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The forgotten factor that
takes years off our lives

BARD NEWS

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comes to the Pop-up Globe

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Why facial expressions can fool
us into misreading emotions

NEW ZEALAND **LISTENER**

MARCH 7-13 2020 NOTED.CO.NZ

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science-based
guide to weight
loss & wellness



PAST IMPERFECT

Why do we avoid facing up
to our colonial history?

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Time for a jolt

Prime Minister Jacinda Ardern's apparent inability to stand up to New Zealand First leader Winston Peters is looking not just embarrassing for her but perhaps costly for the country. Effective action on housing, child poverty and the environment were the standout promises of Labour's campaign in the last election. The pledge to be "transformational" is now not only a broken promise but an

increasingly deep disappointment. On top of the Government's well-known failure with KiwiBuild, new figures show family poverty to be grudgingly intransigent. Sadly, the Government's struggle to make headway is now not only in housing and poverty, but also in the environment.

With scientists warning the world has just 10 years to avert catastrophic global warming, the urgency for political parties to agree on workable measures is greater than ever. Yet for each step forward, such as the net-zero carbon legislation, there is another going back.

The latest backward step is the indefinite delay of the proposed feebate scheme designed to hasten and encourage take-up of electric and hybrid vehicles.

New Zealand is one of only two OECD countries to do nothing to regulate vehicle pollution and, thanks to petty political wrangling, we'll be staying with Australia in the slow lane a while longer.

The scheme is not yet in ideal shape, but agreements were in place to neutralise the potential unfairness – and therefore the political risk – of making petrol and diesel cars pricier. The technical fishhooks could well have been straightened out through the select-committee process. In response to criticism from National and others, the Government had early on agreed to exempt farmers and those who depend on powerful, load-towing vehicles not yet available other than in diesel or petrol form. However, NZ First has now stalled the policy.

The Greens' response has been to make their frustration public, thus depleting any remaining goodwill between them and NZ First. Labour has once again been left looking ineffectual in the face of coalition rivalry, and Ardern ineffective in preventing Peters from running the show.

As for the National Party, whose leader and transport spokesperson both drive EVs and which has an increasingly influential blue-green wing, it has yet to propose an alternative way to

encourage New Zealanders to make the switch to electric vehicles.

It's fair to say both National and NZ First still have valid concerns about the proposed scheme's effect on rural and provincial New Zealand, but it's also true they could be "grandfathered" until suitable green vehicles emerge.

The Treasury argues the Emissions Trading Scheme would be a better way to drive our fleet conversion. But the scheme is complex, controversial and largely incomprehensible to most. The feebate's transfer mechanism has the virtues of simplicity and comparative ease of implementation.

One can also argue that a compulsion to switch to electric vehicles – which are by no means free from environmental problems – will hasten the research and development required to improve them.

The limited, and often overstated, range of EVs, the paucity of charging facilities and sluggish supply of vehicles into New Zealand's small market are all prob-

lems, with or without a feebate. Questions also abound over the sustainability of the EV batteries' mineral-dependent manufacture and short life. And how do we greenly repurpose the redundant global fossil-fuel car fleet?

These issues need, and are receiving, urgent global attention.

Meanwhile, our most effective response to the greenhouse-emissions problem is a widespread conversion to EVs as soon as practicable.

Sure, the scheme was never perfect, yet perfect is not always the aim. Many people want to make the switch from petrol- and diesel-driven engines, and this scheme may perhaps have been less politically untenable than NZ First and National seem to presume.

In the face of the changes New Zealand must make to reduce environmental degradation, the feebate scheme is minor. However, as a signal of political commitment to move in the right direction, it is vital.

Those who can afford to switch to electric or hybrid vehicles, and who can see the value to New Zealand, should do so, knowing that environmental protection is too important to leave to political vagaries. They should be applauded, along with all Kiwis who consciously keep their transport emissions down. Leadership on this will have to come from the people. ■



Our most effective response to the emissions problem is a widespread conversion to EVs as soon as practicable.

Heart of the problem

The sidebar to your heart disease treatment cover story ("This is a game changer", February 29) misses the point. The game changer would be if people were seriously informed about lifestyle choices.

Type 2 diabetes, unlike type 1, occurs well into a person's life and the blame can be laid almost entirely on poor eating habits. Why is it that doctors treat the endgame without actively pursuing the reasons for the onset of the disease?

Doctors "hope" that new drugs will reduce the risk of heart disease for people with

type 2 diabetes, but that's not good enough. For these people, fewer deaths and a lower incidence of heart and kidney disease require just a few simple lifestyle changes.

Willow Alber
(Westport)

BRING BACK HELEN

Helen Clark's strong and ethical leadership in dealing with Winston Peters in 2008, when she insisted he stand down as foreign minister, is in stark contrast to Jacinda Ardern's weak response regarding Peters now (*Editorial*, February 15).



WIN TICKETS TO THE NEW ZEALAND MILITARY TATTOO

The *Listener* is giving away two general admission tickets to the New Zealand Military Tattoo in Palmerston North on April 4, 2020. More than 600 world-class performers, including our Army, Navy and Air Force bands, will come together in New Zealand for just the fourth time in history.

To enter, go to noted.co.nz/win/, or send your name and address to Military Tattoo, NZ Listener, Private Bag 92515, Wellesley St, Auckland 1141. Entries close at midnight, March 15, 2020.

NEW ZEALAND DEFENCE FORCE



Clark gave a masterclass in political strategy this month when she ensured that Ardern and other ministers intervened over the RNZ Concert fiasco. If we want an effective prime minister who gets action, we should bring back Clark.

Greg Wilson
(Auckland)

NATURE, NURTURE AND OCD

The intricate dance between nature and nurture is fascinating, but equally important is the role of the social environment in supporting well-being ("Gene pull", February 22). To me, as a member of Fixate, a New Zealand support group for obsessive compulsive disorder (OCD), these key concepts resonate.

OCD occurs when someone becomes stuck in a cycle of unwanted thoughts, emotional discomfort and mental or physical behaviours. A sleep-deprived mother can be overwhelmed by worries that she could harm her baby. She may undertake elaborate measures to avoid doing so.

Why is it that a few individuals (about 2%) develop severe mental distress, when others are troubled by milder discomfort and the majority discard unwanted thoughts and tolerate difficult emotions? Genetic makeup is important.

Factors early in life such as premature birth also contribute, possibly by subtly altering brain development. A predisposed individual may then develop the disorder when stressed by bullying, physical trauma or death of a

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loved one.

Sadly, our social environment often fails to support people affected by OCD. The popular view of the disorder is of an enjoyable passion for cleanliness and organisation. This is a stereotype that trivialises, minimises and misleads, leading to failure to recognise and understand the real condition.

Marion Maw
(Dunedin)

ARTS ATTACK

Some more items to add to Philip Temple's list (*Letters* February 22). It is proposed to delete Latin, classical studies and art history from the NCEA subject list. Universities will be next.

Bill Sheat
(Lower Hutt)

The 600,000 books the National Library plans to eliminate from its collection are those defined as not belonging to the "core" – New Zealand and the Pacific. "Foreign" books are being discarded or "rehomed".

The library and the Minister of Internal Affairs apparently believe New Zealanders do not need to know what other people think or have done if those things are not published in books here or in the Pacific.

Listener readers should think



**Caption
competition**

THIS WEEK'S PICTURE

WINNING CAPTION

Samantha Barnes, Wellington

FINALISTS

Boris Johnson: "I've left the coat hanger in my jacket again." – Paul Kelly, Palmerston North

Prince Harry: You'll never take off with that excess baggage." – Graeme Bulling, Auckland

Johnson: "Carbon emissions, eh. From now on it's Air Icarus for me." – John Stribling, Wellington

Harry: "Don't labour it. Just leap and fly." – Jo Bowler, Auckland

Johnson: "Left hand or right hand for an annual stipend?" – Tony Clemow, Kamo

Johnson: "Between Brexit and Megxit we've been hung out to dry." – Bruce Elliott, St Heliers, Auckland

Johnson: "You may have quit the royal heir force, Sir, but you'll always be the wind beneath my wings." – Dean Donoghue, Papamoa Beach

Johnson: "Keeping your options wide open?" – Kate Gore, Rotorua

GETTY IMAGES

about the sources of their knowledge, music, films, laws, literature and ideas to identify which are "foreign" and which are "core". Since New Zealanders need to know how to communicate with other people, this policy is a form of cultural annihilation.

Scattering a collection diminishes its availability through the interlibrary loan service. Why deprive New Zealanders of those taonga?

Dolores Janiewski
(Highbury, Wellington)

PAYING FOR THE PARTIES

The *Editorial* about political party funding (February 29) says there is nothing to suggest the public would favour state-funding of parties. Yet we already have it.

As Massey University professor Claire Robinson points out in her book *Promises, Promises: 80 Years of Wooing New Zealand Voters*, the parliamentary committee

that allocates public money for election broadcasting is dominated by the National and Labour parties, which give themselves most of it. Last election, they shared \$2.3 million of the \$4,145,700 allocation.

Robinson points out that new ideas don't come from the centre, where National and Labour reside, but from the margins occupied by smaller parties. She gives the example of the change to MMP, which came about largely because of public mistrust in the election outcomes of 1978, when Social Credit gained 16.1% of the vote but only one seat in Parliament, and 1981, when it got 20.7% of votes and only two seats.

The publicly funded Parliamentary Service also provides about \$50 million a year for research and media staff, newsletters, focus groups, surveys, travel, accommodation and a plethora of other services

– many of which are used by parliamentary parties to build their public profile.

Robinson thinks the allocation of public broadcasting funds should be turned on its head so the smaller parties get the funding they need to provide people with information on which to base their vote.

That sounds like a start towards a real democracy.

Chris Leitch
(Whangārei)

Congratulations on a well-written and thoughtful editorial on this issue.

Sylvia Hill
(Cambridge)

"BORING" NCEA

Warwick Elley forgot to mention one important element in his discussion of NCEA ("The dumbing-down of Kiwi 15-year-olds", February 1; *Letters*, February 22). That element is extreme and mind-crippling boredom.

I was a high-school teacher and, thank heavens, retired just before NCEA began. But I've been watching my grandchildren progress through their years of NCEA. They are bored out of their minds and can barely stand to go to school.

Repetitive tasks designed for assessment do not stimulate

Caption Competition {caption@listener.co.nz}

TO ENTER Send your captions for the photo above to caption@listener.co.nz, with "Caption Competition No 373" in the subject line. Alternatively, entries can be posted to "Caption Competition No 373", *NZ Listener*, Private Bag 92512, Wellesley St, Auckland 1141, or submitted through listener.co.nz/win. **Entries must be received by noon, Tuesday, March 10.**

THE PRIZE The winner will receive chef Simon Gault's collection of healthy recipes for the season of barbecues, picnics and holidays at the bach.



Quips & Quotes

"Nothing dates harder and faster, and more strangely, than the future." – author Neil Gaiman

"I've never any pity for conceited people, because I think they carry their comfort about with them." – George Eliot, quoted in Forbes

"Reality is nothing but a collective hunch." – Lily Tomlin

"Democracy is like a tambourine – not everyone can be trusted with it." – Last Week Tonight's John Oliver

"If the crowd are behind you, you're facing the wrong way." – English comedian Simon Munnery

"We have the Bill of Rights. What we need is a Bill of Responsibilities." – US comedian Bill Maher

"Sundays are like confetti floating in the air in slow motion. In the evening they reach the ground and you hope a bit of wind could blow on them so they could fly a bit longer." – author Alain Brémond-Torrent

"Be not afraid of growing slowly; be afraid only of standing still." – Chinese proverb

"To appreciate the beauty of a snowflake is to stand out in the cold." – Aristotle

"Bloomberg brought a wallet to a gunfight." – The Daily Beast's Justin Baragona

"We start creating a circular firing squad, where we're shooting at our allies." – Barack Obama on the Democratic Party presidential election candidate selection race



"I doubt I'm the first person in history to mistake surtitles for karaoke."

young minds. How can it be a good thing to bore young people stupid?

Pam Sellers
(Green Bay, Auckland)

LEFT RIGHT OUT

The column on left-handedness (*Psychology*, February 22) failed to mention the greatest benefit of being a leftie. Based on a recent US survey, left-handed workers on average received 17% more pay than right-handed people doing the same job.

Steve Green
(Wellsford)

APPRECIATION OF TONY REID

Tony Reid was a lovely, good man (*Obituary*, February 29). Our paths first crossed back in the 1960s when he was writing for the *Weekly News*. Three things remained constant. He was fiercely intelligent. He had a wonderful sense of humour. And, God, he could write.

On "Days of rage", a *Listener* story covering the 1981 Springbok tour, my name appears with Reid's in a joint byline. I did about the same amount of reporting for the story, but every word was written by him. He was generous enough to show me the copy as he wrote it, as I recall, in a motel in New Plymouth. But I

don't remember suggesting a single change. I don't believe New Zealand journalism in the past 50 years has seen a more gifted writer.

Phil Gifford
(Bryndwr, Christchurch)

CATCHING DISEASE SOONER

The emphasis on early cancer detection advocated by Azra Raza ("Out of the Stone Age" has parallels with heart disease.

Plaques in coronary arteries can build up to the extent that a fatal cardiac arrest can occur without any prior physical symptoms or out-of-range values for blood lipids, blood pressure or heart rate.

As with cancer, it is known that these plaques build up slowly and there are methods of quantifying them using CT scans, MRI scans, certain markers and ultrasound. But it seems that these are currently unsuitable for routine use on apparently healthy people.

Perhaps Raza's suggestion that an increased proportion of research funds be directed towards getting known techniques into forms suitable for routine use would be just as valuable for cardiac problems as cases of cancer.

As someone who has recently lost a loved one from symptom-free fatal coronary

atherosclerosis, I have a particular interest in this.
Roger Purchas (Palmerston North)

WHY STOP AT POSSUMS?

Joanne Black wisely notes that "there is another emergency that is arguably more urgent than climate change" (*Back to Black*, February 15). She is referring to the imminent extinction of species.

If only OSPRI, the company tasked with poisoning bovine TB-carrying possums in the northern Tararua Range, would realise that the hordes of deer in the hills are steadily depleting palatable native plants towards extinction and refrain from putting deer repellent in the 1080 pellets it distributes.

A red deer stag can eat 20-30kg of leaves, fern fronds, lichens, mosses and liverworts in a day. What an absurdity to spare deer.

Chris Horne
(Northland, Wellington)
LETTER OF THE WEEK

BRAVO RNZ CONCERT

I was pleased to read Bill Ralston on the RNZ Concert fiasco (*Life*, February 22). He mentions 173,000 listeners. I would suggest this is a starting point, as many people who treasure this station will fly under the radar.

The timeless music is part of their home. To me, living alone, the music and announcers' comments are like

Letters to the editor {letters@listener.co.nz}

The Editor, Listener, Private Bag 92512, Wellesley St, Auckland 1141.

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- A writer's full residential address is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
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a companion. How dare the faceless bean counters interfere with this taonga. I hope they got their comeuppance over their lack of understanding.

Len Newman
(Westport)

What strikes me about the RNZ Concert uproar is why it became an uproar in the first place (*Editorial*, February 22). Many love it, many are indifferent, but some really resent it. Why is that?

As for me, I'm stuck between rock and a hard place, loving as I do the classics and all that jazz. In my late teens, the Beatles' *Sergeant Pepper* album was the soundtrack of my life, and I still love it.

My father's love of the big bands of his era has been passed on. As time went by, Pink Floyd and Dire Straits worked for me, and still do. Back in the 1970s, I was dragged along to see Visconti's *Death in Venice*.

Gustav Mahler's *Symphony No 5* changed everything. My Desert Island Discs would include that and the duet from Bizet's *The Pearl Fishers*. A Mozart nocturne definitely, and a bit of Oscar Peterson.

The common man in me always loved the television theme from *Inspector Morse*. To me, it's as stirring as anything by Elgar.

If that makes me a low-brow pleb to some, so be it. My point is RNZ Concert is the only station I know of that shuns the narrow tyranny of "demographics" and feeds my soul.

Dean Donoghue
{Papamoa Beach}

Gillian Claridge (*Talkback*, February 22) mentioned the Simón Bolívar youth orchestra, a film of which should be required watching by those paid (I'm sure handsomely) to make stupid

10 Quick Questions

by GABE ATKINSON



1. Which of these artists released the 1984 hit song *All Through the Night*?

- ☐ Gloria Estefan
- ☐ Madonna
- ☐ Cyndi Lauper
- ☐ Pat Benatar

2. What is the title of Margaret Atwood's Booker Prize-winning sequel to her novel *The Handmaid's Tale*?

- ☐ Lost Children Archive
- ☐ The Testaments
- ☐ Girl, Woman, Other
- ☐ An Orchestra of Minorities

3. Which of these is considered an aggressively invasive species in the Caribbean and Mediterranean seas?

- ☐ Moray eel
- ☐ Bull shark
- ☐ Manta ray
- ☐ Lionfish

4. Which Johnny Cash song's lyrics were written by the poet and cartoonist Shel Silverstein?

- ☐ I Walk the Line
- ☐ A Boy Named Sue
- ☐ Folsom Prison Blues
- ☐ Ring of Fire

5. Which of these has a similar meaning to the word "probity"?

- ☐ Honesty
- ☐ Antiquity
- ☐ Vicinity
- ☐ Duplicity

6. Wiener schnitzel is which country's national dish?

- ☐ Germany
- ☐ Poland
- ☐ Brazil
- ☐ Austria

7. The spice saffron is obtained from which flower?

- ☐ Fire lily
- ☐ Crocus
- ☐ Forsythia
- ☐ Lotus

8. Which brand's iconic packaging features an image of a boy chasing a chicken?

- ☐ Marmite
- ☐ Weet-Bix
- ☐ Cerebos salt
- ☐ Chesdale cheese

9. Which of these TV shows was *not* primarily made using marionette puppetry?

- ☐ Space: 1999
- ☐ Thunderbirds
- ☐ Stingray
- ☐ Joe 90

10. In 2016, which of these was reportedly banned by the North Korean Government?

- ☐ Sarcasm
- ☐ Door-to-door sales
- ☐ Gilligan's Island
- ☐ Humblebragging

Answers on page 60.

decisions such as the proposal for RNZ Concert.

She also mentioned a Yo-Yo Ma concert in Christchurch watched by an enthusiastic cross-generational audience, proving that serious musicians are not the elitists they may once have been thought to be.

As a child, I saw Margot Fonteyn and Robert Helpmann when they were brought to the East End of London to stimulate interest in the classics. It was all quite serious until the pair showed us how it shouldn't be done. A magnificent leap by Fonteyn ended in a tangle of arms and legs and left us in fits. Not bad for a bunch of dead-end kids.

Instead of downgrading Concert, why not let the old lady loosen her corsets and allow the young in?

Carole Hadler
(Rolleston)

MORIORI SETTLEMENT

The recently signed Deed of Settlement between the Crown and Moriori puzzles me. The invasion by Māori of the Chatham Islands in 1835 is graphically described in RD Crosby's seminal history of the Musket Wars. Over about three decades, the population of more than 1600 Moriori was reduced to 100 by way of widespread killing and cannibalism.

What puzzles me is why the Crown was obliged to pay Moriori recompense of \$18 million as well as apologising? I would have thought that if compensation for the killing of over a thousand peaceful people was due, as well as an apology tendered, it was owed by those who did the killing. Or has history

been rewritten?

Russell Garbutt
(Clyde)

THE FLAG FOR ME

The national Māori (Tino Rangatiratanga) flag would be ideal to represent our country. It is beautifully designed and the striking red, white and black image contains a stylish representation of the koru.

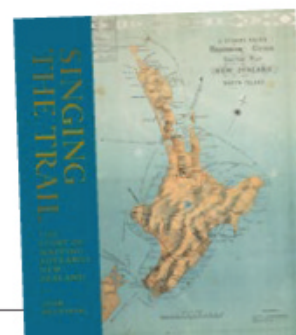
The meaning of the various elements is totally relevant to all New Zealanders.

It would get my vote 100%.

Sunny Amey
(Paekākāriki)

Letter of the week

The letter of the week winner will receive a copy of *Singing the Trail*, the story of New Zealand through its maps with accounts of the explorers who created them.





**BILL
RALSTON**

An outbreak here would probably result in advice to avoid large gatherings, planes, trains and buses.

Something to wine about

Fears of Covid-19 seem over the top, but I'm ready to go into self-isolation.

It is the End of Days. Any moment I expect someone to walk down the road outside my place chanting, "Bring out your dead!" The level of Covid-19 hysteria is rising beyond what the current circumstances would justify.

Let us look at the situation. As at February 24 in China, which is the epicentre of the coronavirus outbreak, there were 77,150 confirmed cases with 2592 deaths as a result. South Korea had 833 cases with seven deaths; Italy had more than 200 cases and five deaths, and Iran has reported 61 cases and 12 deaths. Afghanistan announced its first case and promptly announced a state of emergency, which is odd as the country has been a death-dealing war zone for decades. There have been no cases of Covid-19 in New Zealand. Yet.

To quote the ancient TV series *Dad's Army*, "Don't panic, Mr Mainwaring, don't panic!" Covid-19 is not bubonic plague or Ebola. It is like a very nasty flu that, in severe cases, could kill you, especially if you have a pre-existing condition that weakens your resistance. It is not an automatic death sentence.

Nevertheless, world markets are getting the shakes. In New Zealand, tourism took a huge hit as the travel ban from China removes one of our biggest sources of visitors. Tertiary education is also financially affected by the ban as thousands of fee-paying Chinese students are stranded in China and unable to attend school here. Forestry and other local industries are also likely to face tougher times as Chinese markets shrink and even disappear for the time being. However, living in a largely rural area, I'm just as worried about the economic effects on the country of the ongoing drought. It's about maintaining a sense of proportion.

Even if or, rather, when the virus strikes here, I am more than willing to put myself into self-isolation. In fact, I do that already. Fourteen days at home with a full freezer, Netflix and enough good books sounds perfect. All right, we'll add a couple of dozen bottles of wine to that survival list.

Of course, the Covid-19 disease could mutate into something more deadly. That happened in 1918, when a second virulent wave of an influenza epidemic killed 9000 here in just two months. However, I think medical research and technology have improved somewhat since World War I, and a

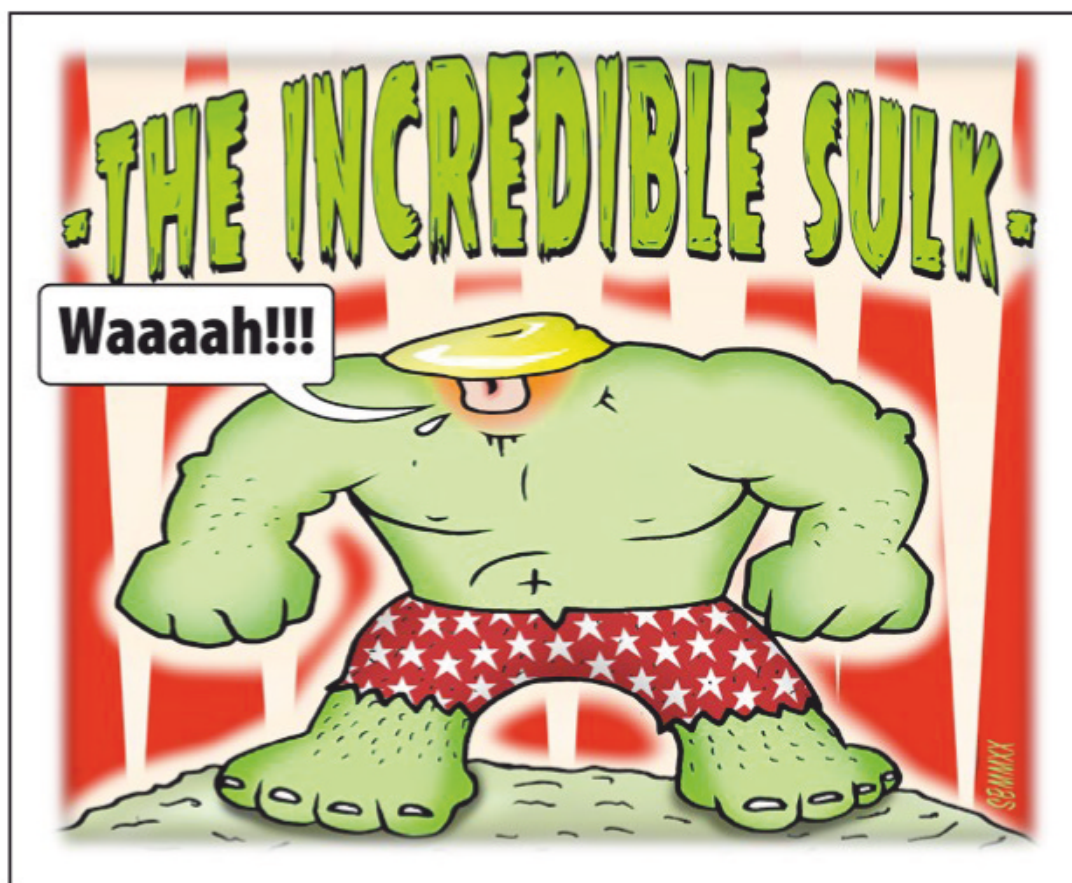
modern casualty rate would be much less than the 5.8 deaths per thousand back then.

This is good news, as most of the population can't put themselves into self-isolation to avoid infection. An outbreak here would probably result in advice to avoid large public gatherings, planes, trains and buses, which most people would need to get to work or school, where the disease could also be happily incubating away.

Although the World Health Organisation says it is "too early" to call Covid-19 a pandemic, I notice one New Zealand academic saying the disease could infect "billions" of people around the world. That is premature and not a particularly helpful thing to say, because it simply contributes to a sense of nationwide panic in advance of any outbreak.

As well as travel bans, New Zealand has some solid options for keeping Covid-19 under control if necessary, including stocks of antivirals, millions of face masks, fast-testing techniques and a health system that has had time to prepare for such infections.

In the meantime, I'm concentrating on building up my stocks of food and wine, popping down to the bookshop and making my own preparations. The idea of self-isolation is increasingly attractive, even if there never is a single case of Covid-19 here. ■



BANGERS FOR BOOMERS

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JOANNE
BLACK

IN WELLINGTON

People in rural areas do not want to be told by those in Wellington what they can and cannot do.

Bananas in pyjamas

When someone's getting blind drunk in public, what should we do?

In a slow part of the second day of the first cricket test between India and New Zealand at the Basin Reserve, I found distraction watching a man in the crowd who stood out for being rotten drunk and because he was wearing floral pyjamas. Perhaps he came to the ground always intending to make a spectacle of himself. I doubt that he remembers.

At one point, I was sure he had drunk his last beer, because the co-ordination required to get the plastic glass to his mouth was becoming difficult. However, just as I thought that, his mates arrived with another round. He downed his glass and started on the next. Not long after, he staggered away towards the hospitality section carrying a drinks tray. I assumed he would never make it, and if he did, not be served, but 10 minutes later he was weaving his way back, somehow retaining most of the beer in the cups. I became worried about how his day would end and did not have to wait long to find out.

I had moved away and was looking down when I suddenly heard shouts of "run, run!" Thinking a New Zealand batsman was about to be run out, I looked up to

see the man in the floral pyjamas sprinting across the outfield, pursued by a security guard. He was brought down quickly and escorted off the pitch. The security guards on each side of him may have been helping him walk, rather than restraining him. The last I saw of them, he was being marched away to scattered applause and a standing ovation from a few people who were pleased to have witnessed some action.

Not long after, a message came up on the big screen reminding patrons that pitch invasions could result in thousands of dollars in fines or imprisonment.

I hope neither fate befell the man in the floral pyjamas. He was failed – by his own will, by his friends and by apparently being served alcohol when anyone could have seen that he had already drunk far too much.

I think about him now with a sense of self-recrimination, because I, like everyone around him, did nothing to intervene when he was beyond helping himself. I do not excuse or condone public drunkenness, but sometimes I pity it.

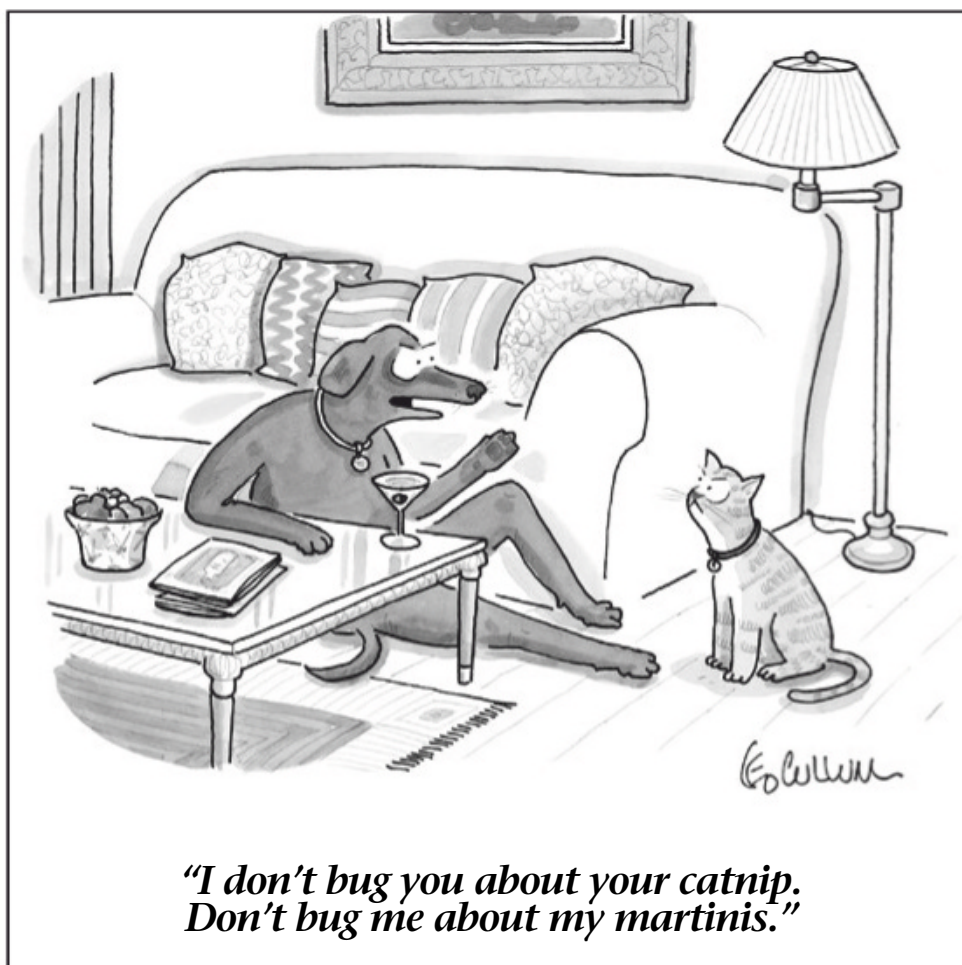
It is unusual for me to sign a petition, because I am not by nature a joiner of things and also because if I want to complain, I will do it myself. However, I have signed Forest & Bird's petition calling for the management of the whitebait fishery. At least, I think that's what it called for. That's another problem with petitions – remembering what it was that you signed.

Conservation Minister Eugenie Sage is correct that whitebaiting is part of New Zealand culture. She is also right that, by implication, finding the balance between the overfishing that occurs now and the need to preserve the species – the whitebait that is, not the whitebaiters – will not be easy.

We can all understand that people in rural areas do not want to be told by those in Wellington what

they can and cannot do. Actually, here in Wellington we do not necessarily like being told what we can and cannot do, either, but there are usually fewer work opportunities in rural areas, so additional restrictions have a significant economic impact.

Forest & Bird is among conservation groups that often oppose commercial opportunities on grounds of environmental protection. This is one of those challenges that counts. Some of the other battles – because people don't like mountain bikes or the noise of helicopters, for example – need to be let go, because rural lifestyles deserve protection, too. ■



*"I don't bug you about your catnip.
Don't bug me about my martinis."*

It was like watching my superhero crumble.

Every 4 hours another
kiwi is diagnosed with
blood cancer.

sign up for a cure at

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Shave
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**leukaemia &
blood cancer
NEW ZEALAND**
Vision to Cure. Mission to Care.



JANE
CLIFTON

Don't know the half of it

Disease, weather, EVs and economics bedevil this year's election.

Election year agendas are crowded enough with items that are, shall we say, less factual than fact-adjacent, but this time we're having to make room for a maddening quotient of utterly unknowable issues as well.

The agenda is divided into important issues we know about – whose magnitude is generally well understood but about which politicians fairly differ and squabble – and equally important issues we won't have the answers to until after polling day. It's possible the known unknowns are more important and will be more influential than the knowns. In other words, this could be a guess election.

For instance, if – fingers crossed – Covid-19 disease doesn't plunge the world into a catastrophic slowdown by September, the preconditions nevertheless exist for there still to be one, according to many economists, who are a gloomy lot. They've had us on standby for a crash since well before Chinese bat germs got loose in a food market. That means many voters will go into the booth with a mental bookies' spreadsheet on who they'd trust most to get us through a downturn. Conventional wisdom is that National does better when people feel economically insecure.

But then there's the US presidential election in November. It seems far-fetched to imagine current Democratic front-runner Bernie Sanders pulling it off, but given a mood swell of anyone-but-Trumpism, it wouldn't be quite safe to rule it out. After all, five years ago it seemed moon-howlingly remote that Donald

Trump would win. Either scenario would have global ructions: a victorious Trump newly licensed to double down on his protectionist rampage, or President Sanders being at least as free-trade averse – and socialising the means of production and distribution.

Would we fare better in this maelstrom under a "safe pair of hands" National administration or a "more progressive" Labour-led one with its door ajar to more managed trade restrictions?

Economists have had us on standby for a crash since well before Chinese bat germs got loose in a food market.

The brutal truth is it probably wouldn't make a speck of difference either way, but voters will fret about it nonetheless – when they're not worrying about Covid-19. Even if the epidemic is reasonably well contained by our polling day, it has cemented in our consciousness the mordant reality: there's plenty more where that came from. The world's intensive-agriculture hubs aren't going to reform their overcrowding and hygiene practices any time soon,

so further and possibly more deadly mutations will thrive.

WHITHER THE WEATHER?

If the prospect of dying horribly isn't enough to put voters in a war-footing sort of mood, there's the inevitability of more "weather events" as climate change takes a firmer hold. These are the trickiest of known unknowns because we now know we will get them regularly, but we don't know when or what or how bad: a July tempest, an October drought, a January flood. And that's not even counting natural disasters such as earthquakes and tsunamis.

These challenges require prudent infrastructure, so which side of the House has been more convincing on that front, National's fetish for roads (so we can outrun the weather) or Labour's fixation with safeguarding water infrastructure (so, if we survive, the taps will still be running)?

At this rate, it's like playing chess without any black-and-white squares. Then there are the smaller imponderables. We will almost certainly be none the wiser by September 19 about the outcome of the Serious

Fraud Office investigation into New Zealand First's funding or of the prosecution of four people in relation to the National Party's funding. The scales of justice refuse to tip either way to produce their august results in a timely fashion, even to avert potential electoral distortion. We're still waiting for a judgment on Deputy Prime Minister

GETTY IMAGES

Julie Anne Genter, left, and Winston Peters.





Winston Peters' High Court claim last year against officials and rival politicians for the leak of his private pension details.

These may be mostly beltway concerns, but they're also niggly character questions for voters. As President Trump and UK Prime Minister Boris Johnson have proven, voters can cheerfully elect a badly behaved candidate, even with considerable ratbaggy "priced in". But they prefer to know for sure what sort of ratbag they're dealing with.

AWAY WITH THE FAIRIES

Still, to distract us from the great mysteries of life, we have plenty of equally confounding "knowns" to be going on with. For instance, there's absolutely no mystery about why the electric-vehicle "feebate" scheme is suddenly in no man's land. NZ First can't bear to let the Green Party win anything and is also desperate to out-National National in appealing to the rural sector. Being seen to clobber the Greens and ingratiate itself with the petrol-guzzling, ute-driving voter is more immediately important to the party than getting the country's carbon emissions down.

The scheme can easily be adapted to exempt the many rural and provincial folk for whom the indispensable Barry Crump land- and air-going tank has

as yet no green substitute. It could be one of the Government's most popular reforms, but Peters' caucus is pretending it hasn't heard any of that for the sake of manufacturing a coup over the Greens.

National's headline objection to the EV feebate is that, like the

NZ First can't bear to let the Greens win anything and is also desperate to out-National National.

Treasury, it doesn't believe the Government's assurance that the scheme will be revenue-neutral. This is blarney, because revenue neutrality, as any seasoned politician knows, is the Treasury's tooth fairy: it doesn't exist but the Treasury still believes it might and insists we must keep looking for it everywhere.

National's real "objection" to

this policy derives from basking in a 12,000-plus-signature petition from the four-wheel-drive devotees among us, with whom it has curried the impression that Green Associate Transport Minister Julie Anne Genter will personally confiscate their keys, whip out their kiddy seats and dispatch their Hiluxes and Ford Rangers to the crusher.

Still, National's taking a gamble here. Who's to say that Grunty Van Man, Remuera Tractor Mum and Log-Towing Farm Ute Family aren't just as concerned as Genter about emissions and wouldn't be delighted to trade at least one of the family's vehicles for a – newly affordable – Leaf?

This ridiculous spat gives us our own special version of the proverbial politician mounting a tree stump to give a speech in favour of conservation: Opposition leader Simon Bridges, who drives his own (full purchase price) EV while denouncing the feebate scheme. ■



Vote for your favourite dish

AND BE IN TO WIN!

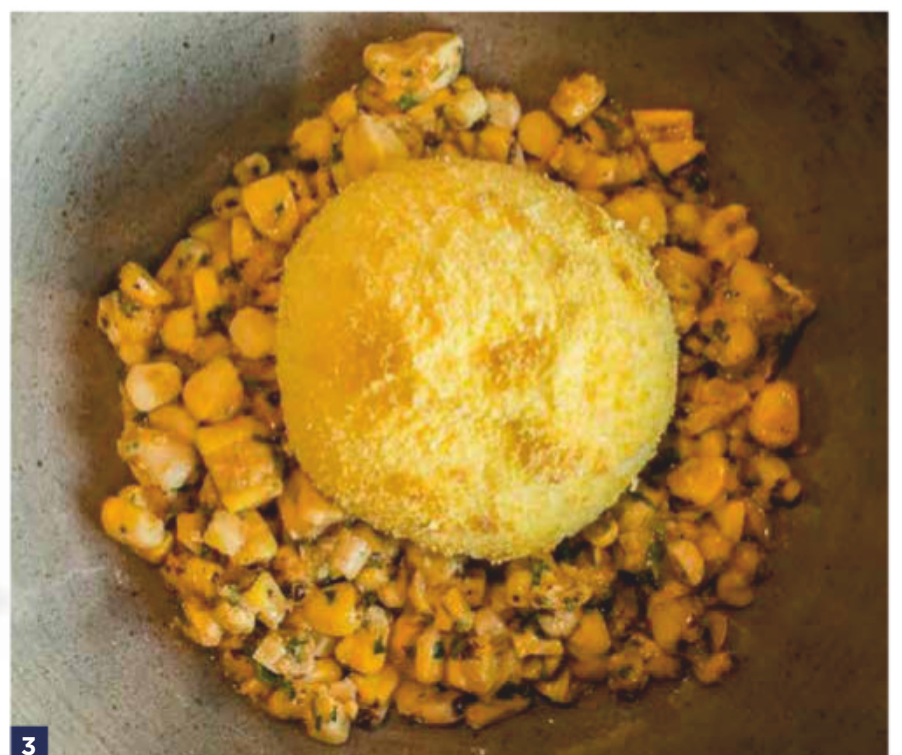
We've shortlisted eight finalists for the PEUGEOT People's Choice Award in the 2020 Metro PEUGEOT Restaurant of the Year Awards. Now it's up to you to choose the winner.

THE PRIZE

Vote for your favourite dish and you could win dinner for two at the winning restaurant, chauffeured in a PEUGEOT.



**Voting closes on 31 March, 2020.
Vote at www.metromag.co.nz**





THE FINALISTS

Which dish will win the 2020 PEUGEOT People's Choice Award? It's your call.

- 1. Spinach, sage and goat's cheese dumplings, Cotto
- 2. Steak, Pasture
- 3. Burrata, Amano
- 4. Chocolate mousse, Cazador
- 5. Slow-cooked Sichuan lamb shoulder, Hello Beasty
- 6. Goat's cheese croquettes, Apéro
- 7. Beef heart anticuchos, Madame George
- 8. Karitane crayfish meatballs, Baduzzi

TERMS AND CONDITIONS Entry is open only to New Zealand residents aged 18 years and over. Employees of Bauer Media Group (LP) NZ, Peugeot, their affiliates, agencies and immediate families are ineligible to enter. Entries are limited to one per person. This promotion commences on February 10, 2020 at 9am, and ends on March 31, 2020 at 11:59pm. The winner will be drawn and notified by April 2, 2020, at 12pm. The prize is a private transfer from your home/accommodation in a Peugeot, to the Peugeot's People's Choice Best Dish Restaurant and a \$500 voucher for two people for dinner at the Peugeot People's Choice Best Dish Restaurant. Private car transfer only available within the Auckland region. The prize must be redeemed between April 3, 2020 and July 1, 2020. The prize must be taken as offered, subject to availability at the time of booking with the venue, and is not exchangeable, transferrable or redeemable for cash. Except as expressly set out above, the prize doesn't include the cost of passports, visas and other travel incidentals (including spending money, medical expenses, transfers, insurance, meals, and hotel extras). The promoter is Bauer Media Group (LP) NZ, Shed 12, City Works Depot, 90 Wellesley St West, Auckland.

CONQUERING THE KILOS



DIET BUSTERS

After becoming exasperated at the diet industry's dodgy tricks, a US obesity and nutrition specialist has come up with the ultimate science-based guide to weight loss. **by JANE CLIFTON**

Obesity and nutrition specialist Dr Michael Greger has spent years being boiling mad at diet books and fads. Finally, he set out to write a comprehensive scientific rebuttal to the whole darned shower of them. After many years in the field, he had all the data at his fingertips.

It turned, he ruefully admits, into another diet book. *How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss* has it all: moving personal anecdote, good food lists, naughty food lists, a list of shortcuts and a companion book of recipes.

However, the book has one feature almost no other diet book can lay claim to. It is based entirely on science's gold standard: randomised, controlled blind trials. It's chattily written. "The best way to find out if a loaf of bread is healthy is to drop it on your foot" – in other words, "ouch" is good.

But at just shy of 600 pages, the book is more like an encyclopa-

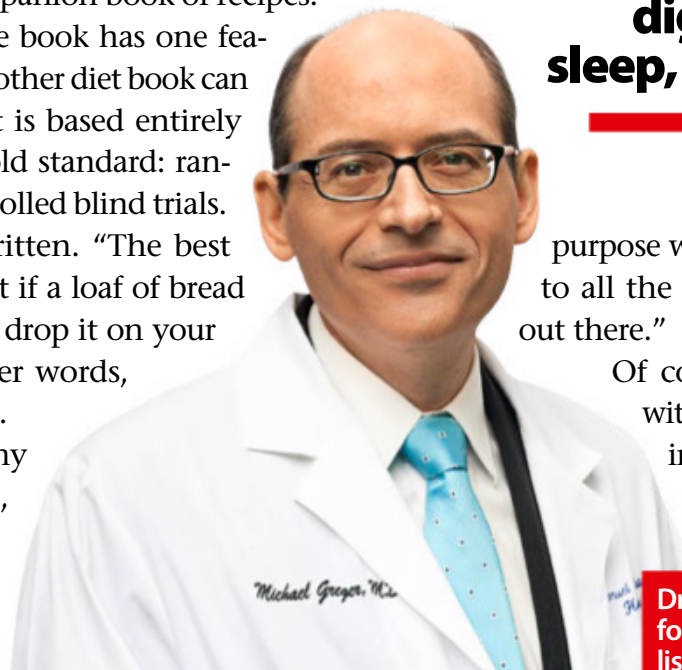
dia. Every assertion or recommendation is backed up with the details of the relevant studies, including behavioural trials, such as the work of New Zealand's University of Otago, which he says has been a fount of reliable information.

"People can go and check these studies out for themselves if they want to. My

"For three weeks, do exactly what I tell you and you will feel so much better, you will have better digestion, better sleep, more energy."

purpose was to provide a counter to all the bad information that's out there."

Of course, he's still furious with the multibillion-dollar, ingeniously self-perpetuating diet industry, the



Dr Michael Greger: good food lists, naughty food lists, shortcuts and recipes.

addiction-stoking processed-food industry, and the artificially-animal-fattening tendencies of agriculture. But he's also grumpy with medicine.

"I learnt very early, from the experience of my grandmother, how much nutrition alone can do to reverse disease. But that's still not the way we teach medicine. Doctors are not taught enough about nutrition. And so doctors aren't using all this data that's available to inform their treatments. I hope the book will help them to start using it."

He opened his evidence-based campaign with a first bestseller, *How Not to Die*, focusing on health and longevity. Inevitably came the pressure to reframe his science-only focus for weight loss.

SHORTCUTS, TRICKS AND HACKS

An ebullient evangelist, Greger found himself playing the same game as the diet industry with its "secret miracle foods" and "weird tricks", only with heavy artillery. He says reliable, reputable scientific studies have provided hard evidence of shortcuts, tricks and hacks that really work.

A few daily pinches of cheap commercially available ground spices – including cayenne, cumin and turmeric – can speed weight loss. So can three cups of green tea. The vinegar fad is not nonsense, either. And those who in the 1970s followed eminent

"If you get migraines, you'll probably stop having them. And you will lose weight without being hungry."

American nutritionist Adelle Davis in her veneration of nutritional yeast are far from being cranks (see panel, page 20).

Greger laments that even as the science behind obesity and health grows clearer, it seems to take 17 years for that science to enter mainstream consciousness and practice. He says governmental food pyramids are part of that lag.

But here's the part where Greger's

mega-science digest may strike some readers as yet another woke whack over the head: he has found most of the science points towards a whole-plant food diet. He seldom uses the V-word, but veganism is the Rome to which almost all roads in his book lead.

As chance would have it, Greger's book was finalised around the same time that the Intergovernmental Panel on Climate Change's report on food and land use was published last year. It recommended a drastic reorientation from animal produce to a plant-based diet. Speaking from California, Greger says this interview is the first time he has been asked about the parallels between the two publications, and he welcomes the comparison.

"The science points overwhelmingly towards a plant-based diet, and when you look at food production, we can produce nutritious plant food using as much as 90% less water than animal-based food."

Confronting to many people in a social and ideological sense, the vegan/vegetarian movement is now running into practical issues, including climate warming's effect

GETTY IMAGES



on crops and the practicalities of growing enough plant-based food to nourish the planet's burgeoning population. Water use, fertiliser and chemical issues cannot be lightly dismissed in the global discussion about the potential to move towards much greater plant-food production.

Greger acknowledges the issues are complex. "There's a lot to think about and we're not going to solve the issues overnight and get everyone liking quinoa. But it is very positive that people are getting the message that moving to foods such as beans and legumes is an important part of the solution, to our health and the planet's."

Some of Greger's objections to meat, poultry, fish and dairy stem from documented concerns about pollutants, chemical contaminants, drugs fed to livestock and similar issues that, as New Zealand food producers argue, do not necessarily apply to this country's produce. But, he says, the science is very clear that cured meats such as bacon are linked to cancer risk. And despite the popularity of the paleo diet, he says longstanding concerns about animal fat hold

up well in reliable studies.

Greger also accepts that his professional cohort has so far failed, albeit for complex reasons, to counter the mighty power of food and farm lobbies. Despite decades of being told by qualified authorities that

A few daily pinches of cheap commercially available ground spices – including cayenne, cumin and turmeric – can speed weight loss.

we were eating far too much of the wrong tucker, people in the developed world are fatter than ever.

THE SURGICAL ALTERNATIVE

He also allows that eating has an emotional and psychological component that is complex to change. Has he never considered that it might be better economics to make

free with interventions such as gastric bands, which he acknowledges can make a rapid improvement in health and mortality?

"Let's be clear: surgical interventions do work. Jaw-wiring will work, too. But these have obvious downsides. Some surgery has to be repeated. People can have terrible complications. There are digestion issues for many patients afterwards. Whereas eating a whole-plant-based diet will get you there without those downsides."

Unlike most nouveau diet mavens, Greger channels the proceeds of his books into obesity research. But like most, he does have a catchy infomercial-esque line of patter.

"When people consult me in my clinical practice, I tell them, 'Give me three weeks. Do exactly what I tell you and I can practically guarantee you will feel so much better, you will have better digestion, better sleep, more energy; if you get migraines, you'll probably stop having them. And you will lose weight without being hungry.'"

Key to his approach is expansiveness,

To page 23



Foods with benefits

Using these “tweaks” can give you an extra health boost.

Food fads, hacks – Dr Michael Greger has ground his teeth at them all, but some have survived the rigours of scientific testing.

He has found some of these shooting stars of the diet world so empowering, he lists them as his recommended “tweaks”. Just swapping to a mostly plant-based diet will get a person on the road to healthy weight and longevity, he says, but science can press the pedal a bit harder.

LOW-GLYCEMIC FOODS have underpinned a slew of diet books, and these slow-burning, often high-fibre foods get the

tick from the folk in the testing labs – as much as for what they do as for what they prevent from happening. Among their headline benefits is they don’t cause roller-coastering insulin levels. Slow-burning foods also bypass the body’s hard-wired anti-starvation mechanism. The body tends to resist weight loss after a certain period of time, interpreting it as a survival threat, but feeding it with low-glycemic foods seems to blunt this trigger.

HIBISCUS TEA really does appear to be a red zinger. Controlled group studies found people on nine cups a day lost more weight than those on

a placebo. But there’s a but: Greger is concerned about the risk for ingesting undesirable levels of manganese through the tea. A bit less than a litre a day is plenty for safety, he says. And as with **VINEGAR** – daily ingestion of the amount in an average serving of salad dressing having been shown to aid weight loss – the acidic effects on teeth are a worry. Greger advises rinsing one’s mouth thoroughly after eating or drinking, but not brushing, as enamel is temporarily weakened by the acid.

SPICES can be a quarter-teaspoon powerhouse in speeding weight loss and

maintaining it. Greger says the science has found that as well as antioxidants and other benefits, a few cents’ worth of the following a day are a good investment: **TURMERIC, CUMIN, BLACK CUMIN, CINNAMON, POWDERED GARLIC** and **NUTRITIONAL YEAST POWDER**.

Also getting a big tick as a health and weight-loss daily dose: **CHIA SEEDS, BERRIES** (fresh or frozen), **GREEN TEA** (three cups), and **NUTS** but not in huge quantities; eaten whole and chewed well, they’re nutritious with the bonus of being a great sweeper-through of unabsorbed calories.



Spices can be a quarter-teaspoon powerhouse in speeding weight loss.

INTERMITTENT FASTING has a lot of merit. Greger recommends not eating between 7pm and breakfast.

A RUSH OF BLOOD TO THE HEAD sounds unwise, but administered gently, concludes the research of space scientists – and the ancient wisdom of yogis – causing blood to pool around one’s North Pole can speed weight loss. Headstands aren’t necessary. The Trendelenburg position, in which one lies with the feet higher than the head, can accelerate weight loss. With the strict proviso of “consult your doctor first”, Greger recommends sleeping with

one’s feet tilted to six degrees higher than one’s head as another beneficial tweak.

CHEWING GUM: No tick. Amateur logicians have long rejoiced in the idea that if chewing food a lot produces a “free ride” calorie burn, then gum must do the same with knobs on. Not so, says Greger. Findings are mixed, too, on whether, through its typically minty flavour or some other reason, it can decrease appetite.

As for **COCONUT OIL**’s benefits, the question to ask is “compared with what?” No benefit has been demonstrated

over placebos for coconut oil, despite the considerable hype. A common study cites Pacific Islanders staying leaner on their traditional coconut-based diet than on the modern diet. “But guess what they were eating instead ... [a] high intake of sausages and eggs and processed foods,” Greger writes.

PASTA: All right as an occasional scoff – wholegrain, mind.

BREAD: As above.

FIBRE-ENRICHED FOODS are better than pabulum such as Wonder Bread, in Greger’s

book. But why not cut the palaver and ingest vitamins and minerals from whole foods, he says, rather than hoping to get enough of them from husked and then enriched processed foods? Whole foods ensure better absorption of nutrients, among their myriad other benefits.

“You know things are bad when one of the top-10 sources of fibre in the American diet is french fries,” he says, reflecting on a processed food already stripped of most of its fibre through peeling. Ditto the No 1 US dietary fibre source: white bread.



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You've got to move it, move it

People who have lost weight and kept it off for years tend to have one thing in common.

In a chicken and egg sense, we may have been looking at exercise the wrong way.

New studies suggest that perhaps we don't move enough because we're too heavy, and once we're lighter, we suddenly feel like it. A reputable study reported in Dr Michael Greger's *How Not to Diet* has found, albeit for reasons still not well understood, that once they lose a certain amount of weight, people are more likely to become more active, to the point of taking deliberate exercise.

Exercise has had a bad rap with the anti-obesity fraternity, partly because of people's tendency to "eat up to" their activity levels and beyond and to unconsciously reduce their ambient activity on exercise days. People frequently over-report their exercise durations, and repeated studies have shown that a workout gives a high proportion of people a misleading sense that they're able to eat more without gaining weight.

Constant new research factoids, by turns bewildering and encouraging, give different perspectives about the optimal intensity and duration for weight loss. The only consensus seems to be that pretty much any form of exercise or added physical activity is a health bonanza, but only either prolonged or intense regular exercise makes a significant contribution to weight loss.

However, exercise has passed the high bar of being a star on Greger's list of weight loss accelerant "tweaks".

