

# It was like watching my superhero crumble.

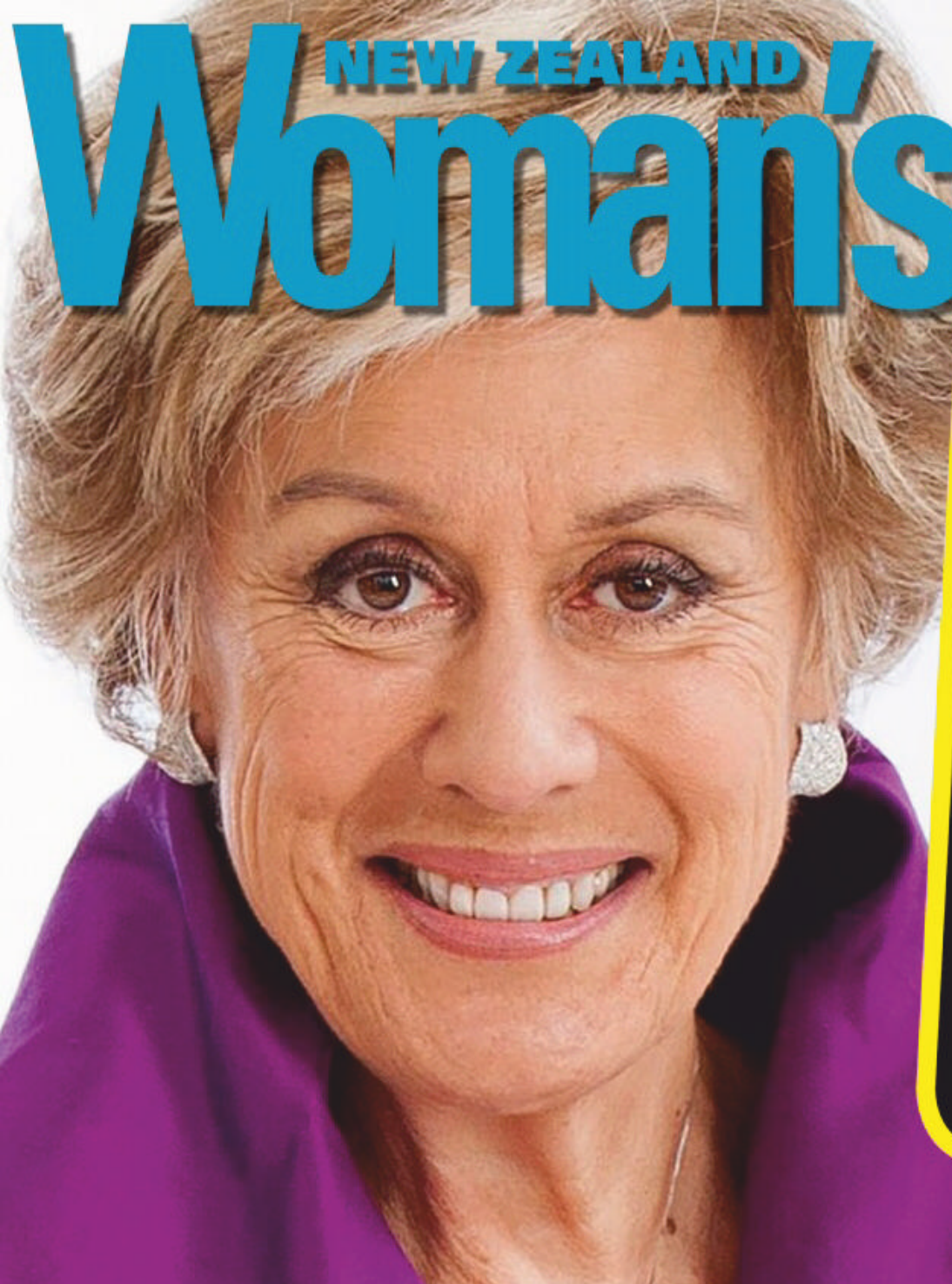
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*Dame Kiri's*  
**SURPRISE  
ROYAL  
RETREAT!**



**THE WINDSORS'  
WILD WEEK**

- **THOMAS MARKLE'S ULTIMATUM**
- **THE QUEEN'S SURPRISE GESTURE**
- **PRINCE ANDREW DUCKS FOR COVER... AGAIN**



**JENNIFER SAUNDERS**  
*'I'm the old woman in the mirror!'*



**SILVER FERN'S MAGIC COMEBACK**



**KIWI REAL LIFE**

*Facing the flames:  
Nelson one year on*

**Chill out!**  
**NICI'S EASY FROZEN DESSERTS**








**Star  
NEWS**

# Resolute royals



William lit a candle during the Holocaust Memorial Day Commemorative Ceremony in London.



## WILLIAM AND KATE SOLDIER ON AMID FAMILY FIASCOS

From delighting kids at a children's hospital through to revealing poignant photos taken to mark the 75th anniversary of the liberation of Auschwitz-Birkenau concentration camp, **Catherine, Duchess of Cambridge** has had quite a week.

Kate, a keen photographer, unveiled two portraits she took of holocaust survivors Yvonne Bernstein and Steven Frank and their grandchildren, which will be included in an upcoming exhibition for The Royal Photographic Society.

"It was a true honour to have been asked to participate in this project and I hope in some way Yvonne and Steven's memories will be kept alive as they pass the baton to the next generation," Kate (38) said in a statement accompanying the photos' release.

She and **Prince William** also attended a memorial event in London, where they lit candles alongside survivors and William (37) gave an emotional reading in which he paid tribute to his great-grandmother, Princess Alice of Greece and Denmark, who risked her life to save a Jewish family in 1943.

It was also a big week for William, who was bestowed yet another title by the Queen. The prince has been made the Lord High Commissioner to the General Assembly of the Church of Scotland. The role is for a year and means he is the sovereign's personal representative to the Church of Scotland.

Kate and William's workload is only set to grow as their three children, **Prince George** (6), **Princess Charlotte** (4) and **Prince Louis** (1) get older, and they're currently having to help fill the void left by **Prince Harry** and wife **Meghan, Duchess of Sussex** – however, it appears their efforts are paying off, with recent popularity polls showing a lift towards the two.

"The warm reception William and Kate received has given them a huge boost," says royal expert **Katie Nicholl**. "They've stuck to the tried-and-tested approach, promoting a united royal family, and it's a success."





Kate's portraits of Yvonne (right) and Steven (below) will feature in an exhibition.



Kate described Yvonne and Steven as "two of the most life-affirming people that I have had the privilege to meet."



## PICTURE OF COMFORT

Kate also met with youngsters at Evelina Children's Hospital during a creative workshop run by the National Portrait Gallery's Hospital Programme.





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## Be in to win!

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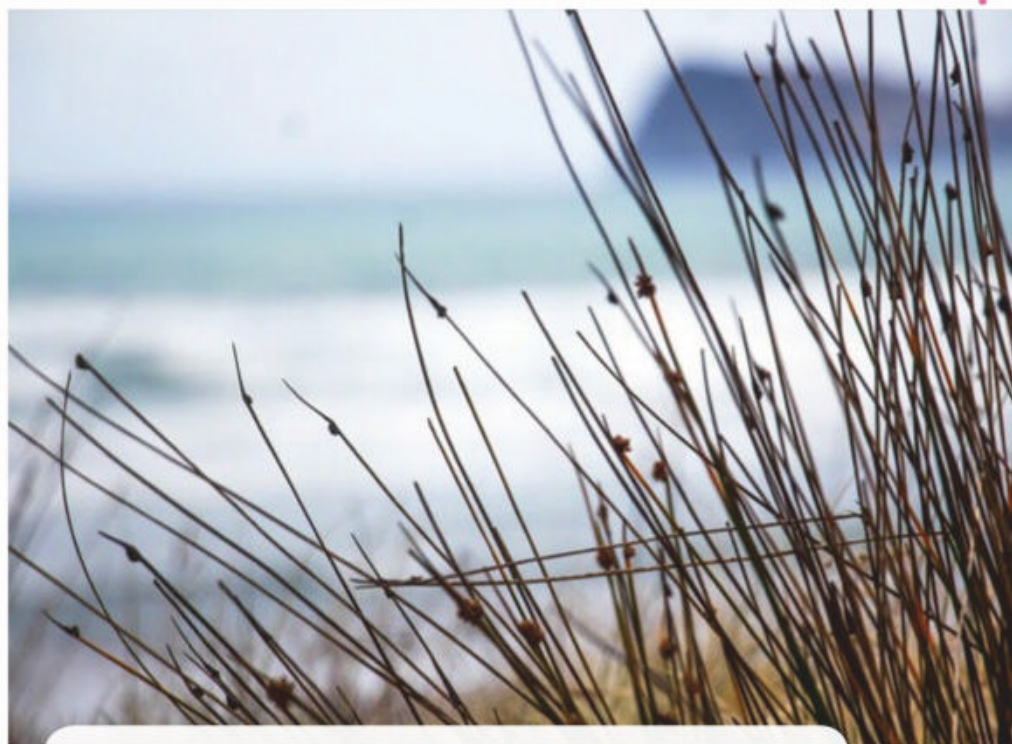
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## LOOKING AT NEW ZEALAND



Pauanui Beach, The Coromandel by L Thomas. We want to see and share your New Zealand – send us your pictures: [nzww@bauermedia.co.nz](mailto:nzww@bauermedia.co.nz).

## FROM THE EDITOR

Years back when I caught up with Colin Hogg to have a chat regarding bringing him back to the Weekly, he told me what a soft spot he had for this magazine, and about all the friendly readers who would come up for a chat about his column while he was browsing the aisles in the supermarket.

Personally, I'd never had such an encounter – I've had many wonderful conversations with people at reader events, movie screenings and talks, but never a chat out of the blue. That is until last week.

I had just parked my car and was on my way down the street when I heard someone call out, "Miss! Miss!" I was the only one about, so I turned around and saw a group of five young men sitting outside a bakery, wearing high-vis vests and muddied work boots. One of them asked, "Are you from New Zealand Woman's Weekly?" A little taken aback, I said I was, to which the man grinned, "I knew it! Hey, that Meghan Markle – she's bad news, right?"



And so, I spent the next 10 minutes talking all about the royal family – and the Weekly – with a passionate group of people, who just happened to be a little outside of the expected demographic of a Weekly reader.

It was such a wonderful encounter – thanks for calling out, guys – I hope to hear, "Miss! Miss!" again soon.

Enjoy your week!

Alice

Alice O'Connell, Editor  
[nzww@bauermedia.co.nz](mailto:nzww@bauermedia.co.nz)

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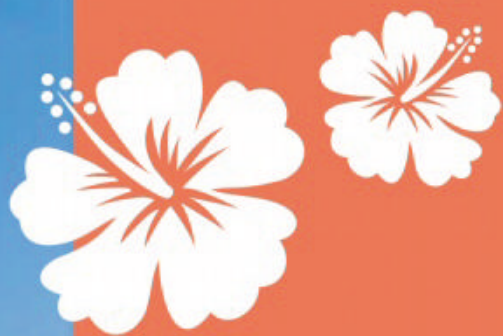
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THE GRAND DAME  
HAS A RARE DATE  
WITH THE QUEEN

# *By royal appointment* KIRI'S MAJESTIC HONOUR

One's a monarch, the other is musical royalty. Dame Kiri Te Kanawa has had a long history with the Queen and her family, including famously singing at the wedding of Prince Charles and Lady Diana Spencer.

But the esteem in which she's held by the royals was particularly evident last week when the opera star received special treatment, sitting alongside Her Majesty on a car ride to church.

Kiri (75) looked chummy with the monarch as the pair were driven from Sandringham to nearby St Mary Magdalene for the Sunday morning service.

Both women were wrapped up warm against the chilly winter weather, with the Queen (93) in a furry hat with a blanket over her knees in

the back of her Rolls-Royce.

Meanwhile, the Queen's daughter Anne, Princess Royal, (69) walked from the royal residence to the church with her husband Sir Timothy Laurence (64) and another celebrity guest, racing driver Sir Jackie Stewart (80). It's believed both Kiri and Jackie were staying at Sandringham for several days as guests of Her Majesty.

It's the second year in a row that Kiri has been invited to spend time at the family's Norfolk home, where the Queen and Prince Philip (98) reside over Christmas and into February. Exactly a year ago she also had the privilege of travelling to church in the royal Rolls-Royce.

She told Radio New Zealand last year the invitation had come through Anne and Tim: "I was invited to Sandringham for three days and three nights, which was really incredibly special. Her Majesty was there and the Duke of Edinburgh was there as well, and they were at the lunches and the dinners





which were really, really fun."

Kiri stressed that she wouldn't describe their relationship as close – "it's not buddy-buddy or anything like that" – but said it was "very nice to get some nice invitations like that".

The opera star obviously made an impression, hence the invitation to return this year. A royal source says being invited twice to Sandringham, among the smallest and homeliest of the royal residences, is a clear sign of approval.

"Sandringham is special to the Queen because it is where Prince Philip now spends most of his time, but it also holds a lot of history for her. It's where both her grandfather George V and her father George VI passed away – in 1936 and 1952, respectively – and it is also where she taped her first-ever televised Christmas message, in 1957.

"Because it is quite small compared to other royal homes, I think Her Majesty would only want guests there that she personally likes and has time for," says the source. "Getting asked for a return visit would be something special."

Kiri's association with the royal family goes back to the 1970s when she met them while they were touring New Zealand.

"We had lunch on board

**Clockwise from left: Kiri sings at Charles and Diana's wedding in 1981; with Charles at a portrait unveiling at 2015; with Diana in 1985; a catch-up last November.**



## THE ROYAL TREATMENT

the Royal Yacht Britannia," she recalled in a 2018 interview. "I sang for them that night."

But when she got a phone call in 1981 asking if she'd sing at Charles' wedding to Diana, she initially thought it was a joke.

"My agent rang and said, 'Charlie wants you to sing at his wedding,' and I said, 'Charlie who?' He said, 'Charles!' and I said, 'Charles who?'

"Charles Windsor," came the reply, to which Kiri simply said, "Oh."

Kiri, who's been based in the UK since the mid-1960s, went on to perform for the royals many times, including singing *Happy Birthday* to the Queen at the opening of the 2006 Melbourne Commonwealth Games and headlining the 2007 Royal Variety Performance.

Kiri was made a dame in 1982 and in 2018 was appointed a member of the

elite Order of the Companions of Honour. She was presented with the award at Buckingham Palace by Charles, who three years earlier had presented her with an honorary doctorate at the Royal College of Music.

Kiri caught up with Charles and his second wife Camilla, Duchess of Cornwall, when they were all in New Zealand last

**Dame Kiri and the Queen rugged up for the drive from Sandringham to church.**

November. Charles (71) and Camilla (72) were here on a royal visit, while Kiri was at home celebrating the renaming of the main theatre at Auckland's Aotea Centre in her honour. She was spotted laughing and chatting animatedly to her royal pals at a reception.

While she may be used to hobnobbing with royalty, she's equally as happy back in New Zealand at the property she owns in Northland. On the same day she caught up with Charles and Camilla, Kiri told pupils at her old school, Auckland's St Mary's College: "You always come back to your roots, no matter what happens – your land pulls you back."

**Judy Kean**







**Happier days from the Markle family album. Below: On British TV, Thomas bemoans his estrangement.**



determined to make that reunion happen. In a live interview with Piers Morgan's *Good Morning Britain* show last week, he said, "If after this interview, if I don't hear from somebody in 30 days, I'll give 30 days and I'm going to try again, because 30 days is enough time to get back to me."

"I don't want to sit in silence in my living room for the rest of my life, waiting for someone to call me back or get in touch with me."

There is still a chance that Thomas could end up in the

same room as his daughter. If her lawsuit against *The Mail on Sunday* goes ahead, he has been tipped as a key witness for the defence. Meghan sued the British paper in October for copyright infringement, a data protection breach and misuse of private information, after it published a private letter she sent Thomas after her wedding.

Thomas has confirmed the paper could call him to give evidence against his daughter. "If it comes to meeting them in a courtroom, that's great," he told Piers. "At least I finally get to see them, but I don't want to face off or have a battle with them."

If Prince Harry and Meghan, Duchess of Sussex, hoped to escape the media spotlight in the UK, her father certainly seems to have other ideas, once again using the press in a desperate bid to reach out to his daughter.

Just days after a bombshell TV documentary aired in which Thomas Markle accused his daughter of "cheapening" the royal family, the beleaguered dad has hit out again, appearing in a second documentary, and he's now saying he will give an interview every 30 days until his daughter or son-in-law call him.

Last week TVNZ aired *Thomas Markle: My Story*, in which Meghan's estranged father spoke of his sadness that the pair have not spoken since before her 2018 wedding to Prince Harry. He says he desperately wanted to be at the wedding but was advised against flying by his doctors after emergency surgery following a heart attack in the days leading up to the nuptials.

In the documentary, he said their relationship was beyond repair. "I can't see her reaching out to me, especially now, and in light of what I'm saying now she probably won't – or Harry for that matter."

He also hit out at their decision to step away from the royal

family, a move he described as embarrassing.

"This is not the girl I raised," he said. "This is one of the greatest long-living institutions ever. They are destroying it, they are cheapening it, making it shabby... They shouldn't be doing this."

"It's disappointing because she actually got every girl's dream. Every young girl wants to become a princess and she got that and now she's tossing that away... It looks like she's tossing that away for money."

In a second interview, a TMZ special named *Harry & Meghan: The Royals in Crisis*, Thomas aimed a few shots at Harry (35) as well as criticising Meghan (38), saying, "I think that Harry is a very insecure man and I think that's being shifted on to my daughter. I think she winds up mothering him."

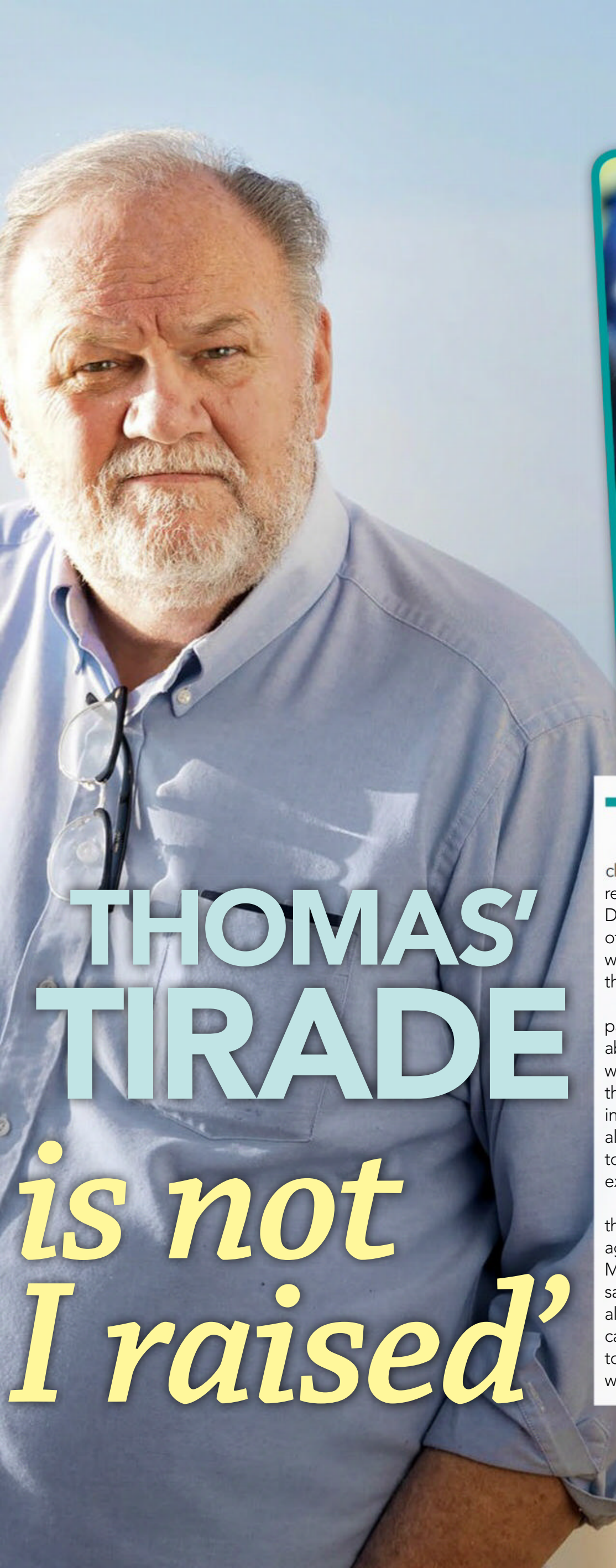
But he still wished them well and, despite his comments, hoped a reconciliation could still happen. "I hope that some day we do get back together, but I'm 75 so there isn't a lot of time."

Thomas now appears

ON LIVE TV,  
MEGHAN'S  
DAD ISSUES  
HER AN  
ULTIMATUM

# 'This the girl





# THOMAS' TIRADE *is not I raised'*



## *Casting off: Harry & Meghan*

**T**he drama surrounding 'Megxit' could have been avoided, it's been claimed, as multiple sources reveal that the Duke and Duchess of Sussex were offered the freedom to live without royal titles before their star-studded wedding.

Speaking to *The Sun*, the paper that broke the story about Harry and Meghan wanting to step back from their roles as senior royals, insiders say the Queen was always happy for the couple to continue without the expectation of duty.

"From the early days, the Queen really wanted to agree a smooth transition for Meghan," one of the sources says. "The offer would have allowed her to carry on her career, but she was happy to stop acting to become a working member of the royal

family. Royal officials were frustrated that she and Harry appear to say they were pressured into quitting."

There are also concerns over the pair's new North American life, as they no longer have protections of their royal status when it comes to the press. The couple previously enjoyed somewhat of a gentleman's agreement in the UK, where no photos of them or son Archie (9 months) in private would be published without permission. There are no such safeguards in Canada.

"The palace is very worried about the Sussexes because they are vulnerable outside the embrace of the family," says an insider. "They are making contingency plans in case they suddenly turn around and say, 'Can we come back under your wing?'" →



# Ducking for cover: Andrew

**H**e's always been the Queen's favourite son, from his Falklands War service, for which she regards him a hero, to his take-charge approach in rescuing priceless artefacts while Windsor Castle burned in 1992.

But palace sources say it's getting ever harder for Her Majesty to shield Prince Andrew (59) from growing pressure to front up to US authorities over his connections to late convicted sex offender Jeffrey Epstein, as it emerged last week he has "provided zero cooperation" to the FBI – despite publicly promising that he would.

In a press conference last week, US Attorney Geoffrey Berman revealed that federal prosecutors have contacted the prince's legal team, but have not received a response.

"To date, Prince Andrew has provided zero cooperation," he said, adding, "Jeffrey Epstein couldn't have done what he did without the assistance of

others, and I can assure you the investigation is moving forward."

Buckingham Palace has not commented on the latest development but a source from within the palace confirms that "the issue is being dealt with by the Duke of York's legal team".

Andrew has always denied direct knowledge of his former friend's offending, despite accusations from victims, which include allegations the prince was himself involved.

Since the scandal broke last year, the Queen has tried to keep Andrew close, despite ordering him to step down from royal duties.

"While his public life as a working royal was dismantled, domestically things could not be closer," says royal writer Richard Kay. "Nevertheless, the impact of these latest developments on the Queen will be immense."

Andrew can't be forced to talk to US authorities while he stays in the UK so he may be sitting tight and avoiding travel across the Atlantic.

**The Queen seems to have made a point of being seen on outings with Andrew.**

**Epstein died last year in mysterious circumstances while in jail facing fresh sex charges.**

**'The impact of these latest developments on the Queen will be immense'**



A photograph of Princess Beatrice and Princess Eugenie sitting in a dark carriage. Beatrice is on the left, wearing a light blue dress and a matching wide-brimmed hat with a blue ribbon. Eugenie is on the right, wearing a light blue jacket and a wide-brimmed hat. They are both looking forward.

