

NAU MAI, HAERE MAI

WELCOME TO THE INAUGURAL
SHEPHERDESS MUSTER

16 - 18TH FEBRUARY 2024
MOTU, TE TAIRĀWHITI

We invite you to
relax, create, learn and unwind
with friends, new and old.

ES
TD

THE SHEPHERDESS
MUSTER

20
22

HE ORANGA WĀHINE. HE ORANGA WHENUA.



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PLATINUM



FUTURE SHAPERS

Ministry for Primary Industries
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GOLD



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Shepherdess

THE SHEPHERDESS

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MUSTER

20
22

HE ORANGA WĀHINE. HE ORANGA WHENUA.

Mihimihi from Tangata Whenua

Tuia i runga
Tuia i raro
Tuia i roto
Tuia i raro
Tuia te here tangata
Ka rongō te pō
Ka rongō te ao

Tīhei mauriora!

Unite the celestial energies
Unite the terrestrial energies
Inward and outward
Unite the kinship strands of humanity
Listen to the night
Listen to the day

'Tis the breath of life!

E ngā maunga whakahī
E ngā wai tapu
Piki mai, kake mai ki te Tairāwhiti,
Ki runga o Motu
Tēnei te reo karanga ki ngā mātāwaka
O te motu
Tuia te herenga tangata
Haere mai rā

Founder's Note

Welcome to the inaugural Shepherdess Muster! We are so pleased to have you here. It's been a long journey to get here, but that makes this gathering all the more special.

Our team has gathered the most wonderful group of talented wāhine from around Aotearoa New Zealand, all of whom are looking forward to sharing their thoughts, wisdom and knowledge with you over the coming days. The Muster is similar to a choose-your-own-adventure story – browse through the selection of workshops and activities on offer and sign up to what takes your fancy. We will come together each day for delicious food and entertainment from our amazing line-up of music, dance and comedy.

Thank you for taking the time out of your busy lives to join us in the little village of Motu for what will be a brilliant few days of laughs, arts, insightful speakers and good food!

We acknowledge the rohe whenua, Te Tairāwhiti, and mana whenua, Te Aitanga-a-Mahaki, for the land on which we meet, and the warm welcome and support of mana whenua and the Motu community in bringing this weekend together.



Kristy McGregor
Festival Director



PROGRAMME OF EVENTS

The Shepherdess Muster is a mix of activities we can do together – with time to break away into spaces that interest you, and time to relax with a cool drink and chat with friends. Browse our artist and guest profiles on pages in this programme to help you decide which of our workshops you would like to attend.

FRIDAY

From 3.00pm. Arrive and set up your campsite or settle into your tented accommodation.

4.00pm-6.00pm. Our registration desk is open. Check-in and enjoy a refreshment and bite to eat after your drive. Register for workshops and book beauty and health appointments. Browse stalls. Get ready for the evening – ‘Op Shop Frock’ dress theme.

6.00pm. Welcome – Mana Whenua and MC Jemma Brackebush, along with The Shepherdess Muster Committee.

6:30pm. Bar opens and canapés flowing.

7:30pm. Walk and fork.

8.00pm. Comedy show with Michèle A'Court.

9.00pm. Shabang band kicks off - time to hit the dance floor - and Pleasure Stall opens.

Late. Supper.

SATURDAY MORNING

6.30am. Let's get moving with our morning fitness sessions: Farm Walk with Katie Griffin, Hatha Yoga with Becs Erickson, Dance Fitness with Studio L'amour. *Proudly supported by Rabobank.*

7.00am-8.15am. Breakfast. *Proudly supported by The Evergreen Foundation.*

8:20am. MC Welcome & Opening Greeting from East Coast MP Dana Kirkpatrick.

8.30am. Keynote – ‘My Personal Journey’ with Pania Te Paiho, Wahine Toa Hunting.

9.15am. Keynote – ‘Interruptions to Intimacy’ with Sex and Relationship Therapist Jo Robertson.

10.00am. Morning Tea. *Morning and afternoon tea proudly supported by Craigs Investment Partners.*

10.30am. Concurrent Workshops.

- Burlesque with Studio L'amour.
- Hei Ringa – Weave Your Own Harakeke Bangle with Fiona Collis.
- Ko Au Te Whenua, Ko Te Whenua Ko Au – Natural Pigment Making and Garment Dying with Jera Stanley.
- Demystifying HR – More About Humans, Less About Resources with Robyn Young.
- Introduction to Stand Up Comedy with Michèle A'Court.

Noon. Lunch. *Proudly supported by Rural Support Trust.*

SATURDAY AFTERNOON

12.40pm. Melanoma NZ Nurse. *Proudly supported by FMG.*

12.45pm. Keynote – ‘Let’s Talk About Menopause’ with Sarah Connor.

1.30pm. Local Spotlight: Jen Mildenhall.

2.00pm. Concurrent Workshops.

- How to Build, Maintain and Utilise a Social Media Presence with Pania Te Paiho.
- Floral Crowns with Rhonda Haag from Flora Forms.
- Let’s Talk About Menopause with Sarah Connor.
- Radical Rest with Becs Erickson.
- The Basics of Financial Literacy with Erin Barnes and Tessa Lohead.

3.00pm. Afternoon Tea.

3.30pm. Concurrent Workshops.

- Burlesque with Studio L’amour.
- Floral Crowns with Rhonda Haag from Flora Forms.
- FAQ with Sex Therapist Jo Robertson.
- Business Planning with Robyn Young.
- Introduction to Stand-up Comedy with Michèle A’Court.

4.30pm. Late Afternoon Workshops.

- A Māori Lens.
- Post-Cyclone Gabrielle - What is Helping You Get Through? With Farmstrong’s Nicky MacKay.

5.00pm. Bar opens. Get ready for dinner - ‘Bold and Blooms’ dress theme.

6.30pm. Sit-down dinner with burlesque performance by Studio L’amour.

9.00pm. Live music by Shabang - get your dancing shoes on - and Pleasure Stall opens.

Late. Supper.

SUNDAY

6.30am. Let’s get moving with our morning fitness sessions: Farm Walk with Katie Griffin, Hatha Yoga with Becs Erickson, Dance Fitness with Studio L’amour. *Proudly supported by Rabobank.*

7.00am–7.45am. Breakfast.

7.45am. Business and Entrepreneurship Panel, led by Rabobank’s Emma Higgins with panel members Claire Edwards from Tora Collective, Lucy Griffiths from Innov8 Aotearoa and Robyn Young from Robyn Young HR.

9.00am. Concurrent Workshops.

- Using Technology to Save Time on Your Financial Administration with Erin Barnes and Tessa Lohead.
- Hei Ringa – Weave Your Own Harakeke Bangle with Fiona Collis.
- Gut Health with Katie Griffin.
- Menopause - How to Support Yourself, Your Mum, Sisters, Friends and Colleagues with Sarah Connor.
- Business Advice with Lucy Griffiths.

10.15am. Concurrent Workshops.

- Sustainability Synergy with Claire Edwards.
- Floral Crowns with Rhonda Haag from Flora Forms.
- Youth, Sex and Porn – Equipping Whānau and Caregivers to Start the Conversation with Jo Robertson.
- Ko Au Te Whenua, Ko Te Whenua Ko Au – Natural Pigment Making and Garment Dying with Jera Stanley.
- Working in Governance with Lucy Griffiths.

11.30am. Lunch. *Proudly supported by PGG Wrightson.*

11.45am. Local Spotlight: Fiona Collis.

Noon. A little bit of comedy with Michèle A’Court before you head home.

12.15pm. Farewell and Poroporoaki.

We are so grateful to the many organisations that have helped bring this weekend together, especially the grant funders who have generously supported the weekend’s event programme, including *AGMARDT*, *Ministry for Primary Industries*, *Trust Tairāwhiti*, and *Lottery Community Grants*.

