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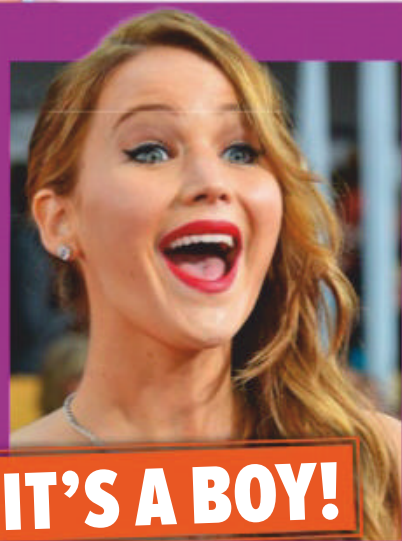
NZ'S NO.1 WEEKLY M

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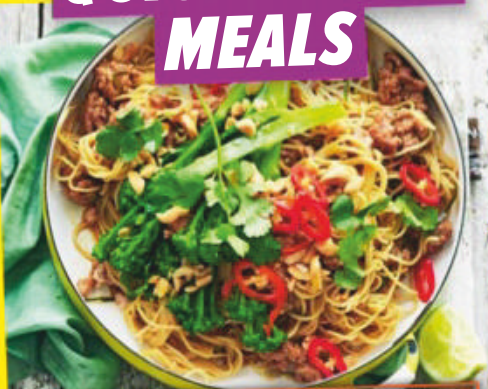
**J.LAW'S
BABY JOY**



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**Love at last!
KEANU'S
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PROPOSAL**

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**EFFORTLESS
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**MUM'S AMAZING
TELL-ALL**

**I DIDN'T KNOW
I WAS PREGNANT
- TWICE!**



SHOCK SPLIT!

**CATHERINE DUMPS
MICHAEL**

They were so close!

HOW HARRY BROKE THE QUEEN'S HEART

**INSIDE THEIR PRIVATE PALACE SHOWDOWN
AFTER MEGHAN'S SPITEFUL SWIPE**

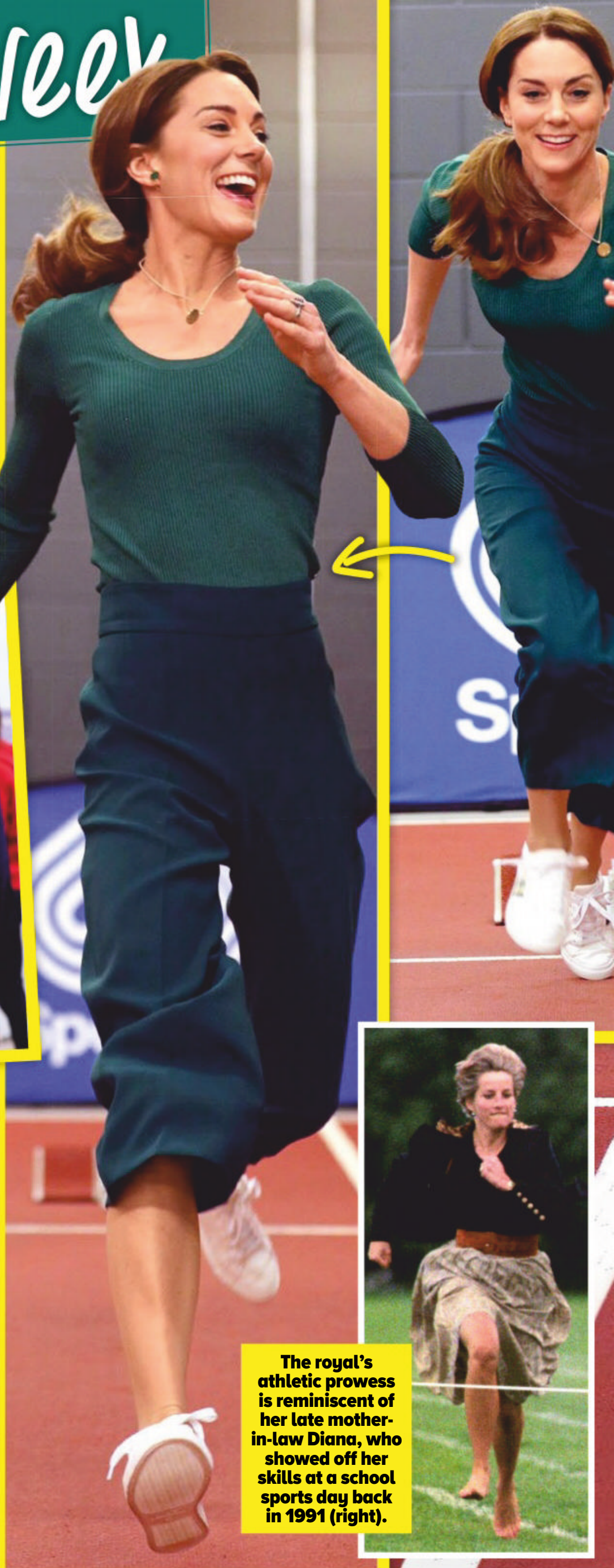
What a Week



Wanna fight? Kate stands her ground as she learns some martial arts moves.



I'll leave that to you!



The royal's athletic prowess is reminiscent of her late mother-in-law Diana, who showed off her skills at a school sports day back in 1991 (right).





Duchess
does a
runner!

What a good
sport! Kate
beams as she
joins in the
fun at the
charity event.

She's in the running to
help a good cause

Kate's on track QUEEN OF STARTS!

Ready, set ... go! The Duchess of Cambridge showed off her sporty side during a visit to Olympic Park's London Stadium last week to honour the next generation of athletes.

The royal mum, 38, hit the running track and tried a few taekwondo moves, although she laughingly turned down the opportunity to pole vault! Highlighting the work of SportsAid, which helps

support Britain's young sportspeople who aspire to play at a high level, Kate spoke to the "team behind the team" – the parents and guardians. "You are simultaneously

the transport and logistics managers, nutritionists, laundry service, psychologists, financiers, and crucially, the ones who provide love, support and encouragement when things are tough."



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What an earful!

Celebs love loading their lobes with bling, but can you guess which piercings belong to the stars below?



ANSWERS: 1. B, 2. C, 3. E, 4. F, 5. D, 6. A.

I'm fortunate to be surrounded by incredible women every day. My brilliant mum's still working as a marine microbiologist at 73. She mentors young female scientists and has always been a proud feminist. She raised me to think that I could do anything I put my mind to.

I have female family and friends who I love for their strength of character, big hearts and dazzling minds.

Our boss at Bauer Media is an amazing woman who is supportive and inspiring, and most of the team who bring you *Woman's Day* are female (hey, we still adore you Andy, Rob and Chris!). I'm constantly amazed at all the different gifts and contributions each and every one of them bring to the magazine. Then there are the half a million-plus readers who cherish each issue of *Woman's Day* and motivate us to do our best.

With International Women's Day on March 8, I had a think about what we could do to make a positive difference. This year's theme is #EachforEqual, challenging us to think about how we forge a gender-equal world. As well as raising awareness against bias, one of the keys is to champion

women's achievements.

So this week we celebrate 50 kickass Kiwi women. Firstly, we asked you via a research panel who your female role models are, and you told us you admired Jacinda Ardern, Helen Clark, Dame Valerie Adams, Hilary Barry, Rachel Hunter, Anika Moa, Toni Street, Nadia Lim, Paula Bennett and Dame Patsy Reddy – a diverse bunch from all walks of life. Then six writers (all women!) helped me come up with 40 more. It was such a joy thinking about all the amazing women doing incredible things in their diverse fields right here at home.

The hardest thing was keeping the list to 50! We could have devoted an entire magazine to celebrating the women we love and admire. Celebrating women's achievements is an important step towards gender equality. Make International Women's Day your day on March 8, and do what you can to truly make a positive difference.

Sido

SIDO KITCHIN
EDITOR-IN-CHIEF, WOMAN'S DAY



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"I know I deserve better, but I'm a firm believer in forty-second chances."

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On the cover



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RETIREMENT VILLAGES



The queen didn't mince her words.

Royally told **THE QUEEN** **FACE-OFF** **WITH HARR**

Their reunion had the prince quaking in

Just one look at old photographs of Prince Harry with his beloved grandmother, Queen Elizabeth, is enough to see the aching poignance of the bond that once existed between the two.

The adoring looks caught on camera over the years between the monarch and her fourth-born grandchild reveal an almost conspiratorial humour: Harry's wild ginger mop and cheeky grin putting a smile on the Queen's face no matter where they were – polo match or official occasion.

But as the renegade prince arrived back in England recently for his last round of official engagements, before decamping semi-permanently to North America with his wife the Duchess of Sussex and their nine-month-old son Archie, there was little of the old happy-go-lucky party prince on display.

In fact, the Duke of Sussex, 35, looked seriously grim as he arrived on a commercial jet from his new digs in Canada and, according to a palace insider, much of his bad mood

was to do with a dreaded meeting with his once-adoring grandmother.

Both the British public and the palace were floored last week when it appeared Harry and Meghan had taken a churlish swipe at the Queen on their Sussex Royal website.

In a carefully worded “update”, responding to the palace’s ruling that they would not be permitted to use the word “royal” in their branding after March 31, the couple reminded the world that Harry still “remains sixth in line to

the throne” and that the Queen has no jurisdiction over the word “royal” overseas.

The ill-advised statement betrayed their irritation that their carefully planned “Sussex Royal” brand was now redundant. But instead of finding public sympathy, the backlash was immediate, with one outraged royal commentator declaring, “If you mess with HM, you mess with us all!”

And while Harry and Meghan’s outburst was slammed as “spiteful fury”,



Shared warmth: Harry and his grandmother together last year.



SHARING A FEW LAUGHS



ENJOYING EACH OTHER'S COMPANY



BREAKING RANK

Left: The Queen with Harry and William in 1987. Right: A cheeky exchange as Her Majesty inspects young officers in 2006.

off!
'S

Y

his boots

"petulant", "self-indulgent" and "arrogant" by the British public, no-one was more upset than the Queen herself.

Our palace insider tells *Woman's Day* exclusively that Her Majesty, 93, summoned her tearaway grandson for a one-on-one meeting last week, before he left the seclusion of the rented Vancouver Island hideaway he shares with Meghan, 38, and Archie to return to England for his royal swansong.

And by the time he arrived at



Arriving back on home turf, Harry then had to explain his and Meghan's extraordinary anti-royal statement.



Windsor Castle to explain his "poor behaviour", our insider claims he was visibly quaking.

"Harry was clearly nervous to be seeing the Queen after such a public display of defiance," reports the palace source. "He was physically shaking as he walked into her private sitting room and his face said it all as soon as he saw her."

"The Queen purposefully hadn't asked Charles or anyone else to join them as she was conscious of ensuring Harry didn't feel ganged-up on. But she told him exactly how betrayed she felt by him and how heartbroken she's been by his behaviour."

Behind the scenes, the insider says, "the entire royal family" is still in a state of shock



'The Queen purposely hadn't asked Charles ... she was conscious of ensuring Harry didn't feel ganged-up on'



over the Sussexes' decision to step away from royal life and their sense of desertion has been worsened by Harry's apparent disregard for his family.

"William and Charles have even suggested that Meghan has been brainwashing him – it's as if he's a completely different person to the warm-hearted Harry he used to be. They feel he's been overcome with anger, bitterness and aggression. No-one can quite believe how quickly he's turned and how poorly he's behaved.

"The Queen is feeling it more than anyone else," claims the insider. "She feels as if their special bond has been broken and she's been suffering with untold emotional stress. Harry's barely even been in touch with her since moving to Canada and has broken all the promises he made to stay in contact.

"She felt she had no choice but to tell him that he was acting like a child throwing his toys out of the pram."

During the meeting, the insider says Harry showed little emotion and defended himself in a matter-of-fact manner.

"He told the Queen how torn he feels between his family and Meghan and how sad he's also been about the situation. But both the Queen and her aides later told Charles and William that Harry seemed to be under some kind of spell. He didn't seem happy."

Last week he put on a cheery public face as he kicked off his last round of royal duties at a sustainable tourism event in Scotland, telling organisers to introduce him as just "Harry" rather than His Royal Highness.

In solidarity with the Queen, however, some fans had difficulty relating to the once-beloved prince, who appears to have turned his back on his family and therefore his country.

It's been no secret that Harry and Meghan had trademarked Sussex Royal for products including books, clothing and stationery. Financial experts



After being welcomed into the fold, now Meghan is crying foul, leaving Harry to face the music. Right: On his way to see the Queen.



have also predicted the couple could earn mega-millions from writing their memoirs, corporate speaking, film and TV appearances and social media posts – and royal commentators say the Queen had no choice but to stop the duke and duchess from commercialising the royal institution.

But Meghan was last week reported as telling close friends she believes she and Harry have been treated unjustly. "She feels like they are being picked on and that the restrictions put on them are payback for wanting to be independent," alleges a source.

"She told her friends she and Harry were left with no choice but to make a public statement.

She said if anyone should feel insulted it should be them. They never intended to capitalise on the word royal, and to insinuate they were somehow abusing their privileges is absurd."

In their inflammatory online statement, Harry and Meghan also appeared to suggest they'd been singled out for special punishment, saying, "While there is precedent for other titled members of the royal family to seek employment outside of the institution, for the Duke and Duchess of Sussex a 12-month review period has been put in place."

Observers have taken this as a reference to Princess Beatrice and Princess Eugenie, who have

jobs outside the royal family while still carrying out some royal duties, and also Prince Edward and his wife the Countess of Wessex.

After marrying in 1999, Edward and Sophie were also initially permitted to pursue their own careers outside of the royal family, running a film production company and a PR company. But they were plagued by accusations they were trading on and profiting from their royal status, and after a run of embarrassing scandals they were forced to quit and become full-time working royals.

Edward and Sophie, both 55, did this without complaint and by contrast royal watchers are warning that Harry and Meghan's "whining" is wearing thin, with the public becoming markedly less well disposed towards footing their ballooning security bill, now estimated to be \$41 million a year. Indeed, last week Canada announced it will withdraw funding when the pair step down as senior royals.

Says our palace insider, "Harry's confessed that stepping down as a senior royal has been a tough transition, and behind closed doors it hasn't been all rainbows and butterflies.

"He seems to be desperately trying to prove that he and Meghan are living the dream, but he's failing miserably to convince those who know and love him the most.

"They can see he's struggling and are worried that at some point his whole world might come crashing down around him."

WD



The Sussexes have also taken a swipe at the Wessexes (above) and Princesses Eugenie (left) and Beatrice.





Kate and William had concerns for George and Charlotte's wellbeing.

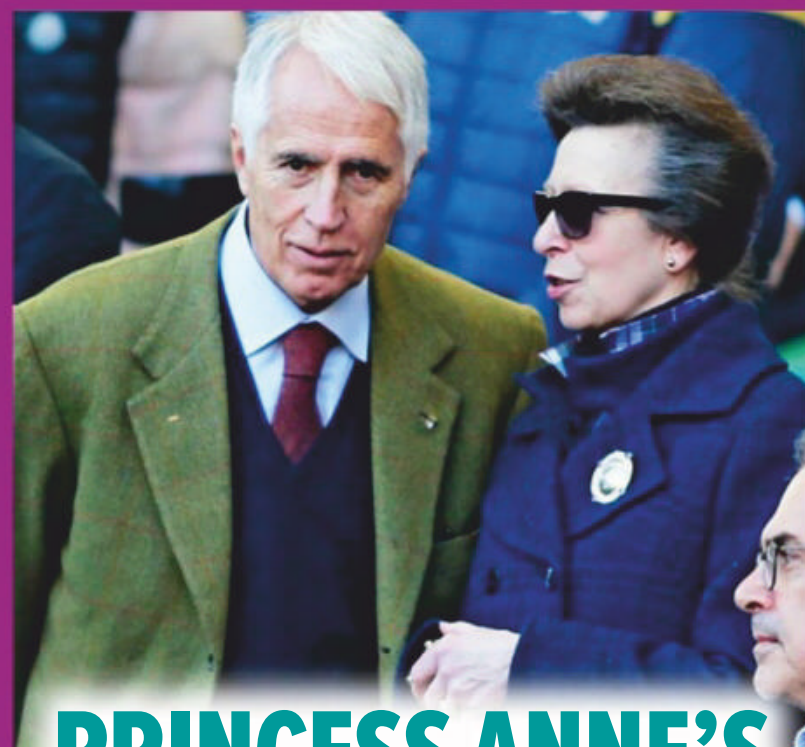
CORONAVIRUS SCARE

As fears about the rapid spread of coronavirus sweep the globe, things were particularly close to home for the Cambridges last week. Four students from Thomas's Battersea – the school that Prince George, six, and Princess Charlotte, four, attend – have been placed in self-isolation over concerns they may have the deadly virus.

At the time of going to print, Italy is the epicentre of coronavirus in Europe and children at the school had recently

been on a trip there. Two students returned with flu-like symptoms, with four placed into self-isolation.

The timing coincides with the \$34,300-a-year school's return from mid-term break. Prince William confirmed that his family had spent time at their country home Anmer Hall, saying that the siblings had their first attempt at lambing. "Charlotte wasn't sure at first, but George was straight in there!"



PRINCESS ANNE'S NEW MAN!

Princess Anne had tongues wagging with her apparent closeness to a silver fox that wasn't her 64-year-old husband Sir Tim Laurence.

Chatting amiably to International Olympic Committee bigwig Giovanni Malago at the Six Nations Rugby Championship last weekend, he seemed to hang on her every word.

Anne, 69, who divorced husband Captain Mark Phillips in 1992, and remarried Tim in 1992, was seen deep in conversation with divorcé Giovanni, 60, as she cheered Scotland on to victory in his native Italy.

"They definitely got people talking after their cosy display," says an onlooker. "They were surrounded by people but only had eyes for each other."



CROWN RAGE

It's guaranteed that Prince Harry won't be watching the next season of *The Crown*, which depicts Princess Diana heavily pregnant with the royal himself. To make matters worse, it's likely to raise the rumours that his real father is Diana's horse-riding instructor James Hewitt.



"Harry dreads what's going to be in the show," says a source.

When it was revealed Diana had an affair with James, some insiders speculated Harry was his son.

"Harry is aware of the innuendo, and he hates it," says a source. "Its going to open up some old wounds."

MEGHAN'S NEW 'STEPMUM'!

He's been vocal about his daughter Meghan, but there's one woman Thomas Markle, 75, isn't spilling the beans on yet – his new girlfriend!

"Thomas has been dating an American woman for the past few months, who he met at his complex in Rosarito, Mexico," says an insider. "They've known each other for a while. Their friendship developed into a romance, with Thomas telling friends how he hopes she can help connect him and Meghan, so he can say to her she has a new stepmum."





Catherine & Michael IS THIS THE END?

Friends say the actress was holding the family together for Kirk – and now she's free to leave

Kirk adored Catherine and kids Dylan and Carys.



When Kirk Douglas died aged 103 on February 5, it heralded the end of a golden Hollywood era. So too, sadly, did it bring about the demise of his son Michael's tumultuous 19-year marriage.

This is according to sources in the US, who say it was only caring for Kirk that kept Michael and Catherine Zeta-Jones together in recent years – and just days after his funeral, Catherine reportedly “sat down and told Michael, ‘I want out.’”

“Catherine’s decision to leave the marriage to take time for herself has left Michael completely blindsided,” our source continues.

The 50-year-old *Chicago* star “didn’t make the choice lightly”.

“She put a lot of thought into this. Catherine’s been miserable for a long time – years, even – but she kept it together for the kids and Kirk’s sake.”

But now, with her father-in-law – who adored Catherine – gone, and the couple’s son Dylan, 19, at college and daughter Carys, 16, preparing to fly the coop, the Welsh actress has decided it’s time.



The couple showing a united front for Kirk and his wife Anne.

“She stayed this long because she didn’t want to let Kirk down – he was so big on family and tradition,” explains the source. “Life’s short, she wants to be happy and do what she wants to do for a change, not what others expect her to do.”

UPS & DOWNS

It’s not the first time Catherine attempted to end her marriage to the *Basic Instinct* actor, 75.

The couple – who are worth \$500 million – first split in 2013, after he’d been treated for tongue cancer and she was diagnosed with bipolar disorder.

‘She didn’t want to let Kirk down – he was so big on family’

“They were both at their lowest points and couldn’t find common ground,” says a source, who explains that Michael was “unsupportive” and Catherine “too depressed” to help her husband in his hour of need.

They ultimately got back together – more for the children than anything, say friends – but their marriage was tested again in 2018, when Michael was accused of sexually harassing an assistant in the ’80s.

“That was like a knife through the heart for

Catherine,” says the source, who couldn’t believe the stories because he was “so sweet with her”.

They saved their marriage at the death knell through therapy, but in the past two years, they’ve let it slide – largely because they were so tied up with nursing Kirk through his final stages.

“Catherine was always at Kirk’s house [in Los Angeles], organising the nursing staff and helping his wife Anne with housekeeping stuff, and Michael was overseeing the millions of other things that needed to be done,” tells the insider. “They neglected each other, and it hurt their relationship badly.”

HOPE FOR THE FUTURE

But all hope is not lost. Michael is said to be still “crazy about Catherine” and the *Wall Street* star is determined to pull their marriage off the edge.

“He’s being very tender and understanding, giving her all the space she needs,” says a source. “Carys is siding with her mum and says she’ll live with her, but Dylan is pushing his dad to make things up.”

Their friends, too, are hoping they’ll pull through. “Sometimes distance can be a good thing,” muses the insider. “After a time of healing, reflection and therapy, maybe they’ll fall in love again.” **WD**

Who gets their \$500m fortune?

Before their 2000 wedding, Catherine reportedly fought tooth and nail to make sure she and Michael signed an airtight prenup. With an estimated combined \$500 million fortune, they’ll certainly have a lot to divvy up, including some of these hot properties.



NEW YORK APARTMENT \$15 MILLION



BERMUDA \$30 MILLION



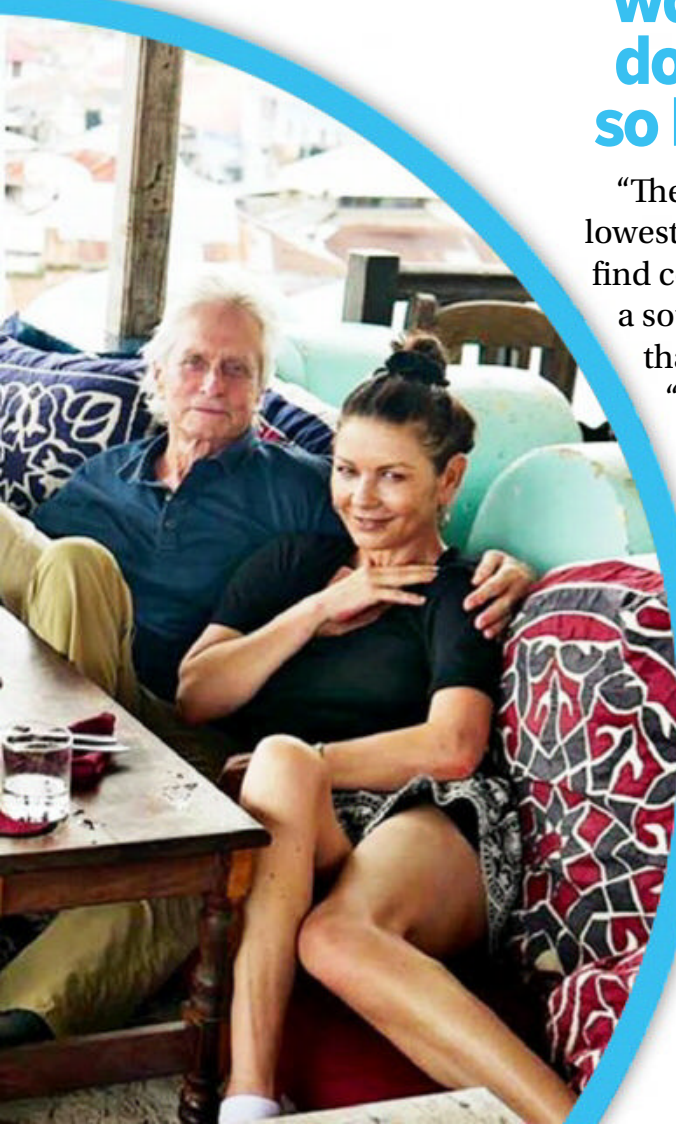
SPAIN \$51 MILLION



NY UPSTATE \$7 MILLION



WALES \$7.9M





Goop goddesses

Excellent advice KEANU'S \$2.5 MIL ENGAGEMENT

It's full speed ahead for this crea

It was a strictly “no make-up” party, but there was one guest at Gwyneth Paltrow’s star-studded Goop event who was positively radiant nevertheless: Keanu Reeves’ girlfriend Alexandra Grant glowed in the reflected glory of a stunning diamond rock on her engagement finger!

According to a showbiz insider, artist Alex, 47, was on cloud nine and showed pals an exquisite antique Harry Winston marquise-cut diamond ring that Keanu bought for \$2.5 million at auction and presented to his sweetheart.

“Alex told pals that Keanu proposed at his Hollywood Hills home on her birthday on New

Year’s Eve, after hiring one of the head chefs of his favourite restaurant, Mastro’s, to cook a lavish dinner for them,” spills the source. “Alex initially kept the engagement news on the downlow, but wasn’t able to contain her excitement any longer and happily showed friends the gorgeous sparkler on her finger.”

The silver-haired beauty first publicly stepped out with Keanu, 55, in November last year, with *Woman’s Day* reporting an engagement was on the cards in December.

At last week’s Goop party – which was also attended by Kate Hudson and Demi Moore – Alex admitted she’s nervous

about the attention that comes with dating an A-list star and initially wanted to keep the engagement private. But she’s just too happy and excited to keep the secret any longer.

“She told friends they’ll keep the wedding as low-key as possible, explaining that they’ll be eloping to Honolulu later this year. The plan is for an intimate celebration with just the two of them and a couple of witnesses.

“While Alex said they’d spoken about marriage, she admitted she never expected Keanu to pop the question and is still in a bubble where she can’t quite believe it,” the source continues. “She revealed how

their relationship grew from a friendship, holding back tears as she said she’d been waiting 47 years to find The One.”

At the Goop bash, *Almost Famous* star Kate, 40, said they should turn the party into “an engagement celebration, and Gwyneth immediately started dancing around Alex alongside her entourage who all cheered and clapped.”

Demi, 57, opened up about how her small wedding to Ashton Kutcher in 2005 was much more special than her lavish star-studded ceremony with Bruce Willis in 1987.

It’s a fairytale romance for Keanu, who hadn’t found love since his relationship with



Above: With Gwyneth and Demi at the make-up-free event. Left: Kate gets excited.

nture LION ENT tive couple!

Jennifer Syme ended in tragedy after their daughter Ava was born stillborn on Christmas Eve in 1999. Grief tore them apart and Jennifer was tragically killed in a car accident just 16 months later.

"It's clear Alex has been just as instrumental in Keanu's life and after everything he's been through, he's finally found a woman who truly understands him and has helped him overcome the demons which have haunted him for so long."

If the gorgeous engagement ring wasn't romantic enough, Alex revealed that Keanu is refusing to discuss the notion of a pre-nup, despite being worth \$570 million!

WD



J. Law's joy!

BABY ON BOARD

She's Cooke-ing up something special

It's baby joy for Jennifer Lawrence, who is expecting her first child to husband Cooke Maroney!

"Jen told her close friends she's pregnant at a pal's birthday dinner after avoiding her usual gin and tonic," claims an insider. "She knew tongues would be wagging given she's usually the life of the party and the one who'll have everyone doing shots by the end!"

The *Mother!* actress wed 35-year-old gallery owner Cooke in October last year.

"Jen's made no secret about the fact that she wants to be a mum soon," tells the source. "Despite once doubting she ever wanted children, after meeting Cooke, starting a family was all she could talk about. She even said at times during their engagement that



she couldn't wait for the wedding so she could start making 'mini Cookes!'"

And now, it looks like the 29-year-old star is getting her wish!

"She burst into tears as she revealed her happy news – admitting she'd been extremely nauseous and often holed up for days because she was so sick, which had been getting her down," claims the insider. "She gushed about how incredibly supportive Cooke had been, holding her hair back and sitting on the bathroom floor with her in the night, running out for lemonade and salty fries at 1am and generally being her rock,

Furry excited! J. Law and Cooke can't wait to be parents.



which cemented what an amazing dad he would be."

Jennifer showed off her tiny bump and said that while she hasn't found out the baby's gender, she's convinced it's a boy, as she's always imagined having sons.

"Having nephews has also made her even more broody," says the source, adding that the couple have picked out their kids' names.

Supporting her through her tough first trimester was pal Adele, who had a similar experience when she was pregnant. And Jennifer has asked her to be godmother.

For now, the *Joy* actress is keeping her special news to just family and friends but, "Jen's glowing and said she can't wait to take some time off and revel in being a mum."

I still love him! NEW HOPE FOR JEN & BEN

The actor has nothing but admiration for his ex-wife

A week after opening up about his painful divorce from Jennifer Garner, Ben Affleck has shared even more intimate details of how he's turning around his troubled life. And *Woman's Day* can reveal that the revelations have brought old feelings to the surface for his ex-wife, who's told pals she feels "emotional, tearful and proud".

"Ben had Jen's blessing to open up, but she had no idea what he was going to say and it came as something of a shock – especially given he'd never told her many of those things to her face," a family friend has revealed.

"It was incredibly emotional for her to read and obviously a huge tug on her heartstrings.

They've remained so close and she's watched him overhaul his life and become a better father to their children, so she's incredibly proud."

The actor is opening up about his battle with booze while promoting his new film *The Way Back*, in which he plays a high school basketball coach fighting alcoholism.

He and Jennifer – who are parents to Violet, 14, Seraphina, 11, and Samuel, seven – separated in 2015, with Ben admitting his drinking spiralled out of control as his marriage failed.

"When my life got really stressful, which principally had to do with the disappointment and the pain that the divorce caused my children, that affected me profoundly," the *Argo* star tells. "I didn't want to see them hurt. I found myself drinking more and more at night at home by myself. It was something I was doing to avoid dealing with painful feelings."

Ben describes the split as "the biggest regret of my life", and admits to struggling with anxiety and depression. He says regular therapy had been a lifesaver, and explains that by sharing his experiences he hopes to help others.

"I would like people to have a sense of hope," he says, adding that his life has improved dramatically since giving up booze. He had his third stint in



Take me to church! The co-parenting pair make an effort to spend time together as a family.

rehab in 2018 and, apart from an "embarrassing" relapse, he's remained largely sober since then. "You have to take it one day at a time. Not just sobriety, but life."

Ben, 47, says that being alcohol-free was "liberating".

"It's just healthier and better, and I feel much more present and connected."

The *Justice League* star thanks Jennifer for being "an amazing mom" to their kids, saying he's grateful they'll always have that connection and that they've worked incredibly hard to co-parent their children.

"Luckily I've got some pretty great, wise, special kids and they've got a great mom who's extremely smart, and so we do our best," the actor gushes.

While Jennifer, also 47, has moved on with boyfriend John Miller, a close source says Ben's emotional outpourings have left her feeling overwhelmed and confused at times.

"Jen never wanted to divorce

Ben and it was a very long, difficult struggle behind closed doors. But in the end, it was a decision she knew she had no choice but to make, if anything for the sake of their kids.

"But Jen still loves Ben deeply and she's been very tearful. Unsurprisingly, it's left her feeling confused about everything. She'd reached a place where she thought she'd moved on, but this has brought things to the surface again."

Ultimately though, the actress has told pals she's just relieved Ben appears to be in a happier, healthier place where he's strong enough to speak about his issues. In fact, last week she thanked him in person for being so open and honest, says our source.

