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*'Something's gone badly wrong between the brothers'*

*'Her Majesty and Philip are deeply hurt by the lack of respect'*

*'It's too easy to blame Meghan'*

# A grandmother's **DESPAIR** THE SUSSEX SCANDAL *The full story, direct from the UK*

**BRAD & JEN**  
**THE LOVE THAT  
NEVER DIED!**

**A HERO'S  
DARK  
HISTORY**

*The Charles  
Lindbergh story*

**BATTLING WITH  
CHRONIC PAIN?**

**8 TOP TIPS  
FOR RELIEF**

**MAKE  
A FRESH  
TART!**

*Kiwi woman tells  
'The royal who  
changed my life!'*





*Star*  
**NEWS**

# *A doctor* **IN THE HOUSE**

COMETH THE HOUR,  
COMETH THE ANNE



Camilla was  
in high spirits  
despite the  
family feud.







Anne has one of the busiest schedules of any royal.

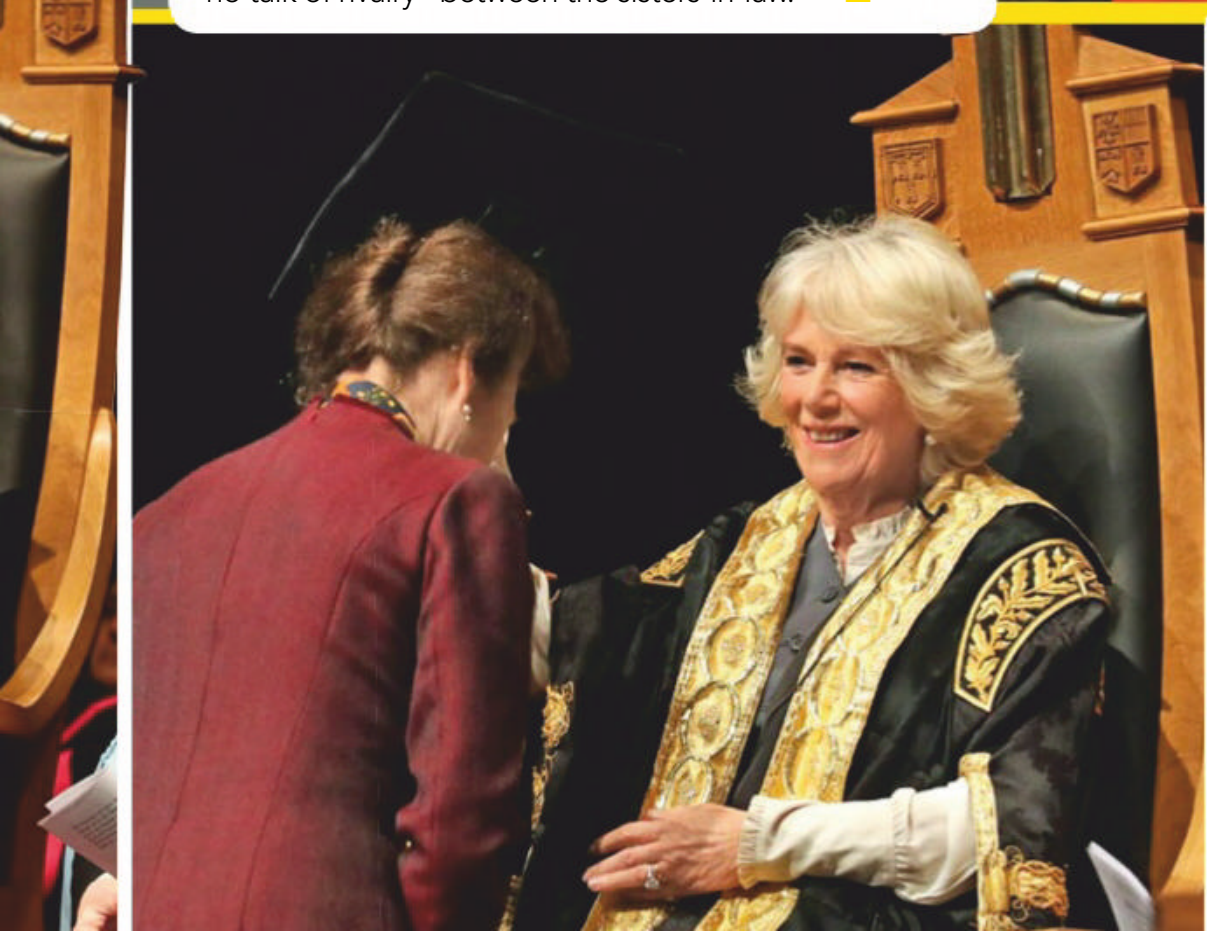


**A**nne, Princess Royal, and Camilla, Duchess of Cornwall, have always been the types to simply get on with it – and that's exactly what they did in Scotland last week as drama plagued the rest of the family.

Camilla (72), who is known in Scotland as the Duchess of Rothesay and is chancellor of the University of Aberdeen, was on hand to present her sister-in-law with an honorary degree of Doctor of Laws from the university.

Anne (69) was being honoured for the huge amount of charity work she's undertaken in her lifetime, and looked chuffed to receive her diploma from a beaming Camilla.

While the hullabaloo rages on as courtiers try to deal with the fallout surrounding the decision by the **Duke and Duchess of Sussex** to step down as senior royals, Anne didn't seem bothered that her achievement was overshadowed and instead spoke of the "real honour" of her award. Camilla in turn joked that there would be "no talk of rivalry" between the sisters-in-law. ■





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JANUARY 27, 2020



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## FROM THE EDITOR

Back in 2015, I followed Prince Harry through sunshine, rain and hailstorms as part of the official media pack for his very first visit to our shores. It was here he lamented that there wasn't a special someone by his side, and hoped that would change one day soon – and with any luck allow him to become a father.

Watching Harry, I felt he never seemed particularly at ease during formalities – he was respectful, polite and charming but didn't like a fuss, fidgeted with his hands, and quickly told people to do away with calling him a prince, repeatedly saying, "Oh, it's just Harry," when he was introduced.

But whenever an opportunity presented to be a regular bloke – something his trip here allowed a few glimpses of – he would beam. He looked genuinely happy when he got lost in a game of soccer or joked around with schoolkids.

When he strolled to the local pub on Stewart Island and joined his security team in a pub quiz and no-one made a hint of a fuss, he could have been any old guy on any old Tuesday – and he seemed to relish it.

Part of me imagined that the prince might one day dip out of



the spotlight and live a more private life, particularly as he brought up a family. But I was still astounded by the news that he and Meghan, the Duchess of Sussex, intended to step back from royal life. It has certainly put the Queen in a predicament – as well as Prince Charles and Prince William – but she has navigated the week with true class and dignity, not to mention compassion. She has weathered many a storm during her reign and I hope this one resolves happily.

Enjoy your week!

*Alice*

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Lake Taupō by Pete Bodnar.  
We want to see and share your  
New Zealand – send us your pics:  
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A photograph of Prince Harry and Meghan Markle walking away from the camera. Harry is on the left, wearing a dark blue suit and white shirt, with his arm around Meghan's waist. Meghan is on the right, wearing a white dress and high heels. They are walking on a paved path with trees in the background.

**SPECIAL REPORT**

# HARRY & MEGHAN WALK AWAY

STEPPING BACK FROM THEIR SENIOR ROLES IN THE FIRM, THE DUKE AND DUCHESS HAVE CAUSED A GREAT ROYAL DIVIDE. WE HAVE THE FULL STORY, DIRECT FROM THE UK







**SPECIAL REPORT**

# *Heartbreak over Harry* **THE QUEEN'S GRACIOUS GESTURE**

In the run-up to their wedding, Prince Harry famously said, "What Meghan wants, Meghan gets." In that instance it was a tiara made famous by Diana, Princess of Wales, but she didn't get it – the Queen firmly pointed her in the direction of a different model.

Whether the Duke and Duchess of Sussex will fare better with their current set of demands – to retain royal status without holding down a front-line role, gain financial independence, and live between North America and the UK – is still in question.

But this time, the 93-year-old Queen is driving attempts to find a resolution to this latest royal crisis, known in the palace as "the Sussex situation". And she does tend to get her way.

At an emergency summit at Sandringham on January 13, Her Majesty, Prince Charles (71), Prince William (37) and Harry (35) worked out a "direction of travel". The details may take



The Queen and Harry have a particularly close bond.



***‘My family and I are entirely supportive of Harry and Meghan’s desire to create a new life’  
– Her Majesty***

weeks or months to work out but a rare, personal statement from the Queen, issued immediately afterwards, hints at conciliation, compassion and a real determination to reach a workable compromise.

Describing the discussions as “very constructive”, she said, “My family and I are entirely supportive of Harry and Meghan’s desire to create a new life as a young family.”

The word “family” is used eight times in 153 words and the Sussexes are called Harry and Meghan, rather than by their titles. The tone is soft and accommodating – the Queen keeping everyone together and creating at least the illusion of unity.

While making it clear that she would have preferred the duke and duchess to remain as full-time members of The Firm, she agreed to a transitional period of them living between Canada and the UK – and they would be allowed to

earn their own money, to free them from any public funding.

In a studied understatement, she concluded, “These are complex matters for my family to resolve, and there is some more work to be done, but I have asked for final decisions to be reached in the coming days.”

Historian and royal author Robert Lacey is surprised by the tone. “It is remarkably hands-on,” he says. “It may have been processed through officials but this is the Queen, speaking to her people and speaking about her family and, I think, coming right through it is the concern she feels.”

It’s this worry that was behind her choice to hold the family meeting in the Long Library at Sandringham.

A former palace official says, “It is a private home not an official one, like Buckingham Palace, and she hopes that Harry will get the distinction.”

Plus, the Long Library “is where Diana used to take

William and Harry for high tea when they were visiting. It holds a lot of memories for everyone,” adds another aide.

“By evoking Diana, the Queen was also subtly indicating that she got it wrong when the princess died, reacting far too slowly. This time, she’s been lightning fast, moving to steady the ship regardless of who is right or wrong.”

Harry and Meghan (38) have been planning their move for quite a while. Some say the first sign was the couple not giving Archie (eight months) a title and the secrecy surrounding his birth and baptism.



**Harry and Meghan (top) have faced a barrage of bad press in the wake of their announcement. Harry then sat down with members of his family in the Long Library at Sandringham (above) to talk things over.**



← “They were not going to play that form of the royal game,” as one friend puts it.

But the first concrete pointer was incorporating Sussex Royal in March last year and trade-marking hundreds of uses in December. While the majority were for educational and charitable purposes, they also included other items such as stationery and clothing – the sort of things to sell on a website.

Probably the first time the Queen knew something was seriously awry was when she called her grandson to find out if he and his family were staying at Sandringham for Christmas. The reply was no, they were taking a six-week sabbatical instead.

“Her Majesty was upset and perplexed by this,” says the insider. “But she knew both were very unhappy and she hoped the break would allow them time to think.”

It did – but not in the way she may have anticipated.

Before they left for Canada, Harry talked to his father about their putative plans to break away. “Prince Charles asked him to put it in writing, including all the relevant figures. Prince Harry did, but not in enough detail. Early in the New Year, Prince



Charles wanted time to get all the details ironed out – he was taking this seriously.”

Instead, Harry asked to see the Queen on January 6. She agreed, on the provision he talk to Charles first and nail down the details. But two days later, everything changed. A tabloid newspaper learned of the Sussexes’ wish to move to Canada.

Newscaster Tom Bradby (53), a long-term friend of both William and Harry, said the duke feared if he put his desires in writing the news may get out.

“He did put it in writing. And

Prince Charles (above with Prince William) supports both of his sons financially from his Duchy of Cornwall (right).

it did leak,” says Tom. “They certainly knew what was going on and I think he [Harry] felt that once it had been leaked all bets were off.”

So, at 6.30pm UK time, Harry and Meghan dropped their bombshell, giving just a few minutes’ notice to other members of the family.

The immediate result was anguish. The Queen was reportedly “hurt” and “disappointed”. Prince Philip →



## STICKY SOVEREIGN SITUATIONS

“Megxit” is the latest in a long list of family crises the Queen has had to deal with. Here are some of the toughest situations she’s faced in her 93 years.

### ABDICATION OF KING EDWARD VIII

Elizabeth was never meant to be the monarch, but when her uncle gave up the throne to marry American divorcée Wallis Simpson, her whole future changed. Suddenly her father, George VI, a shy naval officer with a bad stutter, was the new king and the 10-year-old princess had to prepare to one day step into the top job.

### DEATH OF THE QUEEN'S FATHER, GEORGE VI

Elizabeth became Queen much

sooner than anyone expected.

She was only 25 when her father died aged 56 of a coronary thrombosis while she and husband Prince Philip were in Africa at the start of a world tour. While the king had been very unwell with lung cancer, his death still came as a shock.

### PRINCESS MARGARET'S LOVE AFFAIR

Margaret fell for royal equerry Captain Peter Townsend, a married man. He divorced his wife but they still couldn't be wed as he was a divorcé. The Queen needed to give permission under the Royal Marriages Act of 1772 for the couple to marry, but she bowed to pressure from then Prime

Minister Winston Churchill and the Church of England and refused to grant it.

### MARGARET'S DIVORCE

The Queen's sister went on to marry photographer Antony Armstrong-Jones in 1960, but within a few years they were fighting in public and Margaret later had a long-standing affair with Roddy Llewellyn, who was 17 years her junior. The couple divorced after 16 years of marriage – with Margaret becoming the first royal to do so since Henry VIII in the 1500s.

### PRINCESS ANNE'S DIVORCE

The marriage of the Queen's daughter to Mark Phillips was rocked by scandal when it was revealed he had fathered a child with New Zealander Heather Tonkin in the mid-

1980s. Then, in 1989, a British newspaper obtained stolen copies of letters written by Anne to naval officer Sir Timothy Laurence but didn't print them because the contents were “extremely intimate”. In 1992, Anne divorced Mark and announced she planned to marry Timothy.

### THE MARRIAGE WOES OF PRINCE CHARLES

By 1992, the year the Queen described as her “annus horribilis”, the marriages of three of her children were falling apart. The book *Diana: Her True Story* by Andrew Morton (with input from Princess Diana herself) revealed the extent of problems between her and Charles, as well as Charles' long-term affair



The Queen has been forced into many tough situations during her reign, including refusing to allow Princess Margaret to marry Peter Townsend (below) and also supporting her grandsons William and Harry after the tragic death of their mother (bottom).



with Camilla Parker-Bowles. Diana's close friendship with car salesman James Gilbey was exposed in the "Squidgygate" taped phone conversation. Not long afterwards, a transcript of a call between Charles and Camilla was published, in which the prince joked about wanting to be a tampon so he could "live inside" her trousers. Later that year Charles and Diana announced their separation.

#### PRINCE ANDREW'S MARRIAGE BREAKDOWN

It was a shock when the Queen's second son, Prince Andrew, and his wife Sarah, Duchess of York, separated in March 1992. A scandal erupted five months later when Fergie was photographed having her toes sucked by her financial

adviser, John Bryan. Fergie and Andrew divorced in 1996, the same year as Diana and Charles.

#### THE TV CONFESSIONS

Both Charles and Diana admitted in TV interviews that they had been unfaithful during their marriage. Diana dropped a number of bombshells in her 1995 interview with Martin Bashir, including the fact that she'd adored army officer James Hewitt. She also referred to Charles' affair with Camilla saying, "There were three of us in this marriage, it was a bit crowded." The Queen had no idea about the interview in advance and after it aired she wrote to Charles and Diana advising them to divorce.

#### DIANA'S DEATH

The Queen was devastated when her former daughter-in-law

was killed in a car crash in Paris in 1997. She was criticised for remaining at Balmoral, with princes William and Harry, rather than returning to London. Her popularity rating hit an all-time low.

#### HARRY'S WILD YEARS

In 2005, Harry was snapped at a fancy dress party in a Nazi costume, complete with swastika, and later forced to apologise for "any offence or embarrassment" he'd caused. Then, in 2012, photos of him naked after a game of strip billiards in a Las Vegas hotel suite also made headlines.

#### MARKLE DEBACLE

The family of Harry's then fiancée caused headaches in the lead-up to the couple's 2018 wedding, constantly

appearing in the media criticising her and the royal family. Meghan and her dad Thomas have been estranged since it was revealed he staged paparazzi photos.

#### ANDREW'S DOWNFALL

The prince's relationship with convicted sex offender Jeffrey Epstein first came to light in 2011. In 2015, Virginia Roberts Giuffre alleged she and Andrew had sex – arranged by Epstein – when she was a teenager. Last year, following Epstein's death and further allegations of impropriety, Andrew gave a TV interview which provoked a negative backlash. As a result, Andrew's public role was suspended "for the foreseeable future" and he stepped down from all 230 of his patronages.



← (98), who is recovering at Sandringham after a stay in hospital, was “deeply hurt” and angry at the “lack of respect”.

A friend of Charles says, “There is a great deal of hurt, given that the Prince of Wales has gone out of his way to help his son, who he loves dearly, and embrace his daughter-in-law into the family.”

Harry was equally distraught.

A friend says, “It is sad. He loves the Queen. He loves this country. He loves all his military stuff. I think it will genuinely break his heart to leave. I don’t think that’s what he really wants. I think they want some halfway house.”

William too was cursing that he couldn’t do more for now.

“I’ve put my arm around my brother all our lives and I can’t do that any more; we’re

separate entities,” he told a friend. “I’m sad about that. All we can do, and all I can do, is try and support them and hope that the time comes when we’re all singing from the same page. I want everyone to play on the team.”

And so does the Queen. Her prompt action is the best possible beginning.

**Andrew Mackintosh**

## GETTING THEIR AFFAIRS IN ORDER

Just what are the “complex matters” to be resolved? Here are a few.

### MR & MRS OR HRH?

It’s unlikely the Queen will remove the designation His and Her Royal Highness, except at Harry and Meghan’s request. She especially regards stripping Princess Diana of her HRH as an error, plus Harry and Meghan will need to maintain their titles to have a chance of making their Sussex Royal brand work – being plain duke and duchess isn’t quite the same.

### ROYAL DUTIES

Being half in and half out of the royal family is thought to be impossible. As former palace press officer Dickie Arbiter (80) puts it, “You’re either a royal or you’re not a royal – you can’t have one leg in one camp and another leg in another camp.” But the head of the UK civil service, Sir Mark Sedwill (55), is giving it a go. He’s looking to create a senior Commonwealth role that would allow the couple to live in Canada but represent the Queen on official Commonwealth visits.

### MONEY

Harry and Meghan want to be financially independent, hence the agreed “transition” period between being 95% funded by Prince Charles’

Duchy of Cornwall and standing on their own two feet. This could take years. They’ll need to lean on their Sussex Royal brand, but this may also be difficult as strict rules will be needed to govern what they can sell without damaging the monarchy.

### SECURITY

In the UK, protecting the Sussexes costs more than \$1 million a year. Add in Canada and that bill rises further. The Metropolitan Police, who pay for Royal Protection Officers, aren’t keen on picking up the tab and neither are the Mounties in Canada. There will be delicate negotiations and Harry and Meghan may have to contribute to their protection. As Canadian Prime Minister Justin Trudeau says, “We’re not entirely sure what the final decisions will be.”

### THE MEDIA

Harry and Meghan want to withdraw from the UK’s royal

pool arrangement, where journalists from mainstream media are put on a rota to cover events and share the results with everyone else. Instead, they want to invite specific people to events, including minor publications and social media. Other royals think this one family, two systems approach will create resentment and increase speculation and rumour rather than reduce it.

### FROGMORE COTTAGE

It cost the taxpayer millions to renovate and was intended as Harry and Meghan’s main residence. There are already calls for them to repay this money and objections to paying for its upkeep and security while the couple are living abroad. Long-term, they could pay an estimated rent of \$500,000 a year, but it’s doubtful as to whether Prince Charles will feel obliged to carry the rent in the meantime.



## HARRY'S BURNT BRIDGES

Harry’s decision to step back from royal life is out of character and suggests he may be on a worrying “trajectory of self-destruction”, according to his biographer Penny Junor.

The author of *Prince Harry: Brother, Soldier, Son* says she is concerned about his and Meghan’s decision to effectively quit the royal family, apart from when it suits them.

“This doesn’t speak to me as being a balanced or careful strategy, even if they have, as alleged, been plotting it for months.”

Penny says she is baffled by the sheer disrespect Harry has shown his grandmother too.

“He was always so close to the Queen. Her Majesty will put up with a lot, but one thing she hates is surprises; she likes to know what will confront her in the morning papers. Harry and Meghan ignored this.”

Meanwhile, the changes in his relationship with brother William have been “tragic to behold”. Despite having such a close bond after the death of their mother, they now barely appear to be speaking.

“They reportedly did not

**Logistical and financial issues, plus the status of Brand Sussex, will have to be sorted out.**







**Gina (left and above) says all Meghan wanted to do was "bag" the prince. Penny (right) says Harry, to his detriment, is doing everything he can to protect his wife.**



see each other in private for a full six months after Harry's wedding. Something has gone badly wrong with that relationship."

Penny adds, "It's all too easy to lay the blame for this crisis on Meghan. Though she is a confident, 30-something actress, I think she has found it immensely difficult to adjust to life as a royal."

"These issues are more likely to have had their roots in the fact that a besotted Harry has been doing his utmost to protect his wife."

Suggestions that Meghan's treatment by the press can be compared to that experienced by Princess Diana, are "extreme", adds Penny.

"Any negative stories about Meghan – for example, those that questioned her taking a private jet costing hundreds of thousands of pounds to New York for a baby shower – have been relatively mild compared to those printed about the Princess of Wales, or Camilla Parker-Bowles for that matter."

She says it is tragic to see the public goodwill Harry has always had thrown away, and she hopes the situation can be rescued.

"Above all, Harry must not burn any more bridges. One day he might need a family to welcome him home, and a nation to take him back."

#### **MEGHAN IGNORED MY WARNINGS**

Meghan was warned about the pitfalls of joining the royal family but chose to ignore them, says a former friend of the duchess.

Gina Nelthorpe-Cowne, who was Meghan's business adviser as well as a pal and confidante, says the ex-actress shut her

down when she tried to explain how she'd have to cope with the enormous expectations of the British public, the royal family and their courtiers if she married Harry.

"Her reaction was to hold up her hand and silence me," says Gina, recalling a conversation they had when Meghan admitted her relationship with Harry was serious. "Meghan said, 'Save it,' in a steely manner I had not noticed before. She said, 'I don't wanna hear it... this is a positive time in my life.'"

Gina says that was the first time she'd ever felt uncomfortable in Meghan's company, and it was the beginning of the end of both their personal friendship and business relationship.

"She is a very ambitious woman and when it is time to move on in her life, Meghan has a way of closing the door on the past, as she did with her father, her siblings, her first husband and with me."

It came as no surprise to Gina that Harry and Meghan have decided to step back from royal life. "My feeling was that she'd find it impossible to deal with the formality of being a member of the royal family."

"She wanted all the glamour and glory of being a Windsor, but I don't think she was ever truly up for taking on the daily grind that came with it."

## **SPECIAL REPORT**



#### **NEUTRAL GROUND**

A public relations consultant says Meghan is clearly getting advice about her outfits and is subtly conveying messages with her choices. The consultant says it's textbook strategy to wear neutral colours, such as beiges, warm browns and camel, rather than divisive bright colours that could influence public opinion. They give the example that if the duchess were to wear red, we may see her as a vixen, stealing Harry away. Likewise, "green, which could invite a strong opinion of 'she's just in it for the money!'" Instead the warm beiges "give the viewer a blank canvas that can be supplemented with Harry and Meghan's statements to help shift opinion while also conveying a warm, familiar feeling". They say it was also "no coincidence" that for the TV interview with Tom Bradby, where she admitted she was not okay, Meghan wore beige. "Her hair wasn't styled, the ensemble was meant to evoke the deepest sympathies from viewers."