## Stepping up: Beatrice & Eugenie


**T**hey've been sidelined from royal duties for years, but with the departure of the Duke and Duchess of Sussex from royal life, it may finally be Princess Beatrice and Princess Eugenie's time to shine.

Royal biographer Robert Lacey says the "blood princesses" are the natural choice to fill the gap left by

Harry and Meghan, with plans already underway for them to attend the Queen's summer garden parties at her side.

"It's quite clear that one of the consequences is that Beatrice and Eugenie will now be brought forward, if they're willing to be brought forward," he says. "If two go out, two have to come in, and those two have got to be Beatrice and Eugenie. I'm sure they'll be greatly welcomed. It's what the family needs as it's another 15 years until Prince George's generation steps up."

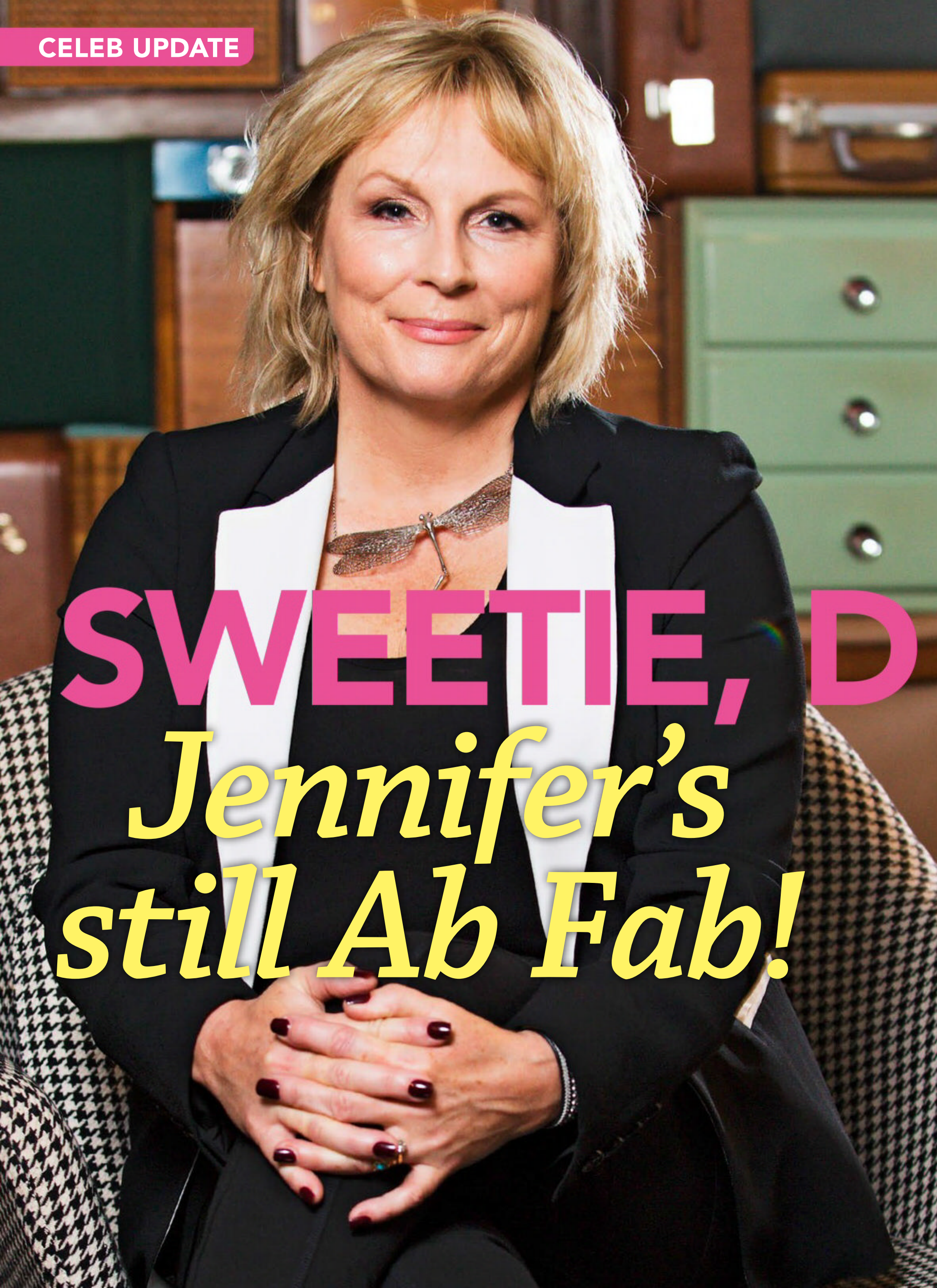
The princesses would have to give up their jobs – Beatrice (31) as an executive, and Eugenie (29) as an art gallery director. But with the royal family having somewhat of a staffing issue of late, given their father Prince Andrew stepping down from duty, Harry and Meghan's move to Canada, and the advancing years of the Queen and her children, palace sources say they're keen to shore up troops as soon as possible. ■

A photograph of Princess Beatrice and her fiancé Edoardo Mapelli Mozzi. Beatrice is on the right, wearing a tan coat and a green headband, smiling. Edoardo is on the left, wearing a dark suit and a light blue tie, looking towards Beatrice.

Beatrice and fiancé Edoardo Mapelli Mozzi may need to step into a more prominent royal role.



CELEB UPDATE



**SWEETIE, D**  
*Jennifer's  
still Ab Fab!*





# ARLING

## SHE'S OLDER, WISER AND TAKING ON HER BIGGEST CHALLENGE YET – A DRAMATIC ROLE

**J**ennifer Saunders recently found her five-year-old grandson Bertie staring at her oddly. "I said, 'Is there something wrong? What is it?'" Bertie kept looking at his grandmother, his gaze focused at a point just below her chin.

"Are you growing a beard?" Jennifer recounts he asked, breaking into laughter. "I had one little black hair here," she points at the underside of her chin. "But I couldn't see it. It made me laugh so much."

At 61, Jennifer is strikingly

gorgeous – chin fluff and all. She arrives at her Central London private members' club with hair that looks tousled yet blow-dried, wearing trainers and a flappy jacket-cum-cardigan that fashion journalists would call 'artfully draped'.

It's 1.30pm and the first thing she does is order a gin and tonic, which arrives in a giant fishbowl of a glass. "Oh lovely," she says, taking a swig.

Her skin is so unlined and clear that, although it's not normal to start an interview by

rhapsodising about a woman's epidermis, specifics of her routine are needed.

"I do as little as possible," she says. "I have always used Clarins cleanser and toner and a light moisturiser... I think it's just genes and luck. My grandmother had very good skin."

Does she consider herself beautiful? "Oh. Um. Not really. I'm always frustrated with various bits and bobs. I actually don't worry about being older. It catches you by surprise sometimes. You know, you're walking towards the mirror going, 'There's an old woman! Oh, it's me.'"

Jennifer was 29 when she and her comedy partner Dawn French started their sketch show *French and Saunders*, which ran for 20 years on the BBC. Then, aged 34, she wrote and starred in the award-winning *Absolutely Fabulous* alongside Joanna Lumley, a blisteringly funny sitcom that was ranked the 17th greatest British TV show of all time by the British Film Institute (BFI) and spawned a movie in 2016.

Throughout it all, she was raising three daughters on a farm in Devon alongside her husband, comedian Ade Edmondson (63).

"We had a nanny. Not a live-in... but we had lovely New Zealanders and an English girl who would come if none of us could do the school run, or who would be there in the day.

"But to be honest, in those days we could manage it. If I was on tour Ade would be at home, if he was doing a show, I'd be at home. So there was very rarely a time when one of us wasn't there."

Her three daughters – Ella, Beattie and Freya – are now 34, 32 and 29 respectively, with families, partners and homes of their own. These days, Jennifer finds she can say →





**Jennifer takes on her first dramatic role in *The Stranger*.**

← yes to work whenever she feels like it. "I think, 'Might as well have a go' if it appeals because I'm not tied into anyone else's calendar or schedule anymore."

"And as you get older things matter less. Not so much rides on it... Most of the time I do [work] now, I do it to have a great time and try something new."

Her latest role in *The Stranger* is no exception. Jennifer is playing a non-comedic part in the new Netflix series for the first time in her professional life. Adapted from the psychological thriller by bestselling author Harlan Coben, a man's world is shattered when a stranger tells him a secret about his wife.

So what was it like acting in a straight drama? "Well, it's only difficult in prospect, not when you actually do it," she muses.

But the seasoned actress does admit to nerves on her first day of filming, as she joined a cast that includes *Downton Abbey*'s Siobhan Finneran and *Spooks* star Richard Armitage.

"There was literally a point when I thought, 'Oh my God, I'm feeling a bit faint.' I went,

'No. Breathe. That's what you've got to do, breathe.' But everyone was just terrific and professional and lovely."

She pauses, catching herself sounding too serious. "I mean," she adds, sipping her gin, "you're just aiming to try to look real and say the lines in a believable fashion."

Apparently Harlan wrote her a letter, begging her to take the part. "Weirdly, he was an *Ab Fab* fan," she says, shaking her head at the unlikely thought of a male writer of chilling mystery novels enjoying the travails of a booze-soaked PR maven and her promiscuous, drug-addled magazine editor friend.

But then Jennifer's work has always had a broad appeal. She was once listed as one of the 50 Funniest Acts in Britain and was also named the 93rd Sexiest British Star by entertainment channel *E!* Plus, *Good Housekeeping* magazine put her at number 18 in its list of Best British Role Models.

Given she's a funny, sexy role model, if she had to choose just one which would it be?

"I have no intention of being a role model or a sexy thing. I'd like to be a funny act."

There's another gift that age has given her and that's the ability to speak her mind.

"You have the confidence to say to someone, 'No, I think this is better.' It's the confidence to

get what you want rather than what the consensus is."

In the early days of writing *Ab Fab*, she remembers being "pushed around by a lot of script editors at the BBC who told me this would work and that wouldn't work and maybe she should have a dog..."

It was why Jennifer started handing scripts in late, because "if you deliver them ahead of time, everyone starts giving you notes... so you don't control the sense of what is for yourself."

Given there's a lot of talk at the moment about imposter syndrome, is that something she feels as a comedian?

"No. I think you get to where you are and you deserve your place there. To be honest, if you can make people laugh, you hear it. You know it's there."

As a child, Jennifer and her three brothers moved around a lot. Her father, Robert, was a pilot in the RAF and her mother, Jane, a biology teacher, so the family were posted to different air bases around the world. Jennifer changed schools frequently and so the question begs to be asked, is that how she developed her comedic skills, as a way of making friends quickly and being accepted in each new place?

"No," she says. "I don't think I was ever a performer. I just detached myself. I never felt lonely. I was often more happy in my own company than with a big gang. I think it makes you clever at sussing out who to be with, and it sort of makes you good at being friends with quite a lot of people... just moving between the groups without necessarily making a huge fuss."

"I was always in a dream world. I used to love getting the bus to school because it meant you could just get into your own little daydream. The best

thing was just being on your own." So she's an introvert?

"Yes. I think I'm more introvert than extrovert. I think as life goes on you cope with social situations better and I find I talk a lot more these days. I mean, 20 years ago I'd have jammed up by now," she grins – she used to hate interviews.

"But as you get older you just get chattier."

In fact, when Jennifer first met Dawn at the Central School of Speech and Drama, where they were both students, Dawn found her aloof and uptight. Jennifer, for her part, had Dawn pigeonholed as "a cocky little upstart".

Jennifer snorts when reminded of this. "Yeah. I probably was... I wasn't particularly fussed about anything."

Still, they managed to overcome their initial antipathy and became close – later forming a double act and joining the informal comedy collective The Comic Strip, which until that point had consisted of only male performers, one of whom was

***'There is a danger in thinking that life owes you, because it will come back and slap you in the face, always'***

**Jennifer and Ade with two of their three daughters, Freya (left) and Beattie (right).**







**Jennifer's partners in comedy crime are Dawn (above, in 1988) and Joanna (right, in 2016).**

Ade. He and Jennifer were friends for six years before they became romantically involved.

The couple have now been married for 34 years and when asked what the secret is to staying together, she jokes that it's "moving a lot" – the couple has two bases: The Devon farmhouse and a London pied-à-terre in Bayswater.

Jennifer's favourite pastime is "shopping for houses on the internet without ever thinking I'm going to move. I just go, 'Ooh, that's quite nice! I wonder what sort of life that would be...' You know? I've sworn to Ade we're not moving again."

For someone with such a sharp sense of humour, Jennifer is far more gentle in person than anticipated, so as a couple, do they tend to avoid conflict?

"We do. I think compromise is one of the great things in life... just forget it, just move on. Ade loves stoicism. He's a great stoic and reads a lot of books on

it. I think it's a fantastic thing.

"There's this constant idea that we all deserve something. You know, 'Oh, I deserve to be happy.' Do you? I don't think any of us deserve anything.

"I think we make our lives and we make them happy or sad, or things happen that make them that... There is a danger in thinking that life owes you, because it will come back and slap you in the face, always."

When Jennifer was diagnosed with breast cancer in 2009 it was this attitude that saw her through. She underwent chemotherapy and radiotherapy and experienced chemically induced menopause during treatment. But to hear her talk about it now, you'd be forgiven for thinking it was a mild bout of the flu.

"My mother is very, 'Just get



on with it. Come on. Pull your socks up,'" she says.

"And the doctor is telling you, 'It's going to be fine, and here's what we're going to do.' And you think, 'All right, fine, here we go.' And it becomes your job for about six months. You just do it, you get through it. The worst thing is coping with other people's reaction. It is what it is. You get on with it. So your hair falls out! Worse things happen."

But she was also helped through it by her female friends – she still fondly refers to Joanna as "me old mucker", and she and Dawn are currently filming an adaptation of *Death on the Nile*, directed by Sir Kenneth Branagh.

"It's lovely," Jennifer says. "I'm having the best time because a van picks us up – Dawn then me – and takes us into Longcross Studios [in Surrey, where they are filming]. It's an hour in the morning and an hour in the evening and we talk the whole way. Sometimes we repeat conversations we've enjoyed! We've had hours of

travel and nonstop yak... It can be Michelle Visage on *Strictly* to personal problems... anything. Just yak, yak, yak.

"Female friendship is really important to me. I love my friends. Most of my life is spent with women and talking with women. I also have three daughters who I see a lot. I think women get on with women in a very untricky way and it's not often presented like that."

Why does she think that is?

"It's a way of keeping women down. And also to set women against each other. Of course there are rivalries – men have rivalries, everyone has rivalries – but most female friendships are incredibly supportive of each other."

And that rings true, for an hour in her company has felt exactly like a gossipy, supportive catch-up with a thoughtful friend.

"Bye, darling," she says when we leave, having knocked back the last of her gin and tonic. As she would say: It's been an extraordinary amount of fun.

**Elizabeth Day**



**The Stranger, streaming now on Netflix.**



# J-LO'S DONE WITH HUSTLING!

## SHE'S HAD ENOUGH OF HOLLYWOOD!

It was supposed to be her year – but after failing to secure an Oscar nomination or take home any other silverware she was nominated for, sources say Jennifer Lopez is keen to get out of Dodge and turn her back on Hollywood for good.

Many believe the *Hustlers* actress was unfairly snubbed when this year's Oscar nominations were announced and her name wasn't included in the Best Actress category – and the star seems to think the same.

"Jennifer was so upset about being overlooked. She's been crying ever since," a pal tells. "She feels like she's one of the hardest-working actresses in this town and yet she still doesn't get any respect," they say, adding she and husband, baseball star Alex Rodriguez (44), are looking at moving away from Tinseltown.

Indeed, J-Lo has admitted she's keen to shift away from the bright lights of Hollywood to "find another life where it's a bit more simple".

"I would love to live somewhere other than the United States, in a small town in Italy or on the other side of the world in Bali," the 50-year-old tells.

Many in Hollywood have also spoken of their surprise, and at times disgust, over the saga, including actress Carey Mulligan.

"For a film like *Hustlers* and a performance like Jennifer Lopez's [if it] can't get recognised then something's not working," she says. "You can't see that performance and disregard it, and not think it's worthy of recognition."

JLo's performance in *Hustlers* was described as "career-defining".



The wrap up...



It was a defiant Ozzy Osbourne who strode down the Grammys red carpet last week on the arm of daughter Kelly (35), after announcing he was battling Parkinson's disease.

Ozzy (71) and wife Sharon (67) shared the news on *Good Morning America*, with Sharon saying, "There's so many different types of Parkinson's."

"It's not a death sentence by any stretch of the imagination, but it does affect certain nerves in your body. It's like you have a good day, a good day,







## Rocked by PARKINSON'S

and then a really bad day."

Ozzy, who's been diagnosed with PRKN 2, says his family and fans have kept him going.

"They're my air, you know. I feel better that I've owned up to the fact that I have a case of Parkinson's. And I just hope they hang on and they're there for me because I need them."

Choosing to hide his disease for a time was also tough.

"To hide something is hard,

you never feel proper. You feel guilty. I'm no good with secrets. I cannot walk around with it anymore. It's like I'm running out of excuses."

But the Black Sabbath rocker is still determined to go ahead with his planned world tour.

"I just can't wait to get well and get on the road again. That's what's killing me. I need it, you know, it's my drug.

"I ain't going anywhere yet."



It's been a "rock n roll" year, says Ozzy, who's relied on Kelly and Sharon (above left) in the wake of his diagnosis.

## MY BATTLE WITH BOOZE

**P**op star Jessica Simpson has revealed her secret battle with alcoholism, following a lifetime of drug dependency, eating disorders and childhood abuse at the hands of a young friend.

After years of numbing the pain through drugs and alcohol, the singer and actress has penned a candid autobiography, *Open Book*, in which she details the moment she hit rock bottom on Halloween in 2017.

"It was 7.30 in the morning and I'd already had a drink," she writes.

"I always had a glittercup in reach at home. That's what I called the shiny tumblers filled with vodka and flavoured [water]."

After pulling on her costume for the party she and husband Eric (40) were hosting that night, she realised she was in such a state couldn't help get her kids Maxwell (7) and Ace (6) ready.

"I was terrified of letting the kids see me in that shape. I am ashamed to say that I don't know who got them into their costumes that night..."

"I would like to tell you I got up the next day and got my kids to school. I did not. I took an Ambien that night, maybe two. I slept in, afraid to see them, afraid I had failed them. I hid until they left, then drank. My friends came over later that day and I blurted out, 'I need to stop.'"

After intense therapy twice a week, as well as



in-house rehab, Jessica (39), who now also has baby Birdie (10 months) managed to get sober.

"With work, I allowed myself to feel the traumas I'd been through," she says, including in that her abuse which started when she was six and continued for six years.

"Without alcohol, the clarity I had feared turned out to be a continual gift."



Jessica and Eric, who no longer drinks now either, with their kids Maxwell (left), Ace (centre) and Birdie.



## THE SPORTS STAR HAS PIVOTED TO AN UNLIKELY NEW CAREER

**F**ormer Silver Fern Courtney Tairi is used to doing things just a little differently.

Take her netball journey, for example. Born in Australia to Kiwi parents, Courtney (31) spent her life vying for spots in Aussie's domestic league. She played three seasons for the New South Wales Swifts before returning to New Zealand, determined to fulfil her dream of becoming a Fern.

Always calling herself a Kiwi, despite what it said on her birth certificate, the stunning athlete achieved her dream despite three potentially career-ending injuries. "Yup, I have the scars to prove it!" she says, gesturing to her knees, which bear the marks of two anterior cruciate ligament reconstructions – and she also had an Achilles tendon repair after a rupture in 2015.

But it's these injuries that helped lead Courtney to an unexpected

passion – one that would eventually eclipse her lofty netball ambitions.

These days Courtney can call herself a broadcaster and presenter, fronting *The Kiwi League Show* alongside Monty Betham on Sky Sport, as well as covering all manner of sporting events for the network. It's a dream job, and one Courtney can't quite believe she has.

"People who know me can't believe it either," she says, laughing. "I used to be really shy and quiet. But I think as I took on more senior roles in my netball teams, and those captaincy roles, I got so much more confident and I found my voice. And here I am now – I think Sky almost Mr Miyagi-ed me into this."

"I'd gotten to the point in my netball career where I wasn't sure if I wanted to keep playing, and my body was clearly telling me to stop! It was a hard decision though, giving up netball. I'd been playing

# LIFE AFTER NETBALL

## *Courtney's brave*



professionally for nine years – it was all I knew – and saying goodbye to that was scary. But after all the surgeries, I was in pain every day.”

Thanks to her former Waikato-Bay of Plenty Magic coach Julie Fitzgerald, who encouraged her players to take any opportunity if it helped raise the profile and mana of netball in New Zealand, Courtney happily accepted a growing number of assignments thrown at her by Sky Sport, and it was during a training day with Ian Smith, the voice of New Zealand cricket, that she realised where her future lay.

“That whole day, I just loved being there,” she says with a smile. “Especially compared to the netball trainings – my whole body was so sore every time. So I figured out where my passion was heading, and I’ve been here ever since. There are so many awesome women working at Sky Sport too, with their Women in Sport initiative, so I’m always surrounded by amazing people – athletes and those behind the scenes.”

In just two years she’s proven

herself to be quite the tour de force, with personal highlights that include an interview with Serena Williams at last month’s ASB Classic.

“She was amazing,” says Courtney. “That was such a pinnacle for me, it was a dream come true.”

Another high point was covering her beloved Silver Ferns’ epic World Cup win in Liverpool last year.

“Being there with the girls was unreal,” she says. “I sensed that team was special, and what Noels [coach Dame Noeline Taurua] was building. It was such an amazing time for netball.”

Courtney is especially excited at the prospect of seeing the team at this month’s Halberg Awards, for which she’ll be working the red carpet.

The Silver Ferns are up for Team of the Year, with Dame Noeline also in contention for Coach of the Year, and captain fantastic Laura Langman a contender for Sportswoman of the Year.

“I’ll definitely have a soft spot for the netballers on the red carpet!” she says. “To see all the athletes all dressed up and made up is amazing, and it’s so nice they get to have a bit of time together to celebrate

**Clockwise from above: Courtney’s big moment interviewing Serena; in action in 2013; with league legend Monty on Sky Sport.**

all they’ve done.

“But it’s not just the Ferns. So many awesome female athletes are up for awards this year, so it’s going to be a great night for women in sport.”

She points out that four of the five teams nominated for Team of the Year are comprised of wāhine – the Silver Ferns, Black Ferns Sevens and women’s doubles and eights rowing crews – with the Black Caps the lone male team.

For the first time, the awards will be screened live on Prime, so every New Zealander will have the chance to see their beloved athletes take to the red carpet.

“I mean, it’s New Zealand’s Oscars!” Courtney says, laughing.

“But at the end of the day, it’s all for the kids that the Halberg Foundation supports. Seeing their little faces light up when they get to have a go playing sport is just the best feeling in the world.”

**Kelly Bertrand**



**The ISPS HANDA Halberg Awards will be shown on both Sky Sport and free-to-air on Prime on Thursday, February 13, from 8.30pm. Vote for your favourite sporting moment at [sportingmoments.co.nz](http://sportingmoments.co.nz).**

# rebound





While *Judy* is Renée's comeback movie, *A Star is Born* (above) was Judy's back in 1954.



## NO-ONE LIKE JUDY

Renée says she and director Rupert (above) worked hard to build her representation of Judy, and included a number of big moments in the film, such as her sold-out concerts in London (right) in 1968.

## HOW THE STAR FOUND HER POT OF GOLD THANKS TO JUDY

**W**hen it comes to the Oscars, anything is possible. In past years we've watched many a surprise take place – hot favourites have missed out, winners have fallen over as they head to the stage or the wrong winner has been announced altogether.