"She often had doubts over ending their marriage, but deep down she knows he never would

**Coffee date
back in 2013**

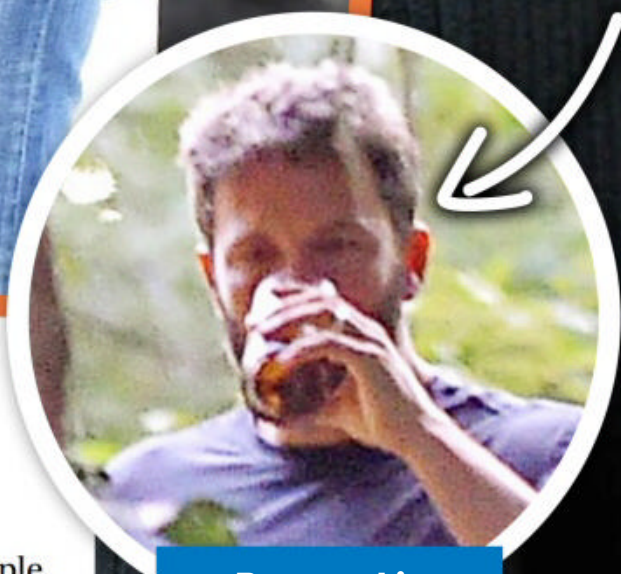




Jen (with Samuel) has been carrying the burden of childcare.



He's found his way back! The actor is feeling better than ever after dealing with his demons.



Ben says his drinking problem worsened following the couple's 2015 divorce.

have sorted out his life or got to this place without having the rug pulled from under him. The risk of losing his children was always his biggest fear."

The source says the former couple are now in the best place they've been in a long time, and they are proud of the way they raise their kids together. The pair take their children to church as a family each Sunday and are often spotted at the school gate together.

"Jen and Ben have both worked so hard to keep things stable and happy for their children. They've been through hell, but finally things are settled and there's hope for the future. They're happy." **WD**



Putting her needs first: Kerry-Lee has realised it's time to "look inwards and take some care of myself".

Kerry-Lee's MY TEARS ABOUT LET

After eight years, her television trou

As the *Shortland Street* cameras stopped rolling last December, it was the end of a chapter for Kerry-Lee Dewing after nearly eight years playing nurse Kylie Brown. Tears rolled down the actress' cheeks as she bid farewell to her beloved character and the castmates who have become like family to her on the popular TVNZ 2 show.

"It was one of the most beautiful experiences of my life," recalls Kerry-Lee, 30. "It was amazing. I didn't know I was appreciated to that extent. You put so much into your role and hope that it translates. I was showered with flowers and gifts and beautiful words. There were friends, cast, crew and people from the network there, lining

the corridors clapping as I walked out of the studio. It felt like a funeral, but Kylie didn't die!

"It's the relationships with cast and crew that are the hardest thing to say goodbye to," admits Kerry-Lee, who departed on screen last Friday. "You can never express your gratitude enough and the part people have played in your life.

"It always sounds cliché when you say it, but I literally have *Shortland Street* to thank for not only the actress I've become, but the woman I am today, because it wasn't just me growing up in that time – I coexisted with this other woman Kylie. Working through her trials and tribulations, her successes and losses have all shaped my perspective. I got schooled two-fold!"

The blonde beauty first appeared on *Shortland Street* in 2012 and was quickly entangled in a tumultuous love life with many boyfriends, dates and even a marriage or two while enjoying popularity with fellow nurses. Things took a darker turn in 2016 for the resident 'it girl' when the show tackled the controversial topic of euthanasia, with Kylie assisting her mother to die after she was diagnosed with terminal breast cancer.

And while her storyline became lighter for a time, by the end of 2018, the nurse was sent careening down a destructive path and barely came up for air.

"In the lead-up to Kylie's downfall, there was a kidnapping, being an accomplice in a murder, I found out I had the BRCA gene after mum, so I had an elective double mastectomy, which led to more issues, had an ectopic pregnancy and found out I couldn't have kids," tells Kerry-Lee, confirming her closeness to

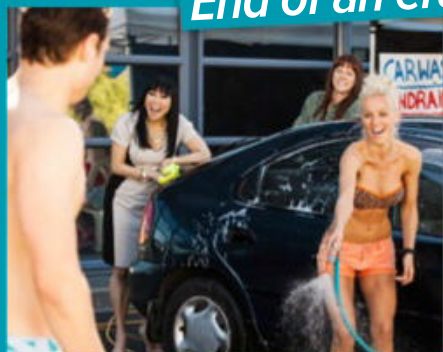
her character by frequently flipping between the first and third person. "Then my sister and Dylan arrived, and he ends up killing her along with my unborn child who she was the surrogate for, his twin Dan arrives and tries to warn me off but I'm undeterred. Then there's a wedding, a crash, a fire where Dylan is burnt and then, and only then, the true fun ensues. It was a lot!

"Kylie's whole world fractured then and there. I often refer to it as the green side – good-natured, loyal, caring and empathetic – and then the red side, when she was damaged and believed no evil should exist in the world, assuming an 'avenging angel' role, making it her responsibility to rid the world of it. There was a whole moral shift."

It made for compelling viewing, but the talented actress admits it began to take its toll on her.

"When you're working consistently at that level for that

End of an era



At the carwash! Wet and wild with Grace (Lynette Forday, left) and Harper (Ria Vandervis).



Shorty buddies (from left) Brooke Williams, Amy Usherwood and Kerry-Lee get cosy.



Left: Kylie and Dan (Ryan O'Kane) on their wedding day. Above: With TK (Ben Mitchell).



Moments before Dylan (Ryan O'Kane) and Kylie's fiery car crash cliffhanger.

shock exit & FEARS TING GO

ma was taking its toll

amount of time, in high-stakes situations where your adrenaline is spiking on a daily basis, your body doesn't know the difference between reality and fiction, so it has to exist within me, as Kerry-Lee, somewhere," she explains, bringing a hand to her stomach. "And so it physically does, it exists."

And few fans of the show could forget the heart-wrenching scenes of the nurse spiralling out of control. There was an attempted suicide, two murders and a bomb.

"When she's in a psych ward throwing herself around, I have to go to those places," tells the actress. "It's in my nature and my work ethic to lean into that opportunity and do what needs to be done to the best of my ability".

Her commitment to the role is obvious as she admits of Kylie, "I hold her close to my heart and protect her and that place fiercely.

"I'd be having breakdowns one week, threatening people not to stand between me and my



Risking her life, Kylie carries a bomb out of the hospital.



"It's nice not to have any pressure," the actress says of her fresh start in Sydney.

← duties, and trying to commit suicide the next. It's one 20-minute scene but for me to get to that place, to conjure up what's required, isn't instant. Understandably, my adrenals were firing and even if I had the ability to put it all aside, it wouldn't be too far because the next week I'd need to go there again."

Despite its demands, Kerry-Lee is quick to point out how grateful she was for the chance to play Kylie, saying, "I feel truly honoured I was given the opportunity to tell stories of that nature and that they trusted me with it. From a creative point of view I was lucky enough to flex different muscles and be challenged on a daily basis."

But with her character spiralling out of control, Kerry-Lee shares that rather than relaxing at the end of the day when shooting was over, she was instead focused on the next day's scenes and thinking about how to tackle them. After some time of this, she realised she needed to shift the focus back on to her and take a break.

"For me it's been an era," she declares. "It's been the greatest part of my 20s and it has shaped the actor I am today, the person I am today. It was really hard to convince myself to take a leap into the next chapter in my life, to be open, to not worry and let whatever happens, happen. But I was finally forced to listen to myself."

"Physically, the signs were telling me it was time. I needed to look inwards and take some care of myself. I was expending too much, especially in that last little while – and so for me to get to that point was quite significant."

And two months into her break, she is doing just that. With the full support of her mother – who she moved from South Africa to New Zealand with in 2002 – the adventurer is now living across the ditch in Sydney.

"Mum has always wanted me to live my life well," says Kerry-Lee. "She's an incredible support and wants the best for me, whatever that looks like."

Having previously spent a lot of time in Sydney, she has many friends there and is adjusting to life away from Kylie. But she admits it was



Getting her groove back: Leaving Kylie behind has been liberating for the actress.

'I hold her close to my heart and protect her and that place fiercely'

initially hard to let go.

"It was almost like switching everything off, completely changing my horizons – literally!" she says. "I'm on the Eastern Beaches; it's really nice and busy with lots going on. I'm doing a lot of walking, taking in the ocean breeze and just existing in reality as a nobody. It's been really beautiful and something I've needed as a part of this process of coming back to me. I'm not sure I could have done that in New Zealand."

Visibly relaxed and with a smile, Kerry-Lee adds, "To be honest, I've had no expectations of myself for now. I'm always going to be a hard worker and I'm always going to be doing something, but it's nice not to have any pressure. It's amazing to learn what you enjoy! Like going for a walk, you're very mindful. You're present and more conscious and I'm being better to myself, nurturing myself a little bit more."

And as for what's next for popular nurse Kylie? Only time will tell.

W/D



TEXT: MARILYNN MCILACHLAN. PICTURES: MIKE ROOKE.
MAKE-UP: JAIME RANDELL. STYLING: SALLY-ANN MULLIN.
KERRY-LEE WEARS: KETZ-KE, LOVISA, WITCHERY.

Cafeteria crisis

JAMIE FACES HIS FEARS

The actor is speaking out to help others

It should have been an easy scene to film. All Jamie Irvine, who plays Dr Ben King on *Shortland Street*, had to do was eat some sushi in the hospital cafeteria. But the actor, who had used chopsticks hundreds of times before, was overcome with a sudden and total sense of fear. His hands started shaking and his breath fell shallow in his chest.

"I was sitting there with the chopsticks and just trying to get through," he tells. "All I could think about was surviving, of getting through the scene. It was like a freezing of my brain, like I'd had too much adrenaline and at the same time I'm hyper-aware of everything. My biggest fear was not being able to control what I was doing."

None of the cast or crew knew about the internal battle that the 41-year-old was going through. Jamie finished the scene and drove to his Mt Eden home, where he felt physically unable to get out of his car for many minutes. Eventually, he managed to open the door and go inside.

He said to his wife, fellow actor Melissa Lawlor, "Look, something happened to me today. I don't know what it is, but I might have had an anxiety attack or a panic attack. I think I need to go and see someone."

Sensing the seriousness of what her husband was going

through, she immediately drove him to an after-hours emergency clinic to see a doctor. There, Jamie was told that he was experiencing anxiety and the doctor gave him some helpful tools, as well as being directed to the website anxiety.org.nz.

Still shaken, Jamie returned to work the following day. "I was worried something like that would happen again," he explains. "You become very watchful of yourself and you're not quite able to commit 100%."

But eventually he was able to relax back into his role, even reaching out to a director to say how he was feeling.

"He told me it was ok and if I needed to stop we could, if I needed to take five minutes we could and if I wanted to talk we could do that too," Jamie says. "It took the pressure off immediately."

Now, eight months later, Jamie has had time to reflect

on the experience that, while it has never happened again, had a "profound impact" on his life. He is passionate about raising awareness about anxiety and other mental health issues – which many people deal with in silence.

Jamie is running Auckland's Round the Bays on March 8 to raise money for the Anxiety New Zealand Trust, which has a helpful, comprehensive website, as well as a 24/7 helpline that has been going for 37 years. His team, which includes fellow *Shorty* stars Grant Lobban and Timmie Cameron, will be wearing bright Hawaiian shirts.

Understanding mental health is an ongoing process for Jamie, who is thinking of taking a course in the future. For now though, he's just keen to get people talking.

"This whole thing in general

is still stigmatised," he tells. "There is a fear about being able to talk about what you're dealing with, which compounds the problem. We are getting much better, but there's still so much work to do. It's about changing people's attitudes and demystifying what it is – particularly with men. I think it's incredibly important that we are honest with the people around us who we trust and deal with it in a much more open way."

To donate to the Anxiety New Zealand Trust, visit: givealittle.co.nz/org/anxietynewzealand.

Where to get help: anxiety.org.nz or call 0800 ANXIETY.



Jamie with his on-screen family, played by Nicole Whippy (left) and Henry Rolleston.



Reality
update

"I'll never give up on my mum," tells Tavita, who has permanently moved home to New Zealand.

TAVITA'S LOVE SA MY MUM COME

The
BACHELORETTE

The reality star reveals why he left
and what he plans to do next

When Tavita Karika packed up his life in Noosa, Australia to return to New Zealand, he left behind six years of personal training clients and a career in youth work.

It seemed a strange move, relocating from the bustling beach town to slow-paced Ashburton. But for *The Bachelorette New Zealand* contestant nothing felt more right. He was coming home to be with his mother Rachel Bower, who suffers from mental illness.

"She's got chronic Obsessive Compulsive Disorder and intrusive thoughts, which can be overwhelming," reveals Tavita, who grew up with his

mum and grandfather Peter Bower as his closest family. "I'd seen her about six times since I'd been overseas, and each time I left feeling frustrated and upset because of where Mum was at physically and emotionally. I'd tell her we had to do things, and then I'd need to leave again."

The former *Heartbreak Island* contestant planned a permanent trip home for December, which was pushed forward when he was offered a spot on *The Bachelorette NZ*. Chatting with *Woman's Day* about his decision to leave the TVNZ 2 show because of worries about his mum – as well as a ghastly hernia – 30-year-old Tavita admits she was on his mind a lot while in Argentina.

"I'd just moved back but hadn't actually spent any time with her, so it was quite tough," he shares. "I'll go to hell and back for her and I've told her that. I told her people will keep giving up on her, but I never will."

When he tries explaining what life is like for his mother, Tavita says just

With his
grandfather
Peter (right).



Tavita is
his mum
Rachel's
biggest
supporter.

Describing Lesina
as "amazing",
Tavita reveals he
wasn't fully focused
on the experiment.



MICHAEL'S HOTEL HOOK-UP

He's rumoured to have shared a fling with series villain Hayley Vernon, 32, but *Woman's Day* hears rowdy *Married at First Sight* groom Michael Goonan had another woman in waiting during filming! "He would sneak out all the time – he was barely around when cameras stopped rolling," says one insider, who maintains the 29-year-old father-of-one told his TV wife Stacey Hampton, 25, he was constantly bored

by the Three show. "He met up with Rachel, a girl he knew from Adelaide," says a source, adding the two shared a boozy night together behind Stacey's back. "Their night ended back at a hotel, and Stacey found out after it ended up on social media," the insider explains. "She was missing her kids and family and he was out getting drunk with another woman. It was an absolute slap in the face!"



THE OTHER
WOMAN



THE
WIFE



CRIFICE S FIRST

leaving the house can be impossible. "Mum can't go 100 metres down the road to get milk if she hasn't had her medication. That can be everyday life," he reveals. "But she really is amazing, and seeing her try is the most rewarding thing."

With his hernia repaired, Tavita's next plan is to become a police officer working in youth services. "I have this idea of helping out in my own backyard," he enthuses. "I'm also back personal training and my heart's never been so full."

While timing wasn't on his side for Tavita's latest reality TV stint, he's quick to rave about bachelorette Lesina Nakhid-Schuster. "She's a gorgeous, amazing and intelligent girl and unfortunately my mind wasn't present, which really sucked," he confesses. "But I do believe timing is everything." **WD**

PICTURES: DIMEX.

Poppy's new man

Poppy got up close and personal with her new mystery guy.

TV HUBBY LUKE

It didn't take long before cracks began to show between new couple Poppy Jennings and Luke Eglin, but the mother-of-two is moving on fast! Last week, the hilarious bride was snapped in the arms of a handsome mystery man in her home town of Wollongong. Friends of the brunette photographer, 38, say that Poppy has been open to dating since leaving the show. "She's moving slow

with him, but things are looking good. She's had her heart broken, so obviously she's wary and taking things a day at a time," dishes the friend, who insists Poppy feels robbed after the show's experts paired her with the Melbourne-based FIFO worker. Luke, 39, frequently travels for his job, while Poppy needs to stay at home for her kids. "She needed someone on the same path, or at the very least someone in the same state," quips the friend.

Mishel's snowed under since having to pay for knee surgery after injuring herself on the show (right).

Honeymoon hell!

BROKE & HOMELESS!

Mother-of-two Mishel Karen knew exactly what she was getting herself into when she auditioned for *Married at First Sight*. Drama, backlash and bitchiness – she welcomed it all in the hope she would meet a man who could heal her broken heart. But speaking to *Woman's Day*, the Brisbane-based teacher insists she's been left financially ruined by the unrelenting demands of Australia's most-controversial TV series.

According to the 48-year-old, she is now \$7200 out of pocket after she was forced to undergo surgery for her severely injured knee, the result of a fall during her honeymoon in New Zealand with TV husband Steve Burley.

"Nobody from Nine or [production] offered to reimburse me for these bills despite the fact it happened on set," insists Mishel, who tore her meniscus during the skiing accident. "After months of filming on minimum wage, I still haven't even been able to pay back

The body-confident reality star is slamming the production for how she's been treated.

my anaesthetist!" she says. "Right now I'm broke, not able to work and trying to recover," tells Mishel, who explains she's used up all her annual leave to take time off her job to heal and is left devastated by the financial burden of the show.

"I've now got my two teenage kids having to help me buy groceries," she says. "We only received \$150 a day to cover all meals, hair, make-up, wardrobe [while on the show]." What's more, Mishel maintains she was forced to leave her own personal credit cards at the hotels she stayed at during filming.

"All the food and drink charges were charged onto my personal accounts and I'm still trying to recoup the costs on maxed-out cards," she says. "Now that filming is over, nobody seems to care!" And while most brides would have hoped their groom would pitch in to help, her business-owner husband Steve Burley, 51, is said to have been more of a burden!

"Oh he would pinch everything of mine, my groceries and even my smokes," reveals Mishel, adding, "I literally had to hide my cigarettes from him because I couldn't trust him not to take them!"



Julie's shock diagnosis DAME THAT CANCER!

She's educating people
about the early signs



Hubby Grant
cried when
Julie gave
him the
news.

For more than 40 years Dame Julie Walters has delighted fans in movies like *Educating Rita*, *Mamma Mia!* and *Harry Potter*. But for the past 18 months the acclaimed British actress has been hiding a terrifying secret.

Last week, the Golden Globe winner revealed she has been battling stage three bowel cancer and only feels able to talk publicly about it now because she has been given the all-clear.

"I had some symptoms and not others," the 70-year-old *Billy Elliot* star shared of the lead-up to her diagnosis. She had visited her doctor with indigestion and "slight discomfort" in 2017, and the following year she made another appointment after experiencing stomach pain, heartburn and vomiting, although she didn't have blood in her stools, which is another common symptom.

When she was later informed she had stage three bowel cancer, the mother-of-one thought her doctors "must have made a mistake. I was thinking, 'That's ridiculous.' I couldn't believe it."

And her organic farmer husband Grant Roffey, 63, was equally as shocked. "I'll never forget his face. Tears came into his eyes and I thought, 'Oh Grant!' So then I'm worried about him more than ..."

Julie underwent surgery to have 30cm of her colon

removed. She recalls, "When I came round, I felt absolutely marvellous – it was obviously the anaesthetic, I think there was a bit of heroin in it. I was really happy and ringing everyone. It was only a couple of days later that I thought, 'I feel exhausted and a bit low, actually.'"

Chemotherapy followed, which did not cause hair loss, and the acting legend says her most recent scan shows she is now "in the clear".

While she was undergoing treatment, the beloved mother to Maisie, 31, had to miss filming for her upcoming movie *The Secret Garden*, with the production cutting her from certain scenes, and she also had to miss the *Mamma Mia! Here We Go Again* premiere.

Her agent spread a white lie, saying she had a ruptured hernia, in order to keep her cancer diagnosis a secret.

Now, Julie says *The Secret Garden* could be her last film. "I'm not saying I'll never act again, but I certainly don't think I can go back to six days a week, five in the morning till seven o'clock at night. It would have to be something I'm really engaged with."

The dynamo dame is now urging those who struggle with similar ailments to see a doctor, even if they're embarrassed about the personal nature of the examination.

She laughs, "Doctors are used to bottoms. They've got one themselves, hopefully!"

WD



Opening up to BBC
journalist Victoria
Derbyshire.

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**Jacinda Ardern,
Prime Minister**

Who rule the 50 KICK WOMEN W

Trailblazers who are making an a

Life took on a rollercoaster-ride quality for Jacinda Ardern two and a half years ago. The passionate politician became Labour leader, then Prime Minister in the space of three short months and the following year she made headlines around the globe when she announced she would be the second world leader ever to give birth while in office.

As it turned out that was just the start of Jacinda's trailblazing trajectory because while she had always been admired for her open heart and down-to-earth frankness here in Aotearoa, she was soon being admired by leaders all over the world.

In March last year, New Zealand was rocked by the Christchurch mosque attacks,

which claimed 51 lives, and our Prime Minister's empathetic response and immediate work on gun reform made the international community sit up and take notice.

Her face was projected onto Dubai's towering Burj Khalifa skyscraper and Oprah Winfrey told the Women in the World Summit that all women should "channel their inner Jacinda".

She was also included in British *Vogue*'s September issue last year – guest edited by the Duchess of Sussex – for her "driving impact and raising the bar for equality, kindness, justice and open mindedness". This month, Jacinda graces the cover of *Time* magazine for her progressive leadership following the mosque attacks.

From her office in the Beehive, Jacinda has pushed through laws on everything from extended paid parental leave to

Philippa Howden-Chapman, advocate

When Philippa Howden-Chapman grew up in Auckland, home ownership was pretty standard. It wasn't until she worked as a clinical psychologist years later, at an alcohol and drug unit, that she witnessed how hard it had become for people to find good-quality housing.

Horrified by the decline in warm, dry homes for Kiwis, she became an advocate. Twenty years on, she's the director of He Kainga Oranga – the Housing and Health Research



Programme – helping to reduce inequalities in living standards.

"We shouldn't have to accept shivering in our houses and getting sick," exclaims the Wellington-based mum.

The public health professor created research that caused major government changes, like new housing standard rules to protect tenants, and electricity vouchers for older people with respiratory problems.

Philippa's proud the government has noticed the significance of her team's work, saying, "An equal world is an enabled world."

Helen Winkelmann

The Right Honourable Helen Winkelmann's rise through the ranks to Chief Justice almost didn't happen. The youngest of four children, Helen was brought up in a family that relied for many years on social welfare payments.

Her father, a Korean War veteran, had multiple sclerosis, and died when Helen was 18. She studied sciences at school and intended to be a doctor, but at the end of sixth form decided to study law.

After graduating, she worked

World? ASS E LOVE!



mazing impact on all our lives

the Families Package that has provided financial aid to more than 380,000 Kiwi households.

On the home front, meanwhile, she's been raising daughter Neve, now 21 months, with her partner Clarke Gayford, 42.

The mum of one, who turns 40 in July, shared recently that she tries to get home to put Neve to bed before carrying on working into the night, and she occasionally gives Kiwis a sneak peek behind the scenes into her life as Prime Minister and first-time mum.

On Neve's first birthday she took to social media to show off the birthday cake she'd made for her daughter. "I may be smiling but about an hour earlier I was not enjoying the first birthday cake-making experience

(like just about every parent I know!), she captioned the photo. "I recommend cakes that you can legitimately cover in coconut – it hides almost everything."

Aware of the impact on other women of thinking she somehow manages the impossible – raising a young child while also running a country – Jacinda has taken great pains to point out she gets a lot of help with child-care and maintains she is "no superwoman".

She says, "No-one needs to see anyone pretending it's easy because it's not and so I'm not going to go around pretending I do everything. I don't. It's hard and women who are both working and raising children deserve to have help and support, and so we shouldn't pretend it can be done alone."

ann, chief justice

in a big Auckland law firm and at 25 became its first-ever female partner and one of the youngest-ever in the firm's 117-year history.

In 2004, she was appointed as a High Court Judge, followed by Chief High Court Judge in 2010 and was appointed to the Court of Appeal in 2015.

Helen, 58, has been vocal in her advocacy for better treatment of the most vulnerable. In her swearing-in speech last



year she said it was her duty to highlight inequalities in the judicial system, which saw only the wealthy able to afford a lawyer to represent them in court.

Dame Valerie Adams, athlete

From humble beginnings in Rotorua to achieving unparalleled success in the athletics world – and a damehood to boot – shot-putter Dame Valerie Adams is simply one of our greatest athletes of all time.

With two Olympic gold medals and one silver, four golds at the World Championships, three at the Commonwealth Games and four at the World Indoor Championships, as well as three Halberg Supreme Awards, Val's trophy cabinet is heaving – and she plans to add to it at this year's Olympic Games.

Dame Valerie, 35, won the hearts of the nation at the 2012 Olympics, where she was elevated to a gold medal following her opponent's positive test for doping. The humble athlete handled the furore surrounding the scandal with grace, and was awarded the medal in a special ceremony in Auckland later in the year in front of thousands of fans.

She's also used her mana to speak up for other athletes, joining the World Athletics Council and is



the deputy chairperson of the Athletes' Commission.

The mum of two – she and husband Gabriel Price have two-year-old daughter Kimoana and son Kepaleli, who is about to turn one – is also a role model for many as she juggles professional sport with motherhood.

"You're so exhausted and you've had so much taken out of you, but if you put your mind to it, you can do anything," she told *Woman's Day*.

Nadia Lim, founder of My Food Bag



When Nadia Lim won reality cooking show *MasterChef NZ* back in 2011, no-one could've predicted the meteoric rise that was to come.

Within just a couple of years, she'd helped set up My Food Bag, a meal delivery company that's now one of this country's most successful food businesses, and has authored 10 best-selling cookbooks. She's also a hands-on mum to her two sons, Bodhi, three, and one-year-old River.

A believer in "nude food", she's helped transform Kiwi plates and diets, urging us to eat less processed and packaged items in favour of fresh, natural ingredients.

Nadia, 34, and husband Carlos Bagrie have recently given up Auckland's city life for rural bliss in Otago, where they're growing their own food and developing their land.

She tells us, "I want to be able to look back on my life when I'm 80 and think I did some cool things."

Kiri Nathan, fashion designer



Kiri's creations at NZ Fashion Week.

Her designs have been worn by Prime Minister Jacinda Ardern, Michelle Obama and Beyoncé – and most recently on the Oscars red carpet. The striking emerald green gown worn by *Jojo Rabbit* co-producer Chelsea Winstanley at this year's Academy Awards was a Kiri Nathan one-off.

The glitz of Hollywood is a far cry from the label's humble beginnings when Kiri, then a 19-year-old single mum – who remembers watching her seamstress grandmother creating “beautiful dresses on her Singer sewing machine” – set out to study fashion, via a diploma in Visual Arts.

Melding her newfound knowledge with traditional Maori weaving, Kiri has forged a path in an often cut-throat industry with a unique label that proudly showcases her roots.

The 47-year-old says the early years were tough; there was stereotyping and racism. “The main thing that kept us going was our children and the desire for them to see what it is to stand up and work your ass

off for something you truly believe in,” she enthuses.

Now a mum of five and grandmother of three, the Aucklander also produces kakahu (cloaks) and pounamu pieces, carved by her husband and business partner Jason.

“I try to focus on what I think lives and breathes integrity, authenticity and purpose in everything I do,” tells Kiri. “Sometimes I win, sometimes I fail, but the why and the intention are always for a better future for many.”

In 2019 Kiri was awarded a Blake Leader Award in recognition of her contribution to a more sustainable future for NZ. She is a trustee of the I Have a Dream programme, supporting and mentoring young Kiwis, and is a member of the US Embassy's Wahine Toa Initiative, mentoring young Maori women leaders.



The queen of the court in action.



Dr Lisa Argilla,

founder of The Wildlife Hospital

It was an idea hatched over a burger and beer, but since opening in 2018, Dunedin's Wildlife Hospital has treated hundreds of sick and injured animals, including native birds, seals, sea lions and hoiho (yellow-eyed penguins), one of the world's rarest penguin species.

The hospital was founded by former Wellington Zoo vet manager Dr Lisa Argilla, who many New Zealanders will remember as the woman who treated Happy Feet, the emperor penguin who was stranded on a Kapiti Coast beach after losing its way back to Antarctica.



Before it opened, sick or injured endangered species were flown to the North Island for treatment – a journey that seriously reduced their chances of pulling through.

In its first five months the

hospital treated 252 animals, almost as many as Lisa and her small team had expected they would see over a full year.

As the South Island's only practising wildlife vet, Lisa, 42, plays a significant role in the preservation of some of the country's most at-risk species.

Last year she and her dedicated team helped hand-rear 25 kakapo chicks as part of a recovery plan, and treated several adults and chicks following an outbreak of fungal respiratory disease that killed seven of the iconic birds.

Laura Langman, Silver Ferns captain

She's the captain fantastic and humble Hamilton girl who led the Silver Ferns to victory at last year's Netball World Cup – and we couldn't admire her more! After being barred from the Ferns in 2017 after playing in Australia, Laura Langman, 33, came back with a vengeance to lead her team to gold with her unique brand of determination, guts and home-grown passion.

Are we any further along in achieving sport equality?

Yes, I definitely think progress has been made. There are more codes available for women to pursue as a career. With some codes, the male equivalent teams are ensuring the women's team is on the equivalent pay scale. That's so exciting!

What's the biggest difference between when you first started playing professional netball to now?

The public interest! Some of the players are household names now, and the support teams receive from local and national businesses is incredible. Plus the doors have opened to playing overseas. I

never thought in a million years I would get the opportunity to play in Australia. Now there are many of us playing in England and Aussie. Netball for some is professional – it makes you want to play forever!

What's your advice for young girls keen to give sports a go?

Sport is a wonderful vehicle to find out about yourself. Just when you think you have nothing left in you, a teammate or the sheer fact of competition always brings more out in you. The life skills you learn in all sports are invaluable.

Who is the most kickass woman you know?

So many! All the mums out there.

Netball is enjoying a massive popularity spike at the moment, following the 2019 World Cup. What is the best thing about your sport?

How dynamic the game is. Being 10 goals ahead used to be a sure thing to win; now that can be turned around in minutes. And the speed, physicality and skill.

What other female teams do you like to watch? So many! The Black Ferns 15s and Sevens, Black Sticks, White Ferns.

Dame Margaret Sparrow, women's advocate



Dame Margaret Sparrow was 21 when she gave herself a DIY abortion. It was 1956 and, although she was married, she and her husband were financially strapped university students.

Abortion was illegal and she eventually resorted to a bottle of George Bettel's "black medicine", which she obtained by mail order. There were no guarantees that the mysterious potion would work – or that it wouldn't harm her – but it gave her the desired result, ending the unplanned pregnancy.

Dame Margaret went on to train as a doctor, opened New Zealand's first abortion clinic and vasectomy clinic, introduced the emergency contraceptive pill and was one of the first women in Aotearoa to try the oral contraceptive pill.

Her work for the reproductive rights of Kiwi women has earned her a host of honours, including being named Senior New Zealander of the Year 2020 this month.

The New Zealand government is currently revisiting abortion laws, but at the moment, a woman must prove to two doctors that going through with a pregnancy will be detrimental to her health.

"I still have this very optimistic view that eventually people will see the light and abortion will be accepted without the stigma of today as just part of the fabric of life," says Dame Margaret, 85.

"There's a whole range, from women desperately seeking to get pregnant to women who get pregnant far too easily. We should be compassionate along the whole spectrum."

Rachel Hunter, model, presenter

In 1985, a teenaged Rachel Hunter charmed Aotearoa as the smiling Tip-Top Trumpet ice cream girl – and she hasn't stopped dazzling us ever since.

The gorgeous young woman from Glenfield, on Auckland's North Shore, was soon signed to the US-based international modelling agency Ford Models, and she went on to grace the covers of everything from *Vogue* and *Harper's Bazaar* to *Sports Illustrated*.

At the age of 21, she had a chance encounter with rocker Sir Rod Stewart in a Los Angeles nightclub and

soon after the besotted crooner – 24 years her senior – popped the question. The pair had two kids, Renee and Liam, and nine happy years of marriage before Rachel asked for a divorce.

