Reg News

Issue 240
25, 2025

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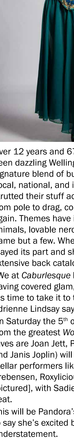
News

Rock on and rock out

by Madelaine Empson



Over 12 years and 67 shows, *Caburlesque* has been dazzling Wellington audiences with its signature blend of burlesque and variety cabaret. Local, national, and international performers have strutted their stuff across any and every artform, from pole to drag, comedy to belly dance and back again. Themes have included Taylor Swift and *zoo* animals, lovable nerds and aquatic adventures, to name but a few. When it comes to music, rock has played its part and shredded its riff through the extensive back catalogue.

"We at *Caburlesque* love a good rock show, and having covered glam, hair, and straight rock, now it's time to take it to the next level", producer Adrienne Lindsay says.

On Saturday the 5th of April at The Fringe Bar, hits from the greatest *Women of Rock* (Adrienne's faves are Joan Jett, Pat Benatar, Debbie Harry, and Janis Joplin) will be brought to the fore by stellar performers like Midnight Mistress, Maree Prebensen, Roxylicious, and Pandora Cherie [pictured], with Sadie von Scrumptious in the MC seat.

This will be Pandora's sixth *Caburlesque*, and to say she's excited by the theme would be an understatement.

"I love rock music; it's my favourite music to perform to and to have it just be the *Women of Rock* makes it all the better. I love that we get to highlight these amazing artists by doing what we love."

The multi-skilled dancer, who melts and melds fire and acrobatics with sensual burlesque, says *Caburlesque* "is always changing and challenging you to come up with something new and interesting". Her act this edition, which is all "about embracing who you are unashamedly, regardless of what box people try to put you in", will be no exception. "It's okay to be a freak", she reminds us. "Come join us, it's fun over here."

"Women of rock have so much to offer", Adrienne concludes. "And here at *Caburlesque*, we love having the opportunity to rock out to it."

Sweet and spicy

Velma Cherry. Photo by Harnden Creative.

Settle in for a nightcap and a delicious dessert at Sweet Treat Burlesque. Serving up a scrumptious snack of an evening at The Fringe Bar on the 29th of March, this daring, dainty, dashing display debuts a delectable pick 'n' mix of tantalising, tasty talent.

The brainchild of Velma Cherry (Ms Burlesque Aotearoa 2022 and 2023) and Lily Catastrophe (runner-up Starlet of New Zealand 2024, Best New Comedian at the Wellington Comedy Awards 2024), *Sweet Treat Burlesque* will showcase burlesque stars from across the lower North Island.

Host Velma will present a six-course meal of scrummy stars that includes Lily Catastrophe, Maddie May, Ginger Velour, Olympia Kallipygos, Rangimahuta, and Cloud Valentine, before giving audiences the dessert menu featuring headliner Isla Banks (The Great DIY Burleskiwi 2024).

Audiences can expect a smorgasbord of burlesque styles from classic to campy, comedic to curious, and everything in between at this strictly burlesque showcase.

"Aotearoa has a wealth of world-class burlesque talent and there aren't a lot of shows that are purely dedicated to burlesque," Lily Catastrophe says. "Velma and I hope that Sweet *Treat Burlesque* will be able to showcase some of the most exciting burlesque performers right here in Pōneke."

"Whether it's the appetiser or the after-dinner mint of your evening, this show will be an absolute romp with a sweet treat to suit every taste," Velma Cherry says. Take a bite out of Sweet Treat Burlesque before you're too late to ask for seconds.

Cover: CubaDupa. Photo by Jo Mohi Photography.

All editorial pages are headed only in red, other colours are advertising features.

The views expressed in this newspaper do not necessarily reflect those of *Regional News*.

Available from stands at:
New World supermarkets

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RegionalNewsNZ

www.regionalnews.kiwi

ISSN: 2382-2384

Crack into chaos

Creativity and culture collide in the coolest capital's colossal 2025 street celebration. The colourful kaleidoscope that is CubaDupa will fill the streets, stages, and spaces of the Cuba Quarter with kai, concerts, and chaotic carry-on over the 29th and 30th of March.

This year, CubaDupa will shine a spotlight on communal joy, focusing on local art and talent to ignite a sense of play, laughter, and fun at this free, accessible street festival. Existing Cuba Street gig venues will open their doors to artists of each and every music genre while others will host performances for this special occasion only. Businesses will spill onto the street with pop-up stalls selling everything from treats to treasures, while galleries will offer a break from the crowds as well as the opportunity to discover creative talents.

True to its ethos, CubaDupa caters to all ages and embraces art in all its forms, which is why the 2025 programme has been designed with inclusivity front of mind. For the first time ever, the festival will host NZSL interpreters at the Wellington Ngā Taniwha stage. Other stages include Glover Park Stage, Ngā Toi o Te Aro Stage, Garage Project's Wild Workshop Stage, Jack Hackett's Capital Blues Stage, Southern Cross Carnival Stage, the return of Laundry with a pop-up at Wellington Seamarket, and many more.

Reflecting Wellington's multicultural fabric, the entertainment lineup features over 140 acts and 170 performances spanning music, dance, theatre, visual arts, and beyond. Joining the eclectic bunch of creatives are Chelsea Jade, Anna Coddington, Black Comet, COLOSSAL, Mass Frevo Orchestra, and all-girl Pasifika pop trio A.R.T., plus big hitters the likes of TOI, Vera Ellen, Diggy Dupé, MĀ & The Fly Hunnies, and award-winning performance artist LJ Crichton with the show *LILA*.

Don't forget to catch Footnote New Zealand Dance in collaboration with McLeavey Gallery, BodyFX presenting body art competition BodyPalooza, and Ruckus Theatre Company alongside Equilibrium and ByCullen with a once-in-a-lifetime fashion show exploring the evolution of counterculture streetwear on Cuba Street.

Pick up treats along the way at the FreshChoice Street Feast and dance into the evening amongst the ruckus and revelry, magic and mayhem of CubaDupa.

A win-win with Hoodoo Gurus

Photo by Christopher Ferguson.

Hot on the heels of their mammoth 47-date tour across the United States and Australia, Hoodoo Gurus are about to rock around New Zealand to celebrate 40 years since their seminal album *Stoneage Romeos*.

Released in 1984, the alt rock band's debut features hits *Leilani, Tojo, My Girl,* and *I Want You Back* and consistently ranks in the Top 10 on almost every 'best ever' Australian album list. Named Best Debut Album at the 1984 Countdown Awards, *Stoneage Romeos* firmly cemented Hoodoo Gurus' Kiwi fanbase, who came out in their droves to see them the last time they were here in 2023 as headliners of the Sounds Series festivals.

The upcoming three-concert tour will see the band play the "legendary" (*The Guardian*) album in full, followed by a selection of classics like *What's My Scene, Bittersweet, 1000 Miles Away,* and *Like Wow – Wipeout!*. Joined by Wellington four-piece The Spirals – a fixture of the early 90s Aotearoa music scene who've opened for the likes of The Lemonheads, The Mutton Birds, and Sir Dave Dobbyn – Hoodoo Gurus will kick off at Meow Nui on the 3rd of April.

"We can't wait to get back to New Zealand", frontman Dave Faulkner says. "*Stoneage Romeos* was a pivotal album for us and many of its songs have remained live favourites ever since. It'll be great to play some of those 'less-travelled' songs from it on this tour – even though that means we'll be playing longer sets to fit everything else in as well. Hah! To my mind that's a win-win situation."

SNIPS

Wellington water

Public consultation is open until the 22nd of April on the future of Wellington's water services. Greater Wellington is presenting two options: a new, multi-council-owned organisation that would take ownership of public drinking water and wastewater networks, or a modified version of the current model, where Wellington Water Limited would continue maintaining infrastructure and managing water services on behalf of councils. Find out more at gw.govt.nz

Rail closures

Buses will replace trains over the Easter and Anzac long weekends as KiwiRail carries out planned infrastructure upgrades and rail improvements across all rail lines. Delays are expected. Check timetables before travelling at metlink.org.nz

Creative NZ

Creative New Zealand is seeking feedback on their draft long-term strategy, which sets out their vision, direction, and goals for the next 15 years as the national arts development agency of Aotearoa. You can visit creativenz.govt.nz to have your say until the 6th of April.

Shostakovich the prodigy

Amalia Hall.

The curtain goes up on Orchestra Wellington's 2025 subscription season at 7:30pm on Saturday the 12th of April at the Michael Fowler Centre. *The Dictator's Shadow* explores one of the most dramatic chapters in music history!

2025 marks the 50th anniversary of Dmitri Shostakovich's death. The orchestra's season commemorates this by tracing the meteoric rise of a teenage wunderkind celebrated by his country who eventually faced censure and potential imprisonment, or worse. Shostakovich must be considered the most consequential composer of the 20th century, especially when viewed through the lens of how his music continues to be received and interpreted.

The season opens with *Prodigy*, a concert title that makes an overt reference to Shostakovich and serves as an apt description of predecessors Bizet and Mendelssohn, whose works also feature on the programme.

Shostakovich's first symphony (1925) brought him almost immediate worldwide acclaim. It is a precocious work, aware of contemporary modernist style – classical in form but with a sarcastic tone uniquely his. Partnering this is another great symphony written by a teenager: Bizet's Symphony in C. Written in 1855 while a student at the Paris Conservatoire, it remained unknown until its 1935 premiere. It's a paragon of Romantic gesture. Our brilliant concertmaster Amalia Hall will perform the work of another prodigy – Mendelssohn's exquisite violin concerto, one of the greatest concertos of the 19th century.

What comes before

by Madelaine Empson

Photo by Aimée Sullivan.

Many movies, books, and works of art imagine the end of times, exploring how we humans might respond to a cataclysmic comet shooting through our sky or an earthquake ripping up the ground beneath our feet. But what about if we knew the world was ending… just not yet?

Ruby Kemp's brand-new sci-fi musical, presented by Wellington Footlights Society from the 3rd to the 12th of April at Gryphon Theatre, "isn't a show about the apocalypse", the writer and composer says. "It's about what comes before."

"*Solarise* mainly takes place four years after the worldwide announcement of impending doom, moving back and forth in time to show how the characters got to where they are now, as a nod to a lot of real-world calamities that fade to the back of the public consciousness over time", Kemp explains.

So, what would you do if you knew humanity had less than a decade left? Kemp, of course, has pondered the question a fair bit while writing the musical, which began as a series of voice notes she recorded on her phone. While on the one hand she'd travel the world, "possibly be a little reckless and break some rules", she reckons in reality she'd "make a lot of art".

With a stellar cast and crew bringing *Solarise* to life, Kemp's main hope is the premiere season "encourages people to consider what really matters to them, and inspires them to pursue that dream before they discover time has run out".

Music news

Nothing like that energy

Photo by Alex Solca.

Photo by Michelle Brody.

On the 24th of April, Toto will bring their global *Dogz of Oz Tour* to TSB Arena with special guest Christopher Cross. I spoke to Joseph Williams, lead singer of the famed, multi-GRAMMY®-winning American rock band, ahead of a concert bound for the history books.

Looking back, what have been the biggest 'pinch me' moments of your mammoth music career?

