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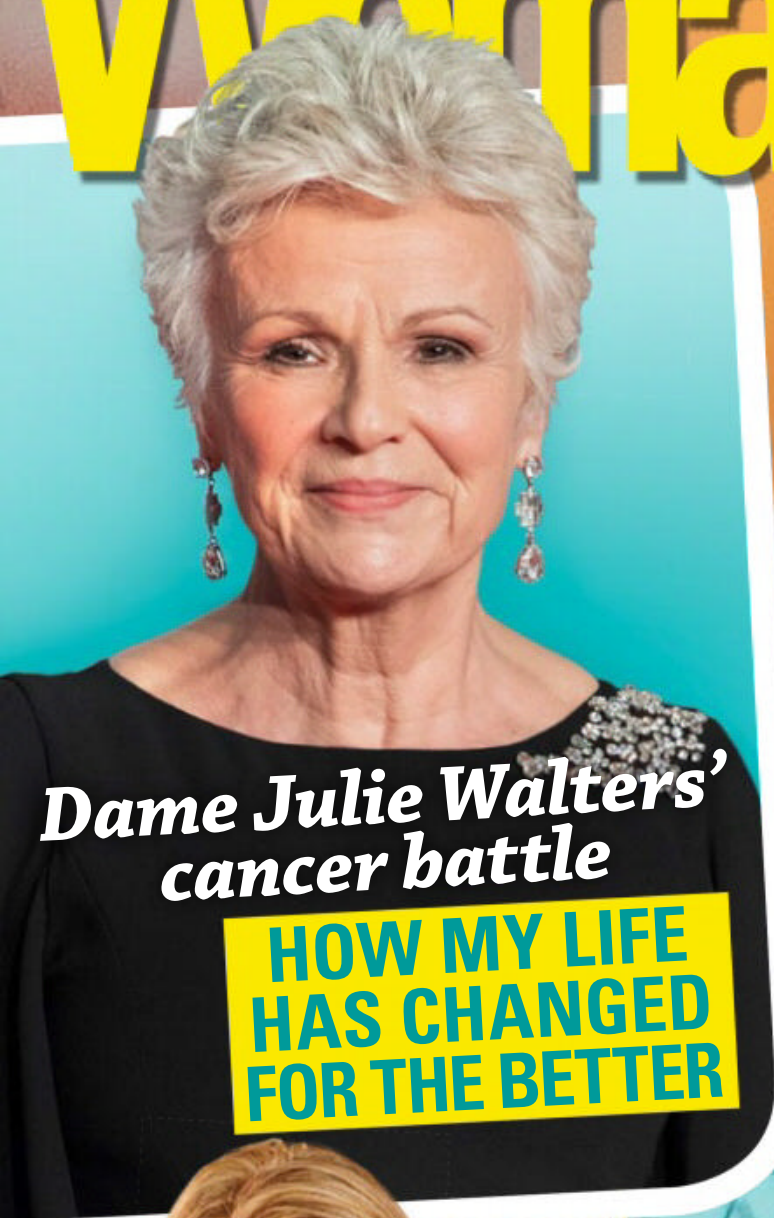
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Dame Julie Walters' cancer battle

HOW MY LIFE HAS CHANGED FOR THE BETTER



**New Zealander of the Year
JENNIFER WARD-LEALAND**

'I wish my dad was here to see this!'

DINNER FOR ONE!



The perfect 10-minute, one-pan meal!

ANOTHER CORO STAR SAYS FAREWELL



The heart health advice that could save your life



Meghan's

BRAVE NEW WORLD

Bye bye Britain, hello Hollywood!

KIWI REAL-LIFE READ

**A second shot at love
ROMANCE IN THE THIRD AGE**



THE DUKE AND
DUCHESS HIT
THE WEST END

Date night!

Kate and William
swap gumboots
for glam to attend
a special charitable
showing of hit
musical *Dear Evan
Hansen* in London.



Star NEWS

The Duchess of Cambridge was simply dazzling as she arrived at a special performance at the Noël Coward Theatre in London last week.

Kate (38) struck a fashionable figure as she entered the theatre to see *Dear Evan Hansen*, which was put on to aid the Royal Foundation. Looking resplendent in an Eponine frock, she accessorised with silver Jimmy Choos and a matching clutch. Her husband **Prince William** (37) also cut a dapper look, complementing his wife with a deep-blue suit.

Their jazzy ensembles are a far cry from what they became used to wearing during their recent break, when they took their kids **Prince George** (6), **Princess Charlotte** (4) and **Prince Louis** (1) to their country estate in Norfolk, where the children were plunged straight into farm life. "We've been lambing with the children this week," William said. "Charlotte wasn't sure at first but George was straight in there. Louis loves the tractors." ■

This week in... NEW ZEALAND Woman's Weekly

MARCH 9, 2020



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FROM THE EDITOR

While the *Weekly* celebrates women every single week – sharing stories of your hopes, heartbreaks and incredible achievements – this Sunday, March 8, is particularly special: it's International Women's Day!

Each year there's a theme, and for 2020 it's #EachforEqual. The idea is that each of us can help to create a gender-equal planet, particularly when it comes to the business world.

When I read the international release announcing the theme, I felt that we here at the *Weekly* had reason to crack a smile. It said the race was on for gender-equal boardrooms, governments, workplaces, and media and sports coverage, as well as more gender equality in health and wealth.

While there's no getting around the fact that there's a long way to go to achieve gender equality, especially when it comes to health and wealth, I do believe we're heading in the right direction.

For a start, last week we celebrated our sports team of the year – our incredible Silver Ferns! I sat in a publishing meeting for the *Weekly* that was certainly not gender-equal – it was all female! And in this week's issue we feature our



New Zealander of the Year – Jennifer Ward-Lealand Te Atamira – who received her award from none other than our Prime Minister, Jacinda Ardern.

Internationally, we're also celebrating Reese Witherspoon, who is turning the tide for women in Hollywood. And we have our wonderful *Weekly* People, sharing the stories of amazing Kiwis. We love telling these stories, so do drop me a line if you have a story you'd like to share. Happy Women's Day!

Alice

Alice O'Connell, Editor
nzww@bauermedia.co.nz



LOOKING AT NEW ZEALAND

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COVER STORY

The fairytale may be over, but Meghan's desire to do good remains the same.

As a girl Meghan spoke up about a sexist ad by a dishwashing liquid manufacturer, and got them to change their tagline.

A duchess divided **MEGHAN'S** *crucial next ste*



HOW SHE PLANS TO CONTINUE MAKING HER MARK IN THE WORLD

There's no denying that Meghan, Duchess of Sussex, has always had the best of intentions.

From the age of 11, when she enlisted the support of powerful women such as Hillary Clinton to get a dishwashing liquid manufacturer to change its sexist TV ads, she has spoken out about matters close to her heart. More recently, she has channelled her fame into supporting organisations such as World Vision and the United Nations (UN) in an effort to make the world a better place.

And when she married Prince Harry nearly two years

ago, it seemed her new royal status would give her an even more powerful platform from which to support causes she feels strongly about, such as education opportunities for girls, women's rights and overcoming poverty. Becoming a duchess should have been a help, not a hindrance, when it came to using her strong sense of social justice for good.

But now that it has all gone terribly wrong, and she and Harry are about to pull the plug on their roles representing the Queen, Meghan is needing to find a new way to achieve her goal of making a difference without getting people's backs up because she's "dragged Harry away from his family and upset the Queen in the process," says a royal insider.

"There's no denying that the next steps they take will be crucial ones," says the source.

Meghan and Harry have already been lashed for the way they announced they would be stepping down as senior royals, and for how they've treated the Queen (93). For that, Meghan (38) has been on the receiving end of a lot of the blame.

"Even before she became an actress and then a duchess, she has been driven by a desire to make her mark on this world, and she really could use the influence she and Harry have to do great things. But she has to be very careful about how she does that, and be seen to be doing things for the right



reasons, and not because she's cashing in on who she married."

The backlash against her has been ongoing since it was announced in January that she and Harry would no longer be senior royals. Then last week she was attacked over the debate about whether she and Harry (35) can use the Sussex Royal branding in their new ventures.

The pair had trademarked the name to use for a foundation they planned on setting up and products they could sell, including books, clothing and stationery. But the Queen put her foot down and said they couldn't use the word 'royal'.

The Sussexes agreed not to use it but struck back with a statement seen by many to be petulant and sour, as they effectively said the Queen did not have the right over the word in countries outside the UK.

Tom Bowers, who is Prince Charles' biographer and has written about the royal family for many years, says the statement had been "led by Meghan" and was rude to the Queen.

"It was really spiteful fury from Meghan," said Tom during a TV interview. "What Meghan wants, Meghan gets. What is spiteful is that she married into the royal

The Queen is believed to be hurt over the way Harry and Meghan have stepped down from their roles, and "just wants it over and done", says a source.

family not long ago, and she bailed out. But she wants to bail out on her terms. What is most important for this country is to protect the reputation of the royal family."

He added that she was trying to "commercialise" the royal family without any thought for the Queen and that she had "absolutely no status apart from being attached to the royals."

But journalist Afua Adom, who was appearing on the same TV show, argued that before marrying Harry, Meghan used her profile as a successful actress to support good causes.

"She was known for doing a heck of a lot of charity work. It's completely disingenuous to say that without Harry she would have no status."

The statement released by the couple certainly threw the cat among the pigeons. They hit back, saying, "While there is not any jurisdiction by The Monarch or Cabinet Office over the use of the word 'Royal' overseas, The Duke and Duchess of Sussex do not intend to

BRAVE NEW WORLD

Meghan and Harry living in Canada "embodies the Commonwealth they want to serve," says a royal commentator.



← use 'Sussex Royal' or any iteration of the word 'Royal' in any territory (either within the UK or otherwise) when the transition occurs in spring 2020."

According to one source, the Queen has drafted in top lawyers in a bid to enforce the ban. Meghan was earlier reported as telling friends that there was "nothing legally stopping" her and Harry from using the Sussex royal name. A friend has claimed, "Meghan says the global projects they are working on speak for themselves, and they chose that name to protect the royal name, not profit from it."

The pal added, "Meghan has told her inner circle their success

is inevitable with or without the current brand name."

She's most likely right about that, according to media experts who say that the Sussexes could achieve their goal of becoming financially independent (so they can concentrate on their charity work) by focusing on digital media, along with writing books and making TV and speaking appearances.

"At the moment they have a fairytale quality about them and in the short-term they could absolutely clean up as social media influencers," says one consultant. "They will be able to name their price with the world's biggest brands like Amazon, Netflix and Disney,

which are already in the mix."

If they land a few "high value deals" that fit in with their status they can then lend much of their time to community and charity work, she points out.

Meghan has already indicated what she stands for in several of the things she has done since joining the royal family, for example promoting diversity when she edited an issue of *British Vogue* magazine. She could also follow in the footsteps of actress Angelina Jolie, combining serious philanthropic work with fashion and beauty endorsements.

"Before Meghan was royal, she was an influencer," says media consultant Sara Flanagan,

pointing out that Meghan ran a very successful blog, *The Tig*, for nearly three years.

"What will be new is these hurdles they're going to have to get over as far as being royal [is concerned], and not being seen to cheapen the royal brand."

Meanwhile, a source close to the duchess says Meghan will be far more comfortable establishing herself in her new role than she ever was shaking people's hands on visits to places as a member of *The Firm*.

"She has always wanted to change the world and had started down that path with the UN work she did before marrying Harry. I think she saw becoming a member of the royal family as a way of doing this to an even greater extent, but she didn't allow for the fact that the royal family is an institution that comes with a lot of rules and regulations."



Meghan (above, in Rwanda in 2016) could follow the lead set by Angelina (left) and combine philanthropic work with endorsements to achieve financial independence.



For example, family members can't be seen to be political. Meghan and Harry would do well to remember that getting too political now they have left the fold could also backfire, cautions a royal commentator.

"As head of state, the Queen has to remain strictly neutral with respect to political matters and Harry and Meghan's popularity is, in part, tied to this unifying neutrality.

"Choosing to intervene politically – remembering that subjects like climate change and even mental health are not apolitical – might give them a quick hit of satisfaction but erodes the basis of their popularity. Once they start to behave like ordinary people, giving ordinary opinions, then people will treat them as such.

"Certainly, anyone can understand Meghan and Harry's desire to be independent, to say

what they believe and to give themselves something to stand for. But it's not cost free."

Meghan has always been a big fan of former US First Lady Michelle Obama for the way she has been able to work for causes close to her heart and, in fact, the Obamas are believed to have given the Sussexes advice on life after stepping back from a role in the spotlight.

"Harry and Meghan would like to model themselves on the Obamas, who have become good friends.

'Their goal is to be a living example of the slimmed-down monarchy'

"Their star has soared since leaving the White House, particularly Michelle's, whose book *Becoming* has sold over 10 million copies so far. She is someone Meghan admires very much."

In the meantime, before the Sussexes can truly start their new life, they have their final royal commitments to fulfil. The couple will make one last series of public appearances

as full-time royals this month before the transition on April 1.

Harry is due to attend a recording session at the famous Abbey Road studios in London with US band Bon Jovi and also open a motor museum, while Meghan will fly solo in the English capital for an event marking International Women's Day.

They will both be present at an award ceremony and a musical gala, and will join the rest of the royals for the Commonwealth Day service at Westminster Abbey.

"This family gathering, which could be quite uncomfortable for everyone involved, is expected to be the couple's last as senior working members of the royal family," says a palace insider.

The Queen is graciously allowing Harry and Meghan to have a 12-month trial period to explore their new life and make sure it works for everyone, meaning a new deal could be struck if things don't work out. The couple could very well be welcomed back if the new

arrangements are a disaster says one royal commentator, who points out that not having Harry and Meghan on board is quite a loss for the royals.

"Meghan and Harry speak to a younger, more diverse and more global audience in a way that no other member of their family will ever manage.

"Their desire to live in Canada embodies the Commonwealth they want to serve. Their goal is to be a living example of the slimmed-down monarchy the 21st century demands.

"Have they gone about it the best way? Clearly not. Should they be helped to get it right? Absolutely."

Adds another royal observer, "Let's hope they have got whatever they want to get out of their system. It was their decision to do this and the family is clearly trying their best to facilitate it. But it inevitably requires sacrifices on both sides and the Sussexes need to be rather more gracious about it. Sniping from the sidelines doesn't help anyone."

Judy Kean



THE LAST HURRAH

The Sussexes will be in the UK for one last round of royal engagements this month.

THE SORROW
THAT CAME WITH
BEING NAMED
NEW ZEALANDER
OF THE YEAR

JENNIFER'S *surprise honour* *...and her one regret*

When Kiwi showbiz legend Jennifer Ward-Lealand Te Atamira was awarded the title of New Zealander of the Year, she admits she was a bit taken aback.

"E kore te kumara e kōrero mō tōna ake reka," she said to the cheering audience, which means: The kumara doesn't talk about its own sweetness. "I'll leave that for other people!"

Even as she chats to the *Weekly* a week on from her triumph at the annual awards, Jennifer (57) says she's thrilled and honoured – but is simply following her dual passions of supporting the arts and being an ally for te reo Māori.

"These are the things that are important to me," she says with a shrug. "So I will passionately advocate for them."

Her name is synonymous with New Zealand's theatre scene, and it's a love she's had since the tender age of seven, when her father Conrad took her to her first play.

"He passed away last year – as did [my husband] Michael's dad," she says. "And that's the only thing, really. I wish that he'd

been there on the night. He would have been grinning from ear to ear. I thank him so much for taking me along to my first play... I wouldn't be doing what I'm doing without my dad. I carry him in my heart particularly at this time."

It's true that 2019 was a particularly unsettled time for both Jennifer and her husband, celebrated director Michael Hurst (62), with whom she has sons Jack (23), a camera operator currently working on the last season of *Westside*, and Cameron (20), who is in his second year of a music production degree.

"The apple doesn't fall far from the tree!" she says.

But things are looking much brighter in 2020 for the talented pair – if not any less busy!

Along with her continued work celebrating the arts and te reo, Jennifer is adding another line to her CV by becoming an "intimacy coach", an on-set coordinator who helps actors feel safe and secure during particularly intimate scenes.

She explains, "It's the same as if you had a stunt in a show – you'd commit resources to it, you'd make sure there was rehearsal time, you'd

make sure the actors are safe, and you'd choreograph things so no-one gets hurt.

"An intimacy coordinator is exactly the same thing, but in the intimate space. It's not necessarily just for scenes with a sexual nature. It's things like bathing a frail elderly person, changing a baby's nappy. It's anything where you're going into someone's intimate space.

"It's a good string to my bow, yes – not that I needed another one!" she says, laughing. "But I realised that it used all of my skills as an actor, director and teacher, and I like working with the actors to make scenes much safer, cleaner and easier."

She's also the president of Equity New Zealand, the organisation that represents performers working in New Zealand's entertainment industries, and she says one of her big focuses is to champion roles for older actresses, particularly in film and TV.

"You start seeing fewer lead roles, and different sorts of employment practices, you could say, that take place as women get older.

These things need to be righted."

She says

Jennifer says theatre is way ahead of TV and film in creating complex roles for women.

theatre, by comparison, is "the bastion of the complex female, because the roles are more focused on the plot, rather than how we look.

"Theatre is, for me, why I think I've had such a long career, because I've done so much of it."

And of course, there's her advocacy for te reo, which she started learning at the age of 46 after realising she didn't know how to respond properly to a welcome.

"I thought, 'Never again,'" she says. "As one of my teachers said, I'm now a soldier for the reo, nothing more, nothing less. When I was given the name Te

Atamira, I took that responsibility very seriously. It means "the stage" – it's where I work and it's where I get the chance to champion te reo Māori.

"When I first started learning it 11 or so years ago, people would ask me in interviews, 'Why? What use is it to you?' I always found that so weird, that I had to defend my use of it. But boy, that opinion has changed. Now people want to know how to learn it themselves – and I'll happily point them in the right direction."

And while her professional plate is full for the year ahead, she's taking a few weeks out to travel to Switzerland with her stepmother.

"She and my dad have a house there, so we'll go back together to sort through things," she says. "That will be very bittersweet, but it will be good to carve out the time and not do any work. We're just going to go and be there."

Kelly Bertrand



Left: Prime Minister Jacinda Ardern presents the award. Above: Jennifer with her husband Michael.

She's been a formidable force for so long that it's hard to imagine the British acting industry without Dame Julie Walters.

But following her life-changing diagnosis of stage three bowel cancer 18 months ago, the acclaimed actress says her next film, *The Secret Garden*, may be her last. She admits her attitude towards acting has completely changed and having to step back from work while she was having treatment for the disease was a huge relief in some ways.

"I was due to do two big series and there were two films," she told TV presenter Victoria Derbyshire during an interview. "And I just didn't have to do any of it. That was wonderful.

"It was a relief to get off this merry-go-round. It's stressful, even if it is exciting stress. In between jobs, I work like mad on a character."

Julie (70) missed filming a couple of scenes for *The Secret Garden* and also had to skip the premiere of *Mamma Mia!* Here We Go Again in 2018 while she was recovering. Her PR team said she had a ruptured hernia, so she could keep her diagnosis secret.

"My agent said, 'We are not

going to tell anyone, that is up to you. We have said you've had a ruptured hernia.'

"I didn't want to go to the *Mamma Mia!* premiere, it was just a few weeks [after the surgery], and I thought, 'Oh God, I'm going to have to lie to everyone.' So [the hernia story] was put about."

The following year she hinted at having been ill when she announced she was taking a year off work after a hectic schedule that included filming *Mamma Mia 2* and *Paddington 2*.

"I want a rest because the last two, three years have been non-stop and I didn't feel very well last year and was exhausted," she said at the time. "I just thought, 'That's it now. I'm going to be at home and have a bit of space.'"

While she's not announcing her retirement by any means, Julie says she'll only take on a role if it's something she's "really engaged with and doesn't have a killing schedule. I'm not saying I'll never act again but I can't go back to [working] six days a week, from five in the morning until seven o'clock at night with a big part, with having to learn lines and the stress of it."

Julie adds, "I can't blame all of that on cancer. I was getting jaded, but I liked being around everyone. I didn't have the same excitement or drive that I used to have."

Julie was filming *The Secret Garden*, which also stars Colin Firth, when

she got a phone call asking her to go and see a specialist about some test results. She'd had a CT scan after consulting the doctor about symptoms including a stomach ache, heartburn and vomiting.

The specialist told her an abnormality had been found in her intestine, and he was worried it was cancer. Julie's first reaction was shock.

"I was thinking, 'That's ridiculous, he must have made a mistake.' I couldn't believe it."

Telling her husband Grant Roffey (63), an organic farmer, was difficult. "I'll never forget his face. Tears came into his eyes."

The *Educating Rita* star says she tried to be positive and stay focused on the encouraging words her doctor had said – "We can fix this. If you catch it early, bowel cancer is the best type of cancer you can have."

But there were moments of fear, especially while waiting for surgery to remove a 30cm section of her colon, when she thought, "I may not come around from the anaesthetic."

Fortunately it went well. After the surgery, Julie also had chemotherapy, a treatment she was reluctant to have.

"I will never forget taking the first lot – my hand was shaking. I felt like I was killing myself."

Thankfully, her chemo also turned out fine and didn't cause hair loss. Ironically, she had shaved her hair to play a cancer patient in a 2010 TV movie, and when it grew back it was white. She chose not to dye it and revealed she was getting a lot of parts "because I have white hair and laugh lines."

Julie admits when she

first received her diagnosis she thought about her good friend, comedienne Victoria Wood, who died of an undisclosed form of cancer in 2016.

"I thought of her and how frightened she must have been because at least I could have an operation. They couldn't operate where her cancer was. The last time I saw her in her hospital bed, I had it at the same time."

It's not the first time her family has had to deal with cancer either. In 1990 her only child, Maisie, developed leukaemia and became critically ill, aged two. Julie stopped working as her daughter underwent long-term chemo. Maisie (now 31) was given the all-clear at five.

"She means the world to me," Julie said in an interview a few years ago. "The relationship between us is very intense, what with nearly losing her earlier."

While Julie's cancer battle was scary for her family as well as her, she's happy to report she's now doing well. "I've just had a scan and I know I'm clear."

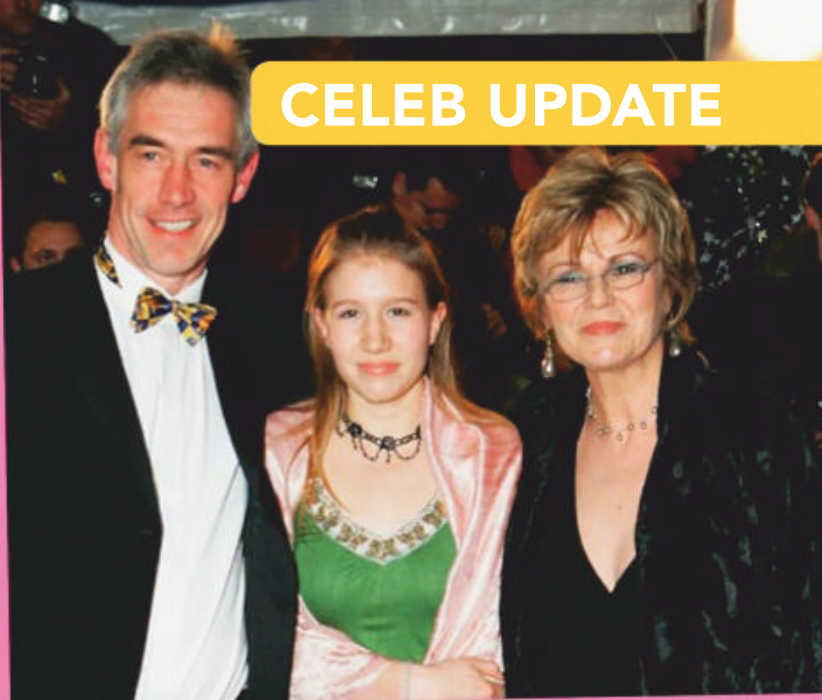
She says now feels like the right time to speak out too. "I had some symptoms but not the others. My discomfort was really slight. Just make sure you get checked out."

Judy Kean

Julie first came to prominence opposite Sir Michael Caine in *Educating Rita* in 1983.