So, although Renée Zellweger is the hot ticket to win Best Actress for her performance in *Judy*, she's certainly not counting her chickens yet and is actually still getting her head around the fact she's even in the race for the coveted award, given the extended break she took from acting.

Though Renée says now that acting is her life's passion, it wasn't always the case. In fact, it was "a big mistake" that she even fell into the industry.

"I'm a failed journalist," she tells. "I went to school to write – I failed the typing test!"

She says becoming an actress was something of a fluke. She found huge success in films such as *Jerry Maguire*, the *Bridget Jones* series and *Chicago*, but while she was still hitting her stride in the business, Renée

suddenly found herself burnt out. "I was unhealthy, so I had to stop," she shares.

"I needed to take care of myself. I just hadn't, at that time, found a way to be able to allow for those things that are important and nurturing."

After getting away from it all, the 50-year-old says she got to a point where she felt fulfilled outside her acting career. "I recognised myself again – I had a life instead of just a profession."

Her big comeback has been starring as the legendary Judy Garland, with the film picking up her story in the winter of 1968 when the singer/actress was broke, unemployed, and addicted to barbiturates and alcohol. The mother-of-two was also distraught over a bitter custody battle with ex-husband Sidney Luft.

Renée's performance has seen a slew of nominations come her way during awards season and she's already picked up several gongs, including a Golden Globe and a Screen Actors Guild (SAG) Award.

While the actress is excited to





be back, plenty of nostalgia is being stirred up as well. Her SAG award speech was a reflection of her journey to date and saw her give *Jerry Maguire* co-star Tom Cruise, in particular, a shout out as she thanked him for his "example and professionalism on set and striving for excellence, generosity and unconditional kindness".

On the red carpet earlier Renée was also quizzed about where the future may take her – with many fans eager to know if there will be a fourth *Bridget Jones* flick made.

"I mean, that's a Helen [Fielding – author of the *Bridget Jones* series] question, but I hope she would want to. I know she wrote a book, so maybe. I'm always the last to know!"

But for now the focus is very much on her latest film *Judy*. We sat down with Renée to hear more about what went into this iconic role... ➔

# CHASING RAINBOWS

## *Why Renée never gave up*



← **While researching and then playing Judy Garland, what stood out about her the most?**

"She was amazing. She could hit 'em back [ie, drink] with the best of them. She was a dame. This film fills in the blanks between public conjecture and [Garland's] critics' omissions."

**Was it at all daunting for you to take on the added pressure of playing one of the most legendary and beloved singers of all time?**

"I tried not to think too much about how adored Judy is and has been through the generations, and how she is an icon for the ages. I tried to take that off the table and instead look at the film as an exploration of the human experience on the other side of stardom, otherwise I would

have just run away! [Laughs] So I let myself be propelled by curiosity and admiration. And [director] Rupert [Goold] and I worked on building the character for quite some time beforehand, to understand her emotional journey at a time in her life where we're not sure whether she's going to succeed."

**How did you handle the obligation that you must have felt towards portraying her as authentically as possible?**

"It's a different sense of responsibility that you feel to represent things as accurately as you can by digging through

the historical and public records of the legacy of Judy's life. In reading things and considering the source, I learned a little bit about the difference between a person's true history and the public account, and tried to find the balance in between. Of course, there are many parameters that are non-negotiable that have been said on the public record and through Judy's own words and things. So, you feel the need to represent that as authentically as possible. But the rest was pretty difficult to know because we're talking about very private moments that haven't been shared and it's sort of an interpretation of what the experiences of the person who was living under those circumstances at that time might be like."

**What kind of effort went into your singing preparations?**

**That was obviously another major challenge for you?**

"I had a fabulous voice coach who helped me build up my vocal power. At the beginning of the process I couldn't sing those songs because I didn't have the strength to do it... But in the end I performed most of the songs live on set."

**Can you describe how you felt when you sang Judy's classic *Somewhere Over the Rainbow* in the film?**

"Oh, that was quite a day... It touched me very deeply. It was the end of the live performance sequences that I had been sharing all week with the 300 actors who were playing the audience. It was the final moment of celebration that was shared between us, and all of our affection and admiration for Judy felt very alive at the moment. You find yourself thinking of what that song meant to her at that time in her life, and the nostalgia we all feel about it changes form as we go through our lives."

**Did you come away from making this film with a different or heightened appreciation of Judy?**

"I'm sad to say that I took her for granted, like a lot of people

you love in your life, she was just always there. She deserves the place in history she's carved out for herself... but it wasn't until we did this film that I properly came to appreciate how truly extraordinary she was by learning about the circumstances she was dealing with in that third chapter in her life."

**What kind of influence do you think Judy has had on other singers who've followed?**

"The combination of gifts that she was born with are just indescribably important in terms of what she inspires in other artists. Why she couldn't handle her fame, I don't know... you see stories like Amy Winehouse and you just wonder why? It's one thing to be born with this God-given mix of talents that are one-in-a-million, but it's quite another thing to carry on and navigate your life around difficulties. Learning about that and watching this is what sets her apart – it's not just iconic but heroic, really, and I was falling more deeply in love the more we learned about her as we went through."

**How did you approach her stage persona while she was singing?**

"I tried to intellectualise it rather than look at it from an emotional place because I think that would have been a little too daunting. So, just breaking it down in terms of style, pitch, where her register was at this particular time and the damage and all that stuff. And then it just took Rupert insisting again and again, 'No, you really do need to sing this.'"

**During the time you spent away from the film business, did you ever think about retiring for good?**

"I never once thought I'd never do it again because I love acting. It's my bliss. I appreciate it differently now because I've figured out how to bring the peace I have in my personal life into my professional life. It's not the same chaos because I've learnt what I can take on and when it's too much."

***'I never once thought I'd never do it again because I love acting. It's my bliss'***





# VOTE

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## SILVER FERNS WINNING GOLD AT THE 2019 NETBALL WORLD CUP

The Silver Ferns were crowned world champions after a thrilling win against our trans-Tasman rivals, the Australian Diamonds. Their 52-51 success was guided by the legendary duo, coach Dame Noeline Taurua and captain Laura Langman. Back the Silver Ferns to be the 2019 sporting moment of the year! Vote now!

Voting closes 13 Feb at 9pm



ISPS HANDA  
Halberg  
Awards



SILVER FERNS



Vivien and Clark:  
"You should be  
kissed, and often,  
and by someone  
who knows how."

IT WAS THE EPIC THAT  
BLEW THE WORLD AWAY

# FRANKLY MY DEAR...

*Gone with the Wind*  
turns 80!

It's considered one of the best films ever made – a sweeping love story set in Civil War-era Georgia, telling the tale of Rhett Butler and Scarlett O'Hara as they navigate love, loss and the battle between Unionists and Confederates.

*Gone with the Wind*, the movie adaptation of Margaret Mitchell's *Story of the Old South*, made history from its very beginnings. It was one of the most expensive and ambitious movies ever made – \$3.9 million in US currency





of the time – went through three directors, and was delayed for two and a half years when producers couldn't find their "perfect" Scarlett.

But the eventual pairing of Clark Gable and Vivien Leigh remains iconic to this day, and the actors took their roles very seriously, says Mickey Kuhn, who played Beau Wilkes.

"The whole world had a very definite idea of Rhett," he recalls. "[Clark] was terrified of not fulfilling the notion of the character. Vivien seemed

anxious too. It was her American debut and she wanted to do an excellent job. You could see it when they were rehearsing – there was a spark."

Mickey (87) and Dame Olivia de Havilland, who played his onscreen mother Melanie, are the only two cast members still alive – Olivia at an impressive 103 – and he remembers his time on the set with fondness.

"I have very good memories of it," he says, adding he's only seen the four-hour film once. "That's enough!"

**Clockwise from above: Dame Olivia; child star Mickey in the arms of his on-screen dad Ashley, played by Leslie Howard; Vivien films a scene with Hattie, who became the first African-American to win an Oscar.**

## LITTLE-KNOWN FACTS ABOUT GONE WITH THE WIND

- Hattie McDaniel, who played maid Mammy, wasn't allowed to attend the film's premiere in Atlanta, Georgia, due to segregation laws. Clark Gable was furious and threatened to boycott the premiere himself unless she was allowed to be there, but did attend when Hattie convinced him to go. She later won an Oscar for her performance – the first African-American to ever win one.
- Vivien Leigh hated kissing Clark Gable because of his horrific breath, said to be caused by his chain-smoking and false teeth. But Clark was also spotted eating garlic cloves before his scenes with his leading lady.
- Vivien worked on the film's set for 125 days, compared with Clark's 71 days, but was paid a fifth of what he earned.
- The movie went through three directors. The first, George Cukor, was fired after disagreements with the film's

- producer David O. Selznick, and, as it was rumoured, because he was gay and David didn't think he could direct the film's love scenes with the required passion. Victor Fleming was brought on board, but because of his already full workload with *The Wizard of Oz*, which was released in the same year, had to take extended leave due to exhaustion. Sam Wood was hired to fill in until Victor recovered. However, Vivien and Olivia continued to secretly visit George for coaching.
- Olivia de Havilland was known for her wicked sense of humour – in one scene where Clark was required to pick her up, she asked the props department to attach her to the set. Clark nearly threw out his back.
- Clark almost quit the production when he realised he'd have to cry on screen. He was worried he'd be seen as weak and over-emotional, and would be typecast. The


scene in question – in which he learns of Scarlett's miscarriage – was shot twice, once with Clark crying, and once with his back to the camera. The crying shot was used.

- Clark and Hattie were good friends, and Clark loved to prank his pal by replacing the fake whiskey she was drinking in her scenes with the real stuff.
- Despite a popular myth, it's not the first movie to have the word "damn" spoken. In fact, the film's most famous phrase – "Frankly my dear, I don't give a damn," uttered by Rhett as the very last line as he turns away from Scarlett – almost didn't happen as there was a fight to get the dialogue past censors.
- The film officially won eight Oscars, including Best Director, Best Picture and Best Actress, and also won two honorary

awards, which is why it's sometimes referred to as the first film to win 10 Oscars.

- At the time of filming, Vivien was having an affair with Sir Laurence Olivier, who was in New York shooting another project. She was so desperate to get back to him, she at times insisted working through the night to hurry production up.
- Victor Fleming thought the film would bomb, so he asked for a salary as opposed to a percentage of the profits.
- The film had its wide release in January 1940, and was released in wartime Britain in April of that same year, but New Zealanders had to wait until May 2, 1941, when it premiered at Auckland's St James Theatre.
- It was reported that the film had 20,107 words of dialogue, a Hollywood record.



A photograph of a man and a woman sitting on a grassy lawn with two small dogs. The man, Simon, is on the left, wearing a light blue button-down shirt and jeans, with tattoos on his arms. The woman, Liz, is on the right, wearing a bright pink short-sleeved top. They are both smiling at the camera. Two small, scruffy dogs, one black and white and one dark grey, are sitting in front of them. The background is a soft-focus garden with green foliage and some yellow flowers.

Simon and Liz with the dogs they took to safety, Steiny and Stella.

FOR A FIREFIGHTER AND HIS FAMILY, THE SCARS REMAIN RAW

# Nelson wildfires

## One year on, fears still SMOULDER

**V**olunteer firefighter Simon Ladley was pulling out of a friend's driveway in Puponga at the top of the South Island when his pager went off: a tinder-dry hillside southwest of Nelson had erupted in flames.

He'd spent a long weekend fishing off Farewell Spit with his son Matthew (15) and was a two-and-a-half hour drive away from the blaze near his Pigeon Valley home. He reckoned the fire would be well and truly dealt with by the time he got there.

"But when I came over the Takaka Hill, I looked at the smoke and looked at my boy and said, 'They're not putting that out in a hurry.'"

What started in a field that sunny February afternoon from a wayward spark would explode into the largest wildfire in New Zealand history, with the Nelson-Tasman region put under a state of emergency, and the threat of a potentially deadly inferno forcing the entire population of the nearby town

of Wakefield to be evacuated.

A year has passed since the blaze rampaged across 2343ha of mainly pine plantation, but its impact is still keenly felt by those whose lives were upended, fleeing their homes, uncertain if there would be anything left to return to.

Simon's wife Liz, who has lived in the Pigeon Valley Rd home for seven years, tells the *Weekly* every day was a rollercoaster of emotions.

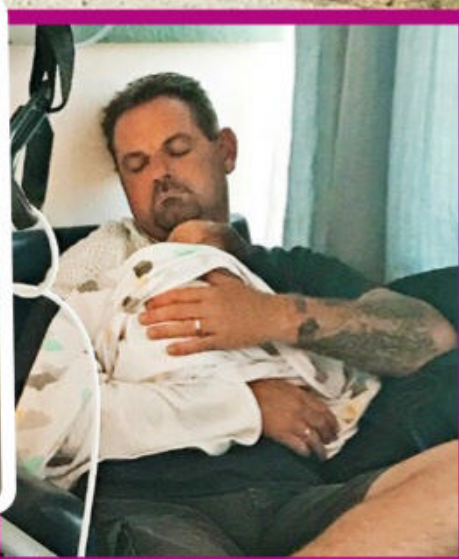
"I can just about remember

every part of every day that first week it was going on," says Liz (45). "When we were evacuated on the Friday, we had tried to be prepared but I don't think we really were for when it actually happened.

"We were all scattered. Simon stayed here, I went to my mother's in Tahuna with the dogs and cat, and Matthew went to a friend's place in Richmond so that he could still go to school.

"Being here was scary, but





**Clockwise from top: Scarred hills near the couple's home show the damage; Alex's birth was a bright spot; scary scenes from 2019.**

you could see what was going on around you. Being

away from home when we were evacuated was even harder. We weren't together, I didn't know where Simon was or what he was doing and I couldn't see what was happening to our home or our community.

"There are many times I think back to it. It was surreal but very real at the same time."

Reflects Simon, "There was a real risk to Wakefield and I don't think a lot of people understand that. The fact that we never lost a dwelling on this side is really quite amazing.

"Hot stuff was travelling at least 2km and landing on our deck and in our section and it was still smouldering. I really don't know how we got away without damage."

Adding to the stress of the week was that their daughter Taila (24) was heavily pregnant and had just moved into a new home inside the evacuation zone. Almost a fortnight ahead of her due date, she gave birth to the Ladleys' first grandchild, Alex.

"It was a very busy week, but he was like the little diamond in the rough," says Liz, smiling.

With Simon (44) jumping into 12-hour shifts to help protect Wakefield from the approaching

firestorm, while making sure people and properties were safe and delivering food to firefighters on the frontline, the show of generosity remains one of the high points of this dark episode.

"People's generosity was unbelievable," Liz recalls. "I've never seen so much food delivered, with people saying, 'Here, take it, do what you can with it.'"

"Before the village was evacuated, there was a constant stream of mums and kids and the elderly bringing in food for the firefighters.

"There's still some notes on the fridge in the fire station from young kids, some really heart-wrenching, thanking people for their support, saying,

'You're my heroes,'" Simon says, still humbled by the donations and gratitude.

"As soon as a community is in need, New Zealand rallies together. At the end of the day, we're a nation of helpers."

He adds that his employer, Powertech Nelson, generously paid him for the week even though he only turned up at work for a couple of hours between firefighting shifts.

The couple, who had a stark reminder of their hellish week over the New Year when the skies turned orange from the Australian bushfires, say they'll be taking a few moments to reflect on the week that ash rained from the sky and they wondered if they'd have a house to return to.

"For me I'll certainly be taking a moment of reflection on the fifth, when it started," says Liz, now secretary of the Wakefield Volunteer Fire Brigade. "The smoke haze we've had from Australia is a very real reminder of what we were looking at out of our own windows.

"It's very scary that things are getting dry again. It brings back some anxiety."

**Lynley Ward**



# RACE AGAINST *Ellie's lifesaving dec*

## AS LIFE HUNG IN THE BALANCE, THE YOUNG DRIVER STEPPED UP

**W**hen the commentator at the Omakau Races announced that champion harness racing driver Ricky May had fainted during a race, it struck fellow driver Ellie Barron as odd.

"I was jogging over after gearing up a horse for my uncle because I wanted to watch a horse I had previously driven," recalls Ellie of the moment she heard the broadcast on that early January day in Central Otago. "I remember thinking, 'Shivers, it's not that hot.'"

"And then I just saw him. He was sort of lying in the cart. Because I heard that he had fainted, I thought I'd try and catch him. I didn't know how I was going to get there in time, but his horse was slowing down and I thought I'd be able to grab him and lower him to the ground. The cart just stopped and, because Ricky wasn't holding on, he fell onto the track."

Drawing on her skills as a qualified physiotherapist and her experience of tending to injured rugby players, Ellie (24) knew instinctively what to do.

"When I got there he was presenting like someone who had been knocked out. He was on his side and breathing but very laboured. I thought, 'I'm going to help him with his breathing,' the same as I would for a rugby player."

"We got his hat off, made his airway nice and open and I was holding onto his neck as I would treat any other head knock."

But the veteran driver unexpectedly took a dire turn.

"He just took a couple of very laboured breaths and made one very long outward breath and that was the last one he took on his own," recounts Ellie.

"My hand was already on his neck, and there was no pulse. That was a very odd feeling."

She sprang into action, giving her racing pal the CPR that's credited with saving his life.

After five rigorous rounds of mouth-to-mouth resuscitation and compressions, paramedics arrived. Working in tandem with the health professional-turned-harness racer, the trio were intent on keeping oxygen flowing to Ricky's brain before he was flown to Dunedin Hospital for treatment.

Still reeling at the shock of watching someone die in front of her, Ellie admits the next few days were harrowing.

"We didn't know how Ricky was going. It was obviously a relief when they got the defibrillator on him and a heartbeat back but I was thinking, 'How long did his brain go without oxygen?'"

"But we heard Ricky was okay, and then his wife Judy rang me two days later and said, 'We've woken him up and he's alert.' The fact that his brain was okay was a huge relief," says the Invercargill-based driver.

"If it wasn't for Ellie I wouldn't be here, to be fair," a grateful Ricky (61) tells the Weekly from his Methven farm, where he's recuperating. "She kept things going at the right time."

Specialists have told him he had a hypertrophic obstructive cardiomyopathy, a condition

where heart muscles thicken even though the heart itself is healthy. He now has a cardioverter defibrillator implanted over his heart to automatically give it a kick-start should it ever stop again.

Ricky has no recollection of the fateful moments of that day but says he felt in great shape, and had no hint his future would soon be in the hands of an up-and-coming driver some 40 years his junior.

"I remember going to the races, because it's a fair old trip. My first drive was race three, which I won. For some reason I remember that and coming back to the birdcage and then I can't remember a damned thing after that."

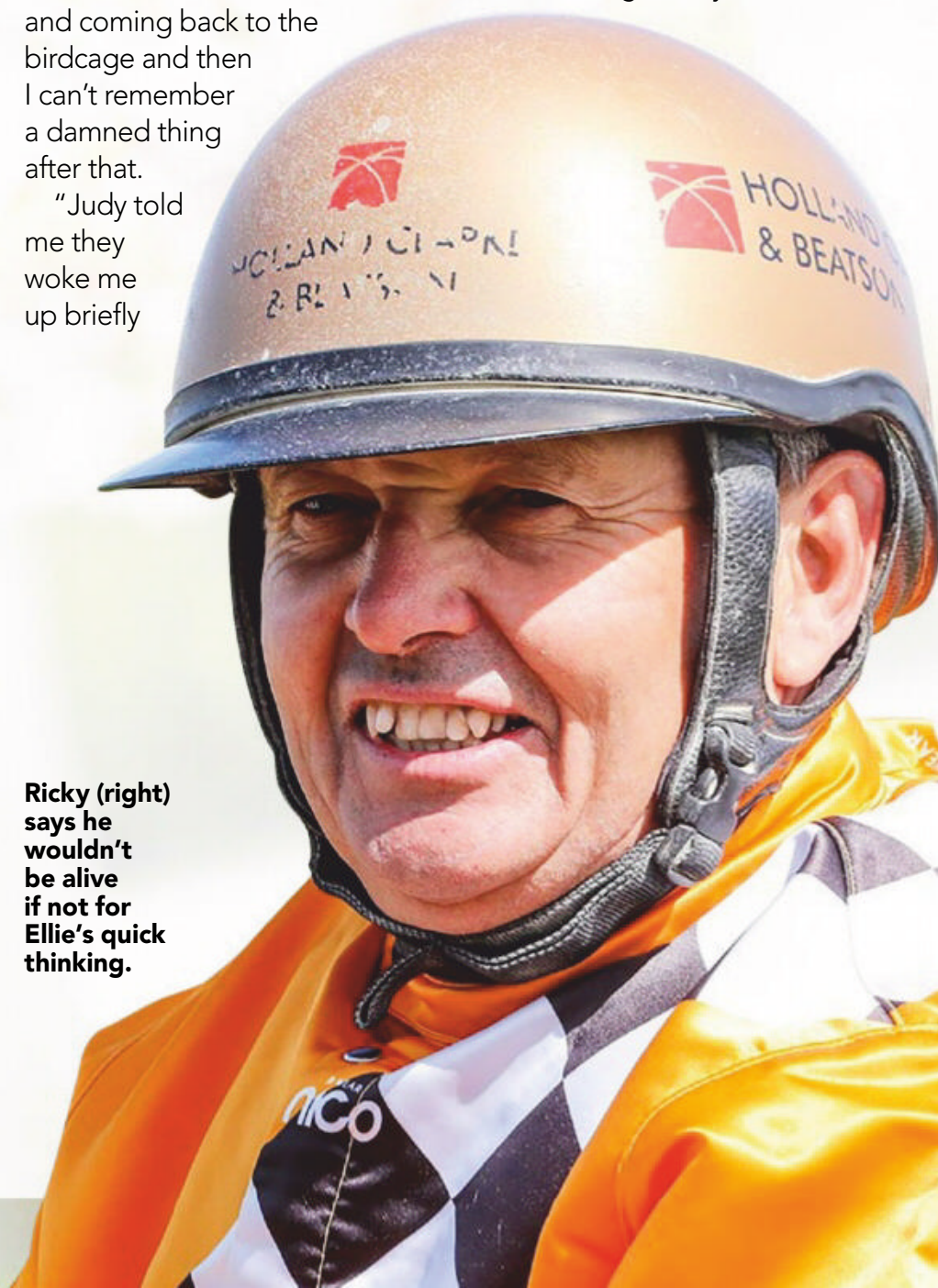
"Judy told me they woke me up briefly

and she and my daughter Kate were in the room and I could recognise them both. They were pretty rapt with that because they thought I might have brain damage but, because of Ellie, my blood kept flowing to my brain, which kept me going."

For now the harness racer is "as good as gold", though he's taking things quietly on doctor's orders while his body repairs.

The abandoned race was rerun on January 16 at Wyndham, and the winning horse's owners donated \$1500 each to the helicopter trust, St John, and Team Teal, a harness racing charity Ellie

**Ricky (right) says he wouldn't be alive if not for Ellie's quick thinking.**





# TIME ision

is an ambassador for, which raises awareness and funds for ovarian cancer.

Ellie, who was there to see the rescheduled race, said it was a huge surprise. "It was nice that the race was getting run and a nice horse won it, but I didn't realise how lovely the horse's owners were till later on!"

With Ellie set to don the charity's signature teal driving pants alongside other female riders from February 1 as part of a six-week campaign to raise money every time a reinswoman crosses the finish line first, she's grateful for the generosity, and thankful the trotting legend has pulled through.

"We've all had people pass away or shocking things happen but, in terms of hands-on shocking, that was the most dramatic moment in my life. But I'm also proud because I handled it as well as I ever thought I could. You don't have time to think. You just react."