Pinch me moments! I've had a few of those moments kind of recently. We played the Hollywood Bowl, which was a bucket list thing for me. We were this close to filling all the seats too, so it was quite impressive to look at. I've been spending time there for, I don't know, 40 years, hanging out and watching my father [film composer John Williams]. That was a big one. Recently in the last couple of years we've played some venues to some crowds that have been mind-blowing for us. There are a few venues in LA, because I grew up here, that were a bucket list thing. You think maybe as life goes on, 'I'm never going to get a chance to play there'. But I've hit most of them, and at the end of the summer we're playing LA Forum [Kia Forum], which is an arena that's been around forever and had some famous sports stuff and big concerts that I went there to see as a young lad. Some of my favourite artists, Led Zeppelin, Paul McCartney… I'm pinching myself about that.

Joining the band was a huge pinch me moment if you want to go back 36 years, or however many years ago it was now. There have been many, and I feel that there will be more to come still.

Since the 70s, Toto has endured the changing trends and styles while continuing to remain relevant. How do you think you did it?

I think the music, and what we call the big three – the hits that are known everywhere, *Rosanna, Hold the Line,* and *Africa* – all still hold up. Something about the production, musicianship, the sounds and sonics that we used at the time, the way it was recorded. A lot of younger people are going back in time and mining for interesting stuff to listen to, which is pretty much the case with every generation. My thing was going back and listening to 40s and 50s music, so it stands to reason that kids born in the early 2000s maybe are going back in time and hunting for 70s and 80s music. *Africa*, as an example, still sonically sounds great: it has some unique sounds in there that you don't hear on anything else, the musicianship is great, the main keyboard riff at the very beginning is an earworm… The answer to that question for me is that the songs still really hold up.

What would you describe as the key differences between recording and playing music live in the 80s versus now?

Certainly recording has changed quite a bit. In the old days, we had these thick two-inch, 24-track recording tapes on these gigantic machines, and if you wanted more than 24 tracks, you had to sync up these giant machines. Everything had to be performed from the beginning of the song to the end, so if you had vocals in a particular area of the song that were going to be kinda the same in later parts, you still had to record every note of them. Because it's analogue, you're going to tape as opposed to a computer. On a computer, you can grab a piece and use it here, use it there. Sequencing software didn't exist. To get music in sync, in time, it had to be done manually. You just had to be a good musician to get that kind of sound. So, that's a huge difference!

Playing live is pretty much the same animal as it's always been. An audience comes in, you set up your stage, you get out there. Certainly the sound quality has improved over the years. PA systems, consoles for mixers, and a big one for me is how we monitor ourselves on stage. Nowadays, you basically are using headphones, but they twist inside your ears so they're not quite so visible. And you have a little pack, and that pack is attached to a whole separate mixer who's over on the side and can basically dial in what sounds like a record into your head. Our mix, what we're listening to on stage, is quite good. Whereas in the old days, when that didn't exist, you had to have speakers up on the stage with you playing what it is that you needed to hear. If I needed to hear the piano so that I was on pitch or the drums so that I was in time or my voice so that I could hear myself not hurt myself, all of that was coming from speakers. It got very loud! A lot of guys are losing or have lost their hearing from playing live, because it was so loud.

It must be great to be able to dial it in and hear the music so clearly, but still be able to hear the roar of the crowd as well.

Yeah, we keep a couple of microphones that are pointed out at the crowd that our mixer can dial in or dial out at our request.

There must be nothing like that energy in the world.

There is nothing like that energy in the world. Thus, when you get home from a tour, there's a little bit of a recovery period. Not only physically, but, 'Oh yeah, I'm home. I'm going to the store and nobody cares who I am.' There's some beauty in that, but it can be a little bit weird when you do 25 concerts in a month and you hear the screaming crowds, all of the tension and adulation, and then you get home and it's, 'Oh yeah, just another schmo!'

Speaking of tours! What kind of night are Wellington audiences in for?

They're gonna hear the big hits, which sound great. We have an amazing band, some returning members from different periods of time, a couple of brand-new people who I think are going to be very exciting and have also breathed new life into the group. We've mined the anthology and found a couple of songs that I think people are going to go, 'Oh yeah, I didn't realise that was them', or, 'I've forgotten that they did that one', and a couple of interesting B-cuts that are going to be amazing to watch because of the sheer talent of the musicians and the band. I'm talking about everybody else because I'm the one guy who doesn't stand behind an instrument. You're gonna hear great singing, unbelievable musicianship. It's exciting, for a bunch of old guys – we do have fun and run around! We can't wait.

The next big step

Taylah's passion for music kicked off through kapa haka in school.

"Growing up Māori, that was where I felt most at home, where I was surrounded by harmony, emotion, vocal projection, and the most effortlessly beautiful voices you've ever heard", the neo-soul artist says.

However, there was one pinnacle moment that continues to resonate with her: when she saw a collection of six random musos jamming the worst tunes she'd ever heard at an open-mic night in Waitangi.

"None of it was in sync, no one was communicating, and there were like four solos happening at once. But when I looked at the bass player, she had the biggest smile on her face. She looked like she didn't want to be anywhere else in the world. And since then, that's the type of energy I've been pursuing. I want to enjoy the journey and feel like I'm already where I need to be."

Taylah started gigging at 15, exploring everything from jazz to reggae to old-time funk, and has taken "a bit of a scenic route" to releasing her debut EP *Tilt*, which covers a range of styles and topics and is out on the 21st of March.

Tackling everything from love and corruption to sex and magic, the Fly My Pretties singer "wanted to create something that validates people's feelings and makes them feel less crazy. Because if you look around, none of this is 'normal', it's absurdity manifest, so I wanted to provide a lens that helps you to see the absurdity in it all."

About to embark on a tour that "feels like the next big step in this journey", Taylah can't wait to bring the razor-sharp EP to life on the Rouge and Vagabond stage on the 12th of April.

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Victoria partners Shakespeare

A drum, a drum! An announcement doth come! Shakespeare Globe Centre New Zealand (SGCNZ) is pleased to announce Te Herenga Waka – Victoria University of Wellington as a naming sponsor of its annual festivals for young people.

"We are thrilled that this relationship has been sealed, and look forward to it evolving across more of our activities in various ways, including engagement with university staff and our joint alumni, and venue spaces", SGCNZ founder and CEO Dawn Sanders beams.

Professor Bryony James, Te Herenga Waka – Victoria University of Wellington provost, says the university is delighted to take on sponsorship of this beloved and enduring annual event.

"This partnership is also a wider investment in Wellington's cultural reputation as a place where young people can create and experience performance, where a global text is reimagined for new times and places, and where we embrace the capacity of performance to transform, to educate, to challenge, and to inspire people of all ages."

The SGCNZ Victoria University of Wellington Regional Festivals are being held across the motu now, with the Te Whanganui-a-Tara event running from the 8th to the 10th of April at Wellington East Girls' College. Come along to see rangatahi perform five and 15-minute scenes from any of Shakespeare's plays, any which way. Two groups from each festival will be selected to attend the SGCNZ Victoria University of Wellington National Festival in Pōneke.

Beyond the boundaries

Photo courtesy of WellingtonNZ.

As the craft beer capital of Aotearoa, Wellington will play host to a brand-new, brew-based event: ExBEERimental Festival.

On the 11th and 12th of April, Otto Champagneria & Beer Hall will become the site of the extraordinary as 12 breweries present 12 all-new, never-before-seen experimental beers that push the boundaries of beer-making to create something truly innovative.

"We wanted to get back to the roots of what makes this city great – its creativity, fantastic community, and its progressive, independent, yet inclusive spirit", says organiser Lydia Suggate. By bringing together some of Otto's "favourite breweries" from both Welly and beyond, she knew that some "really bold, boundary-pushing beers" would be brought to life.

The stellar lineup will comprise Baylands Brewery, Choice Bros., Double Vision, Emerson's Brewery, Heyday Beer Co, Garage Project, Fork & Brewer, Mean Doses, North End Brewery, Sawmill Brewery, Sunshine Brewery, and Urbanaut Brewing Co.

Now, here is where you come in. Starting from 4pm, you'll be able to sip and savour each bevvy. Once you've tasted them, it's time to rate them, and at 7pm – alongside a crew of expert judges – crown the winner of the People's Choice Award at the first ever ExBEERimental Festival!

Joining the brews is an excellent selection of tasty treats, plus live DJs and a ping pong comp. Be a guinea pig and give your tastebuds the trip of a lifetime at ExBEERimental Festival.

Beyond the boundaries

Te Raukura ki Kāpiti and Carterton Events Centre will be treated to a gargantuan gig, a prodigious performance, an enormous endeavour on the 6th and 13th of April respectively. Orpheus Choir, a 150-strong ensemble, will perform *Colossal Chorale* with resounding rhythm, soaring song, and heavenly harmonies to enraptured audiences of all ages.

"We're delighted to bring this programme on tour this year," Orpheus Choir musical director Brent Stewart says. "*Colossal Chorale* is the classical equivalent of 'top of the pops' – it brings together iconic choral works both classic and new. Parry's *I Was Glad*, Mozart's *Ave Verum Corpus*, and highlights from his Requiem sit alongside Lauridsen's *Sure on This Shining Night* and other choral gems, with a few fresh surprises to discover."

The programme will also feature Bernstein's *Chichester Psalms* – a thrilling fusion of joyous melodies, jazzy rhythms, and heartfelt spirituality that leaps between exuberance and quiet reflection and blends Broadway energy with Latin vibes.

Accompanying Orpheus Choir are two pianos, plus Japanese born percussionist Yoshiko Tsuruta [pictured], who has played with orchestras and groups across the motu, including the renowned New Zealand Symphony Orchestra, Auckland Philharmonia Orchestra, and Orchestra Wellington.

The choir itself has recently undergone a re-audition process in which new members have joined the ensemble, making this performance a particularly noteworthy occasion.

Experience the extraordinary at Orpheus Choir's *Colossal Chorale*.

Borderline bonkers

Platinum-selling, legendary New Zealand band Supergroove is getting ready to light up stages across the motu on a reunion tour that's sold out so many concerts, multiple venues and dates have had to be upgraded and added – more than once! Wellingtonians, this will be your very last chance to catch *The Phenomenon Tour*: The Opera House shows on the 11th and 12th of April have been snapped up, but there's still a few hot seats left at Meow Nui the next day on the 13th. At least at the time of print, anyway!

With the original '95 lineup of the iconic group performing original anthems like *Sitting Inside My Head*, *Scorpio Girls*, and *You Gotta Know*, plus an all-star guest lineup featuring Troy Kingi, Rubi Du, and DJ King Kapisi, it's no wonder demand has been so extraordinary for a tour that throws back to Supergroove's first years. In the early 90s, they took their unique blend of funk, rock, and hip-hop on the road and built a devoted national fanbase with their electric, energetic regional shows. As frontman Karl Steven explains, this was when things really kicked off for the band.

"We were barely in long pants when Supergroove used to roll into towns of all shapes and sizes to go nuts in the local halls, venues, streets, and occasionally schools. That youthful excitement was true of our audiences as well, and the level of enthusiasm we encountered across the country was both humbling and, at times, borderline bonkers."

"The opportunity to visit these towns and reconnect with some of these older venues (and humans!) in 2025 is something we've been excited to do for a long time," Steven beams.

Daily difference

Rāmari on Chimes. Photo by WhatisJusy.

