

This Week

Skram Summer Tour

Skram is returning to Gisborne this Friday, December 29, to bring their epic summer show to Smash Palace! After a chaotic and exciting year, Skram has developed a summer show you won't want to miss. In Skram's magical musical world, dreamy guitars soar with epic vocal melodies and fiery rhythms, creating an enchanting and mesmerising spectacle full of heart and energy that makes their audience jump, dance, sway and sing like no other band can. Smash Palace Bar Gisborne, 24 Banks Street, Awapuni. To purchase tickets, head to: <https://www.ticketfairy.com/event/SkramGisborne/>

Rhythm and Vines

Rhythm and Vines (R&V) returns to Gisborne this Friday, December 29, and finishes at 5am on January 1. This year, the world-class, coming-of-age music festival will be celebrating its own coming of age as it gets set to turn 21! The headlining act this year is the UK drill sensation Central Cee, who has enjoyed great success with his chart-topping hit *Sprinter* featuring Dave. The R&V line-up also boasts talents like Australian house music maestro Dom Dolla, electronic music artist Wilkinson, and local artists such as Gin Wigmore, Georgia Lines, Babyfacekilla and Park Road. Join in for an unforgettable end-of-year celebration – set against the scenic backdrop of the Waiohika Estate Vineyard. For ticket info, head to: <https://www.rhythmandvines.co.nz/tickets>

NEW YEAR'S REGGAELUTION

Sunday, December 31. See the New Year in, irie-style! NEW YEAR'S REGGAELUTION is a highlight in Smash Palace's annual event calendar – and this year, there will be two local acts to usher you into 2024. First up, Manaia Garrett will wow you with his silky smooth skanking, then A-TRAX will pump up the rockin' reggae – with a special countdown to the New Year! Smash Palace Bar Gisborne, 24 Banks Street, Awapuni. Doors open from 8pm, show starts at 10pm. Tickets are \$10 door.

COMING UP

Wrights Vineyard & Winery – Summer tunes in the vines

Saturday, January 6. Wrights is turning up the volume for an afternoon of live music with the incredible Muro and his acoustic guitar. The cellar will be open from 11am to 5pm. Music will be from 1pm to 4pm. Wrights Vineyard & Winery, 1093 Wharerata Road, 4010 Manutuke.

Wrights Vineyard & Winery – Soulful Sunday

Sunday, January 28. DJ Missing Link will kick off the party with funky vibes from 12pm to 2pm. Then, get ready for an enchanting Jazz Trio by the talented Allana Goldsmith from 2pm to 5pm. Allana is a rare gem in the jazz scene. Born in Ruatoria, East Cape, Allana brings a unique touch to her music, incorporating Te Reo Māori into jazz standards and composing her own soulful tunes. Gourmet pizzas, ice creams from the Ice Cream Bros, and goodies from the deli area will be available. The cellar will be open from 11am to 5pm. Music will be from 12pm to 5pm. Wrights Vineyard & Winery, 1093 Wharerata Road, 4010 Manutuke.

Let The Guide know what's on: guide@gisborneherald.co.nz or phone 869 0600

Expertise in traditional textiles

Local Māori textiles artist Fiona Collis will run two workshops across the weekend of The Muster, where women can weave their own New Zealand flax (harakeke) bangles.

An indigenous artist whose expertise is in Māori traditional textiles (raranga, whatu and whiri), Fiona extracts and prepares her own materials to produce durable and intricate objects and garments by using traditional knowledge and practices handed down by her ancestors.

In her workshops, participants will have the opportunity to weave vibrant coloured bangles from harakeke.

Fiona will also cover the methods and techniques of harvesting and preparing the weaving materials.

"Weaving is known for its methodical and repetitive nature. It can be a calming and relaxing practice – a welcome break from our hectic lives. I'm keen for the women to come and immerse themselves and find solace in the art of weaving," says Fiona.

While grounded in traditional weaving, Fiona enjoys pushing the boundaries to explore contemporary approaches, utilising unconventional materials and modern concepts.

"I also create vibrant sculptural weaving installations. This not only provides me with a sense of freedom, but also widens the scope for creative expression.

"A proverb I resonate with is 'ka mua, ka muri', which means 'walking backward into the future'. This embodies looking to the past to inform and shape my artistic journey ahead."

Fiona says growing up on a farm in Tolaga Bay was the origin of her deep connection with nature.