The consultant has a prediction for what we'll see her in next. "A jewel tone, to say 'I'm confident in our decisions!'"





*'I worked hard  
for a very long  
time, so maybe  
this is the  
result of that'*

WITH TWO OSCAR  
NODS, IT'S HER  
TIME TO SHINE!

# SCARLETT FEVER!

*My best is  
yet to come*

Once upon a time, all people saw when they looked at Scarlett Johansson was sex.

Typecast in early adulthood as a sexy bombshell – “every man’s fantasy” was the echo that followed her – it took years for the talented star to emerge from the stereotype to become the lauded actress she is today.

Now, with two Oscar nominations in the same year – one for Best Actress in the heartbreaking *Marriage Story*, the other for Best Supporting Actress in Kiwi director Taika Waititi’s offbeat satire *Jojo Rabbit* – it’s most certainly Scarlett’s time to shine.

“When I was working in my early 20s and even my late teens,





I felt that I got somehow typecast as hypersexualised, which I guess at the time seemed okay to everyone – it was another time – even though it wasn't part of my own narrative," she says.

"It was kind of crafted for me by probably a bunch of dudes in the industry... It was really difficult for me to try and figure out how to get out of being an ingénue or 'other woman', because it was never anything that I had intended."

For a young woman, Scarlett (35) is already a veteran of the entertainment industry, having made her film debut at the tender age of nine. She found success as a child actress before transitioning to adult roles in hits such as *Lost in Translation* and *Girl with a Pearl Earring*.

Now, thanks in large part to her role as Black Widow in Marvel's cinematic universe, she is one of the highest-grossing box office stars of all time.

But becoming a box-office sure thing was not the end goal, she says, thanks to a chance encounter with *Matrix* actor Laurence Fishburne on a plane in 1995.

"He said to me, 'Hey, let me ask you a question,'" she recalls.

"Do you want to be an actor, or do you want to be a movie star?"

"In my mind, I didn't know what he meant, exactly. I felt like you can be both – and you can be both – but he was saying to me, 'Are you here to do the



**Scarlett won nominations for *Marriage Story* opposite Adam Driver (above), and *Jojo Rabbit* (top) alongside Taika (right). She's also on a personal high, with plans to marry Colin (below right).**

work?' I internalised that. If your end goal is to just be a movie star, well, you know, that's different than acting."

Scarlett certainly got to show off her acting chops in *Marriage Story*, a drama following a couple through a messy divorce. For Scarlett, art imitated life, as she was in the midst of splitting from her second husband, French journalist Romain Dauriac (38), with whom she shares daughter Rose (5).

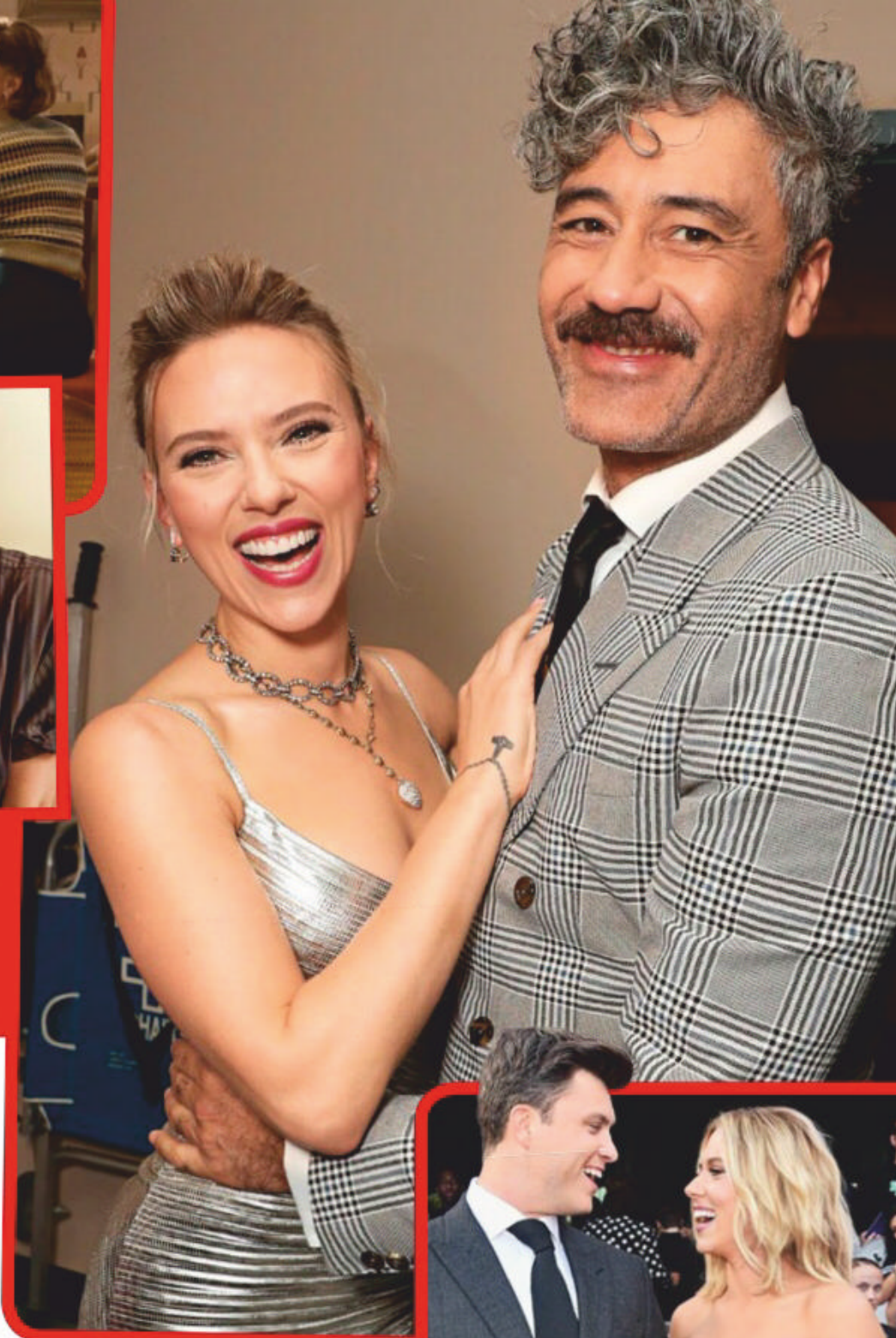
"I had some kind of shared experience with the character, or with any person going through a divorce, really. I understood the bitterness of it somehow, in a way. All those kind of in-between feelings that the character has. I understood them because I've gone through them myself."

Scarlett was just 23 when she married for the first time, to Canadian actor Ryan Reynolds.

"I didn't really have an understanding of marriage. Maybe I kind of romanticised it, I think, in a way."

The pair split in 2010 after two years of marriage, and Scarlett has rarely spoken of it, or even her 2014 wedding to Romain.

"I don't profess to know anything about marriage that anyone else doesn't know, or



how to make it right," she said at the time. "I don't want to read about someone giving me relationship advice. I try to keep some things to myself."

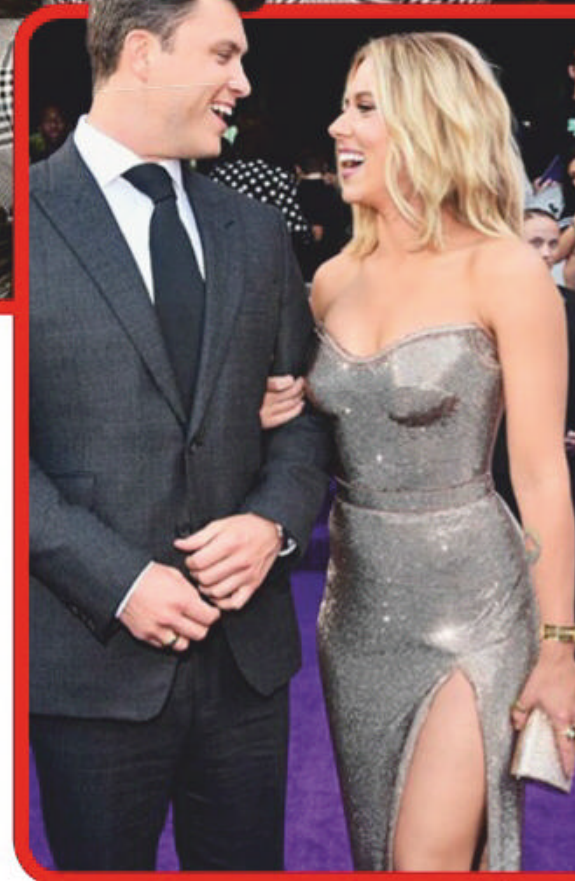
She has been more open about her third fiancé, *Saturday Night Live* writer Colin Jost (37).

"He killed the proposal," she reveals. "He did some whole James Bond situation... He is very charming, thoughtful and romantic. I was surprised. It was a beautiful moment, very personal."

And though she's hesitant to reveal details about the impending nuptials, what is certain is that she'll have an adorable flower girl in Rose.

Being a mum is her greatest role, Scarlett says, and she puts parenting before any project.

"Not that I'm not career-driven now, but I guess I've been driven by other sides of my career in the past. Maybe I was more concerned with a



certain kind of visibility or exposure. And now I'm not as worried about that stuff. I'm in a good phase of my career where I'm able to actually wait for stuff that's right."

Such as *Marriage Story* and *Jojo Rabbit*, which have finally brought her first Academy Award nominations more than 25 years after her film debut.

"I worked hard for a very long time," she says, "so maybe this is the result of that."



## GONGS, GOOD PALS AND GRATITUDE: BRAD IS BACK!

It was the moment their fans had waited more than a decade to witness.

Brad Pitt, standing triumphant with a Golden Globe in hand, looking happier than he has in years as he addresses his peers, while his proud-as-punch ex-wife Jennifer Aniston looks on with adoration from the audience.

It's as close as a public reunion we've had from the former flames since they split in 2005 after five years of marriage – and newly divorced Brad (56) says the pair are now “good friends” following his acrimonious parting from second wife Angelina Jolie (44).

Yes, things are certainly looking up for Brad, who candidly admitted hitting rock bottom after his split from the actress. But with his drug and alcohol battles behind him – the rumoured causes of his second divorce – a rejuvenated Brad has taken Hollywood by storm, with his Golden Globe win for Best Supporting Actor in *Once Upon a Time in Hollywood* and his seventh Oscar nomination, for the same role.

It's a renaissance – a “Brad-naissance”, as one entertainment magazine put it – but Brad says he's just “putting stories into the

world”. And for once, they're not about his love life.

“I mean, it's really nice when your number comes up,” he says of his awards glory. “But the goal is for the film to land, to speak to someone, whether it's now or a decade from now.”

Emerging from his personal woes – though he somewhat jokingly still calls his private life a “disaster” – has been tough for dad-of-six Brad, whose addictions to marijuana and alcohol came to a head in 2016 when he was involved in an altercation with his eldest son Maddox, then 15, on a private plane.

But he's been determined to put his past behind him, and pals say his reinvigorated friendship with Jen (50) has been instrumental.

“[Brad and Jen] have built their bond and rekindled their friendship so much more than it was the past few years now that they're both single,” a pal says.

“They've realised what's important in life, and since they shared so much love for each other it's such a nice thing for them to both have this kind of close friendship again. They trust each other and love the fact that they have

someone who has their back.”

Brad was among 100 guests at Jen's 50th birthday last year – and was almost the last to leave – and he also attended her annual Christmas party. And when asked by reporters about the possibility of bumping into his ex-wife on the Golden Globes red carpet, Brad simply laughed. “I'll run into Jen. She's a good friend, yeah.”

While there's no hint of a reconciliation – “Oh my God,” an exasperated Brad laughed when asked by paparazzi – the pair are enjoying their renewed closeness, while each casually dating others, although Brad did joke during his Golden

Globes speech that he'd wanted to bring his mum, but “anyone I stand next to, they

say I'm dating... and that would just be awkward.”

Brad also spoke of his gratitude for another A-list buddy as he made the awards season rounds, revealing that *A Star is Born* actor Bradley Cooper (45) helped him with his addiction battle.

As Bradley presented Brad with a Best Supporting Actor award from the National Board of Review, Brad spoke of his struggles, saying, “Thank you, Bradley. Bradley just put his daughter to bed and rushed over to do this. I got sober because of this guy. And every day's been happier since.”

Quentin Tarantino's latest epic, set in late 1960s Los Angeles against the background of the Charles Manson murders, has been a saving grace for Brad, with his performance hailed as the best of his career.

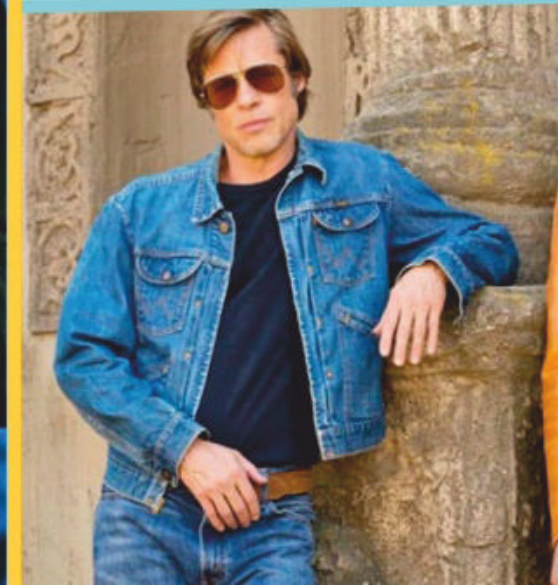
“Just where I am in life, I was just really drawn to him,” he says of his role as a Hollywood stuntman. “It was a guy who is pretty at peace with his life, knew what he was dedicated to, knew what he was not dedicated to, looked for the best in people but was not surprised to get the worst in people. I could relate to that.”



**A star is reborn: Brad credits his pal Bradley with getting him sober.**



**Jen looked on emotionally as her ex accepted a Golden Globe. The pair have made their peace.**







# HAPPIER THAN EVER

*Brad's glory  
days return*



Left: Brad in *Once Upon a Time in Hollywood* with Leonardo DiCaprio.



# TRIAL AND TRIBULATION

## A WOBBLY START FOR THE WEINSTEIN CASE

**T**he trial of disgraced movie mogul Harvey Weinstein has begun in New York City – and the former producer has already drawn the ire of Judge James Burke, who admonished the accused for using his mobile phone during proceedings.

"Is this really how you want to end up in jail for the rest of your life, by texting, and violating a court order?" the judge asked.

The court is having trouble finding jurors for the trial, which is expected to last until the end of March. One eliminated potential juror, Xorje Olivares, revealed that many in the pool had declared they couldn't be impartial – including himself. "You [could] kind of see that people were uncomfortable. It really was one of those [things] where you feel the tension in the room."

Still a possibility for the jury is supermodel Gigi Hadid (24), despite having met Weinstein (67) and one of his accusers, actress Salma Hayek. However, Gigi told the judge, "I think I'm still able to keep an open mind on the facts."

Salma (53) and fellow actress Charlize Theron (44) are among potential witnesses. Weinstein faces five charges in New York, including predatory sexual assault, which carries a mandatory life sentence. He also faces separate charges of rape and sexual assault in California.



The accused shuffled into court with a walking frame. His lawyers say he's had back surgery.



Several stars are expected to testify, including Charlize and Salma (above). Right: Model Gigi was a potential juror.



The wrap up...



WHO MADE THE CLASS OF 2020?

**A**fter an exciting, surprising and at times unbelievable Golden Globe awards, this year's Oscar nominations have landed with their own share of controversy – mostly over who wasn't nominated.

In perhaps the most shocking omission, Jennifer Lopez, who was universally lauded for her role as a street-smart stripper in *Hustlers*, didn't make the cut, and nor did Nicole Kidman, who was expected to get a nod for playing Fox

## LEO'S REAL TIT

**W**hen you think of Leonardo DiCaprio and water, the first image you probably conjure up is him floating helplessly in the frigid Atlantic, holding onto a broken door as the love of his life takes up far too much space on top.

But while *Titanic's* Jack didn't survive the ocean, Leonardo (45) was able to save the life of another ship's passenger over the holiday period, while on board his luxury yacht.

The *Once Upon a Time in Hollywood* star and his pals were in the right place at the right time,





From left: Greta, Jennifer and Nicole missed out, while Charlize and Margot got the call.

# Blessings & bombshells

## OSCAR HITS & MISSES

presenter Gretchen Carlson in *Bombshell*.

However, her co-stars in the hit film, Charlize Theron and Margot Robbie, were nominated for Best Actress and Best Supporting Actress, respectively.

Hit animated flick *Frozen II* was



also left off the list, despite its massive box-office success, and Greta Gerwig, the director of *Little Women*, was also snubbed.

In fact, all five directing nominations went to men, most of whom were white, sparking a backlash from critics and viewers. In the 92-year history of the awards, only five women have been

nominated for Best Director (including Kiwi Dame Jane Campion), with just one, Kathryn Bigelow, winning.

Still, there was good news for New Zealand filmmakers, with Taika Waititi's offbeat anti-hate satire *Jojo Rabbit* earning six nominations, including Best Picture and Best Adapted Screenplay. Taika is up against fellow Kiwi Anthony McCarten in the latter category, after Anthony was



Above: Anthony and Taika. Left: Kathryn's 2010 success.

nominated for his work on *The Two Popes*. It's the Taranaki lad's fourth nomination – he was previously recognised for writing *The Theory of Everything* and *Darkest Hour*, while Taika's two personal nods this year come on top of a 2005 short film nomination for *Two Cars, One Night*.

## ANIC MOMENT

sailing in the Caribbean, when they were called upon to help search for a French man who had fallen off a yacht.

"Leo and his friends and the boat captain decided to join the search, and their efforts resulted in helping save the man's life," a source reveals.

"The boat crew were happy to try and assist, even more so that they were able to get the man to safety."

The man, who had been floating in the water for 11



hours, was exceptionally lucky as Leo's boat had been the only vessel in the area into which he had drifted.

And it seems, while heroic, Leo's seafaring feats are still fodder for jokes among his Tinseltown friends, including *Once Upon a Time in*



*Hollywood* co-star Brad Pitt, who couldn't help but get a playful dig in as he accepted a Golden Globe.

"[Leo's] an all star, he's a gent, and I wouldn't be here without you, man. I thank you," he said, before adding, "Still, I would have shared the raft."



**Titanic star**  
Leo's crew plucked the man from the sea and transferred him to a rescue boat.





Trevor celebrates with the Bake Off team. Above right: A hug with finalists Heather Andrew and Naomi Toilalo.



Heather celebrates her placing.

## TREVOR'S STAR IS ON THE RISE (AS IS HIS BAKING!)

**H**e's an ironman, a classic car enthusiast and a dad of three – and now an award-winning baker!

*The Great Kiwi Bake Off's* new champion Trevor Hall is the first to admit it's an unusual combination, but the Havelock North man reckons he's hit the nail on the head with his quirky mix of skill sets.

"I don't know of anyone who shares those interests!" he says with a laugh. "Even people who have known me for quite a while are surprised I bake. I'm known as the guy who does ironman competitions and plays with classic American cars!"

The talented baker, who has a day job as an efficiency coach, still can't believe he walked away as the winner of the second season of the popular show. His prize, he says – the celebratory cake stand – has gone "straight to the pool room".

"I can tell you right now, there's never going to be any cake on it!" he tells the *Weekly* with a laugh. "It's my trophy. It's too precious for cakes!"

Dad-of-three Trevor (47) instantly won the hearts of the nation during his stint on the show, largely due to his down-to-earth Kiwi charm and generous tendency to help his fellow contestants out of tight spots, even if it cost him valuable time in the kitchen.

"I mean, I still put my pants on one leg at a time just like everyone else!" he says, batting

away the compliment. "When I was growing up, I was always taught, 'Manners are free, but they buy you a lot.'"

"I wanted to do my best [in the competition] and have fun with it, but to also help other people. I mean, if I saw someone struggle to change a tyre on the side of the road, I'd stop and help. If I saw someone walking in the rain, I'd stop and give them a lift. It's the same thing. I believe in trying to pay things forward. And sometimes maybe the nice guy does come first!"

It's an unsurprising sentiment from a guy who compares himself to a cream doughnut – "firm on the outside and soft and sweet on the inside".

It was thanks to his wife Cheryl and daughters Elyse, Gemma and Sam that Trevor applied to be on the show.

"I was the classic guy on the couch," he says. "The ad for contestants came on the air and I jokingly said to my wife and daughter, 'I can do this.' They said I couldn't, and then I said, 'Actually, I think I could smash that.' And then I applied!"

"I never expected to make it on the show but before I knew it, here I was, and I decided to give it my best shot.

"Before the show I underwent something of a baking boot camp. My wife and a good friend of mine helped me every weekend. I'd spend 10-12 hours every Saturday and Sunday baking and people would judge

them – the local vet surgery, the local mechanics, everyone!"

Trevor battled it out alongside nine other contestants to take home the coveted cake stand, and he says the experience was one of the best of his life.

"It was incredibly phenomenal, everything from the producers, crew, contestants... You couldn't ask for a better bunch of people. To win the show was beyond my imagination."

Whipping up delicate lamingtons or impressive meringue towers is now second nature for Trevor, who loves the variety his life brings.

His job as an efficiency coach – "I go into businesses, have a look at everything and what they're doing, and basically try and save people time and money" – means no day is ever the same, and he approaches baking in the same manner.

And though his friends were initially surprised at his baking prowess, Trevor says he's been surprised at their reaction.

When he told a mate of 30 years he was entering, the friend began enthusing about baking shows. "He started talking to me about all the other bake-off shows – who made what, what works, what didn't. This is a tough guy who spent quite a bit of time in the army!"

"I looked at him and went, 'How do you know all of this?' And he goes, 'I love the baking shows.' I never knew – and he didn't know about my love of baking!"

And while he has no plans to give up the day job just yet, he does have an exciting project on the boil alongside fellow contestant and Hawke's Bay resident Anna Howley. While on the show, the pair realised they had a similar desire to share basic skills with the rest of the nation, and the concept for Kiwi Bake Box, an online baking ingredient subscription service, was born.

"I want to do more with it than just winning a trophy. I think people baking at home is becoming a lost art. So we've set up Kiwi Bake Box. Nowadays it's far too easy for people to go to the supermarket and buy a pre-made cake or a pack of biscuits. We want to bring back those good old-fashioned skills that your nana had.

"I'm fortunate in my business coaching role that I spend time in lots of smoko rooms, and when I see a guy bring in a cake or biscuits he made, it changes the atmosphere. It's magic. Everyone loves baking!"

**Kelly Bertrand**

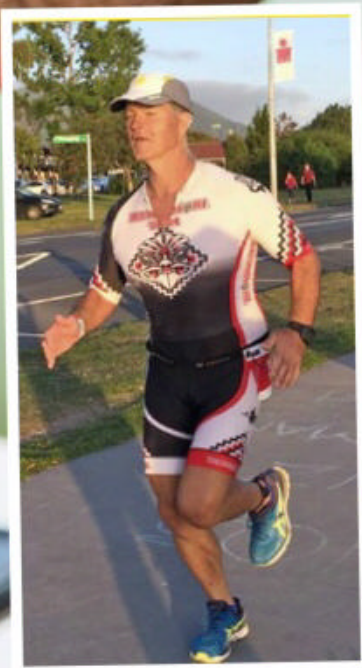




His award-winning meringue and macaron creation was a showstopper.



# NICE GUYS COME FIRST! *Trevor takes the cake*



From baking to ironman, Trevor loves a challenge.

Visit [kiwibakebox.co.nz](http://kiwibakebox.co.nz) for more information.