His bottom line: "You have to do it for an hour for it to make any real difference." And as vigorously as you can manage it, he adds.

He says very few people make that commitment, but there are several reasons they should. At the very least, exercise appears to be valuable in

"Continuous high intensity beats lower intensity, but short bursts of high intensity do not beat continuous, moderate-intensity exercise."

keeping weight off once it has been lost.

Australian obesity academic Nick Fuller, who visited New Zealand recently publicising his work on beating weight-loss plateaux, endorses this. "I make no apology, because it is so important. The people who have successfully lost weight and kept it off [for more than five years] are those who eat a large volume of whole-some food and perform a lot of daily activity." His book, *Interval Weight Loss*, has the same key messages as Greger's,



Way to go: only either prolonged or intense regular exercise makes a significant contribution to weight loss.

including "move a lot."

Exercise is more efficient than diet at getting rid of the deadliest "brown" fat, which accumulates around abdominal organs. One of the main reasons people strive to lose weight is to avoid dying from "brown" fat. Even slim people can have too much of it. Greger cites specialists' observations that for many life-blighting conditions, exercise would do more for them than medication, but they're often not told this.

But exercise can also be a multi-pronged fast-tracker to losing weight. First, done after several hours' fasting – for example, before breakfast or dinner – an hour's brisk exercise causes the body to start right in on burning stored body fat, rather than stored glucose, because the glucose tank is nearly empty.

Second, done for long enough and vigorously enough, it causes the body to

burn more energy for up to 48 hours afterwards, not just during the activity itself.

Third, it's been found that the will to exercise often kicks in *after* a certain amount of weight loss, given a switch to a good diet, he says. In one study, some people were given a diet high in saturated fats and others one low in saturated fats. Activity tracking found that 90% of the latter group ramped up their exercise by 12-15%. The researchers couldn't explain why but postulated that a high saturated-fat intake might dampen our desire to be active.

But perhaps Greger's most arresting finding is the role played by non-exercise, activity-wrought thermogenesis. It's what happens in studies where people are deliberately overfed: they start moving more, even if they're not conscious of doing actual exercise. When a control group was overfed 1000



extra calories a day, only an average of 400 calories ended up being stored as fat, because the extra fuel made people busier. They were more likely to fidget, potter about and be active.

That's not a cue to lose

In studies where people are deliberately overfed, they start moving more, even if they're not conscious of doing actual exercise.

weight by eating more calories, rather an illustration of the body's ability to link fuel intake with energy output. It also chimes with Greger's and Fuller's advice to eat a high volume of food so the body doesn't go into "starvation" panic.

Greger says there's also a

framing issue. Further studies have found people ate less after doing something couched as a "fun walk" than after the same expedition described as "exercise".

Yet other studies have found a lot of overweight people enjoyed exercise more than they had expected.

The current – and lucrative – buzz is around high-intensity workouts, including interval training and even workouts where people go hard out, into anaerobic exhaustion, for only a few minutes a day. There's reputable science behind all this in terms of fitness and health benefits, but it's horses for courses.

As a general rule, when weight loss is the primary goal, Greger says: "Continuous high intensity beats out lower intensity, but short bursts of high intensity do not beat out continuous, moderate-intensity exercise."

◀ From page 19

rather than reductiveness. He gets that people feel discouraged being told to eat less and count calories. Basing your diet on whole-plant-based foods means you can eat lots of food, he says, and the transition from calorie-dense to fibre- and water-

Because it's so calorie-dense, we can eat lots of fat eat faster than our body's satiety kit can register it.

rich foods will give rapid weight loss and health benefits. "Some people initially have trouble eating all the food. It's not easy for everyone. That's why I say, 'Try this for three weeks and don't give up.'"

He even allows in his book that if people are replacing high-calorie food such as fried chicken with dishes jollied up with fats, such as buttered broccoli, over time they're still going to get a considerable benefit. When vegetables, legumes, lentils and the like are the main event and risky foods are reduced to mere condiment proportions, the calorie mathematics dramatically change. Of course, he would rather that people eliminated the risk foods.

BLESSEDLY LIBERATING

Is he worried about people's eating becoming bedevilled by a sort of moral and scientific absolutism, creating eating disorders such as the extreme "clean eating" movement?

"Well, look at it this way. What if I said to you, 'I'm am *never* going to smoke a cigarette. Not even one or two on holidays or special occasions'? Would you think that was an unhealthy attitude? No, because cigarettes are bad for my health.

Now, what is wrong with putting certain foods into that category?"

However, much of what Greger has to report may strike serial dieters as blessedly liberating from the traditional injunctions of academia's health activists. For instance, his book elucidates that the strict "calories in, calories out" equation that some activists want to be in the banner headlines is misleading. Studies have found that what happens to calories when we eat them varies considerably, depending on a range of factors – some of which, tantalisingly, we can nudge to our advantage (see panel, page 20).

Nor is he, like many mainstream scholars, dismissive of exercise as an important part of the weight loss and health picture. Aside from its other health benefits, it can have a multiplier effect on the calories we expend long after we've finished a walk or dismounted the bike (see exercise panel, left).

FIXING GRANDMA

Greger was set on his career in nutrition science when, as a youth, he saw his beloved

"I learnt very early, from the experience of my grandmother, how much nutrition alone can do to reverse disease."

grandmother reverse her diagnosis of terminal heart disease by following controversial 70s and 80s nutritionist Nathan Pritikin's health regime. Regarded as rather cranky by some at the time, Pritikin preached rather than taught that sugar was evil. Before Greger's eyes, his nana regained her health and mobility and outlived the prognosis of ▶

her cardiac specialists by 31 vigorous years.

As he studied medicine and specialised, Greger became convinced Pritikin, and later Dr Dean Ornish, who also promulgated a whole-plant-based diet, were on to something. Refined foods caused lots of problems; whole-plant-based foods could very often solve them.

But rather than cherry-pick to confirm his suspicions, Greger says he made a point

The body tends to resist weight loss, but feeding it with low-glycemic foods seems to blunt this trigger.

of looking at all the science and piecing together his patients' optimal strategies from there.

He says it's common to trace today's obesity boom back to the 1980s, when nutritionists demonised fat, unwittingly encouraging an unhealthy reliance on carbohydrate-dense food, with added sugar a particular problem. But it's not that simple, he says.

All that "fat is the problem" advice did not, in fact, result in a decline in Americans' overall intake of fat. The anti-fat message seems simply to have helped create an implied licence to eat more low-fat food *as well*. On average, Americans today eat

several per cent more calories from fat than in 1974 and 500 more calories a day. Given it takes 3500 excess calories to create a pound of fat, there's your obesity problem.

Confoundingly, the science says the 80s experts weren't wrong about low-fat diets being good. They were just right for some not entirely right reasons.

Greger says it helps to understand that resting metabolic rate – how many calories we burn "just by being alive" – is the key determinant to weight. Someone on a low-fat diet – getting 11% of their calories from fat – will burn more calories even in their sleep than someone on a 58% fat diet.

All sorts of things affect metabolism, but a key one is that fat takes the body fewer calories to process. And because it's so calorie-dense, we can eat lots of it faster than our body's satiety kit can register it. With high-chew foods such as vegetables, it gets plenty of notice.

Even overeating on a low-fat diet gives us a bigger calorific "free ride", in that considerably more calories travel all the way through us unabsorbed and down the dunny. Over a month, the non-absorbed, excreted calorie count can save 2500 calories, compared with the calorie wastage on a high-fat diet.

MASTICATION IS GOOD FOR YOU

In the early 1900s, American food faddist Horace Fletcher became a millionaire by popularising chewing. "Nature will liquidate/Those who don't masticate," he

declared, advocating 32 chews per mouthful. Many decades later, scientists confirmed the Great Masticator, though utterly unqualified, was no crank. Chewing – and eating food that requires lots of it – helps turn on the body's satiety-notification hormones in time to avert overeating.

The "cephalic" signals – from mouth to brain – are a hugely powerful appetite-governing rod, as a peculiar but ingenious

Basing your diet on whole-plant-based foods means you can eat lots of food, and the transition will give rapid weight loss.

"having your cake and *not* eating it" study cited by Greger shows. One group chewed and spat out cake for one minute, another for eight minutes. Within each group, half of the spitter-outers had 100 calories of "cake solution" pumped into their stomachs by a tube and the other half 800 calories' worth. Half an hour later, they were all offered a meal. Those in the long-chewing group who had tube-ingested the smaller number of calories ate less than the short-chewing group that had preloaded with a whopping 800 calories.

The cephalic phase also governs how much of the calories we ingest are burnt, by

GETTY IMAGES



promoting diet-induced thermogenesis. The old urban legend that the energy expended in eating celery burns more calories than there are in celery has some legs. The basic ratio is 10-90: the brain triggers 10% of the calories ingested to be burnt just to prime the pump, to get at the remaining 90%. But without that brain primer, such as when people are tube-fed, that thermogenesis can fall by more than 50%. Greger says it's now known that eating slowly and chewing a lot optimises thermogenesis in a meaningful way for weight loss. It may only be a few extra calories pre-burnt per meal, but it soon adds up.

WATER POWER AND GUT HEALTH

Water content is another aid to all this. Drinking water with food doesn't seem to reduce food intake, but eating food with a high water content does. That's because the food takes longer for the stomach to deal with. It has to sieve, whereas with the separate drink of water, it can simply syphon the liquid off.

Repeated studies have shown that people are less hungry hours after a meal whose ingredients were liquidised into a thick or chunky soup than the same ingredients – for example, chicken and vegetables – in solid form. The proviso remains, the slower the ingestion the more powerful and lasting the satiety.

But perhaps the biggest new frontier in health and optimal weight is the

microbiome. Greger calls our gut bacteria “our tenants ... It's very exciting. We're finding out more all the time about the effect gut bacteria have on our health. This research has really improved our understanding, especially of the value of eating whole-plant-based foods.”

He looks forward to refining and updating his body of work as more genetic research comes out.

The anti-fat message seems simply to have helped create an implied licence to eat more low-fat food as well.

Despite the attendant hype and marketing, reputable experts chime with Greger that gut health is not just a craze but a great leap forward. For a change, the science is such that the concept of healthy bacteria has rapidly gone mainstream – and commercial.

Products claiming to galvanise gut health now abound, from traditional food preparations such as fermented Korean kimchi and drinks such as kombucha to Symprove, a probiotic feed developed by a farmer for his cows and later adapted for human use. Yogurt products positively rejoice in their “healthy bacteria” count, with much

positive research data on traditional “bugs” used to make kefir and Greek yogurt.

But like Greger, many highly qualified experts say gut health can be achieved without recourse to expensive new additives and boutique foods.

Megan Rossi, an Australian-born consultant with a doctorate in kidney disease and gut health, says we need to be far more ambitious about the diversity of plants we eat. Five a day is not even close. As she told the *Times* newspaper last year, “You need to be eating 30 different types of plant-based foods every week. Diversity is king, because every fruit and vegetable, however superficially similar – say, red and yellow peppers – contains slightly different fibres and chemicals that appeal to slightly different bacteria in your gut.”

She is, professionally, also a fan of kefir, but like Greger's, her patients are told that optimising plant intake, in maximum variety, is ground zero for health.

Singing from the same hymn sheet is also Andrew Jenkinson, consultant bariatric surgeon at University College London Hospitals and author of the book *Why We Eat (Too Much)*. Ditching refined foods and tweaking the metabolism are features of his charter.

Greger's book is much fatter, but his headline message is blunter. “Don't diet. Eat.” He also has the satisfaction of disproving an apparent oxymoron: the evidence-based diet book does exist. ■



SINS OF OMISSION



Do we fully understand the effect of the colonial process on Māori in which their land, economy, language and spiritual beliefs were taken from them? **by DAVID NICHOLSON**

The news last week that the Māori Council wants “racism out” by 2040 raises the question of why we have racism at all in Aotearoa.

An important reason is that the history taught in our schools has been seriously deficient. It has not necessarily been a deliberate lie, but rather history by omission. It is always the victor who writes the history and it's written from their perspective. The trick is to retrospectively recognise and honestly accept what has happened here in Aotearoa.

However, it's very difficult when Pākehā

The pioneers who settled New Zealand arrived between 1250 and 1300. The English were refugees.

have never experienced colonialism themselves. I got an insight into that when, in 1973, I quit my job as a reporter with the Australian Broadcasting Corporation and went backpacking through Asia.

Soon after arriving in India, I attended a “sound and light show” at the Red Fort in Delhi. It traversed India's history until we got to a point at which I realised they were talking about the English. It was a story of shocking exploitation. Then, in 1947, the hated foreign occupier was finally forced to scuttle home.

Sitting there quietly in the dark on the North Indian Plains, reflecting on that

nation's experience of colonialism, it suddenly dawned on me: “That's probably how Māori felt.” Indeed, some still do.

We here in Aotearoa will never shake off the baleful yoke of racism until all of us are honest about the colonial process. It was not accidental. By the time they got to Aotearoa, the English were well experienced at destroying indigenous cultures on the basis that they were inferior or were the wrong religion – they practised first on the Irish, then the Scots.

After Oliver Cromwell's New Model Army defeated the Irish, the English passed the Act for the Settlement of Ireland 1652, resulting in the mass confiscation of almost all Catholic-owned land. Does that sound familiar?

In Scotland, they drove the Highlanders off their land by burning down their crofts, then pursuing them on horseback. The confiscated land was then given to the English king's supporters. A familiar ring again.

The colonial process is also characterised by the deliberate destruction or debasement of indigenous cultural and spiritual values. In the Christian churches, the leaders are called ministers, bishops, priests, etc. Indigenous spiritual leaders are described as “witch doctors”. Christianity is a true, civilised religion – indigenous religions are “mumbo jumbo” or based on “voodoo”.

The Tohunga Suppression Act 1907 resulted in the suppression of Māori spiritual practices – a manifest denial of religious freedom.

We tend to use euphemisms to disguise historical reality – that can be seen in our use of the words “settlers” and “pioneers”. They were nothing of the sort. Aotearoa was

already settled. The pioneers who settled it arrived between 1250 and 1300. In reality, the English were refugees. My first forebears to arrive here, in 1862, were escaping the English class and economic system that ruthlessly exploited those who were “born to be ruled”.

After being thoroughly screwed by the landed classes, they then shamelessly abandoned whatever principles they may have held and eagerly accepted land stolen from Māori by the confiscation process. From exploited to exploiters over a mere three-month voyage.

The destruction of indigenous culture is at its most aggressive in the suppression of

The authorities in Mumbai took all the colonial statues in the city and relocated them to the zoo.

language. As in Ireland and Scotland, where their versions of the Gaelic languages were almost extinguished, Māori school-children were punished for speaking the language of their forebears. It mattered little, as Māori belonged to the uncivilised past and were on their way to extinction.

DELIBERATE AND UNABASHED RACISM

I will digress a little here and observe that it must be perplexing to Māori that a Pākehā woman, Jennifer Ward-Lealand, has just been made New Zealander of the Year for, among other things, her commitment to te reo Māori. Without denying



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1. *The Arrival of the Maoris in New Zealand*, a painting by Charles Goldie and Louis Steele. 2. Lord Roberts. 3. William Massey. 4. Jawaharlal Nehru.

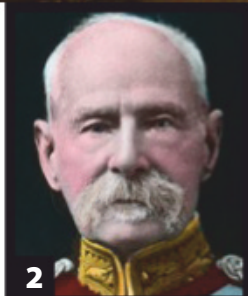
that recognition, what acknowledgement has there been for the thousands of Māori who have fought for the language over the past 180 years?

Setting that aside, it has been through the failure of our education system that we are largely ignorant of the colonial process. However, there is more to it than just process. There is our ignorance of the deliberate and unabashed racism of the English. Here are three examples.

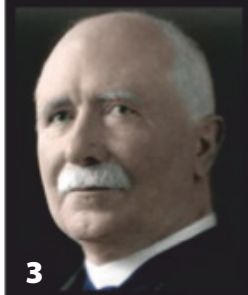
In 1917, the British Cabinet decided it would take Indians 400 years to learn to rule themselves.

That's right, if Indians were to tentatively raise their hands and request independence – "Please, sahib, may we drink deeply from the cup of English civilisation so that one day, in the far-off future, we might be able to rule ourselves" – then by about 2300 they might be able to take over from the man in the pith helmet.

In the second instance, British field marshal Lord Roberts, Commander-in-Chief, India, from 1885 to 1893, once argued that "native officers can never take the place of British officers. Eastern races ... do not possess the qualities that go to make good



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3



4

leaders of men."

The final example is directly pertinent to us – it's the famous painting by Charles Goldie and Louis Steele, *The Arrival of the Maoris in New Zealand*. It implies Māori arrived here inadvertently after being blown off course in a storm. The sails of the waka hourua are torn, those on board are haggard and thin – they are lucky to have survived.

English racism was so blind that the fact that Polynesians had already conquered the entire Pacific, the largest ocean in the world, 600 years before Goldie and Steele put paint to canvas, did not occur to them.

Even today, when racism is close by, we often fail to acknowledge

it. In Wellington, a grandiloquent memorial to Prime Minister William Massey overlooks the harbour – predictably, there's no mention that he was the leader who declared that "nature intended New Zealand to be a white man's country".

BEING HONEST ABOUT OUR PAST

In aggregate, the deliberate process of destroying the Māori economy, its culture and spirituality has produced a group in our society that is prone to poor health, low incomes and sub-standard living conditions. Their recovery from the wickedness

of colonialism and racism has been patchy and slow, but it can be accelerated if we are all prepared to be honest about our past.

Britain's present degeneration into a politically dysfunctional small island off the coast of Holland is a good time for us to start to decolonise our history and culture. Over the past few years, the long black cloud of the British Empire has been lifted from our shoulders.

After the brilliant independence speech of India's first prime minister, Jawaharlal

Britain's present degeneration is a good time for us to start to decolonise our history and culture.

Nehru – "At the stroke of the midnight hour when the world sleeps, India will awake to life and freedom" – the authorities in Mumbai took all the colonial statues in the city and relocated them to the zoo.

It may be tempting to do that with the statue of Queen Victoria in Wellington's Cambridge Terrace, but it is not necessary. It would be much better if we were all honest about our past and support the Māori Council in banishing racism from the hearts and minds of all people in Aotearoa. ■

David Nicholson is a Wellington journalist.

GETTY IMAGES; AUCKLAND ART GALLERY TO O TAMAKI

SHELTER FROM THE STORM

We need to appreciate trees not only for their beauty and as providers of welcome shade but also for their vital climate role – but time is fast running out. **by SIR ROB FENWICK • photograph by PETER REES**

If I had a favourite tree, it's the ancient pūriri standing massively in a canopy of forest on Waiheke Island. Miraculously spared the axe during the tragic kauri cutover of more than a hundred years ago, this pūriri has often had me leaning against its gnarled length, gazing up at the leaves that were once sprinkled with ash from Rangitoto's

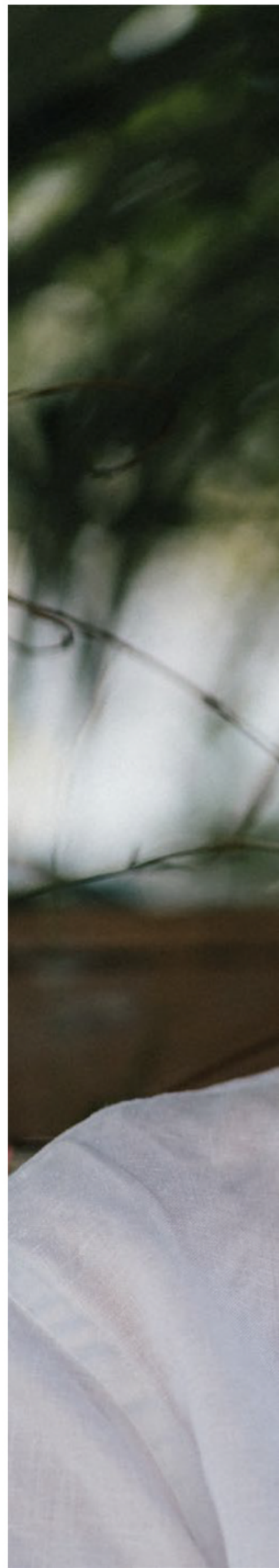
eruption some 550 years ago.

Iwi would have appreciated this tree, and Captain Cook would've seen those same towering branches as he cruised the Waiheke coastline in 1769. It's remarkable to think what this tree has lived through, how many other people have leant against it, drifted their hands across its trunk and sought its shelter. This tree, all trees, are natural historians, keepers of our past – but they are also vital guardians of our future.

The iconic pōhutukawa is a beacon of our Kiwi summer. The most prized real estate on the beach,

these magnificent trees signal us with their red flags, welcoming us into their shelter. In those moments – safe under their huge arms – we are grateful for trees;

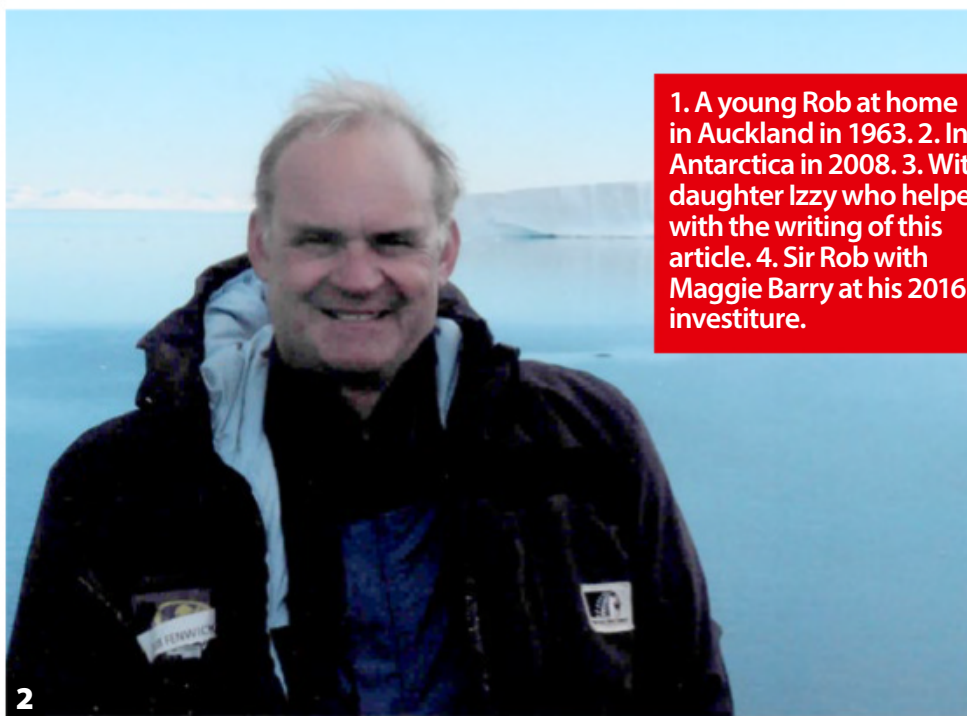
Sir Rob Fenwick (68) on February 23. Left, with his favourite tree – an ancient pūriri on Waiheke Island.







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1. A young Rob at home in Auckland in 1963. 2. In Antarctica in 2008. 3. With daughter Izzy who helped with the writing of this article. 4. Sir Rob with Maggie Barry at his 2016 investiture.



3



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we see their value and marvel at their size. Yet, when all is packed up and the beach left behind for the day, the value of these magnificent providers seems forgotten.

We have taken our trees for granted. We have expected them to provide for us, to give us shelter and shade, yet have given very little back. We have used and abused them. But we need them, desperately. As our summers get hotter, relief from the scorching heat will become paramount. And yet shade is the simplest of the many ways trees help reduce a rising climate. These willing workers revolutionise our existence every day, with every second they stand.

Trees cool the air through a process called transpiration. In the same way we sweat to cool down, transpiration draws water up through the soil by the trees' roots, which then evaporates through the leaves – cooling the atmosphere around it. Perhaps the most well-understood role that trees play is in balancing carbon dioxide with oxygen. Heat from the sun

or cities becomes trapped close to the Earth by the carbon dioxide in the atmosphere and global temperatures rise. If we have any hope of slowing this process, which is making our home uninhabitable, we must plant more trees. We must have more trees working to extract carbon from the atmosphere.

Of course, it's not just us that these benefactors work for. Trees support multiple ecosystems and life cycles. Imagine an Aotearoa without our iconic birds. We already have a shamefully long list of threatened species numbering in their thousands.

About 20 years ago, the Crown Research Institute that I chaired, Landcare Research, built a towering structure over the tōtara forests of Ōkārīto, in Westland; a man-made scaffold that extended above the treetops and allowed us to observe every level of the canopy. A healthy forest canopy teems with life; we saw untold species of insect and bird, with flocks of kākāriki bursting through the top into

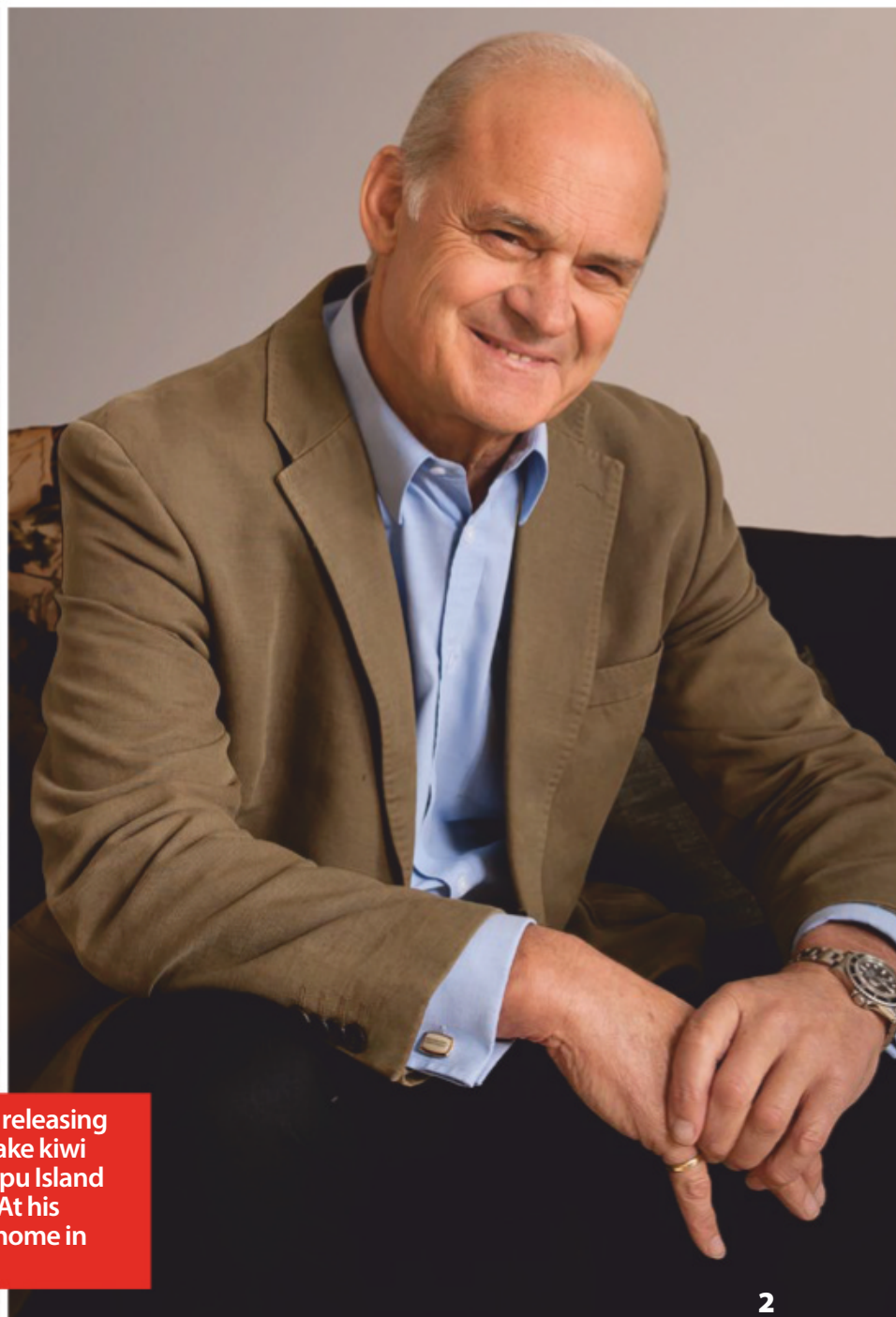
the sunshine. It was a reminder that, as ground dwellers, we miss so much, but it's these ancient communities that we must preserve.

I am also facing extinction. For five years, I have danced with cancer. I refuse to call it a struggle or a battle – I am dancing with the disease. We swing, we twist, sometimes we lift, and too often we step on each other's feet. But my determined dance partner will end our dance before I'm ready. Time is running out for me, and it is with profound sadness that I consider that time is running out, too, for our precious environment.

Although my doctor has exhausted all the options, we as a nation have not exhausted ours when it comes to saving these species. This is a crisis. Time is running out for the treasures of nature that we love, and it is worth using every last breath, all of our collective energy, to save our land and secure our future.



1. Fenwick releasing his namesake kiwi on Motutapu Island in 2016. 2. At his Auckland home in 2015.



We must make change. We must move away from the 1990s economic model that valued pines over native planting, resulting in disasters such as the one that sent a soup of mud and pine slash

the Aotearoa Circle, a group of public- and private-sector leaders committed to halting the decline of New Zealand's natural capital. It came on the coat-tails of the Environment Aotearoa state of the

Time is running out for me, and it is with profound sadness that I consider that time is running out, too, for our precious environment.

into Tologa Bay's community in 2018. We must rethink investment models that have favoured dairy conversions, transforming forests into farms that expose fragile pumice soils to erosion and cows to unrelenting heat. The connection between trees and animal welfare seems obvious to too few.

Two years ago, with others, I started

environment report, which showed all our stocks of natural capital – soils, fresh water, the climate, biodiversity and the marine environment – were in decline. It is reasonable to predict that in 100-200 years, our biological economy will be bankrupt. It's a horrific legacy to bequeath to future generations. The Aotearoa Circle aims to shift the levers of investment from

environmentally unsustainable extractive industries to intergenerational protection of the pillars of natural capital. And guess what the secret to preserving New Zealand's natural capital is? Trees.

As I contemplate my own demise, I return often in my mind to my favourite tree – that pūriri holding court on Waiheke Island. I consider this magnificent being, by far the oldest living thing I know, holding in its branches the diversity of nature – from the plump, cheeky kererū to the magnificent pūriri moth whose lifeblood is the tree's juicy sap.

Imagine that this pūriri could one day be the last lonely cradle of the kererū and pūriri moth. For them, like me, like so much of New Zealand's biodiversity, time is running out. I can tell you in plain English that I am dying. And although the environment might speak its own language, its cries cannot be misunderstood. We know what is happening, we know what we must do – now, we must simply do it. ■

SIMON YOUNG; NEWSPIX

EMOTIONAL RESCUE

Think you can read people's expressions like a book? Forget it, says psychologist Lisa Feldman Barrett, author of *How Emotions Are Made*, ahead of an appearance at the NZ Festival of the Arts. **by MARK BROATCH**

The classical view of how emotions work is straightforward: we're born with a set of circuits in our brain, one for anger, one for sadness, one for fear and so on. When we see a threat, our fear circuit triggers, we make a scared face, our heart speeds up and we run away. Right? Completely wrong, says Lisa Feldman Barrett. The professor of psychology at Northeastern University in Boston and Harvard Medical School psychiatry lecturer talks about how viewing emotions as constructed by our brain may help us better deal with anxiety and depression, how the modern world seems set up to disrupt the human nervous system, and why for the sake of justice we need to jettison the idea of universal emotional expressions.

The subtitle of your book *How Emotions Are Made* is "The Secret Life of the Brain". Can you explain constructed emotions?

There's not a lot of evidence for the classical view of emotions. The actual evidence suggests something more complex.

Imagine your brain is running a budget for your body, budgeting glucose and salt and water and all of the nutrients your body needs to stay alive and well. Your brain is receiving sensory inputs from the body and from the world – sights and sounds and so on – that are the effects of some set of causes. If you have an ache



Lisa Feldman Barrett: Wellington-bound.

"If I had to design an environment that was deliberately going to disrupt the human nervous system, it would be the one that we live in."

in your gut or you experience a flash of light or a change in air pressure, the brain doesn't have access to the causes; it has access only to the effects. So it has to guess at the causes. The only thing it has available is the past experiences that

it can reconstitute in its neurons. Your brain is basically asking itself, "Well, the last time I was in this kind of situation, what caused these sensations?" That's why your heart racing or your hands sweating can be determination or it can be fear. An ache in your gut can be anxiety, or it can be longing for someone that you miss or a gut feeling that someone is guilty of a crime. You certainly can take control of that process when you need to, but most of the time it's happening without your awareness.

If we can change our perceptions of emotions, such as feeling excitement in place of anxiety in public speaking, how real are they?

If your heart is racing, that's real. If you are experiencing anxiety, that's real. The question is, could you take that racing heart and transform it, by giving it a different meaning, into a different experience that would also be real? You can. It's not that you have anxiety lurking somewhere in your brain and body and you're just deceiving yourself by turning it into determination.

It's like chronic pain. In chronic pain, the brain believes that there's tissue damage in the body. Probably there was at one point, and the body was sending sense data back to the brain to tell it, "Hey, there's damage here." The brain learns that, but as the body healed, it didn't change its beliefs about what was



going on in the body. So, the person continues to feel pain. Well, is that pain real? Yes, it's real, it's happening in your brain. But you can learn to change the activity of your brain to give it a different meaning and construct a different feeling, a completely different emotion.

Stress, pain, anxiety – your book suggests that all these are constructed in some sense by your brain.

When I say that something is constructed by your brain, I don't mean it's imaginary. Everything you experience from when you're born to when you die is constructed in your brain by neurons. Your brain is doing this predictively. It doesn't wait around to receive sensory inputs and then ask itself, gee, what are these similar to? It predicts what's going to happen next by changing the firing of its own neurons. It starts to construct what you're going to see and hear, to anticipate

“We're social animals; we influence each other's nervous systems. What's really hard on a human nervous system is ambiguous social feedback where someone might be evaluating you badly. That's like all of social media.”

what bodily sensations you're going to feel, and what the cause of them is. It makes these neural guesses, then it waits for information to come from the world and the body. And that information either confirms the brain's guesses or it changes them.

And depression, too?

What happens when your body budget is really running a deficit? What are the two most expensive things from a metabolic standpoint a brain can do? Move your body and learn something new. Those are also two major symptoms of depression: fatigue and what's called context insensitivity, meaning your brain is making all these predictions, but it's not checking them against the world. It's just going with its own beliefs. So, if you are depressed, what happened to you

probably is that, basically, you have a metabolic illness, your body budget is out of whack, you might be running a serious deficit. You feel really crappy and fatigued, and probably you have a lot of negative things going on inside your brain and it isn't checking them against the world; it's just assuming that they're right. That's depression. And there are lots of ways to get to those states; there are lots of ways to

is taxing on our body budget and human nervous system. If you don't sufficiently replenish them, you're going to become sick.

Working on our emotional granularity can help?

Emotional granularity is basically just feeding your brain to provide it with experiences so that you can make a wider range of emotions out of the sense data that come from

transform it into determination, you have to work really hard at it, the next time it's really hard, the third time maybe it's a little less hard. Eventually, your brain will pretty automatically conjure up past experiences of determination to make sense of the present racing heart and sweating palms. But you have to work at it like any kind of skill.

In your book you have an image of a woman ostensibly screaming in terror – it's actually Serena Williams winning a tennis match. It's tricky to identify emotion from people's faces, isn't it?

The idea that faces display emotion or that we have "body language" are metaphors that don't work well in the real world. Your attention may be on someone's face, but your brain is taking in all sorts of information about the surrounding situation: that person's body posture, what their voice sounds like, what's going on in your own body, what just happened a moment ago, what it expects to happen a moment from now and so on.

Also, [four senior authors and I] just published a big paper reviewing more than 1000 published papers showing that people, for example, don't always scowl when they're angry – that happens only about 30% of the time. People can cry in anger, smile in anger, laugh in anger, widen their eyes in anger. They can scowl when they're confused or curious or concentrating, or when they have gas. The idea that expressions are universal and that they're hard-coded into the brain is just not true. Particularly in this political moment in time, in issues of sexual consent and the MeToo movement, it's important to understand that your brain is guessing about what a body movement means. And it can guess wrong – very easily.

You write about criminal trials such as that of the Boston Bomber. Given that memory is constructed, eyewitness testimony is flawed, facial expressions are guesses, impartiality is an illusion and neuroscience is misunderstood, you suggest educating jurists about constructed emotions and even of doing away with jury trials.

I don't really see it as my job to claim what the solution should be, but I do see it as my job to raise questions about



Sorry I'll read that again: Serena Williams' apparent agony is in reality ecstasy at winning a point.

get out of those states. I'm not trivialising depression. I think part of the reason people have such a difficult time with depression is because they don't realise the number of things in the day that actually impact their body budgets.

To improve your emotional life, you suggest old-fashioned remedies such as eight hours of sleep a night, eating well, exercising, managing social-media usage, yoga, reading novels and spending time with friends. Simple, yet hard in modern life, right?

It's extremely hard. If I had to design an environment that was deliberately going to disrupt the human nervous system, it would be the one that we live in. We're social animals; we influence each other's nervous systems. What's really hard on a human nervous system is ambiguous social feedback where someone might be evaluating you badly. That's like all of social media. Basically, a lot of modern life

your body and the world. For example,

if you don't know what schadenfreude is, your brain can still make that emotion. Because your brain can do what's called conceptual combination: take different

"People can cry in anger, smile in anger, laugh in anger, widen their eyes in anger. They can scowl when they're confused or curious or concentrating, or when they have gas."

experiences from the past and combine them in novel ways. If you have a word for it, it actually speeds your brain's ability to make that experience.

It's like if you do public speaking and the first time try to take anxiety and

potential problems. One problem is that in the Western world, we have a system of laws founded on the principle that a person's intent matters to how culpable they are if they cause harm. We make a distinction between harm that's caused deliberately, with intent, and harm that's caused by accident. That requires a jury or a judge to make an inference about intent. And that is always a guess. Is that stony-faced stare remorse? Is it lack of remorse? Is it guilt? Is it lack of guilt? That wrong guess can cost him his liberty, or his life. In the [Dzhokhar] Tsarnaev case – the Boston bombing took place a mile from my office and he was caught less than two miles away from my house – I'm not in any way saying that this guy isn't guilty for what he did. And I believe he should be punished with the full force of the law – he harmed a

“In issues of sexual consent and MeToo, it's important to understand that your brain is guessing about what a body movement means. And it can guess wrong – very easily.”

lot of people and it was a very scary time.

But in the US, according to the Supreme Court, someone gets a fair trial only when jurors can know the heart and mind of the defendant. There's certainly evidence that suggests that well before his trial Tsarnaev wrote letters full of remorse and apology to his victims and those were not entered into the record. It's my place as a scientist to point out that, in Chechen culture, the thing that you do basically in defeat to honour your enemy is be stoic. But he was given the death penalty. If you listen to what the jurors reported after they were interviewed, it is very much in line with what the research shows, which is that they believed he didn't feel remorse. It's an issue with judges, too. We all use our past experiences to make sense of what's going on in the present moment. And if our experiences are very different from another person's experiences, then what we honestly experience in that moment will be very different. ■

Lisa Feldman Barrett will be speaking at the NZ Festival of the Arts in Wellington on Friday, March 6, at 8pm.

Emotional lifesavers

Feldman Barrett's practical tips for keeping your emotions on an even keel.

■ **Get physical.** Each time you perform a physical act for your body budget, you're also doing something mental with concepts. Every mental activity has a physical effect as well. You can put this connection to work for you, to master your emotions, enhance your resilience, become a better friend or parent or lover, and even change your conception of who you are.

■ **Go easy on yourself.** The science is crystal clear on healthful food, regular exercise, and sleep as prerequisites for a balanced body budget and a healthy emotional life. A chronically taxed body budget increases your chances of developing a host of different illnesses.

■ **Touchy-feely.** Human touch is good for your health – it improves your body budget by way of your interoceptive network. Massage is especially helpful after vigorous exercise. It limits inflammation and promotes faster healing of the tiny tears in muscle tissue that result from exercise, which you might otherwise experience as unpleasant.

■ **Bend over backwards.** People who practise yoga long-term are able to calm down more quickly and effectively, probably as a result of some combination of physical activity and the slow-paced breathing. Yoga also reduces

levels of certain proteins, called proinflammatory cytokines, that over the long term promote harmful inflammation in your body.

■ **Commune with nature.** Try to spend time in spaces with less noise and crowding, and more greenery and

When you get involved in someone else's story, you aren't as involved in your own.

natural light. Not many of us can afford to sculpt our environment by moving into a new house or redecorating, but it is amazing what a simple houseplant will do.

■ **Healthy escapism.** Diving into a compelling novel is also healthful for your body budget. This is more than mere escapism; when you get involved in someone else's story, you aren't as involved in your own.

■ **Give as good as you get.** Set up regular lunch dates with a friend and take turns treating each other. Research shows that giving and gratitude have mutual benefits for the body budgets involved, so when you take turns, you reap the benefits.

■ **Animal magnetism.** Adopt a pet, which gives you touch and unconditional adoration at the same time.

ThisLife

HEALTH

by Ruth Nichol

Pass the salt and statins

British cardiac surgeon and author Samer Nashef is bringing his humane advice about diet down under.

Don't tell the salt police, but British cardiac surgeon Samer Nashef doesn't believe that giving up salt will lower your risk of getting coronary heart disease. And, he says, the scientific evidence supports this heretical view.

"Salt is definitely not harmful," says the author of *The Angina Monologues*, who will appear at the New Zealand Festival of the Arts in Wellington on March 11. "A recent major meta-analysis of all the random-controlled trials found that getting people to reduce their salt intake won't make a blind bit of difference to whether they get heart disease."

Nashef also believes you're better off taking a statin to modify your blood cholesterol than cutting down on high-cholesterol foods such as eggs, full-fat dairy products and red meat. He says statins are much more effective at modifying blood cholesterol than even the most draconian dietary restrictions.

Coronary heart disease is the world's leading cause of death. It's caused by a build-up of fatty deposits in the coronary arteries, which makes it harder for oxygen-filled blood to get to the heart. This can cause angina – a sense of tightness in the chest, often accompanied by

Samer Nashef



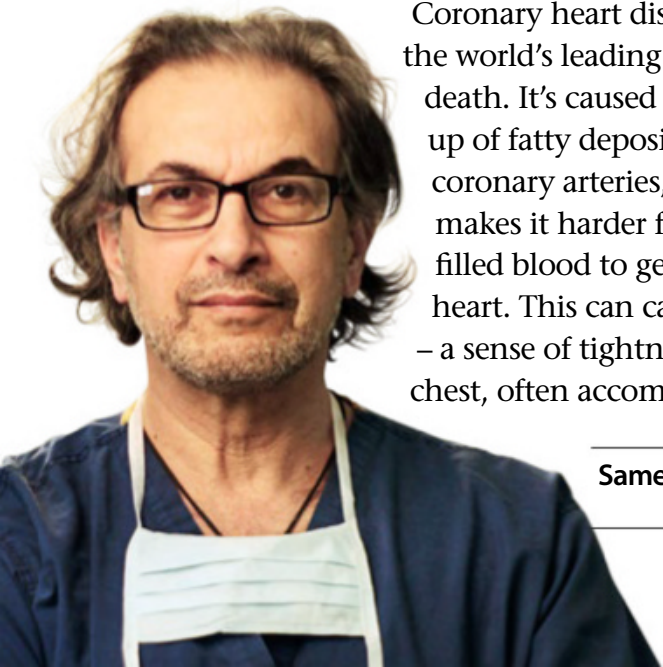
Don't smoke, don't get fat, exercise regularly – and if you have diabetes or high blood pressure, get them properly treated.

breathlessness – and may eventually cause heart failure or a heart attack.

There's a lot of conflicting advice about how to reduce the risk of coronary heart disease, but Nashef says we should focus on the things that are proven to work: don't smoke, don't get fat, exercise regularly – and if you have diabetes or high blood pressure, get them properly treated. For those

whose coronary arteries are already showing signs of narrowing, take a statin. "The evidence shows that people who have coronary disease do better if they take statins."

It's advice he follows himself. In 2012, Nashef, who has performed coronary artery bypass grafting (CABG) on thousands of patients with severe angina, started getting an ache in his chest while he was exercising – one of the early symptoms of angina. Subsequent investigation revealed plaque in his coronary arteries, though not enough to need surgical intervention. However, he now takes a statin: "Of course I do – I do what I'm told, and I follow the evidence."



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Rice and lentils add substance to these flavour-packed meat-free meals

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Winemaker Tamra Kelly has bounced back wonderfully on Waiheke Island

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Conscientiousness is an important predictor of premature death

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Statins are much more effective at modifying blood cholesterol than even the most draconian dietary restrictions.

He blames his coronary heart disease on two things – genetics (both his parents died from heart disease) and smoking when young. But despite his diagnosis, he still enjoys salty chips and fatty burgers – in moderation. “Eat what you like, but don’t get fat – that would be my pitch.”

Fortunately, even if he does eventually need a CABG, he can be confident of a successful outcome. Heart surgery is a relatively new medical speciality. It only became possible in the 1950s with the invention of the heart-lung machine, which takes over the role of the heart and lungs during surgery, oxygenating the blood and keeping it circulating around the body while the heart is being operated on.

In the early days, heart surgery was extremely cutting edge, the surgeons who did it were risk-takers and the death rate was high. These days, most heart surgery is “relatively boring and predictable”, post-operative care is much better and mortality rates have fallen to 2% (or lower). During one recent three-month period at Royal Papworth Hospital – the UK’s largest specialist heart and lung centre, where Nashef has worked since 1992 – the mortality rate following coronary surgery was less than 0.5%.

“The technique used for CABG surgery may not have changed much, but the ability of surgeons to do it well has absolutely rocketed.”

That improvement is partly the result of a project he co-led, developing a monitoring tool called EuroSCORE, which is used internationally to assess a patient’s risk of dying during or shortly after heart surgery, and to measure how well surgeons are performing.

Of course, even experienced heart surgeons have near misses and unexpected disasters, though Nashef is proud of how well his team works to snatch patients from the jaws of death when things do go wrong. And when they go right – which is most of the time – it’s hugely rewarding.

“The main reason we become doctors is to either make patients feel better or to help them live longer – or both. In that respect, heart surgery is brilliant, because it achieves both those things more often than any other speciality.” ■

The Angina Monologues, 6pm, March 11, Michael Fowler Centre, Wellington.

HEALTH BRIEFS

MAKING OLD BONES

Specially tailored post-operative care can help older people who have had emergency surgery recover faster and reduce their risk of dying. A University of Alberta study found that doing things such as removing urinary bladder tubes as quickly as possible, prescribing elder-friendly doses of drugs and referring patients for an assessment by a geriatrician within 48 hours reduced complications and deaths by 19%. It also reduced the average length of hospital stays by three days.

DISHING THE DIRT

Now here’s a reason not to clean: Canadian scientists have found that babies who live in houses where cleaning products are frequently used during their first three months are more likely to develop childhood wheeze and asthma by the age of three. The study in the *Canadian Medical Association Journal* found that exposure to air fresheners, plug-in deodorisers, dusting sprays, antimicrobial hand sanitisers and oven cleaners was particularly problematic.

PACKING IT ON

Lugging a heavy backpack to, from and around school may help build core strength, according to a US study comparing the health of home-schooled teenagers with that of teens who attend school. It found that those who attend school were significantly better at doing sit-ups than those who were home-schooled.

GETTY IMAGES

NUTRITION

by Jennifer Bowden

Mystery in the milk

Research suggests A2 milk is easier on the lactose-intolerant, but more investigation is needed.

Question:

You suggested (*Nutrition*, November 9) that A2 milk could be helpful in controlling symptoms of lactose intolerance. However, studies dating back to the 1960s have repeatedly shown that children with lactose intolerance have a deficiency of the enzyme lactase and are unable to absorb lactose normally. This explains the bowel symptoms of lactose intolerance, which include discomfort, bloating and diarrhoea. Is it fair to say that the role of A1 or A2 milk proteins in this process remains unproven and largely speculative?

Answer:

Symptoms of lactose intolerance may result from inflammation caused by a protein found only in A1 milk. In particular, scientists are beginning to point the finger at a peptide, called beta-casomorphin-7 (BCM-7), which is produced from A1 milk during digestion of beta-casein protein.

About 80% of the protein in cows' milk is casein and the remaining 20% is whey. Depending on the genetic profile of the dairy cow, it may produce A1 beta-casein proteins in its milk, A2 beta-casein or a combination of both.

New Zealand's dairy herds have historically produced A1-predominant milk. When we digest A1 milk, BCM-7 is chopped off from the A1

beta-casein proteins and released. A2 beta-casein proteins differ slightly in their construction and no BCM-7 is produced.

So, BCM-7 is unique to A1 milk digestion, and therein potentially lies the problem.

In 2017, Chinese researchers conducted

The peptide beta-casomorphin-7 in A1 milk may be a contributor to lactose intolerance.

a trial of A1 and A2 milk with 45 adults aged between 25 and 68. All participants drank both milk types, with a 14-day washout period in-between. The researchers recorded episodes of post-dairy discomfort (PD3), along with cognitive functioning, blood and faecal markers and adverse events.

Drinking milk containing A1 beta-casein resulted in significantly greater PD3 symptoms, higher concentrations of inflammation-related biomarkers, longer gastrointestinal transit times, lower levels of short-chain fatty acids (indicating the health of our gut microflora is being impaired) and

poor performance on cognitive tests. What's more, the worsening of PD3 symptoms after drinking A1 milk occurred whether the participants were lactose-intolerant or not. Drinking milk containing only A2 beta-casein did not aggravate PD3 symptoms.

A further clinical trial, published in 2019 in the *Journal of Pediatric Gastroenterology and Nutrition*, involving 80 Chinese children aged five or six, produced similar results. Namely, that conventional milk (containing both A1 and A2 beta-casein) exacerbates the symptoms of digestive discomfort associated with lactose intolerance. It also increased inflammatory and immune biomarkers and cognitive test errors compared with when A2 milk was drunk.

However, in this second trial, researchers noted that although all the children drinking conventional





Post-dairy discomfort after drinking A1 milk occurred whether the participants were lactose-intolerant or not.

milk experienced adverse gastrointestinal symptoms initially, the lactose-tolerant children soon acclimatised to the milk and their symptoms decreased. The lactose-intolerant children's symptoms remained until they stopped drinking the milk.

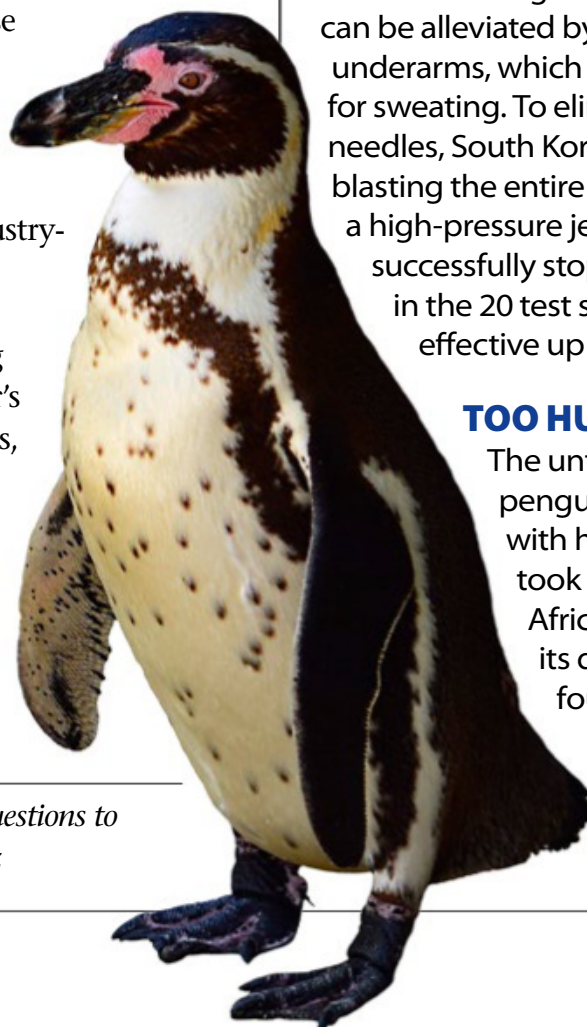
Still, this doesn't explain how cows'-milk protein could affect people with lactose intolerance, which is associated with a deficiency of lactase, an enzyme involved in digesting milk sugars.

Although scientists don't completely understand it yet, evidence suggests that the peptides in

A1-predominant milk cause inflammation in the small intestine and this may suppress the production of the lactase enzyme – creating the gastrointestinal symptoms in turn.

Notably, all of these clinical trials were funded by the a2 Milk Company or involved their employees. And industry-funded publications have a notorious history of supporting their financial backer's interests. Nonetheless, it's certainly worth keeping an open mind in regard to this research as the many pieces of the milk puzzle are put together. ■

Email your nutrition questions to nutrition@listener.co.nz



SCIENCE AND NATURE BRIEFS



The percentage of similarity between the new Sars-CoV-2 coronavirus and a virus identified in bats in China in 2013.



FOOD FIGHT

The feeding behaviour of sperm whales in Kaikōura changed for nearly a year after the November 2016 earthquake, according to University of Otago marine scientists. Invertebrates were washed out into the ocean as a result of the quake, and when the whales returned closer to land, they discovered that their food source – the squid that feed on invertebrates – had also retreated to deeper water. The whales were forced to follow them and spent 25% more time at the surface between dives. The invertebrates, squid and sperm whales returned closer to land about 10 months after the earthquake.