DAM



Julie's cancer scare wasn't the first she and husband Grant had to face; daughter Maisie (above, in 2005) battled leukaemia as a child. Julie also lost her friend Victoria (below) to cancer a few years ago.



THE ACTRESS REVEALS HER
BRUSH WITH BOWEL CANCER

E'S DIAGNOSIS

Julie's secret battle

From far left: Julie with Meryl Streep and Christine Baranski in *Mamma Mia 2*; *The Secret Garden* may be her last movie; the star played beloved matriarch Molly Weasley in the *Harry Potter* series.

It's hello to Ramsay Street – again!

After 35 years away from *Neighbours*, Hugh Jackman's wife, Australian actress Deborra-Lee Furness, is returning to the soap's set.

Deborra-Lee, who played Linda Fielding in the 1980s, will direct three episodes of the show, with a prominent storyline centring around adoption – a topic close to both her and Hugh's hearts.

The couple adopted both of their kids, Oscar (19) and Ava (14), and Deborra-Lee also founded a non-profit called Adopt Change, which advocates for kids in foster care.

There are almost 50,000 children in foster care in Australia but only about 300 adoptions every year. Hugh (51) and Deborra-Lee (64) moved their own adoption proceedings to the United States after running into hurdles at home.

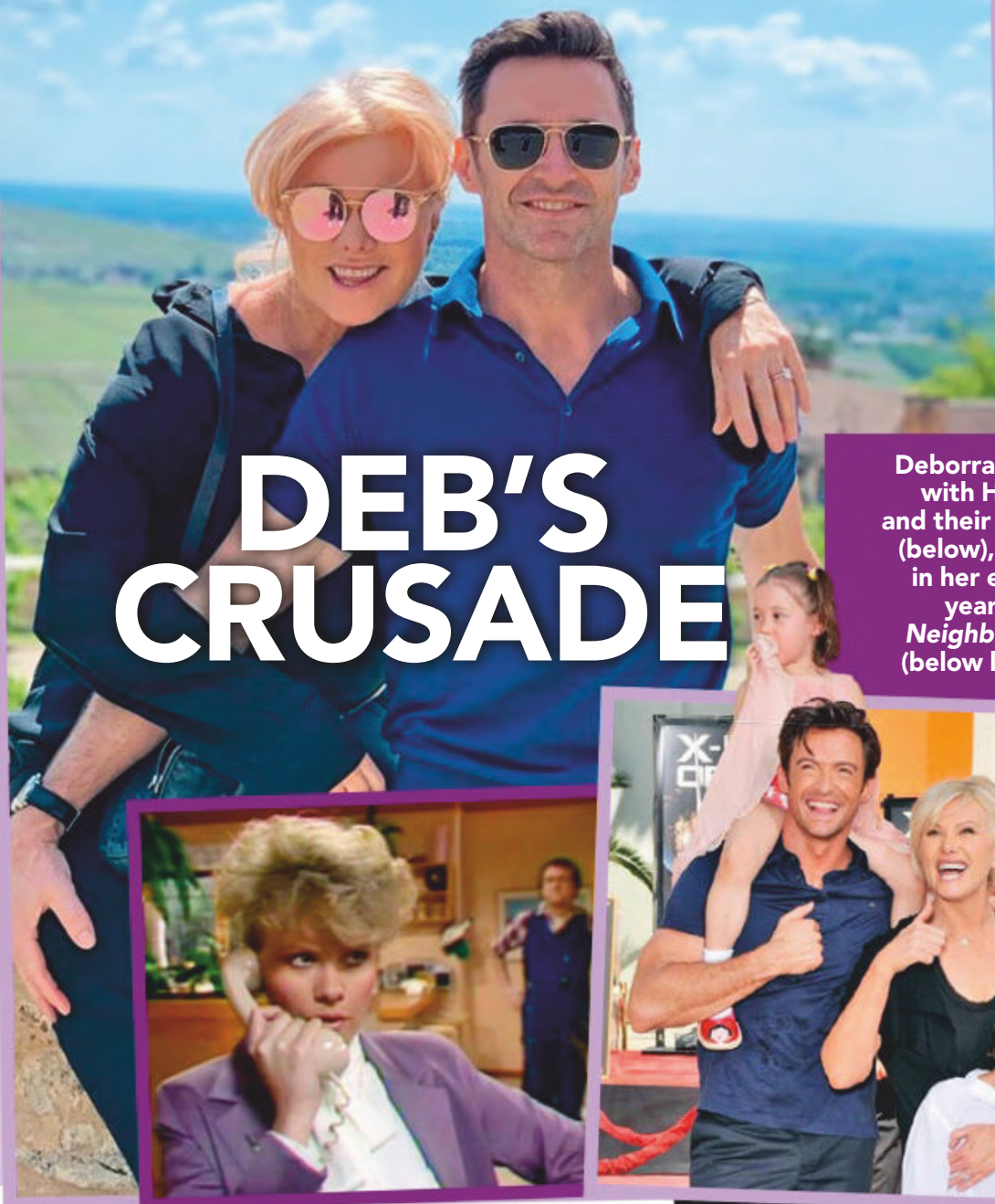
"The universe had a plan in place for my family," she says. "Those who knew Hugh and I had adopted our children Oscar and Ava in the US would come up to me in the street and ask, 'Why is it so hard to adopt in Australia?'"

She's now on a mission to see her home country's "draconian" adoption laws changed.

"The security of love helps develop self-esteem, building a child's confidence and helping them contribute all they have to offer. [But] tens of thousands of children are stuck in the system."

DEB'S CRUSADE

Deborra-Lee with Hugh and their kids (below), and in her early years on *Neighbours* (below left).



'YOU WALKED THROUGH HELL'

Disgraced Hollywood producer Harvey Weinstein faces a hefty prison sentence after being convicted at his trial in New York City of third degree rape and a criminal sexual act.

Weinstein (67) was found guilty of raping and sexually assaulting two women but was acquitted of the two most serious counts – predatory sexual assault – which carried a potential life sentence. He was also found not guilty of first degree rape.

Even so, the former movie mogul faces from five to 29 years in prison.

Six women – Dawn Dunning, Miriam Haley, Jessica Mann, Annabella Sciorra, Tarale Wulff and Lauren Young – testified during the trial, while more than 80 have said Weinstein harassed or assaulted them.

One of those, actress Ashley Judd (51), took to Twitter to welcome the convictions. The *Double Jeopardy* actress was one of the first to go on record

about Weinstein's behaviour, in a 2017 *New York Times* article that marked the beginning of the #MeToo movement. Her sexual harassment claim against the producer was dismissed in a Californian court early this year because the judge ruled that particular law could not be applied retrospectively.

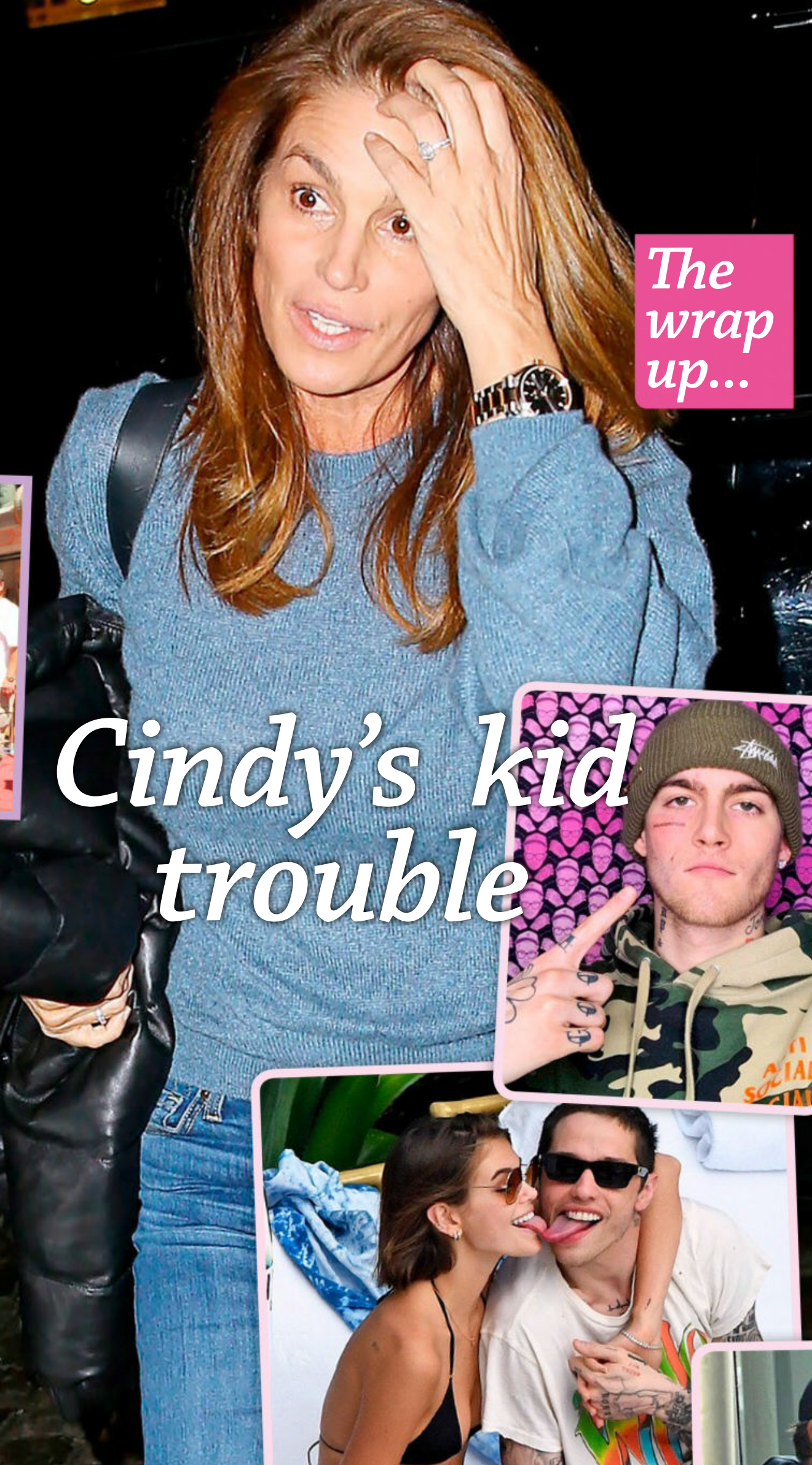
"For the women who testified in this case, and walked through traumatic hell, you did a public service for girls and women everywhere, thank you," she tweeted.

Through his lawyers, Weinstein has declared his intention to appeal, and he was heard to exclaim to one of his legal team just seconds after the verdicts were handed down: "I'm innocent. I'm innocent. How can this happen in America?"

Weinstein will be sentenced in New York on March 11. He will also face rape and sexual assault charges in Los Angeles later this year.

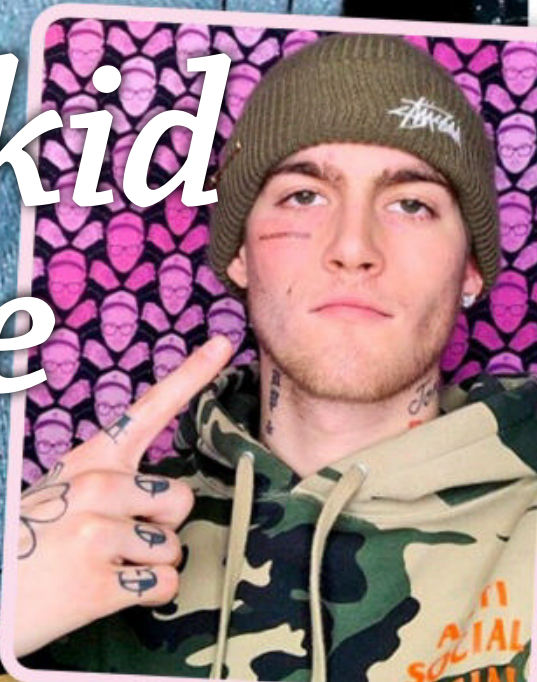


Above: Weinstein, who hobbled in and out of court with a walking frame, was hospitalised with heart palpitations after the verdict. Left: Ashley with the producer in 1997. She later said she felt terrified that night.



*The
wrap
up...*

Cindy's kid trouble



Supermodel Cindy Crawford and her husband Rande Gerber are "sick to their stomachs with worry" about their two children, Presley and Kaia Gerber, following months of wild behaviour.

According to pals, the pair's immediate concern is son Presley (20), who last week shocked his family by debuting a prominent facial tattoo that reads "Misunderstood".

"Cindy and Rande are hands-on parents, but there's only so much they can do," the family friend says, adding that the genetically blessed couple are "beside themselves with concern".

Presley, who is also a model, has been making headlines for the wrong reasons since January 2019, when he was caught driving while intoxicated in Los Angeles.

Since then, his parents have tried to pry him away from what they deem to be the wrong crowd. "He's been sent to a rehab-like programme in the past. Presley's hanging out with a group of people who have been negatively impacting him," the friend says.

A defiant Presley has taken to Instagram to defend his new ink, saying, "If I thought this was going to ruin my face or I didn't want this, I wouldn't have done it. I think it's a pretty obvious thing... I don't feel very understood, I guess."

Meanwhile, Cindy and Rande are still trying to support daughter Kaia (18) after her messy break-up with *Saturday Night Live* comedian Pete Davidson (26). As well as concerns over the age gap, fears were raised for Pete following an alleged breakdown at Kaia's New York apartment last year, in which Rande tried to assist in sending him to rehab.

Rande (57) was overheard talking to his wife on the street by Kaia's home, imitating Pete trying to "scratch out his eyes" and saying "he's freaking out", with a shocked Cindy (54) looking on.

"Cindy and Rande are relieved the relationship's over," a source says. "The comedian is focusing on getting his life back on track by working on his sobriety."

Right: Kaia and Pete made headlines for outlandish antics. Far right: Rande and Cindy were shaken by Pete's behaviour. Above right: Presley reveals his bizarre "Misunderstood" cheekbone tattoo.



IS THE WALK THE LINE STAR THE NEW OPRAH?



Reese counts Oprah among her many celebrity friends. Could a little of the talk show queen's magic be rubbing off?

premier surgeon and paediatric cardiologist at Vanderbilt University...

"I wasn't offered opportunities to grow my company until I got that third hit," she says. "A guy has one hit at Sundance, and he gets *Jurassic World*." Reese has been personally and professionally inspired by her fabulous friends. She recalls watching six of

her favourite actresses "fighting over a crappy part" in a movie, and realising it would continue unless someone did something.

"We women are too talented to be fighting over roles like this," she says emphatically.

That moment inspired her to purchase the rights to Aussie writer Liane Moriarty's *Big Little Lies* – and the resulting two seasons of the TV show have been among the biggest hits of her career.

But it's the friendships she's developed along the way that Reese says are her greatest triumphs. The star is famously close with her *The Morning Show* co-star Jennifer Aniston, since they became friends after Reese guest-starred in *Friends* in 1998. She's equally close to Nicole Kidman – they even own neighbouring holiday houses – and is about to star alongside *Scandal* actress Kerry Washington in *Little Fires Everywhere*.

And then there's Oprah –

Once upon a time, there used to be only one queen of Hollywood – and her name was Oprah Winfrey.

But these days, the crown seems to have well and truly passed to her younger contemporary and close friend Reese Witherspoon.

Successful actress, talk-show host, author, book-club creator, producer, businesswoman... Sound familiar?

Since storming into Hollywood's consciousness with a supporting role in *Cruel Intentions*, before cementing her place as a force to be reckoned with thanks to her turns in films such as *Legally Blonde* and *Walk the Line*, for which she won an Oscar, Reese's star has risen dramatically.

From founding multiple companies through to her impressive network of famous girlfriends – think Nicole Kidman, Jennifer Aniston, Beyoncé and Kerry Washington – there is no one who wields more influence in Tinseltown, and Reese (43) says she's all too aware of the power she now holds. But she's not apologising for it.

"I know I'm good at things," she says. "And I'm over being bashful about it. Do basketball

players have to sit there and act coy? Tell me something: Does [basketball legend] LeBron James twiddle his thumbs and say, 'Jeez, I'm kind of great at shooting, and I guess I'm okay at dribbling and passing'? No, he's like, 'I'm amazing, I rock!' I wish more actresses had that kind of bravado.

"I was never going to be an actor who lives in their car because their dream was so big," she continues.

"[If it didn't work] I would have gone from Stanford to medical school and become a surgeon. Right now I'd probably be the

What?" she adds, defiantly. "I'm just being honest. I'm ambitious, and I'm over hiding that."

Reframing the word "ambition", as well as producing films with strong female-led plotlines, is now at the core of everything Reese does, though she says it took a while for Hollywood to take her production company Hello Sunshine seriously – despite the huge successes of films *Wild* and *Gone Girl*. It wasn't until the runaway success of miniseries *Big Little Lies* that she won respect and acceptance.



BEST OF FRIENDS



Reese is inspired by her many Hollywood pals, including (from left) actresses Jennifer, Nicole and Kerry.

the woman Reese credits with inspiring her on her journey to becoming so much more than "just an actress".

"I had the extraordinary opportunity to work with her in [2017], when we filmed *A Wrinkle in Time* in New Zealand," says Reese.

"She's done over 34,000 interviews with people, so I would say to her, 'What do people want? What is the one connective tissue of humanity and people you have met?'"

"And she said, 'People just want to be seen. They want to be acknowledged and they want to know they are understood.' I thought that was really beautiful and so poignant."

Along with her Southern-style clothing line Draper James, her upcoming series with Kerry and her work as a founding member of the Time's Up movement, Reese has one other exciting project in the works – a third *Legally Blonde* film.

"So many people have come up to me to tell me they went to law school because of Elle Woods," Reese says of her breakthrough role. "And I just think that's fantastic." ■

'I know I'm good'

REESE'S HOLLYWOOD POWER PLAY



LUCY'S REBEL STREAK

*Coro straightened
me out!*



THE POPULAR STAR REVEALS WHY SHE'S LEAVING THE SHOW

Life could have been very different for Lucy Fallon had she not received the call from *Coronation Street* that would change her life.

She was just a teen at the time and "going through a stage", when her life suddenly took a different direction that the now 24-year-old couldn't be more grateful for.

As the young actress bids farewell to *Coro* – one of several big name actresses to leave the show lately – she says taking on the role of Bethany Platt has been a wonderful ride.

"I'll miss her; I kind of merge with her," says Lucy, looking so fresh faced she could easily pass for 17. "She is fun and cocky and annoying, but also vulnerable and came out the other side of her experiences really strong. She's not just a pint-in-the-Rovers sort of person."

Lucy isn't kidding. Far from being a slightly wayward teen whose most scandalous storyline could well have been skiving off school to get chips, Bethany was involved in a shocking narrative where she was groomed and raped by older boyfriend Nathan, not to mention becoming a lap dancer, falling in love with her mum's boyfriend, and now her controversial relationship with Daniel, whose wife Sinead has only recently passed away.

She's packed a lot into her time, and Lucy is now ready (as

she'll ever be) for new pastures.

When we meet, she's recently filmed her final scenes. Only time will tell whether she follows in the footsteps of the likes of Suranne Jones, Katherine Kelly and Michelle Keegan to go on to great things, but she's a cracking actor and is going to give it a damned good go.

Lucy, who lives with boyfriend Tom Leech in her hometown of Blackpool, talks about being too scared to talk to anyone on set at first, terrible jobs and how getting the part on *Coro* straightened her out when she went off the rails..

It's a bold move leaving a show like *Coro*...

"When the time came for my last day on set, it was awful. I felt ill. I was so upset, I thought 'What am I doing?' But if you never try then you never know. I've been really comfortable here, I love it, but I hadn't done anything else before *Coro*, so I feel like I've got to try now or I'll stay here forever. As hard and sad as it is, it's the right thing for me to do. If it doesn't work out, it doesn't work out, but I'd be annoyed with myself if I didn't give it a go."

It must be scary though...

"I'm most scared about not being able to pay my mortgage. I don't know what to expect from life beyond *Coro*, which is probably a good thing; I'm just going for it. It feels weird, the thought of working with new people. I know everybody here, I'm good friends with the crew, but when I joined it

took me six months to come out of my dressing room and actually talk to people – I was too scared! I shared with Tisha Merry (who played Steph) and I'd go into the green room and if she left I'd be like, 'Oh my gosh, why has she left? I'm going to have to talk to somebody!' I'm not so shy now, but I get really nervous about ridiculous things."

Such as?

"Like, if I go somewhere new, I'll ring my mum and ask her whether she thinks the door is going to be push or pull. I really panic about stupid stuff. I was getting a train on my own recently with a big suitcase and I was like, 'How will I get it on the train? Where will I put it? What if it won't fit anywhere, how embarrassing will that

be?' I get it from my mum; she's a proper panicker, a real flapper. It holds me back – I really work myself up."

You must have been daunted by your famous co-stars...

"I was so star-struck by Gail Platt [portrayed by Helen Worth]. On my first day I was told to get some food and go sit with her, so I just got →



'I don't know what to expect from life beyond *Coro*, which is probably a good thing; I'm just going for it'

Lucy was star struck by co-stars Helen and Tina (left) when she first started on *Coro*.



← myself the tiniest amount of soup because I couldn't eat and I texted my mum saying, 'I'm sat next to Gail Platt having soup.' That was a moment!"

What are you hoping comes next?

"I want to do something very different. I like indie dramas – I couldn't go up for a detective or something, I don't look old enough! A casting director told me she wouldn't cast me in a part over 20."

How different would life be if Coro hadn't come calling?

"I'd auditioned to go to drama school and it was £13,000 a year [more than \$26,000] and no funding, so I couldn't afford to do that. I think I'd have been a midwife. I need a part in *Call The Midwife*, don't I? Oh my God, someone ring them!"

What's the worst job you've ever done?

"I worked at the Merrie England bar at the end of Blackpool Pier. I've also worked in another bar as a glass collector, where they made me clean the sick on the stairs on my first shift. I was like, 'I'm really sorry, I can't do it, I don't care enough about this job,' and never went back. I liked working at Subway though, I had loads of fun. So Plan A is actor, Plan B is midwife, Plan C is making foot-long in Subway."

Were you a bit of a teen rebel until Coro came along then?

"My mum would say yes, definitely. I went through a stage in sixth form where I had a bit of a bad boyfriend and I just didn't turn up to class. My mum would get calls every day. When I got told about auditioning for Coro I was like, 'I'm not going to get it, what's the point in even trying?' Crazy to think I might never have done it. Coro straightened me out."

How would you describe yourself in three words?

"Un-employed! And up-for-laughs."

Do you have any bad habits?

"My boyfriend Tom would say so. He says I leave all the lights on, and I kind of do. I'm pretty messy, I leave stuff and he will

pick it up. I'll take my towel off my head and drop it on the floor. We are completely the other way round from gender stereotypes."

What are the perks and pitfalls of fame?

"Being invited to things and the free stuff is really good. People being mean online isn't. Although I try not to read the comments. I don't mind getting recognised. I feel like I know everyone in Blackpool anyway and I don't go shopping, I do everything online. Tom notices it a lot more than I do. He'll feel conscious and look at other people to see if they're looking at me, but I just ignore it."

He's not in the business, is he?

"Tom's an internet manager.

LUCY ON CORO GOSSIP

- "My first scene on Coro was terrifying. It was with Sue Nicholls (Audrey) and Samia Ghadie (Maria) in the salon, and I had a line where I had to say, 'Anna Karenina' and I said, 'Anna Kara-nina' or something and I was so embarrassed I couldn't let it go for the rest of the day."
- "My last scene made me cry. It was in the salon flat with Ben Price (Nick), Tina O'Brien (Sarah) Helen Worth (Gail), and Sue and it was Bethany saying, 'I'm as ready as I'll ever be. If I don't do it now, I'll never do it.' Mirroring my life, basically."
- "If it was a different time Bethany and Daniel would work well together. He's a good guy, he's really nice to her, but his wife has just died. She's in love with him, whereas I think he loves the idea of being in love with her – it brings feelings of being back with Sinead."
- "I've taken quite a lot of Bethany's things as mementos.

I took my keep-warm coat, a hand-painted mug from the salon with her name on it, quite a few of her dresses and her whole make-up bag."



Lucy believes in another time and place Bethany and Daniel (above) would be good together. She's been with real-life boyfriend Tom (right) since 2017.