**Hitchcock and Tippi (left, in 1964) only filmed two movies together, including *The Birds* (above) before a bitter fallout because of his obsession.**

## HE RUINED MY CAREER BUT NOT MY LIFE, THE ACTRESS DECLARES

**N**ot only is Tippi Hedren the woman that so captivated director Alfred Hitchcock, she's also the woman who, far before any hint of the #MeToo movement, stood up to Hollywood heavyweights.

The actress, who celebrated her 90th birthday on January 19, first shot to fame in Hitchcock's *The Birds*, after he saw her in a commercial for a diet soft drink and demanded his people "find that girl".

While the Minnesota-born model owes her career to Hitchcock, he was also the person who single-handedly ruined it after Tippi, just two movies into a seven-year contract with him, rejected his advances and harassment.

"I'll ruin your career!" he yelled at the young actress as she declared she was leaving.

"Do what you have to do," she replied.

Now, 56 years on, Tippi has proved to the world that she's so much more than the object of a difficult director's desire – a man whom she looks back on today with a mix of "admiration, gratitude and utter disgust".

Born Nathalie Kay Hedren in 1930, she became 'Tippi' at age four, when her father Bernard bestowed her with the nickname and it stuck.

Acting was never part of her plan. When Tippi turned 20, she bought a one-way ticket to New York, working as a very successful fashion model in the 1950s and early 1960s. She married and divorced actor Peter Griffith, with whom she had daughter Melanie, before relocating to California in 1961.

It was the year Tippi's life changed, when her agent received a call that Hitchcock wanted her for his new movie, a follow-up to *Psycho*.

"I was given an incredible gift," she says. "The bookings were waning and I was thinking, 'I've got to change my life.'"

Assuming Hitchcock wanted her for a small part in a TV series, Tippi was stunned to learn she'd be playing the lead

in *The Birds* – her first credited role, and one that would even land her a Golden Globe.

But alongside her fairytale ascent into Hollywood's elite ran a dark undercurrent.

Hitchcock developed an obsession with Tippi, whom he referred to as 'The Girl'. No-one else was allowed to speak with, touch or interact with her on set. She wasn't permitted to do anything without notifying the director, and he controlled what she wore, ate and drank.

He also made many sexual advances towards her, all of which she rebuffed, and subjected her to a terrifying filming environment, including a horrific experience with real-life ravens for the film's final scene.

"It was awful," she recalls, adding that Hitchcock had

previously promised the birds would be mechanical – "They were not."

On one particular occasion, Tippi remembers the director throwing himself on top of her and trying to kiss her in the back of a limo.

"It was an awful, awful moment," she says, and admits to not telling anyone about it because "sexual harassment and stalking were terms that didn't exist in the 1960s".

It was halfway through filming *Marnie* that Tippi finally snapped, and while she finished the movie she never made another with Hitchcock, who made good on his promise to sabotage her career.

"I've made it my mission ever since to see to it that while Hitchcock may have ruined my career, I never gave him the power to ruin my life," she tells.

Though she continued to act, Tippi dedicated much of her life to animal activism. She founded



**Tippi's gorgeous girls (from left) Dakota, Melanie and Stella Banderas.**



Shambala, a game reserve and animal sanctuary that sits on the edge of the Mojave Desert in California. The park cares for endangered big cats such as lions, tigers, leopards, servals, bobcats and lynx.

The park was formed after Tippi and then-husband Noel Marshall filmed the controversial *Roar*, about one family's misadventures with a pride of lions.

When no-one in Hollywood would loan them lions to film, Tippi and Noel set about raising and training their own – even keeping a cub in their home. It took five years to complete, in which time no animals were harmed but more than 70 cast and crew were mauled, including Melanie who needed 100 stitches to her face.

Tippi now says they were “stupid beyond belief to have that lion in our house”.

Still, animals are a massive part of her life – she still lives at the park – as is acting, though she's hamstrung by debilitating and persistent headaches, her only main health complaint.

And now, in a satisfying twist of fate, daughter Melanie (62) and granddaughter, *Fifty Shades of Grey* star Dakota Johnson (30) enjoy the fame and fortune that Hitchcock robbed her of.



# TIPPI AT 90

## *Inside my Hollywood horror story*

The animal activist (left, at home in 1982) once raised and trained her own lions for a film.



# STORIES *of the* CENTURY

WE REVISIT THE  
BIGGEST TRIALS,  
SCANDALS AND  
LOVE STORIES IN  
OUR NATION.

A NEW BOOK UNCOVERS  
A DARK SIDE TO THE AMERICAN

## HERO & VILLAIN

*Lindbergh's  
astounding  
double life*





**H**e was, for years, the most revered man in the United States, considered to be a real-life superhero.

Famed for making history with his solo transatlantic flight, Charles Lindbergh became an aviation pioneer who changed the way air travel was regarded around the world.

He later went on to help invent a device that paved the way for saving many lives, and became a wildlife conservationist in the years before most people cared what happened to endangered animals.

When his 20-month-old son was kidnapped and murdered in 1932, it was dubbed 'The Crime of the Century', and there was a huge outpouring of sympathy for the beloved hero.

But Charles suffered a heavy fall from grace when he expressed pro-Nazi sympathies and shared his anti-Jewish sentiments. He was unapologetic for being in favour of eugenics – the practice of "improving" the human race by "breeding out" people with disabilities and "defects".

And then, nearly 30 years after his death, it was revealed that for many years he led a double life, fathering seven children with three mistresses.

Writer A. Scott Berg, who spent two years researching and four years writing the biography *Lindbergh*, said he decided

to do the book because of "the dramatic possibilities of the story of the great hero who became a great victim and a great villain" – and that at that stage, he had no clue about the secret children.

Charles Augustus Lindbergh was born in Detroit, Michigan, in 1902. Young Charles had been interested in planes, an exciting new invention then, and learned to fly when he was 20. He worked as an airmail pilot and barn-stormer – performing tricks in his plane for entertainment.

In 1927, he decided to take up the challenge issued by New York hotelier Raymond Orteig, who offered \$25,000 to the first person who could successfully fly non-stop between New York and Paris.

Sponsored by two businessmen, Charles designed a plane called *The Spirit of St Louis*. The flight from Long Island to Paris' Le Bourget Aerodrome took 33 hours and was challenging.

In an effort to stay awake, Charles flew with the windows open and even "buzzed" the surface of the ocean in the hope that the chilly spray would prevent him from nodding off. He suffered from hallucinations for part of the flight but landed safely at Le Bourget, where he was mobbed by a crowd of 150,000 frenzied spectators.

He instantly became an international superstar, feted



on both sides of the Atlantic. According to one report, people behaved "as though Lindbergh had walked on water, not flown over it".

He received a ticker-tape parade when he returned to the US (via ship) and was awarded the Medal of Honour, even though it was only normally given for heroism in combat.

He also became *Time* magazine's first Man of the Year.

A leading aviator of the time, Elinor Smith Sullivan, later said, "People seemed to think aviators were from outer space. But after Charles Lindbergh's flight, we could do no wrong. It's hard to describe the impact he had on people. Even the first walk on the moon doesn't come close.

"The 1920s was such an

**Top left: Charles arrived to a rock-star welcome in Paris after his record-breaking flight in 1927. Above: He met wife Anne the same year and the two wed in 1929.**

innocent time and people were still so religious – I think they felt like this man was sent by God to do this. And it changed aviation forever... after Lindbergh, suddenly everyone wanted to fly and there weren't enough planes to carry them."

Charles used his fame to promote the airmail service and within six months the volume of mail moving by air increased by 50%. He toured the US giving speeches about his flight and aeronautics – in three months in 1927 he was seen by more than 30 million Americans, one-quarter of the nation's →





**The Lindberghs were left devastated after their first son, Charles Jr (left), was kidnapped, held for ransom but later murdered by Richard Hauptmann (above).**

← population. On a tour of South and Latin America, he met his future wife, Anne Morrow, whose father was the US ambassador to Mexico. They married in 1929.

The US golden couple embarked on several ground-breaking flights together, including travelling from the US to Japan and China in 1931.

Then tragedy struck when the first of their six children, Charles Jr, was abducted from his cot in their New Jersey home on March 1, 1932. The Lindberghs received many offers of assistance – including from jailed gangster Al Capone, who wanted to put up a \$10,000 reward. They paid a \$50,000 ransom to a man who claimed to be the kidnapper but their son wasn't returned. On May 12, his little body was found in woods near their home.

Two years later, carpenter Richard Hauptmann, a German immigrant, was arrested after paying for petrol with one of the ransom bills. Nearly \$14,000 of

the ransom money was found in his home and he was charged with the kidnapping. The trial, which dominated headlines for weeks, ended in a guilty verdict and Hauptmann was executed in the electric chair in 1936.

Meanwhile, the Lindberghs tried to get on with life. While he and Anne had more children, Charles also followed up other interests he'd developed before the loss of their son.

After discovering the work of rocket pioneer Robert Goddard, Charles helped him secure funding for research that would eventually lead to the US space programme. He also came up with the idea for a watch that would help make navigation easier for pilots. Made by Swiss company Longines, it is still produced today.

When his sister-in-law Elisabeth was diagnosed with a fatal heart condition, he began to wonder why hearts couldn't be easily repaired with surgery. He teamed up with Nobel Prize-winning French surgeon Alexis

Carrel to develop a perfusion pump that would keep organs, such as the heart, working while they were removed from the body during surgery.

The pump was hailed as a medical breakthrough and paved the way for open-heart surgery and organ transplants. In 1938, Charles again appeared on the cover of *Time* magazine, this time with Alexis, and both

were lauded for their invention.

By then, the aviator had become disenchanted with life in the US. Exhausted by the public attention they received after their son's kidnapping, he and Anne moved their family to England in 1935, and later to an island off the coast of France in 1938. In 1939, with war looming, the US Army asked Charles to return home to assess the country's war readiness.

However, when the former hero returned to his homeland, some of his ideas on war, Germany and Jewish people did not go down well.

In an article he wrote for *Reader's Digest* in 1939, he revealed his reluctance for the US to get involved in World War II, which he said was against the interests of the American people. He said a war would "reduce the strength and destroy the treasures of the white race" and that it was important for the US to guard against "dilution by foreign races". He recommended that the US negotiate with Adolf Hitler.

He expressed sentiments that appeared to be anti-Semitic and the fact that he'd visited Germany several times in the late 1930s, and received a medal from military leader Hermann Göring, presented on behalf of Hitler, aroused suspicion that he was a Nazi sympathiser.

Charles had also spoken out about his belief in eugenics, which may have been fostered by his contact with Alexis.





**‘The fact that we exist testifies to the fact that he was simply a man – not a hero’**  
Astrid Bouteuil

Long before World War II, the surgeon had suggested that gasses could be used to rid humanity of “defectives”.

Then US president Franklin D. Roosevelt publicly rebuked Charles for his views, which were praised in Nazi Germany, and he became convinced Charles was a Nazi himself. The acclaimed pilot went some way towards redeeming himself when he flew 50 combat missions in the Pacific – as a civilian because the president banned him from joining the air force – but his reputation was ruined forever.

After the war, he devoted himself to travel and became interested in the effect of industrialisation on nature. He fought to protect dozens of endangered species, including blue whales, tortoises and eagles, and for a while lived among tribes people in Africa.

Charles spent the last years of his life in Maui, Hawaii, helping to secure land for a national park there. He died in 1974 from cancer.

Obituaries paid tribute to a man of complex character, but the writers only knew half of the story.

Nearly 30 years later, in 2003, a German woman named Astrid Bouteuil and her brothers Dyrk and David Hesshaimer claimed that Charles Lindbergh was their father – and DNA tests proved they were right.

Letters between the aviator and their late mother Brigitte showed the pair started an affair in the late 1950s, when Charles was 55 and Brigitte was 31.

**Despite remaining married to Anne (left, in 1962) until his death, Charles’ three affairs produced seven more children, including (right, from left) Dyrk Hesshaimer, Astrid Bouteuil and David Hesshaimer.**



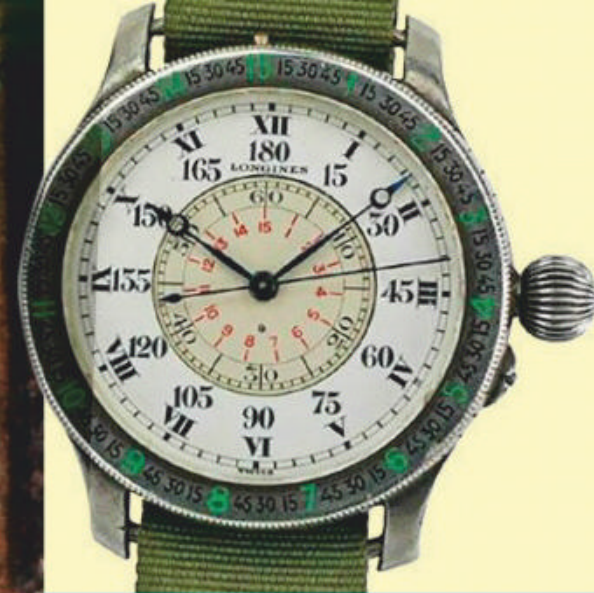
But that wasn’t all – while he was seeing Brigitte on frequent trips to Munich, Charles also embarked on a relationship with her sister Marietta, which produced two more sons, Vago and Christoph. He also had another two children with his German secretary Valeska, who was a friend of the Hesshaimer sisters.

Astrid and her brothers remember frequent visits from a man they believed was an author called Careu Kent. He took them on trips to the

countryside and told them stories of his travels. They thought he was wonderful.

Author Rudolf Schroeck, who wrote *The Secret Life of Charles A. Lindbergh* about the aviator’s double life, says the children were told they could not mention the American to anyone, otherwise he wouldn’t come back. The three kept quiet until after their mother’s death, by which time Anne Lindbergh had also died.

“The Lindbergh family were understandably shocked



**A mock-up of Time magazine’s 1938 cover (left) featuring Charles and Alexis with their perfusion pump. Charles also helped invent a watch (above) that makes navigation easier for pilots.**

at the news and refused to believe it, particularly as both the Hesshaimer sisters were disabled,” says Rudolf.

“Lindbergh subscribed to the teachings of eugenics and believed in breeding healthy children from healthy parents. It was very surprising for his family to learn he had fathered children to two disabled women who were unable to walk properly.”

Astrid admits she was aware speaking out might further taint Charles’ image, but says he was a caring and loving father, although they hardly saw him.

“People may wonder about his treatment of his wife and my mother, but the fact we exist testifies to the fact that he was simply a man – not a hero.”

**Judy Kean**





# GAMES CHANGER

## How Prince Harry gave me strength

**L**iving with terminal cancer was taking such a toll on Flight Sergeant Andrea McNabb that she admits she was simply "waiting to die".

The logistics specialist with the Royal New Zealand Air Force confesses she was "in a slump" before discovering she would represent the New Zealand Defence Force at this year's Invictus Games in the Netherlands.

"Invictus has given me a real purpose and made me realise I have so much to live for," Andrea says.

The international sporting event was created by Prince Harry and gives wounded, injured or sick current or former military personnel

the opportunity to compete in nine different sports.

Andrea (41), who is married to former Cook Islands athlete Robert McNabb, was rocked to the core after being diagnosed with adrenal cancer in 2016.

The rare nature of the disease meant the mum-of-six was forced to wait 20 months for doctors to decide on the best course of treatment, a time she describes as "mental torture".

"I had to re-frame to stay sane, learn how to manage my emotions and try not to get too worked up on the unknown."

Andrea eventually had surgery on her tumour and began taking chemotherapy tablets. The drugs left her constantly nauseous and

lacking in energy, but her husband and children – Hayley (21), twins Michaela and Gabrielle (20), Bobby (13), Conan (12) and Analena (8) – rallied around to help keep her spirits up.

However, after just five months she was advised to stop the treatment.

"My specialist said the medication was killing me by badly damaging my liver, so it was recommended to come off it," Andrea recalls.

She immediately bounced back, and found the energy to take up sport again – even playing basketball for the defence force at the 2017 World Masters Games in Auckland.

Life, it seemed, had returned

to normal, so it came as a shock when in June 2018 she received the news her cancer had returned, this time in both lungs. The tumours were inoperable and the only available treatment was the chemotherapy tablets.

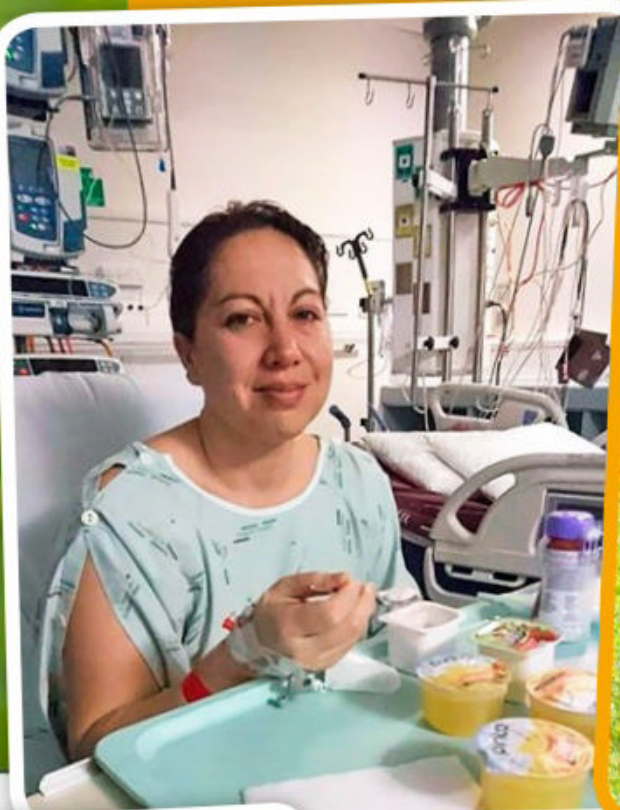
"I was devastated," she says. "They couldn't put a timeframe on it, but they envisage I've probably got less than five years to live."

Armed with that information and with their devotion as strong as ever after 20 years together, Andrea and Robert (41) decided to renew their wedding vows that year, returning to Rarotonga, where Andrea grew up, for an emotional ceremony.

"We felt it was perfect timing to recommit to each other," she



With treatment limited, attitude is key to Andrea, who has been given a new lease of life thanks to sport – she even renewed her vows to Robert on Rarotonga with their kids' support.



says. "It was also important to know that our family and friends would be there for us to support the challenges ahead."

The mental toll of living with terminal cancer is something Andrea is all too aware of and she suffered periods of low motivation and enthusiasm. "I sometimes thought, 'What is the point in doing anything because I already know my fate?'"

But from the moment the Wellington-based grandmother was accepted for the Invictus Games, life was reinvigorated with a new focus and purpose.

Training five days a week to compete in shotput, discus, swimming, powerlifting and indoor rowing, Andrea says she has thrived under the structured

training environment. Now lifted out of a rut, she can't wait to compete in The Hague in May, planning to attend with her husband and daughter Bobby, followed by a holiday in Paris.

Andrea's keen to share her experience with her family and other armed forces members going through tough times, and she says the most important element in her journey to the Games has been a change in her mindset.

"I feel super proud and privileged to be a part of the team. My whole perspective has changed. Now I challenge myself and take risks because I have nothing else to lose. It is important to live."

**Steve Landells**



***'I challenge myself and take risks because I have nothing else to lose. It is important to live'***





# VIRTUAL MIDW

## *Childbirth goes*

Lorna has studied how technology can reduce the anxiety women may experience while giving birth.

Above:  
The relaxing scene is set!  
Right: In Buenos Aires in 2017 with (from left) her partner Chris and sons Hunter and Luca.

## THIS MUM OF TWO IS DELIVERING A HIGH-TECH LABOUR OPTION

Imagine giving birth on a tropical beach. It's a strange concept, but dreaming that crystal blue waves are crashing at your feet as the sun sets over the horizon will help you through your labour, according to PhD student Lorna Massov.

The Wellington midwife has completed research on the use of virtual reality (VR) as a form of pain management during childbirth.

With more than 20 years' experience, Lorna (56) saw the opportunity for the use of VR in labour as another tool for mothers.

"Women often want to

control their pain, or manage it, rather than have the pain taken away completely," explains Lorna.

"I knew virtual reality was being used in a variety of acute pain settings, so I thought it could work well in a labour and birth setting."

The headset works by immersing the expectant mum in another environment, to the point they feel as though they're in a different reality.

Lorna thought relaxing scenes would work well in what is traditionally a highly stressful and painful situation, distracting women in labour enough to

reduce their discomfort.

The mum to Hunter (19) and Luca (17) opted to give women four idyllic locations to choose from, including a dreamy beach vista and an interactive underwater view.

"A lot of women talked about the feeling of going to a different place and escaping the sterile, medical room that they were in.

"When you've got the headset on, you can only hear the music or the sound of your own breathing, so it's very relaxing and this allows them to go into their own little world," she explains.

Between April and September last year, Lorna recruited 26 expectant mothers to take part

in her study. Of them, only 19 ended up using the VR headset on the day of birth, as the other labours progressed too quickly.

Those who participated donned the headset for 10 minutes during active labour while various measurements were taken, such as heart rate, blood pressure and pain scores. The women then removed the headset and, after a short spell, had their vital signs re-recorded.

Once the testing period was over, the women could choose whether they wanted to continue using the headset.

"I had some amazing feedback from the women. Eighteen out of the 19 women really enjoyed the virtual reality



# REALITY LIFE *digital!*

**weekly**PEOPLE  
THEY'RE YOUR STORIES

***'Many of  
the women  
felt that the  
headset helped  
to calm them'***

and said they would use it again in their labour, and that they'd recommend it to other pregnant friends.

"They found the VR really novel and it was also non-invasive. If they hated it, they could just take it off."

Although she has finished gathering data, Lorna estimates she won't finish writing her thesis until later this year.

However, the results of her study have already confirmed her theory.

Lorna found there was a statistical reduction in pain for women who used the VR system. The maternal heart rate and diastolic blood pressure,

which is a physiological measurement of pain, were also lower for the mums.

"It allowed them to go somewhere that was nice, relaxing and help them cope a little bit better with the labour pain," says Lorna.

"A lot of women get very anxious about the process and I think that women need to kind of believe in their ability to birth normally.

"Many of those I spoke to really felt that virtual reality helped to calm them. By being relaxed, it made it a more enjoyable experience."

It was especially popular among first-time mothers, who

weren't sure what to expect during childbirth, as well as women who were giving birth for a second or third time but had medical intervention the first time around.

In her line of work, Lorna has noticed many women wanting to opt out of medical interventions, such as epidurals, and try other pain-reduction techniques, such as water immersion, hypno-birthing and music therapy. Having VR now means that women have another tool to cope with contractions.

Other midwives have shown interest in the study, according to Lorna. With such positive

results, she hopes VR as a form of pain management during childbirth will become more prevalent.

"I didn't have anybody say how much they really hated it," says Lorna. "Even if it didn't work for them at that particular point, or that particular labour, they could still see the potential for it.

"Many women want to try to have a natural, non-pharmacological birth, so they are willing to try new interventions. VR is here to stay and it should be used for the common good."

**Fleur Mealing**



"Working in boarding is a hugely rewarding job but it can be tough and that's largely around student wellbeing.

The girls are coping with not just boarding and being a teenager, but with devices and social media and all that brings with it. It's a minefield but it is these girls' life – they have never known anything different.

We're constantly trying to stay on top of these really topical issues, like vaping and mental health, but it's something every school is grappling with. We have a big pastoral care team, so a range of people the girls can tap into for support. I tell the girls quite often that I treat them no differently to my own children, and I do genuinely care for each and every one of them.

I was born in Havelock North and went to Woodford House as a day girl. I got married in the chapel there, and now

I live and teach there. My eldest daughter Madeleine starts at the school this year, and my husband Duncan is head groundsman!

After I left college I did a gap year in the UK, working at Holmewood House prep school in Kent, before going on to do a bachelor's degree in physical education and science with honours at Greenwich University. I met Duncan at Holmewood – he was a PE teacher there.