REEF MADNESS

Rising sea temperatures and acidic waters are likely to kill the majority of coral reefs by 2100. Biogeographers from the University of Hawai'i at Mānoa are warning that 70-90% of the reefs will disappear over the next 20 years as warmer water causes coral bleaching, in which algae living in the tissue are expelled, turning the coral completely white. Scientists are growing live corals in labs and transporting them to reefs to encourage recovery, but this will become more difficult as temperatures continue to rise.

BLASTED BOTOX

Severe sweating affects 5% of people, but it can be alleviated by botox injections in the underarms, which block the nerves responsible for sweating. To eliminate the use of painful needles, South Korean scientists have tested blasting the entire body in liquid botox with a high-pressure jet nozzle. This method successfully stopped excessive sweating in the 20 test subjects and remained effective up to a month later.

TOO HUMAN JACKASS

The unfortunately named jackass penguin shares linguistic traits with humans. Italian researchers took 590 recordings of the African penguin, named for its donkey-bray-like call, and found commonality between the penguins and our own speech. This is the first such observation outside of primates.

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THIS LIFE

FOOD



Savoury sensations

Rice and lentils add substance to these flavour-packed meat-free meals.

If you have ever wondered about the savoury fifth taste known as umami, which was scientifically identified and named by Japanese chemist Kikunae Ikeda in 1908, this salad is umami in a bowl. Meaning “pleasant savoury taste”, umami joins the more “traditional” taste profiles of sweet, bitter, sour and salty.

Although it has come to prominence fairly recently, the umami taste has been known since at least the Ancient Roman era when a fermented anchovy sauce, known as garum, was used as liberally as we do tomato sauce.

Foods with a strong umami flavour include fermented products, such as soy sauce, cheese, miso and cured meats, but also mushrooms, sweetcorn and cherry tomatoes. Soups, broths, stocks and gravies trigger the umami taste receptors, as do fish and shellfish.

The miso-roasted tofu and vegetables in this salad provide the ultimate umami sensation, balanced with the nutty flavour and chewy texture of the black or forbidden rice. Take note – the marinade doubles as a base for the dressing.

WARM MISO BLACK RICE WITH ROASTED VEGETABLES AND TOFU

200g black rice

2 medium carrots, peeled and cut into batons

1 small butternut pumpkin, peeled and cut into cubes
olive oil, as needed

400g firm tofu, cut into small cubes

a handful of coriander leaves

MARINADE

3 tbsp miso

3 tbsp maple syrup

3 tbsp rice vinegar

2 tbsp light soy sauce

1 tbsp extra virgin olive oil

DRESSING

4 tbsp marinade



2 tbsp rice vinegar

2 tsp extra virgin olive oil

Cook the black rice according to the instructions on the packaging. Set aside to cool.

Place the ingredients for the marinade in a small bowl and whisk to combine. Set aside.

Preheat the oven to 180°C. Place the carrots and pumpkin in a roasting pan and toss with some olive oil.

Place in the middle rack of the oven and roast for 10 minutes.

Remove from the oven and coat well with 5 tbsp of the marinade. Return to the oven to roast for another 15 minutes.

Place the firm tofu into another

Roasted broccoli, puy lentil and halloumi salad. Left, warm miso black rice with roasted vegetables and tofu.

roasting pan and drizzle with olive oil and 3 tbsp of the marinade. Place on the middle rack of the oven and roast for 15 minutes. If the tofu browns too quickly, move it to the bottom rack or cover the roasting pan with a sheet of aluminium foil.

To prepare the dressing, place the ingredients in a small bowl and whisk to mix. Set aside.

Place the cooled cooked black rice in a large bowl and add the warm carrots, pumpkin and firm tofu. Add two-thirds of the coriander leaves and the dressing. Toss gently.

Transfer to a serving bowl and garnish with the remaining coriander leaves.

Serves 6.

ROASTING BROCCOLI AND cauliflower brings out deep, complex flavours, as the dry heat helps to caramelise and sweeten the vegetables. Combine this with salty halloumi cheese and a base of peppery French lentils and you have a delicious and hearty salad that can easily double as a vegetarian main meal.

ROASTED BROCCOLI, PUY LENTIL AND HALLOUMI SALAD

500g broccoli, cut into florets

300g cauliflower, cut into florets

5 large cloves garlic, peeled and crushed

150ml extra virgin olive oil

2 tsp sumac

sea salt and ground black pepper, to taste

1 litre vegetable stock

250g Puy lentils

1 bay leaf

2 lemons

50g flat-leaf parsley, chopped

20g mint leaves, roughly torn

75g walnuts, toasted

250g halloumi cheese

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

Place the broccoli, cauliflower and garlic in the pan and drizzle with half the olive oil. Sprinkle with sumac, salt and pepper, then roast for 20-25 minutes until the vegetables are caramelised.

In the meantime, place the vegetable stock in a large pot and bring to the boil. Add the lentils and bay leaf and lower the heat. Let it simmer for 20 minutes until the lentils are tender and al dente. Drain and place the lentils in a large bowl. Discard the bay leaf.

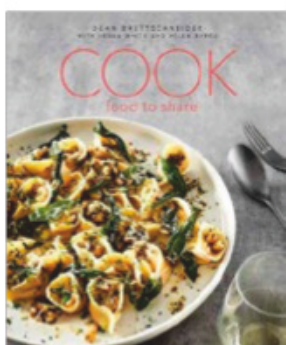
Remove the roasted garlic from the roasting pan and mash it, then place in a bowl. Squeeze the lemon juice into the bowl and add 2 tbsp olive oil. Whisk well, then drizzle this mixture over the hot lentils and toss. Add the roasted vegetables, parsley, mint and walnuts.

Place the remaining oil in a grilling pan over medium heat. Add the halloumi, turning once after 3-5 minutes.

Add the halloumi to the salad and serve warm.

Serves 6. ■

COOK: Food to Share,
by Dean Brettschneider
with Jenna White and
Helen Burge (Bateman
Books, \$39.99)



WINE

by Michael Cooper

Rebuilding a reputation

Winemaker Tamra Kelly has bounced back wonderfully on Waiheke Island.

We've all made mistakes or done things we regret. In the regulated but often not very transparent wine industry, a lot goes undetected.

While studying at Marlborough Girls' College, Tamra Washington did a project on fermentation, then went straight to Lincoln University, where she graduated as the top student in her viticulture and oenology degree. After gaining early winemaking experience at Seresin Estate, she worked in the US, Australia and Italy, before returning to Marlborough in 2007 to join Yealands Estate as its high-profile chief winemaker.

However, Tamra Kelly (by now married to wine distributor Simon Kelly) was fined \$35,000 in the Blenheim District Court in 2018 for adding sugar after the fermentation to wine exported to the EU (where the practice is banned), then falsifying documents to conceal the addition. Kelly and other senior figures at Yealands Estate apparently felt under pressure to keep up production after its huge vineyard in the lower Awatere Valley was damaged in the 2016 Kaikōura earthquake.

Now based on Waiheke Island, Kelly is consultant winemaker at Seresin Estate and has her own wine brand, Kelly Washington, which features an outstanding pinot blanc and pinot noir.

Kelly Washington Gibbston Central Otago Pinot Noir 2017 ★★★★★

This powerful, single-vineyard red



is fragrant, sturdy and savoury with deep, ripe flavours of plum, spices, herbs and nuts. Well worth cellaring, but it's already a lovely mouthful. (14% alc/vol) \$55

Kelly Washington Bridge Pa Hawke's Bay Cabernet Franc 2018 ★★★★★

Barrel-aged for 18 months, this medium-to-full-bodied red is deeply coloured with concentrated, vibrant flavours of berries, plums and spices, showing good complexity and obvious potential. (12.5% alc/vol) \$50

Kelly Washington Wairau Valley Marlborough Semillon/Sauvignon Blanc 2017 ★★★★★

Built to last, this blend of two classic white-wine varieties of Bordeaux was fermented and aged in an egg-shaped concrete tank. Showing good complexity, it has lively tropical-fruit and herbal flavours. It is dry, crisp, lengthy and certified organic. (12.5% alc/vol) \$35 ■

WINE OF THE WEEK

Kelly Washington Rapaura Marlborough Pinot Blanc 2018

★★★★★

From a variety that is highly regarded in Italy and California, this organic wine was hand-picked and barrel-aged. Bright yellow-green, it is a fragrant, softly mouthfilling, slightly chardonnay-like wine with excellent complexity and deliciously rich, peachy, slightly buttery flavours. (13% alc/vol) \$35

Must try harder

Bad news for the less diligent among us: it is taking years off our lives.

Imagine there was an app that could predict your moment of death. Given that there's apparently one for everything else, we might readily think this was possible.

The existence of such an app is the premise of the 2019 horror flick *Countdown*, in which the protagonist tries to cheat her predicted death. I haven't seen the movie, but a Rotten Tomatoes score of 26% suggests it's about as good as an app that claimed to predict your time of death would be.

In the absence of an app for the task, let me help you out by explaining how your psychology may predict mortality. Never say this column doesn't give you something you can apply in your life or, in this case, death.

Consider personality. We all have an intuitive sense of what a "personality" is, and in psychological research and practice, the most common view is that it describes the relatively stable ways we move through the world and appear to other people.

It can be summarised under five broad headings: extroversion, agreeableness, openness to experience, neuroticism (or, slightly less pejoratively, emotional stability) and conscientiousness. We all have them to some extent or other.

Which of them might predict death, though? Extroversion relates to how outgoing and sociable we are, and we're always being told that social relationships are good for you. Candidate No 1, then. Neuroticism predicts depression, so that doesn't sound too unreasonable. Agreeableness reflects how collaborative, altruistic and empathic we are, so ...?

To test the part played by each of these, we need a particular type of information. We need to know a little about people's personality before they die and then whether and ideally when they did (or didn't) die. Fortunately for Markus Jokela and colleagues at the University of Helsinki, there are a small number of very large longitudinal studies that allow exactly that.

When Jokela's team controlled for other things that we know are also associated with premature death, such as obesity, smoking and lack of exercise, it turns out that personality is a relevant



predictor of "all-cause mortality". Sure enough, less extrovert and agreeable and more neurotic individuals were more likely to die sooner.

Although these are the pillars of personality, they also lean on each other a little, and that means that

People in the lowest sixth of the population for conscientiousness have a 14% greater risk of all-cause mortality.

when they all went into the statistical pot, one personality trait came to the fore – conscientiousness.

Aiming for a big reveal, I haven't had much to say about conscientiousness so far, but it's pretty straightforward. The more conscientious you are, the more organised, responsible and self-controlled you are.

Of course, people who aren't particularly conscientious are also less likely to follow their doctor's health advice, stick to exercise regimes or

avoid doing things that they know aren't good for them. But even after controlling for lack of exercise and all those other things that are themselves potentially influenced by conscientiousness, it's a uniquely important predictor.

Jokela and his collaborators estimate that if your conscientiousness score tips you even slightly into the lowest sixth of the population, that means a 14% increase in your risk of all-cause mortality (an average of about six years less of life). They speculate that if we could "make" people more conscientious, it would mean as much as an 11% decrease in deaths.

They do hint at the fact that we don't really have a good handle on whether and to what extent it is even possible to change something that is part of who we are – our personalities can change, and they do change, but they don't change quickly.

So, perhaps as you might also expect from a death-predicting app, I've overpromised and under-delivered. What does a 14% increase in risk even mean, particularly if there's not much you can do about it?

My advice is just cut down on the smoking and drinking and do a little more exercise. ■

Markus Jokela



SPORT

by Paul Thomas

Can Fury keep his throne?

The second coming of boxer Tyson Fury has been impressive, but he also needs to fight his demons.

The commentary on last weekend's Tyson Fury-Deontay Wilder heavyweight rematch in Las Vegas was the usual mix of hyperbole, banality and grating repetition. The commentators were spot on in one regard, though: few, if any, sporting events generate the electricity of a major prize fight.

But as always with big-time boxing, there was a jarring contrast between the absurd theatrics intended to inflate a contest into a show and the raw, gladiatorial drama of the bout itself.

Fury, the self-styled "Gypsy King", entered the arena in a pantomime outfit and on a throne borne aloft by several women who, judging by their expressions, were wondering what on earth possessed them to sign up for the gig. Rather than the traditional fanfare, Fury made his grandiose entrance to the strains of Patsy Cline's *Crazy*, singing along in a manner that suggested he was blithely unconcerned about what lay ahead. For his part, Wilder was decked out

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in regalia, including crown and mask, that recalled the giant rabbit in the movie *Donnie Darko*.

Wilder is renowned for his punching power but, before the first round was out, wore a similar expression to the women who'd carried Fury to the ring. Alarm and bewilderment are entirely understandable reactions to being trapped in a confined space with a violently inclined giant, but it seemed a little late in the day to discover the downside of being the defending heavyweight champion. After watching their man being bullied and battered for six rounds, Wilder's corner threw in the towel in the seventh.

It's conventional wisdom that

Showmanship: Fury on his throne and Wilder in his mask.

Fury vowed to unwind after the fight by bingeing on cocaine and prostitutes.

athletes are becoming blander and more robotic. Fury may be the exception that proves the rule. He really is a Traveller, a distant relative of Bartley Gorman V, who was known as "the King of the Gypsies" by virtue of being the undisputed bare-knuckle fighting champion of Britain and Ireland from 1972 to 1992.

In 2015, Fury took the world title off Ukrainian Wladimir Klitschko, the longest-reigning heavyweight champion in history. He then proceeded to stake out a position on the lunatic fringe with remarks such as, "I'd hang my sister if she was promiscuous", and sabotage his career and



Violent giant: Tyson Fury knocks down Deontay Wilder in their heavyweight title bout in Las Vegas.

Poisoned chalice no more

Calling out England's thin-skinned cricketers shows Australian captain Tim Paine is finally comfortable at the reins.

A less turbulent sporting journey, but a compelling one nonetheless, is that of Australian cricket captain Tim Paine, who has gone from prodigy to forgotten man to sacrificial lamb to saviour.

A wicketkeeper-batsman from Tasmania, Paine was the youngest Australian player to be awarded a contract (he was 16 at the time; he's now 35). After captaining the Australian under-19 side, he made an instant impact on the first-class scene and duly progressed to the national team. A glittering career seemed a matter of course.

But a complicated finger injury took him out of the game for two years, and sport, like nature, abhors a vacuum. By 2017, having been talked out of retiring, Paine was playing for the Tasmanian 2nd XI as a specialist batsman. Then, in a left-field call that, with the benefit of hindsight, warrants the description "inspired", he was recalled to the Australian team after a seven-year absence, equaling the record for the most tests between appearances.

When the "Sandpapergate" scandal erupted in March 2018, Paine was handed the poisoned chalice of leading a demoralised team deprived of its two best players. In practice, that meant retaining his dignity while the rest of the cricket world revelled in Australia's humiliation and waited for proof that, for all the talk of transforming the team culture, the leopard hadn't changed its spots.

For a time, it seemed as if Paine was destined to be a Trivial Pursuit

question: who was Australia's stand-in captain while Steve Smith served his ban? Against the odds, however, he has presided over a culture change and got Australia back to winning ways.

Now, he obviously feels secure enough to call out English hypocrisy over fan abuse. Despite having served their bans and suffered severe public humiliation and loss of income, Smith and fellow miscreant David Warner had to grin and bear relentless abuse from English spectators during last year's World Cup and Ashes series. The English team, though, got on their high horse recently when a South African spectator mockingly compared talismanic all-rounder Ben Stokes to pop star Ed Sheeran – a comparison some might think does Sheeran no favours.

Said Paine: "You cannot react to the crowd [like Stokes in South Africa] but then always encourage the Barmy Army to do exactly the same and worse – abuse players. They clap [the Army] at the end of the day's play and make a point of thanking them."

He could have added that, unlike India's Virat Kohli and Pakistan's Sarfaraz Ahmed, England captains Eoin Morgan (World Cup) and Joe Root (Ashes) studiously declined to call on their fans to give Smith and Warner a break.

English hypocrisy: Ben Stokes, left, and Tim Paine.



GETTY IMAGES

well-being by sliding into addiction, ballooning to 180kg and succumbing to mental demons.

He still has a penchant for bizarre and outrageous statements, although one suspects his primary motivation is seeing whether the media is daft enough to recycle them. For instance, he claimed to have prepared for the fight by engaging in marathon oral sex sessions to strengthen his jaw and, somewhat contradictorily, masturbating seven times a day "to keep my testosterone pumping".

He also vowed to unwind after the fight by bingeing on cocaine and prostitutes, although the presence at ringside of his wife, the mother of his five children, suggested otherwise. A po-faced op-ed on CNN accused him of bringing boxing into disrepute. Hello? Since when has boxing not been in disrepute? The piece actually contained a link to a story about three boxers dying, within the space of a few weeks last year, of injuries sustained in the ring.

Given how far Fury fell, his second coming is a remarkable achievement. The media, boxing fans and, most of all, rival heavyweights will now watch with keen interest to see if he has the ambition and reserves of self-discipline to make the most of it. ■

Books & Culture

Outing the Dark Lady

Emilia Bassano, variously described as Shakespeare's muse and a whore, is brought to life in a play that has travelled from London's Globe Theatre, via the West End, to Auckland's Pop-up Globe. **by LINDA HERRICK**

A good number of Shakespeare's most formidable characters were women – Lady Macbeth, Cordelia in *King Lear*, Katherine in *The Taming of the Shrew* – but he always ended up subduing their spirit by death, madness or marriage.

As demanded by the mores of the Elizabethan era, his scripts centred on the male, and all his characters – male and female – were played by men.

However easily he disposed of his fictional women, Shakespeare was fixated, in an ongoing sense, on one in particular, the “Dark Lady” mentioned in the final 27 of his 154 sonnets, published in 1609. Writing about her “dun” breasts and “black wires” growing from her head, his poetic narrator oscillated between desire and disgust.

By Sonnet 147, his love had become a “fever” transmitted by a woman “who art as black as hell, as dark as night”.

Over the past four centuries, scholars have argued that the “Dark Lady” was fictional, loosely reflecting the arrival of “Moors” in England.

Some, however, such as late-16th-century astrologer-diarist Simon Forman, speculated she was based on a real person, Emilia Bassano, an aspiring writer and possibly Shakespeare's lover.

Forman's “but she was a whore” stance was reinforced by English historian AL Rowse in a book published in 1973.

But the facts are few. Bassano,

the daughter of an Italian-born English court musician, lived from 1569-1645. She was mistress to Queen Elizabeth's Lord Chamberlain, Lord Carey, for five years and published a volume of Latin poetry in 1611, *Hail, God, King of the Jews*. Beyond that, no other records remain.

But those small crumbs of information have been expanded and reimaged in London writer Morgan Lloyd Malcolm's boisterous play *Emilia*, commissioned for the Globe Theatre in London in 2017.

Although the Globe's primary purpose is to promote the Bard's works, *Emilia* was its first shot at a new, original script. After the Globe, it moved to an unprecedented extended season in the West End, at the Vaudeville Theatre.

Now, *Emilia* is spreading its wings, with an international tour opening in Auckland's 700-seat Pop-up Globe in March, directed by Miriama McDowell. It is also being adapted for a feature film.

An unflattering version of Shakespeare

and a handful of men appear in the play, but as stipulated in Lloyd Malcolm's stage notes, it will be performed by “an all-female cast [and crew] of diverse women”.

Opening with Emilia reading from Rowse's book, then tossing it aside, Lloyd Malcolm portrays a world unfairly tilted against women. In defiance of the challenges, three versions of Emilia magnify her charisma, representing her at three ages – sometimes all on stage at the same time – ranging from seven to 76.

“We were trying to work out how to

Writing about her “dun” breasts and “black wires” growing from her head, his poetic narrator oscillated between desire and disgust.

tell a woman's story who has disappeared from history,” says Lloyd Malcolm, 39.

“We examined what history plays are usually like – usually an epic hero's journey where you get one fabulous role for one actor to play the whole way through.

“We wanted to show Emilia's whole life, but in a practical sense, having one actor to play the ages of seven to 76 is a tricky thing.

“Also, we wanted to share it out, to tell the story as a group effort, an ensemble piece, and that included these three Emilias, remembering herself at different ages and watching herself.”

Emilia writer Morgan Lloyd Malcolm, right, and Miriama McDowell, who will direct the play at the Pop-up Globe.



GETTY IMAGES



Scenes from Vaudeville Theatre's production of *Emilia* in London's West End last March.





Emilia's Auckland cast. Three actors share the title role.

Lloyd Malcolm's dialogue veers between period and contemporary vernacular as she addresses issues that still exist, including domestic abuse, institutionalised misogyny and the thwarting of female ambition, in this case, Emilia's desire to be a writer, an equal to Shakespeare in terms of skill and intellect. In those days, a woman could not be published unless releasing religious material.

Shakespeare was fixated on the "Dark Lady" mentioned in the final 27 of his 154 sonnets, and by Sonnet 147, his love had become a "fever".

"Our Emilia has one foot back in those times and one foot in our times," says Lloyd Malcolm, "and the language needed to reflect that. Some of the music and design reflects that as well. It also meant we were being very clear with what we were saying. A lot of our audience is young; we felt we were accessible in a way we needed to be. There was no mistaking what we were trying to say. And yes," she adds with a laugh, "we definitely did have men [in the audience] who didn't like it."

The Globe's commissioning of *Emilia* by new artistic director Michelle Terry was timely for Lloyd Malcolm. After starting out more than a decade ago as a writer-actor in theatre groups The Apathists and Tripppplicate, she abandoned acting because of stage fright.

"It got to the stage when I was spending a lot of time panicking about the

performing and not thinking about the writing, and I decided to focus on the writing."

Lloyd Malcolm went on to create pantomime adaptations, which are huge events in the London theatre scene. She wrote acclaimed plays such as *Belongings* and *The Wasp*, which is also being adapted for the cinema. But she was going through a fallow period before the *Emilia* project took off, when she started to find real affinity with her subject.

"I was at a stage when I was quite frustrated and not getting anything offered, so when this came along, I could relate. The struggles remain the same. They may be less acute or more acute, but it's still the same kind of thing. We are still living within the structure of the patriarchy, which is what they were. Emilia had way more than me, but I can still relate."

In the fine Globe tradition, *Emilia* is rollicking entertainment, but it also carries a deep vein of anger, culminating in the final address by "Emilia3", aged 76. The audience response is always overwhelming, says Lloyd Malcolm.

"At the Globe and the Vaudeville, there was a lot of involving the audience, and when she came to do that speech, they were shouting out and cheering and clapping," she says. "It would always create an amazing reaction, really emotional, lots of hugging and chatting – that was unexpected for us. After the first couple of shows at the Globe, we started to realise we were saying stuff that was important to us, but we also saw how important it was to say it out loud on the big stage." ■

Emilia, Pop-up Globe, Auckland, March 4-22.

Nerviness of King George

NZ Opera's *Eight Songs for a Mad King* sets the regent's mental distress in a boardroom.

by ELIZABETH KERR

Thomas de Mallet Burgess has big ambitions for NZ Opera, the company he joined 18 months ago as general director. He wants to "reimagine the art form and the relationship between artist and audience". His upcoming production is a bold demonstration of how he plans to "change the narrative of opera" in New Zealand.

Eight Songs for a Mad King, composed by Brit Sir Peter Maxwell Davies and premiered in 1969, is far from the full-blown extravagant productions most often staged by opera companies worldwide. A half-hour-long chamber opera, it is written for solo baritone and six musicians, all on stage. The music is not conventionally tuneful, but this astonishing tour de force has continued to capture audiences for half a century with its brilliant intensity, theatrical flair and huge range of powerful emotions, expressed through the tragic figure of a demented King George III.

Maxwell Davies was inspired by a miniature mechanical organ owned by George III. The king, imprisoned for erratic behaviour, tried to teach his bullfinches to sing the eight songs in the music box, singing to them, the composer explained, "with his ravaged voice made inhuman by day-long soliloquies". The flute, clarinet, violin and cello represent the birds and the players sat in spotlight golden cages in the 1969 production.

When New Zealand baritone Robert Tucker discovered *Eight Songs* almost a decade ago, he had completed opera studies at the Australian Opera Studio in Perth and was working as a singer in London. After a gig in an opera chorus, he and



Baritone Robert Tucker: initially thought, "Whoa! I don't think I could do that." Below, with (left) Hamish McKeich and Thomas de Mallet Burgess.



a friend looked for small collaborative projects. After he encountered the solo baritone role of Maxwell Davies' work, his initial delight changed to alarm when faced with the virtuosity and huge vocal and emotional range required.

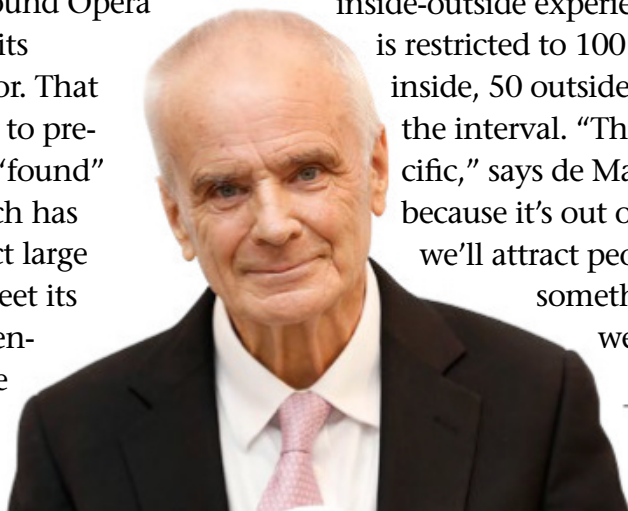
He recalls thinking, "Whoa! I don't think I could ever do that." But he returned to the work many times, developed his understanding of the many-faceted role and was more than ready to take on the challenge when approached by NZ Opera last year.

De Mallet Burgess came to his New Zealand role after setting up the innovative company Lost & Found Opera in Perth and serving as its inaugural artistic director. That company's mission was to present unusual operas in "found" venues. NZ Opera, which has often struggled to attract large enough audiences to meet its budgets, gave its new general director a "mandate for change".

"I'm particularly

interested in the interpretative possibilities offered by staging operas in non-traditional performance spaces," de Mallet Burgess says. When considering other works to pair with the *Eight Songs* for a full evening's entertainment, another idea occurred to him. "What about letting the audience hear it twice, once in close proximity to the performer, right in the room, and once from outside, looking through a window, listening on headphones? Does the brain do something different?"

Eight Songs for a Mad King will travel to three venues, in Wellington, Auckland and Christchurch, each allowing for an inside-outside experience. Audience size is restricted to 100 people a night, 50 inside, 50 outside, swapping over at the interval. "The work is site-specific," says de Mallet Burgess, "and because it's out of the opera house, we'll attract people who are up for something different – as well as some of those



Sir Peter Maxwell Davies

who like their opera with red carpet and interval drinks."

The production is set in the present day. King George is transformed into a corporate leader, whose kingliness, Tucker says, comes "through having authority and power". The set is a boardroom and the "inside" audience are members of the corporation. "By taking the piece and playing it firmly in today," says de Mallet Burgess, "we distance ourselves from the historical specifics and look more at the way the world is now. When does one stand up and say, for instance, 'This is not right', within a power structure?"

"We're offering the audience an opera that enables them to reflect on our human condition."

As director, he acknowledges the ethical issues associated with portraying mental illness on stage. Advice was sought from mental-health organisations about the marketing language for the show. George III was originally thought to suffer from the blood disorder porphyria, but recent research suggests that his illness was possibly bipolar disorder. His "incessant loquacity" as described by witnesses is consistent with the manic phase of the psychiatric illness. In the opera, the monarch declares, "I am nervous, I am not ill, but I am nervous."

De Mallet Burgess talks about the increasing anxiety many people experience in contemporary life. "We're offering the audience an opera that enables them to reflect on our human condition." And is he finding contemporary relevance in this portrayal of mental instability in high office? "I feel quite strongly that when you present things subtly, audiences draw their own parallels between a work and what is happening in the world." ■

Eight Songs for a Mad King, by Peter Maxwell Davies, NZ Opera, with baritone Robert Tucker, director Thomas de Mallet Burgess and Stroma, conducted by Hamish McKeich; New Zealand Festival, Wellington, March 2-7; Auckland Arts Festival, March 11-19; Christchurch at Tūranga, March 25-29.

Pulling a Swifty

Virtuosic magic is both the subject and the delivery method in Graham Swift's latest piece of storytelling.

by ANNA ROGERS

Jack, Ronnie and Evie – the very names are redolent of seaside holiday entertainment on Brighton's famous pier in the summer of 1959. Jack Robinson (actually and later Robbins) is the compère, the frontman, binding the acts together with his wit, a song or two – *When the Red, Red Robin Comes Bob, Bob, Bobbin' Along* – and a bit of fancy footwork. But it's his friend Ronnie Deane, the Great Pablo, magician extraordinaire, and his assistant (and fiancée), the “delightful, the delectable, the delorious” Evie White, with her glittering costume, her ostrich plumes and her stunning legs, who are the real stars of the show.

But the events offstage that season and the way Ronnie's life has been shaped by his childhood evacuation to Oxfordshire during the war are the real business of Graham Swift's deft and subtle new novel, *Here We Are*. He is the master of period, of pinpoint-accurate dialogue, of place – whether it be cramped, bombed-out, hard-scrabble Bethnal Green, genteel middle-class rural England or the gaudy yet gallant flimsiness of an entertainment style already under threat.

Ronnie's years with Penny and Eric Lawrence at their home, Evergreene (again, the name says it all), inform the course of his life, for mild-mannered, kind Eric is also Lorenzo the magician, and he teaches the boy his craft. This experience and his subsequent success distance Ronnie from his mother. When she dies, her only son does not even get there in time to say goodbye.

There are many moments of reading

pleasure – “gleaming needles” of rain “against still-dark clouds”, the “push and dare” of an illicit relationship, the “innocent, terrible act of waking up” when the loved one beside you has died in their sleep. The intimate, confiding tone Swift

Graham Swift is the master of period, of pinpoint-accurate dialogue, of place.

uses for most of the book, especially for Jack and Evie, is correctly gauged, but there are just too many questions; they can become intrusive and irritating.

Yet there is so much to relish and applaud. Swift understands and never judges the human condition – the everyday, unspectacular hurts and betrayals and the surprising joys. He is completely in control of character,

Graham Swift: well-gauged tone but too many questions.

situation and emotion. In less adept hands, the changes in the Jack/Evie/Ronnie triumvirate could have become oversensational and/or sentimental. No chance of that with this author. He is adept, too, at writing about both men and women: his portrait of Evie, from youth to old age, is credible and touching.

Illusions – never tricks, Ronnie insists – are part of *Here We Are*, in both senses, but there are no unnecessary fireworks in this novel of quiet satisfactions, which also gently farewells an England that has now gone. Swift leaves us thinking about youth and age, about family, about chances taken and missed, about the nature of love. ■

HERE WE ARE, by Graham Swift (Scribner, \$32.99)



The ties that cease to bind

A daughter's selective account of her famous actress mother forms a memoir within Anne Enright's new novel.

by SARAH LANG

Anne Enright writes excellent novels. I particularly enjoyed 2007 Booker Prize-winner *The Gathering*, about a dysfunctional Irish family congregating for a funeral.

Enright's seventh novel, *Actress*, is also about family ties – not just the good and the bad but the grey area in-between. It's narrated by Norah, a middling novelist who has lived her life in the reflected glow – and in the shadow – of her mother, Katherine, a famous Irish actress.

I like an unreliable narrator who makes you question the slippery nature of truth and memory. But we never get a sense of who Norah is.

The book's cover image is a photograph of Carrie Fisher as a child, watching from the wings as her mother, Debbie Reynolds, performs on stage. Enright recreates that scene, just slotting in her own characters.

We meet Norah in her late middle age, some years after Katherine has died. When a middling journalist visits, wanting to

write about Katherine, Norah decides to write her mother's story herself – and she relates Katherine's life in what feels a bit like a memoir within a novel.

As Norah remembers it, most of Katherine's life was a performance. "She

was never happy. Though she put on a damn fine show." Even Norah's 21st was a staged opportunity for the well-off, the influential, the journalists (one of whom spelt Norah's name wrong). "The headline, the article, it all points to that thing, the actress and her overshadowed child. The picture adds to the lie that I am a poor copy of my mother, that she was timeless and I am not – the iconic gives birth to the merely human. But that was not how it was between us." There are certainly some beautiful moments in this mother-daughter relationship. But is Norah choosing to remember the good and minimise the bad?

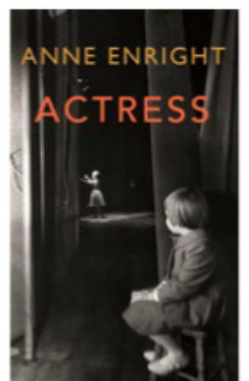
Katherine never tells Norah who her father is. "We got on so very well without him," Norah says. "Or, more properly, without any of them: the good man, the bad man, the lover, monster, vampire, knight in shining armour, the many different men my father's absence spawned." Two of these men are awful people, belittling, undermining and gaslighting Katherine (as an actress and a person) under a veil of "elaborate courtesy". When Katherine fades into professional irrelevance, she doesn't react well, to say the least.

I quite like an unreliable narrator who makes you question the slippery nature of truth and memory. But we never get a real sense of who Norah is – only who she is in relation to her mother – and so it's hard to care about her as a character.

Actress probably sounded great as an idea, but on the page, it feels a little flimsy. I kept waiting for something more substantial that never came. It also lacks Enright's trademark (black) humour.

Actress doesn't live up to the high expectations set by Enright's previous novels. However, she's simply unable to write a bad book. This one is just middling. ■

ACTRESS, by Anne Enright (Penguin, \$32.99)



GETTY IMAGES

Great idea, middling result: Anne Enright.

Lady and the scamp

Anne Glenconner, friend and lady-in-waiting to Princess Margaret, emerges from the shadows.

by MICHELE HEWITSON

Lady Anne Glenconner, now in her late eighties and living quietly and happily in Norfolk, can measure out her earlier life in parties. The guest lists were a who's who of toffs and celebrities: Mick and Bianca Jagger, David Bowie, Raquel Welch and various aristocrats. And, often, Princess Margaret, Glenconner's lifelong friend and boss; she was one of the Princess' ladies-in-waiting until Margaret's death in 2002.

The parties were held on the Caribbean island of Mustique, which had been bought by Glenconner's swine of a husband, Colin, Lord Glenconner, who was immensely rich and horrid. On the second night of the couple's honeymoon in Paris, he took his new and innocent bride to a seedy hotel to watch two people having sex. When asked if they would care to join in, Glenconner, a well-brought-up aristocrat, said: "That's very kind of you, but no thank you." She might have been declining a cup of tea.

Glenconner has written a memoir: *Lady in Waiting: My Extraordinary Life in the Shadow of the Crown*. She wrote it, she has said, because she was "so fed up with people writing such horrible things about Princess Margaret".

She loved Margaret, who was possibly her greatest friend, although to those of us who have no experience of aristocratic or royal ways, it appears an odd sort of friendship. The Princess, even Lady Glenconner admits, could be very grand and, when bored, which was often, rude and



haughty. And it seems incomprehensible to those of us from the uncouth colonies that one would have to curtsy to a friend and call her ma'am.

But the two were united by the fact of their unhappy marriages, although the stiff upper-crust lip meant that such things were not discussed. Margaret was

During the couple's honeymoon in Paris, he took his new and innocent bride to a seedy hotel to watch two people having sex.

married to photographer Anthony Armstrong-Jones, who really seemed to hate her. He habitually hid vile notes for her to discover, including one that read: "You look like a Jewish manicurist."

Anne's husband was a cheat – "it was an aristocratic curse. Affairs were

expected and wives just worked around it" – and a bully and a baby. He was as famous for his temper as for his parties and was banned for life by British Airways after throwing an epic tantrum on a plane when he was denied access to first class.

He was a show-off and a showman. He once bought an elephant and had the poor creature shipped to his Caribbean island.

The couple had three sons and two daughters. Their first son, Charlie, who was for many years a heroin addict, died of hepatitis C. Second son Henry died of Aids at the age of 29. (Colin told his wife about his diagnosis at one of his grand parties. The party, and its hostess, carried on.) Youngest son Christopher spent months in a coma and years learning how to walk again after a motorbike crash.

The marriage lasted until Colin's death. It was 54 years of hell, but Anne was a stickler for convention. She writes





Blue blood: Lady Anne Glenconner, maid of honour to the Queen, third from left. Inset, Lady Anne in a photo printed in *The Tatler* and *Bystander* in 1953. Below left, Lady Anne in 2013.

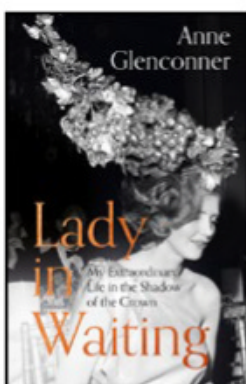
that Colin used to say: “‘We were brought up not to throw in the towel but to bite bullets and fold towels neatly.’ While it was rather easier for him to say, I did agree with the sentiment.”

He saved one last spectacularly vicious blow to be delivered after his death: he left his vast estates and any of the money he hadn’t spent on showing off to an employee. His humiliated and devastated wife writes: “Going against everything my mother had always taught me, I let emotion take over and I screamed and screamed and screamed ...”

All those grand parties, all that money, all that privilege. She lived what was supposed to be the high life. She didn’t live her life in the “shadow of the crown”, she lived it in the shadow of her awful husband. This is a terribly sad book. ■

LADY IN WAITING: My Extraordinary Life in the Shadow of the Crown, by Anne Glenconner (Hachette, \$34.99)

Lady Anne Glenconner is speaking at Wellington’s TSB Shed 6 on May 23 and Auckland’s Bruce Mason Centre on May 25.



Horses for courses

A debut novel set in the world of jockeys and gamblers has impressive pace and a meditative feel.

by SAMUEL FINNEMORE

Fresh-laid suburbia, hoofbeats on turf, Las Vegas neon and mushroom clouds in the desert – the settled 1950s sit uneasily at the edge of the space age in Californian writer Shannon Pufahl’s debut novel, *On Swift Horses*.

It’s 1957 and newlywed Muriel moves to San Diego with husband Lee on the understanding that her new brother-in-law, Julius, will join them. Julius fails to show but lingers on as a signal of something Muriel can’t quite put her finger on; dipping her toes into the secretive world of jockeys and gamblers at Del Mar raceway becomes the first step towards finding out.

That’s literally only the half of it, and yet *On Swift Horses* keeps up its impressive pace while maintaining a meditative atmosphere and almost devotional attention to gesture and action. Every moment is a character moment, with something at stake and critical signals being read or missed – giving the novel a quiet but persistent inner energy across settings and character perspectives. It works as



Julius, gambling and picking out cheats for casino pit bosses, strikes love and catastrophe in short order and journeys from Nevada to Mexico, and it works as Muriel follows a tighter but equally revelatory journey in San Diego.

The novel is packed with symbols of

chance, but neither character is a play-thing of fate: Pufahl paints a convincing inner world for her characters as they size up possibilities and summon the courage required to walk their respective paths. Much of the world of *On Swift Horses* is based on concealment and misdirection, by choice or by necessity. But there’s humour – stylish and understated – and a genuine, thrilling rush of optimism about human connection and the leap from survival to self-discovery. All while Sputnik circles

subversively overhead, one in the eye for conventional American values and a subtle lodestar for new possibilities. ■

ON SWIFT HORSES, by Shannon Pufahl (HarperCollins, \$32.99)



Impressive pace: Shannon Pufahl.

Much of the world of *On Swift Horses* is based on concealment and misdirection, by choice or by necessity.

Playthings of the powerful

A present hacked by malevolent forces from the future is threatened with nuclear war.

by STEVE NEWALL

Having established a narrative device allowing a future society to tamper with events in previous eras in 2014's *The Peripheral*, science-fiction icon William Gibson seemingly couldn't resist the temptation to do the same himself with its sequel, *Agency*.

He spent a year rethinking the book in the wake of the 2016 US presidential election, then decided to set his novel in the future as well as our very recent past – or, at least, a version of it.

In the earlier of *Agency*'s intertwined chronologies, Hillary Clinton is president and the UK didn't vote for Brexit. But it's hardly a utopia and the world is on the brink of nuclear war.

The President exists mostly in the background, her blessedly defeated opponent seldom mentioned by name, if occasionally in familiar gross detail: "She was looking at how the artist had rendered his hands. Grabby."

Instead, at the forefront of the novel is Verity, a tech-head "app whisperer" who takes on a job to test a new digital assistant, a setup that evokes Gibson's work in the early 2000s when his fascinating futurism was overtaken by contemporary culture. "The future is already here – it's just not evenly distributed," he said in 2003 at the time of *Pattern Recognition*, his first novel with a contemporary setting.

Echoing this sentiment, Verity's assistant uses cutting-edge artificial intelligence and introduces itself as "Eunice". Barely hours into sentience, it is globally connected and learning at a phenomenal

pace. Eunice's capabilities – her agency – are what optimists of the future need to avoid World War III, and they need Verity's help.

If that's not enough of a ticking clock, the people who made Eunice want to put her back in her box right away.

Hillary Clinton is president and the UK didn't vote for Brexit. But it's hardly a utopia.

As ever, the author demonstrates his trademark adeptness in conveying complex ideas in detail-rich yet economical fashion, even if *Agency* might not deliver quite the thrill of discovery as its predecessor did.

As with *The Peripheral*, those intervening in this era are 22nd-century survivors of "the jackpot", a near-apocalypse survived by a fifth of the world's population, now rich in both resources and technology. Uber-rich future humans have developed the ability to manipulate "stubs", alternate universes accessed through powerful quantum computing of mysterious origins. Stubs can be privately owned and collected as playthings. Gibson exploits this storytelling

potential with glee; it provides him with the means to tell interlinking stories set in two time periods, free from time-travel paradoxes.

The gang that got together in *The Peripheral* focuses here on the new Trump-free stub and its looming crisis in which the duo of Verity and Eunice might be the only hope.

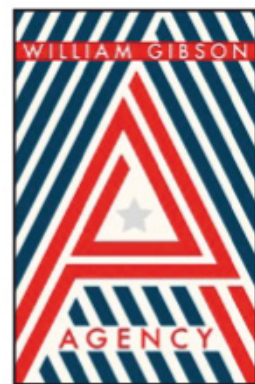
Eunice's near-omnipotence is great for Verity to have on her side in what becomes something of a hectic odd-couple race to the finish, even if this forces Verity – as with other characters in the book in their own ways – to place her trust in unseen actors with opaque motivations, casting the title in a new light.

Agency will please Gibson fans – it functions more than effectively as both a sci-fi thriller and a warning that there may be more to worry about than the latest political developments – but it doesn't prove quite as head-scratchingly satisfying as *The Peripheral*. Perhaps that's because you can't experience the thrill of jumping into this bold sci-fi universe twice. That shouldn't dent enthusiasm for a final instalment in this trilogy, and with any luck it won't take another Trump to make it happen. ■

AGENCY, by William Gibson (Viking, \$37)



William Gibson: conveying complex ideas in detail-rich yet economical fashion.



MUSIC

by Graham Reid

Intimate worlds

Well-travelled and much-lauded Kiwi folk star Nadia Reid is easily among the best in the business.

Nadia Reid: elegantly poised melodies.

On recent covers of British music magazine *Mojo* have been the Beatles, the Who, Neil Young and Leonard Cohen. All white males and quite a few dead ones at that.

Inside, however, the writers cover more diversity in contemporary folk, electronica, hip-hop, rock, jazz and so on.

The February issue was interesting. Although Johnny Cash was on the front, the cover-mount CD included a recent Chills recording of *Pink Frost*, inside was a Q&A with Aldous Harding (cryptic and elusive as ever) and at the top of *Mojo*'s office playlist was Nadia Reid's *Best Thing*, the single in advance of her new album, *Out of My Province*.

With her 2017 album, *Preservation*, Port Chalmers-based Reid – who has been nominated for a Tui award for best folk album, the Taite Music Prize and an Apra Silver Scroll at home – confirmed her place in the international firmament, with acclaim in the *Guardian*, *Uncut*, *Pitchfork* and *Mojo*. She has been credited for “saving folk music” by *Billboard*.

Last month, Britain's *Uncut* placed Reid's *Out of My Province* in its preview of important 2020 albums, alongside those by Rolling Blackouts Coastal Fever, Tame Impala, AC/DC and the Oh Sees.

Suffice it to say, expectation was high for *Out of My Province*, which takes its title from an interview comment by Janet

Frame and speaks to an intellectual and literal sense of separation.

Reid's world view is now expansive; the album, for the Virginia-based Spacebomb label where most of this was recorded, includes easy references to Stansted, Canada, Norway, Spain and more.

The pop-friendly *Other Side of the Wheel*, about emotional space and distance, came

As sonically widescreen and geographically inclusive as some of these songs are, they remain intimate and conversational.

from a self-imposed writing retreat on Italy's Amalfi Coast (“I feel free for the first time”).

Yet as sonically widescreen and geographically inclusive as some of these songs are, they remain intimate and conversational – notably, in *All of My Love*, *High & Lonely* and *Heart to Ride*. That's even as they deal with themes of disappointment, the rediscovery of love, metaphorical departures and arrivals.

Self-doubt appears on *Who is Protecting Me*, but she's “making friends with who I used to be” on the cathartic closer, *Get the Devil Out*.

Out of *My Province* bristles with confidence, with a stronger vocal delivery than on past albums, astute arrangements for strings and horns and 10 discrete, memorable songs.

Reid's melodies remain elegantly poised, her intelligent lyrics are delivered with clarity and the songs are acoustic-framed and reflective. But some also come as chiming folk rock, like the radio-friendly *Oh Canada* in which she sings “all the travelling I have done, I don't know what I'm looking for”.

That doesn't quite ring true on this evidence. Reid has created herself a secure, assured place with this intriguing, sophisticated and memorable collection.

In previous decades, excitement at international acceptance of New Zealand artists was often burdened with cultural cringe or a Sally Field moment: “You like us, you really like us!”

Now, we simply note international success because our artists are on the same playing field. And as often as not, as Reid proves here, we're beating them at their own game. ■

OUT OF MY PROVINCE, by Nadia Reid (Spacebomb Records/Rhythmmethod), released on March 6. ★★★★★

Nadia Reid plays Cassels Blue Smoke, Christchurch, on March 6; Pah Homestead, Auckland, on March 7 and 8; and Shed 6, Wellington, on March 12.

FILM

Paradise denied

A journalist carries a burden as he uncovers the horror of Stalin's revolution in Ukraine.

MR JONES

directed by Agnieszka Holland

Gareth Jones could sense the future. A gentle, bookish journalist, the young Welshman had a knack for discerning fiction from fact, for casting aside the fibs of higher powers and detecting what loomed over the horizon. On Hitler's private plane in 1933, Jones had the sense that "if this aeroplane should crash then the whole history of Europe would be changed". For the better, he might have added.

Later that year, in a similar expedition of mythbusting, Jones set off for the Soviet Union, attempting to determine whether



Gareth Jones (James Norton) discovers "hunger extermination".

Man behaving appallingly

A compelling portrayal of ways that harassment so easily occurs.

WORKING WOMAN

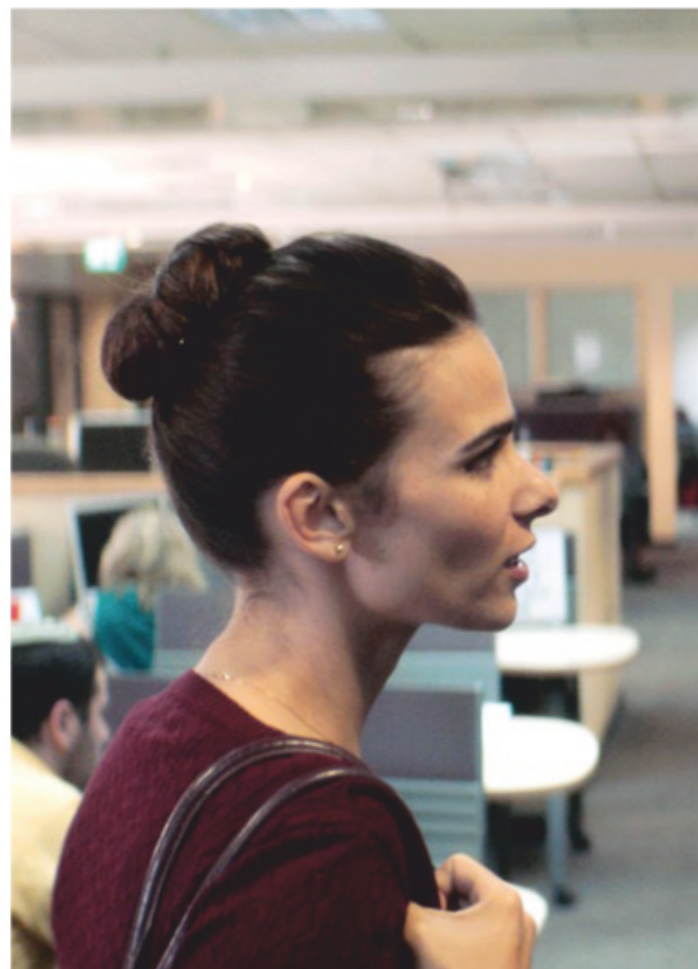
directed by Michal Aviad

When Tel Aviv married mother of three Orna gets a new job as a property developer's assistant, she's hopeful it will lighten the load on the family finances under strain from her husband's poorly performing new restaurant. Orna (Liron Ben-Shlush) rapidly

risks in her new boss' estimation as she helps him seal lucrative deals using her natural charm and smarts. Unfortunately, his appreciation soon manifests in unwanted and increasingly manipulative ways.

This second fictional feature by Israeli director Michal Aviad is the latest in an award-winning career that includes 10 documentaries on subjects seen through a distinctly female lens. Her focus on women's experiences of migration, ageing and rape has shown her commitment to highlighting stories about female struggle and empowerment.

Working Woman's examination of insidious sexual harassment is unashamedly timely in the #MeToo era, and though it's not flashy like *Bombshell*, the credible story and naturalistic, unobtrusive photography contribute to the portrayal of universally recognisable scenarios in which harassment can so easily occur. The film answers our tacit "but why didn't she



the workers' paradise promised by the October Revolution had really come to fruition. What he found instead, as veteran Polish director Agnieszka Holland's film documents with serious-minded and sensitive rigour, was Stalin's genocidal famine waged on the peasantry of Ukraine, what is today called Holodomor: literally, "hunger extermination".

Jones encounters ragbound peasants and has a shocking encounter with several children who reveal – horrifyingly – how they have survived.

Mr Jones is not a grand tragedy in the manner of David Lean, choking the horror with the fumes of melodrama. Rather, Holland (*In Darkness*) tells the small story of Jones' chilly trek into the maw: blasted empty crop fields, shuffling ragbound peasants, a shocking encounter with several children who reveal – horrifyingly – how they have survived.

In fact, the film isn't really concerned with terror-famine itself and explaining its causes and consequences. Rather, it interrogates how we might react to the presence of horror and how we make ourselves complicit by silence. For Jones,

admirably performed by James Norton, the burden of knowing the truth – and having endured it – carries a responsibility to inform the world. He is the purest of hearts, indignant and untainted.

Compare Jones with his foil Walter Duranty, the *New York Times*' renowned Moscow correspondent, a Stalin apologist played by Peter Sarsgaard. It was Duranty, whose coverage denied the famine, who coined the hideous aphorism "you can't make an omelette without breaking eggs". In a way, this is an indictment of the courtier press: those whose prestige and fame come from their access, not their talent or moral clarity.

Mr Jones also contains a very rare thing: a screen version of George Orwell. While there's no real evidence to suggest they met, and the film overeggs the suggestion a character in *Animal Farm* was named in honour of Jones, it's nonetheless a lovely portrayal by Joseph Mawle.

In contrast to his popular reputation as a rangy, hard-headed proletarian, Orwell is played as sweetly shy and achingly anxious. "Are you saying there's no hope?" he begs of Jones when the full awfulness of the Holodomor is revealed. There may be no hope, but there is a duty – a duty honoured by this important film – to tell the truth when it matters most. ★★★★★

IN CINEMAS NOW

James Robins

...?" and "how could he ...?" by painting Orna's predicament in a depressingly realistic way, with a script that is taut, well-written and at times gruelling.

Critically, the universally strong performances lend weight to the story's realism. As Orna's boss, Benny, Menashe Noy is a wolf in sheep's clothing; his polite "mind if I make a comment?" about her hairstyle and the "professional" reasons he proposes she wear a skirt are illustrative of Benny's tricky and ultimately controlling MO. Ben-Shlush is wonderful as the self-contained Orna, whose inner strength is gradually chipped away after each compromising situation.

An excellent portrait of a sickeningly common and perpetually harrowing issue, *Working Woman* is completely compelling as it draws towards an unpredictable conclusion. ★★★★★

IN CINEMAS NOW

Sarah Watt



SHORT TAKE

COME TO DADDY

directed by Ant Timpson

New Zealand film festival programming provocateur Ant Timpson has finally taken up the mantle and directed his own feature, written by Toby Harvard from Timpson's original idea. And it's just as weird, wild and entertaining as expected.

LA-based DJ Norval (a superlative Elijah Wood, a long way from Hobbiton) turns up on the backwoods doorstep of his 25-year estranged father, seeking at least an understanding of why his dad walked out all those years ago. But their already rocky reunion soon goes spectacularly badly.

The less you know of the plot the better, but the key selling points of the frequently funny and queasily titled *Come to Daddy* are the film's enjoyable performances, including *The Portrait of a Lady*'s Martin Donovan and our own Madeleine Sami, delightfully deadpan as Gladys the local coroner. But Wood's charismatic kookiness centres the story, as monk-haired, mustachioed Norval finds himself thrown from one shocking predicament to the next. There are plenty of outrageous set-pieces of blood-splattering cringe, interspersed with truthfully acted scenes of real pathos.