"It was my grandmother who cultivated my early interest in weaving. In my mid-20s, still strong with the passion for weaving, I made



Fiona Collis credits growing up on a farm in Tolaga Bay with her connection to nature. She brings that connection to her weaving and is looking forward to running workshops at The Muster, where she will show participants how to make flax bangles. Pictures supplied



the decision to pursue this as an artistic path and enrolled in art school Toihoukura. While there, I learned about design, building on the strong foundation in Māori weaving that I had acquired throughout my earlier years," Fiona said.

At The Muster, Fiona is most looking forward to the workshops and guest speakers.

"I love the diversity that the workshops and guest speakers have to offer.

"Covering a spectrum of topics from arts and creativity to financial literacy, menopause, comedy and burlesque dance, it really has an inclusive appeal for lots of women – there is something for everyone. I'm also excited about the evening entertainment line-ups and

the dress-up opportunities. It should be fun for all!

"The Muster is going to be a great event for women in our Tairāwhiti communities – especially given the challenges we've faced over the past two years.

"Beyond just a gathering, it'll be a beacon of resilience, a chance for women to come together, dust off their best frocks, eat yummy food, be spoilt with great entertainment and dance the night away. After what the people of Tairāwhiti have been through, this will be a good source of support and a place to network. They're bringing in lots of experts to share their knowledge and hopefully bring a sense of empowerment to the women attending".

Breaking menopause taboo

Sarah Connor, founder of Menopause Over Martinis, will be speaking and hosting workshops at The Muster, talking about all things related to menopause.

While not a doctor, Sarah is a freelance writer and she has been exploring, writing and talking about menopause since 2018 – when perimenopause impacted every aspect of her health and wellbeing in a significant way.

In 2020, she launched Menopause Over Martinis as an invitation for people to talk about menopause over dinner.

"At 46, I landed in perimenopause without knowing what that meant. I knew my periods would stop one day, but I'd wrongly thought maybe not until my late 50s or 60s. And I had heard of hot flushes, but I didn't understand the various stages of menopause or know about the symptoms."

During The Muster, Sarah will host two workshops, where she will invite attendees to ask questions and share their knowledge or experiences with others of different ages and stages in life. While the conversations will be around menopause, Sarah says you don't have to be going through it to join in.

"Everyone needs to learn about menopause – so everyone is welcome! Even if you're years away from menopause, it's useful to know what to expect and where/how to get support if needed. You might be going through perimenopause or be post-menopause, or you might work or live with someone who is. The more you know, the better you can support yourself and others."

Sarah says that when she talks to women about menopause – an often taboo or ignored subject –

relief and gratitude are two of the main feelings women express to her.

"Without the right information and support, it's easy to feel like you're going crazy or that you're the only one experiencing any symptoms. Talking about this normal stage of life increases people's confidence; it's empowering and reassuring. It gives people a chance to get the best information and best support so they can be their best selves.

"Talking about menopause is as important as talking about puberty or pregnancy. Menopause isn't something to ignore, be ashamed of or apologise for. It's something to acknowledge, respect and support. Knowledge is power and one of the easiest ways to learn about something you don't know about is to talk about it."

For example, Sarah says before her own experience, "I didn't know there's 30-40+ symptoms (physical, psychological, cognitive) women can experience over two to 10 years."

Heading to Mōtū this summer will be a bit of a return to her roots. Sarah now lives in Wellington with her partner, two children and their guinea pigs. She grew up on a farm between Hastings and Taihape on the Ngaruroro River.

"That still feels like home. My 1970s and '80s childhood years were relatively free-range, peaceful and simple. There were only two channels on TV and it was before the internet and mobile phones. We only went to town once a week for groceries, music lessons, the library and to see family.

"I went to our local primary school, Crownthorpe. After taking the bus home, my sister, brothers and I made our own fun, mostly outside. I loved doing gymnastics



Sarah Connor will be running two workshops at The Muster, talking about menopause. Asked what she is looking forward to about the event, she said, "Everything!" Picture supplied

on the front lawn or riding my Shetland pony or Raleigh Twenty bicycle. We all mucked in, doing jobs around the house, garden and farm for pocket money. Raking hay on the Massey Ferguson was a favourite job, as opposed to docking or being a rousie. I had a successful pinecone business for years – collecting, bagging and delivering pinecones for people in town. It kept me busy and was a quick way to earn money from a young age."

Asked what she is most looking

forward to at The Muster, Sarah replies, "Everything!"

"It's an incredible opportunity to combine many of my favourite things in one place – a beautiful part of rural New Zealand that I haven't been to before, meeting women from all over the country, camping, comedy by Michèle A'Court, sharing my experience and knowledge of menopause, learning new things from the diverse line-up of speakers, and being creative in some of the workshops in between."

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Sarah Connor