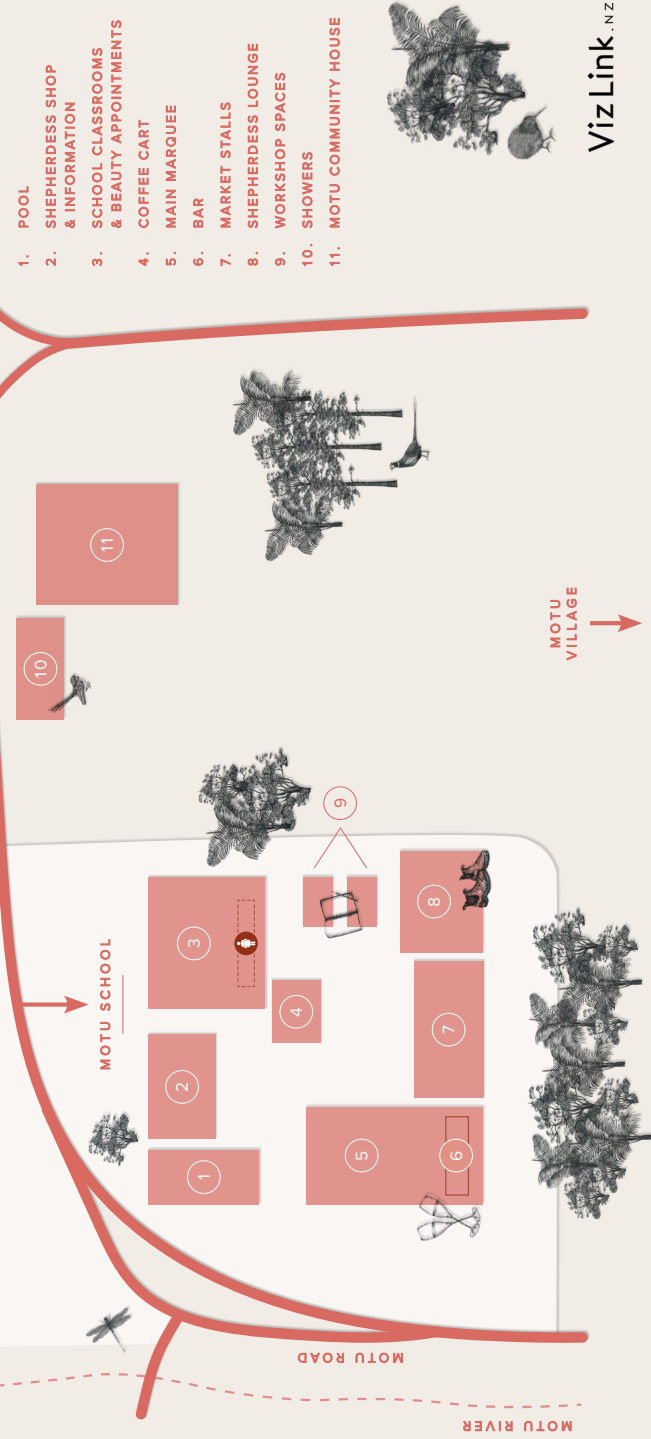
THE SHEPHERDESS
MUSTER
 20
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 HE ORANGA WĀHINE. HE ORANGA WHENUA.

JANE & DAN
 GRIFFIN'S FARM

MOTU FALLS ROAD

CAMPGROUND ENTRY

PARKING ENTRY



1. POOL
2. SHEPHERDESS SHOP & INFORMATION
3. SCHOOL CLASSROOMS & BEAUTY APPOINTMENTS
4. COFFEE CART
5. MAIN MARQUEE
6. BAR
7. MARKET STALLS
8. SHEPHERDESS LOUNGE
9. WORKSHOP SPACES
10. SHOWERS
11. MOTU COMMUNITY HOUSE

VizLink.NZ

THE MUSTER MAP

MAIN MARQUEE: We will gather here for meals, speakers, a little light-hearted comedy and to dance the night away.

ARTSBREAK AREA: Take a moment to get creative with our guest artists. You'll find the artists dotted throughout the festival grounds.

SHEPHERDESS LOUNGE: A spot to rest if you need a moment of quiet in the busy festival schedule. *Proudly supported by Beef + Lamb New Zealand.*

THE FARM SHOP COFFEE CART: Coffee and a cup of tea for smoko from The Farm Shop run by the wonderful Rose Haynes from Waihua Station.

MARKET STALLS: Browse a curated selection of artisanal goods from women-led businesses across the North Island. You can find the list of makers on page 36.

SHEPHERDESS SHOP & INFO: Stock up on back editions you might have missed, and grab some merchandise from the weekend. The Muster Team will be here all weekend, and can answer any questions you may have about the event. It's the place to get your bar tickets, and you can also seek medical assistance here.*

BEAUTY APPOINTMENTS: Be sure to book in some quality time with our selection of beauty therapists at The Muster. You can find the list of beauty providers on page 30.

HEALTH & WELLNESS PROVIDERS: Schedule that health check you keep putting off and get that consultation. Providers are located inside and outside, depending on what sort of services they are offering. You can find our list of health & wellness providers on page 34.

CAMPGROUND: Where you are camping for the weekend. Includes BYO camping area and our tented accommodation.

PARKING: Parking for the weekend. Once you're parked, we'd appreciate it if you don't move your vehicle until the end of the weekend. If you absolutely need to move your vehicle during the weekend, please see The Muster Team at the Shepherdess Shop for assistance.

WATER REFILL STATIONS: You can refill your water bottles at the water fountain or bar.

POOL: If you fancy a wade or cool down, the Motu School pool will be open on Saturday afternoon from 4.00pm - 6.00pm, weather dependent.

**Medical assistance: If you're in need of help, find a member of The Muster Team at the Shepherdess Shop.*



WORKSHOPS

Peruse the workshops on offer over the weekend and flag your interest at registration on Friday afternoon.

Note - our hands on arts workshops have limited numbers. These workshops are marked with an *.

WORKSHOP SESSION ONE SATURDAY 10.30AM

BURLESQUE WITH STUDIO L'AMOUR

Learn the basics of burlesque in a fun and inclusive workshop with Studio L'amour. In this workshop, you will learn classic burlesque moves such as bumps, grinds, shimmies, struts and poses, then put it all together in a fun and sassy routine! This beautiful artform is perfect for anyone looking to build confidence, feel more fabulous in their bodies, learn a new style of dance or just have a sparkly good time.

HEI RINGA – WEAVE YOUR OWN HARAKEKE BANGLE WITH FIONA COLLIS*

Weaving is full of symbolism and meaning and is a living artform, handed down through generations. Join fibre and textiles artist Fiona to understand more about harvesting flax, be guided through the tikanga to use and prepare your flax, and learn to weave your own taonga. Come along to this workshop and enjoy the meditative practice.

KO AU TE WHENUA, KO TE WHENUA KO AU – NATURAL PIGMENT MAKING AND GARMENT DYING WITH JERA STANLEY*

In this workshop you will make natural pigments from kōkōwai (clay) and hand-dye a beautiful scarf to take home with you. Throughout the workshop you will explore the whakapapa (genealogy) of kōkōwai and feel empowered with a deeper understanding of femininity and its link to Papatūānuku (Mother Earth). This is a safe space for sharing and learning.

DEMYSTIFYING HR – MORE ABOUT HUMANS, LESS ABOUT RESOURCES – WITH ROBYN YOUNG

To Robyn, HR is more about humans, less about resources. You will discuss the topics commonly raised by business owners and managers, with plenty of tips thrown in. Topics include hiring great people, supporting your team to develop and do their best mahi, dealing with difficult/frustrating employees, keeping your great people, and everything in between – all of this, with a dose of 'how to have these conversations' thrown in. If you have a burning HR/people-related question, bring this to ask Robyn – it's an interactive session.

INTRODUCTION TO STAND-UP COMEDY WITH MICHÈLE A'COURT

Join legendary comedian Michèle in this fun workshop on stand-up comedy, building the confidence to speak in front of a crowd. She'll teach you the basics, from how to use a mic and deal with nerves, to the more technical crafting of jokes and funny stories, advice around content and types of performances.