It's all set to a gorgeous score by local soundtrack supremo Karl Steven, who evokes the classic movie music of Lalo Schifrin and Bernard Herrmann.

Timpson's love of genre also plays a familiar tune, and it's his ability to surprise – as well as gross out – his audience that makes *Come to Daddy* an agreeably stomach-churning pleasure.

★★★★★

IN CINEMAS NOW

Sarah Watt

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)



Orna (Liron Ben-Shlush) and Benny (Menashe Noy) face off.

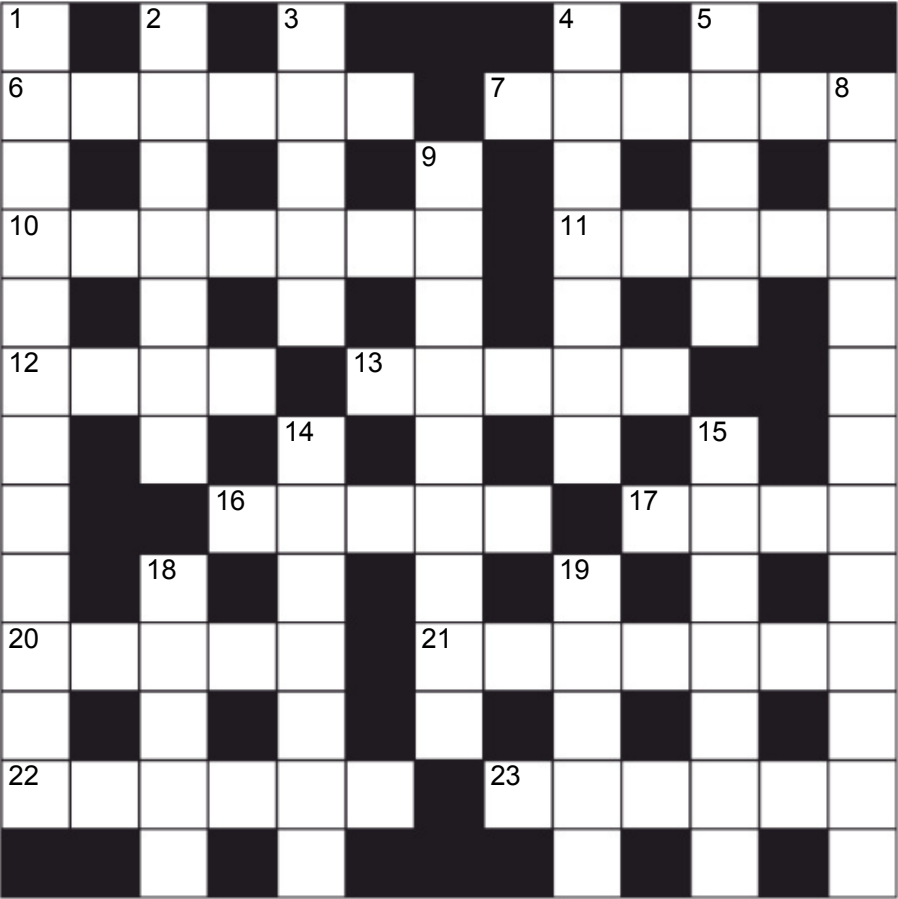
QUIZWORD by Alan Shuker

Puzzle No 1561

Clues across

- 6. What is Michael J Fox’s middle name? (6)
- 7. Brass door handles and handrails have proven antibacterial properties due to which component of the alloy? (6)
- 10. What is someone recently rich but not fitting in socially? (7)
- 11. What is a rapid simultaneous discharge of firearms? (5)
- 12. What is the essence of a speech or text? (4)
- 13. What is made in the Bessemer process? (5)
- 16. Which Joseph’s company expanded in 1914 with a contract to supply Morris Motors with electrical equipment such as magnetos, windscreen wipers, horns, lighting and starter motors? (5)
- 17. What is a large bound bundle of hay? (4)
- 20. In a 1940s-50s advertising campaign, which cigarette brand was claimed to be the favourite among doctors? (5)
- 21. Which country grows in size by about seven square kilometres every year? (7)
- 22. In motor racing, what colour flag means “no passing”? (6)

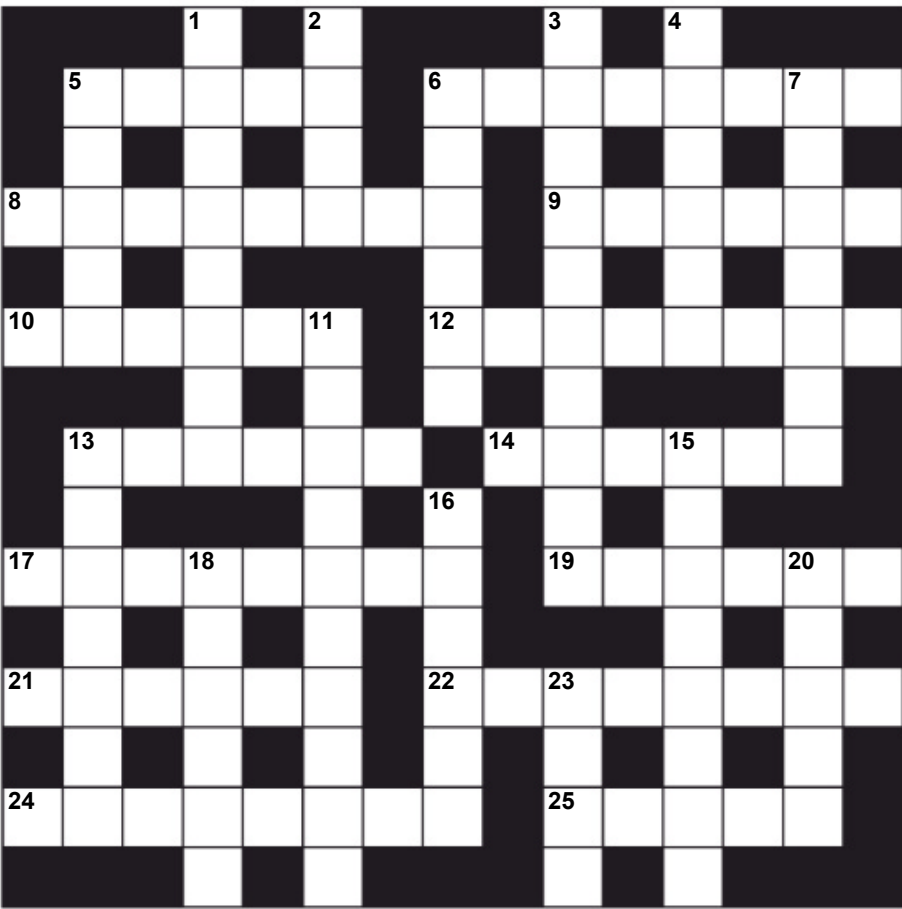
- 23. Which is the largest member of the grass family? (6)
- Clues down**
- 1. What describes someone cheerfully unconcerned about the future? (5-2-5)
 - 2. What are details written on a package for delivery? (7)
 - 3. Which town in Spain is the centre of the sherry-making industry? (5)
 - 4. What is a heavy chisel used for cutting bricks? (7)
 - 5. What are mined at Coober Pedy in Australia? (5)
 - 8. The name of what large flowering shrub is derived from Greek for “rose” and “tree”? (12)
 - 9. What was Germany’s World War II equivalent of their World War I Luftstreitkräfte? (9)
 - 14. Thirty-nine American universities use what dog as their mascot? (7)
 - 15. From Spanish, what is an often humorous exclamation of surprise or dismay? (7)
 - 18. Which Millie is best known for her 1964 hit record *My Boy Lollipop*? (5)
 - 19. What is to work a soft substance into a uniform mixture with the hands? (5)



Solution 1560 Across: 1 Gasoline, 7 Tutti, 8 Pyrometer, 9 Olm, 10 Yoda, 11 Pencil, 13/14 Golden Apples, 17 Pullet, 18 YMCA, 20 Axe, 22 Watermark, 23 Ficus, 24 Brisbane. **Down:** 1 Guppy, 2 Strudel, 3 Lime, 4 Nutmeg, 5 Stool, 6 Siemens, 7 Triceps, 12 Bellows, 13 Giraffe, 15 Lambada, 16 Jester, 17 Percy, 19 Ackee, 21 Iris.

CROSSWORD by David Tossman

Puzzle No 1170



Clues across

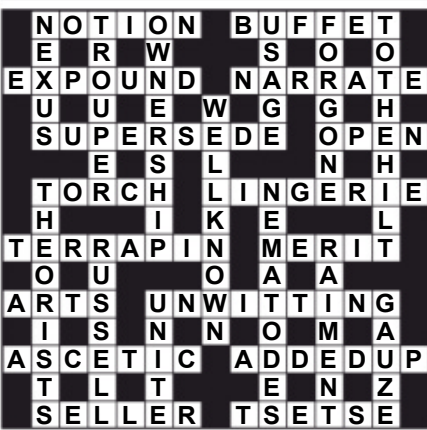
- 5. Present a bill or pill to the French (5)
- 6. Start to see medic in money difficulty revealing a whole set of symptoms (8)
- 8. A pseud can make more tips (8)
- 9. Confuse with a light barrier (6)
- 10. I set my pieces to obstruct (6)
- 12. Swindlers get the wind up (8)
- 13. Sloppy work with small growths (6)
- 14. Erotic players in the outskirts of Sydney (6)
- 17. Help old boy, Scotsman, go back to country (8)
- 19. Tyrant decapitates journalist on return (6)
- 21. Festival has one in a wild whirl (6)
- 22. The most socialistic position is abandoned by the majority (8)
- 24. Cancelled then rang again (8)

- 25. Commandos capture the French for gross revenues (5)

Clues down

- 1. Seaman on average is exceptional (8)
- 2. Ten out with ten in to follow (4)
- 3. Be daintier when drunk? (10)
- 4. In favour of healthy gain (6)
- 5. Lure casual worker to team leader (5)
- 6. They provide support for swaggers? (6)
- 7. An early riser in my embrace? That’s nonsense (7)
- 11. Lad replies mysteriously offering sole protection (10)
- 13. Sort of plainer confection (7)
- 15. See lambs butchered and get it together (8)
- 16. Boy went ahead and poured the soup (6)
- 18. Bill with little hesitation provides a vessel (6)
- 20. Duck a sibling in a lake surrounded by desert (5)
- 23. Put you and me in iron, melt and mix (4)

Solution No 1169



For explanations of previous cryptic crosswords, see David Tossman’s blog at www.noted.co.nz/distractions/quiz

		NORTH	
		♠ 6 5 3	
		♥ 8 7 5 2	
		♦ A K J 10 2	
		♣ 7	
WEST		EAST	
♠ Q J 10 9 7		♠ 8 4 2	
♥ A 10		♥ Q J 9 3	
♦ Q 6 4 3		♦ 9 8	
♣ A 9		♣ 10 8 5 3	
		SOUTH	
		♠ A K	
		♥ K 6 4	
		♦ 7 5	
		♣ K Q J 6 4 2	

North-South game, dealer South

West	North	East	South
—	—	—	1C
1S	Dble	Pass	2NT
Pass	3NT	All Pass	

West leads the queen of spades against 3NT. How would you plan the play? The original declarer won the spade lead with the king and immediately finessed the jack of diamonds. When this move proved successful, he continued with a club to the king. West took the ace of clubs and cleared the spade suit. Declarer cashed the queen and jack of clubs

but the suit failed to break 3-3. After declarer's early finesse in diamonds, this did not cause any problem. He finessed the 10 of diamonds and eventually claimed five diamonds, two spades and two clubs for the contract. "Some players would have led the king of clubs at Trick 2," said South, "but the diamond finesse was a better chance than a 3-3 club break."

Well, what do you make of that? If the diamond finesse had failed, spades would have been cleared and he would have gone down. It seems to me that it is a better play to lead the club king at Trick 2. You make when clubs break 3-3. If they do not break evenly, you can turn to the diamonds and still make the contract when West has Q-x or Q-x-x. So, you are adding in a 3-3 club break and paying out only to the case where West holds four diamonds to the queen. This is fairly unlikely when West has declared length in spades, so I reckon the original declarer was a lucky lad.

BIDDING QUIZ

WEST	West	North	East	South
♠ K 8 6 4 3	—	—	—	1H
♥ 9 7	1S	Pass	2D	Pass
♦ A Q 10 6	3D	Pass	3S	Pass
♣ K 7	?			

East's 2D is constructive but non-forcing. What will you say on the West cards? (Answer on page 60.)

TAKE 5 by Simon Shuker

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

No.1325

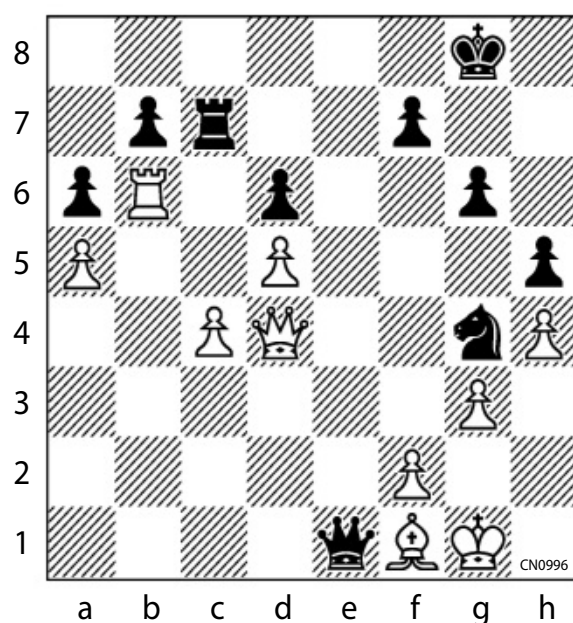
Enter the letter given, then solve.

7 = X

Solution 1324

	L	E	A	R	N	
A		V		E		L
L		O	W	N		A
O	W	L		E	G	G
N		V	O	W		E
G		E		A		R
	A	D	D	L	E	

BARDEN'S CHESS PROBLEMS



Zhao Jun v Gao Rui, Chinese League, 2015

Material is level, and although Black (to play) has an attack against f2 and a5, this looks balanced by White's planned Rxd6. Appearances are deceptive here, for Black's next turn induced immediate resignation. What happened? (Answer on page 60.)

Wordsworth



by Lauren Buckeridge

Readers were asked to create an alliterative synopsis for a well-known film.

Bruce Connett, Castor Bay: Jaws: Joyous juveniles in jeopardy. Jaws jabs jugulars, gets juicy jowls. Jittery jurist jousts Jaws; Jaws is jelly. Jubilation.

Ian Penrose, Coromandel Town: Bonnie & Clyde: Bonnie, beau Barrow (Beatty) belligerently borrowing banks' beloved belongings. Frustrated Feds forever following fleeing felons' flying Fords.

John Edgar, Christchurch: Casablanca: Rick rekindles romance, rescues rival. Result: rejection.

Vi McIntosh, Blenheim: Sound of Music: Festering fascism foreshadowing future forces father and feisty family to flee to freedom.

Margaret Mills, Onetangi, What We Do in the Shadows: Weirdos and wackos walk up walls in Windy Wellington while waiting to wage war against wild werewolves. Who wins? Wait and wonder.

David Wort, Bay of Plenty: The Piano: Prickly Pommy piano teacher plonked perforce amongst prudish Pig-Island pioneers promptly pigeonholes proper partner, preferring passionate primitive paramour.

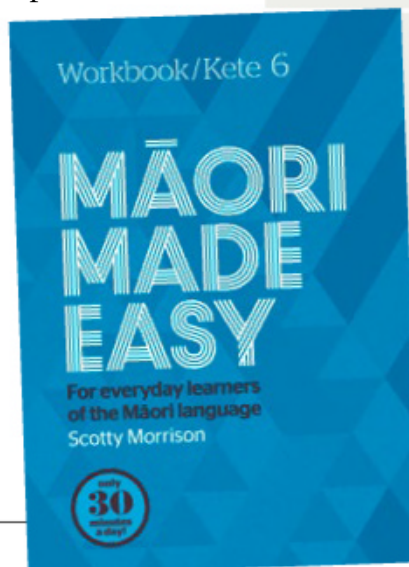
Lyn Toka of Cambridge wins this week with a terrific Titanic tear-jerker: Transatlantic trip turns to tragedy. Two teenagers – top-class tottie, third-class transient; their talking takes them to torrid trysts. Titanic tips; travellers tumble to their turbulent tomb. Teenagers tossed through the turmoil towards timber too tiny to take two. Tears trickle, teeth tremble, torpid thumbs touch tenderly, then trail.

For the next contest, submit a short story, 60 words or fewer, incorporating the words "armchair" and "diamond" however you like. Entries, for the prize below, close at noon on Thursday, March 12.

Submissions: wordsworth@listener.co.nz or Wordsworth, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141. Please include your address. Entries may be edited for sense or space reasons.

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su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

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

738 MEDIUM

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

549 HARD

LAST WEEK'S SOLUTION

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

LAST WEEK'S SOLUTION

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

KAKURO 712

				17	39		21	12		11	36	
			17				8			4		
		25							26			
	23					35						7
16				34						6		
6				15			9			9		
			17			35				12		
23							20					
		28					34			16		
					16							
		33	14					22	13	20		
	11			35								23
9				27								
29					39							
				14			14			16		
6			6				10					
5			31							12		
		11								14		
	16							9				
	17			4				16				

- 1. Place a number from 1 to 9 in each empty box.
- 2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
- 3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

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

BRIDGE BIDDING QUIZ SOLUTION

You cannot expect East to hold three spades, after his non-forcing 2D response. His 3S suggests a doubleton honour and is bid in the hope that your spades are strong enough to act as a trump suit opposite such support. Since your spades are weak, you should retreat to 4D.
Awards: 4D – 10, 4S – 6, 5D – 4, Pass – 3.

CHESS SOLUTION

1 ... Rxc4! and White resigned. If 2 Qxc4 Qxf2+ 3 Kh1 Qh2 mate. If 2 Qb2 Rc1 wins.

10 QUICK QUESTIONS ANSWERS

- 1. Cyndi Lauper.
- 2. The Testaments.
- 3. Lionfish.
- 4. A Boy Named Sue.
- 5. Honesty.
- 6. Austria – the words translate as “Viennese cutlet”.
- 7. Saffron is obtained from *Crocus sativus*.
- 8. Cerebos salt.
- 9. *Space: 1999* was a live-action show.
- 10. Sarcasm, especially against the Government.

LOGIC PUZZLE TRUCK LOGS

Four truckers are comparing the different number of hours each has spent driving that day. Each drives a different make of truck:

- 1. Neil's truck was on the road longer than Wayne's.
- 2. The Toyota was either on the road for eight hours or was driven by Damien.
- 3. Wayne drove for seven or nine hours.
- 4. Regarding Neil and the Ford driver, each drove an even number of hours.
- 5. The Mercedes truck was on the road an hour longer than the Isuzu truck.

Using these clues and the grid below, can you work out which driver drove which truck and for how long that day?

		DRIVER				MAKE OF TRUCK			
		Damien	Gail	Neil	Wayne	Ford	Isuzu	Mercedes	Toyota
HOURS ON ROAD	6								
	7								
	8								
	9								
MAKE OF TRUCK	Ford								
	Isuzu								
	Mercedes								
	Toyota								



You may write your answers in this grid:

DRIVER	MAKE	HOURS
Damien		
Gail		
Neil		
Wayne		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

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

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

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

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plural/verb forms that add only "s". See if you can find the nine-letter word using up all the letters.

- 12 GOOD
- 16 VERY GOOD
- 21+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

T R U C K

L O A D S

Last week's solutions. Logic Puzzle: Abby wrote 550 words about squirrels, David wrote 700 words about beavers, Shelly wrote 650 words about ants and Tony wrote 600 words about bees. Scatterword: ABJECTION, cabinet, jacobin, botanic, abject, beacon, obtain, object, cabin, cobia, bacon, biota, banjo, baton, bane, bean, abet, bate, beat, beta, bait, boat, jibe, bine, bite, bone, ebon, bent, obit. 29 words. Permutate: WORKS, STORK, ROAST/TAROS, BOAST/SABOT, BATHS, HABIT

1	2	3	4	5	6	7	8	9	10	11	12	13
D	T	M	O	A	R	N	U	Q	Y	S	I	W
14	15	16	17	18	19	20	21	22	23	24	25	26
C	X	E	V	F	Z	H	P	K	G	B	J	L

Clueless crossword:

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That's Entertainment

We Are One: The Mosque Attacks One Year On, Tuesday. Inset, Farid Ahmed.

Hope from atrocity



A documentary follows survivors or relatives of those killed in last year's Christchurch mosque attacks.

by entertainment editor FIONA RAE

As we approach the first anniversary of another terrible event in our history, **We Are One: The Mosque Attacks One Year On** (TVNZ 1, Tuesday, 8.30pm) brings to light survivors and family members whose lives were shattered by the shootings on March 15.

The documentary follows six families over the year as they try to make a path through their trauma and grief. They include Mustafa Boztas, who was injured escaping from Al Noor Mosque; Aya Al-Umari, whose brother, Hussein, was killed; Noraini Abbas, whose 14-year-old son, Sayyad, lost his life;

and Farid Ahmed, who lost his wife, Husna, when she went back into the mosque to rescue him.

Producer-director Virginia Wright says the documentary has been a matter of "doing my best to let them tell their stories and listening. Like any other family who has lost a loved one, they have had to

work out how to go forward without that person."

In some cases, family members agreed to go on camera to honour their loved one. Farid Ahmed, who has given a number of interviews, is "channelling his grief into putting a calm message out to the world".

The documentary also



follows as the group joins with 200 New Zealand pilgrims on a trip to perform Hajj in Mecca, a journey that was funded by the Saudi King.

"It took me a while to work out just how fundamentally important that spiritual pilgrimage is for them and how potentially healing," says Wright. The group, and Wright, were helped by New Zealand's most senior Muslim police officer, Superintendent Naila Hassan.

"It took me a while to work out just how fundamentally important that spiritual pilgrimage is for them."

"The Hajj is very, very different to anything any of us in New Zealand has ever seen or experienced. It's absolutely amazing, and Naila Hassan was brilliant because she was able, with a foot in both worlds, to translate that for us."

The experience did provide some healing, says Wright. "For Aya in particular, it gave respite from her grief for long enough that she was then able to think about how to find new things to do without her brother, because they were very close."

Wright discovered while speaking to Abbas that "Muslims don't mark anniversaries", but she has found over the course of the past year that the community "truly felt the support shown by New Zealand in the aftermath and it has truly helped them, and they feel that the perception of Muslims has changed in New Zealand." ■



Television by FIONA RAE

The Best of the Week

SATURDAY MARCH 7

My Brilliant Friend (TVNZ OnDemand). It's season two of the brilliant adaptation of Italian author Elena Ferrante's beloved Neapolitan novels and Lila (Gaia Girace) and Elena (Margherita Mazzucco) are now teenagers – and their complicated relationship is about to become more complex. In Naples, volatile genius Lila marries in order to escape the attentions of a mafioso, while Elena studies in Pisa. However, a boy is about to come between them. Isn't that always the way? Italian director Alice Rohrwacher, whose 2014 film *The Wonders* won the Grand Prix at Cannes, directs the first two episodes of the eight-episode season; Saverio Costanzo, who directed and co-wrote the first season, returns for the rest. In Italy,

the season was released as a special event in movie theatres as well as on television and Ferrante's new novel has become an instant bestseller.

SUNDAY MARCH 8

Woman with Gloria Steinem Marathon (Vice, Sky 013, 9.50am). On International Women's Day, Vice goes full on with all eight episodes of Gloria Steinem's first foray into television. The episodes confront very tough subject matter, including rape as a weapon of war in the Democratic Republic of Congo, the

Woman with Gloria Steinem Marathon, Sunday.



murder of First Nations women in Canada and child brides in

Zambia. Closer to her home are episodes about American mothers behind bars and sexual assault in the US military. Following the *Woman* marathon at 3.40pm is **Conservatives and Progressives Debate Feminism**, a discussion in the Vice office, and then

The Future of Fertility at 4.30pm. Throughout the month, Vice is also screening related programmes, such as **Gurls Talk**, with Adwoa Aboah, on Thursday (7.30pm). Sky's retro channel, Jones! Too, is joining the celebration





Cosmos: Possible Worlds, Monday.

on Saturday and Sunday with a bunch of shows featuring strong female leads, including **Wonder Woman** (1975-79), **Maude** (1972-87) and, for some lovely West Auckland scenery and a lesbian subtext, **Xena: Warrior Princess** (1995-2001).

Brian Johnson's A Life on the Road (Prime, 8.30pm). This week, Johnson meets Dolly Parton. DOLLY PARTON.

MONDAY MARCH 9

Cosmos: Possible Worlds (National Geographic, Sky 072,

Monday, 8.30pm). The *Cosmos* team step into the Ship of the Imagination again for some crystal-ball gazing – although not really, because that would be unscientific. The follow-up to *Cosmos: A Spacetime Odyssey* uses scientific discovery to speculate on possible futures for humankind and tells the stories of early pioneers and searchers, including a shout-out to the early Polynesian sailors who took great leaps of faith based on their knowledge of the sea, wind and stars. Watch out for our interview in

next week's magazine with the series' creator, Ann Druyan, who began the *Cosmos* journey 40 years ago with her husband, Carl Sagan.

TUESDAY MARCH 10

Overthrow the Social Order (Sky Arts, Sky 020, 6.05pm). A world without gender labeling is just one of the ideas in this documentary following British artist Martin Firrell, who is known for his social art and large-scale statement billboards. Film-maker Oliver Guy-Watkins followed Firrell

as he created digital billboards to mark 50 years since the partial decriminalisation of homosexuality in England and Wales. Bold statements such as "Embrace lesbianism and overthrow the social order" and "Overturn the ideology of hetero male supremacy" must have given Londoners on their morning commute something to think about, as did the "gender think-in" Firrell organised that was inspired by the think-ins held by the Gay Liberation Front in the early 1970s. "No other

Documentaries by RUSSELL BROWN

Feras Fayyad almost didn't make it to the 2020 Academy Awards, where his film **The Cave** (National Geographic, Sky 072, Sunday, 7.30pm) had been nominated in the Best Documentary category. It took a concerted campaign to persuade the US State Department to reverse its refusal to

grant him a visa.

But the Syrian director is no stranger to adversity: after his previous film, *Last Men in Aleppo*, he was detained and tortured by the Assad regime. In the course of making *The Cave*, four members of his film crew were killed.

The film follows the struggle



The Cave, Sunday.



Lego Masters USA, Thursday.

human-rights movement has seen so much progress in the space of 50 years,” says Firrell, “but there is always more to be done. How we think about gender now will liberate – or blight – people’s lives for the next 50 years.”

WEDNESDAY MARCH 11

Tōku Whare Kōhanga Reo (Māori TV, 8.30pm). Like *Marae DIY*, but with kōhanga. Te Ataakura Pewhairangi and Nathaniel Howe present this new series in which language nests around the country get a spruce up. Some are hoping the makeover will attract new tamariki, others need to expand because of demand. The series begins at Te Kōhao o

te Ngīra in Hamilton, where the roll has fallen to just 18 pupils.

THURSDAY MARCH 12

Lego Masters USA (Three, 7.30pm). It began in Britain and it has been rolling around the world like a big rolly thing. Australia was first out of the blocks (sorry) with last year’s show hosted by Hamish Blake; the American version is hosted by none other than actor Will Arnett, the voice of Lego Batman, who is an executive producer along with Brad Pitt and his Plan B production company partners. The judges are Amy Corbett and Jamie Berard, both designers at Lego – Berard is famous for

of a mostly female group of doctors in an underground hospital to provide care for the citizens of Eastern Ghouta, a suburb of Damascus that was reduced to rubble in 2013 by Syrian armed forces, with Russian air support. It’s confronting, especially in its unflinching depiction of the awful injuries suffered by Ghouta’s children.

Not all reviewers have applauded Fayyad’s focus on

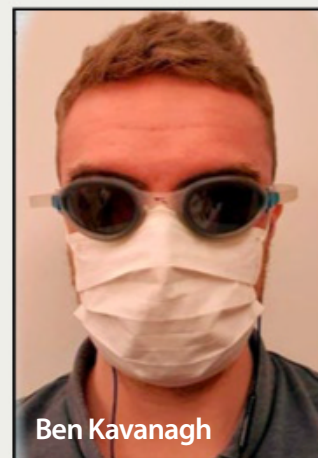
injury and suffering. Writing for the AV Club website, Vikram Murthi lamented its tilt into “morally questionable grotesquerie, a catalogue of anguish that doesn’t spotlight anything except endless brutality”. But the director was unrepentant in an interview with the CBC last year, “The film should put people in an uncomfortable position to look through the terrible reality around us.”

Online by RUSSELL BROWN

Catch of the Week

LIFE UNDER LOCKDOWN:

News organisations often rely on the storytelling ability of ordinary citizens to cover events in places journalists can’t go, and Britain’s *Channel 4 News* has found an absolute gem of a citizen correspondent in Irish teacher Ben Kavanagh, who posted video diaries of life in locked-down Wuhan as the effects of the Covid-19 coronavirus disease became apparent. The channel has edited together his dispatches, culminating in a 14-day quarantine on British soil, into a 20-minute story called *Coronavirus & Me*. Kavanagh is at turns droll, pensive and stoic – his relief at reaching safety and seeing his mother is tempered with regret at leaving a life in Wuhan that he loved. tinyurl.com/NZLKDiary



Ben Kavanagh

WUHAN DIARY: There are other Wuhan diaries, including a series made by Chinese cinematographer Hai Tang as he cared for his wife, an emergency-room nurse who developed pneumonia after contracting the virus. The series has been subtitled by a Western YouTube user and it’s intimate and at times very moving – in episode six, he ventures out to get flowers for their wedding anniversary. “I never really imagined it would happen to us,” Tang tells the camera in the first episode. “But now that it has happened, I need to face this head on.” tinyurl.com/NZLTang

SVOD HIGHLIGHT: What’s good in subscription video on demand. Liz Garbus, who directed the documentary *What Happened, Miss Simone?* for Netflix, tells the real-life story of the Long Island serial murders as a narrative drama in *Lost Girls*, which premiered recently at the Sundance Film Festival. It’s on Netflix from March 13.



Sport

by RUSSELL BROWN

The week's best live action



CRICKET

- The ICC Women's T20 World Cup final airs at 7.30pm on Sunday on Sky Sport 2.
- The Black Caps get their chance for revenge when they return to Australia for the first of three one-day internationals on Friday (**Sky Sport 2, 4.00pm**).

RUGBY

- The Blues will be hoping for an elusive win away against a fellow New Zealand side when they travel to Wellington to play the Hurricanes (**Sky Sport 1, Saturday, 6.30pm**). You might also care to set the recorder for the Highlanders' match against the Bulls at Loftus Versfeld (**Sky Sport, Sunday, 4.10am**) and the Hurricanes turn around and play the Chiefs in Hamilton on Friday (**Sky Sport 1, 6.30pm**).
- But that's not the only rugby on at local viewing hours – the Japan Rugby Top League match between Yamaha Júbilo and Suntory Sungoliath is live on Sky Sport 3 at 5.00pm on Saturday. New Zealanders Joe Latta, Joe Wheeler, Richard Judd and Tevita Li feature in the Sungoliath squad.

FOOTBALL

- There are two Uefa Champions League Round of 16 matches on screen this week: Tottenham travel to play Leipzig (**Sky Sport 7, Wednesday, 8.55am**) and Liverpool are at home to Atletico (**Sky Sport 7, Thursday, 8.55am**).
- The Wellington Phoenix play Central Coast on Sunday (**Sky Sport 7, 6.00pm**).



DARTS

- The UK Darts Open begins, with the first to fourth rounds on Saturday (sessions beginning at 12.45am, 8.00am and 10.10pm), then the fifth and six rounds at 1.30am and 8.00am on Sunday and the quarters, semis and final at 1.45am and 8.00am on Monday. All on Sky Sport 9.



translating real architecture, from Tower Bridge to the Sydney Opera House, into Lego. The first challenge for the 10 teams is a Lego amusement park.

Indian Dream Hotel on Tour (**Vibe, Sky 006, 8.30pm**). Known to UK viewers as *The Real Marigold on Tour*, because, apparently, only the British have seen *The Best Exotic Marigold Hotel*. In the first season, Miriam Margolyes, Wayne Sleep, Rosemary Shrager and Bobby George really did explore retirement in India; in season two, they're going all over the world, beginning in Chengdu, China, a city of 16 million people with a large concentration of pensioners. Margolyes is, as ever, brutally honest: "They are different from us," she says of the Chinese, "and I think, rather nicer." The quartet will also visit Cuba,

Iceland and Thailand.

Hypothetical (**TVNZ Duke, 9.25pm**). We sometimes wonder if it's possible to make a living in the UK with panel-show appearances alone, because there's an awful lot of them and the same comedians keep turning up. Those cheeky scallywags James Acaster and Josh Widdicombe return for another season of this particular employment scheme for British comedians; guests include Richard Ayoade, Sindhu Vee, Tom Allen and Sue Perkins. The show is a bit looser than highly structured series such as *8 Out of 10 Cats* – Widdicombe presents contestants with hypothetical situations to which they must provide their best approach. Acaster is the random element – he makes up the rules and awards the points and may deviate into a role play.





The Godfather, Saturday.

TV Films by RYAN HOLDER

A Guide to the Week's Viewing

SATURDAY MARCH 7

The Godfather (Māori TV, 8.40pm). Simply one of the greatest movies ever made. In three hours, Francis Ford Coppola changed the way stories could be told on screen and, in doing so, left an indelible imprint on our cultural history. Favourite quote: "Leave the gun – take the cannoli." (1972) ★★★★★

Water for Elephants (TVNZ 2, 8.45pm). Set in the Great Depression, *Water for Elephants*

is an old-fashioned love story based on Sara Gruen's best-selling novel of the same name. In it, a young man named Jacob (Robert Pattinson) gives up a veterinary degree to jump on the first passing train, which happens to be a travelling circus. A cruel animal trainer (Christoph Waltz in evil mode) rules over the show and his performer-wife, Marlena (Reese Witherspoon), with an iron fist. There are occasional scenes of animal cruelty, but plenty more touching

moments between actors and animals. If only the central romance had as much spark. (2011) ★★★★★

Angels & Demons (Three, 8.55pm). With a plot more arcane than Vatican strictures, *Angels & Demons* managed to avoid the fate of *The Da Vinci Code*, which was condemned for its blasphemy by the Catholic Church and banned in countries as far flung as Syria and Samoa. This put reviewers in the awkward position

of having to come to the defence of the movie. There were no such qualms with this mediocre sequel. (2009) ★★★

Fatal Attraction (TVNZ Duke, 9.20). Director Adrian Lyne and writer James Dearden set the premise of a tantalising psychological thriller: a married lawyer (Michael Douglas) has a one-night affair with an enticing blonde woman (Glenn Close), only she doesn't want it to end – and will go to extreme lengths



Ocean's 8, Sunday.



The Chronicles of Narnia: Prince Caspian, Friday.

Best
tension-builder
ALIEN
TVNZ2, Sunday,
11.45pm

horror flick due in March, we'll finally know whether this film's central idea is a novelty or an innovation: monsters that have turned the US into a post-apocalyptic landscape have no sense of smell or sight – they hunt purely by sound. The movie is extremely quiet. Even the usually screeching score is restrained.

The Abbott family (Krasinski and his real-life wife, Emily Blunt) are in a bit of a tricky position because they have young children. Never has an audience been so terrified of a child playing with a toy. (2018) ★★★★★

Alien (TVNZ 2, 10.45pm).

Director Ridley Scott's sci-fi masterpiece is a joy – perhaps the wrong word – to behold. Watch how slowly and tensely it builds up to its heart-stopping climax. (1979) ★★★★★

MONDAY MARCH 9

Mama Africa (Māori TV, 8.30pm). A documentary about the South African singer and anti-apartheid activist whose music, in the words of Nelson Mandela, “inspired a powerful sense of hope in all of us”. Zenzile Miriam Makeba was among the first African musicians to reach international stardom, becoming friends with the likes of Harry Belafonte and Nina Simone, before she was barred from South Africa for her activism and pushed from the United States by white disapproval of her marriage to civil-rights leader Stokely Carmichael. Finnish director Mika Kaurismäki traces her life's enthralling arc, which eventually ends in post-apartheid South Africa, and scatters it with old and new interviews and moving scenes

of her live performances. (2011) ★★★★★

TUESDAY MARCH 10

Boyz n the Hood (TVNZ Duke, 10.50pm). Director John Singleton's coming-of-age story opens with the words, “One out of 21 black American males will be murdered in their lifetime.” In South Central LA, Jason Styles Jr (Laurence Fishburne) is doing his best to ensure his son, Tre (Cuba Gooding Jr), isn't one of them, but he's working against the pull of Tre's friends Ricky (Morris Chestnut) and Dough-boy (Ice Cube). It's staggering to think that this powerful and confident film was the debut feature of a 23-year-old director. (1991) ★★★★★

FRIDAY MARCH 13

The Chronicles of Narnia: Prince Caspian (TVNZ 2, 7.30pm). Since the events of *The Lion, the Witch and the Wardrobe*, one year has passed in Old Blighty, but it's been 1300 years in Narnia. The Pevensie clan (William Moseley, Anna Popplewell, Georgie Henley and Skandar Keynes, the great-great-nephew of John Maynard) find themselves back in the magical land through a transport system more complex than a wardrobe. Narnia is in warfare and ruin and the Pevensies join the fight to restore the rightful king to the throne. The plot is darker than the prequel and the body count much higher, so parents should be aware of the PG rating. Kiwi director Andrew Adamson makes a good fist of a story overflowing with characters and also manages to sneak in some stunning shots of New Zealand's landscapes, including Cathedral Cove, Woodhill Forest and Flock Hill. (2008) ★★★★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing).

to make sure that doesn't happen. They then squander it all with a ridiculous ending, complete with a *Friday the 13th* moment. (1987) ★★★★★

SUNDAY MARCH 8

Father of the Bride (TVNZ 2, noon). Steve Martin and Kimberly Williams star in a gentle, loving comedy in which everything plays out as expected. And somehow, it's still charming. Do parents relate to the experience of having to let go of their children? Or do they just hate expensive weddings? (1991) ★★★★★

Ocean's 8 (TVNZ 2, 8.30pm). An all-female ensemble (Sandra Bullock, Cate Blanchett, Awkwafina, Mindy Kaling, Anne Hathaway and more) takes over the caper franchise with style, but the underlying problem remains: the heists have gone stale. For more

proof, see *Ocean's Twelve* on Sky Movies Greats at the same time. (2018) ★★★★★

American Animals (Māori TV, 8.30pm). Here's a heist worth retelling: in 2003, four students in Kentucky disguised themselves as old men and tried to steal several incredibly valuable books from the campus library, including a first edition of Charles Darwin's *On the Origin of Species*. It was a disaster. Director Bart Layton, who made the surreal doco *The Imposter*, puts a documentary spin on the narrative, intertwining the drama with testimony from the perpetrators. It's strangely dark and discombobulating. (2018) ★★★★★

A Quiet Place (Three, 8.30pm). With a sequel to writer-director John Krasinski's



DIANA
WICHTEL

"I was just being tossed around like a doll and watching the scaffold jump a foot off the ground."

Harrowing experiences

A masterclass of Kiwi storytelling eases the pain after a far-too-common rant.

Bugger it, I'm going to speak about this," declared *The AM Show's* Mark Richardson, with the defiance of a man with a national radio and television platform who never seems to shut up. "All right, I get it. I don't get it, because I don't get it, do I? I sort of do," he bumbled while co-host Amanda Gillies grimaced in what looked like actual pain.

I didn't get it, either. But as a demonstration of the state of much local public discourse, it spoke ranty, nonsensical volumes.

This latest "tirade", as Newshub gleefully reported, followed an interview with writer Helene Wong. She'd taken to wearing a T-shirt reading "I am not from Wuhan, drop the pitchfork" to protest Covid-19-related racism towards Chinese people.

Richardson is sick of hearing about racism. "I've been told I'm racist all the time. And what's more, the more you tell me that, I think the more counterproductive it's becoming. Anyone heard of pushback?" So if people say, "Bugger it, I'm going to talk about racism

I experience", they'd better expect a backlash.

It's a spectacle that goes back to Paul Henry, Paul Holmes and others – smug personalities congratulating themselves on their inability to relate to an experience different from their own; celebrating a failure of imagination.

You despair. Then you switch on the television and there's something that does the opposite. The documentary *Help Is on the Way* screened on Prime nine years after the Christchurch earthquakes. It's a masterclass in not letting the medium get in the way of the message; of storytelling that allows you to begin to imagine an experience you hope never to have. Archival footage from Christchurch on February 22, 2011, still shocks. But most of the story is vividly told by some of

Trapped. People began to knot sheets. In a story of No 8 wire heroism, Barrie and his laconic workmate Leigham figure out an ingenious, if dangerous, way down. There's a raid on the mini-bars. Two German tourists hiding under a table with a *Bible* join the group. When they get within reach of rescue, Barrie realises a few people are still trapped on the higher levels. "For f---'s sake! I went back up."

Andy's partner, Amber, breaks down recalling when then Senior Sergeant Dave Harvey gets a can of paint – he'd noticed with alarm the knotted sheets – and writes a message: help is on the way.

This is also about afterwards. Several interviewees don't just talk about trauma; they show how trauma works. Their experiences are recounted as if in a still-unreeling present, as if still processing experiences too unruly to be fully consigned to memory. Amber, weeping: "I remember thinking with eyes closed,

'What will I hear? ... What will it be like at the end of my life?'" There's the arrival of a crane, like a tank through a war zone.

This documentary of people in a tight corner pulling together shows that, nine years after the earthquakes, there's no end to the compelling stories to be told. And that one way to begin to imagine another's experience is to shut up and listen to what they have to say. ■

[HELP IS ON THE WAY, Prime, primetv.co.nz/help-is-on-the-way-catchup](https://www.prime.co.nz/help-is-on-the-way-catchup)



Amber and Andy. Left, the Hotel Grand Chancellor. Below, Mark Richardson.

the 36 people who were trapped in the 26-storey Hotel Grand Chancellor. Barrie, a builder: "I was just being tossed around like a doll and watching the scaffold jump a foot off the ground." Andy, a guest: "I was bouncing and slamming, like, actually getting air." Graham, concierge: "I knew I'd never go back in that building again, because you could see the tilt on it."

Those trapped on upper floors in a building that could collapse at any moment found the stairs – "I was telling my legs go, go, go," says American hotel guest Jeremy – only to find the stairs destroyed between levels 22 and 14.



Radio by FIONA RAE

The Best of the Week

SATURDAY MARCH 7

Music Alive (RNZ Concert, 7.30pm). No doubt in celebration of International Women's Day on March 8 and perhaps mindful of the 172nd anniversary of Kate Sheppard's birthday on March 10, there are two concerts featuring female composers this week. This recording from 2018's Suffrage 125 celebrations features works by Ethel Smyth and Clara Schumann and New Zealand composers Gillian Whitehead, Claire Cowan and Salina Fisher. The APO is conducted by Tianyi Lu and New Zealand pianist Modi Deng is the soloist on Schumann's *Piano Concerto in A minor*. In addition, Hollie Fullbrook, otherwise known as Tiny Ruins, performs several numbers, including *Olympic Girls* and *Me at the Museum*, *You in the Wintergardens*. Tomorrow, **Opera on Sunday**



Clara Schumann,
Music Alive,
Saturday.

(6.00pm) features the first opera by a woman, *La liberazione di Ruggiero*, by Francesca Caccini. If you're wondering where the Metropolitan Opera Season went, it continues on Monday with a performance of Berlioz's *La Damnation de Faust*, with Latvian mezzo-soprano Elīna Garanča as Marguerite, US tenor Michael Spyres as Faust and Russian bass Ildar Abdrazakov as Méphistophélès.

WEDNESDAY MARCH 11

Music Alive (RNZ Concert, 8.00pm). This week's Deutsche Welle recording is from Eight Bridges, Cologne's festival of new music. The programme begins with Kourliandski's 2013 *Riot of Spring*, in which some of the musicians walk into the audience and invite them to play. Violinist Teodor Currentzis also conducts works by Shostakovich and Rachmaninov.

PODCAST OF THE WEEK

Drug of the week

It's not a podcast at all, but the latest book by the amazing Michael Pollan, author of *The Omnivore's Dilemma* and *How to Change Your Mind*, is available only as an audiobook – and it's a subject that is dear to our hearts. In *Caffeine*, he looks at the history and science of the drug to which we're (nearly) all addicted. Available for free with a 30-day trial on Audible. tinyurl.com/NZLCaffeine



Michael Pollan

Talkback



Your comments on TV and radio

PLEASING PODCAST POINTER

Thank you for pointing out BBC Radio 3's *This Classical Life* programme hosted by 20-year-old Jess Gillam (*Podcast of the Week*, February 22).

This is the type of programme RNZ management might have come up with if it had been focused on trying to reach a younger audience for RNZ Concert, instead of focusing on getting rid of the announcers to fund a new youth station.

Vivienne Morrell
(Wellington)

JOURNEY'S END

Whatever happened to the third episode of *Pilgrimage: The Road to Rome* (Prime)? As far as I'm aware, we left the pilgrims 100km from Rome and the triumphant (presumably) culmination of their journey was due the following Sunday.

Then it was bumped off for some sporting event and the same happened the following Sunday. Since then, silence, unless I missed some obscurely timed screening.

Susan Ledingham
(Nelson)

Talkback responds: Prime tells us that it removed *Pilgrimage: The Road to Rome* to accommodate delayed coverage of the women's domestic T20, and when the coverage finished early, it played the final episode of *Pilgrimage* at 10.00pm. It is, however, available free on Sky Go.

GOLDEN YEARS

R Thomas (*Talkback*, February 1) and Peter Harcourt are spot on with their comments about Bruce Mason.

Between 1946 and 1966, the Community Arts Service provided excellent assistance in taking theatre and arts to small towns in New Zealand. My husband was a member of the branch in Te Awamutu.

On one occasion, Mason was booked to perform *The End of the Golden Weather*, and after the performance, the committee and wives met with him for supper.

We were recalling this day and both remember what a stimulating experience that was. My husband, Garth, is now in his nineties and I am not far behind him.

Mason was truly an outstanding New Zealander.

Ruth Cullen
(Cambridge)

LEARNING BY OSMOSIS

When I was a botany student, we learnt the Latin names of grasses without realising it, as our tutor always said the common name of the plant followed by the Latin name.

If the same technique was used by reporters on RNZ when they sign off, then we would learn at least a little Māori from what they had just said.

Clive Dalton
(Dinsdale, Hamilton)

Send comments, queries or complaints about radio or television to: talkback@listener.co.nz, or Talkback, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141.

