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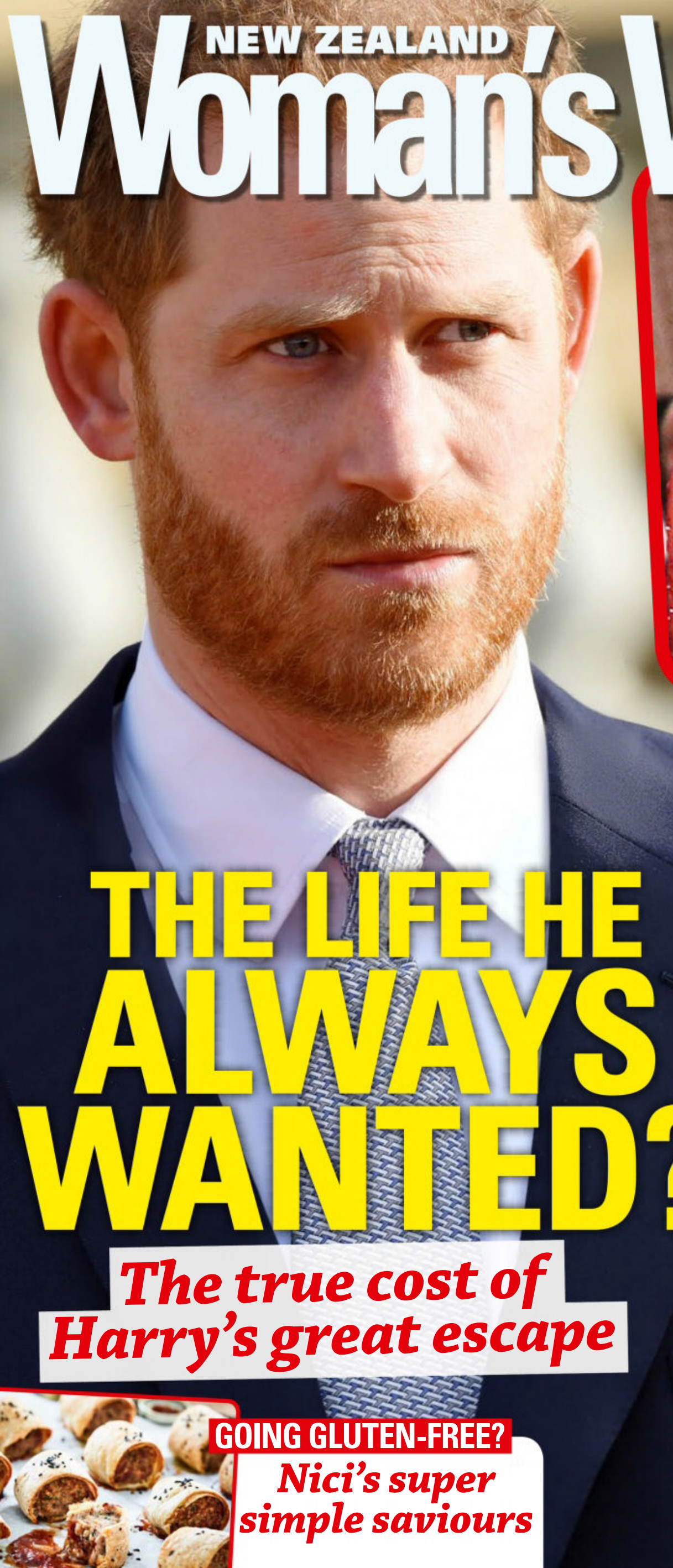
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NEW ZEALAND

February 3, 2020
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Woman's Weekly



**A LOOK
OF LOVE**

**KATE & WILLIAM'S
MILESTONE MOMENT**

THE LIFE HE ALWAYS WANTED?

***The true cost of
Harry's great escape***



GOING GLUTEN-FREE?

***Nici's super
simple saviours***



THEY'RE YOUR STORIES!

**PIKE RIVER:
MAYOR
SPEAKS**

***'They should
have gone in'***

**NZ'S
AUSSIE FIRE
VICTIM**

***'Everything
is gone'***

**SPOTLIGHT
ON MENTAL
HEALTH**

***'Why it's okay
to not be okay'***



**AT LAST!
Inside that
reunion**

HEALTHWATCH

**THE HIDDEN
DANGERS OF SALT**



Confident **CAMBRIDGES**

KATE AND WILLIAM
HOST THEIR FIRST
SOLO ROYAL EVENT

Star
NEWS

Kate is guided into
the Buckingham Palace
State Room by Master
of the Household Tony
Johnstone-Burt.



Both Kate and Sophie were radiant in red.



Prince Edward was also at the reception, which fell on Sophie's 55th birthday.

Catherine, Duchess of Cambridge, had people seeing red last week, and no, it wasn't because of anything she said about the Sussex split.

Kate (38) dazzled in a sequin gown by Needle & Thread as she and husband **Prince William** put their best smiles forward, despite the drama, for a reception in aid of the UK-Africa Investment Summit.

During his speech later in the night, William (37) spoke of his love for the African continent. "It is the place my father took my brother and me shortly after our mother died... and when deciding where best to propose to Catherine, I could think of no more fitting place than Kenya to get down on one knee," he told the crowd. ■



William and Kate led the new royal order for the event, which was attended by neither the Queen nor Prince Charles.



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LOOKING AT
NEW ZEALAND

FROM THE EDITOR

When I made the decision a few years back to go gluten-free at the advice of my doctor, I was overwhelmed at first. To be fair, I wasn't feeling too good to start with – hence the suggestion from the doc that it could make a difference to the autoimmune disease I was trying to get on top of.

But suddenly, eating felt like a minefield.

Sure, GF seemed to be trending on lots of menus and food packaging, but gluten also appeared to be lurking in so many everyday foods.

Anything with soy sauce was out of the question, as was everything from potato chips to tomato sauce to instant coffee – heck, even certain sunblocks had to be eyed with suspicion.

But thankfully, I soon had my go-to items and, even better, I had Nici Wickes.

Nici has whipped up a few gluten-free specials now and just before Christmas she trialled her recipes for GF sausage rolls, very kindly bringing a tray in (during a



particularly tight deadline, no less!). I can attest they are so good I actually got tears in my eyes. Don't just take my word for it – even people who aren't GF were asking for the recipe, which you can try for yourself on page 33.

Nici's four dishes this week prove that GF meals can be delicious, despite what they're lacking. Happy eating and enjoy your week!

Alice

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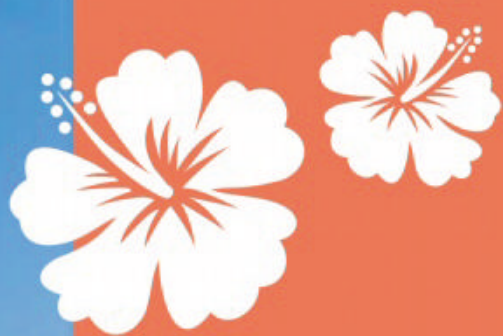


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A PRINCELY

Harry's sacrifice for love

LEFT WITH NO OPTION, HE TURNS HIS BACK ON HIS HOME

Just weeks after dropping their bombshell news about stepping back as senior royals, Prince Harry and Meghan, Duchess of Sussex, have begun their new life on Vancouver Island in Canada.

But while Meghan has been able, to some extent, to slot back into the life she left behind when she married her prince, Harry is having to adjust to an existence that's not quite what he imagined when he announced that he and his wife wanted to carve out "a progressive new role within this institution".

Instead of being able to

fully support the Queen while working to become financially independent, as they wanted, they have lost most of the privileges and perks of royalty, including their Royal Highness status. Harry has forfeited his role as Commonwealth youth ambassador along with his honorary military appointments, which royal sources say will be gut-wrenching for the former army officer.

"Our hope was to continue serving the Queen, the Commonwealth and my military associations, but without public funding. Unfortunately, that wasn't possible," said Harry

in a speech at a UK charity dinner just before he flew to Canada to join his wife and their son Archie (nine months).

Harry (35), who has known what his path in life would entail since he was old enough to grasp the concepts of royalty and duty, is now having to find his feet and work out exactly what his future will hold.

American Meghan, who lived in Canada for seven years while shooting the TV series *Suits*, will no doubt find it easier to adapt to their changed circumstances as she was part of the royal fold for only several years. Royal life is all Harry has ever known, and

though the freedom of no longer being a senior royal is what he wanted, the reality of his new life may take some getting used to.

One royal commentator says, "Harry is giving up a lot in the name of love, and not getting quite what he had hoped for. He and Meghan have obviously discussed in great depth what they want for their futures, and for Archie, and being completely removed from royal life may have come as a shock. Here's hoping he is prepared for what is to come, both mentally and emotionally."

Meghan (38) has already hit the ground running when it



LIFE OUTSIDE THE FIRM

Harry is now officially an expat, after flying to join Meghan in Toronto last week, looking very much like a regular guy.

SUM

comes to her new life, including a visit to feminist charity group Justice for Girls in Vancouver. She's been spotted at Victoria Airport collecting a friend, Heather Dorak, who flew in from Los Angeles for a weekend, and was photographed walking her two dogs in a park near the luxury home where the family is staying, with Archie snuggled against her in a front pack.

Harry admitted in his speech at an event in aid of his charity Sentebale that he wasn't happy about having to relinquish his full royal role, but he felt he had no choice.

"We both do everything we can to fly the flag and carry out our roles for this country with pride. Once Meghan and I were married, we were excited, we were hopeful and we were here to serve. For those reasons, it brings me great sadness that it has come to this.

"The decision that I have

made for my wife and I to step back is not one I made lightly. It was so many months of talks after so many years of challenges. And I know I haven't always gotten it right, but as far as this goes, there really was no other option.

"I've accepted this, knowing that it doesn't change who I am or how committed I am. But I hope that helps you to understand what it had to come to, that I would step my family back from all I have ever known, to take a step forward into what I hope can be a more peaceful life."

Harry's heartfelt speech came a day after the Queen (93) released a statement saying "a constructive and supportive way forward" had been found for Harry and his family. In a remarkably informal missive, she said, "Harry, Meghan and Archie will always be much loved members of my





'IT BRINGS ME GREAT SADNESS'

Harry, who has had mental health struggles, credits Meghan with helping him find joy. His army career (below) also brought him happiness.



← family. I recognise the challenges they have experienced as a result of scrutiny over the last two years and support their wish for a more independent life."

Her Majesty added that she was "particularly proud of how Meghan has so quickly become one of the family".

The arrangement she had come to with the couple was outlined in a separate statement from Buckingham Palace. It said that Meghan and Harry:

- Understood that they were required to step back from royal duties, including official military appointments.
- Would no longer receive public funds for royal duties.
- Would not use their HRH titles as they are no longer working members of the royal family.

- Would continue, with the Queen's blessing, to maintain their private patronages and associations. While they can no longer formally represent her, everything they do will continue to uphold the values of Her Majesty.

- Would pay back money they were given from the public-funded Sovereign Grant to refurbish Frogmore Cottage, which will remain their UK family home.

Royal expert Alistair Bruce believes the Queen has handled the situation well. "She has absolutely drawn the line – you can be private people but you cannot be royal at the same time. There's no halfway house."

The terms of the agreement are in fact good news for the Sussexes, according to Harry's

biographer Penny Junor. "I think it is the best possible outcome, which will avoid catastrophe."

Pointing out that Harry is able to continue his association with the Invictus Games, which he founded for wounded and disabled veterans, Penny says, "They're hanging on to their patronages, which I think is absolutely terrific because they both care passionately about making the world a better place."

She thinks the Queen has been very straight up with her grandson and his wife and they should be thankful they are able to make a clean break.

"There are no blurred lines. They are starting afresh and they are going with the Queen's blessing. I think it is the best of both worlds."

Royal author Phil Dampier says the monarch's message was one of "warm words as a loving grandmother" but the next day, Harry's speech "threw it all back in her face".

"He's distancing himself from the palace in an act of defiance and trying to carve out a separate identity. To say he and Meghan have flown the flag and done everything they can for Britain is an insult to our intelligence. They just didn't want to do the



Charles is said to be struggling with Harry's choice, while William has offered an olive branch, and the Queen (below left) has been loving and diplomatic in her public statements.



They will support him, but I'm not sure about the general public."

At least it appears that Harry and his older brother Prince William managed to mend fences before Harry left for Canada. *The Sun* newspaper reported the brothers – whose relationship has been strained since William (37) reportedly advised his brother against rushing into a relationship with Meghan – have made an effort to repair the rift.

"William and Harry have spent time together privately working on their relationship and

discussing their future," says a source. "It has been ground-breaking in terms of saving their bond as brothers and has totally been driven by them. But Kate and Meghan, who was in Canada, did join in with some of the talks on more than one occasion – which is another sign of a thaw in their relationship.

"Given that Harry is now permanently moving away, there was a realisation if they didn't sort things out now, they never would."

nitty-gritty daily jobs around the country, preferring to concentrate on a few high-profile causes.

"They could have stuck with royal duties, knuckled down and been a tremendous success, particularly as Commonwealth ambassadors, which is where the Queen had high hopes for them."

Phil adds that Harry made it clear his love for Meghan was stronger than his family ties. "This is very reminiscent of Edward VIII giving up the throne for the woman he loved. He is desperate to be loved and not to let down his favourite causes.

However, Harry and his father Prince Charles are said to be still at odds over a "lack of trust". Charles was furious that Harry announced his decision without first talking to his family, in particular the Queen.

It's probably wise to keep onside with his father as Charles (71) has agreed to continue paying Harry his annual \$4.6 million allowance from his own funds. However, that payment may not be ongoing, with a source close to Charles saying his money is not inexhaustible.

Potential revenue sources for Meghan and Harry include products featuring the Sussex Royal brand, which they registered last year. However, it's not known if they will be allowed to continue to use the name, considering they are no longer officially royal.

However, they may now have the freedom to secure deals with publishers and TV networks.

Based on amounts negotiated by Barack and Michelle Obama after they left the White House, media experts estimate that the couple could make as much as \$76 million from book deals and \$40 million for TV interviews.

Harry has his own wealth, including an estimated \$40 million inheritance from his mother Princess Diana and \$14 million from the Queen Mother. Meghan is thought to be worth around \$8 million, earned from her acting career. But as well as paying back the estimated \$4.8 million spent renovating Frogmore Cottage and forking out around \$500,000 a year to rent it, they will also have to pay for a home and staff in Canada.

And then there's the question of who will foot the bill for security, which could cost as much as \$6 million a year.

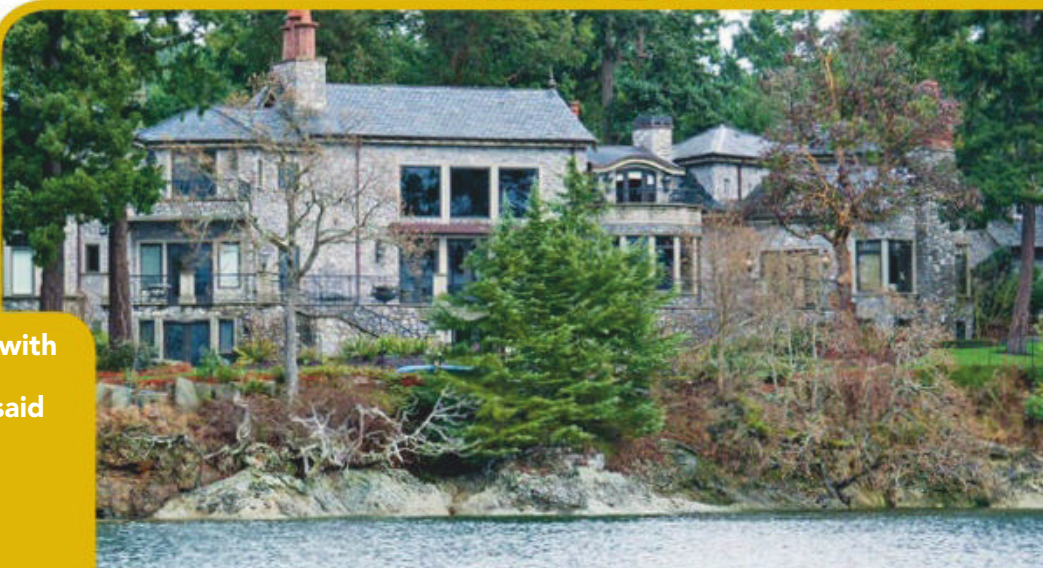
"Life outside the royal compound is going to be so very different, and not without its complications," says royal writer Robert Hardman. "The Sussexes have secured the new existence they yearned for, though certainly not on the terms they had envisaged.

"As one set of negotiations is resolved, a new chapter of awkward and perhaps insoluble dilemmas now opens up."

Judy Kean



Meghan and Harry (above right, with Archie) are staying in a luxurious Vancouver Island home, but are said to have plans to buy a property.



FUNDS OF THE FIRM

How other make mo

FROM SPORTS TO MODELS, IT'S QUITE A MIX!

ZARA & PETER PHILLIPS

The Duke and Duchess of Sussex are about to enter a brave new world as they leave royal life behind and try to make it on their own.

Meghan (38) is expected to dip her toe back into showbiz – she's already managed to score a voiceover gig at Disney – but what Harry (35) might do is a murkier question. It's been suggested he could make a substantial amount on the private speaking circuit and, of course, the two can leverage their name for palace-approved companies and causes, but only time will tell what they'll do.

They are far from the first royals to make an honest living, with many of Harry's relatives earning a pretty penny from endorsements, associations and professions.

The Queen's grandkids have frequently expressed their gratitude to their mother Anne, Princess Royal, for refusing titles for them at birth. Doing so allowed both Zara (38) and Peter (42) to forge successful careers away from The Firm.

Zara's passions are firmly rooted in equestrianism and, along with the freedom to become an Olympic eventer, she has been an ambassador for a host of companies including Land Rover and Rolex. She also has her own jewellery line with Australian company Calleija, which features equestrian-inspired pieces.

Peter's path to commercial success has been a little harder than his sister's. While Zara's business deals have never

specified her royal connections, Peter's latest commercial for a Chinese-owned dairy company shows him outside a grand home holding a glass of milk, with the caption, 'British royal family member Peter Phillips'.

It's been met with disquiet in the UK – however, other ventures have proven more successful, such as forming a sport and entertainment event management company.



PRINCESSES & EUGENIE

The York sisters both work full-time, albeit reluctantly.

While troubled father Prince Andrew tried his best to convince the Queen to let his daughters work as full-time royals, citing the fact they're the only 'blood princesses' of their generation, his pleas fell on deaf ears.

Undeterred, the young royals gained university



royals new



**BEATRICE
OF YORK**

degrees – Beatrice studying History, Eugenie English Literature and History of Art – and entered the workforce.

Beatrice (31) works as Vice President of Partnerships and Strategy at Afiniti, a data and software company. Eugenie (29) works in an art gallery in London and her husband, Jack Brooksbank, is a brand ambassador for George Clooney's tequila company.

VISCOUNT LINLEY, SECOND EARL OF SNOWDON

Though Princess Margaret's son, David Armstrong-Jones, has enjoyed an impeccably quiet life, he's also used his royal connections to further his endeavours. A talented furniture maker, his business, which was David Linley Furniture Limited and is now known as Linley, uses his title in its name. The 58-year-old is also honorary chairman for famed auction house Christie's.



LADY KITTY SPENCER

Much like Peter Phillips, Kitty's found herself in hot water with her commercial activity. The niece of Diana, Princess of Wales has also fronted a series of milk ads in China, but for a rival company. In them she says, "The day of the royal family usually begins with a cup of milk or a cup of tea," despite the fact that, while first cousins with the future king, she's not technically part of The Firm. Kitty (29) is also a model and has a master's degree in luxury brand management.



LADY AMELIA WINDSOR

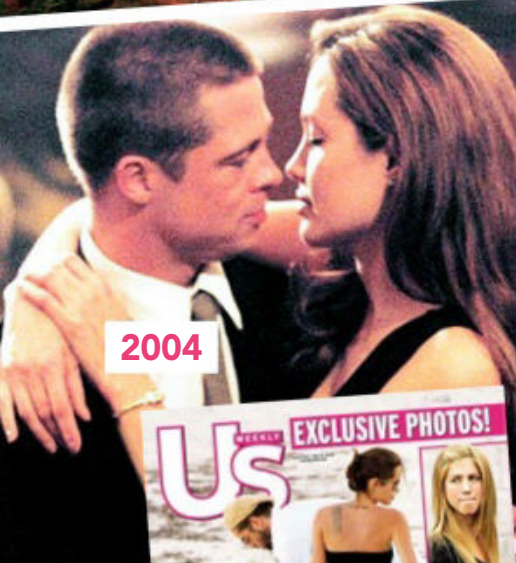
She's 39th in line to the throne but Lady Amelia enjoys a semi-royal life, attending major family milestones with the rest of the Windsors, such as Christmas lunch and Trooping the Colour, while also undertaking a lucrative career as a model. The 24-year-old is represented by the same agency as Kate Moss, and travels the world doing photoshoots and walking runways for brands such as Dolce & Gabbana. She also earns a fair chunk of change thanks to her almost 83,000-strong Instagram following.



1998



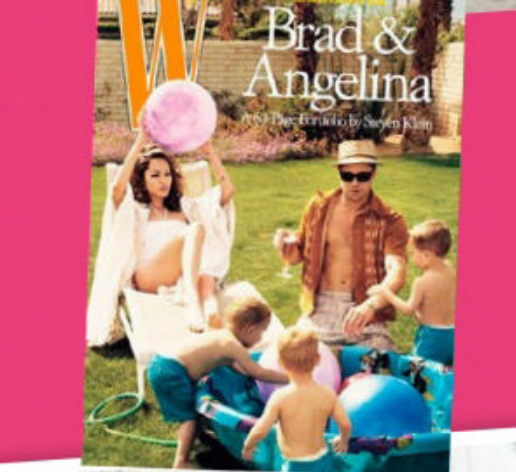
2000



2004



2005



2017



MEMORY LANE!

1998

Brad – a Hollywood superstar – and Jennifer, TV's most famous actress, are set up on their first date by their agents.

September 1999

They walk the red carpet together at the Emmy Awards as an official couple.

July 2000

The pair marry in Malibu in front of 200 guests, saying their own handwritten vows – her promising to make his favourite banana milkshake, him vowing to always split the difference on the thermostat.

January 2004

Brad begins filming *Mr & Mrs Smith* with Angelina Jolie.

February 2004

Jennifer tells *The Guardian* she's ready to start a family, saying "it's time".

January 2005

Just days after paparazzi photos showed the pair in loving embraces during a romantic Caribbean holiday, Brad and Jennifer release a statement, announcing their separation.

April 2005

After nearly a year of rumours that Brad's relationship with co-star Angelina was more than a friendship, the pair are photographed on a beach in Kenya together. Later that month, Angelina denies their relationship began while Brad was still with Jennifer.

September 2005

Jennifer covers *Vanity Fair* magazine, where she says Brad is "missing a sensitivity chip", thanks to a glossy magazine spread in which he and Angelina pose as a happy suburban couple surrounded by children.

October 2005

Brad and Jennifer's divorce is finalised.

October 2006

Angelina gives birth to her and Brad's first biological daughter, Shiloh, in Namibia. With a brood of six children, the couple finally marry in 2014.

August 2015

Jennifer marries her love of four years, Justin Theroux, in a secret ceremony.

September 2016

Angelina files for divorce from Brad.

February 2017

Brad reaches out to Jennifer for her birthday and the pair begin to reform a friendship. Brad reportedly leans on Jennifer for support, a friendship her husband wholeheartedly supports.

February 2018

Jennifer and Justin announce their separation, remaining close friends.



'COMP INS *Brad & long-aw reunion*

JANUARY 2020

Brad and Jennifer are full of smiles and hugs at the SAG awards.

LET ELY YNC'

Jen's aited

COULD THEY *BE*
ANY FRIENDLIER?!

It was the moment fans had been waiting for. Fifteen years after their split, friendly exes Brad Pitt and Jennifer Aniston were finally publicly reunited.

The duo showed they're very much on good terms, warmly embracing at the Screen Actors Guild (SAG) Awards as they congratulated one another on their mutual success that night.

Photographer Emma McIntyre was backstage taking photos of Jennifer after her win and says she was about to leave when she saw Brad coming down the hall.

"I sensed there would be a photo-worthy moment," she says. And boy, was there ever.

"He called out 'Aniston!' and

she turned around and they embraced and congratulated each other."

Brad is riding a wave of success and picked up another gong for his role in *Once Upon a Time in Hollywood* – which has also seen him earn an Oscar nomination. Jennifer picked up an award in the hard-fought category of Best Actress, winning for her TV role on *The Morning Show*. Brad (56) was backstage as Jennifer (50) accepted her award, murmuring "Oh wow" as he saw her take to the stage, and bystanders jumped at the chance to record him on their phones as he watched the screen, beaming.

It's long been thought that the pair quietly renewed a friendship in recent years, after Brad's marriage to Angelina Jolie dissolved – a love triangle that you'd have to have spent the last 15 years living under a rock to not know about.

Social media exploded at images of the pair hugging, while body language experts weighed in on the interaction. Dr Lillian Glass described the pair as "two magnets reaching towards each other".

"They were completely in sync in one another's eyes, and that's huge," she said. "It's completely mutual and that's what's so beautiful about it."



BRADLEY BITES THE DUST!

Bradley and son Barney have hit the road together for a new show.



Bradley's new show is back-breaking work!



Celine's mum Thérèse passed away after a long illness.

CELINE'S TEARS

Songstress Celine Dion is once again in mourning, with her beloved mother Thérèse passing away last week, aged 92.

An emotional Celine (51) paid tribute to her mum during a performance in Miami, telling her fans she was "doing okay".

"I'm pretty sure you heard the news about my mum passing away early this morning," she told the crowd as she fought back tears.

"The nurses called me two days ago to tell us her time was coming soon. So last night I joined my brothers and sisters in Montreal and I spent an evening at her bedside. We told stories. We sang songs. We hugged each other and we said our goodbyes. We are pretty sure that Mum waited for us to be together one more time."

Thérèse and her late husband Adhémar-Charles had 14 kids together, and youngest Celine was particularly close to her mother.

While serving as a homemaker during her kids' childhoods, Thérèse was also a TV host in Quebec and a noted philanthropist.