Concludes Ricky, "She did a marvellous job really. I'm pretty lucky to be here." ■

**Lynley Ward**

***'That was the most dramatic moment in my life. You don't have time to think. You just react'***



Left: Ricky warms up for a race, just weeks before his collapse. Above: Ellie featured in the Weekly back in October after being named Southland's junior driver of the year.



**weekly**PEOPLE

THEY'RE YOUR STORIES

*How  
I live...*

*I quit my bank  
manager job...*

**TO MAKE  
TEDDY BEARS**



## HEATHER LYELL (61) HAS DESIGNED BEARS FOR SEVERAL OF THE WORLD'S LEADING TEDDY MANUFACTURERS AND ALSO MAKES BESPOKE SOFT TOYS

**M**y career has been like a domino effect really. I was a bank manager with ASB. I started with them straight out of school and was there for 17 years, expecting to be there until I died. Never did I dream then – and this was 30 plus years ago – that my life would go down the path it has!

But I saw this bear, this little furry fellow in a shop window, pleading for me to take him home. It snowballed from there. I originally started out collecting soft toys, then decided I'd like to try making a bear.

The first one was pretty terrible. I didn't have any stuffing, so I used a pair of [husband] Roy's pants. I tried to cut them up into small shreds but it didn't work that well – it was like lumpy, poorly mixed concrete, but you've got to start somewhere! I've still got him, but he's hidden away out of sight. He looks nothing like the ones we make now.

Sourcing all the bits and pieces

– the eyes, the fur, the joints – was difficult when I first started, so I thought maybe I could do mail order craft supplies on the side. But it grew like Topsy, and we ended up opening a shop called Bear Essentials, which we had for seven years before selling it to concentrate on designing our own range under the D'Lyell name.

D'Lyell is my original family name from France; it became Lyell when they moved to Scotland. It had a nice ring to it, but in hindsight it wasn't a great choice – no-one can pronounce it and no-one can spell it!

The first collection, Bears of Yesteryear, or my 'old girls' as I call them, reflected my love of antiques and were partly inspired by our house, an old Victorian villa that used to be a seven-bedroom rest home.

They are made of German mohair and each is accessorised with a hat, coat and handbag filled with everything an elderly lady needs. They're very detailed, right down to the vintage brooch or the lace on their underwear!

We also do commissions where treasured family mementos are included in a 'bear of remembrance'. We'll make the bear's coat

or dress out of fabric that might have been a blouse or a coat, or the family might have a piece of crockery they want displayed with it, or have it wear a piece of special jewellery.

We recycle and upcycle as much as we can, although that's more difficult these days with a lot of the material and pieces we used to buy now not as affordable and seen as collectibles. We're always looking for things we can use, be it at flea markets, second-hand shops or antique fairs.

Roy and I have a big studio above our garage where we make our bears. As far as we know we're the last husband and wife making bears full-time.

I've designed a couple of world-first bears for the German company Hermann. Being cheeky Kiwis, we approached them with a design and they liked it! Edwin had a centre joint, meaning his body could twist and Monty had magnets in his paws so he could put them up to cover his eyes!

We've also been collaborating with English company Charlie Bears and have spent quite a bit of time upskilling their staff in their Sri Lankan factories.

Funnily enough I hated sewing as a kid, absolutely loathed it! Even now I still don't enjoy the sewing process, but I enjoy creating the finished product.

I didn't have a teddy bear as a child, although my brother did. My father bought me some beautiful dolls, but I wasn't at all interested in them. I wanted to be a cowboy; I wanted a gun! Perhaps I'm making up for my deprived childhood now!"

**As told to Julie Jacobson**



The couple add their unique sense of humour to their vast collection of homemade bears.



### Quickfire

**If you could swap your life for someone else's, whose would you choose?**

When I was younger I would have had a different answer, but now I'm 'vintage' I love my life, so I wouldn't swap with anyone.

**The best breakfast in bed?** Anything Roy brings me is great, but softly poached eggs with a little crispy bacon and his great handmade flat white – perfect!

**What makes you smile?** Cute animal videos, especially baby pandas; completing a bear display I'm really pleased with; a glass of sauvignon blanc on our back deck watching the birds in our bird bath; catching up with good friends; and, of course, Roy!



Not your average bears! Roy and Heather have a soft spot for teddies.



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# LIFESTYLE

## weekly

PRACTICAL TRENDS &  
TIPS FOR LIVING WELL

Nici Wickes'  
**CHILLED**  
desserts

*p40*  
**FASHION**

Float your way  
through summer in  
these stylish skirts

*p58* **TRAVEL**

Pamela Wade discovers  
the Irish city of Derry is  
steeped in history

*p54* **GARDEN**

Lee Ann Bramwell's top tips on  
creating contrast in your garden





Cool yourself down with these chilled and frozen sweet treats. Just as hot soup warms you up, chilled foods have the wonderful effect of cooling you down from the inside out.

*Chill out, sweet thang!*

Nici Wickes  
FOOD EDITOR

Send your foodie thoughts and questions to Nici:  
[nwicks@bauermedia.co.nz](mailto:nwicks@bauermedia.co.nz)

# KEEP

EASY, SWEET  
SUMMER DESSERTS

# your cool!

## Strawberry vanilla panna cotta

### SERVES 4

So simple to make and absolutely gorgeous to eat.

**200g** very ripe strawberries

**¼ cup** maple syrup

**2 tsp** vanilla extract

**¾ cup** milk

**2** gelatine leaves (or **1 tsp** powdered gelatine dissolved in **2 tbsp** boiling water)

**150g** thick Greek yoghurt

Whipped cream, to serve

**2 tbsp** toasted hazelnuts, roughly chopped

**1** Blitz the strawberries (save a few for garnishing), syrup and vanilla in a blender until puréed.

**2** Heat the milk until it just simmers, then set aside.

**3** Immerse the gelatine leaves in a bowl of water until softened (about 10-20 seconds), then squeeze the water from them and add to the heated milk. Stir until the leaves dissolve. Allow the milk to cool for 5 minutes.

**4** Add the yoghurt and milk to the strawberries, blending briefly until combined. Pour into small dishes or cups and allow to set in the fridge for 2-3 hours.

**5** To serve, top with whipped cream, extra strawberries and toasted hazelnuts.

### Nici's note...

- Gelatine leaves are available at specialty food stores. I prefer them to a powdered version as they give a silkier result and are less likely to form lumps.



## Blueberry & raspberry possets

**SERVES 4**

*I love the magic of this dessert, especially the way the lemon juice soft-sets the cream to a velvety texture. Blueberries and raspberries both pair so well with lemon.*

**400ml cream**

**¼ cup caster sugar, plus**

**1 tbsp extra**

**Zest of 3 lemons**

**100ml fresh lemon juice**

**1-2 tbsp honey**

**½ cup blueberries**

**½ cup raspberries**

**Whipped cream, to serve**

**1** Put the cream in a saucepan with the sugar and lemon zest, stirring to dissolve. Bring it to a rapid simmer, stirring continuously for 3 minutes.

**2** Turn off the heat and stir in the lemon juice. Pour the mixture into four cups, cover and chill overnight.

**3** Before serving, warm the honey slightly and toss the fresh blueberries through. Top the possets with blueberries, raspberries and clouds of whipped cream. Drizzle over the remaining honey and enjoy!

### Nici's note...

- This no-fuss dessert is perfect if you're entertaining as they are best made the day before and refrigerated overnight.



## Nici's note...

- If using berries, a food processor is better than a blender as it keeps the seeds intact and prevents bitterness.

## Instant fruit sorbet

### MAKES 1¼ CUPS EACH

These are such delicious little cups of sorbet and so easy to make on the spot!

#### MANGO & COCONUT

**1 cup** frozen mango  
(fruit or pulp)

**¼ cup** coconut milk

#### BLACKBERRY & DATE

**1 cup** frozen blackberries

**3** dates, soaked in boiling water,  
then drained

**2 tbsp** lemon juice and water

#### BANANA, MAPLE & PECAN

**1 cup** chopped and  
frozen bananas

**¼ cup** maple syrup

**¼ cup** toasted pecans

**1** Blend all of the ingredients  
together until smooth, drizzling  
in more liquid (coconut milk,  
water or lemon juice) as needed  
to get a good consistency.

**2** Serve immediately or freeze  
for later, taking it out 15 minutes  
before serving to let it soften.

Dairy  
FREE

Gluten  
FREE





## Mum's tips...

- Passionfruit pulp is lovely to use too.
- Use the leftover egg yolks to make homemade mayo or crème brûlée.

## Summer delight

**SERVES 6-8**

*This meringue filled with ice cream is a dream and the grandchildren adore it!*

- 4 egg whites**
- 1 cup caster sugar**
- 1 tsp each vinegar and vanilla**
- 4-6 scoops vanilla ice cream**
- Fresh berries**
- 50g chocolate, chopped, for topping**
- CHOCOLATE SAUCE**
- 50ml cream**
- 100g dark chocolate**
- 1** Preheat oven to 180°C.
- Line a tray with baking paper.

**2** Beat the egg whites until soft peaks form. Start adding the sugar gradually, with the beater still going. Beat until stiff and glossy – about 7-8 minutes. Add the vinegar and vanilla, beating again for a few seconds.

**3** Scrape the mixture onto the baking paper and form a rectangular shape, roughly 24cm x 16cm. With a wet spoon, form a wide channel down the centre. Place in the oven, reduce the temperature to 100°C and bake for 1 hour.

When this is done, turn the oven off and cool completely, without opening the oven.

**4** Make the sauce by heating the cream and adding the chopped chocolate. Cover with a tea towel and set aside for 10 minutes before whisking smooth. If it's too thick, add a bit more cream or even milk.

**5** When ready to serve, top with scoops of softened ice cream down the middle. Add berries of your choice and the chocolate sauce, then sprinkle over extra chopped chocolate.

Find more of  
Nici's recipes at

**FOODTOLOVE.CO.NZ**



# GO green!

HEALTHY VEGE-FILLED  
RECIPES THAT DON'T  
SCRIMP ON TASTE

## Top tip...

• If you know you'll be rushing out the door a lot this week, bake it in a 12-hole muffin tray at 170°C fan-bake for 10–15 minutes for a grab-and-go breakfast or snack.

## Fridge-raid frittata

**SERVES 4**

**1** large head of broccoli, florets evenly chopped and stem finely chopped  
**1** small red onion, thinly sliced  
**2** garlic cloves, thinly sliced  
**2** tbsp butter  
**10** eggs  
Sea salt and black pepper  
**2** large handfuls of grated cheese (I use mature cheddar or you could use crumbled feta or goat's cheese)

**OPTIONAL EXTRAS**

A handful of fresh basil, parsley, chives or celery leaves, chopped

Chilli flakes, to taste

**1** Grab a medium-sized, deep-sided frying pan and steam the broccoli for 3 minutes in about 4 tablespoons of water with the lid on, until almost tender and just turned bright green. Drain any excess liquid (though the broccoli will probably absorb it all) and set the broccoli aside.  
**2** Pop the pan back on the heat and gently fry the red onion rings and garlic in the butter for a few minutes.  
**3** Meanwhile, whisk the eggs together in a bowl, adding salt, pepper and the cheese, plus any of the optional extra

herbs or chilli flakes if using.

**4** Preheat the grill to high. Add the broccoli back to the pan to coat in the garlic butter, then pour in the egg mix, stirring so the broccoli and onions are distributed evenly. Let the bottom and sides cook and start to set over a medium heat for about 5 minutes.  
**5** Pop the frittata under the grill for a further 5 minutes or until golden on top and just cooked through (give the pan a wobble to check), then slide it onto a chopping board or plate. Cool for 10 minutes and slice up into quarters.



## Spicy sprout & mushroom noodles with five-spice

**SERVES 2**

**300g** Brussels sprouts and their sprout tops, the sprouts halved or quartered if large (you want them in bite-size pieces), the sprout tops shredded  
**1 tbsp** oil or ghee  
**400g** mushrooms, any type, roughly chopped  
**3cm** piece of ginger, finely chopped or grated  
**3** garlic cloves, finely chopped or grated  
**1** fresh red chilli, seeds too, finely chopped

**¾ tsp** five-spice  
**2** bundles of noodles (I like soba)  
**1 tbsp** maple syrup  
**2 tbsp** tamari  
**1 tbsp** lemon or lime juice or vinegar  
**1 tsp** fish sauce or extra tamari, optional  
**2 tbsp** sesame seeds or nuts or seeds, chopped, to serve  
Fresh herbs such as coriander or mint, to serve (optional)  
**1** Fry the sprouts in oil or ghee in a wok or a large deep-sided frypan over a high heat for

4 minutes. Fry them first in an even layer, untouched for a minute or so, then stir or shake the pan to get to the other side. This will give you nice golden edges, which adds flavour.  
**2** Chop the mushrooms, then add them too, along with the ginger, garlic, chilli and five-spice, stir-frying for 5 minutes. If you've got sprout tops, add them now to briefly fry.  
**3** Get the noodles cooking in a second saucepan following the label instructions; they should be ready once the sprouts are.

**4** When the sprouts are tender and the mushrooms have started to go golden and any liquid they have released has been cooked off, add the maple syrup, tamari, citrus (and fish sauce if using) to the sprouts pan, mixing everything together.  
**5** Finish by adding the cooked noodles and tossing everything together for 30 seconds so the noodles pick up the flavours. Add a tiny splash of water if you need to. Serve with sesame seeds and fresh herbs.



Edited extract from  
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Let's break down the trends in skirt styles so you can see out summer in style.

*Give it a twirl!*

Leigh Matheson  
STYLE DIRECTOR

## Asymmetric moments

- The asymmetric hemline is making a comeback! Try this midi-length one from Max in a beautiful amethyst hue. It slides over your frame with ease and looks oh-so stylish teamed with this botanical floral singlet from EziBuy.
- For an evening look, try dressing up the skirt with a blouse in pink or deep navy.

SKIRT \$149.99 from MAX. URBAN TOP \$39.99 and CAPTURE SHOES \$79.99 both from EZIBUY.

*Tip...*

Asymmetric hems drape elegantly across the legs instead of cutting you off.



FLOAT AWAY  
IN FEMININE  
STYLE WITH THIS  
SEASON'S ELEGANT  
OFFERINGS

*You CAN  
wear...*

# Sum SKI





### *Pleated perfection*

- It's hard to beat a pleated skirt, especially in a great print such as this one from EziBuy. The elastic waist makes it easy to wear and you can style it high or low on your waist to suit your shape.
- It's worn here with an exaggerated flutter-sleeve tee from Seed Heritage and some casual navy accessories.

TOP \$64.90 from SEED HERITAGE.  
BOSTON & BAILEY BAG \$59.99  
from FARMERS. EMERGE SKIRT  
\$79.99 and CAPTURE SHOES \$99.99  
both from EZIBUY.

# *mer* RTS



## Swing fling

- Opt for a swing skirt this season. It's like the slip skirt style but has more of an A-line, fluted shape which creates a very flattering silhouette.
- This option from Seed Heritage in an ocelot print is styled with some classic black pieces for a look that will work anywhere.

TOP \$69.99 from JACQUI E. SKIRT \$109.90 from SEED HERITAGE. EARRINGS \$14.99 from COLETTE BY COLETTE HAYMAN. WHISTLE BAG \$79.99 from FARMERS. SHOES \$79.99 from NUMBER ONE SHOES.

## Wrapped up

- A wrap skirt is a good buy as they are always fashionable. This one from Farmers in a crinkle textile and bold yellow hue can be dressed up or down with ease.
- Pair it, as here, with this shirred print top from Max and nude accessories for a chic daytime look that will keep you cool.

TOP \$99.99 from MAX. WHISTLE SKIRT \$79.99 from FARMERS. SARA SHOES \$129.99 from EZIBUY.

Tip...

A swing skirt is a timeless piece to have in your wardrobe.





### **Tiered style**

- Embrace your inner flower child with this beautiful tiered and belted skirt from Witchery. The soft floral print is ideal for this time of year and works wonderfully with this soft khaki tie-neck top from Portmans. A touch of pink accessories pulls everything together.
- Try this look for a summer wedding or even a long lunch.

TOP \$89.99 from PORTMANS.  
SKIRT \$139.90 and EARRINGS \$89.90  
both from WITCHERY. CAPTURE  
SHOES \$89.99 from EZIBUY.

### **FIND IT**

COLETTE BY COLETTE  
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PORTMANS 0800 769 327  
SEED HERITAGE (09) 376 3850  
WITCHERY (09) 523 1335







From pronounced pores to uneven colour, there is a primer to help. Once you've found 'the one', you'll never be without it.

*Complexion hero!*

Tracy Davis  
BEAUTY EDITOR



## DOS & DON'TS

- Do apply primer after skincare, as a final layer before make-up.
- Don't use too much – a pea sized amount is enough.
- Do start at the centre of the face as this is where make-up tends to wear off first.
- Don't overwork it into your skin or it may ball and peel.
- Do use your fingertips to smooth it over your skin in long, smooth strokes so it creates a light, even layer.
- Don't rush. Allow a minute for it to settle before applying any make-up on top.
- Do experiment with different formulas for your skin's needs. For example, you may need a mattifying primer for your T-zone and a hydrating one for your cheeks.

# IN YOUR prime!

HOW TO GIVE  
YOURSELF A GOOD  
BASE TO WORK WITH



## SOFTEN WRINKLES

Blurring technology can make a big difference and is even better when combined with ingredients that fill in lines. These primers tend to have a silicone, velvet texture and work to create a smooth and even surface for foundation to glide over, making it less likely to settle into creases.

**THE LATEST:** StriVectin Line BlurFector Instant Wrinkle Blurring Primer, \$70, fills, blurs and primes, plus it's super-charged with youth-boosting skincare ingredients.

## CONTROL OIL

If you have oily skin you probably tend to get super shiny mid-afternoon and find your make-up starts to slide off. A mattifying primer will help to soak up excess oil and lock on your foundation so it lasts a lot longer. Just use it on your T-zone, if that's where you tend to be oily.

**THE LATEST:** Shiseido Waso Poreless Matte Primer, \$46, mattifies shine and helps reduce the look of pores, which can be more prominent where you have oilier areas.

## GET SKINCARE BENEFITS

We love the new generation oil primers. Almost like intensive serums, they infuse skin with ingredients normally reserved for skincare, while creating a plump, healthy surface for make-up to go on to. Plus, they are lightweight and fast-absorbing.

**THE LATEST:** Aleph Beauty Serum/Primer, \$69, has a dry-oil texture loaded with complexion improving ingredients to nourish and prepare any skin type.



## BOOST DRY SKIN

Go for hydrating ingredients such as hyaluronic acid and glycerin to plump out and nourish your complexion. These can be used in place of moisturiser under your foundation, and have the added advantage of giving your make-up all-day staying power.

**THE LATEST:** Laura Mercier Pure Canvas Primer – Hydrating, \$65, uses a silicone-free, glycerin-rich formula to make skin look glowy, bouncy and fresh.



## REDUCE PORES

You can't close pores, but you can minimise their appearance with a combination of good skincare and make-up. Primers are particularly helpful in reducing the look of pores. Look for ones containing blurring technology that give a velvety finish to skin.

**THE LATEST:** Clarins Instant Poreless, \$54, smooths over pores and is a good one to keep on hand for touch-ups since it works well patted on top of make-up too.



## COLOUR CORRECT

Depending on the issue you are trying to correct, coloured primers are a useful way to diffuse redness, brighten dullness, neutralise darkness and offset sallowness. It's just a matter of picking the right tint to fit the job and, once blended over your skin, you'll notice an immediate effect.

**THE LATEST:** Revlon PhotoReady Prime Plus Brightening + Skin Tone Evening Primer, \$34, isn't heavily tinted but is a good generic one for overall brightening and evening of your skin tone.



## PROTECT FROM UV DANGER

If you plan on spending time outdoors, invest in a primer with sun protection to shield your complexion from damage and create a foundation-friendly base at the same time.

**THE LATEST:** FaceWorks Primer SPF30, \$45, covers all bases with a silky formula that make-up will glide onto while providing your skin with a healthy glow to boot.





## Your ageless beauty guide to...

### HIGHLIGHTING

#### GET GLOWING WITH THIS SIMPLE TRICK

**WHAT IS IT?** A make-up technique that applies light to high points of the face to create a flattering effect.

**WHY DO WE NEED IT?**

Highlighting products help to bounce light, which creates a youthful, lit-from-within glow and makes areas where it's been applied look more plump and defined.

**HOW DO I DO IT?** Apply highlighter sparingly as the last step in your make-up routine, after foundation, bronzer and blusher. Cream and liquid formulas can be tapped on with your ring finger, while powders can be lightly brushed on with a soft, tapered brush. Try it on the very top of your cheek and brow bones, along with a dab on your cupid's bow.

**WHAT ELSE DO I NEED TO KNOW?**

Keep highlighters away from lined areas, such as crow's feet, so as not to accentuate them. You'll notice they come in different hues. As a rule of thumb, Champagne tends to be the most neutral. Opalescent shades work for fair skin, while medium and dark complexions need warmth from golden tones. Remember, less is more!

#### TRY:

YSL Touche Éclat Shimmer Stick, \$96

L'Oréal Paris Wake Up and Glow Mon Amour Highlighting Drops, \$32.99

#### FIND IT

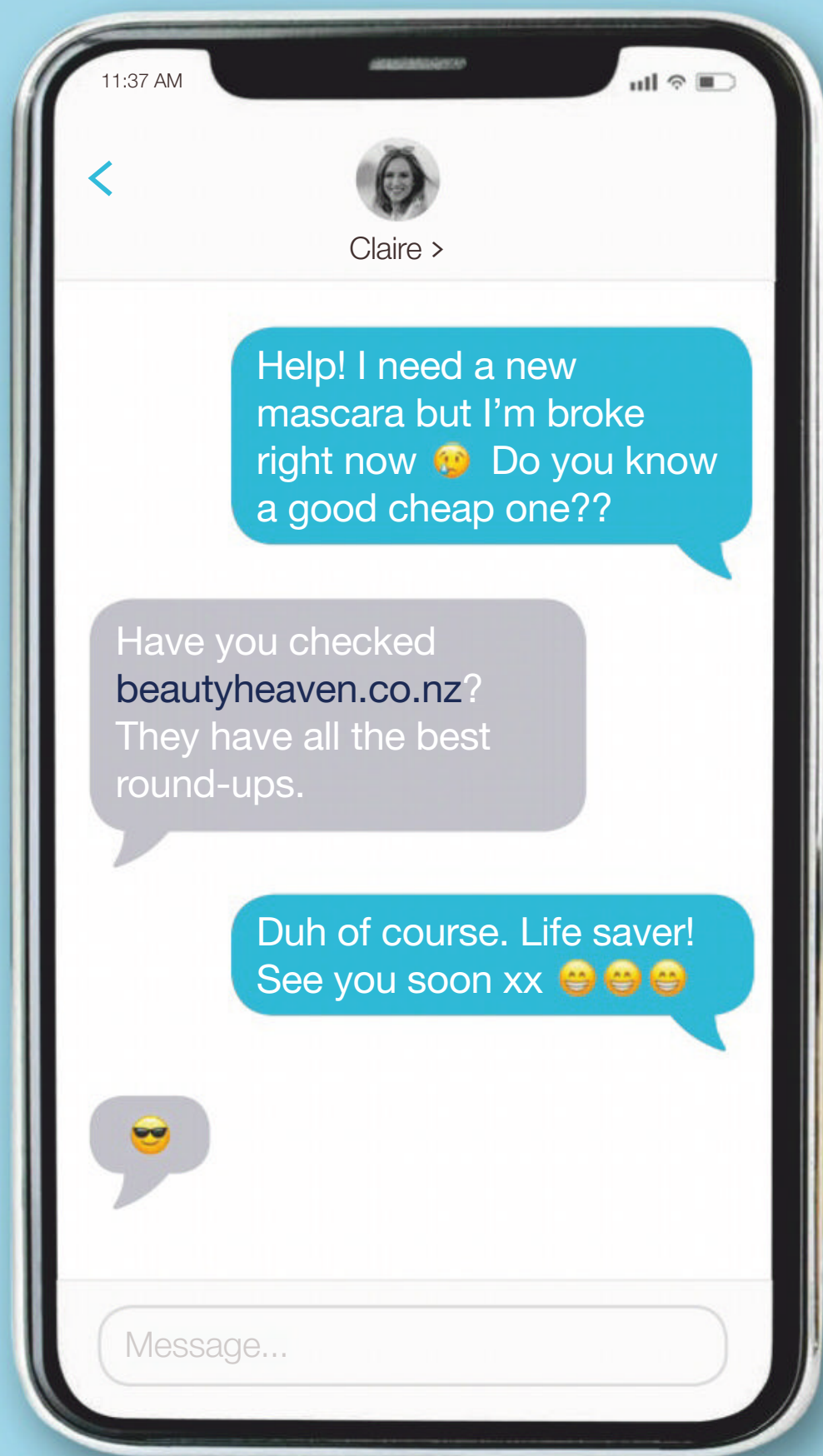
ALEPH: ALEPHBEAUTY.COM  
CLARINS, L'ORÉAL PARIS, REVLON, SHISEIDO, YSL: PHARMACIES AND DEPARTMENT STORES  
FACEWORKS: FACEWORKS.CO.NZ  
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NARS Highlighting Powder, \$65

Revlon Highlighter Brush, \$23.99

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How to clean silk, five uses for vodka, a tasty vege fritter, and here's one for the wounded.