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Te Karere** (R, HD)
6.30 Country Calendar (G, R, HD, C, AD)
7.00 Fishing and Adventure (G, R, HD, C)
7.30 Infomercials
8.00 Faith in Action (R)
8.30 Infomercials
9.00 Whanau Living (G, R, HD)
9.30 Tagata Pasifika
10.00 Pacific Island Food Revolution (G, HD, C) The remaining teams must cook an epic island feast.
11.05 John & Lisa's Weekend Kitchen (G, HD)
12.05 A Place to Call Home (PGR, R, HD, C, AD) Sarah supports a heartbroken Roy, Elizabeth questions her place in the family, and Henry's life is changed forever. s6ep2
1.15 Your Home Made Perfect (G, R, HD, C) UK series in which new visions for homes are revealed by virtual reality.
2.30 The Hotel Inspector Returns (G, R, HD, C) Alex Polizzi returns to the Waterhall Country Hotel.
3.30 Sarah Beeny's Renovate Don't Relocate (G, HD) Sarah Beeny creates new layouts and design ideas for homes.
4.25 Motokā (C) Former All Black and car enthusiast Andy Ellis travels the country in search of the quintessential Kiwi ride.
5.00 The Chase (G, HD, C) Bradley Walsh hosts a UK quiz show.
6.00 1 News (HD, C)
7.00 Ant & Dec's Saturday Night Takeaway (C) Ant and Dec present a UK variety show, featuring stunts, sketches and special guest appearances (includes Lotto at 8.00pm).
8.30 Best Home Cook (G, HD, C, AD) Claudia Winkleman presents a search for Britain's best home cooks, with judges Mary Berry, Angela Hartnett and Chris Bavin. Tonight, the cooks must make their ultimate meringues.
9.40 Manifest (AO, HD, C, AD) Tensions flare as the passengers of Flight 828 finally come to understand the meaning of their terrifying callings. s2ep6
10.40 Mrs Wilson (AO, R, HD, C) Alison arrives at the door of a reluctant collaborator in her husband's lies. s1ep2
11.50 Doctor Doctor (AO, R, HD, C, AD) Hayley and Meryl deal with the aftermath of two boxes of uncounted votes. s2ep4
12.50am Coronation Street 2019 (PGR, R, HD, C, AD)
2.55 - 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Takaro Tribe** (G, R, HD, C, AD)
6.10 Thomas & Friends (G, C, AD)
6.25 Tinpo (G, HD, C, AD)
6.30 Blaze and the Monster Machines (G, R, HD, C)
6.50 The Insectibles (G, R, HD, C, AD)
7.05 Thunderbirds Are Go! (G, HD, C, AD)
7.25 The Amazing World of Gumball (G, HD, C)
7.50 Beyblade Burst Rise (G, HD, C)
8.15 Ninjago (G, HD, C)
8.40 Justice League Action (G, HD, C)
9.00 Regular Show (PGR, HD, C)
9.15 Walk the Prank (G, HD, C)
9.35 The Simpsons (G, R, HD, C)
10.00 Fresh Local series with a focus on Pasifika youth. Today, the stars of the world's No 1-ranked fighting gym, City Kickboxing.
10.30 Mike & Molly (PGR, R, HD, C)
11.25 Black-ish (PGR, R, HD, C)
11.55 Doctor Who (R, C, AD)
1.25 Dogs Make You Laugh Out Loud (G, R, HD, C)
2.25 The Bachelorette NZ Omnibus (R, C, AD)
6.00 Friends (G, R, HD, C) Phoebe pretends to be Joey's agent, Ross is upset when Ben brings a Barbie doll on his weekend visit, and Chandler goes to the girls for relationship advice.
7.00 Mr Popper's Penguins (2011, G, HD, C, AD) A penguin shows up at a New York businessman's door, turning his life upside down. Jim Carrey, Carla Gugino, Angela Lansbury.
8.45 Water for Elephants (2011, AO, HD, C, AD) In 1931, a former veterinary student takes a job in a travelling circus and falls in love with the ringmaster's wife. Robert Pattinson, Reece Witherspoon, Christoph Waltz. **TV Films, page 69**
11.15 Conspiracy Theory (1997, AO, R, HD) A Justice Department lawyer becomes involved with an eccentric New York taxi driver who is obsessed with conspiracy theories. Julia Roberts, Mel Gibson, Patrick Stewart, Cylk Cozart.
1.45am Mortdecai (2015, AO, R, HD, C, AD) A rogueish art dealer tries to recover a stolen Goya that is rumoured to conceal the location of a hoard of gold. Johnny Depp, Gwyneth Paltrow, Ewan McGregor.
3.35 America's Funniest Home Videos (G, R, HD)
4.00 Mike & Molly (PGR, R, HD, C)
5.05 Fresh (R)
5.30 - 6.00 Religious Programming (R)

THREE FREEVIEW 3 SKY 003

- 6.00 Charles Stanley**
6.30 Infomercials
9.30 Newshub Nation (HD) Simon Shepherd presents current affairs.
10.30 The Taste USA (G, R, HD)
11.30 Married at First Sight USA: The First Year (PGR, R, HD)
12.25 Face Off (PGR, R, HD)
1.20 Michael McIntyre's Big Show (PGR, HD, C)
2.30 Fresh Off the Boat (PGR, HD) s6ep7
3.00 The Goldbergs (PGR, HD, C) s7ep5
3.25 Survivor: David vs Goliath (G, HD, C)
4.20 Guadalquivir: The Great River (G, HD, C)
5.30 Helloworld (G, HD)
6.00 Newshub Live (HD)
7.00 America's Got Talent: The Champions (G, HD, C) Terry Crews presents a talent show featuring former contestants from America and around the world. Tonight, the semi-final. s2ep5
8.55 Angels & Demons (2009, AO, HD, C) Robert Langdon works with a nuclear physicist to prevent an attack on the Vatican. Tom Hanks, Ewan McGregor. **TV Films, page 69**
11.30 Nanny Surveillance (2018, AO, HD, C) A nanny torments a couple by controlling their smart home system. Cinta Laura, Adam Huber.
1.20am Infomercials
5.00 Hillsong (G)
5.30 - 6.00 Charles Stanley

BRAVO FREEVIEW 4 SKY 012

- 6.00 Infomercials** (G, R)
10.00 Judge Jerry (G, R)
10.30 The Kelly Clarkson Show (G, R)
12.30 Hoarders Marathon (G, R)
2.30 Love It or List It (G, R)
4.30 Undercover Boss (G, R, C)
7.30 Botched (PGR, R) A pop star impersonator's silicone injections have left her with a dented chin, and a young woman reveals her bad boob job to her mum
8.30 Vanderpump Rules (AO) With the wedding in Kentucky days away, Jax must decide whether or not to forgive Tom Sandoval, and James sends Raquel a string of hurtful text messages.
9.30 The Real Housewives of New Jersey (AO) Jackie plans a trip to the Hamptons with the hopes of getting Margaret and Teresa to make up.
10.30 A Lie to Die for (AO, R)
11.30 Love It or List It (G, R)
12.20am Infomercials (G, R)
5.00 - 6.00 How Do I Look? (G, R)



TVNZ 2: Water for Elephants, 8.45pm

PRIME FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes** (G, R)
10.00 SmackDown (PGR, R)
11.00 RAW (PGR, R)
Noon Ice Road Truckers (PGR, R, C)
1.00 Antiques Road Trip (G, R)
2.00 American Restoration (G, R, C)
2.30 Super League (G)
4.30 Hot Bench (G, R)
5.00 TradeZone Addicted to Fishing (G, R)
5.30 Prime News
6.00 Homes by the Med (G, C)
7.00 WhichCar (G) Australian motoring series. A Japanese sports legend returns to test Ford's sports legend.
7.30 The Sixties (PGR, R, C) 1968 included the assassinations of Martin Luther King Jr and Robert Kennedy.
8.30 Hellfire Heroes (PGR, C) A brush fire could engulf a whole forest.
9.30 Super Rugby (G) Crusaders v Reds, replay from Orangetheory Stadium, Christchurch.
11.30 - 12.30am Clash of the Collectables (G, C)

MĀORITV FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes** (G, R)
10.00 Swagger (G, R)
10.30 Whānau Bake Off (G, R)
11.00 School of Training (G, R)
11.30 HakaNation (G, R)
Noon Waka Ama Sprint Nationals
1.00 Haati Grassroots Rugby (R)
2.00 Schick Poitūkohu Kura Tuarua (R)
3.00 Total Combat (PGR, R)
4.00 Tangaroa with Pio (G, R)
4.30 Paki Vault (PGR, R)
5.00 The Hui (G)
5.30 Ngā Tamariki o te Kohu (G, R)
6.30 Te Ao: Māori News
7.00 Moshi Monsters: The Movie (2013, G) The Moshi Monsters band together to stop the evil Dr Strangelove. Voice of Emma Tate.
8.40 The Godfather (1972, AO, R) The ageing patriarch of an organised crime family transfers control of his empire to his reluctant son Marlon Brando, Al Pacino. **TV Films, page 69**
11.30 - 12.00am Te Ao: Māori News (R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
7.12 The Miracle Season (2018, PG) Helen Hunt 8.52 Widows (2018, 16) Viola Davis, Michelle Rodriguez 11.00 Support the Girls (2018, M) Regina Hall 12.30 Breakthrough (2019, PG) Chrissy Metz, Topher Grace 2.25 The Miracle Season (2018, PG) Helen Hunt 4.05 Secret Summer (2015, PG) Lindsey Shaw, Derek Theler 5.30 Then Came You (2019, M) Asa Butterfield 7.05 Another Kind of Wedding (2018, M) A fractured family is forced to confront what tore them apart. Kathleen Turner, Kevin Zegers 8.30 Finding Steve McQueen (2018, M) A gang plans to steal millions of dollars from President Nixon's illegal political slush fund. Travis Fimmel, Rachael Taylor 10.05 Yesterday (2019, M) Himesh Patel, Lily James 12.00am The Old Man and the Gun (2018, M) 1.35 Slut in a Good Way (2018, 16) 3.05 Secret Summer (2015, PG) 4.30 Finding Steve McQueen (2018, M)	6.52 Lost in London (2017, M) Woody Harrelson 8.37 The Equalizer 2 (2018, 16) Denzel Washington 10.37 Surprise Me (2017, PG) Jonathan Bennett 12.07 Jerusalem (2015, 16) Yael Grobglas, Yon Tumarkin 1.42 Lost in London (2017, M) Woody Harrelson 3.25 Leave No Trace (2018, PG) Thomasin McKenzie 5.15 Gemini (2018, M) Lola Kirke 6.50 The Poison Rose (2019, M) A PI on a routine missing persons case is drawn into a complex web. John Travolta, Morgan Freeman 8.30 Night School (2018, M) A group of misfits are forced to attend adult classes at a local high school in order to pass their upcoming exams. Kevin Hart, Tiffany Haddish, Rob Riggle 10.25 Charlie Says (2018, 16) Hannah Murray, Sosie Bacon 12.15am Incident in a Ghostland (2018, 18) 1.45 Second Chances (2010, PG) 3.12 The Poison Rose (2019, M) 4.52 Night School (2018, M)	7.00 Enigma (1982, M) Martin Sheen, Sam Neill 8.40 I'm Gonna Git You Sucka (1988, M) Keenan Ivory Wayans, Bernie Casey 10.10 Deliverance (1972, 16) Jon Voight, Burt Reynolds 11.55 Hamburger Hill (1987, M) Don Cheadle 1.41 Enigma (1982, M) Martin Sheen, Sam Neill 3.20 Nightwatch (1998, 18) Ewan McGregor, Patricia Arquette 5.00 The Usual Suspects (1995, 18) Stephen Baldwin 6.45 A Fish Called Wanda (1988, M) A British barrister gets involved with a group of diamond thieves. John Cleese, Jamie Lee Curtis 8.30 Midnight Express (1978, 16) Based on the story of an American who was jailed in Turkey for drug smuggling. Brad Davis, Randy Quaid, John Hurt 10.30 Buffalo Bill and the Indians (1976, PG) Paul Newman 12.30am The Endless Summer (1966, G) 2.25 A Fish Called Wanda (1988, M) 4.10 Midnight Express (1978, 16)	7.15 Meet Munch Jr. (2019, G) NZ documentary. 7.25 The Teach (16) s2ep7&8 9.35 A Fantastic Woman (2017, M) Daniela Vega 11.20 Bad Banks Marathon (M) s1ep1-6 4.50 Cold Case Hammarskjöld (2019, M) Danish documentary. 6.50 Transit (2018, M) Franz Rogowski 8.30 Driven (2018, M) Based on John DeLorean's quest to design the ultimate car of the future and his friendship with an FBI informant. Jason Sudeikis, Lee Pace 10.20 Cold War (2018, M) A music director falls for a singer and tries to persuade her to flee communist Poland for France. Joanna Kulig 11.50 You Were Never Really Here (2017, 16) When a teenage girl goes missing, an enforcer is sent to rescue her. Joaquin Phoenix 1.20am Cold Case Hammarskjöld (2019, M) 3.25 Nurse Me (2016, PG) 3.45 Bad Banks Marathon (M) s1ep1-3

GENERAL

ThreeLife FREEVIEW 11 SKY 029

6.00 Infomercials **11.30** Love Handles (R, HD) **12.30** Arranged USA (R, HD) **1.30** Luxury Homes Revealed (R, HD) **2.00** Family Feud Australia (R, HD) **2.30** Good Chef Bad Chef (R, HD) **3.00** A Question of Love (R, HD) **4.00** Arranged USA (R, HD) **5.00** Love Handles (R, HD) **6.00** Everyday Gourmet with Justine Schofield (R, HD) **6.30** Classical Destinations (HD) **7.00** Open Homes (R, HD) **7.30** Better Homes and Gardens (R, HD) **9.00** B.O.R.N. to Style (R, HD) **10.00** Sandcastles (R, HD) **10.30** Everyday Gourmet with Justine Schofield (R, HD) **11.00** Classical Destinations (HD) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 My Second Restaurant in India **6.30** City Beneath the Waves Pavlopetri **7.30** Love Nature: Baby Animals and Friends **8.30** Mysteries at the Museum **9.30** Monty Don's American Gardens **10.30** Culinary Genius **11.30** American Restoration: Truck Edition **12.30** Building the Dream **1.30** Escape to the Chateau: DIY **2.30** City Beneath the Waves Pavlopetri **3.30** Love Nature: Hugh's Wild West **4.30** Healthy Food Guide **5.00** Paul Hollywood: A Baker's Life **5.30** Lonely Planet: Roads Less Travelled **6.30** Jamie & Jimmy's Food Fight Club **7.30** Restoration Home **8.30** Antiques Roadshow **9.30** Michael Clayton (2007, AO) A law firm fixer tries to stop an attorney with parlous mental health blowing a multibillion-dollar lawsuit. George Clooney, Tom Wilkinson. **12.00am** Love Nature: Hugh's Wild West **1.00** Carver Kings **1.30** Cash Cowboys **2.30** Michael Clayton (2007, AO) **5.00 - 6.00** Jamie & Jimmy's Food Fight Club

TVNZ Duke FREEVIEW 13 SKY 023

7.00 DUKEbox Music **12.55** Formula E Highlights **1.50** Formula E Street Racers (HD) **2.15** Top Gear (HD, C) **5.10** Ice Road Truckers (HD, C) **6.00** Border Patrol NZ (HD, C) **7.00** Family Guy (PGR, HD) **7.30** The Simpsons (HD, C) **8.30** American Pickers (HD) The guys have a mega pick at the first Dr. Pepper



Rialto: Driven, 8.30pm

bottling plant, and face tough negotiations in a huge warehouse. s10ep4 **9.20** Fatal Attraction (1987, AO, HD) A married lawyer's mistress becomes obsessed with sabotaging his marriage. Michael Douglas, Glenn Close. **TV Films, page 69** **11.30** Perfect Stranger (2007, AO, HD, C, AD) A reporter investigates an advertising executive who may have killed her friend. Halle Berry, Bruce Willis. **1.25am - 1.55** One Championship Highlights

UKTV SKY 007

6.10 QI Marathon (M) **7.45** Would I Lie to You? Marathon (PG) **9.20** The Bill Marathon (M) **1.30** Casualty (PG) **2.25** Casualty (PG) **3.20** Holby City (M) **4.25** Inspector George Gently (M) **6.05** QI (M) **6.40** The Coroner (PG) s1ep9 **7.35** Casualty (PG) Working as a 999 call handler helps Iain learn to open up, though he feels frustrated not to be out in the field. s33ep32 **8.30** A Touch of Frost (M) While investigating the disappearance of a child, Frost inadvertently digs up a 30-year-old skeleton chained to an empty, locked strongbox. s1ep1 **10.20** 8 Out of 10 Cats Does Countdown (M) Jimmy Carr hosts as Sean Lock and Roisin Conaty take on guest captain Alan Carr and Joe Lycett. **11.10** Who Do You Think You Are? USA Marathon (PG) **2.50am** A Touch of Frost (M) s1ep1 **4.35** QI (M) **5.05** 8 Out of 10 Cats Does Countdown (PG) **5.55 - 6.40** The Force: Essex (M)

SoHo SKY 010

6.25 Strike Back (18) s7ep3 **7.15** The Leftovers (16) s1ep5 **8.10** Hap and Leonard: The Two-Bear Mambo (16) s3ep5 **8.55** Strange Angel (16) s1ep8 **9.45** Trust (16) s1ep8 **10.30** The Outsider (16) s1ep9 **11.25** Strike Back (18) s7ep3 **12.15** The Leftovers (16) s1ep5 **1.15** Absentia Marathon (16) s2ep1-8 **7.00** Absentia (16) Emily learns that Rex was working for someone connected to both her past and her present. s2ep9 **7.45** Absentia (16) Season 2 finale. Emily follows the remaining shreds of evidence to a wrenching revelation. s2ep10 **8.30** Shameless (18) Frank's new liver medication comes with tragic side effects, Ian tries to shake Fiona's hovering, and Lip has to keep himself occupied during a day of temptation. s9ep5 **9.30** Halt and Catch Fire (M) Cameron promotes her game at an industry conference, and Gordon struggles to support Joe's newest idea. s4ep3 **10.20** White House Farm (18) s1ep5 **11.10** A Million Little Things (M) s2ep15 **11.55** Shameless (18) s9ep5 **12.50am** Game of Thrones Marathon (18) s4ep1-6

Living SKY 017

6.00 Garden Rescue (PG) **6.55** Love Your Garden (PG) **7.50** Love It or List It Australia (PG) **8.45** Salvage Hunters (PG) **9.35** Long Lost Family US (PG) **10.30** Escape to the Country (PG) **11.20** Grand Designs Australia (PG) **12.15** Escape to the Country (PG) **1.05** The World's Most Extraordinary Homes (PG) **2.05** A Place in the Sun: Summer Sun (G) **2.55** Grand Designs Australia Marathon (PG) **6.35** Location Location Location (G) **7.30** Great American Railroad Journeys (G) Minneapolis-St Paul: Michael Portillo embarks on a new American rail journey. **8.35** Back in Time for Dinner (PG) The 1980s are a decade of big hair and a booming economy and the arrival of the microwave means sharing a home-cooked meal begins to disappear. **9.35** Restoration Man (PG) George Clarke revisits a 17th-century water mill in a picturesque riverside setting in Northumberland. **10.30** Salvage Hunters (PG) Drew explores an impressive Napoleonic fort in Essex. **11.25** A Place in the Sun: Summer Sun (G) Mallorca. **12.20am** Location Location Location (G) **1.15** Great American Railroad Journeys (G) **2.15** Grand Designs Australia (PG) **4.05** Back in Time for Dinner (PG) **5.05 - 6.00** A Place in the Sun: Summer Sun (G)

SPORT

Sky Sport 1 SKY 051

6.00 Rugby, French Top 14, highlights **6.40** Super Rugby, Crusaders v Reds, replay **8.40** Rugby, Gallagher Premiership, Worcester Warriors v Northampton, from Sixways Stadium, Worcester, **live 11.00** Super Rugby, Crusaders v Reds, replay **1.00** Super Rugby, Waratahs v Chiefs, replay **3.00** Thursday Night Kick Off **3.30** Rugby, Gallagher Premiership, Worcester Warriors v Northampton Saints, replay from from Sixways Stadium, Worcester **5.30** Super Rugby, Crusaders v Reds, highlights from Orangetheory Stadium, Christchurch **6.00** Super Rugby, Waratahs v Chiefs, highlights from WIN Stadium, Wollongong **6.30** Super Rugby, Hurricanes v Blues, from Sky Stadium, Wellington, **live 9.10** Super Rugby, Rebels v Lions, from AAMI Park, Melbourne, **live 11.30** Super Rugby, Crusaders v Reds, highlights **12.00am** Super Rugby, Hurricanes v Blues, replay **2.00** Super Rugby, Sharks v Jaguares, from Jonsson Kings Park, Durban, **live 4.10** Super Rugby, Bulls v Highlanders, from Loftus Versfeld, Pretoria, **live**

Sky Sport 2 SKY 052

6.30 Cricket, Black Caps v India, 2nd test, wrap-up from Hagley Oval, Christchurch **8.30** ICC Women's T20 World Cup, highlights **9.00** ICC Women's T20 World Cup, highlights **9.30** TBC **6.00** ICC Women's T20 World Cup, highlights **6.30** ICC Women's T20 World Cup, highlights **7.00** TBC **8.00** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein **9.00** Cricket, South Africa v Australia, 3rd ODI, from Senwes Cricket Stadium, Potchefstroom, **live 5.30am** TBC

DOCUMENTARIES

Sky Arts SKY 020

6.30 ■ GIFT (2018, G) **8.00** Gidon Kremer: Finding Your Own Voice **9.00** The Art Detectives **10.00** Sing: Ultimate a Cappella **11.00** Off Camera **Noon** The Art Detectives **1.00** Inside No. 9 **1.30** Gary Clark Jr: Village Recorder Live **2.30** ■ GIFT (2018, G) **4.00** ■ Pearl Jam: Let's Play Two (2017, G) A concert filmed at Chicago's Wrigley Field in 2016. **6.00** Off Camera: Rachel Bloom. **7.00** Landscape Artist of the Year **8.30** ■ Coldplay: A Head Full of Dreams (2018, G) Documentary about British band Coldplay, featuring footage from their A Head Full of Dreams tour. **10.15** March of the Machines **11.00** Live from the Artists Den **12.00am** ■ Pearl Jam: Let's Play Two (2017, G) **2.00** Off Camera **3.00** Landscape Artist of the Year **4.30** ■ Coldplay: A Head Full of Dreams (2018, G)

Discovery SKY 070

6.35 How It's Made (PG) **7.05** How Do They Do It? (PG) **7.30** Gold Rush (PG) **8.20** Railroad Australia (PG) **9.10** Aussie Gold Hunters Marathon (PG) **12.30** Expedition Unknown (PG) **1.20** Alaska: The Last Frontier (PG) **2.10** River of No Return (PG) **3.00** Outback Opal Hunters (PG) **3.50** Homestead Rescue Marathon (PG) **6.35** BattleBots (PG) **7.30** NASA's Unexplained Files (PG) **8.30** UFOs: The Lost Evidence (PG) **9.25** Gold Rush (PG) **10.15** The Day I Ran China (PG) **11.05** Undercover Billionaire (PG) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** BattleBots (PG) **1.35** The World's Deadliest Weather Caught on Camera (PG) **2.25** Evil Lives Here (M) **3.15** Web of Lies (PG) **4.05** People Magazine Investigates (PG) **4.55** The Coroner: I Speak for the Dead (M) **5.45** The 1980s: The Deadliest Decade (M)

National Geographic SKY 072

6.30 Cruise Ship Diaries (M) **8.30** Lost Cities with Albert Lin (PG) **9.30** Lost Treasures of Egypt (PG) **10.30** Ultimate Supercar (PG) **11.30** Megastructures (PG) **12.30** Air Crash Investigation Marathon (M) **3.30** Nazi Underworld (PG) **4.30** WW2 Hell Under



Sky Sport 3: England v Wales, 12.55am

Sky Sport 3 SKY 053

7.25 World Rugby Sevens Los Angeles, highlights **8.55** Rugby, Gallagher Premiership, Sale Sharks v London Irish, from AJ Bell Stadium, Salford, **live 11.00** Netball Super League, Surrey Storm v London Pulse, replay **1.00** Cricket, Black Caps v India, 2nd test, wrap-up from Hagley Oval, Christchurch **3.00** Super Rugby, Crusaders v Reds, replay from Orangetheory Stadium, Christchurch **5.00** Japan Top League, Yamaha Jubilo v Suntory Sungoliath, **live 7.00** ITM Hook Me Up! **8.00** ICC Women's T20 World Cup, highlights **9.00** Netball Super League, Surrey Storm v London Pulse, replay **10.55** Japan Top League, Yamaha Jubilo v Suntory Sungoliath, replay **12.55am** Rugby, Women's Six Nations, England v Wales, from Twickenham Stoop, **live 3.05** Rugby, Six Nations, Ireland v Italy, from Aviva Stadium, Dublin, **live 5.20** Six Nations, England v Wales, from Twickenham, London, **live**

the Sea (PG) **5.30** Seconds from Disaster (PG) **6.30** Ultimate Supercar (PG) **7.30** Apocalypse: War of Worlds (M) **8.30** Build Your Own Dam Bomb (PG) **10.30** Brothers in War: American Heroes (M) **11.30** Inside (M) **12.30am** Ultimate Supercar (PG) **1.30** Apocalypse: War of Worlds (M) **2.30** Build Your Own Dam Bomb (PG) **4.30** Brothers in War: American Heroes (M) **5.30** Inside (M)

History SKY 073

6.30 NASA's Greatest Achievements **7.30** Mysteries at the Castle (PG) **8.30** Time Team (PG) **9.30** Time Team **10.30** America in Colour (M) **11.30** Secrets in the Sky: Skunk Works (PG) **1.30** Battle Stations (PG) **2.30** NASA's Greatest Achievements **3.30** Mysteries at the Castle (PG) **4.30** Coast Australia **5.30** Building Ireland (PG) **6.00** Building Ireland (G) Cork to Bandon Railway and the story of modern Irish banking. **6.30** Paul Merton's Secret Stations (PG) Paul begins his tour in the Scottish Highlands and Cumbria, before heading to Pembrokeshire and Cornwall. **7.30** Europe's Last Warrior Kings (PG) King Edward dies without an heir, triggering a bitter race to succeed him. **8.30** The Assassination of Abraham Lincoln (PG) **10.30** Railways That Built Britain (PG) **11.30** The Universe (PG) **12.30am** 13 Factors That Saved Apollo 13 **1.30** Greatest Cities of the World **2.30** How the World Ends (M) **3.15** The Lost Tapes (M) **4.00** Europe's Last Warrior Kings (PG) **4.45** The Assassination of Abraham Lincoln (PG)

BBC Earth SKY 074

6.45 David Attenborough's Frozen Planet (PG) **7.35** David Attenborough's Natural Curiosities Marathon (PG) **10.05** Yorkshire: A Year in the Wild (PG) **11.35** Wild Thailand Marathon (PG) **2.40** Patrick Aryee's Monkeys (PG) **3.30** 24 Hours in A&E (PG) **4.20** Earth's Great Rivers (PG) **5.15** David Attenborough's Planet Earth II (PG) **6.20** Human Universe (PG) **7.30** Natural Born Hustlers (PG) **8.30** Attenborough: 60 Years in the Wild (PG) **9.30** Life Below Zero (M) **10.25** Patrick Aryee's Monkeys (PG) **11.20** 24 Hours in A&E (PG) **12.10am** Earth's Great Rivers (PG) **1.00** Yorkshire: A Year in the Wild (PG) **2.30** Wild Thailand Marathon (PG) **5.35** Life Below Zero (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime**7.10 Country Life****8.10 Saturday Morning with Kim Hill****12.12 Music 101 with Charlotte Ryan** Music, interviews, live performances and news**5.00 The World at Five****5.10 Focus on Politics****5.30 Tagata o te Moana** (RNZI)**6.06 Womad Taranaki 2019****7.06 Saturday Night with Phil O'Brien****12.04am All Night Programme**Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News & Weather 6.00, 7.00, 8.00, 9.00am, noon**6.00 Classic Morning****9.00 Weekend Brunch****Noon The RNZ Concert Chart with Rick Young****1.00 From the Top****2.00 Worlds of Music with Trevor Reekie**

Trans-global, fusion and folk roots music

3.00 Music Alive Matinée WCMT: Miranda Wilson & Rachel Thomson – Louise Farrenc: Cello Sonata Op 46; Lalo: Cello Sonata in A minor; Chopin: Cello Sonata in G minor Op 65, Miranda Wilson (cello), Rachel Thomson (piano) (recorded in St Andrew's on The Terrace, Wellington)

5.00 Inside Out with Nick Tipping A journey through the jazz spectrum

7.00 Evening Classics**7.30 Music Alive** A Woman's Place:

Celebrating 125 years of Women's Suffrage in New Zealand – Ethel Smyth: Overture, The Boatswain's Mate; Clara Schumann: Piano Concerto in A minor Op 7; Gillian Whitehead: Tumanako: Journey through an unknown landscape; Hollie Fullbrook: Olympic Girls; Hollie Fullbrook: Me at the Museum, You in the Wintergardens; Hollie Fullbrook: She'll Be Coming Round; Claire Cowan: Stark: Violin Concerto (1); Salina Fisher: Rainphase; Jennifer Higdon: City Scape: Skyline, Tiny Ruins (vocalist), Amalia Hall (violin), Modi Deng (piano), Auckland Philharmonia Orchestra/ Tianyi Lu (recorded in the Auckland Town Hall)

9.30 Sound Lounge A weekly forum for contemporary music

12.00am Music Through the NightWebsite: rnz.co.nz/concert

Newstalk ZB

6.00 Nigel Yalden **9.00** Jack Tame **Noon** Andrew Saville **3.00** Tim Roxborough & Tim Beveridge **6.00** Bruce Russell **12.00am** Jim Snedden
Website: newstalkzb.co.nz

Magic Talk

6.00 Rural Exchange **8.00** The DIY Experts **10.00** Carly Flynn **1.00** Magic Talk Catch Ups **7.00** Magic Music: Jukebox **12.00am** Magic Music
Website: magic.co.nz

History: The Assassination of Abraham Lincoln, 8.30pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 ■ **Extreme Road Rescue** (G, R, HD, C)
6.50 **Tiny House Nation** (G, R, HD)
7.35 **Tagata Pasifika**
8.00 **Praise Be** (G, R, HD)
8.30 **Off the Grid with Pio** (G, HD, C)
9.00 **Q+A with Jack Tame** (HD, C)
10.00 ■ **Islands of the Gulf** (G, R, HD, C, AD)
10.30 **Haka Global** (G, R, HD, C)
10.55 **Attitude** (G, R, HD, C, AD)
Diagnosed with autism and anxiety as a child, 25-year-old William Luskie is now an advocate for Kiwis living with a disability.
11.25 **Fair Go** (R, C)
11.55 **Sunday** (R, C)
12.55 **Location Location Location** (G, R, HD, C)
1.50 **Building Giants** (G, C) An epic new metro line beneath Copenhagen.
2.50 **Chasing Monsters** (PGR, R, HD) Cyril Chauquet is in Rio Parana to answer the question of what is strong enough to drag a fisherman underwater.
3.50 ■ **Serengeti** (G, R, HD, C) After the fire, rain brings hope and the land is reborn.
4.55 **The Chase** (HD, C) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (HD, C)
7.00 **Country Calendar** (G, HD, C, AD) A very busy young farmer is making life easier for lifestyle block owners while giving everything she can back to the community.
7.30 **Sunday** (C) Miriama Kamo presents current affairs.
8.30 **Gold Digger** (AO, HD, C, AD) UK drama series about a wealthy woman who falls in love with a younger man. Tonight, Patrick and Della accuse Benjamin of infidelity, but it backfires when Benjamin and Julia move in together. s1ep3
9.40 **Autopsy USA** (AO, HD, C) George Michael's death was attributed to natural causes, but rumour and suspicion suggested that other forces were at play.
10.35 **Ramy** (AO, HD) US comedy series. It's Ramadan, but can Ramy resist temptation?
11.45 **When We Rise** (AO, R, HD, C) Harvey Milk runs for the Board of Supervisors against Anita Bryant's Moral Majority, and California senator John Briggs tries to ban gay people and allies from working with children. s1ep3
12.40am **Hillary** (PGR, R, HD, C, AD) Ed finally feels he has met a climbing partner who is as driven as he is.
1.40 **Coronation Street 2019** (AO, R, HD, C, AD)
3.35 - 6.00 **Infomercials**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Paw Patrol** (G, R, HD, C)
6.20 **Thomas & Friends** (G, R, HD, C, AD)
6.35 **New Looney Tunes** (G, R, HD, C)
6.55 **Masha and the Bear** (G, R, HD, C)
7.05 **Dorothy and the Wizard of Oz** (G, HD, C)
7.25 **Elena of Avalor** (G, HD, C)
7.45 **Tales of Nai Nai** (G, HD, C, AD)
8.00 **What Now?** Local kids' series featuring gunge, foam, games and fun.
10.00 **Shortland Street Omnibus** (PGR, R, HD, C, AD)
Noon ■ **Father of the Bride** (1991, G, R, HD, C) When he discovers his daughter is getting married, a businessman does not want to give her away. Steve Martin, Diane Keaton, Kimberly Williams, Martin Short. **TV Films, page 69**
2.05 **Home and Away Omnibus** (G, C)
4.05 **The Bachelor Omnibus** (PGR, HD, C)
6.00 **The Big Bang Theory** (G, R, HD, C) Sheldon and Amy experiment on their friends by spreading gossip, while Howard takes a big step in his relationship with Bernadette. s4ep20
6.30 **The Simpsons** (C) Bart accidentally sees a new superhero movie a month before it comes out and the world cowers before his newfound plot-spoiling powers. s31ep14
7.00 **The Bachelorette NZ** (C, AD, another episode screens tomorrow) Jealousy creeps into the house as roses are handed out, causing one previously hot favourite to self-implode and make the biggest, riskiest play of all.
8.30 ■ **Ocean's 8** (2018, AO, HD, C, AD) Debbie Ocean assembles a team to plan a heist at the Met Gala. Sandra Bullock, Cate Blanchett, Anne Hathaway, Mindy Kaling, Helena Bonham Carter. **TV Films, page 69**
10.45 ■ **Alien** (1979, AO, R, HD, C) The crew of a commercial space tug encounter a deadly alien lifeform. Sigourney Weaver, Tom Skerritt, Harry Dean Stanton, John Hurt, Veronica Cartwright, Ian Holm. **TV Films, page 69**
1.05am **The Walking Dead** (AO, R, HD, C)
1.55 **Krypton** (AO, R, HD, C)
2.40 **The Exorcist** (AO, R, HD, C)
3.25 **Infomercials**
4.00 **Religious Programming** (R)
4.30 **Regular Show** (G, R, HD)
4.40 **Mike & Molly** (PGR, R, HD, C)
5.30 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **Life TV** (G)
6.30 **Brian Houston** (G)
7.00 **Charles Stanley** (G)
8.00 **Life TV** (G, R)
8.30 **Turning Point** (G)
9.00 **R & R with Eru & K'Lee** (HD)
9.30 **The Hui** (HD, C) With Mihingarangi Forbes.
10.00 **Newshub Nation** (HD, C)
11.05 **Ainsley's Market Menu** (G, HD)
Noon **Ocean Bounty** (G, R, HD, C)
1.00 **Motorsport** (HD) Mobil 1: The Grid.
1.30 **Motorsport** (HD) World Speedway 2019, round 10, Torun, Poland.
2.30 **Motorsport** (HD) US Formula Drift, round 6, St Louis.
3.00 **Motorsport** (HD) FIA Formula E Championship.
4.00 **Motorsport** (HD) Monster Jam.
4.55 **Wild Weather with Richard Hammond** (G, R, HD, C)
6.00 **Newshub Live** (HD)
7.00 **Married at First Sight Australia** (PGR, HD, C, another episode screens tomorrow)
8.30 ■ **A Quiet Place** (2018, AO, HD, C) A family struggle for survival after most of humanity is wiped out by noise-sensitive creatures. John Krasinski, Emily Blunt. **TV Films, page 69**
10.20 **Talking Married** (AO, HD, C)
10.30 **Blue Bloods** (AO, HD, C) s7ep13
11.25 **Hawaii Five-0** (AO, R, HD, C) s7ep24
12.20am - 6.00 **Infomercials**

BRAVO FREEVIEW 4 SKY 012

6.00 **How Do I Look?** (G, R)
9.10 **Love It or List It** (G, R)
10.50 **Botched** (PGR, R)
11.40 **Love It or List It: Vancouver** (G, R)
12.30 **Hoarders Marathon** (G, R)
3.15 **Judge Jerry** (G, R)
5.00 **Hollywood Medium with Tyler Henry** (G, R) s1ep9
6.00 **Love It or List It: Vancouver** (G)
7.00 ■ **13 Going on 30** (2004, PGR, R, C) A girl makes a wish on her thirteenth birthday and wakes up the next day as a thirty-year-old. Jennifer Garner, Mark Ruffalo.
9.05 ■ **New Year's Eve** (2011, PGR, R, C) The lives of couples and singles in New York City intersect over the course of New Year's Eve. Halle Berry, Jessica Biel, Robert De Niro, Michael Bloomberg.
11.25 **Very Cavallari** (AO) Before the opening of the store, Kristin takes the team on a company retreat.
12.15am - 6.00 **Infomercials** (G, R)



Bravo: New Year's Eve, 9.05pm

PRIME FREEVIEW 10 SKY 004

6.00 **Religious Programming** (G)
10.00 **Japan Top League** (G)
10.30 **NZ Open** (G) Highlights.
11.00 **Super League** (G) Highlights.
Noon **Paul and Nick's Big Food Trip New Zealand** (G, R, C)
1.00 **Massive Engineering Mistakes** (PGR, R)
2.00 **Mixed Martial Arts UFC 248** Prelims, live.
4.00 **Hot Bench** (G, R)
4.30 **Rugby Nation** (G)
5.30 **Prime News**
6.00 **The Great Escapers** (G)
7.00 **Storage Wars** (PGR, C)
7.30 ■ **North America with Simon Reeve** (PGR, C) Simon Reeve travels the entire length of the Americas. Tonight, Alaska to Vancouver.
8.30 **Brian Johnson's a Life on the Road** (PGR, C) Brian meets Dolly Parton.
9.30 ■ **Uncharted with Sam Neill** (PGR, R, C)
10.30 **SmackDown** (PGR)
11.35 - 1.35am **A-League Football** (G) Central Coast Mariners v Wellington Phoenix.

MĀORI TV FREEVIEW 5 SKY 019

6.30 **Kids' Programmes** (G, R)
8.30 **Waka Ama Sprints** (R)
9.00 **Globe** (G, R)
9.30 **Swagger** (G, R)
10.00 **Easy Eats** (G, R)
11.00 **R & R with Eru & K'Lee** (G, R)
11.30 **Te Ao with Moana** (R)
Noon **Funny Whare: Gamesnight** (PGR, R)
12.30 **Taha Tauwiwi** (G, R)
1.00 **2019 Bunnings Nationals** (R)
2.00 ■ **Moshi Monsters: The Movie** (2013, G, R)
3.30 **Marae Kai Masters** (G, R)
4.30 **Tagata Pasifika** (G)
5.00 **Ipukarea** (R)
5.30 **Ngā Pari Kārangaranga o te Motu** (G, R)
6.00 **Waka Huia** (G)
6.30 **Te Ao: Māori News**
7.00 **Aotearoa** (G, R)
7.30 **Rise** (PGR, R)
8.30 ■ **American Animals** (2018, AO) Based on the story of four students who planned an audacious art heist. Evan Peters. **TV Films, page 69**
10.30 **Kairākau** (G, R)
11.00 - 11.30 **Te Ao: Māori News** (R)

SKY PREMIERE SKY 030

6.05 Yesterday (2019, M) Himesh Patel, Lily James
8.00 Then Came You (2019, M) Asa Butterfield
9.35 Another Kind of Wedding (2018, M) Kathleen Turner
11.00 The Old Man and the Gun (2018, M) Robert Redford
12.35 Finding Steve McQueen (2018, M) Travis Fimmel
2.10 Yesterday (2019, M) Himesh Patel, Lily James
4.05 The Miseducation of Cameron Post (2018, M) Chloe Grace Moretz
5.35 Sweetheart Con (2017, M) Jessalyn Gilsig, Jon Cor
7.00 Holmes & Watson (2018, 16) Will Ferrell, John C Reilly
8.30 Godzilla II: King of the Monsters (2019, M) Humanity turns to Godzilla and Mothra when Titans are awakened. Kyle Chandler, Millie Bobby Brown
10.45 Superfly (2018, 16) Trevor Jackson, Jason Mitchell
12.40am Domino (2019, 18) **2.07** The Miseducation of Cameron Post (2018, M) **3.37** Sweetheart Con (2017, M) **5.02** Holmes & Watson (2018, 16)

MOVIES EXTRA SKY 031

6.42 People Interview: Glenn Close (G)
7.10 Leave No Trace (2018, PG) Thomasin McKenzie
8.55 Gemini (2018, M) Lola Kirke
10.25 Charlie Says (2018, 16) Hannah Murray, Sosie Bacon
12.15 The Poison Rose (2019, M) John Travolta
1.55 Night School (2018, M) Kevin Hart, Tiffany Haddish
3.45 The Founders (2015, PG) Documentary.
5.15 Poms (2019, PG) Diane Keaton, Jacki Weaver
6.45 Second Act (2018, M) A frustrated 40-year-old woman gets a chance to prove herself on Madison Avenue. Jennifer Lopez, Vanessa Hudgens, Milo Ventimiglia
8.30 Maria by Callas (2017, PG) Documentary about Greek-American opera singer Maria Callas.
10.30 On the Basis of Sex (2019, M) Felicity Jones
12.30am Uncanny Annie (2019, 18)
1.50 The Founders (2015, PG) **3.20** Poms (2019, PG) **4.50** Second Act (2018, M)

MOVIES CLASSICS SKY 034

6.10 Nightwatch (1998, 18) Ewan McGregor, Patricia Arquette
7.50 The Usual Suspects (1995, 18) Stephen Baldwin
9.35 A Fish Called Wanda (1988, M) John Cleese
11.20 Midnight Express (1978, 16) Brad Davis, Randy Quaid
1.20 Buffalo Bill and the Indians (1976, PG) Paul Newman
3.20 Arthur's Hallowed Ground (1984, M) Jimmy Jewel
4.35 Mr. and Mrs. Bridge (1990, PG) Paul Newman
6.40 Local Hero (1983, PG) An American oil man is sent to Scotland to buy up a village where his company wants to build a refinery. Burt Lancaster, Peter Riegert, Denis Lawson
8.30 We Were Soldiers (2002, 16) Based on the Battle of Ia Drang during the Vietnam War. Mel Gibson, Sam Elliott, Greg Kinnear, Madeleine Stowe
10.45 Pet Sematary (1989) (1989, 16) Dale Midkiff
12.25am Pet Sematary II (1992, 16)
2.05 Mr. and Mrs. Bridge (1990, PG)
4.05 We Were Soldiers (2002, 16)

RIALTO SKY 039

6.30 Bad Banks Marathon (M) s1ep4-6
9.15 Transit (2018, M) Franz Rogowski
10.55 Driven (2018, M) Jason Sudeikis
12.45 Cold War (2018, M) Joanna Kulig
2.15 Minding the Gap (2018, G) US documentary.
3.50 Arctic (2018, M) Mads Mikkelsen
5.25 Lauda: The Untold Story (2014, PG) Austrian documentary.
7.00 Sometimes Always Never (2018, PG) Bill Nighy
8.30 I Am ... (M) Nicola is stuck in a coercive relationship with her partner. Vicky McClure s1ep2
9.20 Gwen (2018, M) A youngster tries to hold her home together. Eleanor Worthington-Cox
10.50 Indian Horse (2017, M) Sladen Peltier
12.30am Minding the Gap (2018, G)
2.05 Arctic (2018, M) **3.40** Lauda: The Untold Story (2014, PG) **5.15** Sometimes Always Never (2018, PG)

GENERAL**ThreeLife** FREEVIEW 11 SKY 029

6.00 Everyday Gourmet with Justine Schofield Marathon (R, **HD**) **9.40** Good Chef Bad Chef (R, **HD**) **10.10** Everyday Gourmet with Justine Schofield (R, **HD**) **10.40** Better Homes and Gardens (R, **HD**) **Noon** B.O.R.N. to Style (R, **HD**) **1.00** Sandcastles (R, **HD**) **1.30** Everyday Gourmet with Justine Schofield (R, **HD**) **2.00** Classical Destinations (R, **HD**) **2.30** Good Chef Bad Chef (R, **HD**) **3.00** Better Homes and Gardens (R, **HD**) **4.30** B.O.R.N. to Style (R, **HD**) **5.30** Sandcastles (R, **HD**) **6.00** Everyday Gourmet with Justine Schofield (R, **HD**) **6.30** Classical Destinations (**HD**) **7.00** Open Homes (R, **HD**) **7.30** Brazil: A Natural History (R, **HD**) **8.30** Endangered (R, **HD**) **9.30** Vet on the Hill (R, **HD**) **10.30** Everyday Gourmet with Justine Schofield (R, **HD**) **11.00** Classical Destinations (**HD**) **11.30** Good Chef Bad Chef (R, **HD**) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 My Second Restaurant in India **6.30** Through the Bible with Les Feldick **7.00** Leading the Way **7.30** Healthy Food Guide **8.00** Paul Hollywood: A Baker's Life **8.30** Animal Park **9.30** Brother vs Brother **10.30** Jamie & Jimmy's Food Fight Club **11.30** Stars in Their Cars **12.00** Home of the Year **12.30** Hugh's Wild West **1.30** Lonely Planet: Roads Less Travelled **2.30** Antiques Roadshow **3.30** Love Nature: Inside the Vets **4.30** Luke Nguyen's Railway Vietnam **5.00** Luke Nguyen's Railway Vietnam **5.30** My Dream Home **6.30** Road to Riches **7.30** Tut's Treasures: Hidden Secrets **8.30** Broken City (2013, AO) The mayor of New York City hires the private detective to investigate his wife. Russell Crowe, Catherine Zeta-Jones, Mark Wahlberg. **10.30** Luke Nguyen's Railway Vietnam **11.30** Road to Riches **12.30am** My Dream Home **1.30** Carver Kings **2.00** Cash Cowboys **3.00** Broken City (2013, AO) **5.00** Stars in Their Cars **5.30 - 6.00** Home of the Year

TVNZ Duke FREEVIEW 13 SKY 023

7.00 DUKEbox Music **11.10** Formula E Street Racers (**HD**) **11.40** Formula E Marrakesh, Qualifying **1.10**

**Movies Extra: On the Basis of Sex, 10.30pm**

Formula E Marrakesh, Race 5 **3.15** Top Gear (**HD**) **5.10** Ice Road Truckers (**HD, C**) **6.00** Border Patrol NZ (**HD, C**) **6.30** Motorway Patrol NZ (**HD**) **7.00** Brooklyn Nine-Nine (PGR) Jake and Amy work an uncrackable case, and Holt adjusts to a new beat. **7.30** The Simpsons (**HD, C**) **8.30** Top Gear (G) The guys find out which is the fastest of the emergency services. **9.50** NZ Hunter Adventures (PGR, **HD**) Willie is joined by his better half on a mid-winter red stag hunt in the Southern Alps. **10.50 - 1.10am** Live PD Uncut (PGR, **HD**)

UKTV SKY 007

6.40 Holby City (M) **7.40** EastEnders Marathon (PG) **10.15** Heartbeat (PG) **11.05** The Jonathan Ross Show (M) **11.55** The Graham Norton Show (M) **12.40** 8 Out of 10 Cats Does Countdown (PG) **1.30** A Touch of Frost (M) **3.20** A Confession (M) **4.15** Doc Martin (M) **5.10** Heartbeat (PG) **6.05** Would I Lie to You? (PG) **6.40** 8 Out of 10 Cats Does Countdown (M) **7.35** Casualty (M) Charlie snaps under the pressure of keeping Duffy's secret. s33ep33 **8.30** Who Do You Think You Are? (PG) Jack and Michael Whitehall. **9.35** Inspector George Gently (M) A left-wing academic is found dead at the docks. s3ep2 **11.15** A Confession (M) s1ep2 **12.00am** Casualty (PG) **1.40** Doctor Foster (M) **2.40** Who Do You Think You Are? (PG) **3.40** Inspector George Gently (M) **5.10** Insert Name Here (M) **5.40 - 6.25** The Force: Essex (M)

SoHo SKY 010

6.30 Game of Thrones Marathon (18) s4ep7-10
10.25 White House Farm (18) s1ep5 **11.15** A Million Little Things (M) s2ep15 **Noon** Shameless (18) s9ep5
12.55 Halt and Catch Fire (M) s4ep3 **1.40** White House Farm (18) s1ep5 **2.30** A Million Little Things (M) s2ep15 **3.15** Shameless (18) s9ep5 **4.10** Halt and Catch Fire (M) s4ep3 **4.55** White House Farm (18) s1ep5 **5.45** A Million Little Things (M) s2ep15 **6.30** Save Me (16) s1ep1 **7.30** McMillion\$ (M) s1ep5 **8.30** Strike Back (18) s7ep4 **9.30** Line of Duty (16) A fresh police leak enables another audacious raid, and Arnett's attempts to gather information put him in a dangerous situation. s5ep2 **10.30** The New Pope (16) Voiello discovers the Pope's secret, Lenny Belardo secretly returns to the Vatican, and Voiello acts out his plan to regain power. s1ep8 **11.30** The Looming Tower (16) s1ep10 **12.20am** Save Me (16) s1ep1 **1.25** McMillion\$ (M) s1ep5 **2.25** Strike Back (18) s7ep4 **3.25** Line of Duty (16) s5ep2 **4.25** Last Week Tonight with John Oliver (M) s7ep3 **4.55** The New Pope (16) s1ep8 **5.55 - 6.45** The Looming Tower (16) s1ep10

Living SKY 017

6.00 Salvage Hunters (PG) **6.55** Location Location Location (G) **7.50** Love Your Garden (PG) **8.50** Garden Rescue (PG) **9.50** The Yorkshire Vet (PG) **10.45** Salvage Hunters (PG) **11.40** Great American Railroad Journeys (G) **12.45** Location Location Location (G) **1.40** Restoration Man (PG) **2.35** Ugly House to Lovely House with George Clarke Marathon (PG) **6.10** Escape to the Chateau (PG) **7.05** Great British Railway Journeys (G) Ballina to Westport: On the last leg of Michael's journey from Wexford to Westport, a fashionable Victorian seaweed bath is followed by a steamy scene in Ballina **7.35** Escape to the Country (PG) Dorset. **8.30** Back in Time for Dinner (PG) In the 90s, the family experience the changing face of Aussie cuisine. **9.35** Long Lost Family UK (G) A woman wants a second chance to have a mum in her life. **10.30** George Clarke's Old House, New Home (PG) **11.25** The Yorkshire Vet (PG) **12.15am** Ugly House to Lovely House with George Clarke (PG) **2.10** Back in Time for Dinner (PG) **3.15** Long Lost Family UK (G) **4.10** George Clarke's Old House, New Home (PG) **5.05 - 6.00** The Undateables (M)

SPORT

Sky Sport 1 SKY 051

6.35 Rugby, Women's Six Nations, England v Wales, replay **8.35** Rugby, Women's Six Nations, Scotland v France, from Scotstoun Stadium, Glasgow, **live** **10.45** Super Rugby, Bulls v Highlanders, replay **12.40** Super Rugby, Rebels v Lions **1.10** Super Rugby, Sharks v Jaguares **1.40** Super Rugby, Bulls v Highlanders **2.10** Six Nations, Ireland v Italy, highlights **2.40** Six Nations, England v Wales, highlights **3.10** Super Rugby, Crusaders v Reds, highlights **3.40** Super Rugby, Waratahs v Chiefs, highlights **4.10** Super Rugby, Sunwolves v Brumbies, from Hanazono Rugby Stadium, Osaka, **live 6.30** Six Nations, Ireland v Italy, highlights **7.00** Rugby, Women's Six Nations, England v Wales, highlights **7.30** Rugby, Women's Six Nations, Scotland v France, highlights **8.00** Rugby Nation **9.00** World Rugby Sevens Vancouver, highlights **10.30** Super Rugby, Rebels v Lions **11.00** Super Rugby, Sharks v Jaguares **11.30** Super Rugby, Sunwolves v Brumbies, replay **1.50am** Rugby, Women's Six Nations, Ireland v Italy, from Donnybrook, Dublin, **live 4.00** Super Rugby, Sunwolves v Jaguares, highlights **4.30** Rugby Nation **5.35** World Rugby Sevens Vancouver, from BC Place, **live**

Sky Sport 2 SKY 052

6.00 TBC **10.30** Cricket, South Africa v Australia, 3rd ODI, from Senwes Cricket Stadium, Potchefstroom, **live 6.00** TBC **6.30** ICC Women's T20 World Cup, highlights **7.00** ICC Women's T20 World Cup, highlights **7.30** ICC Women's T20 World Cup, final, from Melbourne Cricket Ground, **live 11.30** TBC **12.00am** Cricket, South Africa v Australia, 1st

DOCUMENTARIES

Sky Arts SKY 020

6.15 March of the Machines **7.00** Live from the Artists Den **8.00** Stiffelio **10.00** Off Camera **11.00** Landscape Artist of the Year **12.30** ■ Coldplay: A Head Full of Dreams (2018, G) **2.15** March of the Machines **3.00** Live from the Artists Den **4.00** ■ Suggs: My Life Story (2018, G) Julien Temple directs an imaginative biopic of Madness's lead singer, Suggs. **5.35** The Last Lennon Interview **6.00** Video Killed the Radio Star: Paul Weller and Toyah. **7.00** British Summer Time 2017 (G) Footage from concerts in London's Hyde Park, including Tom Petty & The Heartbreakers, The Killers, Kings Of Leon, Stevie Nicks and Pixies. **8.30** ■ Die Toten Hosen: You Only Live Once (2019, G) Documentary about German punk band Die Toten Hosen. **10.15** Foals: Royal Albert Hall **12.00am** ■ Suggs: My Life Story (2018, G) **1.35** The Last Lennon Interview **2.00** Video Killed the Radio Star **3.00** British Summer Time 2017 **4.30** ■ Die Toten Hosen: You Only Live Once (2019, G)

Discovery SKY 070

6.35 How It's Made (PG) **7.05** How Do They Do It? (PG) **7.30** UFOs: The Lost Evidence (PG) **8.20** NASA's Unexplained Files (PG) **9.10** BattleBots (PG) **10.00** Undercover Billionaire (PG) **10.50** Homestead Rescue (PG) **11.40** Alaska: The Last Frontier (PG) **12.30** Outback Opal Hunters (PG) **1.20** Gold Rush (PG) **2.10** Aussie Gold Hunters Marathon (PG) **7.30** Blowing Up History (PG) **8.30** Outback Opal Hunters (PG) **9.25** Undercover Billionaire (PG) **10.15** Unexplained & Unexplored (PG) **11.05** Expedition Unknown (PG) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** Man vs Bear (PG) **1.35** World's Deadliest Weather Caught on Camera (PG) **2.25** Naked and Afraid (M) **4.55** Naked and Afraid (PG) **5.45** Naked and Afraid (M)

National Geographic SKY 072

6.30 Banged Up Abroad (16) **7.30** Supercar Megabuild (PG) **9.30** Brain Games (PG) **11.30** Decades Remixed: The '90s Greatest (PG) **12.30**



Sky Sport 1: Sunwolves v Brumbies, 4.10pm

ODI, highlights from Boland Park, Paarl **1.00** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein **2.00** TBC

Sky Sport 3 SKY 053

8.00 Super Rugby, Rebels v Lions, replay **10.00** Six Nations, Ireland v Italy, replay **Noon** Six Nations, England v Wales, replay **2.00** Women's Six Nations, England v Wales, replay **4.00** Aussie Rules, Women's AFL, Western Bulldogs v Collingwood, **live 6.00** Aussie Rules, Women's AFL, Adelaide Crows v GWS Giants, **live 8.00** Aussie Rules, Women's AFL, West Coast Eagles v Gold Coast Suns, **live 10.00** Rugby, Women's Six Nations, Scotland v France, replay **12.00am** Women's Six Nations, England v Wales, replay **2.00** Netball Super League, Surrey Storm v London Pulse, replay **3.50** Six Nations, Scotland v France, from Murrayfield, Edinburgh, **live**

The Movies (M) **1.30** 80s Greatest (PG) **2.30** Invasion Earth (PG) **3.30** Chain of Command (M) **4.30** Apocalypse: War of Worlds (M) **5.30** Air Crash Investigation (M) **7.30** ■ The Cave (2019, 16) **9.30** The Movies (M) **10.30** Apocalypse: War of Worlds (M) **11.30** Buried Secrets of WWII (PG) **12.30am** Air Crash Investigation (M) **1.30** The Cave (16) **3.30** The Movies (M) **4.30** Apocalypse: War of Worlds (M) **5.30** Buried Secrets of WWII (PG)

History SKY 073

6.30 Railways That Built Britain (PG) **7.30** The Universe (PG) **8.30** Time Team (PG) **9.30** Europe's Last Warrior Kings (PG) **10.30** The Assassination of Abraham Lincoln (PG) **12.30** Railways That Built Britain (PG) **1.30** The Universe (PG) **2.30** The Food That Built America (PG) **4.30** ANZAC Battlefields (PG) **5.30** Britain's Best Canals with John Sergeant (PG) **6.30** Britain's Most Historic Towns (PG) Wartime Dover. **7.30** Coast New Zealand (PG) Chatham Islands. **8.30** Hidden Britain by Drone **9.30** Titans of the 20th Century (PG) **10.30** Britain's Greatest Bridges (PG) The Britannia Bridge. **11.30** Ancient Rome: Rise and Fall of an Empire (M) **12.30am** The Fury and the Flames (PG) **1.30** Tales of the Gun (PG) **2.30** Dead Men's Secrets (PG) **3.15** Dogfights (PG) **4.00** Coast New Zealand (PG) **4.45** Hidden Britain by Drone **5.30** Titans of the 20th Century (PG)

BBC Earth SKY 074

6.20 The Dog Rescuers with Alan Davies (PG) **7.05** Blue Planet II Marathon (PG) **12.05** Without Limits: Australia (PG) **1.05** Tribes, Animals & Me Marathon (PG) **3.50** Polar Bear Family & Me (PG) **4.45** Natural Born Hustlers (PG) **5.45** Life Below Zero: The Thaw (M) **6.40** The Dog Rescuers with Alan Davies (PG) **7.30** Earth's Great Rivers (PG) **8.30** Jeremy Wade's Mighty Rivers (PG) Jeremy discovers the Mississippi may be heading for ecological collapse. **9.25** Without Limits: Australia (PG) **10.30** Tribes, Animals & Me Marathon (PG) **1.15am** Polar Bear Family & Me (PG) **2.10** Earth's Great Rivers (PG) **3.00** Jeremy Wade's Mighty Rivers (PG) **3.50** Life Below Zero (M) **4.35** Life Below Zero (PG) **5.20** The Dog Rescuers with Alan Davies (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
6.08 Storytime
7.10 Sunday Morning with Jim Mora Including **7.35** The House **8.10** Insight
12.12 Two Cents Worth
12.30 Standing Room Only with Lynn Freeman Including **1.10** At the Movies **2.05** The Laugh Track
3.04 The 3 O'Clock Drama
4.06 Smart Talk
5.00 The World at Five
5.10 Heart and Soul
5.40 Te Waonui a Te Manu Korihi
6.06 Te Ahi Kaa
6.45 Voices
7.04 The TED Radio Hour
8.06 Sunday Night with Grant Walker
10.00 The 10 O'Clock Report
10.45 The House Insights from Parliament
11.04 The Retro Cocktail Hour
12.04am All Night Programme
Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News & Weather 6.00, 8.00, 9.00am, noon
6.00 Sanctuary Music for the spirit and soul
7.30 Hymns on Sunday With Robyn Jaquier
8.00 Grace Notes
9.00 Weekend Brunch
Noon Pick and Mix With Eva Radich
1.05 In the Spotlight
2.00 The Musical Omnivore With David Morriss, including Vintage Years
5.00 New Horizons with William Dart Rock, pop, country, folk and beyond
5.30 The Silver Screen
6.00 Opera on Sunday Francesca Caccini's La liberazione di Ruggerio dall'isola di Alcina - Huelgas Ensemble, Michaela Riemer (mezzo), Achim Schulz (tenor), Bernd Oliver Frohlich (tenor), Sabine Lutzenberger (mezzo), Katelijne Van Laethem (soprano), Axelle Bernage (mezzo), Matthew Vine (tenor)/Paul van Nevel
Gillian Whitehead: Iris Dreaming - Joanne Roughton-Arnold (soprano), NZTrio (recorded in the Theatre Royal, Nelson, by RNZ 2017)
9.00 Made in New Zealand
11.00 New Music Dreams Ryan Smith explores ambient and drone music
12.00am Music Through the Night
Website: rnz.co.nz/concert