Once her modelling career slowed, Rachel stepped up her TV career, making appearances on shows including *Dancing with the Stars* and *Celebrity Paranormal Project*, and being a judge on *New Zealand's Got Talent*.

Now aged 50, Rachel is still going strong and after her long career in the beauty industry, she's giving back

by reframing for women what the idea of beauty really means. Her doco series *Rachel Hunter's Tour of Beauty* received critical acclaim and Rachel says inner beauty ultimately comes from helping others.

"There's so much you can do externally ... but spend some time with your own internal self and really see where you're at," she advises. "Really connect with community ... the word 'unity' is within the word. We need support from each other. We need to make sure that our neighbours are OK, that we're OK."



Benee, singer

She's our next big thing in music, but if Auckland pop sensation Stella Bennet, aka Benee, had followed the norm instead of her dreams of becoming a musician, the multi-award-winning singer wouldn't be the show-stopper we love today!

When the Aucklander enrolled in a communications degree at university, it took just two weeks for her to realise she'd made the wrong decision. In what the blue-fringed star now jokingly dubs a "quarter life crisis", she approached her mum in tears, admitting she wanted to quit for a shot at music.

With the support of her family, Benee scored a job at a pizza shop and spent the rest of her time writing songs like smash hit "Soaked". After its release in 2018, the catchy tune soared to number 14 on the New

Zealand singles chart, going certified platinum. The NZ teen was thrown into the limelight and her Kiwi fan base quickly spilled into international audiences.

But it was her success at last year's Vodafone New Zealand Music Awards that truly showcased her rise to pop stardom, when she took away four Tui awards.

With tours in Australia, the US and Berlin among her latest achievements, Benee also wowed audiences at this year's Laneway Festival in Auckland by performing "Soaked" in te reo.

Benee's dancing to her own beat.

The Maori version was created for Aotearoa's *Reo Anthems*, proving that at just 20, Benee's an inspiration beyond her years.



Siouxsie Wiles, microbiologist

You might have seen microbiologist Siouxsie Wiles, with her vibrant pink hair, making nasty bacteria glow in the dark to help people understand how they make people sick.

An associate professor at Auckland University, Siouxsie, 44, heads the Bioluminescent Superbugs Lab, mixing fun and the feminine with immense knowledge.

Last year, the mum-of-one wowed us with her speech at *A Woman's Place*, a concert celebrating 125 years of women's suffrage. Siouxsie highlighted human papillomavirus (HPV) and how until 2014, the vaccine used to fight cervical cancer was only available to women of European descent.

"Almost all cervical cancer is caused



by HPV," she shared.

"Researchers developed a vaccine in 2006 to protect women from about four types of HPV. But if you were an African-American woman, or a woman from Thailand, Uganda or Japan, and had cervical cancer, you'd have a different type of HPV and that vaccine was useless."

Studies were done on groups of white women in Europe and North America, and the assumption the vaccine would work for women around the world was wrong, she says. "It wasn't until 2014 that an improved version was released, with an extra five types of HPV it could protect against. Today I make a pledge that, as a scientist, I'm not going to allow this to happen any more."

Kanoa Lloyd

She's been a breath of fresh air on local TV and Kanoa Lloyd's star is only rising.

The 33-year-old's first stint on the box was when she was still in high school on Saturday morning kids' show *Squirt*.

And while she trained as a massage therapist, in 2014 she landed a gig as a weather presenter on *3 News*. A year later, she made headlines for introducing te reo into her bulletins, a reflection of her Ngati Porou heritage.

She explained at the time, "A lot of people my age speak like that. Maybe my assumption when I

Sophie Handford, climate change warrior

Last year was truly Sophie Handford's time to shine. Not only did the Kapiti teen, considered by some to be Aotearoa's Greta Thunberg, spearhead the hugely successful school climate strikes around the country, she also became the country's youngest councillor – at 18 – and was named joint Wellingtonian of the Year.

Do you see your generation as being at the vanguard of gender equality?

I see the generation that I am part of as having open minds and open hearts, but also strong passion and drive for seeing equality and justice in all of its forms.

How do you see your roles in helping build a more gender-equal world?

Through my role in School Strike 4 Climate NZ and also as an elected member on the Kapiti Coast District Council, I have the chance to uplift the voices of women and those from marginalised communities. We need to hear the voices and

stories of women from all backgrounds. Empowering women and girls plays a key role in moving towards climate justice and living in harmony with our environment. As my second job, I work for a science and technology group for girls called the GO Club.

What's your message to others who feel climate change is too big to tackle on a personal level?

Any action counts. You can be intentional with your actions and choose what kind of impact you want to make. Because with each day and each decision, you do have a choice about what kind of impact you want to make. Start small and you'll be surprised how easy it is to snowball these actions into doing something you didn't think you could! Link up with friends and family to challenge each other also.

What are the challenges facing women with regards to climate change?

We are in the middle of a climate crisis right now. This looks like lengthened

droughts, flooding, higher temperatures and melting glaciers at unprecedented rates. Women will be more vulnerable as many women worldwide rely on crop harvest, water resource and natural resources to make a living. There are then social, political and economic barriers which inhibit them from being able to cope with these negative impacts. Women also have an unequal access to decision-making opportunities in the political space as this is dominated by males. This creates a risk that adaptation and emissions reduction methods are designed with men at the centre and therefore disadvantage women.

What does an equal world look like to you?

One where the success of a woman is the success of everyone. At the moment, I feel like it is often thought that the success of a woman comes at the expense of that of a man, but I think when we see women rise up, our society can become a more inclusive, kind and compassionate place.



Rose Matafeo, comedienne

It could've been her laid-back Auckland upbringing with Rastafarian parents that shaped the "can-do" attitude of funnywoman Rose Matafeo. While we first got to know the witty writer and director on local telly, including *7 Days* and *Jono and Ben at Ten*, she's now an international star.

After winning the Edinburgh Comedy Award in 2018, for Best Show at the Edinburgh Festival Fringe, Rose landed herself regular comedy and acting gigs in the US and UK. And we couldn't be prouder of the 27-year-old, who was the first Kiwi to win the festival title, and the first-ever solo person of colour.

But it was clear early on she would do great things, after winning best newcomer at the 2010 New Zealand International Comedy Festival, and the Billy T Award in 2013.

Following positive reviews for her local creations *Funny Girls* and *Golden Boy*, Rose was cast as lead in the film *Baby, Done* alongside *Harry Potter* actor Matthew Lewis. Executive produced by Taika Waititi, the film is due for release this year and Rose shares, "I failed NCEA level three drama, so this is a big win for me personally."

d, The Project



started out was that we would all want to hear that, and we would all get it, and if we didn't get it, there's a picture of what I'm talking about right next to me!"

An ambassador for Women's Refuge and Maori Language Week, Kanoa was announced as a host on *The Project* in 2017. With her warm personality, she's struck a chord with viewers as she tackles conversations around important topics such as mental health.

She tells, "People are only going to connect with you if you're being authentically yourself."

Sophie Devine, cricketer

From when she was a youngster playing barefoot cricket in the yard, there's rarely been a time in Sophie Devine's life that she hasn't had a bat or stick in her hand. So for the girl who grew up playing in boys' teams, it's a dream come true carving out a living as a professional sportswoman.

Named the 2019 Australian Women's Big Bash League Player of the Year after walloping the ball out of the ground 28 times in 14 games, as well as scoring the most runs, the White Ferns' all-rounder was one of 17 international players who signed a new three-year payment agreement for women cricketers.

Starting out when the sport was amateur, the 30-year-old Ferns' captain says the opportunities to play year-round in competitions the world over show how far women's cricket is progressing.

"Even five years ago, I could not have imagined that we'd be playing cricket 12 months of the year," she says. "I feel very privileged and honoured to be able to travel the world as a full-time female cricketer."



Thomasin McKenzie, actress

She's not yet 20, but already there's so much buzz internationally about this Wellington actress, especially after her powerful performance in Taika Waititi's *Jojo Rabbit*.

As a third-generation actress hailing from the Harcourt acting dynasty, Thomasin's star is well and truly on the rise, bagging an international award, a slew of nominations, and starring alongside the likes of A-lister Scarlett Johansson and Hollywood heart-throb Timothée Chalamet.

Thanks to her 2018 breakout role in American film *Leave No Trace*, which earned her the Best Breakthrough Performance award from the San Diego Film Critics Society last year, Thomasin is



in demand, with an expanding back catalogue of films and rocking an array of enviable frocks on red carpets around the world.

But she is also keen to share her acting talent to make the world a better place.

She explains, "When you're going into a film or comedy or documentary, you're always going in and coming out having seen a different point of view or perspective, and even unconsciously gained something from the film or learned something."

"It's an exciting idea to me to be able to be a part of that and tell important stories. That's how I became passionate about acting, being given the opportunity to have a voice at such a young age."

Pamela Stirling, editor

She's a powerhouse of the Fourth Estate and in 2019 Pamela Stirling continued her impressive run of accolades, crowned the Magazine Publishers Association Supreme Editor of the Year.

The Listener editor has been at the helm of the nation's top current affairs weekly for 16 years, winning more awards than any other magazine in NZ and promoting agenda-setting journalism.

There's no better example of this than the upcoming referendum, with the euthanasia debate sparked by an exclusive cover story on Lecretia Seales. But it's the



Lauren Tennent, inmate rehabilitator

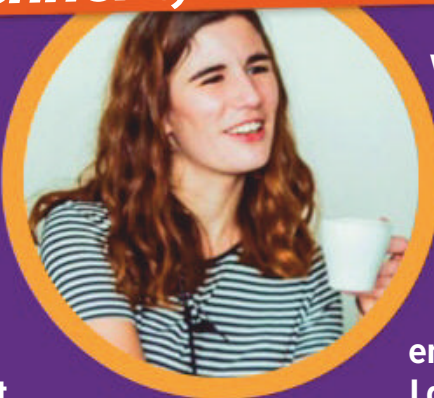
The hiss of the milk frother and the smell of freshly ground coffee might be Lauren Tennent's stock in trade, but it's what she does behind the scenes rather than the perfect flat white that makes this 26-year-old special.

Lauren is the founder of a "beans behind bars" programme. She developed it after People's Coffee, a small fair-trade roaster in Wellington that she was working for, was approached by Corrections to run a barista training scheme at Arohata Women's Prison.

The criminologist-turned-hospitality worker jumped at the opportunity to give prisoners a chance at a better life after release.

She tells, "I focused most of my final year on prison systems, rehabilitation and reintegration. This was the perfect way to merge my two passions."

The eight-week course trains 30



women and five mentors each year. A number have been hired by Trade School Kitchen, a café the People's Coffee crew set up to bridge the gap between prison and employment.

Lauren says it was her sister Christy, who has her own coffee company, who initially got her into the industry. Christy has since taken on at least one of her younger sister's protégés.

"When people exit prison, that should be the end of their punishment; instead, the struggle – for employment, housing and relationships – is immense."

Lauren recalls one customer asking if there were people straight out of prison working there.

"I said 'yes', and he said, 'Wow, they don't look like prisoners.' When someone is the smiling face behind your flat white, it's hard to see them as an outsider. Breaking down this stigma made me realise the importance of what we are doing."

Stacey Morrison

TV star, radio personality, author, Maori language champion ... Stacey Morrison started out on telly as a 15-year-old, presenting a cooking segment on the kids' show *What Now* – but these days she's a bona fide Kiwi icon. Stacey

became well known as a host of the TV show *Mai Time* in the late '90s and then added a string of radio credits to her name, hosting shows on Mai FM, Flava and Classic Hits. These days she rules the afternoon airwaves with

magazine's visionary commitment to an increasingly important issue of our times – climate change – that brings this Aucklander the most pride. "We did our first cover story on it more than 15 years ago, and despite immense pressure at times, we have continued to publish well-researched award-winning articles that we know have been influential."

A former investigative journalist, Pamela, 64, says her gender has never meant she has been constrained in the stories she reported.

"I look back at some of the frankly ill-advised and dangerous things I did on behalf of women – including rocking up to the Black Power headquarters in Wellington alone to demand their policy on rape, and interviewing [23-month-old] Lillybing's killer alone one night in the remote house where she died – and realise they were some of the very best journalistic features I ever did."

Her advice to young female journalists is the same as to young men: "Be curious. Be disciplined. Ensure your journalism is always fair, balanced and accurate. Put your hand up for opportunities. Be kind where you can. And always remember to turn on the recorder."

son, broadcaster



Mike Puru and Anika Moa on *The Hits Drive*, but this sassy media maven has also dedicated herself to bringing the Maori language alive for a whole new generation of Kiwis.

The 45-year-old and her husband Scotty Morrison are fluent in te reo, and in addition to raising their three kids to be bilingual, they also teach immersion courses and have written several books on the language.

As a Maori broadcaster in a mainstream media role, Stacey is a rarity and she's helping the way the nation sees Maori – one sentence at a time.



Miriama Kamo, presenter

Growing up in Christchurch, Miriama Kamo was painfully shy, but now the 46-year-old is a popular broadcaster, te reo Maori advocate, children's book author and environmental campaigner.

Last year the much-respected presenter of



TVNZ's current affairs programme *Sunday* and Maori TV's *Marae* set herself a goal to be waste-free for one month. Realising it was far more difficult than she had been

expecting, she has doubled down on her efforts and has since become a campaigner for the cause, encouraging an online community that shares tips and tricks.

While she says that being zero-waste is an aspiration – the reality is low-waste – Miriama is an optimist in a time where environmental issues can feel overwhelming.

"What I want is for people to feel great, to feel the way that I do about being zero-waste – really connected and joyful about it," she says. "My outlook at the moment is to tread as lightly as I humanly can. That brings me joy."

Chelsea Winstanley, filmmaker

Long before Chelsea Winstanley walked the Oscars red carpet as a co-producer nominee for *Jojo Rabbit*, here at home she's enjoyed a flourishing career in filmmaking.

The 43-year-old mum of three, who shares two children with Taika Waititi, has a backlog of culturally significant films she's produced and directed, and has worked hard to be recognised for her own projects.

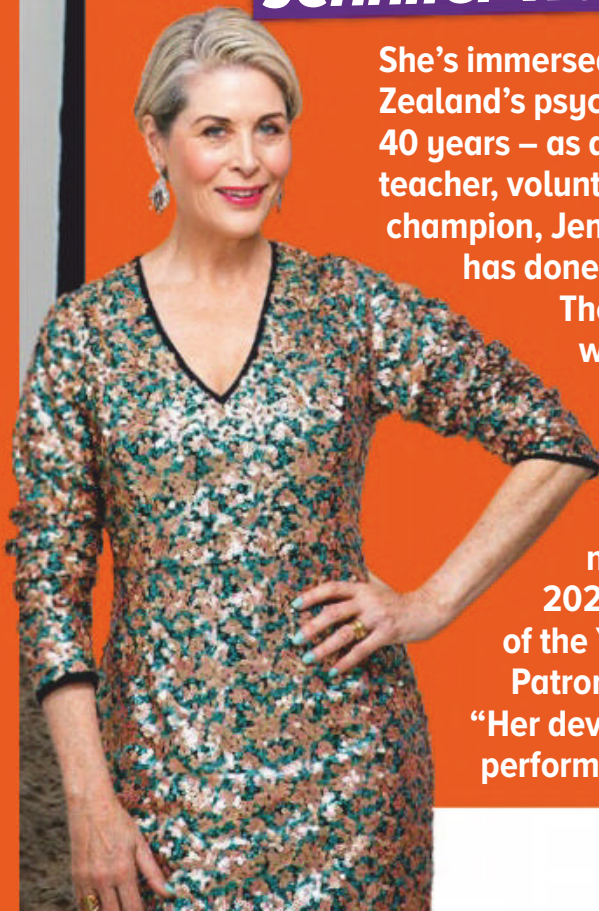
One of her earliest successes was directing the 2005 documentary *Tame Iti – The Man Behind the Moko*, and by 2015 she'd received the Women in Film & Television (WIFT) NZ Mana Wahine

Award. Along with light-hearted projects like *What We Do in the Shadows*, Chelsea used her own experience with child sexual abuse to create impactful work, as one of eight Maori women filmmakers on the 2017 movie *Waru*.

This year she's launching her production company This Too Shall Pass. Once a young solo mum, she is dedicated to working with women, saying, "Throughout most of my career I've been helping men make movies, and I thought, 'I need to stop doing that.'"



Jennifer Ward-Lealand, arts advocate



She's immersed herself in New Zealand's psyche for the last 40 years – as an actress, director, teacher, volunteer and te reo champion, Jennifer Ward-Lealand has done it all.

The 57-year-old, who was gifted the name Te Atamira, meaning "the stage" in 2017 by Maori elders, was named Kiwibank's 2020 New Zealander of the Year last month. Patron Jim Bolger said, "Her devotion to the performing arts sector

has profoundly shaped the industry to better look after its people and represent New Zealand more authentically."

Last year she was appointed Companion of the New Zealand Order of Merit "for services to film, theatre and television", and has earned multiple other awards across her stellar career.

Jennifer started studying te reo Maori in 2000 and is now fluent, utilising it in all aspects of her work. She says that learning the language fundamentally changed her. "I feel more comfortable in my own skin now and connected to the land."

Sophie Pascoe, Paralympian swimmer

She was recently named New Zealand's Summer Paralympian of the Decade, and it's easy to see why when you count just how many trophies and medals are stashed away at swimmer Sophie Pascoe's Christchurch home.

Nine gold Paralympic medals, as well as countless other honours, means she is one of NZ's most successful athletes of all time. But Sophie is as determined to stay real as she is to break records in the pool.

An inspiration for many after losing the lower part of her left leg when she was two in a lawnmower accident, Sophie is all about body positivity and acceptance, while being candid about her own struggles



Sophie's still got goals in the pool.

with confidence. However, the 27-year-old says that losing her leg was "the best thing that ever happened to me".

She explains, "I don't like the word regret. Everything happens for a reason. You could probably say my dad regrets the accident, but for me, I like to change that every single time I race. I would have been a completely different person had it not happened."

She's also gearing up for the 2020 Paralympic Games, her training now ramping up a few notches following "a low patch" over the last two years, and she says she wants to continue to inspire young people with disabilities to achieve their dreams.

"Accidents happen on a daily basis; it's about whether you choose to make something of it that really determines how far you'll go."

Polly Gillespie, radio star & columnist

She's a veteran radio personality who has ruled New Zealand's airwaves with heart and humour for nearly 30 years, making Polly Gillespie a much-loved part of our DNA. And as a columnist and agony aunt for *Woman's Day*, the Wellingtonian has given sound advice to many while sharing raw and often hilarious insights into her own day-to-day life.

You've had a stellar career that has spanned decades – how has broadcasting changed for women since you started?

Men have changed. When I first started I was expected to be a 'dude kick'. The foil. The responder and support girl. But along with women rising up and becoming louder and more fierce, men in my industry adapted long ago and saw that I wasn't a dude kick and championed me too, with no reservation. I've been very lucky to have had great women and great men support my career. Now there are so many great female broadcasters in New Zealand, shining as entertainers, not a subset as 'female' entertainers.

What is the most exciting thing

about being a woman in 2020?

Watching the rise of a generation of youth who want to save the world, embrace every kind of sexuality, make waves, champion causes, use the internet to rise up and agitate against the status quo. Seeing young women like Greta Thunberg as a modern-day ecological Joan of Arc! I love this new generation Z. So inspiring.

What do you most love about your job?

Listening to people's stories. Meeting people and hearing about their lives and loves and journeys.

What has been your career highlight?

I don't think it's happened yet. I've met so many famous people in truly incredible places. From Hollywood to London, but I feel the best is yet to come! I tend not to look back. I leave things behind and wait for the next wave to roll over me. That's what makes the journey so exciting!

If you could have one message in bright lights for all Kiwi women to read, what would it be?

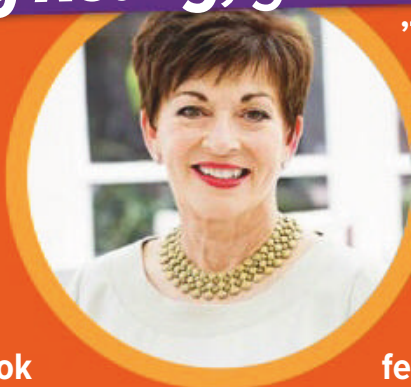
Celebrate other women's success! There's no room in life for envy but so much for admiration.

Dame Patsy Reddy, governor-general

As the Queen's representative in New Zealand, Dame Patsy Reddy has rubbed shoulders with everyone from Barack Obama to the Duke and Duchess of Cornwall, and since she took over from Sir Jerry Mateparae as Governor-General in 2016, she has been celebrated from Cape Reinga to Bluff.

The 65-year-old former business-woman, lawyer, company director and Treaty negotiator describes herself as an introvert, but she has taken to the public role with quiet grace, style and humour.

After graduating law school in the late



'70s she found the career path before her strewn with sexism. No firm would give her a job interview until she started using her initials on her resumé rather than her full name. Less than 15 years later she became the first female partner of law firm Watts & Patterson.

In addition to keeping up with an engagement-packed schedule, Dame Patsy is also the country's most high-profile vegan, an advocate for sustainability, a film buff, a self-confessed shoe addict – "although not in the Theresa May or Imelda Marcos level" – and a supporter of Kiwi fashion.

Eleanor Catton, author

Is there anything this woman can't write? As the youngest author ever to win the famed Booker Prize with historical novel *The Luminaries*, she's now turned her hand to screenwriting, first adapting her book for television and now a Jane Austen novel for film!

With her latest screen project *Emma* receiving praise for its fun take of the period classic, the Aucklander, who was 28 when she won the prestigious international writing competition in 2013, is relishing the chance to be part of films exploring female friendship.

"We are beginning to take women's moral lives seriously in a way that has not always been true in my lifetime," she shared in a recent BBC interview.

Enjoying working in a team after



Hilary Barry, *Seven Sharp*

She's vivacious, funny and one of the nation's most beloved broadcasters. And there's another thing Kiwis love about *Seven Sharp* co-host Hilary Barry – she never worries about speaking her mind!

The 50-year-old recently posed in nothing but an oversized lilac shirt, buttoned low, and a pair of heels for the cover of *NEXT* magazine in a bid to speak out against age shaming.

The journalist was outraged last year by a social media post in which a viewer objected to seeing her cleavage on the small screen.

Hilary responded, "Well, here's the thing. I'm just a middle-aged mother-of-two who slapped on some lippy and



a pretty top to look presentable for the nation and I'm sorry that you find my boobs offensive."

Hilary's stand "against the policing of women's bodies" struck a chord with many of her female fans and cemented her place as one of the most trusted faces on NZ telly.

No wonder she has a swag of awards to her name – including a Qantas TV award for Favourite New Zealand Female Personality.

Melodie Robinson, broadcaster

With the agility of the talented sportswoman that she is, Melodie Robinson has navigated an incredible career that has included playing for the Black Ferns – and winning two World Cups – before becoming the first female rugby commentator in the world!

With qualifications in both journalism and business, the 46-year-old has worked at SKY television and is currently General Manager of Sports and Events at TVNZ.

And Melodie made



headlines last year when she became the first Kiwi to have a Barbie made in her image.

While she admits she didn't immediately say yes to the opportunity, she was encouraged by the fact the dolls were moving away from their traditional blonde-haired, blue-eyed stereotype.

"I'm pushing the message all the time that chicks can be journos, presenters; they can be sports directors and the boss," she enthuses.



seriously doubting her skills in the years following her award, Eleanor is riding a fresh wave of creativity and confidence with the adapted mini-series of *The Luminaries* due to hit our screens later in 2020.

"I turned to screenwriting because being a part of a team that creates something collaboratively was such a refuge after feeling so isolated in those years," tells the 34-year-old.

Maxine Fleming, TV producer

For more than two decades Maxine Fleming has been at the heart of TV drama in Aotearoa. While you won't see her beaming on to our screens, she has been behind some of the country's top shows as a writer, script editor and creator.

While growing up in Thames, she dreamed of becoming a poet, then studied



journalism before deciding to focus on creative endeavours, winning writing awards along the way.

Maxine's talent can be found on series from *Mercy Peak* and *Outrageous Fortune* to *Being Eve*. And in 2016, she took on the pivotal role of producer of iconic Kiwi soap *Shortland Street*, where she scored her very first scriptwriting gig back in 1992!



Paula Bennett, politician

She's been a Member of Parliament for 15 years, the deputy prime minister and deputy leader of the National Party for the past three, so it's fair to say Paula Bennett is one of the most visible – and vocal – women in NZ politics.

Paula's the first to admit to being outspoken – “I tell it like it is” – but for those who know her well, she's a loyal friend, wife, mother and grandmother, who'll always stand up for what she believes in.

The 50-year-old has been open about her amazing 50kg weight-loss journey, telling *Woman's Day* that she decided to have bariatric surgery for the sake of her health after years of painful arthritis.

“I feel happier and fitter

than I have for the past 15 years,” she says.

While her achievements are many, the once-teenage mum and beneficiary says it's her whanau that she's most proud of. She's a devoted mother to daughter Ana and stepdaughters Cassie and Willow, and sees her own parents Bob and Lee most days. She recently spoke of being part of the “sandwich generation” of caring for older and younger family members.

“You're juggling jobs, family, older parents, grandkids ... There are some days where you don't know if you have another piece of yourself to give. But I actually just feel really lucky to be in this situation, surrounded by all my family.”

Zoë Bell, stuntwoman

When it comes to kicking butt, no-one does it better than Zoë Bell! The Waiheke Island born-and-bred stuntwoman got her first job on *Shortland Street*, jumping out of a car, and after working on *Xena: Warrior Princess*, she hit the big time in Hollywood as Uma Thurman's body double in *Kill Bill*.

After scooping up a cabinet's worth of awards for her Tinseltown stunt work, the 41-year-old started to land acting roles too. Most recently, she appeared as Janet, the

wife of an old stuntman, in Quentin Tarantino's *Once Upon a Time in Hollywood*, where she got to cuss out Brad Pitt!

As a child, Zoë loved gymnastics and martial art taekwondo – these days she runs, skates, hikes, surfs, swims and cycles.

But despite her death-defying career, Zoë admits she's not completely fearless: she's afraid of praying mantis insects!

Toni Street, TV & radio presenter

As one of our best-loved broadcasters, Toni Street holds a special place in the hearts of many Kiwis. The down-to-earth star says she still can't believe how far she's come since starting out as a young sports reporter, eventually climbing the ranks to land the coveted *Seven Sharp* co-presenter role alongside Mike Hosking back in 2015.

After two years in the role – as well as hosting *The Hits Breakfast* show – she surprised many by stepping away from TV, explaining that working both ends of the day was “unsustainable” for her family.

Since then, the doting mum-of-three has focused on her radio career, recently making the move from *The Hits* to Coast FM.

Refreshingly honest about the demands of juggling work and family, Toni, 36, says it's taken many years to finally get the balance right.

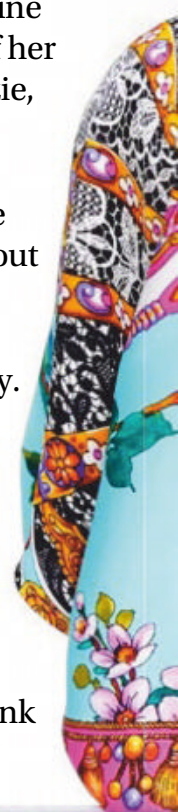
“When I was a young reporter, I remember thinking, ‘How on earth will I ever be able to have a family and

maintain this amazing job?’ There seemed to be hardly anyone working part-time back then. But things have definitely changed for the better and I've been lucky to have flexible employers. Flexibility is everything when you're raising children.”

While her life might look perfect now, Toni has had more than her fair share of challenges over the years. We were all inspired by her courage as she battled a life-threatening autoimmune condition after the birth of her second daughter Mackenzie, a sister for Juliette.

While Toni, thankfully, got through the illness, she spoke to *Woman's Day* about her sadness after doctors advised her that more children would be too risky.

Amazingly, her best friend Sophie Braggins offered to be a surrogate, with adorable Lachie born in July 2018. “It's the greatest gift anyone could ever give,” she said. “Not a day goes by that I don't think about what she did for us.”



Julie Chapman, Kids

It's 15 years since Julie Chapman set up KidsCan from her Auckland garage. Appalled by stories about child poverty in New Zealand, she decided she had to do something to help, and today her charity supports the education of thousands of kids in almost 800 low-decile schools and early childhood education centres by providing food, shoes, socks, raincoats and basic hygiene items.

Her unrelenting advocacy and compassion has seen her become a powerful voice for the most vulnerable. “Everyone has their own story and you can't judge everybody by thinking they're doing the wrong thing with their money,” she says. “Since I've been doing this, I haven't met a single parent who doesn't want the absolute best for their child.”

And if helping kids in need wasn't enough,





Alexia Hilbertidou, *GirlBoss creator*

Clever Alexia Hilbertidou was the only girl in her high school digital technology class. It prompted her to action and just months later she set up GirlBoss NZ, a networking website for young women aimed at addressing the gender imbalance in the traditionally male-oriented STEM (science, technology, engineering and maths) subjects and careers.

Four years on and GirlBoss now has 13,500 members, all of whom, says Alexia, are “united by their passion to use 21st-century skills to solve problems and make a positive impact on the world.”

Alongside workshops, scholarships and meet-ups, Alexia has just launched GirlBoss Advantage Programme, a five-day internship programme working alongside corporate organisations to mentor, grow and support high school-aged girls.

Alexia’s determination has won her plaudits both here and overseas, with the 20-year-old



Cyprus-born Aucklander picking up several local leadership awards. In 2018, she became the youngest Commonwealth citizen to receive a Queen’s Young Leader Award at a ceremony at Buckingham Palace and in 2019 was named the Prime Minister’s Pacific Youth Award Winner.

Can



the irrepressible 46-year-old last year created Pet Refuge, an organisation that temporarily houses pets while their owners escape domestic violence.

While Julie is humble about her inspirational work, she told us she inherited her desire to help from her late parents, Kenneth and Alice. “They had that community spirit and were both the kinds of people who liked to do things for others.”

Dame Noeline Taurua, *Silver Ferns coach*

She’s been lauded as a genius, but to her team she’s just a legend! Dame Noeline Taurua accomplished what many thought was impossible – turning around a struggling Silver Ferns from their worst-ever performance to world champs in less than a year.

Her story is incredible: after being turned down from the top job a few times, Noeline sought her fortune elsewhere, coaching champion teams both here and in Australia, before becoming the Ferns’ head coach.

Her methods were simple – treating players as people before sportspeople. “It’s people first, no matter what,” she says. “You’re a person before you’re an athlete. That’s where the magic is.”

Noeline capped off an exceptional season at last month’s Halberg Awards, where she was named Coach of the Year,



with the Silver Ferns scooping most of the other accolades. Still, Noeline remains a humble and somewhat reluctant dame.

“Being singled out as an individual doesn’t sit well with me, but I’m looking at the positives that come out of this sort of recognition. Don’t call me Dame – call me Noels.”



Rez Gardi, human rights lawyer

For the first six years of her life, human rights lawyer Rez Gardi lived in a United Nations refugee camp in Pakistan. When her family was offered the chance to resettle in New Zealand, she arrived as a timid girl who couldn't speak English, with only the clothes on her back.

But within a year of starting school, Rez, 29, moved into an accelerated stream and by high school was receiving excellence endorsements.

As the first in her family to attend university, she completed a conjoint Laws and Arts degree, majoring in international relations and criminology. The Harvard Law School graduate is the first female Kurdish lawyer in

Aotearoa, and established the charity Empower, which supports refugee youth underrepresented in higher education around NZ.

Rez believes helping marginalised people access justice is part of her DNA, saying, "When we create more opportunities and platforms for everyone to participate, we contribute to the betterment of our world."