And no, I don't understand what he does either. I don't think he really likes the red-carpet stuff, but he's good to take to parties – he's a really good talker."

When did you first realise you were famous?

"When people started making fan accounts on social media. They were waiting outside for me with gifts and balloons on my last day. One girl's mum had driven her for two-and-a-half hours just for that 10 minutes!"



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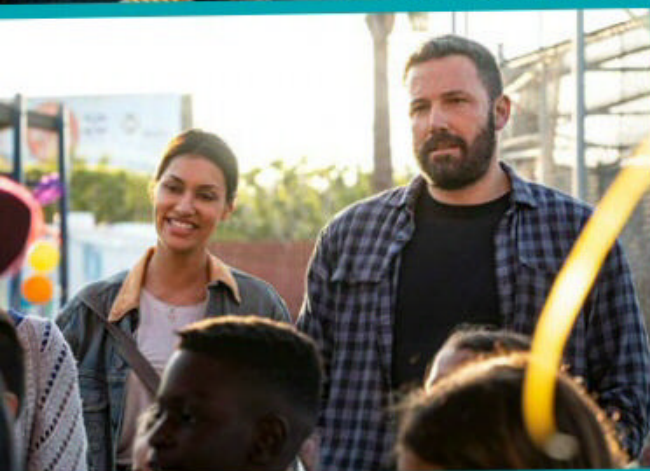
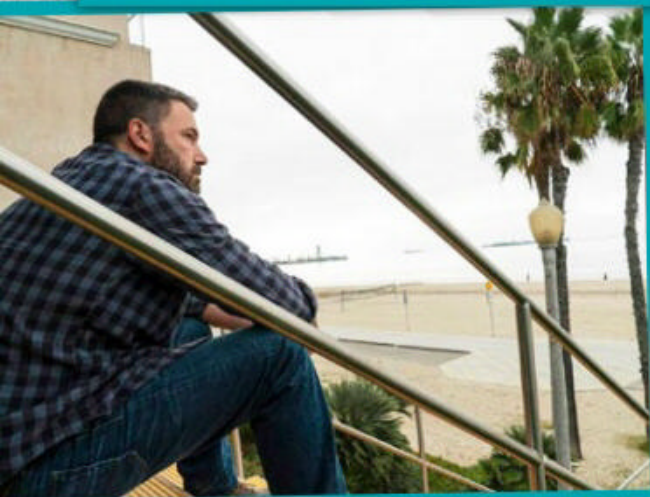


THE A-LISTER'S
CLEANING UP
HIS ACT

MY BIGGEST RE

ART IMITATING LIFE

*Ben
comes
clean*



Ben plays an alcoholic former pro basketball player attempting to come back by becoming the coach of a struggling high school team.



Above: Jennifer hands Ben a sick bag on the way to rehab in 2019. **Left:** Trying to be a better man for (from left) Violet, Seraphina and Samuel. **Far left:** Ben grew up with an alcoholic father.

GRET

It's been a long way back for Ben Affleck. After struggling with addiction, a marriage breakdown and a few bumps in the road with his newfound sobriety, the *Gone Girl* star has finally found his balance, and says that honesty truly is the best policy.

The actor has given two in-depth interviews about his battles with booze, detailing his descent into despair and his biggest regrets, through to what motivates him to remain on the straight and narrow.

"People with compulsive behaviour, and I am one, have this kind of basic discomfort all the time that they're trying to make go away," he explains.

"You're trying to make yourself feel better with eating or drinking or sex or gambling or shopping or whatever. But that ends up making your life worse. Then you do more of it to make that discomfort go away. Then the real pain starts. It becomes a vicious cycle you can't break. At least that's what happened to me."

Ben says he used to be able to drink "normally" for a long

time – but when his marriage to actress Jennifer Garner (47) started to crumble, he found he was relying on the bottle more than he should have been.

"My drinking, of course, created more marital problems," he nods. "The biggest regret of my life is this divorce. Shame is really toxic. There is no positive by-product of shame. It's just stewing in a toxic, hideous feeling of low self-worth and self-loathing."

"I have certainly made mistakes. I've certainly done things that I regret. But you've got to pick yourself up, learn from it, learn some more and try to move forward. It took me a long time to fundamentally, deeply, without a hint of a doubt, admit to myself that I'm an alcoholic."

One of his main sources of shame was the fact he knew he was falling into the same dark hole as his father, who also suffered from alcoholism, and didn't get sober until Ben was 19.

"Seeing my dad – he drank every day and that was just life," recalls Ben. "As that got worse,

that was really, really painful and I always said, 'That will never be me. I'm never gonna do that.'

"The older I've gotten, the more I recognise that my dad did the best he could. There's a lot of alcoholism and mental illness in my family. The legacy of that is quite powerful and sometimes hard to shake."

It's the thought of his children with Jennifer – Violet (14), Seraphina (11) and Samuel (seven) – that motivates Ben to continue on his sober journey. He even took the last six months off work to "parent" and spend quality time with his kids.

"I really don't want my children to pay for my sins or to be afraid for me, which is one of the hard parts of being a child of an alcoholic," tells the 47-year-old. "I take some comfort in that I'm doing my very, very best and I hope that that is, you know, has to be good enough. I have to be the man I want to be at this point, I don't have any more room for failure of that kind."

Throughout his battles – including a very public relapse last year, when he was snapped

stumbling out of a Halloween party looking worse for wear – ex-wife Jennifer has been his rock. At one stage, she was pictured bundling Ben into a car and driving him to rehab.

"Jen is very impressed that Ben is trying hard to be a better man," a friend of the *13 Going on 30* actress tells. "It really shows to their kids the person he truly is, and that is someone who has made mistakes but is learning from them and not letting things slip into something even more hurtful for himself and his family."

"His honest approach made her feel good. Jen cares very much for Ben and only hopes for the best for him. The fact that he is admitting to his struggles and mentioned his biggest regret was losing her, although it is sad, is also something she really appreciates hearing."

"It's not going to lead them to getting back together," adds the friend, "but it's going to improve their friendship that they've been trying to work on while being co-parents."

And along with a far more harmonious personal life, Ben's professional career is set to take off once again, with something of a comeback on the cards for 2020. The former Batman has four movies premiering this year, the first of which is *The Way Back*, where he plays an alcoholic basketball coach.

"The benefits of filming the movie far outweighed the risks," he tells.



Left: Looking chic in a Zambesi dress and Gucci shoes. Right: The Queen's Service Medal trumps a brooch! Far right: With her fabulous feline Pinot Gris.



BARBARA

THE FABULOUS FASHIONISTA'S LIVING THE DESIGNER LIFE

Boring!" Barbara Brinsley exhales loudly. No, she sighs with mock exasperation, she has no idea how many pairs of shoes she has, or glasses for that matter!

This from the woman who owns one of the country's most covetous wardrobes and who right now is lying in bed – "recumbent, I haven't got up yet" – in the clothes she wants to be cremated in. That would be her flamboyant red tartan Royal Stewart dressing gown, which is also her go-to outfit for reading the morning paper. But back to the shoes...

"Obviously I've collected shoes, you have to wear something on your feet, but if you know how many pairs of glasses or how many pairs of shoes you have, then you have too much time on your hands! I find all that tedious!"

The delightfully acerbic and bespectacled almost 82-year-old has become something

of a poster girl for women of a certain age since being scouted, along with two equally well-turned out friends, to model at iD Fashion Week in Dunedin in 2003, subsequently becoming a muse for World.

Her latest undertaking was at the New Zealand Polo Open, where she was asked to curate a retro-chic photo booth in the Veuve Clicquot marquee, with garments from her wardrobe, a decades-in-the-making collection.

The ensemble – "it would fill a town hall" – includes pieces by a who's who of famous and fabulous designers, many of them picked up second hand in London during the burgeoning Swinging '60s fashion scene.

Barbara rattles them off – Dior, Miyake, Chanel, Comme des Garçons, Westwood, McQueen... and then there's her gardening clothes.

Yesterday's outfit featured a Marilyn Sainty (Kiwi designer) top, stylish French gardening

shoes and lipstick, always. The garden – a large, rambling tree-studded section – is, like couture, one of Barbara's great joys. It keeps her fit and connected to nature.

"Getting out in the garden is an absolute must for me," she asserts. "It is so therapeutic; it's almost like an enforced thing. I go out with such a smile on my face and come in really grubby but with a bigger smile."

And then there is art. Barbara is the coordinator for Dunedin Hospital's extensive and valuable art collection, a role she took up following a 40-year career as a nurse, while her big old villa is a veritable gallery, with works by various notable Kiwi artists gracing the walls.

And no, she has no favourites. Designers, artists or otherwise: "A favourite lying down art work? A favourite standing up one? Favourite is not a word I ever use. Whatever I'm wearing on the day is my favourite."

She lets out another one of those sighs before conceding she admires Japanese designers

– "I invited Issey Miyake to my 80th but he didn't reply" – Dame Eileen Mayo (an English artist who spent some time in Dunedin), Dame Robin White, and her very good friend the late Ralph Hotere. "There you go, some favourites," she jokes.

Awarded the Queen's Service Medal in 2019 for her services to art curation, Barbara tells a hilarious anecdote about her two visits to Government House, the first for a reception for Prince Harry and Meghan Markle when a false alarm saw guests shepherded out into the cool evening, the second for her investiture. It's way too long to go into detail but it relates to hypothermia (potential, not actual) and how Government House now includes survival blankets in its first-aid kits, thanks to Barbara.

Growing up on a farm in Southland and learning to sew as a student nurse, Barbara is disparaging of both fast fashion and "anti-ageing" procedures.

"I was born just before the war, in 1938. You didn't have

A'S WORLD

She's 82 & a style icon!

a lot. You made clothes and they would last for years, and the fabrics were fabulous. They didn't fall apart after a few wears.

"Cosmetic surgery? An absolutely bloody waste of money. They turn out worse than when they started, and all because of a few wrinkles."

Barbara went grey in her 40s, around the time her beloved husband Michael died. She's never dyed her hair and doesn't go to the hairdresser. If it needs a trim she takes to it with the sewing scissors. "Yes, the pinking shears," she grins.

And speaking of things pink, Barbara and daughter Harriet bumped into the *What About Us* singer at the Dunedin Farmers' Market while on her 2018 NZ tour. "I wouldn't know Pink if I tripped over her, though my maiden name was Blue, but Harriet spotted her."

So what was Barbara wearing? "My usual Saturday morning attire – black pants and my Jean-Paul Gaultier jacket." Of course.

Julie Jacobson

'Favourite is not a word I use. Whatever I'm wearing on the day is my favourite'

*weekly*PEOPLE
THEY'RE YOUR STORIES

**VIRTUALLY
PERFECT!**

*Our whirlwind
romance*

THEY MET ON A DATING SITE – IN THEIR SEVENTIES!

Colleen and Graeme Northe may have a combined age of 147 but theirs is a very modern love story.

The couple – she's 75, he's 72 – met through an online dating site, fell head over heels, and seven months later tied the knot at the Cambridge retirement village they now call home.

The whirlwind romance began early last year when Colleen, twice widowed and missing close family, decided to seek a companion online. Although she had a son in nearby Te Awamutu and a daughter in Hamilton, she pined for a house companion.

After several unsuccessful dates, she spotted Graeme's profile and the two began "chatting".

The attributes each was looking for in a potential partner were almost identical.

But there was no

"tall, dark and handsome" or "sense of humour a must". Instead, what attracted the pair was their shared faith.

"I was very specific in what I wanted," says Colleen with a laugh. "What I wanted most was somebody who was going to put the Lord first, so we could walk together with the Lord. Graeme's profile said he was looking for a lady who would put the Lord first in her life."

They emailed and exchanged phone numbers. Their first "real" date was at McDonald's in Te Awamutu. Graeme was staying with a daughter in nearby Kihikihi and suggested they meet for coffee.

There was an instant spark, plus they had a lot in common. Graeme, then an elder with the Brethren Church in Napier, had done missionary work in Papua New Guinea, while Colleen had spent time in Kalimantan, Borneo, before returning home to pursue a nursing career.

Graeme, who had lost his wife Helen in 2018, was a father of five. Colleen had five stepchildren from her first marriage and three from her second. She'd lost both previous husbands to cancer.

They talked for an hour and hatched a plan for Colleen to travel to Napier to hear Graeme preach. She would stay with

one of his sons and get to know a bit about his family.

"I went to the service and gave him 10 out of 10," an enamoured Colleen says.

The couple then prayed together – and Graeme unexpectedly proposed!

"We had just finished praying when he looked up, took my hand and said, 'Will you marry me?'" reveals Colleen. "I knew within my heart the Lord was saying yes, so I could say yes straight away. There wasn't an engagement ring because he never really expected he would be proposing!"

They will celebrate their first wedding anniversary next month, having exchanged vows last year at Bupa St Kilda Retirement Village, with about 60 people, including family and

'Graeme shows me his love in so many ways. He buys me little things, he is excellent company'

residents, in attendance.

Colleen wore a new dress in purple, her favourite colour, and along with one of her daughters, made the wedding cake. She laughs about its creation: "I bought four Christmas cakes and put them together with some icing. My daughter, who knows far more about icing cakes than I do, tidied it up for me. Because of the time of the year I got the cakes for about \$2 each, so it was an \$8 wedding cake, plus the icing!"

Graeme says he loves

Colleen's caring and patient personality, and the fact she gives good cuddles.

Says Colleen: "Graeme shows me his love in so many ways. He



The couple believe divine intervention played a part.

buys me little things, he is excellent company and he brings me coffee in bed every morning and pancakes on Saturday."

Colleen's thrice-married life is a far cry from the one she once envisaged as a young missionary in Borneo.

"None of the indigenous people had seen a white woman before. To get from A to B, we had to go by river canoe with an outboard on the back."

There were snakes, and she caught dengue fever.

"I remember thinking when my best girlfriend got married in Jakarta that living where I was, in Kalimantan, I would never get married. I was quite upset. I thought I would be spending the rest of my life there."

After five years, she returned home. "I was then offered a job at the Bible school in Jakarta. My daily reading said, 'Plan to stay, you will be there many years. Build for yourself homes and vineyards and see your children and grandchildren grow up.' But I had no money and I had no boyfriend!"

Since then Colleen, who trained in Auckland as a nurse and midwife before becoming a missionary, has worked as a nurse educator, gained a master's degree, lived in numerous homes and, through her marriages, now has 13 children, 25 grandchildren and five great-grandchildren.

The happy couple have not made any firm anniversary plans but hope to get away in their caravan at some stage.

And perhaps have a meal at McDonald's, their now-favourite restaurant.

Julie Jacobson

Graeme's proposal to Colleen – on the first day they met in person – surprised even him.



GOING WITH THE GRAIN

Kay's organic mission

RENOWNED SEED-SAVER, AUTHOR AND ENVIRONMENTAL ADVOCATE KAY BAXTER (67) HAS BEEN AN ORGANIC GARDENER FOR NEARLY 40 YEARS AND IS A CO-FOUNDER OF THE KŌANGA INSTITUTE

"I rarely buy basic food at the supermarket, and I can't remember the last time I sat in a doctor's office... 20 or 30 years ago maybe?

When I was much younger, my health wasn't good. I had most of my thyroid taken out, cancer twice, all of my teeth out and other health issues.

I had all these things wrong with me but knew the doctors weren't trained in nutrition, so I wasn't going to find answers with them. I've since spent my whole adult life researching what makes a healthy person. It seemed like the obvious place to begin was to grow and eat organic produce – the less poisons, the better.

Part of my journey was to come into contact with the work

of Dr Weston Price, who found that all the indigenous people he visited in the 1930s followed the same principles in their diets and were super healthy.

I totally got that to be healthy humans must eat a nutrient-dense diet. I learned that health is dependent on both genetics and the environment, so healthy food relies upon good seeds as well as good soil.

Having highly mineralised and microbially active soil is just the start with veges and fruit, and with animal products too. Milk and eggs won't be high quality unless the animals are eating high-quality pasture.

The earth is where it all begins. No-one can deny that the way we're living is de-generating everything –

the health of our soil, our human health, animal health, ecological health. We must learn to see Mother Earth as a sacred, alive being, and also acknowledge that our lives depend on us taking care of her.

A peach tree was what got me really serious about saving old fruit trees and starting a nursery. At the time, I was home-schooling our four children and we were living in the house where my partner, Bob Corker, had grown up in Kaiwaka, Northland.

Growing out from under the dog kennels was this wild peach tree that no-one had planted. It had just germinated from around the Kaipara Harbour.

Every year it had this incredible crop of peaches, and the kids

How I live...



Based in Wairoa, the Kōanga Institute serves as a venue for permaculture classes and discussions about soil, plant, animal and human health. For more information, visit koanga.org.nz or regenerationproductions.org.

would climb up on the dog kennel roof and gorge themselves. I'd also bottle heaps, but there was still enough to have wars with. I was always amazed at how good they tasted – completely different from anything in the supermarkets.

I collected loads of amazing fruit trees around the Kaipara (from all the original settlers). I didn't even know what I was collecting because at that point the possums were eating all of the new growth, so we had to take them home and graft them and wait for the fruit.

It wasn't until 1986, the year of the Chernobyl disaster that I began saving our heritage vegetable seeds. My mother-in-law Mary is an incredible gardener (she's now 96 and still

goes out in the garden every day in her wheelchair) and she and I went to Mystery Creek Fieldays.

We walked into the seed tent and the stallholder said something to me that changed my life. He asked, 'Do you realise the only seeds we can buy here, which are grown in New Zealand, are Pukekohe Longkeeper onions and all the rest come from Holland?' I know now that wasn't entirely true, but it served to galvanise me.

At that time, Holland was under a nuclear cloud and I was horrified we were in a position in this land, where we were totally dependent on the northern hemisphere for our food security. How could we let that happen? I felt totally powerless and was determined to do something about it.

A week later, I joined the Kaiwaka gardening club. At my first meeting, a woman held her hand out to me and said, 'I know you, you're the lady that likes fruit trees. I thought you might like these bean seeds?'

The seeds, once owned by a

Kay (above) has become a renowned seed saver, just like one of her heroes Henry (right), and believes wholeheartedly in the phrase, 'You are what you eat.'

Dalmatian gum-digger, had been carefully grown out every year for the last 60 years in order to keep them going. Families were looking for people to pass these seeds to because their families weren't continuing to grow a garden.

Other seeds started pouring in. I was featured in the *New Zealand Gardener* and got 500 letters from that one article. It showed me that our heritage food plants open windows into old memories and that people really do care.

At Kōanga, we've now got around 800 vegetable cultivars, which include some heritage flowers and herbs. I realised when you eat something with a whakapapa and a story, it connects you to the land and to people. The phrase, 'You are what you eat' is actually profoundly true.

One of the things to have the biggest impact on me though was my nana's garden, in Marton. It felt like a magic place to me as a kid – the hedge with the chooks behind it and the plum trees.

I remember standing at her



Quick-fire:

Who's one of your heroes?

The late Henry Harrington, who established Southland Seed Savers, and arguably saved more of our New Zealand heritage seeds than anybody else.

What are your top two tips for good compost?

Make sure you have six times as much mature or dry brown material as you do green or wet, immature material. Also, find lots of ways to get calcium or phosphate into your compost because they're always missing in our garden soil. For people in urban situations, I advise buying Soil Force – an environmental fertiliser.

Name the last industrial 'toxic' product you gave up?

Snail bait... although there is a good one available now which I use occasionally, Quash.

gate as she looked up the street and said, 'Oh that lady up there just had a baby, I must take her some dinner.' Or, 'That neighbour's just come home from hospital so I must pick a bunch of flowers to drop off.' And I realised having a garden means you've always got something to give."

As told to Fleur Guthrie

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LIFESTYLE *weekly*

PRACTICAL TRENDS &
TIPS FOR LIVING WELL

Nici Wickes'
MEATLESS
special

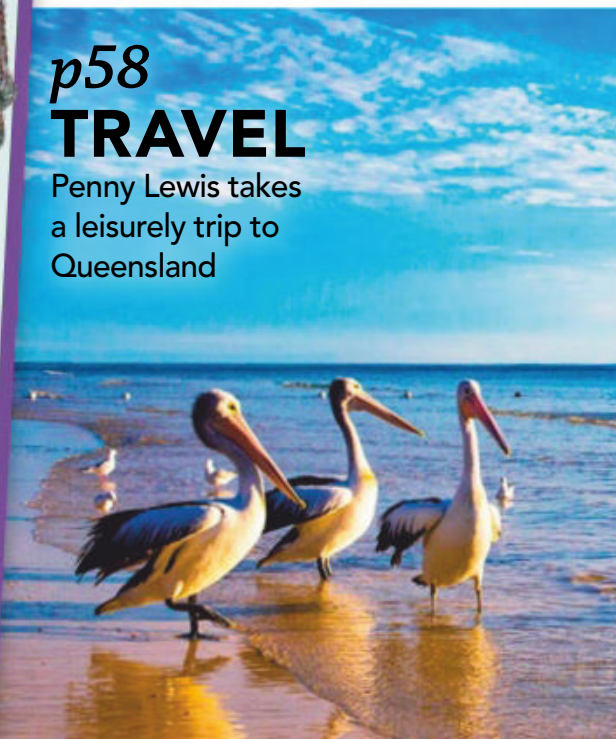


p40
FASHION

New-season daytime
denim to try

p58
TRAVEL

Penny Lewis takes
a leisurely trip to
Queensland



p56
CRAFT

Smarten up your
sweet treats
storage with this
at-home project





One of the most common questions I get asked is, "What can I cook for dinner if I want to cut down

my meat consumption?" Even if you love vegetables and salads, the idea of creating a complete meal without meat can flummox even the best cooks. Try this week's meat-free recipes and you'll not look back.

Vege power!

Nici Wickes
FOOD EDITOR

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

RECIPES THAT ARE
FOOTLOOSE AND MEAT-FREE!

Producing THE GOODS!

Tomato & green bean curry

SERVES 2

This curry is light and fragrant, not too spicy but very, very nicey!

3 tbsp cooking oil
1 medium onion, thinly sliced
2 garlic cloves, peeled and chopped
1 handful fresh or dried curry leaves
4cm piece of ginger, grated
1 red chilli, deseeded and diced
1 tsp mustard seeds
1 tsp cumin seeds
200ml coconut milk
½ tsp sugar
Salt and pepper, to season
500g ripe cherry tomatoes
A handful of green beans, roughly chopped
2 tbsp flaked almonds, toasted
Fresh coriander, to serve
Cooked rice, to serve
Poppadoms, to serve

1 Heat 1 tablespoon of the oil in a medium saucepan or pan. Add the onions and cook until softened. Pour in the remaining oil, add the garlic and curry leaves, frying for 2 minutes. Add the ginger, chilli, mustard and cumin seeds, then fry until they give up their aroma. Pour in the coconut milk, add the sugar and bring to a simmer. Taste, then add salt and pepper to season.

2 Tumble the cherry tomatoes into the coconut broth; cover and simmer for 15 minutes before adding in the green beans and cooking for a further 5 minutes.

3 Sprinkle with almonds and coriander, then serve with a side of rice and poppadoms.

Nici's note...

- Curry leaves are available in some supermarkets. I buy a bunch when I see them in stock and freeze them.

Mexican scramble with chilli & corn tortilla

SERVES 1

Ready in less than 10 minutes, this is a tasty dinner that I've been rocking out at least once a week lately.

¼ red pepper, thinly sliced

2 tbsp olive oil

½ tsp cumin seeds

2 free-range eggs

50g feta

½ cup chopped herbs –
parsley, coriander or spinach

1 corn tortilla

Handful of spinach
leaves, washed

1 tbsp store-bought pesto

Pinch of chilli flakes

Salt and pepper, to season

Squeeze of lemon or lime,
to serve

1 Fry strips of red pepper in half of the oil until softened, then remove from the pan. Heat the remaining oil to medium and toast the cumin seeds. While they cook, whisk the eggs with half of the feta and herbs, then pour into the pan. Leave to cook undisturbed for 2 minutes, then scramble with a spatula, moving

the eggs around until desired doneness. Remove to a plate.

2 Dry-fry the corn tortilla for 2-3 minutes each side or until warmed through. Set aside on a plate.

3 Add the spinach to the pan and cook until wilted – it will only take about 30 seconds.

4 Top the tortilla with the spinach, eggs, peppers, remaining feta and a dollop of pesto. Sprinkle over chilli flakes, seasoning and a squeeze of lime or lemon. Eat up!