WORKSHOP SESSION TWO SATURDAY 2.00PM

HOW TO BUILD, MAINTAIN AND UTILISE A SOCIAL MEDIA PRESENCE WITH PANIA TE PAIHO

The founder of Wahine Toa Hunting, Pania has learnt a thing or two about how to make social media work for her and her kaupapa. In this workshop, Pania will share wānanga on how to utilise and build a following on social media. She'll teach you how to crack the code on how to maintain that following for your personal/business kaupapa, and the pitfalls to watch out for.

FLORAL CROWNS WITH RHONDA HAAG*

In this workshop – hosted by local floral designer and grower Rhonda from Flora Forms – you will learn how to create beautiful flower-filled crowns from locally grown seasonal blooms. Rhonda will share her techniques on suitable flower choices and colour palettes, selecting from a range of flowers freshly picked from her field.

THE BASICS OF FINANCIAL LITERACY WITH ERIN BARNES AND TESSA LOCHHEAD

Get an overview of financial statements in this workshop on understanding accounting jargon for the everyday person. Learn about the components of a profit-and-loss account and balance sheet position.

LET'S TALK ABOUT MENOPAUSE WITH SARAH CONNOR

Talking about menopause is easier than you might think. It's a meaningful and powerful way to make this stage of life less taboo. Let's Talk About Menopause is an invitation for you to ask questions and share your knowledge or experience with others of different ages and stages at your table. Some basic facts and figures about menopause will be provided and a bunch of conversation starters will be available to keep the conversation going. Sarah facilitates a safe and supportive space for people who know nothing, a little or a lot. This a chance to learn something and have some fun – absolutely anyone is welcome.

RADICAL REST WITH BECS ERICKSON

What is radical rest? It's the opposite of completing all the work and then rewarding yourself with rest. It's about prioritising rest – giving yourself permission to rest first – so that you can show up in your life as the best version of you. In this interactive workshop, hosted by Becs Erickson – the creator of Heart Space and a certified health coach, ayurveda lifestyle coach, yoga teacher and meditation guide – you'll learn how to honour your body's need for rest (and not just physical rest) and how to lead a more rested life, despite demanding circumstances. The workshop also includes a thirty-minute guided deep relaxation. Please bring along a light blanket or extra layer to ensure your warmth for this practice. Some yoga mats will be available, however, if you have your own, please bring this with you.

WORKSHOP SESSION THREE SATURDAY 3.30PM

BURLESQUE WITH STUDIO L'AMOUR

See earlier description.

FLORAL CROWNS WITH RHONDA HAAG*

See earlier description.

FAQ WITH SEX THERAPIST JO ROBERTSON

For this workshop, you'll have the opportunity to submit anonymous questions about sex and relationships beforehand, and hear responses to the most commonly asked questions about intimacy. Jo can answer questions about things like sex aids/toys and lubricant recommendations, and share suggestions on how to talk about sex with your partner.

BUSINESS PLANNING WITH ROBYN YOUNG

Thinking about what you want your business to be and what you need to get it there. Look across all areas of your business and hatch a plan. Robyn's style of business planning is that it should fit roughly on one page, be reviewed regularly and if it needs to change, change it! A simple business plan is a great way to stay honest with yourself, knowing that it's not just about goals and money (although these are still essential) and not feeling daunted by this. Robyn will share her business journey and learnings, and how business planning has been a part of this.

INTRODUCTION TO STAND-UP COMEDY WITH MICHÈLE A'COURT

See earlier description.

LATE AFTERNOON WORKSHOP SATURDAY 4.30PM

A MĀORI LENS

In this workshop you will gain insights into Māori perspectives. It is an opportunity to gain crucial understandings from mana whenua, ask questions and engage in cultural narratives.

POST-CYCLONE GABRIELLE - WHAT IS HELPING YOU GET THROUGH? WITH NICKI MACKAY

This one-hour facilitated discussion hosted by Farmstrong is an opportunity to talk about the challenges of the last year and share practical strategies and plans for how you are supporting yourself, your team and your farm over the next year and beyond. Different things work for different people – there is no magic formula, so let's learn and share together. This session will be facilitated by Nicki Mackay on behalf of Farmstrong. Nicki is the Chief People Officer at FMG, who are a founding partner of Farmstrong – a rural wellbeing programme that aims to help farmers and farming families live well in order to farm well.

WORKSHOP SESSION FOUR SUNDAY 9.00AM

USING TECHNOLOGY TO SAVE TIME ON YOUR FINANCIAL ADMINISTRATION WITH ERIN BARNES AND TESSA LOCHEAD

Join in on this discussion around utilisation of software packages in the market. Learn tips and tricks to ensure you are getting the most out of technology and saving time, allowing you to focus on what is important to you.

HEI RINGA – WEAVE YOUR OWN HARAKEKE BANGLE WITH FIONA COLLIS*

See earlier description.

GUT HEALTH WITH KATIE GRIFFIN

If you would like to discover the 'why' behind your symptoms and learn simple diet and lifestyle tips that you can implement to improve your gut health and overall wellbeing, then this workshop is for you! In this interactive session with Katie, you will learn about what gut health actually is, common symptoms relating to poor gut health and why you could be experiencing them, how to overcome these symptoms by learning about the foods that harm your gut and foods that heal and nourish your gut. You will also discover lifestyle tips to support your sleep and stress management, which can also impact your gut health. There will be an opportunity to set personal wellness goals and note down specific diet and lifestyle strategies based on your symptoms that you will feel empowered to take home and start implementing straight away.

MENOPAUSE – HOW TO SUPPORT YOURSELF, YOUR MUM, SISTERS, FRIENDS AND COLLEAGUES WITH SARAH CONNOR

Knowledge is power. As the word menopause becomes less taboo, more information is available about this normal and inevitable stage of life. But where to start? Which books, websites, podcasts, apps, articles and documentaries are worth exploring? How can GPs and other health practitioners help? What if you're not going through perimenopause or menopause yet but supporting someone who is? How can you start a conversation about menopause at work? What kinds of resources are available for workplaces? How can men support someone going through menopause at home and work – what do they want and need to know? At this event, guest speaker and advocate Sarah Connor will answer these questions and more.

BUSINESS ADVICE WITH LUCY GRIFFITHS

In this workshop, Lucy will share some tips and practical advice on setting up your own small business. With extensive experience marketing premium New Zealand food and beverage products both locally and internationally, Lucy will also share her insights into working alongside food and beverage companies to promote their products locally and globally. The workshop will give you an opportunity to ask any burning questions about starting a business or being in the food & beverage industry.

**WORKSHOP SESSION FIVE
SUNDAY 10.15AM**

FLORAL CROWNS WITH RHONDA HAAG*

See earlier description.

**YOUTH, SEX AND PORN – EQUIPPING
WHĀNAU AND CAREGIVERS TO START
THE CONVERSATION WITH
JO ROBERTSON**

In this workshop, Jo will cover what healthy sexuality looks like, the sexual health of today's youth, consent and relationship messages, the new porn landscape and its impact on youth, conversation starters and where to go for help.

**KO AU TE WHENUA, KO TE WHENUA KO
AU – NATURAL PIGMENT MAKING AND
GARMENT DYING WITH JERA STANLEY***

See earlier description.

**WORKING IN GOVERNANCE WITH
LUCY GRIFFITHS**

With her extensive experience on community, regional and national boards, Lucy will share her experiences in these spaces, becoming a professional director at a young age, and sharing insights into the function of a good board. 'Governance can seem daunting, but it's an awesome way to make a contribution and difference in the spaces you are passionate about!'

**SUSTAINABILITY SYNERGY WITH
CLAIRE EDWARDS**

Develop your ideas or elevate your business and contribute to a greener world with Claire, a passionate advocate for sustainable entrepreneurship and co-owner of Tora Collective – a local, sustainable fishing company. With expertise in marketing, Claire intertwines environmental stewardship into the fabric of business success. Sustainability isn't just a buzzword – it's a transformative force that reshapes businesses, sparks change and leaves a lasting impact. Join Claire on a journey that unveils the advantages of sustainable entrepreneurship and offers actionable steps for your business voyage.