Music therapy creates an inclusive space where all abilities, genders, ethnicities, and backgrounds are embraced. To acknowledge the incredible ways in which the practice creates connection, supports wellbeing, and brings joy to people across a wide range of settings, Music Therapy New Zealand invites Kiwis across the motu and beyond to celebrate Music Therapy Week from the 10th to the 15th of April.

This year's theme, Meaningful Moments in Music Therapy – Celebrating Diverse Communities across Aotearoa, emphasises the ability of music therapy to extend across all communities.

92 registered music therapists and six dedicated music therapy services operate alongside independent practitioners in New Zealand, including Little Musical Caravan in Porirua and Music for Life in Lower Hutt. Working in schools, hospitals, hospices, aged care facilities, community centres, and correctional facilities, music therapists reach people from all walks of life and make a tangible difference every day.

Wellingtonians can celebrate Music Therapy Week at NOW Breathe Yoga Studio on the 12th of April with music therapist Sophie Sabri. Her transformative workshop Chant for Your Mind is designed to help you compassionately navigate negative self-talk through the power of chanting. Learn to create your own chant and experience the uplifting effects of vocal expression in a safe and supportive environment.

Find more ways to celebrate the inclusive and enriching impact of music therapy at www.musictherapy.org.nz

Supping with the Devil

Photo by Moments of Light Photography.

Talented film director. Producer. Writer. Editor. Photographer. Actress. Dancer. Swimmer. And one of the most controversial personalities in film history.

Leni Riefenstahl was amongst the most brilliant and innovative filmmakers of the 20th century. She was also called 'Hitler's Pin-Up Girl'. As a young artist, Riefenstahl was given the opportunity and resources by Hitler to make films like *Triumph des Willens* (*Triumph of the Will*). Recorded at the 1934 Nuremberg Nazi Party Rally, attended by more than 700,000 Nazi supporters, the revolutionary documentary is regarded as one of the greatest propaganda films of all time.

After World War II, Riefenstahl was ostracised in Germany and didn't make another film until she was in her nineties.

Running at BATS Theatre from the 8th to the 12th of April, *Supping with the Devil* is a psychological study of a woman blinded by the charisma of a fascist leader; a superb artist who sold her soul in a quest for power and fame. In the riveting play, directed by Annie Ruth with score by Jan Bolton and design by Helen Todd, writer and performer Jan Bolwell delves below the surface into Riefenstahl's state of mind: the myth making, the defensiveness, the blindness.

What many people cannot forgive about Riefenstahl is that she never admitted her complicity with Hitler's Third Reich. It is worth noting that there were 50 court cases taken against her throughout her life, and she won all of them. She was, after all, a very skilled storyteller.

Cosmic conversations

Looking for Goldilocks

by Richard Hall, astronomical communicator

From the dawn of human time people have looked up at the night sky and wondered – what are the stars? Today we know… The stars are distant suns. Our Earth orbits a star we call the Sun. And, this star of ours is just one of billions in the Milky Way galaxy.

While it was believed that most, if not all stars have a system of planets, we did not have the technology to detect them. That has recently changed and we now know of thousands of worlds around other stars. This begs the question as to how many stars have a world like our Earth – a world with a Goldilocks environment that supports life and possibly intelligent beings.

Looking for Goldilocks is not an easy task. Stars vary enormously in colour, temperature, and luminosity. Most of those that can be seen in our night sky are not the common stars in the galaxy. Most are giant stars that shine out over vast distances. These giants are too short lived to support a biological world.

Only about five percent of stars in the galaxy are capable of supporting an Earth-like world. So where are they? Interestingly, the nearest star to our Solar System is a Goldilocks candidate. This is Alpha Centauri, the brighter of the two 'Pointer stars' that follow the Southern Cross around the sky.

Alpha Centauri is the third brightest star in the sky and shines with a yellow-white hue. The other Pointer star, Agena, is blue-white. The Pointers appear to be close to each other but this is an illusion. Agena is a giant star 526 light-years distant, while Alpha Centauri is just 4.4 light-years away.

Seen in a telescope, Alpha Centauri is, in fact, a glorious double star. The two stars, both of which are similar to our sun, orbit their common centre of gravity every 80 years. Both of these stars have their own system of planets. Astronomers are currently trying to work out the nature of these planets. Imagine living on a world with two Suns!

Fire and flames

Horsepower.

Get up and get down for the first-ever Start Today Fest, an all-ages music extravaganza celebrating hardcore and punk bands from across the motu and beyond. Filling the Newtown Community Centre with passion and powerful riffs on the 5th of April, Start Today Fest is a crowning moment for Wellington's underground music community.

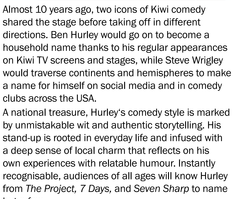
The event comes from the minds of Start Today, Pōneke's alternative music organisers who have been putting on monthly DIY shows since 2023 to help revitalise and grow the all-ages gigs in the capital. But Start Today Fest is different as the collective's biggest venture yet.

10 bands converge for one night of energetic and fiery music for Start Today Festival. Naarm/Melbourne heavyweights Horsepower will be hopping the ditch specifically to headline the explosive lineup. Joining them are hardcore Tāmaki Makaurau legends Too Late and Te Whanganui-a-Tara's metalcore outfit Severed Beliefs, both for a one-off showing. Rounding out the programme and joining the fray are Martial Law (Kirikiriroa), Lucre (Te Whanganui-a-Tara), Cease and Desist (Kirikiriroa), Spiral (Te Whanganui-a-Tara), Shuv-It (Te Tai-o-Aorere), Marmablade (Te Whanganui-a-Tara), and Visions ov Hell (Te Whanganui-a-Tara).

Alongside the sizzling set will be Start Today Fest's market area, which will be filled with food, tattoo, merch, print, craft, and barber stalls.

Gather your friends and whānau and get fired up for the inaugural Start Today Fest.

Two for one



Almost 10 years ago, two icons of Kiwi comedy shared the stage before taking off in different directions. Ben Hurley would go on to become a household name thanks to his regular appearances on Kiwi TV screens and stages, while Steve Wrigley would traverse continents and hemispheres to make a name for himself on social media and in comedy clubs across the USA.

A national treasure, Hurley's comedy style is marked by unmistakable wit and authentic storytelling. His stand-up is rooted in everyday life and infused with a deep sense of local charm that reflects on his own experiences with relatable humour. Instantly recognisable, audiences of all ages will know Hurley from *The Project*, *7 Days*, and *Seven Sharp* to name but a few.

Across the Pacific, Wrigley is making waves as he redefines stand-up comedy with his innovative, Dungeons & Dragons-infused routines. He merges intricate storytelling with his unmistakable comedic flair to craft a set that balances nerd culture with vibrant energy and smart improvisation. Now based on the East Coast of the US, the former *7 Days* star returns to Wellington armed with a refreshing set for Pōneke audiences.

On the 5th of April, the pair will reunite at The Cavern Club for two shows promising to highlight both their individual journeys and their deeply embedded Wellington comedy roots. Catch two legends on one stage before another decade flies by.

Daring debuts

Tuatara Collective aims to turn Aotearoa stories into art. A multi-disciplinary organisation that works across artistic modes of expression, its main focus is to provide space for artists to create and share authentically. The latest offering is a double bill at BATS Theatre running between the 2nd and 5th of April debuting Natala Gwiazdzinski's *Whose Memory Lights the Dark* and Adam Burrell's solo show *Escaping*.

Starring Burrell and Gwiazdzinski, *Whose Memory Lights the Dark* tells the story of first love navigating life after tragedy as the couple's trajectory becomes altered forever when the unexpected crashes into their world. The non-linear storyline spans from youth to middle age and explores how we process trauma within fantasy and fact.

Utilising design elements and lighting to draw audiences in, Gwiazdzinski's debut directorial stage work engages with "the intricacy, facet, and nuance of human nature, often exploring our darker elements, but always with an undertone of the power of faith, perseverance, and hope", she says.

Escaping is a gay exposé about living, loving, losing, and learning with Samoan Kiwi creative powerhouse Burrell [pictured] as himself and his drag persona Ms. Adena Delights at its core. With a 20-plus-year career chocka with highlights from the screen and stage, Burrell delivers the performance of a lifetime with his solo show, which features monologue, poetry, song, and, of course, drag as well as an inescapable lip-sync (or two).

Find your seat and your flavour at this double bill celebrating Kiwi stories.

by Madelaine Empson

The baddest blues rock

American blues-rock legend George Thorogood and his longtime band The Destroyers have sold over 15 million albums, built a catalogue of classic hits, and played more than 8000 live shows. Next stop? New Zealand. I was lucky to spend 15 minutes laughing with the *Bad To The Bone* singer, who'll shred the TSB Arena stage with The Destroyers – Jeff Simon (drums, percussion), Bill Blough, (bass), Jim Suhler (rhythm guitar), and Buddy Leach (saxophone) – on the 18th of May as very special guests of Rock and Roll Hall of Fame inductees ZZ Top.

Hi, George!
Not yet, but I'm working on it!

How are you this morning?
Madelaine, how are you?

Very excited to talk to you.
I like to keep women excited [laughs]. Now, what part of Downunder are we communicating from?

I'm in Wellington, New Zealand.
Oh, that's the hip town of New Zealand! That's a hip place. I went there a while ago: I had without a doubt the best piece of salmon I've ever had in my life. It was like a bag of M&Ms, it melted in my mouth.

When you come back here, are you going to try and find that salmon?
Absolutely!

In concert, how do you feel your music compares and contrasts with ZZ Top's?
I gotta tip my hat to Billy F Gibbons. Billy F Gibbons and ZZ Top, they are the ones that made it to the A-list. What I mean by that is just about everybody who picked up a guitar after 1950 started out playing blues. Led Zeppelin, Rolling Stones, Steve Miller, and of course, Billy F Gibbons. You start there, that's pretty much the foundation, and you keep working on it. Billy F Gibbons – he made it to the line of the classic rock level. Like Clapton, like Jeff Beck, you know what I'm sayin'? When you start off playing blues, he is one of the people that did it, he crossed the line. For that I really respect him. And off the stage, we get along great. We're like blood brothers. He embraced me from the first day we ever met. It was a long time ago and I've never forgotten that.

To me, ZZ Top and New Zealand and Australia, they are a perfect match. The style of what they make and what they play – I mean, for God's sake, Madelaine! Aside from New Zealand, if you took the Outback of Australia, take a look at Billy F Gibbons. He'd fit right in out there [laughs]. To me, this is about as good as it's gonna get, going Downunder, working with an act like that – especially with Billy.

The only contrast, and one of the big contrasts, with ZZ Top and The Destroyer? He's got the sound, I got the looks!

Do all your live shows blur and blaze into one fireball or do some scorchers stand out?
A little bit of both! Sometimes they kinda roll in and certain things stick out. New Zealand, this is really something big for us. 1981 was the first time we went Downunder and the first country we hit was, exactly, New Zealand. This is beyond special. We never thought we'd get there to begin with, let alone come back after all this time. Remember something, we went there when we didn't have *Bad To The Bone*. We didn't have *I Drink Alone* or *Gear Jammer* or *Get a Haircut* or any of those songs. We were a four-piece band with one song, *One Bourbon, One Scotch, One Beer*. It seemed to work and we've been asked back.