Newstalk ZB

6.00 Peter Wolfkamp **8.00** Sports Power Hour **9.00** Francesca Rudkin Noon Andrew Saville **3.00** Tim Roxborough & Tim Beveridge **6.00** Frank Ritchie & Jax van Buuren **7.30** John Cowan **8.00** Tim Wilson **11.00** The Nutters Club **1.00am** Bruce Russell **5.00** Kate Hawkesby
Website: newstalkzb.co.nz

Magic Talk

6.00 Rural Exchange **8.00** Roman Travers Noon Magic Talk Catch Ups **7.00** Magic Music: Country **11.00** Magic Music
Website: magic.co.nz



RNZ Concert: Opera on Sunday, 6.00pm

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD)** With Hayley Holt and John Campbell.
- 9.00 The Ellen DeGeneres Show (C)**
- 10.00 Tipping Point (G, R, HD)**
- 11.00 Cash Trapped (G, C)**
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PGR, HD, C)** Sam confides in Lydia, someone breaks into the farmhouse, and can Faith make amends?
- 1.00 Coronation Street 2020 (PGR, R, HD, C, AD)** David comes to a heavy realisation, Tracy is at her wits' end, and has Amy got the wrong end of the stick?
- 2.00 The Ellen DeGeneres Show (R, C)**
- 3.00 Tipping Point (G, HD)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)**
- 4.30 Dog Squad (G, R, HD, C, AD)** Bay of Plenty Delta team Mark and Epic are on an epic chase, and a visitor to Christchurch Men's Prison is caught with some serious contraband.
- 5.00 The Chase (HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Fair Go (C)** Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 8.00 Highway Cops (PGR, HD, C)** A speeding drunk driver tries to make his girlfriend take the rap, a big night out sends a man to sleep behind the wheel, and it's "dob in your dad day" in Oamaru.
- 8.30 Border Security (G, HD, C)** A woman refuses to cooperate with officers, another is caught red-handed with a major biosecurity threat, and a Malaysian man attempts to lie his way out of a questioning.
- 9.00 Prodigal Son (AO, HD, C, AD)** Malcolm is forced to undergo a mental fitness evaluation. s1ep12
- 9.55 ■ The Force (G, R, HD, C)** Australian observational series. Tonight, a man on parole from prison is back in business in the drug trade.
- 10.25 1 News Tonight (HD, C)**
- 10.55 The Red Line (AO, HD, C)** US drama series. Tia's political stance has unintended consequences. s1ep4
- 11.50 The Catch (AO, R, HD)** Alice and Val re-examine the cold case that brought them together as partners. s2ep6
- 12.50am Te Karere (R, HD)**
- 1.15 Infomercials**
- 5.35 - 6.00 Te Karere (R, HD)**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.30 Rescue Bots Academy (HD, C)**
- 6.40 Moon & Me (HD, C)**
- 7.00 My Little Pony (G, R, HD, C)**
- 7.25 Star vs the Forces of Evil (G, R, HD, C)**
- 7.50 Bunnica (G, R, HD, C)**
- 8.15 The Lion Guard (G, R, HD, C)**
- 8.35 Goldie & Bear (G, R, HD, C)**
- 9.00 Infomercials**
- 10.05 Neighbours (G, R, HD, C)**
- 10.35 The Bachelorette NZ (R, C, AD)**
- Noon 2 Broke Girls (AO, R, HD, C)**
- 1.00 Judge Rinder (G, HD)**
- 2.00 American Housewife (PGR, R, HD, C)**
- 3.00 Shortland Street (PGR, R, HD, C, AD)**
- 3.30 Powerpuff Girls (G, R, HD, C)**
- 3.40 Pokémon: Sun & Moon - Ultra Legends (G, HD, C)**
- 4.05 The Deep (HD, C)**
- 4.30 Friends (G, R, HD, C)**
- 5.00 The Simpsons (G, R, HD, C)**
- 5.30 Home and Away (G, C)** Justin and Irene are deeply troubled by Leah's behaviour.
- 6.00 The Big Bang Theory (G, R, HD, C)** Priya uses her lawyer skills to pick apart the roommate agreement and put Sheldon in his place. s4ep21
- 6.30 Neighbours (G, HD, C)** Terese learns news that will crush a loved one, Roxy clashes with her house guest, and can Jane overcome her embarrassment?
- 7.00 Shortland Street (PGR, HD, C, AD)** Cece crosses an intimate line, Marty goes on the hunt, and Shereez gets the ride of a lifetime.
- 7.30 The Bachelorette NZ (C, AD, another episode screens tomorrow)** One bachelor's explosive secret sends shockwaves through the mansion, and while one relationship blossoms, another falls apart.
- 8.35 The Undateables (G, HD, C)** Film aficionado Tom, nurse Esther and booksmart Thomas are looking for love.
- 9.35 The Walking Dead (AO, C)** Survivors find themselves constantly on the move in search of safe and secure locations. s10ep11
- 10.40 Two and a Half Men (PGR, R, HD, C)** s4ep12
- 11.10 Mom (AO, R, HD, C)** s2ep19
- 11.35 Grey's Anatomy (AO, R, C)** Meredith worries about DeLuca operating alone with Richard. s15ep20
- 12.30am The Resident (AO, R, HD, C)**
- 1.15 Shortland Street (PGR, R, HD, C, AD)**
- 1.40 Infomercials**
- 2.40 Quantico (AO, R, HD, C, AD)**
- 3.25 Love Island UK (AO, R, HD)**
- 5.05 Neighbours (G, R, HD, C)**
- 5.30 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 The AM Show (HD)** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe (HD)**
- 10.00 Infomercials**
- 11.25 Millionaire Hot Seat (G, R, HD)**
- 12.25 Face the Truth (PGR, HD)**
- 12.55 Dr Phil (AO, HD)**
- 1.50 Married at First Sight Australia (PGR, R, HD, C)**
- 3.20 My Sri Lanka with Peter Kuruvita (G, HD)**
- 3.55 United Plates of America (G, R, HD)**
- 4.30 Newshub Live (HD)**
- 5.00 Millionaire Hot Seat (G, HD)**
- 6.00 Newshub Live (HD)**
- 7.00 The Project (HD)** With Jesse Mulligan, Kanoa Lloyd and Jeremy Corbett.
- 7.30 Married at First Sight Australia (PGR, HD, C, another episode screens tomorrow)**
- 9.00 Talking Married (AO, HD, C)** A re-cap of the action on Married at First Sight.
- 9.10 SVU: Special Victims Unit (AO, HD, C)** The detectives are spread thin when three major cases come in at midnight, with each survivor battling unique circumstances. s21ep5
- 10.10 Newshub Late**
- 10.40 The Hui (HD)** Mihingarangi Forbes presents current affairs with a Māori perspective.
- 11.15 Newshub Nation (HD)** Simon Shepherd presents current affairs.
- 12.25am - 6.00 Infomercials**

BRAVO FREEVIEW 4 SKY 012

- 6.00 Infomercials (G, R)**
- 10.00 Four Weddings USA (G, R)**
- 11.00 Snapped (PGR, R)**
- Noon Keeping Up with the Kardashians (PGR, R)**
- 1.00 The Real Housewives of Beverly Hills (PGR, R)**
- 2.00 Below Deck (PGR, R)**
- 3.00 Undercover Boss (G, R, C)**
- 4.00 The Kelly Clarkson Show (G)**
- 5.00 Judge Jerry (G)**
- 5.30 Hoarders (G, R)**
- 6.30 Love It or List It (G)**
- 7.30 Snapped (PGR)** The 1988 roadside murder of a man leads investigators to a secret that is unearthed hundreds of miles away.
- 8.30 Injustice with Nancy Grace (AO)** Nancy looks into the 2012 murder of Michelle Mockbee in Kentucky.
- 9.30 A Lie to Die for (AO)** A love triangle leads to the murder of a wealthy American on a desolate road in Mexico.
- 10.30 Snapped (PGR, R)**
- 11.30 Snapped: Killer Couples (PGR, R)**
- 12.20am - 6.00 Infomercials (G, R)**



Three: SVU: Special Victims Unit, 9.10pm

PRIME FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes (G, R)**
- 9.00 Celebrity Antiques Road Trip (G, R)**
- 10.00 The Doctors (PGR)**
- 11.00 The Chase Australia (G, R, C)**
- Noon 3rd Rock from the Sun (PGR, C)**
- 12.30 Chicago Justice (PGR, R, C)**
- 1.30 Frasier (G, R)**
- 2.00 The Late Show (PGR, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 A Place in the Sun (G)**
- 5.00 3rd Rock from the Sun (G)**
- 5.30 Prime News**
- 6.00 Cricket (G)** ICC Women's T20 World Cup, final.
- 6.30 Sky Sport News**
- 7.00 The Crowd Goes Wild**
- 7.30 Aussie Pickers (G, C)** Lucas and Adam meet a true Tassie character.
- 8.30 ■ Age of Heroes (2011, AO, R)** Based on the formation of Ian Fleming's 30 Commando unit. Sean Bean, Danny Dyer.
- 10.30 HSBC World Rugby Sevens (G)** Vancouver, day 2.
- 1.00am - 2.00 The Late Show with Stephen Colbert (PGR)**

MĀORITV FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)**
- 9.00 Best of Kai Time on the Road (G, R)**
- 9.30 Ōpaki (G, R)**
- 10.00 Celebrity Playlist (G, R)**
- 10.30 Mōrena (R)**
- 11.00 Matangi Rau (G, R)**
- Noon Funny Whare: Gamesnight (PGR, R)**
- 12.30 What's up with the Tumoanas (PGR, R)**
- 1.00 Ngā Pari Kārangaranga o te Motu (G, R)**
- 1.30 Ōpaki (G, R)**
- 2.00 Tōku Reo (G, R)**
- 3.00 Kids' Programmes (G, R)**
- 6.30 Te Ao: Māori News**
- 7.00 Whānau Living (G, R)**
- 7.30 Carluccio's 6 Seasons (PGR, R)**
- 8.00 Te Ao with Moana**
- 8.30 ■ Mama Africa (G, R)** Documentary about South African singer Mariam Makeba. **TV Films, page 69**
- 10.00 #whiuatepātai (PGR, R)**
- 10.30 Ngā Pari Kārangaranga o te Motu (G, R)** Ngā Whetu o te Kohu.
- 11.00 - 11.30 Te Ao: Māori News (R)**

SKY PREMIERE SKY 030

6.30 **Godzilla II: King of the Monsters** (2019, M) Kyle Chandler
8.40 **Superfly** (2018, 16) Trevor Jackson, Jason Mitchell
10.35 **The Miseducation of Cameron Post** (2018, M) Chloe Grace Moretz
12.05 **Sweetheart Con** (2017, M) Jessalyn Gilsig, Jon Cor
1.30 **Holmes & Watson** (2018, 16) Will Ferrell, John C Reilly
3.00 **Godzilla II: King of the Monsters** (2019, M) Kyle Chandler
5.10 **The Padre** (2018, M) Tim Roth, Nick Nolte
6.45 **Forever My Girl** (2018, PG) Alex Roe
8.30 **The Domestics** (2018, 16) After an apocalyptic event, a couple venture across a countryside inhabited by factions. Sonoya Mizuno, Tyler Hoechlin
10.10 **Wild Rose** (2019, M) Jessie Buckley, Julie Walters
11.50 **Disobedience** (2018, 16) Rachel Weisz
1.45am All That We Destroy (2018, 18) **3.10** Forever My Girl (2018, PG)
4.55 Wild Rose (2019, M)

MOVIES EXTRA SKY 031

6.35 **Maria by Callas** (2017, PG) Documentary.
8.30 **On the Basis of Sex** (2019, M) Felicity Jones
10.30 **The Founders** (2015, PG) Documentary.
Noon **Poms** (2019, PG) Diane Keaton, Jacki Weaver
1.30 **Second Act** (2018, M) Jennifer Lopez
3.15 **Maria by Callas** (2017, PG) Documentary.
5.10 **Maine** (2018, 16) Laia Costa
6.35 **American Animals** (2018, M) Based on the story of four students who planned an audacious art heist. Evan Peters, Barry Keoghan
8.30 **Ladies in Black** (2018, PG) In 1959, a student's life is changed forever when she hired as an assistant at a department store in Sydney. Julia Ormond, Angourie Rice, Rachael Taylor
10.20 **Level 16** (2018, 16) Katie Douglas, Celina Martin
12.00am American Hangman (2019, 16) **1.37** Making of Bad Boys for Life (M) **1.47** The Queen of Hearts (2009, 16) **3.10** Maine (2018, 16)
4.35 American Animals (2018, M)

MOVIES CLASSICS SKY 034

6.20 **Pet Sematary** (1989) (1989, 16) Dale Midkiff
8.00 **Local Hero** (1983, PG) Burt Lancaster, Peter Riegert
9.50 **We Were Soldiers** (2002, 16) Mel Gibson, Madeline Stowe
12.05 **Pet Sematary** (1989, 16) Dale Midkiff, Fred Gwynne
1.45 **Pet Sematary II** (1992, 16) Edward Furlong
3.25 **The Pallbearer** (1996, M) David Schwimmer
5.00 **Pancho Villa** (1972, PG) Telly Savalas, Clint Walker
6.30 **Big Wednesday** (1978, PG) Three Vietnam vets reunite to surf a giant swell. Jan-Michael Vincent, William Katt, Gary Busey
8.30 **Wayne's World** (1992, PG) Two slackers attempt to promote their public-access cable show. Mike Myers, Dana Carvey, Rob Lowe, Tia Carrere
10.05 **Blind Fury** (1989, M) Rutger Hauer, Terry O'Quinn
11.30 **Hush** (1998, M) Gwyneth Paltrow, Jessica Lange
1.05am Big Wednesday (1978, PG)
3.05 Wayne's World (1992, PG)
4.40 Blind Fury (1989, M)

RIALTO SKY 039

6.45 **I Am ...** (M) s1ep2
7.35 **Gwen** (2018, M) Eleanor Worthington-Cox
9.05 **Indian Horse** (2017, M) Sladen Peltier
10.45 **Sometimes Always Never** (2018, PG) Bill Nighy
12.15 **I Am ...** (M) s1ep2
1.05 **Gwen** (2018, M) Eleanor Worthington-Cox
2.35 **McMafia** (16) s1ep1&2
4.35 **The Fencer** (2015, PG) Mart Avandi
6.15 **The Coming Back Out Ball Movie** (2018, M) Australian documentary.
7.40 **The Twelve** (16) s1ep6
8.30 **Hannah** (2017, M) A woman drifts between reality and denial when she is left alone to deal with her husband's imprisonment. Charlotte Rampling
10.05 **Peter Peryer: The Art of Seeing** (2019, PG) NZ documentary.
11.30 **Good Night, and Good Luck.** (2005, M) David Strathairn
1.05am McMafia (16) s1ep1&2 **3.05** The Fencer (2015, PG) **4.45** The Coming Back Out Ball Movie (2018, M)

GENERAL**ThreeLife** FREEVIEW 11 SKY 029

6.00 Infomercials **9.00** Everyday Gourmet with Justine Schofield (R, HD) **9.30** Classical Destinations (R, HD) **10.00** Good Chef Bad Chef (R, HD) **10.30** Brazil: A Natural History (R, HD) **11.30** Endangered (R, HD) **12.30** Vet on the Hill (R, HD) **1.30** Everyday Gourmet with Justine Schofield (R, HD) **2.00** Classical Destinations (R, HD) **2.30** Good Chef Bad Chef (R, HD) **3.00** Brazil: A Natural History (R, HD) **4.00** Endangered (R, HD) **5.00** Vet on the Hill (R, HD) **6.00** Luxury Homes Revealed (HD) **6.30** Family Feud Australia (R) **7.00** Good Chef Bad Chef (R, HD) **7.30** Restaurant Revolution (PGR, R, HD) **9.35** Richo's Bar Snacks (R, HD) **10.05** Miguel's Tropical Kitchen (R, HD) **10.30** Luxury Homes Revealed (HD) **11.00** Family Feud Australia (R) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 Animal Park **8.00** Love Nature: Inside the Vets **9.00** Cheese Slices **9.30** Brother vs Brother **10.30** Stars in Their Cars **11.00** Home of the Year **11.30** Britain's Most Historic Towns **12.30** Road to Riches **1.30** Luke Nguyen's Railway Vietnam **2.30** Tut's Treasures: Hidden Secrets **3.30** Love Nature: Hope for Wildlife **4.30** River Cottage Autumn **5.30** Mysteries at the Museum **6.30** Salvage Hunters **7.30** Turkey with Simon Reeve **8.30** New Zealand from Above **9.30** From Russia to Iran **10.30** Salvage Hunters **11.30** Mysteries at the Museum **12.30am** River Cottage Autumn **1.30** Carver Kings **2.00** Cash Cowboys **3.00** New Zealand from Above **4.00** From Russia to Iran **5.00 - 6.00** Mysteries at the Museum

TVNZ Duke FREEVIEW 13 SKY 023

1.40pm Top Gear (HD) **2.40** American Pickers (HD) **3.30** Two and a Half Men (PGR, HD, C) **3.55** The Fresh Prince of Bel Air (C) **4.20** America's Funniest Home Videos (HD, C) **5.10** Home Improvement (HD, C) **5.40** Top Gear (HD) **6.35** The Big Bang Theory (HD, C) **7.05** Two and a Half Men (PGR, HD, C) **7.30** The Simpsons (HD, C) **8.30** Family Guy (AO) s19ep11 **9.00** Family Guy (AO, HD, C) While learning

**Sky Premiere: The Domestics, 8.30pm**

about his family history, Chris discovers that one of Peter's ancestors was a slave once owned by the Pewterschmidts. s12ep15 **10.00** South Park (AO, HD) Someone plays an April Fool's joke on the boys and it doesn't go over well. **10.55** 8 Out of 10 Cats Does Countdown (AO, HD, C) **11.50 - 12.45am** Live at the Apollo (PGR, HD, C)

UKTV SKY 007

6.25 Call the Midwife (PG) **7.25** The Graham Norton Show (M) **8.20** The Bill (M) **9.10** Midsomer Murders (M) **10.40** Call the Midwife (PG) **11.40** Doc Martin (M) **12.30** Lewis (M) **2.00** The Bill (M) **2.55** 8 Out of 10 Cats Does Countdown (M) **3.50** The Force: Essex (M) **4.40** The Graham Norton Show (PG) **5.35** Who Do You Think You Are? USA (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.30** QI (M) With Suggs, Claudia O'Doherty and Jimmy Carr. **8.00** Would I Lie to You? (PG) With Rebecca Front, Jack Whitehall, Nick Hewer and Miranda Hart. **8.35** Doc Martin (M) PC Joe Penhale has an unexpected visitor, his ex wife, who has completely forgotten that they split up years ago. s5ep5 **9.30** A Confession (M) At Barbury Castle, Fulcher questions prime suspect Christopher Halliwell about the whereabouts of Sian. s1ep3 **10.25** Prime Suspect (M) s2ep1 **12.15am** Lewis (M) **1.45** QI (M) **2.45** Would I Lie to You? (PG) **3.20** Who Do You Think You Are? USA (PG) **4.00** Doc Martin (M) **4.45** A Confession (M) **5.30 - 6.30** Call the Midwife (PG)

SoHo SKY 010

6.45 Save Me (16) s1ep1 **7.35** McMillion\$ (M) s1ep5
8.35 Animal Kingdom (16) s2ep11 **9.25** The New Pope (16) s1ep3 **10.25** Snowfall (18) s1ep9 **11.10** Game of Thrones (18) s3ep8 **12.10** Strike Back (18) s7ep4
1.00 Line of Duty (16) s5ep2 **2.00** The Outsider s1ep final **3.00** The New Pope (16) s1ep8 **3.55** The Looming Tower (16) s1ep10 **4.45** The Leftovers (16) s2ep8 **5.50** Shameless (18) s8ep6 **6.45** Outcast (18) s2ep6 **7.30** Good Behavior (16) Letty and Javier join Rob and Estelle at a secluded luxury hotel in the mountains for a Christmas holiday. s2ep3 **8.30** The Outsider (16) Season 1 finale. s1ep10 **9.30** Baptiste (16) Season 1 finale. Edward finds evidence against the Brigada among Kim's belongings, and Baptiste doesn't know who to trust. s1ep6 **10.30** A Million Little Things (M) s2ep15 **11.15** White House Farm (18) s1ep5 **12.05am** The Wizard of Lies (16) **2.30** Outcast (18) s2ep6 **3.15** Good Behavior (16) s2ep3 **4.20** The Outsider (16) s1ep10 **5.20** Baptiste (16) s1ep6

Living SKY 017

6.00 Selling Houses Australia (G) **6.55** Escape to the Country (PG) **7.50** Long Lost Family UK (G) **8.45** A Place in the Sun: Winter Sun (PG) **9.40** George Clarke's Old House, New Home (PG) **10.35** Back in Time for Dinner (PG) **11.35** Escape to the Country (PG) **12.25** Location Location Location (G) **1.20** Escape to the Country (PG) **2.15** Long Lost Family UK (G) **4.00** A Place in the Sun: Winter Sun (PG) **4.55** Back in Time for Dinner (PG) **5.55** Selling Houses Australia (G) **6.45** Location Location Location (G) **7.35** Grand Designs Australia (PG) Industrial Designer Mike plans to build a large spotted gum-clad home on French Island. **8.30** Love It or List It Australia (PG) In Tarragindi, Qld, Karen has been living in an unfinished house for 20 years and wants to move, but husband Daniel wants to finish what they started. **9.30** Selling Houses Australia (G) Hindmarsh Island, SA. **10.25** A Place in the Sun: Summer Sun (G) Mallorca. **11.25** Great Canal Journeys (G) Tim and Pru search for the lost route between London and the sea. **12.20am** Great Canal Journeys (G) **1.15** Grand Designs Australia (PG) **2.15** Love It or List It Australia (PG) **3.10** Selling Houses Australia (G) **4.10** A Place in the Sun: Summer Sun (G) **5.00 - 6.00** Back in Time for Dinner (PG)

SPORT

Sky Sport 1 SKY 051

6.00 World Rugby Sevens Vancouver, from BC Place, **live 12.30** Super Rugby, Crusaders v Reds, highlights **1.00** World Rugby Sevens Vancouver, from BC Place, **live 3.00** Six Nations, Scotland v France, highlights **3.30** Rugby, Women's Six Nations, Ireland v Italy, highlights **4.00** Rugby Nation **5.00** Six Nations, Ireland v Italy, highlights **5.30** Six Nations, England v Wales, highlights **6.00** Six Nations, Scotland v France, highlights **6.30** World Rugby Sevens Vancouver, highlights **8.00** World Rugby Sevens Vancouver, highlights **9.30** Rugby, Gallagher Premiership, highlights Show **10.30** Rugby Nation **11.30** World Rugby Sevens Vancouver, highlights **1.00am** World Rugby Sevens Vancouver, highlights **2.30** Rugby, Gallagher Premiership, highlights **3.30** Rugby Nation **4.30** Rugby, Women's Six Nations, England v Wales, highlights **5.00** Rugby, Women's Six Nations, Scotland v France, highlights **5.30** Rugby, Women's Six Nations, Ireland v Italy, highlights

Sky Sport 2 SKY 052

6.30 Cricket, South Africa v Australia 2nd ODI, highlights from Mangaung Oval, Bloemfontein **7.30** ICC Women's T20 World Cup, highlights **12.30** Black Caps v India, 2nd test, day 5, highlights from Hagley Oval, Christchurch **1.30** TBC **5.30** ICC Women's T20 World Cup, highlights **8.00** TBC **1.00am** Black Caps v India, 1st test wrap-up from the Basin Reserve, Wellington **3.00** Black Caps v India, 2nd test wrap-up from Hagley Oval, Christchurch **5.00** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein

DOCUMENTARIES

Sky Arts SKY 020

6.15 ■ Foals Live at the Royal Albert Hall (2013, G) **8.00** ■ Suggs: My Life Story (2018, G) **9.35** The Last Lennon Interview **10.00** Video Killed the Radio Star **11.00** British Summer Time 2017 **12.30** Die Toten Hosen: You Only Live Once (2019, G) **2.15** ■ Foals Live at the Royal Albert Hall (2013, G) **4.00** Put Some Colour in Your Life **5.00** Discovering Dance in Film **6.05** Brave New Horizon **7.00** Finding Your Roots **8.00** Heartbound **9.30** Melanie De Biasio: Paris 2018 **10.45** The Wanderers **11.00** The Art of Museums **12.00am** Put Some Colour in Your Life **1.00** Discovering Dance in Film **2.05** Brave New Horizon **3.00** Finding Your Roots **4.00** Heartbound **5.30** Melanie De Biasio: Paris 2018

Discovery SKY 070

6.35 Gold Rush (PG) **7.30** World's Deadliest Weather Caught on Camera (PG) **8.20** Blowing Up History (PG) **9.10** Outback Opal Hunters (PG) **10.00** How It's Made (PG) **10.25** How Do They Do It? (PG) **10.50** Aussie Gold Hunters (PG) **11.40** Swamp Murders (M) **12.30** Killer Instinct with Chris Hansen (M) **1.20** The Perfect Murder (M) **2.10** Top Gear (PG) **3.00** Bering Sea Gold (PG) **3.50** Deadliest Catch (PG) **4.45** Fast N' Loud (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Aussie Salvage Squad (PG) **7.30** Top Gear (PG) **8.30** Diesel Brothers (PG) **9.25** Kindig Customs (PG) **10.15** Car Crash TV (PG) **11.05** Naked and Afraid (PG) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** World's Deadliest Weather Caught on Camera (PG) **1.35** Deadliest Catch (PG) **2.25** Bering Sea Gold (PG) **4.05** What on Earth? (PG) **4.55** Naked and Afraid (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Yukon Gold (M) **8.30** The Story of God with Morgan Freeman (PG) **9.30** Seconds from Disaster (PG) **11.30** The Movies (M) **12.30** Wicked Tuna: North vs South (M) **1.30** Ancient Megastructures **2.30** Mega Breakdown (PG) **3.30** Explorer (M) **4.30** ■ The Cave (2019, 16) **6.30** Air Crash Investigation



Sky Arts: Melanie De Biasio: Paris 2018, 9.30pm

Sky Sport 3 SKY 053

6.00 Rugby Nation **7.00** Rugby, Gallagher Premiership, Bristol Bears v Harlequins **9.00** Six Nations, Scotland v France **11.00** ANZ Premiership Netball 2019, elimination final, Southern Steel v Northern Stars **12.30** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars **2.00** Rugby Nation **3.00** Aussie Rules, Women's AFL, Western Bulldogs v Fremantle **5.00** Women's Six Nations, Ireland v Italy **7.00** ANZ Premiership Netball 2019, elimination final, Southern Steel v Northern Stars **8.30** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars **10.00** Women's Six Nations, England v Wales **12.00am** Japan Top League, Wild Knights v Shining Arcs **2.00** ANZ Premiership Netball 2019, elimination final **3.30** ANZ Premiership Netball 2019, grand final **5.00** Six Nations, Scotland v France **5.45** Netball Super League, Surrey Storm v London Pulse

(M) **7.30** Ultimate Supercar (PG) **8.30** Cosmos: Possible Worlds (PG) **10.30** Drain the Oceans (PG) **11.30** Airport Security: Peru (M) **12.30am** Air Crash Investigation (M) **1.30** Ultimate Supercar (PG) **2.30** Cosmos: Possible Worlds (PG) **4.30** Drain the Oceans (PG) **5.30** Airport Security: Peru (M)

History SKY 073

6.30 Britain's Greatest Bridges (PG) **7.30** Ancient Rome: Rise and Fall of an Empire (M) **8.30** Time Team (PG) **9.30** Coast New Zealand (PG) **10.30** Hidden Britain by Drone **11.30** Titans of the 20th Century (PG) **12.30** Britain's Greatest Bridges (PG) **1.30** The Fury and the Flames (PG) **2.30** Tales of the Gun (PG) **3.30** Dead Men's Secrets (PG) **4.30** Dogfights (PG) **5.30** Spy Web (PG) **6.30** WWII: 1942 and Hitler's Soft Underbelly (M) **7.30** Coast Australia (PG) **8.30** Europe's Last Warrior Kings (PG) King Harold of England. **9.30** Britain's Ancient Tracks (PG) The Icknield Way. **10.30** Ireland, a Long Road to Peace (M) **11.30** Battle 360 (PG) **12.30am** The Fury and the Flames (PG) **1.30** Tales of the Gun (PG) **2.30** The Machinery of War (PG) **3.15** Dogfights (PG) **4.00** Coast Australia (PG) **4.45** Europe's Last Warrior Kings (PG) **5.30** Britain's Ancient Tracks (PG)

BBC Earth SKY 074

6.10 Natural Curiosities (PG) **7.00** Life Below Zero (PG) **7.45** Where the Wild Men Are (PG) **8.30** Wild Patagonia (PG) **9.30** Food: Delicious Science (PG) **10.30** Allergies: Modern Life and Me (PG) **11.25** 24 Hours in A&E (M) **12.15** Blue Planet II (PG) **1.15** Human Universe (PG) **2.15** Polar Bear Family & Me (PG) **3.05** Natural Curiosities (PG) **3.55** Wild Patagonia (PG) **4.55** Life Below Zero (PG) **5.45** Where the Wild Men Are (PG) **6.40** The Dog Rescuers with Alan Davies (PG) **7.35** 24 Hours in A&E (M) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (PG) **10.20** Blue Planet II (PG) **11.25** Wild Patagonia (PG) **12.25am** Life Below Zero (PG) **1.10** The Dog Rescuers (PG) **1.55** Life Below Zero (M) **2.40** Where the Wild Men Are (PG) **3.25** 24 Hours in A&E (M) **4.15** Life Below Zero (PG) **5.00** The Dog Rescuers (PG) **5.45** David Attenborough's Blue Planet II (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
5.00 First Up with Indira Stewart
6.00 Morning Report Including **6.20** and **6.50** Business News **6.26** Rural News **6.48** and **7.45** NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including **10.45** The Reading
Noon Midday Report Including **12.16** Business News **12.26** Sport **12.34** Rural News **12.43** Worldwatch
1.06 Afternoons with Jesse Mulligan
4.06 The Panel with Wallace Chapman Discussion with a range of panellists
5.00 Checkpoint with Lisa Owen Drive-time news and current affairs
6.30 Trending Now
7.06 Nights with Bryan Crump
8.15 Dateline Pacific
8.30 Windows on the World
9.30 Insight Coverage of national and international current affairs
10.00 News at Ten
10.15 Lately with Karyn Hay
11.06 Nashville Babylon Wairarapa's Mark Rogers presents a selection of alt.country, Americana and blues (Arrow FM)
12.04am All Night Programme
Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News & Weather 6.00, 7.00, 8.00, 9.00am, noon, 5.00pm
6.00 Daybreak With Cynthia Morahan
9.00 The Works With Nick Tipping
Noon Upbeat Music and the arts, with David Morriss
3.00 Classical Connection With Rick Young
7.00 Evening Classics
8.00 Music Alive Metropolitan Opera Season: Berlioz's The Damnation of Faust - Elina Garanca (Marguerite), Michael Spyres (Faust), Ildar Abdrazakov (Mephistopheles), Patrick Carfizzi (Brander), Metropolitan Opera Chorus & Orchestra/Edward Gardner (recorded in the Metropolitan Opera House, New York, by Met Opera)
10.00 Day's End
12.00am Music Through the Night
Website: rnz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **9.00 Kerre McIvor** **Noon Andrew Dickens** **4.00 Heather du Plessis-Allan** **7.00 D'Arcy Waldegrave** **8.00 Marcus Lush** **12.00am Bruce Russell** **5.00 Kate Hawkesby**
Website: newstalkzb.co.nz

Magic Talk

6.00 The AM Show **9.00 Peter Williams** **Noon Sean Plunket** **4.00 Ryan Bridge** **7.00 Leah Panapa** **11.00 Tony Amos** **5.00am Magic Music**
Website: magic.co.nz

RNZ Concert: Music Alive, 8.00pm

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD)** Hayley Holt and John Campbell present news and information.
- 9.00 The Ellen DeGeneres Show (C)**
- 10.00 Tipping Point (G, R, HD)** With Ben Shephard.
- 11.00 Cash Trapped (G, HD, C)** With Bradley Walsh.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PGR, HD, C)** Zak and Faith try to put things behind them, Vanessa and Tracy make funeral arrangements, and Diane offers Bernice and olive branch.
- 1.00 Coronation Street 2020 (PGR, R, HD, C, AD)** Gemma makes a U-turn, and an interview with the social worker could spell disaster for Fiz and Tyrone.
- 2.00 The Ellen DeGeneres Show (R, C)**
- 3.00 Tipping Point (G, HD)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Dog Squad (G, R, HD, C, AD)** Waikato Delta team Blair and Rush assist in apprehending an out of control driver.
- 5.00 The Chase (HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Dog Squad Puppy School (G, HD, C, AD)** Local series following the journeys of puppies as they train to become skilled service dogs. Tonight, the mobility dogs finish their stint in prison.
- 8.00 ■ Border Patrol (G, R, HD, C)** Customs stop some highly suspect pandas at the border, a passenger from Sydney has a nose for trouble, and a young Brazilian woman is questioned by Immigration.
- 8.30 We Are One: The Mosque Attacks One Year On (C, AD)** Documentary featuring six families whose lives were forever changed by the attacks at two mosques in Christchurch on March 15, 2019.
- 10.00 1 News Tonight (HD, C)**
- 10.30 Sunday (R, C)** Miriama Kamo presents current affairs.
- 11.30 I Am Innocent (AO, R, HD, C, AD)** When small town Kiwi bloke Sam's marriage broke down, he was accused of repeatedly assaulting his foster daughter over several years.
- 12.30am Te Karere (R, HD)**
- 12.55 Infomercials**
- 5.35 - 6.00 Te Karere (R, HD)**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.30 Rescue Bots Academy (G, HD, C)**
- 6.40 Moon & Me (G, HD, C)**
- 7.00 The Tom and Jerry Show (G, R, HD, C)**
- 7.25 Star vs the Forces of Evil (G, R, HD, C)**
- 7.50 Bunnica (G, R, HD, C)**
- 8.15 The Lion Guard (G, R, HD, C)**
- 8.35 Goldie & Bear (G, R, HD, C)**
- 9.00 Infomercials**
- 10.00 Neighbours (G, R, HD, C)**
- 10.30 Mike & Molly (PGR, R, HD, C)**
- 11.00 The Bachelorette NZ (R, C, AD)**
- Noon 2 Broke Girls (AO, R, HD, C)**
- 1.00 Judge Rinder (G, HD)**
- 2.00 American Housewife (PGR, R, HD, C)**
- 2.30 Home and Away (G, R, C)**
- 3.00 Shortland Street (PGR, R, HD, C, AD)**
- 3.30 Powerpuff Girls (G, R, HD, C)**
- 3.40 Pokémon: Sun & Moon - Ultra Legends (G, HD, C)**
- 4.05 The Deep (G, HD, C)**
- 4.30 Friends (G, R, HD, C)**
- 5.00 The Simpsons (G, R, HD, C)**
- 5.30 Home and Away (G, C)**
- 6.00 The Big Bang Theory (G, R, HD, C)** Penny uses Bernadette to spy on Leonard and his girlfriend. s4ep22
- 6.30 Neighbours (G, HD, C)** A beloved couple face the end, Gary comes home with big news, and can Ned and Shane make peace?
- 7.00 Shortland Street (PGR, HD, C, AD)** Shereez badmouths the wrong woman, Drew drags Boyd into his web of deceit, and Damo tracks down an online offender.
- 7.30 The Bachelorette NZ (C, AD)** Lily's birthday fiesta takes an unexpected turn, and two bachelors fight for one-on-one time with Lesina.
- 8.30 Paranormal Caught on Camera (PGR, HD, C)** A panel of experts analyse so-called paranormal videos. Tonight, some of the best Bigfoot footage ever, and UFOs cluster over a Texas town.
- 9.35 All Rise (PGR, C)** Lola travels to Washington to help her husband land an important job at the FBI, and Mark and Amy Quinn's relationship heats up. s1ep13
- 10.35 Two and a Half Men (PGR, R, HD, C)** s4ep13
- 11.05 Mom (AO, R, HD, C)** s2ep20
- 11.30 Station 19 (PGR, R, HD, C)** s2ep12
- 12.20am The Resident (AO, R, HD, C)**
- 1.10 Shortland Street (PGR, R, HD, C, AD)**
- 1.35 Infomercials**
- 2.35 Quantico (AO, R, HD, C, AD)**
- 3.20 Love Island UK (AO, R, HD)**
- 5.05 Neighbours (G, R, HD, C)**
- 5.30 - 6.00 Infomercials**

THREE

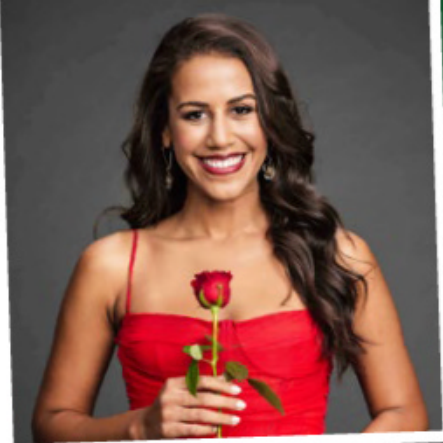
FREEVIEW 3 SKY 003

- 6.00 The AM Show (HD)** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe (HD)**
- 10.00 Infomercials**
- 11.25 Millionaire Hot Seat (G, R, HD)**
- 12.20 Face the Truth (PGR, HD)**
- 12.50 Dr Phil (AO, HD)**
- 1.50 Married at First Sight Australia (PGR, R, HD, C)**
- 3.20 My Sri Lanka with Peter Kuruvita (G, HD)**
- 3.50 United Plates of America (G, R, HD)**
- 4.30 Newshub Live (HD)**
- 5.00 Millionaire Hot Seat (G, HD)**
- 6.00 Newshub Live (HD)**
- 7.00 The Project (HD)** With Jesse Mulligan, Kanoa Lloyd and Jeremy Corbett.
- 7.30 Married at First Sight Australia (PGR, HD, C)** another episode screens tomorrow
- 9.00 Talking Married (AO, HD, C)** A re-cap of the action on Married at First Sight.
- 9.10 NCIS (AO, HD, C)** While investigating a Marine's murder, the NCIS team uncover a network of live-streaming spy cameras in the rooms of a Virginia motel. s17ep7
- 10.05 Newshub Late**
- 10.35 The Blacklist (AO, HD, C)** An explosive confrontation leads Liz to make a critical choice. s7ep10
- 11.35 Face the Truth (PGR, HD)** Vivica A Fox and her team tackle difficult problems.
- 12.00am - 6.00 Infomercials**

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials (G, R)**
- 10.00 Four Weddings USA (G, R)**
- 11.00 Snapped (PGR, R)**
- Noon Keeping Up with the Kardashians (PGR, R)**
- 1.00 The Real Housewives of Beverly Hills (PGR, R)**
- 2.00 Below Deck (PGR, R)**
- 3.00 Undercover Boss (G, R, C)**
- 4.00 The Kelly Clarkson Show (G)**
- 5.00 Judge Jerry (G)**
- 5.30 Hoarders (G, R)**
- 6.30 Love It or List It (G)**
- 7.30 Stop Search Seize (PGR)** A woman carrying weapons is stopped in Dublin Airport.
- 8.30 Botched (PGR, R)** Dr Nassif sets a cat lady's nose straight and Dr Dubrow helps a young woman who had a double mastectomy.
- 9.30 The Killer Affair (AO)** There are no shortage of suspects when a Wall Street millionaire is murdered in the middle of a bitter divorce.
- 10.30 Snapped (PGR, R)**
- 11.30 Snapped: Killer Couples (PGR, R)**
- 12.20am - 6.00 Infomercials (G, R)**



TVNZ 2: The Bachelorette NZ, 7.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes (G, R)**
- 9.00 Celebrity Antiques Road Trip (G, R)**
- 10.00 The Doctors (PGR)**
- 11.00 The Chase Australia (G, R, C)**
- Noon Everybody Loves Raymond (G, R, C)**
- 12.30 Chicago Justice (PGR, R, C)**
- 1.30 Frasier (G, R)**
- 2.00 The Late Show with Stephen Colbert (PGR, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 A Place in the Sun (G)**
- 5.00 3rd Rock from the Sun (G, C)**
- 5.30 Prime News**
- 6.00 ANZ Premiership 2020 Season (G)** A preview of the upcoming netball season.
- 6.30 Sky Sport News**
- 7.00 The Crowd Goes Wild**
- 7.30 The Great Australian Bake Off (G, C)** Spice week.
- 8.35 Carol's Second Act (PGR, C)**
- 9.05 The Unicorn (PGR, C)**
- 9.35 QI (PGR)** With Sandi Toksvig.
- 10.55 The Breakdown (G)**
- 12.00am - 1.00 The Late Show with Stephen Colbert (PGR)**

MĀORITV

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)**
- 9.00 Best of Kai Time on the Road (G, R)**
- 9.30 Ōpaki (G, R)**
- 10.00 Celebrity Playlist (G, R)**
- 10.30 Mōrena (R)**
- 11.00 Matangi Rau (G, R)**
- Noon Funny Whare: Gamesnight (PGR, R)**
- 12.30 What's up with the Tumoanas (PGR, R)**
- 1.00 Ngā Pari Kārangaranga o te Motu (G, R)**
- 1.30 Ako (G, R)**
- 2.00 Tōku Reo (G, R)**
- 3.00 Kids' Programmes (G, R)**
- 6.30 Te Ao: Māori News**
- 7.00 Whānau Living (G, R)**
- 7.30 Moosemeat & Marmalade (PGR, R)**
- 8.00 Ahikāroa (PGR, R)** Series following three best friends.
- 8.30 ■ Wild Kai Legends (AO, R)** With hunter Jack Terei.
- 9.30 Hunt with Me (AO, R)**
- 10.00 Waka Ama Sprints** Coverage of the 2020 Waka Ama Sprint Nationals from Lake Karapiro.
- 11.00 - 11.30 Te Ao: Māori News (R)**

SKY PREMIERE SKY 030

6.35 Disobedience (2018, 16) Rachel Weisz
8.30 The Padre (2018, M) Tim Roth, Nick Nolte
10.05 Forever My Girl (2018, PG) Alex Roe, Jessica Rothe
11.50 The Domestics (2018, 16) Sonoya Mizuno,
1.30 Wild Rose (2019, M) Jessie Buckley, Julie Walters
3.10 Disobedience (2018, 16) Rachel Weisz
5.05 Sicario: Day of the Soldado (2018, 16) Benicio Del Toro
7.10 Sharon 1.2.3 (2018, M) A guy who is in a relationship with two woman named Sharon falls for a new Sharon. Matt Bush, Gina Rodriguez
8.30 Class Rank (2017, M) Two high school outsiders attempt to take over the school board. Olivia Holt, Skyler Gisondo
10.15 Fantastic Beasts: The Crimes of Grindelwald (2018, M) Eddie Redmayne
12.25am Peppermint (2018, 16)
2.05 Degenerates (2018, 16) **3.45** A Nasty Piece of Work (2019, 18)
5.05 Sicario: Day of the Soldado (2018, 16)

MOVIES EXTRA SKY 031

6.30 Ladies in Black (2018, PG) Julia Ormond, Angourie Rice
8.15 Making of Bad Boys for Life (M)
8.25 Level 16 (2018, 16) Katie Douglas, Celina Martin
10.05 American Hangman (2019, 16) Donald Sutherland
11.45 The Queen of Hearts (2009, 16) Valerie Donzelli
1.10 American Animals (2018, M) Evan Peters, Barry Keoghan
3.05 Ladies in Black (2018, PG) Julia Ormond, Angourie Rice
4.50 The Merger (2018, M) Damian Callinan
6.35 Boy Erased (2018, 16) The gay son of a Baptist pastor must attend conversion therapy or be exiled. Nicole Kidman, Russell Crowe
8.30 Grace (2019, 16) When an author suffers from writer's block, his agent sends him a new assistant. Tate Donovan
10.10 Midnight Sun (2018, PG) Bella Thorne
11.40 Loving Pablo (2018, 16) Javier Bardem
1.40am 11-11-11 (2011, 16) **3.15** The Merger (2018, M) **4.55** Boy Erased (2018, 16)

MOVIES CLASSICS SKY 034

6.05 The Pallbearer (1996, M) David Schwimmer
7.45 The Brothers Warner (2007, PG) Documentary.
8.45 Hush (1998, M) Gwyneth Paltrow, Jessica Lange
10.20 Pancho Villa (1972, PG) Telly Savalas, Clint Walker
11.50 Big Wednesday (1978, PG) Jan-Michael Vincent
1.50 Wayne's World (1992, PG) Mike Myers, Dana Carvey
3.25 Blind Fury (1989, M) Rutger Hauer, Terry O'Quinn
4.50 Angel Heart (1987, 16) Mickey Rourke
6.40 Mermaids (1990, PG) A single mother relocates to a small town with her two daughters. Cher, Bob Hoskins, Winona Ryder
8.30 Sid and Nancy (1986, 16) Based on the story of Sex Pistols' bass player Sid Vicious. Gary Oldman, Chloe Webb
10.25 1941 (1979, PG) Dan Aykroyd
12.20am Messenger of Death (1988, M) **1.50** Angel Heart (1987, 16) **3.45** Bad Boys for Life Featurette (M)
4.00 Mermaids (1990, PG) **5.50** Sid and Nancy (1986, 16)

RIALTO SKY 039

6.10 The Twelve (16) s1ep6
7.00 Hannah (2017, M) Charlotte Rampling
8.35 McMafia (16) s1ep1&2
10.35 Peter Peryer: The Art of Seeing (2019, PG) NZ documentary.
Noon Good Night, and Good Luck. (2005, M) David Strathairn
1.35 McMafia (16) s1ep3&4
3.35 Homesick (2015, M) Esther Maria Pietsch
5.15 The Grand Ball (2018, PG) French documentary.
6.45 Things to Come (2016, M) Isabelle Huppert
8.30 The Twelve (16) The medical expert and the alienist bring forward material evidence. s1ep8
9.20 Diamond Island (2016, M) An adolescent leaves rural Cambodia to become a construction worker and is reunited with his missing older brother. Sobon Nuon
11.05 Cardinal (16) s3ep5
11.50 Wayne (2018, M) Australian documentary.
1.25am McMafia (16) s1ep3&4 **3.25** Homesick (2015, M) **5.05** The Grand Ball (2018, PG)

GENERAL**ThreeLife** FREEVIEW 11 SKY 029

6.00 Infomercials **9.00** Luxury Homes Revealed (R, HD) **9.30** Family Feud Australia (R) **10.00** Good Chef Bad Chef (R, HD) **10.25** Restaurant Revolution (PGR, R, HD) **12.30** Richo's Bar Snacks (R, HD) **1.00** Miguel's Tropical Kitchen (R, HD) **1.30** Luxury Homes Revealed (R, HD) **1.55** Restaurant Revolution (PGR, R, HD) **4.00** Family Feud Australia (R) **4.30** Good Chef Bad Chef (R, HD) **5.00** Richo's Bar Snacks (R, HD) **5.30** Miguel's Tropical Kitchen (R, HD) **6.00** Luxury Homes Revealed (HD) **6.30** Family Feud Australia (R) **7.00** Good Chef Bad Chef (R, HD) **7.30** Duck Dynasty (PGR, R, HD) **8.00** Adrenaline (R, HD) **8.30** Vacation Creation (R, HD) **9.00** Adam's Pasta Pilgrimage (R, HD) **9.30** Tropical Gourmet Queensland (R, HD) **10.00** Xscape (HD) **10.30** Luxury Homes Revealed (HD) **11.00** Family Feud Australia (R) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 Animal Park **7.00** River Cottage Autumn
8.00 Hope for Wildlife **9.00** Cheese Slices **9.30** Brother vs Brother **10.30** Mysteries at the Museum
11.30 Salvage Hunters **12.30** Turkey with Simon Reeve **1.30** From Russia to Iran **2.30** New Zealand from Above **3.30** My Family & the Galapagos **4.30** Jamie's 30 Minute Meals **5.00** Gourmet Farmer Afloat **5.30** Mysteries at the Museum **6.30** American Pickers **7.30** Location Location Location **8.30** My Dream Home **9.30** Help! My House Is Falling Down **10.30** American Pickers **11.30** Mysteries at the Museum **12.30am** Jamie's 30 Minute Meals **1.00** Gourmet Farmer Afloat **1.30** Carver Kings **2.00** Cash Cowboys **3.00** My Family & the Galapagos **4.00** Help! My House Is Falling Down **5.00 - 6.00** Mysteries at the Museum

TVNZ Duke FREEVIEW 13 SKY 023

1.40pm Top Gear (HD) **2.40** American Pickers (HD) **3.30** Two and a Half Men (PGR, HD, C) **3.55** The Fresh Prince of Bel Air (C) **4.20** America's Funniest Home Videos (HD, C) **5.10** Home Improvement (HD,

**Movies Classics: Mermaids, 6.40pm**

C) 5.35 Top Gear (HD) **6.35** The Big Bang Theory (HD, C) **7.00** Two and a Half Men (PGR, HD, C) **7.30** The Simpsons (PGR, HD, C) **8.30** ■ Fallen (1998, AO, C) A Philadelphia police detective investigates a copycat killer. Denzel Washington. **10.50 - 12.50am** ■ Boyz n the Hood (1991, AO, HD, C) Ice Cube, Cuba Gooding Jr. **TV Films, page 69**

UKTV SKY 007

6.30 QI (M) **7.00** EastEnders (PG) **7.30** The Graham Norton Show (M) **8.20** The Bill (M) **9.10** Midsomer Murders (M) **10.40** Call the Midwife (PG) **11.40** Doc Martin (M) **12.30** Lewis (M) **2.00** The Bill (M) **2.55** 8 Out of 10 Cats Does Countdown (M) **3.50** The Force: Essex (M) **4.40** The Graham Norton Show (M) **5.35** Who Do You Think You Are? USA (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.30** QI (PG) With Jo Brand, Colin Lane and David Mitchell. **8.00** Would I Lie to You? (PG) With Robert Webb, Sir Terry Wogan, Katy Wix and Kevin Bridges. **8.35** Heartbeat (M) With no bobby in Aidensfield, Tommy Unsworth and his motorbike pals seize the chance to make trouble. s17ep1 **9.30** Doctor Foster (16) Can Gemma and Simon put their feelings aside to help Tom? s2ep3 **10.35** Father Brown (PG) s4ep3 **11.25** Lewis (M) s9ep1 **12.55am** QI (M) **1.55** Would I Lie to You? (PG) **2.30** Who Do You Think You Are? USA (PG) **3.15** Heartbeat (M) **4.05** Doctor Foster (16) **5.05** Father Brown (PG) **5.50 - 6.50** Call the Midwife (PG)

SoHo SKY 010

6.20 A Million Little Things (M) s2ep15 **7.05** White House Farm (18) s1ep5 **7.55** Outcast (18) s2ep6 **8.40** Good Behavior (16) s2ep3 **9.30** Animal Kingdom (16) s2ep12 **10.20** The New Pope (16) s1ep4 **11.20** Snowfall (18) s1ep10 **12.15** Game of Thrones (18) s3ep9 **1.10** The Outsider (16) s1ep10 **2.10** Baptiste (16) s1ep6 **3.10** A Million Little Things (M) s2ep15 **3.55** White House Farm (18) s1ep5 **4.45** The Leftovers (16) s2ep9 **5.40** Shameless (18) s8ep7 **6.35** American Gods (18) s1ep5 **7.30** Warrior (18) Tensions escalate between the Hop Wei and Long Zii after an assassination attempt during a boisterous Chinatown parade. s1ep6 **8.30** A Million Little Things (M) Eddie's sister comes to town and causes tension with the family. s2ep16 **9.30** McMillion\$ (M) Documentary about the McDonald's Monopoly game scam. s1ep6 **10.30** Guerrilla (16) s1ep6 **11.25** The New Pope (16) s1ep8 **12.25am** Last Week Tonight with John Oliver (M) s7ep4 **12.55** American Gods (18) s1ep5 **1.50** Warrior (18) s1ep6 **2.50** A Million Little Things (M) s2ep16 **3.35** McMillion\$ (M) s1ep6 **4.35** Guerrilla (16) s1ep6 **5.30 - 6.30** The New Pope (16) s1ep8

Living SKY 017

6.00 Selling Houses Australia (G) **6.55** Escape to the Country (PG) **7.50** Long Lost Family UK (G) **8.45** A Place in the Sun: Winter Sun (PG) **9.40** A Place in the Sun: Summer Sun (G) **10.35** Love It or List It Australia (PG) **11.30** Grand Designs Australia (PG) **12.25** Location Location Location (G) **1.20** Escape to the Country (PG) **2.10** Selling Houses Australia (G) **3.05** Long Lost Family UK (G) **4.00** A Place in the Sun: Winter Sun (PG) **4.55** Love It or List It Australia (PG) **5.50** Selling Houses Australia (G) **6.40** Location Location Location (PG) **7.35** Escape to the Country (PG) Shropshire. **8.30** Salvage Hunters (PG) **9.25** The World's Most Extraordinary Homes (PG) Piers Taylor and Caroline Quentin travel to India, where traditional architecture meets cutting edge design. **10.25** Grand Designs Australia (PG) **11.25** Great Canal Journeys (G) The Shannon-Erne Canal. **12.20am** Great Canal Journeys (G) **1.15** Escape to the Country (PG) **2.10** Salvage Hunters (PG) **3.05** The World's Most Extraordinary Homes (PG) **4.05** Grand Designs Australia (PG) **5.05 - 6.00** Love It or List It Australia (PG)