Nici's note...

- Make your own pesto by blending together **¼ cup** toasted walnuts, **1 cup** fresh basil leaves, **¼ cup** each of olive oil and grated Parmesan, a decent squeeze of lemon juice, and salt and pepper to taste. Easy!

Broccoli herb fritters

MAKES 4

These fritters are packed full of sheer goodness!

FRITTERS

2 eggs

2 **tblsp** gluten-free flour

1½ **cups** raw broccoli crumb (approximately 1 head of raw broccoli blitzed in a food processor)

½ **cup** fresh herbs – parsley, mint, coriander – chopped

¼ **cup** pine nuts, toasted

1 **tblsp** lemon zest

½ **tsp** sea salt and a decent grind black pepper

Oil, for shallow-frying

TOPPING

2 **tblsp** sour cream

½ **cup** baby spinach leaves

½ **cup** tomatoes, chopped

2 **tblsp** chutney/relish – I used beetroot relish

2 **tblsp** pomegranate molasses

1 Whisk the eggs and flour to a smooth batter. Stir through the broccoli crumb, herbs, pine nuts, zest and seasoning. Mix thoroughly.

2 Heat 1cm of the oil in a frypan. Cook in batches, spooning enough batter into the oil to make 10-12cm fritters. Cook until dark golden, then flip and fry until cooked through.

3 Serve the fritters warm, topped with sour cream, spinach leaves, tomatoes, chutney and a drizzle of pomegranate molasses.

Gluten
FREE

Nici's note...

• Confession time! I'm not a huge broccoli fan, but I know it's good for me (it's a great antioxidant), so turning it into these fritters ensures I eat plenty of it.



Nici's note...

- Mum and I always joke that men need to be coaxed into eating carbs other than potatoes. But these polenta cakes are popular with everyone, especially as they're loaded with cheese.

Courgette & cheesy polenta

MAKES 6

These are just wonderful for vegetarians and those wanting carbs that aren't potatoes.

- 15g** butter
- 3 tbsp** olive oil
- 3** garlic cloves, smashed
- 2** courgettes, very thinly sliced
- Juice of **1** lemon
- 500ml** water
- 125g** polenta
- 75g** Parmesan cheese, grated
- ½ tsp** sea salt and freshly ground black pepper
- 200g** cherry tomatoes
- Few sprigs fresh thyme
- Handful of spinach leaves

Extra Parmesan (optional)

- 1 Heat oven to 180°C fan bake. Line a tray with baking paper.
- 2 Melt the butter and 1 tablespoon of the oil in a large frypan. Gently fry the garlic and courgettes until soft and coloured – about 10 minutes. Remove from the heat and add the lemon juice.
- 3 Boil the water with a little salt and pour in the polenta, stirring until it becomes really thick. Use a long-handled spoon as it acts like a volcano and spits, plus it's very hot! Stir for approximately 4 minutes. Scrape the polenta

- into the pan containing the courgettes; stir in the cheese and seasoning, then let it cool.
- 4 Divide the mixture into 6 portions, about 2cm thick, and place on the prepared tray. Lightly brush with oil and bake for 10 minutes. Scatter over the tomatoes, thyme and a drizzle of oil, roasting for a further 15 minutes or until the tomatoes have collapsed and the cakes are golden.
 - 5 Serve the polenta cakes with the tomatoes and thyme, spinach leaves and a little more Parmesan, if you wish.

HEALTH *nuts!*

SWEET
SNACKS THAT
ARE GOOD
FOR YOUR
GUT



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from Bridget's
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More Gut Healthy
Recipes** by Bridget
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To purchase, visit
morefrombridget.co.nz.

Vegan

**Sugar
FREE**

**Dairy
FREE**

Aroha bars

MAKES 10-12 BARS

120g whole raw almonds

120g raw cashews, pecans
or walnuts

40g unsweetened cranberries,
roughly chopped

10g sunflower seeds

2 tbsp chia seeds

25g cacao nibs

2 tbsp raw buckwheat

½ tsp Himalayan salt

1 tsp pure vanilla extract

60ml fibre syrup (see tip)

1 Preheat oven to 160°C.

Line a slice tin with non-stick
baking paper.

2 Mix together the nuts,
cranberries, sunflower seeds,
chia seeds, cacao nibs,
buckwheat, salt and vanilla.
Drizzle over the syrup and stir
through the ingredients.

3 Using a clean wet hand,
press the mixture into the
tin and bake for 15 minutes.

4 Allow the mixture to cool
in the pan for 20 minutes,
then remove from the pan,
paper and all. Allow to cool
completely on a wire rack.

5 Slice with a sharp knife into
10-12 bars and store in the
fridge in an airtight container
for up to two weeks.

Tip...

• I use fibre syrup in this recipe, which is a healthy alternative to honey, maple and rice malt syrup. A natural prebiotic and so amazing for your gut health, this syrup is a dietary fibre, so will boost the fibre content of your food, and as it is very low GI it's safe for diabetics and anyone watching their blood glucose levels.



Tip...

• You can purchase naturally dried rose petals at your local Asian supermarket.

**Gluten
FREE**

**Sugar
FREE**

Super rocky road highway

MAKES 20-25 PIECES

60g whole almonds or pecans,
roughly chopped

50g pistachios

50g walnut pieces

35g coconut flakes

500g dark sugar-free
chocolate, pieces or chips

40g goji berries

40g unsweetened
dried cranberries

2 tbsp cocoa nibs

2 tbsp dried rose
petals (optional)

1 Preheat oven to 160°C.

Line a tray with non-stick baking
paper. Spread the almonds or
pecans, pistachios and walnut
pieces on the tray in a single
layer and bake for 10-15
minutes or until lightly toasted.

2 At the same time, spread
the coconut flakes on another
tray lined with non-stick
baking paper and toast
for 5 minutes or until golden.

3 Remove the nuts and
coconut from the oven and cool.
Line a round or square cake
tin with non-stick baking paper
and set aside while you melt
your chocolate. Reserve ½
tablespoon each of the nuts
and coconut for the top of
the rocky road.

4 Heat a medium-sized pot
with about 5cm of water to
a gentle simmer. Add the
chocolate to a metal bowl that
sits just over the pot without
touching the water and allow
the chocolate to gently melt,

stirring occasionally with a
small spatula.

5 Remove the bowl from
the pot and stir in the goji
berries and cranberries. Pour
the chocolate mixture into
your prepared cake tin,
smoothing out the top a
little. Sprinkle the reserved
almond, pistachio and walnut
pieces, coconut and the cocoa
nibs over the top, as well as
the rose petals (if using) and
cover the tin loosely.

6 Allow the rocky road to
fully set in the fridge for at
least 2 hours before slicing
up into small, even-sized
pieces. Store in a covered
container in the fridge for
up to two weeks.

Kitchen CALENDAR

Handy
hints and
gourmet
goodies



ARE YOU DRINKING RED WRONG?

Most Kiwis serve their whites fridge-cold and their reds at room temperature, but there is another way!

Serving wine at non-optimal temperatures can negatively impact the complex flavours, with each variety designed to be enjoyed in a specific condition. The old adage of drinking red wine at room temperature originates from medieval French drawing rooms, which were a chilly 14°C to 16°C – a far cry from today's New Zealand room temperature, particularly at this time of year!

Instead, to best enjoy red wines, it's suggested to lightly chill your bottle in the fridge for 30 minutes just prior to serving. For whites, pull your bottle out of the fridge 30 minutes before you pour your first glass.

Family company Taylors Wines offers a clever Optimum Drinking Temperature touch-activated sensor on the back of its Estate and Promised Land ranges, to help you determine whether the wine is too cold, too warm or just right. They're available at most leading supermarkets and liquor stores nationwide, including Countdown, New World, Moore Wilson's, Liquorland and Glengarry. RRP from \$13.



GUILT-FREE TREAT



If brownies have traditionally been a bad word in your healthy eating regimen, good news! You can indulge guilt-free with a Fibre One Chocolate Fudge Brownie. With chocolate-flavoured

fudge pieces and chocolate flavoured drizzle, it's the delicious chocolatey fix you're craving – without all the calories. Available in the muesli bar aisle nationwide for RRP \$4.79.



White magic

Premium dairy company Lewis Road Creamery has a new lactose-free milk in its range. Using its full-bodied milk sourced solely from Jersey cows, it has added enzyme lactase to break down lactose molecules for easier digestion. Available from supermarkets. RRP \$4.49 for a 750ml bottle.



ICE CREAM OF THE CROP

This is not a drill – Ben & Jerry's has officially added the chill to "Netflix and chill". There's something for everyone in this pint – peanut ice cream with sweet and salty pretzel swirls and fudge brownies. It's a flavour combination that's the perfect accompaniment for all your favourite shows to stream. It's available from Ben & Jerry's outlets and supermarkets nationwide, RRP \$12.99.

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NEW ZEALAND /
Woman's Weekly

Royal Romances



A tragic love
story that rocked
the monarchy

WEDDING DAY DRAMAS

Mystery of the
Queen's broken
tiara and a
lost bouquet



Our very modern royal family

Doing the school run
and takeaways in
front of the telly

Queen Elizabeth
& Prince Philip
*The secret
to their
long-lasting
marriage*

THE PASSIONATE PRINCESS

Margaret's saucy
trysts with Snowdon



152 WEDDING FACTS REVEALED! Who vowed to obey?

ON SALE NOW!



Rock new-season denim for some serious style.

Comfort first!

Leigh Matheson
STYLE DIRECTOR

You CAN wear...

Day DE

Casually cool

- This lightweight Euro Edit lyocell-chambray jacket from EziBuy is ideal for wearing mid-season as it's perfect for layering. The soft lapel and side ties also add an interesting point of difference.
- It's styled here with a navy and white striped T-shirt from LEO + Be, and a pair of wide-leg jeans from Cotton On.

EURO EDIT COAT \$129.99 from EZIBUY. TOP \$145 from LEO + BE. PANTS \$49.99 from COTTON ON. EARRINGS \$14.99 and BAG \$21.99 both from COLETTE BY COLETTE HAYMAN. ISABELLA ANSELM SHOES \$209.90 from MERCHANT 1948.

Tip...

Add boldly coloured accessories for a stylish twist.



time NIM

STAY CASUAL
YET CHIC IN
THESE CLASSIC
COMBOS

Double down

- Getting the tones right makes double denim really pop. This longline pencil skirt from Zara works perfectly with this boxy-fit shirt jacket from Seed Heritage.
- Wear these pieces with this funky print tee from EziBuy and mock crocodile-print accessories, including these statement monochrome boots from Mi Piaci, which honestly are on my must-buy list.

JACKET \$149.90 from SEED HERITAGE. EMERGE TOP \$49.99 from EZIBUY. SKIRT \$45.90 from ZARA. EARRINGS \$14.99 and BAG \$44.99 both from COLETTE BY COLETTE HAYMAN. BOOTS \$380 from MI PIACI.



New fit

- I made a change to the style of jeans I wear last year, buying a couple pairs of the Levi's Ribcage Straight-Leg style, and I can't recommend them enough. The extremely high waist is super flattering no matter how curvy you are, and has the added bonus of holding in the 'mum-tum'.
- Style them, as here, with a classic white tee and this bold check longline boucle blazer from Zara for a cool ensemble.

JACKET \$139 from ZARA. EMERGE TOP \$49.99 from EZIBUY. LEVI'S JEANS \$169.99 from JUST JEANS. EARRINGS \$8.99 from COLETTE BY COLETTE HAYMAN. BAG \$89.90 from COUNTRY ROAD. SHOES \$260 from MI PIACI.



Jumpsuit duty

- This Seed Heritage wrap-front jumpsuit is a fabulous piece that works on a variety of body types due to its cut.
- Pair it, as here, with this multi-coloured knit cardigan from EziBuy and some funky sneakers for a functional yet chic outfit.
- Try switching your look up by layering a tee or long-sleeve top under the jumpsuit.

HEINE KNIT \$129.99 from EZIBUY. JUMPSUIT \$149.99 from SEED HERITAGE. EARRINGS \$14.99 and BRACELET \$14.99 both from COLETTE BY COLETTE HAYMAN. SNEAKERS \$39.99 from RUBI.

Tip...

Take inspiration from the knit's colour for jewellery pieces that make the outfit pop.

Classic chic

- If you invest in a longline denim skirt, you won't regret it. This stretch-denim option from Country Road, in bright white, will get a lot of use in any woman's wardrobe.
- Pair it, as here, with this Zara boucle top featuring sheer sleeves for a dressed up daytime look.
- Warm-toned accessories including these aviator frames from Rubi help make this a timelessly elegant ensemble.

TOP \$69.90 from ZARA. SKIRT \$139 from COUNTRY ROAD. GLASSES \$14.99 from RUBI. EARRINGS \$64.90 from WITCHERY. BANGLES \$14.99 for set from COLETTE BY COLETTE HAYMAN. BAG \$79.90 from SEED HERITAGE. SHOES \$89.90 from NOVO.

FIND IT

COLETTE BY COLETTE HAYMAN (09) 815 1481
COTTON ON 0800 452 885
COUNTRY ROAD 0800 105 655
EZIBUY 0508 500 500
JUST JEANS 0800 559 327
LEO + BE (09) 489 7676
MERCHANT 1948 0800 683 752
MI PIACI (09) 524 1430
NOVO (09) 846 7828
RUBI 0800 452 885
SEED HERITAGE (09) 376 3850
WITCHERY (09) 523 1335
ZARA (09) 905 6420



The jawline has been getting plenty of attention in the beauty world recently, which has led to a rise in some very effective ways to give it a more youthful edge.

Chin up!

Tracy Davis
BEAUTY EDITOR

Actress Emily Blunt knows how to best show off her chiselled jawline.

YOU DON'T
NEED TO TAKE
SAGGING ON
THE CHIN

HOLD *firm!*

Once upon a time surgery was the only option for sharpening up a sagging jawline, but now a firmer, more chiselled profile can be achieved without having to go under the knife.

This new, non-surgical approach usually involves a tool box of treatments.

"Everybody is different, and often a combination is needed, or one more than the other, depending on the issue," explains Dr Joanna Romanowska of Clinic 42.

For example, to combat mild to moderate jowling Joanna might reach for thread lifts, which involves a minimally invasive procedure weaving one or two dissolvable threads under the skin.

"Thread lifts are fantastic for lifting jowls, and a really good way of redefining the jawline.

"Where skin has dropped from the cheekbone down to cause the jowling, we can lift and put it back in place with

the threads," she says.

Improving the look of a double-chin is another way to make the jawline pop.

"For this we can use an injectible solution to dissolve fat cells so that the volume is decreased," explains Joanna.

"It also sets up a lot of inflammation with swelling and this inflammation tightens the tissue up. So not only do we get an improvement in the volume, but we get an improvement in shape because everything tightens up to the jawline."

And with a few carefully placed needle pricks, a skilled practitioner can create a 'scaffolding' effect using fillers.

"We use fillers to fill the outer part of the face, in front of the ears, which helps to lift a little bit and project the jaw," she says.

"We can also use fillers along the jawline to define it further."

Even the widely-used wrinkle relaxer botox can play a part in jawline rejuvenation.

"We can use it in the neck

muscle to reduce the ability to pull down. And we can also put it into the marionette lines."

Here it can have a lifting effect by pulling the cheeks up a little, and modestly helping with jowling. "Genetics is a big reason why some people notice their jawline goes," says Joanna. "But sun damage contributes to it, and how much weight one carries as well."



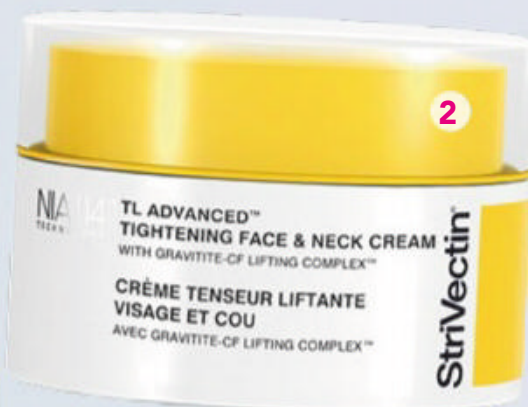
Dr Joanna Romanowska from Clinic 42.



SET THE TONE

While the most effective solutions for a sagging jawline might happen in a doctor's office, taking care of our skin is something we can do at home.

- Remember to extend your serums and moisturisers from your face, down over your neck and décolleté.
- Look for products that encourage collagen production to help increase firmness.
- The skin on our neck is particularly vulnerable to sun damage so always protect it with sunscreen or a scarf.
- Be mindful of 'tech-neck'. It's thought that the rise in use of digital devices (looking down at them as well as the



blue light they emit) is speeding up wrinkle formation and harming our skin.

NEW NEEDLE-FREE SOLUTIONS:

(1) Clinique Smart Clinical MD Multi-Dimensional Age Transformer Duo, \$130, has a re-sculpting effect.

(2) StriVectin TL Advanced Tightening Neck Cream, \$158, tightens, lifts and firms.

(3) L'Oréal Paris Age Perfect Intense Nutrition Neck & Décolletage Cream, \$43.99, is rich and restoring.

(4) Estée Lauder Perfectionist Pro Rapid Firm + Lift Treatment, \$158, addresses sagging with peptides.



Your ageless beauty guide to...

BROW LAMINATION

ALL ABOUT THE
NEW BEAUTY
TREATMENT
MAKING BROWS
LOOK FULLER

WHAT IS IT? It's an in-salon technique used to create full, feathered, glossy brows.

HOW DOES IT WORK?

The process involves two different treatment solutions – the first is brushed through eyebrow hairs and left on for 20 minutes to make them soft and flexible. The second sees the brows brushed into the desired position and a 'laminating' solution applied to keep each hair in place. It takes about 30 minutes and results last around six weeks.

WHO IS IT RIGHT FOR?

Anyone who has hairs that either lay flat and make eyebrows look thin, or are unruly and stick out. It can also be for anybody who just wants a very groomed look.

WHAT ELSE DO I NEED TO KNOW?

Try combining lamination with a brow shape and tint for the ultimate brow makeover that's cheaper than micro-blading (albeit not as long-lasting).

TRY...

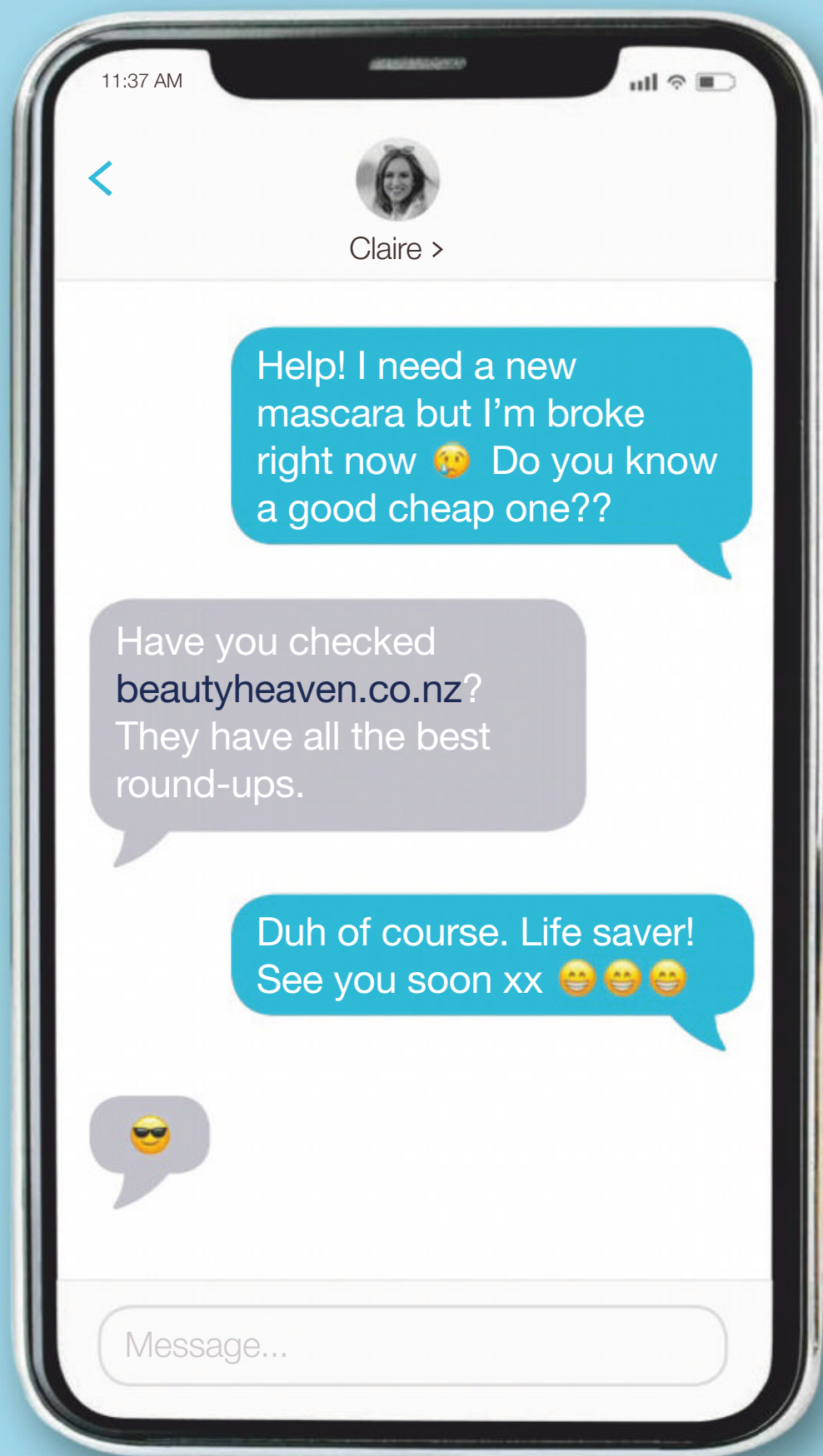
If lamination isn't for you, brush up your brows with one of these new products to get a similar look.

- (1) Maybelline New York Brow Fast Sculpt Taming Gel Mascara, \$16.99.
- (2) Anastasia Beverly Hills Clear Brow Gel, \$41.
- (3) L'Oréal Paris Brow Artist Serum, \$22.99.

FIND IT

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CLINIQUE, ESTÉE LAUDER,
L'ORÉAL PARIS DEPARTMENT
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REVIEWS AND REWARDS

Competitions | Expert Advice | How-To's | Reviews



Top tips for saving water, how to store pumpkins over the winter, and how to clean tiles with lemon juice.

Home economics!

Wendyl Nissen
OUR GREEN GODDESS

READER LETTER OF THE WEEK

Dear Wendyl,
I read with interest your reply to the lady who wanted advice about storing potatoes. One thing she may be doing wrong is storing them next to onions. They do not like to be next to each other and quite often the potatoes will go off. Love your articles.
Adrienne Dench
Paraparaumu

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

TAP INTO YOUR HOME SUPPLY AND MAKE IT MULTI-TASK!

Up north where I live we had no rain over the summer and it reminded me of the small things we can do in the home to save water while giving our gardens a treat.

Much of our grey water contains nutrients our plants love, so why not collect it and give it to them? Here are some easy things you can do to be water-wise:

- Put a plastic basin in your kitchen sink and wash dishes in it. You can then easily throw the water out on the garden when you're done. During the day, keep it filled with a bit of water so you can easily wash hands and rinse dishes as you go.

- Put a bucket in your shower to catch water while you wait for it to heat up and while you are showering. Throw it on the garden when full.
- If you have a bath, scoop the water out for your garden. My nana did this every day and claimed it was why her lemon trees thrived.
- Flush the toilet only when you have to.
- Washing machines use a lot of water, so see if you can direct the waste water either straight onto your garden or into a container.
- When you rinse out bottles and containers, collect the water. Use the water from rinsing milk bottles to give your roses a lovely milk wash!

WATER wise

DID YOU KNOW?

YOU CAN CLEAN TILES WITH LEMON JUICE AND SUGAR. SIMPLY DISSOLVE 2 TSP SUGAR IN THE JUICE OF A LEMON. DIP A SOFT CLOTH INTO THIS MIXTURE AND RUB IT ON THE TILES. DIRT AND STAINS WILL DISAPPEAR AND IT'LL LEAVE A LOVELY SHINE.