The only thing I gotta do when I get to New Zealand, I gotta get a tattoo. Everybody's got one. I've never seen one person in New Zealand who did *not* have a tattoo. It's almost like owning a horse in Texas. A person without a tattoo is not part of New Zealand. So, I'm looking forward to that. I think I'll get a little kiwi to put on my arm or something, you know?

You once said that since you were 17, all you wanted to do was see how far you could go with your guitar, putting your own spin on music that you loved. Was there a song that made you pick up the guitar, that started it all?
I wouldn't say that it was one song, but it was a few. I worked as a solo act for a couple of years before I put a band together. The song that grabbed me, that I used to do solo that everybody went for, and I said, 'This is the song that's gonna do it for us', was *One Bourbon, One Scotch, One Beer*. Now, why would that song catch on? Well, it's got a good boogie beat, and because 85 to 95 percent of the people drink. You know what I'm sayin? It's like writing a song about a car. Everybody does it. It caught on when I was playing alone, and the first song we ever played and learned when we put the band together was that song. It's still popular now. I was fortunate enough to do that song. If ZZ Top had done it, or Dean Martin had done it, or Tom Waits had done it… I would've been left at the dock [laughs]. That was our key to get recognition.

What is your poison – bourbon, scotch, or beer?
Poison? Madelaine [shakes head]. There's only one poison in the world that's worth dying for, and that's women.

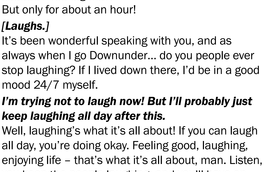
[Laughs.] Looking back from then till now, which moments most jump out in your memory?
All of them. All of them.

And do you think you guys might still be 'The Baddest' band in the land?
Well, that's a matter of opinion. That was the trick when I was young, that was a slang word in America. But look at it this way, Madelaine, and tell the truth. For one hour and a half, you wanna be with a guy that's brilliant, or you wanna be with a guy that's *baaaad*? You dig that?
But only for about an hour!

[Laughs.]
It's been wonderful speaking with you, and as always when I go Downunder… do you people ever stop laughing? If I lived down there, I'd be in a good mood 24/7 myself.

I'm trying not to laugh now! But I'll probably just keep laughing all day after this.
Well, laughing's what it's all about! If you can laugh all day, you're doing okay. Feeling good, laughing, enjoying life – that's what it's all about, man. Listen, you keep the people laughing, and you'll have an audience forever.

Well, you've got one in me.
One's a start, I'll take it!



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Taste of Thailand

Tasty Thai

If you can't hop on a plane and jet off across the world, you can travel to Thailand with your tastebuds from right here in New Zealand thanks to the well-loved eateries and restaurants dotted across the motu. Serving up classic favourites and authentic delicacies, book into your local Thai joint to celebrate Songkran (Thai New Year) from the 13th to the 15th of April.

Known for its strong spices and peanuty influences, flavourful vegetables and delicious rich sauces, Thai food is beloved everywhere. In fact, gastronomy accounts for a significant number of tourists visiting the country each year, with travellers from all over making their way there to sample authentic dishes in all their myriad forms.

Though with specific elements of its own that make it immediately distinct and recognisable, Thai food also features plenty of regional specificities that make travelling the country a delightful epicurean adventure. From north to south and east to west, visitors will be able to taste unique local dishes they have never heard of alongside classics like pad Thai, massaman curry, tom yum kung, som tam, kuai tiao, and more.

What's more, as a melting pot of different cultures, Thailand has had many international influences that have contributed to its cuisine's distinctive flavour. From Japanese, Korean, and Mexican to French, Italian, and Chinese, you'll truly travel the globe when taking a bite from a Thai plate.

Here in Aotearoa, new influences join the cultural caldron that is Thai cuisine, with restaurants serving up dishes even more unique and bursting with flavour. So, book a one-way ticket to your nearest Thai eatery and travel to a whole new world of tasty goodness.

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Taste of Thailand

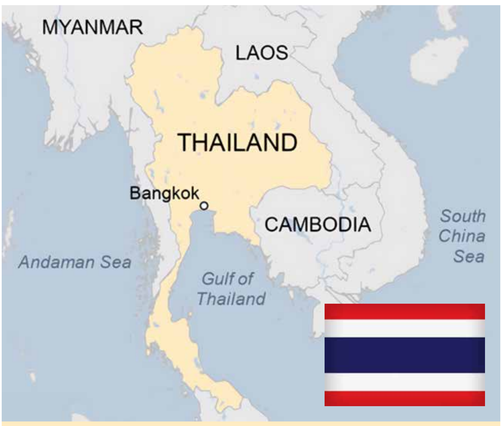
Take off to Thailand

Since the release of the third season of popular television show *The White Lotus* and the launch of the new Amazing Thailand Grand Tourism and Sports Year 2025 campaign, Thailand is making headlines as one of the most popular holiday destinations. What's more, now it's easier than ever for Kiwis to jet off to this incredible corner of the world thanks to the 60-day tourist visa exemption.

There are plenty of approaches you can take for your holiday itinerary, from river cruising to temple hopping, cuisine capers to elephant sanctuary excursions, spa days to cultural adventures.

Chiang Mai boasts hundreds of stunning temples, landmarks, festivals, panoramic views, gastronomic delights, and so much more. Must-dos include visiting the sacred Buddhist temple Wat Phra That Doi Suthep, Wat Phra That Doi Kham (Temple of the Golden Mountain), Doi Inthanon National Park, Queen Sirikit Botanic Garden, Royal Park Rajapruek, and the famous night bazaar.

Jade Thai Massage in Petone offers a great opportunity to explore Chiang Mai via their Jade House Wellness Spa B&B. The seven-day package includes airport pickup and drop-off, two nights in a central Chiang Mai hotel, and four nights at the spa where you can enjoy luxurious Thai massages, delicious locally made meals, access to a private van and driver, and a private tour of the city.



Facts

Official name: Kingdom of Thailand

Population: 71,633,966 (as of Sunday 16th March 2025, Worldometer)

Capital: Bangkok – the world's longest city name with 168 letters: Krungthepmahanakhon Amonrattanakosin Mahintharayutthaya Mahadilokphop Noppharatratchathaniburirom Udomratchaniwetmahasathan Amonphimanawatansathit Sakkathattiyawitsanukamprasit

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Spun with sass and soul

Photo by Sam McIlroy.

Something wicked this way comes, Wellington. A revolutionary retelling of Shakespeare's Scottish tragedy will stomp into the capital on the 31st of March. Brought to Pōneke's Whisky & Wood by internationally acclaimed theatre troupe The Barden Party, *Macbeth – A Sassy, Sexy, Bluegrass Twist* features a fierce female edge that breathes new life into the tale of ambition, loyalty, love, and power.

The fiery, gender-flipped adaptation fuses the brooding energy of Shakespeare's tragedy with the soulful sounds of bluegrass. Kiwi-American actress and director Laura Irish takes centre stage as Macbeth, while Tara McEntee makes her Barden Party debut, commanding the stage in her many roles, including as the firm Duncan and the hilarious Porter. Julia Guthrey returns to The Barden Party to take on the role of Malcolm, joined by Criss Grueber, Hamish Boyle, Caleb James, and musical director Ollie Howlett, who anchor the mischievous and sensual adaptation.

As The Barden Party inject their signature style into every moment, Shakespeare's words blend with bluegrass rhythms inspired by the likes of Mumford & Sons, Noah Kahan, Dolly Parton, and The SteelDrivers. The result is a work of theatrical alchemy that explores the dark complexities of power and ambition from the foot-tapping charm of the South.

Catch modern day troubadours The Barden Party delivering one of Shakespeare's darkest and most brooding plays with music, magic, and more than a little mischief in tow.

Advice from Alan

Broadcasting Standards Authority

by Alan Knowsley, consultant, Rainey Collins Lawyers

The Broadcasting Standards Authority (BSA) looks into complaints about radio and TV broadcasts. Note that advertisements are looked at by the Advertising Standards Authority. A complaint must first be made to the broadcaster within 20 working days of the broadcast.

A complainant must identify the programme, channel, date, and time of the broadcast and identify the standard that has been breached and why. The broadcaster has 20 working days to give its decision on the complaint.

If a complainant is unsatisfied with the decision, a complaint to the BSA can be made within 20 working days from there. The BSA will consider a copy of the broadcast and seek a response from the broadcaster before reaching a verdict. Note that it is usual for the complainant's name to be part of the decision, but in rare cases it may be kept confidential by the BSA. A complainant can appeal a BSA decision within one month to the High Court.

Content should not seriously violate community standards in matters such as sexual material, nudity, violence, and coarse language. Guidance given as to classifications and warnings should be reliable and consistent.

Children should be protected from content that might adversely affect them during children's normal viewing times (before and after school and up to 8:30pm).

Content should not promote illegal or serious anti-social behaviour. The depiction of illegal behaviour is not prohibited but laws and legal processes should not be undermined. Content should not encourage discrimination on the grounds of sex, sexual orientation, race, age, disability, occupational status, or religious, cultural, or political beliefs.

News and current affairs programmes on controversial issues of public importance should be balanced with reasonable opportunities for significant viewpoints to be expressed in the same or related broadcasts and should be factually accurate and not misleading. Errors should be corrected promptly.

The privacy of the individual should be respected to protect people's dignity and wellbeing. However, privacy does not override the ability to publish information in the public interest.

Broadcasters should deal fairly with those portrayed or referred to and not use deceptive means to collect information.

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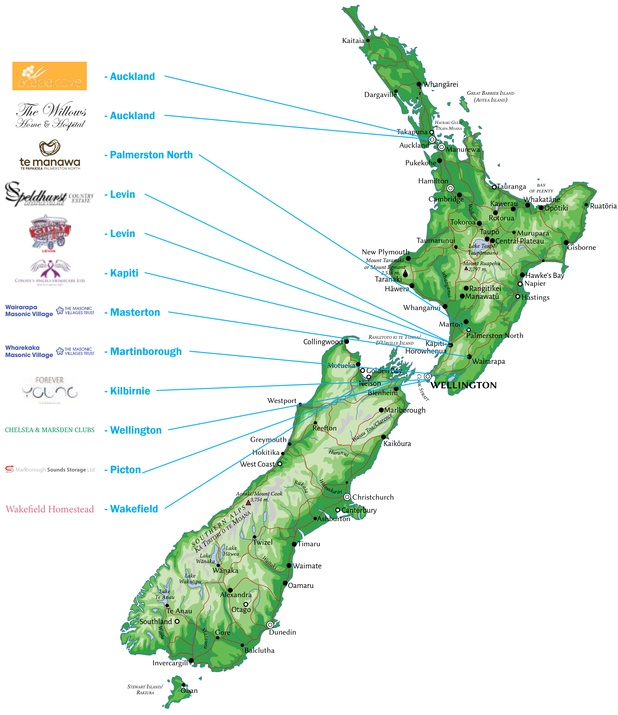
So what are you waiting for? Take the leap and enjoy your retirement your way!



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Retirement – on the road

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Whether you are thinking about purchasing a campervan when you retire, or you're embarking on an epic roadie across New Zealand, take advantage of the off-season rates at Pacific Horizon and enjoy the scenery all to yourself.

Venture forth

Photo by Will Nelson.