Celine posted a photo of her family on her Instagram page, saying: "Maman, we love you so much... we dedicate tonight's show to you and I'll sing with all my heart. Love, Celine."

The Chase host Bradley Walsh has seemingly taken the title of his latest show literally.

The beloved TV personality broke his back in three places while filming *Bradley Walsh and Son: Breaking Dad* – by falling off a bucking bull.

"It sounds a bit more severe than it is," the 59-year-old tells.

"My life's ambition was to go on a rodeo and [my son] Barney says to me, 'What would you really like to do, Dad?' And I say, 'I would love to do a rodeo', because I love cowboy films. And then you have the chance to go in the novice class. And I was like, 'Yeah I'll have a go at that.'"

Despite Barney's warnings that it was tough going, Bradley tried his luck and says he "fell slightly wrong", ending up in hospital, where it was revealed he'd broken his L3, L4 and L5 transverse processes.

"But I was up and walking the next day and driving the RV!" he tells, adding he's now "fine".

The wrap up...

Alzheimer's may be wreaking havoc with her short-term memories, but Scott says "the old Barbara" is still around.

STILL CARRYING ON

Dame Barbara Windsor's battle with Alzheimer's is growing tougher, her husband Scott Mitchell tells.

Scott, who has been Barbara's carer since the legendary actress was first diagnosed in 2014, says the *EastEnders* and *Carry On* star frequently asks for her late mother, and often thinks she's at her parents' house when she's in her own home.

"I've definitely seen a progression in the last year," the 57-year-old admits.

"Barbara's symptoms have deepened, especially where her confusion is concerned. Constantly, she will not realise where we are, even in the house. She will ask me, 'When are we going home?'"

"Sometimes she will ask about people who have already passed away, as if they are still here. That is something she

does regularly about her own parents. It is a very difficult one."

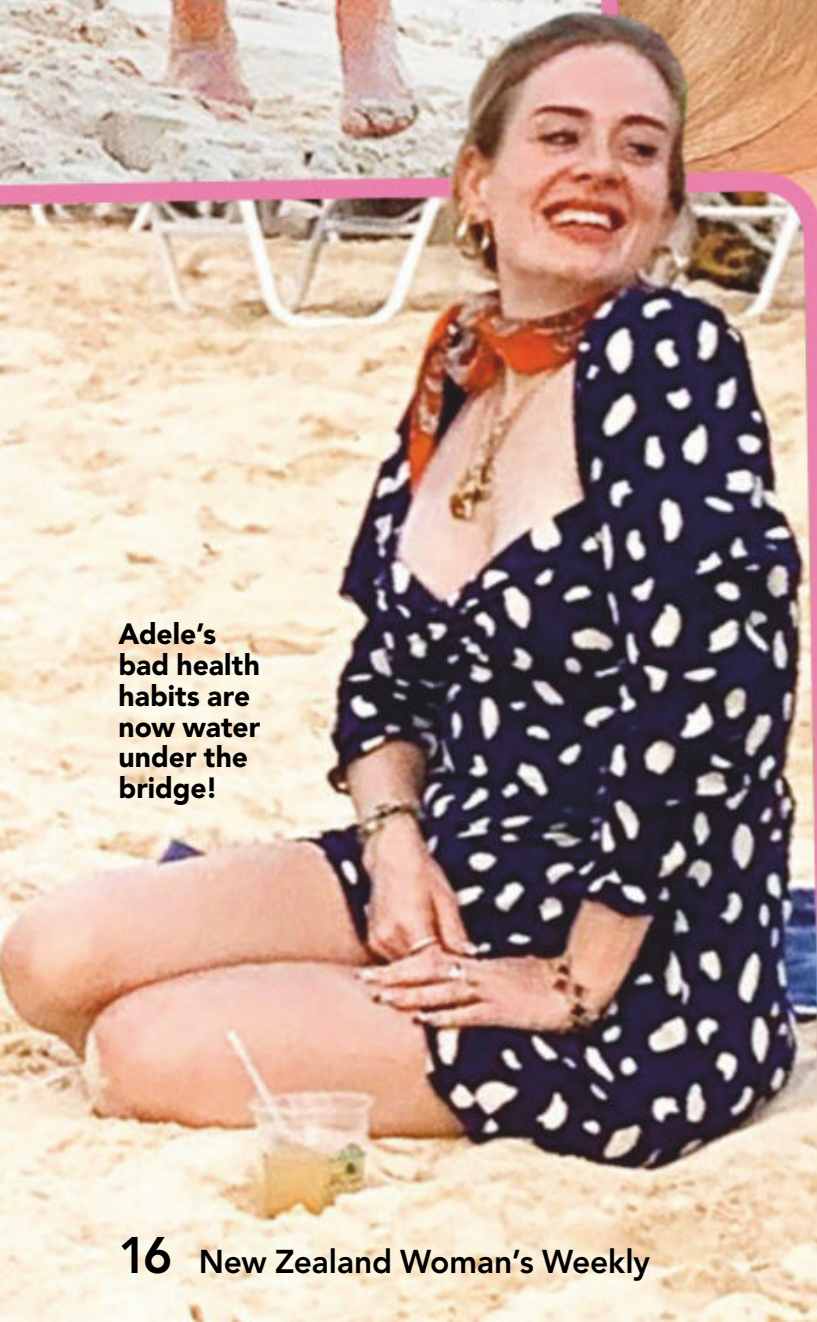
While the 82-year-old still has her long-term memories, such as events that have happened in her childhood or her early career, new short-term memories are tougher to hold on to, like if someone's popping over for a cuppa.

Scott describes seeing his love slip further into confusion as "heartbreaking", but there are still many moments of "the old Barbara".

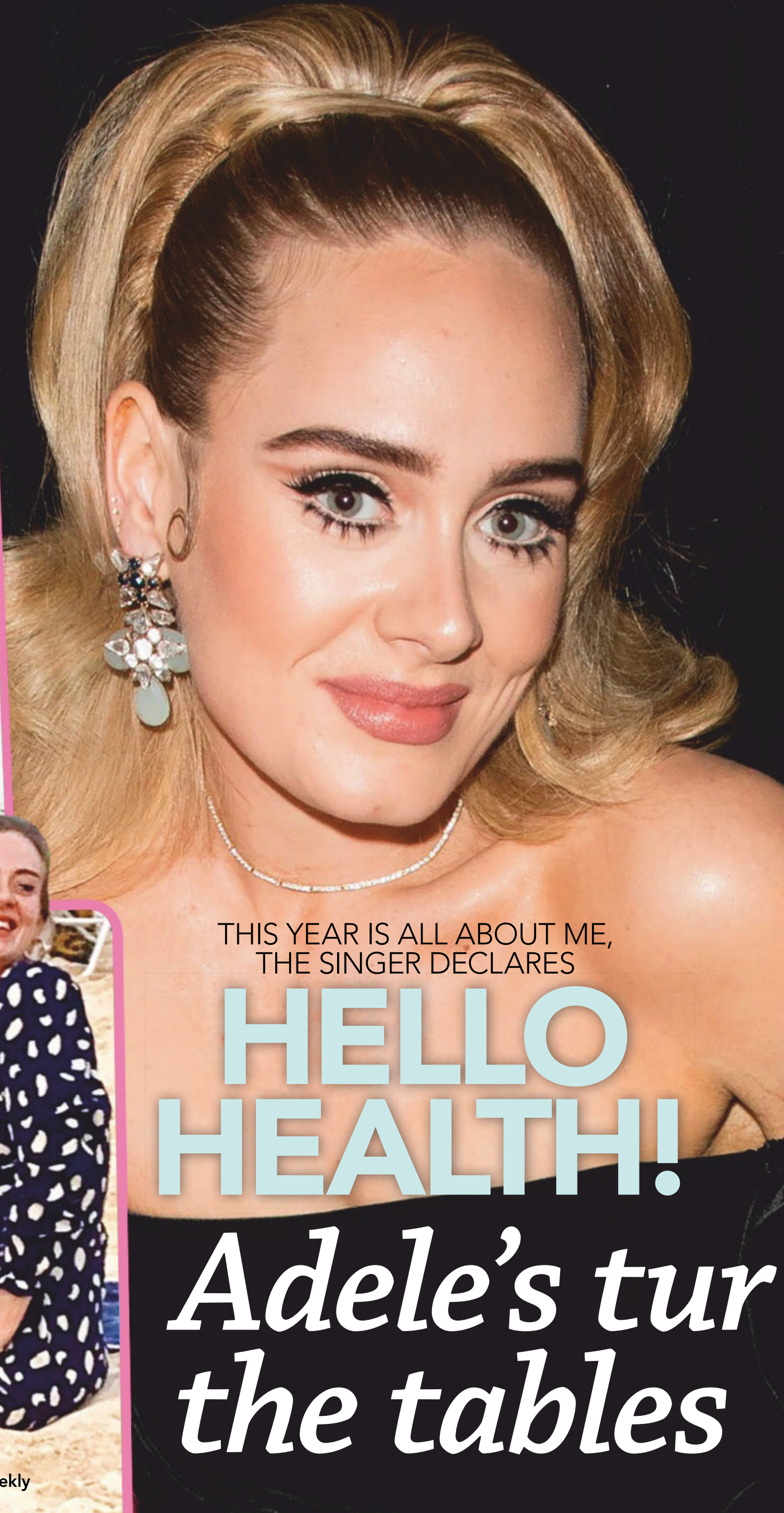
"The lovely thing is, she's still got that sense of fun within her. She still loves to sit there and giggle. I make her laugh, she makes me laugh."

Barbara recently made a rare appearance at Christmas, filming a video to wish her fans happy holidays, as well as those involved at the Alzheimer's Society.





Adele's
bad health
habits are
now water
under the
bridge!



THIS YEAR IS ALL ABOUT ME,
THE SINGER DECLARES

HELLO HEALTH!

Adele's tur the tables

Rumour has it that 2020 is going to be Adele's year. The British songstress has been on a health kick that has seen her lose a whopping 45kg, and now speculation is rife she's about to release a new album.

After a difficult few years, she's finally in a good place. Last year was particularly hard, with the end of her marriage to charity CEO Simon Konecki (45). While their divorce may have inspired some songs for her much-anticipated next album – her first since releasing 25 in 2015 – it wasn't the reason why Adele ended up shedding so much weight.

Instead, it was her son Angelo (7) who triggered her desire to be healthy.

"She got to the point where she didn't feel great," a source says. "She knew she had to change something, because she wants to be the healthiest mum possible."

"Her whole focus during this weight-loss journey has really been all about how she can be healthier and how she can treat her body better. It was never about losing weight. Her weight loss happened because she's cut down on drinking and is eating more real food. She loves her physical

transformation too, is more confident, dresses differently and just seems happier overall."

Adele first showed off her svelte new look when she attended Canadian rapper Drake's birthday party in October last year. But she's dropped even more kilos since then. Tourists who spotted her at a beach on the Caribbean island of Anguilla in January did a double take when they realised the woman in a striking navy and white dress was the *Rolling in the Deep* singer.

US student Lexi Larson says, "At first we barely recognised her because she's lost so much weight. She told us she'd lost something like 100 pounds (45kg) and that it's such a crazy positive experience. She seemed so happy, and she looked amazing."

The 31-year-old certainly seemed to be having a good time, photobombing a couple posing for romantic pictures, smiling with local children for shots and even running fully-clothed into the ocean.

Adele was on holiday with her son and a group of friends, including TV talk-show host James Corden and singer Harry Styles. According to some reports, the health-conscious former One Direction member has been friends with Adele for years, and helped her improve her eating and exercise regime by taking her hiking in Malibu and lending a hand with meal planning.

Adele hasn't revealed exactly what she's done to shed the weight but did post a

comment on her Instagram page last year, which said, "I used to cry but now I sweat."

However, a personal trainer who once worked with Adele shortly after she had Angelo reckons a major change in the way she eats is responsible.

Camila Goodis markets herself as the "Brazilian body wizard" and met Adele through her celebrity clients, singer Robbie Williams and his wife, TV presenter Ayda Field. She says, "I don't think she is a huge fan of exercise like Robbie and Ayda, who exercise five or six days a week. She's working out, but I think 90% of it is diet."

Camila says Adele has been doing the Sirtfood Diet, most likely in conjunction with Pilates, lifting weights at the gym and cutting out sugar. The diet focuses on plant foods and is alleged to lead to rapid weight loss while maintaining muscle mass and protecting from chronic disease.

The diet's creators are two UK nutritionists. They say eating foods that are high in a type of plant-based protein called sirtuins, such as onions, capers, kale and strawberries, can "switch on the skinny gene", jump-starting your metabolism and speeding up the rate at which calories are burned.

The diet is controversial because the first week involves halving daily calories from 2000 to 1000 and drinking a lot of green juices. Other health experts have criticised Camila for promoting such a restrictive diet and

"riding on the coat-tails of a celebrity client".

"No credible trainer would agree to their client eating only 1000 calories a day," says personal trainer and nutritionist Alice Liveing. "These so-called celebrity trainers need to realise that putting someone on a 1000-calories-a-day diet and an intense workout regime doesn't make them a good trainer."

"It makes them the instigator of seriously disordered eating habits and the health repercussions that accompany it."

Meanwhile, getting healthy is just one part of Adele's drive to overhaul her life since the end of her marriage. When she turned 31 last May, she took to Instagram to reveal her hopes for a greatly improved year.

"Thirty tried me so hard but I'm owning it and trying my hardest to lean into it. I've changed drastically in the last couple of years and I'm still changing and that's okay."

"Thirty-one is going to be a big ol' year and I'm going to spend it all on myself. For the first time in a decade I'm ready to feel the world around me and look up for once."

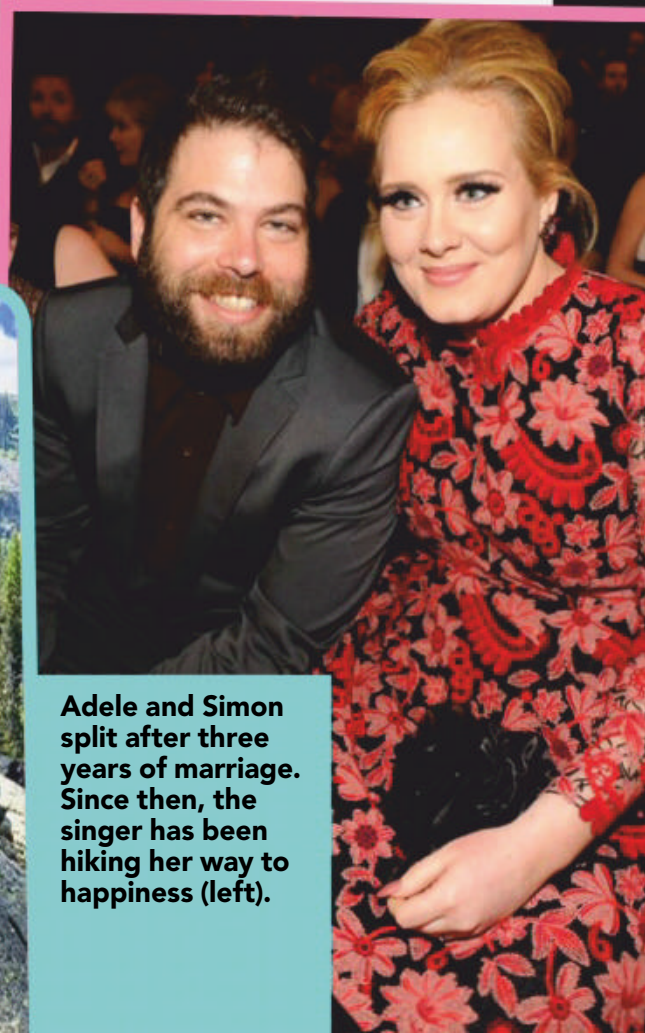
"Be kind to yourself people, we're only human, go slow, put your phone down and laugh out loud at every opportunity."

Judy Kean

ned



Camila trained Adele after her son was born.



Adele and Simon split after three years of marriage. Since then, the singer has been hiking her way to happiness (left).



laughing, "I've forgotten most of it."

"Yeah, there was a warm-up, we were all feeling a bit self-conscious... and then for some reason the boys and the girls were split up! That was quite sexist, upon reflection..."

"I remember POETS day," Alison says. "Frank Whitten, who was one of our tutors, had heard about this thing called POETS Day – P*** Off Early Tomorrow's Saturday – so we had to go all around Auckland researching it one Friday... and devise a show around it!"

Ever since, despite their lack of screen and stage time together, the pair have been great mates and watched each other's careers soar.

Alison's passions took her down the path of directing – she ran her own theatre company, Centrepont, in Palmerston North for 18 years – and, of course, she won the hearts of the nation playing good-natured *Shortland Street* receptionist Yvonne Jeffries, a role she's still recognised for.

"Oh, every day!" she exclaims. "Every. Single. Day. And it's quite funny, I work in an arts centre in South Auckland, and at lunchtime I'll cover the reception desk. People walk in, see me and go, 'Hang on a minute... wait, what?' It's great."

Mark, meanwhile, found success in all mediums, including home-grown TV such as *The Billy T James Show* and *Willy*

Nilly, as well as his role as Dori in the three *Hobbit* films and Sir Peter Jackson's *Mortal Engines*.

"But actually, people tend to recognise me from my theatre more than the movies – I mean, I was covered in hair for all of the *Hobbit* films," he says. "I do a one-man show called *MAMIL* – Middle Aged Man In Lycra – so people know me from that."

Both Alison and Mark are thrilled to be reunited for *Winding Up* – a play that deals with some of the lighter sides of the golden years, as well as the inevitability of death. Playwright Roger revisits the characters of Barry and Gen from his previous work *Conjugal Rites*; the married duo are now in their 70s and dealing with all that goes on in life's autumn period.

Says Alison, "One of the things Roger's done over the years is shine a light on ordinary lives in extraordinary circumstances. He changed the face of theatre with plays like *Middle-Age Spread*. One of the first plays I saw of his was *Glide Time* – it was like he came into the office I was working in at the time, because it was so real and funny."

"It was made into a television series," Mark adds. "Which is what should be happening today, but it's all reality television. It's this huge absorbing thing for a younger

audience, it's cheap c**p. It's a bit of a demon, I think; it's eating up a whole raft of entertainment that it shouldn't be."

"And it's not reality, by the way!" Alison interjects.

For the dynamic duo, their true passion lies in telling the stories of New Zealanders – and doing it together is an added bonus they're relishing.

"We can hit the ground running," Mark says. "Meeting at drama school in 1978 gave us a certain level – we know each other so well. We can reciprocate like that, the intricacies of how we work."

He's right – for our entire conversation, the pair are so at ease that they finish each other's sentences.

"I guess we do!" Alison laughs. "It comes back to faith and trust. We really care about each other... we're so familiar."

Adds Mark, "We're very lucky. One of the best things about Alison, and if I can include myself in that [too], is that there's always more to learn from each other, and every time we come back together, it's exciting."

"I feel so privileged to be back here doing this with her." ■

Kelly Bertrand

Alison and Mark star in Auckland Theatre Company's season of *Winding Up*, a new play by Sir Roger Hall, premiering in Auckland at ASB Waterfront Theatre on February 11 and touring the North Island to Hastings, New Plymouth, Tauranga and Hamilton in March. See atc.co.nz.



Alison is most recognised from *Shortland Street* (above), while Mark appeared in the popular *Hobbit* series of films (right) by Sir Peter Jackson.



The year was 1978 – Boney M's *Rivers of Babylon* was top of the charts, weightlifter Precious McKenzie claimed his first gold medal at the Edmonton Commonwealth Games, and the average New Zealand house cost just \$24,514.

It was also the year Kiwi acting royalty Mark Hadlow and Alison Quigan first met – and more than 40 years later, their bond has never been stronger.

Chatting to the *Weekly* in between rehearsals for their new play, Sir Roger Hall's *Winding Up*, the pair can't believe how much has changed since then, or the fact they're still treading the boards together four decades on!

"You know, we know each other so well – we really care about each other," Mark nods.

"But this is actually only the third time we've acted together! We see each other all the time, and compare notes and criticise each other regularly," he laughs. "No, we don't. We didn't even do that at drama school."

It was on the very first day of Theatre Corporate's first-ever student intake that the pair met.

"I sort of remember the moment we met," Mark says thoughtfully.

"Do you?!" Alison replies, before

They're a class act!
Alison and Mark
met back at drama
school in 1978.

PLAY FAVOURITES

Alison & Mark's 40-year bond

WHY OUR
FRIENDSHIP
IS NO ACT!



Happy birthday, Mac!

DUCT TAPE AND DANGER:
RICHARD DEAN ANDERSON
TURNS 70

All he ever needed was a trusty paperclip and a bit of ingenuity and Angus "Mac" MacGyver could get his way out of any sticky situation. Give him a pair of shoelaces and he'd detonate a land mine, set up a trap or rig a machine gun. If he was chewing gum, he'd use it to make a bomb. And if he had a pocket knife, well, he was unstoppable.

During the 1980s, *MacGyver* was one of the hottest shows on the telly, with its central character – an all-American hero working for a clandestine government agency – always able to save the day (or, sometimes the world!) using just a few everyday items in inventive ways. It was family-friendly fun, with plenty of adventure and action.

It's hard to believe that last week the star of the show, Richard Dean Anderson, turned 70, enjoying a low-key celebration with his family.

He's lived mostly out of the spotlight in recent years, but it was a different story during the '80s, thanks to his TV career.

Having spent five years as a dashing doctor on soap opera *General Hospital*, Richard already had a following when he came to play his standout role on *MacGyver*.

Though he continued a successful acting career after the show came to an end following a seven-year run, it was the role as resourceful Mac that his name will forever be synonymous with.

During the height of his fame, Richard dated a who's who of 1990s stars, including Teri Hatcher and Lara Flynn Boyle. He had a daughter, Wylie, with long-term girlfriend Apryl Prose, but the two split in 2003 and Richard never married.

The star has kept a quieter life in recent decades, preferring instead to use his platform to bring attention to charities, primarily his beloved Sea Shepherd Conservation Society.

A keen environmentalist, he also has a soft spot for New Zealand and has travelled here several times in the last decade. "It's a place well worth revisiting," he said on a 2014 trip. "I've had a quiet fascination with New Zealand for most of my life."

Part of that interest lies in the fact the show was most successful in New Zealand! On one of his visits, he agreed that fact was fitting, given our number-eight wire mentality.

Happy birthday, Richard! ■

Richard, who is now intensely private, was 35 when he landed his career-defining role as *MacGyver* – exactly half a lifetime ago!

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DREAM TEAM

Bernie & Elton: We're still standing!

HOW THEIR COLLABORATION
HAS STOOD THE TEST OF TIME

It's one of the longest lasting relationships in the music industry. Sir Elton John and Bernie Taupin have been a team for an astounding 52 years, with Elton describing the bond with his songwriting partner as "the most important relationship of my life".

In fact, he says he wouldn't have had the career he's had if it wasn't for lyricist Bernie, and when the pair recently won a Golden Globe for *I'm Gonna Love Me Again* from the movie *Rocketman*, a tearful Elton said it was "one of the most emotional moments in my life".

Astonishingly, it's the first time the duo – who are responsible for songs such as *Candle in the Wind*, *Crocodile Rock*, *Goodbye Yellow Brick Road* and *Tiny Dancer* – have won an award together. It was also the first opportunity for Bernie to stand onstage alongside the five-time Grammy winner to accept an award.

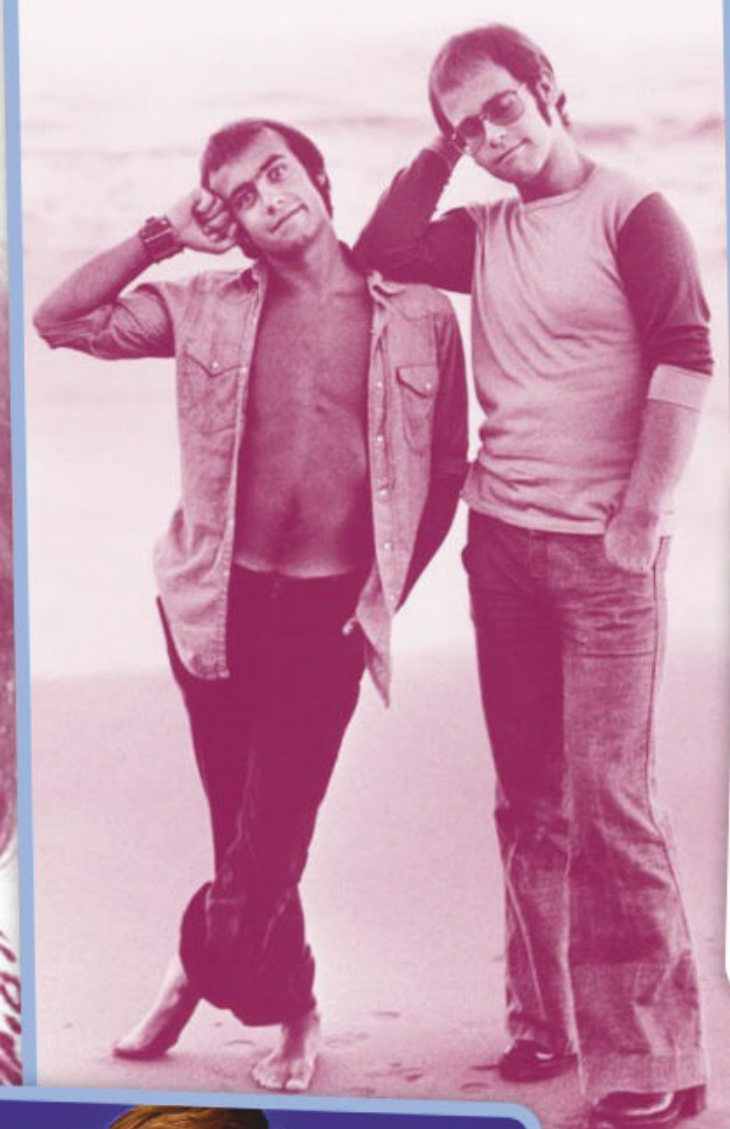
"This is really sweet because it's not just for a song we wrote for a movie which deals with our relationship," said Bernie. "It's one that doesn't happen too much in this town. It's a 52-year-old marriage, so thank you."