Nana's RETRO RECIPES



GRAPE JELLY

I have two grapevines and every year we have more delicious grapes than we can eat. So this year I decided I would find some way to use them all up. Grape jelly is a wonderful concoction – great on toast with peanut butter (a combination made famous by Elvis Presley), or simply used as part of a platter to add sweetness to cheese and meat. Red grapes give a good colour, but I used green grapes, which gave a gorgeous delicate rose colour.

1kg grapes

Sugar

1 Pick your grapes and put them in a large saucepan or jam pan. Cover with water and bring to the boil, then simmer for about 30 minutes

or until they are all mushy.

2 Gently mash them with a potato masher. Pour the mixture into a large sieve lined with a tea towel or piece of cotton, then let it drain overnight.

3 In the morning you will have a lovely liquid. Measure this, then put it back in the saucepan and heat it up. Measure the same volume of sugar, add this to the grape juice and stir until dissolved. Boil this mixture for about 20 minutes or until it reaches jam-setting temperature. (You can test this by taking a teaspoon full and spreading it on a cold saucer. Run your finger through the middle of it and if the liquid stays where it is, it is ready.)

4 Pour into sterilised jars and enjoy!

STORING PUMPKINS

This year I grew a lot of pumpkins, finally. I've tried every year for five years but this is the first season I've managed to do it – mainly because I planted about 10 plants! I know of other people who inadvertently grow them out of their compost bins without doing a thing!

If you've managed to grow some pumpkins, it's important to store them properly over the winter so you can use them for making lovely soups and baked veges.

When you cut them, make sure you leave about a 5cm stalk and be very careful not to nick the skin, as that can set off the rotting process. Then, put them out in the hot sun for 10 days to cure.

Before you place them in a cool basement or similar, give them a vinegar wash to take care of any lingering bacteria. I put ½ cup white vinegar in 1 litre of water and gave them a good wipe, using a damp cloth.

Dry them in the sun for an afternoon and then place them on a bed of hay in a dark, cool place, preferably where rats and mice won't find them.



TRY THIS

One of my old books suggests drying coffee grounds in the oven to sharpen knives. Put the grounds in the oven on 100°C for half an hour or until they are dry – or you could simply dry them in the sun on a hot day. Pour them on a wooden cutting board. Place one side of the knife blade onto the grounds and grind it against the beans. Turn the knife over and grind the other side. Wash clean.



In a lot of cases, deaths due to cardiovascular disease could have been averted by following a few heart-friendly guidelines.

Take a look!

Donna Fleming
HEALTH EDITOR

Here's a scary piece of information – every 90 minutes, a New Zealander dies from heart disease, making it the biggest killer in this country.

One in 20 adults is diagnosed with the condition, which is more than 165,000 Kiwis. It doesn't matter how old you are or the state of your general health, it is really important to look after your ticker. Here's how:

AIM FOR 7-8 HOURS SLEEP A NIGHT

A good amount of sleep is important for your health, and not getting enough – or too much – can be bad for your heart. One study has found that adults who sleep for seven hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep for five hours or less, or those who get more than nine hours a night.

HAVE YOUR BLOOD PRESSURE CHECKED

High blood pressure can lead to heart problems. It can damage artery walls and create scar tissue, making it harder for blood to get to and from your heart. This means the heart has to work harder and gets worn out faster, plus if

not enough oxygen is getting through via your blood, part of it can begin to die. The trouble is, there are no symptoms of high blood pressure – you can have it without knowing. That's why it is vital to have it checked regularly, especially if you're over 40.

GET OFF YOUR BACKSIDE

Being sedentary is extremely bad for your heart. The more time you spend sitting, the higher your risk of heart disease. It's also important to remember that if you do follow guidelines and do 30 minutes of moderate exercise a day, you still need to find ways of being less sedentary for the rest of the day. If you have a desk job, you should get up regularly and move around at least once every hour, even if you've

WAYS TO REDUCE YOUR RISK
OF CARDIOVASCULAR DISEASE

HEAVY

already done your 30 minutes of exercise. If you sit for several hours a night watching TV, get up in the ad breaks or between shows and move about.

CUT DOWN ON SATURATED FATS

If meat and full-fat dairy products play a big part in your diet you could be in trouble. Choose leaner cuts of meat and maybe even try going meat free a couple of days a week. Also opt for reduced-fat cheese and milk and steer clear of products containing trans fats altogether – they increase your bad LDL cholesterol. They are found in processed foods such as some crackers, biscuits and snack foods – check the ingredients for hydrogenated or partially hydrogenated fats. These are trans fats.

GET TESTED FOR DIABETES

This is another condition you may have and not realise it, as the symptoms can be minor to start with so you might put them down to other causes. But it's important to know if you do have it so you can take steps to mitigate the damage it can cause, including to your heart. Over time, high blood sugar damages arteries and makes heart problems more likely.

EAT HEART HEALTHY FOODS

There are certain foods that are not just good for your health in general, but for your heart in particular. They include seeds (such as chia, flax and pumpkin) which contain fibre that can bind to cholesterol, removing it from your system; and fatty fish such as salmon, which is rich in omega-3 fatty acids that

decrease the build-up of plaque in your arteries. Other great foods for your health include green tea, kale, turmeric, hummus, oats and olive oil.

GO EASY ON SALT

According to one study, reducing salt intake among the general population by half a teaspoon a day each would significantly reduce the number of cases of heart disease and save our health system millions of dollars a year. Don't forget, your salt intake is not just about how much you sprinkle over food, but the amounts contained in the food you eat, such as packaged and processed foods.

GET ENOUGH VITAMIN D

Widely recognised as important for bone health, vitamin D is also required for

good heart health. A Brazilian study found women who were deficient in vitamin D were more likely to have metabolic syndrome, which is a group of factors that doubles your risk of heart disease. Meanwhile, other studies have concluded that women with higher vitamin D levels have a third less chance of getting this disease. The best source of vitamin D is sunlight, but you can also get it from foods such as canned tuna, eggs and fortified foods.

ADD GINGER TO YOUR DIET

Ginger has lots of health-giving properties, including treating nausea, colds and flu. Now, research shows it can lower cholesterol levels.

'Every 90 minutes a New Zealander dies from heart disease'



GET RID OF YOUR SPARE TYRE

Belly fat is a huge predictor of heart disease. If your waist measurement is greater than 90cm for women and 100cm for men, you have an increased risk of heart disease. One study has found that every 4cm you add to your gut increases your risk of heart disease by nearly 20%.

Exercising is a great way to not only keep your risk of heart disease down but lose weight too.



hearts

Hard yards

HOW TO WORK TOGETHER FOR A STRONG MARRIAGE

Unlike in fairytales, it's rare for people to get married and simply live happily ever after. Marriage takes work, and a relationship can easily disintegrate if you haven't put the effort into strengthening it.

Here are ways to build a strong marriage.

COMMUNICATION IS KEY

How often do you actually talk to each other? That means more than a discussion about what's for dinner or even a cursory, "How was your day?" When you lead a busy life and you're tied up with what your kids are doing or distracted by your phone and Netflix, proper conversations with your partner can become non-existent.

Communicating about your feelings, frustrations, hopes and dreams is an important way to foster intimacy and build understanding. It's also crucial that you encourage your partner to open up, and listen to what they have to say.

Try to set aside 30 minutes a day or a catch up once a week to talk without interruptions.

TALK ABOUT MONEY

Issues over finances can be one of the biggest problems in a

marriage. Being on the same page when it comes to money is vital – if you have different ideas about spending and saving this can lead to a rift that can be hard to mend.

Sit down and talk openly about money, including setting a budget and discussing what you're going to do about any debt you have. It may be necessary to agree on what you need and what you want – but also try, if possible, to include funds for items such as holidays and fun activities, which can strengthen your marriage.

BALANCE YOUR TIME TOGETHER

It's hard to have a healthy relationship when your busy life means you don't get to see very much of each other, except perhaps for a couple of hours in the evening when you are both exhausted. You can end up living very separate lives, causing you to drift apart.

Try to schedule time together – the concept of a date night has become a bit of a cliché but having that time focusing on just the two of you is important, and does help to bring you closer.

Meanwhile, it can also be

Don't let any issues you may have build up. Say something to clear the air.



crucial for some people to give their other half some space. Too much time together may make one person feel smothered, and they may need time out to do their own thing.

SORT OUT SMALL PROBLEMS BEFORE THEY BECOME BIG ONES

Don't let problems fester. Being cross with your other half about something, such as their habit of leaving dirty clothes on the floor, can lead to becoming really angry with them over the fact that they expect you to do all the tidying and cleaning, leaving you feeling like you are being taken for granted.

It's far better to deal with what's annoying you sooner

rather than later – preferably by explaining why it upsets you without nagging.

GET HELP BEFORE IT'S TOO LATE

If your problems keep building up and you're starting to think that you don't want to be in this relationship anymore, having counselling can help.

It gives you a way of discussing any feelings you've kept to yourself or can't seem to express to your partner without an argument erupting.

It may also help you to look at things from another perspective, and find solutions for the issues the two of you are having before you get to the point of no return.

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Lawns are a bit like swimming pools. Opponents argue they're an eco no-no and must be replaced, while proponents insist you just can't live without them. The problem is, beautiful lawns can be addictive and you may need to be weaned off.

Turf war!

Lee Ann Bramwell
GARDEN EDITOR

When you see a successful wildflower garden, it's easier to let go of lawn.

WAYS TO MAKE LIGHT
WORK OF YOUR LAWN

SOD *it!*

For the past four, maybe five, years we've had two small sections of lawn in our front terrace. The space was originally covered in shells (low maintenance, the former partner said – wrong, wrong, wrong) which has resulted in very poor soil and, you guessed it, lots of shell residue. No wonder the bloody lawn doesn't do well.

I have to admit I forced the planting of the lawn in a hurry, so The (current) Partner wasn't given the time he wanted to do the prep work.

"We'll fix it up later if it needs it," I promised with my usual laissez-faire attitude, but of course we didn't.

We've struggled through several hot, dry summers, patching up any dead bits, fertilising and spending happy hour with a glass in one hand and the hose in the other. And this summer, there's been another issue – The Dog.

A seizure disorder has kept The Dog confined to the wider garden for the past several months, but her tendency to fall over had me in a panic that she'd slide into the stream and drown. Yes, I'm a catastrophist.

So we enclosed the front terrace, giving her full access to the house, a nicely tiled patio, sun, shade, lush planting and the aforementioned lawn.

Now, in addition to its other problems, our lawn is assaulted on a daily basis by dog pee. Crop circles are beginning to appear, and the other day we

decided faux lawn might be the go. And for once, we're totally in line with current trends.

Despite enjoying its status as the country's default ground cover, living lawn is on its way out. An awareness of the environmental and financial costs of traditional lawn maintenance (fertilisers, herbicides, pesticides, fungicides) has led many people to look for alternatives.

Many of us have had lawn in our lives for so long that it's become an addiction, so weaning off it is a good way to start the replacement process. Don't trash all your lawn – simply shrink it to a size that serves a specific purpose.

Rather than an accidental occurrence, lawn should be used as an intentional design element, so try to think of yours as, say, a green rug to be positioned in the garden to enhance an existing area.

Here's a few ideas how:

MAKE A PATIO

If you have a bigish lawn area near the house, hang onto the half of it furthest away from the house and turn the rest into a patio near the entranceway. It'll add some structure to your garden design and give you an outdoor living space.

REMOVE GRASS FROM THE PERIMETER

A big lawn surrounded by garden beds can be downsized by removing the outer one or two metres right around it, and replacing the turf with plants



Decking over an area of lawn is a cool alternative to grass, and it's arguably less maintenance.



This clever design is ideal for those who simply can't give up lawn entirely.

— ergo, extending the garden. It'll become a serene, secret spot in the midst of a lush garden and supply a visual resting space. Yes, it is a lot of work and expense, which is why my version is still in the planning stage!

DO A DECK

Spray out a section of your lawn and deck over it. I love this method because decking timber is relatively inexpensive, and if you have a good handy-person he or she will be able to create interesting shapes that work with your existing garden. Ours replaced the existing lawn, provided a sitting space outside our summerhouse, and was cleverly cut into the border of big rocks edging a nearby garden bed.

RANDOM SITTING AREA

When a generous neighbour gave us a beautiful teak bench we had the perfect excuse to exchange lawn for paving. The bench was killer heavy and took two of us to move it, so shifting it to mow the lawn was often a problem. We dug out the turf, laid a bed of crusher gravel and

inset four rows of big, concrete pavers left over from another job. We left 12cm gaps between them and filled them with stones to help to extend the paved space. Now it's another fab spot to enjoy a G and T.

GRASS PATHWAYS

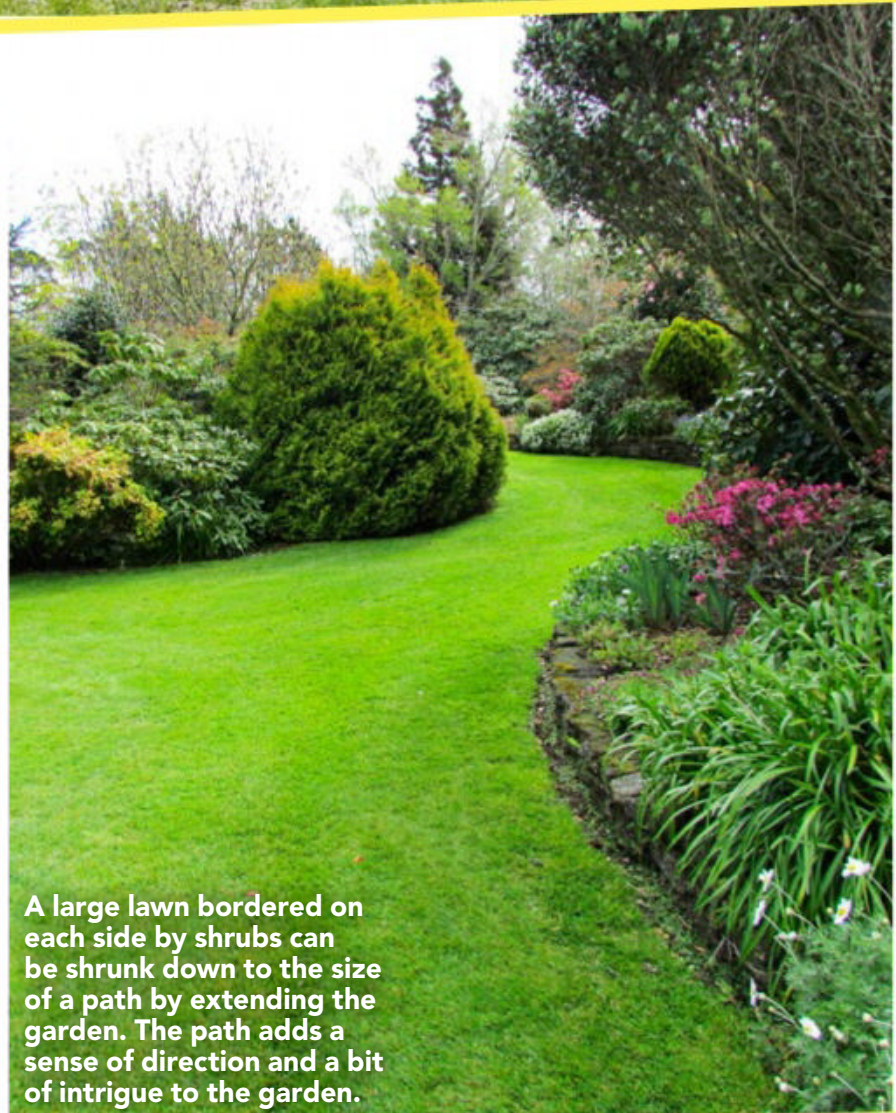
If you're keen to relinquish a lot of lawn but not all of it, incorporate some grass paths. A 'nothing' lawn bordered on each side by shrubs can be shrunk down to the size of a path. Mark the path out (give it a few gentle curves), remove the unwanted turf and replant with more shrubs. Make sure your grass path is wide enough to take your mower. For even lower maintenance, edge it with pavers on the same level as the grass so you can mow over them.

It'll be interesting to see what's happened to lawns in, say, another 25 years. I predict there'll be fewer of them, and those that remain will be smaller or will have been reinvented as a wildflower meadow or swathe.

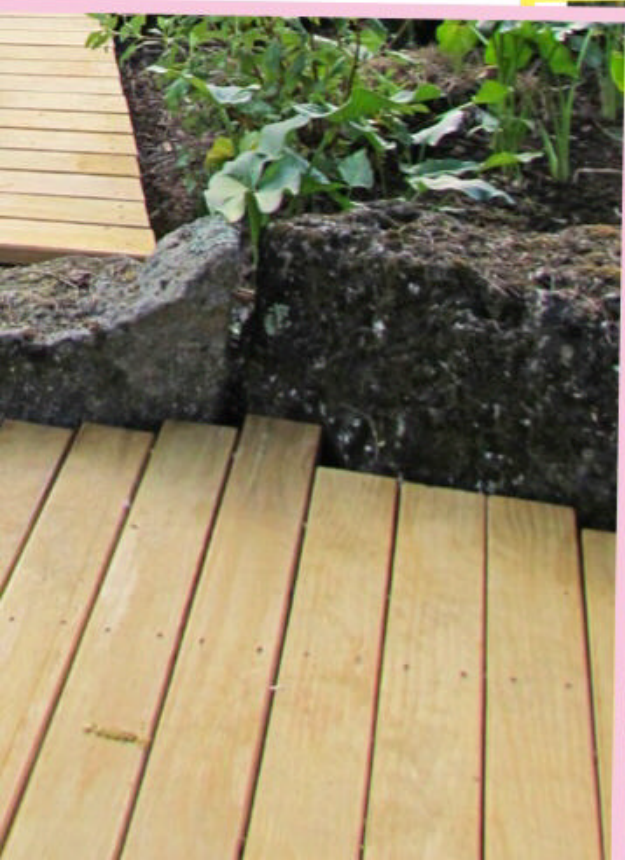
Some of us will be delighted, others devastated.



A deck, a paved patio and a small lawn provide all the required spaces in this small garden.



A large lawn bordered on each side by shrubs can be shrunk down to the size of a path by extending the garden. The path adds a sense of direction and a bit of intrigue to the garden.



There's no denying it's a beautiful lawn, but thanks to environmental and financial costs, the trend is for downsizing.

LOLLY jars

You will need:

- Plastic animal figurines
- 3 glass jars with lids
- Clear-dry extra-strong glue
- Small detail brushes
- Testpot brushes
- Testpots in Resene Echo Blue, Resene Half Pale Rose and Resene Reservoir

Step 1: Choose three small animal figurines and three small glass jars with lids. Wash and dry the figurines so they're ready for painting. If your jars are second-hand give them a thorough wash too. Carefully apply super-strong glue to the feet of the

animal figurines and place them on the lids of the jars. Leave to dry completely.

Step 2: Once the figurines are glued to the lids, apply three different paint colours, using a small detail brush, covering the entire figurine and the whole lid. Apply two coats, waiting for each one to dry in between. We used pastel tones Echo Blue, Half Pale Rose and Reservoir.

Step 3: Fill the jars with lollies (or buttons, coins, etc) and reattach the lids. These also make great party favours or small gifts – simply add a ribbon or name tag.

GIVE YOUR SWEET TREAT STORAGE AN ANIMAL TWIST



2



3

A bronze statue of Juliet in Verona is reputed to bring good luck to those who rub her right breast!

Get your mamms 'grammed, girls!

MAMMOGRAMS ARE A GIRL'S BREAST FRIEND

We had some out-of-town friends to stay for a few days and while sharing dinner duties I was impressed with the mega salad one of them made. It was a meal in one – so many different flavours and textures.

She said she'd started making dinners for a friend going through chemotherapy for breast cancer and that this one was a repeat request (and I can see why).

I mused on the fact that I have so far dodged cancer scares in mid-life – a time when it seems to rear its ugly head. A family member has come out the other side successfully, and friends of friends have had some pretty grim discussions with their doctors – for some, the outcome has been happy, for others, the bell has tolled.

Every March, I get the mammogram reminder and it jogs me along to book an appointment with the GP to get a check-up generally, after I've had the boob squeeze. Every year in the changing cubicle after the mammogram, I wonder if my life will change. Will the head pop round the corner to say, "All okay, you can get changed now," or will it be a different message?

The all-clear is certainly not a given – I was recalled once for another look a few years back but it was all fine. Go get your mamms 'grammed, girls! I will be. Early detection is your friend.

READER LETTER OF THE WEEK

*Hey Jude,
My husband had some health troubles last year – a stroke and then heart issues. Ever since, he's been in a deep funk and I have no idea how to help him. I would have thought that near-death experiences would have inspired him to live life more fully, but it seems like it's the opposite! He refuses point-blank to go to see a therapist. Any ideas?*

Anne

Life has certainly dealt him a couple of blows in the last year, and in doing so changed it for both of you. I imagine heart issues and a stroke make a good recipe to zap your confidence and make you feel mortal.

I'd be tempted to contact the Stroke Foundation as a start. They have a free community service that's all about getting your life back into shape post-stroke. The process will, of course, be different for everyone depending on the severity of the

stroke and what your life was like before the event, but I reckon it's a good first step for both of you. Give them a call on 0800 STROKE (0800 78 76 53) or jump on their website, stroke.org.nz.

They also have a return-to-work adviser, which might be useful if he was previously working and that's something he'd be interested in looking at.

I think if you approach it from a physical-health point of view and have a whisper in the ear of the home visitor about his malaise, you'll have a better chance than keeping on about seeing a therapist when he doesn't think he needs that.

The stroke home-visit people will be aware of his recovery journey and what it might do to his mental health. They may be able to wrap up some help for that with the physical and social stuff. It's a free service, and they would likely be able to help refer him on to other services if necessary.

heyJUDE...

Life has a way of regularly reminding us of our own mortality. Sometimes these wake-up calls spur us to approach life with a fresh vigour – but what can we do when they get us down?

Breathe new life into life!

Jude Dobson
ADVICE



ASK JUDE!

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

LEISURE

PENNY LEWIS ISLES
AWAY A HAPPY DAY
AT TANGALOOMA

island

An insider's guide to... Tangalooma

BEST TIME TO VISIT: Visit Tangalooma Island Resort any time of year, but between June and October you can also book whale-watching cruises, which also leave from Brisbane. tangalooma.com

FLY WITH: Air New Zealand flies direct to Brisbane from Auckland, Wellington, Christchurch and Queenstown. Book at airnewzealand.co.nz.

BE SURE TO PACK: If you're on a day trip, bring plenty of sunscreen and water. The island doesn't have a ready supply of potable drinking water.

Pelicans form
a charmingly
kooky welcoming
committee.

When New Zealanders visit Queensland we tend to wake up early thanks to the three-hour time difference in summer – perfect for early morning swims.

At the end of the last school holidays, my 13-year-old daughter Eva and I enjoyed a wonderful few days in Queensland, with a lot of our time spent in togs.

Our first morning saw us splashing about in the rooftop pool at Ovolo The Valley hotel in central Brisbane, followed a few hours later with a shipwreck snorkel.

We'd booked a day trip

to Tangalooma Island Resort on Moreton Island, 58km northeast of the Queensland capital. You can also stay at the resort but it's so close to town it makes for a fun day out.

The late-January day was gloriously clear and hot, and I was pleased Eva and I had slathered ourselves in sunscreen as we joined the queue for the Tangalooma catamaran for the 75-minute journey from Holt Street Wharf, 15 minutes' drive from central Brisbane.

In my ignorance, I'd never heard of Moreton Island. The closest I'd got was seeing Moreton Bay bugs – flat lobster-



Ready to snorkel! Eva (left) and Penny suit up. Below: The fish-eye view from underwater.



Above: The sunken boats give boaties a breakwall, fish a habitat, and snorkellers a wonderland to explore. Left: A suitably nautical lunch at the Beach Café.



around us. Apparently, it's also possible to see sea turtles and wobbegongs (a sea-floor dwelling shark that's not normally considered dangerous).

I wasn't worried about

them, but I was conscious of avoiding the jagged bits of rust.

You can snorkel around the wrecks yourself, whether you're a guest of the resort or visiting Moreton Island independently. But for visitors like Eva and me, a hosted tour was the best option – you have to be aware of the current, and the full wetsuit offers protection from the wrecks.