*Just the tonic!*

Wendy Nissen  
OUR GREEN GODDESS



# BEET *these!*

GET YOUR  
GREEN FIX IN  
ONE EASY MIX

*Nana's*  
RETRO  
RECIPES

## DID YOU KNOW?

To make a water for cleaning silk, soak a raw potato in water for a day. Strain, then boil and, when it's cool, use it to wash your silk in. Rinse afterwards with clear water.

### SILVERBEET FRITTERS MAKES 18

In most areas of New Zealand you can grow silverbeet year round, and it is very easy to do. I have a couple of plants which keep us in greens whenever I feel like a burst of iron and a meat-free meal. These fritters are a great way to use silverbeet and will be loved by the whole family.

**1kg silverbeet**  
**700g potatoes**  
**25g butter**  
**2 eggs**  
**Salt and pepper**  
**Oil, for frying**

**1** Wash and trim the silverbeet, then boil for 10 minutes in salted water or until soft. Drain, then chop finely. Give it all a good squeeze to get rid of any moisture.

**2** Peel the potatoes, cut into pieces, then boil until tender. Drain and mash, adding the butter. Beat the eggs and add to the potatoes, then mix in the silverbeet and season with salt and pepper.

**3** Heat the oil until it's hot, then drop in large spoonfuls of the fritter mix and fry until golden brown. Drain on a paper towel.





## 5 USES FOR VODKA IN THE HOUSE

Vodka is a clean alcohol that has many uses around the house from cleaning to getting rid of bad breath.

**1** Freshen clothes. If you don't have time to wash clothes that are musty or smelly, simply put some vodka in a spray bottle and spritz your clothing. The alcohol kills any odours.

**2** Combine **100ml** vodka with **1 tsp** cloves and let it sit for two days. Strain and use as a mouthwash.

**3** Make a simple spray cleaner and deodoriser by mixing **100ml** vodka with **50ml** white vinegar and **20 drops** tea tree oil.

**4** Use neat vodka to clean glass and mirrors.

**5** Add a few drops of vodka to the water in a vase of flowers to help them last.



### DID YOU KNOW?

Sour milk is a great cleaner for ink stains. Put some blue top milk out in the sun until you see solids forming. Put these on the ink stain and watch the ink transfer into the milk solids. Wash as usual.



## WOUND HEALER

In the summer I'm constantly covered in cuts and grazes from the garden. It's easy for these to get infected too, so I make up this wash using essential oils to heal them. I then use oil on a plaster to make sure it stays clean.

**500ml** warm water  
**5 drops** lavender essential oil

**2 drops** tea tree essential oil  
Mix the water, lavender and tea tree oil together, then bathe your wound. Once dry, put three drops of lavender oil onto a plaster and place over the wound. Change twice a day for two days, then on the third day take the plaster off and let the wound air.

### TRY THIS:

I CAME ACROSS THIS QUIRKY PIECE OF ADVICE IN A VERY OLD BOOK. TO GET RID OF STAINS ON LINEN, SPREAD THE LINEN ON THE GRASS OVERNIGHT DURING A FULL MOON.



## Carpet cleaner

Make this up and keep it on hand for inevitable spills.

**2 cups** water

**2 tbs** white vinegar

**2 tsp** dishwashing liquid

Combine all the ingredients into a bottle and give it a

good shake. Apply this to a spill on the carpet and rub. Rinse with clean water, then place a good wad of kitchen towels, weighted with something heavy, to soak up the excess moisture.



## BEDS AND SUNSHINE

Once a week it's a great idea to haul your duvet and pillows out into the sunshine. Sunlight is a great way to get rid of bugs, odours and anything else that might be making your bed a bit musty. Try to leave the pillows and duvet out all day if it's bright and sunny. When you put them back on the bed with fresh linen, you'll notice the difference as you sink into your bed that night.

## Body scrub

At this time of year your skin can get very dry, so it's a good idea to give it a scrub to get rid of any old skin cells clogging up your pores. Afterwards, apply a nice, natural oil. Fill a small jar or bowl with **200g** good, coarse sea salt. Pour over **4 tbs** olive oil and the juice of **1** lemon. Mix together and rub vigorously over your body. Rinse off and apply some oil.







Our feet do a very important job and often we don't give them much thought – until things start going wrong.

*Get a foot up!*

Donna Fleming  
HEALTH EDITOR

# Sole search

## HOW TO STAY ON THE FRONT FOOT WHEN IT COMES TO PAIN

If you have a job that involves a fair amount of standing, or you do a lot of exercise, there's a good chance you'll notice your feet often hurt.

But what if you don't do either of those things and your feet still give you grief? Here are some possible reasons why your feet are sore.

### ARTHRITIS

Several different forms of arthritis can cause issues with your feet, including pain and stiffness in the joints, muscles and bones. These include:

- Osteoarthritis, which often affects the big toe, but can also strike the midfoot area
- Rheumatoid arthritis, which can affect several joints in both feet and may lead to toe stiffening, such as hammer toe
- Gout, which may cause severe pain and swelling in the big toe

### DIABETIC NEUROPATHY

Over time, high levels of blood sugar can damage nerves in your body, with feet being one of the most common areas affected.

Symptoms include numbness, tingling and pain. The numbness is dangerous because it means you may not notice if you have a cut or an injury, and can lead to complications such as infections and ulcers.

If you have diabetes and experience foot pain, see your doctor straight away.

If you have the condition, you may need to get your feet checked regularly by a medical professional.

### PLANTAR FASCIITIS

A thick band of tissue called the plantar fascia runs across the bottom of your foot, connecting your heel bone to your toes. This tissue can become inflamed, causing plantar fasciitis, which results in stabbing pain across the foot and in the inner part of the heel. It is more common in the morning, when you first get up, and during exercise.

### METATARSALGIA

This affects the ball of the foot and is named after the bones in this area, the metatarsals. It's usually due to prolonged stress on this part of the foot, leading to the area becoming swollen and sore. It is commonly caused by ill-fitting shoes but it can also be the result of exercise.

It is also known as "stone bruise" because occasional sharp pains can feel like you have a stone in your shoe.

### TARSAL TUNNEL SYNDROME

This is similar to carpal tunnel syndrome in the wrist. It occurs when the main nerve that goes to the foot is compressed by bone or tissue. Symptoms include burning, tingling and shooting pain, and are usually felt on the inside of the foot.

### HEEL SPUR

A heel spur is a growth of calcium that develops between the heel and the arch of the foot. Some people with them have no symptoms, but for others they can be painful and cause inflammation.

Heel spurs are caused by long-term strain on muscles and ligaments, and you're more likely to get them if you have arthritis, are obese or wear badly-fitting or worn-out shoes.

### MORTON'S NEUROMA

This condition causes a thickening of the tissue around the nerves between the bases of the toes (the most common spot is between the third and fourth toes). Symptoms include pain, odd sensations or numbness over the ball of the foot. Women tend to suffer from this more than men, and it can be due to wearing high heels or tight shoes.

### FALLEN ARCHES

Also known as flat feet, these result when the arches of the feet flatten out, causing pain in the heel or arch.

It is often something you are born with but can also occur after an injury or with gradual wear and tear as you get older.

Diabetes and rheumatoid arthritis can also increase your risk of fallen arches.

### TENDINITIS

This is a condition that results from the inflammation and irritation of tendons, and occurs throughout the body. If you have it in your feet, you may notice pain in different parts of the feet, not just one particular area.

It can often affect your Achilles tendon, extensor tendons (which run across the top of your feet) or the peroneal tendons, leading to pain and swelling around the back and outside of the foot.

### WHAT SHOULD YOU DO IF YOU HAVE FOOT PAIN?

It does depend on what is causing it, but immediate treatment usually involves resting and elevating the foot, icing the area to reduce inflammation and taking a non-steroidal, anti-inflammatory



#### Other possible causes of foot pain include:

- Corns
- Calluses
- Bunions
- Warts
- Ingrown toenails
- Claw toes





# ing

drug (such as ibuprofen) to ease the pain. You then need to see your doctor to figure out what's causing the pain, and the best way to treat it.

Physical therapy and gentle stretching can help in some cases. In severe cases of conditions such as metatarsalgia or tendinitis, your doctor may recommend steroid injections. In rare cases, surgery may be required, particularly if you have a deformity causing problems.

#### **WAYS OF AVOIDING FOOT PAIN INCLUDE:**

- Losing excess weight
- Wearing shoes that fit well and aren't too tight or high
- Making sure you wear proper shoes when you exercise, and stretching beforehand
- Looking after your feet by keeping toenails trimmed, washing feet frequently and drying them properly
- Wearing insoles or arch supports if your doctor feels they can help.

#### **DID YOU KNOW?**

There are 26 bones, 33 joints and five ligaments in each foot – so plenty of opportunity for things to go wrong!



## WHAT TO DO WHEN THE TEARS WON'T STOP FALLING

It was apparently US founding father Benjamin Franklin who said the only two certainties in life are death and taxes. To that he could have also added, "Your baby will cry."

It's what babies do, it's their main way of communicating when they are very small. But as a parent, it can be extremely distressing when they won't stop crying and you can't figure out why they're wailing.

The most common reasons babies cry are:

- Hunger
- Tiredness
- A wet or dirty nappy
- Pain or discomfort
- Being too hot or cold
- They've got gas
- They are over-stimulated
- Colic, acid reflux or allergies
- They are scared or anxious.

Sometimes you may need

to work your way through the whole list to figure out why they're crying. If they don't respond to usual strategies such as feeding, changing, winding or cuddling, and seem to be crying for no apparent reason, you may want to try soothing techniques that recreate the womb environment and activate their natural calming reflex.

These include:

- Swaddling your baby in a blanket so they feel secure
- Holding them stomach or side-down over your forearm (but make sure that when you put them to bed, they are on their back)
- Creating white noise to drown out other sounds that can be scary or distracting. You can download noises on your phone or other devices, or else try putting on a fan, hairdryer or even the vacuum cleaner
- Letting them suck something, such as your knuckle or a dummy
- Creating a feeling of rhythmic motion, such as pushing them back and forwards in their crib or pram.

If you've tried everything yet your baby still cries constantly, talk to your doctor or a Plunket nurse about possible causes, and also how it's affecting you. If you need immediate help, call PlunketLine on 0800 933 922 or HealthLine on 0800 611 116.

If, as well as crying, your baby has vomiting, diarrhoea or a fever, hasn't had a proper bowel motion for a while, isn't breathing properly or is screaming rather than just crying, seek medical help straight away. Remember:

- Crying is normal
- Your baby is not being naughty or difficult
- They won't become spoiled if you comfort them when they are distressed
- It is not your fault your baby is crying.



Never, ever shake a baby. They have heavy heads and weak neck muscles, and when shaken their brain bangs around inside their skull, injuring it and breaking blood vessels which then bleed. As a result, the child can suffer brain damage, seizures, blindness, deafness or die. If their crying is driving you to breaking point, put them in their cot or somewhere safe, and immediately ask for help, either from people you know or by calling a helpline.

### DID YOU KNOW?

The reason we rock crying babies in our arms and say, "Shush" is to soothe them by recreating the environment they experienced in the womb.

# Cry-babies



**Is it true you have to tell your home contents insurer about any particularly valuable items in your house as otherwise, if they're stolen, your insurer might not pay out their true value?**

Yes, it's true. If you buy an expensive item such as a ring, artwork or even a flash phone, you need to contact your insurer and tell them about it

immediately. Check your home contents policy and find out what their 'single article limit' is. In other words, if there were a fire or a burglary, what would be the most they'd pay out for one specific, single article. Most insurers have a limit of about \$2000. So if your wedding ring is worth \$4000, you would only get half of its value back if it

were stolen. That's if you do nothing. But if you call your insurer and tell them what you've bought, and what it's worth, they can reassess what your premium will be. Often it won't change at all. But having told your insurer, you will get the item's full value back if it's lost. So don't forget, ring your insurer if you buy something of value.

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

## Consumer



What are the laws around breastfeeding, and where and when it can and cannot be done? Also, why do I need to ring my home contents insurer any time I buy something of value?

*Ground rules!*

Kevin Milne  
CONSUMER

**O**bviously, there are differing opinions about where it is appropriate to breastfeed a baby. But what is the law on the matter? For example, can you be kicked out of a restaurant if the owner doesn't like you breastfeeding?

No, you cannot be kicked out of a restaurant in New Zealand for breastfeeding, even if the owner objects. According to our Human Rights Commission, the Human Rights Act states it is illegal for someone to stop you breastfeeding in shops and restaurants, where you are studying, on public transport, in government departments, in public places and at work. If you're back at work, you should explore with your employer the best ways you can do your work but also take regular breastfeeding breaks. There is no New Zealand law that says your employer has to pay for these breaks, but international labour standards say breastfeeding breaks at work should be paid. If you are treated unfairly because you are breastfeeding or expressing breast milk, it is a form of sex discrimination under the Human Rights Act. If you are being hassled over your breastfeeding by anyone in a position of power, contact the Human Rights Commission for further advice.

# NURTURE *the need*

HOW THE LAW PROTECTS  
BREASTFEEDING MOTHERS





French poet Victor Hugo was quoted as saying, "As a means of contrast with the sublime, the grotesque is, in our view, the richest source that nature can offer." He probably wasn't talking about the contrast between camellias and bromeliads, but that was what sprang to mind, cogitating as I was on how to create contrast in the garden.

*Strike it different!*

Lee Ann Bramwell  
GARDEN EDITOR

This three-way contrast shows the stone wall providing a strong backdrop to the feathery bamboo, which in turn is balanced by the glossy, circular leaves of the ligularia.

# High DISTINC

ELEMENTS TO CONSIDER  
WHEN CREATING CONTRAST

These dietes would have faded into oblivion against a pale wall, but the charcoal gives this scene a punch.

It's good to bear in mind that a lot of very similar items, no matter how lovely, may not inspire enthusiasm when they hang out together on a daily basis. Hedges, for example, useful as they may be, are infrequently show-stopping. But throw a tall, slender tree in the midst of an area of low-growing annuals and you'll have a contrast that provides drama.

If you occasionally look at areas of your garden and find them lacking excitement, here are ways to add contrast.

## COLOUR

Using colour is one of the

easiest ways to create contrast in the garden, and if you're an enthusiast with a paintbrush, you can achieve it in about half an hour. For example, slap a coat of black paint on a grey fence and the orange canna lilies growing in front of it will suddenly come to life.

Liven up a big stretch of green lawn with a white stone path edged in pink daisies, or set a chrome yellow ceramic pot in the midst of a bed of dark bronze miniature flax or Mondo.

If you're not confident with colour, grab a colour wheel from the paint shop or online and



Without this pyramidal small tree, the garden would lack a focal point. The tree gives impact and adds a quirkiness to the scene.



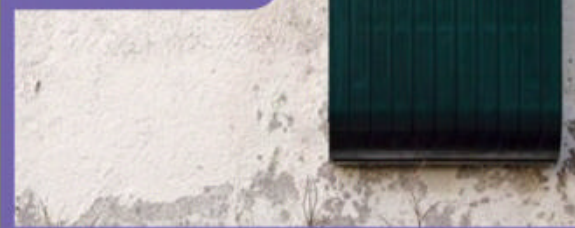
Orange, yellow, red and lime might not appeal to everyone, but there's no denying the contrast has real impact. Check out this combo on the colour wheel.



I love the way the fine, spindly foliage of the native broom contrasts with what I think is the new growth of a fatsia, all while maintaining toning shades of bright green.



This contemporary letterbox with its edgy style has found the perfect foil in the rough old concrete wall to which it is attached.



# TION

see how you go. Colours on opposite sides of the wheel have the greatest contrast, so make an impact by placing two opposite colours together, such as:

- White contrasts with dark greens
- Silver contrasts with dark reds, purple and lime green
- Light blue contrasts with red
- Darker blue contrasts with orange
- Purple contrasts with light green
- Darker greens contrast with pinks and reds.

## STYLE

For about a decade my garden

conformed to a specific style (no, it didn't have a name). Everything had to follow a set of rules and it was certainly easy on the eye. But when the Partner arrived with his more adventurous views, things changed.

It became permissible to have an edgy industrial steel wall contrasting with a rustic wooden wheelbarrow full of lavender, and an entranceway of upended railway sleepers wearing stainless steel street numbers and a modern metal letterbox.

## TEXTURES

Mixing up plant textures is also a quick fix to get a bit of contrast.

It's as easy as using a combination of plants that have large or broad leaves (coarse foliage) with those that have small or narrow leaves (fine foliage). The contrast shows off each plant to its fullest advantage and the differences between the two are highlighted.

I've often found this has happened by accident in the garden, when two things I've planted a bit close together have finally met and married, creating, as marriages sometimes do, an appealing contrast.

## FORM

A whole lot of plants the same size and shape is, to my way of thinking, a hedge. And while hedges do have their place, if you're after contrast they are not your best friend.

You need to choose plants with a different shape. Like people, trees have different forms – columnar (I wish!),

spreading (no thank you), round, weeping or pyramidal. Shrubs tend to be rounded, mounding, arching, cascading, spiky or upright.

To create a contrast with trees or shrubs, select plants with a different but complementary shape. Columnar plants will give punctuation to a landscape made up of shrubs and low plants. They add height to a landscape and capture attention.

Spreading plants may lack the elegance and impact of their taller counterparts, but they're necessary to add width and stability to a design. In my darker moments I will remind myself of that.



**You will need:**

- Vaseline and a cloth
- Resene paint or testpot in your choice of colour. We used Resene Twizel and Aquaclear
- Paintbrush
- Wooden piece of furniture

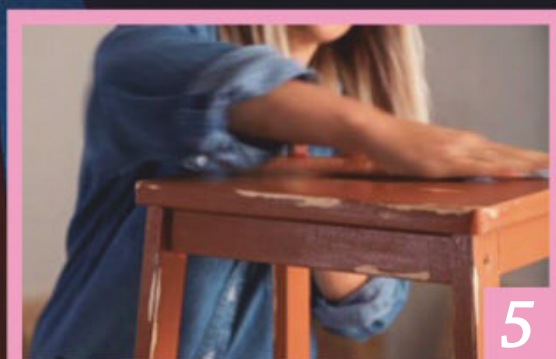
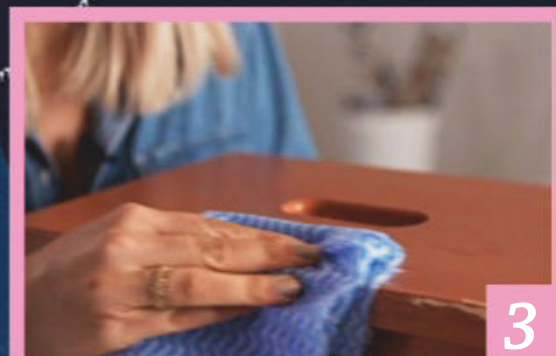
**Step one:** Dab the Vaseline along bits of the edges and places where your piece of furniture would naturally look aged.

**Step two:** With Resene Twizel, paint over the furniture piece completely.

**Step three:** Once dry, use the cloth to rub paint off the Vaseline-covered areas to reveal sections of the wood underneath.

**Step four:** Give your piece of furniture a thorough wipe.

**Step five:** Finish with Resene Aquaclear to seal all the distressed areas for an easy-clean surface.



**TOP TIP**

You can also use sandpaper to create a worn effect on furniture, using it to rub areas that would normally suffer the most wear and tear. Wipe clean and finish with Resene Aquaclear to seal the surface.

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*The secret  
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## THE PASSIONATE PRINCESS

Margaret's saucy  
trysts with Snowdon




152 WEDDING FACTS REVEALED! Who vowed to obey?

ON SALE NOW!



# Walls of WON

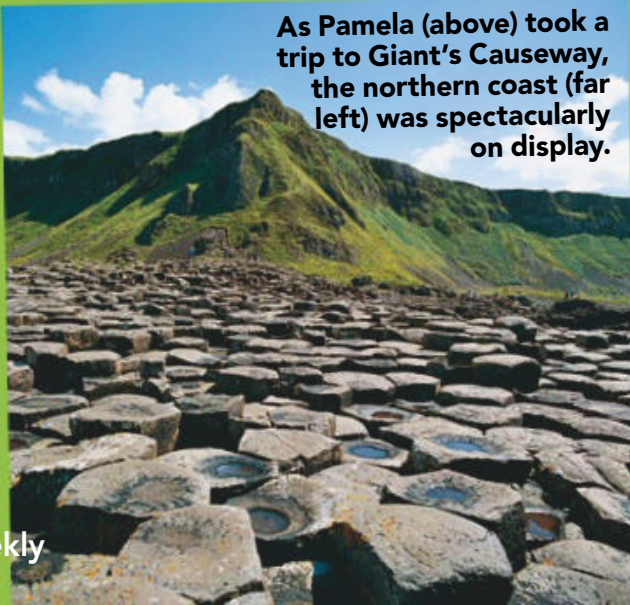
PAMELA WADE DISCOVERS DERRY  
IS A CITY STEEPED IN HISTORY



While it's stood for 800 years, Dunluce Castle is a baby compared to other parts of Ireland.



As Pamela (above) took a trip to Giant's Causeway, the northern coast (far left) was spectacularly on display.



It's an odd thing, to arrive in a city and not know what to call it. Derry? Londonderry? Derry/Londonderry? Each option is so steeped in political and religious resonance that for many it feels easier to use the neutral nickname of Stroke City.

Sprawled across the mouth of the River Foyle in Northern Ireland, it's a city with a long and eventful history, right up to the recent past of The Troubles,

when Catholic nationalists were in pitched battle against unionist Protestants.

One of the best ways to get a handle on it all is to take a guided walk around the city walls, which are unique in being

still complete after more than 400 years and despite a siege in 1689 that lasted 105 days. From here it's all visible – the cathedral, cannons, the impressive Guildhall, the river, the elegant modern Peace Bridge, the city and suburbs, and all of it steeped in stories.

To the west, rows of terraced houses look neat and tidy – but this is the Catholic suburb of Bogside. It's where some of the most violent events during The Troubles took place, including the Battle of Bogside in 1969 and Bloody Sunday in 1972.