For most of the last five decades, Bernie (69) has stayed firmly in the background. While thankful for the wonderful life he's had as a result of his collaborations with Elton (72), he's also grateful that, unlike Elton, he's been able to stay relatively anonymous.

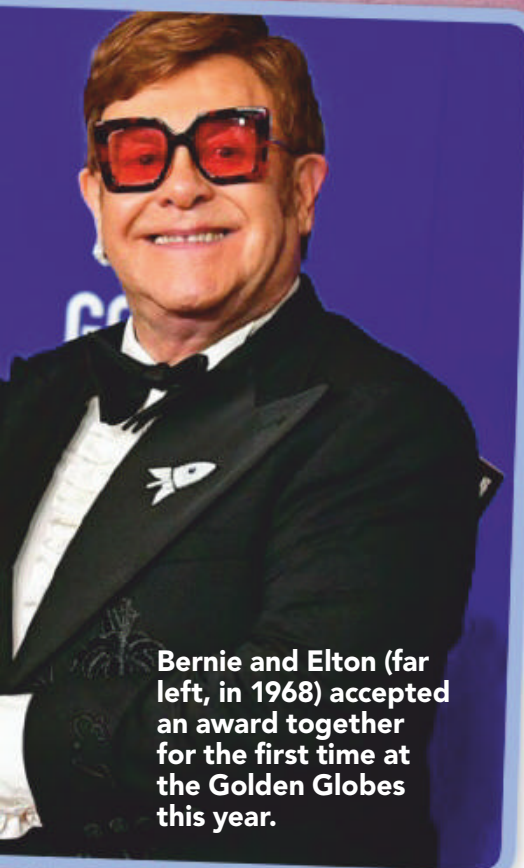
"My name still does get recognised," he says. "I go to places and give a credit card or give my name at the airport and someone will recognise the name and the gushing begins. But I couldn't live his life – I would rather drill myself in the head with a nail gun."

Bernie's faced more of the limelight lately thanks to the *Rocketman* biopic – in which he was played by *Billy Elliot* star Jamie Bell – and also Elton's recently released autobiography *Me*, in which Elton writes about their relationship, including how they met by chance in 1967.

Both had answered an advertisement in a music magazine placed by a record company seeking songwriters. Gifted pianist Elton admitted at the audition that he could write melodies but not words. As he left he was handed a sealed



Bernie and Elton (left, in 1972) were portrayed by Taron Egerton (above) and Jamie (top left) in the award-winning biopic *Rocketman*.



Bernie and Elton (far left, in 1968) accepted an award together for the first time at the Golden Globes this year.

envelope plucked from a pile of submissions, it contained poems penned by Bernie, who was good with words but not music. Elton began writing music to fit Bernie's lyrics and the rest is history!

At the time Bernie, who grew up in rural Lincolnshire, was a teenager working on a chicken farm. He moved to the tiny flat Elton shared with his mother and grandmother in London, with the pair sleeping in bunk beds in Elton's room.

They have always worked separately – Bernie writing "whatever I felt" and then

handing his scrawled words to Elton to put to music.

The scene in *Rocketman* where Bernie jots down the words to *Your Song* over breakfast and then Elton writes the music in the time it takes Bernie to clean his teeth, is accurate, says the lyricist.

More often, Bernie would write lyrics in their bedroom, then hand them to Elton, who'd work on them at an upright piano in the living room. They were never in the same room at the same time.

These days Bernie tends to email lyrics to Elton. "He's been dragged kicking and screaming into the 21st century," Bernie smiles. "He actually has an iPad and a computer. I'll let him ingest them for a while and sometimes we do then meet up and I'll say, 'Well to me, when I wrote this, it had a kind of Byrds-y feel' or I'll give him sort of an idea.

"For the most part he totally rejects those and goes the way he wants to go with them, but at least I give it a shot."

The pair took a break from working together from 1977 to 1979 and wrote with other people. Bernie's two biggest hits for artists other than Elton have been *We Built This City* for Starship and *These Dreams*

for Heart. He won a Golden Globe for Best Original Song for *A Love That Will Never Grow Old*, written with Argentinian songwriter Gustavo Santaolalla for *Brokeback Mountain*.

He believes his collaboration with Elton is so successful because they lead separate lives. "Had we been the same kind of personalities and in close proximity of each other these past years, there would probably have been a more acrimonious thing between us," he tells.

They've had the odd dispute along with way, with a fairly major one over Elton's choice of stage clothing.

"He knew that there were certain elements of his stage persona that I didn't think were necessary," reveals Bernie.

"It's no secret that the reason he became that outlandish

character is simply because he was rebelling against his childhood and a very domineering father who wouldn't even let him wear Hush Puppies.

"I could definitely sympathise with that. I just thought there were times... where it sort of went over the top."

Bernie, who became fascinated with America thanks to cowboy movies he watched as a kid, moved to the US in the mid-1970s and later bought a ranch in California. He's been married four times, including to Toni Lynn Russo, the sister of actress Rene. Since 2004 he has been married to Heather Kidd and they have two daughters together, Charley and Georgey.

He never imagined he'd be portrayed on the big screen and though he had initial misgivings about the script for *Rocketman* because of its cavalier approach to some of the facts of Elton's life, he loved the movie once he saw it, and was happy with the way he was portrayed.

"Jamie definitely comes across as a very caring anchor and that's all I could ask for. I'd like to think I have been someone who can't be ruffled by the insanity of Elton's career, and that I've always been there as the soft pillow to fall on in times of need."

Elton's now doing his world-wide farewell tour (which brings him to New Zealand early February) but Bernie says if he wants to keep on making records, he's happy to keep coming up with words.

"I'm here, I'm feeling good. When he calls I'll be there, willing and able."

Judy Kean



Charley, Bernie, Heather and Georgey in 2016.



The Pike River mine disaster (far left, after the explosion in 2010) is something Tony (left, 2.3km inside the mine in 2008) recalls vividly.

‘There’s been an ex **MAYOR TONY’S DARKEST DAY**

HE REVEALS HIS PIKE RIVER PAIN

It’s the phone call that Tony Kokshoorn remembers as if it was yesterday, a policeman telling him there had been an explosion at the Pike River Mine with up to 30 people trapped below ground.

That tragedy, which claimed the lives of 29 miners, would become a watershed in the former Grey District mayor’s 15-year tenure as he led the stoic West Coast community through one of the darkest episodes in the region’s history.

“I remember it so vividly,” says Tony (64) who was recently awarded the New Zealand Order of Merit after 21 years of civic duty, which noted his leadership in a time of crisis.

“I was at home picking up my wife and just about to go out when the phone went. It was the police. They said, ‘Look Tony, we think we should tell you there has been an explosion at the Pike River coal mine and there are between 25 and 30 missing.

“My wife looked at me and asked, ‘What’s wrong?’ I said, ‘The bloody mine has blown its top.’ I dropped the phone and took off.”

For the father-of-four, who left school at 15 to recondition

vehicle engines before forging a successful business career in car sales and regional newspapers, the disaster was personal.

“I knew a lot of them. Milton Osborne, he was one of my councillors. He had just been voted back onto the council the month before. Blair Sims, he used to work for the *Greymouth Evening Star*, Peter O’Neill, I could go on. When I got up there, I didn’t go to bed for two nights.”

He says from the outset he was determined to stick with the families of the entombed miners and look after their welfare.

“I wanted to do my best for the families. When you sign up for mayor you’ve got to expect these types of things, and when they come along you’ve got to step up to the mark.”

To this day, Tony remains convinced a crucial window was missed to enter the drift soon after the first explosion.

“Every single mine disaster we’ve had on the coast were methane explosions and teams went straight in before the methane built up again. They’ve established if the miners were dead or alive. They come out immediately and seal the mine,

starving it of oxygen which stops further explosions.

“They should have gone in without a doubt. Search and rescue had said to me two or three times during the first night, ‘If we want to go in, we’ve got to go in now.’ But they weren’t allowed.”

With bereaved families celebrating re-entry into the sealed mine last May, eight years after the first blast, Tony says he retired from the council at October’s 2019 elections knowing milestones had finally been accomplished.

“I’ve always been behind the families and lobbied the government to finish the job and make a re-entry, and to their credit the government has. I think that is doing the decent thing by those miners.

“There’s no such thing as full closure because we know there’s a huge rockfall around the 2000m mark and we know the miners were working on the coalfaces on the other side. I’m grateful that the government is going in and eliminating the possibility of anyone in the tunnel.”

For Tony and his tightknit community, many years of

anguish have followed as they desperately sought answers and to retrieve their loved ones from the mine.

“I class myself as pretty tough, but it was very emotional at times. It took a toll,” he admits. “It took up every minute.

“I was just so lucky I had incredible support around me, especially from my wife Lynne. There were also people around Greymouth that I didn’t even know who regularly brought food around to our home. It was quite humbling the way people looked after us.”

But while the Pike River disaster has been a main focus over the past decade, Tony is mindful that Mother Nature hasn’t spared the region either, serving up destructive cyclones and a tornado in 2005, which he had the misfortune to drive into while leaving the Greymouth council chambers.

“I went around the corner and a roof was coming at me. I couldn’t believe it! I rammed the handbrake of the car on, dived into the back and got down on the floor thinking I was going to be killed.

“The next thing the car’s stopped shaking and I look up

plosion'

to see the tornado had gone and all the tyres were slashed by iron flying through the air.

"It only took two minutes to come in from the sea and vanish into the hills, but hell did it do some destruction."

With an approaching 65th birthday and the region tracking for a sustainable future, Tony acknowledges the time was right for a new chapter in his life.

"I've always been conscientious and worked hard. When I became a councillor 21 years ago, I dropped everything and dedicated myself entirely to the job. I could go on being the mayor, but there's a time in life when you need to take it a bit easier – you owe it to your family and that's what I'm doing."

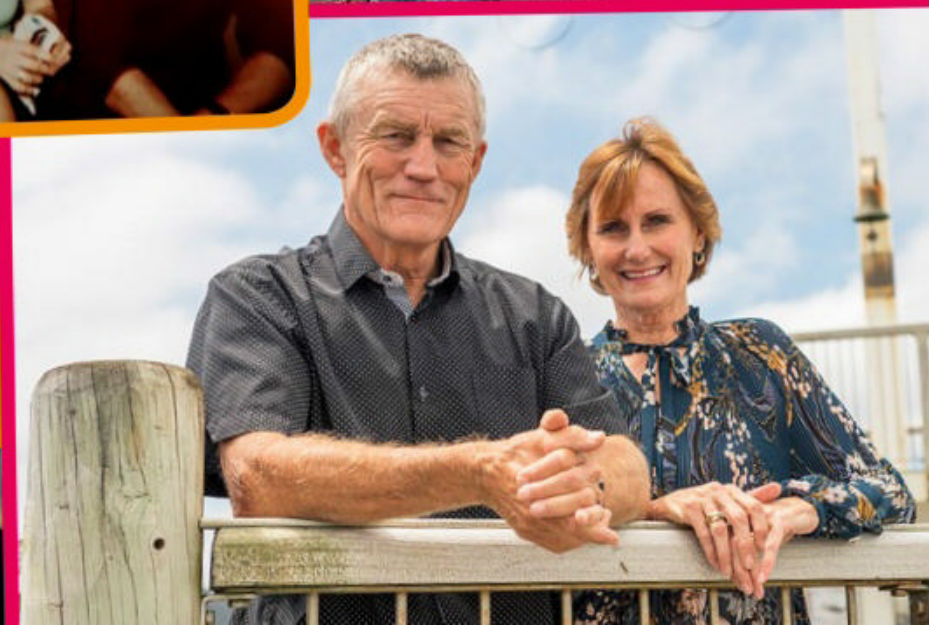
"The West Coast is the western coast of the Southern Alps and Mother Nature gets the last say here. It creates a type of people who are never far from adversity so we have to be resilient and take the knocks as they come."

"When I got that gong, to me I might have been on the coalface, but it was my community in my mind that was getting it for resilience."

Lynley Ward



Clockwise from top: Tony served five terms as mayor; he and Lynne with grandsons Liam (left) and Flynn; Tony and Lynne (also above, in the 1970s) were high school sweethearts.



It was supposed to be Patty Chinnock's forever home. Echoing with the laughter of kids and grandkids, it was meant to see the expat Kiwi through a happy retirement.

It's now little more than ash, incinerated in the 1000-degree New Year's Eve inferno that ripped through the tiny township of Conjola Park, a close-knit community on the south coast of New South Wales.

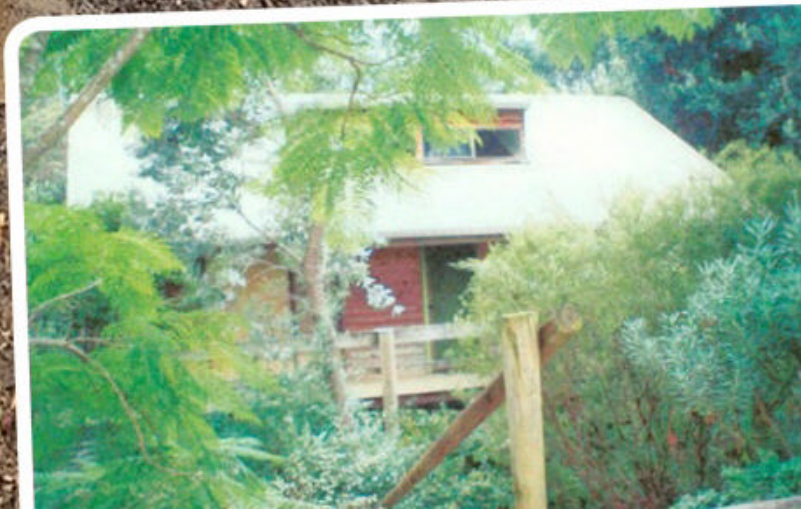
The fire also consumed the house next door, belonging to her late husband's Keith's brother, destroying a cherished family stronghold.

Patty feels like she has lost Keith all over again, with all the memories and mementos of their life together now little more than ashes.

"Everything is gone," Patty says through tears. "Thinking of all the things that are lost – the sentimental things that you just can't replace – that's

'Everything is gone'

I LOST MY HOME in the Aussie fires



the most heartbreaking."

Patty and Keith adored their life in the little house, with his brother Stephen as their neighbour. Until Keith's untimely death 11 years ago, the brothers were like peas in a pod, says the couple's son Jesse.

"When my father first moved over to Australia, they lived together in my uncle's house," Jesse says. "Then the house next door came up for sale and my father bought it. It's been pretty special having the two family homes there. It was a real beautiful family place."

Patty (68) has lived in the community, where everyone knows everyone, for almost 20 years. She remembers Keith – a former custodian of Khandallah Park in Wellington, who managed both Khandallah Pool and Johnsonville's Keith Spry Pool for a number of years – being overjoyed at finding the perfect rustic home he had always wanted.

Tragically, Keith passed away from lung cancer in 2008. "It was going to be our retirement home," an emotional Patty says. "This feels like a second loss."

On the day of the fire, Patty had driven her daughter and her daughter's family to Bomaderry

to catch a train to Sydney. With no inkling of what was going to happen, she called in to see a friend in a nearby suburb on her way back to Conjola Park.

"I got home and there was still no sign of any fire. Then, when I realised it might be close, I tried to hose the house down – that's one of the things you are told to do – but there was hardly any water pressure, and then it got down to a trickle."

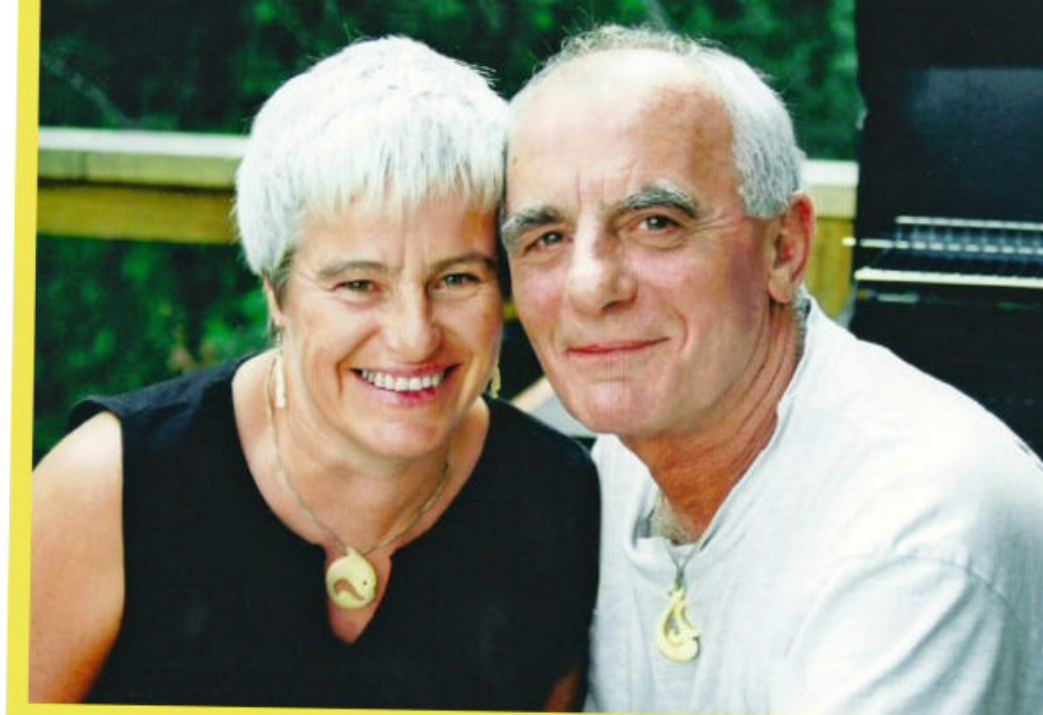
When Patty heard tooting and saw a car being driven down the road with its driver waving their arms out of the window, she knew it was time to leave. As she leapt in her car, with only a small backpack and "one or two photos I'd grabbed off the wall", a huge plume of black smoke appeared and she saw a tree in flames.

There were no police, no fire crews, no official warnings.

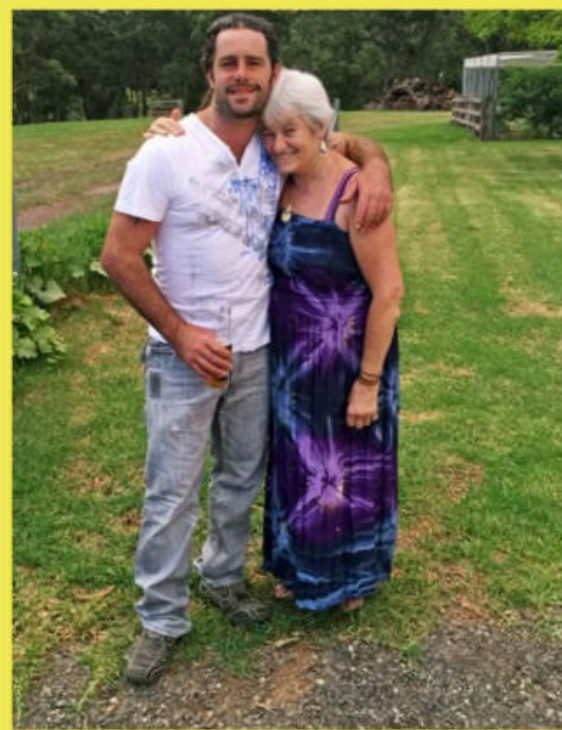
"Looking back now, I guess I just panicked. That hour that I used to hose could have been used to get precious things from my home."

Those precious things include irreplaceable family heirlooms and two generations of photos.

She found herself in a queue of cars alongside other fleeing residents, with the smoke so thick at one stage that she couldn't see the car in



Above: Patty feels she's lost Keith all over again. Right: Khandallah Pool in Wellington, where Keith once worked. Below right: Patty's son Jesse says the destruction is just beginning to sink in.



front of her. "Both sides of the highway were burning, that was the scariest bit. I remember thinking, 'Goodbye, home,' and that I might not be able to come back."

Jesse (37) broke the news that the home had been razed. "He was so upset," says Patty through tears. "You see footage on TV and you see photographs, but to see it physically is absolutely devastating and something I think only those who have lived the experience themselves can understand. It is ground zero."

Patty, originally from Otaki, is now staying with Jesse and his wife Tammy and daughter Shye Aroha (7), and she is all too aware that it will take time to rebuild their lives.

"Just the smell of smoke sets me off now, puts me on edge. There are reminders every day of what has happened."

Says Jesse, an arborist who is clearing trees to make the roads safe, "I'm standing on a road right now. It's completely and utterly burnt out. There are still stumps smouldering, so in a sense there is still active fire."

He too is near to tears, and emotionally and physically distraught. "No-one saw this

Far left: Patty only had time to save one or two treasured photos from her home. Left: Shye Aroha is a bright light in her grandmother's shattered life.



coming, no-one. The whole east coast of Australia is basically on fire. It is enormous. It's just starting to hit home now.

"When it's all happening, you don't have time to think, but now you've got time to reflect and it's very difficult to come to terms with."

Friends from his high school years have set up a Givealittle page to help the family, which has raised more than \$16,000 so far. "Everybody's been so generous," says Patty, "and we've had amazing support from our friends back home in Aotearoa. I cry every time I think about it. It means a lot."

Julie Jacobson

Denise believes in building up families and communities to strengthen mental health.



PSYCHOLOGIST DENISE KINGI-'ULU'AVE HEADS UP LE VA, A PASIFIKA WELLBEING ORGANISATION

"**A**sking a person how they are feeling can be difficult. We're fearful that if we see the warning signs we won't know what to do. But so too can be responding honestly and saying, 'Yes, I am thinking about taking my life.'

If we can get the message out there that everybody gets distressed, that it's okay to be not okay, if we educate our communities on how to identify the warning signs, then I think we can make a significant difference.

I've worked on a daily basis with people who were either suicidal, had made an attempt, or were thinking about suicide, so I have worked with quite a diverse range of people in distress.

People often say the most important thing for them was someone listening, someone who gave them options to ease their pain, somebody

presenting them with alternatives, taking the time to really listen, and giving them hope.

I was born and bred in Rotorua. My dad Sio came to New Zealand from Kolofo'ou, Nuku'alofa, in Tonga, when he was in his late teens, for work. He was a painter and paper-hanger for Keith Hay Homes. We were one of very few Pasifika families in Rotorua at the time and I recall feeling extremely anxious during the Dawn Raids period when many Pasifika families were being targeted by police. Fortunately, our family was not affected.

Dad really wanted us to succeed in New Zealand, so we were never taught to speak Tongan. Looking back on it, it was disappointing but it was the same in many Māori families of that era too. To get ahead you learned the Pākehā way!

My mum was from Oamaru,

so she sort of helped navigate us through the different cultural attitudes of the day.

My husband Tanira is Māori and we have ensured our three children [now aged between 25 and 35] have a strong sense of identity. They all attended kōhanga reo when they were little.

I went to Western Heights High School. There were quite a few All Blacks at the school at the time. Buck Shelford is a really good friend – we were neighbours.

I left school at 16 and got work as a bank teller. Back then you could pretty much walk into any job, although according to my father being 'successful' meant being a lawyer, doctor or accountant.

I've always been interested in people and I've always been sporty. I was into marching when I was very young. I saw them practising at primary school one day, so

I just went along and joined in!

I played touch for New Zealand and soccer at rep level so although I only really got into psychology once the kids were at school, the psychology of sport – why one day the team could perform really well and the next game was not so good – sparked my interest.

I gained a postgraduate diploma in clinical psychology from Massey University, then worked in prisons for my internship before we moved to Canberra, where Tanira was completing his PhD in agricultural economics and development.

I worked in child and adolescent mental health services there for three years, then when we returned to New Zealand I became involved with adult and Māori community mental health services.

Historically, a lot of funding has gone into the secondary services – the patient in-units, crisis management, those with severe mental illness. But by building up confidence in our families and communities, if we can identify problems

CREA 'It's ok to be n

and provide the support early enough, then considerably fewer people will need to be referred on to secondary services.

Of course there are fears and barriers experienced on both sides. At Le Va, we are working directly with the community and looking at more of an early intervention/prevention perspective. It is really rewarding.

In my previous role at Le Va, as senior manager, I had clinical oversight of all of our programmes and led the design and development of our two Ministry of Health-funded national suicide prevention programmes – FLO Pasifika for Life and more recently the LifeKeepers suicide prevention training programme, which I'm doing my PHD on.

I'm also the "Dee" behind Aunty Dee, an online tool that helps young people cope with stressful life experiences by providing them with a step-by-step structured approach to problem solving.

Creating hope that life can get better is so important."

As told to Julie Jacobson

How
I live...

TING HOPE

ay ot okay'

Quick-fire:

What's in your handbag right now?

Far too much unnecessary crap!

When and where are you happiest?

Hanging out with my family or at home in Maketu.

One thing the world needs more of?

Less of a judgmental and blaming culture, and more compassion for one another.



GET IT ALL ON DEMAND

NEON is a subscription streaming service with an all-inclusive package for \$13.95 per month, offering hundreds of hours of viewing – from critically acclaimed TV shows to blockbuster movies and highly anticipated premieres. It's also the only place where Kiwis can legally stream hit HBO shows. Watch on your smartphone and tablet, or with select Panasonic and Samsung Smart TVs and Sony Android TV. Also available on Chromecast, PS4 and Vodafone TV. Visit neontv.co.nz to find out more.

NEEDS and WANTS

Check out what's
hot this week



A TRUSTY COMPANION

The Vodafone Smart V10 is a feature-packed bargain. The sleek metallic casing houses an impressive 13MP+5MP dual lens rear camera, plus and an 8MP selfie camera. The hefty 3400mAh battery makes sure you'll have enough juice to last the day, and the excellent 5.9" HD+ display with a teardrop notch wouldn't look out of place on a phone twice the price of the Smart V10. RRP \$249*.