As the weather begins to cool down and the foliage turns hues of orange, red, and brown, Central Otago's dramatic landscape is transformed into a natural paradise begging to be explored. The best way to get out and about and make the most of the season is via the extensive network of cycle trails. Whether you're after bike rentals, accessories, a workshop space, or tours, Bike It Now! has got you covered.

Bike It Now! has a range of self-guided tour options to suit all levels, timeframes, and interests. You can bring your own cycle or rent a bicycle or e-bike for the duration of your holiday.

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Bike It Now! has locations in Wanaka, Clyde, and Cromwell, offering door-to-door pickups from Queenstown and drop-offs leaving Clyde each day, which gives the passionate staff the opportunity to recount the area's history.

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Photo by Will Nelson

Retirement – on the road

The spirit of adventure

As Gipsy Caravans near their 75th anniversary in 2026, the Horowhenua-based factory and shop teams could not be more excited to celebrate the company's incredible legacy. The premier Kiwi-owned and operated company customises and repairs motorhomes, campervans, and caravans to meet your specifications and withstand New Zealand conditions.

Gipsy Caravans trace their history back to 1951, when Frank and Laura Croot began work on the first model in October, completing it by Christmas of the same year. In the early days, the company would also manufacture commercial vehicles and mobile homes, including circus caravans! Frank and Laura's son Robin joined the team full time in 1961 after being involved from a young age. Today, he and his wife Wendy are the directors of Gipsy Caravans.

The business flourished in the 1960s and 1970s as caravans became all the rage. Visitors and Kiwis alike had realised that a roadtrip in a motorhome was one of the best ways to explore New Zealand. In May 1978, Muldoon's National Government introduced the sales tax on caravans. All orders were cancelled overnight, and it took nearly five years for the business to pick up again. Nevertheless, Gipsy Caravans persevered with Robin as governing director.

Over the years, the business continued to grow with the Croot family always at the helm. In 1997, Wendy and Robin's son David became factory manager while their daughter Nicola became administrative manager in 2004, and their son Andrew began helping with marketing and management in 2009. With Hayden Croot joining the team in 2014, Gipsy Campervans has now seen four generations of Croots manufacturing top-quality vehicles tailor-made for exploring Aotearoa.

Almost 70 years on and with David now at the helm, Gipsy Caravans' factory and accessories shop remains 100-percent New Zealand owned and operated by the founding Croot family. Today, the experienced and specialised technicians can provide all installation, service, and repair solutions to your vehicle in the fully catered workshop. As well as being experts in insurance and accident repairs, warranty jobs, detailing, conversions, rebuilds, restorations, modifications, maintenance, and more, the team can also supply you with all the new bells and whistles – or the basics – that will make your caravan or motorhome feel like home.

From plumbing to electrical, hardware to appliances, Gipsy Caravans has everything you need to ensure your caravan or motorhome will not only be running in tip-top shape but also be kitted out with all the amenities you've come to love, like televisions, hot showers, refrigerators, and so much more. Gipsy Caravans can make any road trip feel like luxury.

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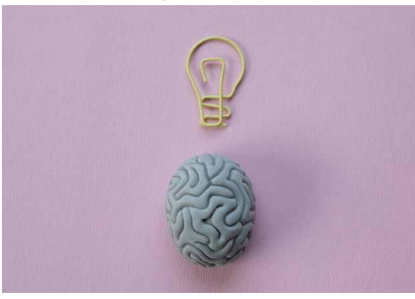
Brain training



We all know that taking care of our physical health is crucial to living long, healthy, and active lives, but we often forget about the most important part of our body: our brain. This March, during Brain Health Awareness Month, take the time to learn how best to take care of your mind to help it stay sharp, focused, and resilient at any age.

The brain continues to grow and adapt throughout life, and we have the power to influence it. Taking the time to strengthen your memory and mental agility daily can significantly impact your brain health in the long run. There are plenty of easy ways you can improve your overall brain health.

One of the most crucial factors for a thriving mind is to challenge yourself to learn every day. Your brain loves a challenge, so embrace variety and try a mix of mental exercises or activities to keep things stimulating and engaging. This counts for learning new hobbies too. Sharpening your focus is also important for brain health. The more attention you pay to details, the stronger your memory will be.

It's important to stay hydrated, eat nourishing foods, move your body, and get a full night's sleep. Make sure you socialise as well. Spending time with friends, family, and people that make you happy can help ward off depression and stress.

Small changes can have a huge impact, so challenge your brain this March and the whole year through!

Reframing the Active Eye

A compelling selection of 25 original photography works will be on display at Palmerston North's Te Manawa Museum for the first time since 1975, celebrating 50 years since this groundbreaking exhibition helped establish photography as a respected artistic medium in Aotearoa New Zealand.

Reframing the Active Eye explores evolving themes such as identity, landscape, social change, and the interplay between tradition and modernity. Originally touring the country after its debut in Palmerston North, the touchstone exhibition holds national significance and was subsequently accessioned into the Te Manawa collection.

Lead collections manager Talei Langley says through the proliferation of smartphones and social media, photography has changed the way we share our experiences, unique perspectives, and worldviews. "We have always desired to capture moments, and this exhibition powerfully illustrates the early emergence of this style of visual storytelling."

Adding to this exhibition is the annual Toioho ki Āpiti graduate showcase. This year's iteration features works by Emily Lyall, Bridie Te Ahumairangi Potts, Frances Dawson, and Jordon Peterson.

Running Tuesday to Sunday from the 15th of March until the 13th of July, experience *Reframing the Active Eye* at Te Manawa Museum and witness the evolution of photography in Aotearoa, from its emergence as a fledgling artform in the 1970s to its dynamic modern presence.

Retirement – on the water

Skip to the fun part

As an island in the middle of the Pacific Ocean, there are few ways to better enjoy Aotearoa than by boat. From crystal-clear coves and mesmerising sounds to wondrous fjords, glacial pools, and volcanic lakes, not to mention the bountiful kaimoana teeming in the sea, it goes without saying that New Zealand is a boatie's paradise.

Owning a boat is a dream come true, especially if you don't live near the ocean or a lake as it means you can make the most of your day on the water. However, transporting it is a logistical puzzle that often puts a damper on the day's fun. Exclusive Boat Haulage (EBH) can move your vessel from A to B, no matter where you are or where you'd like to go in our beautiful country.

With their purpose-built boat hauling trailer, John and Shelley Klinac guarantee your pride and joy will have a safe and secure ride to its destination. With years of experience in the industry and plenty of tricks up their sleeves, the duo are committed to carrying on Exclusive Boat Haulage's legacy of excellence. Their fully submersible hydraulic boat relocation trailer is fitted with mudguards to protect your hull from stone chips and road damage, ensuring your vessel will be in pristine condition and ready to go when you get to the water.

Wherever you are in Aotearoa, John and Shelley of Exclusive Boat Haulage will look after your boat as if it were their own. Find out more at www.exclusiveboathaulage.co.nz

Less hassle, more fun

Looking for a spontaneous weekend on the water at your bach in Marlborough? Imagine how much easier and less stressful it would be if you didn't have to drag the boat behind you each time you decided to shoot off. Well, Marlborough Sounds Storage Limited has the solution.

Marlborough Sounds Storage is a Picton-based storage business specialising in the storage of trailer boats for visitors to Queen Charlotte Sound, Tory Channel, and the surrounding areas. It is the largest business of its kind in the country, providing short and long-term boat storage along with excellent service that will make all your holidays a breeze, giving you more time for fun in the sun. With decades of experience and a loyal customer base, you can rest assured that the friendly and reliable team will keep your boat safely tucked away until you're able to get back out on the water.

They provide multiple services that go far beyond storage, including boat collection and delivery from the interisland ferries, arranging maintenance, repairs, and warrant of fitness scheduling for clients. Their modern, covered storage facility has the capacity to hold up to 140 trailered boats.

Their excellent, hassle-free service has built them a loyal customer base. They continue to deliver this quality of service to their existing and new customers, families, and their network of friends, whilst supporting the local businesses that provide services for residents and visitors to Marlborough Sounds.

Marlborough Sounds Storage Ltd

Hassle Free Boat Storage

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- Long term or short term
- Excellent service
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Retirement living

Every step of the way

Financial advice provider Enrich Financial has one goal: to make your life better. From KiwiSaver and investment advice to managing your wealth and enriching your retirement planning as you and those you love move through life's stages, Enrich helps its clients each step of the way.

With over 25 years of experience in the finance sector, Rodney Varga is the driving force behind Enrich. He runs a passionate and knowledgeable team who are committed to helping clients achieve better financial outcomes through robust understanding of market conditions and comparing these to your needs and requirements. Exceptional customer service is the top priority, which is why the Enrich team focus on building lasting and trusting relationships. They work alongside you to guide you through difficult financial decision-making processes, helping you feel equipped and able to adapt as life evolves and your goals change.

Enrich is available to help with your immediate and future financial needs. In today's complex world, effective wealth management is essential for individuals seeking to secure their financial future. Enrich guides clients towards financial freedom by outlining key opportunities and navigating personal circumstances.

Enrich also provides KiwiSaver advice. The savings scheme gives Kiwis the opportunity to build a nest egg for retirement, but the fund can also be used in other circumstances. The team can also assist you with options for retirement planning by creating a strategy for your success.

Making the right choice for 2025

Wakefield Homestead aims to make a positive difference in people's lives. A family working with families, this beautiful rest home is nestled into Wakefield Village, just a 20-minute drive from the bustling and creative hub of Nelson. Welcoming, comfortable, safe, well connected, community minded, and caring, Wakefield Homestead is a lovely place to call home.

There are 23 beds at Wakefield Homestead, split between single and couples' rooms, with vacancies opening soon. Catering to a wide range of age groups, Wakefield offers respite, palliative, and primary health funded short-term care, plus days stays and carer support. The team comprises three registered nurses, healthcare assistants, an activities coordinator, a physiotherapist, social worker, podiatrist, dietician, spiritual advisor, kaumatua, hairdresser, and a pool of kind volunteers.

Residents living at Wakefield Homestead are encouraged to make themselves at home. The team suggests bringing personal furniture and special items to decorate the space, and sometimes even a pet can be brought along. Meals are homecooked, healthy, and delicious. There are shared lounges for socialising, shops around the corner, a beautiful park next door, and a busy activities and social calendar. Residents can go on group outings every week, get involved in a hobby, learn new skills, play music, dance, participate in games, and so much more.

Wakefield Homestead truly feels like home.

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Wakefield Homestead
Make 2025 the year to look after you
Our aim is to make a positive difference in people's lives.
- Supported living
- Day and social programmes
- Registered nurses on site
- Physio

We want this to feel like home and encourage you to bring your own furniture and special items.

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Phone 03 541 8995| Mobile 027 440 9083

Retirement – Wairarapa

Easy living

Life at Wairarapa Masonic Village is as easy as can be. Set into beautifully manicured, landscaped grounds, the well-kept homes are dotted along private streets in a retirement village that offers independence as well as a supportive community network.

The beauty of living in Wairarapa Masonic Village is that you can be as retired as you like, without having to worry about mowing the lawns, painting the house, or anything of the sort thanks to the friendly and hardworking maintenance staff. What's more, you can enjoy living in the privacy of your own space, while having peace of mind knowing that Glenwood Masonic Hospital is nearby in the event you need it.