Not surprisingly Rez – who is fronting Aotearoa's #500Now and Double the Quota campaigns – received Young New Zealander of the Year in 2017. She enthuses, "Equality is fundamental to ensuring we can all thrive and reach our potential. Every action counts."



for

Kendra Cocksedge, Black Fern

When Black Fern Kendra Cocksedge attended the New Zealand Rugby Awards last year, wearing a glamorous black gown rather than her usual sports kit, she didn't expect to take away the evening's most-coveted title.

A female winning the Kelvin R Tremain Memorial Player of the Year award was unheard of, so when the rugby union player's name was announced – over some of Aotearoa's best male rugby players – it was a history-making moment!

"Winning Player of the Year – words can't describe what an amazing feeling that was," Kendra, 31, says.



"When you're up against three All Blacks who had a superb year too, it's something I'll live with for the rest of my life."

When the Taranaki-raised star was growing up, there were no female rugby greats to look up to. And when she realised she was better than many of the boys, Kendra assumed she'd grow up to be an All Black!

"For my mum and dad to give me the opportunity to play rugby with boys when it really wasn't accepted, that's very cool," she enthuses. "I want to give young females an opportunity to play the game New Zealand loves."

Claire Cowan, comp

Her name might not be familiar, but there's a good chance you will have heard Claire Cowan's music.

This screen and stage composer has been creating soundtracks for local TV shows and films for a decade, but last year she did something no Kiwi woman has ever done – write a full-length ballet score.

The original work, *Hansel and Gretel*, was performed by the Royal New Zealand Ballet, and Claire's calling it a career highlight. "It's been a lifelong



Helen Clark, mer NZ Prime Minister

Back in 1989, when Helen Clark was the first woman to sit on a Labour front bench in government, she not only had to be a good politician, but she had to be a great one because she was the test run for all women following in her footsteps. The rest is history!

Helen, who celebrated turning 70 last week, holds a special place as Aotearoa's first-elected female prime minister. She is also the nation's fifth-longest serving PM and the first female head of the United Nations Development Programme.

Helen rose through the ranks of the Labour Party in the '80s, when female MPs were few and far between, and she has since been credited for helping pave the way for women in the workplace and in politics.

Helen prefers to downplay the accolades, saying, "We all stand on the shoulders of those who came before, and those 1893 suffragettes were the first example."

Since leaving the UN, she says the emails and phone calls have never stopped. She remains involved in sustainability and the environment, HIV and sexually transmitted diseases, a range of women's issues and drug policy, among others.

And she's managing to tick some travel dreams off her bucket list too, including the Trans-Siberian Railway and visiting Mozambique.

Emilia Wickstead, fashion designer

Her luxury clothes have a distinct elegance that many of the most-photographed women in the world, including the Duchesses of Cambridge and Sussex, want to be snapped wearing.

And it's easy to see why. The go-to stylist for fashionistas on both sides of the Atlantic celebrates stylish old-world couture reimagined for modern living.

But even with a boutique in the heart of London's upmarket fashion precinct, and her designs gracing red carpets the world over, the young mum-of-two says she's just as comfortable back in Auckland where she grew up.

To celebrate women's suffrage, the 36-year-old released a "passion project", designing a merino wool collection of workwear pieces and photographing 12 trailblazing Kiwi women for British *Vogue*.



On the eve of the collection's release she said it was important to include all women of NZ in order to best represent the fabric of our society.

"I'm so proud of where I come from and fully embrace the sentiment of knowing where you come from to know where you are going," she enthused. "I wanted to highlight and uplift women in all the extraordinary things that they do."

Gin Wigmore, musician

Singer-songwriter Gin Wigmore not only stunned music lovers with her powerful, soulful voice when she released her debut album *Holy Smoke* in 2009, but over a decade later she's still hot on the music scene.

And now the petite powerhouse is going in microphone blazing, saying she's had it with competition between females.

Auckland-born Gin, 33, who lives in Los Angeles with her

musician hubby Jason Butler and their son Ivory, two, created Girl Gang in 2018.

Gin hoped it would show the power of women working in numbers, sharing, "Once we come together in our art, in our creativity, such a blossoming of wonderful things can happen."

Part of that was selecting five singles from her most recent album, *Ivory*, and choosing female artists to do commissioned artworks for each track.



oser

dream to write a ballet, and I couldn't have had more fun!" tells the talented Aucklanders.

While it's notoriously difficult to earn a living as a composer, the 36-year-old has built a successful career in a male-dominated profession.

"We female composers are still struggling to be on equal footing as our male counterparts. I'd love to see as many women in the recording booths as behind the mixing desks. And I would love to see nobody underestimating women in the music industry – including themselves!"

Nadia Borlase, brain researcher

The day Christchurch was flattened by a deadly quake nine years ago, Canterbury University brain researcher Nadia Borlase, 33, was at the mall.

"We lived in the central city but I was out of town," she recalls. "We didn't go home again – our apartment was red-zoned – so for the next three months we slept on the floor of my in-laws' place while I finished my PhD."

Nadia's part of a two-year investigation funded by the Neurological Foundation to see brain changes in people who survived the quake but didn't suffer psychological problems. She explains, "There's been lots of research on people with post-traumatic stress disorder, but nearly no research on people who have experienced a traumatic



event but not gone on to develop any clinical symptoms. We're seeing how their brains are doing eight years after the quake."

Nadia is relishing the opportunity, saying her biggest inspirations are female senior colleagues doing well in their careers.

"They're showing people like me who are coming up that it can be done and there are no barriers – you just have to come in and do your job."

Minnie Baragwanath, disabilities advocate

When Minnie Baragwanath was diagnosed with a rare sight disorder at 14, she was told the condition would hold her back.

But over the past three decades she's proven that prediction wrong – working tirelessly towards making the world a better place for people with disabilities.

Minnie, 49, not only won the Sir Peter Blake Leadership Award in 2013, but was awarded a New Zealand Order of Merit for service to people with disabilities a year later. She has a BA in English Literature, a Bachelor of Communications Studies and a graduate diploma in Economic Development – not bad for someone who was told she'd never have a career.

The Aucklanders' biggest achievement, however, is the creation of Be Lab

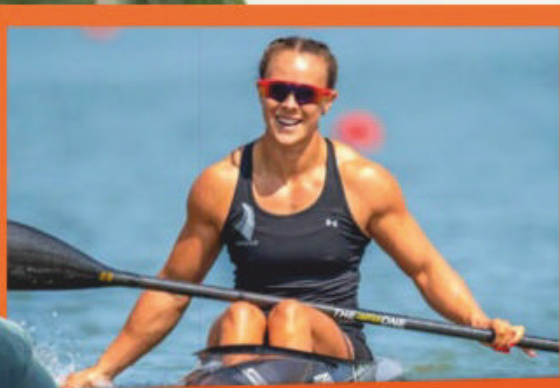
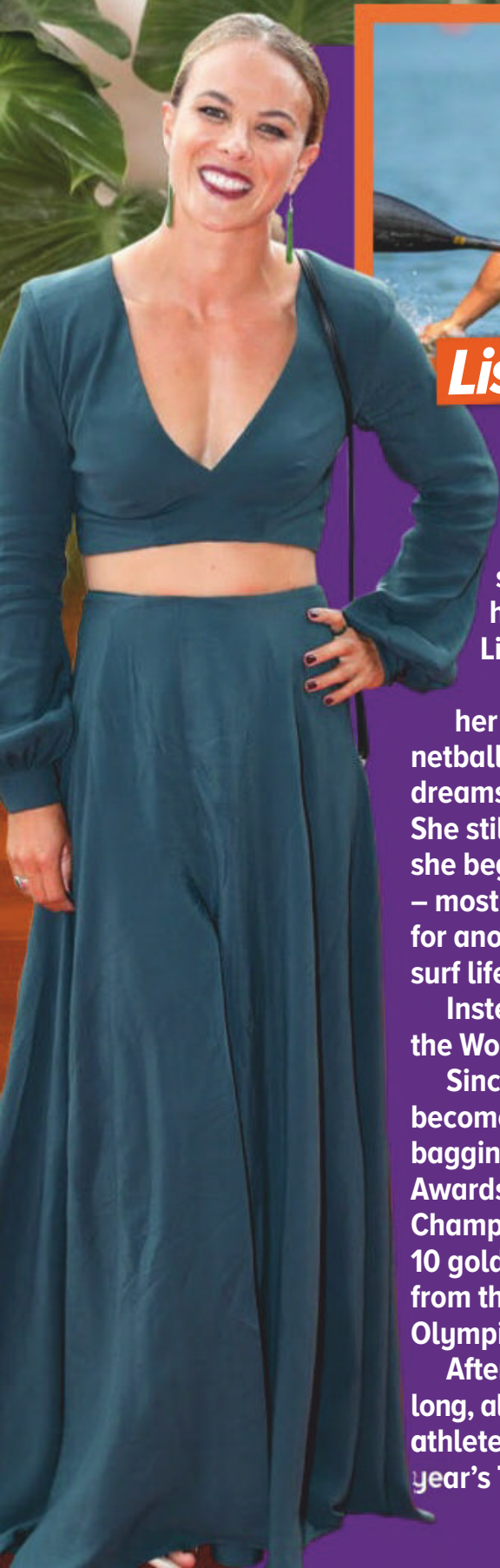
(formerly Be Accessible), an organisation that aims to make Aotearoa the most accessible and inclusive country for all people with disabilities.

When she was diagnosed with breast cancer several years ago, she approached it in the same way she did everything – using her experience to push for change after seeing how badly the health system was set up for the most vulnerable.

"I've always lived outside the bell curve and I like to think there's a reason for that," she says. "If I can make just a small change in some way, then I'll be happy."



TEXT: CLOE WILLETT, JULIE JACOBSON, KELLY BERTRAND, LYNLEY WARD, MARILYNN MCLACHLAN, MEGAN MCCHESENEY, SOPHIE NEVILLE. PICTURES: GARTH BADGER, NZ HERALD, PHOTOSPORT, STUFE, VIRGINIA WOODS-JACK



Lisa Carrington, kayaker

There's one question that bugs K1 200m canoe sprinters all over the world: how on earth do you beat Lisa Carrington?

Tauranga-born Lisa started her sporting career on the netball court, aged five, and had dreams of making the Silver Ferns. She still had those dreams when she began kayaking as a teen – mostly to improve her fitness for another one of her passions, surf lifesaving.

Instead, kayaking took her to the World Championships!

Since then Lisa, 30, has become a kayaking legend, bagging a swathe of Halberg Awards, an astonishing 17 World Championship medals, including 10 golds, as well as gold medals from the 2012 and 2016 Summer Olympic Games.

After dominating the sport for so long, all eyes are on the remarkable athlete as she prepares for this year's Tokyo Olympics.



Hayley Holt Breakfast host

TV star Hayley Holt's 40th in July will be a birthday like no other – as she'll be a new mum. "I wanted this for a very, very, very long time and I thought my time was running out and it hasn't," she said as she announced her happy news earlier this year.

Motherhood will be one more amazing milestone to add to her long list of achievements, which include professional snowboarder and ballroom dancer, a stint in politics with the Green Party and now *Breakfast* host.

The former party girl – who recently celebrated five years of sobriety – is a huge proponent of "self care" for women and urges others to make time for themselves.

"If you make time for self-care, everything else around you becomes easier to cope with and handle," she tells. "It's so important."



Anika Moa, entertainer

She burst into our lives as a fresh-faced 21-year-old with her 2001 album *Thinking Room* – and Kiwis have been loving Anika Moa ever since.

Eighteen years later the mother-of-four is still one of the nation's most-respected musicians, but in 2016 she proved she wasn't just a gorgeous voice – she also entertained us with her outrageous TV interview shows *All Talk with Anika Moa* and *Anika Moa Unleashed*.

One of the reasons we love this Auckland-born, Christchurch-raised powerhouse is that she

never holds back, whether it's sharing details of her erotic dreams or giving Bachelor Art Green a lesson on what lesbians do in bed.

Family-oriented Anika, 39, starred in an online video campaign supporting gay marriage in 2012, and when it comes to life, she makes up the rules as she goes along, something fans of her afternoon radio show *The Hits Drive love*.

"My brand is real, that's it," she said recently. "It's just honest and real ... and I don't give a f***!"



Professor Juliet Gerrard, science whiz

She still remembers the class lab experiment that sparked the notion science could be her chosen career – and now our country's top scientist is on a mission to bring more women into the fold.

The English-born Oxford graduate made history becoming the first female to hold the distinguished position as the government's chief science advisor, giving expert guidance to the Prime Minister over her three-year term.

The Auckland University biochemistry professor, 51, says she is on a mission to shine a spotlight on our country's science and monitor how women are being included in the male-dominated field.

"The major thing I want to focus on is making the role accessible," she enthuses. "I'm looking at how to use social media to celebrate all the great science that's going on. I want to focus on that rather than the fact I'm a woman, but if me having this job means that more young women are inspired to do science, then fantastic."

"I'm also keen to look more at how people are breaking down barriers for women in science."



Niki Caro, director

With movies including *Whale Rider* to her name, director Niki Caro is one of the most-successful filmmakers to emerge from Aotearoa. And with Disney blockbuster *Mulan* due for release later this month, the 53-year-old's star only continues to rise.

The live-action warrior woman story was filmed at several New Zealand locations and in China.

Niki says that as with all her work, she drew on her own experiences.

"I will say that I bring my femaleness to my directing. I bring to it the fact that I'm a parent, and I bring to it my New Zealand-ness. Those things, which may have been considered impediments to directing, are actually my strengths."

With her success, Niki has become an outspoken critic of gender imbalance in the film industry, recently telling a Power of Inclusion forum in Auckland that her mission now is to help other women make it to the top in Hollywood.

"When I directed *North Country* in 2005, only four percent of directors were women," she said. "Fifteen years on, that hasn't changed."



Dr Ang Jury Women's Refuge

In New Zealand, police are called to a domestic violence incident every four minutes. It's a shocking reflection on our society and one that Women's Refuge chief executive, Dr Ang Jury, knows all too much about. The 59-year-old, whose doctorate involved a thesis focused on shame within abusive relationships, has been working for the charity for more than 20 years.

"I have attempted to look outside domestic violence, but nothing has ever come up, so I keep doing it," says the Wellington-based advocate.

The charity has 40 refuges around the country that house 250 women and children on any given night throughout the year. But this work represents around a quarter of the work they do.

"Most of it is working with women outside of a safe house and in their own homes to help keep them safe," tells Ang. "It's the most challenging part and it's also the most rewarding part."



GOODNESS G I didn't know I was pregnant –

**A shopping trip and
both resulted in two**

Grace Polley walked into her cleaning job at a Tauranga retirement village last year, chatty and full of energy like always. She looked her usual self and nothing seemed out of the ordinary. But three days later she rang her boss to say she couldn't come into work. She'd had a surprise baby.

"No-one had any idea I was pregnant, not even me!" shares Grace, 27, who welcomed her daughter Sasha, now seven months, within hours of learning she had a bub on board. "I'd had no symptoms. My stomach was flat, I was still getting my periods and I'd been on the Pill."

Even more shocking for Grace and her bewildered family was that it wasn't the first time she was told she was pregnant after going into labour. In August 2017, she was rushed to hospital with excessive bleeding and hours later, gave birth. Tragically, because of a placental abruption, her baby daughter Maya was delivered stillborn.

"I was shopping with my mum when all of a sudden I started bleeding," recalls Grace, who'd broken up with her then-partner two weeks earlier. "I have endometriosis and get bad periods so figured it was that."

By the time Grace reached hospital, she'd lost three litres of

**6 months'
pregnant with
Sasha**



**Right: A childhood
back condition
could be to blame.**

**Aaron,
holding the
newborn,
had a fast
track to
fatherhood.**

RACE-IOUS w I was TWICE!

a bout of 'food poisoning'
unbelievable surprises ...

blood. In a startling moment, she learnt she was in labour and almost 10 centimetres dilated.

"There was absolutely nothing to tell me I was pregnant," insists Grace, who was carrying in her back. An ultrasound showed the placenta – which was in front of the baby as opposed to behind – had come away. Devastatingly, there was no heartbeat.

"They estimated she would've been about 32 weeks, but there was nothing wrong with her," Grace shares through tears. "I got to hold her for quite a while before I needed a blood transfusion."

The grieving new mother spent five days in hospital with high blood pressure. She had to sort a funeral and was told to name her daughter. Grace chose Maya Margaret Rose Polley and says, "She had a full head of light brown hair and was very tall."

When Grace moved from Invercargill to Tauranga shortly after to try and move on, she started working as a bartender. It wasn't long before she met glazier Aaron, 45, in June 2018. "He approached me at work and asked for a piece of paper. Then with a big cheesy grin he handed me his name and number."

Less than six months later the couple unknowingly conceived. "Again I had no symptoms and had no idea. I'd thought surely what'd happened was a once-in-

a-lifetime thing," tells Grace, whose second-born arrived on July 26, 2019, weighing 2.3kg. "Around 1am my stomach was kind of off, and I figured it was something I ate."

An hour later she woke Aaron in immense pain and they headed to Tauranga Hospital.

"A nurse did an ultrasound and said it looked like cysts and fluid," says Grace. "But then a paediatric nurse looked and, staring at Aaron and me, said, 'There's a baby in there. You're in labour.'" This time Grace's precious baby had a heartbeat.

Aaron recalls, "I'd always wanted a daughter but we weren't prepared at all. It happened so quick."

The shocked pair were told Sasha was breach and Grace needed an emergency Caesarean. Since the doting mum has rods and screws throughout her back from surgery in childhood for scoliosis – a condition that causes a curve in the spine – she went under general anaesthetic.

When she awoke, Grace was told her new daughter was not breathing, but doctors miraculously brought her back to life after 10 minutes, and she remained in hospital for a month.

Grace recollects, "I got wheeled into a bedroom and all I saw was Aaron holding this little bundle over his shoulder.

Baby Sasha has
slotted in easily
to her doting
parents' lives.



He was like, 'Are you OK? Oh my God, we've had a baby!'"

While their flatmate asked the couple to move out, not wanting to live with a crying baby, other family and friends rallied around the new parents. People gifted boxes of clothes, toys and nappies, and local church charities helped with baby furniture.

"A lot of the residents at the retirement home did knitting, which was so gorgeous," smiles Grace. "A friend let us move in and we're still there. Aaron has been incredible and Sasha is happy and healthy. She laughs at everything."

After the stress of two harrowing births, Grace was diagnosed with post traumatic stress disorder and perinatal

depression, but is on the up.

She agrees with new dad Aaron when he confesses, "Getting pregnant is always sort of in the back of my mind now, but next time it's going to be planned. Until then, we'll be doing lots of pregnancy tests!"

Grace has been told her body doesn't show or respond to pregnancy like other females. There's also the possibility scoliosis is the reason for the unusual placement of her ovaries.

"Not knowing you're pregnant until labour can happen to anyone and it obviously does," Grace concludes. "It's a traumatic thing to go through, but it's cool knowing I'm a mum now. Sasha is amazing and just perfect."

WD

Galloping th **AN ABUS** **HEALED**

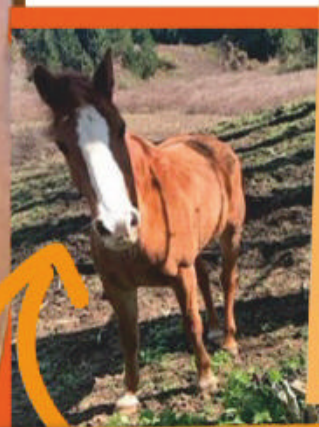
After her son died, Paula found

In a sun-kissed field a sweet-tempered pony with a striking orange coat wanders over to a woman sitting reading a book in the paddock, and curiously nudges the pages.

It's a heartwarming moment between a horse and her owner that has been forged over months of patience and care. But even more remarkable is how this horse, emaciated when it was rescued by SPCA last year, is proving the healing salve for newly adopted owner Paula Ropitini after the 2018 death of her 22-year-old son in a suspected suicide.

The horse-loving nurse says that after experiencing the darkest 18 months of her life, the beautiful flame-coloured pony with a white blaze is unexpectedly making her broken heart become whole once more.

"When Michael died suddenly, everything turned upside down," she shares. "It was pretty sad because no-one saw it coming. This has been one of the things that has kept me from losing



Emaciated Fanta

Rescued by the SPCA last year, Fanta has a permanent loving home with the nurse.



Above: Paula with her beloved son Michael.

rough grief ED HORSE MY HEART

another broken soul who needed help



Paula is yet to ride Fanta, first gaining the horse's trust.

myself completely."

She says the adorable equine came into her life after a long-time friend encouraged her to take up the hobby she last enjoyed as a child and ride through the mountain of grief.

Explains Paula, "She put me on her old pony and away we went. We rode all winter and summer through the forest and talked and cried. It was such a therapeutic time."

It was on these long treks a childhood dream to own a pony was reignited.

After a month away from the saddle, Paula, 52, turned up at the paddock on the outskirts of Tokoroa to see a chestnut beauty dubbed Fanta by those who had rescued it.

The pitiful-looking creature, who arrived as skin and bones with bald patches on its face, was now flourishing in its South Waikato haven. And with ease the pair formed a special bond.

"Developing a relationship with Fanta pretty much

happened on its own accord," she tells. "While I didn't like the fact that she was severely neglected, I liked she'd been given a second chance. It also tugged on my heartstrings that we were both needy at the same time."

"I've got three other children who I adore, but losing my eldest there was this gap and I guess this was partly why I bonded with Fanta. I really needed an outlet for all this love."

"Then it became decision time because Fanta had been with us for four months and the SPCA had to make a decision about her future. At that stage I thought, 'I can't not be involved in her future,' so I adopted her!"

The busy mum says her friend, who leases the paddock, helped remove obstacles so she could care for the horse that had stolen her heart. And so far everything has fallen into place down to keeping an eye on the precious pony as she drives to and from work every day.

"I live midway between Taupo and Tokoroa, so I'm travelling past every day. In the morning I check on the horses, making sure there's no hooves through fences, and if I've got enough time I'll stop and pat them. Then after work, I pick up my 10-year-old, who is very keen to ride now of course, and we handle and groom them."

"I haven't ridden Fanta yet. We've had a saddle on her and walked her around, but the most important thing has been the relationship and gaining her trust," she adds.

And while Fanta is still a tad standoffish, the 11-year-old who suffered ill treatment by her previous owner, is still keen to interact with people.

"She hasn't had that interest and like of humans completely taken from her," smiles Paula. "At first, she was happy to be caught, but she was on defence the whole time. Her head went up and her eyes would be wary, and she'd position herself so she could back off and scarper if she needed to."

"With time her head's dropped, she's calmer and her eyes aren't always looking for an escape route. Funnily enough, she had her teeth filed and the lady who did that said, 'Fanta - she's orange and she's sweet!'"

With the annual SPCA appeal running from March 2-8, the animal welfare organisation is hitting the streets, urging people to give online to raise the

\$43 million to shelter thousands of desperate animals that need rescuing and caring for.

It's something Paula feels strongly about, setting up a regular donation to the SPCA within weeks of her animal-loving son's death.

She shares, "On his birthday I donate the money I would have spent on his birthday gift to the Tokoroa Animal Rescue. I just need his name to still be spoken and his memory never gone."

And she knows being able to give the rescue horse a safer and brighter future couldn't have come at a better crossroad.

"I didn't set out to get a pet, but it turned out we found each other at the same time," she enthuses. "She needed a human of her own and I certainly needed an outlet for my love. We found each other at the right time."

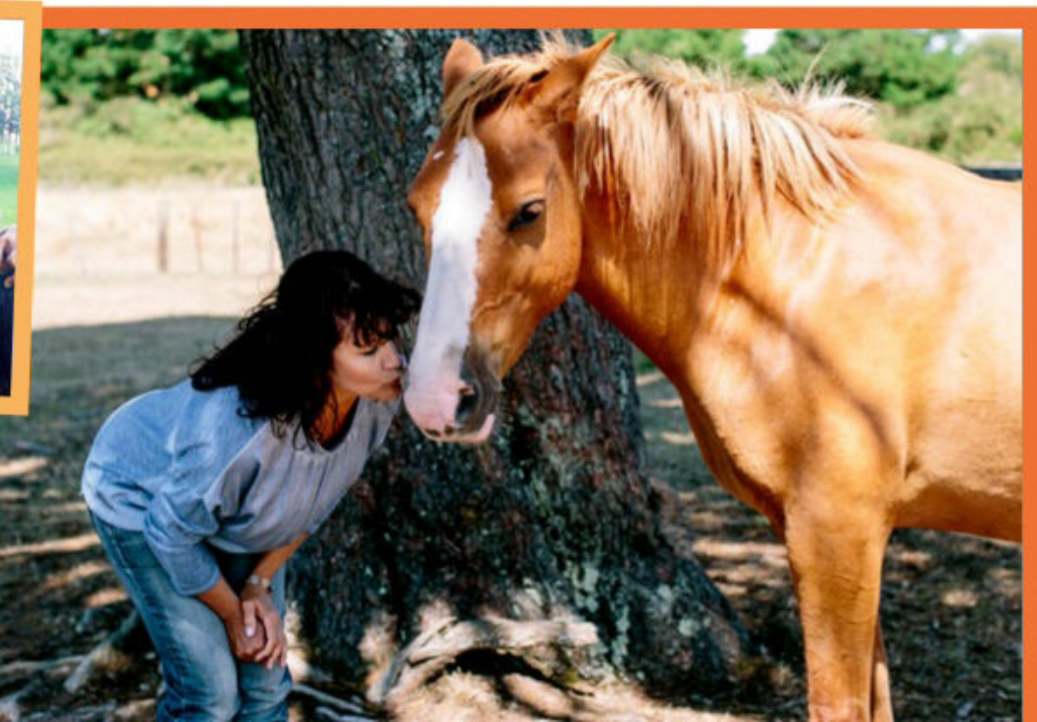
WD

To donate, go to
spca.nz/spcacollectors.

Where to get help

If you or someone you know is struggling with suicidal thoughts, call the Suicide Crisis Helpline on 0508 TAUTOKO, text "help" to Lifeline on 4357 or call them on 0800 543 354. For other mental health issues, call 0800 111 757, or text 4202 to talk to a trained counsellor for free or call Youthline on 0800 376 633.

TEXT: LYNLEY WARD, PICTURES: MAREE WILKINSON, HAIR & MAKE-UP: SHARYN BUTTERS, STYLING: ROBYNE DOWDALL, CLOTHES: WENDYS + TILDA.



EFFORTLESS ENTERTAINING

These easy family dinners are snazzy enough for guests too

INGREDIENTS DECODED!

FIND OUT MORE ABOUT THE INGREDIENTS THAT MAKE THIS DISH SO TASTY

PALM SUGAR

Made from the sap of the sugar palm tree, it's often sold in blocks and is best grated on a microplane.



KAFFIR LIME LEAVES

Glossy, dark green leaves that give a fresh, strong lime taste to dishes.



FRIED SHALLOTS

Crunchy fried onions, they're also delicious sprinkled over just-cooked food.



PORK LARB WITH BROCCOLINI & NOODLES

SERVES 4 PREP & COOK 25 MINUTES

1 tbsp peanut oil
2 garlic cloves, crushed
600g minced pork
1/3 cup grated palm sugar
2 tbsp fish sauce
4 kaffir lime leaves, finely sliced
1/2 cup fried shallots
1/3 cup roasted unsalted peanuts

350g broccolini, trimmed, halved lengthways
250g egg noodles
1 tbsp lime juice
1 cup loosely packed coriander leaves
1 long red chilli, thinly sliced
2 tbsp coarsely chopped roasted unsalted peanuts

1 Heat oil in a wok over high heat, stir-frying garlic and pork for 5 minutes or until pork is browned.
2 Add sugar, fish sauce, lime leaves, shallots and peanuts to wok. Reduce heat to low, then stir-fry for 2 minutes or until mixture is slightly dry and sticky.
3 Boil, steam or microwave

broccolini; drain well. Cook noodles following packet directions until tender.
4 Remove larb from heat. Add lime juice, three-quarters of the coriander leaves, the noodles and broccolini.
5 Serve larb scattered with remaining coriander, chilli and chopped peanuts.

ASPARAGUS & SALMON PASTA

SERVES 4 PREP & COOK 25 MINUTES

375g spiral pasta (see tip)
340g asparagus, trimmed, cut
into 5cm lengths
415g canned red salmon, drained, flaked
100g watercress, trimmed
3 spring onions, thinly sliced
WHOLEGRAIN MUSTARD VINAIGRETTE
1 garlic clove, crushed
2 tbsp wholegrain mustard
2 tbsp red wine vinegar
2 tbsp lemon juice
¼ cup olive oil

1 Cook pasta following packet directions until just tender; drain. Rinse under cold water; drain.

2 Boil, steam or microwave asparagus until just tender; drain. Rinse under cold water; drain.

3 WHOLEGRAIN MUSTARD VINAIGRETTE.

Combine vinaigrette ingredients in a screw-top jar, shaking well.

4 Combine pasta and asparagus in a large bowl with salmon, watercress and onion. Drizzle vinaigrette over pasta, tossing gently to combine.



TIP
Use your favourite pasta or try penne, conchiglie or another short pasta.

TIP

Pork rashers are sometimes labelled as pork belly slices.



GINGER-CHILLI PORK RASHERS

SERVES 4 PREP & COOK 1 HOUR, 45 MINUTES

1.5kg pork rashers
6cm piece ginger, cut into matchsticks
¼ cup dry sherry
2 tsp sambal oelek
½ cup water
1 tbsp dark soy sauce
1 tbsp black bean sauce
2 tbsp caster sugar
2 tbsp honey
1 bunch choy sum
450g packet microwave jasmine rice

1 Place bacon rashers in a large saucepan of boiling water; simmer, uncovered, for about 15 minutes; drain, cool.

2 In a small bowl, combine ginger, sherry, sambal oelek, water, sauces, sugar and honey.

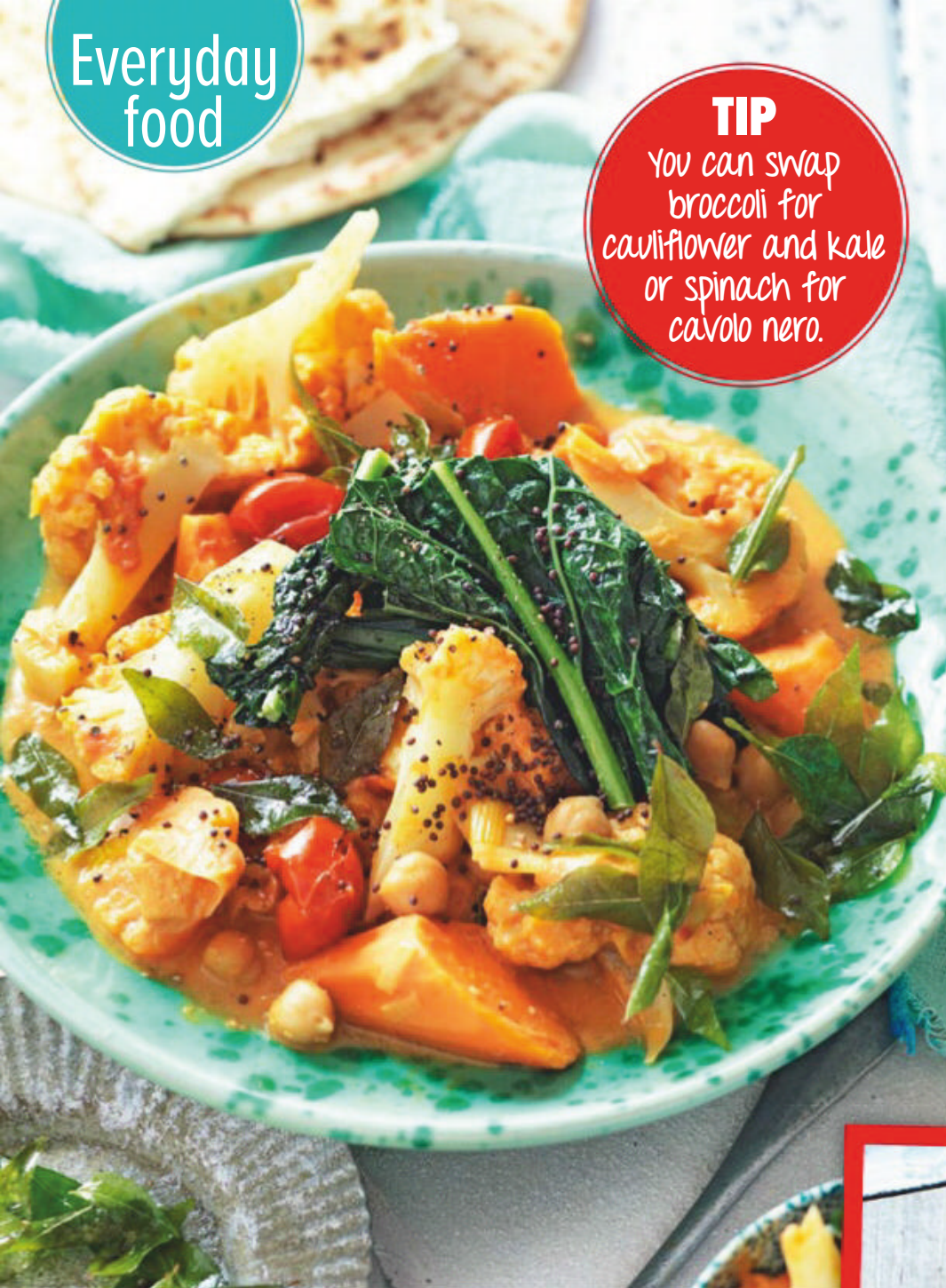
3 Preheat oven to 220°C. Line a roasting pan with baking paper.