We came back to New Zealand to get married, then returned to England, where I worked at Sevenoaks School, a top private senior co-ed school in Kent for seven years. I taught PE, health and science, and co-managed Sennocke House, one of the girls' boarding houses.

We moved back to Havelock North when I was pregnant with Madeleine – we now have four beautiful children, Harvey (16), Madeleine (13), Freddie (11) and Lily (8) – and I've been director of boarding since 2017.

Some people probably think it's a little overboard, and to be honest, I never dreamed I'd be back at my old school doing what I'm doing!

We live in the old principal's

house. The kids love it, but also I don't believe you can truly do this job well without being right there on site.

Dame Kate Harcourt was a boarder here in the 1940s. I get goosebumps thinking about where the school is now. In her day, boarding schools were considered cold and regimented, but that's all been flipped on its head. There's a far more collaborative relationship between teacher and student, rather than that dictatorial old style. There's a really positive culture here and there are immense opportunities for the girls.

Boarding is a lot more flexible than it was. These days the girls are only required to stay in for so many weekends, whereas they used to only be allowed out a certain number of weekends per term. Like all boarding schools, we get the odd girl who's quite homesick at the beginning of the year, but we have an exceptional wellbeing programme, so they're not homesick for long.

In fact, a lot of girls end up not wanting to go home at weekends! I'm really honest with the parents – sometimes it will be harder on them, because once the girls get a bit of a routine and get to know everyone, staying here is fun!

Do they still sneak out at night? No! We've had girls go on leave who haven't come back on time, but they don't actively jump out of windows



as I'm sure they used to! We have an electronic system for signing in and out. We run a high-trust model in boarding and I like to think the girls are where they are meant to be at the right time, doing what they are meant to be doing.

We contract a catering company to provide meals. The menu is put up on a TV screen in the dining room so the girls can see what's for breakfast, lunch and dinner across the week. It's all pretty high-end, so definitely not the stodge it used to be. Duncan grew up in the English boarding school system, so he hates pudding now!

There's no typical boarder, they're from all backgrounds. Certainly when I worked in the UK there were some that you might call 'jetsetting' parents – they were in banking and the oil industry – but that's definitely not the case here.

There's a real misconception that boarding schools are for wealthy families, but boarding is for everyone nowadays."

**As told to Julie Jacobson**



**Kelly and Duncan wed at the school and now live on the premises with their kids (from left) Lily, Madeleine, Harvey and Freddie (front). Kelly (below right, seated third from the left) is also an old girl.**







The boarding environment is much more relaxed than in days past.

*How  
I live...*

# FIRST CLASS!

## *I'm mum to 200 girls*

KELLY IVES (42) IS THE DIRECTOR OF BOARDING AT HAVELOCK NORTH'S WOODFORD HOUSE, A 125-YEAR-OLD GIRLS' SCHOOL

### Quick-fire:

**What's something you would tell your 16-year-old self?**

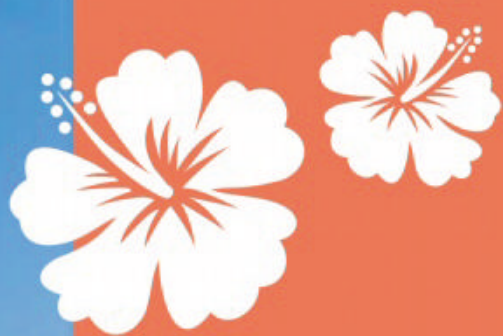
Embrace every opportunity that comes your way and enjoy being young!

**The soundtrack to your high school years?**

Wet Wet Wet's Love Is All Around; The Pretenders' I'll Stand By You.

**Your most overused word?** Unique! We are all unique, otherwise the world would be a boring place!





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**HAWAIIAN**  
AIRLINES

**HURRY, COMPETITION ENDS FEBRUARY 29, 2020**

\*Terms and conditions apply. Competition commences January 13, 2020 and closes February 29, 2020 at 11:59pm. Entry is open only to New Zealand residents aged 18 and over, who are current subscribers (own, donor or recipient) to the following magazines: *The Australian Women's Weekly*, *NEXT*, *Woman's Day*, *New Zealand Woman's Weekly*, *New Zealand Listener*, *Good Health & Wellbeing*, *Lucky Break*, *Lucky Break Bumper Monthly*, *Your Home and Garden*, *North & South*, *Fashion Quarterly*, *Simply You*, *NADIA*, *HOME*, *Metro*, *Taste and Food*. Not a subscriber? Subscribe before promotion period ends to be eligible to enter. Entry takes place online only at [magshop.co.nz/winhawaii](http://magshop.co.nz/winhawaii). Employees of Bauer Media Group (LP) NZ or Hawaiian Airlines, Marriott International, their affiliates, agencies and immediate families are ineligible to enter. No responsibility is taken for lost, misdirected or incomplete entries. Entries are limited to one per person. By registering their details, entrants give permission for Bauer Media Group (LP) NZ to post, email and mobile text message updates. The prize consists of a trip for 2 to Hawaii, including 2 return tickets with Hawaiian Airlines from Auckland to Honolulu, O'ahu and onto Maui, and 6 nights' accommodation for 2 people (3 nights at Moana Surfrider, Waikiki and 3 nights at Sheraton Maui Resort & Spa). All prize travel and accommodation will be subject to Hawaiian Airlines' and Marriott International's general carriage and accommodation terms and conditions. The prize package must be taken as offered and is not exchangeable, transferable or redeemable for cash. Bauer Media Group (LP) NZ reserves the right to exchange any item with another item of greater value. Anything not specified in these terms and conditions as being included in the prize package is excluded. The winner will be contacted via email or phone by 6:00pm March 9, 2020. The promoter is Bauer Media Group (LP) NZ, Shed 12, City Works Depot, 90 Wellesley Street West, Auckland. Please visit [magshop.co.nz/winhawaii](http://magshop.co.nz/winhawaii) for full competition terms and conditions.



# LIFESTYLE *weekly*

PRACTICAL TRENDS &  
TIPS FOR LIVING WELL

*Nici Wickes'*  
**SEASONAL**  
*special*

*p42*  
**FASHION**

Five ways to look  
sporty and chic!

*p62*  
**GARDEN**

Lee Ann Bramwell  
takes to the jungle!

*p56* **HEALTH**

Eight ways to try and  
deal with chronic pain





How much are you enjoying summer fruit this year?! Deliciously sweet and juicy, I've loved being able to include stone fruit in salads, on pizza, in curries and, of course, Mum can't resist baking with them. Enjoy.

*Everything's peachy!*

Nici Wickes  
FOOD EDITOR

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

# Fruitful fare

FROM PEACHES TO APRICOTS, MAKE THE MOST OF IN-SEASON STONE FRUIT

## Chicken & apricot curry

**SERVES 2-3**

Remember the old 1980s favourite of chicken baked with apricots? I loved that dish, but this fragrant curry goes a step further with the famed combination and it's delicious.

### PASTE

**3 tbsp** raw cashew nuts  
**1** stalk lemongrass, chopped into **3cm** lengths  
Thumb-sized piece fresh ginger, peeled and roughly chopped  
**1** garlic clove, peeled  
**1** red chilli, de-seeded  
Small bunch of coriander, stalks and leaves  
Squeeze of lemon or lime juice

### CURRY

**2 tbsp** cooking oil (not olive oil)  
**4-6** quality chicken thighs, skinless and boned  
**1 cup** crushed or chopped tomatoes, fresh or tinned  
**1 tbsp** dark soy sauce  
**2** kaffir lime leaves  
**½ tsp** sea salt  
**1 cup** coconut milk  
**4-6** firm apricots  
Cooked rice, to serve  
Black sesame seeds (optional)  
**1** Combine all of the paste ingredients and process. You could also use a mortar and pestle. Add a little water if it needs it.  
**2** Heat the oil in a large pan.

Brown the chicken on one side, then remove from pan. Add the paste and fry for 3-4 minutes or until it gives up its lovely aromas. Add in the tomatoes, soy sauce, kaffir limes leaves (fold and crush these before adding them) and salt, simmering for 3-5 minutes or until it begins to thicken. Return chicken to the pan and simmer for 10 minutes before adding in the coconut milk and apricots. Cook until the fruit is soft – about 5 minutes. Taste for seasoning and add more salt or lemon/lime juice as needed.  
**3** Serve with a side of rice and sprinkled with sesame seeds.

### Nici's note...

- The cashew nuts act as a thickener in this recipe, but if you're avoiding nuts, it's fine to leave them out.



## Peach & prosciutto flatbread

**MAKES 2**

*This flatbread is incredible!  
Salty, sweet, juicy and cheesy.*

**3 tbsp** sour cream

**1 tbsp** crème fraîche

**75g** Parmesan cheese, grated

Pinch of salt and black pepper

**2** flatbreads

**2** ripe golden peaches, peeled  
and sliced

**50g** prosciutto

**1 tsp** fennel seeds

Olive oil, for brushing

Handful of fresh basil

**1** Preheat oven to 200°C fan  
bake. Place a tray in to heat.

**2** Mix the sour cream, crème  
fraîche, half of the Parmesan  
and seasoning. Spoon the  
mixture over the flatbreads,  
spreading evenly and leaving  
a 1cm border free from sauce.

Top with the peach slices and  
prosciutto, then sprinkle over  
the fennel seeds and remaining  
Parmesan. Slide the flatbreads  
onto your hot tray and bake  
for 12-15 minutes or until the  
crust is golden. Remove from  
the oven and brush the crust  
edges with oil.

**3** Scatter with freshly-torn basil  
and serve.

### Nici's note...

- You can use bacon in place of prosciutto, but add a sprinkle more salt.



Gluten  
FREE

## Nectarine & fresh cheese salad

SERVES 2

On a hot summer's day, this salad makes the perfect lunch, or bring it out for a BBQ dinner. It's refreshing and delicious.

**4-6** small, vine-ripe tomatoes

**½ tsp** sea salt

**3 tbsp** verjuice (you can use  
**1 tsp** lemon juice, plus a  
pinch of brown sugar)

**2 tbsp** quality olive oil

**½ cup** cherry tomatoes, halved

**2-3** ripe nectarines

Small handful of rocket

**1** large ball fresh mozzarella

Fresh basil, to serve

Pinch of cracked black pepper

**1** Heat oven to 150°C. Line a tray with baking paper.

**2** Halve the vine-ripened tomatoes and sprinkle with sea salt. Bake for 45 minutes or until semi-dried.

**3** In a large bowl, whisk together the verjuice and olive oil until combined. Toss in the cherry tomatoes, nectarines and rocket, tossing gently to coat in the dressing. Transfer to serving bowl(s). Add the roasted tomatoes and mozzarella, then scatter over some basil leaves and cracked pepper. Serve immediately.

### Nici's notes...

- To ripen stone fruit, leave at temperatures over 14°C.
- Save time by using semi-dried tomatoes from the supermarket deli section.





## Mum's tip...

- For this tart, you can use any seasonal fruit such as plums, nectarines or peaches.

## Apricot & pistachio tart

**SERVES 8-10**

*This is a total summer treat using lovely Central Otago apricots. It works equally well with nectarines or peaches too.*

- 1 sheet pre-rolled sweet short pastry**
- 250g ricotta**
- ½ cup brown sugar**
- 2 tbsp maple syrup**
- 3 medium eggs**
- 140g ground almonds**
- ⅓ cup pistachios, chopped**
- 5 ripe apricots, quartered**

**1** Preheat oven to 190°C. Place a tray in to heat.

**2** Line the base and sides of a 24cm tart tin with the pastry, making sure there are no gaps. You will have to roll it out a bit

thinner than it comes. Prick the base all over, then chill for 15 minutes in the freezer.

**3** Whisk together the ricotta, sugar, maple syrup and eggs. Fold in the almonds and half of the pistachios. Spoon the mixture into the chilled tart shell. Cut the apricots into wedges and arrange over the tart.

**4** Bake for 20 minutes on the preheated tray, then reduce the heat to 160°C and cook for another 15-20 minutes or until the filling is set and the tart is lovely and golden.

**5** Sprinkle over the remaining pistachios and serve either warm or cool with yoghurt or cream or such.

Find more of  
Nici's recipes at

 **FOODTOLOVE.CO.NZ**



# SWEET pieces

## Apricot cheesecake slice

**MAKES 16**

**400g** packet digestive  
biscuits, broken

**¾ cup** caster sugar,  
plus **2 tbsp** extra

**125g** butter, melted

**250g** cream cheese,  
at room temperature

**½ cup** sour cream,  
at room temperature

**½ tsp** pure vanilla extract

**2** eggs, lightly beaten

**415g** can apricot  
halves, drained

**1 tbsp** lemon juice

**1** Preheat oven to moderate,  
180°C. Line an 18cm x 28cm  
slice pan with baking paper,  
extending the paper 2cm above  
the pan edge on its long sides.

**2** In a food processor, combine  
the biscuits and sugar. Process  
to fine crumbs. Transfer to a  
bowl with the melted butter.  
Mix well and press firmly into  
your pan. Bake for 15 minutes.  
Allow to cool completely.  
Reduce oven to 160°C.

**3** In a large bowl, using an  
electric mixer, beat the cream  
cheese, sour cream, the extra  
sugar and vanilla together until  
smooth. Then beat in the eggs,  
one at a time. Pour the mixture  
evenly over your cooled base.

**4** In a food processor, purée the  
apricots and lemon juice until  
smooth. Drop tablespoons of  
purée over your cheesecake.  
Use a skewer to swirl through  
the purée to create a pattern.

**5** Bake for 25-30 minutes or until  
just set in the centre. Cool in  
the pan for 10 minutes. Cover  
and chill for 2 hours or until firm.  
Cut into slices to serve. Store  
in an airtight container in the  
fridge. Do not freeze.

NO MATTER WHAT WAY YOU  
SLICE IT, THESE ARE TASTY!







## No-bake chocolate slice

**MAKES 24**

**150g** butter, chopped

**1¾ cups** chunky peanut butter

**250g** packet chocolate wafers,  
finely crushed

**1½ cups** rolled oats

**1¼ cups** caster sugar

**300g** dark chocolate, melted

**¼ cup** smooth peanut butter

**50g** milk chocolate, melted

**1** Line a 18cm x 28cm slice pan with baking paper, extending the paper to 2cm above the edge on its long sides.

**2** In a pot, combine the butter and chunky peanut butter. Stir over a medium heat until melted.

**3** In a bowl, combine the wafers, oats and sugar. Pour the butter mixture into the dry ingredients, stirring until well combined.

Spoon into your slice pan, press firmly and smooth the surface. Chill, covered, for 30 minutes.

**4** Pour the melted dark chocolate over your slice to cover the surface. Chill for 15 minutes.

**5** In a pot, heat the smooth peanut butter on low, stirring, until melted. Drizzle peanut butter and milk chocolate separately over the slice. Chill for 15 minutes or until set. Remove from the fridge 10 minutes before cutting into squares.

## Coconut ice slice

**MAKES 24**

**¾ cup** self-raising flour

**100g** plain un-iced  
biscuits, crushed

**⅓ cup** caster sugar

**125g** butter, melted

**⅔ cup** raspberry jam

**4 cups** icing sugar

**2½ cups** desiccated coconut,  
plus **2 tbsp** extra

**395g** can sweetened  
condensed milk

**1 tbsp** milk

Pink food colouring

**1** Preheat oven to moderate, 180°C. Grease and line a 18cm x 28cm slice pan with baking paper, extending the paper 2cm above the edge on its long sides.

**2** In a bowl, combine the flour, crushed biscuits and caster sugar. Add the butter and mix well. Press the mixture evenly over the base of your pan. Bake for 15 minutes or until lightly browned. Spread the warm base with jam. Cool.

**3** Sift the icing sugar into a large bowl. Stir in the coconut, then condensed milk and milk. Divide the mixture into two microwave-safe bowls. Tint one portion with pink food colouring. Microwave the white portion on high in 30-second bursts until spreadable. Spread this over your biscuit base. Chill for 30 minutes or until firm.

**4** Microwave the pink portion on high in 30-second bursts until spreadable. Spread this over the white layer. Sprinkle with extra coconut. Cover and chill for 3 hours or until set. Cut into pieces. Store in an airtight container.





# Kitchen CALENDAR

Handy  
hints and  
gourmet  
goodies

**S**trawberries are in season now, so make sure you gobble them up as part of your 5+ a day before they disappear! Give this comforting crumble recipe a try.

## STRAWBERRY CRUMBLE

**Serves 8**

**Preparation 10 minutes**

**Cooking 35-40 minutes**

**1 cup** rolled oats

**¾ cup** whole wheat flour

**¼ cup** brown sugar

**¼ tsp** fresh ginger, grated

Pinch of salt

**⅓ cup** butter or coconut oil, melted

**2½ cups** fresh

strawberries, diced

Juice of **1** lemon

**1** Preheat oven to 180°C.

Line a 20cm x 20cm dish with baking paper.

**2** Combine the oats, flour, sugar, ginger and salt. Mix in the melted butter.

**3** Place half of the oat mixture into your dish and press down to make sure all of the base is covered. Add the strawberries and top with the remaining oat mixture.

**4** Drizzle with lemon juice and bake for 35-40 minutes or until the crumble is golden. Allow to cool before serving.



## CROWN JEWEL

**M**ission Estate Winery has created a very limited volume of

its exclusive Jewelstone rosé. Whether you're looking for something special to take on a picnic or getting organised for Valentine's Day, this tantalising drop makes a delicious gift for the jewel in your life. Only three barrels of this single vineyard rosé have been lovingly produced, with a blend of 80% merlot and 20% cabernet sauvignon grown on Mission Estate's Mere Road vineyard in the Gimblett Gravels, Hawke's Bay. It's a bright, clean wine with delicate aromas of red berry fruit with a subtly sweet spice.

Available exclusively at Mission Estate Cellar Door or online at missionestate.co.nz, RRP \$40.



## A PROMISE SET IN STONE

To get perfect peaches, the juiciest nectarines and the plumpest plums, Countdown's buyers go where the sun is – like HR Horticulture in Napier. Grower Rob Nichol reckons the high sunshine hours and fertile soil offer perfect conditions to produce sumptuous stone fruit. Taste the Grower Fresh difference for yourself at your nearest Countdown store, or shop online at countdown.co.nz.



## SLAM DUNK!

The ultimate dunker, Griffin's Gingernuts is celebrating 90 years as a much-loved Kiwi bikkie. The baked ginger delight is packed with crunchable personality, has survived the Great Depression and is still made right here in New Zealand after all this time. The pantry

staple even received a lifetime achievement award at the 2019 NZ Food Awards to honour its continued service to being the

best friend a cup of tea could ever have! Available from supermarkets nationwide, RRP \$2.99.





96%

of parents surveyed  
rated Smiling Tums  
the same or better  
than their usual  
pre-prepared  
baby food

# It's a WIN-WIN SITUATION

Smiling Tums baby and toddler food keeps the whole family happy

**W**ould you like to spend less time fussing and more time playing with your grandchild?

Countdown has brought good old-fashioned baby and toddler food into the 21st century with Smiling Tums, conveniently packaged in an easy-to-use pouch. You don't need to worry about preparation or clean-up, or even taste or portion size, as Countdown has it all covered.

The 120g pouches come in a range of flavours including Beef & Vegetables, Sweet Potato with Carrot & Parsnip,

Apple & Banana with Oats, and Pear, Banana & Mango. Developed with nutritionists, Smiling Tums pouches are

*'When I saw how much my son was enjoying Smiling Tums I also tried them ... it tasted just like something I'd puree at home'*

naturally sweetened with fruit and vegetables and contain no added sugar, so little one's parents should approve.

In a recent survey of panellists from Bauer Media's All Woman Talk panel, 120 participants product-tested five Smiling Tums flavours, with 96% rating them the same or better than their usual pre-prepared baby food. Over 40% intend to add it to their shopping lists, with the Apple & Banana Fruit Custard being the most popular.

"When I saw how much my 14-month-old son was enjoying Smiling Tums I also tried them, and was pleasantly surprised to find that it tasted just like something I'd puree at home," says Clare, (31). "My fussy toddler wolfed down all the flavours," adds Lisa, 32.

## Ticks all the boxes

- ✓ Handy for outings
- ✓ No added sugar
- ✓ The perfect size
- ✓ Convenient packaging
- ✓ Great value
- ✓ Wide range of flavours
- ✓ Terrific taste

Participants were particularly impressed with how simple and easy Smiling Tums made meal times, and how handy they were when out and about.

"It's very convenient packaging and there is no added sugar," says Hayley, (31), mother of a 10-month-old girl. "It's a good product and good value for money."

Try Smiling Tums for a convenient on-the-go meal for your baby or toddler. Available at Countdown.







Start 2020 off on the right foot with some exercise. Here are some ways to keep things fun and super stylish while you work out.

*Let's get physical!*

Leigh Matheson  
STYLE DIRECTOR

## Court time

- Head to the courts for some tennis this summer. This polo and skort combo from Rebel Sport is made out of textiles designed to draw moisture away from the body, keeping you dry and cool.
- Opt for a funky visor to protect your face from the sun and lace up a pair of sneakers designed especially for the game.

ADIDAS TOP \$69.99, ADIDAS SKORT \$69.99, CHAMPION VISOR \$34.99, WILSON RACKET \$199.99 and ADIDAS SNEAKERS \$119.99 all from REBEL SPORT.



# Sp



**You CAN  
wear...**

# orty CHIC

YOU'LL BE RARIN' TO GO IN  
THESE STYLISH OUTFITS

## Gym sessions

- Kick off your new year with flair and hit the gym in bright pops of colour. These pieces from Farmers, including a twist front tee and floral legging, will elevate your workout session nicely.
- A backpack for all the essentials and sneakers complete your gym attire.

CALVIN KLEIN TOP \$79.95 and  
SUPERFIT LEGGINGS \$69.99  
both from FARMERS. BACKPACK  
\$89.90 from SEED HERITAGE.  
SNEAKERS \$49.99 from NUMBER  
ONE SHOES.

*Tip...*

Though you're  
wearing a visor,  
don't forget to  
slip, slop, slap  
and wrap!







### Stretch it out

- As we get older, stretching is one of the best exercises we can do for our bodies. Both yoga and Pilates work no matter your age.
- Dress for success with these pieces from local label WE-AR, including a loose-fit tank with a cross-strapped bralette underneath, and high-waist leggings designed to hold you firmly in place.

TANK \$125, BRALETTE \$72, LEGGINGS \$125 and YOGA MAT \$108 all from WE-AR.

### Tip...

High-waist leggings mean you won't be constantly pulling your pants up as you stretch.



### Walk about

- These coordinated terrycloth separates from Seed Heritage come in a beautiful dusty marigold hue that will have you looking chic while you pound the pavement.
- Invest in sneakers with built-in support to protect you from impact, and don't forget a water bottle so you can keep hydrated and refreshed.

TOP \$79.90 and SHORTS \$54.99 both from SEED HERITAGE. CAMELBAK DRINK BOTTLE \$39.99 from REBEL SPORT. SNEAKERS \$59.99 from NUMBER ONE SHOES.







### *Hit the green*

- If golf is more your style, look no further than this ensemble which includes a subtly striped polo and quick-dry pants in case of a summer shower.
- Golf-specific footwear and accessories are a must from Golf Warehouse.

LINE 7 TOP \$69.99 and LINE 7 PANTS \$79.99 both from FARMERS. ZOOM GLOVE \$29.99, CALLAWAY WEDGE \$249.99 and SKECHERS SHOES \$159.99 all from GOLF WAREHOUSE.

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They might cost a bit more, but serums are packed with concentrated ingredients to make them the most potent of skincare. With a lot of science and innovation behind them, it's well worth adding at least one to your regime.

*Get supercharged!*

Tracy Davis  
BEAUTY EDITOR

**IF YOU WANT:** To smooth lines and wrinkles...

**LOOK FOR:** Ingredients such as peptides that boost collagen and elastin production to give skin improved strength, resilience and texture.