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LIFESTYLE *weekly*

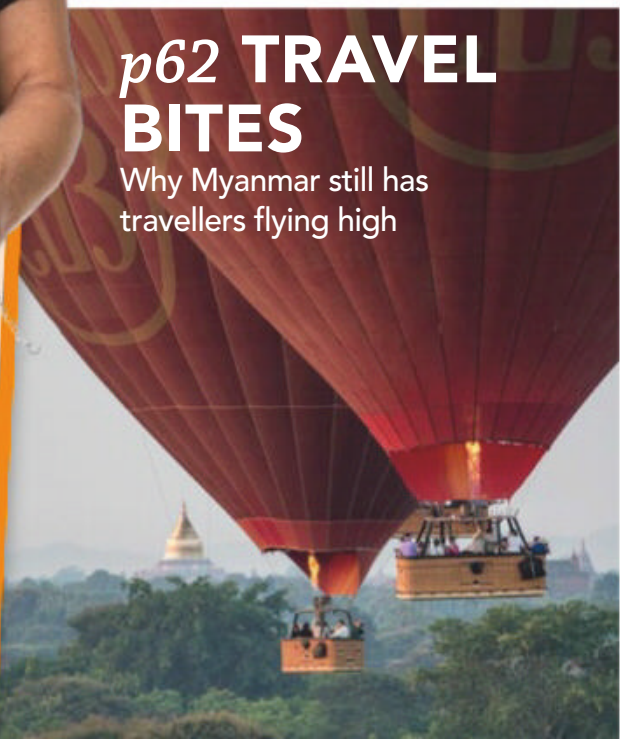
PRACTICAL TRENDS &
TIPS FOR LIVING WELL

Nici Wickes'
GLUTEN FREE
special



p62 TRAVEL BITES

Why Myanmar still has
travellers flying high



p56 GARDEN

Lee Ann Bramwell has
the lowdown on large
tree varieties



p42 FASHION

Outfits featuring
animal prints to
go wild for



I've adapted some of my favourite recipes to be 100% gluten-free and you'll be amazed how delicious they are!

Plus, I'm sharing my easy risotto recipe – one of my fave go-to gluten-free meals – and Mum shows me how to get loads of greens into my diet with a big green, cheesy torte.

No gluten, same taste!

Nici Wickes
FOOD EDITOR

Send your foodie thoughts
and questions to Nici:
nwickses@bauermedia.co.nz

BREAK FREE *from gluten*

A NEW TAKE
ON FAMILY
FAVOURITES



Crumbed fish (or chicken)

SERVES 2-3

It's hard to resist freshly crumbed and fried fish, chicken or schnitzel, but what if you're keen to avoid using bread-crumbs? Polenta can be gritty and rice flour sandy, but this nut crumb is just right!

300g fresh fish – I used gurnard
¼ cup gluten-free flour
Zest from 1 lemon
½ tsp sea salt
1 egg, lightly whisked

GLUTEN-FREE CRUMB

¼ cup macadamia nuts
¼ cup almonds
¼ cup shelled pistachios
Small handful of parsley
2 heaped tbsp tapioca flour
1 tsp sea salt and a decent grind of black pepper

1 Pulse the crumb ingredients together in a food processor until you have a relatively fine crumb. Don't process it too much, you don't want nut butter!

2 Cut each fish fillet into about 3-4 pieces.

3 Set up 3 plates/bowls. In one, put the gluten-free flour, zest and salt. The next, egg. Finally, one with the nut crumbs. Dredge the fish pieces through the flour, shaking any excess off, then into the egg, then the crumb.

4 Heat oil in a pan and fry the fish until golden brown.

5 Serve with lemon wedges and your favourite tomato sauce.

Nici's note...

• Make a larger batch of this crumb mix and keep it frozen for when you next need 'bread-crumbs'. It fries and bakes to a lovely crisp coating or topping.

Pork 'n' fennel sausage rolls

MAKES 12-16

These gluten-free sausage rolls are easier to make than the original which uses pastry and, dare I say it, I prefer them!

3 quality gluten-free sausages

200g pork mince

½ cup fresh gluten-free breadcrumbs

2 tbsp milk

Small handful coriander or parsley, finely chopped

1 tsp salt

2 tsp fennel seeds

¼ tsp chilli flakes

3-4 gluten-free tortilla or wraps – I used Old El Paso gluten-free tortillas

1 small egg, lightly beaten

Olive oil, for brushing

Sesame seeds, for sprinkling

1 Heat oven to 180°C fan bake.

Line a tray with baking paper.

2 Squeeze the sausage meat

from its casing into a bowl. Mix in mince, breadcrumbs, milk, coriander, salt, fennel seeds and chilli flakes together until well combined.

3 Warm the tortillas just before assembling to prevent them from cracking. I do this in a dry pan.

4 Roll and shape the sausage filling into 3 logs and position to fit in the centre of each warmed

tortilla. Roll up tightly, brushing a little egg on its seams to help it seal. Trim the ends of any excess tortilla. Cut each log into 3-4 pieces and place on the tray seam-side down. Brush each with oil and sprinkle with sesame seeds.

5 Bake for 25-30 minutes or until golden and filling is cooked.

6 Serve with tomato sauce, of course!

**Gluten
FREE**

Nici's note...

- I prefer using a mix of sausages and mince as this gives the perfect texture, not too fine and not too coarsely ground.

Seafood risotto

SERVES 2

For two whole years I avoided gluten in an attempt to manage an inflamed joint in my back (it worked!) and in that time risotto was my saviour! It's such an easy meal to whip up and this seafood version is simply divine.

2 tbsp olive oil

1 onion, finely diced

1 tbsp butter (or use more oil if you're dairy-free)

¾ cup Arborio rice

½ cup dry white wine

500ml hot vegetable or chicken stock

Salt and pepper, to season

Lemon juice, to season

1 cup mixed seafood

marinara (from supermarket deli section)

Decent handful of parsley, finely chopped

Wedges of lemon, to serve

Parmesan cheese (optional)

1 Choose a medium heavy-based saucepan. Heat the oil to medium and gently fry diced onion until softened. Add the butter and rice, stirring for 2-3 minutes so the rice gets coated in the butter but doesn't colour. Pour in the wine and allow to simmer for 2 minutes. Reduce the heat to a lazy simmer and start adding the hot stock,

one ladle at a time. Allow it to almost disappear before adding the next. After about 20 minutes test the rice, it ought to be al dente – firm, but not chalky. Adjust the seasoning of salt and pepper and lemon at this stage too. I like my risotto quite sloppy, so at this stage I add a bit more stock if required.

2 Add the seafood and cook for 1 minute more, to ensure it's cooked through.

3 Serve in shallow bowls sprinkled with parsley and lemon wedges. Top with Parmesan if using.

Gluten FREE

Nici's notes...

- To cheese or not with seafood? Italians generally don't add cheese when cooking with seafood, but I'm okay with it – just not too much as it will overtake the seafood flavour.



Mum's tip...

- This torte stores well and is just as nice served completely cold the next day.

Green torte

**Gluten
FREE**

SERVES 8-10

This torte is completely gluten-free and I love it. Mum knows how I struggle to eat my greens but this takes care of that nicely. She has the recipe scribbled on a piece of paper and it makes a marvellous standby for our vegetarian family members too.

6 spring onions, thinly sliced

50g butter

500g frozen peas

150g ricotta cheese

2 tbsp cream

2 tbsp each basil and mint leaves, finely chopped

2 large eggs

2 tbsp gluten-free flour

100g Parmesan, grated

½ tsp sea salt and a decent grind of pepper

A little virgin olive oil

1 Preheat oven to 190°C.

Grease a 23cm springform cake tin and line with baking paper.

2 Gently fry the onions in the butter until soft. Add half of the peas and gently cook for 5 minutes, making sure they are no longer frozen.

3 In your food processor, tip half of the pea mixture in with the ricotta and cream. Blend briefly, then add the basil, mint, eggs

and flour. Transfer to a bowl, add the rest of the peas, half of the Parmesan cheese and season with salt and pepper. Give it a good stir and pour it into the prepared tin. Drizzle a little olive oil on the surface and scatter the remaining cheese on top. Bake for 30-45 minutes or until the top is crispy and brown and pulling away from the sides, an indication it is cooked.

4 Rest for 10 minutes before removing from the tin, then cut into wedges and serve with salad.

Find more of
Nici's recipes at

FOODTOLOVE.CO.NZ

CHERRY

TOMATO RECIPES
THAT ARE RIPE FOR
YOUR TABLE!

picked!



Goat's cheese roulade with cherry tomato salad

SERVES 8

50g butter
1/3 cup plain flour
300ml milk
3/4 cup Parmesan, grated,
plus extra to serve
4 eggs, separated
Pinch of salt
250g soft goat's cheese
2 tbsp chives, snipped
1/4 cup flat-leaf parsley,
finely chopped
Baby spinach, to serve
(optional)
CHERRY TOMATO SALAD
500g cherry tomatoes,
quartered

1 tsp sumac
1/2 tsp dried chilli flakes
2 tbsp olive oil
1 tbsp balsamic vinegar
1 Preheat oven to 190°C
or 170°C fan-bake. Line a 32cm
x 26cm Swiss roll pan with
baking paper. Ensure the paper
extends above the pan rim.
2 Melt the butter in a pan on
a low heat. Add the flour and
cook, stirring, for 1 minute or
until a pale straw colour.
Gradually whisk in the milk.
Cook, stirring, for 5 minutes or
until sauce boils and thickens.
3 Stir in half of the Parmesan

and season. Cool for 2 minutes,
then whisk in the egg yolks
until smooth.

4 Using an electric mixer, beat
the egg whites and a pinch of
salt until firm, but not dry, peaks
form. Gently fold in the cheese
sauce. Pour into your prepared
pan. Bake for 15 minutes or until
risen and just golden.

5 Beat the goat's cheese until
smooth. Fold in the chopped
chives and parsley.

6 Place a sheet of baking paper
larger than the Swiss roll pan
on a work surface. Scatter
over the remaining Parmesan.

Tip the pan containing the
roulade on top of the paper and
peel the baking paper from its
base. Using the fresh paper
underneath as a guide, start
from a long side and roll up
the roulade. Cool completely.

7 Unroll and top with the
goat's cheese mixture. Roll
the roulade up again and
place on a serving platter.

8 To make the cherry tomato
salad, combine all ingredients
in a bowl. Season.

9 Slice roulade and serve with
tomato salad, extra Parmesan
and baby spinach, if using.

WANT TO FRESHEN UP YOUR SUMMER?

We can help with that

Sweet Chilli Chicken, Tomato and Corn Salad

Serves 4

Prep Time 45

Cook Time 20

Dairy Free DF

Gluten Free GF

Ingredients

- 3 chicken breasts
- ½ cup olive oil
- ⅓ cup sweet chilli sauce
- 2 cloves garlic, crushed
- 4 corn cobs, husk and silk removed
- 2 Tbsp lemon or lime juice
- 1 spring onion, finely chopped
- 2 cos lettuce, leaves separated
- 2 avocados, cut into wedges
- 400g cherry tomatoes, halved
- ⅓ cup coriander leaves

Method

- 1 Place chicken breasts in a large bowl. In a small bowl, whisk together 2 tablespoons of the oil, half of the chilli sauce and half of the garlic. Pour the mix over the chicken and coat well. Cover bowl and refrigerate for 30 minutes to marinate.
- 2 Heat a BBQ plate or char-grill pan on medium-high. Brush corn with 1 tablespoon of oil and grill, turning several times, for 8-10 minutes, until browned and tender. Transfer to a chopping board and cut into 2cm thick slices.
- 3 Grill chicken for 5 minutes on each side, until browned and cooked through. Transfer to a plate. Cover with foil and rest for 5 minutes, then cut into slices.
- 4 In a small bowl, whisk remaining oil, sweet chilli sauce, garlic and lemon or lime juice. Stir in spring onion and 1 tablespoon of water.
- 5 On a platter, arrange lettuce leaves, avocado, corn, chicken and tomatoes. Drizzle with dressing and sprinkle with coriander to serve.

PER SERVE

- Energy 3519KJ • Protein 39g • Total Fat 57g
- Saturated Fat 10g • Carbohydrates 37g
- Sugars 27g • Sodium 446mg



Dietary and nutritional info supplied by NZ Nutrition Foundation

Want a delicious and healthy way to make the most of this season's juicy tomatoes? This beautiful Sweet Chilli Chicken, Tomato and Corn salad will do just that.

GROWER FRESH

For this recipe and more fresh ideas, visit countdown.co.nz/foodhub

countdown

Tip...

- For the best results, dress the salad just before serving.



Mixed tomato & bocconcini salad with olive dressing

SERVES 12

3 x 400g punnets tomato medley mix

1 red onion, halved and thinly sliced

1 cup basil leaves

220g baby bocconcini cheese

OLIVE DRESSING

1¼ cups pitted Kalamata olives, drained

4 anchovy fillets

2 tbsp baby capers, drained

1 garlic clove, crushed

2 tbsp lemon juice

⅓ cup extra virgin olive oil

1 To make the dressing, place the olives, anchovies, capers, garlic and lemon juice in a food processor, blending for 30 seconds or until combined. With

the motor running, slowly pour in the oil until combined. Tip into an airtight container and refrigerate until required.

2 Cut tomatoes in half. Place in a large bowl with the onion, basil and bocconcini. Toss.

3 To serve, arrange the salad on a platter and drizzle with the olive dressing.

FOODTOLOVE.CO.NZ

Recipes and ideas from New Zealand's favourite magazines



PARTNERED WITH

countdown



Kitchen CALENDAR

Handy
hints and
gourmet
goodies

Summer fruit is ripe for the picking, but Kiwis will have to be in quick – there's only a 12-week window before these beauties will disappear for another year!

Fresh produce contains powerful nutrients and antioxidants, which can help boost vitality and motivation, lower stress levels, improve general wellbeing and enhance your immunity.

For more delicious recipe ideas, check out 5 + a Day's social accounts – @5adaynz or 5aday.co.nz.

We've included two of our favourite dishes below for you to try.

HEIRLOOM

TOMATO SALAD

SERVES 3-4

PREPARATION 10 minutes

6 heirloom tomatoes, sliced

½ cup feta, crumbled

¼ cup fresh mint, chopped

DRESSING

3 tbsp balsamic vinegar

3 tbsp olive oil

Pinch of salt and freshly ground pepper

1 Arrange the tomatoes on a large plate or bowl. Sprinkle over the feta and mint.

2 Add all the dressing ingredients to a small bowl and whisk. Drizzle over the salad just before serving.



PLUM TART

SERVES 6

PREPARATION

10 minutes

COOKING 20 minutes

5 filo pastry sheets

4 tbsp butter, melted

6 plums, stones removed, sliced

¼ tsp cinnamon

3 tbsp brown sugar or coconut sugar

2 tbsp honey

Plain yoghurt, to serve

1 Preheat oven to 180°C fan bake. Line an oven tray with baking paper.

2 Place 1 filo sheet on the lined oven tray. Lightly brush filo sheet with butter, then top with another filo sheet. Repeat layers with the remaining filo sheets and butter.

3 Arrange the plum slices in the centre of the filo pastry, leaving a 5cm border. Sprinkle with cinnamon, brown sugar and drizzle with honey. Fold up edges of filo pastry.

4 Place in the oven and bake for 20 minutes or until golden. Serve warm with a spoonful of yoghurt.



CHINESE NEW YEAR OFFER

Celebrating its Chinese heritage with an Uber Eats-exclusive offer, now you can experience modern Malaysian restaurant Madam Woo from the convenience of your own home!

From now to February 4, every Madam Woo order placed via the Uber Eats app

will include a lucky red envelope containing a mystery offer redeemable at Madam Woo restaurants. Prizes vary from 20% off your next dine-in experience to a dinner-for-six including drinks on arrival.

Available in Auckland, Christchurch, Hamilton and Queenstown.

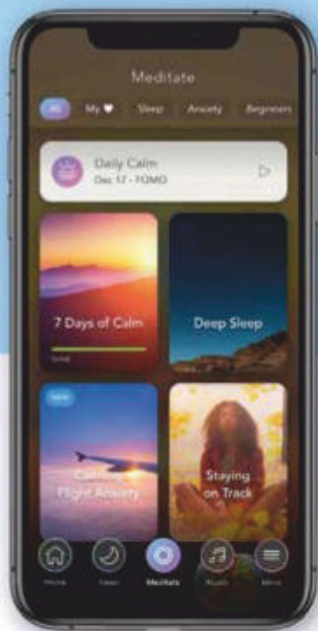
Take some TIME OUT

GIVE YOURSELF FIVE MINUTES OF
MINDFUL ME-TIME EVERY DAY

1

MEDITATE

Start your morning with a mini-meditation and you'll feel calm and in control for the rest of the day. Not sure how to get in the zone? There are plenty of apps available to help you get started.



2

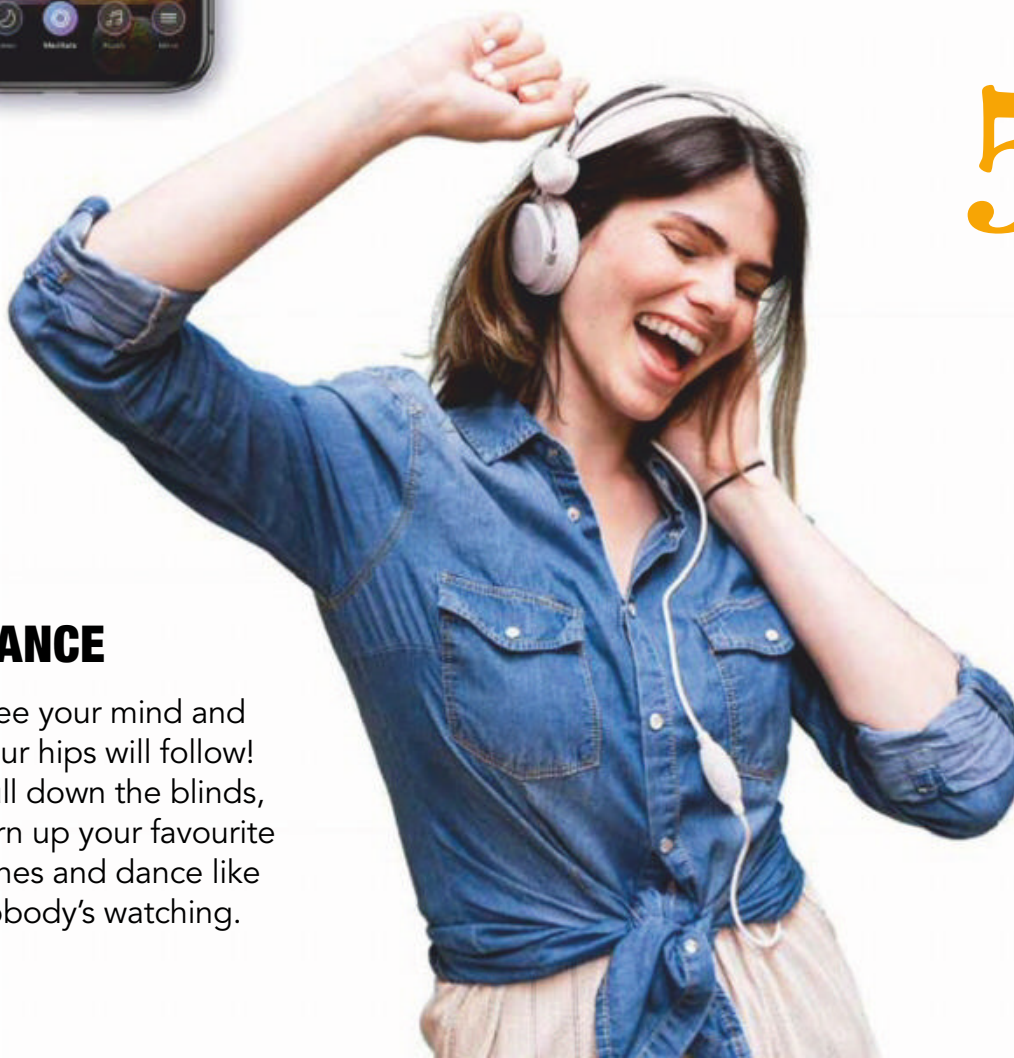
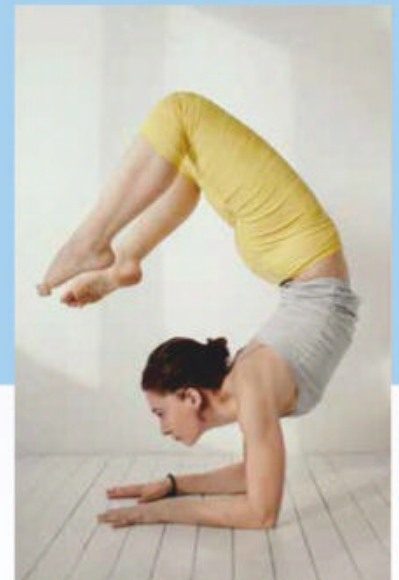
LIGHT A CANDLE

Candlelight has a soothing effect on the soul, and coupled with a delicious scent it creates a moment of sensory delight – an essential element of any self-care routine.

3

EXERCISE

Pamper your body by giving it what it craves – exercise and movement. Fit in five minutes of pilates or yoga stretches and you'll feel energised.



4

DANCE

Free your mind and your hips will follow! Pull down the blinds, turn up your favourite tunes and dance like nobody's watching.

5

TREAT YOURSELF

We're betting the five minutes you spend savouring the tangy sweet yumminess of a Fibre One™ Lemon Drizzle Square will be the highlight of your day. Go on, you know you want to! Discover a world of deliciousness at fibreone.co.nz





Bring some safari style to the city this summer season. Soft earthy tones, crisp whites and subtle animal prints are where it's at.

Tally-ho!

Leigh Matheson
STYLE DIRECTOR

You CAN wear...

Safari

GO WILD FOR THESE ANIMAL PRINTS



Feline frisky

- These separates from Portmans are purr-fectly coordinated and include a structured blazer and belted short.
- They are styled here with a simple white top from Max and a collection of bold, black accessories, keeping the ensemble sleek and stylish.

JACKET \$139.99 and SHORTS \$89.99 both from PORTMANS. TOP \$89.99 from MAX. NECKLACE \$16.99 from COLETTE BY COLETTE HAYMAN. BAG \$54.90 from SEED HERITAGE. SARA SHOES \$119.99 from EZIBUY.

CHIC

Slinky style

- It's a trend that's enduring into 2020, so try these snake-print coordinates from Farmers. Made from a slinky satin, these pieces work equally well apart as styled together here.
- Pump up the volume with soft gold accessories for a sophisticated outfit.

VERO MODA TOP \$49.99 and VERO MODA SKIRT \$69.99 both from FARMERS. BAG \$27.99 from COLETTE BY COLETTE HAYMAN. SHOES \$69.99 from NUMBER ONE SHOES.



Lovely linen

● It's impossible to venture into urban safari style without touching on linen. This swing dress from EziBuy is a super-flattering cut. Define your waist with its fabric belt and make the most of its functional pockets!

● Pair it, as here, with tan accessories for the perfect head-to-toe look.

GRACE HILL DRESS \$129.99 from EZIBUY. SHOES \$79.99 from NUMBER ONE SHOES.

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All languages
Brand new content
One site



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We have everything for all of your needs. Just open <https://avxlive.icu>

Culotte cool

- Witchery's aptly named urban culottes are the perfect partner for this giraffe-print top from Simply You's collection with EziBuy.
- For a point of difference, have fun with your accessories and give this plait belt from Glassons and these funky loafers from Number One Shoes a try.

SIMPLY YOU TOP \$149.99 from EZIBUY. CULOTTES \$149.90 from WITCHERY. BELT \$16.99 from GLASSONS. CUFF \$16.99 from COLETTE BY COLETTE HAYMAN. SHOES \$69.99 from NUMBER ONE SHOES.

Cream of the crop

- This cropped jacket from Max in a khaki hue provides ideal arm coverage while not over-heating you this summer.
- It's paired here with this tiered, white dress from Glassons and some fun leopard-print accessories, including bow-slide espadrilles from Number One Shoes.

JACKET \$149.99 from MAX. DRESS \$59.99 from GLASSONS. WHISTLE BAG \$59.99 from FARMERS. SLIDES \$39.99 from NUMBER ONE SHOES.



Like laugh lines, grey hairs are a symbol of a life well lived. Going natural is a positive move, however, that doesn't mean you make the decision to do so lightly.

Grey hair, don't care!

Tracy Davis
BEAUTY EDITOR

Grey MATTER



Toni & Guy Purple
Shampoo, \$18

HAIR WE GO! TIPS TO MAKE GOING NATURAL EASY

Going grey is commonly explained as a loss of pigment in the hair shaft. As your follicles stop producing melanin, your hair pigment fades and you go grey.

While the greying process is rather simple, accepting what's happening is not.

Yes, at the initial stage you will get that harsh regrowth root line, and this can be the most challenging part. Regrowth is especially noticeable with darker hair because of the contrast – blonde is more forgiving.

To help you through the growing-out phase, consider tweaking your haircare routine. Try root cover-ups. They come in pens, sprays, gels and powders, and are non-permanent options that wash out easily.

Hair stylist Anthony Nader recommends using a fine-tooth comb after applying a cover-up, gliding the teeth from the roots up to an inch from

the scalp to better camouflage.

Playing around with highlights or lowlights also helps the transition. "Growing out your existing colour can be smooth sailing, provided you still have splashes of colour sporadically placed from the roots to your ends so the demarcation line isn't as obvious," says Anthony.

He also recommends that they be in a shade matching your existing colour. This helps to avoid a two-tone look.

It's important to remember the growing-out process won't happen overnight.

"If you want your grey hair to look as seamless as possible, give yourself a 12-month period for your new, natural hair to grow in," advises Alexander Fuchs, global education manager at La Biosthétique.

"Once you have achieved your desired grey, give your hair a decent cut to expose more of your natural grey."



CARING FOR YOUR GREY

Grey hair is often finer and drier, so in order to keep your new locks looking shiny and well-maintained, you need to alter your haircare products.

Anthony recommends swapping in a blue or purple-tinted shampoo or conditioner to help neutralise hair colour.

"Purple or blue shampoos inject that silver or mauve pigment to make your grey strands appear brighter and wash away any gold or brassy overtones you may have from the sun," he explains.

But don't go overboard. Overuse of a purple-tinted shampoo can make greys look dark and muddy, so it's best to limit use to once a week.

Your go-to shampoo should

be a formula full of antioxidants to prevent your hair from drying out. "Formulas that contain hydrolysed wheat protein hydrate and strengthen hair.

Other ingredients such as nourishing avocado or olive oil can also be very effective."

As grey hair lacks melanin, it's more susceptible to sun damage. So just like your skin, you need to protect grey hair from the sun. A simple way to do this is by using a UV-protectant spray.