The village itself is made up of 16 rental flats, 12 one-bedroom apartments, and 84 two, two and a half, and three-bedroom villas. The local bus service stops within the village grounds to pick up residents for trips into downtown Masteron, ensuring you can get everything you may want or need from the shops. Meanwhile, if you'd like a lift to the onsite village hub, the village buggy can come collect you and return you home when you're ready.

Even if you're living in your own space, there are plenty of opportunities for socialising, with exercise classes, happy hours, quiz and movie nights, card sessions, bowls, and regular excursions available to all residents. Settle in and enjoy easy living at Wairarapa Masonic Village.

Keeping connected

Wharekaka Masonic Village brings boutique retirement living to Martinborough. Nestled in the centre of Wairarapa's sophisticated heart, this beautiful and well-connected village is designed to offer independence while still catering to your needs.

Located in proximity to everything Martinborough has to offer, Wharekaka is a place you can truly call home. The tight-knit team is dedicated to going above and beyond to exceed your expectations and help you live your life to the fullest.

With the goal in mind to enhance your lifestyle, the compassionate and enthusiastic team take care of any property maintenance, and south Wairarapa's meals-on-wheels service is prepared onsite and available to residents, enabling you to have more time to spend on the things that bring you joy. In fact, there are always opportunities available to engage in a range of daytime activities, ensuring you can continue to enjoy the things you love most while benefitting from some added assistance when you want it.

Encompassing only 12 villas, Wharekaka is designed to enable its residents to be fully integrated in the local, vibrant community. Martinborough is one of the region's most eclectic and busy hubs, with all kinds of events happening throughout the year. From wine tasting and artisan markets to concerts and culinary capers, shopping and strolling to biking and breakfast dates, this slice of Wairarapa with Wharekaka at its heart is designed to offer an active and fulfilling lifestyle.

Wairarapa Masonic Village

THE MASONIC VILLAGES TRUST

Retirement living with absolutely no dramas

The Wairarapa Masonic Village boasts a thriving retirement community of independent people who enjoy living across our 112 well-appointed villas, apartments and flats set in established, landscaped grounds.

- 16 one bedroom rental flats
- Private streets and well-kept gardens
- 84 two to three bedroom villas with garages
- 12 one bedroom apartments
- Glenwood Masonic Hospital on site

35 Edith Street, Masterton | Contact Julie Ward 06 378 7391 | Julie.ward@masonicvillages.co.nz
www.masonicvillages.co.nz/villages/wairarapa-villages/wairarapa/

Wharekaka Masonic Village, Martinborough

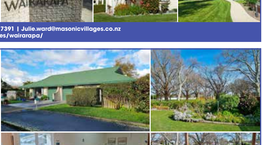
Discover a vibrant community in the heart of Martinborough

Welcome to Wharekaka, an exceptional retirement village community nestled in the beautiful Wairarapa region, offering a range of independent living villas designed to cater to your needs.

Our mission is to provide you with the support you deserve while empowering you to maintain an active and fulfilling lifestyle.

- 12 villas
- Onsite parking
- Independent living
- Beautiful grounds
- Meals on wheels for South Wairarapa prepared on site

THE MASONIC VILLAGES TRUST



Oxford Street, Martinborough | Contact Julie Ward 06 306 9701 | Julie.ward@masonicvillages.co.nz
www.masonicvillages.co.nz/villages/wairarapa-villages/wharekaka/

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A cherry a day

Boost your immune system and increase your energy levels with Cherryvite, an all-natural supplement made 100 percent from Montmorency tart cherries – a superfruit with loads of health benefits.

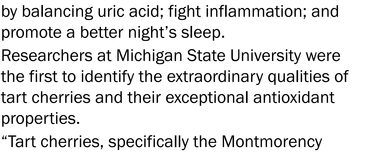
Cherryvite juice concentrate and capsules are 100-percent natural, free from harmful additives, and have all kinds of health benefits. Both products can help speed recovery and reduce stiffness following sports training, whether you're a professional or a weekend warrior; improve cognitive performance thanks to the presence of polyphenols, anthocyanins, and melanin; reduce blood pressure and improve cardiovascular health by lowering cholesterol; increase joint mobility by balancing uric acid; fight inflammation; and promote a better night's sleep.

Researchers at Michigan State University were the first to identify the extraordinary qualities of tart cherries and their exceptional antioxidant properties.

"Tart cherries, specifically the Montmorency variety, contain an extremely significant quantity of natural antioxidants – enough to produce positive results in the body," Doctor Russel Reiter of the University of Texas Health Science Center at San Antonio says. "Cherry-juice concentrate, which involves greatly reducing the water content, has ten-times the antioxidants of the raw fruit."

Order online from www.cherryvite.co.nz to discover the revitalising and restorative properties of Montmorency tart cherries!

Cheerful and supportive



Choosing The Willows Home & Hospital means you can still be in the heart of the big city and nearby to family and friends while benefiting from all the perks that come with assisted living.

Tucked away in the neighbourhood of Ōtāhuhu, The Willows is well connected to everything Auckland has to offer. Shops, malls, parks, places of worship, a beautiful library, and various citizen clubs are just a short bus ride or walk away, ensuring you can continue to be social while enjoying extra support at home.

The Willows aims to foster a homely and cheerful environment that focuses on maintaining or restoring maximum independence while delivering quality, holistic care. The compassionate and highly skilled team of nurses and carers take an empathetic and dignified approach, treating residents with respect for their needs and wishes regardless of culture, race, or creed.

The top priority at The Willows Hospital is that residents feel comfortable and at home. The 11 beds each have access to a shared ensuite. Bringing your own furniture is encouraged and even your furry friend can join you during your stay, with all residents encouraged to offer personal input in the home. Several modern and sunny lounges and dining rooms with comfortable, quality furnishings are perfect for socialising and taking part in various activities.

Warm, friendly, and with all the assistance you may need, The Willows is a home away from home.

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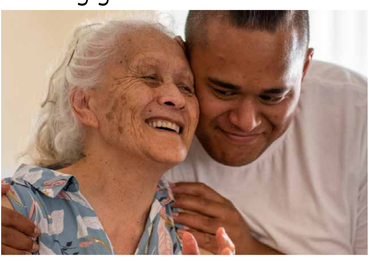
A caring gift



Drafting up a current will may not be at the top of your priority list, but it's paramount that everyone has one that is up to date. Not only will it make sorting out your affairs easier on your loved ones, it will also make it less expensive. What's more, it's your last chance to make a lasting contribution and cement your legacy.

When working on an updated will, consider a bequest to Mary Potter Hospice. Your gift will help people with life-limiting illnesses live full, comfortable, and dignified lives. Even a small contribution will help provide end-of-life care, including grief and bereavement support. The donations enable the hospice to focus on patients' quality of life, and to support their loved ones too. In fact, one in seven Mary Potter Hospice patients wouldn't have received care had it not been for someone making a bequest in their will.

"It costs around $16 million a year to provide Mary Potter Hospice's services to our patients and their family," chief executive Tony Paine says, adding that while the government supports half of this, the rest is made up through the generosity of others. "The donations we receive help us not just to support our patients, but to provide great care to their family as well."

Anyone who bequeaths a gift to Mary Potter Hospice in their will becomes a member of the Camellia Heritage Club, a very special group of valued supporters. Any little bit helps – find out more at www.marypotter.org.nz

Helping your way

Providing personalised care tailored to each client's needs is the top priority for Connie's Angels Homecare. The boutique care service provider based in Paraparaumu Beach offers quality healthcare to elderly individuals and those with disabilities across the Wellington Region.

Connie's Angels Homecare was founded in 2016 by Connie Paul. A doctor in the Philippines wanting to register in New Zealand, she decided to pursue her passion for gerontology at Auckland University. Having worked in the healthcare industry for decades, she decided to start her own home health service company that catered to clients' individual needs.

Unlike commercial agencies, Connie's Angels Homecare is committed to matching each client with a suitable caregiver. When a new client comes onboard, Connie will be the first person who comes to their home before they're assigned a caregiver. In this way, she can assess their requirements, situation, preferences, and personality so that they will be matched with someone that suits them best.

Connie's Angels Homecare's extensive catalogue of wraparound services spans everything from cleaning and cooking to helping with chores and companionship. Whether you need help doing laundry or want support during a doctor's appointment, would like to declutter your home or have assistance getting about, or even if you're in a rest home or hospital and would like one-on-one care and companionship, call on Connie's Angels Homecare when you need them most.

Care and support in your community

The Marsden and Chelsea Clubs provide accredited day programmes in safe and home-like surroundings for people living at home with mild to moderate cognitive impairment and related conditions. They also provide support and guidance for carers.

The clubs offer care for people living at home who would benefit from one or two regular days out, stimulating company, and tailored activities. Club members flourish supported by professional caregivers and carefully selected volunteers. For most members, attendance is free and funded by Health NZ. Transport can be arranged.

A typical day sees club members picked up from their homes in the morning and driven to their closest club. They are greeted with a home-baked morning tea and a catch-up on news based around the paper. Next are structured activities, including gentle exercise to music, quizzes and crosswords, arts and crafts, listening and singing to music, bowls, and garden walks.

Members eat a home-made lunch and dessert before having an afternoon rest. Around 2pm, they go out for a drive or a visit to the local library before coming back for afternoon tea. Around 4pm, members are driven home.

The Marsden Club has limited vacancies and Chelsea is accepting members onto their waiting list. Referral is via your GP. A morning tea visit to check out the club before or after the referral is welcome. Find out more at www.marsdenclub.org.nz

Find freedom

At Covertogs, modesty is not a compromise but a statement. The beautifully constructed and fashionably designed swimsuit brand provides more cover so that you can have more confidence.

100 percent Kiwi owned and operated, Covertogs swimsuits are also designed and manufactured right here in Aotearoa. As chlorine-resistant, fast-drying, sun-safe togs with a UPF rating of 50 plus, they provide peace of mind and phenomenal sun protection, so you can enjoy your day at the beach or by the pool to the fullest.

The high Lycra content in the fabric makes every swimsuit very flattering and perfect for all shapes and sizes, as they easily stretch over busts, bottoms, and other bits too. What's more, they're easy to put on and take off. The catalogue of two-piece swimsuit sets includes sleeveless tankini top, cap-sleeve tankini top, and elbow-length-sleeve tankini top options. For bottoms, you can choose between pants and skorts that range from mid-thigh to knee length. With plenty of designs and colours to choose from, mix and match styles to find a swimsuit that fits you perfectly.

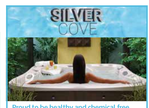
What sets Covertogs apart is not just the fabric and design, but the philosophy that each piece embodies. Every swimsuit option embraces your body's natural beauty while offering as much coverage as you need to feel comfortable, confident, and carefree. Stylish for any age and any body, dive into elegance and freedom with Covertogs.

CHELSEA & MARSDEN CLUBS

We offer a high quality professional Daycare Programme for people with mild cognitive impairment and related disorders, in a socially stimulating home like environment. Support and guidance is offered to families and carers. Volunteers welcome.

To find out more contact:
Marsden Club, 21 Newtonbe Cres, Karori | 476 6719
Chelsea Club, 7 Tora St, Lyall Bay | 387 7007
www.marsdenclub.org.nz

SILVER COVE



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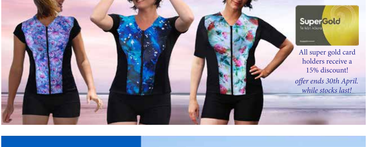

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A change of pace

Spend your days relaxing rather than stressing and enjoying rather than worrying by joining Acacia Cove, a country-style retirement village that promotes care, community, and connection. Settled comfortably into the Wattle Downs Peninsula, a golf and country club to the east and an estuary teeming with wildlife to the west, Acacia Cove is an idyllic place to call home.