On the end walls of the terraces colourful murals make strong and very visible statements. On a bus tour through here, the guide points out the Peace Walls between the Catholic and Protestant suburbs. They are covered in slogans and tagged symbols as high as



# DER



## An insider's guide to... Derry

**BEST TOURS:** A Martin McCrossan City Walking Tour will tell you the inside story on Derry while also showing you its many murals (left).

**DON'T MISS:** Inside the Guildhall are some glorious stained glass windows and an impressive organ.

**AT NIGHT:** The pubs with their music and welcoming atmosphere are hard to resist, but do pop outside to look at the illuminated Peace Bridge.

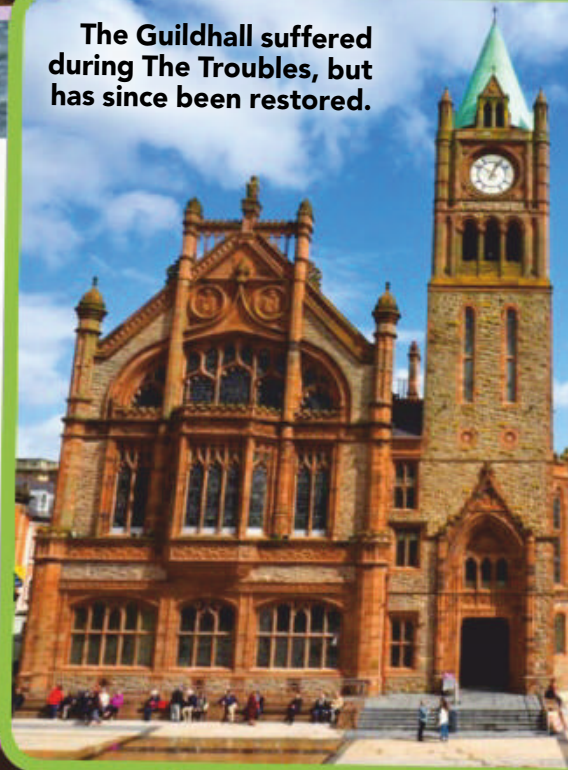


*Destination*  
**FABULOUS!**

The Hands Across the Divide sculpture is a reminder of the peaceful times Derry now lives in.



The Guildhall suffered during The Troubles, but has since been restored.



people can reach, but that is scarcely a quarter of their total height, a towering eight metres. At night, the gates are still locked, our guide tells us.

We are shocked, because coming into the city across the river the first thing we saw was the Hands Across the Divide statue, with two men reaching over a wall towards each other.

The city is peaceful now, and no-one wants to return to those days. Certainly, everyone we meet is keen to put it all behind them, but the big new mural beside the city wall of the current, and brilliant, Netflix series *Derry Girls* is proof that The Troubles are still a part of everyone's personal history.

It's an ancient land, but not all of Ireland's history is violent. Driving away from the city, we pass through green countryside on the way to the coast. There,

perched dramatically on the edge of a cliff, are the pretty ruins of medieval Dunluce Castle. There's been a castle here for 800 years, but even that is only yesterday compared with what's further along the coast.

Fifty to 60 million years ago, molten lava oozed up to the surface, cooled and then cracked, forming the remarkable construction known as the Giant's Causeway. Here, around 40,000 mostly hexagonal basalt columns sit snugly fitted together, sweeping in a neat curve from high on a hillside down to the water's edge, where the waves break white over the shiny black rock.

This is Ireland, so of course there's a story about its origin. It was built by the Irish giant Finn McCool as a bridge for him to cross the sea to challenge Scotland's giant, Benandonner,

but he turned out to be much bigger than Finn. The Irish giant was saved from a painful defeat only by the quick thinking of his wife, Oonagh, who disguised him so he could escape.

Returning to Derry, we stop at one of the possible sources for stories such as this – Bushmills whiskey distillery. It's the oldest in Ireland, loosening tongues and lubricating the imagination for more than 400 years. It's a perfect end to the tour. Sláinte!

The Peace Bridge is well worth a look, especially at night.

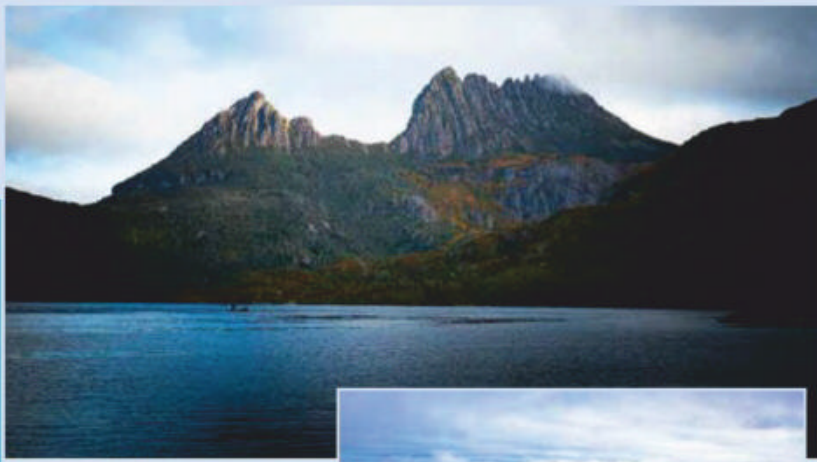




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**GOLD CLUB  
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**TSS EARNSLAW CRUISE & WALTER PEAK DINNER, MILFORD SOUND CRUISE, CATLINS, LARNACH CASTLE DINNER, TAIERI GORGE RAIL, MT COOK**  
Day 1: Home pickup, Northern Explorer Train, travel in style & comfort to Wellington (2 nts). 2: Te Papa "Gallipoli - The Scale of War" Exhibit. 3: Cruise Queen Charlotte Sounds to Picton, Coastal Pacific Train to Christchurch (2 nts). 4: CHC At Leisure. 5: Tranz Alpine Train, Arthurs Pass, Greymouth, Shanty Town - pan for gold, ride Steam Train. 6: Fox & Franz Josef Glacier. 7: via Haast Pass, Wanaka to Queenstown (2 nts). 8: Tour Arrowtown. Evening cruise Lake Wakatipu on TSS Earnslaw, Dinner & Show Walter Peak. 9: Scenic Cruise Milford Sound, Te Anau. 10: Invercargill, Bluff, Optional: Stewart Island. 11: The Catlins, Dunedin (2 nts) Larnach Castle & Dinner (Exclusive to Gold Club Tours & Kiwi Excursions only!) 12: Taieri Gorge Railway, Olveston House. 13: Mt Cook, Lake Tekapo. 14: To Christchurch, join flight (inc), met & returned home.

## 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)**  
From: Auckland, Hamilton + more. From: Tauranga, Rotorua + others: Home pickup & return travel to Auckland, option to fly \$99pp each way (subject to availability)  
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, Matakoho 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

**FREE  
FLIGHTS!**

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**EX: Wellington, Christchurch, New Plymouth (+more) : add \$199pp Day 1 Home Pickup, Fly to Rotorua. Day 7 Fly Home\* Special subject to availability of specific airfares.**  
**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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## ASK JUDE!

Do you have a problem you'd like Jude to weigh in on? Send your questions to [nzww@bauermedia.co.nz](mailto: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.

## BACK TO LIFE, BACK TO REALITY...

**W**e seem to have had so many visitors lately, and as much as I like filling a table with food, opening a bottle of wine and whiling an evening away, I'm happy to get back into a semblance of normality.

School's back in, and for the next two months I'll be working long hours on a project and will need home life to be pretty pedestrian. That means meals that are quick, and a team effort to keep the house shipshape. Thankfully, the daughter is

handy behind a vacuum cleaner and the son is good with food prep. Mostly. With reminders.

Lately, I've been using a food delivery service complete with recipes, but team consensus is to drop it to every two weeks. The family is hankering for the old faves. Me? I'm happy to never cook those old dinners again, and I relish new ideas from someone who has the time and expertise to nail it.

Oh well, at least dinner will be a nice surprise every second week!

## heyJUDE...



It can be difficult to upgrade the household food routine – planning new meals can take a surprisingly long time. But if you're returning to routine after the hols, maybe this is your chance to change?

*Bite the bullet!*

Jude Dobson  
ADVICE

# Hail to the chef

## READER LETTER OF THE WEEK

*Hi Jude,  
We are on a tight budget and I'm finding it hard to always cook using meat. From what I have read, it's actually better for our health (as well as our wallets) to cook more meat-free meals. However, my dilemma is that I don't know where to start when it comes to cooking these sorts of dinners! I don't even know what some of the ingredients are! Do you have any suggestions please?  
Judy*

People who cook vegetarian food are in my experience the best cooks, I think by virtue of the fact that it takes some more thinking power to plan a meal. It's not just a matter of taking the meat off the plate.

I commend you on your plan – all you have to do is implement it! Your pantry staples will have to change but, once they do, you'll be away, and the envy of your friends.

You can of course just bag

yourself a good cookbook, but the internet has a wealth of info, particularly if you're looking for inexpensive options specifically, and a bit of "paint by numbers" to help to get you going.

I was surfing around looking for some vegetarian inspiration recently and came across [cookieandkate.com](http://cookieandkate.com), a great wee site run by a self-taught cook and photographer who lives in Kansas.

I liked the way she wrote and that her food wasn't fussy

or highbrow. Her recipes are all photographed and videoed, and are simple to follow with ingredients I don't have to google. Just remember though that cilantro is American-speak for coriander!

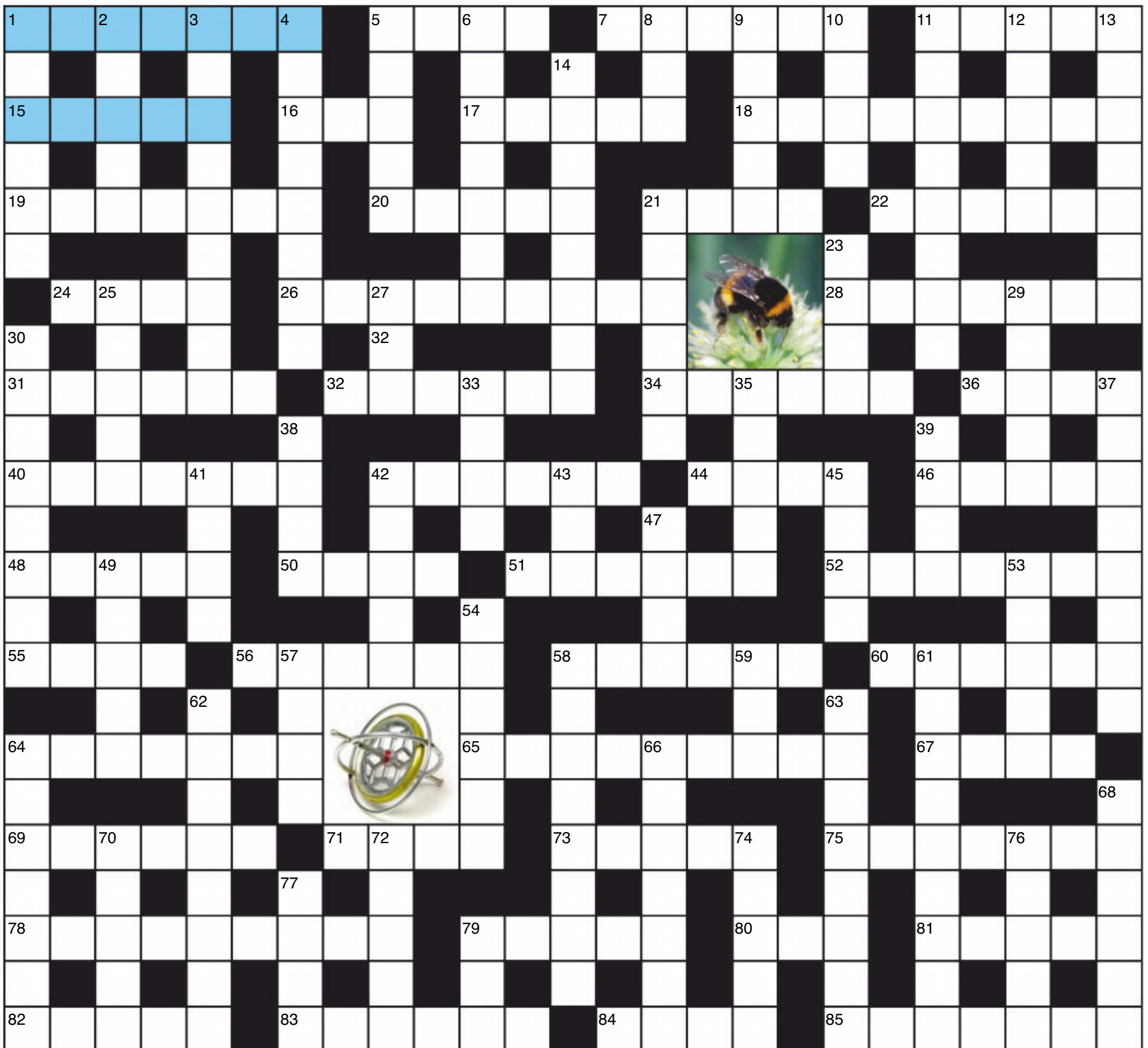
I can almost guarantee you'd like her. She has a whole section on budget meals and they look darn delicious! I was looking for pointers on how to roast broccoli and I got a bunch of practical info plus plenty of options to add a little flair.

Happy cooking!



# 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 69.

## MYSTERY CLUE

1ac & 15ac.

Kiwi-born Hollywood star (7,5)

## ACROSS

- 1 See Mystery Clue
- 5 Loaded (4)
- 7 Plaster used for cornices and room mouldings (6)
- 11 Cleanse, purify (5)
- 15 See Mystery Clue
- 16 Problem in computer code (3)
- 17 Spanish friend! (5)
- 18 See upper-right photo
- 19 Camp toilet (7)
- 20 Number (5)
- 21 Durable (4)

- 22 Set on fire (6)
- 24 Natural fibre (4)
- 26 Club funds manager (9)
- 28 Raging or furious (7)
- 31 Base of a column (6)
- 32 Japanese female entertainer (6)
- 34 Relatives by marriage (2-4)
- 36 Fancy food shop (4)
- 40 Sluggishness (7)
- 42 Peter \_\_\_\_, one half of a famous food duo (6)
- 44 Pretentious person (4)
- 46 Fewest (5)
- 48 Native tree (5)
- 50 Blessed (4)
- 51 One-room apartment (6)
- 52 Chemical element used in batteries (7)

- 55 Engrave (4)
- 56 Bendy (6)
- 58 Leased car (6)
- 60 Travelling (6)
- 64 Cowboy hat (7)
- 65 Phar Lap, for example (9)
- 67 Nerdy computer enthusiast (4)
- 69 Hostile or predatory incursion (6)
- 71 Chilled (4)
- 73 Bring upon oneself (5)
- 75 Society without government (7)
- 78 See lower-left photo
- 79 Reside (5)
- 80 Bribe (3)
- 81 Open to view (5)
- 82 Man-made fibre (5)
- 83 Shakespeare play (6)
- 84 Military force (4)
- 85 Piece of furniture (7)
- 33 Fizzy water (4)
- 35 Jargon (5)
- 37 Personal (8)
- 38 Beach-side holiday home (4)
- 39 Storyline (4)
- 41 Small branch (4)
- 42 David \_\_\_\_, partner of 42 Across (5)
- 43 Not at home (3)
- 45 Lacking tread (of a tyre) (4)
- 47 Chief deity of Scandinavian mythology (4)
- 49 Male relation (5)
- 53 Picture (5)
- 54 Petrol-electric car (6)
- 57 Breeze (4)
- 58 Sprawled (8)
- 59 Broadcast (3)
- 61 Long and complicated process (9)
- 62 Paid killer (8)
- 63 Renovated (8)
- 64 Small amount (7)
- 66 Person who disrupts a performance (7)
- 68 Seafood associated with Bluff (6)
- 70 Of the country (5)
- 72 Best of the best (5)
- 74 Dangerous (5)
- 76 Strategic game (5)
- 77 Eat enthusiastically (4)
- 79 Stain (3)

## DOWN

- 1 Remember (6)
- 2 Diminutive (5)
- 3 Choice cut of beef (3,6)
- 4 Words of an opera (8)
- 5 Stiff (5)
- 6 Rushes forwards (7)
- 8 Duo (3)
- 9 Pole thrown in Highland Games (5)
- 10 Units of electrical resistance (4)
- 11 Practice of having more than one spouse (8)
- 12 Jewish spiritual leader (5)
- 13 Sir Edmund Hillary's mountain (7)
- 14 David Beckham's wife (8)
- 21 Recluse (6)
- 23 Bow of a ship (4)
- 25 Oily fruit (5)
- 27 Female sheep (3)
- 29 Sporting venue (5)
- 30 Lightly scatter (8)

## SUDOKU extra

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

✦ 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 69

✦ TURN THE  
PAGE FOR  
MORE  
PUZZLES

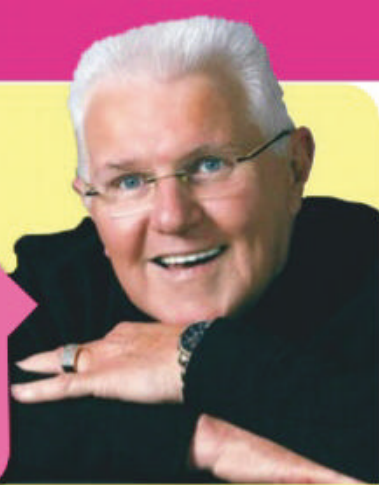




Towering Cast an eye over					Science room Functions					Perform in a play				Find the sum of Spoken exam
						Extro-verted, friendly Top photo								
					Morsel of bread Corset support					Russian monarch Secret agent				
				Poker stake Religious subgroup									Genetic acid	
	Tattered, ripped		Green citrus Hidden hoard											
French cream-filled pastries		Sharp Ethiopia's capital							Fill with delight Imprecise			Dance nightclub Contract proviso		Hooting night bird
			Period of time Fool											Science of firearms Indian coin
					Lengthy tale Conclud-ing parts		School bag Trainee doctor, eg						Used to be Angry growl	
				Taxis Jar tops									Colombo's country Bright flower	
					The celebrity elite (1-4)	Non-religious Informant					Vex, gall Israeli machine gun			
	US term for "grill"									Combat vehicle Egyptian goddess				
	Frank, candid					Eyelid ailment Against	Scottish island Lion's neck hair	Trap Hand's width, eg						
									Upper limbs Get older			Uninter-ruptible power supply		Sporting stadium Lower photo
Cry noisily Cooking vessel				Central issue										
							Const-structed again Pester				Baghdad is there Hit lightly			
Capture criminal				The whole lot									Portrait Arctic direction	



Put your  
celebrity  
knowledge  
to the test!



# David Hartnell's HOLLYWOOD Trivia Quiz

- 1 Who wrote the classic novel *To Kill a Mockingbird*?
- 2 What year was the movie *Titanic* released?
- 3 Dames Eileen Atkins, Judi Dench, Joan Plowright and Maggie Smith starred in which 2018 documentary?
- 4 How many times did Richard Burton and Elizabeth Taylor marry?
- 5 What country are the McCallister family visiting when they accidentally leave their son Kevin behind in the movie *Home Alone*?
- 6 What is the job of Hugh Grant's character in *Love Actually*?
- 7 Who voices Buzz Lightyear in the *Toy Story* series of films?
- 8 For what movie did Kate Winslet win a Best Actress Oscar?
- 9 The movie *Forrest Gump* is set in which American state?
- 10 What is the surname of Bruce Willis' character in the *Die Hard* movie series?



Solutions, page 69

## 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.

### STOMACH SUPPORT

Go Healthy's new Apple Cider Vinegar 1000mg capsule range helps to support digestive vitality and your overall health and wellbeing – plus it's easy on your teeth! We have one prize pack to give away, worth \$75, containing Go Healthy's Apple Cider Vinegar 1000mg and 1000mg Capsi-Slim (designed to support healthy weight management). Proudly made by GO Healthy in NZ from select imported ingredients. Always read the label and use as directed. If symptoms persist, see your healthcare professional.



WIN!

BE IN TO WIN – write the secret code word on the coupon on page 69.

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

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
			0									M
14	15	16	17	18	19	20	21	22	23	24	25	26
								T				

6	25	9	7	14	21
---	----	---	---	----	----

TURN THE  
PAGE FOR  
MORE  
PUZZLES



# SPOT *the difference*

## A BEAUTIFUL DAY IN THE NEIGHBORHOOD

✚ There are five differences in these two images. Can you find them all?



Solutions, page 69

# WORD CHAIN

Start

TOP

Finish

WAR

GROUND

HAND

OVER

CUT

FRAME

SHOW

DECK

FALL

CREW

PRICE

GAME

DOWN

BOARD

✚ Starting with the word in the first link, fill in each of the other links in turn using the words in the middle of the puzzle until you reach the word in the last link. Each word must combine with the one before it and the one after it to form a common word or phrase. For example, CABLE/CAR, CAR/PARK and so on. When you have finished, there will be one word left over – what is it?

Solutions, page 69



# FAB FOUR

✦ Fit the four-letter words listed below into the appropriate four-letter space in the grid to make eight new words that can be read horizontally. If you do this correctly, the letters in the coloured squares reading downwards will spell out a mystery word.

1	F	I				N	T
2	D					I	N
3	C	O				L	S
4	E	N	V				S
5	D					T	E
6	S	K				E	D
7	P					A	U
8	S					L	E

**WORD LIST**  
RAGS  
LONE  
LAME  
PARK  
LATE  
RAIN  
ETCH  
IRON

✦ MYSTERY WORD: Government official

Solutions, page 69

# SHUFFLE Word

✦ Rearrange the letters of each word in the right-hand column, then place each one after the correct word in the left-hand column to form a new eight-letter word. For example, if "WEEK" appears in the first column and "SEND" in the second, they can be combined to form "WEEKENDS".

1 TAPE

WARD

2 PRIM

PETS

3 SLIM

LIEN

4 REST

GRIN

5 DOOR

BALE

6 MIST

RUTS

7 WITH

ROSE

8 PORT

SEAT

Solutions, page 69

# Tricky Tiles

✦ Below are 10 words of 10 letters each, arranged on two-letter tiles. However, some of the tiles have fallen out of place. You must choose which tiles on the right fit into the blank spaces to spell out the 10 words correctly. Use each tile once only. No tiles will be left.

ST	1	FO		ID		NG	IN
ON	2		NI		RI		WO
ES	3	RU		LE		LY	AR
HU	4		LL		GT		AL
TI	5	SA		PH		ES	DI
RA	6		AD		RT		TH
MA	7	QU		AN		NE	BU
ER	8		CH		TR		CU
SS	9	DE		MI		FY	XO
	10		SH		NG		OR
ON		DI		RO		WE	HY
OR		RB					

Solutions, page 69

# Serious SUDOKU

SKILL LEVEL  
Medium

✦ 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.