Finally, incorporating a scalp or hair mask into your routine is a great way to lock in moisture and condition your tresses.

They should be used on a weekly basis to start with and then twice a month.

TEXT: STEFANI ZUPANOSKA & TRACY DAVIS



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Your ageless beauty guide to...

SILICONE

LEARN ALL ABOUT THIS SKINCARE INGREDIENT THAT DOES MORE THAN JUST PUT THE 'S' INTO SILKY

WHAT ACTUALLY IS SILICONE?

"Silicones are human-made ingredients derived from silica," explains Caroline Parker, educator for Dermalogica. "Silicone is not one ingredient – it's the name of the group of compounds, and within that group there are different types of silicones such as dimethicones, which were some of the original forms, and cyclomethicones, which are more recent types."

WHAT IS ITS PURPOSE IN SKINCARE AND MAKE-UP?

Silicones provide a wide variety of skin benefits. "They're great for strengthening the barrier function of the skin and for

protecting a sensitive or delicate skin – they keep water in but still feel very light," tells Caroline. "They have a distinctive silky feel and texture, which reduces friction when you are applying products. Cyclomethicones are also used to deliver other ingredients. Once they've done that, they form a protective layer on the skin's surface. Beyond this, silicones give a flawless finish, and can blur and minimise the appearance of pores."

WHY DOES IT HAVE A BAD REPUTATION FOR CLOGGING PORES?

"It's unfortunate that silicones have this reputation as they are non-comedogenic, so won't

block your pores – they just sit on the skin surface. As they are so versatile, it could be that someone just has the wrong formula for their skin. For example, the silicones in the product might be delivery vehicles for oils which might be too heavy for the skin," says Caroline.

IS THERE ANY SKIN TYPE THAT SHOULD AVOID IT?

Caroline says no. "Because silicones have so many varied skin benefits, there isn't a skin type that should avoid them, but I do recommend you get professional advice around the best product for you."



TRY IT IN...

You'll find versions of silicone in make-up, skincare and haircare such as these favourites...

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Make your own sour cream, smarten up your saucepans with a cleaning paste, and throw together a really good compost.

Go well!

Wendy Nissen
OUR GREEN GODDESS

Plum season is upon us, so make the most of cheap plums at the supermarket – or if you're lucky a tree laden with fresh fruit – to make this jam. I found it in Tui Flower's New Zealand Woman's Weekly Favourite Recipes. It's a favourite of mine and never fails to impress.

1kg plums
1 cup brown sugar
2 cups white vinegar
1 head garlic
2 tbsp ground ginger
2 tbsp salt

1 tbsp ground pepper
500g sultanas or raisins

De-stone the plums and put them into your preserving pan with the sugar and vinegar. Simmer until the plums are soft, about 45 minutes. Peel and chop the garlic. Add the garlic, ginger, salt, pepper and sultanas or raisins to the pan. Cook slowly, stirring occasionally until the mixture is jam-thick. This will take about 2½ hours. Bottle as for jam in hot, dry jars. Seal when cold. Makes four 400g jars.

BAKING SODA FUNGUS SPRAY

DISSOLVE A TEASPOON OF BAKING SODA IN ONE LITRE OF WARM WATER. ADD A TEASPOON OF DISHWASHING LIQUID. SPRAY INFECTED PLANTS THOROUGHLY, MAKING SURE YOU COVER THE UNDERSIDE OF THE LEAVES.

PLUM *position*

IT WOULDN'T BE
SUMMER WITHOUT JAM
SIMMERING ON THE STOVE

Nana's
RETRO
RECIPES



DID YOU KNOW?

All you need to get rid of stains is a bit of lemon juice, salt and sunshine. Squeeze lemon juice onto the stain and rub in some salt. Place your item on grass in direct sunlight for as long as you can, then wash as normal. Your stain should have gone. If not, repeat until it does.



CLEANING PASTE

I haven't given this recipe out for a while, but I recently made up a batch to shine up some old saucepans I had bought off Trade Me. They are cast iron with a white enamel finish and this paste works so well to scrub off baked-on food. I recommend it also for baths and basins.

1 cup baking soda
1 tsp cream of tartar

10ml liquid castile soap (or dishwashing liquid if you don't mind a less green option)
30ml water

In a bowl, mix the baking soda and cream of tartar. In a jug, mix the liquid castile soap and water. Slowly pour into the powders and mix to a paste with a fork. Add more water if you need to. Store in an airtight container.



TRY THIS

If you have an aloe vera plant, you have a handy ingredient for insect repellent. Fill a jar with chopped aloe vera leaves, pour in vodka and allow to steep for a few days. Add lavender essential oil, pour through a sieve and use in a spray bottle.



IN THE GARDEN

This year I'm really concentrating on getting my compost heap working well. Usually I just throw everything in and, in the spring, when I need beautiful, loamy, rich, dark compost, I wonder why it just doesn't cut it. To make a proper compost you need to layer it, so I've started with green and brown vegetation and kitchen scraps as the first layer. Then I've thrown in a layer of cow pats and seaweed from the beach and, to top it off, a layer of topsoil from the garden. I'm going to turn it every month to ensure it gets plenty of air, and continue layering through winter. Come spring I'm determined to give my seedlings a great start with the world's richest compost!



READER LETTER OF THE WEEK

*Dear Wendy,
While I was on holiday recently I needed some sour cream but couldn't find any in the very small shop down the road from our holiday caravan. We did without, but one of my daughters said she thought you had once run a recipe for making sour cream and I wondered if you could print it so that I can keep it at the caravan.*

Valerie
Hi Valerie,
To make sour cream you

need buttermilk, but fortunately it's really easy to make, so here goes. First make your buttermilk by adding 1 tbsp of lemon juice or vinegar to 1 cup of good-quality milk (blue top). Let it sit for 10 minutes. Then add 3 tbsp of the buttermilk to 1 cup of cream and let it sit for a day or two. There you have it!

This summer I found I had plenty of sour cream but no cream to add to my bacon and egg pie so I used sour cream instead. Magic!

Do you have a question or a tip for Wendy? Email her at nzwww@bauermedia.co.nz with the subject line "Wendy".

HOW TO BOUNCE BACK FROM A BAD SALT HABIT

Does your partner pass the salt before you even ask? Maybe you keep a grinder on hand at work to pep up your lunch? Or store sachets of soy sauce in your handbag, just in case. Either way, you could be among the majority of Kiwis who are exceeding the national dietary guidelines for safe salt consumption.

"Most people are unaware they're eating too much salt," says dietitian Sonya Stanley.

"Seventy-five percent of our salt intake comes just from foods that we eat, before we've even added table salt."

Shocking isn't it? Find out just how much salt you're eating and whether it could be affecting your health.

WHAT IS SALT?

"Salt is made up of sodium and chloride, but sodium is the part that's bad for your health," Sonya explains, as too much increases the risk of high blood pressure.

"High sodium levels in the blood draw in water and that increases pressure in the blood vessels," she continues. "The heart then has to work harder to pump blood around the body."

At the same time, excess sodium can also lead to a hardening of the arteries, further compromising your cardiovascular system.

While heart disease is the biggest risk for salt lovers, it's not the only one. "Research links a high-salt intake with other conditions such as stomach cancer, increased risk of stroke, kidney disease and osteoporosis," she says.

WHO'S AT RISK?

High salt diets can be especially problematic as you age.

"People tend to get more sensitive to the blood pressure-raising effects of salt after 50," Sonya says. "It could be that genetic factors contribute to an increase in your blood pressure

but what you eat plays a major role, especially for anyone with diabetes or kidney disease."

The link between salt and osteoporosis also escalates after menopause. "It's important for older women to avoid a high-salt intake because when your kidneys excrete salt, you also lose calcium."

Too much salt can also be dangerous for children. "It can lead to an increased lifetime risk of high blood pressure, so avoid putting salt on the table or using it when you're cooking for grandchildren," Sonya advises.

HOW MUCH IS TOO MUCH?

"Most people can't tell if they're eating too much salt," Sonya says. "The recommendation is no more than 2300mg of sodium a day, which is the amount you'd find in one teaspoon of table salt."

It pays to remember that this is the allowance for your total sodium intake, which includes sodium in foods.

If you regularly add salt to your meals at the table – from a shaker, grinder or a sprinkle of fancy flakes – chances are you're getting too much.

"From a nutritional point of view, it doesn't matter about the texture or colour, all salt is salt; it contains sodium, which we know is associated with high blood pressure," she says.

"The only exception is if a doctor has recommended someone use a salt substitute that contains potassium chloride and doesn't have that blood-pressure raising effect."

To find out if you're overdoing it, ask your GP for a urine test or discuss what you eat with a dietitian. "They can go through your diet meal by meal and calculate how much salt you're eating."

BEWARE OF HIDDEN SALT

While taking the shaker off the table is the first step, that still leaves the problem of salt in processed food. Salt is listed as sodium in the nutritional table and everyday foods commonly containing high quantities include biscuits, spreads, sauces, stock, soups,

ready-to-eat pasta, curry mixes and dehydrated flavourings.

"Many tinned products are high in sodium because salt is used as a preservative," Sonya says. "But one of the more surprising things is that everyday processed foods such as breads and cereals can be very high in salt."

Processed meats such as ham, bacon and salami are high in sodium, and cheese can be too. "Soft or white cheeses are okay, but processed blocks of cheese or cheese slices tend to be very salty."

When shopping, choose low or reduced-salt versions if possible. Foods with 120mg of sodium or less per 100g are a better choice.

CUTTING DOWN

Usually, it only takes a few weeks to adjust to using less salt. That's why it's best to cut down gradually.

"Start by always tasting your food before adding salt at the dinner table, and only use a very small amount until you've stopped adding any salt at all," Sonya advises.

"Instead, think about what other flavours you can add to foods to make them taste good – pepper is fine, as are herbs, spices, garlic, lemon juice and chilli. Plus, they don't have an effect on blood pressure."

Restaurant and takeaway foods are trickier. "The most obvious culprit is fries, but anything that has a salty sauce, such as curry, or is crumbed or deep-fried is a culprit too. Even a pizza is high in salt," Sonya says.

Ask for your meat and fish to be grilled without seasoning and order sauces or salad dressings on the side.

ou



FIVE COMMON FOODS HIGH IN HIDDEN SALT

Think you don't eat a lot of salt? You might be surprised by the levels in these everyday snacks...

BREAD



1 SLICE WHITE BREAD (35G) = 159MG SODIUM

CEREAL



1 CUP CORNFLAKES (30G) = 165MG SODIUM

RICE CRACKERS



15 FLAVOURED CRACKERS (25.5G)
= 270MG SODIUM

CHEESE



1 THICK PIECE CHEDDAR (30G)
= 206MG SODIUM

HAM



3 THIN SLICES (30G) = 350MG SODIUM

TOF season

Solo sleeping

CAN IT WORK FOR YOUR RELATIONSHIP?

Are you considering a sleeping separation? Whether it's snoring, insomnia or tossing and turning that's getting you down, studies show that sleeping in separate beds can improve the quality of your sleep while rekindling romance in your relationship.

While you may think sleeping apart means your relationship is headed for disaster, that is not always the case.

"I think we are starting to move away from the assumption that couples who sleep in separate beds are on the verge of a break-up," says relationship therapist Amanda Joy Robb.

For many couples, it has significant benefits.

TALK IT OUT

"Deciding to sleep apart needs to be a change both partners agree on," Amanda says.

"If it's one-sided, the other partner may feel rejected and be left questioning why their partner doesn't want to sleep by their side."

Whether it's a temporary or more long-term option, it's important both partners are happy with the change.

"If a partner is starting to feel like sleeping separately is becoming a negative factor, agree to re-evaluate the decision," Amanda advises.

ENJOY BETTER HEALTH

If you're doing it for the right reasons, separate beds can be great for your health.

In most cases, couples choose to go it alone because of disruptive behaviours such as snoring, restless legs or opposing schedules. It could also be prompted by serious illness or injury, so an alternative arrangement may improve the quality of sleep for everyone.

Studies suggest that losing sleep due to a partner's long-term health problem – such as sleep apnoea – can increase your risk of developing an illness such as cardiovascular disease, obesity and/or diabetes.

"It's for those kinds of practical and physical reasons that it's just simply easier to get a better night's sleep if you're sleeping in separate beds," says psychologist Dr Joann Lukins.

PLAN FOR PILLOW TALK

Sometimes sleeping in the same bed is the only quality time extremely busy couples get to spend together.

"If the interpersonal and social contact drops away, it can be easy to slip from being a couple to being more like flatmates," says Joan.

But with a little bit of planning you can still sleep separately and maintain quality time.

Lock in one-on-one time with your partner so you can both still enjoy the good stuff, such as cuddling and pillow talk, and develop a regular routine so you can maintain closeness without sacrificing proper, restful sleep.

AVOID THE PITFALLS

Sleeping separately only works if the focus for both of you is to improve your quality of sleep.

"If a couple is able to maintain other things in their relationship, such as intimacy – which is often something linked to the bedroom – it can be an arrangement that works really well for couples," says Joan.

However, if couples just don't want to sleep together, they should consider addressing the cause of the problem. If it's medical, talk to your GP. If it's environmental, consider a customised mattress, or having two single beds in one room.

MAINTAIN THE PASSION

"The most important thing for couples to remember is that

choosing to sleep separately does not have to impact your sex life," says Joan, who warns, "Couples who routinely engage in sexual activity at night or in the morning might need to renegotiate to ensure the intimacy doesn't get sidelined."

If you take steps to keep the romance and passion alive, what starts out as a great idea to get more sleep may stay just that.

SOLITUDE = GRATITUDE

Sleep is the ultimate "me time", so it's no surprise that more and more couples are choosing to sleep in separate beds.

In many cases, it's a practical decision – maybe you like to read late into the night with the light on, while your partner prefers sleeping in the dark with the fan on. Whatever the case may be, if left unresolved, a sleep disturbance or mismatch can end up leading to bigger relationship problems.

This is where other sleeping arrangements offer relief.

Sleeping in the same bed doesn't work for all couples.

Do you have a question for Kevin? Email nzww@bauermedia.co.nz (Subject line: Consumer) or post to: NZWW, Bauer Media, Private Bag 92512, Auckland 1036.

Consumer

Sunscreen may protect you from the summer sun, but what will protect your clothes from your sunscreen brand's formula? Plus, why the NYPD are saying not to abbreviate the year 2020.

Protect yourself!

Kevin Milne
CONSUMER

You've read that the New York Police Department (NYPD) has advised against using the abbreviated year 20 on documents – for example 18/3/20. They say the 20 can easily be changed to another year. Why is that different from any other year? The NYPD warning is quite useful. Once every century, the year is the same number as the century. For example, 1818, 1919, or this year 2020. If you write, for example, 18/3/20, scammers can easily add to it to change the year to 2019, 2021 or any other year this century. The NYPD issued its advice to write out the full year, 2020, to protect you against scammers. I think it might be a good habit to get into early in the year. The other option may be to draw a line immediately after the 20. It would look like 20—, thus making it more difficult for fraudsters to tack on any extra numbers. Some older readers will recall we used to do something similar when writing out an amount on a cheque – so that fraudsters couldn't add to it.

SUMMER spoiler

THE PROBLEM WITH SUNSCREEN FORMULAS

Iwrote last year about the problem of sunscreen ruining clothes. It's probably worth a follow-up now. It seems crazy sunscreen manufacturers can't find a more "clothing-friendly" formula for their products. Most sunscreens contain a substance called avobenzone which, when it comes in contact with iron, creates what is in effect a rust stain. This is

why you often pull your summer clothes out of the wash and find, to your horror, those orange-coloured stains, usually around the neck. This is because the Avobenzone has reacted with the iron in your washing water. The harder the water in your taps, the worse the stain. You'll find plenty of useful advice online on how to try to remove

these difficult stains. Just google, "How to remove sunscreen stains from clothes." Annoyingly, nearly all sunscreen brands contain avobenzone, but ask your pharmacist if they have any without. Your best hope is with the kids' and babies' sunscreen formulas. But don't take risks. Whatever you buy, make sure it'll protect you from burning.



It may be The Partner's fear of plants that grow too tall that has kept me from compiling this short, go-to list of big, flowering trees. But there are gardens that really need one or two or 20 tall trees, and if you can choose varieties that flower, why wouldn't you?

Go big or go home!

Lee Ann Bramwell
GARDEN EDITOR



The colour palette of the jacaranda seems to have been perfectly tuned, with flowers and foliage in absolute harmony.



IF YOU WANT SIZE TO MATTER WITH TREES, TRY THESE VARIETIES

You don't see too many 'some of the best' lists describing large flowering trees. Most of us choose small ones, and shrubs, so we can experience their offerings at close range. But on a big property, or in the country, there's often place for a tall tree with spectacular blooms that you can see from miles away.

Here are a few to consider.

SILKY OAK

We planted a silky oak (aptly named *Grevillea robusta*) three or four years ago and I, guilty once again of not reading the label properly, thought it would be a similar size to my grevillea shrubs. Wrong.

It's now about seven metres tall and my go-to website, terrain.net.nz (which is under-going maintenance right now), has scared the pants off me by suggesting it could reach somewhere between 18 and 35 metres. The Partner may insist on moving house.

I thought I was saved a while ago when I noticed from a distance that there were lots of dead-looking, orangey-brown patches near the top, so I was crossing my fingers that it might

simply expire. Closer inspection revealed the patches were spectacular golden-orange flowers in the shape of bottle brushes. Within a few days it was covered in them and I stopped wishing for its demise.

Unrelated to real oaks, this fast-growing evergreen is native to the east coast of Australia. It has fern-like leaves and produces its flowers in spring and early summer. Bees, tūi and bellbirds love it.

JACARANDA

There are lots of jacarandas near where we live in the Far North and every time I see one in flower I am astonished by the perfection of the mix of colours. Nature got it absolutely right with the combination of vivid lilac/indigo flowers and the perfectly toning deep green, fern-like foliage. Sheer artistry.

Jacaranda mimosifolia is native to south-central South America and can be either semi-evergreen or deciduous, depending on the climate. It's supposed to bloom in late spring or early summer, but in warmer areas it can be random.

It's resistant to pests and diseases and while moderately



If you're worried about an Australian frangipani getting that loopy look, remember you can prune it to shape to encourage denser growth and more sweet-smelling flowers.



drought-tolerant, needs to be watered during very dry periods.

It can grow to 15 metres tall, but there is a dwarf Jacaranda with the same showy flowers and foliage. It's described as an ideal small specimen tree for today's smaller gardens and can be planted in containers. I haven't found it for sale here yet.


MAGNOLIA

If I could only have one flowering tree it might be the magnolia. They always seem to do well, which is not surprising because they've had lots of practise, having been around since before bees. It's theorised

that their flowers evolved to encourage pollination by beetles – to avoid damage from the beetles the carpels of magnolia flowers are extremely tough. Clever things.

They seem to be best friends with bees now though, and when ours is flowering you can't get near it for them. I don't know what variety it is, but I'm seriously hoping it's not a magnolia grandiflora, which can grow to more than 35 metres tall and 12 metres wide.

A popular, more middle-sized model is 'little gem', which grows to 10 metres tall (hardly



Given they've been around as long as bees, magnolias have had plenty of time to perfect their floral displays.

THE BIG *picture*



With fern-like leaves and gold and orange flowers, the silky oak (also above) is a spectacular evergreen.

little, then) and about three metres wide. From there, they range down to multi-stemmed, shrubby trees that grow about four metres up and out.

You can also choose whether you want an evergreen or a deciduous tree. The colour range includes white, cream, pink, purple and yellow. And, believe it or not, you can even have a magnolia hedge, if you like. Magnolia little gem clips very well to form a hedge and this is done quite a lot in Australia.

AUSTRALIAN FRANGIPANI

Speaking of Australia, one of their best-smelling trees has

to be the Australian frangipani *Hymenosporum flavum*. It's an evergreen tree with fragrant flowers that appear in summer, and if you have a few of them in a group the scent is to die for. The tree itself though? Hmm, not so much. It has an open form and a spreading, wide crown with deep green, oval leaves. Translation? Tall and spindly with the main stuff happening up top.

It's a bit of a loner, being the sole species within the genus *Hymenosporum*, but it's closely related to the widespread genus *Pittosporum*. Pittos are native to

New Zealand, so maybe there's some mateship going on here.

If you're not keen on giving garden space to a tall, random-looking tree with a very open structure, you could try knocking it into shape with careful pruning. It grows six metres by three metres, so you have a bit to play with.

Prune it after flowering to promote a bushy habit. If you have an old Aussie frangipani that's gone a bit feral, you can prune back into old wood to reinvigorate it.





Young families need a lot of help, and in these days when both parents often work, childcare can be a huge burden.

How can the generations work together to ensure everyone's needs are met?

School's in!

Jude Dobson
ADVICE

ASK JUDE!

Do you have a problem you'd like Jude to weigh in on? Send your questions to nzww@bauermedia.co.nz with 'Hey Jude' in the subject line, or to Hey Jude, NZWW, Bauer Media, Private Bag 92512, Wellesley Street, Auckland 1141.

IDEAS ABOVE YOUR STATIONERY

I was out buying some folders recently and saw all the back-to-school displays – the exercise books, the pencil cases, the book-covering adhesive...

Oh, the book-covering carry-on – I am so pleased I'm past that. I got pretty good in the end though. It's one thing to wrangle the sticky stuff onto the book; it's quite another to have no bubbles.

These days there are a million and one suggestions online on how to do it well. I've just had a look, and yes, I think I developed the best technique in the end.

Hot tip – cover the back first, so you get your best (more practised) work on the front. At last resort, pop

any bubbles with a needle and smooth with a ruler.

I remember a couple of years there when the arty firstborn added an extra element of complexity as she wanted to create collages and images first, which then had to go on a plain background, with the clear seal over top. The pressure was on at that point for me, I have to say!

Now, the only school-aged offspring in our house is our Year 12, who self-sorts anything she needs.

While I don't miss the book covering days, it was lovely to see the kids in the shops with their parents, sorting out their needs.

If that's on your to-do list, good luck!

Learning curve

READER LETTER OF THE WEEK

*Dear Jude,
The new school year is starting soon, and I will be looking after my grandchildren again in the afternoons, when they finish school for the day.*

I am happy to do it because I love them so much, but I feel my daughter and her husband take me a little for granted. They're happy for me to come over and look after the kids, but only when it suits them.

I don't want to risk our relationship, but I would like to find a way to remind them I am a grandmother and not

*just an old lady who babysits for free! Any advice please?
Laura*

That's not a great feeling for you. Nobody likes to feel taken for granted. But if you pipe up, what is it that you say? That's the tricky bit.

Maybe think about the result you want. Do you want gratitude? Or is it that you want to see the grandchildren a little more on your terms, like a fun weekend thing every so often, rather than being the unpaid weekday childcare?

You say you're happy to do

it, but every day after school is quite some commitment, and tiring too, I'd pick. It's also the everyday stuff on repeat, week in, week out.

What if you dropped down to perhaps three days a week instead of five? Is that an outcome you'd like? Most families would expect to pay for household help at least for some of the week, surely?

If this notion appeals, I would say to your daughter that after the break over summer you've realised how tiring it is doing this every day. Point out that,

given your age, you think it's wise to pull back a little, but say you don't want to leave them in the lurch so perhaps they could look for someone who might be able to cover a day or two of the week? Then maybe you might instead pick up a weekend sports game, which gives a bit more flexibility for add-on fun – an ice-cream on the way home, a stop at a favourite park, etc.

I'd at least float the prospect of having a bit of a relook at the presumed hours before school kicks in again and see where the discussion goes.

Expand your HORIZONS

Viking is destination focused, culturally enriching and carefully curated. Experience it for yourself on *Viking Orion*



Take the tour

New Zealand Woman's Weekly is excited to be able offer readers an opportunity to experience what it's like on a Viking ship first hand. Register at vikingcruises.com.au/events/nzww for your chance to attend an onboard reader event on Saturday March 7, 2020, at Princes Wharf, Auckland. Guests will enjoy a full ship tour of *Viking Orion*, as well as a cocktail function in the Wintergarden venue (pictured above).

Designed for discerning travellers with an interest in science, history, culture and cuisine, Viking is an award-winning, small-ship cruise line that sails the rivers and oceans of the world including Northern Europe, the Americas, Asia and the Mediterranean.

Its elegant, state-of-the-art ships are designed for the

room, sauna and hydrotherapy mineral pool.

Don't miss out on Viking's gastronomic offerings. With eight different destination-inspired dining options, ever-changing menus and an extensive wine list curated by Viking's master sommeliers from boutique cellars across the globe, guests are spoilt for choice. And if

Viking guests also benefit from inclusive value – the fare includes everything you need – from meals and beverages to shore excursions and WiFi. It's also worth noting what isn't in the package: no kids, no photographers, no casinos and no nickel-and-diming.

'I love the Scandi look with clean lines, light woods, woven textiles and an abundance of natural light'

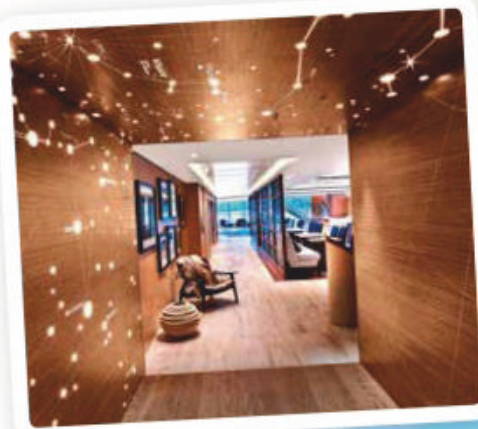
– Andrea Black, journalist

thinking person; featuring serene Scandinavian spaces, original works by famed Norwegian artist Edvard Munch and a library of books carefully curated by London bookseller Heywood Hill.

Every detail of a Viking ship is designed to enhance your experience of the destinations you visit. On board you can converse with the resident historian, be inspired at the most high-tech planetarium at sea and immerse yourself in the Scandinavian spa facilities – featuring Viking's exclusive snow grotto – as well as a steam

you want to brush up on your culinary skills, there are cooking classes hosted by Viking's highly trained chefs at The Kitchen Table.