4 Place rashers in pan, then add ginger mixture, roasting, covered, for 45 minutes. Uncover and roast for a further 25 minutes or until rashers are tender and well browned. Remove from pan. Simmer sauce in pan, uncovered, until very thick.

5 Steam, boil or microwave choy sum until just wilted. Microwave rice according to packet directions.

6 Serve rashers with choy sum and rice, drizzling with warm sauce.

TIP
You can swap
broccoli for
cauliflower and kale
or spinach for
cavolo nero.



KUMARA & COCONUT CURRY

SERVES 4 PREP & COOK 30 MINUTES

- ¼ cup olive oil
- 1 leek, white part only,
thinly sliced
- 2 garlic cloves, crushed
- ⅓ cup korma paste
- 300g orange kumara,
coarsely chopped
- 270ml canned coconut milk
- 1 cup vegetable stock
- 400g canned diced
tomatoes
- 800g canned chickpeas,
rinsed, drained
- 400g cauliflower, cut
into florets
- 1 tbsp black mustard seeds
- 12 curry leaves
- 200g cavolo nero, lightly
washed, coarsely chopped

high heat. Cook leek and
garlic, stirring, for 2 minutes
or until softened.

2 Add korma paste to pan;
cook, stirring, for 2 minutes.
Add kumara, coconut milk,
stock, tomatoes and chickpeas,
bringing to the boil. Reduce heat,
simmer, covered, for 6 minutes or
until kumara is almost tender. Stir
in cauliflower, cooking for a
further 5 minutes or until tender.

3 Heat remaining oil in a large
frying pan over medium heat.
Cook mustard seeds, stirring,
for 1 minute or until seeds pop.
Add curry leaves, cooking for
1 minute, then stir in cavolo nero.
Cook, covered, until cavolo nero
is just wilted. Season.

4 Stir cavolo nero into curry
mixture to serve.

1 Heat 1 tbsp of the oil in a
large saucepan over medium-

STEAK BOURGUIGNON WITH CELERIAC POTATO MASH

SERVES 4 PREP & COOK 40 MINUTES

- 1 small celeriac, coarsely
chopped
- 2 potatoes, coarsely
chopped
- ¼ cup milk
- 40g butter
- cooking oil spray
- 4 x 200g beef eye-fillet
steaks
- 200g button mushrooms,
halved
- 6 baby onions, quartered
- 2 garlic cloves, crushed
- ½ cup dry red wine
- 1 cup beef stock
- 1 tbsp tomato paste
- 1 tbsp coarsely chopped
thyme

1 Boil, steam or microwave
celeriac and potato,
separately, until tender;
drain. Mash in a medium

bowl with milk and butter;
cover to keep warm.

2 Spray a large frying pan
with cooking oil; heat over
medium-high heat. Cook
beef for 4 minutes each
side or until browned
and cooked as desired.
Remove from pan; cover
to keep warm.

3 Cook mushroom, onion
and garlic in same pan
until vegetables are just
softened. Add wine, beef
stock and tomato paste,
simmering, uncovered, for
5 minutes or until sauce
thickens slightly.

4 Serve beef with mash
and bourguignon sauce,
sprinkling with thyme.

TIP
Mash can be
made a day
ahead. Store,
covered, in the
fridge.



TIP

We used a semillon-style wine, but you can use your favourite dry white wine.

OVEN-BAKED RISOTTO

SERVES 4
PREP & COOK
45 MINUTES

1 tbsp olive oil
1 large onion, thinly sliced
2 garlic cloves, crushed
2 cups Arborio rice
 $\frac{3}{4}$ cup dry white wine
1 litre chicken stock
4 chicken breast fillets
100g baby rocket leaves
250g heirloom cherry tomatoes, halved
 $\frac{1}{2}$ cup finely grated parmesan
1 tbsp coarsely chopped flat-leaf parsley

1 Preheat oven to 180°C.
2 Heat oil in a shallow 3-litre (12-cup) flameproof baking dish over medium-high heat. Cook onion and garlic, stirring, for 4 minutes or until onion softens. Add rice, stirring to coat in onion mixture. Stir in wine and stock, bringing to the boil.
3 Place chicken, in a single layer, on top of the rice mixture; cover. Transfer to oven. Bake for 25 minutes or until rice is tender and chicken is cooked through. Remove chicken from pan; stand for 5 minutes.
4 Stir rocket, tomato and a third of the parmesan into the risotto. Serve risotto with chicken, sprinkle over remaining parmesan and parsley over chicken. Season.



TIP

"Jerk" refers to a spicy Jamaican seasoning used to marinate meat or poultry.

JERK PORK CUTLETS WITH PUMPKIN CHIPS

SERVES 4 PREP & COOK 45 MINUTES

3 long green chillies,
coarsely chopped
3 spring onions,
coarsely chopped
2 garlic cloves, crushed
1 tsp ground allspice
1 tsp dried thyme
1 tsp white sugar
1 tbsp light soy sauce

1 tbsp lime juice
4 x 280g pork loin chops
1kg piece pumpkin, trimmed
2 tbsp vegetable oil
PIRI PIRI MAYONNAISE
1/3 cup mayonnaise
2 tbsp piri piri sauce

1 Combine chilli, onion, garlic,

allspice, thyme, sugar, sauce, lime juice and pork chops in a medium bowl.

2 PIRI PIRI MAYONNAISE.

Combine ingredients in a small bowl. Season to taste.

3 Cut pumpkin into 7cm chips, then boil, steam or microwave until tender; drain. Combine

chips with oil in a medium bowl. Cook chips on a heated oiled chargrill plate until browned.

4 Cook pork on a heated oiled chargrill plate for 4 minutes each side or until cooked.

5 Serve pork with chips and piri piri mayonnaise.

TIP

You could substitute button or oyster mushrooms for the Swiss browns.



GNOCCHI WITH HERB & MUSHROOM SAUCE

SERVES 4 PREP & COOK 25 MINUTES

1 tbsp vegetable oil
1 onion, coarsely chopped
2 garlic cloves, crushed
400g Swiss brown mushrooms, thinly sliced
1 tbsp plain flour
 $\frac{1}{3}$ cup dry red wine
1 cup vegetable stock
1 tbsp light sour cream
600g potato gnocchi
 $\frac{1}{4}$ cup grated parmesan
2 tbsp micro herbs (optional)

1 Heat oil in a large frying pan over medium heat. Cook onion, garlic and

mushrooms, stirring, for 5 minutes or until vegetables are just tender. Add flour and cook, stirring, for 1 minute.
2 Add wine, stock and sour cream, then cook, stirring, until sauce thickens slightly.
3 Cook gnocchi in a large saucepan of boiling water until gnocchi rise to the surface and are just tender; drain. Add gnocchi to mushroom sauce, tossing gently to combine. Sprinkle with parmesan and micro herbs to serve.

CHICKEN SALTIMBOCCA

SERVES 4 PREP & COOK 45 MINUTES

150g mozzarella
4 chicken breast fillets
8 slices prosciutto
16 sage leaves, plus 6 extra
500g baby new (chat) potatoes, halved
60g butter
2 tbsp olive oil
 $\frac{1}{3}$ cup dry white wine
 $\frac{1}{3}$ cup chicken stock

1 Cut mozzarella into 8 even slices. Cut chicken fillets in half horizontally. Top each chicken piece with a slice of mozzarella, a slice of prosciutto and 2 sage leaves, securing sage to prosciutto with a toothpick.
2 Cook potatoes in a saucepan of boiling salted water for about 4 minutes to par-boil. Drain.

3 Heat half the butter and half the oil in a large frying pan. Cook potatoes and extra sage leaves for 2 minutes or until golden. Season, then transfer to a bowl to keep warm.
4 Heat remaining oil in same pan over medium heat. Cook chicken, sage-side down first, in two batches, for 3 minutes each side or until cooked through. Remove from pan; cover to keep warm.
5 Add remaining butter, wine and stock to same pan, bringing to the boil. Reduce heat; simmer, stirring, for 5 minutes or until liquid reduces slightly. Season.
6 Serve chicken with sauce and potato.



Everyday
food

Weeknight BUDGET DINNERS



\$4.10
PER SERVE

Monday

FETTUCINE BOLOGNESE WITH VEGETABLES

SERVES 4 PREP & COOK 30 MINUTES

2 tsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 carrot, finely chopped
1 celery stalk, finely chopped
500g lean beef mince
2 cups passata
½ cup beef stock
375g fettuccine
finely grated parmesan, chopped parsley
to serve

- 1 Heat oil in a large frypan over high; sauté onion and garlic for 3 minutes. Add carrot and celery, cooking for 5 minutes or until tender.
- 2 Add beef; cook, stirring, until beef changes colour. Add passata and stock, bringing to the boil. Reduce heat; simmer, uncovered, for 15 minutes or until mixture thickens. Season.
- 3 Cook pasta in a large saucepan of boiling water following packet instructions until just tender; drain.
- 4 Serve pasta topped with bolognese sauce, parmesan and parsley.



\$4.20
PER SERVE

Tuesday

HAM, CHIVE & POTATO QUICHE

SERVES 6 PREP & COOK 1 HOUR

20g butter, melted
1½ sheets frozen shortcrust
pastry, thawed
1 large potato, coarsely chopped
150g shaved ham, roughly
chopped
½ cup coarsely grated cheddar
5 eggs, lightly beaten
½ cup milk
2 tbsp finely chopped fresh chives

- 1 Preheat oven to 220°C. Grease a 24cm round loose-based fluted flan pan with melted butter.
- 2 Line pan with pastry, joining sheets to fit and trimming the edges. Fill with rice or ceramic baking weights, then bake for 10-15 minutes or until pastry starts to colour. Remove filling. Bake for a further 10 minutes or until pastry is golden. Reduce oven to 180°C.
- 3 Boil, steam or microwave potato until tender; drain.
- 4 Sprinkle ham, potato and cheddar into pastry case. Whisk eggs, milk and chives in a medium jug; season, then pour over ham mixture. Bake quiche for 30 minutes or until set. Slice to serve.



Wednesday

SALMON & QUINOA KOFTA

SERVES 4 PREP & COOK 45 MINUTES

½ cup quinoa

600g salmon fillets, skin and bones removed, coarsely chopped

1 onion, coarsely grated

2 tsp ground cumin

1 tsp ground coriander

1 tsp ground cinnamon

1 tsp ground allspice

1 tbsp olive oil

HERB TOMATO SALAD

500g tomato medley mix, thickly sliced

1 red onion, thinly sliced

½ cup loosely packed parsley leaves

½ cup loosely packed mint leaves

2 tbsp pomegranate molasses

2 tbsp olive oil

1 Rinse quinoa under cold running water; drain. Place in a saucepan with 1 cup water, bringing to the boil. Reduce heat to low; cook, covered, for 15 minutes or until liquid is absorbed. Cool.

2 HERB TOMATO SALAD. Place tomatoes, onion and herbs in a large bowl with combined pomegranate molasses and oil; toss, season.

3 Process salmon until finely chopped; transfer to a medium bowl. Add quinoa, onion and spices; season, stirring to combine. Shape mixture into 12 oval shapes.

4 Heat oil in a large frypan over medium heat. Cook kofta in two batches, turning, for 3 minutes or until golden and cooked. Remove from pan.

5 Serve kofta with herb tomato salad.



Thursday

COURGETTE, PEA & PROSCIUTTO SOUP

SERVES 6 PREP & COOK 35 MINUTES

2 tbsp olive oil

1 onion, chopped

2 garlic cloves, sliced

4 large courgettes, coarsely grated

2 cups frozen peas

100g kale, shredded

1 litre chicken or vegetable stock

50g prosciutto

50g goat's feta, crumbled

1 Heat oil in a large saucepan over medium heat. Cook onion, stirring occasionally, for 10 minutes or until soft. Add garlic, cooking for 1 minute or until fragrant.

2 Add the courgette and peas; cook, stirring, for 5 minutes or until courgette is soft.

3 Stir in kale and stock, bringing to the boil. Reduce heat to low-medium, cooking for 5 minutes or until kale is wilted. Remove from heat; stand for 10 minutes. Process soup in batches or until smooth. Season.

4 Preheat grill. Lightly oil an oven tray. Arrange prosciutto slices on tray. Place prosciutto under the grill for 3 minutes or until crisp and golden on both sides. Drain on a paper towel. Break prosciutto into large pieces.

5 Ladle soup into serving bowls; top with feta, crisp prosciutto and freshly ground black pepper, if desired.



Friday

PEANUT-FREE SATAY CHICKEN SKEWERS

SERVES 4 PREP & COOK 30 MINUTES

⅓ cup nut-free butter

270ml can coconut milk

2 tbsp tamari, plus 2 tbsp extra

2 tbsp sweet chilli sauce, plus

1 tsp extra

2 tbsp lime juice

12 chicken tenderloins

200g snow peas, trimmed, sliced

2 cups cooked jasmine rice

2 tbsp coriander leaves

1 Heat a small heavy-based saucepan over medium heat; cook nut-free butter and coconut milk, without boiling, stirring until smooth. Stir in tamari, chilli sauce and juice, then cook, stirring, for 1 minute or until hot.

2 Combine extra tamari and extra sweet chilli sauce in a small bowl. Thread chicken onto 12 skewers; season. Cook chicken on a heated, oiled grill pan (or barbecue or grill) for about 2 minutes each side or until cooked through. Brush with half the tamari mixture in the final minute of cooking.

3 Boil, steam or microwave snow peas until just tender. Combine snow peas with remaining tamari mixture until coated.

4 Serve chicken skewers on rice with snow peas and satay sauce; sprinkle with coriander.

PRETTY PETAL CUPCAKES

Pipe blue and purple together to create hydrangea-hued treats that rival your garden's best offering!

MAKES 12 PREP 1 HOUR
COOK 20 MINUTES

1½ cups self-raising flour, sifted
125g butter, at room temperature
1 tsp vanilla extract
⅔ cups caster sugar
2 eggs
½ cup milk
BUTTER CREAM
250g butter, softened
4 cups icing sugar
1 tbsp milk
blue and purple food colouring

1 Preheat oven to moderate, 180°C. Line a 12-hole muffin pan with paper patty cases.
2 In a large bowl, using an electric mixer, beat all ingredients together. Increase speed and beat for 2-3 minutes until light and creamy.
3 Spoon into cases until two-thirds full. Bake for 15-20 minutes or until

cooked when tested. Cool in pan for 5 minutes. Transfer to a wire rack to cool completely.

4 BUTTER CREAM. In a small bowl, using an electric mixer, beat butter until pale. Gradually add icing sugar and milk, beating until light and fluffy.

5 Divide butter cream into 2 bowls. Tint 1 bowl with blue food colouring and the other with purple.

6 Fit a large closed star tip inside a large piping bag. Fill 2 small piping bags with a different coloured butter cream. Use scissors to snip ends of both.

7 Holding the large bag upright, slide in the 2 butter cream bags, ensuring ends are inside nozzle tip. Twist tops of bags together.

8 Starting 1cm from edge of cupcake, pipe a small star shape peak and sharply lift bag up at a 45-degree angle. Continue piping flowers around edges and centre. Chill until serving.



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Style Director
Leigh Matheson



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Stay cool in
this sweet
summer shade

ORANGE



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SKY'S LIM

Bring shades of this calm

Tip!

Mix and match textures, such as tassels, velvets and herringbone weave, to give your blue tones a touch of warmth.

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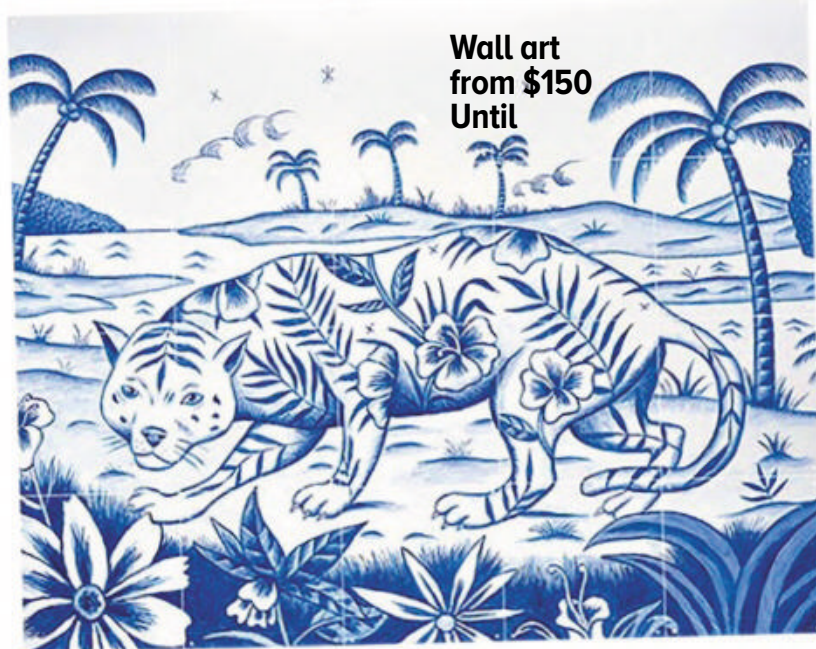


THE IT!

ing hue into your home



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Tip!

Have a bit of fun
with blue accents. It's
a colour that suits all
rooms of the house
and can be playful
or sophisticated.



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COLOUR OF INTO TH

Be bold and try out this
vibrant on-trend shade

Pantone has described its 2020 Colour of the Year, Classic Blue, as “elegant in its simplicity”.

“Instilling calm, confidence and connection, this enduring blue hue highlights our desire for a dependable and stable foundation on which to build as we cross the threshold into a new era,” the announcement proclaimed.

While the colour is chosen as an indicator of a shade that

will be influential across a wide number of industries, including fashion and interiors, it also forecasts what will be trending in the beauty world. When worn as a make-up colour, blue is dramatic enough to be head-turning, but works best when applied in a minimalist manner.

We’ve found all the best products to get the jump on what is sure to be a go-to hue in the coming year.

1. Kylie Cosmetics Eyeshadow in Royal, \$10.60

The closest we could find to Pantone’s pick, Kylie Jenner’s eyeshadows are ridiculously affordable and the pigment glides on with exceptional vibrance, as seen on her endless Instagram arm-swatches. Wear this blended over lids or just a touch beneath the lower lashline – the hue really makes brown and amber eyes pop.

2. Shiseido ControlledChaos MascaraInk in Sapphire Spark, \$60

Blue mascara has been having a bit of a celeb moment, as seen on Lupita. Try applying the bold colour just to the outer lashes and combine it with a cobalt liner on the inner rim for a vivid, eye-catching look.

Lupita
Nyong'o

THE YEAR E BLUE

3. Essence Kajal Pencil in 26 Beach Bum, \$2.25

It might just be the bargain of the century! This super-affordable pencil is the perfect product to recreate the minimalist liner seen on Sophie below. The true blue colour also works well with a brown smoky eye as a contrasting water-liner.

4. Stila Shimmer & Glow Liquid Eye Shadow in Vivid Sapphire, \$40

A little deeper than the Pantone shade, it's one of our top picks for a luxe party look and again, with the blendable texture, it's so easy to use. It can be applied and then blended into powder shadow for a smoky look or added in the centre of lids for a shimmering finishing touch. It has fantastic staying power, so won't wear off or dull after a few hours on your eyes.



3

4

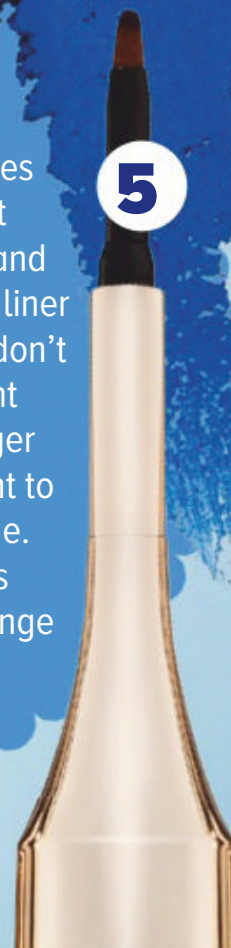
Dua Lipa

Joan Smalls

5. Jane Iredale Mystikol Powdered Eyeliner in Sapphire, \$62

The creamy finish of this liner makes it a winner, as it glides on without tugging or pulling and gives dense and bright colour. A tiny, perfectly shaped liner brush concealed in the lid means you don't have to worry about finding the right brush – but you can easily dip a larger shadow brush into the pot if you want to use the product for wider coverage. The appealing thing about this shade is that it suits a wide range of skin tones.

5



6. Kosas 10 Second Liquid Eyeshadow in Nitrogen, \$48

Anything that's applied in 10 seconds and can be blended with fingertips is a winner in our book! These new liquid shadows from Kosas are ultra-fluid, so apply just a dab and blend to get a watercolour effect, or add it in layers for more dense pigmentation. If you're nervous about going straight in with the applicator wand, you can also add to the back of your hand and then use your ring finger to dab over lids until the colour is blended.

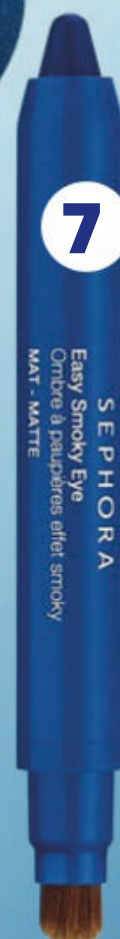
7. Sephora Collection Easy Smoky Eye in Midnight Blue, \$21

We love a product that comes with an

application tool attached! Use this chunky gel liner to trace your upper lash lines and wear it with a minimal glowy base, or employ the smudging tool to blend the line for an easy, soft smoky look. You can even use it to scribble over your lids, giving you more dense yet easily blended colour.

8. CND Vinylux Nail Polish in Date Night, \$19.95

Feeling a little overwhelmed with how to approach wearing blue? Glossy blue talons are an easy way to try out the trend, or use it over a nude polish as a nail art accent, for example with chevron tips or polka dots.



6

7

8



Cover & protect

The skincare-inspired formula of **Revlon PhotoReady Candid™ Moisture Glow Anti-Pollution Foundation, \$30**, delivers the same antioxidant, anti-pollution and anti-blue light benefits as the original, but now offers a radiant dewy finish in a light, buildable formula. It's infused with prickly pear oil for ultimate moisture and is free of parabens, sulfates, phthalates, fragrances and synthetic dyes.

GOOD FOR SKIN

Inika Organic, a pioneer in the 100% natural and certified organic make-up category, has expanded into the world of skincare with a brand new 12-product line. In development for over five years, the range will be the most concentrated on the market in terms of scientifically proven, active botanical ingredients, containing up to 5% – more than double the industry standard – that work together to ensure optimal skin health nourishment, hydration, anti-ageing and protection. Prices start at **\$49**.



Sleep your skin better

Reset your summer-weary skin by dosing it up while you sleep with an overnight miracle worker. **Estée Lauder Advanced Night Repair Synchronized Recovery Complex, \$136**, addresses all the visible signs of ageing and promotes a natural night-time purification process. You'll wake up with smoother, stronger, more hydrated and radiant skin.



FRAGRANCE WITH FLAIR

Have you ever laid eyes on a more fabulous bottle? **Carolina Herrera Good Girl, \$168**, comes in a luminous, midnight blue, gold-heeled stiletto, and the fragrance combines a surprising blend of tonka beans and cacao with fresh jasmine and tuberose, making it even more appealing.



Farmers BEAUTY WEEK

It's the biggest occasion in any beauty junkie's calendar – Farmers Beauty Week! From Monday March 9 to Sunday March 15, shoppers can snap up lots of special offers and exclusive gifts with purchase.

So now is the time to go through your kit, do a stocktake and decide what you need to try and buy to make it totally worth your while!





Handbag HELPERS

Having a few essentials on hand will get you through those busy work days

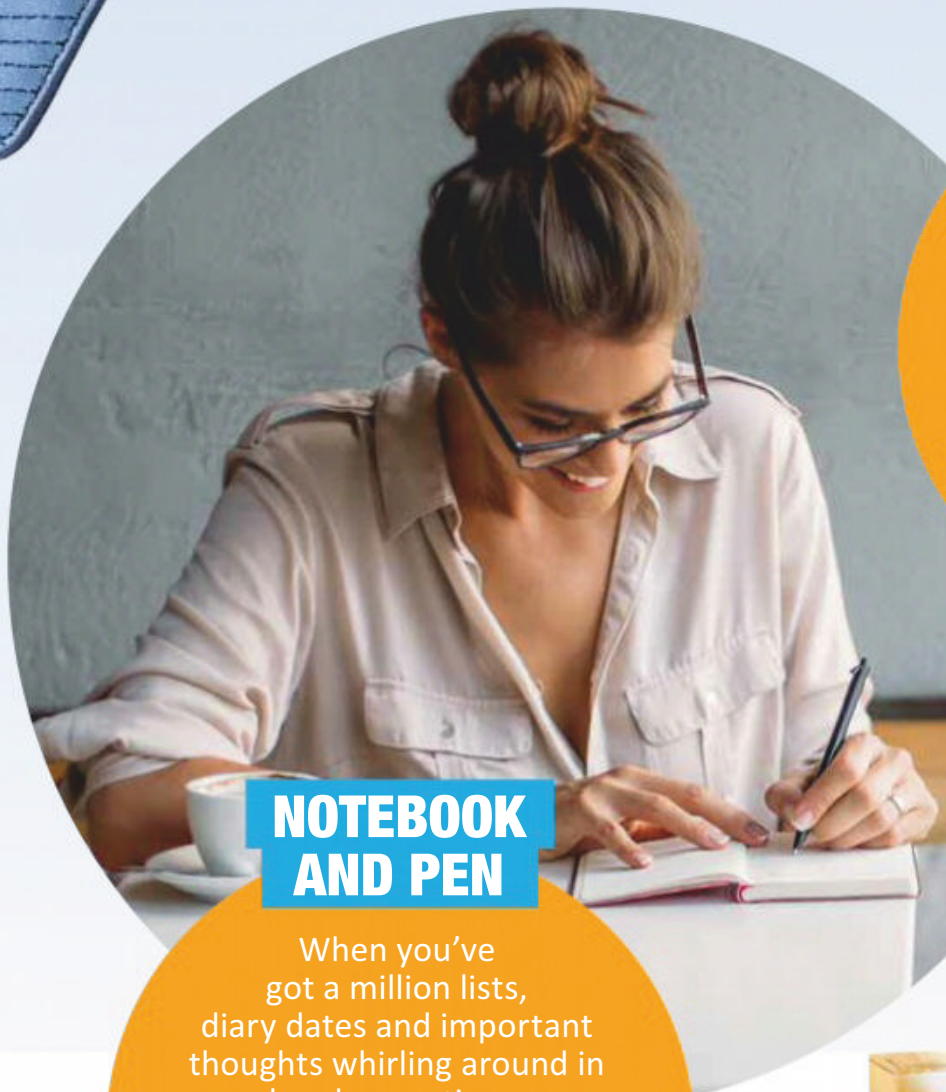
HAIR TIES

You're forever picking them up off the floor, but you can never find one when you need it. Whether it's to disguise your own bad hair day or for a last-minute plait in the car outside the school gates, hair ties are a girl's best friend.



NOTEBOOK AND PEN

When you've got a million lists, diary dates and important thoughts whirling around in your head, sometimes your memory needs a little helping hand. Pop a cute notebook and a pen in your bag so you're prepared for that work meeting or school pick-up.



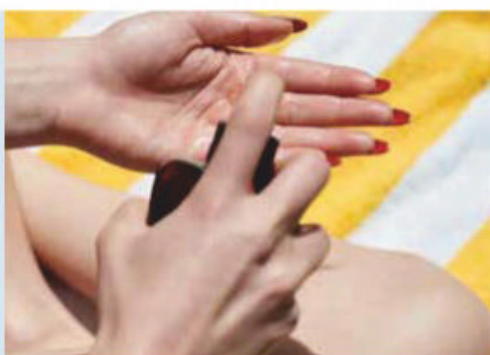
PHONE CHARGER

Let's face it – you'd be lost without your phone, so be prepared for those high-usage moments with a charger cord at the ready. And don't forget your headphones!



SUNSCREEN

With New Zealand's extreme burn times, make sure you're protecting yourself and your family, even when it's cloudy. Keep a little tube of sunblock handy so you can replenish throughout the day.



FIBRE ONE™ SALTED CARAMEL SQUARE

Get the jump on that 3pm energy slump by keeping a tasty snack on hand. It's hard to believe every soft and chewy Fibre One™ Salted Caramel Square contains only 90 calories – so treat yourself to a little guilt-free indulgence! Discover a world of deliciousness at fibreone.co.nz.

THE ANTI-DIET DIET

Throw fads out the window with this new nutrition plan

Most of us have fallen victim to fad diets that promise the world, only to leave us totally disappointed. Either we don't lose the weight we want to, or we just can't maintain the plan and keep the kilos off.

Now there's a new diet – well, an anti-diet – that's changing the game ...

HOW NOT TO DIET

The new book *How Not to Diet* by US physician Dr Michael Greger is a diet based on medical evidence (there are almost 5000 references from medical literature in it!) that explains weight control as being a lifelong process – *not* a quick or short-term fix.

"Lifelong weight control requires lifelong lifestyle changes," says Dr Greger. "It's not what you eat today,

tomorrow or next week that matters, but rather what you eat over the next months, years and decades."

So what might that look like? First, you need to work at making your eating habits sustainable over the long term.

Dr Greger explains, "Any long-term eating pattern must be nutritionally complete, containing all essential vitamins and minerals. We should eat real food that grows out of the ground."

"A wholefood, plant-based diet was found to be the single most effective weight-loss intervention ever published in medical literature, proven in a randomised controlled trial with no portion control, no calorie counting and no exercise component."

NO MORE MEAT

According to Dr Greger, we should be cutting back on meat and poultry.

"Weight gain is associated with consumption of meat in general, and poultry appears to be the worst offender," he

explains.

"Consider chicken, for example. A hundred years ago, the US Department of Agriculture determined chicken was approximately

23% protein by weight and less than 2% fat. Today, due in part to genetic manipulation via selective breeding, chickens have 10 times more fat."

Childhood obesity research has found meat consumption appeared to double the odds of schoolchildren

Fad dieter no more! Oprah Winfrey follows a smart, sustainable plan.





It's plant-based all the way for dedicated vegetarian Kristen Bell!



"Getting good sleep can have a huge impact on how you look," says Anna Heinrich.

becoming overweight compared to the consumption of plant-based meat alternatives.