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

Solutions, page 69

✦ TURN THE PAGE FOR MORE PUZZLES



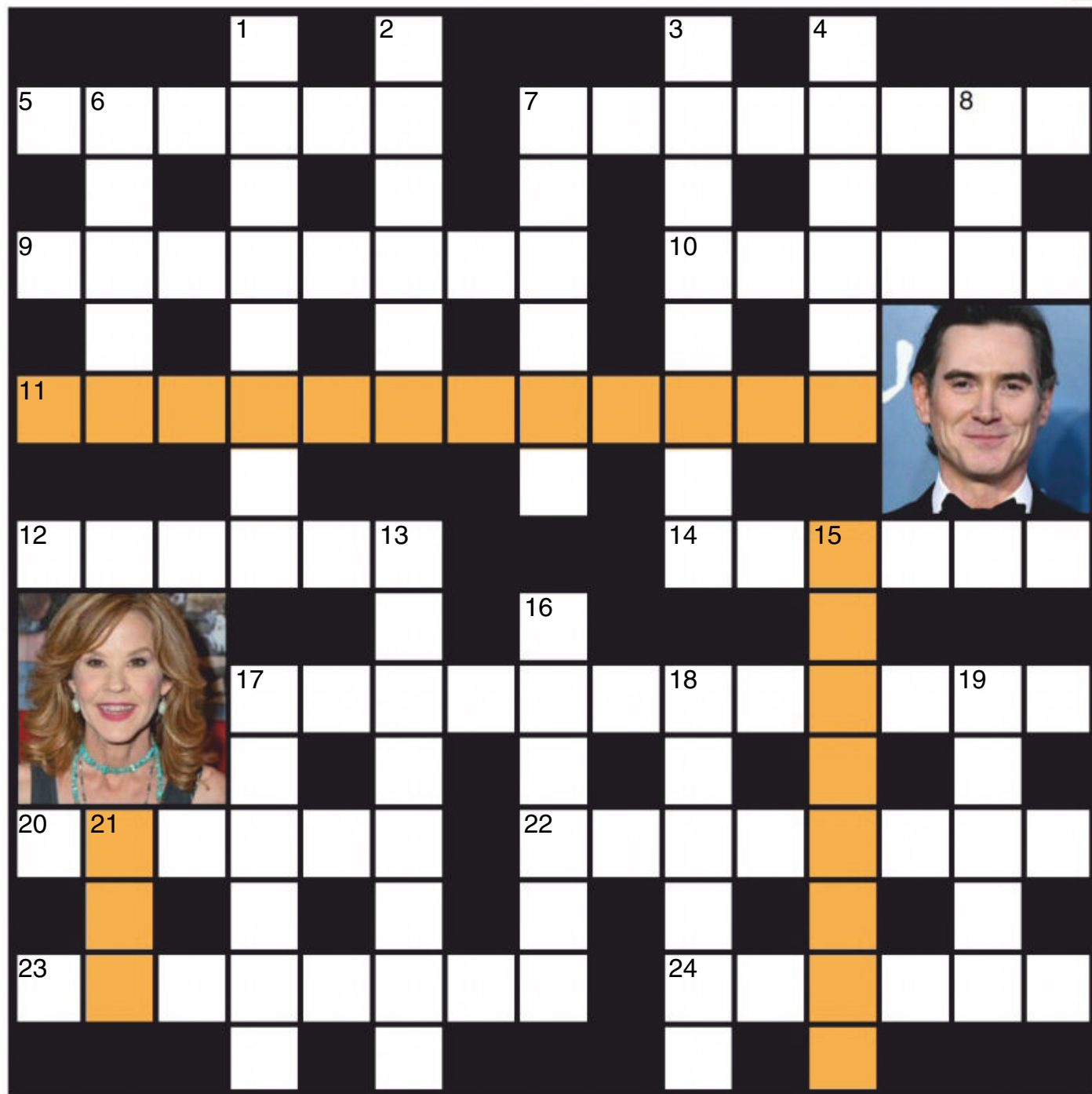
# CRYPTIC

## Crossword



WIN  
\$100!

Be in to win – write  
the solutions on the  
coupon on page 69.



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

bubbles? (7,5)

- 20 Reportedly an air of  
harmonious relationship (6)
- 22 Policemen that oversee  
the skating rink without  
going on it? (8)
- 23 A look of bloody  
embarrassment? (3-5)
- 24 ... that follows (6)

### DOWN

- 1 Raise public issue when  
uptakes ring true? (5,3)
- 2 The first rule in a battle  
of fear (6)
- 3 Visor out, out for a top  
performance (8)
- 4 Sudden death ensuring  
containment of the  
next games venue (6)
- 6 Declare invalid some  
of the Australian  
Nullarbor Plains (5)
- 7 Sounds like breakfast  
in instalments (6)
- 8 What the Cockney ship's  
wheel is made of? (3)
- 13 Even dice maybe  
part of the trial (8)
- 15 See 21 Down
- 16 A two way door? (6)
- 17 Gives false impressions  
about the cliffs (6)
- 18 Hooked cigarette back  
to be used as food (6)
- 19 The racial origin of  
Monsignor Sebastian (5)
- 21 & 15dn This movie excites  
Thor perhaps (3,8)

### PICTURE CLUES

11ac & 21dn & 15dn

### ACROSS

- 5 More moist sort  
of bread? (6)
- 7 Type that will get you  
a capital result (5,3)
- 9 Put in peril and  
anger Ned perhaps (8)
- 10 You may find her around  
Hamlet (6)
- 11 A movie about Albert  
– quite notable (6,6)
- 12 Squirm because he  
got the summons? (6)
- 14 Unique and the next  
number down (3,3)
- 17 Is this the top of the

# SUDOKU

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

✦ 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  
Hard

Solutions, page 69

By Jim Greenfield





**DAVID HARTNELL'S  
HOLLYWOOD TRIVIA**

1 Harper Lee 2 1997 3 Tea with the Dames 4 Two 5 France 6 The British Prime Minister 7 Tim Allen 8 The Reader 9 Alabama 10 McClane

**WORD CHAIN**

Top -> Deck -> Hand -> Down -> Fall -> Over -> Board -> Game -> Show -> Ground -> Crew -> Cut -> Price -> War

**LEFTOVER WORD:** Frame

**FAB FOUR**

1 Filament 2 Draining 3 Colonels 4 Environs 5 Dragster 6 Sketched 7 Plateaus 8 Sparkles

**MYSTERY WORD:** Minister

**SHUFFLE WORD**

1 Tapering 2 Primates 3 Slimline 4 Restores 5 Doorstep 6 Mistrust 7 Withdraw 8 Portable

**TRICKY TILES**

1 Forbidding 2 Manicurist 3 Ruthlessly 4 Wellington 5 Saxophones 6 Roadworthy 7 Quarantine 8 Orchestral 9 Dehumidify 10 Bushranger

**SUDOKU  
EXTRA**

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

**SERIOUS  
SUDOKU**

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

**SUDOKU**

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

**SPOT THE DIFFERENCE**



**CODE BREAK**

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

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

**MYSTERY WORD:** Course

**DOLITTLE DOUBLE PASS MOVIE TICKET**

**WINNERS:** J Graham, Taumarunui; J Lopez, Waikanae; DG Wilton, Masterton

**CRYPTIC CROSSWORD**

**ACROSS:** 1 Barber's pole 9 Eau 10 Non-entity 11 Portico 12 Opotiki 13 Truss 15 Toothache 18 Nose piece 19 Stiff 21 Safaris 24 Frontal 25 Radiowave 26 Eve 27 Darkest Hour  
**DOWN:** 2 Aquariums 3 Rencontre 4 Pinto 5 & 20dn London Has Fallen 6 Wayside 7 Despot 8 Mimi 14 Supernova 16 Overfeeds 17 Cointreau 18 Nostril 22 Fade 23 Stack

**SOLUTIONS:** Darkest Hour/ London Has Fallen

**\$100 WINNER:** TA Ryan, Rotorua

**MEGA CASHWORD**

**ACROSS** 1 Orchard 5 Tapu 7 Draper 11 Lapel 15 Error 16 James Bond 17 Lamington 18 Aim 19 Vinyl 20 DNA 21 Attic 23 Homer 25 Tolerant 27 Kākāpō 29 Nigella 33 Tick 35 Impact 36 Carob 38 Hogwash 40 Second 41 Sci-Fi 43 Valet 45 Numbs 48 Yield 49 Choir 50 Kerre 51 Mclvor 53 Acrylic 56 Titan 57 Driver 58 Weta 60 Organic 61 Bludge 63 Straight 66 Vodka 68 Ankle 70 Eat 72 Miami 74 Roe 76 Reservoir 79 Sourdough 80 Atlas 81 Ocean 82 Trauma 83 Myth 84 Diehard  
**DOWN** 1 Omega 2 Caramel 3 Aardvark 4 Dijon 5 Temple 6 Posed 8 Rod 9 Pilot 10 Ram 11 Lunch 12 Pat 13 Liner 14 Sonata 21 Avon River 22 Conch 24 Melba 25 Tutu 26 Nomadic 28 Act 30 Gigantic 31 Aghast 32 Passport 34 Crêpe 36 Chicken 37 Bulletin 39 Bob Dylan 42 Irritable 44 Tempest 46 Moore 47 Dynamo 52 Salt 54 Rigid 55 Cocoa 57 Dog 59 Marinade 62 Useful 64 Gorilla 65 Ambush 66 Virgo 67 Apron 69 Karma 71 Today 73 Aphid 75 Eased 77 Sue 78 Opt 79 Sum

**SOLUTION:** Kerre Mclvor

**\$200 WINNER:** H Brown, Opotiki

**BRAIN STRETCHERS**

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

**MYSTERY WORD:**

Believe

**\$200 WINNER:**

K Prince, Edgecombe

**NEW ZEALAND  
Woman's Weekly**

**ENTRY COUPON**  
FEBRUARY 10, 2020

MEGA CASHWORD

BRAIN STRETCHERS

CODE BREAK

CRYPTIC CROSSWORD

NAME

ADDRESS

PHONE

**POST TO:** PUZZLES 10.02.20, New Zealand Woman's Weekly, Private Bag 92041, Victoria Street West, Auckland, 1141.

You may enter as many puzzle contests as you like, but all entries must be on the official coupon (no photocopies). Results will be published in the *New Zealand Woman's Weekly* of March 2, 2020. Please note it may take 4-6 weeks before prizes are sent. Visit our website [bauermedia.co.nz/Privacy](http://bauermedia.co.nz/Privacy) for the full terms and conditions.

**Entries close Friday,  
February 14, 2020**



# STATUES & SPEECHES

*Test your  
Hollywood  
awards  
knowledge*

IT'S THE MOST WONDERFUL TIME OF THE YEAR – AWARDS SEASON! CAN YOU ANSWER THESE TINSELTOWN TITBITS FROM TODAY AND YESTERYEAR?

- 1 Why did Marlon Brando not accept his Best Actor Oscar for his role in *The Godfather*, famously sending actress Sacheen Littlefeather to the 1973 ceremony in his place?  
**A** He was too busy on the set of his next movie to attend  
**B** He was protesting the treatment of Native American actors  
**C** He didn't want to attend because of his feud with Burt Reynolds
- 2 Who has hosted the Oscars the most times?  
**A** Bob Hope  
**B** Johnny Carson  
**C** Billy Crystal
- 3 What was the name of the first African-American actress to win an Oscar?  
**A** Hattie McDaniel  
**B** Dorothy Dandridge  
**C** Ethel Waters
- 4 How many times has Meryl Streep been nominated for a Golden Globe?  
**A** 27  
**B** 31  
**C** 32
- 5 For what movie did Leonardo DiCaprio finally win an Oscar after six nominations?  
**A** *The Wolf of Wall Street*  
**B** *The Revenant*  
**C** *The Aviator*
- 6 Scarlett Johansson is nominated for two Oscars this year – one for Best Supporting Actress in *Jojo Rabbit*, another for Best Actress in a Leading role. What other movie is she nominated for?  
**A** *Bombshell*  
**B** *Little Women*  
**C** *Marriage Story*
- 7 How many Oscar nominations did Kiwi director Taika Waititi's *Jojo Rabbit* earn this year?  
**A** Six  
**B** Seven  
**C** Eight
- 8 While presenting the award for Best Screenplay at the 2014 Golden Globes which actress, with her Louboutins in one hand and a martini in the other, had to chuck her shoes over her shoulder when she realised her hands were too full to open the envelope?



- A** Dame Emma Thompson  
**B** Melissa McCarthy  
**C** Joanna Lumley
- 9** Who won Best Actress in a Leading Role at the 2019 Oscars?  
**A** Glenn Close, *The Wife*  
**B** Olivia Colman, *The Favourite*  
**C** Lady Gaga, *A Star is Born*
- 10** Which organisation awards the Golden Globes each year?  
**A** Academy of Motion Pictures and Sciences  
**B** Hollywood Foreign Press Association  
**C** American Federation of Television and Radio Artists
- 11** Which movie won the most Golden Globe awards this year?  
**A** *Joker*  
**B** *Rocketman*  
**C** *Once Upon a Time... In Hollywood*
- 12** What year did the Screen Actors Guild Awards start?  
**A** 1995  
**B** 1990  
**C** 1994
- 13** Where was the first Oscars ceremony held?  
**A** Chateau Marmont  
**B** Kodak Theatre  
**C** Hollywood Roosevelt Hotel
- 14** Who was given the longest standing ovation in history – a whole 12 minutes – when he received an honorary Oscar in 1972?

- A** Walt Disney  
**B** Charlie Chaplin  
**C** Fred Astaire
- 15** Whose name did John Travolta famously butcher at the 2014 Oscars?  
**A** Idina Menzel  
**B** Lupita Nyong'o  
**C** Awkwafina
- 16** What stunned star told the Golden Globes audience, "Just look at my dress until I can think of something to say" when she accepted her award for Best Supporting Actress in 1984?  
**A** Cher  
**B** Dolly Parton  
**C** Bette Midler
- 17** In what year did a man streak across the Oscars stage?  
**A** 1969  
**B** 1974  
**C** 1982
- 18** Who performed a musical tribute to *The Sound of Music* at the 2015 Oscars?  
**A** Beyoncé  
**B** Katy Perry  
**C** Lady Gaga
- 19** At the 2017 Oscars, *La La Land* was incorrectly declared winner for Best Picture – who was the rightful winner?  
**A** *Hacksaw Ridge*  
**B** *Moonlight*  
**C** *Hidden Figures*

- 20** While accepting the Carol Burnett Award at the 2020 Golden Globes, who said: "If everything is easy, you don't really have anything to compare it to."  
**A** Ellen DeGeneres  
**B** Julia Louis-Dreyfus  
**C** Sofia Vergara



**ANSWERS**  
 1 B He was protesting the treatment of Native Americans  
 2 A Hattie McDaniel  
 3 A Hattie McDaniel  
 4 C 1974  
 5 A Cher  
 6 B Dolly Parton  
 7 A Six  
 8 A Dame Emma Thompson  
 9 B Olivia Colman, *The Favourite*  
 10 B Hollywood Foreign Press Association  
 11 C *Once Upon a Time... In Hollywood*  
 12 A 1995  
 13 C Hollywood Roosevelt Hotel  
 14 B Charlie Chaplin  
 15 A Idina Menzel  
 16 A Cher  
 17 B 1974  
 18 C Lady Gaga  
 19 B *Moonlight*  
 20 A Ellen DeGeneres



# Your Weddings

## Josie and Colin Loveridge

Together since they were 19, Josie and Colin marked 50 wonderful years of marriage on January 24. "I was doing a nurse aide course and he was an apprentice for a building company and it blossomed from there," she tells of when they first met. "We've done a lot in our 50 years and have two sons, four granddaughters and one grandson." And for all those newlyweds out there, there's just one piece of advice Josie has for a happy marriage, "Communication, respect and love for one another [is key]." Congratulations, Josie and Colin!

**Linden Leaves In Bloom is a pretty, pink floral fragrance sure to remind you of summer. Our gorgeous bride receives a 100% soy wax pink petal candle and an elegant pink petal diffuser valued at \$85. Made with love in New Zealand. See [lindenleaves.com](http://lindenleaves.com) for stockists and more information on the entire range.**

**WIN!**



**50th WEDDING anniversary**



**NOW**

## HOW TO ENTER

Email [nzww@bauermedia.co.nz](mailto:nzww@bauermedia.co.nz) (Subject line: Weddings) with your story, contact details and two to three high-res images for publication. For terms, conditions and photographer copyright, see our website.



**WINNER**

## SPACE INVADER!

My poor nephew is in a quandary. He is only seven, but when asked by his uncle what he wanted to be when he grew up, without hesitation he replied, "An astronaut!" Immediately, his father spoke up, saying, "Come on son, keep your feet on the ground!"

**Archie's Aunt, Gore**

## UNFAIR

My grandson (4) enjoyed sleeping with his parents and most nights managed to creep in beside them. At last he was told by his dad if his playmates found out he would be nicknamed Mummy's Boy, to which he replied, "You're a bigger boy than me and nobody calls you Mummy's boy!"

**M, Christchurch, June 12, 1995**

## BOOK 'EM

My husband was discussing an "incident" that had broken out at a sporting event with another dad. He said the person involved would "most likely get the book thrown at him". When my 11-year-old daughter came home, she told me, "This guy is so lucky, because I heard Dad telling someone that he is getting a book written about him!"

**V McKay, Christchurch, July 1, 2013**

## NOVEL CARD

An Easter greeting card from my granddaughter read, "Have a wonderful Easter Nana, and may the chocolate be with you!"

**Alma, Christchurch, June 1, 1992**

## HOW TO ENTER

Submit your Teacups story via email [nzww@bauermedia.co.nz](mailto: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](http://arnotts.com). Prize pack may vary from product shown.**



# Over the TEACUPS

FROM THE ARCHIVES



**Lana Coc-Kroft and April Ieremia featured on our Weekly cover for the issue of June 5, 1995.**

## BEST FRIENDS!

The bubbly TV personalities spoke to the Weekly about how they met and bonded so quickly, why their friendship was so important to them, how being on TV had affected their lives, plus what they did when they were out together and got unwanted male attention.



# It's in the STARS

YOUR HOROSCOPES FOR THE WEEK FEBRUARY 3-9

## AQUARIUS

Jan 21 – Feb 19

Before you read someone the riot act, make sure you have the full story. The truth seems to have been stretched a bit so you need to check your facts first. Fortunately, you can see through people easily, and after asking some tough questions the situation will be clarified. Make an extra-special effort for a child who has done extremely well this week in a sporting or creative way.

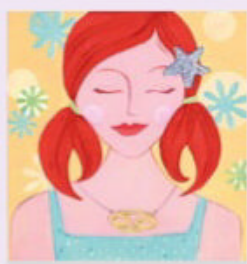


## PISCES

Feb 20 – Mar 20

Is your home everything you want it to be? There are lots of books and TV shows on

decluttering, tidying and being organised, however you don't need these, you know what to do – it's just a matter of motivation. Promise yourself something fabulous if you finish it all by the end of the weekend.



## CANCER

Jun 22 – Jul 23

This is a week to under promise and over deliver. You know what you can and cannot

do, so err on the side of less rather than more. Extra time to complete something will be needed as other people don't do their part efficiently. Play it safe right now and don't try for anything too elaborate.



## SCORPIO

Oct 24 – Nov 22

Don't get cold feet and don't for a minute think there is anything you cannot do. You've

booked the ticket or reserved your place and there are no refunds so go, do it! There is a job offer on the table at the moment. Sleep on it and get back to them – you don't need to answer right away.

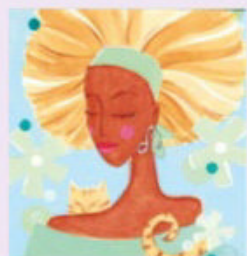


## ARIES

Mar 21 – Apr 20

You are popular this week – everyone wants a word and to be seen with you. Make the

most of it. Later, friends want to organise something over the weekend, and as long as you don't have to cook or take a plate you're more than happy to join in. Internet shoppers, there's a bargain to be had!



## LEO

Jul 24 – Aug 23

Your softer side is showing and there's no harm in that. It gives people a whole

different perspective by the end of the week, standing you in good stead. If you're interested in spirituality at all then your natural gift of insight gives you an opportunity to explore that further.



## SAGITTARIUS

Nov 23 – Dec 22

You're easily distracted this week, especially if shopping. If you need a nice business suit,

then don't go and look at the hippy dresses with the lace collars and outrageous colours. If you're a bride looking for bridesmaid dresses, rein the girls in and be clear about what you want them to wear.

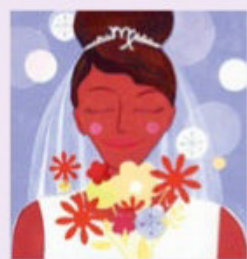


## TAURUS

Apr 21 – May 21

Do people know what you're capable of? Do you? You can't convince people you are ready,

willing and able for a change if you aren't sure what you can achieve. It's time to push the boundaries at work, take on something more difficult or ask to try something just beyond your reach. Success will be yours.

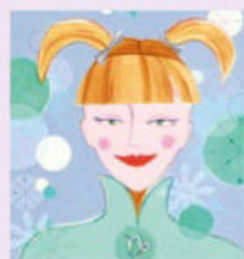


## VIRGO

Aug 24 – Sep 23

A friend suggests you join forces on a project or business venture. They are energetic and

social, which is excellent for rallying the troops, but hopeless at organising them once they are gathered. That is where you come in. It's a duo made in heaven so you can be confident the formula is right.



## CAPRICORN

Dec 23 – Jan 20

It all starts now! Whatever you're planning or wanting to achieve, the way is clear.

You'll have the finances and resources to achieve it all so don't be afraid to go for the more expensive options. If this is about investing in your own future, such as buying a property, you'll be exceptionally successful.

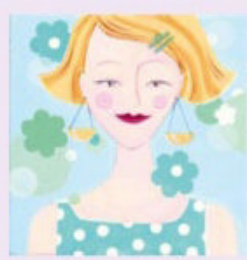


## GEMINI

May 22 – Jun 21

Something was in your way recently and you've just smashed through it, showing

those around you that you're someone they should watch very closely. You have amazing energies at the moment – very high, very intense. Channel that into any form of competition and you are a winner.



## LIBRA

Sep 24 – Oct 23

This is a week to be bold. Tell everyone exactly what you're planning, why you

are planning it and what you want from each and every one of them. Be it work or personal, it doesn't matter. You're the leader, it's your project, it will be a success and you are going to enjoy every minute of it.

Happy birthday!

Blythe Danner turns 77 on Monday and needs to be wary of people stretching the truth.





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**Unique Stewart Island/Catlins** January 29-February 6, 2020

**Stunning Arrowtown Autumn Festival** April 15-20, 2020

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For a FREE INFORMATION PACK Contact Brenda at THIRD AGE TOURS

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[sunshineone@xtra.co.nz](mailto:sunshineone@xtra.co.nz) | [thirdagetours.co.nz](http://thirdagetours.co.nz)

## Your 2020 holiday starts here...

Molesworth & Upper West Coast

March 9 -15

Canterbury-Kaikoura Road to Recovery

March 28-April 1

Majestic Tour Queenstown-Doubtful Sound

April 2-7

Central Otago in Autumn

April 22-28

Banks Peninsula & Little River

April 24-28

Stewart Island & Catlins

May 11-18

Bluff Oyster Festival & Stewart Island

May 20-26

CONTACT US: 027 435 1955 or 03-314 7220

Email: [info@southislandtoursnz.com](mailto:info@southislandtoursnz.com)

[www.southislandtoursnz.com](http://www.southislandtoursnz.com)

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stressed?

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TAPS 23621 / \*Australian Newgolf Survey, May 2008

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# Join the Weekly CONVERSATION

WHERE YOU  
HAVE YOUR SAY

## NEW ZEALAND Woman's Weekly

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### Picture perfect

I would like to thank all of the very gifted photographers who, week in and week out, send in their beautiful shots of our very special country. They are a joy to behold and I love seeing our very special part of this world through their eyes. Pete Bodnar's photo of Lake Taupo is outstanding (27.01.2020), to say the least. It's a totally different view of our biggest lake to any I have seen before. I look forward to many more beautiful photos in 2020.

**Nana Patten,  
Palmerston North**

### NOTICEBOARD

**REUNION** Otatau School will celebrate its 125th anniversary from April 3-5, 2020. All former pupils and teachers are invited. For more information, email otauaschoolreunion@gmail.com or find us on Facebook by searching 'Otatau School Reunion'.