Viking's itineraries are designed to maximise the time travellers spend exploring. Guests enjoy a shore excursion in every port and an exclusive Viking Culture Curriculum programme, which includes art, music, cooking demonstrations and port talks, as well as exclusive entry to cultural treasures all around the world. Its aim is for guests to experience the culture like a local.



FOR YOUR CHANCE TO ATTEND, GO TO [VIKINGCRUISES.COM.AU/EVENTS/NZWW](https://vikingcruises.com.au/events/nzww)



Canterbury TALES

ALEXIA SANTAMARIA
GETS A TASTE OF THE
SOUTH'S INTOXICATING
WINE REGION

BE
epicurious

Above: The meandering
Waipara River. Below: So many
treats await you at Amberley's
Farmers' Markets.



We were only going to stop in Amberley for a takeout caffeine boost after an early flight, but what should have been a five-minute break turned into a sit-down coffee and caramel slice, a mooch round the farmers' markets and half an hour of glorious fossicking through Mumma T Trading Lounge, a magical world of

perfectly curated modern, vintage, retro and antique collectibles. This much fun, even before we got to our destination?

If you're heading to North Canterbury Wine Region for the weekend (and you should be, especially in early March when they hold the Food and Wine Festival) do stop at Amberley, especially if it's market Saturday. It was so much fun chatting with

fresh crusty bread from Rachel Scott and locally grown roasted hazelnuts from Harvest Glen. It had become clear people like good food in these parts.

The only thing to tear us away from this tiny town was the thought of spending an hour with Gareth and his adorable beagle Rosie at Limestone Hills. This clever and cute canine showed us how she sniffs, digs and hunts out truffles – Perigord, Burgundy, Bianchetto and Winter Black. A fascinating process which resulted in six fat, earthy specimens in just 10 minutes. It's incredible how a whole business can come down to the talents of a tiny dog's nose.

Shopping, markets, coffee,

Good girl!
Beagle Rosie
has sniffed out
another truffle.





An insider's guide to ... North Canterbury Wine Region

WHEN TO GO: Definitely March 8 for the North Canterbury Food and Wine Festival, but any time of the year is charming.

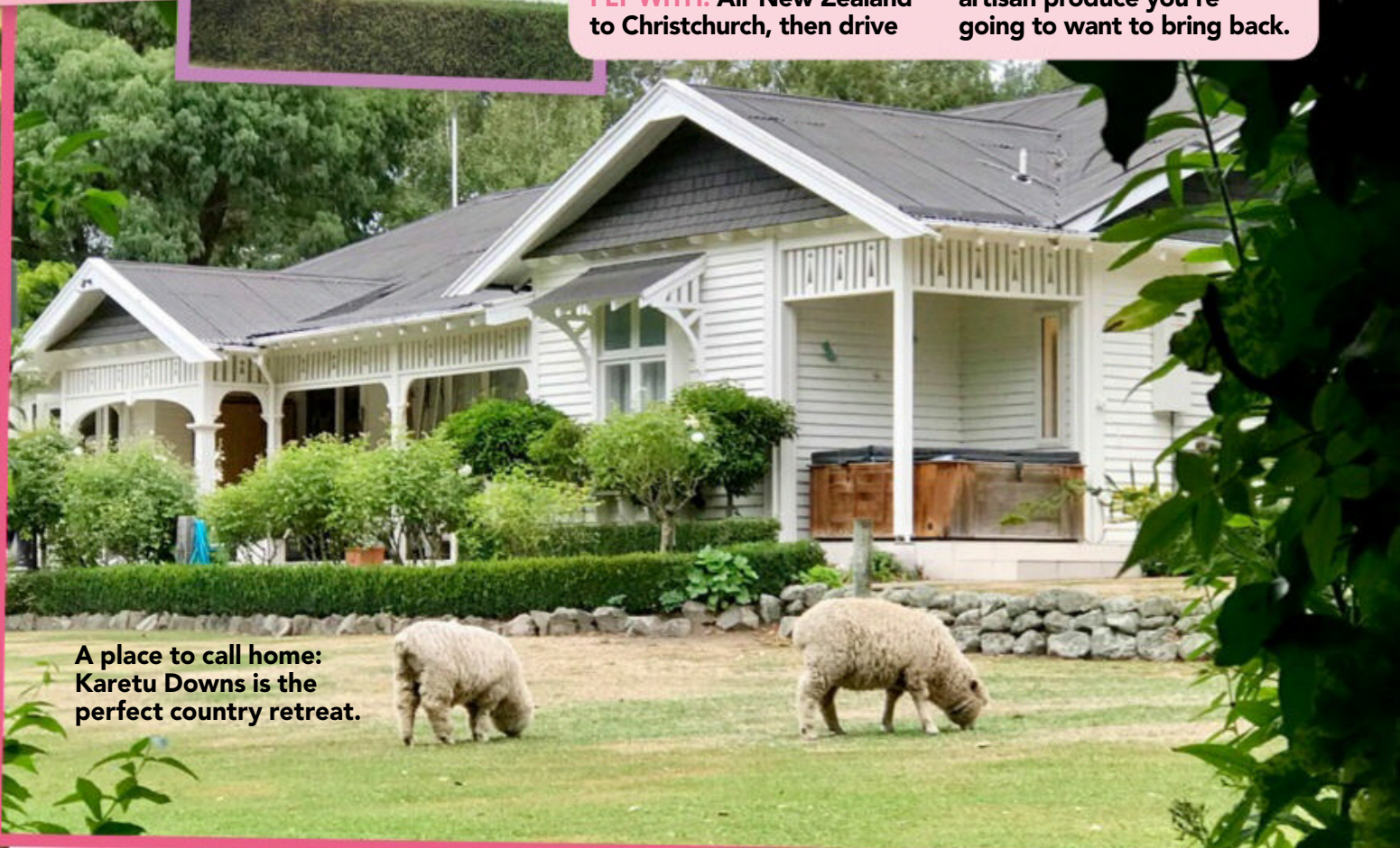
BEST HOME BAKING: Coffee and a cabinet slice at Little Vintage Espresso in Amberley.

FLY WITH: Air New Zealand to Christchurch, then drive

45 minutes to Waipara.

SHOPPING DESTINATION: Amberley has Mumma T as well as several other great gift and homeware spots.

WHAT TO PACK: Don't pack too much, so you have room for all the wine and artisan produce you're going to want to bring back.



A place to call home: Karetu Downs is the perfect country retreat.

adorable beagles with big brown eyes – just when I thought it couldn't get any better, we arrived at our lunch destination, and it did!

A wine-tasting and long leisurely lunch at Black Estate made it evident why it's so regularly awarded. The kitchen team only works with the best local, often foraged, ingredients and it makes a discernible difference. For example, on the side of our perfectly pink lamb swimming in a fresh zesty salsa verde, we ordered the local greens – nothing fancy, just green beans (from Little Owl biodynamic farm), briefly blanched and sprinkled with salt. I'm pretty sure I've never tasted such incredible beans

in my life and apparently the staff all get really excited about them too.

In the afternoon, we headed to our farmstay, 30 minutes out of Waipara. For city folks, Karetu Downs couldn't have been any more of a treat. No cellphone coverage, an enormous 2000-hectare hill country property to wander (complete with 4500 sheep, 120 cattle, two kune kune pigs and a donkey called Barney), all right next to the Waipara River.

With such beautiful accommodation, large grounds and peace and quiet like we rarely experience, this was utter bliss. Sitting in that gorgeous garden with a bottle of Black Estate's Dam Steep Pinot Noir in a silence only punctuated by birdsong, it could actually be packaged as therapy.

The next day was all about wine tasting. There are over 90 vineyards in the whole North Canterbury Wine Region, all with quite distinct flavour

characteristics due to the varied terrain. From the volcanic Banks Peninsula to the clay and limestone soils of the Waipara and Waikari valleys, it's an area well known for pinot noir, chardonnay and riesling.

We concentrated on the Waipara area, and fell madly in love with the wines at The Boneline and Greystone, and the rambling gardens, sculptures and lovely walk at well-loved Waipara label Pegasus Bay.

We only really had time to make a small dent in what was on offer. Our day ended with a pizza and some local brews on our way home at Blue Moon in Amberley, before heading back to Christchurch for our flight the next day.

I'm a little embarrassed to have visited Christchurch so many times and never taken this marvellous short trip north, but I certainly plan to make up for lost time by visiting again soon.

Pegasus Bay Winery (right) was the first to put down vines in the area. Below: Writer Alexia is delighted with the local flavours.



TRAVEL *bites*

Balloons over Bagan

MYANMAR STILL HAS TRAVELLERS FLYING HIGH

NEW HOTEL

The Bay of Plenty's first international five-star hotel has opened in Rotorua. With 130 rooms, Pullman Rotorua is located in the centre of the geothermal city, close to the lakefront and the Government Gardens. The hotel's Barrel & Co Bar and Grill focuses on locally sourced produce, a premium grill selection, craft beer and a local wine menu showcasing every wine-growing region in Aotearoa.



CRUISING TOGETHER

Gwyneth Paltrow's lifestyle brand Goop is partnering with Celebrity Cruises to create the first Goop at Sea experience. The 11-night wellness cruise through the Mediterranean on the soon-to-debut Celebrity Apex will depart Barcelona on August 26. Participants have the chance to meet the star and attend sessions focusing on the mind, body and soul. Visit celebritycruises.com/specialty-cruises/goop-at-sea.



SHOW YOUR SUPPORT

The world's watched as bushfires have tragically wreaked havoc in Australia. Don't dismiss your travel plans across the ditch entirely though – not all of Australia is affected and the tourism industry needs your support. For safety advice and alerts, see australia.com/en/travel-alerts.html.



Contact Travel Bites at travel@bauermedia.co.nz

Look at any travel story or poster promoting tourism in Myanmar and chances are it features one of two iconic images – the shimmering golden stupa of Shwedagon Pagoda or a hot-air balloon drifting over the ancient temples of Bagan at sunrise.

While Shwedagon is said to be more than 2000 years old, the Balloons Over Bagan flights recently celebrated their 20th anniversary. Though 20 years might not sound like much, it's worth remembering that Myanmar, previously Burma, was off limits for decades to visitors, and only in recent years has opened up to international travellers.

Cary Crawley, who was the pilot of the inaugural flight of Balloons Over Bagan on December 31, 1999, recalls:

"There were eight passengers and eight ground staff, none of whom had ever seen a hot-air balloon before. In fact, the local people were mesmerised by the sight of a hot-air balloon in the sky. Some thought it was a UFO.

"We used a tractor to retrieve the balloon from a sugarcane field when it landed. Sometimes, in those early days, the tractor couldn't reach the fields so we had to use an ox and cart."

More than 17,500 flights later, the award-winning and eco-friendly Balloons Over Bagan, part of Memories Group, operates an average of 12 hot-air balloon flights daily and employs more than 200 ground crew, almost entirely locals.

Get out MORE WITH NATURE VALLEY™

The beauty of nature is right on your doorstep – here's how to get amongst it!



Penny Lewis
LIFESTYLE DIRECTOR

The holidays have flown by and it's nearly time to get back into the routine of work, school and driving the kids from one activity to another. But before you vanish down that rabbit hole, maybe there's time to squeeze in a few more fun family outings.

Heading outdoors for a bush or beach walk is rewarding on so many levels – it'll improve your fitness, lift your spirits and give you the opportunity to spend quality time with friends and family. New Zealand is blessed with literally thousands of walking tracks, so plan yourself some weekend walks to keep the summer vibe alive!

PENNY'S TOP TIPS TO POWER THROUGH ANY ADVENTURE

1

Always tell someone where you're going and when to expect you back. Even a short day walk can take an unexpected turn.

2

Remember it's a walk, not a race – take time to breathe in the fresh air and enjoy the experience.

3

Pack nutritious snacks to fuel your walk. Nature Valley™ bars and biscuits are the perfect on-the-go energy boost.

SCHEDULE SOME OUTDOOR ADVENTURES INTO THE NEW YEAR

North ISLAND



SUNRISE TRACK

REGION: Hawke's Bay
TERRAIN: Easy overnight tramp
DISTANCE: 8km return
TIME: 6 hours return

If you're ready to try an easy overnight tramp, this track is a great place to start. Contact DoC to book into the Sunrise Hut, then relax and enjoy the 2-3 hour walk through native bush to the tussock-clad hilltops. Watch the sunrise before heading back down.

TIP: Stop in at the historic General Store in Onga Onga for a celebratory coffee and cake on your way home. **To find out more, visit doc.govt.nz.**

South ISLAND



HOOKE VALLEY TRACK

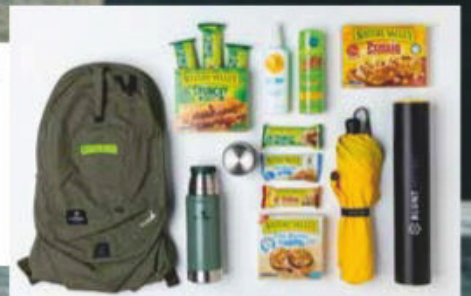
REGION: Canterbury
TERRAIN: Alpine valley track
DISTANCE: 10km return
TIME: 3 hours return

This flat track follows the Hooker Valley through the Southern Alps. Along the way you'll traverse swing bridges, see alpine streams and glaciers, and at the end you'll be rewarded with stunning views of Hooker Lake and our highest mountain, Aoraki Mount Cook.

TIP: Keep an eye out for the distinctive white petals and yellow centre of the world's biggest buttercup, the Mount Cook buttercup. **To find out more, visit doc.govt.nz.**

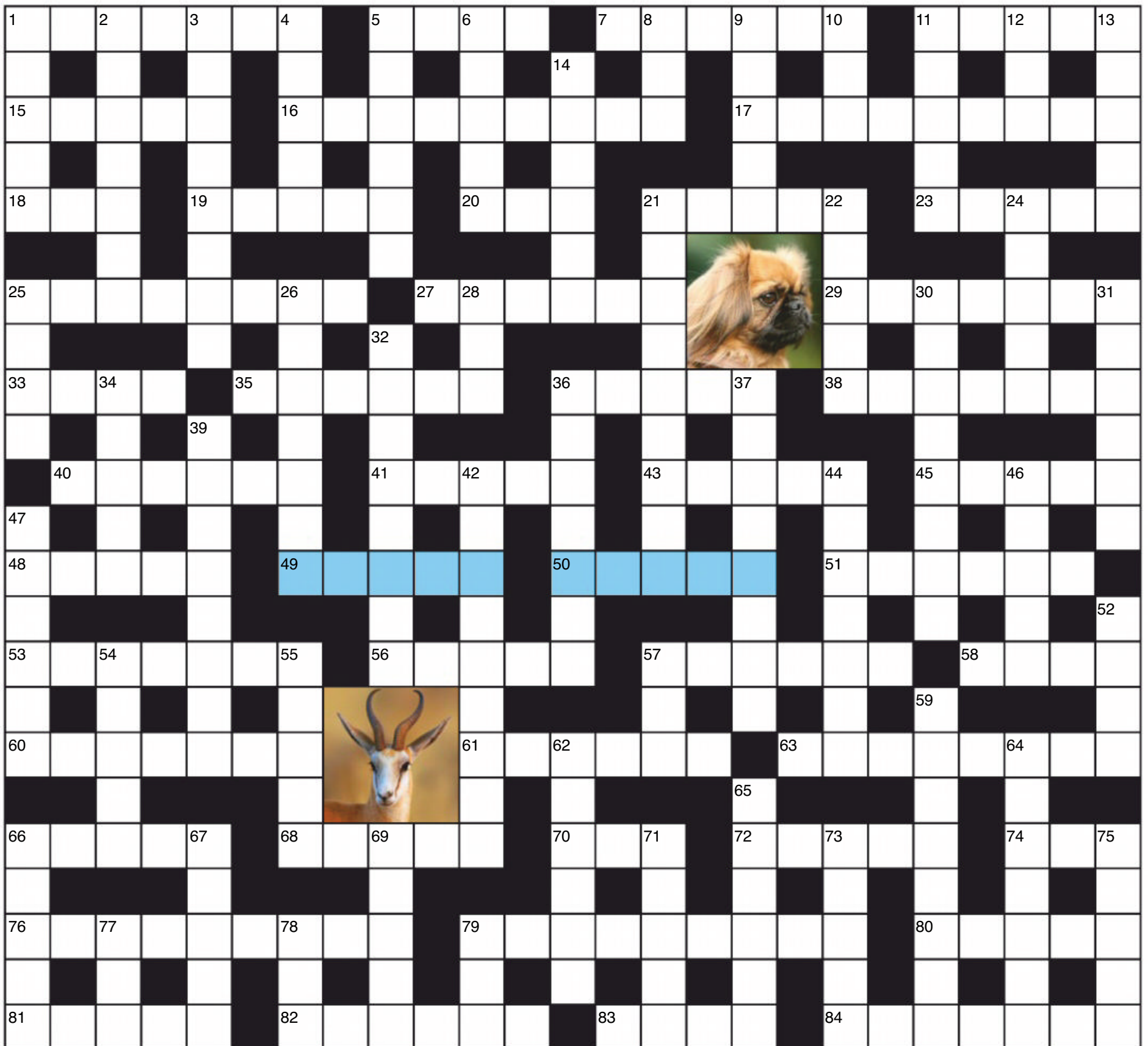
WIN YOUR DAY PACK ESSENTIALS!

To encourage Kiwi families to get out more, Nature Valley™ is giving away four ultimate day packs, each worth over \$350! To be in to win one, visit nowtolove.co.nz/naturevalley and tell us your favourite family-friendly day walk. Competition closes February 9, 2020. Terms and conditions apply.



NEW ZEALAND Woman's Weekly

PUZZLES



Mega

CASHWORD

WIN
\$200!

✦ When complete, the shaded letters will reveal a well-known film, TV, book or song title (see Mystery Clue below).

Be in to win – write your answer on the coupon on page 71.

MYSTERY CLUE

49 & 50 across

An iconic Olympic hero (5,5)

ACROSS

- 1 Put up with (7)
- 5 First name of the Blackcaps' captain (4)
- 7 Surfing-beach town west of Hamilton (6)
- 11 Answer (5)
- 15 Reasoning (5)
- 16 See upper-right photo (9)
- 17 East-coast North Island region (6,3)
- 18 Mafia leader (3)
- 19 Wilt (5)
- 20 Sweet potato (3)
- 21 Simple seat (5)

- 23 Correct (5)
- 25 Neighbourhood (8)
- 27 Jam setting agent (6)
- 29 First permanent European settlement in New Zealand (7)
- 33 Consommé (4)
- 35 Walk lightly (6)
- 36 Fast (5)
- 38 Study of the physical universe (7)
- 40 Become smaller (6)
- 41 Fable writer (5)
- 43 Cook in the oven (5)
- 45 First Greek letter (5)
- 48 Trio (5)
- 49 See Mystery Clue
- 50 See Mystery Clue
- 51 Cosmetics (4-2)

- 53 Thin aluminium sheeting (7)
- 56 Kayak (5)
- 57 Agree (6)
- 58 Tibia, for example (4)
- 60 Everlasting (7)
- 61 Small restaurant (6)
- 63 Holiday (8)
- 66 Fashion (5)
- 68 Part of the face (5)
- 70 Feline creature (3)
- 72 Spaghetti, for example (5)
- 74 Jotter (3)
- 76 Extremely happy (9)
- 79 All Blacks' new head coach (3,6)
- 80 Shun (5)
- 81 Automaton (5)
- 82 Root vegetable (6)
- 83 Remain (4)
- 84 Populous island in the Hauraki Gulf (7)

- US and Europe (8)
- 34 Wedding attendant (5)
- 36 Quick, sharp reply (7)
- 37 Final cut-off time for a piece of work (8)
- 39 Old and shabby (8)
- 42 See lower-left photo (9)
- 44 Japanese dish of thinly battered vegetables and seafood (7)
- 46 Mickey Mouse's dog (5)
- 47 Sculpture of a person (6)
- 52 Lighting gas (4)
- 54 Sibling's daughter (5)
- 55 Pale purple (5)
- 57 Mongrel dog (3)
- 59 Squid as a food (8)
- 62 Brief moment of time (6)
- 64 Make better (7)
- 65 Lack of interest (6)
- 66 Henry VIII's royal house (5)
- 67 Finger (5)
- 69 Older person (5)
- 71 Game fish (5)
- 73 Drinking tube (5)
- 75 Move to avoid a blow (5)
- 77 Chemist's workroom (abbrev) (3)
- 78 Explosive (1,1,1)
- 79 Māori tribe (3)

DOWN

- 1 Firm (5)
- 2 Grown naturally (7)
- 3 Mishap (8)
- 4 African beast (abbrev) (5)
- 5 Large native parrot (6)
- 6 Grandmother (5)
- 8 Amazement (3)
- 9 Lindsay ____, former child star (5)
- 10 Fresh (3)
- 11 Long weapon (5)
- 12 High throw (3)
- 13 Country of the pyramids (5)
- 14 Protective headwear (6)
- 21 Napoleon ____, French military leader (9)
- 22 Culinary plants (5)
- 24 Verdant (5)
- 25 Travel permit (4)
- 26 Imagine, create (5,2)
- 28 Female sheep (3)
- 30 Colombo's country (3,5)
- 31 Room to manoeuvre (6)
- 32 Ocean between the

SUDOKU extra

			1			7	6	
		3	2					1
	1			6	7	4	3	9
5	2	9		8				
8		7	5		1	2		
	4	1	9		2	8		
		4		9	6		2	8
7						9		
		2				6		

✦ Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

SKILL
LEVEL
Easy

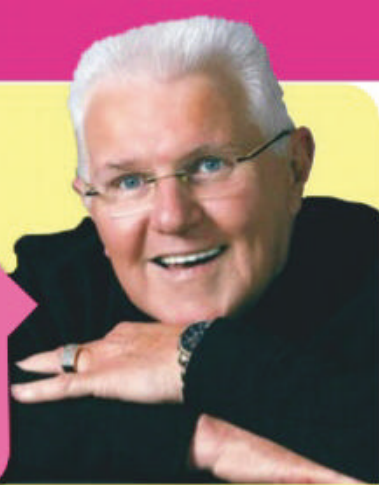
Solutions, page 71

✦ TURN THE
PAGE FOR
MORE
PUZZLES



US crime agency Wool thickness			Writing fluid Cold, uncaring									Ancient Egyptian goddess
			Sharp end Olfactory organ					Handy hints Eye-shade				
			Security breach, eg								Puts in bondage	
Opponent Condes- cends					Pub, hotel Of poor quality							
Anti-aircraft fire		Favour-itism City in Morocco							Printing correction Strong-boxes		Rope-making fibre	Upper case letters
					Puccini opera Hero					Railway route, eg Vows, pledges		Celestial body Mocking grin
			Commits perjury Otherwise				Jumped Throws high					
				Be of one mind Stretches supply				Mob dis-turbances Indian bread				
							Capital of Qatar 100cm length					
Informa-tion learnt Emigrant		Nought, nil Portable icebox			Marsh Historic artefacts centre						Enfeeble, weaken	
	Bicycle made for two				Kauri or Rimu, eg Turkish official		Top photo Ascends					
			December 25 Wingless insect							Knight's title Charity money		Record on video
		Waste channels Sheep enclosure		Goad Largest continent				Foot digits				
							Postal locations					
			Fasten with a knot		Colours, shades			Grinding tooth Muslim prince				
Broad-casters, the press, etc							Lower photo					Be mistaken Soviet Union

Put your
celebrity
knowledge
to the test!



David Hartnell's HOLLYWOOD Trivia Quiz

- 1 Who played former US president Lyndon B Johnson in the 2016 movie *LBJ*?
- 2 Name the star who won the Golden Globe for Best Actress in the 2018 movie *The Wife*.
- 3 Was the 2002 movie *Panic Room* a drama, musical or a thriller?
- 4 The fictional estate of Ash Park is in which Australian TV drama?
- 5 Who directed the latest adaptation of the classic *Little Women*?
- 6 Name the host of US TV chat show *The Late Show*.
- 7 Where is the American TV series *Pawn Stars* filmed?
- 8 Which US actor and former child star was born Joseph Yule?
- 9 Fred Astaire starred in vaudeville as a double act with his sister. What was her name?
- 10 What year was the movie *White Men Can't Jump* released?



Solutions, page 71

Code BREAK

✦ Each number in the grid represents a letter of the alphabet. Three letters have already been given. Start by filling in these ones and build the words in the grid from there. When you have completed the grid, you will be able to solve the secret code word.

WIN!

LOVE CALLS

Handsome, clever and rich, Emma Woodhouse is a restless queen bee without rivals in her sleepy little town. *Emma*, a glittering satire about social class and the pain of growing up, starring Anya Taylor-Joy, Bill Nighy, Johnny Flynn, Gemma Whelan, Mia Goth and Miranda Hart, is in cinemas February 13. We have three double passes, valued at \$35 each, to give away.



BE IN TO WIN – write the secret code word on the coupon on page 71.

17	12	3		19	23	2	10	3	22	9		2	23	11
23		13		10		10		23		23		20		12
5	10	16	13	16	23	9		7	10	8	8	12	14	19
		22		11		12	22	15		2		9		
5	22	15	9	4		9		23		10	2	23	15	12
16		9			1	10	15	9	26			12		5
1	10	3	3	22	20		12		10	7	7	16	15	3
1			16		10	19	19	20	26		15			23
12	9	10	8	22	7		22		10	24	26	11	23	14
20		15			18	14	10	5	3			10		7
10	20	19	23	15		10		15		6	16	19	11	23
		23		22		5	23	23		10		19		
4	12	15	8	1	16	20		23	21	22	19	23	14	9
10		20		20		23		25		14		3		12
17	4	26		23	12	3	22	23	3	9		3	22	24

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
										G	A	
14	15	16	17	18	19	20	21	22	23	24	25	26
					D							

2	20	23	14	9	26
---	----	----	----	---	----

✦ TURN THE
PAGE FOR
MORE
PUZZLES

SPOT *the difference*

THE TWO POPES + There are five differences in these two images. Can you find them all?



Solutions, page 71

WORD FIND

+ The words listed are all related to writing. All except one of them can be found in the grid to the left. They can appear horizontally, vertically, diagonally, backwards or forwards, but are always in a straight line. The leftover word is the mystery/winning answer.