THE ARTSBREAK AREA

Take a little time to switch off and use your hands in a series of creative activities. The Artsbreak Area is designed for you to drop in at your leisure and will include the following drop-in activities:

MURAL WITH KELLY SPENCER

Join Kelly in painting a mural that will be left as a gift for the students at Motu School. In Kelly's characteristic bright and beautiful colours, the mural celebrates the beauty of the coming together for the weekend. Watch Kelly, and join in the painting of the mural.

COMMUNITY CANVAS WITH LINDY MCLACHLAN

The Community Canvas is a large painting of the Motu landscape that will come to life in the spirit of the event. Over the weekend you are invited to paint yourself into the canvas.

ORIGAMI HEARTS WITH MAIKO LEWIS-WHAANGA

Join artist Maiko Lewis-Whaanga for a mixture of art and mindfulness – making and decorating folded origami hearts created with printed fabric from Sheryl May. On the back of the origami hearts, you'll have the opportunity to use calligraphy brushes to paint what you are most grateful for or to paint a Japanese enso.

THE SPEAKER SERIES

Our guest speakers will cover a range of topics from relationships and the 'self' to HR and business. Here is a little taste of what to expect from each speaker throughout The Muster.

DAY 2 - FIRST KEYNOTE PANIA TE PAIHO, WAHINE TOA HUNTING

MY PERSONAL JOURNEY

Navigating grief, homelessness and motherhood – Pania Te Paiho will take us on the journey to success that is Wahine Toa Hunting, created to reconnect wāhine with the bush and, most importantly, with themselves. Hunting is so much more than filling freezers.

DAY 2 - SECOND KEYNOTE JO ROBERTSON, SEX AND RELATIONSHIP THERAPIST

INTERRUPTIONS TO INTIMACY

A breakdown of our beliefs, our anatomy and our relationships. In a talk about sexuality through life's seasons, Jo will take us through common influences on sexual wellbeing, beliefs and myths about sex, healthy sexual relationships and what to do in difficult times.

DAY 2 - THIRD KEYNOTE SARAH CONNOR, MENOPAUSE OVER MARTINIS

LET'S TALK ABOUT MENOPAUSE

In conversation with emcee Jemma Brackebush, writer, advocate and founder of grassroots project Menopause Over Martinis, Sarah Connor

will share some facts and figures about menopause; her personal experience of perimenopause; potential remedies and the importance of self-care; misconceptions and the many upsides of menopause; things to say and do to support others; and some practical tips and resources for workplaces. At the end of this kōrero, there will be time to ask Sarah questions. And two randomly chosen people will go home with a beautifully designed, awareness-raising tea-towel to spark conversations about menopause over the dishes!

DAY 3 - MORNING PANEL EMMA HIGGINS, RABOBANK (EMCEE)

BUSINESS AND ENTREPRENEURSHIP PANEL

A panel discussion with three entrepreneurial women looking at making innovative, thriving business and work opportunities for yourself whilst living in provincial Aotearoa.

Panel members:

- Claire Edwards, Tora Collective
- Robyn Young, Robyn Young HR
- Lucy Griffiths, Innov8 Aotearoa

THE MUSTER GUESTS

Thank you to all of our speakers, entrepreneurs and artists for joining us at The Shepherdess Muster. If you're wondering what workshops you would like to attend, please take a look through our artist and guest profiles to help you decide.

ARTISTS



FIONA COLLIS

TE-AITANGA-A-HAUITI, NGĀI TŪHOE, TE WHĀNAU-Ā-APANUI, NGĀTI RAUKAWA KI TE TONGA

Fiona, an indigenous artist, specialises in Māori traditional textiles: raranga, whatu, and whiri. She skilfully extracts and prepares materials to create durable and intricate objects and garments, whilst preserving ancestral knowledge and practices. Raised on a farm in Tolaga Bay, Fiona attributes her weaving skills to her grandmother, who was her first teacher. Fiona also showcases her love for contemporary design through colourful installations using modern materials and concepts. In 2023, she contributed to the branding identity for the FIFA Women's World Cup by creating a taniko design, celebrating indigenous cultures and global diversity.

Fiona will be hosting workshops where you can weave your own harakeke bangle.



RHONDA HAAG

Flower grower and floral designer Rhonda has a small-scale flower farm on family land just out of Gisborne. She has been growing a collection of everything cut-flower-worthy for the past five years. She uses seasonal flowers straight from the field for her work – from weddings to workshops – taking inspiration directly from the garden. Working intuitively, she has a natural, slightly wild, organic style, taking cues from the flowers at hand and working with them to create a 'just gathered from the garden' look.

In her workshops, Rhonda will share techniques on how to make your own beautiful flower crown to wear into the night.



LINDY MCLACHLAN

Lindy is a physiotherapist who loves to paint. She lives with her husband, Donald, on a sheep and beef hill-country farm just out of Pahiatua. Lindy has been painting under landscape painter Jane Sinclair from Masterton since 2016, and, with her encouragement and guidance, Lindy has developed her own style. She paints flowers in landscapes – be it a paddock, garden, roadside or wasteland – letting each flower/grass/seed head have its day. With her paintings, Lindy loves to convey how every little plant does its bit for our environment and show that there is beauty in the smallest places, light in the shadows, and a sense of community in plants growing beside each other.

Lindy will be leading a Community Canvas in the Artbreak Area at The Muster.



KELLY SPENCER

Kelly is a lettering artist, muralist and illustrator with a big love for Mother Earth. Her creative style is characterised by bright and retro-fresh colour palettes and curvaceous forms, meticulously hand-crafted lettering and illustrative elements of flora and fauna. Kelly has been featured in street art festivals throughout New Zealand and overseas. She curated the 2019 activation of Sea Walls – Artists for Oceans Tairāwhiti, NZ, bringing renowned international artists together to paint twenty-four fresh murals. She is also one of five directing members of The League of Live Illustrators.

You'll have the opportunity to join Kelly in painting a mural throughout the festival, which will be left as a gift for the children of Motu School.



MAIKO LEWIS-WHAANGA

Born in Southampton, England to a Japanese mother and British father. Maiko moved to Tairāwhiti when she was three years old. It wasn't until her mid-30s that Maiko's art journey began, having been a primary teacher for thirteen years prior. She decided to take the plunge and change her course in life by studying at Toi Houkura, School of Māori Visual Art. Many of her aesthetics come from her mother's heritage. Shibumi speaks of simplicity, refinement, balance; wabi-sabi, the acceptance of transience, impermanence and imperfection – a reminder to appreciate and find beauty in every aspect of life and be present in the moment. Now, Maiko finds balance in her life by creating art and teaching mindfulness classes at Te Wharau School. Tamariki learn about their brain, how to self-regulate their emotions, growth mindset, as well as helpful mindfulness and breathing practices.

Maiko will be in the Artsbreak Area, where you can join her for a mixture of art and mindfulness – making and decorating folded origami hearts.



JERA-MAE STANLEY

NGĀTI MAKEA, NGĀTI URI-ARAU

Founder of fashion business Jera Mae Design, Jera is an entrepreneurial fashion designer and creative with experience teaching sewing at beginner and intermediate levels. Jera has exhibited in an array of art exhibitions around the Bay of Plenty and wider Aotearoa and is passionate about sustainable and eco-conscious fashion and using natural pigments.

In Jera's workshop, you will have the opportunity to make natural pigments from kōkōwai (clay) and hand-dye a beautiful scarf to take home with you.

GUEST SPEAKERS

Our speaker series features wāhine from all over Aotearoa New Zealand, sharing insights and experiences from relationships and menopause or business and entrepreneurship to personal strength and sense of self. Some of our speakers will also be hosting workshops. See our workshop series on page 14 for a full rundown of workshops available throughout the festival.



JEMMA BRACKEBUSH

Jemma's career began in broadcast journalism working for RNZ as a reporter based in Christchurch before moving to Wellington and becoming a Rural News reporter and presenter. She then moved to New York, USA and was a reporter for Digiday, covering how fashion, luxury and media companies were adapting in the digital age, while also producing the publication's two weekly podcasts. Since returning to New Zealand she has worked in communications and freelanced for RNZ and Shepherdess.