**Try:** Snowberry Youth Renewing Face Serum, \$110. It releases three peptides into the skin and a host of vitamins, as well as essential fatty acids to keep skin healthy.

**IF YOU WANT:** A plumped-up complexion...

**LOOK FOR:** Hydrators such as hyaluronic acid that attract water to the skin to deeply hydrate and plump it out, along with boosters such as vitamin B to improve your skin quality.

**Try:** La Roche-Posay Hyalu B5 Serum, \$74.99. This product has a hydrating water-gel consistency with hyaluronic acid and vitamin B5 to repair and replenish the skin's barrier. Say hello to bounce and suppleness!

**IF YOU WANT:** To firm and brighten the eye area...

**LOOK FOR:** A targeted serum specifically for this delicate area with ingredients such as retinol and/or vitamin C and peptides that will work to illuminate, boost firmness and encourage the skin's natural renewal process, to smooth out lines.

**Try:** Dermalogica BioLumin-C Eye Serum, \$136. Vitamin C brightens and fights oxidative stress with the help of a peptide to firm, while mushroom extracts lock in moisture.

**IF YOU WANT:** To brighten a dull complexion...

**LOOK FOR:** Vitamin C, which is a classic brightener, and alpha-hydroxy acids (AHAs), which encourage the skin to glow. There's also a strong trend for scientists to turn to nature for brightening

ingredients, so those are worth keeping an eye out for too.

**Try:** Living Nature Active Brightening Serum, \$49. Atlantic kelp and pracaxi fruit seed oil are the brighteners in this silky serum. Hyaluronic acid, rosehip oil and harakeke gel complete the rejuvenating recipe.

**IF YOU WANT:** To combat dryness...

**LOOK FOR:** Lipids or natural protective oils, such as cholesterol, ceramides and essential fatty acids, which will help to repair and reinforce the skin's barrier so it's less prone to dryness and irritation.

**Try:** Elizabeth Arden Advanced Ceramide Capsules Daily Youth Restoring Serum, \$150. Fresh and potent, these gems replenish the

our skin loses with age.



CHOOSE ONE OF THESE  
LATEST POTIONS TO  
SUIT YOUR SKIN

# SUP se

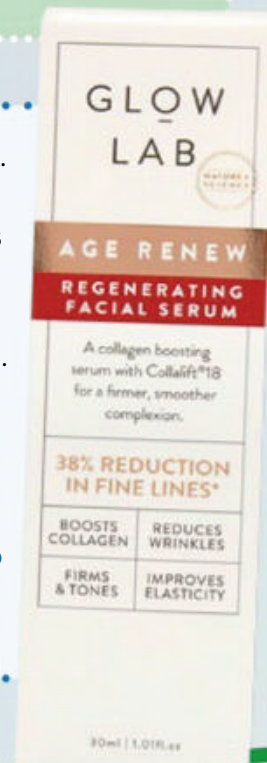




**IF YOU WANT:** Those age spots to fade...

**LOOK FOR:** Retinol (vitamin A). It's one of the most popular ways to increase cell turnover, which in turn will help to smooth and fade age spots caused by sun damage, with the upside of resurfacing the skin for a youthful glow.

**Try:** Palmer's Skin Success Anti-Dark Spot Corrector, \$29.99. Retinol combines with other skin brighteners such as niacinamide, mushroom extract, vitamin C and licorice.



**IF YOU WANT:** An all-rounder...

**LOOK FOR:** A cocktail of peptides, vitamins, antioxidants and hydrators that addresses multiple issues and encourages a healthy, balanced complexion. **Try:** Glow Lab Age Renew Regenerating Facial Serum, \$39.99. It mixes ingredients from nature with high-tech, science-based combinations to boost collagen and elasticity, smooth lines and firm skin.

### TOP TIPS FOR SERUMS

- 1 Depending on your serum's active ingredients, some are best used in the morning and some at night, so always read directions.
- 2 Apply your serum onto clean, dry skin.
- 3 The formulas are concentrated, so one pea-sized drop should be enough for your face, and another drop for your neck and décolletage.
- 4 Smooth the serum lightly over your skin with your fingertips, allowing time for its active ingredients to soak in before applying any further skincare.
- 5 Follow up with a moisturising cream or facial oil to seal it in.



# ER rums



# Your ageless beauty guide to...

## BB BALMS

THIS MULTITASKER CAN SAVE YOU PRECIOUS MINUTES IN A BUSY MORNING

**WHAT ARE THEY?** Also known as beauty balm or blemish balm, the BB was first created by a dermatologist in Germany around the 1950s. Today's BBs are designed to be a multitasking skincare item to even out skin tone and give a more radiant complexion.

### WHO DO THEY SUIT?

Because they lie somewhere between a moisturiser, serum, foundation and sometimes even a sunblock, they're most suitable for people looking to streamline their skincare routines and give skin a healthy look without heavier make-up.

### WHAT ELSE DO I NEED TO KNOW?

Not all BBs are created equal. Some offer UV filters, extra hydration or blemish-healing properties, and they have varying degrees of coverage, so choose one to suit your needs and skin type.

## THE LATEST

**(1) Nivea Sun UV Face BB Cream, SPF50, \$13.99**, boasts high protection from the sun.

**(2) Garnier BB Cream Nude Effect, \$17.49**, has antioxidant properties, minerals and skin-matching micro-pigments.

**(3) Shiseido BB for Sports, SPF50+, \$59**, is our pick for sporty types for the clever way it diffuses sweat and keeps skin

looking fresh without budging.

**(4) Clinique iD Dramatically Different Moisturizing BB Gel, \$75**, allows you to choose a serum cartridge to insert that deals with your skincare concern.

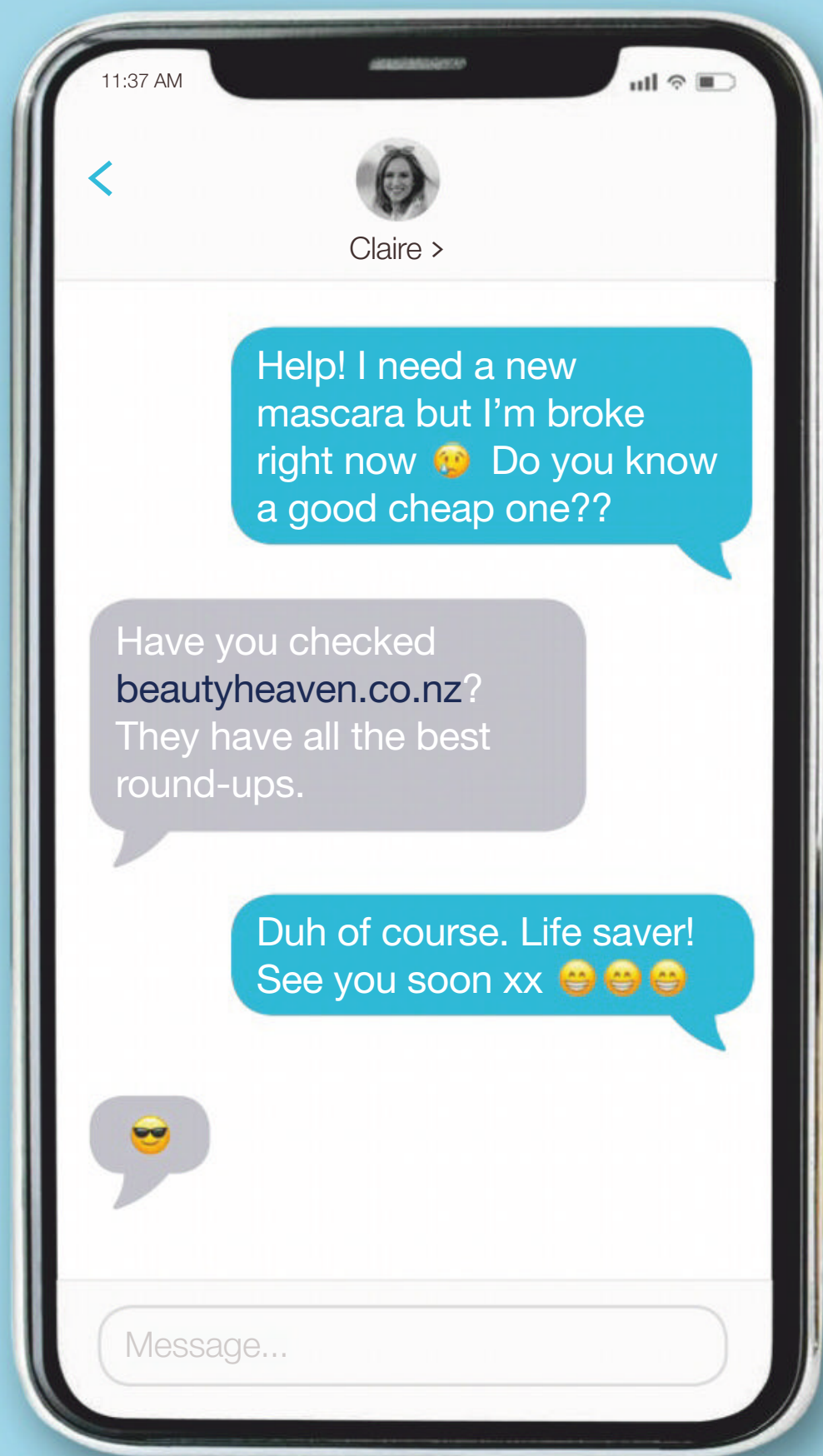
**(5) DB Cosmetics BB Cream All-in-One Skin Perfector, SPF15, \$17.99**, gives natural-looking coverage in a moisturising formula.



## FIND IT

CLINIQUE, ELIZABETH ARDEN, SHISEIDO: PHARMACIES AND DEPARTMENT STORES  
DB COSMETICS, LA ROCHE-POSAY: PHARMACIES  
DERMALOGICA: DERMALOGICA.CO.NZ  
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## greengODDESS



How to trap annoying fruit flies in your kitchen, freeze summer herbs for winter joy, and make a fragrant toner from pine needles.

*It's easy being green!*

Wendy Nissen  
OUR GREEN GODDESS

### DID YOU KNOW?

A drop of vinegar on each lens will clean your glasses and leave them shiny and streak-free.

TIPS AND TRICKS  
FOR GREENER LIVING

# CLEARLY *better*

## Nana's RETRO RECIPES

### PLATTER CRACKERS

These are great crackers to break up and put on your next platter.

**1¼ tsp** dry yeast  
**¼ cup** warm water  
**2 cups** flour  
**1 tsp** salt  
**2 tbsp** olive oil

**1** Sprinkle the yeast over the warm water and set aside for 10 minutes to activate.

**2** Put the flour and salt in a bowl and make a well in the middle. Pour in the olive oil and yeast mixture, then mix by hand into a dough. You may need to add 1-2 tablespoons of extra

water to get it to hold.

Knead for 5 minutes, then set aside on the bench covered with a tea towel for half an hour.

**3** Heat oven to 200°C. Take a golf-ball sized amount of dough and, using a rolling pin, roll until it is nice and thin. When you have rolled all the crackers out, place on a baking tray covered in baking paper. Prick them all over with a fork.

**4** Place in the oven for 10 minutes or until golden. They'll keep in an air-tight container for a week.







## FRUIT FLY TRAPS

In hot weather it's easy to attract fruit flies into your kitchen, and before you know it, you have an infestation! Be sure to quickly remove any rotting fruit from your fruit bowl and, if you keep a compost bucket, empty it every day. To get rid of any remaining flies, make one of these fabulous traps.

**1 large jar**  
**½ cup cider vinegar or ½ cup water and 1 tsp yeast**  
**A plastic bag**

Into your jar, pour the cider vinegar or the water and yeast. Cover the top with a plastic bag and press the bag down into the jar so it forms an inverse cone shape. At the bottom of the cone, make a hole about 1cm wide. Tie some string around the top of the jar to secure the plastic bag. The fruit flies will fly into the jar, attracted by the delicious smell of cider vinegar or yeast and won't be able to fly back out!

## TRY THIS:

PUT YOUR EYE PENCIL OR LIP LINER IN THE FREEZER FOR 15 MINUTES BEFORE SHARPENING. THIS WILL PREVENT IT BREAKING OFF.



## OLD-FASHIONED HOUSE PLANT FOOD

If you want to give your houseplants a treat, save the water in which you have boiled eggs. Once cooled, it's a good source of minerals for your plants.



## TO CURE HICCUPS

Swallow 1 tsp of vinegar every 10 minutes until they disappear. If you can't stomach the taste of vinegar, eat something with a lot of vinegar in it, such as a pickled onion or beetroot.



## Pine needle toner

Pine needles make a marvellous toner for your skin. This has a wonderful fragrance.

**1 cup fresh pine needles**  
**1 cup water**  
**¼ cup witch hazel\***

Place the pine needles and water in a small saucepan, bringing to the boil. Remove from the heat and let it cool before straining. Add the witch hazel to the liquid and stir well. Pour your toner into a glass bottle. Apply to skin with a cotton pad. (There's no need to rinse off.)

\*You can buy witch hazel at the chemist, at health food stores or online.

## READER LETTER OF THE WEEK

*Dear Wendy,*  
*I am loving my herb garden this year – it has really taken off. My question for you is: Can you freeze herbs? I know that once winter is here, many of the herbs will die off, so I'd love a way to preserve them.*  
*Thanks,*  
*Neil*

Dear Neil,  
 The easiest way to preserve herbs is to dry them. Simply snip them and hang them upside down in a paper bag for a few weeks, then pick all the leaves and pop them in

a jar. You can easily freeze herbs like basil by whizzing them up in a food processor with a bit of oil and popping them in ice-cube trays, then freezing. A cube popped into a winter casserole gives a nice zing of flavour. To freeze individual leaves, simply lay them on a baking sheet, cover with baking paper and freeze for a few hours. Then you can pop them all into bags and back into the freezer. Do make sure that you pick your herbs for saving at the end of the day when their flavour is at its best.

**Do you have a question or a tip for Wendy? Email her at [nzwww@bauermedia.co.nz](mailto:nzwww@bauermedia.co.nz) with the subject line "Wendy".**





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Living with chronic pain is truly awful, but there are things you can do to try and make life a little easier.

*At-home help!*

Donna Fleming  
HEALTH EDITOR

### THE FACTS...

- Chronic pain is pain that lasts for weeks, months or even years. Doctors often define it as pain that lasts for three to six months or more.
- It can be the result of an injury or a health condition, such as arthritis, fibromyalgia, back problems, migraines or nerve damage.
- Pain can range from a dull ache, throbbing, stiffness and general soreness through to a shooting, burning, squeezing or stinging sensation.
- Depending on what is causing it, chronic pain can also be accompanied by other symptoms such as fatigue, insomnia, mood changes, weakness and a lack of energy.
- It can take a toll on mental health because it may stop you from getting enjoyment out of and getting on with everyday life.
- Talk to your doctor about a plan to manage your pain. They may be able to refer you to a pain specialist for further help.

# HURT *no*

EIGHT REMEDIES TO TRY IF YOU'RE CRIPPLED WITH CHRONIC PAIN

**F**or many of us, life with ongoing pain is a reality we have to put up with.

If you have a condition that causes constant, ongoing pain, it's important to have a good relationship with your specialist so you can try to find treatments and medications that are as effective as possible.

But there are also other things you can do to hopefully make life more bearable.

#### **1 LEARN RELAXATION TECHNIQUES**

Being in pain often leads you to tense your muscles, and that in turn causes more pain. Relaxing can help ease that pain. Ways of promoting relaxation include meditation, which involves concentrating on your breathing, ignoring

thoughts coming into your head and focusing on a word, phrase or image.

Deep breathing can also help with relaxation as can guided visualisation, which involves imagining scenarios that help you to feel calm.

#### **2 REDUCE STRESS**

Again, this is something of a catch-22 – if you are in pain, it's likely to be stressing you, and the more stressed you are, the worse your pain can be. This is because stress can increase the body's sensitivity to pain and make it more severe.

The relaxation techniques listed above can help to get rid of some of the stress you may be experiencing. Therapy can also help you tackle issues that are causing stress and find strategies for dealing with them.

Massage is another way of de-stressing.

#### **3 TRACK YOUR PAIN**

For your doctor to be able to treat your pain as effectively as possible, they need to know how you've been feeling. Keeping a daily log of your pain levels can help you monitor your pain and different factors that have an impact on it, for example any activities you do or medication you take.

Rate your pain on a scale from one to 10, write notes about how you feel and take the log with you to the doctor's.


#### **4 JOIN A SUPPORT GROUP**

Talking to others who understand what you are going through can help you to feel less isolated. They may also be able to share their tips on coping with pain and getting through



## TOP TIP

Studies show that laughing can reduce pain. This is because it prompts the body to release endorphins that act as natural painkillers. Try watching comedy videos or even funny clips on social media.



Sharing what you're going through in a support group can make life easier.



# more

daily life. Knowing there is someone empathetic you can call if you're having a bad day can really help, especially if your pain is taking a toll on your mental health. Being able to talk things through can make your issues seem easier to deal with.

### 5 FIND WAYS TO DISTRACT YOURSELF

While it's important to monitor your pain to help with finding effective treatment, and to talk to others about what you're going through, don't spend all your time focusing on it.

Thinking about your pain all the time is likely to make it worse. Instead, find things to do that keep your mind busy and prevent you from dwelling on how you're feeling. Even if it's just for 10 or 15 minutes at a time, concentrating on activities

that take your mind off how much you hurt will make a difference to your day.

### 6 TRY TO EXERCISE

This is easier said than done. But in many cases, being physically active can ease pain because it causes your body to release endorphins, the chemical that can block pain signals to the brain, as well as boosting your mood. Exercise can also help strengthen muscles, which can further ease pain.

Check with your doctor or specialist before embarking on exercise to make sure that the type of activity you're doing isn't likely to exacerbate things. Depending on what is causing your pain, you might need to start off with a type of activity that is not weight-bearing, such as swimming.

### 7 CHANGE YOUR ATTITUDE

No, it's not fair that you have developed these problems and have to live with constant pain. It's completely understandable if you're angry and despondent. But for many people, being upset all the time only makes things worse. Accepting your reality and finding strategies to cope can make pain easier to bear. Also, changing your mindset to see yourself as someone who lives with pain, rather than suffers from it, can make a difference. This new way of thinking can affect stress levels, easing the pain as a result.

Adopting a new attitude can be difficult to accomplish on your own, but a therapist can help.

### 8 TRY TO GET PLENTY OF SLEEP

It can be hard to get a decent

night's sleep if your pain prevents you from falling or staying asleep. But it's important to try to sleep well because it will give you more energy and make it easier to work on coping strategies. If you're fatigued from a lack of sleep, it can be harder to get motivated, making you feel less able to cope.

Try measures such as meditation, massage, listening to soothing music, having a hot bath before bed or listening to a sleep-inducing recording. Don't look at a TV, computer or phone screen for at least an hour before bed as the light they emit can interfere with your body clock and your ability to go to sleep.

Also, make sure your bedroom is dark and not too warm.



It's not unusual for kids these days to have busier schedules than their parents. Dance and music lessons, sports practice, hobby clubs, Scouts and Girl Guides, extra tuition... their extracurricular activities can be full-on and, in some cases, become overwhelming.

Often they've ended up doing too many things because they want to, not because you're insisting on them.

They may be desperate to try lots of different activities, and peer pressure can play a big part too. But even if they are busy because they want to try so many things, you may need to put your foot down about how much they take on out of school hours.

Of course, these activities can be hugely beneficial, doing

everything from improving fitness, promoting self-discipline and self-esteem, boosting social skills and encouraging teamwork. But they can also be exhausting and affect schoolwork if they overdo it.

How much they take on can depend on age and their individual coping skills. Your child may have taken on too much if they:

- Complain about being tired all the time
- Appear to be stressed
- Experience physical symptoms such as frequent headaches
- Don't do as well at school as they have previously
- Are withdrawn, moody, irritable and anxious
- Can't keep on top of their schedule and miss activities

- Change their sleeping and eating patterns.

If you're concerned they're doing too much and it's taking a toll, it's time to step in.

Don't be afraid to advise them to pull the plug on some activities or say no to starting new ones. It's your job as their parent to set limits. Something will have to give and you may need to be strong about that.

School must come first. If extracurricular activities are sapping their time and energy, and their marks are affected, it's time for something to go.

Try not to let financial investment dictate whether they stick with an activity or not. For example, don't insist they continue with their ice-skating lessons because you've paid for skates. This is why it's a good

idea to look at hiring equipment or buying it second-hand if they're trying a new activity – if they want to give it up, you won't feel like you're throwing money away if you've spent lots on the gear they need.

Make sure family time and chill-out time are factored into their schedule. While it may look as though it's possible to slot in extracurricular activities around schoolwork, bear in mind that it's important for them to have downtime too.

Consider your needs as well. Chauffeuring kids around to too many activities can put a lot of pressure on you or your partner. If the running around is taking a toll on you and other family members, including their siblings, it's time to simplify things for everyone's sake.

WAYS TO CALM  
THE CHAOS OF  
EXTRACURRICULAR  
ACTIVITIES

# Busy little bees





When is the right time to make some noise about a "silent" kettle not being so silent anymore? Also, what is Fairtrade and what exactly do they do?

*Fair deals!*

Kevin Milne  
CONSUMER

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.

# Loud & clear

## IF YOUR KETTLE'S TOO NOISY IT MAY NEED A CLEAN

**Y**ou have a baby in your open-plan house and decided to buy a "silent" kettle. The demo model was fairly quiet in the shop, and so was your kettle for the first month. But now it's as noisy as any other jug you've had. Can you demand a replacement?

I once bought a silent kettle that did the same thing. I suspect if you read the

instructions you're advised to regularly clean the inside of the kettle with a descaler. Apparently, dissolved minerals can build up and make the "silencer" less effective. If you haven't been cleaning it, then you've probably run foul of the warranty. If you have been cleaning it, then return the goods. Of course, no kettle is going to be literally silent so you can't be silly about it. But if

your silent kettle isn't quieter than any other jug, you've been misled and that's a breach of consumer law. I've read that you get fewer dissolved mineral issues if you don't let the jug sit with water in it. Another option is to fill up a large thermos for later use when you first boil the jug in the morning. I can't say that either of those options appeal to me, but then I don't have a baby in the house.

## What exactly is Fairtrade? Is it anything to do with the Fair Trading Act?

No. Fairtrade is nothing to do with the Fair Trading Act. Worldwide, Fairtrade advocates for decent working conditions in overseas factories that grossly underpay their workers. I'm reliably informed that if you buy a cheap \$10 T-shirt made at one of these sweatshops, typically only three cents of that \$10 will go to the machinist who made it. Fairtrade also advocates for farmers who supply the raw materials to those factories and they push for sustainable practices and protection of the environment. Fairtrade New Zealand and Australia oversees which products can be given the Fairtrade Mark in line with international Fairtrade practices. Well-known organisations that are Fairtrade partners include Trade Aid and Oxfam. But products with the Fairtrade Mark are sold in a wide range of shops here from major supermarkets to coffee carts. These goods are guaranteed to have come from manufacturers who pay their workers and suppliers fairly.



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April 22-28

Banks Peninsula & Little River

April 24-28

Stewart Island & Catlins

May 11-18

Bluff Oyster Festival & Stewart Island

May 20-26

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snacks?



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Retirement can mean finding a sweet spot between relaxing and being active.

## 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.

## heyJUDE...

The much-discussed work-life balance can be a bit of a crock. In reality, we go through busier and quieter times, so it may make more sense to tally things up over the longer term.

*Play a long game!*

Jude Dobson  
ADVICE



# Balancing act

COMPROMISE CAN BE  
THE KEY TO HARMONY

I wish I could even out my work life. I have always made my own work in many ways, and that's a good and bad thing. I get to do stuff that I really love – because it's usually instigated by me finding a way to make it happen. I have creative control, which I really enjoy. I have some flexibility of time, but there's also no uniformity in it.