On the boat trip back to the beach, I got chatting to another guide, Elena Hewett (28) from Auckland's North Shore. She's worked at the resort for a year, living in staff accommodation on site. She said Tangalooma was a great place for Kiwis to visit as it was so close to Brisbane.

"There's no need to go all the way to the Whitsundays."

Elena said if guests were after something less action-packed than snorkelling, they could hop on a 90-minute Marine Discovery cruise on a glass-bottom boat. "On these tours we try to find turtles, dugongs and dolphins while seeing the shipwrecks from the boat."

I loved our adventure day at Tangalooma. If you've never visited, put it on your list.

I ordered a gluten-free pizza for her and a cold seafood platter for me. The platter included oysters, mussels, prawns and lobster, and I wolfed down the lot, although I'm ashamed to say I was still hungry afterwards, so nabbed a bit of Eva's pizza.

It was lucky I didn't overdo it because, I have to say, squeezing into a full-length wetsuit in 30-something-degree temps for a 90-minute Snorkel the Tangalooma Wrecks tour took quite a bit of effort.

It was all worth it. The wrecks, just north of Tangalooma Island Resort, don't have a tragic history. The Queensland government scuttled the 15 boats between 1963 and 1984 to provide safe anchorage for recreational boat owners.

From the beach, we waded out to a resort boat to take us on the short ride to the wrecks. Each group of snorkellers joined a guide as we swam from one end of the wrecks to the other, with life jackets available for less-confident swimmers.

Hanging on to pool noodles for buoyancy, Eva and I followed our guide Georgia and marvelled at the coral growing on the rusty hulks and the fish that darted

like creatures – on a menu.

Known for its beautiful beaches and sand dunes, 168 sq km Moreton Island is the third-largest sand island in the world. (The two biggest are also in Queensland – Fraser and North Stradbroke.)

As we approached the island on the resort's catamaran, I couldn't believe such a spectacular landscape could be so close to the city (relatively speaking, in a country as big as Australia). I could see people having fun tobogganing down steep sand dunes and others parasailing above the bay.

Still more were swimming or

walking along the beach. I'd had notions in my head of some quiet little place, but it was busy with families and tourists.

Like something from a movie, a pod of pelicans stood on the sand next to the jetty as we disembarked, looking very relaxed and like some sort of welcoming committee. The pelicans are fed by the resort staff, along with wild dolphins, so they tend to stick around.

We checked into the Tangatours hut to register for our snorkel excursion and made our way to lunch.

Mercifully, the Beach Café was air-conditioned. Eva and

**SHORT
HOP** *to...*

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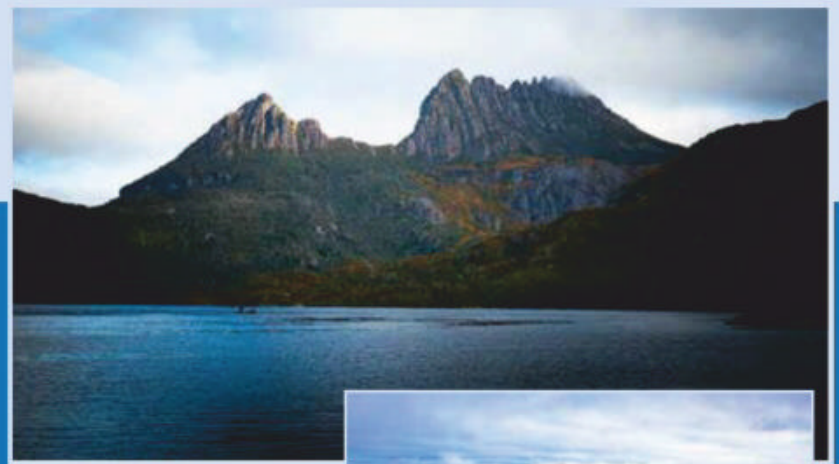
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Day 1: Home pickup, Northern Explorer Train, travel in style & comfort to Wellington (2 nts). 2: Te Papa "Galipoli - The Scale of War" Exhibit. 3: Cruise Queen Charlotte Sounds to Picton, Coastal Pacific Train to Christchurch (2 nts). 4: CHC At Leisure. 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 Doubtless Bay, 2 Nts Paihia EX: Auckland, Hamilton + More EX: Tauranga, Rotorua + More (Early Home pickup & return travel to & from Auckland) EX: Wellington, Christchurch, Dunedin, New Plymouth + More - add \$199pp (Day 1 Home Pickup, Fly to Auckland. Day 7 Fly Home. subject to availability).
Dep: 15 Mar **SORRY FULL!** EXTRA DATE - 22 Mar, 19 Apr. Day 1: Home Pickup, Matakoho Kauri Museum, Lamb on Spit Dinner, Opononi (2 nt). 2: Tane Mahuta Giant Kauri & Footprints Waipoua. 3: Rawene, Clendon House & Old Jail, Taipa (2 nt). 4: Tour 90 Mile Beach on the beach inc Te Pahi 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, Dinner Cruise. 7: Kawakawa, Hundertwasser Toilets, Glow Worms, PM Tea Puhoi Pub, Home Return.

EAST CAPE EXPLORER 7 DAYS \$2499

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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For Free Brochure & Bookings Call Gold Club Tours - 09 930 7682 info@goldclubtours.com www.goldclubtours.com Flight & Hotel Extensions Subject to availability.

If you break down in your car, can you call the AA to come to you even if you're not a member?

Yes, but you will have to join up over the phone and pay a much higher membership fee before they come out (\$195 as opposed to \$79-\$89). However, it's worth knowing about. It's important to also know if you have accidentally locked a baby or child in your car and can't get back in, you can call AA Emergency to attend the car, even if you're not a member. It's a special

service they do. The same applies if you see someone else's baby left in a locked, unattended vehicle. You can call AA to gain entry to the car even if you're not a member. Something else that's not widely understood is that if you're an AA member and a passenger in a non-member's car which breaks down, you can call the AA and have a breakdown vehicle attend. They don't have to join. When you join the AA as a standard personal member, it is you that's covered, not your car(s).

Is it true that vitamin B6 can help you recall dreams? It seems it very well may! Also, if you're not a member of AA can you call them for assistance anyway if you've broken down?

Total recall!

Kevin Milne
CONSUMER



Pipe dream?

CAN VITAMIN B6 HELP YOUR MEMORY?

Is it true that taking vitamin B6 can help you recall your dreams? Does it affect the vividness of the dreams themselves? And does the reverse apply? If vivid dreams bother you when you wake up, can you cut back on vitamin B6 so you don't remember them as well?

I heard a doctor on the radio referring to this recently. She

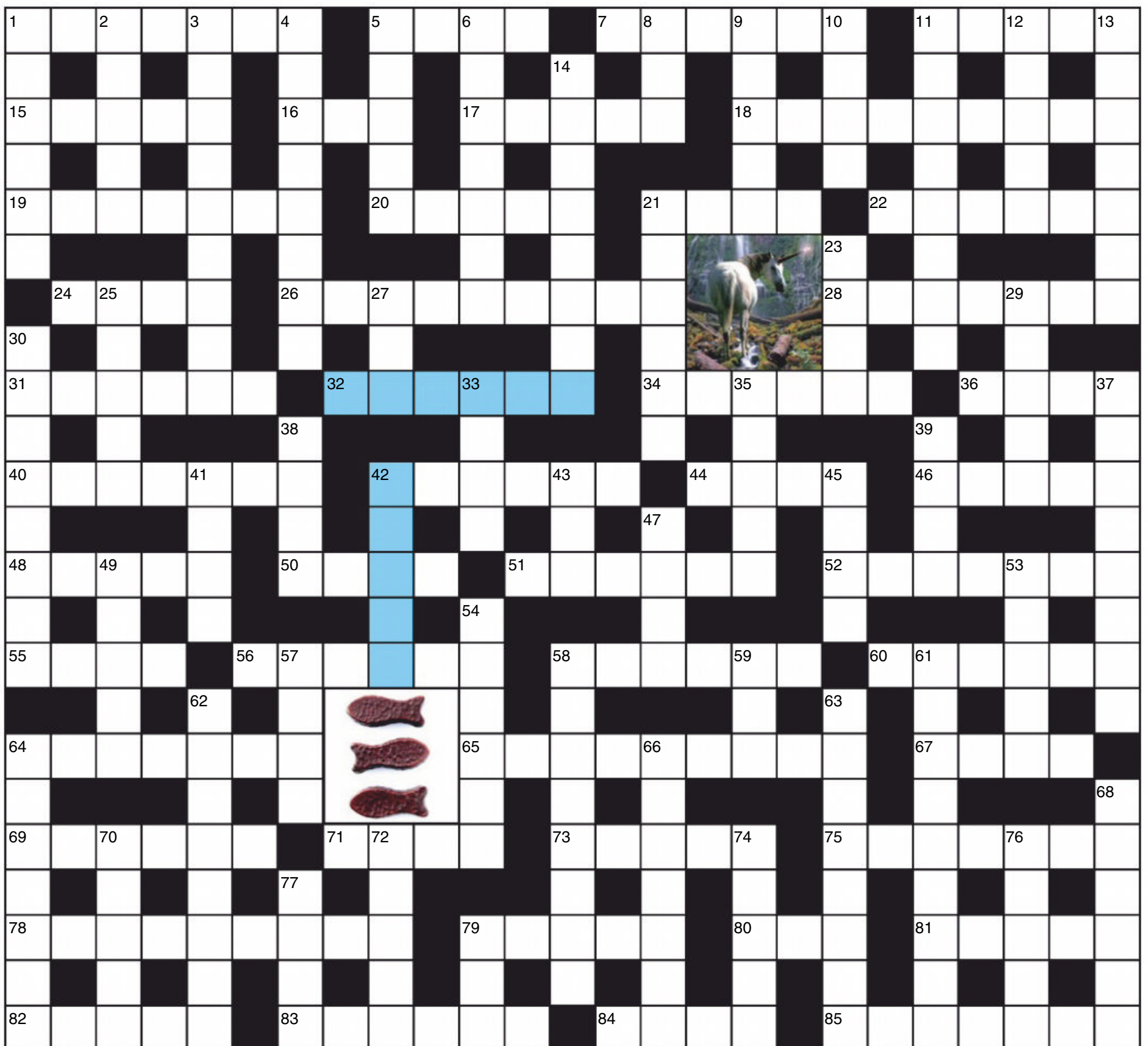
said that vitamin B6 does help you recall dreams, according to *Science Daily* and new research from the University of Adelaide. Participants in the research who rarely remembered their dreams reported improvements after completing the study. They took the vitamin immediately before going to bed. Vitamin B6 did not affect the vividness,

bizarreness or colour of their dreams. Nor did it affect any other aspects of their sleep. Does this mean the opposite would also apply? If you could lose vitamin B6 from your body would you be less likely to be bothered by dreams you've had when you wake? It seems likely, but I can find nothing about that. I suggest you talk to your doctor or pharmacist.

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

NEW ZEALAND Woman's Weekly

PUZZLES



Mega CASHWORD

WIN
\$200!

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

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

MYSTERY CLUE

32ac & 42dn.

Late Kiwi cricketing great (6,5)

ACROSS

- 1 Chief sailor (7)
- 5 Average (2-2)
- 7 Type of carbohydrate (6)
- 11 Christ (5)
- 15 Precise (5)
- 16 Worthless dog (3)
- 17 Unstable (5)
- 18 Unpaid helper (9)
- 19 Microchip material (7)
- 20 Underage person (5)
- 21 Part of citrus rind (4)
- 22 Dirty mark (6)
- 24 Brand of building blocks (4)

- 26 Acting as a temporary measure (9)
- 28 See upper-right photo (7)
- 31 Shade of purple (6)
- 32 See Mystery Clue
- 34 District at the north of the South Island (6)
- 36 Magician's baton (4)
- 40 Type of 1 Down (7)
- 42 Diamond element (6)
- 44 Male deer (4)
- 46 Smell (5)
- 48 Material possession (5)
- 50 Shine (4)
- 51 Fix (6)
- 52 Stock of words (7)
- 55 Nefarious (4)
- 56 Slide down a rockface on a rope (6)

- 58 Finger food (6)
- 60 Film awards (6)
- 64 Merit (7)
- 65 With 67 Across See lower-left photo (9,4)
- 67 See 65 Across
- 69 Strut in an exaggerated manner (6)
- 71 Colour associated with sadness (4)
- 73 Solitary scavenging carnivore (5)
- 75 Whole number (7)
- 78 Old goldmining town just out of Queenstown (9)
- 79 Iconic Sydney beach (5)
- 80 Formal male title (3)
- 81 German WWII submarine (1-4)
- 82 All Blacks' game (5)
- 83 Clever, astute (6)
- 84 Frolic (4)
- 85 Type of alcohol (7)
- 33 Three in te reo (4)
- 35 Indian instrument (5)
- 37 Identify an illness (8)
- 38 Narcotic (4)
- 39 Fake, false (4)
- 41 Romantic rendezvous (4)
- 42 See Mystery Clue
- 43 Mineral source (3)
- 45 Sea bird (4)
- 47 Farm building (4)
- 49 From Zurich, for example (5)
- 53 Utter confusion (5)
- 54 Trite expression (6)
- 57 Ale (4)
- 58 Garb, attire (8)
- 59 Legume (3)
- 61 Easily manipulated person (4,5)
- 62 New York theatre district (8)
- 63 Line of descent (8)
- 64 Give up hope (7)
- 66 Monumental stone shaft (7)
- 68 Rough, wild (6)
- 70 Gesture of indifference (5)
- 72 Relating to the moon (5)
- 74 Ancient writer of fables (5)
- 76 Expression of pain (5)
- 77 Foreman (4)
- 79 Archer's weapon (3)

DOWN

- 1 Dairy product (6)
- 2 Oyster gem (5)
- 3 Thistle-like vegetable (9)
- 4 Moniker (8)
- 5 Method of play in 82 Across (5)
- 6 Diminishes (7)
- 8 Plaything (3)
- 9 Metal fastening pin (5)
- 10 Blessed (4)
- 11 Unwanted advertising material (4,4)
- 12 Velocity (5)
- 13 Highly qualified medical practitioner (7)
- 14 Stinging arachnid (8)
- 21 Spud (6)
- 23 Large brass instrument (4)
- 25 Wear away (5)
- 27 Large greenish parrot (3)
- 29 Dunedin's region (5)
- 30 Empty (a building) (8)

SUDOKU extra

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

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

SKILL
LEVEL
Easy

Solutions, page 69

✦ TURN THE
PAGE FOR
MORE
PUZZLES



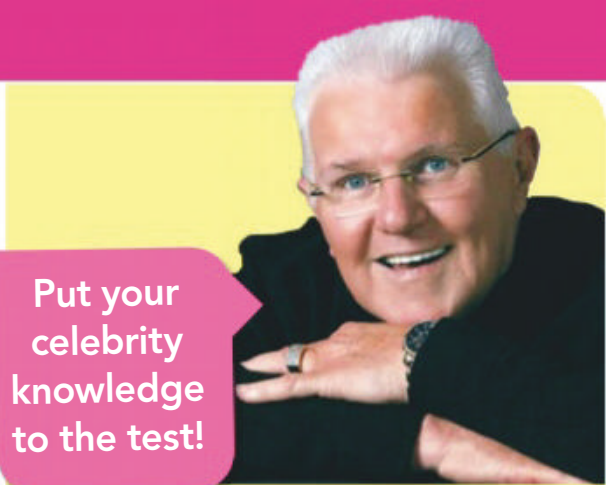
WIN
\$200!

Be in to win
- write the
solution on
the coupon
on page 69.

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.

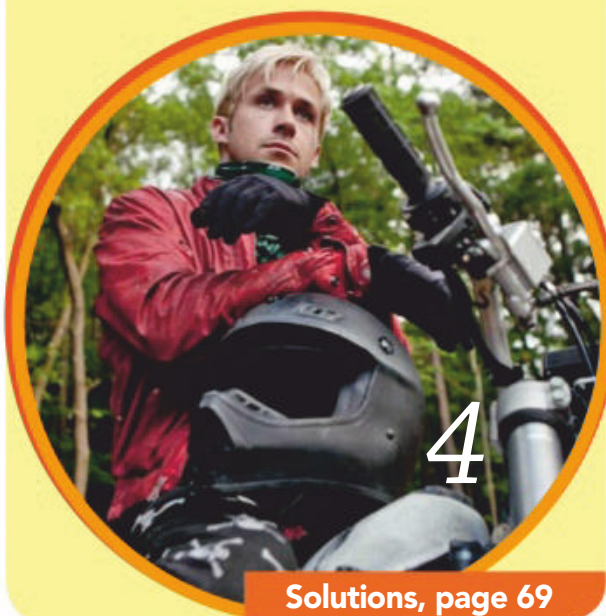
Middle-Eastern drink Enthralled				Family Killer whale				Film storage disc				Genetic acid Coin opening
					Wattle plant Incoming travellers							
				Bestowed Thailand's former name				Herb used in pickles Upper limb				
			Poems Tune with words								Everyone	
	Corrosive substance		Skilled flyers Basil and sage, etc									
Contaminate the environment		Crow-like bird Lower photo					Rocky outcrops Caribbean dance				Unworldly Pact between nations	Consume a meal
			Place Bar bill									Perspectives Move on all fours
				Attached house Make a speech		Top photo Alligator-like animal					Donkey More mature	
			Bee's home Peru's capital								Heighten, intensify Lifts with effort	
				Foyer, vestibule	Icy desserts Wonder-struck				Fishing trawl Cry of discovery			
	Rare and unusual object							Apple tablet Goulash, eg				
	Harvest ripe crops				Look after Second Greek letter		Pink crustacean Daze	Greased Use a sieve				
									Low singing voice Toss	Formal suit (abbrev)	Regal Airs	
Slip up Muslim festival				Banned insecticide								
										Type of bean Chicago's country		
Family animal				Very important person							Artist's container of colours Observed	



Put your
celebrity
knowledge
to the test!

David Hartnell's HOLLYWOOD Trivia Quiz

- 1 Who played Joanna Kramer in the movie *Kramer vs Kramer*?
- 2 What was the dog in the TV series *Frasier* called?
- 3 Who directed the drama *The Hateful Eight*?
- 4 Name the character Ryan Gosling plays in the 2012 movie *The Place Beyond the Pines*.
- 5 Finish the title of this 2016 thriller, *Pride and Prejudice and -----*?
- 6 Who created the animated TV series *Family Guy*?
- 7 What genre is the 2014 movie *Salt of the Earth* – musical, drama or documentary?
- 8 Of its nine nominations, how many Oscars did *Driving Miss Daisy* win in 1990?
- 9 Paul Rudd and Elizabeth Banks starred in a 2011 movie titled *Our Idiot -----*?
- 10 In 2014 *The Expendables* hit the big screen again – which sequel was it, 2 or 3?



Solutions, page 69

Code BREAK

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



WIN!

BE IN THE KNOW

Stay up-to-date with *New Zealand Woman's Weekly* on all the latest local and international celebrity stories, puzzles, recipes and inspiring real-life reads. We have one three-month subscription to give away, valued at \$67.20.

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

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

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

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

2	26	7	22	24	21
---	----	---	----	----	----

TURN THE
PAGE FOR
MORE
PUZZLES

SPOT *the difference*

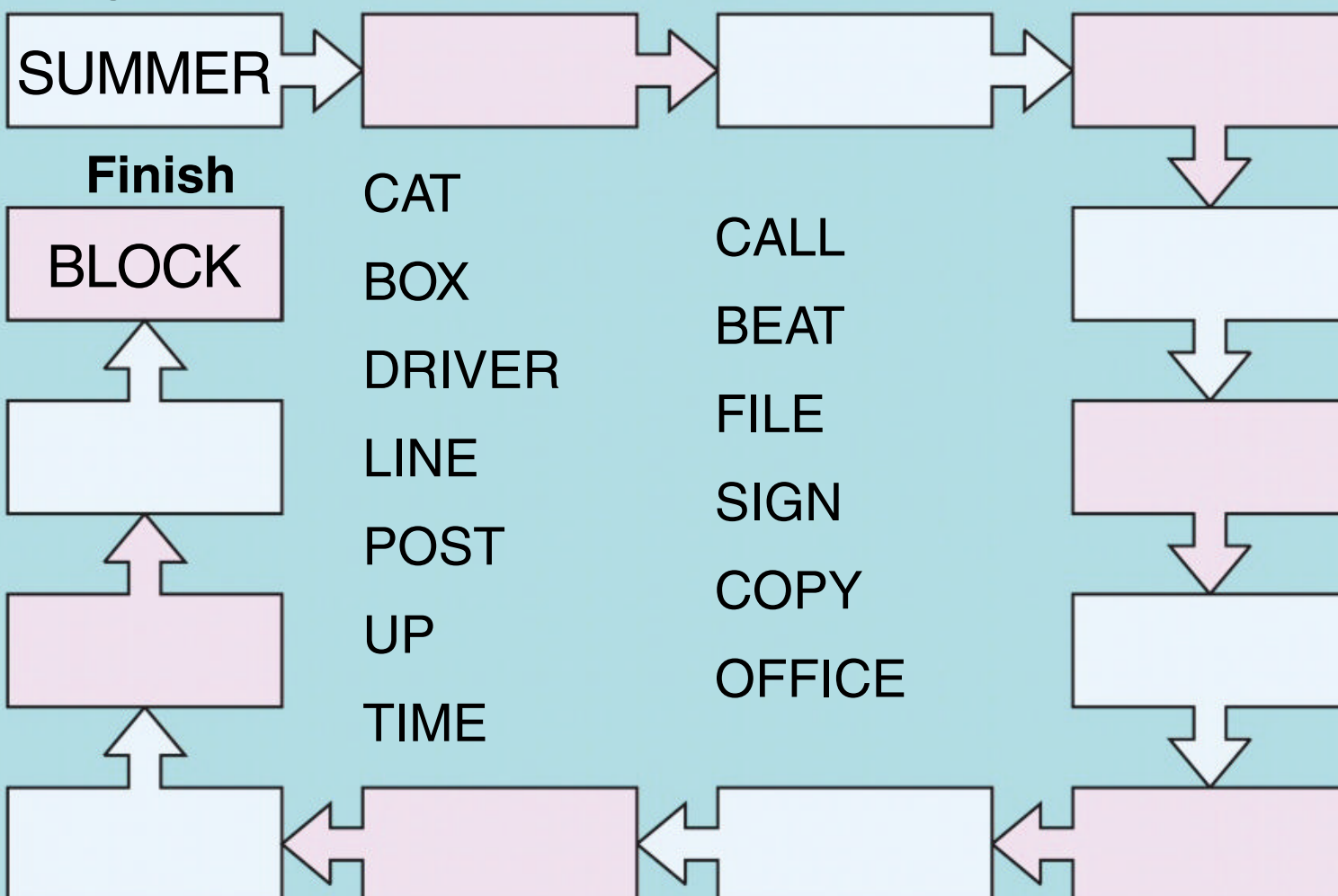
HARLEY QUINN: BIRDS OF PREY + There are five differences in these two images. Can you find them all?



Solutions, page 69

WORD CHAIN

Start



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

Solutions, page 69

FAB FOUR

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

1	S					E	R	S
2	T	E					O	D
3	D	E	C					D
4	F					N	C	O
5	H	Y	D					D
6	C					R	I	A
7	S	U	S					E
8	C					T	E	D

WORD LIST
PENS
LINE
CAMP
LOSE
RITE
LAME
TRAP
RATE

✦ MYSTERY WORD: Intelligent mammals

Solutions, page 69

SHUFFLE Word

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

1 AVER	PROD
2 FACE	WEIR
3 BARB	SNIP
4 TRAM	LETS
5 TEAR	ROME
6 GENT	FLIT
7 RUSH	SAGE
8 TAIL	SCAR

Solutions, page 69

Tricky Tiles

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

SH	1	EF		CI		CY	AL
FR	2		OP		IT		ON
YI	3	LE		ER		IP	ME
GA	4		BI		TI		MA
DI	5	HE		PH		ES	
WE	6		AG		NT		FI
NE	7	QU		IF		NG	LA
ST	8		DA		SC		OP
AR	9	JE		AR		SE	AD
	10		AL		IE		TH

AN AD EN ED JU OL

Solutions, page 69

Serious SUDOKU

SKILL LEVEL
Easy

✦ 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.

