHOD

Combine the gin, lemon juice and sugar in a cocktail shaker, fill with ice and shake vigorously. Strain into a champagne flute and top with champagne. Garnish with a piece of lemon peel.

Classic eggnog

"One thing we're known for here at Hawthorn Lounge is the classic eggnog we make for our regulars every 24 December. The holidays are a beautiful time to share a drink with those who have made your year special, and this is our way.

INGREDIENTS

200ml bourbon whiskey
360g white sugar
8 whole eggs
500ml fresh whipping cream
720ml whole milk

METHOD

Combine all ingredients in a large mixing bowl. Using an egg beater or whisk, mix until all combined and the mixture forms a smooth consistency. Add the combined mixture into jars or bottles, seal and refrigerate for a minimum of four hours and a maximum of four weeks (the alcohol and sugar preserve the mixture very well).

"It is best prepared ahead of time and is great for serving to large groups of people if you're entertaining. If there are kids in the group, simply make a small, whiskey-less batch too.

"This is a recipe I whipped up last year for my partner and in-laws with no fancy equipment in a bach in Paihia."

When it comes to serving time, I like to add small amounts to a blender, blend until nice and frothy and pour over ice with some grated nutmeg over the top. If bourbon isn't to your liking, just about any brown spirit works, especially rum and cognac.

01 / The French 75 packs a zesty punch
02 / Substitute rum or cognac for bourbon in your eggnog

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Your summer reading list

Jenna Todd, manager of Auckland independent bookstore Time Out, recommends must-read books over the summer months. Pick them up for yourself and devour at the beach – or use this as your surefire gift guide for everyone in your life. Visit Time Out in Mount Eden or online at timeout.co.nz



McCahon is not only New Zealand's most significant or important artist. He is our most soulful artist, our most searching. He asks the most of art and the world it renders.

Justin Paton



01 THE NICKEL BOYS

by Colson Whitehead
Little, Brown Book Group / RRP \$35

An electrifying novel that has knocked the socks off the staff at Time Out. 1967, Florida. *The Nickel Boys* tells the story of Elwood, a young African American boy who admires Martin Luther King Jr. and believes, if you do the right thing, everything will be okay. However, caught in the wrong place at the wrong time, he has found himself at Nickel School for Boys, a reform school with a notorious reputation.

Currently longlisted for the 2019 National Book Award, which Whitehead won in 2017 for *The Underground Railroad*.

02 TALKING TO STRANGERS

by Malcolm Gladwell
Penguin Books / RRP \$40

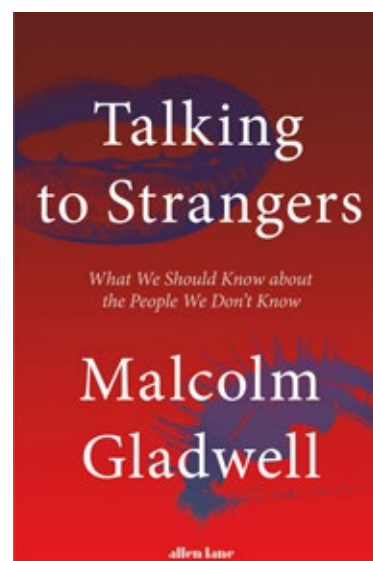
Would you have trusted Hitler? British Prime Minister Neville Chamberlain did, and after reading *Talking to Strangers*, you'll understand how you might have too. Malcolm Gladwell investigates some of history's most famous miscommunications and examines why we so often misinterpret the intentions and feelings of strangers.

03 THE BOMB

by Sacha Cotter
Huia Publishers / RRP \$23

Winner of the Margaret Mahy Children's Book of the Year, *The Bomb* is a joy to read for both children and adults. Our protagonist is too scared to practise his dive bomb in front of the other kids. While they are perfecting manus, coffins and staples, this wee boy has only mastered a belly flop. However, encouraging words from his dear Nan give him the courage to look inside himself and fly.

Also published in te reo Māori as *Te Puhu*.



04 GIRL

by Edna O'Brien
Farrar, Straus and Giroux / RRP \$33

A clear-sighted and gripping novel about Maryam, one of the schoolgirls kidnapped by Boko Haram in northeastern Nigeria. At 88 years old, O'Brien is as sharp as ever – on a recent research trip to Nigeria for this book, she smuggled £15,000 in her knickers to give to people there. *Girl* will rip your heart out, but you won't be able to put the book down. What a writer!