"What's more, whole-food sources of plant protein, such as beans, have been associated with halving the odds of children becoming overweight," says Dr Greger.

You'll need to say "see ya later" to processed foods as well.

"An effective weight-loss diet is an anti-inflammatory diet," says Dr Greger. "It's free of processed foods and free of 'obesogenic pollutants', endocrine-disrupting chemicals in certain foods and plastics that can affect our hormonal balance.

"It's a diet that is high in fibre-rich foods that trap and dilute calories and flush them out the other end. A diet low in added fat, sugar, meat, salt and refined grains, and low in calorie

density. Put all of these factors together and the kilos should come off naturally."



Intermittent faster Reese Witherspoon opts for a green juice in the morning.

SLEEP IT OFF

Sleep enhancement and stress hormone relief are two of Dr Greger's weight-loss boosters. Essentially we need more sleep (at least seven to eight hours a night), and less stress! "On average, sleep deprivation tends to lead people to overeat by 180 to 560 calories a day," says Dr Greger.

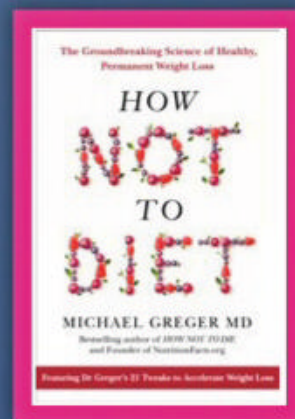
People who are stressed may gain weight, too. "Though some people eat less during stress, the majority not only eat more, they tend to gravitate toward foods high in sugar, fat and calories," tells Dr Greger. "They don't call it comfort food for nothing!"

He advises trying to avoid major stressors and use exercise to work off any unavoidable stress. "This can include yoga, walking or resistance band stretching," he says. "Mindfulness techniques can be used to reduce stress and deal with cravings. To buffer the release of the stress hormone cortisol, we can reduce our intake of saturated fats and added sugars."

Dr Greger recommends nine minutes of moderately intense activity a day, which he says is the optimum duration for weight loss.

INTERMITTENT FASTING

"Rather than cutting calories day in, day out, what if you ate as much as you wanted every other day? Or for only a few hours a day? Or what if you fasted two days a week or five days a month?" asks Dr Greger. These are all examples of intermittent fasting regimens, which have become increasingly popular. "Combining intermittent fasting, such as early or midday time-restricted feeding with a healthier diet during the feeding windows, may prove to be particularly powerful," he says. "The weight may be worth the wait."



For more details, pick up a copy of *How Not to Diet* by Dr Michael Greger (rrp \$39.99, Macmillan).



WARM TO AUTUMN

There's so much to fall in love with

Summer may be drawing to a close, but that doesn't mean you have to lose that wonderful uplifting feeling of the past few months.

Yes, there's nothing like long, hot days and the feeling of sand beneath your feet, but there are plenty of ways to ensure that you still feel good, no matter the weather.

Follow these tips to help your mood, outlook and general wellbeing as you head into autumn.

Eat right

It's tempting to increase portions and eat heavier food when the weather is cool, but try to maintain your summer diet as it's often lighter, greener and better for you. Salads should still be a big part of your weekly menu – just stick to seasonal produce. Pumpkin, kumara, baby carrots, kale and Brussels sprouts are plentiful and deliver a delicious nutritional boost.

Slow down

When you're on holiday, you tend to slow down. Usual routines and appointments are put on hold and you finally have time to stay still and focus on what matters. There's no reason why you can't hold on to this for a little longer. Look at your schedule and ask yourself: what can I scale back to ensure I still have plenty of down time?

Less rushing is good for your soul.

Book a mini-break

Research shows that people who have a holiday to look forward to are happier than those who don't. If money is tight, plan a stay-cation. Explore your own town and imagine it through the eyes of a tourist – take the kids to the museum, ride the bus and ignore household jobs for the weekend.

Feel the heat

Exercise is a great mood-booster and if you're missing the warm summer weather, then why not book in for a hot yoga class? Bikram is practised in a room heated to 35-42°C. Not only does the warmth help loosen your muscles so you can stretch more easily, but it's a welcome break from the cooler temperatures outside.

The great outdoors

Just because the temperature has dropped a little, that's no reason to give up your outdoorsy lifestyle. Getting into nature is proven to be good for your mental health, so continue going to the beach or for bush walks right through the year. Rug up and head out – you'll feel refreshed and invigorated.

Healthy glow

There's no need to give up that summer glow – use a light dusting of bronzer or try mixing a little self-tanning cream into your usual moisturiser for a subtle healthy glow all year round.

QUESTIONS FOR GEMMA? Write to wdaynz@bauermedia.co.nz or Woman's Day, Private Bag 92512, Wellesley Street, Auckland.

Gentle care *FOR YOUR KIDS*

Childs Farm brings relief to kids suffering from sensitive and eczema-prone skin

Founded in 2011 by mother-of-two Joanna Jensen, Childs Farm was the solution for her sensitive skinned, eczema-prone daughters Bella and Mimi. Using naturally derived ingredients and essential oils, Joanna created a multi-award-winning range of mild, kind and delicious-smelling products formulated especially for newborns, babies and children.

Clinically and user-tested as suitable for sensitive skin, Childs Farm features bright, child-friendly, environmentally friendly packaging – featuring Joanna's daughters and animals from the family farm – as well as gorgeous nostalgic smells. Families love it for what it contains, but also for what it doesn't. Thanks to parents sharing the products' staggering results online, Childs Farm has become a social media



Childs Farm founder
Joanna Jensen

phenomenon in the last few years. It's now the UK's number one baby toiletries brand.*

The popular skincare range arrived in New Zealand in 2019. With a recent survey showing 40% of Kiwi kids suffer from skin conditions like eczema, psoriasis or dermatitis, many parents say Childs Farm is well overdue. Glowing feedback is already pouring in. "After almost two years of my twins having cradle cap, they're finally free of it," says mum Stacey Kale. "The only change has been using Childs Farm products."



Get 15% off
Childs Farm products
online by using the
code **WOMANSDAY**.*

Valid until April 3, 2020

Hair to toe

Childs Farm 3-in-1 is a shampoo, conditioner and body wash with a delicious strawberry and organic mint aroma. Perfect post-swim, it washes away chlorine, leaving skin and hair clean and shiny. It's the ultimate hassle-free after-swim solution. Suitable for newborns and upwards. Follow up with the award-winning Childs Farm Baby Moisturiser to protect and hydrate skin.



Available at Unichem and Life Pharmacies and online at childsfarm.co.nz.

TOP TIPS FOR TROUBLED SKIN

- Always patch test new products
- Keep it clean
- Moisturise, moisturise, moisturise!

*Kantar Worldpanel, July 2019.

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Jodie Molloy answers your most intimate questions

LET'S TALK ABOUT SEX

Q *I sometimes want to cry after I orgasm. It makes no sense because clearly I feel great physically. Why the emotional outburst?* Teary-eyed, Army Bay

JODIE SAYS Orgasm seems to be a relatively uncharted area of study in terms of science, so there's not a lot of literature to explain why this happens. But it does happen, as well as other emotions. I know somebody who laughs like the Joker in intimate moments, which can make for awkward times. Studies do confirm what's called "peri-orgasmic phenomena". The wide range of bizarre reactions that can occur during orgasm include laughter, tears and itching, according to the study carried out by the Department of Obstetrics, Gynecology, and Reproductive Sciences at the University of Maryland Medical Center in Baltimore. Whatever the reason is, I would keep doing what you're doing and just make sure you've got some tissues close by for the weepy moments!

Q *I have no idea what to buy my wife for her birthday. She's always telling me I've become a bit boring, so can you recommend something that will give her a laugh?*

Uninspired, Rangiora

JODIE SAYS Well, I think she wants more than a laugh, so I recommend getting her something she can enjoy with or without you. I'd recommend a Kissable Air Wave Simulator.



When you break down all the fancy specs, in essence it's a clitoral simulator. This is entirely designed for her, has a USB charger and can

be used in the shower for up to 60 minutes. It's the kind of toy that a woman never looks back on once she receives it, so you might

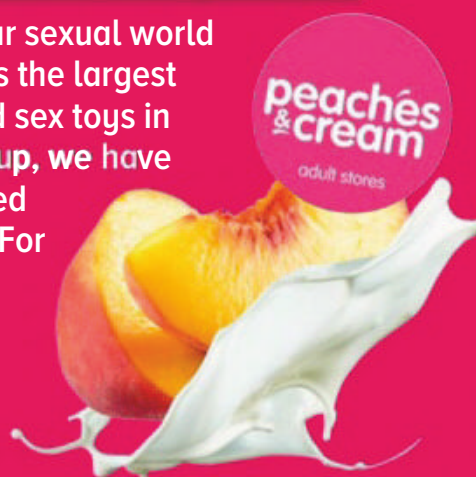
want to step up your love game or be left in the dust.

Q *My partner is obsessed with his penis being less-than-average in size. I've lost count how many times I've told him it's fine and I'm happy, but now I'm starting to wonder if he's right and we're both missing out? I'm faithful to my husband and have not had many partners. Is there something we can do that's not surgical?* Curious, Papatoetoe

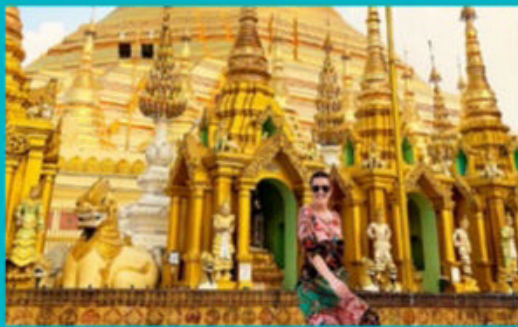
JODIE SAYS It's human nature to be preoccupied with what other people have and while women are often busy judging themselves in every way possible, sometimes we forget that men have their own whole area of neurosis designed just for them. Penis-hate is incredibly common but not a lot of men talk freely about hating their genitalia. It's good he can be honest with you, but it's also taxing hearing anybody talk negatively about themselves without the prospect of change. The Goliath pump is said to be the best-selling penis device in the world. It seems to be able to enlarge, enhance performance and add two inches in length. While this might not make a difference to you in the grand scheme of things, if it helps with your husband's self-esteem, then maybe it's time for the Goliath to become part of your relationship.

Stock up your adult toy box!

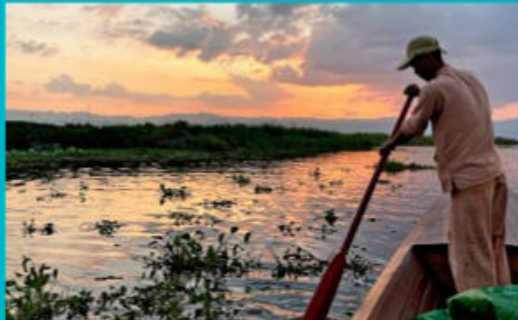
Get adventurous and expand your sexual world with Peaches & Cream, which has the largest selection of erotic playthings and sex toys in New Zealand. To help you stock up, we have a prize pack containing an Evolved Love Button, a System Jo Agape For Her Lubricant and a Women Gel Chill, rrp \$320, to give away. To enter, visit womansday.co.nz/peachesandcream with the code PC10 by March 13.



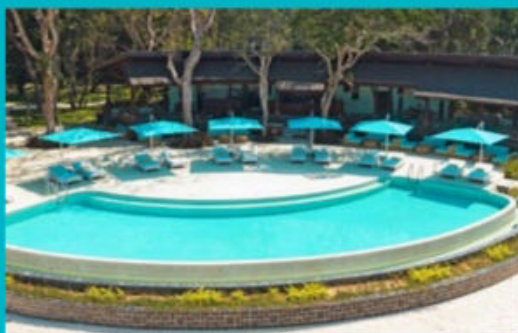
QUESTIONS FOR JODIE? Write to wdaynz@bauermedia.co.nz or Woman's Day, Private Bag 92512, Wellesley Street, Auckland.



Shwedagon Pagoda is the most amazing golden sight.



An afternoon cruise through Inle's floating villages.



Lounging by the pool at Awei Pila Resort.

Find magic in MYANMAR

ELISE WILSON goes off the beaten track to discover Southeast Asia's hidden gem

ADD TO THE BUCKET LIST!

Bad weather meant I couldn't go ballooning, but I'm told you'll get breathtaking sunrise views of the glassy Inle Lake, stilted villages and floating gardens.



Imagine Thailand before the crowds and tourist traps. In visiting Myanmar, I was quick to learn why so many travel websites describe it as unmissable. Through 10 days of sailing, trekking and sashaying around the most stunning shrines in the world, I fell head over heels ...

1. PURE PARADISE

After a good two days in transit, I was ready to start my "barefoot luxury" adventure in the Mergui Archipelago – a collection of 800 pristine white-sand desert islands off the southern coast of Myanmar. We boarded a private speedboat from Kawthaung Pier (making me feel like an absolute celebrity on my birthday, no less!) It was about two and a

half hours to get to where we were staying, at the super-luxe Awei Pila Resort.

2. RELAX AND UNWIND

If you've ever envisioned yourself as Robinson Crusoe on a desert island, this is as close as you get! Just add beachfront air-conditioned yurts, an infinity pool, snorkelling and daily massages. In my three days here, apart from lounging by the pool, we hiked to the Moken "sea gypsy" village, rode a boat around the entire island and snorkelled the reefs and hidden beaches.

3. THE BIG SMOKE

By day five, we were back in Yangon, the largest city in Myanmar. First up was a

fascinating walking tour led by a member of the Yangon Heritage Trust, a non-profit group working to preserve colonial-era buildings. After lunch we boarded the Elephant Coach, which is a very fancy transformed 1940s Chevrolet bus. It took us through the colonial architecture of Yangon downtown and onto the pièce de résistance – Shwedagon Pagoda, Yangon's most famous landmark. It's adorned with 99-metre-high gold-plated shrines and diamond-studded spires set on top of a hill and is Myanmar's most important Buddhist pilgrimage site. It's also easily one of the most amazing sights I've ever laid eyes upon.

4. LAKE LUXURY

On day six, we flew from Yangon

to Heho Airport to start a scenic one-hour drive to Nyaungshwe, the gateway village to Inle Lake. We boarded cute wooden speedboats (luggage and all) and set off to visit rural workshops that made handcrafted umbrellas, followed by a delicious lunch at Viewpoint restaurant, dubbed the best Shan food in the country. I can confirm, it was damn good!

5. CRUISE AWAY

Next was a late afternoon cruise on traditional longtail boats through Inle's floating villages, sipping local wine while the Inle Canoe Ladies (look them up!) rowed. It was stunning, as were my rooms at the Villa Inle Boutique Resort and luxurious Sofitel Inle Lake Myat Min.

Harry Potter VILLAGE

Issue Two
HONEYDUKES™ sweet shop

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Issue Three
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Issue Four
HOGWARTS
Express

Issue One
THREE BROOMSTICKS™ Pub

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Product subject to change. Some accessories shown for display purposes only. Train is a non-working sculpture. Fine collectables. Not intended for children under 14 years of age.

Issue Three, the illuminated “HOGWARTS Castle” sculpture shown smaller than impressive size of 20.5cm H x 20.5cm W x 20.5cm D”. Buildings range in size from 16.5cm H to 18cm H. Figurines measure up to approx. 5cm H.

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CHATTY WOMAN

Sarah-Kate still loves old treasures and a natter

I spent the weekend clearing out my office, which you would think a terrible waste of precious time off, but actually I made some wonderful discoveries.

Like the photo of the Ginger and I posed as Turkish royalty in the underground cistern in Istanbul about which I'd totally forgotten. I look adorable but he's wearing a massive blue pumpkin on his head and has a very frightened look on his face. He often wears the look, just not the blue pumpkin.

I also found a letter from someone who read my book *Screw You Dolores* in which I moan about the pain of authors being told by readers that they got their book for free. Or out of a rubbish bin. This reader – with no return address – sent me \$20 because she got hers at a thrift

store! But that was years ago and I still have the \$20 because I feel so bad about moaning.

Of course, I might have felt better had 10,000 people sent me \$20 but only this one person did. So I feel sorry for her and the money will never be spent.

But the other thing I found was a collection of my first columns. Can you believe, anyone who was interested and can remember back that far, that this column has been going in one form or another coming up for 22 years. How is that possible? I'm only 33!

I started off doing a Modern Girl's Guide, then it was a Date with Sarah-Kate and now I'm either personally one myself or inside a Chatter Box.

I'm delighted but my chatter boxiness drives my other half

wild. "I spend half my life standing around listening to you talk to people!" the Ginger once roared at me.

I was thrilled, thinking it the largest of compliments, but then I noticed the steam coming out of his ears.

"What you need is a large blue pumpkin on your head," I did everything within my power not to say, because he doesn't blow his stack very often, but when he does, clear the area.

Turns out my chat-a-thon with the dogsitter, who'd been looking after our pooch while we were away, had put him horrendously behind schedule with ... mowing the lawn. Yes, those blades of grass were growing wild and wieldy, strangling birds and kittens in the few minutes I was making

polite conversation with someone who'd done us a big favour.

Reading through those early columns it occurred to me that if I was a different sort of person I could recycle them (on purpose, that is – I think I may have already done it accidentally) because 22 years later the themes are pretty much the same.

I'm still looking for the perfect handbag. I'm still fending off an elasticated waistband. And I'm still marvelling at the difference between husbands and wives – one being that men think women talk too much and women think men don't listen.

The women are right. And the men? If they listened, maybe we'd stop talking. Check back in 22 years and I'll tell you if anything's changed.



WHO ARE YOU?

Kate has a case of mistaken identity

We are getting a strong tug of independence from our youngest child. Now that her older siblings have flown the coop (all bar one) she seems to have developed this insatiable desire to be grown up.

She wants to do things her way. This, of course, does not apply to things like loading her plates into the dishwasher or picking up her washing – she's still happy for others to do that on her behalf (i.e. me, Mum).

But when it comes to the day-to-day management of her life, she is trying to establish her own protocols. For a long time we've had a familiar morning routine of uniform on, breakfast, teeth brushed, bed made, walk the dog, head to the bus. But this no longer suits her.

She flounced into the kitchen in her PJs the other day and began pouring cereal.

"What are you doing?" I asked, fearing she had forgotten it was a school day or something.

"I'm having breakfast," she snapped back with sass.

"But why aren't you in your uniform?" I enquired.

"Because I don't want to put it on yet – I'm doing things differently now. I want to eat first, then put it on," she said.

No biggie, I thought. What could possibly go wrong?

About five minutes before she was due for the bus, I noticed Tik Tok music coming from her bedroom and the sweeping sashay of dance moves.

"You have your uniform on, right?" I bellowed from the hall.

The sound of music grounding

to a halt and zips being whizzed up made me think the answer was no.

Out of her normal routine, she had "forgotten" she didn't quite have it on yet, and she had not realised the time. But it's not the end of the world, I thought, a quick morning sprint to the bus never hurt anyone.

But she's ratcheting it up from there – she no longer wants me to pick her up from after-school activities.

"I'll walk," she announced the other day.

"Why?" I asked.

"Because I want to," she replied.

This new independence comes with a healthy dose of "I don't need to explain myself".

"OK," I replied, slightly suspicious.

About 10 minutes later my phone rang.

"Mum, I just happen to be walking past a Domino's. Can I get a pizza for dinner?"

Suddenly the real reason to walk home became apparent. Pizza. Fair enough.

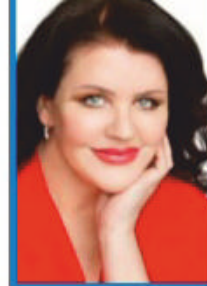
The final show of force came the other day when she stood up to her oldest brother, who'd popped home to "borrow" a drink bottle.

She reached into his bag and pulled out the one he had taken and held it up.

"Jackson, this is my drink bottle that I use for school and you are not taking it. If you've left home, just leave – stop coming back and taking things."

He looked at me aghast.

"I know," I said to him. "Who even is she any more?"



ASK POLLY

Get advice from fast-talking Rova and More FM star Polly Gillespie

Pollyism of the week

It was my birthday last week. Not a big one. Not a stellar one. Not a monumental one. Not even a tough one, but still, it's not as much fun as that time you turned 10, am I right?

Birthday parties were so much fun when I was a kid. I loved them. I loved mine. I loved yours. I loved my friends' parties. I was a party freak. I thought birthday parties were about the best thing that could happen to a primary school girl.

They didn't appear to take much organisation back then, either. They just seemed to happen. There would be friends, lots of brightly coloured fizzy drinks (probably not ideal when you come to think of it), cakes, cheerios, chips and other assorted fabulous food, and then treasure hunts and a bloody good session of Murder in the Dark.

So it was my birthday last week and I celebrated with a day of reflecting on how I don't feel any older than I did when I was seven or 23. Inside I still feel exactly the same. I see out of the same eyes, and they are wide-eyed and full of belief in magic and Santa.

Sure, my body has changed, going through so many metamorphosis cycles. I've been a size 22 down to size 10 and back again more than a dozen times. I've been a bra size 12B, 16D, 20DD and a 22FF, and now sit at an 18D most of the time.

I haven't been good to my

body. I've dieted. I've run marathons without training. I've broken arms, ankles and feet. I've torn hamstrings off the bone and sprained everything sprainable. I've eaten badly, drunk too much and taken things in college that were possibly highly illegal. However, it is only my body that stops me from being that kid who lives on in my mind.

On my birthday I was with my daughter and granddaughter, and we decided I should perform some Irish dancing for little Roseanna. I was quite good when younger, and dancing, like riding a bike, just comes back automatically. I danced to "Tell My Ma" at least 10 times, then to every other Irish song on Spotify.

After 90 minutes my legs could no longer cooperate and I collapsed in a pile on the floor, a sweaty, sore Irish mess. How has my body not stayed as young as my soul?

This must be how everyone feels, or at least a good many of us. The child inside still lives on in her summer shift dress with freckles and a thick ponytail, but somehow the body says "Nah".

My birthday was full of laughter and silliness and Irish dancing, which may have been a sort of substitute for those games of Murder in the Dark.

x Polly



Q *My teens don't read enough books and it's because they're glued to their phones. Their vocabularies have suffered as a result of their lack of reading. They tell me it's the same with everyone and to let it go, but being able to spell and use punctuation and words correctly is a basic thing, surely?* Old School, via email

POLLY SAYS Well, hell girl, you'd think so, right? Sadly, many people are growing up not reading or studying the news, history and general knowledge. I'd bribe them to read. I'd give them great novels, then quiz them and pay them. The reason for this is that great readers make great writers and often great

speakers. The best leaders, writers and folk who change the world read. Bribe them!

Q *Do you think employers look at things like neck tattoos these days and make judgements? My son is a tradie and he says his new neck tattoo isn't an issue with his job. I beg to differ. I know tattoos are mainstream now, but I think neck tattoos look rough. Do you?* Ink Stinks, via email

POLLY SAYS I am not a fan of the neck tattoo at all, personally. As a tradie, I think he will be fine. To be honest, tattoos anywhere are now part of mainstream culture. I'm not a fan, but honestly as a tradie he'll be sweet!

QUESTIONS FOR POLLY? Write to wdaynz@bauermedia.co.nz or Woman's Day, Private Bag 92512, Wellesley Street, Auckland.

BE ENTERTAINED!

COOL THINGS TO WATCH, READ, HEAR
AND DOWNLOAD THIS WEEK!

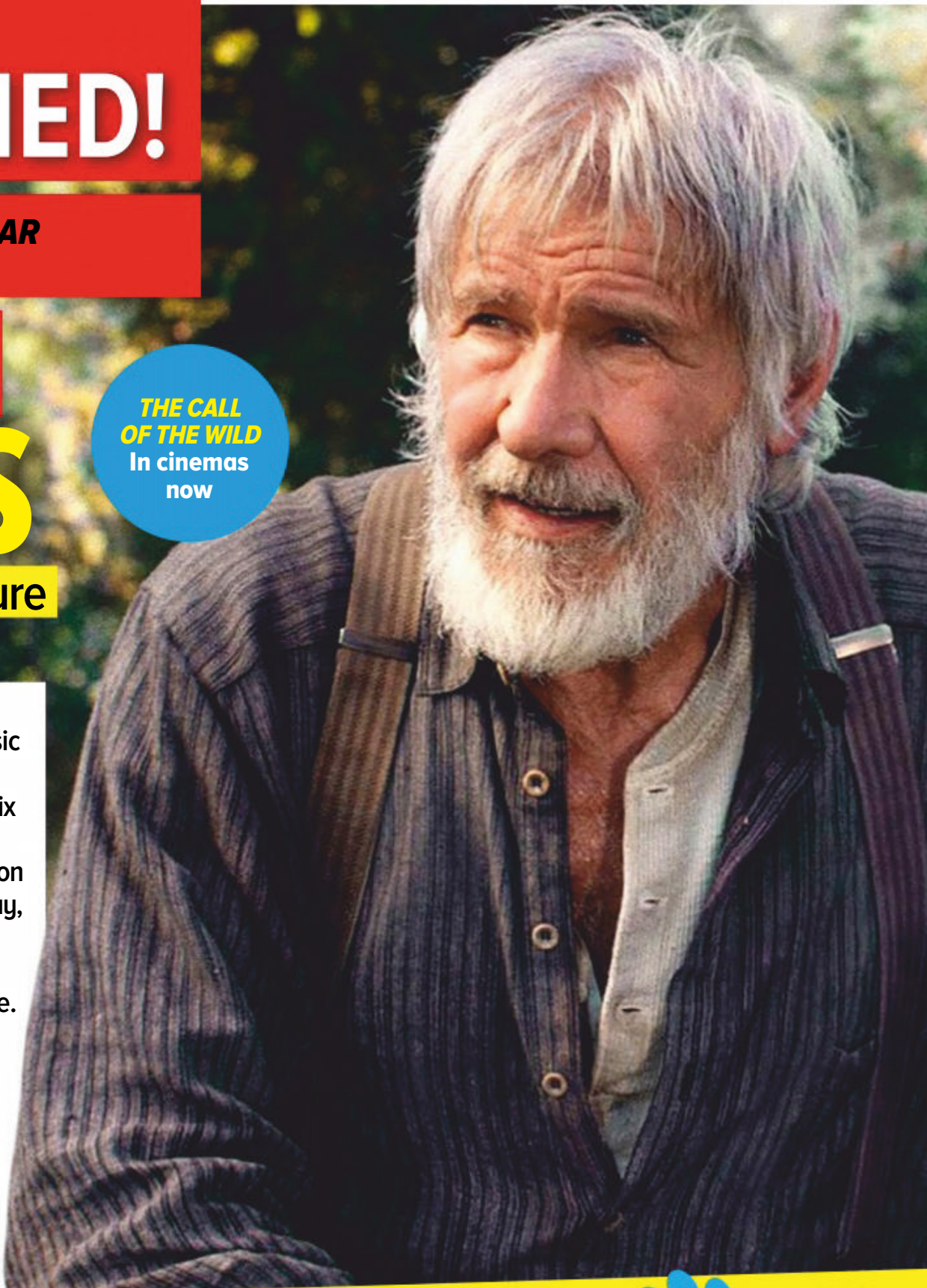
HARRISON'S DOG DAYS

The actor goes on a wild adventure
with man's best friend

It's amazing how a legendary movie star and an endearing dog can live up an adaptation of a classic literary work from 1903. *The Call of the Wild* is the wholesome, family-friendly story of a Saint Bernard-mix named Buck. He's stolen from his California home and sold as a sled dog to freight haulers in the Yukon, but soon discovers that he was destined to roam free. Along the way, Buck crosses paths with John Thornton (Harrison Ford), a broken man in mourning who's trying to strike gold. Together the pair set out on an unforgettable adventure.

While Buck may look real, he's actually a CGI animation, with motion capture done by a former Cirque du Soleil performer. "He gave me someone to establish an emotional relationship with," Harrison, 77, says of his not-quite-canine co-star. But he can see the ridiculousness of the situation. "It's a little strange – I'm rolling around with this guy, scratching his tummy and rubbing him behind the ear!"

THE CALL
OF THE WILD
In cinemas
now



CANINE CLASSICS



TURNER & HOOCH

Available on Disney+
Man's best friend turned co-worker! In this buddy comedy, investigator Scott Turner (Tom Hanks) takes in Hooch when his owner – a longtime friend of Scott's – is killed. Together, they attempt to solve the murder.



A DOG'S JOURNEY

Available on iTunes
This drama chronicles the life of Bailey, an elderly mutt who lives happily with his owner Ethan (Dennis Quaid), and follows the pup's multiple reincarnations into other dogs upon his passing.



RED DOG

Available on iTunes
Set in the Australian Outback, this is the ultimate tale of the bond between man and hound. The story follows Red Dog as he goes on a countrywide search for his long-lost owner.



ODDBALL

Available on Netflix
Based on a true story, Oddball is a mischievous dog owned by an eccentric chicken farmer, who, along with his granddaughter, trains Oddball to protect a penguin colony from fox attacks and save their seaside town.



JAMES GETS BLUNT

Q&A

He's well-known for his powerful ballads, but in his latest album James Blunt gets up close and personal about his life.

Once Upon a Mind is both vulnerable and open, as James, 46, sings of love and family, including the heart-wrenching song "Monsters" about his father who is battling stage four chronic kidney disease.

The talented artist is coming to New Zealand in November and recently chatted to *Woman's Day* about his music and life.



What would you say to 2004 James Blunt?

What I've learned pretty easily is to not take it all too seriously, to just enjoy it. It's a strange shift. I came from the army, dealing with life and death, and now I'm in a place that deals with hip and hop and what's cool, and none of that side needs to be taken too seriously. I take the music very seriously, though, and I love what I put out.

How have people responded as you've been touring?

The irony is that people seem to be able to connect with it more because they can see themselves in this album and reflect on their own emotions. I've always been quite private, so it's a bit strange for me to release very open songs and then talk about them and the inspiration behind them. But if I didn't, I wouldn't really be doing the songs and people justice.

Once Upon a

Mind is incredibly raw.

Can you tell us a bit about it?

I've written it without filter and without fear. I have exposed myself completely. It's very much for me and the people in my life: my family. The album doesn't have an audience in mind and is a bit different to my previous albums.

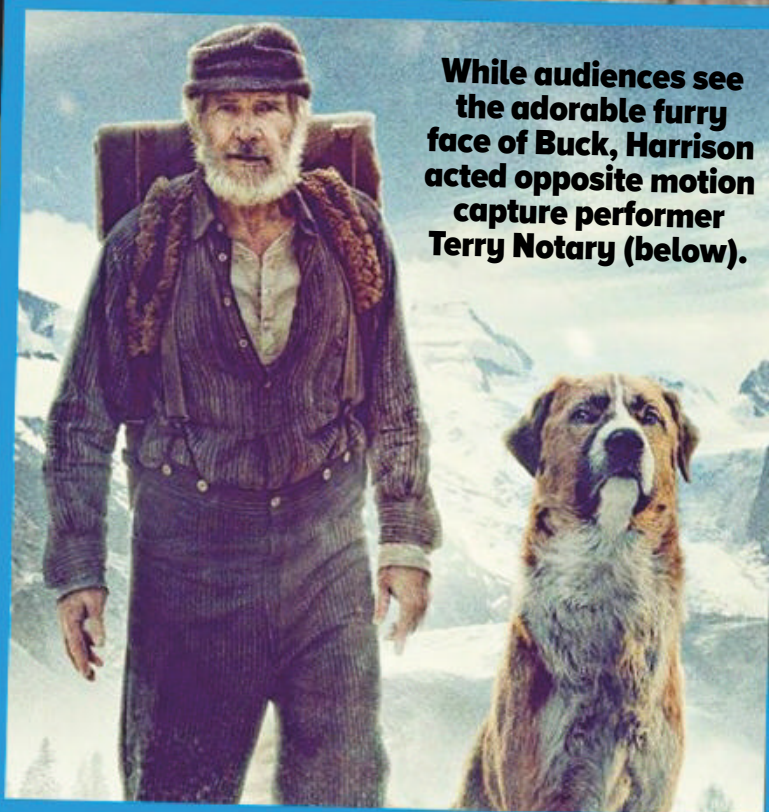
For example ...