In 2022, her most important role began - becoming a mum to daughter Isabella who is now eighteen months old. Today, Jemma works in communications and, together with her husband, leases his family's sheep and beef farm in Rangiwahia, Manawatū. They also run an Airbnb in Āpiti after renovating a former Sunday school and church, and they love welcoming visitors to the beautiful Manawatū region.

Jemma will be emcee for the weekend.



PANIA TE PAIHO

NGĀTI KAHUNGUNGU KI WAIROA, NGAITAI

Pania is the founder of Wahine Toa Hunting, a kaupapa that teaches women how to hunt to feed their babies and to heal within the bush.

'I grew up in Porirua, urbanised, and ended up a single mother of two on the benefit, depressed and broken. After dying for one minute and twenty-six seconds because of complications from my son's birth, I woke up and realised I had a second chance at life. And this time I was going to find the courage to live my purpose, for the betterment of my people. Finding myself in the bush, my mana in the bush, and my purpose in the bush, I went on to become the founder of Wahine Toa Hunting.'

Pania will speak about her journey of starting Wahine Toa Hunting, and also host a workshop on growing your social media presence.



JO ROBERTSON

Jo has a Master of Science in medicine, specialising in sex therapy. She has fifteen years of experience working in sexual health through education and counselling. Jo has a private therapeutic practice specialising in female sexual dysfunction and relationship breakdown due to infidelity/betrayal. She is also the research and training lead for The Light Project, a charitable trust researching media influences on youth sexual culture and how to have positive conversations about it. She did a TEDx talk in 2019 titled, 'Why we need to talk about porn,' and speaks internationally on the topic of youth and porn.

Jo will speak on Saturday morning about interruptions to intimacy, and host two workshops – FAQ with a Sex Therapist, and another looking at youth and porn.



SARAH CONNOR

Sarah grew up on a farm between Hastings and Taihape on the Ngaruroro River, not far from the Kaweka Range. She studied for a Bachelor of Commerce, Management and Marketing at Lincoln University, and lives in Wellington with her partner, two children and their guinea pigs. Sarah is a freelance writer who creates content and copy for good sorts doing good things, and is also a guest speaker and facilitator of conversations about menopause/ruahinetanga in workplaces, on social media and in her community.

While she is not a doctor, Sarah has been exploring, writing and talking about menopause since 2019, when perimenopause impacted every aspect of her health and wellbeing in a significant way. On World Menopause Day 2020, she launched Menopause Over Martinis as an invitation for people to talk about menopause over dinner (martinis are optional). Her grassroots project has since grown into a movement to make menopause less taboo.

Sarah will speak about menopause and host two workshops – one for women who are or have experienced menopause, the other for those wondering how to support their whanau and friends.



JEN MILDENHALL

RONGOMAIWAHINE

Jen was born and bred on an East Coast sheep and beef farm. She married her high school sweetheart, and now they manage a farm in Te Karaka. Jen is also a Treasurer of Farming Women Tairāwhiti and an Agribusiness Associate at BDO Gisborne. Jen and her partner have lost three of their children, not including miscarriages, and at The Muster she will be speaking to us about her story of hope through grief.

**LATE AFTERNOON
WORKSHOP HOST**



NICKI MACKAY

Nicki has been with FMG for more than fourteen years and has worked closely with Farmstrong over this time. She has held a range of senior roles including Area Manager, Head of Agribusiness Centre, Head of Claims and, most recently, leading our response to Cyclone Gabrielle and the Auckland Anniversary Weekend Flood events as Chief Recovery Officer.

Nicki joined FMG's Executive Leadership Team in October 2023 as Chief People Officer, and her collaborative leadership style and ability to influence others have seen her become a central figure in leading large operational teams, business change and building people capability across FMG.

On behalf of Farmstrong, Nicki will be facilitating a discussion where you can share about the challenges of the past year, post-cyclone, and ways you are supporting yourself, your team and your farm.

BUSINESS AND ENTREPRENEURSHIP PANEL



EMMA HIGGINS

NGĀTI MANIAPOTO

Emma hails from a sheep and beef farm near Nelson. She is a senior analyst at Rabobank, is a passionate 'advocate' and is widely regarded as a leading voice in local and global dairy markets.

Emma will be emceeing the Business and Entrepreneurship Panel on Sunday morning.



CLAIRE EDWARDS

KAI TAHU

Claire and her partner, Troy, launched Tora Collective in 2019, with the dream of keeping Aotearoa's kaimoana in the country to be enjoyed locally. 'We wanted locals to experience the unique delicacies of our shores, which were being shipped overseas. We sustainably catch-to-order seasonally, all by ourselves, and send it to you straight from the nutrient-rich salt waters of Tora overnight.'

Claire is part of the Business and Entrepreneurship Panel, and will be hosting a workshop on sustainability synergy.



LUCY GRIFFITHS

A former Southlander now living in Wairarapa, Lucy Griffiths has had extensive experience marketing premium New Zealand food and beverages locally and internationally. She has run her own business, Innov8 Aotearoa, for the past fourteen years while serving as a professional director on various boards, both in the private and local government sectors. Lucy is also a Nuffield NZ Scholar, a member of the Institute of Directors, ministerially appointed to the Sustainable Food and Fibre Futures Independent Advisory Panel (MPI) and the Waste Minimisation Fund (MFE), a director of Trust House, Brackenridge, Tu Mai Ra Investments and chair of local charity Hokai Tahī.

Lucy is part of the Business and Entrepreneurship Panel, and will be running two workshops over the weekend, one on governance and the other on business.



ROBYN YOUNG

Rural roots are a big part of who Robyn is today. Born on a dairy farm in eastern Bay of Plenty, Robyn grew up around kiwifruit orchards and a pack-house in Te Puke. At university, she met a farmer – and the rest is history. Married and with two young daughters, she now lives in rural Manawatu on a lifestyle block with an assortment of animals. After some incredible opportunities and experiences saw her working in places like Siberia and the UK, one of life's curveballs resulted in Robyn starting her own HR business. Some seven years later, Robyn Young HR is a team of eight with clients from Auckland to Queenstown, across a wide range of industries and sizes.

Robyn is part of the Business and Entrepreneurship Panel and is leading two workshops over the weekend on demystifying HR and business planning.

BEAUTY SERVICES

Peruse our menu of beauty services available this weekend. If you haven't booked in advance, you can book on Friday afternoon at registration.

MAKEUP ARTISTRY WITH BRIAR MCKENZIE

Pre-evening makeover (30 min) \$45
Makeover (45 min) \$65
One-on-one lesson (45 min) \$60

Briar will also be selling a range of Australian made cosmetics by Runway Room.

NAILS BY YAZMIN FROM STUDIO Y NAILS & BEAUTY

Manicure with gel \$55
Express manicure with gel \$45
Pedicure with gel \$40
Acrylic (nail extensions) with gel \$75

INJECTABLES & SKINCARE BY MITCH FROM ASPIRING AESTHETICS

Xeomin incobotulinumtoxin A (Botox alternative):

- **Frown Lines – Glabella (Number 11s)** \$280–\$320
- **Forehead** \$50–\$150
- **Crows' Feet (Smile lines around eyes)** \$180–\$300
- **Lip Flips** \$60

Lip Fillers available (prior booking)
\$600 per treatment

Free skincare & treatment consultation
skincare range – Biopelle and Empelle:
20% off normal RRP (event special).