It's not a nine-to-five model with four weeks of leave a year. It's a project-based life, with times when deadlines concertina and other times without work. And sometimes I am so busy doing a project, I don't have time to look for the next one, so it's a bit of a flawed way to operate. I get

so engrossed that finding the time and energy to look ahead is tricky.

I do love what I do though. I've just finished a documentary about our contribution to World War I on the Western Front and it was such a privilege to tell those stories. I feel like I have these men of 100 years ago in the edit suite with me. They are like old friends now. And then, just like that, I'm on to a new doco with World War II stories in it – and no doubt those gents will also become my best buddies.

Come April, when I've honoured their stories, I will stop and gather my thoughts, sleep in and do lunch... and wonder what's next!

## READER LETTER OF THE WEEK

*Hi Jude,  
My husband has retired and is content to relax – a lot. However, I would love to go travelling and get out and about and do things. Even when we go for a walk, I find his slow pace and lack of enthusiasm rather draining and frustrating. What can we do together as a couple that suits us both?*

*Vicki*

Darn, that's a bit of a bore when you've plainly got the to-do list

written and you're awaiting a partner to do it all with.

Maybe it's a pendulum swing and he's so over being busy that he's embracing being very un-busy – but soon enough that will annoy him, and he'll be keen to re-engage in life.

Regardless, it sounds like some life planning wound into a discussion might be on the cards. Can you use the "new year, new decade" thing as an excuse to talk about some of that stuff? Set your sights on a

trip somewhere this year in the first instance, perhaps? Maybe ask him about the places he'd like to go now he has the time to consider it – there must surely be some place he's keen on.

What about looking at local night and community classes now the school year is about to kick in? There might be things you could look at doing that will interest you. Perhaps learn a language (for the trip!) or learn a new skill.

In reality, you probably never

liked doing all the same things pre-retirement anyway, so have a think about what you did like doing together previously and thread some of that through. It's probably not going for walks, I'm picking!

Do you have couple friends in a similar life stage you can connect with? Maybe the girls could do some stuff together and the blokes can do their own thing. I'm sure it'll settle down and 2020 will in fact be a great year to kick off a new life stage.





So many of the icons from the 1970s that we treated with casual disregard have come back to haunt us. Think macramé plant hangers, spider plants, bird's-nest ferns, rubber trees and... monstera.

*Tropical treasures!*

Lee Ann Bramwell  
GARDEN EDITOR

This variegated monstera makes a real design statement with its pristine white and dark green leaves.

# Jungle FEVER

MAKE THE  
MOST OF THE  
MONSTERA  
REVIVAL

I never knew until a few days ago that the ubiquitous monstera – also known as the fruit salad plant and the Swiss cheese plant – belonged to a family called aroids.

Frankly, I'd rather be called a Swiss cheese plant than something reminiscent of steroids and adenoids.

An aroid, Auntie Google told me after I had convinced her I wasn't searching 'android', is any one of various perennial herbs in the Araceae family, having tiny flowers crowded in a spadix that is subtended by a spathe. Spadix and spathe.

Even worse. But no matter what I think of the names associated with these plants, there's no denying they are flavour of the month, enjoying a revival of the 1970s jungle aesthetic.

Back then, everyone had a fruit salad plant in their flat. Now, everyone has one on their phone case. There are statement wallpapers, block-mounted artworks, duvets and cushion covers. Who would have thought?

There's also a growing aroid society – several, in fact – and at the recent Annual International Aroid Society show and sale in

In its natural habitat, monstera is a forest-floor plant where it enjoys dappled shade.



## Weird houseplants



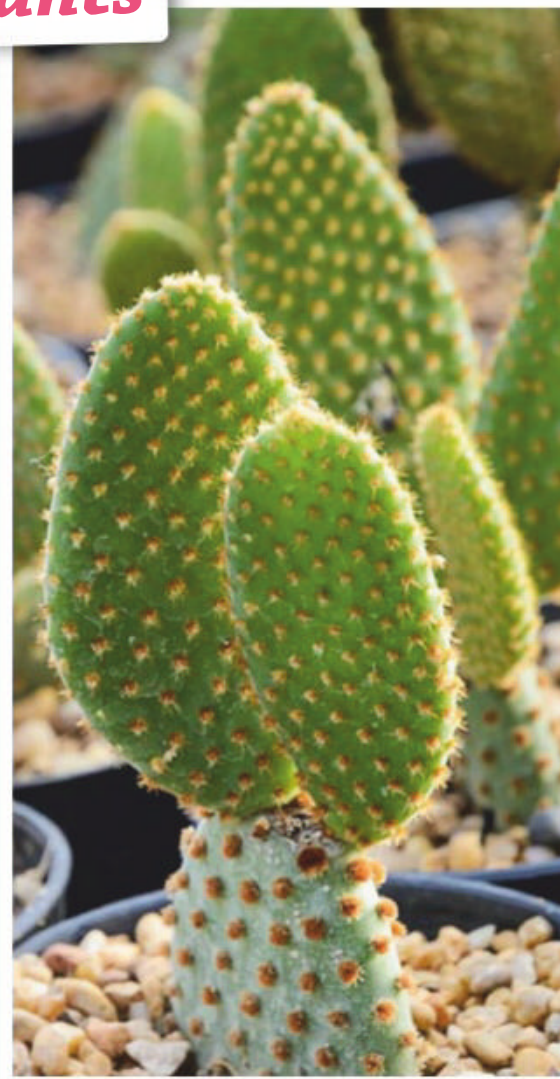
**The monstera deliciosa is everywhere – on wall art, mugs, cushions, phone cases, duvet covers and clothing – as it enjoys a huge revival.**

The next best thing with which to impress people after a really expensive houseplant is a really unusual one. I've found two examples that I'm happy to give house space to both.

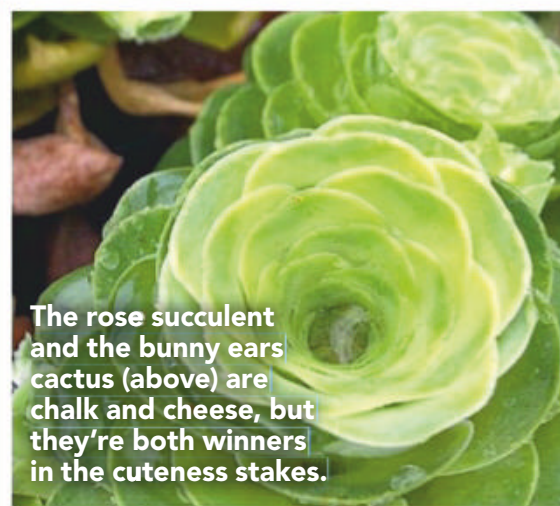
I don't grow roses but I think I could grow a rose succulent. The rules I've read seem pretty simple. Keep the soil mix lightly moist from spring to autumn, and water only sparingly in winter. Wet the potting mix, not the leaves, or the rosette may rot. This little sweetie likes average to dry room humidity, and if it gets too dry, you'll know by its wrinkled leaves.

I don't grow bunnies either, but I've always been a bit envious of people who have rabbits on their properties. Now we have our first wild rabbit. We've named her Alicia. It's fair to say the Partner is less enamoured than I am, and he'd probably prefer a bunny ears cactus to the real thing.

The bunny ears (opuntia microdasys) is a desert species. It likes sandy, free-draining soil, regular watering during its first season in a new pot, sporadic watering after that, but no watering at all in winter. Feed monthly with low nitrogen fertiliser but stop one month before winter. If we don't get one of these, I'll name the next real bunny Opuntia.



**The rose succulent and the bunny ears cactus (above) are chalk and cheese, but they're both winners in the cuteness stakes.**



**Giant philodendrons are impressive additions to sub-tropical gardens. As an indoor pot plant? Perhaps not.**

Florida it was standing room only. It used to be that around 500 people would visit the show over the weekend. Now it's thousands. And they don't come just to meet and greet, they come to buy, with some even bringing trucks to carry their purchases home.

An aroid is not a cheap date. A philodendron luxurians choco sold for more than \$150. A potted variegated monstera, its big leaves marbled with splashes of white, fetched \$6540, while individual cuttings of the plant were being sold for \$200 each. And examples of the uncontested star of the show, monstera obliqua, were fetching \$1000 and more. It's a lot of money for a plant that is typically no more than 15cm tall.

So you're getting one, right? Common houseplants such as pothos, alocasias, monstera, philodendrons, aglaonemas, colocasias, and others, are aroids. You may not recognise

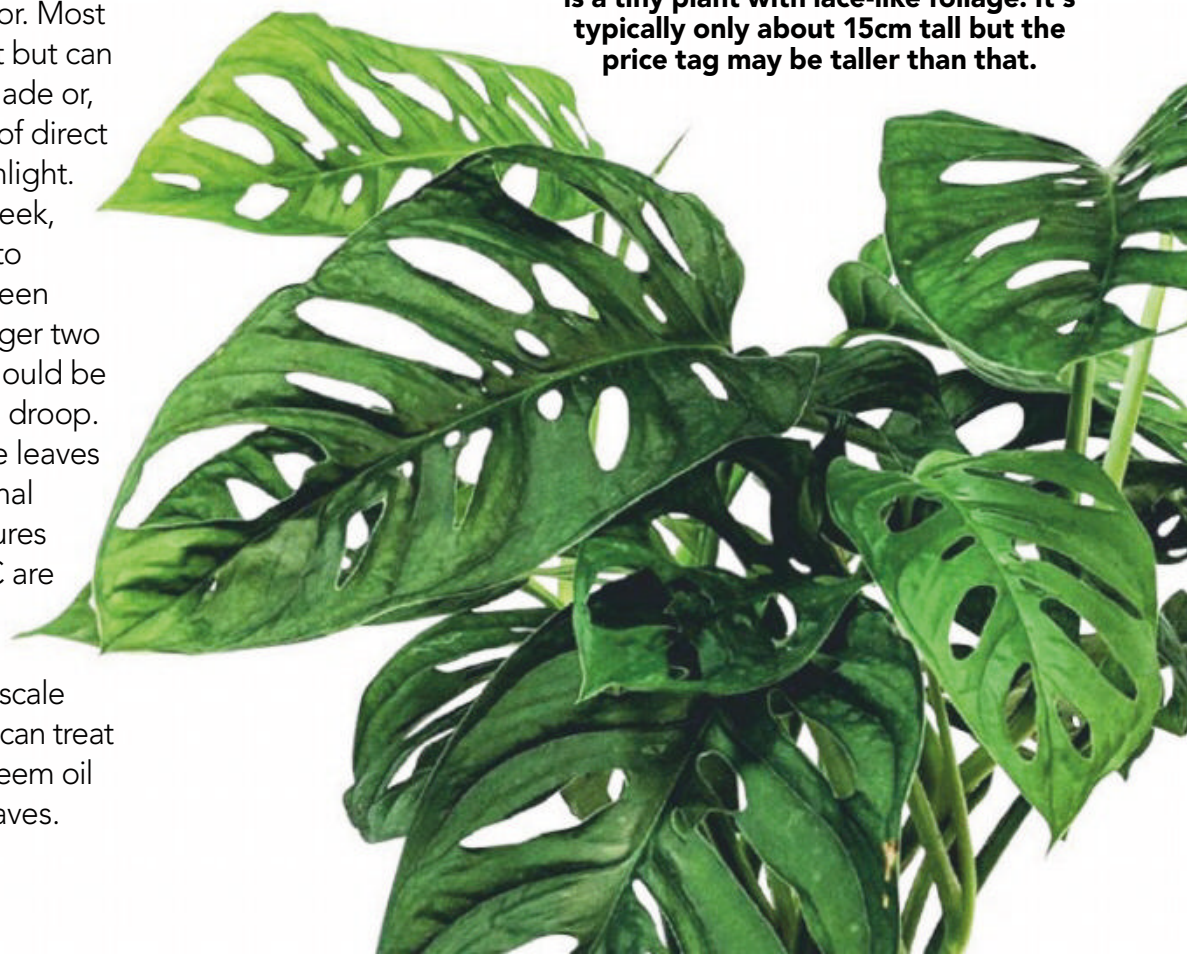
the names but you'll definitely recognise the plants. Chances are you even have some. I have a pothos in the kitchen and philodendrons at the bottom of the garden. Rest assured I didn't pay anything more than \$15 for any of them!

They're easy to care for. Most aroids like medium light but can tolerate quite a lot of shade or, conversely, three hours of direct sun. Go for dappled sunlight.

Water them once a week, and note that it's good to let the soil dry out between waterings. Stick your finger two inches into the dirt. It should be dry. If it needs water, it'll droop. If it needs less water, the leaves will start to yellow. Normal humidity and temperatures between 18°C and 30°C are fine. Easy peasy.

Generally a laid-back plant, it is a bit prone to scale and mealybugs but you can treat them by spraying with neem oil and wiping down the leaves.

**Monstera obliqua ('lopsided', in Latin) is a tiny plant with lace-like foliage. It's typically only about 15cm tall but the price tag may be taller than that.**





# Wheelie

KYLIE HALL REALLY DIGS OUR SOUTHERNMOST CITY

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

**TIP:** Airport taxis are in high demand, so book before you arrive.

**LOCAL FLAVOUR:** For a gourmet pie fix, be sure to visit Fat Bastard Pies.

**WHERE TO STAY:** Rest your head at a classic Kiwi motel such as Balmoral Lodge Motel, where the pillows are super comfy.

Kylie pipes up, then works off the chocolate in Queens Park (above). Below right: Fashion made from WOF labels!

Cars, engines and all that guff do not generally get my motor running, so I'm not expecting much when I step through the doors of Transport World in Invercargill.

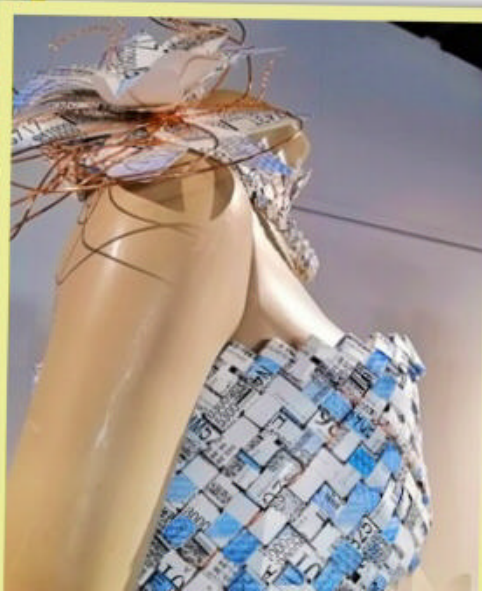
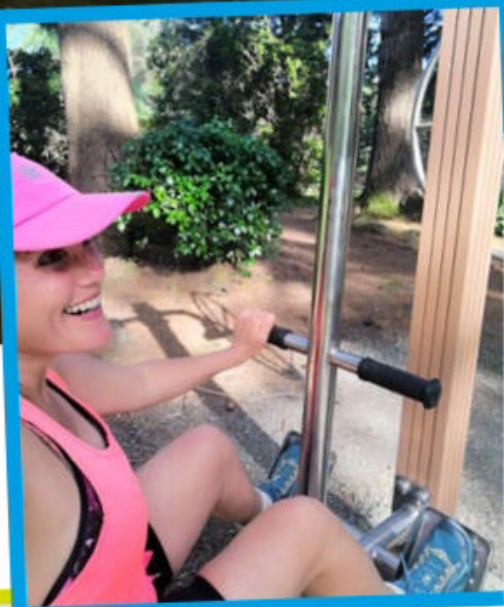
But this popular city attraction turns out to be one of the most cleverly designed exhibits in the country.

Created by passionate local Bill Richardson and his family, it boasts grand old vintage trucks, cars, and motorhead bits and bobs, but in addition – and here's the clever part – there's fashion from its annual Neptune Ball, featuring gowns crafted from things such as

WOF labels, as well as quirky and creative loos, fantastic photo opps (including a jailbird dress-up), a massive Lego room for the kids to tinker in, and a movie theatre screening classics such as *Goodbye Pork Pie*, which of course brings together cars and Invercargill. Mum, Dad and the kids, all sorted for fun in one fabulous place! Very clever.

At one o'clock in the afternoon, I find myself being breath-tested! Not to worry, it's all part of the safety session as I gear up to get my hands on some heavy machinery at Dig This, the city's famous construction theme park. If you ever feel in need of a confidence boost, get yourself on one of these monsters, feel the power and let the endorphins surge!

My instructor Lex tells me that women, with their smoother, gentler approach, often beat the blokes when it comes to the skills tests. It's a real coordination challenge to get these massive machines moving, and I glow with pride – and squeal a little







A moody sunset  
at Bluff Hill.



# GOOD

too – as I manoeuvre a bulldozer beast up and over a gravel hill. Mini diggers and games mean there's plenty to keep younger minds and hands entertained too.

The pinnacle of fear and fun, though, comes when I raise a 15-tonne digger onto its hind tracks and perform a perfect "handstand". I'm fully focused and screaming my head off all at the same time, and I've got the photo to prove it!

Adrenaline under control, I make my way to my version of heaven – a chocolate-making class at The Seriously Good Chocolate Company, where not only will I learn to make scrummy delights, but I'll get to scoff them too!

Ingredients here include dried Central Otago pinot noir grape skins and delicious freeze-dried berries, and owner Jane is a ball of vivacious visionary energy.

Guided by Jane's right-hand woman Heather, I soon have my hands holding a moulding

tray under a fountain of chocolate. Yum! Once set, I steady my hand and fill the cases with salted caramel gorgeous gooeyness, before capping them off.

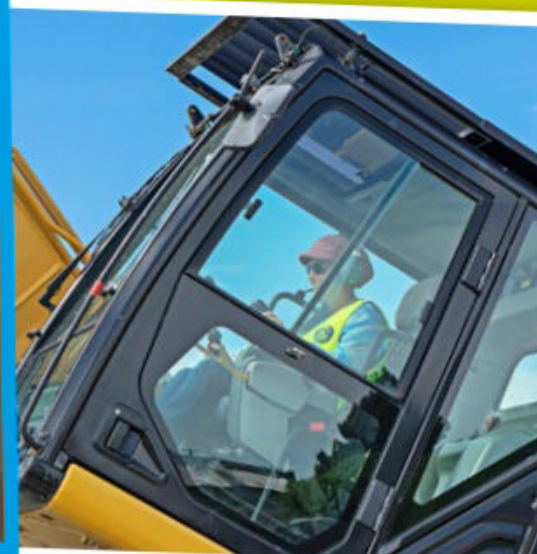
Someone has been clicking away behind the camera, catching me in action, and as we celebrate our newfound skills with a divine dessert platter, I'm farewelled with hugs and treats and presented with a wonderful personalised chocolate box featuring pics of yours truly. The tastiest souvenir ever!

Sneakers on, I jog over to Queens Park and whip around the fitness circuit in a feeble attempt to burn off at least one yummy chocolate. With its towering trees and flourishing flowers, this is my kind of gym.

As dusk descends, a drive up steep Bluff Hill provides spectacular views overlooking Stewart Island. It's blustery, moody and invigorating, a fab finish to a fab weekend away.



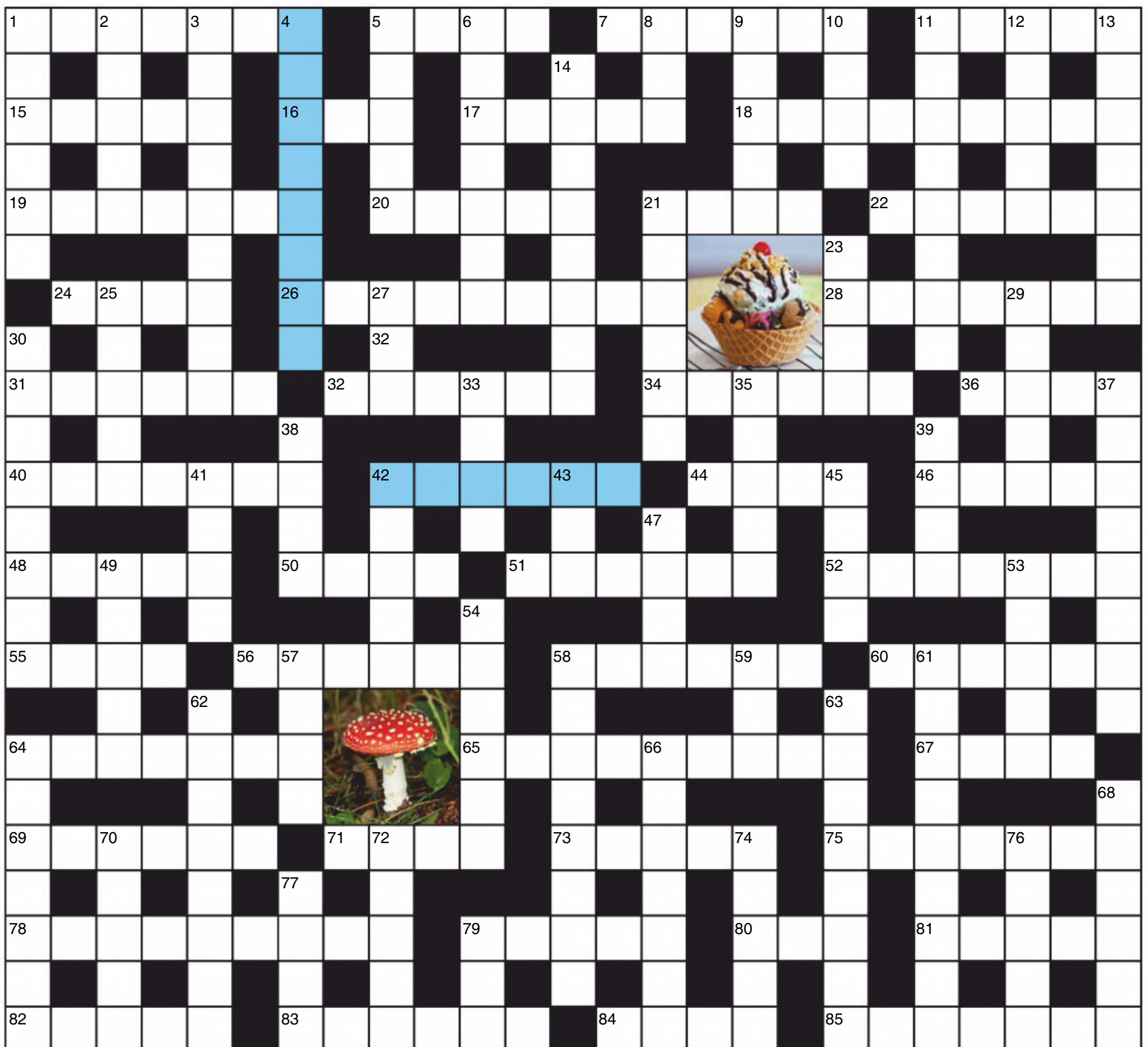
Above and left: Transport World is a treat, down to its car-themed loos. Below: Kylie's tiptop digger skills.





# 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 73.

## MYSTERY CLUE

42ac & 4dn.