+ THEME: WRITING

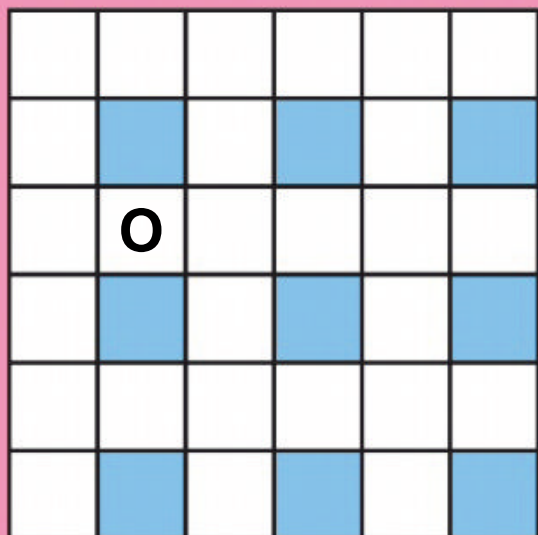
ADJECTIVE
ALPHABET
ARTICLE
AUTHOR
BIOGRAPHY
BLOG
BOOK
CALLIGRAPHY
COMMA
COMPOSE
COPY
CORRESPOND
DESK
DIARY
DISCOURSE
EDIT
ENVELOPE
ESSAY

FABLE
FICTION
FONT
FOOTNOTE
GRAMMAR
HIEROGLYPHIC
HYPHEN
IMAGERY
INK
LANGUAGE
LETTER
LINE
MAIL
NOUN
NOVEL
PAGE
PAPER
PEN

C A L L I G R A P H Y M T U N M B K O Z
V E R B K Y L G P C R O Y P E K A N M P
C O M M A S I D N R L M A N P T B I S Y
R T Z H T H E V R P O P I O O E P C L Y
T Y N H P L S D A O E O S U D N R Q A X
X P E I I L T L M R W G F N S I Y S N O
E E L Z R E O E M E W O E R B L S S G P
T F C W C P R V A T N L M B E E H P U O
M S I I S S Y O R T K B L Y R A I D A E
E T T C V L C N G E N E H P Y H D R G M
Q S R E T E E R Q L T E B A H P L A E F
A K A Y E I R W I E Y P N C M E P R O O
Y U O R E L O S O B V P U V O E M D V O
E P T T H Q Y N E V E I H B E M S R P T
A L O H B P P T I W J T T I L L P F J N
B U B C O R R E S P O N D C C I O O F O
Q O G A O R D I S C O U R S E G S P S T
I T O S F I M A G E R Y I S R J C H E E
U X E K T P U N C T U A T I O N D Y T V
S H O R T H A N D U V O C A B U L A R Y

SQUARE SCRAMBLE

✦ Rearrange the six groups of scrambled letters to form words, then decide where each word fits in the white squares of the grid. One letter has been given to help get you started.



ASSCEU
ETSSIR
DOSCNE
NUBOEC
NSCOAE
BONBRI

Solutions, page 71

IT TAKES

D	E		Y	D	R		T	E
S	P		L	L	A		E	S
M	I		W	I	F		R	Y
S	I		E	L	I		E	D
W	E		K	E	N		E	R
S	Y		D	I	C		T	E

✦ Fill in the missing letters in the shaded squares to make six words reading across the grid. Then, reading from top to bottom, the letters in the shaded columns will form two words that belong together.

T
W
O

Solutions, page 71

ER

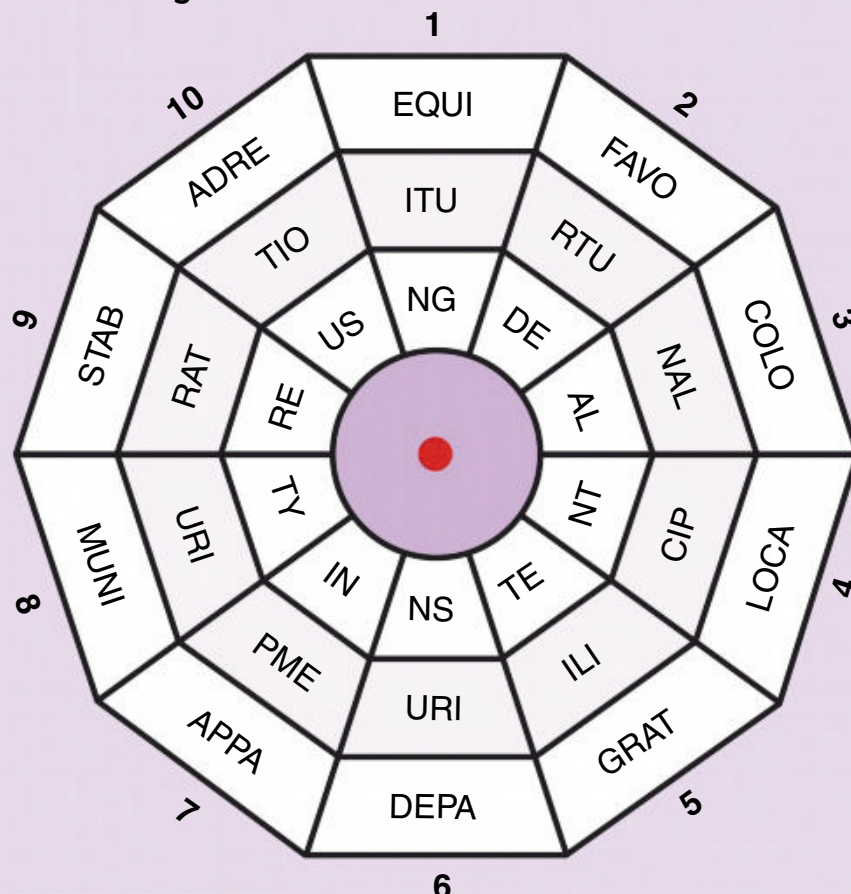
PHRASE
PLOT
POEM
PRINT
PROOFREAD
PROSE
PUBLISH
PUNCTUATION
QUOTE
SCRIBBLE
SCRIBE
SCRIPT
SHORTHAND
SPELL
STORY
STYLE
SYNONYM
TEXT
TYPE
VERB
VERSE
VOCABULARY
VOWEL
WORD

Solutions, page 71

Match Maker

✦ The decagon contains 10 nine-letter words reading from the outer segment to the centre. For each word, the outer segment contains the first four letters, the middle segment contains the next three

letters and the inner segment contains the last two letters. All the letters are in the right order, but the correct three segments must be matched together to find all 10 words.



1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

Solutions, page 71

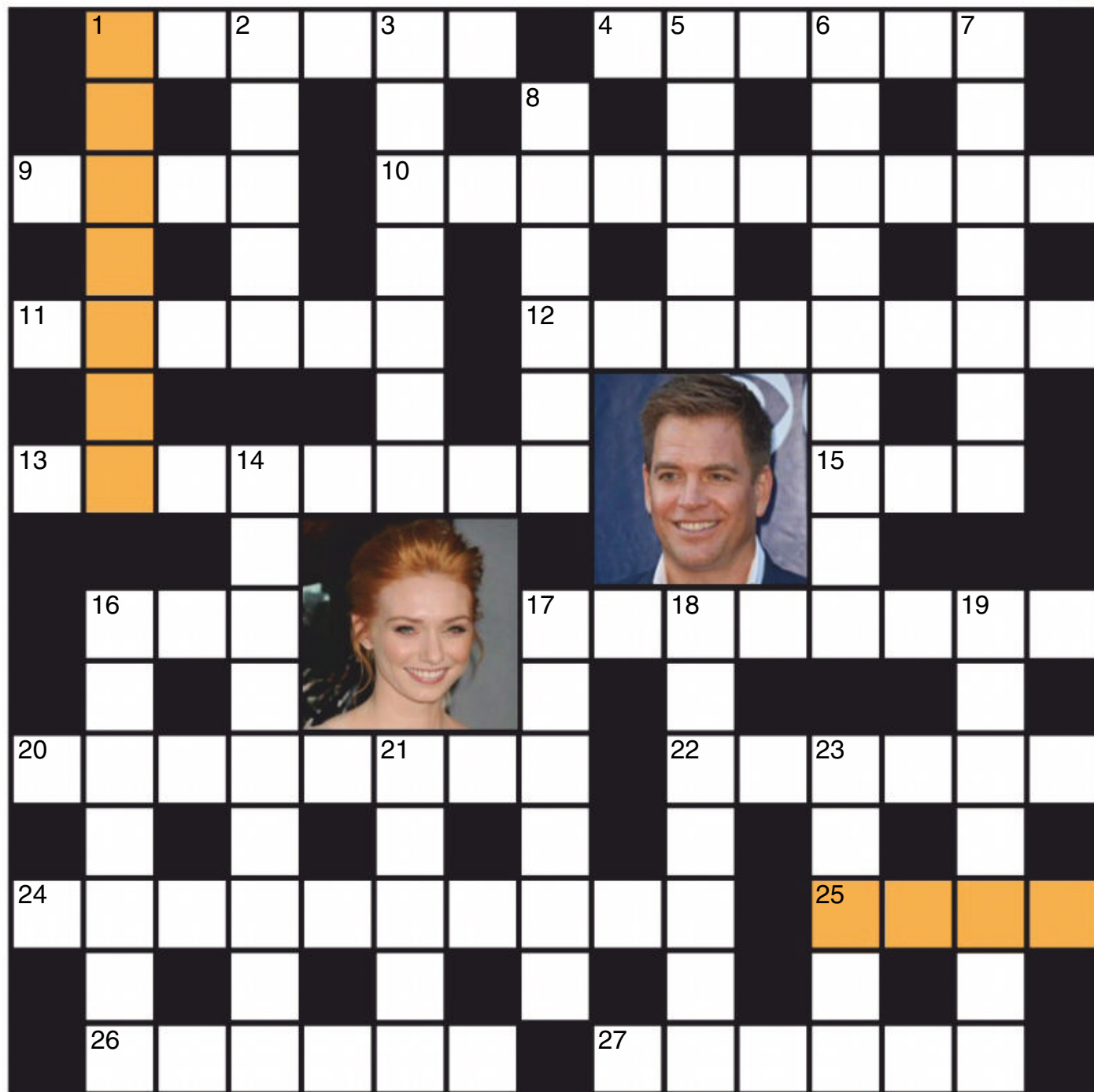
✦ TURN THE PAGE FOR MORE PUZZLES

CRYPTIC Crossword



WIN
\$100!

Be in to win – write
the solutions on the
coupon on page 71.



✦ Complete the puzzle to
reveal two solutions in the
shaded squares, relating
to the picture clues.

- 16 Ha! Old Bob is in possession (3)
- 17 Male farmer – but if a certain European, is a dog (8)
- 20 Being serrated, was nabbed (8)
- 22 A quiet ghoul may turn the worms (6)
- 24 Lionel goes to a Scottish lake for solitude (10)
- 25 The stock exchange speculation of price rise is a series (4)
- 26 Ulster was the outcome (6)
- 27 He partly changed it originally (6)

DOWN

- 1 Series about the Black Rod by the sound of it (7)
- 2 The Spaniard and Mrs Sharples got together for the girl (5)
- 3 Have regard for the spectre (7)
- 5 Little credit is quietly made for the chip (5)
- 6 Ascertain that you can start a business (9)
- 7 The whole block or just part of it (7)
- 8 Breadwinner (not Edwin though) was fruitless (6)
- 14 They have pricked up their ears but not in sight necessarily (9)
- 16 Bar hour perhaps to get port (7)
- 17 Impetuous, we object to return to theologian in France (6)
- 18 Ready for development but saw the light (7)
- 19 The usual client (7)
- 21 Return lair tomorrow with a test (5)
- 23 Go around the world with alternative part (5)

PICTURE CLUES

25ac & 1dn

ACROSS

- 1 Work back and Edward will initially attempt verse (6)
- 4 Fastens the propellers (6)
- 9 You may get stuck on this clue (4)
- 10 They are vital when it comes to figures (10)
- 11 Building that is all the rage with Georgia (6)
- 12 The artefact around the local but no Queen or King... (8)
- 13 ...a subject to bone up on (8)
- 15 Sign on with every second tavern (3)

✦ Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

SUDOKU

				2		7		
					6	4	1	
			8	6				3
		4	7	8				9
		7						
		3			1			5
				5	9		2	
	7							6
	8	9			5			

SKILL
LEVEL
Hard

Solutions, page 71

By Jim Greenfield





SOLUTIONS

Puzzle Booklet

KIWI CROSSWORD

ACROSS 8 Tamariki 9 Aroha
10 Mere 11 Rangī 12 Tapu 13 Paul
15 Sam 17 Dan 19 Wayne 21 Kai
22 Billy 24 Ego 25 ACT 27 Lady
29 Waka 31 Aotea 33 Tane
34 Otago 35 Blenheim

DOWN 1 Pakeha 2 Kane 3 Fiords
4 Lion 5 Jacinda 6 Poet 7 Campbell
14 Lange 16 Moana 18 Neill
20 Anika Moa 23 Kokakos
26 Thames 28 Dennis 30 Adam
32 Tuba 33 Tahī

SOLUTION: Sam Neill
REMINGTON PURELUXE3D
HAIR STRAIGHTENER WINNER:
D Merriott, Auckland

RETRO TRIVIA QUIZ

SOLUTION: Barry Gibb
360PRO PRIZE PACK WINNER:
HC McIvor, Thames

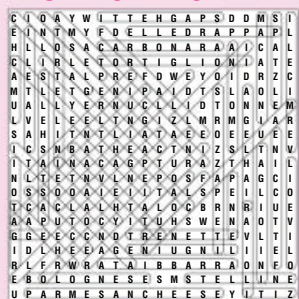
CRYPTIC CROSSWORD

ACROSS: 7 Rouge 8 Loud 9 The
Pianist 10 Coda 11 Kettle 13
Swearing 14 Infants 15 Economy
19 Campaign 22 Nicest 23 Bail
24 Juggernaut 25 X-Men 26 Retie

DOWN: 1 Kathleen 2 Greatest
3 Busiest 4 Beetle 5 Electronic
6 Burden 12 Trampoline
16 Cantered 17 Misjudge
18 Knights 20 Alarms 21 Injury

SOLUTIONS: The Pianist/X-Men
DOLITTLE DOUBLE PASS MOVIE
TICKET WINNERS: M Basham, Te
Puke; J Wood, Whangarei; S Mills,
Te Awamutu; TA Ryan, Rotorua; LM
Houchen, Paraparaumu; H Brown,
Opotiki; E Neal, Manurewa; ML
Watson, Christchurch; S Mackenzie,
Auckland; J Foote, Whangarei

WORD SEARCH



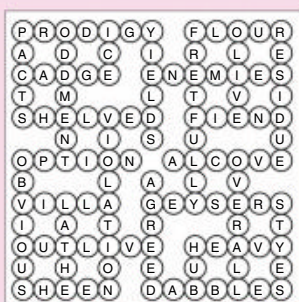
MYSTERY ANSWER: Gnocchi
\$200 WINNER: B Grey, Mokau

BRAIN STRETCHER



SOLUTION: Crayfish
ANTIPODES MINIS PRIZE PACK
WINNERS: P Price, Whangarei;
J Watson, Forrest Hill; K Barnes,
Waihi; K Rowe, North Canterbury;
L Kay, Tauranga

CODE BREAK



SOLUTION: Afghan biscuits
NEW ZEALAND WOMAN'S
WEEKLY ONE-YEAR
SUBSCRIPTION WINNERS:
H Hastie, Rangiora; I Chandler,
Kaiapoi; D McKenzie, Waimate

WORD CHAIN

Palm -> Leaf -> Green -> House ->
Rule -> Book -> Shop -> Floor ->
Show -> Business -> Card -> Game
-> Plan -> Ahead

SOLUTION: Margin

EMMA DOUBLE PASS MOVIE

TICKET WINNERS: B Popplewell,
Gore; N Lavin, Auckland; T Travers,
Kaitia; T Maitlin, Whangarei;
ME Reid, Auckland; P Wilkinson,
Rotorua; N Vugler, Waihi Beach; E
Waldron, Whangarei; PJ Macleod,
Dargaville; BJ Te Tai, Auckland

IT TAKES TWO

1 Disguised 2 Blatantly
3 Modernise 4 Undaunted
5 Illogical 6 Cherishes

MYSTERY WORDS: Saddle stitch
MAYBELLINE NEW YORK

MASTER PRECISE CURVY

EYELINER WINNERS: K Castagna,
Auckland; M Davis, New Plymouth;
N Handley, New Plymouth;
Y Cowlrick, Matamata; E Gibbons,
Auckland; A Atkinson, Auckland;
J Appleyard, Hastings; J Bregman,
Auckland; S Hayley, Tauranga;
L Crowskey, Papamoa; L Allen,

Auckland; H Barnett, Coromandel;
J Renwick, Auckland; LM Appleton,
Auckland; C Fenwick, Kaiapoi;
N Watson, South Canterbury;
C Holm, Christchurch; W Marshall,
Auckland; H Walker, Mercury Bay;
HJ Rigby, Kaiapoi; M Curry, Akaroa;
DP Tohill, Alexandra; J Batchelor,
Geraldine; D Pedersen, Dunedin;
R Dodd, Auckland

SHUFFLE WORD

1 Chaplain 2 Divested 3 Flowered
4 Hoodlums 5 Lifetime 6 Pageants
7 Roadside

SOLUTION: 8 Signpost

FRANKIE APOTHECARY PRIZE

PACK WINNERS: I Kinley,
Christchurch; M Phillips,
Christchurch; H Fyfe, Oamaru

RIDDLER

SOLUTION: Spaniel
JEFFREY ARCHER BOOK
WINNERS: NA McLean, Invercargill;
S Borland, Dunedin; A Ingrisch,
Motueka; D Taylor, Christchurch;
J Johnson, Christchurch; C Davis,
Christchurch; S Mahoney, Tuakau

MEGA CASHWORD

ACROSS: 1 Botch up 5 Ember 8 Total 11 Fumes 14 Likeliest 15 Carolyn
16 Theatre 17 Aisle 18 Dead 19 Oboe 20 Foxgloves 23 Digest 25 Ogle
27 Troll 29 Arson 31 Austere 32 Amnesia 34 Kapa haka 38 Basin 40
Oceanic 42 Gentoo 43 Paws 44 Mime 45 Bangle 47 Essence 49 Naive
51 Inherent 52 Layette 54 Brendon 57 Opted 59 Busks 61 Reel 62 Flinch
65 Overpower 67 Scam 68 Hula 70 Poets 73 Samurai 75 Okarito
76 Convivial 77 Lolly 78 Essay 79 Greet 80 Mutates

DOWN: 1 Bollard 2 Takes 3 Hallenstein 4 Pleads 5 Extra 6 Buck 7 Rarebit
8 Tulle 9 Tuneful 10 Latex 11 Foe 12 Motives 13 Stetsons 21 Loathe 22
Jean 24 Gas 26 Glade 28 Oranges 30 Lemonade 31 Albums 33 Society
34 Kin 35 Proverbs 36 Khaki 37 Astern 39 Simon 41 Needles 46 Get
48 Niece 49 Needlepoint 50 Send-up 53 Taro 55 Den 56 Colossal
58 Thermal 59 Borrows 60 Soaking 63 Hassles 64 Magnum 66 White
67 Shady 69 Uncut 71 Edict 72 Lobe 74 Ray

SOLUTION: Dead Poets Society
\$500 WINNER: C Norman, Gore



Over the TEACUPS

FROM THE ARCHIVES

FINAL FLING

Some years ago, when large families were the rule rather than the exception, my sister's fifth child made its appearance. Small sister, when asked what her new brother was to be called, said, "I don't know, but Grandma says she doesn't mind what we call him as long as we call him the last!" We are all still having such a laugh at that!

NM, Auckland,
July 18, 1946

FAMILY PLOT

An elderly widow had her sons come over and help her bury the family dog in the back garden after it passed away. "By the way, we dug up a nice box

out there too," they reported. Their mother looked over at them and said, "You've just dug up your dad!"

JS Auckland,
April 29, 2002

HOW TO ENTER

Submit your Teacups story via email nzww@bauermedia.co.nz (Subject line: Teacups) or mail it (with your name and address) to: Over the Teacups, NZWW, Bauer Media, Private Bag 92512, Auckland 1142. Teacups submissions must be original. Please allow up to eight weeks for delivery of prizes.

This week's winner receives a selection of delicious Arnott's biscuits to be enjoyed "over the teacups"! Visit arnotts.com. Prize pack may vary from product shown.



It's in the STARS

YOUR HOROSCOPES FOR THE WEEK JANUARY 27 – FEBRUARY 2

AQUARIUS

Jan 21 – Feb 19

Whatever it is you want to do, be it falling in love, building a house or travelling, you can make it happen. This is an important week if you want to move forward quickly in your career. You may have to take a gamble but that's okay, you're prepared for that. Put yourself out there and don't be afraid to show the world your talents and attributes – there is much to gain from doing so.

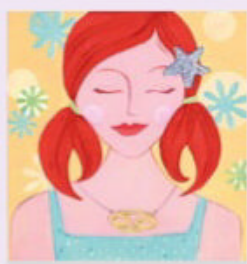


PISCES

Feb 20 – Mar 20

Nobody will complain when you lead the charge this week. All you need to do is say

the word and everyone is right behind you. This is the perfect time to organise a party, so gather family and friends together. Whatever you suggest, there is enthusiasm and whatever you do exceeds expectations.



CANCER

Jun 22 – Jul 23

Chemistry is crackling with someone this week. It's wonderful; you can feel it and see

it in the other person's eyes. Do something about it if you dare, but don't be surprised if they come to you first. When they do, keep the conversation open, your eyes focused on them and give romance half a chance.



SCORPIO

Oct 24 – Nov 22

Life is going to be hectic, busy and occasionally quite fraught. You're keeping track of 100

things at once and it's quite a mission. It is well worth the effort though, and everyone thinks you're a saint. You're looking good at the moment and receive compliments and questions. Reveal your secrets if you wish.

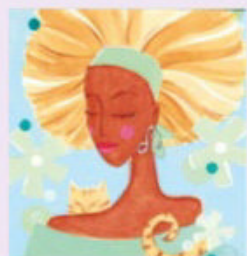


ARIES

Mar 21 – Apr 20

Now is not the time to let others overshadow you and your ideas. Be staunch and make sure

you have your say. If people aren't on board with your ideas let them go their own way. If you're thinking of starting a small business and running it from home, perhaps virtual or technical, then you're onto a winner.



LEO

Jul 24 – Aug 23

Breaking rules should be done every now and then. The one place you cannot break the rules

though is in love and romance, and now is a time to be careful of someone's heart and feelings. You'll also be tempted to challenge the validity of a contract of some kind; get all the details before you make your move.



SAGITTARIUS

Nov 23 – Dec 22

There is romance in the air for singles, but don't rush any decisions – there's a great deal you

don't know about this person. If partnered, you'll meet new friends. But beware, they have the potential to upset your peace and harmony. Plus, some unexpected but very welcome visitors appear at your door.

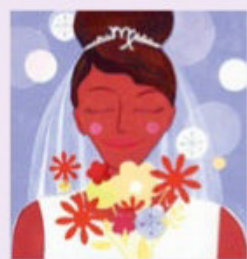


TAURUS

Apr 21 – May 21

You're in danger of blowing something out of proportion, so it's important to listen to

what people are saying. Stop and think before you speak, and get your facts right. At the same time, don't be too hard on yourself as you're a little sensitive right now. You'll feel less vulnerable by the weekend.

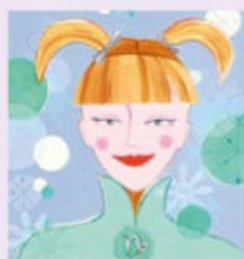


VIRGO

Aug 24 – Sep 23

An unexpected event or windfall will change the course of your year. It's interesting how

the smallest shift in finances, or receiving encouragement and resources, can make the world of difference. With these events, you'll be able to achieve a goal far more quickly than you planned.



CAPRICORN

Dec 23 – Jan 20

Tempted to pack a bag and head for the hills or beach? Do it! You've been busy, disciplined

and structured over the last few weeks and deserve some free time. Go, get back into your own life rhythms and reset your body. You're not needed by anyone right now and have no obligations whatsoever. Freedom!

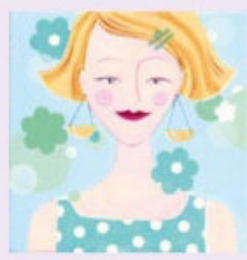


GEMINI

May 22 – Jun 21

You may not realise it straight away but someone has gone beyond the call of duty to help

you out. Be sure to let them know how grateful you are when you figure out what it is. Cut to the chase this week and keep things simple. Try not to cram too much in; some things can wait – you have time.



LIBRA

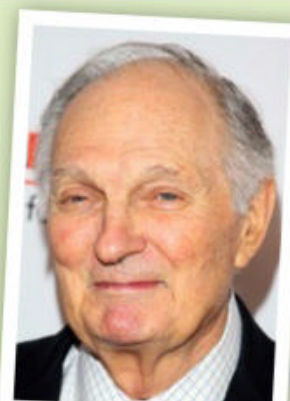
Sep 24 – Oct 23

You are reliable and find it quite disconcerting when people are not on time. However, someone

not turning up for something turns out to be a blessing in disguise, giving you the chance to do something you wouldn't normally have time for. Be flexible with people, but reschedule for when it suits you, not them.

Happy birthday!

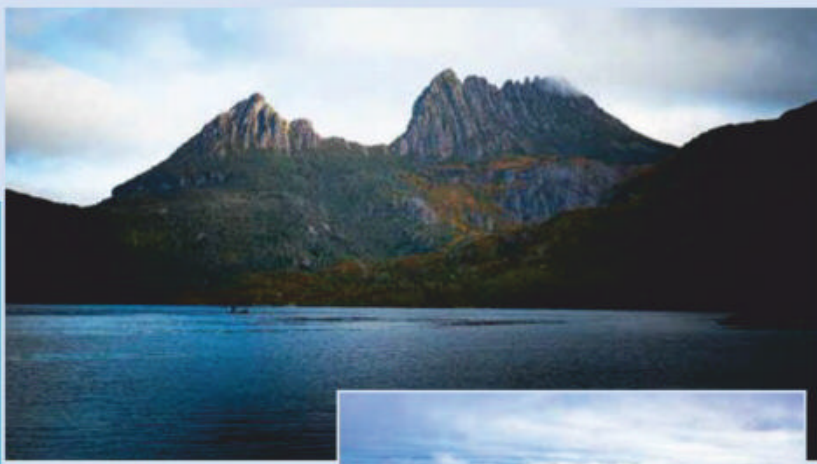
Actor Alan Alda turns 84 on Tuesday and has much to gain from taking chances this week.