BEAUTY SERVICES BY SOPHIE FROM BOTANICAL BEAUTY THERAPY

Eyelash tint on crystal healing bed (15 mins) \$35
Eyebrow shape on crystal healing bed (15 mins) \$30
Eyebrow shape and eyebrow tint on crystal healing bed (30 mins) \$50
Eyelash tint and eyebrow shape on crystal healing bed (30 mins) \$55
Eyelash tint and eyebrow tint on crystal healing bed (30 mins) \$55
Eyelash tint, brow shape and eyebrow tint on crystal healing bed (30 mins) \$60

Celluma light therapy facial on crystal healing bed. Includes compress, facial cleanse and exfoliation, hydration toner, face mask massaged in, Celluma face lamp application with scalp, hand and foot massage, while lying on the warm chakra crystal heated healing bed, vibrating through the body.
Healing bed can be kept cold for clients who would prefer it non-heated (45 mins) \$100

RENEWAL MASSAGE BY SIMONE RIKUSTAD

Chair massage (relaxation or deep tissue)

5 minutes: \$10
10 minutes: \$20
15 minutes: \$30
30 minutes: \$60

TATTOO ARTISTRY FROM INK BY KNOX

A range of pre-designed flash:

Mini flash: \$80
Small flash: \$120
Medium flash: \$150



HEALTH & WELLNESS

Throughout the weekend there will be opportunities to take the time to look after yourself. Browse our range of health and wellness providers and book in during registration on Friday afternoon, if you haven't already done so in advance. Tick off some important checks that often take a back seat in our busy day-to-day lives.

BREAST CHECK ADVICE WITH SUE FROM THE BREAST CANCER FOUNDATION

Talk to breast nurse Sue about mammograms, get advice about checking your breasts, healthy lifestyles and family risks, or get a free referral to get a mammogram. Check out Bessie – the life-like torso that helps you identify lumps and other signs of breast cancer.

Cost: Free

MELANOMA NEW ZEALAND

We're excited that FMG are bringing their partners Melanoma New Zealand along to The Shepherdess Muster. Here, you'll be able to receive advice and education, and a free spot check looking for signs of skin cancer.

Cost: Free

FLOWPRESSO & INDIGENOUS BODYWORK BY JENNI-LEE FROM ATA BODY WORK AND ARDRE FROM FLOW DOME NZ

Throughout the weekend, Jenni-Lee and Ardré will be providing their unique, non-invasive techniques, which promote relaxation, repair and healing at The Muster. Their therapies focus on indigenous techniques and knowledge, allowing for a full body immersive experience.

FLOWpresso Therapy (30 mins) \$60.00

Cultural Bodywork Intro Session (30 mins) \$75.00

Cultural Bodywork Treatment (60 mins) \$150.00

NGĀTI POROU ORANGA

Three nurses from Ngāti Porou Oranga will be joining us at The Muster to provide health testing services.

- Basic health testing (blood pressure and blood sugar monitoring)
- Pap smears
- HPV self-testing

Nurses will be onsite during registration on Friday to book appointments.

Cost: Free

WELLNESS CONSULTATIONS WITH KATIE FROM KATIE JANE WELLNESS

Get the tools and knowledge you need to create long-term, sustainable diet and lifestyle habits!

From express consultations for stress management, immune system support and digestive issues, to longer sessions that dive deeper into your health history, create wellness goals and provide you with helpful resources, a coaching session with Katie will leave you feeling empowered and confident, equipping you with the tools and knowledge required to make long-term health progress.

INITIAL CONSULTATION

- Explore your personal and family health history.
- Evaluate your current diet and lifestyle and note any existing symptoms.
- Decide whether any functional testing is required.
- Create 2-3 wellness goals to work towards.
- Access to high-quality supplements
- Opportunity to continue working with Katie Jane Wellness.
- Follow up notes and wellness resources provided.

Cost: \$175 (60 minutes) - a special Shepherdess Muster attendee rate.

EXPRESS CONSULTATION

Mini consult, offering support for:

- Stress management
- Immune system support
- Digestive issues

Cost: \$50 (20 minute session)

MARKET STALLS

The Shepherdess Muster market stalls include a curated selection of makers and producers from across the North Island.

SOMA

Soma is a range of environmentally friendly Ayurvedic wellness products that nourish and delight the senses. It has been a labour of love for friends and collaborators Beccs and Sanne since its humble beginnings in 2021. Beccs, a kiwi girl, is an Ayurvedic health coach and yoga teacher with a passion for all things wellness. Sanne, of German origin, is a senior graphic designer with a love for sustainable packaging. Both are based in Gisborne, New Zealand. The two have co-created Soma to closely reflect their values – what they live and breathe every day. The products are thoughtfully designed using natural, organic ingredients and sustainable packaging wherever possible.

SUSTAINA GROW

From the foothills of Mount Ruapehu, Sustaina Grow is an ethical wool-based gardening business that provides products for gardeners, such as wool grow-bags, mulch mats and tree guards. Sustaina Grow was founded upon the principles of sustainability and a belief in better farm-gate returns for the wool industry. They are aiming to find ways to innovate and replace synthetics in the growing industry in NZ. Their stall at The Muster will host a mix of beautifully created gifts that they offer corporations alongside their home gardening range.

HIBER-NATION LINEN

Hiber-Nation Linen is a specialises in high quality, sustainably sourced organic cotton sheet sets and duvet covers. They use only the best GOTS and Fair Trade Certified organic cotton for their premium bed sheets and duvet sets. Based in Mahia, they stock an exclusive range of plain and patterned decadent bedding, perfect for a better night's sleep.

ĀWH - ĀWHINATIA WHAKATAIRANGATIA HAUORA

Mel from ĀWH will be at the Muster with a range of books from Womancraft Publishing and products from Monat Haircare. Mel is passionate about sharing these pukapuka from this small independent Irish publisher who endeavours to help uplift, enrich and empower other wāhine. Mel will also have a range of Monat premium haircare products to smell, feel and touch. 'Sit down and take a rest at our stall. I look forward to having a kōrero with you.'

BULLOCK & CO.

Leigh Bullock hand-makes hard-wearing and affordable canvas dog beds for working dogs – designed to be filled with any unused, 'clean-ish' wool from the woolshed. 'We expect a lot from our working dogs – big, long days running – and then, they get home to sleep on a hard wooden floor in their kennel. If I can help a few dogs out with a comfier night's sleep, while doing something I love, that is a win.'

COUNTRY & ME

Purpose-built good gear for good women, Country & Me is a rural women's clothing line by Miki Coulston from Te Puia Springs. 'I found that there was a lack of appropriate and affordable clothing on the market for the active rural woman. I am a farm manager on the east coast and am super passionate about farming and also women in farming. I can't wait to build a community of women that come together through wearing clothing made just for them.'

CRAIGS INVESTMENT PARTNERS

Craigs are one of New Zealand's leading investment advisory firms. They cater to all levels of experience, no matter how much or how little experience you have with investing. Qualified Investment Adviser Fleur Gardiner is available for 20-minute consultations to discuss your and your family's financial future, beyond the farm. Fleur specialises in creating and managing wealth for her clients and is passionate about educating people and supporting them on their journey towards financial success. You can book an appointment with Fleur during registration.

MATAWHERE WINES

Since 1975, Matawhero Wines has been a family-owned, boutique producer local to Tairāwhiti Gisborne. Their wines are single vineyard and naturally dry-farmed, showcasing the unique terroir and climate of the region. Owner and passionate vintner Kirsten will be running the stall at The Muster – come and meet her and hear her stories about what makes growing grapes in this region special.

Matawhero Wines will also be offering wine tastings on Friday and Saturday.

LITTLE FALLOW

Little Fallow is a small boutique offering homewares and baby goods inspired by New Zealand's outdoors. Little Fallow was founded by Stacey Maaka and Sally McConnell. All of their designs are hand drawn and painted, featuring hunting, farming, fishing and game found here in New Zealand. Pop in and find some art for your home.

SHEPHERDESS SHOP

Peruse a selection of Shepherdess gifts and event mementos including our 2024 calendars, Shepherdess embroidered Canterbury shorts or a cap, an annual or two year Shepherdess magazine subscription, and back editions to add to your reading collection.

PLEASURE STALL

We'll have a limited range of pleasure toys on sale at the Shepherdess Shop, including pleasure toys from Svakom, a luxury international lifestyle brand.