Former Kiwi

Miss Universe (8,6)

## ACROSS

- 1 Annie or Les Misérables, for example (7)
- 5 End of a shirt sleeve (4)
- 7 Brand of lemon-lime fizzy drink (6)
- 11 & 34 Across Tauranga's region (3,2,6)
- 15 Seductive sea nymph (5)
- 16 Two in te reo (3)
- 17 Frequently (5)
- 18 Copy (9)
- 19 Sheer silk fabric (7)
- 20 Wasp's defence (5)

- 21 Chopped cabbage salad (4)
- 22 Diminished (6)
- 24 Part of a cricket match (4)
- 26 Bad dream (9)
- 28 Least quantity (7)
- 31 Bean or pea (6)
- 32 Shakespeare's Prince of Denmark play (6)
- 34 See 11 Across
- 36 Side of the road (4)
- 40 Urban satellite of Dunedin (7)
- 42 See Mystery Clue
- 44 Chief (4)
- 46 Perfect (5)
- 48 Stealthy assassin (5)
- 50 Steve Williams' sport (4)
- 51 See upper-right photo (6)
- 52 Archipelago with the

- capital Nassau (7)
- 55 Pig's noise (4)
- 56 Exert oneself (6)
- 58 Gossip (6)
- 60 Score (6)
- 64 Jump from a plane (7)
- 65 See lower-left photo (9)
- 67 Layer (4)
- 69 Set of steps (6)
- 71 Second-hand (4)
- 73 Fast (5)
- 75 Young child (7)
- 78 Mike \_\_\_\_, TV journalist (9)
- 79 Indistinct (5)
- 80 Toilet (3)
- 81 Dread or fear (5)
- 82 Female relation (5)
- 83 Culpable (6)
- 84 Snug and warm (4)
- 85 King or queen (7)

- 33 Grassy area (4)
- 35 Wear away (5)
- 37 Centre of a target (8)
- 38 Stopper (4)
- 39 Angle (4)
- 41 Large-format cinema (4)
- 42 River mouth (5)
- 43 Iconic Aussie bird (3)
- 45 Type of Japanese noodle (4)
- 47 Dutch cheese (4)
- 49 Childminder (5)
- 53 Ground meat (5)
- 54 Joined together (6)
- 57 Small and cute (4)
- 58 Anger caused by other motorists (4,4)
- 59 Flying saucer (1,1,1)
- 61 Reclusive (9)
- 62 Pleasant, nice (8)
- 63 Section of raised flooring (8)
- 64 \_\_\_\_ Islands, sovereign Oceanic state (7)
- 66 Numero uno (7)
- 68 Invalid's support (6)
- 70 Mournful song (5)
- 72 Rice and fish dish (5)
- 74 Child's toy (5)
- 76 Pale, fizzy beer (5)
- 77 Alcohol (4)
- 79 Large container for liquids (3)

## DOWN

- 1 Thing that brings good luck (6)
- 2 Gesture of indifference (5)
- 3 Riddle (9)
- 4 See Mystery Clue
- 5 Group of pupils (5)
- 6 Flower seller (7)
- 8 Greek god of forests and shepherds (3)
- 9 Seventh-largest country by size (5)
- 10 Large show of technology or the arts (4)
- 11 Queensland's capital (8)
- 12 Bread-raising agent (5)
- 13 Liberty (7)
- 14 Not moving (8)
- 21 Dozy (6)
- 23 Leave out (4)
- 25 Las \_\_\_\_, gambling resort (5)
- 27 Former Portuguese colony in 9 Down (3)
- 29 \_\_\_\_ Binchy, Irish writer (5)
- 30 Spanish dance (8)

## SUDOKU extra

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

✦ 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 73

✦ TURN THE  
PAGE FOR  
MORE  
PUZZLES





WIN  
\$200!

Be in to win  
– write the  
solution on  
the coupon  
on page 73.

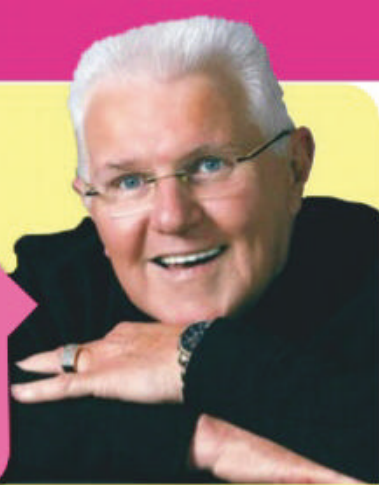
# BRAIN *Stretchers*

✚ Write the answers to the clues in the direction shown by the arrows. Then, reading in order from left to right and top to bottom, the letters in the shaded squares will spell out a mystery word.

Before long Speak to God				Quick pinch Top cards in pack					Estimated time of arrival				Historical period Seaweed
					Allow Top photo								
					Summarise Mixer drink				Poker stake Health resort				
				Knitting style Clever ploy									Law passed by Parliament
	Prophet, oracle		Muscat is there Hourglass										
Drinking like a cat		Killer whales Not logical					Duck used for down Long stories				Skating arenas Ask forcefully		Drink in small amounts
			Flower garland Shady tree										Large war vessel At that place
				Latvian capital Old land units		Nearest Interstellar cloud						Rascal Hunter constellation Whistle cords, eg Cotton cloth	
				Bar bills Knitting stitch									
					Baby carriages Soothe					Brick-toting tray Solid water			
	Happen again								Horse's father Russian ruler				
	Belonging to us				Competent Scheme		Faithful Pakistani language	Rub out mistake Self-satisfied					
								In addition to Toothed wheel		Unprocessed metal		Name of a book Lower photo	
Sticky stuff College				Wall-climbing plant									
						Arrogant bluster Pair, twosome				Cash drawer Fish eggs			
Crafty, devious				Commercials								Wrestle, battle Lock opener	



Put your  
celebrity  
knowledge  
to the test!



# David Hartnell's HOLLYWOOD Trivia Quiz

- 1 Name Jeff Goldblum's character in the 2017 movie *Thor: Ragnarok*.
- 2 Brad Pitt stars in which 2019 movie about the end of Hollywood's Golden Age?
- 3 Name the latest movie actor Tim Allen has featured in.
- 4 Was the 2015 movie *How to Change the World* a comedy, drama, documentary or thriller?
- 5 Who won the Cecil B. DeMille award for his contribution to the entertainment industry at this year's Golden Globe Awards?
- 6 Who portrays Judy Garland in the latest biopic of her life?
- 7 Who wrote the *Game of Thrones* book series?
- 8 Nikki Blonsky and John Travolta star in which 2007 musical?
- 9 The movie *Twins*, featuring Arnold Schwarzenegger and Danny DeVito, was released in what year?
- 10 Name the actress who portrayed Billie Jean King in the 2017 movie *Battle of the Sexes*.

## Code BREAK

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

WIN!

SINK  
OR  
SWIM!



A crew of underwater researchers find themselves trying to scramble to safety after an earthquake devastates their subterranean laboratory. But seven miles below the ocean surface something has awakened and is coming for them. Starring Kristen Stewart, Vincent Cassel, T.J. Miller and John Gallagher Jr, *Underwater* is in cinemas January 23. We have three double passes, valued at \$35 each, to give away.

BE IN TO WIN – write the secret code word on the coupon on page 73.

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

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
			U									
14	15	16	17	18	19	20	21	22	23	24	25	26
				E					R			

25	7	20	14	2	16
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Solutions, page 73

TURN THE  
PAGE FOR  
MORE  
PUZZLES

8



# SPOT *the difference*

**MARRIAGE STORY** + There are five differences in these two images. Can you find them all?



Solutions, page 73

## WORD CHAIN

**Start**

LOST

**Finish**

LINE

POINT  
CAUSE  
NOTE  
FAST  
MAIL  
TAKE  
WAY

COVER  
BAG  
CHAIN  
PIPE  
PAPER  
OUT

+ 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 73



# WHAT IS AVAXHOME?



# AVAXHOME-

the biggest Internet portal,  
providing you various content:  
brand new books, trending movies,  
fresh magazines, hot games,  
recent software, latest music releases.

Unlimited satisfaction one low price

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All languages

Brand new content

One site



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AvaxHome - Your End Place

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



# 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	G
2	S	E					L	Y
3	C					S	E	R
4	D					T	E	R
5	R	E	F					S
6	C	U	R					S
7	C	E	N					D
8	G					I	N	G

**WORD LIST**  
SORE  
RAGS  
RANK  
ROOM  
RENT  
DATE  
LEAN  
RAIN

✦ MYSTERY WORD: Bouncing Australian animal

Solutions, page 73

# 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 BEST	GAPE
2 PLAY	GRIN
3 SIGN	SILT
4 KISS	STUD
5 STOP	DIRE
6 CROW	SAGE
7 TAPE	BRAS
8 STAR	BALE

Solutions, page 73

# 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.

TO	1	IM		SS		LE	PR
ED	2		LE		SI		CA
EN	3	LA		RA		RY	RA
VI	4		LI		CI		BI
TY	5	DI		ER		CE	BO
NO	6		OC		IM		TE
TE	7	SO		DT		CK	GY
IB	8		SI		LI		UN
LA	9	FI		RE		AD	PO
	10		CH		LO		HE

ON DE FF ES GU VI

Solutions, page 73

# 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.

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

Solutions, page 73

✦ TURN THE PAGE FOR MORE PUZZLES

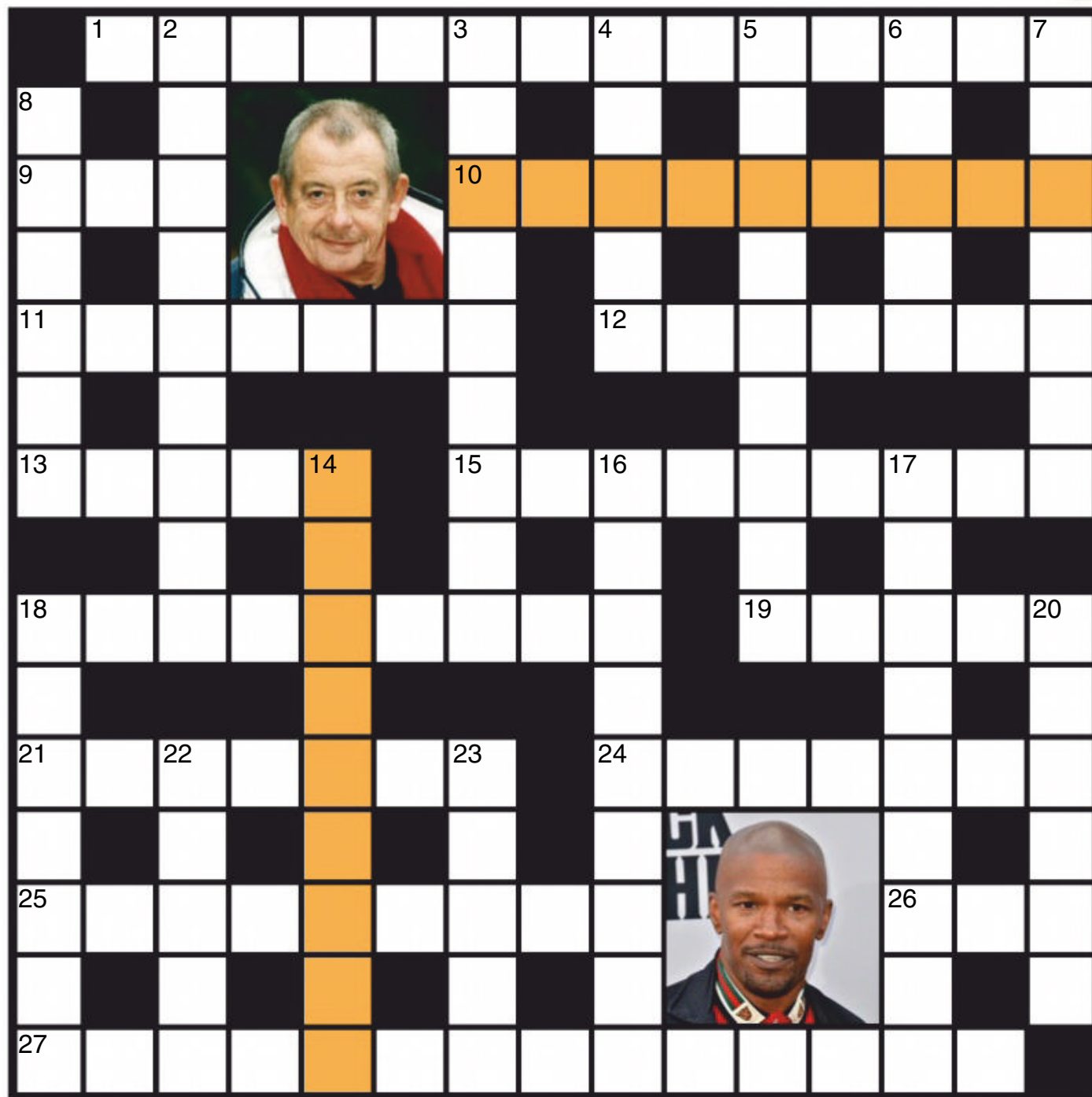


# CRYPTIC Crossword



**WIN  
\$100!**

Be in to win – write  
the solutions on the  
coupon on page 73.



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

- 18 You play around with them  
– preferably only one (4,5)
- 19 Keep cattle in the  
country store? (5)
- 21 A creatively remembered  
original name you make  
initially (7)
- 24 Defeat with notes from  
the Queen consort (7)
- 25 Poach tail to make  
a little sausage (9)
- 26 Worker found in  
replanting programme (3)
- 27 He hopes not to be (or get)  
a pain in the neck (5-9)

## DOWN

- 2 An eight-sided  
lagoon act (9)
- 3 Need practice concerning  
the funeral car shortly,  
Albert, I'd say (9)
- 4 A quiet student is  
holding a listening  
device to locate a gem (5)
- 5 Might be well known – but  
for all the wrong reasons! (9)
- 6 Opt to drop south (5)
- 7 At sea it may please (7)
- 8 Crawls about creating  
scribble (6)
- 14 Reportedly, the stealin'  
gangster (5,4)
- 16 Old time entertainment  
when Cilla hums,  
maybe (5,4)
- 17 Inject Auntie Col, possibly,  
to prevent outbreak (9)
- 18 Peeping, Lance sees  
something inside (7)
- 20 A sport for Dan (6)
- 22 Myrrh in Orlando found  
in short animal (5)
- 23 Airwoman ran out hearing  
the animal cry (5)

## PICTURE CLUES

10ac & 14dn

## ACROSS

- 1 Preconceal kiss  
for dogs (6,8)
- 9 Split percentage (3)
- 10 Make Bertha tea,  
maybe, and you may  
miss one episode (9)
- 11 Has the "X" factor  
at school (7)
- 12 Did she stay  
forever young? (7)
- 13 Curtain material found  
inside the ship? (5)
- 15 Bo messily, perhaps,  
will portray certain  
characteristics (9)

✦ 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.

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

**SKILL  
LEVEL**  
Hard

Solutions, page 73

By Jim Greenfield



**DAVID HARTNELL'S  
HOLLYWOOD TRIVIA**

1 Grandmaster 2 Once Upon a Time in Hollywood 3 Toy Story 4 Documentary 5 Tom Hanks 6 Renée Zellweger 7 George RR Martin 8 Hairspray 9 1988 10 Emma Stone

**WORD CHAIN**

Lost -> Cause -> Way -> Point -> Out -> Take -> Cover -> Note -> Paper -> Chain -> Mail -> Bag -> Pipe -> Line

**LEFTOVER WORD:** Fast

**FAB FOUR**

1 Franking 2 Sedately 3 Cleanser 4 Dragster 5 Refrains 6 Currents 7 Censored 8 Grooming

**MYSTERY WORD:** Kangaroo

**SHUFFLE WORD**

1 Bestride 2 Playlist 3 Signages 4 Kissable 5 Stoppage 6 Crowbars 7 Tapering 8 Stardust

**TRICKY TILES**

1 Impossible 2 Television 3 Laboratory 4 Delicacies 5 Difference 6 Proclaimed 7 Soundtrack 8 Visibility 9 Figurehead 10 Technology

**SUDOKU  
EXTRA**

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

**SERIOUS  
SUDOKU**

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

**SUDOKU**

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

**SPOT THE DIFFERENCE**



**CODE BREAK**

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

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

**MYSTERY WORD:** Junior

**1917 DOUBLE PASS MOVIE TICKET WINNERS:**

A Seidl, Waitakere; S Hazelwood, Auckland; L Henderson, Waimate

**CRYPTIC CROSSWORD**

**ACROSS:** 6ac 28ac 9dn & 18ac The Day Shall Come 7 & 17ac The Golden Glove

8 Frisky 11 Turn it up 12 Molasses

14 Eighth 16 Idol 19 Arable 21 Foremost

23 Outdated 26 Enough 27 Reputable

**DOWN:** 1 Short-order 2 Shot 3 Aggrieve

4 Bluing 5 Menu 10 Yes 13 Spoof 15 Time

signal 17 Grey teal 18 Cameo 20 Bedbug

22 Rae 24 Used 25 Doll

**SOLUTIONS:** The Day Shall Come/  
The Golden Glove

**\$100 WINNER:** B Clark, Winton

**MEGA CASHWORD**

**ACROSS** 1 Getaway 5 Fake 7 Stamen 11 Humid 15 Roman

16 Celebrity 17 Lyttelton 18 Emu 19 Plain 20 Bic 21 Te

Reo 23 Actor 25 Stampede 27 Cheers 29 Macramé

33 Calm 35 Raglan 36 Slang 38 Hamster 40 Tomato

41 Thyme 43 Storm 45 Lying 48 Cream 49 Denim

50 Image 51 Raisin 53 Teacher 56 Cliff 57 Curtis 58 Shoe

60 Hoodlum 61 Pronto 63 Intimate 66 Party 68 Amber

70 Tic 72 Cloud 74 Cad 76 Semicolon 79 Gravy Beef

80 Eddie 81 Roost 82 Drowsy 83 Helm 84 Mustard

**DOWN** 1 Gorge 2 Tempura 3 Windpipe 4 Yucca 5 Feline

6 Kebab 8 Toy 9 Molar 10 Nut 11 Hyena 12 Mat 13 Diner

14 Circle 21 Tasman Sea 22 Oomph 24 Toast 25 Sick

26 Diamond 28 Hen 30 Complain 31 Enrage 32 Platonic

34 Loose 36 Sheriff 37 Geometry 39 Taj Mahal 42 Yom

Kippur 44 Martian 46 Irish 47 Scotch 52 Gene 54 Amour

55 Rumba 57 Cot 59 Mindless 62 Outlaw 64 Arcadia

65 Scream 66 Poser 67 Yacht 69 Banjo 71 Clyde

73 Oxfam 75 Dread 77 Moo 78 LED 79 Gas

**SOLUTION:** Cliff Curtis

**\$200 WINNER:** M Palmer, Auckland

**BRAIN STRETCHERS**

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

**MYSTERY WORD:** Orchard

**\$200 WINNER:** C Hird, Auckland

**NEW ZEALAND  
Woman's Weekly**

**ENTRY COUPON**  
JANUARY 27, 2020

MEGA CASHWORD

BRAIN STRETCHERS

CODE BREAK

CRYPTIC CROSSWORD

NAME

ADDRESS

PHONE

**POST TO:** PUZZLES 27.01.20, 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 February 17, 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,  
January 31, 2020**



# Your Weddings



## Jaime & Andrew Ralston

There was no question as to where Jaime and Andrew would get married. "My husband visited New Zealand about a year after we met and we travelled the country from top to bottom, falling in love with Hokianga and Opononi," she tells. And so, Copthorne Hotel & Resort was the perfect location for the lovebirds to say their vows in front of family and friends who travelled from as far afield as South Africa and the UK. Marking three years of marriage on December 13, 2019, Jaime says the couple have been together for much longer. "Just over 13 years actually. We met at Oktoberfest in Germany – two days after I set off from New Zealand for my OE in the UK. I knew of my husband as he was a friend of my brothers. I was warned, in the most protective way, to stay away from a couple of their friends, one being Andrew, but here we are many, many years later living together in beautiful Aotearoa with our two beautiful children."

PHOTOS: SUPPLIED



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## 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

# Over the TEACUPS

FROM THE ARCHIVES

## HE'S DONE THE TIME!

While recently talking to my Sydney-based brother on the phone, I asked what his five-year-old son had been up to. He told me they were really looking forward to his "probation" the following week. I eventually figured out he actually meant graduation! What a relief to know the little one hasn't gone off the rails at such a young age!

Lyndal, via email

## POWERFUL REPLY

Granny had rung a helpdesk to see why she wasn't able to get her email functioning. The young man on the other end of the line patiently went through all the possibilities of what she might be doing wrong. Finally he said, "Look down on the floor. See that thing on the ground? It's called a power cord..."

Kelly, Auckland,  
April 29, 2002

## MUM'S THE WORD

My granddaughter is seven months' pregnant and proudly wears a T-shirt with the logo "Baby on Board". Another expectant mum I saw recently had printed on the front of her shirt, "Let me out!" So different to the uninteresting maternity clothes worn back when I was expecting my babies!

Elgie, Te Atatu,  
February 8, 1993

## WISE CRACKER

My daughter was playing with her ball outside the kitchen window. I told her not to throw it so high as it might come through the window. "It can't," she replied. "The window's shut!"

Eu-Nice Girl, Christchurch,  
July 6, 1981

## 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.**



Those were the DAYS

**Jeanette Thomas featured on the Weekly cover for the issue of April 29, 2002.**

## BABY BATTLE!

The presenter and new mum revealed what the birth of her daughter Charlotte was like, explaining her struggle with the baby blues and breastfeeding, plus she told how life had changed for her and partner Dave since their little girl was born.



# It's in the STARS

YOUR HOROSCOPES FOR THE WEEK JANUARY 20-26

## AQUARIUS

Jan 21 – Feb 19

The beginning of the week will feel monotonous, but by Wednesday life becomes very interesting thanks to a romantic connection that blows you away. This love interest will take a great deal of time and effort, but it's going to be well worth it. They will make you extremely happy. If you're partnered, put some effort into your relationship – recapture your magic.

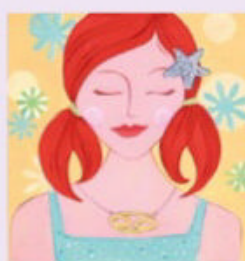


## PISCES

Feb 20 – Mar 20

If there are problems, they are likely to be technical and electrical. Your self-confidence

is high and you're feeling stable and emotionally grounded. This is not the most amazing week you've ever had, but it's not the worst either. Take yourself out with a friend or partner and enjoy some laughter.

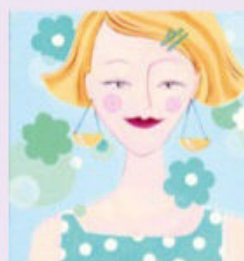


## CANCER

Jun 22 – Jul 23

This week, when it comes to love, you aren't too sure about someone's devotion or

loyalty and may be tempted to test them. That's the right thing to do as you'll know once and for all if they are true to their word. It might also be useful to test loyalties at work as well. See who is on your side.



## SCORPIO

Oct 24 – Nov 22

You might find it hard to see things from someone else's point of view. To them the situation

is black and white, but for you there are a few shades of grey, purple and pink. You have a decision to make, and though it may seem like a small issue, a great deal hangs on your choice, so take your time.

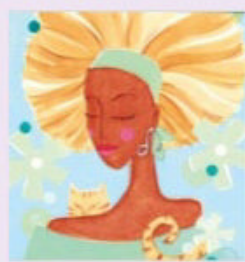


## ARIES

Mar 21 – Apr 20

Working with groups of people is extremely rewarding. Being a practical person, you

are more than capable of putting people's ideas into practice, and for that alone you receive kudos! Take photos and ask for feedback; it's important for days when you aren't feeling very inspired.



## LEO

Jul 24 – Aug 23

Everything is far too slow for you right now. You'll want to speed things up, but others may not

appreciate that pressure. Take heart in the fact that even if they did hurry things along, it still wouldn't be fast enough! You may be concerned about your appearance this week, but don't worry, you look perfect!

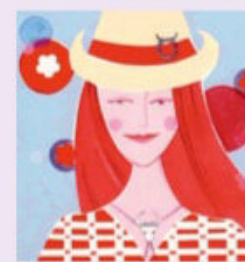


## SAGITTARIUS

Nov 23 – Dec 22

You will receive many an invitation this week but none of them are inspiring. What does

appeal is pleasing yourself for a whole day. Get up in the morning and go through the day doing exactly as you please. At the end of the week, you'll realise having at least one day to yourself is healthy.