**Send notices to: nzww@bauermedia.co.nz**

THIS MAGAZINE IS SUBJECT TO NZ PRESS COUNCIL PROCEDURES. A COMPLAINT MUST FIRST BE DIRECTED IN WRITING TO THE EDITOR'S EMAIL ADDRESS. IF THE COMPLAINANT IS NOT SATISFIED WITH THE RESPONSE, THE COMPLAINT MAY BE REFERRED TO THE PRESS COUNCIL, PO BOX 10-879, THE TERRACE, WELLINGTON 6143. OR USE THE ONLINE COMPLAINT FORM AT PRESSCOUNCIL.ORG.NZ. PLEASE INCLUDE COPIES OF THE ARTICLE AND ALL CORRESPONDENCE WITH THE PUBLICATION.



## \$100 WINNING LETTER

### West Coast spirit

There's something intriguing about the West Coast of the South Island. It's rugged, remote and raw, and so are the people who inhabit it. I've visited the West Coast on a few road trips and always enjoyed spending time with the locals. When Pike River exploded I was devastated for the community – at the sheer number of people they lost and the heartbreak of not having their men returned to them. During the ordeal, Mayor Tony Kokshoorn was a local legend. He really stood up for his people and relentlessly pursued

answers for them. It's satisfying to see this government re-enter the mine. They may not find answers but at least some might get closure. Congrats Tony on the New Zealand Order of Merit – an award that he, of course, has shared with the people of Greymouth in true, humble West Coast style.

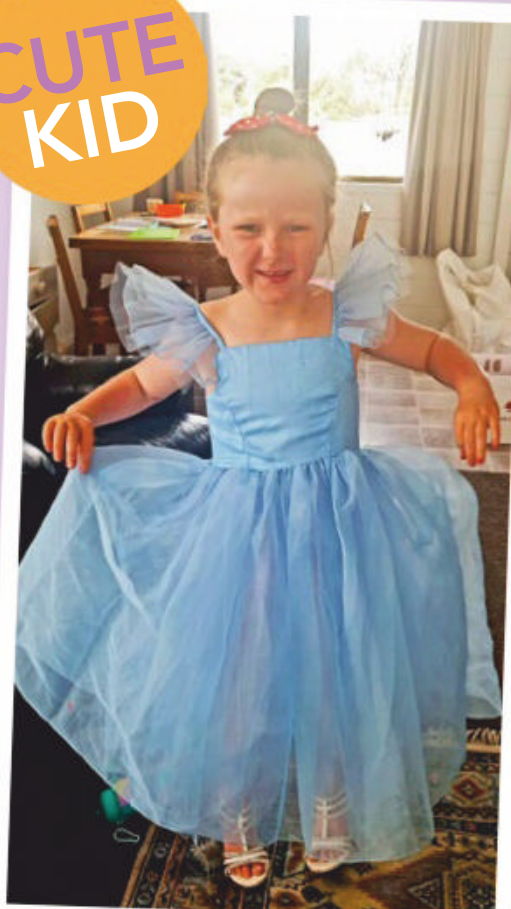
**M Meade, Wellington**

**The writer of our winning letter receives \$100. Our other letter wins a copy of *Saving Missy* (HarperCollins, RRP \$32.99)**

**by Beth Morrey. *Missy Carmichael's life has become small. Grieving for a family she has lost or lost touch with, she knows her loneliness is all her own fault. Then a chance encounter with two very different women opens the door to something new. But 79 is too late for a second chance. Isn't it?***



## CUTE KID



**The only thing six-year-old Belle Patricia Hedges needs to complete her outfit is glass slippers!**

## WIN!



Our Cute Kid of the week wins a copy of *Hello! Kia Ora! Welcome New Friend!* (Weston Books, RRP \$19.99) by Rachel Weston. Newcomer Ruby is made to feel welcome at her school thanks to her kind teacher Miss Riggs.

Email photos of your child to us at [nzww@bauermedia.co.nz](mailto: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.



# Promised LAND

## KERRE'S DIGGING IN AT THE HOKIANGA WITH THE HOPE OF MAKING A DIFFERENCE

**O**ur lovely tenants in the Hokianga moved into their own place this Christmas and so, as a result of our place once more being available to us, I've decided to spend more time up north.

I've also decided that while I'm up there, I'd quite like to be useful in helping develop the land into a native sanctuary. Thanks to Eli, our incredible kaitiaki [custodian], much of the land has been reclaimed from the suffocating invasion of pampas and ginger.

Eli is simply remarkable. His family has lived in the Hokianga for generations so they know the land. They work it and they live off it. And Eli brings all that knowledge to our place. Were it not for him, the bush and the house would have been swallowed up by these botanical pests years ago.

But armed with a machete and reinforced with a powerful work ethic, Eli has been able to beat back the intruders over the past few years. He has nurtured glades of mānuka and kānuka, and salvaged nikau palms from the savage embrace of pampas.

He has carved tracks into the property, channelled streams, built bridges and planted fruit trees that just this

summer started bearing fruit. He seems to understand the DNA of the place and thanks to him we will soon have a sanctuary for native flora and fauna.

In the past, we have walked the property and marvelled at what he's achieved. We have no idea how he does it. We just gawp in astonishment and believe in miracles. But this year, I have decided that when I'm up there, I'm going to contribute. I want my sweat to go into the land. Though, it's going to be a little while before my contribution is meaningful.

At the moment, I wouldn't be as helpful as Eli's little girls, the three-year-old and five-year-old who love coming to work with Dad. They know how to clear away the grass and the convolvulus that threatens to choke the life out of nascent seedlings – in fact, they were the ones who showed me what to do when I asked if there were any simple chores I could help with when I was there.

The cottage garden needed to be dug and the soil needs to be regenerated, so I offered to do that while I was up recently. I'll also plant the herbs and vege seeds when I'm there over Waitangi. It will be enormously satisfying.

Eli gave me a glade of baby mānuka to look after and, armed with my clippers, I set to it. It was quite a job even finding the mānuka in the long grass and weeds that had overwhelmed them, and by the time I'd located each one and cleared a space for them, I felt like I'd done a day's work in an hour.

There were no mānuka casualties – I was fearful I might lop some of them down to twigs in my enthusiasm, although I did fall into the drain. Twice. You could forgive me falling in once, given that the drain was hidden by the same long grass and weeds that were threatening the mānuka... but twice?!

I also manged to collect enough seaweed from the shore to fertilise the garden. I had to stop digging it in about three quarters of the way through though, as I had a blister the size of a \$2 coin on the palm of my hand.

Still, if I keep at it, my hands will toughen up and I'll slowly understand how to care for the plants we want to nurture. I'm aiming to be as helpful as Eli's youngest by the end of the year.





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# Passenger PAIN

FOR JEREMY, A FAUX PAS RUINED  
PLEASANTRIES ON A RECENT FLIGHT

**F**lying is amazing. As one of the growing number of planet-bound humans lucky enough to experience high-speed travel at altitudes such as 30,000 feet and outside temperatures of -50°C, I'd like to register my gratitude. Could our ancestors even have dreamed of this?

In their wildest fantasies, they may have imagined a person with makeshift wings attached managing to float small distances on the odd updraft. Perhaps a hang-glider would have been at the far reaches of their vision.

Tonnes of steel with on-board catering, fully functioning flush toilets and free boiled lollies would surely have blown their minds. If they could see us now they would think we were living in some sort of technological utopia. They'd be insanely jealous.

Until they found out about passengers. Ugh.

They've ruined everything, haven't they? Air travel would be perfect if it wasn't for people using it.

I guess I'm amongst the lucky ones. The fear of ending up next to some old, overweight, smelly dude is lessened because I reason it would be unlikely for two of us to be seated together.

The categories of invasive species encountered in-flight is increasing every day. We've now progressed beyond seat-leaners, foot-pickers and dribble-on-your-shoulder sleepers.

It was one of these new varieties I experienced recently on a flight with the team from *7 Days*. I was seated next to our producer, Jon: He's thin, well-groomed and fragrant, if somewhat chatty for my liking.

The person next to him was a lovely woman with the perfect amount of pre-take-off banter. I settled in, believing I had ideal travelling companions.

More fool me.

When we reached sufficient altitude for the plane to go 'bing' I hauled out my laptop, opened it up and began hammering my musings onto its hard drive.

Seconds elapsed before the pleasant woman leaned over and offered me a cloth.

Me! A cloth!

She motioned at me to clean the screen of my computer. I've not been screen-shamed before. It hit hard.

Jon, the traitor, raised his eyebrows in agreement with pleasant woman, acknowledging my dust-covered display was indeed in need of some attention.

I blushed. I felt the whole plane was looking at my filthy monitor, judging me. As I scoured away I half expected an announcement from the pilot adding his disdain.

The rest of the flight I sat quietly chastened.

I should not have. She was merely helping me. I should have been pleased I could now clearly see the letters and colours on my screen.

But somehow I still cannot forgive. What other boundaries does she cross? Is she now sitting next to some poor man with faint body odour offering him deodorant while gesturing for him to roll some under his arms? Foot powder for smelly foot guy? Clean underwear?

No. She transgressed and has so traumatised me I have decided I can no longer fly for fear of a repeat.

It's that or clean my laptop.





FILM

## The fall GUY

Clint (left) on set with Paul Walter Hauser, who plays Richard.

### A NEW FILM IMMORTALISES AN UNLIKELY HERO

**A**mid the 1996 Atlanta Olympic Games, which were marred by a pipe bomb attack, a star emerged in the form of security guard Richard Jewell, who raised the alarm only to become the FBI's key suspect.

Nearly 25 years later, Clint Eastwood has immortalised the unlikely hero's tale in his upcoming film *Richard Jewell*. Here, Clint speaks of the inspiration behind the movie.

**What makes it such an intriguing story?**

I thought it was very pertinent for today, this everyday guy who

was getting the ultimate bad deal from everybody because they were concerned the event was going to shut down, and the city had millions of dollars invested in it. So they just went ahead and pinned it on this guy who was vulnerable.

**Why is Richard Jewell such an intriguing character?**

He was a guy who was obsessed with being a police officer, and law enforcement was his dream. And so here he was out there working – it wasn't exactly living his dream, being out there as a security guard, but it was at least partially law enforcement. And

he was the one who was smart enough to discover, actually by intuition, the bomb and what it was. Nobody else cared. They didn't think it was anything – they thought he was crazy. So, it's kind of a "one guy against the world" story and an everyman-turned-hero story.

**What would you like the audience to take away?**

I want them to see what a tragedy is and see how things can get out of kilter and a lot of people can suffer, because people are always covering their rear ends, you know, and that's not always the right thing to do.

*Richard Jewell* is in cinemas from February 13.

### COUNT ME OUT

Netflix's *Dracula* is the latest take on Bram Stoker's iconic Count Dracula, literature's favourite blood-sucking villain. Created by Mark Gatiss and Steven Moffat, the three-part TV series lures us on a journey that starts out ravishingly well and concludes in a bloody pile of rags. The titular character blends humour and horror well, but the writing often props itself up on the count's disdainful comments and bloodcurdling one-liners. A recurring challenge for *Dracula* remakes is that there's a plethora of vampire lore in which audiences are well versed. This means that new renditions need to have a clear idea of what they're trying to do. *Dracula* almost got there, but not quite.

TV

*Dracula* is on Netflix.

### REVIEWS



**A HIDDEN LIFE**  
RATING PG

Set against the dramatic backdrop of World War II, *A Hidden Life* explores the incredible true tale of Franz Jägerstätter, an Austrian farmer immortalised as a Catholic

FILM

martyr for his defiance of Hitler's tyrannical regime. Shot in breathtaking rural locations, the film promotes itself as one of director Terrence Malick's finest films. Riddled with philosophical conundrums and ethical dilemmas, this flick demands a lot from the audience, but returns it with heart-wrenching compassion and a representation of true devotion to a cause. Regardless of spirituality, the rawness of this film is sure to move the viewer.

**Chris Glavovic**







Page turner!

Nicky Pellegrino  
BOOKS EDITOR

# A LIFE *shattered*

## FOR LYDIA, A MOTHER'S LOVE KNOWS NO BOUNDS

**T**his novel begins with such a brutal event that I almost couldn't carry on reading. But even though it continued to be harrowing on almost every page, I'm glad I kept going because this is such a powerful, important and moving story.

Lydia has a good life in Acapulco, Mexico, where she runs a bookshop and has a loving family. But when her journalist husband falls foul of the drug cartels that run her city, her life is destroyed in a few devastating moments. It's only by chance that Lydia and her eight-year-old son Luca manage to survive. Their only hope now is to run, far and fast.

They flee, with other migrants from all over South America, towards the US border. The journey is hard and perilous, much of it involves clinging to the roof of a high-speed freight train, and Lydia, with

a machete strapped to her leg, discovers what a mother's love truly means.

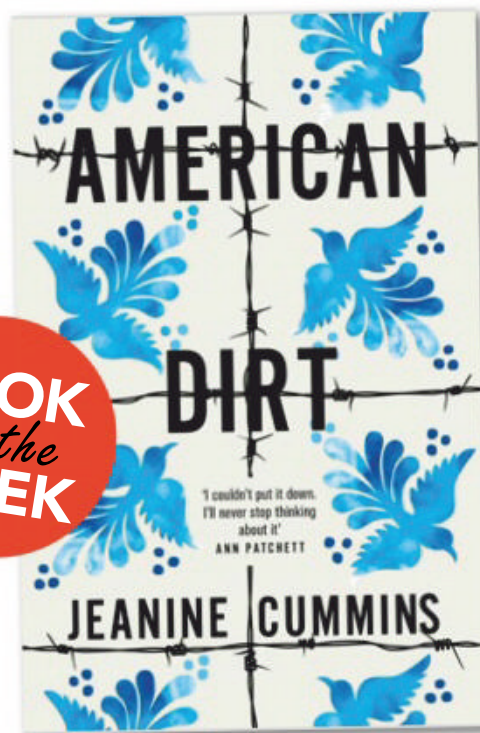
Along the way she and Luca are cold, hungry and fearful; they meet good people and bad; form bonds with other migrants and learn their stories; risk their lives, and are pushed to their limits.

It's only their love for each other that keeps them going. Even as they struggle towards the border, Lydia has no idea how they will manage to get across it.

For me, the very best stories help you walk in other people's shoes. While I had read news articles about the situation for migrants fleeing Mexico – 412 deaths were recorded near the US border in 2017 – I never understood what it must be like for them. This novel brings their plight to life vividly.

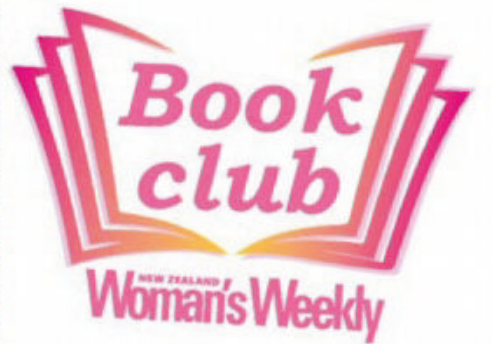
*American Dirt* is a truly tremendous story. You can hardly bear to read it but neither can you manage to look away. Horrifying and tender, it tears at your heart. It is compelling and, while often grim, hope and humanity does shine through.

Everyone should read it!



**American Dirt by Jeanine Cummins (Hachette, RRP \$34.99)**

**BOOK  
of the  
WEEK**



## BOOK CLUB DISCUSSION

Don't miss out on the Weekly 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 [womansweekly.co.nz/bookclubsignup](http://womansweekly.co.nz/bookclubsignup).

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

- Did this book leave you feeling hopeful or pessimistic about the future?

## WEEKLY BOOK CLUB

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



## About the author... Jeanine Cummins

She lives in New York with her husband and two children. She has written three novels and a memoir.

**This book was inspired by...** "My sense that, in the US, the national conversation about immigration had split into these duelling narratives: On the right, migrants were perceived as a mob of invading criminals, and on the left, there was a patronising sense that we had to save these poor people. I wanted to write a book that might redeem the humanity of people who are our neighbours. They are just like us... They're simply people whose lives have been upended."

**The most challenging thing about writing it was...** "My personal life! I have

two young daughters, and most of the time I feel lucky to have the kind of job where I can fit my schedule into a shape that suits my family. But the truth (as all mums know) is that those school days fly past very quickly, and my work often takes a backseat."

**My writing habits are...** "Varied, depending on the season. We live in the Hudson River Valley in New York, and I have an office in the forest overlooking the river, where I like to be during the mild months. But when it's cold, I build a fire in our woodstove and hunker down on the couch. In the summer, I'm always outside with my laptop. Whenever I get stuck, I sweep the floor until I have a breakthrough. It's all very glamorous."





Icons as far as the eye can see! Left: Chrissy Teigen, Cyndi Lauper and John Legend. Above: Keith Urban and Bonnie Raitt. Below: Smokey Robinson and wife Frances Glandney. Below right: Joni Mitchell and Janet Jackson.

# Grace notes

It's music's night of nights, but a sombre cloud hung over last week's Grammy Awards with the death of basketball legend **Kobe Bryant** just hours before the ceremony kicked off.

The former Los Angeles Lakers star (41) was killed along with his daughter **Gianna** (13) when their helicopter crashed into a hill just north of LA.

The annual ceremony, at the Lakers' home stadium, went ahead despite calls for its cancellation, with many tributes to the sports star.

"We're literally standing here heartbroken in the house that Kobe Bryant built," host **Alicia Keys** (39) said as she opened the show.

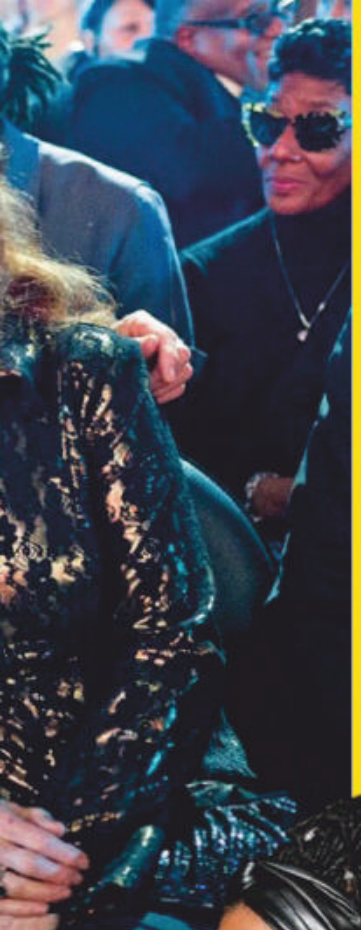
The artists were determined to celebrate music's best and brightest, with **Billie Eilish** (18) winning top four awards and eclipsing **Taylor Swift** (now 30) as the youngest person ever to win Album of the Year.

AT THE GRAMMYS,  
THE DEATH OF A  
LEGEND STRIKES  
A CHORD

Nobody but them! They gave a stunning duet on the night, and later on Gwen Stefani and Blake Shelton cuddled up to Ellen DeGeneres and Portia de Rossi. Right: Dionne Warwick was all smiles for Roberta Flack, who received a Lifetime Achievement Award.



# StarWEEKLY



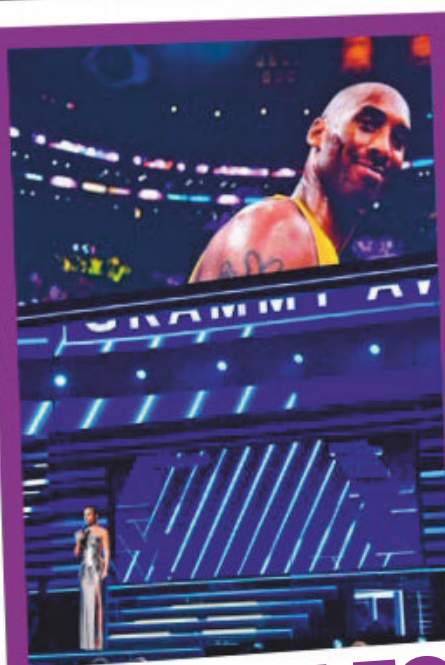
Impressed much? Country queen Shania Twain attended her first Grammys in years, looking as fierce as ever.



Still need more Iggy Pop? The singer and his wife Nina Alu were all smiles as he was honoured with a Lifetime Achievement Award.



Inside the Staples Center and out, the late American basketballer Kobe Bryant was remembered. Host Alicia was among many musicians to pay tribute to the sporting legend on the night, performing a duet with Boyz II Men. Kobe was killed in a helicopter crash just hours earlier.



## TRIBUTE TO A GIANT







## MILK LADY!

Lady Kitty Spencer (29) and fiancé, Michael Lewis (60) clearly weren't crying over spilt milk as they stepped out in public for the first time since it was revealed Diana, Princess of Wales' niece leveraged her royal connections to advertise milk in China. Lady Kitty may be in New York at the moment but her ad hasn't gone over well in the UK and looks to be a bit of a PR cow-tastrophe!



## Making waves



## GONE GOOPY

We're not sure we can hold a candle to Gwyneth Paltrow's newest Goop product! The 47-year-old appeared on *Late Night with Seth Meyers* and discussed her much talked-about candle, *This Smells Like My Vagina*. While apparently it doesn't, she clearly has everyone's attention as her new Netflix series, *The Goop Lab*, begins.



Monaco's royal twins have once again stolen the show during a balcony appearance for the country's annual Sainte Devote celebrations. Princess Gabriella and Prince Jacques (both 5) were the epitome of cool kids in their dark shades, but it was their vigorous waving to the crowds that charmed everyone, including their parents, Princess Charlene (42) and Prince Albert (61).



## SUNDANCE HUSTLE!

She's always *Interstellar*! Actress **Anne Hathaway** (37) hit up this year's Sundance Film Festival, clad in the latest leopard-print trend, to promote her new flick, the thriller *The Last Thing He Wanted*.



## TAKING THE LEAD

I can, you can, and Antonio Banderas certainly appears to be able to can-can! The 59-year-old actor, clad in sparkly gold attire from head to toe, blew audiences away with a spectacular routine at the Goya Awards in Spain last week.







Left: Mila gets close with Glenn. Above: The co-stars are joined by Robert Redford and Mila's hubby Ashton.

# CLOSE ENCOUNTERS

**G**lenn Close spent her time at the Sundance Film Festival living up to her name, getting up close and personal with some fellow stars. Glenn (72) beamed beside **Alec Baldwin** (61), and cuddled up with **Mila Kunis** (36), who plays her drug-addicted daughter in their new film *Four Good Days*. Mila, who made her name in *That '70s Show* with future husband **Ashton Kutcher** (41), said it was "really fun to do something so outside the norm".

## MAGIC MIC

All mics lead to Will! The cast of upcoming black comedy *Downhill* goofed around at the Sundance Film Festival as **Will Ferrell** (52) received a face full of microphones from co-star **Julia Louis-Dreyfus** (59) and director **Jim Rash** (48).



## ROLLING STONE

Sharon Stone (61) doesn't let her precarious situation stop her from getting that perfect snapshot! The *Total Recall* star lapped up the sights of Paris while showcasing a chic wardrobe – and some questionable personal safety standards!

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**Nicky Pellegrino,**  
Books Editor



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Polly want a cracker?  
Robert and Emma  
strike a pose for  
the cameras.

# BIRDS OF *a feather*

## ROBERT & EMMA'S ANIMAL INSTINCTS

**T**hey're just two eccentric peas in a pod, aren't they! **Robert Downey Jr** and **Dame Emma Thompson** hammed it up on the green carpet at the London premiere of their movie *Dolittle* last week.

Emma (60) in particular was the perfect embodiment of her character, Polly the parrot, striking a bird pose before Robert beat his chest like a gorilla. The 54-year-old actor has taken his *Dolittle* role one step further, admitting during an appearance on *The Graham Norton Show* that he has an animal sanctuary featuring llamas, chickens, cows, cats and goats at his Malibu property.

"There was all these empty stables and I can't stand negative space," he explained.

It seems this Iron Man is a softie at heart!



Emma and Robert shared a hug before he had the dame quacking up at his antics.





**FOOD**  
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