SOO'S GARDEN

Soo's Garden is a range of organic skincare products using homegrown herbs, essential oil candles and gemstone bracelets. Founder and creator, Soo Jang selects ingredients for her products with the health of ourselves and our environment in mind. She has a little home garden to grow herbs to ensure organic skincare products.

THE DUSTY BULL

Based on a sheep and beef farm in Tararua with her husband, Will, and toddler, Cooper, photographer and artist Jana offers a menagerie of fine art prints and canvases, specialising in animal and botanical photography. At The Muster she'll have a range of her unframed prints, greeting cards, tea towels and a small range of framed prints.

THE FARM SHOP & COFFEE CART

The Farm Shop is run by the wonderful Rose Hanes at Waihua Station, just out of Wairoa. Alongside her coffee cart, Rose will be bringing her original homewares collection, which she has carefully curated. With an eye for design, Rose's collection includes clothing and pieces for the home.

THE PERFORMANCE LINE-UP

Thank you to all our amazing performers for joining us at The Muster.



MICHÈLE A'COURT

Michèle is a full-time professional stand-up comedian and freelance writer. She is a panellist on THREE's award-winning comedy show *7 Days*, as well as featuring on *The Project*, Radio New Zealand National's *The Panel* with Jim Mora and on *Nine to Noon*. She has performed at comedy festivals in Edinburgh, Glasgow, Melbourne and Adelaide.

Michèle's memoir/instructional book, *Stuff I Forgot To Tell My Daughter*, is based on her hour-long show of the same name. 2018 saw Michèle release her second book, *How We Met*, a series of interviews with couples investigating how they met and how they stay together.

Michèle will be performing on Friday evening and Sunday at lunchtime. She will also be running two workshops over the weekend to introduce you to stand-up comedy.



STUDIO L'AMOUR

Studio L'amour is a Wellington- based dance studio specialising in empowering women through the art of dance, burlesque, cabaret and fitness. Studio L'amour classes are made to be loads of fun and are suitable for all shapes, sizes and levels of experience! They love building their students' confidence.

Studio L'amour will be performing on Saturday evening as well as leading two workshops and morning fitness sessions – so you can take a bit of burlesque home with you.



SHABANG BAND

Shabang brings together some of Tauranga's most talented musicians, with many years of experience playing a wide range of music. Lead singer Denise Hyde is supported by Brendan Dekker "Mr D" on lead guitar, Adam Pendred on bass and backing vocals, and John Hawley on drums. Joining the lineup for The Muster is the hugely talented Sheryl Hunter from the band 40 Watts.

Shabang will be performing on both Friday and Saturday evenings from 9pm until midnight.

MORNING FITNESS

Active relaxers can enjoy a selection of fitness activities to kick-start your mornings. From gentle exercise to something a little more vigorous, take your pick. *Morning Fitness is proudly supported by Rabobank.*

HATHA YOGA CLASS

An hour of hatha yoga with Becc Erickson. Hatha yoga encompasses all styles of yoga to balance the body, not only physically but mentally. The class consists of classical yoga postures and dynamic flows/sun salutes. Breath work and meditation techniques will also be taught at the end of the class. The session is suitable for beginners and experienced yoginis alike.

DANCE FITNESS

For those who like to start their day with a bit of cardio, this is the morning fitness session for you. Jayne and Karli from Studio L'amour will be taking you for a fun cardio session that gets that heart-rate up and hips grooving. Dance is a fun way to move the body and work all muscle groups whilst also releasing tension and stretching to wake up and set you up for the day ahead! Loosen the hips and joints, have a laugh and get sweaty with our burlesque ladies.

FARM WALK

Wake up with nature on this scenic farm walk, led by Katie Griffin from Katie Jane Wellness, on her family farm. Go at your own pace, while you walk along a well-trodden, slightly undulating farm track. The walk will suit all fitness levels.

THE FOOD

Coming together for good food and good conversation is one of the highlights of The Shepherdess Muster. Meals will range from canapés to buffet and sit-down options throughout the festival, with morning and afternoon tea provided on Saturday. Flying Trestles was carefully selected as our caterer of choice because of the standard they set in providing delicious meals across Aotearoa. They are well-known for their gourmet catering on film sets throughout the country, and we are so stoked to have them here at The Muster.

Throughout the weekend, coffee and tea will be on offer by the wonderful Rose Haynes of The Farm Shop, who will be keeping pace with your caffeine wants (or needs!) over the weekend. A fifth-generation farmer, single mum and entrepreneur, Rose's turquoise coffee cart can often be spotted out in the Wairoa community, fuelling the locals.

FOOD MENU

FRIDAY

A BITE TO EAT ON ARRIVAL

Petite hearty country roast vegetable pies with spicy chutney (v)

Vegan tea loaf with salted spiced vegan honey butter (vg, gf, df)

CANAPÉS

Charred watermelon, greek feta, black olive tapenade, micro basil, lemon zest (v)

Santorini tomato fritter, tzatziki, lime salsa (v)

Kingfish ceviche with pink grapefruit, chilli, thai basil (gf, df)

Venison, chimichurri lettuce cup (gf) or charred pita crostini (df)

Pear tarte tatin, blue cheese, crispy sage, candied walnut (v)

Alt. Zucchini chilli, lemon & basil tarte tatin (v, gf)

Crispy battered tarakihi slider, tartare, crispy slaw, pickles

Alt. Cauliflower and onion bhaji, kasundi, coconut raita (v, vg)

WALK & FORK

Thai beef salad, vermicelli, kaffir lime, thai basil, vietnamese mint, peanuts, crispy fried shallot (gf/df)

Alt. Crispy tofu and sesame ginger eggplant (v, vg)

Chicken tsukune (glazed meatball skewers), sticky rice, bok choy, pickled ginger

Alt. Fried wood ear & snow fungus with ginger and garlic, sticky rice, bok choy, chilli oil (v, vg)

SUPPER

Selection of meats, buns & condiments

v – vegetarian
vg – vegan
gf – gluten free
df – dairy free

SATURDAY

BREAKFAST

Carrot, parsnip & potato latkes, lemon garlic coconut yoghurt (vg, gf)

Toast, herb pesto chilli scrambled eggs (v, gf)

Fresh fruit salad & coconut yoghurt (vg)

Smoked salmon, dill, lemon, red onion (gf, df)

Grilled tomatoes, mushrooms and spinach, herb oil (v, vg)

MORNING TEA

Cheese & onion scones (v), Fruit, Bliss balls (v, gf, df)

LUNCH

Fresh fish, crispy fried capers, lemon butter (gf)

Caprese salad with rocket & crostini (v)

Asparagus, broccoli, chilli lemon pangritata (v, vg)

Kale, spinach & zucchini pesto linguini, pecorino (v)

AFTERNOON TEA

Platter with cheeses, pesto, dips, fruit & crackers (v)

DINNER

Slow-cooked lamb shoulder, baba ganoush, pomegranate seeds, mint, yoghurt (gf)

Alt. Quinoa tabouleh, haloumi, crispy fried chickpeas (v) fattoush (v, vg)

Crispy potatoes, lemon, oregano, garlic toum, feta, dill (v, gf)

Rose harissa chicken, labneh, pickled shallot, pine nuts (gf)

Falafel, pide, kawakawa za'atar, hummus, coriander (v)

Motu mess, filo, pistachio, roasted white chocolate, orange clotted cream (v)

SUPPER

Pesto garlic pizza breads (v)

SUNDAY

BREAKFAST

Fruit salad & coconut yoghurt (v, vg)

Toast & spreads

Selection of pastries

LUNCH

Charred broccoli & pumpkin salad, citrus, green chilli (gf, df, vg)

Bbq sweetcorn, lime & smoky paprika seasoning (gf, df, vg)

Cornbread with caramelised red onion, smoked maple charcoal butter (v, gf)

Chipotle mayo, slaw, pineapple, mint (vg, gf)

Cuban-style pulled beef (gf, df)

Pulled jackfruit

Thank you to the following producers who have offered their produce for our delicious menu.