When I realised I don't have much time with my kids, I wrote "I Told You" as a message from me in case I don't make it back because I go away for so long. And then of course, there are songs for my wife too. I often have to leave her to pick up the pieces when I go on tour, detailed in a song called "Cold". It talks about the ocean between us, and how without her I am just cold. Or a song called "Champions" and the difficulties that our lives might bring us, but, as a team, we can be the best.

How is your father doing at the moment?

I've been telling him that if he does pop his clogs, the song will probably do a lot better. But he is still in the game and he's doing well.

While audiences see the adorable furry face of Buck, Harrison acted opposite motion capture performer Terry Notary (below).



COOL THINGS TO WATCH, READ, HEAR
AND DOWNLOAD THIS WEEK!

POPULAR PODCASTS

These scrummy
food-related podcasts
are a snack for your
ears – just don't listen
if you're hungry!



OFF MENU

British comedians Ed Gamble and James Acaster invite their guests into their imaginary restaurant and get them to describe their dream meal, from starter to drink to dessert.



GASTROPOD

This fascinating series explores the unknown history and shocking science behind food. You're sure to come away with lots of facts to share at your next dinner party.



TABLE MANNERS

Singer Jessie Ware and her chef mother Lennie host this foodie podcast where A-list guests, including Emilia Clarke and Jamie Oliver, drop by for a chat and a bite to eat.



LECKER

Recorded in real-life kitchens, Lecker is described as "a podcast about how food shapes our lives in all sorts of ways", and explores guests' personal relationships with food.

**THE WAY
BACK**
In cinemas
Thursday

**NEW
RELEASE**

TEXT: CHRIS GLAVOVIC, REBEKAH HEBENTON.



BEN'S HAVING A BALL! COURT APPEAL



Ben gets serious with co-stars Melvin Gregg (above) and Michaela Watkins (left).

After spending a few years away from the big screen, Ben Affleck is back with perhaps his most personal role yet.

The Way Back follows the story of Jack Cunningham, a former high school basketball star who has never reached his full potential. Now a spiralling alcoholic, he is given a lifeline with the opportunity to coach his school's basketball team and help return it to its former glory.

Ben, 47, has publicly battled his own alcohol addiction problems, and director Gavin O'Connor says this enhanced the *Argo* actor's performance.

"I think that Ben, in an artistic way, in a deeply human way, wanted to confront his own issues through this character and heal," tells Gavin. "He was ready to go to really deep, dark places with the drinking."

While some may think playing such a role during recovery is risky, Ben doesn't agree, saying, "I've never been very risk-averse, for better or worse ... the benefits, to me, far outweighed the risks. I found it very therapeutic."

DDING AROUND

BREEDERS
Tuesday, Neon
& SoHo 2 from
March 26



Bringing up children can be scary, and *Breeders* won't convince you otherwise!

The brutally honest comedy series follows Paul (Martin Freeman) and Ally (Daisy Haggard) as they try to hold everything together while providing for two young kids amid temper tantrums, demanding careers and sleepless nights. Their household only grows more chaotic when Ally's father comes to stay.

Inspired by his own experiences as a child and now as a father, Martin, 48,

explains that he was excited to explore a side of parenting people don't often talk about.

"We all know we love our children more than anything else in the world," he says. "But nothing can wind you up more than your family."

"We're letting people see it's not just them who want to throw themselves out of a window. Parents want to do that, if they're being honest with themselves."

While there are many laughs throughout the



Martin and Daisy tackle the realities of parenting.

show, the rawness makes it heartwarming too.

The *Fargo* star adds, "I've always been open about my shortcomings as a parent, because I'm a pretty good dad, a demonstrably loving father. And I'm not even sure I shout more than others, but I admit to it more than almost anybody. And, well, I am doing a show about it."

COOL THINGS TO WATCH, READ, HEAR
AND DOWNLOAD THIS WEEK!

Best on THE



LEVEL 16

Wednesday, 8.30pm, Sky Movies Premiere

Boarding school doesn't look so bad when you see how the girls at Vestalis Academy are forced to behave. Whether they like it or not, the students must act properly and remain "clean" if they want to escape punishment. Two of the girls, however, are determined to break the mould and escape the mysterious and hauntingly creepy establishment ... or die trying.



I AM: NICOLA

Sunday, 8.30pm, Rialto Channel

Throughout March and April, Rialto Channel is presenting *Reel Women*, which focuses on actresses and filmmakers. In this week's film, Vicky McClure stars as hairdresser Nicola, who we follow in her search for a romantic ideal. However, her controlling, manipulative partner Adam is stopping her from realising her dreams.



ZUMBO'S JUST DESSERTS

Thursday, 7.30pm, THREE

A final showdown has never looked so tasty! The second season of this mouth-watering show comes to a head as 19-year-old student Catherine Zhang looks to out-bake concreter Simon Rasmussen. The two will battle it out recreating one of judge Adriano Zumbo's signature dishes, as well as developing an invention of their own. This series really takes the cake!



RAW RECRUITS

Wednesday, 9.30pm, TVNZ Duke

Most 16-year-olds are learning maths and history, but at England's Army Foundation College in Harrogate, they're learning to kill. This series follows young recruits through gruelling military training and all that comes with being both a teenager and a soldier.

BOX

**MONDAY MARCH 2 -
SUNDAY MARCH 8**



MY 600-LB LIFE

Tuesday, 8.30pm, TLC

This reality show focuses on people who weigh more than 270kg, following them over the course of a year in their quest to lose weight. Under the care of Younan Nowzaradan – known as “Dr Now” – they battle the highs and lows of following a strict diet which, depending on their progress, will allow them to have life-saving surgery. With season eight now airing, get ready for all the drama and inspiration of previous years.



THE CHRONICLES OF NARNIA: THE LION, THE WITCH AND THE WARDROBE

Friday, 7.30pm, TVNZ 2

Take a magical journey with the Pevensey children as they enter the fantasy world of Narnia only to discover their destiny – to free it from the hold of the evil White Witch. Guided by the all-knowing lion Aslan (voiced by Liam Neeson), it's a feel-good movie the whole family will enjoy.



WATER FOR ELEPHANTS

Saturday, 8.50pm, TVNZ 2

Based on Sara Gruen's novel of the same name, this romantic drama tells the story of two young circus entertainers and their pursuit of happiness. Starring Robert Pattinson, who plays a young vet student, and Reese Witherspoon, whose character is in a toxic relationship with the ringmaster, the film follows their struggle to be together.

THE BEST OF STREAMING

**CHECK OUT OUR TOP
PICKS FOR THE WEEK**

DEADWATER FELL

Monday on
TVNZ OnDemand

RATING: ★★★★★

When a mysterious fire breaks out in a remote Scottish village, killing a mother and three children, cracks appear in the once close community. Starring David Tennant, this gripping series deals with heartbreak and betrayal.



AHIKAROA

Thursday on
TVNZ OnDemand

RATING: ★★★★★

This bilingual series examines Kiwi culture in a gritty yet entertaining way. Follow best friends Smooch, Hemi and Geo as they navigate relationships and heartbreak. Breaking all taboos, this show is not to be missed, with the second season now available to stream.

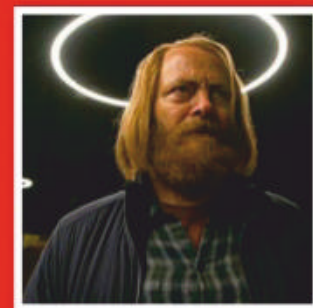


DEVS

Friday on Neon

RATING: ★★★★★

Tech whiz Lily Chan begins investigating a giant computing company following the disappearance of her boyfriend. She has to be careful though, as this company is not afraid to play dirty. Nick Offerman stars in this show that blends the power of tech and its frightening impact on real life.



SPENSER CONFIDENTIAL

Friday on Netflix

RATING: ★★★★★

Mark Wahlberg plays an ex-cop who's fresh out of jail. Although he tries to leave his crooked ways behind him, he finds himself pulled back into the thick of the action after two former colleagues are murdered.



Woman's Day Puzzles

Relax with our fantastic collection of fun puzzles and you could win cash!

SUDOKU

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

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

WHO AM I?

I was born in London in 1989. I was an only child and grew up in a home involved with the arts and acting: Dad is a literary agent and Mum a casting agent. When I was 10, I landed a role in a BBC adaptation of *David Copperfield*. My break came soon afterwards, when Dad bumped into a producer friend who was casting for a new movie. They thought I looked exactly like the titular character and encouraged me to audition. I was in the bath when I learned I'd won the lead role. Over the next decade I made eight magical movies. Since becoming an adult I've worked hard to broaden my acting range by appearing on stage and doing thrillers, such as *The Woman in Black*. More recently I've tried the action genre, with *Beast of Burden* and my latest film *Guns Akimbo*, which I shot on the streets of Auckland, with Rhys Darby and Kiwi director Jason Lei Howden. Who am I?

THIS WEEK'S BIG CROSSWORD

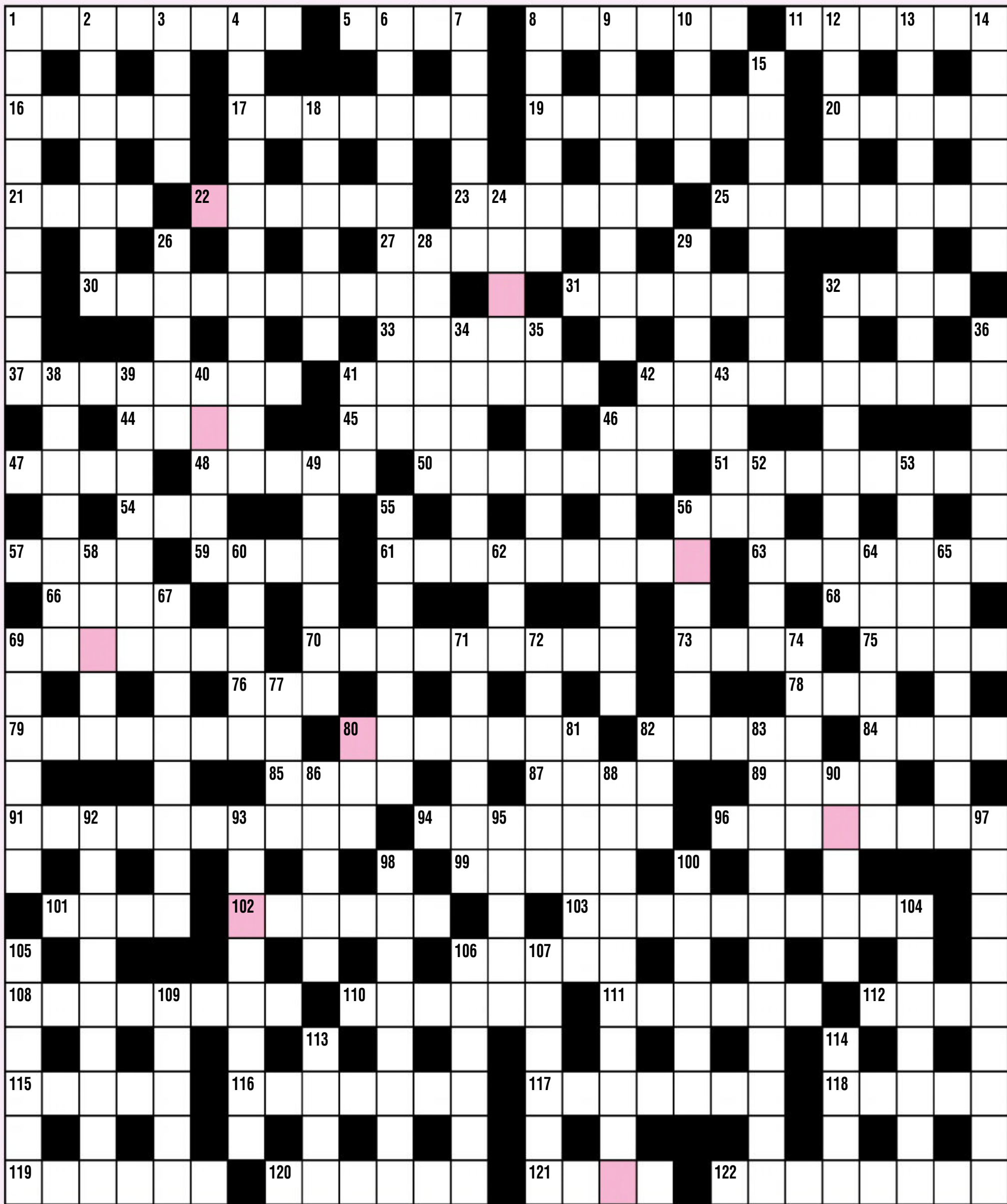
ACROSS

1. Sugar variety
5. Coagulated milk
8. Levels, storeys
11. Kayaks
16. Screen legend, Greta ...
17. Fill with fear
19. More in want
20. Find repugnant, loathe
21. TV cook, ... Hewitson
22. Star of *The Blind Side*, ... Bullock
23. Takes over by force, ... power
25. With affection, regard ...
27. Camping shelters
30. Bed for dill and coriander, etc (4,6)
31. Leasing, chartering
32. High-pitched cry of grief
33. Goes up
37. Schemers, conspirators
41. Iraq's capital
42. Drunkenness
44. Nevada city famous for quick divorces
45. Little red monster in *Sesame Street*
46. Aware of the facts, in the ...
47. Disengage, ... the bolts
48. The *Silence of the Lambs* star, ... Foster
50. Type of poison
51. Allotted
54. Performing pair
56. Termite, white ...
57. One of four babies born together (abbrev)
59. Christmas season, ... tide
61. Puts in place
63. Collect together again
66. Mineral sources
68. Car's oil reserve
69. Desperate, ... efforts
70. Loosening your grip (7,2)
73. Research, delve ... the past
75. Put your name to, ... the cheque
76. Fluctuations, ... and downs
78. Horror-slasher movie director, ... Craven
79. Videotape holder
80. Plant's wispy climber
82. A second time
84. Tehran's country
85. Promise, give your ...
87. Former name of Thailand
89. Absolutely huge

91. Without cause
94. Co-star of 48 Across, Sir ... Hopkins
96. Ran quickly
99. Sound of a plucked guitar string
101. Superb pilots
102. Unfolded, ... up
103. Current-carrying conductors
106. Monaco city, Monte ...
108. Finland's capital
110. Cry of discovery
111. Spiritual healer
112. Outer edges of wheels
115. Pours down
116. Begin a voyage (3,4)
117. Duty-exempt (3-4)
118. Tane Mahuta is a giant one
119. Greater than
120. Come into view, emerge
121. Music great, ... Simone
122. Burning, smarting

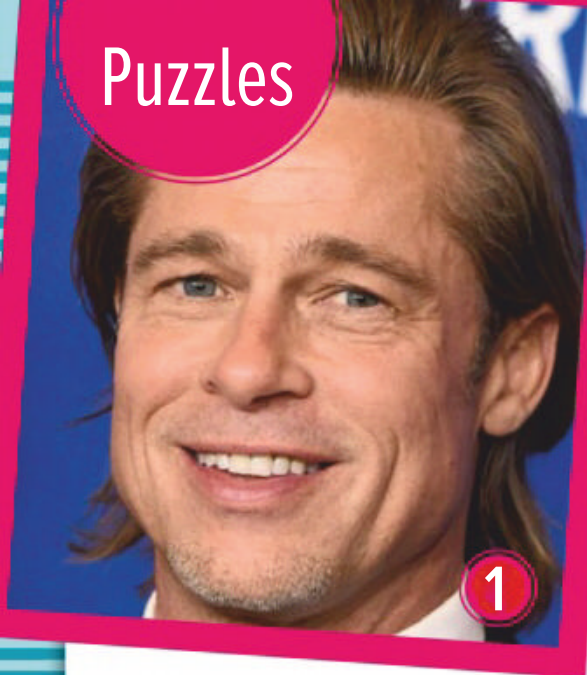
DOWN

1. Unearthing (7,2)
2. Deliciously addictive
3. Castle-shaped chess piece
4. Small marsupial (3-8)
6. One-sided, a ... decision
7. Trial performance (3,3)
8. Mushroom or toadstool, eg
9. Given excessive remuneration
10. Horse-control strap
12. Merited prize
13. Or else
14. Wanders off the path
15. Rapid succession of musical notes
18. Equestrians
24. Faithful horse, trusty ...
26. Give a speech
28. Puzzling riddle
29. Musical instrument, ... accordion
32. Inner mechanism
34. Props up
35. Most secure, ... place
36. Scrutinised (4,2)
38. Torpor
39. Walked upon, had ... on
40. Have a good time, ... yourself
41. Hive dweller
42. Animated movie, *Monsters...*
43. Tchaikovsky ballet, ... *Lake*
46. Japanese gowns
49. High values or principles
52. Strengthening rod, bicycle ...
53. Supermodel, ... Campbell
55. Noticed, ... an error
56. Enquiring
58. Pure-bred racehorses
60. Not censored, the ... version
62. Electric particle
64. From Moscow, eg
65. Improve the quality of
67. Tall church spires
69. Productive, fertile
71. Make a hollow in
72. Japanese hostess
74. Possessor, rightful ...
77. Church benches
80. Endeavour, ... to
81. Singer of "Hello", ... Richie
82. *Little Women* sister, ... March
83. Temporary
86. Ancient, ... than time
88. Related to early Britons (5-5)
90. Dizzy
92. Doing very well, ... at
93. Retailer, supplier of goods
95. Adjust slightly, ... the recipe
97. Absorbing, ... food
98. Control, ... the flow
100. French cream and chocolate pastry
104. Motivating impulses
105. Baby angel
106. Underground room
107. Cane made from palm stems
109. Put into circulation, ... a new banknote
113. Gradually, one ... at a time
114. External covering



When you've solved the crossword, the letters on the shaded squares, reading left to right, top to bottom, spell a mystery word or phrase.

The mystery word



BRAINBUSTERS

1 Brad Pitt won an Academy Award for Best Supporting Actor for his performance as stunt double Cliff Booth in which film?

2 What type of food is a bisque and from which country does it originate?

3 What is the name of the New Zealand women's national basketball team?

4 What is the more common name for otalgia?

5 How many letters of the alphabet are words?

6 What is the name of Yogi Bear's best friend?

7 Who was the founder of psychoanalysis?

8 What was the title of Taylor Swift's recent tell-all Netflix documentary?

9 Which is the largest lake in the South Island?

10 Which gender of mosquito bites?

11 Who is fourth in line to the British throne after Prince George?

12 Before Kate Winslet made the role famous, which actress was originally offered the part of Rose in the movie *Titanic* but turned it down?



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

WORDFIND JENNIFER LOPEZ

The names, words and titles below all relate to singer and actress Jennifer. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover name, title or word is the mystery answer.

- | | |
|-------------------|-------------------|
| Alex Rodriguez | Parker |
| American Idol | Producer |
| Anaconda | Ramona |
| Angel Eyes | Ricki |
| Charlie | Second Act |
| Enough | Selena |
| Gigli | Singer |
| Holly | The Boy Next Door |
| Hustlers | The Cell |
| Jack | U Turn |
| Jersey Girl | Zoe |
| Maid in Manhattan | |
| Marc Anthony | |
| Marisa | |
| Mary | |
| Maya | |
| Money Train | |
| Out of Sight | |

CODE CRACKER

Each number in the grid represents a different letter of the alphabet. Work out which number stands for each letter, write them in the grid below and cross them off the list – we've given you three to start you off.

Fill in the letters in the box beneath the puzzle to spell the mystery word.

A	1		18	N
B	2	10	19	O
C				P
D	3	11	20	Q
E	4	12	21	R
F				S
G	5	13	22	T
H	6	14	23	U
I	R	O		V
J	7	15	24	W
K		S		X
L	8	16	25	Y
M	9	17	26	Z

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

20	18	16	7	23	22
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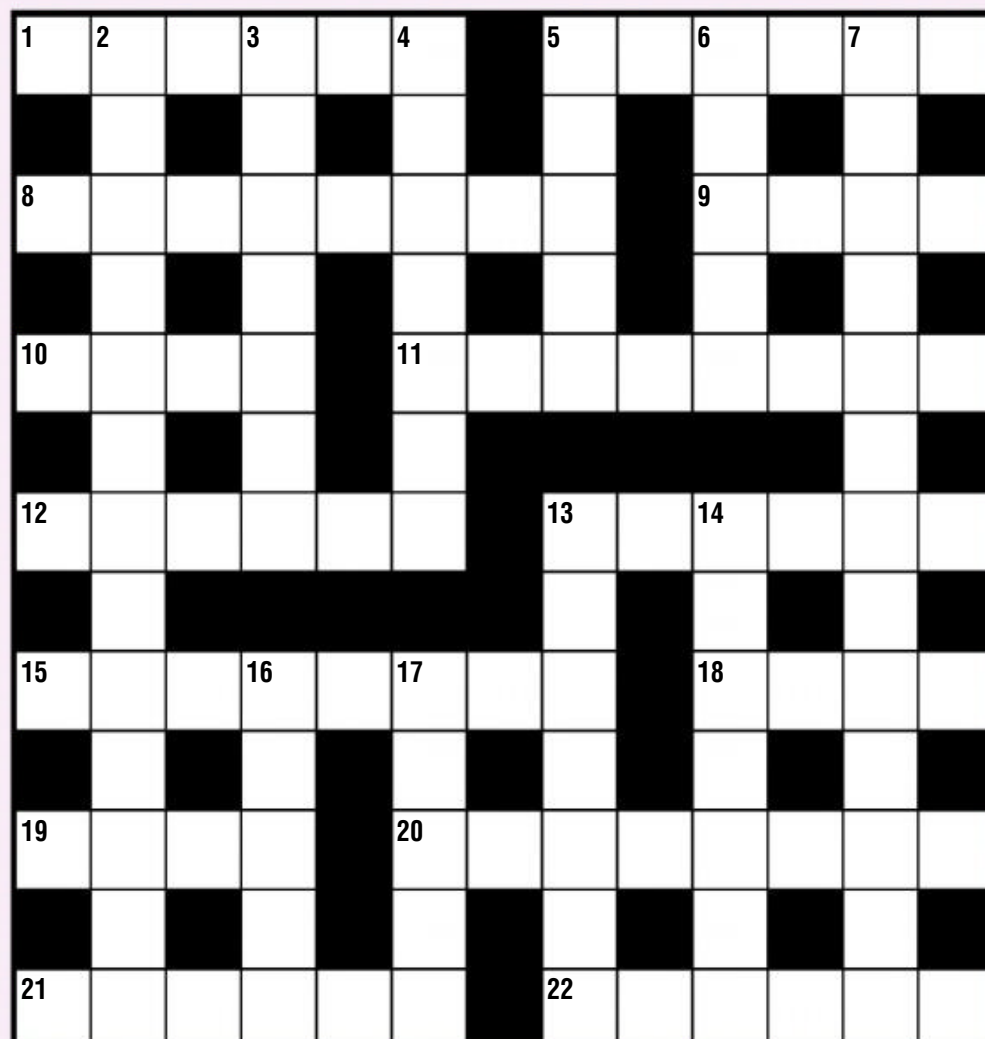
CRYPTIC CROSSWORD

ACROSS

1. Che joins me on Southern plot (6)
5. Reputation of salesperson sitting on ute (6)
8. Clarity – I'd take it to be held by Lucy (8)
9. Type of little albatross held up (4)
10. Circle, slowly, endlessly by Norwegian city (4)
11. Score too highly then scoffed too much on right (8)
12. Castaway and crew so noisy (6)
13. Devout petition for each holding Ray (6)
15. More dice thrown is average (8)
18. Little Kangaroo loud on top (4)
19. Unattractive guy turns on left (4)
20. Joseph's partner to touch down in US state (8)

DOWN

21. Vital icing is in sloping font (6)
22. Sordid to try to hold twisted wad (6)
2. Wait we hear, on boat for boxing division (13)
3. Journalists' new steroid (7)
4. Embodiment of epic tome without cover initially (7)
5. Her position on my return with poem (5)
6. Model's puzzling question (5)
7. Book-marking act is enough to drive one round the bend! (4,3,6)
13. Italian clown to rot on jetty (7)
14. Broadcast wolf returning on breeze (7)
16. Idol talked of lovely country scene (5)
17. Funny company with tailless mice (5)



**\$250
PRIZE**

See 'How to enter'
(PAGE 88)

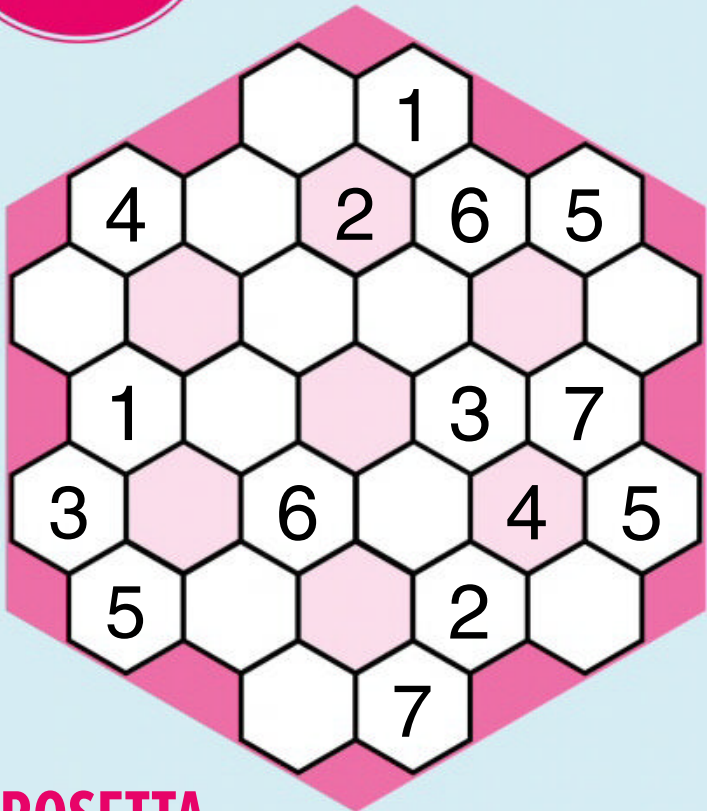


STARWORD

Work out the names of the celebrities pictured and enter for your chance to win!

	Pictured star, ... Lewis	Pod vegie	Climbing plant	Decorate, ... a cake	Male elephant, eg	Optic orb cover	Assist in or after crime	Looked at with caution, ... warily	Not popular, ... of favour
	Long dramatic movie, eg			Minor road				Japanese martial arts sport	
	Company income, eg						Male admirer		
Astern	Speed up, ... the engine	Sunbeam		Every bit, ... of it			Prepare text for use		
	Cook in oil	Fish eggs		They, he and ...					
	On cloud nine		Painting, work of ...	Support for a broken arm, eg				Become unwell	Came across, ... by accident
			Fire remains			Food tin	Pleased, happy	Stage whisper	Target, take ... at
			Male sheep					View, vista	
Vote to reject		Make a mistake		Heart scan (1,1,1)			Passed easily, ... the test		
Tabby or Manx		Gum or wattle		Expel gases, eg					
		Had a meal			Trendy, ... mode (1,2)			Coagulate	
		Beer, pale ...			Chopper			Produce an egg	
Light rail or street-car				Handcuff					
Snakelike fish			Repair, mend			Pictured star, ... Martin			
Song, "How ... Is Your Love?"				Assam or jasmine drink			Food colouring, eg		





ROSETTA

A rosetta is made up of a centre coloured hexagon surrounded by six white hexagons. To complete the puzzle, fill in all seven rosettas with each number between 1 and 7 in no particular order while also ensuring that:

- 1. No number is repeated in a horizontal row.
- 2. Each number from 1 to 7 is represented in the seven coloured hexagon cells.

WORDMAKER

How many words of four letters or more, including one of nine letters, can you make from the letters here – with each word containing the letter in the centre? Don't include proper names or plurals.

Y	S	A
E	G	L
R	C	E

LOGIC BRAINTRAINER

During the week, *The Black Stump Gazette* features three special pull-out sections. From the clues, can you tell the day on which each pull-out occurs, its publisher and number of pages?

CLUES

- 1. Wednesday's food pull-out has the least pages.
- 2. Stacey edits the pull-out that comes with the paper on Fridays.
- 3. Steve is the editor of the motoring special, which has the most pages.

Each time you rule out a match, put a cross where the vertical and horizontal squares meet in the grid. When you find a match, put a tick in the grid. Also put a cross in the other two squares horizontally and vertically in the same line, as no other combinations can be true. By doing so, you'll gradually be able to solve the puzzle.

WHO EDITS THE FOOD PULL-OUT?	FOOD	MOTORING	SHOWBIZ	PENNY	STEVE	STACEY	12 PAGES	14 PAGES	16 PAGES
MONDAY									
WEDNESDAY									
FRIDAY									
12 PAGES									
14 PAGES									
16 PAGES									
PENNY									
STEVE									
STACEY									

DAY			
SECTION			
EDITOR			
NO. PAGES			

See 'How to enter'
(PAGE 88)

The words below are all books with a name as their title. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover title is the mystery answer.

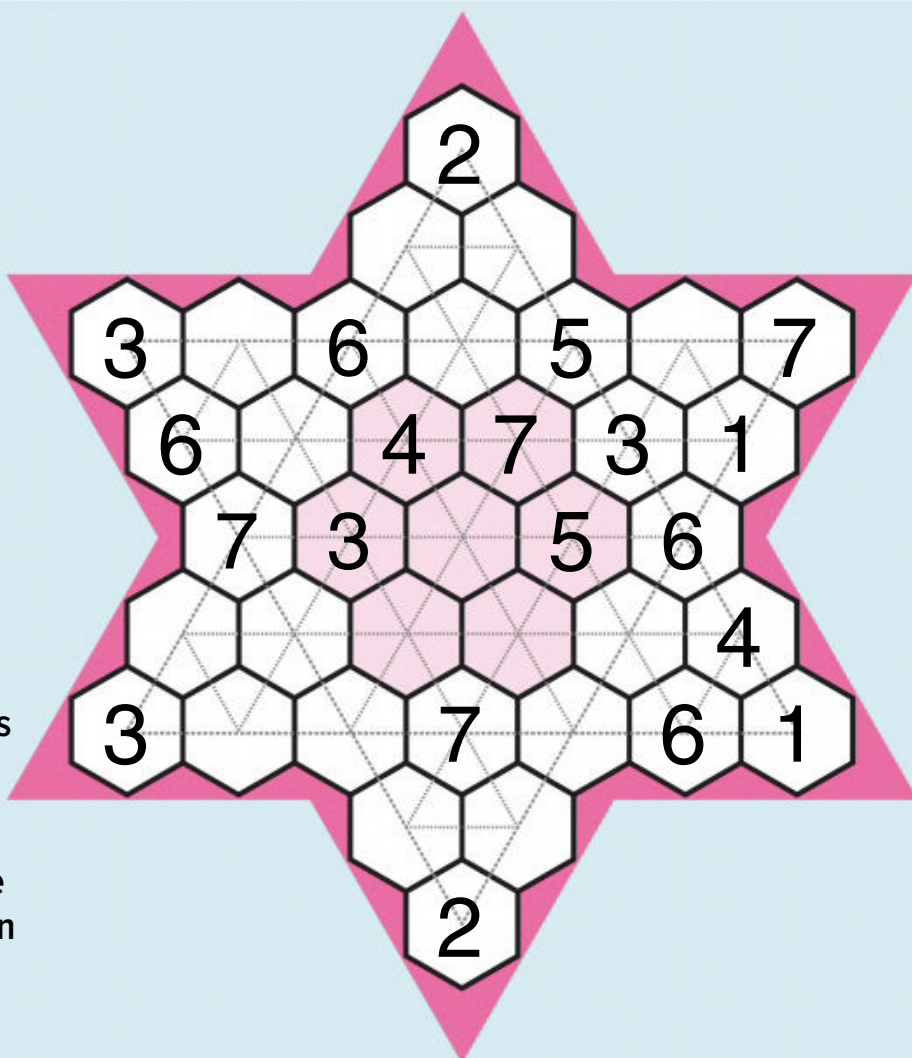
Adam Bede	Lolita
Agnes Grey	Lorna Doone
Anna Karenina	Madame Bovary
Carrie	Madeline
Coraline	Mary Barton
Cyrano De Bergerac	Matilda
David Copperfield	Maurice
Desmond	Mildred Pierce
Doctor Zhivago	Mister Johnson
Don Quixote	Moll Flanders
Dracula	Mrs Dalloway
Emma	Oliver Twist
Ethan Frome	Orlando
Eva Luna	Queenie
Frankenstein	Rebecca
Heidi	Robinson Crusoe
Ivanhoe	Rob Roy
Jane Eyre	Roxana
Jasper Jones	Shirley
Kim	Tom Jones
Lavinia	Ulysses



Fill in each of the empty hexagons with numbers between 1 and 7 following these three rules:

- 1.** No numbers in a horizontal line can be repeated.
- 2.** No numbers in a diagonal line can be repeated.
- 3.** No numbers in the seven coloured hexagons can be repeated.