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NORTHLAND COASTS & CAPE 7 DAYS \$2499

3 & 4 Star Hotels, 2 Nts Opononi, 2 Nts Taipa / Doubtless Bay, 2 Nts Bay of Islands. Extra Night Auckland \$199 per room / night (1 / 2 people, room only, pre and / or post tour)
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From: Wellington, Christchurch, New Plymouth, Blenheim + MORE - add \$199pp. Home Pickup on Day 1, Fly to Auckland. Day 7: Fly back, met & home return. (Subject to availability)
Departs: 16 Feb, 15 Mar, 19 Apr. Day 1: Home Pickup, Matakohu Kauri Museum, Dalmatian Lamb on Spit Dinner (+ non-lamb / vege options), Opononi (2 nt). 2: Tane Mahuta Giant Kauri & Footprints Waipoua Experience. 3: Rawene, Clendon House & Old Jail, Taipa (2 nt). 4: Tour 90 Mile Beach **on the beach** inc Te Paki Stream & Giant Sand Dunes, Cape Reinga. 5: Kerikeri, Stone Store & Kemp House, Makana Chocolates, Te Waimate Mission House, Haruru Falls, Paihia (2 nt) 6: Russell Visit, Evening Dinner Cruise. 7: Kawakawa, Hundertwasser Toilets, Kawiti Glow Worm Caves, Afternoon Tea Puhoi Pub, Returned Home. *Christmas Dinner served Midday - Lamb on a Spit.

EAST CAPE EXPLORER 7 DAYS \$2499

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Departs: 16 Feb, 8 Mar, 19 Apr. Day 1: Home pickup, Hamilton Gardens, Cambridge, Te Puia (geysers & mud pools), Special Dinner at Gondola, Rotorua (1 nt) Day 2: Taupo, Huka Falls, Napier (2 nt). Day 3: Art Deco City Tour, Cape Kidnappers & Gannet Colony Tour, Winery visit & tasting. Day 4: Young Nicks Head, Gisborne. Day 5: Tolaga Bay, East Cape, Hicks Bay. Day 6: View White Island (weather permitting), Whakatane, Tauranga. Elms Mission House. Day 7: Waihi Goldmine, Goldfields Railway, home return.

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WHERE YOU HAVE YOUR SAY

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Care to dance?

I was so excited to read Kerre McIvor's column about being asked to be a contestant on *Dancing with the Stars* (20.01.20). I thought to myself, "She will be awesome!" But then my joy turned to disappointment when she decided to turn it down. Please Kerre, reconsider. You really would be amazing!

Pam, Lawrence

NOTICEBOARD

REUNION Former staff and students of Sacred Heart School, Dunedin are invited to mark the 125th anniversary of its opening in North East Valley, Dunedin. Anyone keen to attend the celebration can email: reunion125@sacredheartdn.school.nz.

Send notices to: nzww@bauermedia.co.nz

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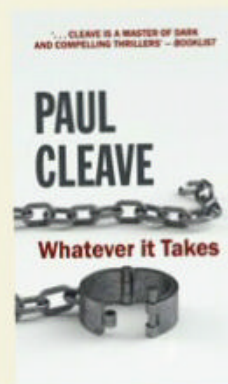
\$100 WINNING LETTER

Heavy is the head...

Like most of the world, I have watched the departure of royals Meghan and Harry with great interest and some trepidation. Your special feature *Harry and Meghan Walk Away* (27.01.20) gave very balanced coverage of the known facts and your editorial, Alice, gave us even more insight into the pressures and anxieties that this young man has grappled with his whole life. At the same time, the Queen deserves our respect for the dignified and compassionate way she has dealt with such a

difficult situation. As the article pointed out, she has faced a never-ending list of family dilemmas and 'sticky' situations during her very long reign. Looking at the pictures of this 93-year-old monarch, she must be really tired of holding up 'the head that wears the crown' despite the fact that she is duty bound to keep going until the end. Who would want that job?

Diana, Auckland



The writer of our winning letter receives \$100. Our other letter wins a copy of *Whatever It Takes* (Upstart Press, RRP \$37.99) by Paul Cleave. Alyssa Stone is missing. Again. Deputy Noah Harper must honour a promise he made her father 12 years ago and do whatever it takes to find her, even if that means risking it all.

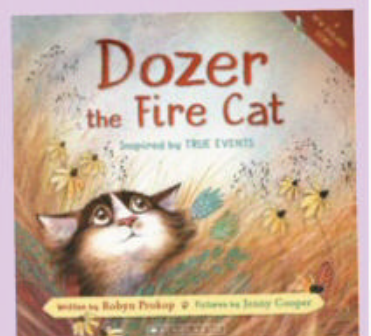
CUTE KID



To his family, 14-month-old Anaru Kitt Boswell Rahman is a sleeping giant!

Our Cute Kid of the Week wins a copy of *Dozer the Fire Cat* (Scholastic, RRP \$18.99) by Robyn Prokop. While Dozer's family is busy packing up to evacuate because of the dangerous fires, Dozer is oblivious! He's busy doing what Dozer does... pouncing, washing and sleeping. But when he wakes up, his family has gone and the world is a frightening place. How will he get out?

Email photos of your child to us at nzww@bauermedia.co.nz with the subject line: Cute Kids. Please provide the full name and age of the child as well as your phone number and address.



WIN!

Making a RUN FOR IT

KERRE'S UP FOR SOME SHORT-TERM PAIN FOR LONG-TERM GAIN!

It's time to lace up my sneakers again. In fact, it's long overdue. I need to head back out the door and begin again, as I have done so many times before.

I'll start with hour-long walks that incorporate 10-minute jogs. Slow, ugly, painful jogs but they will be something more than walking. I've done this before, so I know the drill – get fit, lose weight, run a marathon and decide that's it, I don't have to do anything any more, ever again.

In my mind, the fact that I've done something so monumentally athletic as running a marathon means I have a golden ticket to be slim and fit for life. So I revert back to a life of indolence, gluttony and excess, and expect to stay a size 10.

I don't though. Over time I blow out to a very large 14 – oh alright, a 16 – and then I have to begin all over again. I've done it six times now. Clearly, I'm a slow learner.

And here I go again. Double bag the boobs with one soft, lovely boneless bra and then a second more brutal and confining brassiere. Find a T-shirt long enough to cover my great big stomach. Wait until it's dark and then hit the streets. I'll stand at the top of a hill, let my double F boobs carry me forward and kind of shuffle-jog – shog – down the slope and slowly, painfully, step by step, claw my way back into fitness.

I know what the key is. It's all about consistency. It's doing something every day rather than exercising in mad boom and bust cycles. I don't think I want to run another marathon, although my good friend and fellow marathon runner Niva Retimanu and I have mentioned New York to one another as we've had such splendid times in the Big Apple. But then I think why don't we just visit the city as ordinary tourists, rather than as marathon runners?

We'll see. We've got a year and a half to

think about that one. In the meantime, my goal is to get up to 45 minutes running twice a week, with an hour on Saturday. Combine that with gym sessions and Pilates, and that should be enough to undo the damage I've done to myself over the past four years.

The word I keep coming back to is consistency. Do less more often. Every day do something for your body and something for your mind. I really like running when my boobs aren't so big and I'm not carting round so much excess weight. I have, on the very odd occasion, even been able to get in that magical zone where running is easy and enjoyable.

I am a long way from that right now. My boobs, all trussed up, look like an airbag that's exploded on impact, and the pain in my body is well and truly reflected on my face. If you were driving by, you would look at me, heaving and lumbering and grimacing, and think, "Good lord! Why on earth does she bother when she's clearly not having fun?"

But I've been down this literal and metaphorical road, and I know it's just a matter of getting out the door three times a week. Then slowly and surely I'll be running further and enjoying it more. My boobs will become manageable and I may even find my waist again, which is presently concealed under layers of Champagne and red wine and cheese.

And if I persist... No, not if, *when* I've persisted and I've been running a year, I'll start to get the eyebrow raises from real runners as they go by, instead of the looks of pity I get in the early stages, and I'll know I'm back on track.



Feline UNSURE

COLIN'S CAT CHARLIE ISN'T AS KEEN TO MOVE AS THE REST OF THE FAMILY

The world, as my old mother reminds me regularly, is going mad, though I'm not sure she knows just how mad it's going.

I hope she didn't notice the story I read recently concerning one of the world's biggest nations going to the dogs. Well, the cats and dogs actually.

In China, with a population of 1.4 billion, sales of pet food have now overtaken sales of baby formula, suggesting that the country's young people would rather raise a dog or a cat than a baby.

This comes at the same time as a continuing drop in the country's marriage and birth rates. Experts say it's a cost issue – a small fluffy dog being a lot cheaper to run and an awful lot less trouble than a baby. And you can get a new one every 10 or 15 years.

Though, speaking as someone who's had quite a bit of experience with both pets and babies, if I had to choose, I'd probably still go for the babies. Pets certainly have their charms, but they have their limitations too. Cats, for instance, do not like moving house.

This is a topic on my mind as we approach the day of departure from the house we've been in – without meaning to – for six years. I haven't had the heart, or the courage, to break the news to Charlie, the cat. She won't take it well when she realises what's happening.

Where we live now is a bit of a cat heaven, if you're the sort of cat who likes to get out and about in nature.

And we do have a lot of nature around us, living, as we do, in a house built in a bush-filled valley on Wellington's glorious, wind-whipped northern slopes.

Tui, kererū, kākā and pīwakawaka (fantail) all come by on a daily basis, though Charlie's hunting preferences, thankfully, run more to rodents so, in her way, she's been on the birds' side. She has tried to gift more rats and mice than I care to remember, especially since not all of them were quite over and done with when she triumphantly brought them into the bedroom at 2am.

I won't miss that side of living with nature, but I have a strong feeling that Charlie will, and that she's going to mightily resent being put in a cage and flown to Auckland for a new life with a lot less nature and new cats next door. It's going to be the same for me too, but I'm not sure cats care much about what the humans in their life feel.

At this stage, we're a little unclear on just what we'll be offering Charlie in the way of a backyard, but there's no way it's going to measure up in comparison with her previous role as mistress of the forest and ruler of rodents. It might have to be a lazier life in Auckland, more lying around on sunny windowsills, more visits to the biscuit bowl.

That's actually what I'm planning for myself and I don't see why it wouldn't work for a cat. I can make space on the windowsill for her. We can help each other adjust.



Just Mercy is a powerful new film that follows the incredible true story of Bryan Stevenson, a new Harvard law graduate who heads to Alabama to help people who've been wrongly convicted.

His first case is that of Walter McMillian (Jamie Foxx), who's been sitting on death row for six years after being sentenced to death for a 1986 murder he didn't commit. Over the next few years the pair work together to fight institutional racism in the legal system and death threats to free an innocent man.

Jamie says his entire career led to this role. "It was an incredible project and it's personal. It was personal for me because my father was placed in jail for \$25 worth of illegal substances for seven years."

Michael B Jordan, who portrays the real-life lawyer, also felt the weight of telling this story. "For me, this was very intimidating at first... I felt like I had a great deal of pressure to get it right."

At its premiere at the Toronto International Film Festival, it received an eight-minute standing ovation from

the crowd, an overwhelming experience for the cast and crew that brought many of them to tears. In the audience was the real Bryan Stevenson, now 60 and still a lawyer. "Being in a space like this and seeing people respond to it and get it gives me a great deal of hope," he said.

QUALITY of mercy

A QUEST FOR JUSTICE MAKES
FOR COMPELLING VIEWING

**Just Mercy is in
cinemas now.**

REVIEWS



FILM

**STAR WARS:
THE LAST JEDI**
RATING M

Expectations are always high for the final film of a series, but maybe none so much as the end of a saga that has spanned

decades, and *Star Wars: The Rise of Skywalker* sadly doesn't live up to what it should be. After Emperor Palpatine is discovered to be still alive, our heroes Rey, Finn and Poe must race against time to find and defeat the Sith lord and save the universe. Highlights include a plethora of cameos from beloved characters, including some in ghostly form, as well as the performances of Daisy Ridley as Rey and Adam Driver as Kylo Ren. The rest is unfortunately underwhelming.

Rebekah Hebenton



MAKEOVER MY DAY

The Family Gorgeous, one of the UK's most fabulous drag clans, heads on a road trip across Britain, transforming those who need help by bringing out drag-enhanced versions of themselves. Led by Cheddar Gorgeous, the queens make over all kinds of people, from a small-town farmer to a mum of six, all with the aim of unlocking their lost confidence. "It's actually about how the process of standing out can help reveal something about you that maybe you didn't know," says Cheddar.

TV



**Drag SOS, TVNZ 1,
Tuesdays, 9.15pm.**



Taken away!

Nicky Pellegrino
BOOKS EDITOR

FANTASY *escape!*

ADVENTURE ABOUNDS AS BOOKS COME TO LIFE

I'm excited to have come across new Kiwi talent H.G. Parry. She's produced a literary fantasy that is a completely brilliant read for anybody who loves books or magic. It's quirky, original and unexpected from start to finish.

Rob Sutherland is a Wellington lawyer and a very normal guy. Rob's younger brother Charley is anything but ordinary though. He has the ability to bring fictional characters from the pages of the books he is reading into the real world – Sherlock Holmes has been an especially regular visitor in his life.

It's a magical skill that Charley can't completely control and Rob is there to help him out of the messes it gets him into, and to prevent anyone else from finding out his secret.

When Rob gets a call late at night to say Uriah Heep – a villain from the novel *David Copperfield* by Charles Dickens

– is on the loose, he goes rushing to the rescue.

Vanquishing a violent Uriah is only the beginning of this supernatural adventure as Rob and Charley find themselves fighting off fictional monsters and discover a hidden Victorian street inhabited by characters from Jane Austen, Oscar Wilde and Charles Dickens' stories.

They become embroiled in a battle of good against evil, and it appears Charley isn't the only one with the ability to bring fictional characters to life, with a mysterious arch enemy scheming to use their power to destroy the world.

Charley and Rob, along with a plucky fictional girl detective, several Mr Darcys, and a Maui, have to risk everything to prevent disaster happening.

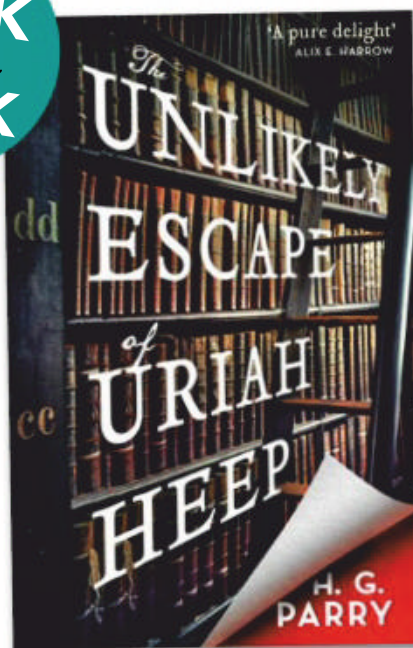
It helps if you've read at

least some of the novels referenced,

otherwise it may feel like a bookish in-joke. But there's also a very human and non-fantastical story about a tricky relationship between two brothers and I think anyone can relate to that.

I loved the humour, the cleverness and the sheer fun of this book. I can't wait to see what H.G. Parry comes up with next.

**BOOK
of the
WEEK**



The Unlikely Escape of Uriah Heep by H.G. Parry
(Hachette, RRP \$24.99).



BOOK CLUB DISCUSSION

Don't miss out on the Weekly's book club. This month we are reading an apocalyptic drama about climate change, *The End of the Ocean* by Maja Lunde (HarperCollins, RRP \$37.99). Sign up at womensweekly.co.nz/bookclubsignup.

Meanwhile, here's this week's discussion point:

- How did reading this book make you feel about real-life events such as the recent Australian bushfires crisis?

WEEKLY BOOK CLUB

Email your thoughts, answers and competition entries to bookclub@nzww.co.nz or post to Book Club, NZWW, Private Bag 92512, Wellesley St, Auckland 1141



About the author... H.G. Parry

She lives in Wellington and teaches English literature, film and media studies. The H.G. stands for Hannah Gabrielle. She has written lots of short fiction and this is her debut novel.

This novel was inspired by... "The years I spent at Victoria University studying English literature. I wanted to write a book that celebrates books, particularly Victorian novels and children's stories, but I also wanted to celebrate the study of English literature. It's ended up being a book filled with a lot of things that I love: Wellington, sibling rivalry, Dickensian streets, girl detectives, secret passages, houses teeming with old books, the footprints of a gigantic

hound, and multiple versions of Mr Darcy."

The most challenging thing about writing it was... "Finding the right mix between literary adventure and family drama. For

a long time, I tried to focus on keeping the plot tight and fast-paced so nobody reading it would get bored. It wasn't until after it sold that my editor encouraged me to let the family elements of the book grow and breathe."

My writing habits are... "Not really habits at all! I write anywhere from my desk at home to the library to a museum to a table in the garden with my pet rabbits. I really like writing on trains because it gives you a set length of time with nothing to do but type and watch the scenery go by."



Left: Nicole and Jen caught up.
Right: Jennifer Garner came solo and presented an award.



Starstruck



Above: Catherine lent Michael a hand.
Below: The stellar cast of *Big Little Lies*.
Below left: A bedazzled Helena Bonham Carter.



HOLLYWOOD'S AWARDS SEASON HITS FULL GLITZ

The 2020 Screen Actors Guild Awards captured audiences around the world – for a host of reasons. Amid heartfelt speeches and chic outfits, a glowing list of Hollywood's hottest gathered to celebrate the best in movies and TV – and their love for each other!

The *Big Little Lies* crew enjoyed a cosy reunion, as did buddies **Jennifer Aniston** (50) and **Nicole Kidman** (52). Meanwhile, perennial lovebirds **Catherine Zeta-Jones** (50) and **Michael Douglas** (75) couldn't keep their hands off each other, while our own **Taika Waititi** (44) hung out with fellow antipodean **Margot Robbie** (29).

Mates: Margot and Taika held trans-Tasman talks.

Acting the part: Bringing the elegance to the occasion were legends (from left) Catherine O'Hara, Anna Paquin, Scarlett Johansson and Jane Seymour.



PRETTY SWEET

Date night for Ms Roberts! Looking as good in a green plaid suit as she did in *Pretty Woman*'s famed red dress, Julia (52) and husband Danny Moder (50) stepped out for a rare night on the town in Los Angeles to support Sean Penn's charity gala.



LA LA LAND

Never one to shrink into the background, La Toya Jackson (right) went full glam during an outing in Los Angeles. The singer (63) stepped out to celebrate fellow musician Andy Madadian's induction to the Hollywood Walk of Fame.



DOGGY DADDY

Simon Cowell (60) clearly reckons he's still got the *X Factor*! Strutting along a Barbados beach with two of his three beloved pups – named Squiddly, Diddly and Freddie – he looked relaxed and bronzed as he gave his furry friends a workout. Gone was his signature T-shirt, with the entertainment mogul preferring a more casual look for his stroll along the shore.



Star WEEKLY

A sense of Uma

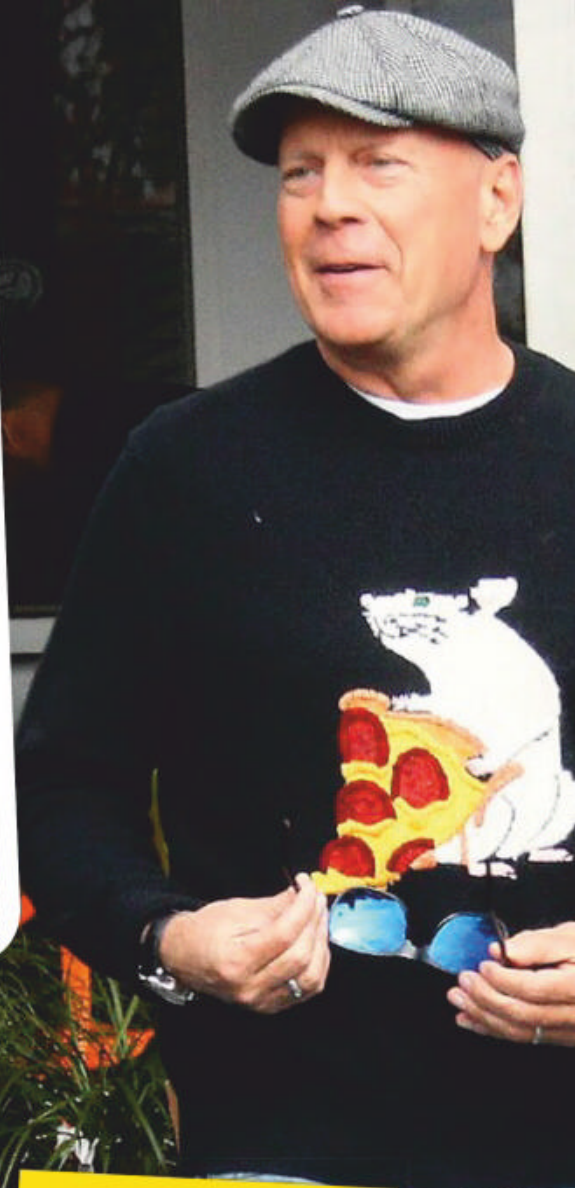
Will you accept this rose? No, it's not *The Bachelorette*, but the always elegant Uma Thurman. The *Kill Bill* star (49) was looking cheerful despite her all-black attire as she accepted a bunch of blooms while visiting the set of an Italian talk show. Bellissima!





CUFF 'EM!

Fresh from being arrested in climate change protests in Washington DC, literal partners in crime **Lily Tomlin** (80) and **Jane Fonda** (82) got the giggles while filming a Q&A session on *Ellen* last week.



DIE-HARD

PIZZA FAN

Believe it or not, Bruce Willis' bizarre pizza jumper is a cult sensation in the US, with a price tag of \$600! In wearing it, the Red actor (64) brought a slice of New York to Hollywood – the picture is a nod to a viral video of a rat who dragged a huge pizza slice down some subway stairs in the Big Apple.

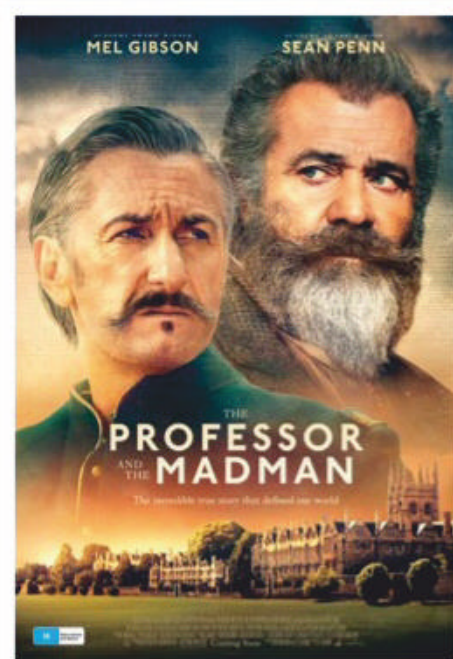
Stop that thief!

Style queen Dame Helen Mirren was snapped looking grim in sensible woollens for the filming of her newest project, *The Duke*, a comedy heist flick based on a real crime that gripped the UK in 1961. Helen (74) plays the wife of an ageing taxi driver who steals a Goya painting of the 1st Duke of Wellington from London's National Gallery. Jim Broadbent (70) plays her husband.

MODEL OF DECORUM

Supermodel Rachel Hunter is spending a lot of time away from Hollywood these days as she pursues her love of travel, yoga and meditation, but the laid-back 50-year-old Kiwi caught up with her celebrity friends at a party before last week's Screen Actors Guild Awards.

WIN A DOUBLE PASS TO **THE PROFESSOR AND THE MADMAN**



Based on a true story, this film is an extraordinary tale of madness, genius and obsession and the two remarkable men who made history creating the Oxford English Dictionary.

Professor James Murray (Mel Gibson) took on the challenge, knowing it would take him and his team over a century to compile all known definitions.

As words were collected, the overseeing committee discovered that one man, Dr. W.C. Minor (Sean Penn), had submitted more than 10,000 entries. When they insisted on honouring him, a shocking truth came to light: Dr. Minor was a convicted murderer being held at an asylum for the criminally insane.

AUCKLAND SCREENING:

Event Cinema Broadway,
February 10, 6.30pm.

WELLINGTON SCREENING:

Light House Cuba,
February 10, 6.30pm.

THE PROFESSOR AND THE MADMAN,
IN CINEMAS FEBRUARY 20

TO ENTER: Visit nowtolove.co.nz/madman, or send your name, address and preferred screening to *The Professor and the Madman*, NZ Woman's Weekly, Private Bag 92512, Wellesley Street, Auckland 1141. Entries close February 3, 2020.

For terms and conditions, go to nowtolove.co.nz/madman.

NEW ZEALAND
Woman's Weekly

WHO YOU GONNA CALL?

The folks at Dior knew just who to call to add some gravitas to the front row of their Paris Fashion Week show last week: Sigourney Weaver. The actress (70) returns to our screens later this year in *Ghostbusters: Afterlife*, reprising her role in the original flick. She credits the 1984 supernatural comedy for changing her life. "I knew it would be big. The script was so funny and full of heart."



Emma truly is the spitting image of the People's Princess (below, in 1988).

PRINCESS *perfect!*

EMMA'S GOT THE LOOK!

For some, taking on the role of the world's most photographed woman in an award-winning show might be intimidating but, as these pictures show, **Emma Corrin** is handling it with aplomb.

The 24-year-old and the cast and crew of *The Crown* were spotted recreating **Diana, Princess of Wales'** iconic, paparazzi-crazed arrival at the Bernardo's Champion Awards at the Savoy Hotel in the 1980s for the fourth season of the popular Netflix series.

Says her co-star **Josh O'Connor** (29), who portrays **Prince Charles**, "Emma's doing a brilliant job and it's breathtakingly accurate. She looks the spitting image [of Diana], and it's kind of extraordinary." We agree Josh, we agree!



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