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

Solutions, page 69

✦ TURN THE PAGE FOR MORE PUZZLES

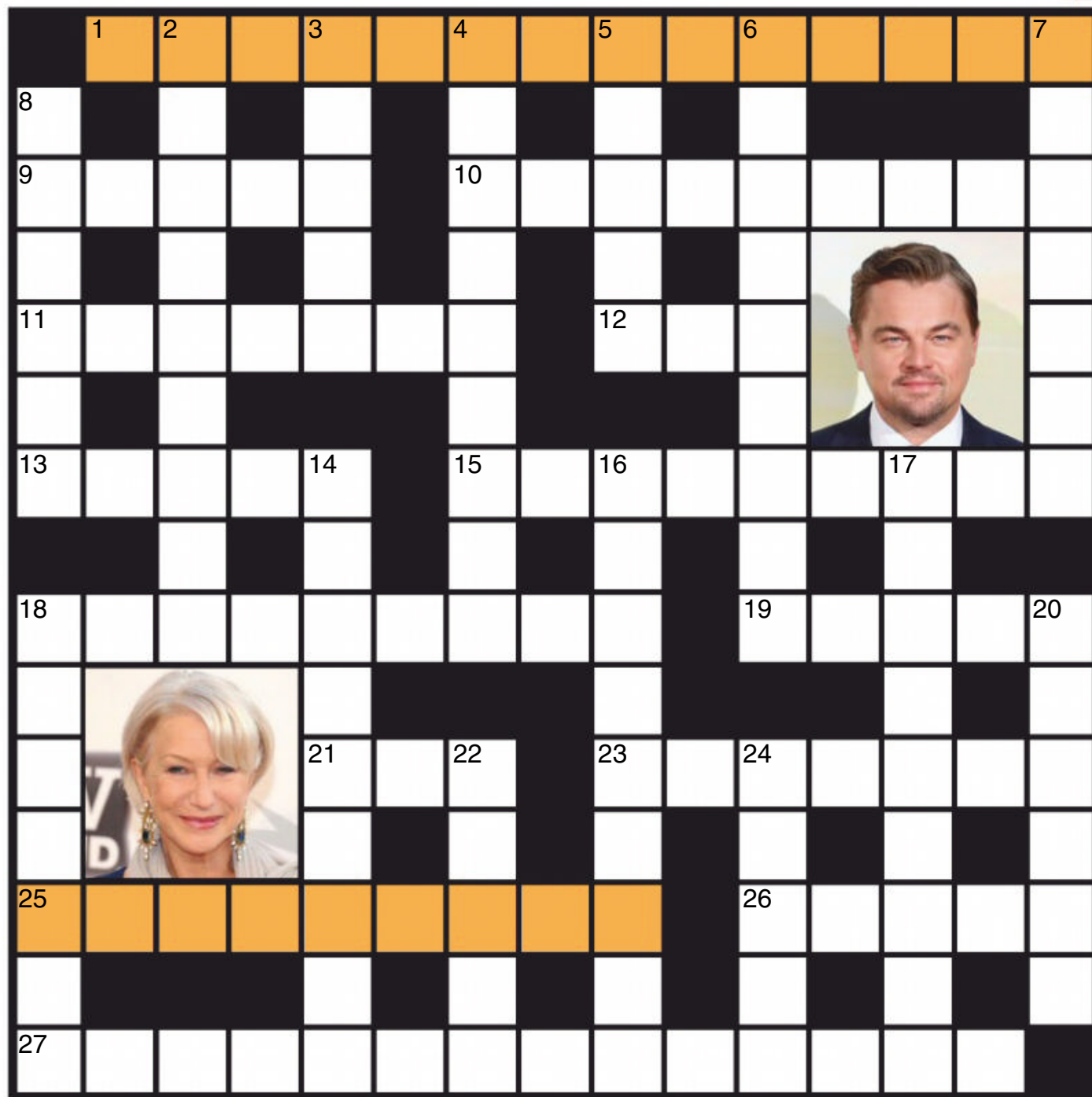
CRYPTIC

Crossword



**WIN
\$100!**

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



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

agents, Len (9)

18 They support high regard (9)

19 Procedure has interior design returning (5)

21 Mound oddly turns into wet earth (3)

23 A lot of hooaha about the ventilator market (7)

25 This movie title came unstuck – someone used the "S" word (9)

26 Oven I cooked sheepishly in? (5)

27 What was on the back of the English paper was out of date (6,3,5)

DOWN

2 Passed on inconsiderately? (9)

3 The cockney reportedly listened and made a mistake (5)

4 The constellation "The Shrub" (9)

5 Challenges Desmond shortly, so to speak (5)

6 Duncan? He & I were strangely let loose (9)

7 Shoe hats? (7)

8 Play a dead animal (6)

14 Summon elk to get cantaloupe (9)

16 Special unit to eat frocks? (4,5)

17 Eastern cultivar became very profitable (9)

18 Tramp, rover, bum & hobo demonstrate a basic truth (7)

20 No poor doorkeeper but had a certain smell (6)

22 Is this de piece dat is paid? (5)

24 I moan about her (5)

PICTURE CLUES

1ac & 25ac

ACROSS

1 Jo remained lout in this play and movie (5,3,6)

9 Forfeited with no diet to tender (5)

10 Vi recited curious instruction (9)

11 Sounds like what the seamstress did to be a nasty sort (2,3,2)

12 Some nauseating sort of travel medium (3)

13 Part of a gismo demonstrating computer intertransmission (5)

15 Gets caught up with

SUDOKU

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

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

**SKILL
LEVEL
Hard**

Solutions, page 69

By Jim Greenfield



**DAVID HARTNELL'S
HOLLYWOOD TRIVIA**

1 Meryl Streep 2 Eddie 3 Quentin Tarantino 4 Luke 5 *Zombies* 6 Seth MacFarlane 7 Documentary 8 Four 9 Brother 10 3

WORD CHAIN

Summer -> Time -> Line -> Up -> Beat -> Box -> File -> Copy -> Cat -> Call -> Sign -> Post -> Office -> Block

LEFTOVER WORD: **Driver**

FAB FOUR

1 Scampers 2 Tetrapod 3 Declined 4 Flamenco 5 Hydrated 6 Criteria 7 Suspense 8 Closeted

MYSTERY WORD: **Primates**

SHUFFLE WORD

1 Averages 2 Facelift 3 Barbwire 4 Tramcars 5 Teardrop 6 Gentlest 7 Rushmore 8 Tailspin

TRICKY TILES

1 Efficiency 2 Neopolitan 3 Leadership 4 Jubilation 5 Headphones 6 Fragmented 7 Qualifying 8 Madagascar 9 Jeopardise 10 Wealthiest

**SUDOKU
EXTRA**

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

**SERIOUS
SUDOKU**

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

SUDOKU

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

SPOT THE DIFFERENCE



CODE BREAK

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

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

MYSTERY WORD: **Tavern**

DARK WATERS DOUBLE PASS MOVIE

WINNERS: R O'Connell, Hawera; A Sparksman, Palmerston North; J Spurdle, Whanganui

CRYPTIC CROSSWORD

ACROSS: 7 Air 8 Omit 9 Flamingoes 10 Lira 11 Darwin 14 Enshrine 15 Idolise 16 Mongrel 20 Peter Pan 23 Airgun 24 Whir 25 Wollongong 27 Else 28 Eat
DOWN: 1 & 2dn Cool Runnings 3 Lay over 4 Crisps 5 Jolly Roger 6 Micron 12 Add 13 Well-earned 17 Oratorio 18 Emu 19 Inflate 21 Exhale 22 Powder 26 Neap

SOLUTIONS: *Peter Pan/Cool Runnings*
\$100 WINNER: L Tehiko, Porirua

MEGA CASHWORD

ACROSS 1 Dunedin 5 Cyan 7 Temple 11 Lucky 15 Often 16 Southland 17 Telescope 18 Ear 19 Royal 20 Son 21 Tramp 23 Rated 25 Goldfish 27 Writer 29 Pioneer 33 Gift 35 Saying 36 Cliff 38 Lydia Ko 40 Nickel 41 Opera 43 Inuit 45 Naomi 48 Sisal 49 Whale 50 Rider 51 Africa 53 Fighter 56 Rigid 57 Modify 58 Bret 60 Licence 61 Trendy 63 McKenzie 66 Swing 68 Stoic 70 Ink 72 Habit 74 Oil 76 Recovered 79 Pollution 80 Clown 81 Pants 82 Garage 83 Fine 84 Halcyon
DOWN 1 Drone 2 Natural 3 Dandruff 4 Nasty 5 Couple 6 Ashes 8 End 9 Petra 10 Eel 11 Loser 12 Coo 13 Yield 14 Magnet 21 Terrified 22 Pupil 24 Theta 25 Gaga 26 Shallow 28 Rag 30 Ordinary 31 Rookie 32 Dinosaur 34 Fries 36 Charred 37 Fluoride 39 Skeleton 42 Energetic 44 Traffic 46 Occur 47 Useful 52 Styx 54 Gucci 55 Reeks 57 Mad 59 Vertical 62 Edible 64 Zoology 65 Choice 66 Strip 67 Gives 69 Order 71 Kauri 73 Bench 75 Linen 77 Can 78 Rug 79 Peg

SOLUTION: *Whale Rider*

\$200 WINNER: J Valk, Marlborough

BRAIN STRETCHERS

	L	E	A		P	U	M	P	K	I	N	S		K
P	E	A	R	L		R	A	R	E		E	P	E	E
L	I	C	K		I	N	F	O	R	M	A	L		E
Y		H				I	G	N	I	T	I	O	N	
	F					C	A	R	E	D		T		
G	E	L				R	E	L	S	E		U		
A	R	A	B		H	E	R	S		T	R	Y	S	T
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MYSTERY WORD: **Pattern**
\$200 WINNER: K Summersby, Gisborne

**NEW ZEALAND
Woman's Weekly**

ENTRY COUPON
MARCH 9, 2020

MEGA CASHWORD

BRAIN STRETCHERS

CODE BREAK

CRYPTIC CROSSWORD

NAME

ADDRESS

PHONE

POST TO: PUZZLES 09.03.20, *New Zealand Woman's Weekly*, Private Bag 92041, Victoria Street West, Auckland, 1141.

You may enter as many puzzle contests as you like, but all entries must be on the official coupon (no photocopies). Results will be published in the *New Zealand Woman's Weekly* of March 30, 2020. Please note it may take 4-6 weeks before prizes are sent. Visit our website bauermedia.co.nz/Privacy for the full terms and conditions.

**Entries close Friday,
March 13, 2020**

1 Who became New Zealand's prime minister in 1975?

- A Norman Kirk
- B Sir Robert Muldoon
- C David Lange

2 From what television show was 'The Fonz'?

- A Happy Days
- B Three's Company
- C M*A*S*H

3 What year was America's Watergate scandal first uncovered?

- A 1972
- B 1975
- C 1976

4 Which famous band announced their break-up in 1970?

- A The Bee Gees
- B Creedence Clearwater Revival
- C The Beatles

5 What legendary movie, directed by Francis Ford Coppola, was released in 1972?

- A Apocalypse Now
- B The Godfather
- C The Conversation

6 What does M*A*S*H stand for?

- A Mobile Armed Survival Hospital
- B Mission Army Surgical Help
- C Mobile Army Surgical Hospital

7 Who wrote the novel *Carrie*, which was first published in 1974?

- A Clive Barker
- B Stephen King
- C Peter Straub

8 Which movie, released in 1975, was a total box-office flop, but went on to be one of the biggest cult hits of all time?

- A *The Rocky Horror Picture Show*
- B *The Princess Bride*
- C *A Clockwork Orange*

9 What Kiwi television show, which is still airing today, first began in 1977?

- A *Country Calendar*
- B *Fair Go*
- C *One News*

10 Which iconic artist, known for his work in cubism, died in 1973?

- A Matisse
- B Braque
- C Picasso

11 Which famous comedian starred in the hit show *Mork & Mindy*?

- A Robin Williams
- B Steve Martin
- C Billy Crystal

12 New Zealand's first McDonald's opened in 1976 in which North Island town?

- A Levin
- B Porirua
- C Paraparaumu

13 The hostage crisis of 1979 took place in what country?

- A Iraq
- B Iran
- C Syria

14 In which New Zealand city was the 1974 Commonwealth Games held?

- A Auckland
- B Wellington
- C Christchurch

15 In what year did New Zealand's population reach three million?

- A 1973
- B 1976
- C 1978

16 What popular kids' show made its debut in New Zealand in 1972?

- A *Sesame Street*
- B *After School*
- C *Play School*

17 Still hailed as one of our greatest Olympic moments, which team cruised to a gold medal at the Munich Olympics in 1972?

- A Men's coxless four
- B Rowing men's eight
- C Men's field hockey

18 What sport was renamed from 'Outdoor basketball' to its current moniker in 1970?

- A Netball
- B Basketball

- C Handball

19 In what year did colour television arrive in New Zealand?

- A 1970
- B 1973
- C 1972

20 In 1978, we beat what country at cricket for the first time?

- A Australia
- B India
- C England

21 What well-known New Zealand building was formally opened by the Queen in 1977?

- A Parliament House
- B Wellington Parliamentary Library
- C The Beehive

22 In 1977, *God Defend New Zealand* was officially designated as a national anthem alongside another that remains an official anthem today – what is it?

- A *God Save the Queen*
- B *Pokarekare Ana*
- C *Now is the Hour*

23 In what year did Elvis Presley pass away?

- A 1974
- B 1976
- C 1977

24 What was the average weekly wage for a New Zealander in 1976?

- A \$76
- B \$95
- C \$106

25 What was the name of the Murray Ball cartoon strip that debuted in 1975?

- A *Footrot Flats*
- B *Fred Dagg*
- C *Bogor*



1 B Sir Robert Muldoon 2 A Happy Days 3 A 1972 4 C The Beatles 5 B The Godfather 6 C Mobile Army Surgical Hospital 7 B Stephen King 8 A The Rocky Horror Picture Show 9 B Fair Go 10 C Picasso 11 A Robin Williams 12 B Porirua 13 B Iran 14 C Christchurch 15 A 1973 16 C Play School 17 B Rowing men's eight 18 A Netball 19 B 1973 20 C England 21 C The Beehive 22 A God Save the Queen 23 C 1977 24 B \$95 25 A Footrot Flats

TRIVIA test

5

10

SEE HOW MANY
ANSWERS YOU
CAN GET ON OUR
FAR-OUT QUIZ!

So you think you know **THE '70s?**

11

Your Weddings



Qariah Omar & Hayden

The suggestion of a walk around Red Rocks Reserve was just the beginning of Hayden's romantic plan to ask Qariah to marry him in 2018. "At the highest point of the hill Hayden said some beautiful words and then asked me to marry him as he pulled out a ring box and dropped to his knee," Qariah tells. "Then he pulled out a bottle of bubbles, flutes and strawberries he'd hidden in the bush earlier and we sat down for an hour and basked in our own happiness." Fast forward to January 3, 2020, and the stunning Ohariu Farm in Wellington was the backdrop for Qariah and Hayden's wedding. "Our day went perfectly. We were so excited to have the majority of our families all in one spot. Our dog, Rome, was also our ring bearer, which was super special for us!"

PHOTOS: KIRSTEN WALSH

WIN!

HOW TO ENTER

Email 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.

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GOING BUSH!

WINNER

The big day had arrived for my four-year-old grandson to go to Bush Kindy (where the kids are taught about nature). When I asked how it was, he excitedly told me all about it. Then he paused, got serious and told me, "But sisters and mothers can't come to Bush Kindy, only brothers and Poppas!" I couldn't help but chuckle to myself and feel flattered that I had been relegated to the sister category!

Viv, via email

Over the TEACUPS

FROM THE ARCHIVES

CHOSEN ROLE

Our granddaughters, aged four and three, were playing dress-ups for a wedding. The eldest insisted on being the bride – courtesy of a flimsy tablecloth for a veil and some dried flowers for a bouquet. "Are you the bridesmaid?" my husband asked the youngest. "No, I'm the mother-in-law," came her reply!

Gwendolynne, Auckland,
June 15, 1992

CHASTE RESPONSE

We were on holiday and my daughter (10) was mixing with older girls at the camp. One day they were talking about boys and sex. Unbeknownst to them, a friend and I were a short distance away and overheard the conversation. "Are you a virgin?" one of the girls asked my daughter. Without hesitation she replied, "No, I'm an Anglican."

Pisces, New Plymouth,
June 19, 1995

BATTERIES NOT INCLUDED!

I love my youngest grandson. When asked recently what his favourite toy was, without hesitation he replied, "Nana!"

Taurus, Dannevirke,
October 9, 2006

HOW TO ENTER

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

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



Those were the DAYS

Jude Dobson featured on our Weekly cover for the issue of June 15, 1992.

CLOSET SECRETS!

The then *Sale of the Century* co-host revealed what it was like to work on the show. She revealed to Weekly readers how her outfits for each episode were selected by New Zealand fashion house Thornton Hall and what exactly had to be considered.

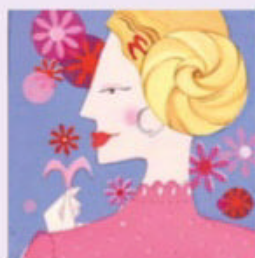
It's in the STARS

YOUR HOROSCOPES FOR THE WEEK MARCH 2-8

PISCES

Feb 20 – Mar 20

Someone may have promised you an opportunity and not followed through. Forget them! Go knock on doors, send emails or get on the phone, there are so many opportunities out there. This is the week to make changes – you can do it. When you do it by yourself, for yourself, you aren't obligated to anyone, making the final reward so much sweeter.

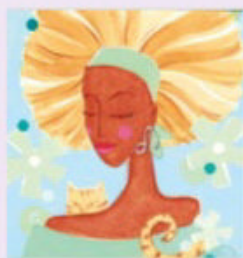


ARIES

Mar 21 – Apr 20

You make an impact on someone very important without even realising what

you've done! By the end of the week you have a big decision to make about your next phase. It's the end of one life cycle but the start of another. Be ready for significant changes, in a good way!



LEO

Jul 24 – Aug 23

Being a tactful person who's good at dealing with people, you are asked to talk to some-

one about their performance, behaviour or how they are handling certain things right now. It's not the nicest thing to do, but distance yourself from the emotion of it as the talk is for the person's own good.

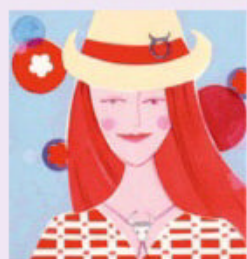


SAGITTARIUS

Nov 23 – Dec 22

Whatever happens this week you are totally prepared for it. You're in a position to respond

to any given situation and come out on top. You may need a little guidance at the start, just to make sure you're on track, but after that you're flying. Don't be surprised if you're asked to do it all over again either.

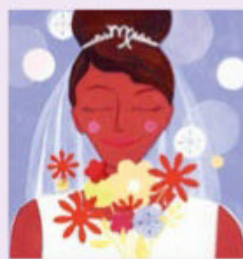


TAURUS

Apr 21 – May 21

People are being a little distant at the moment, but it doesn't worry you. Being quite self-

contained, you don't need the company or attention of others to survive. Actually, you'll relish being left alone! If you're single and looking, a Capricorn or Aries is about to come knocking on your door.

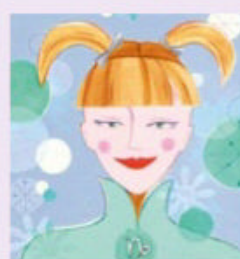


VIRGO

Aug 24 – Sep 23

Try to avoid anything to do with money and finances if you can.

There is a tendency for mistakes and miscalculations to be made, and for things to not add up. Instead, do something completely creative or artistic. Redecorating or renovating would be the perfect thing to do, and very satisfying.



CAPRICORN

Dec 23 – Jan 20

You're being careful with finances and resources, while others seem to be spending

up large. It's making you feel left out, but don't give in to temptation. You have a financial goal that you're working towards and it will be worth it when you eventually achieve it. Stick to your guns!



GEMINI

May 22 – Jun 21

If you're not careful you could miss some amazing opportunities simply because you

aren't paying attention. Usually you don't miss a thing, but there is a tendency to be sidetracked by emotional tangles over the next few days. Try to postpone dealing with romantic drama until the weekend.



LIBRA

Sep 24 – Oct 23

Giving a gift is not about its price tag but about making the effort to choose something

that's going to please the person you are buying for. It's worth remembering this now as you search for a present for someone special. If you consider what they actually want, damn the cost, you'll nail it.

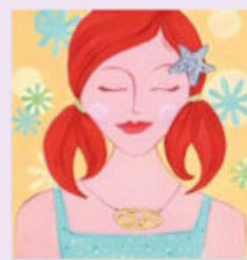


AQUARIUS

Jan 21 – Feb 19

It's time to consider changing residence. Get organised and start hunting through the

For Sale or For Rent columns. There is one property that will be perfect for you, and everything will fall into place. A partner or lover may not understand your need to move, but they will get on board in the end.



CANCER

Jun 22 – Jul 23

Someone frustrating, arrogant and annoying will enter your world this week. Others think

he or she is wonderful and won't get why you aren't as impressed as everyone else. By the weekend their shortcomings will be exposed to everyone and your intuition not to trust them will be proven right.



SCORPIO

Oct 24 – Nov 22

Your slightly offbeat sense of humour could get you into trouble this week as not every-

one understands how you think. Be on the alert for a small work problem that has the potential to escalate if not dealt with now. It could have something to do with paperwork you've put in an obscure place.

Happy birthday!

Actress Rachel Weisz turns 50 on Saturday and has the chance to grab an amazing opportunity!



For more, visit jackiepope.com

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TAPs 23621 / *Australian Newspoll Survey, May 2008

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Ann's wise words

I'm really pleased you told us about author Ann Gluckman's new book *Identity and Involvement Volume III*, (02.03.20). Growing up in the Hutt Valley in the 1950s and knowing many Jewish families who were given refuge in New Zealand, I saw the great contribution they made to our society. Not only did they start businesses employing locals but they contributed generously to charities. Many Jews in this world are still persecuted against today and that's why this book is important. Surely the more their stories are told, the more society can recognise this terrible unfairness.

Heather, Hutt Valley

NOTICEBOARD

REUNION Otatau School will celebrate its 125th anniversary from April 3-5, 2020. All former pupils, teachers committee/PTA members are invited. For more details, email otauaschoolreunion@gmail.com or find us on Facebook, 'Otatau School Reunion'. Registrations close March 6.

Send notices to: nzww@bauermedia.co.nz

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\$100 WINNING LETTER

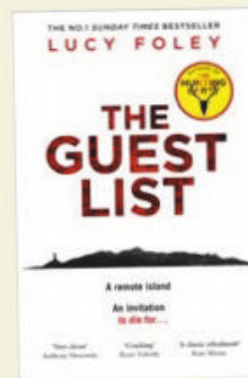
Funny TV fails

Oh how fun it was to read your article *Our Worst Days on the Telly* (02.03.20). I truly enjoyed reading all the tales from Suzanne, John, Kerre and Brian. No matter how talented you are at something there is always the worry, as Suzanne admits, that you aren't in fact good enough. There are also unfortunate accidents on TV, such as Kerre and Martin's tomato incident. And as no-one can please everyone, there are always critics who dislike stuff that celebrities do even if it's not in their control, such

as Brian's weather incident and the bad feedback he got. No-one's perfect and TV people especially just have to laugh it off, and good on them I say. Thanks for sharing their stories. I bet lots of other readers enjoyed reading them too.

Ester, Canterbury

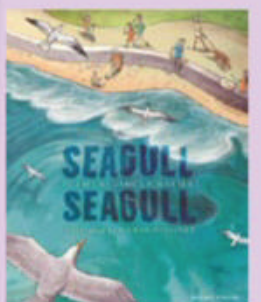
The writer of our winning letter receives \$100. Our other letter wins a copy of *The Guest List* (HarperCollins, RRP \$32.99) by Lucy Foley. At what may be the biggest wedding of their year, a group of old friends gather and collide with past grudges, happy families and hidden jealousies. There are 13 guests, but before the wedding cake has been cut one of them is found dead. All have a secret. All have a motive. Who did it?



Mini Masterchef Grace Horne (nine months) is, quite simply, a baker's delight!