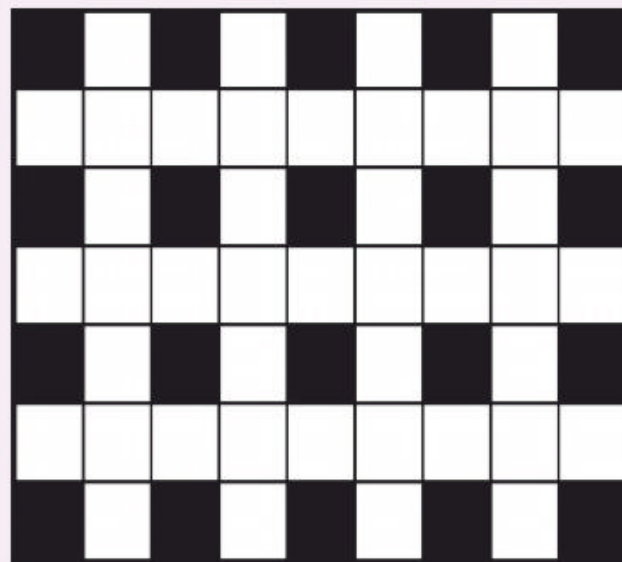
Note: Each of the white hexagons is part of a line of seven that must contain each of the numbers between 1 and 7.



Instead of clues, we've given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

RED VASE
CAD CASE
PARCEL PIP
RINSED PET

SNAPPER AD
DIET FAN
ARC BEAM

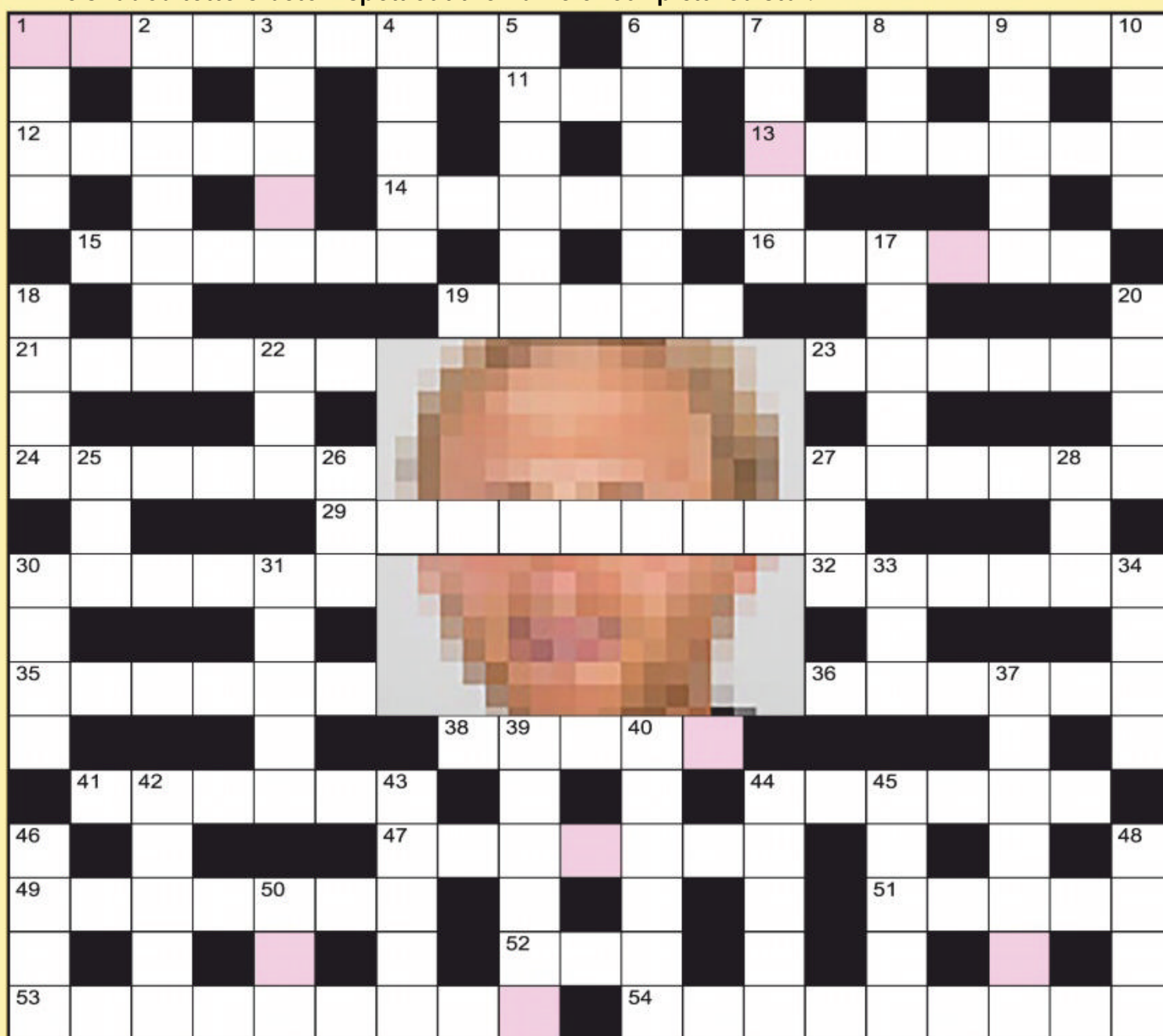


**\$250
PRIZE**

See 'How to enter'
(below)

SUPERSTAR CROSSWORD

The shaded letters below spell out the name of our pictured star.



ACROSS

1. Midway actor, Woody ... (9)
6. Thriller starring Angelina Jolie, *The Bone ...* (9)
11. Jim Carrey comedy, ... *Ventura: Pet Detective* (3)
12. Comedy, *The ... Budapest Hotel* (5)
13. Peter Fonda's last film role, *The Last Full ...* (7)
14. Kiwi director, Taika ... (7)
15. Historical drama with Eric Bana, *The Other ... Girl* (6)
16. Mila Kunis comedy, ... *Who Dumped Me* (3,3)
19. Adam Sandler comedy, ... *Management* (5)
21. Oscar-winner, ... Hoffman (6)
23. Saoirse Ronan stars in ... *Women* (6)
24. Julia Louis-Dreyfus' character in *Seinfeld* (6)
27. *Gravity* actress, ... Bullock (6)
29. Guy Ritchie heist film, ... *and Two Smoking Barrels* (4,5)
30. Villainous *Game of Thrones* character, ... Lannister (6)
32. ... Strahovski plays Serena in *The Handmaid's Tale* (6)
35. Actress married to Ryan Reynolds, Blake ... (6)
36. Bradley Cooper plays a marksman in *American ...* (6)
38. John Cleese comedy, ... *Called Wanda* (1,4)
41. Period comedy-drama series, *The Marvelous Mrs ...* (6)
44. *Shakespeare in Love* actor, ... Fiennes (6)
47. Reese Witherspoon rom-com, *Sweet Home ...* (7)
49. Roy Scheider musical drama, ... *Jazz* (3,4)
51. Julianne Moore Alzheimer's drama, *Still ...* (5)
52. "Fab Five" makeover show, *Queer ...* (3)
53. Jeff Goldblum sequel, *The ...: Jurassic Park* (4,5)

54. Harrison Ford action adventure, ... *the Lost Ark* (7,2)

DOWN

1. *The Greatest Showman* star, ... Jackman (4)
2. Teen series, *13 ... Why* (7)
3. Oscar winner, ... Redmayne (5)
4. "Mercy" singer, ... Mendes (5)
5. Tom Cruise sequel, *Mission: Impossible – Rogue ...* (6)
6. "My Heart Will Go On" singer, ... Dion (6)
7. Chris O'Donnell survival thriller, *Vertical ...* (5)
8. First name of actresses Mendes and Green (3)
9. US President, Donald ... (5)

10. English actor, Oliver ... (4)
17. *My Fair Lady* protagonist, ... Doolittle (5)
18. Rom-com sequel, *Bridget Jones: The ... of Reason* (4)
20. Lucy Lawless fantasy series, ...: *Warrior Princess* (4)
22. *The Lord of the Rings* actor, ... Holm (3)
25. Actress, Jamie ... Curtis (3)
26. Director, ... Roth (3)
27. Sci-fi, ... *Captain and the World of Tomorrow* (3)
28. *Harry Potter's ... Weasley* (3)
30. Liam Neeson's ... *Pursuit* (4)
31. Former sportsman turned TV presenter, Marc ... (5)

33. Maggie Smith film, *The Lady in the ...* (3)
34. Charlotte Brontë's *Jane ...* (4)
37. Emily Blunt movie, *Mary ... Returns* (7)
39. Film, *Who ... Roger Rabbit* (6)
40. Sarah Michelle Gellar series, *Buffy the Vampire ...* (6)
42. Fantasy film, *Cloud ...* (5)
43. Horror, *28 Days ...* (5)
44. *Animal Kingdom* actress, ... Weaver (5)
45. Biopic, *12 Years a ...* (5)
46. Film *The Wolf of ... Street* (4)
48. US *Survivor* host, ... Probst (4)
50. Film, ... *the Grinch Stole Christmas* (3)

How to enter

To enter, simply fill in
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starword

wordfind

giant wordfind

superstar crossword

NAME

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PHONE

SEE PAGE 89 FOR OTHER
PUZZLE SOLUTIONS

Have your say

Has a story got you all worked up? Give us your opinion

Hope after tragedy

We were all devastated by the murder of Grace Millane and the public shame it brought our country. But we seemed more ashamed of this than the daily domestic abuse that happens on our doorstep. Your recent article gave me immense hope (WD, Mar 2). That Grace's cousin started the Love Grace initiative is very reassuring, and to create a movement that is going to help Kiwi survivors of sexual or domestic violence is humbling. I hope with people like Kanoa Lloyd and Megan Annear getting behind this cause, we as a nation will stop turning a blind eye to the horrific violence women and children face every day. My friends and I will be making up some Handbags of Hope, and we're grateful to you for sharing this story.

Michele, Wellington

Ode to Woman's Day

*It's a beautiful day in every way!
Don't go out in the sun's hot rays,
getting overheated never pays.
So sit right down in a comfy way
and enjoy a little puzzle play
or some world news and reader views.
There's a sensible diet – go try it!
Ways to unravel, a little travel,
amusing columns, heartwarming stories,
fashion trends, how to make amends,
exciting journeys, delicious meals ...
Make your tastebuds reel!
Don't worry if your life is in a flurry.
Your readers are quite happy taking a
mini vacay with Woman's Day
every day!*

Jeane, Hawke's Bay

**\$100
winner**

Puzzle passion

Thanks so much for the new puzzle pages (WD, Mar 2). I always do the puzzles before reading the articles. Now there are even more for me to enjoy!

Helen, Palmerston North

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snappy!**

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your funny
pics of
your kids
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Safety first!
Seven-month-
old Jorge gets
cheeky at the
racetrack.
Mel, Auckland

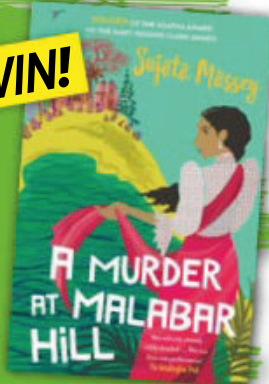


Tell the Day and Win!

WIN!

PUBLISHED LETTER WRITERS WIN THIS BOOK

In Sujata Massey's *A Murder at Malabar Hill* (Allen & Unwin, rrp \$32.99), Oxford graduate Perveen Mistry has joined her father's legal firm as one of India's first female lawyers. As she examines the will of a wealthy deceased man, she notices something strange: all three of his wives have signed over their full inheritance to a charity. The widows live in strict seclusion, and Perveen worries they are vulnerable to injustice. As she comes closer to the truth, tensions escalate to murder and Perveen must figure out what's really happening on Malabar Hill.

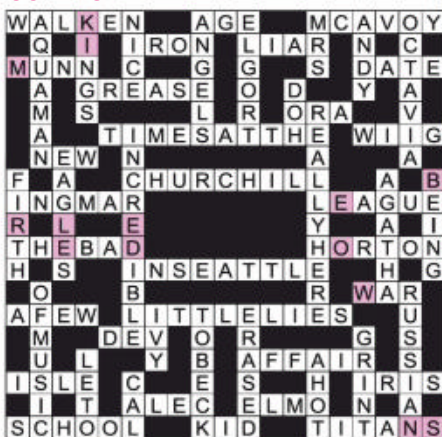


Write to wdaynz@bauermedia.co.nz or **Woman's Day**, Private Bag 92512, Wellesley Street, Auckland 1141.

Puzzle solutions

CASH PRIZE WINNERS 17/2/20 Superstar crossword: A Boag, Stratford. Starburst: J Ray, Auckland. Wordfind: A L Blackburn, Napier. Spot the difference: F Dawick, Auckland

SUPERSTAR



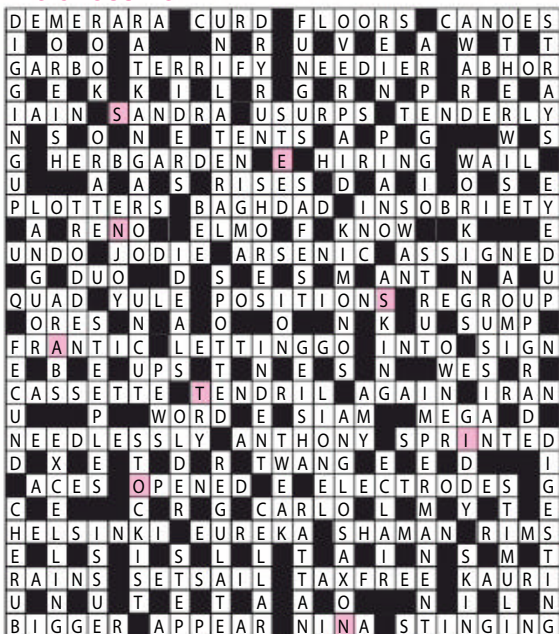
PICTURED STAR Kimberlee Downs

STARBURST

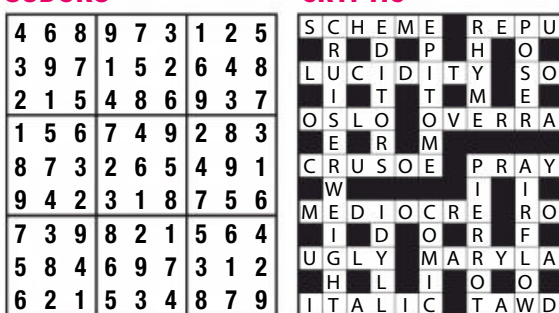


WORDFIND Hidden Figures
SPOT THE DIFFERENCE Second
watch added to Jane's arm

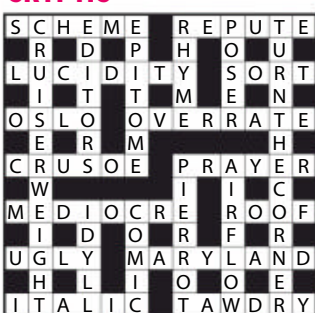
BIG CROSSWORD



SUDOKU



CRYPTIC



WORD MAKER

Cage, Cagy, Clag, Cleg, Crag, Gale, Gare, Gear, Glee, Gley, Grey, Gyre, Rage, Sage, Scag, Slag, Agree, Cagey, Eager, Eagle, Eagre, Elegy, Gayer, Glare, Glary, Grace, Lager, Large, Leger, Regal, Sager, Scrag, Serge, Argyle, Clergy, Geyser, Grease, Greasy, Legacy, Regale, Sagely, Eagerly, Greyscale.

ALL-A-GRAMS



LOGIC BRAINTRAINER

Monday/Motoring/Steve/16 pages
Wednesday/Food/Penny/12 pages
Friday/Showbiz/Stacey/14 pages

BRAINBUSTERS

1 *Once Upon a Time in Hollywood*
2 A smooth French style of soup based on crustaceans
3 Tall Ferns
4 Earache
5 2 (A and I)
6 Boo-Boo Bear
7 Sigmund Freud
8 *Miss Americana*
9 Lake Te Anau
10 Female
11 Princess Charlotte
12 Gwyneth Paltrow

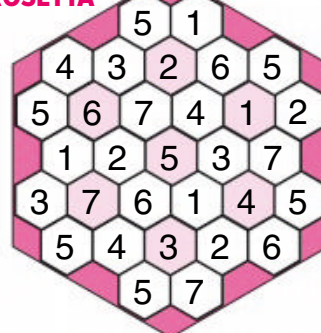
CODE CRACKER

1=H, 2=I, 3=G, 4=C, 5=D, 6=R, 7=N, 8=J, 9=X, 10=V, 11=M, 12=K, 13=Q, 14=O, 15=S, 16=A, 17=U, 18=L, 19=Y, 20=P, 21=F, 22=T, 23=E, 24=W, 25=B, 26=Z. Mystery word: Planet

WHO AM I?

Daniel Radcliffe

ROSETTA



STAR PUZZLE



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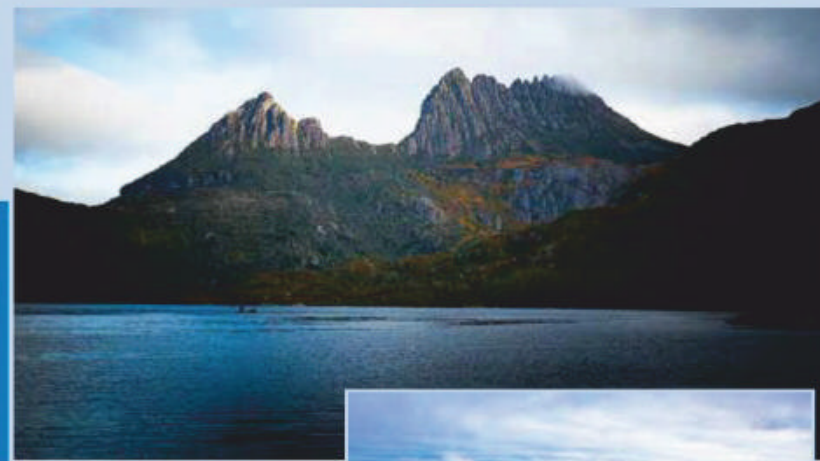
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Dep: 15 Mar SORRY FULL! EXTRA DATE - 22 Mar, 19 Apr. Day 1: Home Pickup, Matakoho Kauri Museum, Lamb on Spit Dinner, Opononi (2 nt). 2: Tane Mahuta Giant Kauri & Footprints Waipoua. 3: Rawene, Clendon House & Old Jail, Taipa (2 nt). 4: Tour 90 Mile Beach on the beach inc Te Paki Stream & Giant Sand Dunes, Cape Reinga. 5: Kerikeri, Stone Store & Kemp House, Makana Chocolates, Te Waimate Mission House, Haruru Falls, Paihia (2 nt) 6: Russell Visit, Dinner Cruise. 7: Kawakawa, Hundertwasser Toilets, Glow Worms, PM Tea Puhoi Pub, Home Return.

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

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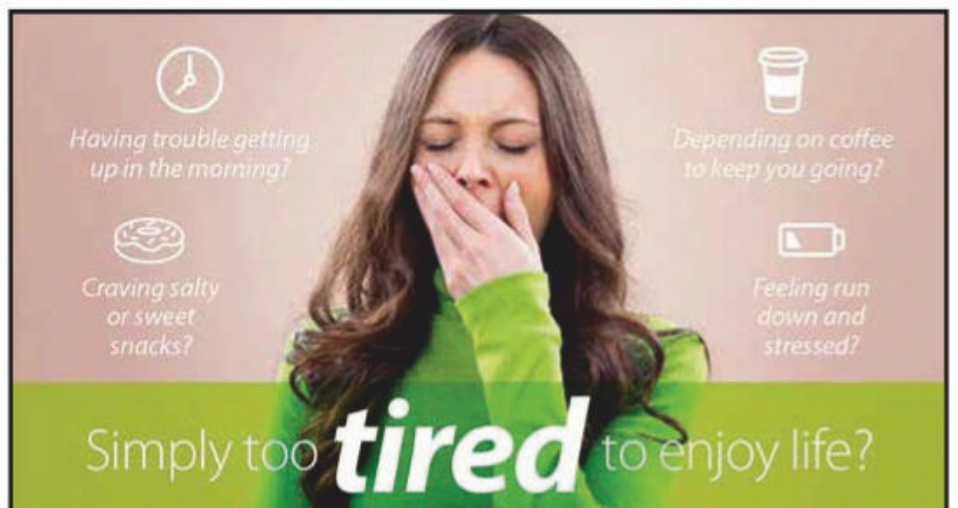
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TAPs 23621 / *Australian Newsprint Survey, May 2008

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The animal whisperer



AMANDA DE WARREN
Pet psychic

Scout's verdict on Judge Judy

AMANDA SAYS Judge Judy's little one comes through immediately and tells me she is still only young – about three years old. Her name is Scout and she is a shih tzu. Judy's other two dogs, Bogey and Diva, are from the same litter. Scout gets on OK with the others, but wishes they were a little more lively and a lot less anxious. However, she is not complaining about her life as she knows her mum gives her plenty of attention. Scout is very much like Judge Judy – a no-nonsense kind of girl. I have to laugh as she says to me, "I wonder where I get that from?" Scout shows me she has no fear of anything and she sees a very different side of her mum than most people do. "My mum is so very kind and loving. When she gets home we all gather around and spend time together," says Scout.



Scout gets plenty of love from Judge Judy.

Horoscopes

Pisces

FEB 20 – MAR 20

Life may feel like a giant talkfest this week, but it's all therapeutic. Adding to the buzz, Venus is attracting stimulating people into your sphere, and for singles, a friendly set-up might become more. On a practical note, why not plant a few autumn veges under Friday's wonderfully fertile moon?

Aries

MAR 21 – APR 20

Your inventive approach is inspiring, not just at work but on the home and money fronts too. You might even dream up a canny business idea. March could bring opportunities for romance as well, so if you're looking for love, start circulating. Under Sunday's fantasy-filled sky, a dream could become a reality.

Taurus

APR 21 – MAY 21

Feel that old zest for life returning? As Venus spins into your sign, everything should look shinier – including you! People will be drawn into your orbit, and you might even attract a gift. If worries are dragging you down, these social stars may be just what you need.

Gemini

MAY 22 – JUN 21

Don't feel guilty about having fun – this month it's all about balancing work and play. If your energy levels are flagging, music and cultural events should recharge your batteries in a flash. The good life may not come cheap, but the memories will be priceless.

Cancer

JUN 22 – JUL 23

New experiences should act like an elixir, so switch off those screens and get inventive. Anything adventurous should hit the spot – your social side will need satisfying, so get some friends involved. If travel fantasies are escalating, get your finances in order now.

Leo

JUL 24 – AUG 23

Ready to reinvent yourself? Autumn's transformational stars could spark a health and fitness overhaul. Your newfound enthusiasm could impact your finances, or a charitable project might find wings. With Venus enhancing your sense of style, clear out your wardrobe and try some creative mixing and matching.

JENNY BLUME

predicts your destiny for MAR 2 – MAR 8



Virgo

AUG 24 – SEP 23

Not only are old friends about to liven things up, couples could find themselves rekindling sparks as they launch into a shared project or new phase. The high-voltage vibes could spill over onto the dating scene too – in fact as autumn unfolds, singles might be spoilt for choice.

Libra

SEP 24 – OCT 23

Need a celestial pick-me-up? If you've been suffering emotional overload, earth yourself by getting back to the basics. Simple pleasures such as cooking and gardening should feel therapeutic, so pop in a few herbs under Friday's fertile moon, then do some decluttering. Selling your surplus stuff might prove profitable!

Scorpio

OCT 24 – NOV 22

Venus is ready to spoil you rotten. A series of concerts, catch-ups and social events should help you to relax and unwind. These feel-good patterns might even conjure up a touch of romance, and a yearning to express yourself could tap into hidden talents.

Sagittarius

NOV 23 – DEC 22

As fortuitous stars align, a money-making idea could move a step closer or a venture you feel passionately about might lift off. Whatever your situation, inspiration should flow like good champagne. Seeds sown under these conditions could produce fruit for years to come.

Capricorn

DEC 23 – JAN 20

With your energy levels climbing ever higher, it's time to push ahead and tackle something you've been afraid to face. Whether it's a social, personal or work-related goal, the cosmos is working in your favour. Style-wise, why not consider a new 'do?

Aquarius

JAN 21 – FEB 19

A health-related matter could improve in leaps and bounds, or a vision involving your home might really work. Inspiration is flowing freely now and for couples, so is the romance. Finances may be playing on your mind, but at the heart of matters, it's love that matters most.

"I'm
BAAACK!"

Lizzie

All New
MARRIED
AT FIRST SIGHT
— AUSTRALIA —

SUNDAY 7PM
MON-WED 7.30PM

+HRE

A-list

ONE ELLE OF A GAL!



Elle cosies up to Javier, then gives Salma the cold shoulder (top right).



Cate's on a wave of popularity.



Gerard's all dovey-eyed over his Cinema for Peace gong.



Fanning out nicely!

Forget *Maleficent* – Elle Fanning looked magnificent as she walked the red carpet at the Berlinale Film Festival last week in Germany.

There for the premiere of her new movie *The Roads Not Taken*, the 21-year-old dazzled the crowds in her dramatic velvet gown before cosying up with her co-stars Salma Hayek, 53, and Javier Bardem, 50.

Meanwhile, Cate Blanchett, 50, was there for her own premiere of Australian TV drama *Stateless*, and her *How to Train Your Dragon* co-star Gerard Butler, 50, picked up a gong for his work for the Mary's Meals charity, which helps set up school dinner programmes in some of the world's poorest communities. Sounds like he's not a fallen angel after all!



Amanda Holden

Looking lovely in lilac, the British presenter opts for multiple shades as she hits the streets in belted Zara trousers.



Tracee Ellis Ross

Never one to shy away from having a fashion moment, the actress slays in this blackcurrant Christopher John Rogers gown.



Rosie Huntington-Whiteley

Sparkling like the supermodel she is, Rosie rocks an ombre sequined Tom Ford dress with matching floor-length cardigan.



our fave!

Rihanna

Being newly single suits the singer-turned-fashion and beauty mogul as she rules the red carpet, making a statement in ruffled Givenchy.

PURPLE REIGN

From pale pastels to deep hues, these stars rock the colour of the moment



Style Director
Leigh Matheson



A full-page photograph of four celebrities on a red carpet. From left to right: Cynthia Erivo in a blue sequined dress, Sophie Skelton in a long purple and blue tulle gown, Lizzo in a colorful geometric dress, and Leslie Mann in a blue sequined dress. The background is a blue wall with a Sony Pictures Television logo.

Cynthia Erivo

This Versace number is yet another high note of the season for the talented actress, singer and songwriter.

Sophie Skelton

At the premiere of the new season of *Outlander*, the young Brit floats along the red carpet in an ethereal tulle Georges Hobeika creation.

Lizzo

It's an unusually quiet style for the chart-topping diva, but she still looks "Good as Hell" in a geometric Mary Katrantzou frock.

Leslie Mann

The seemingly ageless and always hilarious *This Is 40* star is sheathed in iridescent sequins from talented Monique Lhuillier.

A-list

Dog-tor Dolittle

JAMES MIDDLETON, 32, poses with his beloved pups in London ahead of the Crufts dog show, where he is the ambassador for the Friends for Life Awards.



Hair-raising style

KAIA GERBER, 18, (left) and **GIGI HADID, 24,** show their flower power on the runway during the Moschino parade at Milan Fashion Week.



One heel of a ride!

There's no business like shoe business! **JENNIFER COOLIDGE, 58,** perches on top of a giant red slipper as an "Honorary Muse" during a Mardi Gras parade in New Orleans.



Let her wear cake! **BELLA HADID, 23,** shows off her sweet side.



Sip & stroll

She's got smoothie moves! Model **ALESSANDRA AMBROSIO**, 38, fuels up while running errands in Malibu.

Rink-side romance

LUCY BOYNTON, 26, and **RAMI MALIK**, 38, only have eyes for each other at an ice hockey game in New York.

Tutu
cute!

Little Legend

She's not a morning person! Three-year-old **LUNA** does not look pleased as she joins mum **CHRISSY TEIGEN**, 34, at *Good Morning America* in New York.

Mighty fine

CARA DELEVINGNE, 27, joins her *Carnival Row* co-star **ORLANDO BLOOM**, 43, and his cute pooch **Mighty** at the *Boss* show during Milan Fashion Week.

A-list

Tipsy on tour

Bottoms up! KATE HUDSON, 40, and OPRAH, 66, share laughs and shots at the media-mogul's 2020 Vision: Your Life in Focus tour in San Francisco.



Maybe this is how I should end all my shows...with vodka shots!



French flair

Supermodel NAOMI CAMPBELL, 49, shows her stripes as she struts her stuff during Paris Fashion Week.



Swish
Swish!



Ace it, girl!

Swing it like Serena! BUSY PHILIPPS, 40, may be looking for a career change as she shows off her killer forehand during a game of tennis in Los Angeles.



Girl power

JANELLE MONÁE, 34, stuns on the red carpet ahead of presenting LIZZO, 31, with the Entertainer of the Year trophy at the NAACP Image Awards in LA, before the two cosy up with (left) STORM REID, 16, and RIHANNA, 32.



Yellow there!

PRINCE CHARLES, 71, is presented with a charity top hat during a visit to the Marie Curie Hospice in Cardiff.



Branching out

If you can't go to the woods, you bring the woods to you! BRAD PITT, 56, perfectly matches his picturesque ombre sweater with a blue cheesecutter while out in LA.



Ewan-na get a cab?

A stylish EWAN MCGREGOR, 48, looks suave filming in New York for the upcoming Netflix series based on the life of American fashion designer Roy Halston.



A-li

Blooming gorgeous! Kitty's looking pretty as she strolls the Spanish streets.

MAKING WAVES

LADY OF LEISURE



The socialite has her arms full as she films an ad for the city.

Olé! Lady Kitty Spencer lit up the Spanish city of Marbella last week as she danced through the streets in flamenco-inspired florals. The fashion icon and niece of Princess Diana is the face of a campaign to entice a younger and more international audience to the luxury shops and port of Puerto Banús, west of the city.

The South African-born beauty, 29, recently became engaged to 61-year-old multi-millionaire fashion tycoon Michael Lewis. Her fiancé has three adult children from a previous marriage, but it's not clear if the cousin of Princes William and Harry will have any of her own. She recently revealed, "I can see myself having children at some point, but I'm only in my 20s."



With her fiancé Michael.

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