## TAURUS

Apr 21 – May 21

There is someone around you who will be a little too loud, a little too enthusiastic, and

has no idea when to back off. Though you're tempted to be very blunt with them, be aware that will just make matters worse. The proverbial 'ignore them and they will go away' is the best policy right now.

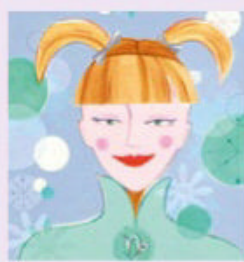


## VIRGO

Aug 24 – Sep 23

Now is the perfect time to be a little reserved. Laying low allows you to notice what's going

on around you, be it at work or socially, and that gives you an advantage when making decisions about your future. You may be a little abrasive or short when speaking to people; take care to soften your words.



## CAPRICORN

Dec 23 – Jan 20

If you're purchasing a house, negotiating a business deal or something similar, then

stand your ground. Just when it seems there is no agreement, they will capitulate, and you'll get all that you asked for and more. There is a wonderful balance in your life right now, so make the most of things.

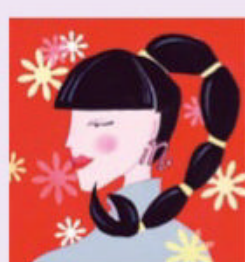


## GEMINI

May 22 – Jun 21

If you have any doubts about where life is taking you, they will all go out the window this

week! Everything falls into place at exactly the right time. Now you can move to the next stage of your plan, which will happen more quickly now you know that you're on the right track – and that is the fast one.



## LIBRA

Sep 24 – Oct 23

Life has been a little hectic and perhaps tense, so it's time to relax and regroup. You

now only have routine things to deal with, and those get done quickly and efficiently. What should you do with your spare time? Well, love is definitely in the air as someone is interested, so see where that takes you.

Happy birthday!

Ellen DeGeneres turns 62 on Sunday and is set to recapture some magic.



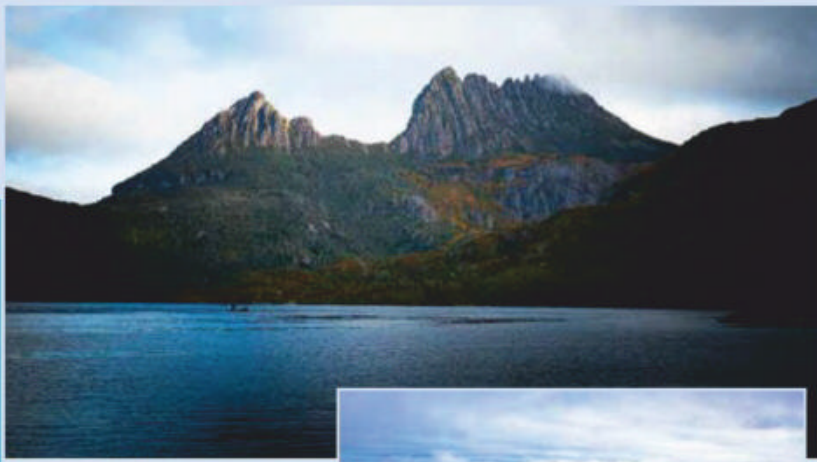
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**TSS EARNSLAW CRUISE & WALTER PEAK DINNER, MILFORD SOUND CRUISE, CATLINS, LARNACH CASTLE DINNER, TAIERI GORGE RAIL, MT COOK**

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

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**3 & 4 Star Hotels, Rotorua, 2 Nts Napier, Gisborne, East Cape, Tauranga. FROM: Auckland + more. Extra Night Auckland \$199 per room.**  
**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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WHERE YOU HAVE YOUR SAY

## NEW ZEALAND Woman's Weekly

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### Countries in arms!

I know the fallout of Prince Harry and Meghan, Duchess of Sussex wanting to step back from royal duties has dominated the media recently, but it was your article *Kiwis on the front line* (20.01.20) that captivated me. The devastation to humans, animals and the environment is catastrophic and I really feel for our Aussie cousins. At the end of the day, our Anzac camaraderie and spirit is more important than what the royals are doing. It is heart-warming to read about how Kiwi firefighters are battling the flames and making a difference.

Jessie, via email

### NOTICEBOARD

**REUNION** I am seeking members of my coffee group from 33 years ago for a reunion set for mid-February 2020. Could Denise Shepherd, Karyn Roberts, Valda Roberts and Barbara and Lee Scott please contact me, Corinne King, at aaking@xtra.co.nz.

Send notices to: nzww@bauermedia.co.nz

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## \$100 WINNING LETTER

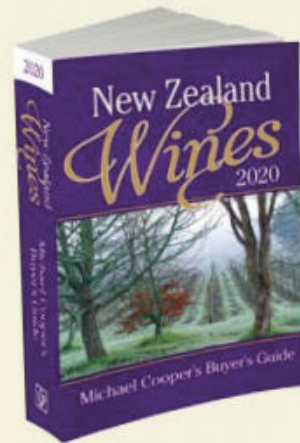
### A Christmas story

I was so delighted to read the three lovely short stories in your magazine recently (06.01.20). Most readers, including myself, can relate to all of the stories – particularly at Christmas time. Pets are so lovely to have and love, and they are so good at entertaining, especially kittens with all their antics. I am a senior citizen and know how easy it is to live alone and feel down. We must make an effort to include every

person during the festive season so we can all enjoy being part of these Kiwi celebrations that we're so good at having.

Stephanie, Hamilton

The writer of our winning letter receives \$100. Our other letter wins a copy of *New Zealand Wines 2020* (Upstart Press, RRP \$39.99) by Michael Cooper. Designed to help you make informed choices about the best quality and value wines available, this annual is firmly established as the most authoritative and sought-after guide to New Zealand wines. Updated yearly with new tasting notes and ratings, this is a must-have publication for the initiate and the established wine buff alike.

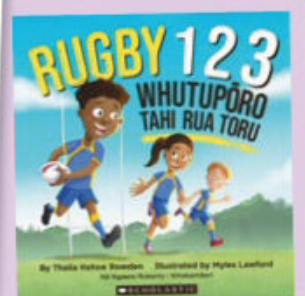


CUTE KID

A pit stop at Piha has Sebastian Irvine (3) full of smiles.

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

WIN!



Our Cute Kid of the Week wins a copy of *Rugby 123* (Scholastic, RRP \$17.99) by Thalia Kehoe Rowden. Young fans of the sport will love counting to 10 in this playfully illustrated rhyming book featuring rugby – from balls and boots to match officials and spectators.



# A STEP IN *the right direction*

KERRE'S ON TEAM HARRY AND MEGHAN!

**W**ho can really blame Prince Harry and wife Meghan, Duchess of Sussex for wanting to make their own way in the world?

In a recent move that has stunned royal watchers, the two announced that they intended to step back from their positions as senior royals and divide their time between North America and the UK.

They said in their statement they want to become financially independent, while continuing to support the Queen, the monarchy and keep working with their chosen charities.

The tabloids are having a field day, with insiders reporting that Prince Charles and Harry's brother Prince William are "incandescent with rage" at the announcement as they wanted more time to work out a strategy that would meet the needs of all parties involved.

Whether or not this is true is anybody's guess, although judging from the terse, two-paragraph response from Buckingham Palace, there's an element of truth there.

"Discussions with the Duke and Duchess of Sussex are at an early stage. We understand their desire to take a different approach but these are complicated issues that take time to work through." Yikes.

For what it's worth, though, I think Harry and Meghan are doing the right thing. Being the spare to the heir is an inglorious position. Look at previous generations.

Princess Margaret was unable to give up the trappings of royal life and became a lost soul, gadding about town, taking up with unsuitable lovers and drinking and smoking herself to an early grave.

The less said about Prince Andrew the better – an entitled, pompous fool without any discernible skills, he's done more to damage the royal brand than anyone since Edward VIII.

For a while Harry was a wild child. Again, who can blame him? Losing his mother at such a young age, knowing that he would only be required for the top job if his brother died young and without children ... it's hardly the ideal situation for a young man to thrive in.

But then along came Meghan and Harry found his soul mate. The writing has been on the wall ever since the two were married. Meghan has struggled under the relentless spotlight focused on her by the British media, while Harry has struggled to protect his wife from the same forces his mother fell victim to.

Why shouldn't they live their own lives? The line of succession

is secure with Charles, William and William's children. What possible use is there now for Harry and his wife within the royal family other than as pretty dress-up dolls to be wheeled out at black-tie functions?

I think it's great they want to use their skills and position to support causes, unencumbered by the constraints of being part of The Firm.

Naysayers are wondering how flitting between North America and the UK is going to fit in with the couple's stance on global warming, and whether the British taxpayers will foot the bill for Harry and Meghan's respective protection given they are no longer working for the royal family.

The anti-Meghan cabal are also in full cry, blaming the American for turning Harry away from his family. That's not fair. Harry is his own man and from the interviews I've read, he's struggled with what he was born into his entire life.

It's tough enough to be a royal, let alone be a royal who doesn't have a role or function. I wish the young family well and I hope Harry finds his true calling in life.





# SCHOOL *for life!*

## JEREMY'S NOVEL WAY TO MAKE PARENTS, KIDS & TEACHERS HAPPIER

I have shirts older than my children. They are six and nine respectively – the children that is, not the shirts.

This means two things: School holidays are too long and I need new shirts.

It's a well-documented, scientific fact that returning one's offspring to school is the most magical and uplifting moment in a parent's year. A freeing of shackles, a new dawn, a vast plain of nothing-to-do stretching out to the horizon.

If it's that amazing, is there a better way?

Could I perhaps suggest we have the whole school/life balance backwards?

Many people regard school as something that takes the kids out of their home life. I see home life as taking the kids out of school, their natural habitat.

Consider this: Neither my wife nor I are trained as teachers, yet the government and the education system expect us to look after our daughters for nearly 24 hours a day from early December until February. That's two months, and really, too long. Especially when you consider our complete lack of educational ability means our children not only stop learning, but probably go backwards.

The kids suffer. We suffer. The country suffers.

Imagine if our children were happy, safe, cared for and learning during those two months? That's 20% extra school time! Our nation would have the smartest kids in the world! And the happiest parents.

More productive parents too! Just think how much better I'd be at Fortnite if I'd been able to commit to it fully during the last

nine summers! We'd be happier too, because we'd be doing amazing things such as sleeping.

Teachers: Please don't think I haven't thought of you. I love teachers. I have immense respect for teachers and in this bright, new world of mine I'm not expecting you to work longer hours. No! For December and January, we replace teachers with politicians!

They're the perfect fit: they're not busy during those months, they have a pathological desire to be liked and they're used to acting like children. The kids would love them. And we're already paying their salaries!

There's another benefit to having your local MP spend a couple of months at the coalface of learning – a massive boost in education funding!

Nothing will convince our parliamentarians of a teacher's value more than walking a mile in their chalk-covered, child-practical footwear. Overnight the budget would be adjusted to give our educators the funds they need.

And when us mums and dads come to pick up our kids for the odd night or two before dropping them back at school, we'll be so much more enthusiastic and engaged. Our time together will be far more loving.

I know some people will say when it comes to time with our kids, what matters is quantity not quality, but I'd wager those people are not parents.

This is a great plan! School-for-life! I'm already getting excited about the possibilities. I may even have time to buy some new shirts!



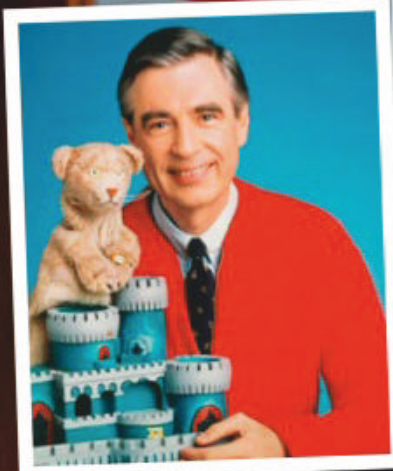


## FILM

TOM'S TAKE  
ON TV'S  
MR NICE GUY

# One of a kind

Fred (below) hosted his TV series *Mister Rogers' Neighborhood* from 1968 to 2001.



**T**om Hanks is one of the most lovable figures in Hollywood, so it's only fitting that he take on the role of one of the most beloved figures in American children's entertainment.

While New Zealanders may not know Presbyterian minister turned TV host Fred Rogers, *A Beautiful Day in the Neighborhood* is a heart-warming biopic well worth a watch.

Journalist Lloyd Vogel (Matthew Rhys) is assigned to write a profile on Fred and approaches the task with scepticism. How can someone be that genuinely good-natured? Fred's empathy and kindness win over the jaded soul, forcing him to confront his painful past.

Fred is a legendary figure in the US. "You put on that red sweater and those blue shoes and you might as well be putting on Batman's cape and cowl. You feel powerful," says Tom.

The 63-year-old felt a huge responsibility when he took on the role, especially as they were filming in the entertainer's hometown of Pittsburgh.

He recalls a conversation with a local in an elevator about how filming was going. "Just as the elevator was closing he said to me, 'You know we take Mister Rogers very seriously here in Pittsburgh.' And [then] the door closed... that was literally 'Don't screw this up.'"

*A Beautiful Day in the Neighborhood* is in cinemas Thursday.

## TV



## SPECIAL GIFT

Call the *Midwife Christmas Special*, TVNZ 1, Friday at 9.15pm.

The festive season may be long over, but the midwives still have one special gift, arriving this week. In this year's *Call the Midwife Christmas Special*, Mother Mildred, played by the delightful Miriam Margolyes, takes the ladies to the Outer Hebrides to help the islanders

after their only midwife leaves to get married. With less than ideal conditions, the women of Nonnatus House must work hard to help this struggling community. Despite being far out of their comfort zone, the special is still guaranteed to deliver fun and laughter.

## REVIEWS

### FILM



### JUMANJI: THE NEXT LEVEL RATING PG

*Jumanji: Welcome to the Jungle* was a surprise hit of 2017, so there were big expectations for this sequel. While *The Next*

*Level* has some fun moments, its two-hour run time drags on and there are definitely scenes that could have been left on the cutting room floor. Once again, the highlight of the film is Jack Black, who plays three different characters throughout, each one as hilarious as the next. You certainly won't have a bad time watching this movie, but it doesn't hold a candle to its predecessor.

**Rebekah Heberton**







*Secrets & lies!*

Nicky Pellegrino  
BOOKS EDITOR

# LOCAL hauntings

## JUST HOW WELL DO YOU KNOW YOUR COMMUNITY?

**A**t a glance, this novel felt like many other books I've read before... a troubled woman returns to her hometown where there is a crime and a moody local cop trying to solve it.

Still, the reason this is such a well-worn plot is that it's the recipe for a gripping read. And romance writer Nalini Singh's first attempt at crime fiction is most definitely intriguing.

It opens with Anahera returning from London to her home in the small settlement of Golden Cove, on New Zealand's West Coast. Bad things have happened to her and she has mixed feelings about being back in the town she was once so glad to leave.

Just as Anahera is settling into her cabin beside the beach, tragedy strikes. Local girl Miri disappears without a trace while out for a run. Miri is beautiful, talented and well liked by

everyone. Who would hurt her?

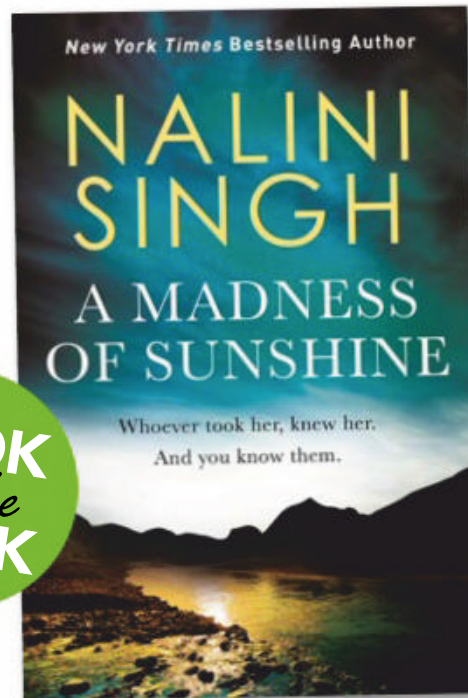
It turns out that Miri had a secret and Golden Cove has a sinister side. Young women have disappeared here before and never been found. Suspicion soon casts its shadow over almost everyone.

The person with most of those suspicions is Will, the local cop. He used to be a city hotshot until a case went very wrong and he was put out to pasture in Golden Cove. Since then he has obsessively made sure that everyone in town stays safe and honest. When Miri disappears, he leads the frantic search.

Nalini knows how to pull you into a story and make you care about the characters. *A Madness of Sunshine* has an unexpected twist, a dramatic finale, a hint of romance, lots of

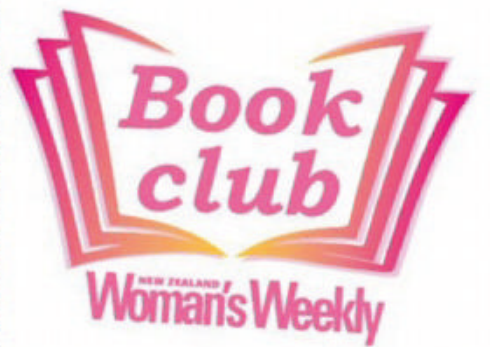
menacing atmosphere and a strong sense of place – this is very much a Kiwi story.

I do have one niggle and that's the title – how does it relate to the story and what does it even mean? Aside from that, this is a solid crime debut and I look forward to more of the same from this Kiwi author.



**A Madness of Sunshine by Nalini Singh (Hachette, RRP \$34.99)**

**BOOK  
of the  
WEEK**



## BOOK CLUB DISCUSSION

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

- Why does Signe decide to steal the glacier ice and take it to Magnus? What will it achieve?

## 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... Nalini Singh

She is an Aucklander who has had international success with her paranormal romances, including the Psy-Changeling series. This is her first crime novel.

**I wanted to write a murder mystery because...** "I was inspired by the West Coast and its stark, stunning, dangerous landscape. It called for a story that was about isolation and secrets, beauty and darkness all hidden in plain sight. Once I began writing it, I couldn't stop."

**This story was inspired by...** "Partly the landscape itself. The rest of the inspiration came from my love of all things mystery and thriller, including Nordic noir. New Zealand

isn't so different from Iceland, where so many dark thrillers come from. We're in a distant part of the world, we have landscapes just as astonishing and weather that can be friend or foe. Why not New Zealand noir? Once the thought was in my head, I couldn't get it out."

**The best thing about writing it was...**

"I wrote this without telling anyone I was doing it, so had total freedom to explore an entirely new genre for me as a writer. It was a whole different ball game. Overall, I loved trying a new and different type of project. I enjoyed it so much that I'm going to be writing another New Zealand-set thriller next year."





Kate Beckinsale accepted the Best Action Film award on behalf of the *Avengers: Endgame* cast and crew. Left: Taika and *Jojo Rabbit* star Thomasin McKenzie posed for a quick snap. Below: Quentin Tarantino couldn't wipe the grin off his face after winning Best Original Screenplay for *Once Upon a Time in Hollywood*. Below left: Kristen Bell and Ted Danson were clearly in A Good Place for the evening's #SeeHer Award.



Nicole Kidman cuddled into her *Bombshell* castmate Charlize Theron during dinner.



Al Pacino and Robert De Niro, co-stars in *The Irishman*, could have been separated at birth!



★★★★★  
CRITICS  
CHOICE

HOLLYWOOD  
CELEBRATES THE BEST  
IN FILM AND TV

# A critical success

**A** night of heartfelt speeches ensued during the annual Critics' Choice Awards, held at Santa Monica's Barker Hangar. Dressed to the nines, a host of Hollywood's hottest celebrated the latest successes in movie and TV.

**Joaquin Phoenix** (45), **Laura Dern** (52) and **Renée Zellweger** (50) were among the prominent winners, taking home the most coveted awards.

Joaquin won Best Actor for his powerful performance in *The Joker*, with Laura winning Best Supporting Actress for her role in *Marriage Story*. Renée took out Best Actress for her portrayal of Judy Garland in *Judy*.

The night was very much filled with giving back to what's important too. Joaquin highlighted how important it was that the event had opted for the sustainable route during its operation, and both Laura and Renée thanked their supporters, especially the empowering women in their lives.

**Taika Waititi's** (44) *Jojo Rabbit* was nominated for Best Adapted Screenplay, but he didn't leave with the trophy.

**Clockwise from top left:** Best Supporting Actress winner Laura shared a moment with Jennifer Lopez, another nominee for the same category; Anne Hathaway's sparkly, golden dress turned heads on the red carpet; Renée happily accepted another accolade for her role in *Judy*.





## IT'S PLAYTIME!

Even unicorns need a hug from Dad from time to time! *Deadpool* star Ryan Reynolds (43) carried his brightly dressed daughter James (5) to a playdate with fellow Hollywood heartthrob Bradley Cooper's daughter Lea (2). Thankfully, it seems the onesie dress code only applied to the little ones!



## HUFFLE-HELEN!

Helen Hunt (56) the Hufflepuff? The *As Good As It Gets* star sported a *Harry Potter*-esque tie recently as she plugged her latest role, a journalist on a quest for the truth in the upcoming TV show *World on Fire*.



## GROOVY BABY

Oh yeah! **Salma Hayek** (53) donned an, er, busy outfit for a red-carpet appearance in New York City last week. Though her husband owns fashion brands such as Gucci, Yves St Laurent and Alexander McQueen, Salma looked a little like she'd been inspired by the likes of Austin Powers instead.



## SUMMER DAZE

He's perhaps a tad overdressed for an overwater hammock – but the deliciously easy on the eye **Idris Elba** (47) looked like he was ready for a holiday as he was snapped at a resort in the Maldives. We're sure there's room in his suitcase for us next time!

## CLASSIC VICTORY

An ecstatic **Serena Williams** (38) lifted the singles trophy at the ASB Classic in Auckland last week. Despite a bumpy introduction to the tournament in 2017, Serena, who was then six weeks' pregnant with daughter **Alexis Olympia** (2), was thrilled to return to our shores this year and claim her first win as a mum. Ace!

## THIS YOUNG HEART OF MINE!

When your birthday balloons are bigger than you, it's a sure sign of a swell celebration! Penny, Lady **Stewart** (48) and her adoring husband **Sir Rod** hit the town to celebrate the rocker's 75th birthday.



There's no reining in Zara and Mike's joy.

It's a case of horses for courses for **Zara Tindall** (38) and husband **Mike** (41) as they step out at the Magic Millions carnival on the Gold Coast.

Though there's currently much drama engulfing their extended royal family back home, the Tindall clan have been enjoying some R&R in Australia, with talks of them even considering a move Down Under. The Queen's granddaughter seemingly took a leaf out her grandmother's style book too, donning a bright pink Rebecca Vallance mini dress and feathered orange Millinery Jill fascinator for a day at the races.

Zara, an ambassador for the Magic Millions, and Mike haven't just been kicking back though, and have helped raise \$300,000 for Aussie firefighters battling some of the country's worst bushfires ever.

# THE RACE goes on

WHAT ROYAL TENSION?  
ZARA AND MIKE'S MAGICAL  
HOLIDAY CONTINUES



Million-dollar smiles! From left: Argentine polo player Nacho Figueras, Zara, Nacho's wife Delfina, Mike, and Nicole Slater and her husband, Australian rugby league legend Billy.



# It was like watching my superhero crumble.

Every 4 hours another  
kiwi is diagnosed with  
blood cancer.

sign up for a cure at  
[shaveforacure.co.nz](http://shaveforacure.co.nz)

**Shave**  
for a cure

**leukaemia &  
blood cancer  
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