AFFCO • Aoraki Salmon • Bostock Brothers • First Fresh • Fonterra • Genoese
Gisborne Fisheries • Kaiwhakangau • Leaderbrand • Otaika Valley Eggs
Raglan Food Co. • Robbies by Mrs Pickles • T&G Global • Twisted Citrus

BAR MENU

WINE

BY THE GLASS 2 TICKETS

BY THE BOTTLE 9 TICKETS

From Matawhero Wines - Gisborne

Sauvignon Blanc

Chardonnay

Pinot Gris

Rosé

Merlot

Pinot Noir

CHAMPAGNE

2 TICKETS

Daniel Le Brun Méthode

Traditionnelle Brut NV

CIDER

2 TICKETS

Harvest Apple Cider

SPIRITS

3 TICKETS

Gin

Whiskey

Rum

With Soda, Tonic, Lemonade, Coke
or Ginger Ale

VODKA

2 TICKETS

From Pals

Vodka Lime Soda

Watermelon Vodka Mint Soda

Vodka Central Otago Peach

Passionfruit & Soda

BEER

2 TICKETS

From Sunshine Brewing - Gisborne

Gisborne Gold Lager

Mexican Lager

Māhia Pale Ale

XPA

Stockies - Session Hazy IPA

Light Pilsner (2.4%)

Steinlager Light (2.5%)

NON-ALCOHOLIC A LITTLE BIT FANCY

2 TICKETS

San Pellegrino Sparkling Water

Hill Road Freshly Squeezed Orange Juice

AF 0% ALCOHOL

2 TICKETS

Classic G&T

Pink Grapefruit & Rose G&T

Vodka Spritz

Apero Spritz

SOFT DRINKS + WATER

2 TICKETS

Coke

Sprite

Water Bottle

All tickets - \$3 each

Tickets available at the

Shepherdess Shop



ESSENTIALS

Please sing out if you have any questions over the next couple of days. We are always happy to help and have a yarn. You will find the official Muster Team at the Shepherdess Shop, where they can answer any of your questions, but here are the essential need-to-knows!

WI-FI

We have wifi for stallholders, beauty, health & wellness providers. If you need to contact family and friends whilst you're here for the weekend, chat with The Muster Team. You can find them at the Shepherdess Shop.

MOBILE PHONE RECEPTION

There isn't any reception at Motu, so we hope you can enjoy a few days switched off.

TOILETS & SHOWERS

Almost all of the toilet and shower blocks are for women. Men working or volunteering at the event have been allocated designated facilities.

FOOD & DRINK

Specific dietary requirements that have been advised ahead of time will be catered for.

All food is provided within the ticket price. Coffee and tea can be purchased from Rose's Farm Shop Coffee Cart. Other drinks can be purchased from the bar.

WATER

We have water bottle refill stations throughout the site, from the water fountain and at the bar. You can also purchase bottled water from the bar.

MEDICAL ASSISTANCE

We have a first aid kit onsite to tend to non-emergency incidents. Members of our team are trained in first aid. For medical emergencies, please find a member of The Muster Team immediately to call an ambulance for you.

RAFFLE

Over the weekend we're running a raffle, with an incredible prize pack up for grabs. The pack includes a Fully Catered, Three-Day Walk Package for Two from Tora Coastal Walk, Linen Quilt from Foxtrot Home, Blouse from Jessica Flora, set of two Wisewool Pillows and a range of other beautiful goodies.

Proceeds from the raffle will go towards a contribution to the Motu School. Tickets are \$5 each, and the raffle will be drawn on Sunday. You might see The Muster Team floating around over the weekend, or pop in to the Shepherdess Shop to grab your tickets and take a peek at the prizes.

INTRODUCING THE FOLK BEHIND THE SCENES

The Shepherdess Muster has been the tireless work of a small but determined (mainly volunteer) team of rural wāhine from across Aotearoa. From Te Tairāwhiti to Tararua, we thank these women from the bottom of our hearts for their work on the inaugural Muster and believing in its potential.

VOLUNTEER COMMITTEE

Sandra Matthews
Lesley Coppel
Storm Clark
Kate Briant
Jane Griffin
Pania King Ngāi Tūhoe

THE SHEPHERDESS MUSTER PROJECT TEAM

Kristy McGregor, Festival Director
Arpège Taratoa, Programme Manager Ngāi Te Rangi, Ngāti Raukawa, Ngāpuhi, Ngāti Rārua
Christina Halverson, Logistics Manager
Julia Brown, Partnerships Manager
Pippa Brown, Marketing Manager

SHEPHERDESS TEAM

Zoë Paterson, Designer
Izzie Thompson, Digital Content Manager
Gillian Swinton, Digital Content Manager

DOCUMENTING THE WEEKEND

Michelle Porter, Photographer
Charlie Higgison, Videographer

SPECIAL THANKS

A special thanks to the following wāhine who were heavily involved in planning the 2023 event.

Mary Hope
Mona-Pauline Mangakāhia-Bajwa Ngāti Marutuahu, Ngāti Kuaia
Alex Thorpe
Kristi Atkins
Lucy Bleakley

Photography in this programme booklet by Claire Mossong (images of Motu) and Louise Gronold (images from the Channel Country Ladies Day in Australia, the event that inspired The Shepherdess Muster).

A LITTLE BIT ABOUT MOTU

Why did we choose the tiny village of Motu to hold the inaugural Muster?

Motu embodies everything we love about rural Aotearoa New Zealand. It's a sleepy, quaint town surrounded by an incredible community making magic happen behind the scenes. In Te Tairāwhiti, we've discovered a network of rural wāhine making, creating and producing out in the back blocks of Aotearoa. This ethos of celebrating stories untold and discovering artists and businesses off the beaten track is central to *Shepherdess* the magazine, and being able to showcase them through The Shepherdess Muster is a huge part of why the festival exists.

Shepherdess magazine unearths the stories of women creating and producing on the land and tells them with heart. The Shepherdess Muster aims to bring the ethos of our print magazine – where you'll find stories of life on the land in rural regions across New Zealand – to life. That's why the festival's first home is Motu - to celebrate everything that comes with choosing a life off the beaten track.

Being in Motu also means we have the opportunity, as a collective, to truly switch off and get away from it all - to just relax, unwind and focus our minds on pursuits purely for joy and for ourselves.

A LITTLE MOTU HISTORY

Ko Maungahaumi te maunga
Ko Motu te awa
Ko Horouta te waka
Ko Te Aitanga a Mahaki te iwi

The Motu River has significant connections to Te Tairāwhiti, tracing back to the arrival of the Horouta waka in Aotearoa, as told within the mōteatea Haramai a Paoa.

In the early 1900s, Motu was a thriving community with a general store, stables with their own stage coach, the Bank of New Zealand, the Bank of New South Wales, a cobbler and saddlers, a cheese and butter factory, a blacksmith shop with a billiard saloon, the Motu Hotel, police station, school, post office, garage, two churches, sports grounds, stock and station yards, tennis courts, a Public Works Department, the Motu Hall, plus the thriving timber mills. Today there is only the church, the Community House, six permanent residents' houses, three fishing lodges, and the school. The post office has been refurbished into the Motu Community House, and locals still collect their mail from the red boxes on the outside.

Thanks to Jo Barbarich and Motu School for providing the history of the area.

AND FINALLY - THANK YOU TO OUR SPONSORS!

The Shepherdess Muster wouldn't exist without the sponsors who saw the potential of this little festival and took a chance on being part of something intimate, immersive and special for rural wāhine. Ngā mihi nui ki a koe.

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LET US KNOW WHAT YOU THOUGHT OF THE WEEKEND.

You're one of the lucky few to attend the inaugural Shepherdess Muster. We'd love to know what you think so we can make the next event even better.



What did you love? What could we do better on? How do you feel after spending the weekend at The Muster? How has The Muster prepared you for the year ahead? We'd love your thoughts on the weekend and suggestions for what we could do better next time, so we can keep growing The Shepherdess Muster in the years to come.

On Sunday we'll be asking you to fill in a survey. We'd love it if you could take a moment to provide us with your feedback. All completed surveys will go in the draw to win a lovely bundle of goodies.

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