05 McCAHON COUNTRY

by Justin Paton
Penguin NZ / RRP \$75

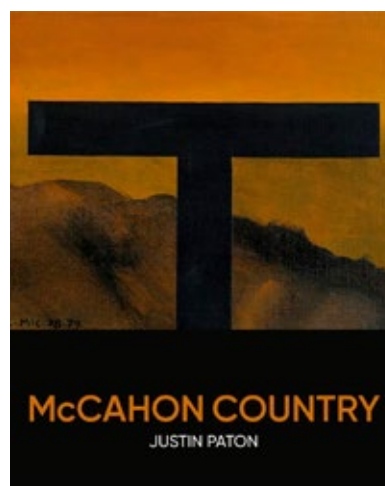
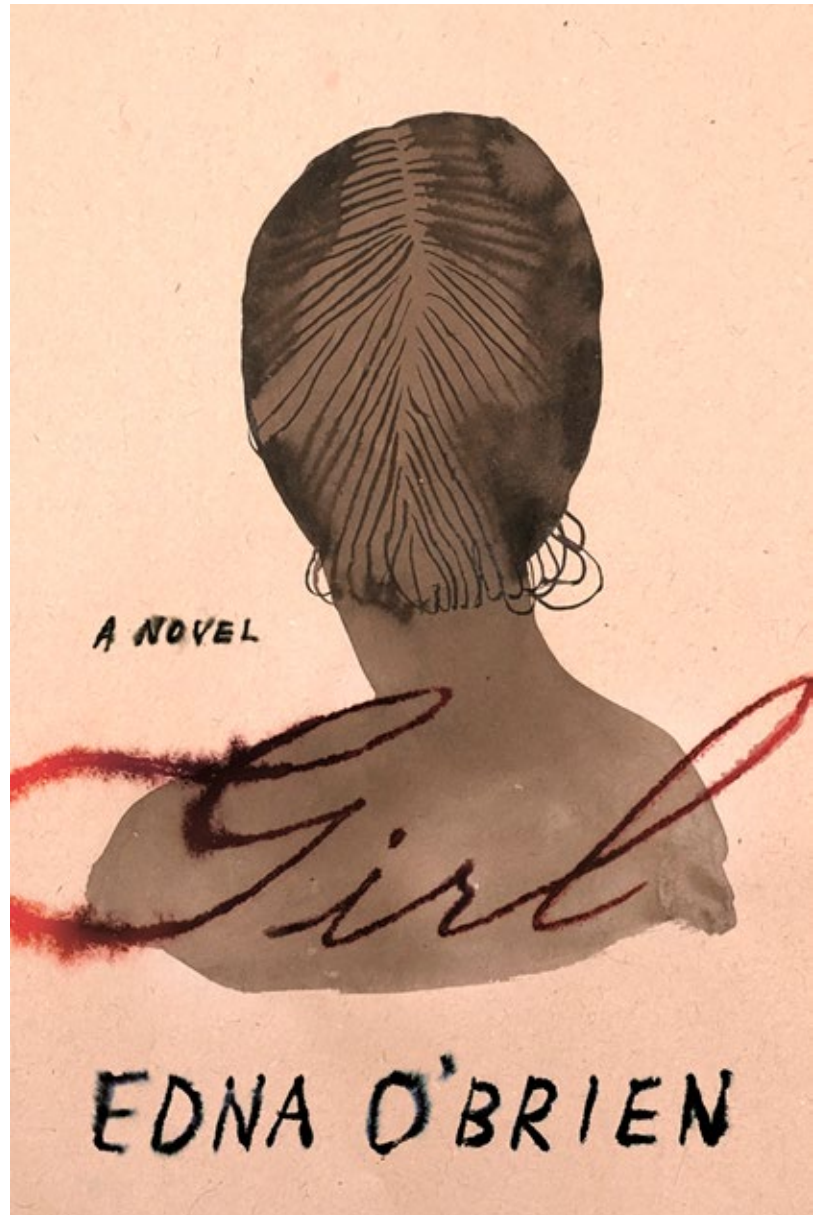
Celebrating 100 years since Colin McCahon's birth, Penguin NZ and Auckland Art Gallery Toi o Tamaki have published a hardback beauty that's a must-have for every home library.

Covering four decades of work and 200 well known and unseen works, author Justin Paton responds to McCahon's work in an impressive and compelling manner. "McCahon is not only New Zealand's most significant or important artist. He is our most soulful artist, our most searching. He asks the most of art and the world it renders. One hundred years since his birth, he still wants to know what we should believe in and where we belong."

06 CRAVEN

by Jane Arthur
Victoria University Press / RRP \$25

Jane Arthur is a former Time Out manager and winner of the 2018 Sarah Broom Poetry Prize. *Craven* is a wonderful debut that explores the everyday and the indescribable. If you're not a poetry person, this is one to try. If you are a poetry person, you will love this even more!



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Katherine Reinhold (and Rosa)
Lawyer and MAS Member