Acacia Cove features 217 villas and 15 fully self-contained apartments that offer both independence and access to a vibrant and active community. All architecturally crafted by professional designers, interior decorators, and landscapers, each villa has its own private courtyard, spacious living area, and one to three bedrooms. The two and three-bedroom apartments enjoy a paved courtyard or a spacious deck. What's more, the gardens are fully maintained, even if you choose to add your own personal touches.

The lodge-like community centre is framed by magical sunset views and features plenty of amenities, including a billiard table, gym, spa bath, hairdressing salon, library with computers, nurse's station, and an open fireplace. The purpose-built meeting room is the hub for all kinds of activities – from walking groups to the garden club, there are over 31 weekly activities on the schedule.

On the grounds are also a bowling green, BBQ area, heated indoor pool, and restaurant, which is the perfect place to enjoy the sun and the estuary views in the company of neighbours, friends, and whānau.

Stairlift solutions

With a tailor-made Acorn Stairlift you can stay right where you are – keep your home, keep your freedom, and retain your independence.

At Acorn we want to make sure that you get the perfect stairlift solution for your needs. Your home is a cherished part of your life: a place to welcome your family and friends, to entertain, enjoy, and simply relax. It is a simple truth that staying in your own home gives you a wonderful feeling of independence. So, why let getting up and down your stairs stop you from having a fully independent lifestyle?

Our unique rail system means that we can fit an Acorn Stairlift to all types of staircase, and what's more, we can do so within a matter of days rather than weeks. A visit from one of our friendly surveyors will allow you to see what sets Acorn Stairlifts apart from other stairlift companies. After assessing your needs, our surveyor will instantly be able to give you the peace of mind of knowing exactly how affordable an Acorn Stairlift can be and an Acorn Stairlift can be fully fitted for you from as little as $7000!

Acorn has always been at the forefront of the stairlift industry. We have led the way with our design and innovation and are the first to be awarded the Arthritis Foundation's Ease-of-Use Commendation.

Take a look at our range of stairlifts and book your personalised free quote at www.acornstairlifts.co.nz

acacia cove
CARE, COMMUNITY, AND CONNECTION
Acacia Cove, a country-style village situated on the beautiful Wattle Downs *Peninsula* with 31 weekly activities.

For those who appreciate the tranquility of an estuary setting Acacia Cove has it all, as well as its own restaurant, heated indoor pool, library, bowling green and gym.

Whether you choose to live in a villa or one of our luxurious apartments, you'll have the security of a 24 hour, fully monitored emergency call system built in.

Villas available for $640,000-$1,000,000

Price is for an Occupation Rights Agreement secured by a first-ranking mortgage and in favour of the statutory supervisor on behalf of the residents.

If you're aged 60 or over, value your independence but want greater security, come and have a look at the superb properties we have to offer.

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admin@acaciacove.co.nz or phone 09 268 8522

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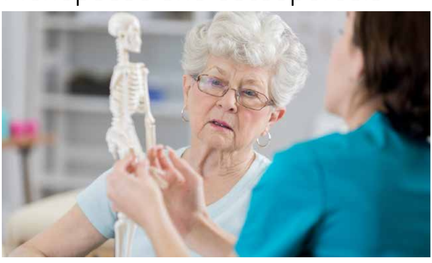
Women's Lifestyle Expo

Menopause and osteoporosis



During menopause and perimenopause, women experience significant hormonal changes. Bone health in particular can be substantially impacted.

Falling oestrogen levels following menopause have a direct relationship with bone density loss, which can lead to the development of osteoporosis. Women typically lose 15-25 percent of their bone in the 10 years following menopause – that's about half of the total bone lost during their lifetime. Early menopause – before age 45 – can lead to even greater amounts of bone loss and thus a higher chance of osteoporosis at an earlier age.

There are a number of measures you can adopt to reduce your risk of developing osteoporosis, such as maintaining a healthy body weight, doing regular weight-bearing exercises to strengthen your bones, avoiding smoking, limiting your alcohol intake to a healthy level, ensuring an adequate dietary intake of calcium, and getting 15 to 20 minutes of sun exposure each day to maintain vitamin D levels.

You can also familiarise yourself with your own risk by completing the online risk assessment tool Know Your Bones™. Giving the results to your doctor can be valuable for mapping out a future health plan.

Other than menopause, other risk factors for osteoporosis include a family history, broken bones, previous fragility fractures, low body weight, some medical conditions, and certain medications.

If you have more than one risk factor, ask your GP for a screening so you can be prepared and proactive.

A women's world

Get your girl gang together for Wellington's annual Women's Lifestyle Expo on the waterfront. 2025 sees more than 130 lifestyle brands descending on TSB Arena on the 12th and 13th of April to offer Te Whanganui-a-Tara locals a weekend of shopping, pampering, and inspiration, plus the opportunity to win a five-night trip for two to Tahiti at a five-star resort.

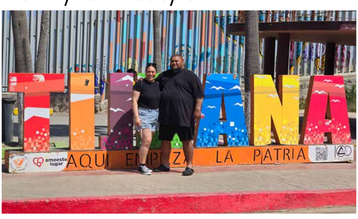
No matter your niche, the Women's Lifestyle Expo has something for everyone, with booths dedicated to beauty, fashion, wellness, artisan products, travel inspiration, stylish homewares, sustainable living solutions, and so much more. Whether you are looking for a gift for your friends or whānau, after a bit of pampering, or need to stock up on essentials, you'll find it all.

The artist zone is always a hit, with talented Kiwi creatives showcasing their handcrafted jewellery, artwork, organic skincare, and more, while the taste zone is chocka with eats and treats to tantalise your tastebuds. Be sure to stroll through on an empty stomach, because you won't be able to resist the delicious snacks.

"The Wellington Women's Lifestyle Expo is a vibrant showcase of incredible exhibitors, from inspiring local business owners to recognised national brands," head of events at NZME Emily Travers says. "It's amazing to see the excitement of our visitors, whether it's girlfriends on a day out, or mums, daughters, and grans making special memories together. We love watching them discover new favourites and reconnect with brands they love!"

Women's Lifestyle Expo

Build your lifestyle



Profound Weight Loss (PWL) is dedicated to actively helping Kiwis become the best version of themselves.

CEO Aalia Paea started her journey in August 2023. As a young mother, she wanted to change her lifestyle, so she flew to Mexico to have gastric sleeve surgery. "PWL was founded based on my own personal experience, where I encountered difficulties due to a lack of knowledge," she says. "Since then, I have dedicated myself to helping Kiwis not only save money but also travel more safely. Having personally experienced this journey, we understand the challenges and have built a system that ensures no one feels alone – especially during their most vulnerable moments."

The assisted surgical Mexico and Turkey group trips have space for three to four people, while the unassisted travel packages are for those wanting to go solo. Regardless of which option you choose, packages include return airfares, surgery and clinic fees, airport transfers, travel insurance, full travel support, and more.

"What makes PWL unique is that our facilitators are past patients themselves, which allows them to provide a level of understanding and guidance that is deeply personal," Aalia adds. "This relatability ensures we can support individuals both pre-surgery and post-surgery with genuine care and firsthand experience."

PWL isn't just for weight loss surgery: there are hair transplant, dental, pain management, and plastic surgery packages as well. Build the future you see for yourself with PWL.

Live life to the fullest

Life's too short to be held back by stiff shoulders, nagging back pain, or that constant feeling of fatigue. Whether you're chasing personal bests at the gym, keeping up with your kids, or just want to get through the workday without discomfort, Limitless Chiropractic can help you move, feel, and live better.

Located in Miramar, they're all about helping you break free from the things that slow you down. The expert chiropractors focus on enhancing your nervous system, improving movement, and boosting overall wellbeing, so you can step into a stronger, more vibrant lifestyle.

With the knowledge that every body is different, they tailor their approach to fit your unique needs. If you're an office worker dealing with tension headaches, tech neck, or slouched posture, they can help you combat the effects of long hours at a desk. Tradespeople struggling with lower back pain, sore shoulders, or knee strain from physically demanding jobs? They've got you covered. Expecting a baby and feeling the toll of pregnancy on your body? Their specialised care can help ease discomfort and prepare you for childbirth. Recovering from a sports injury or looking to improve flexibility and prevent future setbacks? They'll support your body so you can perform at your peak.

At Limitless Chiropractic their goal is simple: to help you feel limitless, so you can live life to the fullest.

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Sally Dunfield

Those Who Don't Believe in Magic, Will Never Find It - Ronald Dahl

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- Surgery Fees
- Clinic Fees
- Airport Transfers
- Travel Insurance
- Pre Surgery Diet plan and support
- Post Surgery Medication
- Post Surgery Care
- English Speaking Clinics
- 24/7 Support
- Access to private group chats

Aalia Paea
CEO of PWL, has lost 40+ kilos in 12 months with over 10 visits to Tijuana.

Samantha Dhand
Office Manager and part-time facilitator, she has lost a whopping 30kgs

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Top 5 women in business

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Hi, I'm Sharon, owner and creative director of Shine Design Ltd. Based in Wellington, I'm a senior graphic designer with over 22 years of experience in branding, promotional materials, advertising, websites, and online marketing. I specialise in creating brands for New Zealand startup companies and have worked across various industries, including small to medium businesses, restaurants, educational organisations, and government departments.

Shine Design offers professional, economical, creative services with a personal touch. I work directly with clients to ensure their design projects reflect their business, combining creativity, simplicity, and elegance.

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LifeDirect Mortgages helps Kiwis compare mortgages transparently and without hassle. Mortgage adviser Dawn Whiteside has over 12 years of finance experience, six of which were in major New Zealand banks and six in the home loan sector. She can offer expert advice for any and all circumstances.

Whether you're a first-home buyer, purchasing an investment property, or building your dream home, Dawn can guide you through the mortgage process, making it simple and streamlined.

She can outline mortgage jargon concisely, weighing up the pros and cons so that you can be completely sure it's the best choice for you.

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When a loved one passes, the Lychgate team will take care of all the details so you can focus on saying farewell. They're committed to treating your dearly departed with sensitivity and respect, ensuring their memory is honoured with dignity and love.

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For young ones and mamas too

Bambini is Wellington's one-stop shop for high-quality, ethically sourced, affordable clothing and footwear for a range of ages from newborn to teen. Owned and operated by Robyn, the dedicated and passionate team comprises remote workers Olive and Jess, multi-talented mamas Annabel, Susanna, and Lily, after-school stars Grace and Elodie, and students Sofia, Millie, and Deleep who keep everything humming.

Bambini stocks popular Kiwi brands Nature Baby, Merino Kids, Hello Stranger, Therm, Pretty Brave, and Crywolf alongside top Australian and other international designers. There are beautiful clothes, specialty teas, and skin care for mamas too, as well as hats, books, toys, and more.

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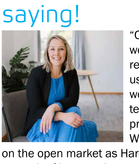
What my clients are saying!