SPORT

Sky Sport 1 SKY 051

6.00 World Rugby Sevens Vancouver, replay from from BC Place **4.00** Rugby, Japan Top League, Yamaha Jubilo v Suntory Sungoliath, highlights **4.30** Super Rugby, Crusaders v Reds, highlights from Orangetheory Stadium, Christchurch **5.00** Super Rugby, Waratahs v Chiefs, highlights from WIN Stadium, Wollongong **5.30** Super Rugby, Hurricanes v Blues, highlights from Sky Stadium, Wellington **6.00** Super Rugby, Bulls v Highlanders, highlights from Loftus Versfeld, Pretoria **6.30** Rugby Nation **7.30** Six Nations Review **8.30** The Breakdown, **live** **9.30** Super Rugby, Hurricanes v Blues, highlights **10.00** Six Nations Review **11.00** The Breakdown **12.00am** Six Nations, Ireland v Italy, replay **2.00** Six Nations, England v Wales, replay **4.00** Six Nations, Scotland v France, replay

Sky Sport 2 SKY 052

6.00 ICC Women's T20 World Cup, highlights **6.30** ICC Women's T20 World Cup, highlights **7.00** ICC Women's T20 World Cup, highlights **7.30** Cricket, South Africa v Australia 1st ODI, highlights from Boland Park, Paarl **8.30** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein **9.30** Cricket, South Africa v Australia 3rd ODI, highlights from Senwes Cricket Stadium, Potchefstroom, **10.30** Black Caps v India, 1st test wrap-up from the Basin Reserve, Wellington **12.30** Black Caps v India, 2nd test wrap-up from Hagley Oval, Christchurch **2.30** ICC Women's T20 World Cup, highlights **7.30** TBC **9.30** Cricket, South Africa v Australia, 2nd ODI, highlights **10.30** TBC **2.00am** TBC

DOCUMENTARIES

Sky Arts SKY 020

6.45 The Wanderers **7.00** The Art of Museums **8.00** Put Some Colour in Your Life **9.00** Discovering Dance in Film **10.05** Brave New Horizon **11.00** Finding Your Roots **Noon** Heartbound **1.30** Melanie De Biasio: Paris 2018 **2.45** The Wanderers **3.00** The Art of Museums **4.00** Tate Britain's Great Art Walks **4.45** Stories from Norway **5.35** Handmade in Mexico **6.05** Overthrow the Social Order **7.00** Put Some Colour in Your Life **8.00** Sounds of New York **8.30** Home Is Where the Art Is **9.15** The Sense of Beauty **10.15** Stars of the Silver Screen: Rex Harrison. **11.00** Carmina Burana **12.00am** Tate Britain's Great Art Walks **12.45** Stories from Norway **1.35** Handmade in Mexico **2.05** Overthrow the Social Order **3.00** Put Some Colour in Your Life **4.00** Sounds of New York **4.30** Home Is Where the Art Is **5.15** The Sense of Beauty

Discovery SKY 070

6.35 Fast N' Loud (PG) **7.30** Top Gear (PG) **8.20** Outback Opal Hunters (PG) **9.10** Diesel Brothers (PG) **10.00** How It's Made (PG) **10.25** How Do They Do It? (PG) **10.50** Aussie Gold Hunters (PG) **11.40** Swamp Murders (M) **12.30** Killer Instinct with Chris Hansen (M) **1.20** Web of Lies (M) **2.10** Top Gear (PG) **3.00** Bering Sea Gold (PG) **3.50** Deadliest Catch (PG) **4.45** Fast N' Loud (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Outback Opal Hunters (PG) **7.30** BattleBots (PG) **8.30** Expedition Unknown (PG) **9.25** Unexplained & Unexplored (PG) **10.15** Man vs Bear (PG) **11.05** Naked and Afraid (PG) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** World's Deadliest Weather Caught on Camera (PG) **1.35** Deadliest Catch (PG) **2.25** Bering Sea Gold (PG) **4.05** What on Earth? (PG) **4.55** Naked and Afraid (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Yukon Gold (M) **8.30** The Story of God with Morgan Freeman (PG) **9.30** Cosmos: Possible Worlds (PG) **10.30** Nazi Megastructures (M) **12.30** Wicked Tuna: North vs South (M) **1.30** Science of



Sky Sport 3: London Pulse v Celtic Dragons, 7.45am

Sky Sport 3 SKY 053

7.45 Netball Super League, London Pulse v Celtic Dragons, from Copper Box Arena, London, **live** **10.00** ANZ Premiership Netball 2019, grand final, replay **11.30** Netball Super League, Surrey Storm v London Pulse, replay **1.30** Netball Super League, London Pulse v Celtic Dragons, replay **3.30** ANZ Premiership Netball 2019, elimination final, Southern Steel v Northern Stars, replay **5.00** Netball Super League, Surrey Storm v London Pulse, replay **7.00** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars, replay **8.30** Netball Super League, London Pulse v Celtic Dragons, replay **10.30** Women's Six Nations, Scotland v France **12.30am** Netball Super League, Surrey Storm v London Pulse **2.30** Netball Super League, London Pulse v Celtic Dragons **4.30** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars, replay

Stupid Marathon (PG) **3.30** Apollo: Back to the Moon (PG) **5.30** Cosmos: Possible Worlds (PG) **6.30** Air Crash Investigation (M) **7.30** Brain Games (PG) **8.30** The Movies (M) **9.30** Disaster Earth (PG) **10.30** Drain the Oceans (PG) **11.30** Only in Oz (PG) **12.30am** Air Crash Investigation (M) **1.30** Brain Games (PG) **2.30** The Movies (M) **3.30** Disaster Earth (PG) **4.30** Drain the Oceans (PG) **5.30** Only in Oz (PG)

History SKY 073

6.30 Ireland, a Long Road to Peace (M) **7.30** Battle 360 (PG) **8.30** Time Team (PG) **9.30** Time Team **10.30** WWII: 1942 and Hitler's Soft Underbelly (M) **11.30** Coast Australia (PG) **12.30** Europe's Last Warrior Kings (PG) **1.30** The Fury and the Flames (PG) **2.30** Tales of the Gun (PG) **3.30** The Machinery of War (PG) **4.30** Dogfights (PG) **5.30** Spy Web (PG) **6.30** Scots in China (M) **7.30** Britain's Most Historic Towns (PG) **8.30** Suffragettes (PG) **9.30** Spitfire: The Birth of a Legend (PG) **10.30** Stalin: Inside the Terror (PG) **11.30** Engineering Disasters (PG) **12.30am** The Fury and the Flames (PG) **1.30** Tales of the Gun (PG) **2.30** The Machinery of War (PG) **3.15** Dogfights (PG) **4.00** Britain's Most Historic Towns (PG) **4.45** Suffragettes (PG) **5.30** Spitfire: The Birth of a Legend (PG)

BBC Earth SKY 074

6.45 Natural Curiosities (PG) **7.30** Life Below Zero (PG) **8.15** Where the Wild Men Are (PG) **9.00** Wild Patagonia (PG) **10.00** Life Below Zero (M) **10.45** Where the Wild Men Are (PG) **11.30** 24 Hours in A&E (M) **12.20** Blue Planet II (PG) **1.20** Human Universe (PG) **2.20** Polar Bear Family & Me (PG) **3.15** Natural Curiosities (PG) **4.00** Wild Patagonia (PG) **5.00** Life Below Zero (PG) **5.50** Where the Wild Men Are (PG) **6.45** The Dog Rescuers with Alan Davies (PG) **7.35** 24 Hours in A&E (M) **8.30** 24 Hours in A&E (PG) **9.25** Louis Theroux: Among the Sex Offenders (M) **10.30** Blue Planet II (PG) **11.35** Wild Patagonia (PG) **12.35am** Life Below Zero (PG) **1.20** The Dog Rescuers (PG) **2.05** 24 Hours in A&E (PG) **2.55** Louis Theroux: Among the Sex Offenders (M) **3.55** 24 Hours in A&E (M) **4.45** Life Below Zero (PG) **5.30** Polar Bear Family & Me (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
5.00 First Up with Indira Stewart
6.00 Morning Report Including **6.20** and **6.50** Business News **6.26** Rural News **6.48** and **7.45** NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including **10.45** The Reading
Noon Midday Report Including **12.16** Business News **12.26** Sport **12.34** Rural News **12.43** Worldwatch
1.06 Afternoons with Jesse Mulligan
4.06 The Panel with Wallace Chapman
5.00 Checkpoint with Lisa Owen Drive-time news and current affairs
6.30 Trending Now
6.55 The House Insights from Parliament
7.06 Nights with Bryan Crump
8.15 Dateline Pacific
8.30 Windows on the World
10.00 News at Ten
10.15 Lately with Karyn Hay
11.06 Worlds of Music With Trevor Reekie
12.04am All Night Programme
Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News & Weather 6.00, 7.00, 8.00, 9.00am, noon, 5.00pm
6.00 Daybreak With Cynthia Morahan
9.00 The Works With Nick Tipping
Noon Upbeat Music and the arts, with David Morriss
3.00 Classical Connection With Rick Young
7.00 Evening Classics
8.00 Music Alive 2019 WCMT: NZ String Quartet - Beethoven: String Quartet in A Op 18/5; Body: Bouyi; Shostakovich: String Quartet No 10 in A flat; Brahms: String Quartet in A minor Op 51/2, New Zealand String Quartet (recorded in St Andrew's on The Terrace, Wellington)
10.00 Day's End
12.00am Music Through the Night
Website: rnz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **9.00 Kerre McIvor** **Noon Simon Barnett & Phil Gifford** **4.00 Heather du Plessis-Allan** **7.00 D'Arcy Waldegrave** **8.00 Marcus Lush** **12.00am Jim Snedden** **5.00 Kate Hawkesby**
Website: newstalkzb.co.nz

Magic Talk

6.00 The AM Show **9.00 Peter Williams** **Noon Sean Plunket** **4.00 Ryan Bridge** **7.00 Leah Panapa** **11.00 Tony Amos** **5.00am Magic Music**
Website: magic.co.nz

Parliament

On AM radio: Auckland 882 Bay of Plenty 657 Waikato 1494 Napier 909 Wellington 657 Christchurch 963 Dunedin 900 Southland 1314
On television: Freeview 31 Sky 086 Vodafone 86
Website: parliament.nz

Sky Arts: Stars of the Silver Screen: Rex Harrison, 10.15pm



TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD)** With Hayley Holt and John Campbell.
- 9.00 The Ellen DeGeneres Show (C)**
- 10.00 Tipping Point (G, R, HD)**
- 11.00 Cash Trapped (G, C)**
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PGR, HD, C)**
Paddy is encouraged to tell the truth, Nate tries to make Moira jealous, and is Ryan willing to forgive?
- 1.00 Coronation Street 2020 (PGR, R, HD, C, AD)** Amy is distraught, Fiz and Tyrone are gobsmacked by an unrepentant Jade, and will David get the outcome he needs?
- 2.00 The Ellen DeGeneres Show (R, C)**
- 3.00 Tipping Point (G)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Dog Squad (G, R, HD, C, AD)** Wellington Delta team Rob and Quita track a big man up a small tree, and Rotorua Delta team Luke and Cato track a late-night prowler.
- 5.00 The Chase (HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Surveillance Oz (G, HD, C)** Series featuring surveillance footage in Australia. Tonight, a gang of women stealing from a store make a huge mistake.
- 8.00 Location Location Location (G, HD)** Kirstie Allsopp and Phil Spencer present a UK realty series. Tonight, they catch up with two couples who, in 2017, were in a race against time to find homes (includes Lotto at 8.20pm).
- 9.05 Heathrow: Britain's Busiest Airport (G, HD, C, AD)** Observational series that goes behind the scenes at Britain's biggest and busiest international airport.
- 9.35 Coronation Street 2020 (PGR, C, AD)** A furious Beth rails at Daniel, Adam reveals the bids at No 1, Geoff serves a new low, and Sarah unleashes hell.
- 10.35 1 News Tonight (HD, C)**
- 11.05 Criminal Minds (AO, R, HD, C, AD)** Several women go missing in Virginia and the BAU must figure out what they have in common in order to find them. s13ep6
- 12.00am Queen Sugar (PGR, HD, C)** s4ep6
- 12.55 Te Karere (R, HD)**
- 1.20 Infomercials**
- 5.35 - 6.00 Te Karere (R, HD)**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.30 Rescue Bots Academy (G, HD, C)**
- 6.40 Moon & Me (G, HD, C)**
- 7.05 The Tom and Jerry Show (G, R, HD, C)**
- 7.25 Star vs the Forces of Evil (G, R, HD, C)**
- 7.50 Bunnica (G, R, HD, C)**
- 8.15 The Lion Guard (G, R, HD, C)**
- 8.35 Goldie & Bear (G, R, HD, C)**
- 9.00 Religious Programming (R)**
- 9.30 Infomercials**
- 10.00 Neighbours (G, R, HD, C)**
- 10.30 Mike & Molly (PGR, R, HD, C)**
- 11.00 The Bachelorette NZ (R, C, AD)**
- Noon 2 Broke Girls (PGR, R, HD, C)**
- 1.00 Judge Rinder (G, HD)**
- 2.00 American Housewife (G, R, HD, C)**
- 2.30 Home and Away (G, R, C)**
- 3.00 Shortland Street (PGR, R, HD, C, AD)**
- 3.30 Powerpuff Girls (G, R, HD, C)**
- 3.40 Pokémon: Sun & Moon - Ultra Legends (G, HD, C)**
- 4.05 The Deep (G, HD, C)**
- 4.30 Friends (G, R, HD, C)**
- 5.00 The Simpsons (G, R, HD, C)**
- 5.30 Home and Away (G, C)**
- 6.00 The Big Bang Theory (G, R, HD, C)** When Howard finally breaks the news to his mum that he's engaged to Bernadette, it lands her in hospital. s4ep23
- 6.30 Neighbours (G, HD, C)** Finn is pushed to breaking point, Lucy connects with an old friend, and is Gary overinvested in Harlow?
- 7.00 Shortland Street (PGR, HD, C, AD)** Cece struggles with the backlash, Frank is stung twice, and Nicole has an attack on love.
- 7.30 Have You Been Paying Attention? (C, AD)** Hayley Sproull hosts a news quiz with comedians Urzila Carlson and Vaughan Smith.
- 8.30 8 Out of 10 Cats Does Countdown (AO, HD)** Host Jimmy Carr and team captains Jon Richardson and Sean Lock are joined by Jack Whitehall, Vic Reeves and Joe Wilkinson.
- 9.35 God Friended Me (G, HD, C, AD)** Arthur joins Miles on a road trip upstate after the God Account checks into a closed-down summer camp. s1ep19
- 10.35 Two and a Half Men (PGR, R, HD, C)** s4ep14
- 11.05 Mom (PGR, R, HD, C)** s2ep21
- 11.30 Wentworth (AO, R, HD, C)** Sonia continues her battle for freedom by manipulating both Liz and Vera. s6ep3
- 1.15am Shortland Street (PGR, R, HD, C, AD)**
- 1.40 Infomercials**
- 2.45 Quantico (AO, R, HD, C, AD)**
- 3.30 Love Island UK (AO, R, HD)**
- 5.05 Neighbours (G, R, HD, C)**
- 5.30 - 6.00 Infomercials**

THREE

FREEVIEW 3 SKY 003

- 6.00 The AM Show (HD)** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe (HD)** With Mike Puru and Mel Homer.
- 10.00 Infomercials**
- 11.25 Millionaire Hot Seat (G, R, HD)**
- 12.25 Face the Truth (PGR, HD)**
- 12.50 Dr Phil (AO, HD)**
- 1.50 Married at First Sight Australia (PGR, R, HD, C)**
- 3.20 My Sri Lanka with Peter Kuruvita (G, HD)** s1ep7
- 3.55 United Plates of America (G, R, HD)**
- 4.30 Newshub Live (HD)**
- 5.00 Millionaire Hot Seat (G, HD)**
- 6.00 Newshub Live (HD)**
- 7.00 The Project (HD)** With Jesse Mulligan, Kanoa Lloyd and Jeremy Corbett.
- 7.30 Married at First Sight Australia (PGR, HD, C)**
- 9.00 Talking Married (AO, HD, C)** A re-cap of the action on Married at First Sight.
- 9.15 Lost & Found (PGR, R, HD, C)** Rawiri was given up for adoption at birth and is looking for his mother, and a stay-at-home mum is looking for her Dutch father who was never part of her life.
- 10.15 Newshub Late**
- 10.45 SVU (AO, R, HD, C)** Benson and Barba find themselves between two families wanting justice for their loved ones. s18ep21
- 11.40 Face the Truth (PGR, HD)** Vivica A Fox and her team tackle difficult problems.
- 12.10am - 6.00 Infomercials**
- BRAVO** FREEVIEW 4 SKY 012
- 6.00 Infomercials (G, R)**
- 10.00 Four Weddings USA (G, R)**
- 11.00 Snapped (PGR, R)**
- Noon Keeping Up with the Kardashians (PGR, R)**
- 1.00 The Real Housewives of Beverly Hills (PGR, R)**
- 2.00 Below Deck (PGR, R)**
- 3.00 Undercover Boss (G, R, C)**
- 4.00 The Kelly Clarkson Show (G)**
- 5.00 Judge Jerry (G)**
- 5.30 Hoarders (G, R)**
- 6.30 Love It or List It (G)**
- 7.35 Hoarders (G)**
- 8.30 999: What's Your Emergency? (AO)** There is a heated arrest at a supermarket in Cheshire, and a rise in racially-based incidents at weekends.
- 9.35 Young Dumb and Banged Up in the Sun (AO)** Andrew was falsely implicated in a murder and extradited to Greece to languish in jail for a year before the trial.
- 10.35 Snapped (PGR, R)**
- 11.30 Snapped: Killer Couples (PGR, R)**
- 12.20am - 6.00 Infomercials (G, R)**



TVNZ 1: Seven Sharp, 7.00pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes (G, R)**
- 9.00 Celebrity Antiques Road Trip (G, R)**
- 10.00 The Doctors (PGR)**
- 11.00 The Chase Australia (G, R, C)**
- Noon Everybody Loves Raymond (G, R, C)**
- 12.30 Chicago Justice (AO, R, C)**
- 1.30 Frasier (G, R)**
- 2.00 The Late Show with Stephen Colbert (PGR, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 A Place in the Sun (G)**
- 5.00 3rd Rock from the Sun (G, C)**
- 5.30 Prime News**
- 6.00 SkySpeed**
- 6.30 Sky Sport News**
- 7.00 The Crowd Goes Wild**
- 7.30 Traffic Cops (PGR, C)**
- 8.30 Ambulance (AO, C)** A caller needs help for a friend who has given birth in a hotel room.
- 9.45 ■ Bad Tenants, Rogue Landlords (AO)**
- 10.35 Courtside (G)**
- 11.05 NZ Football Show (G)**
- 11.40 - 12.40am The Late Show with Stephen Colbert (PGR)**

MĀORITV

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)**
- 9.00 Best of Kai Time on the Road (G, R)**
- 9.30 Ōpaki (G, R)**
- 10.00 Waiata (G, R)**
- 10.30 Mōrena (R)**
- 11.00 Matangi Rau (G, R)**
- Noon Funny Whare: Gamesnight (PGR, R)**
- 12.30 It's in the Bag (G, R)**
- 1.00 Ngā Pari Kārangaranga o te Motu (G, R)**
- 1.30 Ako (G, R)**
- 2.00 Tōku Reo (G, R)**
- 3.00 Kids' Programmes (G, R)**
- 6.30 Te Ao: Māori News**
- 7.00 R & R with Eru & K'Lee (G)**
- 7.30 Cam's Kai (G, R)**
- 8.00 Ahikāroa (PGR, R)**
- 8.30 ■ Tōku Whare Kōhanga Reo (G)** Te Ataakura Pewhairangi and Nathaniel Howe present a kōhanga reo makeover series. Tonight, Te Kōhao o te Ngīra in Hamilton.
- 9.30 The Puna (G, R)**
- 10.00 Rere te Whiu (AO, R)** A skit-style comedy series.
- 10.30 #whiuatepātai (AO, R)**
- 11.00 - 11.30 Te Ao: Māori News (R)**

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
7.10 Fantastic Beasts: The Crimes of Grindelwald (2018, M) Eddie Redmayne 9.20 Sharon 1.2.3 (2018, M) Matt Bush, Gina Rodriguez 10.40 Class Rank (2017, M) Olivia Holt, Skyler Gisondo 12.25 Peppermint (2018, 16) Jennifer Garner, John Ortiz 2.05 People Interview: Glenn Close (G) 2.30 Fantastic Beasts: The Crimes of Grindelwald (2018, M) Eddie Redmayne 4.40 Lost in London (2017, M) Woody Harrelson 6.25 Cleanin' Up the Town: Remembering Ghostbusters (2019, M) Documentary. 8.30 Speed Kills (2018, M) A speedboat racer gets into trouble with the cops and the crime lords. John Travolta, Katheryn Winnick 10.15 Hearts Beat Loud (2018, M) Nick Offerman 11.50 The Body (2018, 18) Tom Bateman 1.15am Beirut (2018, M) 3.05 Lost in London (2017, M) 4.50 Cleanin' Up the Town: Remembering Ghostbusters (2019, M)	6.50 Grace (2019, 16) Tate Donovan, Katie Cassidy 8.25 Midnight Sun (2018, PG) Bella Thorne 9.55 Loving Pablo (2018, 16) Javier Bardem 11.55 11-11-11 (2011, 16) Timothy Gibbs, Michael Landes 1.30 Boy Erased (2018, 16) Nicole Kidman, Russell Crowe 3.25 Midnight Sun (2018, PG) Bella Thorne 4.55 The Girl in the Spider's Web (2018, 16) Claire Foy 6.50 The Miracle Season (2018, PG) Helen Hunt 8.30 Green Book (2018, M) A working-class white man is hired to drive an African-American pianist on a concert tour through the 1960s South. Viggo Mortensen, Mahershala Ali 10.40 Steve McQueen: Desert Racer (2015, PG) Documentary. 11.30 The Extraordinary Journey of the Fakir (2018, M) Dhanush, Erin Moriarty 1.05am Adrift (2018, M) 2.40 Giallo (2009, 18) 4.15 The Girl in the Spider's Web (2018, 16)	7.45 1941 (1979, PG) Dan Aykroyd 9.40 Angel Heart (1987, 16) Mickey Rourke 11.30 Mermaids (1990, PG) Cher 1.20 Sid and Nancy (1986, 16) Gary Oldman, Chloe Webb 3.15 1941 (1979, PG) Dan Aykroyd 5.10 The Night Before (1988, 16) Keanu Reeves, Lori Loughlin 6.40 Hamburger Hill (1987, M) Based on the US Army assault of a mountain near the Laotian border during the Vietnam War. Don Cheadle, Dylan McDermott, Courtney B Vance 8.30 The Firm (1993, PG) A young Harvard Law School graduate joins a prestigious firm only to discover its sinister dark side. Tom Cruise, Jeanne Tripplehorn, Gene Hackman 11.00 Undercover Blues (1993, PG) Married spies try to take maternity leave, but their boss wants them to do one more job. Dennis Quaid 12.30am Another Country (1984, M) 2.00 Bad Boys for Life Featurette (2019, M) 2.15 Hamburger Hill (1987, M) 4.05 The Firm (1993, PG)	6.35 The Twelve (16) s1ep8 7.25 Things to Come (2016, M) Isabelle Huppert 9.10 McMafia (16) s1ep3&4 11.05 Diamond Island (2016, M) Sobon Nuon 12.50 Cardinal (16) s3ep5 1.35 Wayne (2018, M) Australian documentary. 3.15 McMafia (16) s1ep5&6 5.15 Orchestra Class (2017, M) Kad Merad 6.55 Show Me the Picture: The Story of Jim Marshall (2019, 16) UK documentary. 8.30 Her Smell (2018, 16) A self-destructive punk rocker is determined to alienate everyone around her. Elisabeth Moss, Dan Stevens, Cara Delevingne 10.45 Nine (2009, PG) A film director engages in many dramatic relationships. Daniel Day Lewis, Nicole Kidman, Marion Cotillard, Judi Dench, Penelope Lopez 12.45am An Evening with Beverly Luff Linn (2018, M) 2.30 My Breakup with God (2019, 16) 2.45 McMafia (16) s1ep5&6 4.45 Nine (2009, PG)

GENERAL

ThreeLife FREEVIEW 11 SKY 029

6.00 Infomercials **9.00** Luxury Homes (R, HD) **9.30** Family Feud Australia (R) **10.00** Good Chef Bad Chef (R, HD) **10.30** Duck Dynasty (PGR, R, HD) **11.00** Adrenaline (R, HD) **11.30** Vacation Creation (R, HD) **Noon** Adam's Pasta Pilgrimage (R, HD) **12.30** Tropical Gourmet Queensland (R, HD) **1.00** Xscape (R, HD) **1.30** Luxury Homes (R, HD) **2.00** Family Feud Australia (R) **2.30** Good Chef Bad Chef (R, HD) **3.00** Duck Dynasty (PGR, R, HD) **3.30** Adrenaline (R, HD) **4.00** Vacation Creation (R, HD) **4.30** Adam's Pasta Pilgrimage (R, HD) **5.00** Tropical Gourmet Queensland (R, HD) **5.30** Xscape (R, HD) **6.00** Luxury Homes (HD) **6.30** Family Feud Australia (R) **7.00** Good Chef Bad Chef (R, HD) **7.30** The AFN Fishing Show (R, HD) **8.00** Garage Dreams (R, HD) **8.30** Celebrity Car Wars (R, HD) **9.30** Secret Meat Business (R, HD) **10.00** The Gadget Show (R, HD) **10.30** Luxury Homes Revealed (HD) **11.00** Family Feud Australia (R) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 Animal Park **7.00** Jamie's 30 Minute Meals **7.30** Gourmet Farmer Afloat **8.00** Love Nature: My Family & the Galapagos **9.00** Cheese Slices **9.30** Brother vs Brother **10.30** Mysteries at the Museum **11.30** American Pickers **12.30** Location Location Location **1.30** Help! My House Is Falling Down **2.30** My Dream Home **3.30** The Kitten Rescuers **4.30** Gino's Italian Escape **5.00** Nigellissima **5.30** Mysteries at the Museum **6.30** Gem Hunt **7.30** Where the Wild Men Are with Ben Fogle **8.30** Running Wild with Bear Grylls **9.30** Alone: The Arctic (PGR) **10.30** Gem Hunt **11.30** Mysteries at the Museum **12.30am** Gino's Italian Escape **1.00** Nigellissima **1.30** Carver Kings **2.00** Cash Cowboys **3.00** The Kitten Rescuers **4.00** Alone: The Arctic (PGR) **5.00 - 6.00** Mysteries at the Museum

TVNZ Duke FREEVIEW 13 SKY 023

1.15pm Formula E Street Racers (HD) **1.40** Top Gear (HD) **2.40** American Pickers (HD) **3.30** Two and



Movies Extra: Green Book, 8.30pm

a Half Men (PGR, HD, C) **3.55** The Fresh Prince of Bel Air (C) **4.20** America's Funniest Home Videos (HD, C) **5.10** Home Improvement (HD, C) **5.35** Top Gear (HD) **6.35** The Big Bang Theory (HD, C) **7.05** Two and a Half Men (PGR, HD, C) **7.30** The Simpsons (HD, C) **8.30** NZ Hunter Adventures (HD) Willie and cameraman Emil go on a trip to the Lugar Burn block in Fiordland's wapiti country. **9.30** Raw Recruits (AO, HD) **10.30** Car SOS (HD) **11.20 - 12.20am** Behind Bars: World's Toughest Prisons (AO, HD)

UKTV SKY 007

6.50 EastEnders (PG) **7.25** The Graham Norton Show (PG) **8.15** The Bill (M) **9.05** Midsomer Murders (M) **10.40** Call the Midwife (PG) **11.40** Doc Martin (M) **12.30** Lewis (PG) **2.00** The Bill (M) **2.55** 8 Out of 10 Cats Does Countdown (M) **3.50** The Force: North East (M) **4.40** The Graham Norton Show (M) **5.35** Who Do You Think You Are? USA (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.30** QI (M) With Sara Pascoe, Jack Whitehall and David Mitchell. **8.00** Would I Lie to You? (PG) With David O'Doherty, Katherine Parkinson, Bill Turnbull and Louie Spence. **8.35** The Coroner (PG) A woman drops dead in the build-up to a Latin dance festival in Lighthaven. s1ep10 **9.30** Holby City (M) Jac puts her patient before her own health concerns, with serious consequences. s19ep9 **10.35** The Vicar of Dibley (PG) s2ep3 **11.05** Lewis

(PG) s9ep2 **12.35am** QI (M) **1.35** Would I Lie to You? (PG) **2.10** Who Do You Think You Are? USA (PG) **2.50** The Coroner (PG) **3.35** Holby City (M) **4.35** The Vicar of Dibley (PG) **5.10 - 6.00** Doc Martin (M)

SoHo SKY 010

6.30 Last Week Tonight with John Oliver (M) s7ep4 **7.00** American Gods (18) s1ep5 **7.55** Warrior (18) s1ep6 **8.40** Animal Kingdom (16) s2ep13 **9.30** The New Pope (16) **10.30** Snowfall (18) s2ep1 **11.15** Game of Thrones (18) s3ep10 **12.20** Last Week Tonight with John Oliver (M) s7ep4 **12.50** A Million Little Things (M) s2ep16 **1.35** McMillions (M) s1ep6 **2.35** Guerrilla (16) s1ep6 **3.30** The New Pope (16) s1ep8 **4.30** The Leftovers (16) s2ep10 **5.45** Shameless (18) s8ep8 **6.40** Strike Back (18) s7ep4 **7.30** Temple (16) s1ep6 **8.30** White House Farm (18) Season 1 finale. A polarising trial begins in which accounts clash. s1ep6 **9.30** Westworld (18) Season 2 finale. s2ep10 **11.00** The Outsider (16) s1ep10 **12.00am** Ray Donovan (18) s5ep2 **12.55** Strike Back (18) s7ep4 **1.45** Temple (16) s1ep6 **2.30** White House Farm (18) s1ep6 **3.20** Westworld (18) s2ep10 **4.50** Last Week Tonight with John Oliver (M) s7ep4 **5.20** The Outsider (16) s1ep10

Living SKY 017

6.00 Selling Houses Australia (G) **6.55** Escape to the Country (PG) **7.50** Long Lost Family UK (G) **8.45** A Place in the Sun: Winter Sun (PG) **9.40** Grand Designs Australia (PG) **10.30** Salvage Hunters (PG) **11.25** Escape to the Country (PG) **12.15** Location Location Location (PG) **1.10** Escape to the Country (PG) **2.05** The World's Most Extraordinary Homes (PG) **3.05** Long Lost Family UK (PG) **4.00** A Place in the Sun: Winter Sun (PG) **4.55** Salvage Hunters (PG) **5.45** Selling Houses Australia (G) **6.40** Location Location Location (PG) **7.35** Love Your Garden (PG) Salford. **8.30** Garden Rescue (PG) Manjinder wants to create an interactive and colourful space. **9.25** Location Location Location (PG) **10.20** Love It or List It Australia (PG) Tarragindi, Qld. **11.15** Great Canal Journeys (G) Sweden. **12.15am** Great Canal Journeys (G) **1.15** Love Your Garden (PG) **2.10** Garden Rescue (PG) **3.05** Location Location Location (PG) **4.05** Love It or List It Australia (PG) **5.05 - 6.00** Salvage Hunters (PG)

SPORT

Sky Sport 1 SKY 051

6.00 The Breakdown **7.00** World Rugby Sevens Vancouver, replay from BC Place **4.00** The Breakdown **5.00** Super Rugby, Crusaders v Reds, highlights from Orangetheory Stadium, Christchurch **5.30** Super Rugby, Waratahs v Chiefs, highlights from WIN Stadium, Wollongong **6.00** Super Rugby, Hurricanes v Blues, highlights from Sky Stadium, Wellington **6.30** Super Rugby, Rebels v Lions, highlights from AAMI Park, Melbourne **7.00** Super Rugby, Sharks v Jaguares, highlights from Jonsson Kings Park, Durban **7.30** Super Rugby, Bulls v Highlanders, highlights from Loftus Versfeld, Pretoria **8.00** Six Nations, England v Wales, replay from Twickenham, London **10.00** Rugby, Japan Top League, Yamaha Jubilo v Suntory Sungoliath, replay **12.00am** Six Nations Review **1.00** The Breakdown **2.00** Super Rugby, Rebels v Lions, replay from AAMI Park, Melbourne **4.00** Super Rugby, Sharks v Jaguares, replay from Jonsson Kings Park, Durban

Sky Sport 2 SKY 052

6.30 Black Caps v India, 2nd test wrap-up **8.30** ICC Women's T20 World Cup, highlights **9.00** ICC Women's T20 World Cup, highlights **9.30** ICC Women's T20 World Cup, highlights **10.00** TBC **Noon** Cricket, South Africa v Australia, 2nd ODI, highlights **1.00** TBC **9.00** ICC Women's T20 World Cup, highlights **9.30** ICC Women's T20 World Cup, highlights **10.00** TBC **12.00am** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein **1.00** Cricket, South Africa v Australia, 3rd ODI, highlights from from Senwes Cricket Stadium, Potchefstroom **2.00** TBC

DOCUMENTARIES

Sky Arts SKY 020

6.15 Stars of the Silver Screen **7.00** Carmina Burana **8.00** Tate Britain's Great Art Walks **8.45** Stories from Norway **9.35** Handmade in Mexico **10.05** Overthrow the Social Order **11.00** Put Some Colour in Your Life **Noon** Sounds of New York **12.30** Home Is Where the Art Is **1.15** The Sense of Beauty **2.15** Stars of the Silver Screen **3.00** Carmina Burana **4.00** Brent Parker Symphony **4.15** ■ Mstislav Rostropovich: The Indomitable Bow (2018, G) **5.35** ■ Pan! Our Music Odyssey (2014, G) **6.55** Elbphilharmonie: Piotr Anderszewski **8.40** Valery Gergiev conducts Bruckner **9.30** Pianomania: Daniil Trifonov **11.20** Clear, Loud, Bright, Forward **12.00am** Brent Parker Symphony **12.15** ■ Mstislav Rostropovich: The Indomitable Bow (2018, G) **1.35** ■ Pan! Our Music Odyssey (2014, G) **2.55** Elbphilharmonie: Piotr Anderszewski **4.40** Valery Gergiev conducts Bruckner **5.30** Pianomania: Daniil Trifonov

Discovery SKY 070

6.35 Fast N' Loud (PG) **7.30** Deadliest Weather (PG) **8.20** BattleBots (PG) **9.10** Unexplained & Unexplored (PG) **10.00** How It's Made (PG) **10.25** How Do They Do It? (PG) **10.50** Aussie Gold Hunters (PG) **11.40** Swamp Murders (M) **12.30** Killer Instinct (M) **1.20** People Magazine Investigates (PG) **2.10** Top Gear (PG) **3.00** Bering Sea Gold (PG) **3.50** Deadliest Catch (PG) **4.45** Fast N' Loud (PG) **5.40** Aussie Gold Hunters (PG) **7.30** Alaska (PG) **8.30** Homestead Rescue (PG) **9.25** River of No Return (PG) **10.15** Moonshiners (PG) **11.05** Naked and Afraid (M) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** Deadliest Weather (PG) **1.35** Deadliest Catch (PG) **2.25** Bering Sea Gold (PG) **4.05** What on Earth? (PG) **4.55** Naked and Afraid (M) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Yukon Gold (M) **8.30** The Story of God (PG) **9.30** Apocalypse (M) **10.30** Banged Up Abroad (16) **12.30** Wicked Tuna (M) **1.30** Ultimate Supercar (PG) **2.30** Hitler's Last Stand (M) **4.30** Facing ... (M) **5.30**



History: Stalin: Inside the Terror, 6.30am

Sky Sport 3 SKY 053

6.00 Rugby, Women's Six Nations, England v Wales, replay **8.00** Women's Six Nations, Scotland v France, replay **10.00** Women's Six Nations, Ireland v Italy, replay from from Donnybrook, Dublin **Noon** Women's Six Nations, England v Wales, replay **2.00** Women's Six Nations, Scotland v France, replay **4.00** Women's Six Nations, Ireland v Italy, replay **6.00** Football, Hyundai A-League, Central Coast Mariners v Wellington Phoenix, replay from Central Coast Stadium, Gosford **8.00** NZ Football Show **8.30** Women's Six Nations, England v Wales, replay **10.30** Women's Six Nations, Scotland v France, replay **12.30am** Women's Six Nations, Ireland v Italy, replay **2.40** Cycling, Paris-Nice, stage 4, Saint-Amand-Montrond, **live 5.00** Football, Hyundai A-League, Central Coast Mariners v Wellington Phoenix, replay from Central Coast Stadium, Gosford

The Movies (M) **6.30** Air Crash Investigation (M) **7.30** Ultimate Survival WWII (M) **8.30** Apocalypse: War of Worlds (M) **9.30** Cosmos: Possible Worlds (PG) **10.30** Drain the Oceans (PG) **11.30** China from Above **12.30am** Air Crash Investigation (M) **1.30** Ultimate Survival WWII (M) **2.30** Apocalypse (M) **3.30** Cosmos: Possible Worlds (PG) **4.30** Drain the Oceans (PG) **5.30** China from Above

History SKY 073

6.30 Stalin: Inside the Terror (PG) **7.30** Engineering Disasters (PG) **8.30** Mysteries at the Museum (PG) **9.30** Time Team **10.30** Scots in China (M) **11.30** Britain's Most Historic Towns (PG) **12.30** Suffragettes (PG) **1.30** The Fury and the Flames (PG) **2.30** Tales of the Gun (PG) **3.30** The Machinery of War (PG) **4.30** Dogfights (PG) **5.30** Spy Web (PG) **6.30** WWII:1941 and the Man of Steel (M) **7.30** Titans of the 20th Century (PG) **8.30** Portillo's Hidden History of Britain (PG) **9.30** The Vietnam War (16) **10.30** Oliver Stone: Untold History of the US (M) **11.30** Bitter Rivals: Iran and Saudi Arabia (PG) **12.30am** The Fury and the Flames (PG) **1.30** Tales of the Gun (PG) **2.30** The Machinery of War (PG) **3.15** Dogfights (PG) **4.00** Titans of the 20th Century (PG) **4.45** Portillo's Hidden History of Britain (PG) **5.30** The Vietnam War (16)

BBC Earth SKY 074

6.20 Natural Curiosities (PG) **7.10** Life Below Zero (PG) **7.55** Where the Wild Men Are (PG) **8.40** Wild Patagonia (PG) **9.40** 24 Hours in A&E (PG) **10.30** Louis Theroux: Among the Sex Offenders (M) **11.30** 24 Hours in A&E (M) **12.20** Life Story (PG) **1.10** Human Universe (PG) **2.10** Elephant Family & Me (PG) **3.10** Natural Curiosities (PG) **4.00** Wild Patagonia (PG) **5.00** Life Below Zero (PG) **5.50** Where the Wild Men Are (M) **6.45** The Dog Rescuers (PG) **7.35** 24 Hours in A&E (PG) **8.30** Patrick Aryee's Dogs (PG) **9.25** Earth's Natural Wonders (PG) **10.25** Life Story (PG) **11.25** Wild Patagonia (PG) **12.25am** Life Below Zero (PG) **1.10** The Dog Rescuers (PG) **1.55** Patrick Aryee's Dogs (PG) **2.45** Earth's Natural Wonders (PG) **3.35** Elephant Family & Me (PG) **4.35** Human Universe (PG) **5.35** Life Story (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

5.00 First Up with Indira Stewart**6.00 Morning Report** Including **6.20** and **6.50** Business News **6.26** Rural News **6.48** and **7.45** NZ Newspapers**9.06 Nine to Noon with Kathryn Ryan**Including **10.45** The Reading**Noon Midday Report** Including **12.16** Business News **12.26** Sport **12.34** Rural News **12.43** Worldwatch**1.06 Afternoons with Jesse Mulligan****4.06 The Panel with Wallace Chapman****5.00 Checkpoint with Lisa Owen** Drive-time news and current affairs**6.30 Trending Now****6.55 The House** Insights from Parliament**7.06 Nights with Bryan Crump****7.35 At the Movies****8.15 Dateline Pacific****8.30 Windows on the World****10.00 News at Ten****10.15 Lately with Karyn Hay****11.06 Inside Out with Nick Tipping****12.04am All Night Programme**Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News & Weather 6.00, 7.00, 8.00, 9.00am, noon, 5.00pm**6.00 Daybreak** With Cynthia Morahan**9.00 The Works** With Nick Tipping**Noon Upbeat** Music and the arts, with David Morriss**3.00 Classical Connection** With Rick Young**7.00 Evening Classics****8.00 Music Alive** Deutsche Welle Festival:

Eight Bridges – Kourliandski: Riot of Spring; Nevsky: 18 Episodes for orchestra; Shostakovich: Piano Concerto No 1 in C minor Op 35 (2); Rachmaninov: Symphony No 2 in E minor Op 27, Southwest German Radio Symphony Orchestra/Teodor Currentzis, Alexander Melnikov (piano), Jeroen Berwaerts (trumpet), Mahler Chamber Orchestra/Teodor Currentzis (recorded in the Philharmonie, Cologne, by Deutsche Welle)

10.00 Day's End**12.00am Music Through the Night**Website: rnz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **9.00 Kerre McIvor** **Noon Simon Barnett & Phil Gifford** **4.00 Heather du Plessis-Allan** **7.00 D'Arcy Waldegrave** **8.00 Marcus Lush** **12.00am Jim Snedden** **5.00 Kate Hawkesby**
Website: newstalkzb.co.nz

Magic Talk

6.00 The AM Show **9.00 Peter Williams** **Noon Sean Plunket** **4.00 Ryan Bridge** **7.00 Leah Panapa** **11.00 Tony Amos** **5.00am Magic Music**
Website: magic.co.nzBBC Earth:
Patrick Aryee's
Dogs, 8.30pm

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD)** Hayley Holt and John Campbell present news, information, sport and weather.
- 9.00 The Ellen DeGeneres Show (C)**
- 10.00 Tipping Point (G, R, HD)** Ben Shephard hosts a UK quiz show.
- 11.00 Cash Trapped (G, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PGR, HD, C)** Priya reaches out to Jacob, Charity confronts Brenda, and do Cain and Moira have a future?
- 1.00 Coronation Street 2020 (G, R, HD, C, AD)** Cathy voices her concerns for Yasmeen, Steve is gobsmacked, David is reminded not to give up hope, and can Dev and Chesney let bygones be bygones?
- 2.00 The Ellen DeGeneres Show (R, C)**
- 3.00 Tipping Point (HD)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Dog Squad (G, R, HD, C, AD)** Waikato Delta team Kieran and Gabby join a police pursuit and track an offender across country, and Corrections detector dog Bee shows how well she knows her stuff.
- 5.00 The Chase (HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Jamie's Ultimate Veg (HD, C, AD)** Jamie Oliver presents a series about cooking vegetables.
- 8.30 Who Wants to Be a Millionaire UK (G, HD, C)** Jeremy Clarkson hosts a UK series in which contestants have the opportunity to answer 15 questions in the hope of winning £1,000,000.
- 9.30 Coronation Street 2020 (PGR, C, AD)** Adam and Sarah's wedding takes place, a lot of truths come to light, and what scheme will Geoff play next?
- 10.30 1 News Tonight (HD, C)**
- 11.00 How Not to Get Cancer (G, R, HD, C)** Dr Richard Babor from The Big Ward investigates the latest information in the fight against "the big C".
- 12.00am Outback Truckers (PGR, R, HD, C)**
- 1.00 Te Karere (R, HD)**
- 1.25 Infomercials**
- 5.35 - 6.00 Te Karere (R, HD)**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.30 Rescue Bots Academy (G, HD, C)**
- 6.40 Moon & Me (G, HD, C)**
- 7.05 The Tom and Jerry Show (G, R, HD, C)**
- 7.25 Star vs the Forces of Evil (G, R, HD, C)**
- 7.50 Bunnica (G, R, HD, C)**
- 8.15 The Lion Guard (G, R, HD, C)**
- 8.35 Goldie & Bear (G, R, HD, C)**
- 9.00 Infomercials**
- 10.05 Neighbours (G, R, HD, C)**
- 10.35 Mike & Molly (PGR, R, HD, C)**
- 11.00 Army Wives (PGR, R, HD, C)**
- Noon 2 Broke Girls (PGR, R, HD, C)**
- 1.00 Judge Rinder (HD)**
- 2.00 American Housewife (G, R, HD, C)**
- 2.30 Home and Away (G, R, C)**
- 3.00 Shortland Street (PGR, R, HD, C, AD)**
- 3.30 Powerpuff Girls (G, R, HD, C)**
- 3.40 Pokémon: Sun & Moon - Ultra Legends (G, HD, C)**
- 4.05 The Deep (G, HD, C)**
- 4.30 Friends (G, R, HD, C)**
- 5.00 The Simpsons (G, R, HD, C)**
- 5.30 Home and Away (G, C)**
- 6.00 The Big Bang Theory (G, R, HD, C)** After hearing Leonard and Priya indulge in a Star Trek bedroom fantasy, Raj moves in with Sheldon. s4ep24
- 6.30 Neighbours (G, HD, C)** It's Mardi Gras and love is in the air, and Finn deals with the greatest challenge of his life.
- 7.00 Shortland Street (PGR, HD, C, AD)** Damo gets the gig of a lifetime, Tess lashes out, and Marty is tempted to take the leap.
- 7.30 Ten 7 Summer (PGR, HD, C)** The biggest cases and best moments from the past season of Police Ten 7.
- 8.00 Booze Patrol (PGR, HD, C)** Australian series following police carrying out random breath testing.
- 8.30 Ambulance Australia (HD, C)** Crews deal with a high-speed car rollover, a road rage assault, and patients who are dangerously intoxicated.
- 9.45 Naked Attraction (AO, HD, C)** Trans-woman Amira and rugby-mad Andy are looking for love.
- 10.40 Two and a Half Men (PGR, R, HD, C)** s4ep15
- 11.10 Mom (PGR, R, HD, C)** s2ep22
- 11.40 Claws (AO, HD, C)** Desna discovers that Mac and Melba have done something horrible to a loved one.
- 12.30am Private Practice (AO, R, HD, C)**
- 1.15 Shortland Street (PGR, R, HD, C, AD)**
- 1.40 Infomercials**
- 2.45 Quantico (AO, R, HD, C, AD)**
- 3.30 Love Island UK (AO, R, HD)**
- 5.05 Neighbours (G, R, HD, C)**
- 5.30 - 6.00 Infomercials**

THREE

FREEVIEW 3 SKY 003

- 6.00 The AM Show (HD)** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe (HD)**
- 10.00 Infomercials**
- 11.25 Millionaire Hot Seat (G, R, HD)**
- 12.25 Face the Truth (PGR, HD)**
- 12.50 Dr Phil (AO, HD)**
- 1.50 Married at First Sight Australia (PGR, R, HD, C)**
- 3.20 My Sri Lanka with Peter Kuruvita (G, HD)**
- 3.55 United Plates of America (G, R, HD)**
- 4.30 Newshub Live (HD)**
- 5.00 Millionaire Hot Seat (G, HD)**
- 6.00 Newshub Live (HD)**
- 7.00 The Project (HD)** With Jesse Mulligan, Kanoa Lloyd and Jeremy Corbett.
- 7.30 Lego Masters USA (PGR, HD, C)** Will Arnett hosts a Lego competition series, with judges Amy Corbett and Jamie Berard. Tonight, the 10 teams of two must create a themed amusement park featuring at least one automated moving attraction. s1ep1
- 8.30 The Best of the Graham Norton Show (PGR, HD, C)** A compilation episode featuring the best bits from the past season.
- 9.35 Live at the Apollo (AO, HD, C)** Tom Allen introduces Rosie Jones and Kae Kurd. s15ep1
- 10.35 Newshub Late**
- 11.05 NCIS: LA (AO, R, HD, C)** s8ep24
- 12.00am - 6.00 Infomercials**

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials (G, R)**
- 10.00 Four Weddings USA (G, R)**
- 11.00 Snapped (PGR, R)**
- Noon Keeping Up with the Kardashians (PGR, R)**
- 1.00 The Real Housewives of Beverly Hills (PGR, R)**
- 2.00 Below Deck (PGR, R)**
- 3.00 Undercover Boss (G, R, C)**
- 4.00 The Kelly Clarkson Show (G)**
- 5.00 Judge Jerry (G)**
- 5.30 Hoarders (G, R)**
- 6.30 Love It or List It (G)**
- 7.30 Tattoo Fixers (PGR)** Jay banishes Ant's backside buddy, and Alice blows away Cheryl's windy devil.
- 8.35 Below Deck Sailing Yacht** With the boat in total disarray, tensions between the old and new crew begin to simmer.
- 9.35 The Real Housewives of Cheshire (AO)** Could Dawn's attempts to build bridges be the start of a new era?
- 10.40 Snapped (PGR, R)**
- 11.30 Snapped: Killer Couples (AO, R)**
- 12.20am - 6.00 Infomercials (G, R)**



TVNZ 2: Ambulance Australia, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes (G, R)**
- 9.00 Celebrity Antiques Road Trip (G, R)**
- 10.00 The Doctors (PGR)**
- 11.00 The Chase Australia (G, R, C)**
- Noon Everybody Loves Raymond (G, R, C)**
- 12.30 Bull (PGR, R, C)**
- 1.30 Frasier (G, R)**
- 2.00 The Late Show (PGR, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 A Place in the Sun (G)**
- 5.00 3rd Rock from the Sun (G, C)**
- 5.30 Prime News**
- 6.00 Prime Sport (G)**
- 6.30 Sky Sport News**
- 7.00 The Crowd Goes Wild**
- 7.30 Mayday (PGR, R, C)**
- 8.30 Forensics NZ (AO, R, C)** Simon Morton hosts series about the use of forensics in murder investigations. Tonight, Emma Agnew.
- 9.30 Madam Secretary (PGR, C)** Elizabeth faces a dilemma in the hunt for the mastermind.
- 10.30 Thursday Night Kickoff (G)**
- 11.00 - 12.00am The Late Show with Stephen Colbert (PGR)**

MĀORITV

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)**
- 9.00 Best of Kai Time on the Road (G, R)**
- 9.30 Ōpaki (G, R)**
- 10.00 Waiata (G, R)**
- 10.30 Mōrena (R)**
- 11.00 Matangi Rau (G, R)**
- Noon Funny Whare: Gamesnight (PGR, R)**
- 12.30 It's in the Bag (G, R)**
- 1.00 Ngā Pari Kārangaranga o te Motu (G, R)**
- 1.30 Ako (G, R)**
- 2.00 Tōku Reo (G, R)**
- 3.00 Kids' Programmes (G, R)**
- 6.30 Te Ao: Māori News**
- 7.00 Tangaroa with Pio (G, R)**
- 7.30 Easy Eats (G, R)** With Hera Te Kurapa.
- 8.00 Funny Whare (PGR, R)**
- 8.30 Haka Global (G, R)** Mātai Smith searches the globe for haka.
- 9.00 Sidewalk Karaoke (G, R)**
- 9.30 The Laughing Samoans (G, R)**
- 10.00 Only in Aotearoa (AO, R)** Comedy skits.
- 10.30 Nanakia (PGR, R)**
- 11.00 - 11.30 Te Ao: Māori News (R)**

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
6.55 People Interview: Glenn Close (G) 7.25 Speed Kills (2018, M) John Travolta, Katheryn Winnick 9.10 Hearts Beat Loud (2018, M) Nick Offerman 10.45 Beirut (2018, M) Jon Hamm 12.35 Lost in London (2017, M) Woody Harrelson 2.20 Speed Kills (2018, M) John Travolta, Katheryn Winnick 4.05 Apartment 212 (2017, 16) Penelope Mitchell 5.45 Sisters of the Groom (2017, PG) Malese Jow 7.10 Behold My Heart (2018, M) Marisa Tomei 8.30 Godzilla II: King of the Monsters (2019, M) Humanity turns to Godzilla and Mothra when Titans are awakened by King Ghidorah. Kyle Chandler, Millie Bobby Brown 10.45 Ideal Home (2018, M) Paul Rudd, Steve Coogan 12.15am Slut in a Good Way (2018, 16) 1.45 Reverse Angle (2009, M) 3.15 Apartment 212 (2017, 16) 4.55 Making of Bad Boys for Life (2019, M) 5.05 Sisters of the Groom (2017, PG)	6.10 Green Book (2018, M) Viggo Mortensen, Mahershala Ali 8.15 Steve McQueen: Desert Racer (2015, PG) Documentary. 9.05 The Miracle Season (2018, PG) Helen Hunt 10.45 The Extraordinary Journey of the Fakir (2018, M) Dhanush, Erin Moriarty 12.20 Adrift (2018, M) Shailene Woodley, Sam Claflin 1.55 Green Book (2018, M) Viggo Mortensen, Mahershala Ali 4.05 Steve McQueen: Desert Racer (2015, PG) Documentary. 4.55 Hostiles (2018, 16) Christian Bale, Rosamund Pike 7.05 Another Kind of Wedding (2018, M) Kathleen Turner 8.30 Sink or Swim (2018, M) A man suffering from a mid-life crisis joins an all-male synchronised swimming team. Mathieu Amalric, Guillaume Canet 10.35 Flesh and Blood (2018, 18) Diana Silvers 12.10am The Leisure Seeker (2018, M) 2.00 Hostiles (2018, 16) 4.10 Sink or Swim (2018, M)	6.35 Undercover Blues (1993, PG) Dennis Quaid 8.05 Another Country (1984, M) Rupert Everett, Colin Firth 9.35 The Night Before (1988, 16) Keanu Reeves, Lori Loughlin 11.05 Hamburger Hill (1987, M) Don Cheadle 12.55 The Firm (1993, PG) Tom Cruise, Jeanne Tripplehorn 3.25 Undercover Blues (1993, PG) Dennis Quaid 4.55 Nightwatch (1998, 18) Ewan McGregor, Patricia Arquette 6.35 Rudy (1993, PG) Sean Astin 8.30 Four Weddings and a Funeral (1994, PG) A group of friends make up and break up over the course of five social occasions. Hugh Grant, Andie MacDowell 10.25 Rampage (1987, M) A district attorney seeks the death penalty for a man who murdered a family during Christmas. Michael Biehn, Alex McArthur 11.55 The Fan (1996, 16) Robert De Niro, Wesley Snipes 1.50am Rudy (1993, PG) 3.45 Four Weddings and a Funeral (1994, PG) 5.40 The Fan (1996, 16)	6.45 Orchestra Class (2017, M) Kad Merad 8.25 Show Me the Picture: The Story of Jim Marshall (2019, 16) UK documentary. 10.05 Her Smell (2018, 16) Elisabeth Moss 12.20 Nine (2009, PG) Daniel Day Lewis 2.20 McMafia (16) s1ep7&8 4.25 I Am ... (2019, M) s1ep2 5.15 The Devil We Know (2018, M) US documentary. 6.45 Columbus (2018, M) In a town built on the promise of modern architecture, a young woman reluctant to leave home forms a bond with a son visiting his dying father. John Cho, Haley Lu Richardson 8.30 Inventing Tomorrow (2018, PG) US documentary featuring teenage innovators confronting the world's environmental threats. 9.55 Capharnaum (2018, M) Zain Al Rafeea 12.00am See You Up There (2017, M) 1.55 McMafia (16) s1ep7&8 4.00 I Am ... (M) s1ep2 4.50 The Devil We Know (2018, M)