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 *Seagull Seagull* (HarperCollins, RRP \$29.99) by James K Baxter. Enjoy reading these classic poems in *The Tree House* aloud.

Clear the WAY!

KERRE'S PUTTING HER HOUSE IN ORDER WITH A LITTLE HELP FROM HER FRIENDS

Last week, I wrote that I was girding my loins, ready to begin a deep declutter of our home of 22 years as we decide what we're going to do in the next phase of our lives.

Whether we sell or not, a declutter is necessary as we haven't had one since renovating the house more than 10 years ago. But I have been reluctant to begin. I am not, by nature, an organised person.

I function quite well living in a state of disorder and messiness that other people would find unacceptable. So the concept of a clean-out is hard for me to grasp. The house is clean, don't get me wrong – it's just messy.

I opened a cupboard the other day and stared at the dishes, bowls, jugs and crockery objects designed to hold nuts or olives or the like and realised they have never done so – their destiny is unfulfilled. Still, I found myself paralysed with indecision.

I took out a set of coasters, thinking they might look nice up in the Hokianga, put them on the table and then shot out the door in a state of denial and went for a swim instead.

I was bemoaning the fact that I was such a complete and abject failure at work the next morning when the lovely AnnMarie, our boss' executive assistant, turned to me and said, "Oh! Are you having a tidy up? I love a good declutter – I'll help."

Emma, our promotions manager, also picked up her

ears. "Who's having a clean-out?" she asked, looking around the office. "I am," I said. "Excellent!" she replied.

"Yours will be a cracker. Shall we come over on Friday night?"

I looked at the two of them incredulously. "How can you enjoy something like this?" I asked. "I'm terrified of my own home." Emma was reassuring, "You just need a method," she said. "Four boxes – keep, chuck, donate and sell. Easy."

Put like that it did sound doable. So, on Friday night the girls appeared, reinforced by Niva, our newsreader, who has moved into a minimalist apartment and encourages everyone else to follow suit, and Tans, a mate and former colleague who loves a get-together and has a sturdy ute that could cart away the rejected household items.

They arrived with boxes, tape guns, marker pens and a roll-up-our-sleeves, can-do attitude. Within an hour, the kitchen was done.

My wardrobe was next and the girls were ruthless – if I hadn't worn it for more than two years it had to go – and I soon had a couple of boxes of clothes ready to be donated.

I waved everyone off later that evening and, as they disappeared with various boxes of stuff to be donated to Dress for Success, Hospice and the Red Cross, the house all of a sudden seemed lighter – freer.

The declutter was underway. But we still had a very long way to go. And that's when another old mate turned up.

My former colleague Mark Dye is a master declutterer and when he heard there was a major clean-out on, he turned up on my doorstep eager to help. I don't know how he does it, but Mark has a gift to create order from a state of chaos. He sorted out all the CDs and DVDS that were gathering dust on shelves and in drawers, matched discs with covers, and put them in a box to be taken to an old school shop that sold them.

He cleaned out the sheds, choking and spluttering as decades of dust cascaded around him, and put out stuff on the side of the road in case people wanted an old bookcase or blue ceramic planters (they did). All the while I followed orders and tried not to get in the way. In just a matter of hours, the sheds were spotless, orderly and there was a place for everything and everything was in its place.

In just one weekend, thanks to my amazing friends, we can see order being restored. And hopefully a few good causes will benefit as a result of the first phase of The Great Declutter of 2020.



One-track MIND

JEREMY TAKES THE ROAD LESS TRAVELLED,
TO THE HORROR OF HIS GIRLS!

As a species, us Aucklanders don't learn particularly quickly. Every long weekend we drive out of the city en masse at roughly the same time, enjoy a few days getting away from it all in the company of every single other Aucklander, then return en masse at roughly the same time.

It happens Every. Single. Time. And yet, we are surprised to find the traffic completely and utterly jammed for kilometre after kilometre. So it was when I found myself returning from a long weekend.

We were doing quite well. Heading home safely at the speed limit. There was a steady stream of cars but we were making good progress, and then the inevitable happened – we came to a grinding halt some 60km from home. Being an Aucklander I was surprised. A traffic jam?!

Two hundred metres in front of us a car peeled away from the automotive cluster and headed off on a side road. Another car soon took the brave step and followed. The vast majority of motorists dutifully stayed in the queue, but the seed had been sown. When we inched up to the intersection, I too turned onto the side road.

Google maps did a quick recalculation and told me I'd gone from an expected 1 hour and 20 minute trip to 50 minutes!

I was elated. My back road detour was saving us 30 minutes. We were beating those mugs stuck on the main route. I cheered. My wife cheered.

Who doesn't love a win like that?

My kids, apparently.

They have grown up with traffic jams being the norm, they do not find them frustrating and annoying. They

find them comforting, natural and soothing – a reminder that they are part of a large contingent of happy holidaying humans.

I thoroughly enjoyed driving through scenic, curving, rural New Zealand. My children were horrified. They expressed concern we were somehow breaking an unwritten law, they were scared we would be punished for challenging the gods of gridlock.

They were terrified that no road but the main one would get them safely home. They wanted to be back on the motorway where we belonged.

I explained we were travelling faster than anyone on State Highway One and we would arrive home sooner than them. My daughters looked at me as if I'd lost my mind. Why would you want to travel faster and get home sooner if it meant deviating from the accepted route? Everyone was taking it, surely it was the correct option?

Thanks to my detour we arrived home considerably earlier than we would have. I got a high five from my wife, but only disdain from my kids.

Their reaction made me consider something... Perhaps all the energy being invested into trying to solve our traffic woes may be wasted, because it's quite possible there's an emerging generation that doesn't see an issue.

It goes against years of ingrained attitude to say this, but I suspect our children love traffic.



FILM

He's helmed one of the biggest environmental lawsuits in America's history, and yet Robert Bilott's story is only just being told.

His ongoing legal battle with a chemical company is the centrepiece for Todd Haynes' new legal thriller *Dark Waters*. Portrayed by Mark Ruffalo, the film traces Robert's case against DuPont, one of America's largest corporations, after he uncovered the fact that it was dumping hazardous chemicals into public waterways in his hometown of Parkersburg, West Virginia.

Mark says it's a story that is, sadly, all too familiar.

"A corporation know that they're hurting the public, the science shows them that they're hurting the public, and they continue hurting the public anyway," he says. "It's a horror story, except it is real."

The movie is a confronting look at a real David versus Goliath situation, and examines how much power large corporations can hold over basic human rights.

When asked why he took the fight to DuPont, Robert said, "We're talking about a massive public health threat. This is probably one of the biggest environmental contamination stories in history, and most of us still don't know about it."

Mark agrees, adding that Robert's two-decade-long fight against DuPont is reflected in the movie's two-hour and six-minutes run time.

"What is the toll that takes on somebody? One of the things that's remarkable about this story is that he stayed with it that long. The world tells us it's best to be selfish; we see so much of that, everywhere. [But with this] it's 'us,' not 'me'."

MARK RUFFALO
IS A FORCE OF
NATURE IN
DARK WATERS

HARD case!

Dark Waters is in
cinemas March 5.

REVIEWS

FILM



THE PHOTOGRAPH (PG)

Endearing and utterly romantic, *The Photograph* is a wonderful tale of love and the importance of discovering familial roots. When esteemed photographer Christina Eames passes away unexpectedly, her daughter, Mae (Issa Rae), finds herself piecing together her mother's

history through her work. During her exploration, Mae learns more about herself than she anticipates, all the while falling for investigative journalist Michael (LaKeith Stanfield) and traversing her blossoming new relationship. This romantic drama explores a believable love story, and is enhanced by the on-screen chemistry of its lead actors. Avoiding over-dramatising love, director Stella Meghie provides a refreshing and well-crafted exploration of relationships.

Chris Glavovic



BOLD IN THE BIG APPLE

Full of fashion, feminism and friendship, *The Bold Type* is an empowering series not to be missed. The story follows three up-and-coming women, Jane (Katie Stevens), Kat (Aisha Dee) and Sutton (Meghann Fahy), who work for *Scarlet*, a fictional magazine in New York City. Inspired by the life and career of former *Cosmopolitan* editor-in-chief Joanna Coles, *The Bold Type* oozes with



The Bold Type
is streaming
now on Neon.

TV

on-trend and purposeful stories as the girls navigate a dynamic work environment, explore relationships and their sexuality. As they evolve and develop, the three ladies realise they must embrace New York and the people around them if they are to succeed.



Fun in the sun!

Nicky Pellegrino
BOOKS EDITOR

A FOOL'S paradise

GET SWEEP AWAY BY ALL THE ANTICS IN CURLEW BAY

This novel ought to come with a warning: Don't read in the depths of a freezing cold winter, as it will leave you desperate to book a holiday to a tropical island where you can snorkel all day and drink ridiculous cocktails.

Since it is still summer you should be safe to escape to the Whitsundays through the pages of *Lovestruck*. Once there, you'll find yourself at Curlew Bay, a resort owned and run by a family who are lucky in life, but not in love. None of them seem to be able to make a relationship last.

Amy has come home to celebrate her father's wedding to his boyfriend Sanjay. The family curse seems to have blighted her love life up till now as she's had a succession of failed relationships.

So when she meets her new stepbrother Josh and feels "The Pull", she decides to keep her hands off him. Meanwhile Josh, despite also feeling "The

Pull" for Amy, is determined to keep her in the role of sister.

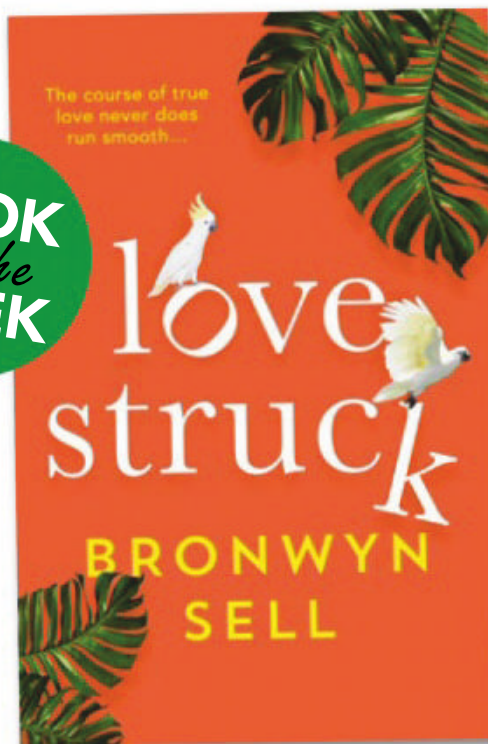
This is not the only attraction sizzling at Curlew Bay. Beautiful jilted bride Sophie has been finding solace in the company of handsome Harry (Amy's cousin). But the chances of things working out for them seem pretty low too, given that both are nursing broken hearts. Besides, Sophie has a life in the city and Harry is keen to remain on the island he loves.

There are lots of other family members but these four are your key contacts and the "will they/won't they?" of their relationships will keep you busy.

Lovestruck is a rom-com with a high romance quotient. The relationships in it are carefully explored and there's lots of depth here. Though the focus is less on comedy, author Bronwyn Sell is very funny – the fake TripAdvisor

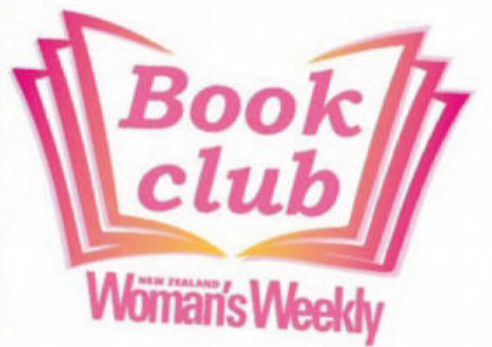
reviews scattered through the book are great – and I'd have liked her to let loose with that dry humour a little more to give us some laugh out loud moments along with the intense boy-meets-girl stuff.

Aside from that, it's a great getaway and I'm keen to return to Curlew Bay very soon.



Lovestruck by Bronwyn Sell
(HarperCollins, RRP \$32.99)

**BOOK
of the
WEEK**



BOOK CLUB DISCUSSION

Don't miss the Weekly's monthly book club. Currently, we're enjoying the latest Marian Keyes novel, *Grown Ups* (Penguin Random House, RRP \$37), a page-turning read about what's really going on beneath the happy façade of a large Irish family. Sign up at womensweekly.co.nz/bookclubsignup. Meanwhile, here's this week's discussion point: How do you feel about the way the author includes issues – such as the plight of asylum seekers in Ireland – in her novels?

WEEKLY BOOK CLUB

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

About the author... Bronwyn Sell

The mum-of-two lives in Whangaparaoa, near Auckland. She's a Weekly senior sub-editor who also writes romantic thrillers under the name Brynn Kelly.

This novel was inspired by... "A hankering to set a story on a tropical island, to get that trouble-in-paradise element. Also, after writing a series of romantic thrillers about people who are disconnected from their homes and families, I decided to explore the flipside – a series of romantic comedies about the loves and lives of an extended family who are living and working together."

I wanted to write a romance because... "I'm an eternal optimist, and there's

nothing more optimistic than a romance. There's so much darkness in the world (and in fiction) and I think it's helpful to balance that with escapism, hope and positivity. I don't think it's a coincidence that [the genre] romantic comedy is having a moment right now."

The best thing about being a writer is... "Finding that state of creative flow, when you get so focused on your fictional world that the real one melts away. That's when the magic happens. I come out of those sessions physically exhausted. But I figure that when I find that immersive state, I'm more likely to create a vivid world a reader can escape into."





Like owner, like dog! Adam Sandler (53) proved you really do end up resembling your dog, while out on a morning stroll with his canine lookalike and a hot cup of joe. The *Happy Gilmore* actor cut a casual figure in basketball shorts and showed team pride in an LA Galaxy T-shirt.



The ever-glamorous **Priscilla Presley** (74) posed with a cuddly rescue dog when she appeared on a Hallmark show to talk about all things Graceland. The actress has a special connection with the channel after it filmed a few of its charming romantic flicks at the iconic Memphis home she once shared with her late ex-husband **Elvis**.



You always expect to see wild looks at Milan Fashion Week. But **Orlando Bloom** (43) took the award for cutest accessory last week at the Boss runway show by bringing his beloved poodle **Mighty**! The *Carnival Row* star and his loveable date were even colour-coordinated, with Orlando's brown double-breasted suit and sweater perfectly matching Mighty's curly coat.

DOGS and th



James Middleton (32) was a proud dog dad alongside his adorable pooches Luna, Inka, Ella and Mabel after being named the Crufts Friends for Life Ambassador in the UK. The adorable quintet attended a photoshoot last week in London to celebrate the honour.

David Arquette (48) may be a movie star but at the Sundance Film Festival he was upstaged by a very fashionable pup! There to promote his latest flick *Spree*, the actor stopped for a photo op with the dog, who was kitted out in leopard-print sunglasses and a fur jacket.

STARS SHOW
OFF THEIR
POOCH-TASTIC
ACCESSORIES

our celebs

Gorgeous golden retriever Luke was comforted by his emotional support human Oprah (66) when he got the flying jitters while jetting off on a holiday to Hawaii.

Those are the smallest snow dogs we've ever seen! **Princess Caroline of Monaco** (63) took a break from sliding down the slopes to go strolling with her precious pups. The royal was enjoying a vacation in Austria with her son and grandchildren.

While catching a ride with his pal Martin Scorsese, **Robert De Niro** (76) made a new furry friend, Yeti. And the pair clearly hit it off, with Yeti sharing this snap on social media with the caption "Nothing but love for my Uncle Bob!"



BELLISSIMA!

Is it even fashion week if **Dame Anna Wintour** (70) doesn't come to your show? **Donatella Versace** (64) and her good pal – who of course donned her trademark shades – made for a stylish duo as they posed at the designer's show at Milan Fashion Week.



Hands up!

Debbie Harry has never been shy about getting her hands dirty! The **Blondie** singer (74) looked to be having a ball at a clothing store opening in New York City last week – and was joined by music legend **Iggy Pop** (72) and stylist **Jimmy Webb**.



Birds of prey! Taking peace literally by the hands, screen legend **Vanessa Redgrave** was resplendent as she attended a Cinema for Peace event in Berlin last week. The English actress (83) looked happy and youthful as she advocated for films with a social conscience.



PREY FOR PEACE



LESS IS MOORE

From Milan to Paris, couture was everywhere as **Demi Moore** (57) and **Carla Bruni** (52) sat front row at Dior's show during Paris Fashion Week. The unlikely buddies showed off their sartorial splendour – Demi's holey black jumper certainly was a bold choice!

Star WEEKLY



MAXIMA VELOCITY

Queen Maxima of The Netherlands was having a right royal time of it as she skied down the slopes of Lech, Austria. Her Majesty (48) was accompanied by her family, King Wilhem-Alexander (52) and their daughters, Princesses Catharina-Amalia, Ariana and Alexia, on their annual winter getaway. And judging by these pics, the Argentinian native looked to have terrific form!



RIGHT BACK ANYA!

Say cheese! The star of the new remake of Jane Austen classic *Emma*, Anya Taylor-Joy, and *Late Late Show* host James Corden (41) larked around on the set of his chat show last week. Newcomer Anya (23) has garnered plenty of positive praise for her take on the classic character – though this is her first comedy! “So if you like the comic timing, I guess I’m really glad it worked out, because I was just giving it a good go!” she said.

“A REAL GEM.
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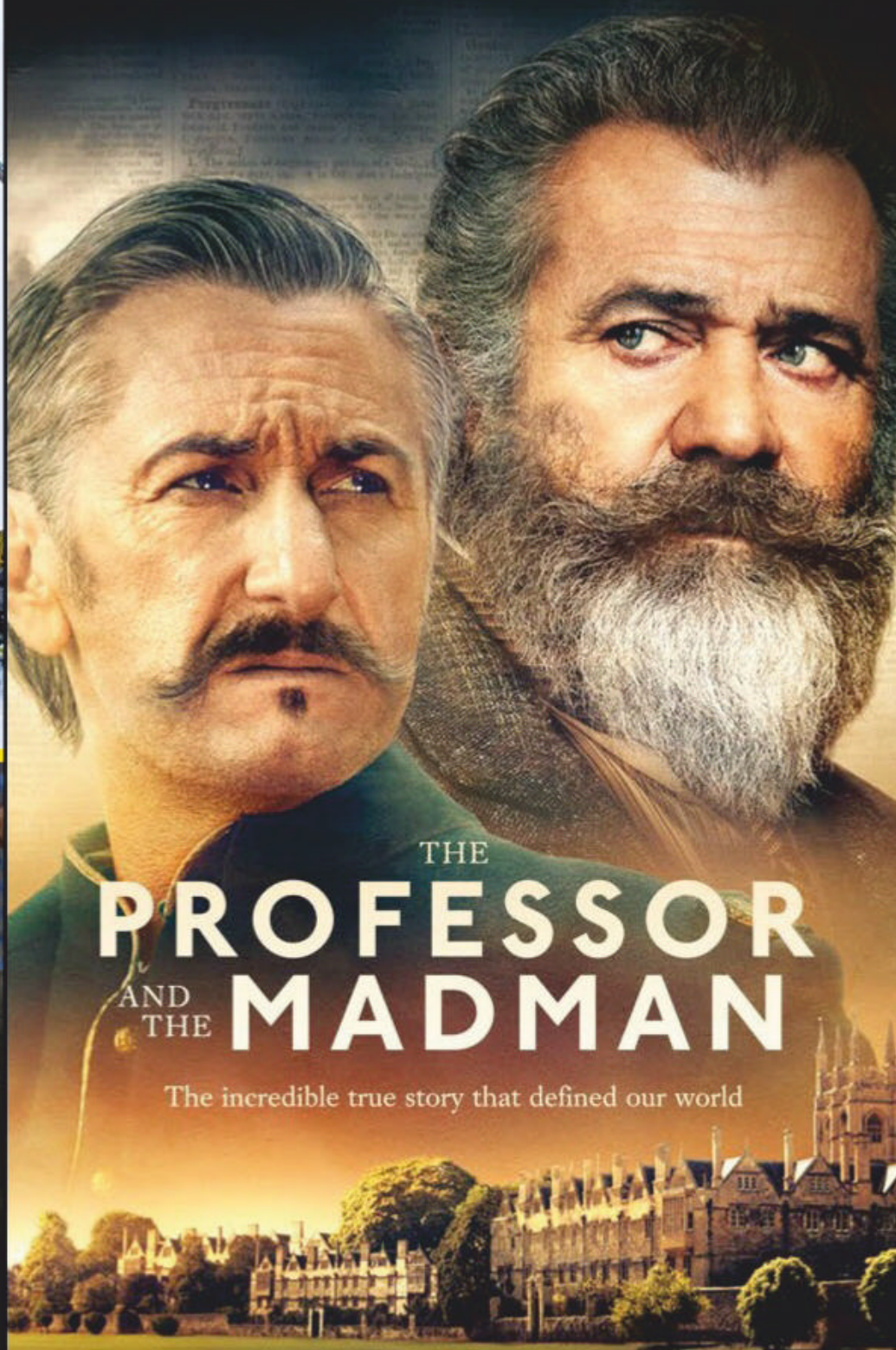
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M VIOLENCE

IN CINEMAS FEBRUARY 20

TRANSMISSION



RING MY BELL!

Let them eat cake! Cindy Crawford's supermodel daughter Kaia Gerber (18) came in peace, literally – peace signs were sewn into her outfit – as she channelled Marie Antoinette at the Moschino show during Milan Fashion Week. While her powder-blue dress was stunning, we just hope she didn't have to sit, squeeze through doorways or do anything practical!



LITERALLY A STAR!

What a novel idea! Margaret Qualley (25) has stepped well out of the shadow of her famous mum Andie MacDowell to become a star in her own right. She walked the red carpet with Sigourney Weaver (70) at the premiere of their new film *My Salinger Year*, in which Margaret plays a graduate working for the literary agent of JD Salinger.



GREEN DAY

Coordinating your outfit to match your green smoothie is taking dedication to fashion up a serious notch! *The Good Place* star **Kristen Bell** (39) certainly wasn't going incognito last week as she stepped out in New York City in this eye-catching jumpsuit.

Well-nigh time!

Pictured here promoting his new movie *Minamata* at the Berlin Film Festival, Bill Nighy recently set things straight about the pronunciation of his last name – it's "Nye". Says Bill (70): "My father used to squirm when everybody would say Ni-ey. It used to drive him insane. I gave up – I get Nigey, Nigley, Nigee, Nigby. I don't mind – you can call me nearly anything you like!"

AGE-DEFYING!

What's Liz Hurley hiding from us? Surely she has access to a time machine or fountain of youth with a figure this incredible! As Liz (54) sunned herself on holiday in the Maldives last week, she could have been mistaken for a woman half her age.

Join the NEW ZEALAND Woman's Weekly BOOK CLUB

Be part of the discussion and sign up to our New Zealand Woman's Weekly Book Club!

You can share and read my pick of the month, along with a group of like-minded book lovers, plus receive exclusive Book Club perks such as giveaways, sneak peeks of our upcoming books, exclusive interviews with authors, celebrity book picks, news and events, plus discounts and offers only redeemable by club members. Sign up to the New Zealand Woman's Weekly Book Club today – we'd love to have you as part of our readers' community!

Nicky Pellegrino,
Books Editor



Head to womansweekly.co.nz/bookclubsignup
Enter your details and be part of the club!

Albert, Fred and Ivy are absolutely the apple of Jennifer's eye!

Star **WEEKLY**

JENNIFER STEPS
OUT WITH HER
LITTLE SWEETIES

ONWARDS & *upwards*

While the offers are still pouring in for the fabulous **Jennifer**

Saunders, she's opting to say yes to fewer films because there's some little people she'd much rather spend time with – her gorgeous grandchildren!

The 61-year-old may have stepped away from her comedy roots to star in Netflix thriller *The Stranger*, but last week she took three of her grandchildren to a much more family-friendly watch – new Pixar film *Onward*.

She beamed with pride as she arrived with **Fred** (7), **Albert** (6) and **Ivy** (3), and has made it quite clear as to who really calls the shots in her life, saying, "My greatest weakness is my grandchildren. I would do anything for them!"

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Friendly reminder:
in a world of *kale*,
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(But, like, a tasty 90 calorie one).

Find me in the muesli bar aisle.



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