GENERAL

ThreeLife FREEVIEW 11 SKY 029

6.00 Infomercials **9.00** Luxury Homes Revealed (R, HD) **9.30** Family Feud Australia (R) **10.00** Good Chef Bad Chef (R, HD) **10.30** The AFN Fishing Show (R, HD) **11.00** Garage Dreams (R, HD) **11.30** Celebrity Car Wars (R, HD) **12.30** Secret Meat Business (R, HD) **1.00** The Gadget Show (R, HD) **1.30** Luxury Homes Revealed (R, HD) **2.00** Family Feud Australia (R) **2.30** Good Chef Bad Chef (R, HD) **3.00** The AFN Fishing Show (R, HD) **3.30** Garage Dreams (R, HD) **4.00** Celebrity Car Wars (R, HD) **5.00** Secret Meat Business (R, HD) **5.30** The Gadget Show (R, HD) **6.00** Luxury Homes Revealed (HD) **6.30** Family Feud Australia (R) **7.00** Good Chef Bad Chef (R, HD) **7.30** House vs House (R, HD) **8.30** Zombie House Flipping (R, HD) **9.30** Flipping San Diego (R, HD) **10.30** Luxury Homes Revealed (HD) **11.00** Family Feud Australia (R) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 Animal Park **7.00** Gino's Italian Escape **7.30** Nigellissima **8.00** The Kitten Rescuers **9.00** Cheese Slices **9.30** Brother vs Brother **10.30** Mysteries at the Museum **11.30** Gem Hunt **12.30** Where the Wild Men Are **1.30** Running Wild with Bear Grylls **2.30** Alone: The Arctic (PGR) **3.30** Wildlife Icons **4.30** The Hairy Bikers' Comfort Food **5.30** Mysteries at the Museum **6.30** American Pickers **7.30** Yukon Gold (PGR) **8.30** Discovering ... Tina Turner (PGR) **9.30** Ozzy & Jack's World Detour (PGR) **10.30** American Pickers **11.30** Mysteries at the Museum **12.30am** The Hairy Bikers' Comfort Food **1.30** Carver Kings **2.00** Cash Cowboys **3.00** Discovering ... Tina Turner (PGR) **4.00** Ozzy & Jack's World Detour (PGR) **5.00 - 6.00** Mysteries at the Museum

TVNZ Duke FREEVIEW 13 SKY 023

1.35pm Top Gear (HD) **2.35** American Pickers (HD) **3.25** Two and a Half Men (PGR, HD, C) **3.50** The Fresh Prince of Bel Air (C) **4.15** America's Funniest Home Videos (HD, C) **5.05** Home Improvement (HD, C) **5.35** Top Gear (HD) **6.35** The Big Bang Theory



Sky Premiere: Beirut, 10.45am

(HD, C) **7.00** Two and a Half Men (PGR, HD, C) **7.30** The Simpsons (PGR, HD, C) **8.30** 8 Out of 10 Cats Does Countdown (AO, HD, C) Jimmy Carr hosts as captains Bill Bailey and Sean Lock are joined by Henning Wehn, Jessica Hynes and Tom Allen. **9.25** Hypothetical (AO, HD) With Josh Widdicombe and James Acaster. Tonight, Jonathan Ross, Maisie Adam, Sara Barron and Rob Beckett. **10.25** Have You Been Paying Attention? (C) **11.15** Live at the Apollo (AO, HD, C) **12.10am - 12.25** TVNZ Football Club

UKTV SKY 007

6.00 Call the Midwife (PG) **7.00** EastEnders (PG) **7.35** The Graham Norton Show (M) **8.25** The Bill (M) **9.15** Midsomer Murders (M) **10.45** Call the Midwife (PG) **11.45** Doc Martin (M) **12.30** Lewis (M) **2.00** The Bill (M) **2.55** 8 Out of 10 Cats Does Countdown (M) **3.50** The Force: North East (M) **4.40** The Graham Norton Show (M) **5.35** Who Do You Think You Are? USA (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.30** QI (M) With Noel Fielding, Ross Noble and Colin Lane. **8.00** Would I Lie to You? (PG) With Gregg Wallace, Nigel Havers, Charlie Brooker and Nina Wadia. **8.30** All Round to Mrs Brown's (M) With Pamela Anderson, Judy Murray and Louis Walsh. s1ep1 **9.30** The Jonathan Ross Show (16) With Gordon Ramsay, Gino D'Acampo, Bear Grylls, Romesh Ranganathan and singer Rita Ora. s13ep6 **10.25** Doctor Foster (16)

s2ep3 **11.30** Lewis (M) s9ep3 **1.00am** QI (M) **2.00** Would I Lie to You? (PG) **2.35** Who Do You Think You Are? USA (PG) **3.20** All Round to Mrs Brown's (M) **4.15** The Jonathan Ross Show (16) **5.00 - 6.00** Holby City (M)

SoHo SKY 010

6.20 Ray Donovan (18) s5ep2 **7.15** Strike Back (18) s7ep4 **8.05** Temple (16) s1ep6 **8.50** Animal Kingdom (16) s3ep1 **9.35** The New Pope (16) s1ep6 **10.25** Snowfall (18) s2ep2 **11.10** Game of Thrones (18) s4ep1 **12.10** White House Farm (18) s1ep6 **1.00** Westworld (18) s2ep10 **2.30** The Outsider (16) s1ep10 **3.30** Ray Donovan (18) s5ep2 **4.30** The Leftovers (16) s3ep1 **5.30** Shameless (18) s8ep9 **6.30** City on a Hill (16) s1ep3 **7.25** Chernobyl (16) Legasov and Shcherbina consider using lunar rovers to remove radioactive debris. s1ep4 **8.30** The New Pope (16) Season 1 finale. A terrorist group forces John Paul III and Pius XIII into a confrontation. s1ep9 **9.35** Get Shorty (16) s1ep9&10 **11.30** McMillion\$ (M) s1ep6 **12.30am** Succession (16) s2ep1 **1.30** City on a Hill (16) s1ep3 **2.25** Chernobyl (16) s1ep4 **3.40** The New Pope (16) s1ep9 **4.45 - 6.40** Get Shorty (16) s1ep9&10

Living SKY 017

6.00 Selling Houses Australia (G) **6.55** Escape to the Country (PG) **7.50** Long Lost Family UK (PG) **8.45** A Place in the Sun: Winter Sun (PG) **9.40** Love It or List It Australia (PG) **10.35** Garden Rescue (PG) **11.30** Love Your Garden (PG) **12.25** Location Location Location (PG) **1.20** Escape to the Country (PG) **2.10** Location Location Location (PG) **3.05** Long Lost Family UK (PG) **4.00** A Place in the Sun: Winter Sun (PG) **4.55** Garden Rescue (PG) **5.45** Selling Houses Australia (G) **6.40** Location Location Location (PG) **7.35** Love It or List It Australia (PG) Tarragindi, Qld. **8.25** Back in Time for Dinner (PG) The 90s. **9.25** Great American Railroad Journeys (G) Minneapolis-St Paul. **10.35** Grand Designs New Zealand (PG) **11.25** Great Canal Journeys (G) Venice. **12.20am** Great Canal Journeys (G) **1.15** Love It or List It Australia (PG) **2.10** Back in Time for Dinner (PG) **3.10** Great American Railroad Journeys (G) **4.10** Grand Designs New Zealand (PG) **5.00 - 6.00** The World's Most Extraordinary Homes (PG)

SPORT

Sky Sport 1 SKY 051

6.00 Rugby, Women's Six Nations, Scotland v France, replay **8.00** Rugby, Women's Six Nations, Scotland v France, replay **10.00** Rugby, Women's Six Nations, Ireland v Italy, replay **Noon** Six Nations Review **1.00** The Breakdown **2.00** Super Rugby, Sunwolves v Brumbies, highlights **2.30** Super Rugby, Crusaders v Reds, highlights from Orangetheory Stadium, Christchurch **3.00** Super Rugby, Waratahs v Chiefs, highlights from WIN Stadium, Wollongong **3.30** Super Rugby, Hurricanes v Blues, highlights from Sky Stadium, Wellington **4.00** Super Rugby, Bulls v Highlanders, highlights from Loftus Versfeld, Pretoria **4.30** World Rugby Sevens Vancouver, highlights **6.00** World Rugby Sevens Vancouver, highlights **7.30** The Breakdown **8.30** Thursday Night Kick Off, **live** **9.00** Super Rugby, Crusaders v Reds, highlights from Orangetheory Stadium, Christchurch **9.30** Super Rugby, Hurricanes v Blues, highlights from Sky Stadium, Wellington **10.00** Thursday Kick Off **10.30** The Breakdown **11.30** Super Rugby, Waratahs v Chiefs, highlights from WIN Stadium, Wollongong **12.00am** Rugby, Gallagher Premiership, Saracens v Leicester Tigers, replay from Allianz Park, Hendon **2.00** Rugby, Gallagher Premiership, Exeter Chiefs v Bath, replay **4.00** Rugby, Gallagher Premiership, Saracens v Leicester Tigers, replay

Sky Sport 2 SKY 052

6.30 TBC **8.30** Cricket, South Africa v Australia, 2nd ODI, highlights from Mangaung Oval, Bloemfontein **9.30** TBC **9.00** Cricket, India v South Africa, 1st ODI, from HPCA Stadium, Dharamsala, **live** **5.30am** TBC

DOCUMENTARIES

Sky Arts SKY 020

7.20 Clear, Loud, Bright, Forward **8.00** Brent Parker Symphony **8.15** ■ Mstislav Rostropovich: The Indomitable Bow (2018, G) **9.35** ■ Pan! Our Music Odyssey (2014, G) **10.55** Elbphilharmonie: Piotr Anderszewski **12.40** Valery Gergiev conducts Bruckner's No 6 **1.30** Pianomania: Daniil Trifonov **3.20** Clear, Loud, Bright, Forward **4.00** Yannick Nezet-Seguin **5.15** Architecture of Infinity **6.45** The Wanderers **7.00** Private View: The Art of Collecting **7.45** Comedy Legends: Terry Thomas. **8.30** Anthems: New Zealand's Iconic Hits (M) **9.30** This Is Art **10.30** Poetry in America Marathon **12.00am** Yannick Nezet-Seguin **1.15** Architecture of Infinity **2.45** The Wanderers **3.00** Private View: The Art of Collecting **3.45** Comedy Legends **4.30** Anthems: New Zealand's Iconic Hits (M) **5.30** This Is Art

Discovery SKY 070

6.35 Fast N' Loud (PG) **7.30** World's Deadliest Weather (PG) **8.20** Alaska (PG) **9.10** Homestead Rescue (PG) **10.00** How It's Made (PG) **10.25** How Do They Do It? (PG) **10.50** Aussie Gold Hunters (PG) **11.40** Swamp Murders (M) **12.30** Killer Instinct with Chris Hansen (M) **1.20** The Coroner: I Speak for the Dead (M) **2.10** Top Gear (PG) **3.00** Bering Sea Gold (PG) **3.50** Deadliest Catch (PG) **4.45** Fast N' Loud (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Gold Rush (PG) **8.30** Outback Opal Hunters (PG) **9.25** Undercover Billionaire (PG) **10.15** Homestead Rescue (PG) **11.05** Naked and Afraid (M) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** World's Deadliest Weather (PG) **1.35** Deadliest Catch (PG) **2.25** Bering Sea Gold (PG) **4.05** What on Earth? (PG) **4.55** Naked and Afraid (M) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Yukon Gold (M) **8.30** The Story of God with Morgan Freeman (PG) **9.30** The Movies (M) **10.30** Brain Games (PG) **11.30** Original Sin (M) **12.30** Wicked Tuna: North vs South (M) **1.30** Airport Security: Madrid (M) **3.30** Situation Critical (M) **4.30**



Sky Sport 3: ANZ Premiership Netball 2019, 8.00pm

Sky Sport 3 SKY 053

7.00 Squash, PSA World Tour, Canary Wharf Classic, quarter-final, **live** **11.00** Netball Super League, London Pulse v Celtic Dragons, replay **1.00** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars, replay **2.30** Squash, PSA World Tour, Canary Wharf Classic, quarter-final, replay **6.30** ANZ Premiership Netball 2019, elimination final, Southern Steel v Northern Stars, replay from ILT Stadium, Southland **8.00** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars, replay from Te Rauparaha Arena, Porirua **9.30** Cycling, Paris-Nice, stage 4, Saint-Amand-Montrond, replay **11.30** Rugby, Japan Top League, Yamaha Jubilo v Suntory Sungoliath **12.00am** ANZ Premiership Netball 2019, elimination final, Southern Steel v Northern Stars **1.30** ANZ Premiership Netball 2019, grand final, Pulse v Northern Stars, replay **3.00** TBC

Air Crash Investigation Marathon (M) **8.30** Ultimate Supercar (PG) **9.30** Apocalypse: War of Worlds (M) **10.30** Drain the Oceans (PG) **11.30** Banged Up Abroad (16) **12.30am** Science of Stupid (M) **1.00** China from Above **2.00** Brain Games (PG) **2.30** Ultimate Supercar (PG) **3.30** Apocalypse: War of Worlds (M) **4.30** Drain the Oceans (PG) **5.30** Banged Up Abroad (16)

History SKY 073

6.30 Oliver Stone: Untold History of the US (M) **7.30** Bitter Rivals: Iran and Saudi Arabia (PG) **8.30** Mysteries at the Museum (PG) **9.30** Time Team **10.30** WWII: 1941 and the Man of Steel (M) **11.30** Titans of the 20th Century (PG) **12.30** Portillo's Hidden History of Britain (PG) **1.30** The Fury and the Flames (PG) **2.30** Tales of the Gun (PG) **3.30** The Machinery of War (PG) **4.30** Dogfights (PG) **5.30** Spy Web (PG) **6.30** The 101 Who Made the Twentieth Century (PG) **7.30** MH370: Have We Been Lied To? (PG) **8.30** Ancient Aliens (PG) **9.30** Forbidden History (PG) **10.30** Life in Outer Space **11.30** Search for Destiny: The Middle East (M) **12.30am** The Fury and the Flames (PG) **1.30** Tales of the Gun (PG) **2.30** The Machinery of War (PG) **3.15** Dogfights (PG) **4.00** MH370: Have We Been Lied To? (PG) **4.45** Ancient Aliens (PG) **5.30** Forbidden History (PG)

BBC Earth SKY 074

6.25 Natural Curiosities (PG) **7.15** Life Below Zero (PG) **8.00** Where the Wild Men Are (M) **8.45** Wild West (PG) **9.45** Patrick Aryee's Dogs (PG) **10.35** Earth's Natural Wonders (PG) **11.30** 24 Hours in A&E (PG) **12.20** Life Story (PG) **1.10** Human Universe (PG) **2.10** Elephant Family & Me (PG) **3.10** Natural Curiosities (PG) **4.00** Wild West (PG) **5.00** Life Below Zero (PG) **5.50** Where the Wild Men Are (PG) **6.45** The Dog Rescuers with Alan Davies (PG) **7.35** 24 Hours in A&E (PG) **8.30** The Dog Rescuers with Alan Davies (PG) **9.20** 24 Hours in A&E (PG) **10.15** Life Story (PG) **11.15** Wild West (PG) **12.15am** Life Below Zero (PG) **1.00** The Dog Rescuers (PG) **2.30** 24 Hours in A&E (PG) **4.10** Life Below Zero (PG) **4.55** The Dog Rescuers (PG) **5.40** David Attenborough's Life Story (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
5.00 First Up with Indira Stewart
6.00 Morning Report Including **6.20** and **6.50** Business News **6.26** Rural News **6.48** and **7.45** NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including **10.45** The Reading
Noon Midday Report Including **12.16** Business News **12.26** Sport **12.34** Rural News **12.43** Worldwatch
1.06 Afternoons with Jesse Mulligan News, interviews, music and stories
4.06 The Panel with Wallace Chapman Discussion with a range of panellists
5.00 Checkpoint with Lisa Owen Drive-time news and current affairs
6.30 Trending Now
6.55 The House Insights from Parliament
7.06 Nights with Bryan Crump
8.15 Dateline Pacific
8.30 Windows on the World
9.06 Our Changing World Highlights from the world of science and the environment, with Alison Ballance
10.00 News at Ten
10.15 Lately with Karyn Hay
11.06 The Music 101 Pocket Edition
12.04am All Night Programme
Website: rnz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News & Weather 6.00, 7.00, 8.00, 9.00am, noon, 5.00pm
6.00 Daybreak With Cynthia Morahan
9.00 The Works With Nick Tipping
Noon Upbeat Music and the arts, with David Morriss
3.00 Classical Connection With Rick Young
7.00 Evening Classics
8.00 Music Alive APO: Pushing Boundaries – Mahler: Symphony No 10, Adagio; Haydn: Cello Concerto No 2 in D HobVIIb/2; Trad: Song of the Birds; Stravinsky: The Rite of Spring, Torleif Thedeen (cello), Auckland Philharmonia/Rumon Gamba (recorded in the Auckland Town Hall)
10.00 Day's End
12.00am Music Through the Night
Website: rnz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **9.00** Kerre McIvor **Noon** Simon Barnett & Phil Gifford **4.00** Heather du Plessis-Allan **7.00** D'Arcy Waldegrave **8.00** Marcus Lush **12.00am** Bruce Russell **5.00** Kate Hawkesby
Website: newstalkzb.co.nz

Magic Talk

6.00 The AM Show **9.00** Peter Williams **Noon** Sean Plunket **4.00** Ryan Bridge **7.00** Leah Panapa **11.00** Tony Amos **5.00am** Magic Music
Website: magic.co.nz



Sky Arts: Comedy Legends: Terry Thomas, 7.45pm

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD)** Hayley Holt and John Campbell present news, information, sport and weather.
- 9.00 The Ellen DeGeneres Show (C)**
- 10.00 Tipping Point (G, R, HD)**
- 11.00 Cash Trapped (G, HD, C)**
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PGR, HD, C)** Charity and Brenda continue to clash, Leyla breaks bad news to Jacob, and Jamie and Andrea search for a school for Millie.
- 1.00 Coronation Street 2020 (G, R, HD, C, AD)** Tensions between Geoff and Yasmeen reach a new high, Tyrone tries to question Hope about her injuries, and Tracy is unimpressed by a gesture from Steve.
- 2.00 The Ellen DeGeneres Show (R, C)**
- 3.00 Tipping Point (HD)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Dog Squad (G, R, HD, C, AD)** Wellington Delta team Sam and Arlo confront an aggressive male connected to a machete attack, and Customs drug dog Latte discovers a colourful package with even more colourful contents.
- 5.00 The Chase (HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 The Repair Shop (G, HD, C)** Furniture restorer Jay Blades presents a UK series in which family treasures are restored by experts in a workshop at the Weald and Downland Living Museum in Sussex.
- 8.30 Call the Midwife (PGR, HD, C, AD)** Lucille is seconded to St Cuthbert's when a ward Sister is off sick, and nurse Crane has concerns over two boys who have come from East Pakistan. s9ep3
- 9.40 Coronation Street 2020 (PGR, C, AD)** Daniel's state worsens, and has Jade struck her last blow?
- 10.40 1 News Tonight (HD, C)**
- 11.10 Playing for Keeps (HD, C)** Australian drama series about the players, wives and girlfriends of an Aussie Rules Football club. Tonight, the wheels start coming off for the Southern Jets, and Tahlia suffers a scandal.
- 12.10am Blindspot (AO, R, HD, C)** s4ep4
- 1.05 Te Karere (R, HD)**
- 1.30 - 6.00 Infomercials**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.30 Rescue Bots Academy (C)**
- 6.40 Moon & Me (HD, C)**
- 7.05 The Tom and Jerry Show (G, R, HD, C)**
- 7.25 Star vs the Forces of Evil (G, R, HD, C)**
- 7.50 Bunnica (G, R, HD, C)**
- 8.15 Muppet Babies (G, R, HD, C)**
- 8.35 Goldie & Bear (G, R, HD, C)**
- 9.00 Religious Programming (R)**
- 10.05 Neighbours (G, R, HD, C)**
- 10.35 Mike & Molly (PGR, R, HD, C)**
- 11.00 Army Wives (AO, R, HD, C)**
- Noon 2 Broke Girls (AO, R, HD, C)**
- 1.00 Judge Rinder (HD)**
- 2.00 American Housewife (G, R, HD, C)**
- 2.30 Home and Away (G, R, C)**
- 3.00 Shortland Street (PGR, R, HD, C, AD)**
- 3.30 Powerpuff Girls (G, R, HD, C)**
- 3.40 Pokémon: Sun & Moon - Ultra Legends (HD, C)**
- 4.05 The Deep (HD, C)**
- 4.30 Friends (G, R, HD, C)**
- 5.00 The Simpsons (G, R, HD, C)**
- 5.30 Home and Away (G, C)**
- 6.00 The Big Bang Theory (G, R, HD, C)** Penny worries that she has screwed things up permanently after her night with Raj, and Sheldon takes command of the paintball team. s5ep1
- 6.30 Neighbours (G, C)** Chloe's idea upsets a loved one, Finn starts to lose control, and will Lucy take a gamble on love?
- 7.00 Shortland Street (PGR, HD, C, AD)** Marty explores new territory, Cece's deception keeps her from family, and Damo misses a vital chance.
- 7.30 The Chronicles of Narnia: Prince Caspian (2008, PGR, R, HD, C, AD)** The Pevensie siblings return to Narnia where they are enlisted to help ward off an evil king and restore the rightful heir to the throne. Ben Barnes, Skandar Keynes, Georgie Henley, Anna Popplewell, voices of Eddie Izzard and Liam Neeson. **TV Films, page 69**
- 10.15 Have You Been Paying Attention? (R, C)** Hayley Sproull hosts a news quiz with comedians Urzila Carlson and Vaughan Smith.
- 11.20 RuPaul's Drag Race UK (AO, HD, C)** RuPaul hosts a drag competition series. Tonight, RuPaul tests the queens' marketing skills by asking them to create an advert for their own branded water.
- 12.40am Kevin Can Wait (G, HD, C)**
- 1.05 Shortland Street (PGR, R, HD, C, AD)**
- 1.30 Infomercials**
- 2.30 Regular Show (G, R, HD)**
- 2.45 Love Island UK (AO, R, HD)**
- 4.25 The Fresh Prince of Bel Air (G, R)**
- 5.10 Neighbours (G, R, C)**
- 5.35 - 6.00 Bizaardvark (G, R, HD)**

THREE

FREEVIEW 3 SKY 003

- 6.00 The AM Show (HD)** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe (HD)** With Mike Puru and Mel Homer.
- 10.00 Infomercials**
- 11.25 Millionaire Hot Seat (G, R, HD)**
- 12.25 Face the Truth (PGR, HD)**
- 12.55 Dr Phil (AO, HD)**
- 1.55 America's Got Talent: The Champions (G, R, HD, C)**
- 3.50 United Plates of America (G, R, HD)** s1ep5
- 4.30 Newshub Live (HD)**
- 5.00 Millionaire Hot Seat (G, HD)**
- 6.00 Newshub Live (HD)**
- 7.00 The Project (HD)** With Jesse Mulligan, Kanoa Lloyd and Jeremy Corbett.
- 7.30 The Lost World: Jurassic Park (1997, PGR, R, HD, C)** A research team is sent to the Jurassic Park Site B island to study the dinosaurs there, but an InGen team has another agenda. Jeff Goldblum, Richard Attenborough, Julianne Moore, Pete Postlethwaite, Vince Vaughn.
- 10.00 Newshub Late**
- 10.30 American Dad (AO, HD)** Stan has Roger pretend to be a shark to help Steve overcome his fears, Roger becomes worried about outliving the family, and Klaus opens a convenience store in the attic.
- 11.25 Face the Truth (PGR, HD)** Vivica A Fox and her team tackle difficult problems.
- 11.55 - 6.00am Infomercials**

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials (G, R)**
- 10.00 Four Weddings USA (G, R)**
- 11.00 Snapped (PGR, R)**
- Noon Keeping Up with the Kardashians (PGR, R)**
- 1.00 The Real Housewives of Beverly Hills (PGR, R)**
- 2.00 Below Deck (PGR, R)**
- 3.00 Undercover Boss (G, R)**
- 4.00 The Kelly Clarkson Show (G)**
- 5.00 Judge Jerry (G)**
- 5.30 Hoarders (G, R)**
- 6.30 Love It or List It (G)**
- 7.30 Catfish (G, R)** A concerned daughter enlists Nev and Max's help after her mother begins talking about uprooting her family to be with a man who refuses to meet in person. s5ep2
- 8.30 The 40 Year-Old Virgin (2005, AO, R, C)** A timid man's pals make it their mission to help him have sex for the first time. Steve Carell, Catherine Keener.
- 11.00 Snapped (PGR, R)**
- 11.55 Snapped: Killer Couples (AO, R)**
- 12.45am - 6.00 Infomercials (G, R)**



Māori TV: Star Trek V: The Final Frontier, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Kids' Programmes (G, R)**
- 9.00 Celebrity Antiques Road Trip (G, R)**
- 10.00 The Doctors (PGR)**
- 11.00 The Chase Australia (G, R, C)**
- Noon Everybody Loves Raymond (G, R, C)**
- 12.30 Bull (PGR, R, C)**
- 1.30 Frasier (G, R)**
- 2.00 The Late Show with Stephen Colbert (PGR, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 A Place in the Sun (G)**
- 5.00 3rd Rock from the Sun (G, C)**
- 5.30 Prime News**
- 6.00 The Kiwi League Show (G)**
- 6.30 Sky Sport News**
- 7.00 The Crowd Goes Wild**
- 7.30 SpeedWorks Motorsport (G)** The SsangYong Rhino Racing Series, the Mazda Racing Series, and the NZ Formula Ford Championship.
- 9.30 RAW (PGR)**
- 10.30 New Amsterdam (PGR)** Reynolds struggles to help a young cystic fibrosis patient.
- 11.30 - 12.30am The Late Show with Stephen Colbert (PGR)**

MĀORITV

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)**
- 9.00 Best of Kai Time on the Road (G, R)**
- 9.30 Ōpaki (G, R)**
- 10.00 Waiata (G, R)**
- 10.30 Mōrena (R)**
- 11.00 Matangi Rau (G, R)**
- Noon Funny Whare: Gamesnight (PGR, R)**
- 12.30 It's in the Bag (G, R)**
- 1.00 Ngā Pari Kārangaranga o te Motu (G, R)**
- 1.30 Ako (G, R)**
- 2.00 Tōku Reo (G, R)**
- 3.00 Kids' Programmes (G)**
- 6.30 Te Ao: Māori News**
- 7.00 Tangaroa with Pio (G, R)**
- 7.30 He Kākano (G, R)**
- 8.00 Toa: Toa o Aotearoa (PGR, R)**
- 8.30 Star Trek V: The Final Frontier (1989, PGR, R)** Spock's half-brother forces the Enterprise into a search for a mythical planet. William Shatner, Leonard Nimoy.
- 10.20 Te Ao: Māori News (R)**
- 10.50 - 11.50 Ngā Pari Kārangaranga o te Motu (G, R)**

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
6.30 Behold My Heart (2018, M) Marisa Tomei 7.50 Godzilla II: King of the Monsters (2019, M) Kyle Chandler 10.00 Making of Bad Boys for Life (M) 10.10 Ideal Home (2018, M) Paul Rudd, Steve Coogan 11.40 Slut in a Good Way (2018, 16) Marguerite Bouchard 1.10 Reverse Angle (2009, M) Emmanuelle Vaugier 2.40 Godzilla II: King of the Monsters (2019, M) Kyle Chandler 4.50 Crypto (2019, 16) Beau Knapp, Kurt Russell 6.35 American Animals (2018, M) Evan Peters, Barry Keoghan 8.30 Woman Walks Ahead (2018, 16) Based on the story of artist Caroline Weldon, who painted a portrait of Sitting Bull. Jessica Chastain, Michael Greyeyes 10.15 Maria by Callas (2017, PG) Documentary. 12.10am Poms (2019, PG) 1.40 Wandering Eye (2011, M) 3.10 Crypto (2019, 16) 4.55 American Animals (2018, M)	6.15 Another Kind of Wedding (2018, M) Kathleen Turner 7.40 The Leisure Seeker (2018, M) Helen Mirren, 9.30 Flesh and Blood (2018, 18) Diana Silvers 11.05 Hostiles (2018, 16) Christian Bale, Rosamund Pike 1.15 Sink or Swim (2018, M) Mathieu Amalric 3.20 The Leisure Seeker (2018, M) Helen Mirren, 5.10 Sweetheart Con (2017, M) Jessalyn Gilsig, Jon Cor 6.35 Yesterday (2019, M) Himesh Patel, Lily James 8.30 Lancaster Skies (2019, PG) After surviving the Blitz, a broken Spitfire pilot must overcome his past to lead a sceptical bomber crew in a pivotal aerial war over Berlin. Jeffrey Munnell, David Dobson 10.10 Finding Steve McQueen (2018, M) Travis Fimmel 11.40 Affairs of State (2018, 16) David Corenswet 1.15am Down (2018, 18) 2.35 Second Chances (2010, PG) 4.05 Sweetheart Con (2017, M) 5.30 Lancaster Skies (2019, PG)	7.35 Rudy (1993, PG) Sean Astin, 9.30 Four Weddings and a Funeral (1994, PG) Hugh Grant, Andie MacDowell 11.25 The Fan (1996, 16) Robert De Niro, Wesley Snipes 1.20 Pet Sematary (1989) (1989, 16) Dale Midkiff 3.00 Pet Sematary II (1992, 16) Edward Furlong 4.40 Absolute Beginners (1986, M) Eddie O'Connell 6.25 Revolution (1985, PG) After his son is tortured by a British officer, a trapper joins the fight against the British in the American Revolutionary War. Al Pacino, Donald Sutherland, Nastassja Kinski 8.30 Still of the Night (1982, 16) A Manhattan psychiatrist looks into a patient's murder and falls for the victim's mysterious mistress. Roy Scheider, Meryl Streep, Jessica Tandy 10.00 We Were Soldiers (2002, 16) Mel Gibson, Madeline Stowe 12.15am Mr. and Mrs. Bridge (1990, PG) 2.15 Revolution (1985, PG) 4.20 Pet Sematary (1989, 16)	6.15 Columbus (2018, M) John Cho 8.00 Inventing Tomorrow (2018, PG) US documentary. 9.25 Capharnaum (2018, M) Zain Al Rafeea 11.30 See You Up There (2017, M) Nahuel Perez Biscayart 1.25 Garry Winogrand: All Things Are Photographable (2018, PG) US documentary. 3.00 Western (2017, M) Meinhard Neumann 5.05 Every Act of Life (2018, M) US documentary. 6.40 Driven (2018, M) Jason Sudeikis 8.30 Cardinal (16) Cardinal is closing in on determining the truth of his wife's death. s3ep6 9.50 Lost & Found (2017, M) Stories interconnect around the lost and found office of an Irish train station. Liam O Mochain 10.50 Vox Lux (2018, M) Natalie Portman 12.45am Western (2017, M) 2.50 Garry Winogrand: All Things Are Photographable (2018, PG) 4.25 Every Act of Life (2018, M)

GENERAL

ThreeLife FREEVIEW 11 SKY 029

6.00 Infomercials **9.00** Luxury Homes Revealed (R, HD) **9.30** Family Feud Australia (R) **10.00** Good Chef Bad Chef (R, HD) **10.30** House vs House (R, HD) **11.30** Zombie House Flipping (R, HD) **12.30** Flipping San Diego (R, HD) **1.30** Luxury Homes Revealed (R, HD) **2.00** Family Feud Australia (R) **2.30** Good Chef Bad Chef (R, HD) **3.00** House vs House (R, HD) **4.00** Zombie House Flipping (R, HD) **5.00** Flipping San Diego (R, HD) **6.00** Luxury Homes Revealed (HD) **6.30** Family Feud Australia (R) **7.00** Good Chef Bad Chef (R, HD) **7.30** A Question of Love (R, HD) **8.30** Arranged USA (R, HD) **9.30** Love Handles (R, HD) **10.30** Luxury Homes Revealed (HD) **11.00** Family Feud Australia (R) **11.30** Good Chef Bad Chef (R, HD) **12.00am - 6.00** Infomercials

Choice TV FREEVIEW 12 SKY 024

6.00 Animal Park **7.00** The Hairy Bikers' Comfort Food **8.00** Love Nature: Wildlife Icons **9.00** Cheese Slices **9.30** Brother vs Brother **10.30** Mysteries at the Museum **11.30** American Pickers **12.30** Ozzy & Jack's World Detour (PGR) **1.30** Discovering ... Tina Turner (PGR) **2.30** Yukon Gold (PGR) **3.30** Love Nature: Baby Animals and Friends **4.30** Culinary Genius **5.30** Mysteries at the Museum **6.30** American Pickers **7.30** Building the Dream **8.30** Escape to the Chateau: DIY **9.30** Monty Don's American Gardens **10.30** American Pickers **11.30** Mysteries at the Museum **12.30am** Culinary Genius **1.30** Carver Kings **2.00** Cash Cowboys **3.00** Baby Animals and Friends **4.00** Escape to the Chateau: DIY **5.00 - 6.00** Mysteries at the Museum

TVNZ Duke FREEVIEW 13 SKY 023

1.40pm Top Gear (HD) **2.35** American Pickers (HD) **3.25** Two and a Half Men (PGR, HD, C) **3.50** The Fresh Prince of Bel Air (C) **4.15** America's Funniest Home Videos (HD, C) **5.05** Home Improvement (HD, C) **5.30** Top Gear (HD) **6.35** The Big Bang Theory (HD, C) **7.05** Two and a Half Men (PGR, HD, C) **7.30** The Simpsons (HD, C) **8.30** Year One (2009, AO,



Sky Premiere: Woman Walks Ahead, 8.30pm

HD, C A couple of lazy hunter-gatherers set off through the ancient world. Jack Black, Michael Cera. **10.20 - 12.50am** Live PD Uncut (PGR, HD)

UKTV SKY 007

6.00 8 Out of 10 Cats Does Countdown (M) **6.50** EastEnders (PG) **7.20** The Graham Norton Show (M) **8.10** The Bill (M) **9.00** Midsomer Murders (M) **10.30** Call the Midwife (PG) **11.30** Doc Martin (M) **12.20** Prime Suspect (M) **2.05** The Bill (M) **2.55** 8 Out of 10 Cats Does Countdown (M) **3.50** The Force: North East (M) **4.40** The Graham Norton Show (M) **5.35** Who Do You Think You Are? USA (PG) **6.20** Insert Name Here (M) s3ep5 **6.55** EastEnders (PG) **7.30** QI (M) With Katherine Ryan, Josh Widdicombe and Phill Jupitus. **8.00** Would I Lie to You? (PG) With James Acaster, Dani Dyer, Oti Mabuse and Fred Sirieix. **8.30** 8 Out of 10 Cats Does Countdown (M) Sean Lock and Kathy Burke take on Jon Richardson and David Mitchell. James Acaster is in Dictionary Corner. **9.25** 8 Out of 10 Cats Does Countdown (M) Sean Lock and Johnny Vegas take on guest captain Alan Carr and Lou Sanders. Brett Domino Trio is in Dictionary Corner. **10.20** The Force: Essex (M) **11.15** Prime Suspect (M) s1ep1 **1.00am** Would I Lie to You? (PG) **1.30** QI (M) **2.05** Who Do You Think You Are? USA (PG) **2.50** 8 Out of 10 Cats Does Countdown (M) **4.30** The Force: Essex (M) **5.15 - 6.15** Call the Midwife (PG)

SoHo SKY 010

6.40 McMillion\$ (M) s1ep6 **7.40** Succession (16) s2ep1 **8.40** City on a Hill (16) s1ep3 **9.35** Chernobyl (16) s1ep4 **10.40** Game of Thrones (18) s4ep2 **11.35** The New Pope (16) s1ep9 **12.40** Get Shorty (16) s1ep9&10 **2.45** McMillion\$ (M) s1ep6 **3.45** Succession (16) s2ep1 **4.45** The Leftovers (16) s3ep2 **5.45** Shameless (18) s8ep10 **6.40** The Outsider (16) s1ep10 **7.40** Strike Back (18) s7ep4 **8.30** The Leftovers (16) Nora finds herself adrift during a Departure-related conference in New York. s1ep6 **9.30** Hap and Leonard: The Two-Bear Mambo (16) Season finale: Hap uncovers a game-changing clue that could lead to Florida's whereabouts. s3ep6 **10.15** Strange Angel (16) Susan begins to realise that Thelema may be the key to understanding her own psychological wounds. s1ep9 **11.05** Trust (16) s1ep9 **11.55** The Outsider (16) s1ep10 **12.55am** Strike Back (18) s7ep4 **1.45** The Leftovers (16) s1ep6 **2.40** Hap and Leonard: The Two-Bear Mambo (16) s3ep6 **3.25** Strange Angel (16) s1ep9 **4.15** Trust (16) s1ep9 **5.15** The Outsider (16) s1ep10

Living SKY 017

6.00 Selling Houses Australia (G) **6.55** Escape to the Country (PG) **7.50** Long Lost Family UK (PG) **8.45** A Place in the Sun: Winter Sun (PG) **9.40** Grand Designs New Zealand (PG) **10.30** Back in Time for Dinner (PG) **11.30** Love It or List It Australia (PG) **12.20** Location Location Location (PG) **1.15** Escape to the Country (PG) **2.05** Great American Railroad Journeys (G) **3.05** Long Lost Family UK (PG) **4.00** A Place in the Sun: Winter Sun (PG) **4.55** Back in Time for Dinner (PG) **5.55** Selling Houses Australia (G) **6.50** Location Location Location (G) **7.40** Great Canal Journeys (PG) Argentina-Parana Delta. **8.35** Long Lost Family US (PG) A woman asks Lisa to help her track down her family after she was abandoned at a Laundromat 50 years ago. **9.30** Long Lost Family UK (G) A woman who was adopted as a baby has always felt different. **10.25** The World's Most Extraordinary Homes (PG) India. **11.25** Great Canal Journeys (G) Leeds & Liverpool. **12.20am** Great Canal Journeys (G) **2.10** Long Lost Family US (PG) **3.05** Long Lost Family UK (G) **4.00** The World's Most Extraordinary Homes (PG) **5.00 - 6.00** Back in Time for Dinner (PG)

SPORT

Sky Sport 1 SKY 051

6.00 Thursday Kick Off **6.30** The Breakdown
7.30 Rugby, Gallagher Premiership, Sale Sharks v London Irish, replay **9.30** Rugby, Gallagher Premiership, Bristol Bears v Harlequins, replay **11.30** World Rugby Sevens Vancouver, highlights **2.30** Super Rugby, Sunwolves v Jaguares, highlights **3.00** Japan Top League, Yamaha Jubilo v Suntory Sungoliath, highlights **3.30** Thursday Kick Off **4.00** Super Rugby, Crusaders v Reds, highlights **4.30** Super Rugby, Waratahs v Chiefs, highlights **5.00** Super Rugby, Hurricanes v Blues, highlights **5.30** Super Rugby, Bulls v Highlanders, highlights **6.00** Thursday Kick Off **6.30** Super Rugby, Chiefs v Hurricanes, from FMG Stadium, Hamilton, **live** **9.30** Japan Top League, Yamaha Jubilo v Suntory Sungoliath, highlights **10.00** Six Nations, England v Wales, replay **12.00am** Thursday Kick Off **12.30** Super Rugby, Chiefs v Hurricanes, replay **2.30** World Rugby Sevens Vancouver, highlights **4.00** World Rugby Sevens Vancouver, highlights **5.30** Super Rugby, Chiefs v Hurricanes, highlights

Sky Sport 2 SKY 052

6.00 TBC **10.00** Cricket, India v South Africa, 1st ODI, highlights from HPCA Stadium, Dharamsala, **11.00** ICC Women's T20 World Cup, highlights **Noon** ICC Women's T20 World Cup, highlights **12.30** TBC **4.00** Cricket, Australia v Black Caps, 1st ODI, from Sydney Cricket Ground, **live** **12.30am** Cricket, India v South Africa, 1st ODI, highlights from HPCA Stadium, Dharamsala **1.30** ICC Women's T20 World Cup, highlights **3.00** Cricket, Pakistan Super League, Karachi v Lahore, **live**

DOCUMENTARIES

Sky Arts SKY 020

6.30 Poetry in America Marathon **8.00** Yannick Nezet-Seguin **9.15** Architecture of Infinity **10.45** The Wanderers **11.00** Private View **11.45** Comedy Legends **12.30** Anthems: New Zealand's Iconic Hits (M) **1.30** This Is Art **2.30** Poetry in America Marathon **4.00** The Art of Television: Michel Gondry. **4.30** Joel Meyerowitz: Pulse of the Street **5.30** Closed: A Ballet from Real Life **6.00** Sing: Ultimate a Cappella **7.00** Off Camera: Maggie Siff. **8.00** The Art Detectives **9.00** Inside No. 9 **9.30** ■ Art Paul of Playboy: The Man Behind the Bunny (2018, G) **10.45** ■ The Incomparable Rose Hartman (2016, G) **12.00am** The Art of Television **12.30** Joel Meyerowitz **1.30** Closed: A Ballet from Real Life **2.00** Sing: Ultimate a Cappella **3.00** Off Camera **4.00** The Art Detectives **5.00** Inside No. 9 **5.30** ■ Art Paul of Playboy: The Man Behind the Bunny (2018, G)

Discovery SKY 070

6.35 Fast N' Loud (PG) **7.30** World's Deadliest Weather (PG) **8.20** Gold Rush (PG) **9.10** Outback Opal Hunters (PG) **10.00** How It's Made (PG) **10.25** How Do They Do It? (PG) **10.50** Aussie Gold Hunters (PG) **11.40** Swamp Murders (M) **12.30** Killer Instinct with Chris Hansen (M) **1.20** The 1980s: The Deadliest Decade (M) **2.10** Top Gear (PG) **3.00** Bering Sea Gold (PG) **3.50** Deadliest Catch (PG) **4.45** Gold Rush (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Outback Pilots (PG) **7.30** Outback Opal Hunters (PG) **8.30** Aussie Gold Hunters (PG) **9.25** Aussie Lobster Men (PG) **10.15** Unexplained & Unexplored (PG) **11.05** Naked and Afraid (M) **11.55** How It's Made (PG) **12.20am** How Do They Do It? (PG) **12.45** World's Deadliest Weather (PG) **1.35** Deadliest Catch (PG) **2.25** Bering Sea Gold (PG) **4.05** What on Earth? (PG) **4.55** Naked and Afraid (M) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Yukon Gold (M) **8.30** The Story of God (M) **9.30** Big, Bigger, Biggest **10.30** Engineering



Sky Sport 1: Chiefs v Hurricanes, 6.30pm

Sky Sport 3 SKY 053

6.30 TBC **7.00** Rugby, Japan Top League, Yamaha Jubilo v Suntory Sungoliath **7.30** Squash, PSA World Tour, Canary Wharf Classic, semi-final, **live** **10.00** Netball Super League, Surrey Storm v London Pulse **Noon** Netball Super League, London Pulse v Celtic Dragons **2.00** ICC Women's T20 World Cup, highlights **3.00** Squash, PSA World Tour, Canary Wharf Classic, semi-final, replay **5.30** Netball Super League, Surrey Storm v London Pulse, replay **7.30** Netball Super League, London Pulse v Celtic Dragons, replay **9.30** Squash, PSA World Tour, Canary Wharf Classic, semi-final, replay **12.00am** Six Nations Review **1.00** Rugby, Japan Top League, Yamaha Jubilo v Suntory Sungoliath, highlights **1.30** Cricket, Australia v Black Caps, 1st ODI **2.30** Cricket, India v South Africa, 1st ODI **3.30** ICC Women's T20 World Cup, highlights **4.00** Netball Super League, London Pulse v Celtic Dragons, replay

Connections **11.30** Ultimate Supercar (PG) **12.30** Wicked Tuna (M) **1.30** Undercover USA (16) **2.30** Hard Time: Locked Up (M) **4.30** Diamonds, Gold and Guns: Explorer XL (PG) **5.30** Brain Games (PG) **6.30** Air Crash Investigation (M) **7.30** The Movies (M) **8.30** Air Crash Investigation (M) **9.30** Outback Wrangler (PG) **10.30** Ultimate Supercar (PG) **11.30** Rescued (M) **12.30am** Air Crash Investigation (M) **1.30** The Movies (M) **2.30** Air Crash Investigation (M) **3.30** Outback Wrangler (PG) **4.30** Ultimate Supercar (PG) **5.30** Rescued (M)

History SKY 073

6.30 Life in Outer Space **7.30** Search for Destiny: The Middle East (M) **8.30** Mysteries at the Museum (PG) **9.30** Myth Hunters (PG) **10.30** The 101 Who Made the Twentieth Century (PG) **11.30** MH370: Have We Been Lied To? (PG) **12.30** Ancient Aliens (PG) **1.30** The Fury and the Flames (PG) **2.30** Tales of the Gun (PG) **3.30** The Machinery of War (PG) **4.30** Dogfights (PG) **5.30** Spy Web (PG) **6.30** America in Colour (M) **7.30** KGB: The Sword and the Shield (M) **8.30** Chris Tarrant: Extreme Railways (PG) **9.30** Carriers at War (PG) **10.30** Putin's Revenge (16) **11.30** Mysteries at the Castle (PG) **12.30am** Ancient Aliens (PG) **1.30** Time Team **2.30** Treasures of the Earth (PG) **3.15** Britain's Ancient Tracks (PG) **4.00** KGB (M) **4.45** Chris Tarrant: Extreme Railways (PG) **5.30** Carriers at War (PG)

BBC Earth SKY 074

6.30 Natural Curiosities (PG) **7.20** Life Below Zero (M) **8.05** Where the Wild Men Are (PG) **8.50** Wild West (PG) **9.50** The Dog Rescuers (PG) **10.35** 24 Hours in A&E (PG) **12.15** Life Story (PG) **1.05** Human Universe (PG) **2.05** Reindeer Family & Me (PG) **3.00** Natural Curiosities (PG) **3.50** Wild West (PG) **4.50** Life Below Zero (M) **5.40** Where the Wild Men Are (PG) **6.35** 24 Hours in A&E (PG) **7.30** Food: Delicious Science (M) **8.35** Trust Me I'm a Doctor (PG) **9.35** The Dog Rescuers (PG) **10.25** Life Story (PG) **11.20** Wild West (PG) **12.20am** Life Below Zero (M) **1.05** Food: Delicious Science (M) **2.05** Trust Me I'm a Doctor (PG) **2.55** 24 Hours in A&E (PG) **3.45** Life Below Zero (PG) **4.30** The Dog Rescuers (PG) **5.15** Natural Curiosities (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

5.00 First Up with Indira Stewart**6.00 Morning Report** Including **6.20** and **6.50** Business News **6.26** Rural News **6.48** and **7.45** NZ Newspapers**9.06 Nine to Noon with Kathryn Ryan**Including **10.45** The Reading**Noon Midday Report** Including **12.16** Business News **12.26** Sport **12.34** Rural News **12.43** Worldwatch**1.06 Afternoons with Jesse Mulligan** News, interviews, music and stories**4.06 The Panel with Wallace Chapman**

Discussion with a range of panellists

5.00 Checkpoint with Lisa Owen Drive-time news and current affairs**6.30 Trending Now****6.43 Focus on Politics****7.06 Nights with Bryan Crump****8.15 Dateline Pacific****8.30 Friday Night Live****9.06 Country Life****10.00 News at Ten****10.15 Lately with Karyn Hay****11.06 The Mixtape** Guests compile a C60 and discuss their selections**12.04am All Night Programme**Website: rnz.co.nz

RNZ Concert

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News & Weather 6.00, 7.00, 8.00, 9.00am, noon, 5.00pm**6.00 Daybreak** With Cynthia Morahan**9.00 The Works** With Nick Tipping**Noon Upbeat** Music and the arts, with David Morris**3.00 Classical Connection** With Rick Young**7.00 Evening Classics**

8.00 Music Alive NZ Barok: The Splendour of Venice – Monteverdi: Toccata, Sinfonia and Ritornelli, from L'Orfeo; Vivaldi: Chamber Concerto in G minor RV156; Vivaldi: Cello Concerto in B minor RV424; Caldara: Ciaccona Op 2/12; Platti: Concerto Grosso No 10 in F; Platti: Cello Concerto in D; Vivaldi: Chamber Concerto in C RV114, James Bush (cello), NZ Barok (recorded in St Luke's Church, Auckland)

10.00 Day's End**12.00am Music Through the Night**Website: rnz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **9.00** Kerre McIvor **Noon** Simon Barnett & Phil Gifford **4.00** Heather du Plessis-Allan **7.00** D'Arcy Waldegrave **8.00** Marcus Lush **12.00am** Jim Snedden
 Website: newstalkzb.co.nz

Magic Talk

6.00 The AM Show **9.00** Peter Williams **Noon** Sean Plunket **4.00** Ryan Bridge **7.00** Leah Panapa **12.00am** Magic Music
 Website: magic.co.nz



Newstalk ZB: Heather du Plessis-Allan, 4.00pm

GREG
DIXON

The hens treat their freshly cleaned home with the sort of suspicion Winston Peters reserves for anyone with a press card.

Apocalypse fowl

In the ongoing war of man versus fowl, the feathered fiends have the edge.

There is no understanding a chicken's mind. They live in a world in which the food another chicken has is always better and should therefore be stolen immediately, even when *it's exactly the same food*. Chickens are birdbrains.

Still, our chooks, the Four Hens of the Apocalypse, have been particularly bonkers since the coop was given its end-of-summer clean.

This is a task that takes two days and is a trial for them and us. On the first day – you have to pick a hot one, which is not difficult at the moment – you clean out the “deep litter”, which is a thick layer of wood shavings that lines the bottom of the coop. Then you wash the coop and laying boxes with a waterblaster and leave them to dry in the afternoon heat. The next day, you spray around a sanitiser, let that dry, spray an insecticide, let that dry, before finally adding a thick new layer of wood shavings and inviting your feathered friends back in to appreciate all that you've done for them.

The birdbrains in turn, and without fail, will treat their freshly cleaned

home with the sort of beady-eyed suspicion Winston Peters reserves for anyone with a press card. The routine begins with one of them walking up the coop's ramp, poking her head in, eyeing the freshly cleaned coop, and running off as if she's seen the Four Horsemen of the Apocalypse. The four will then talk among themselves and agree that you've ruined their home. Then, in the coming days and again without fail, they will refuse to lay their eggs in the freshly cleaned laying boxes.

In the week following a big clean, they spend their free-ranging time – between 4pm and sunset

three bags of fine topsoil. The Four Hens of the Apocalypse were into it before I'd finished the job, which at least meant a job well done.

But the dirt cost \$40. Who, I wondered, as they flung the world's most expensive soil all over the place, is the real birdbrain here?

I have been dreaming of winter. This always happens as summer's end approaches. I tire of the

season's sweaty embrace. I long for the snap and sting of a proper southerly, for long nights and lighting the fire.

Winter reminds me of childhood. Growing up in Invercargill in the 1960s and 70s was like growing up in Narnia – well, without the White Witch, Aslan and Mr Tumnus, and with not nearly as much snow. So, not much like Narnia, but it did always seem to be winter (though we did get a Christmas).

Winters then meant the thrill of breaking icy puddles on the way to school, coal fires, electric blankets, hogget roasts on Sundays and bed sheets freezing on the line. It meant staying inside all weekend, watching the likes

of *The High Chaparral*, *Planet of the Apes* and *Kung Fu* on the black and white or making Airfix models at the kitchen table. It meant heavy rain and hard frosts and woolly jumpers.

Winters at Lush Places aren't much different, which is a cool breeze of a thought as I stack firewood in the heat of late summer. ■



The chooks never tire of their dirt bath.

in summer – finding secret places in the garden to lay eggs, before emerging to prance about the lawn making extra-loud post-lay bragging calls to tell us “we've laid one and you have no hope of finding it”.

How to get back on their good side? I decided to give them something they've been mithering about for months and months: a dust bath in their run. I wheeled an old tractor tyre in and filled it with

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