"Claire was fantastic to work with when selling our rental property. She gave us multiple selling options, worked around our tenant's needs, and was proactive with solutions. We didn't end up selling on the open market as Harcourts had a great network of buyers who were coached to present best offers. We were very happy with the price, we received and the timeframe it was sold in. Thanks Claire!"

"Dealing with Claire was an awesome experience. Claire had a clear plan on how the whole process was going to unfold and she got it spot on. What made it even better is we exceeded our expectations on price. Well done, Claire, first class!"

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Gallery news

by Alessia Belsito-Riera

A shared ethos

Artist Yukihito Kanai and co-curator Debbie Donnelly.

On the Japanese Island of Amami Ōshima, artist Yukihito Kanai practises the ancient art of dorozome, a mud-dyeing technique unique to the island. This method is part of the creation of Ōshima-tsumugi, a silk textile which is hand dyed and woven to produce garments like the kimono.

"The process involves dyeing with plant dye about 20 times before applying a single iron-rich mud dye," the second-generation dorozome practitioner says. "This cycle is repeated four or five times. Since the dyeing outcome varies each time, constant adjustments are necessary. These adjustments require years of expertise."

Dorozome is inherently dependent on Amami Ōshima's conditions and landscape, with the iron-rich soil and plant life instrumental to crafting the different pigments. "Natural dyeing is only possible because of the natural environment," he says. "That's why I always feel like I am being allowed to dye, rather than simply doing it myself."

The Japanese dyeing practice and its contingent respect for the natural environment shares a connection with the ethos of traditional Māori dyeing practices, which Kanai discovered when Toi MAHARA curator and Kapiti-based textile artist Debbie Donnelly stumbled upon his fabric-dyeing studio Kanai Kougei in the town of Tatsugo while visiting the country to develop artistic collaborations between Japanese and Kiwi artists.

"I had two hours before I needed to be back in Tokyo when I discovered Yukihito's workshop," Donnelly says. "I felt so at home with everything. I decided there and then to invite him to New Zealand, and he didn't hesitate to accept."

The result is *!Nature Amami Ōshima!*, an exhibition from Kanai running at Toi MAHARA on the Kapiti Coast until the 1st of June that includes two precious kimono, paper wall hangings, and contemporary garments.

"We hope that gallery visitors can see the traditional evolution of natural dyeing in Amami Ōshima, which began 1300 years ago for lustrous kimono garments, and how the natural island environment in Amami still inspires and sustains artisans now to make contemporary works from traditional processes across different end uses and fibres," Donnelly says.

Despite sharing a similar ethos, dorozome mud dyeing on silk is still significantly different from New Zealand flax and muka fibre dyeing.

"The similarities include the long and highly valued traditional processes used to treat natural fibres and build depth of colour through plant extracts, which are then soaked multiple times in iron-rich mud to build deep brown and black tones," Donnelly continues. "The differences are firstly the fibres used; Japanese silk (*Bombyx mori*) versus New Zealand harakeke (*Phormium tenax*), to design daily, formal, and ceremonial works. Secondly, how Japanese and Māori artisans use their cultural motifs or designs found in each visual language. The tsumugi designs often use resist-dyed silk threads to reflect both Indigenous plant life and respect for nature."

Banquet of love

Artwork by Bev Moon. Photo by Richard Ng.

A knitted yum cha feast of wontons, dumplings, pork buns, spring rolls, and more has been laid out at Te Waka Huia Wellington Museum until the 27th of April. This banquet of history, culture, and family tradition called *Fortune* is a labour of love by Kiwi Chinese artist Bev Moon, whose work reflects on her family's migration to New Zealand and her bicultural upbringing.

Fortune pays homage to Moon's mother and grandmother, who were two of only 500 Chinese women and children granted temporary refuge in New Zealand in 1940 during the Sino-Japanese War.

During lockdown, "I made a few wool spheres, and they reminded me of the BBQ pork buns I used to make with my mother", she says. "What excited me was the thought of blending cooking and knitting into one creation – both were skills my mother and grandmother had mastered, so it felt like a perfect tribute".

While her great-grandfathers came to Aotearoa in the 1880s, they remained separated from their wives and kids due to stringent restrictions on New Zealand immigration. Alongside the knitted banquet are images and objects from Moon's family collection as well as photographs from Wellington's Chinese community.

"Growing up, ours was the only Chinese family at our school. I always knew my family's story was different from the other kids', and that my mother was a refugee. But it wasn't until much later that I truly understood the impact of the Chinese Poll Tax on our family – and on other Chinese families of that time," Moon continues. "I hope that by sharing this, people will gain a deeper understanding of the history of Chinese immigrants in this country and the contributions they've made."

Sensuality of form

Artwork by Micheline Robinson.

"Watching every corner of the Cuba Quarter transform into a playground awakens the child in me, it's like seeing our communal imagination come to life", artist Micheline Robinson says of CubaDupa. "I feel the festival's kaupapa mirrors my own passion for creativity and connection".

This colourful and playful atmosphere is what inspired her newest collection *Ebb & Flow*, which will be on display at Te Auaha from CubaDupa weekend on the 28th of March until the 14th of April.

The Kapiti-based French Canadian creative blurs the boundaries between painting and sculpture in *Ebb & Flow*. The pieces seem to capture light from within and the vibrant pigments appear to flow across surfaces "like currents of water or unfurling vegetation" the artist adds, the carved metal surfaces tricking the eye into glimpsing translucency and luminescence.

"The atoms and elements that comprise our world are rendered within a playful environment, inviting the viewer to see themselves in the work and asking the viewer to find the beauty within their random existence," Robinson says, adding that *Ebb & Flow* captures the "disjointed nature of modern life" while also fostering a sense of escapism that encourages the audience to "ponder the weight of the unseen, question the very fabric of reality, and actively engage in the narrative of their times".

Focusing on the intimate relationship between colour and the sensuality of form in this exhibition, Robinson hopes to offer "a colourful escape" that honours the beauty of the physical world while offering something new, "perhaps even opening doors for new possibilities".

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West Coast adventures

Wild and wonderful

The West Coast is an untamed wilderness of natural wonders waiting to be explored.

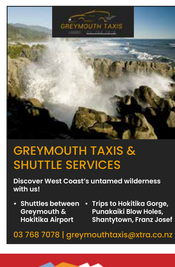
Fly into Westport to begin your journey. First a gold town before shifting to coal, the museum offers a peek into what it's like to work underground. The nearby Buller Gorge is one of New Zealand's calling cards and a fantastic spot for whitewater rafting and jetboating experiences. Don't forget to pass through Punakaiki to visit the new Punangairi Visitor Experience Centre, where you'll find everything you need to know about Paparoa National Park before you explore the beautiful landscape.

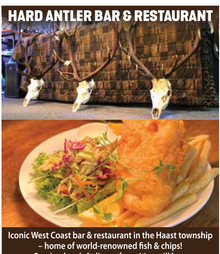
Next, head over to the bustling hub of Greymouth. Stroll or bike the floodwall beside the river, explore historic mining sites, and visit galleries, boutiques, and museums. Top it off by sampling some local brews, nabbing a photo by the clocktower, and catching a show.

Carry on to Hokitika, where watching the sunset is top of the list. In town you'll spend hours in the galleries, art studios, and eateries. Nearby, if you explore the lakes, rainforests, and gorges, you may spot a kiwi.

A trip to the West Coast isn't complete without a glimpse of the Fox and Franz Josef Glaciers. Just 20 kilometres apart, these awestriking glaciers can be glimpsed by helicopter or hiking.

Make Haast your last stop. The heart of Te Wahipounamu World Heritage Area is filled with spectacular scenery. Walk Monro Beach, drive the Haast Pass, explore the Hapuka Estuary Walk, and indulge in the town's legendary kaimoana.





West Coast adventures

Above and beyond

Whether you're seeking a peaceful holiday or an adventure-packed getaway, The Nurses Home is a centrally located accommodation that's well connected to everything the wondrous West Coast has to offer.

Inaugurated in 1949, the property was once accommodation for the staff of Reefton Hospital. Today, it stands as a beautifully refurbished retreat.

The Nurses Home provides a variety of accommodations, including centrally heated single, twin, and queen rooms, as well as apartments with private bathrooms. Each room is thoughtfully appointed with bed linen, duvets, and towels for your comfort. On the ground floor, guests can enjoy a large communal kitchen and a dining and lounge area that opens up onto a lovely courtyard and gardens. The property also features four spacious shared bathrooms, conveniently located with two on each floor.

For those travelling with bicycles, secure storage is available. Guests can also take advantage of the complimentary Wi-Fi, tea, and coffee throughout their stay.

Travel back in time

Along State Highway 6 between Hokitika and Greymouth is a crack in history, a wrinkle in time, a portal to the world of yore. Shantytown Heritage Park is a living, breathing time capsule of the 19th century and a perfect place for little and big Kiwis alike.

Just a short drive south from Greymouth, Shantytown holds the secrets of the West Coast's gold rush history. This historically accurate village comprises 30 replicas of vintage buildings, each one based on a building that existed as far back as 1860. Each one contains trinkets and curiosities, with the onsite museum alone holding a collection of roughly 10,000 objects, 2000 photos, and 1000 archives.

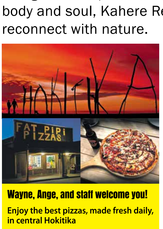
There are fun family activities aplenty. Dress in period costumes for an old-timey photo, search the park during an exciting treasure hunt, munch on old-fashioned treats, send a postcard from the old post office, and catch the heritage train to pan for gold!

One with nature

Kahere Retreat is crafted by nature lovers, for nature lovers. The boutique eco-chalets serve as the perfect base from which to explore the West Coast of New Zealand's world-famous glaciers and as a special place to return to after a day filled with magic.

Each fully self-contained chalet has been hand crafted with native timber by owner Danny Morrison himself to be the ideal home away from home. The five chalets each feature a bathroom, kitchen, and living area downstairs, plus two bedrooms upstairs that can sleep up to four guests. Plus, there is a spa and sauna onsite available to all guests. Every view is more picturesque than the last, with windows looking out over towering mountains or beautiful bush, starry skies or pastel sunsets.

Designed as a place to relax and recharge your body and soul, Kahere Retreat will enable you to reconnect with nature.



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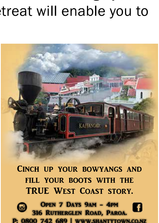

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Foxton – the Big Dutch Day Out

Go Dutch

Foxton is a hub for all things Netherlands in New Zealand. Every year, the town is painted orange for the Big Dutch Day Out, which celebrates King's Day. The 12th annual festival falls on the 26th of April with loads of fun in store for attendees of all ages.

Dutchies love to ride bikes, so it makes sense to kick the day off at 8:30am with the beloved Orange Bike Ride. Organised by the local MTB Trails Club, the parade will weave through the streets of Foxton until arriving at De Molen Windmill in time for Dutch Deputy Ambassadors Carolien Vis and Maarten Heetderks to kick off Big Dutch Day Out at 10am.

Once the celebration begins, visitors will be able to take part in all kinds of fun activities. Get your face painted, try out Dutch games like stilt walking, sample delicious traditional eats and treats from the Netherlands, and so much more. MAVtech will also have a photobooth onsite where you can dress up and have your picture taken.

Wander the streets and check out the window displays to look for letters that spell out a word – once you've cracked the code, head to Te Awahou Nieuwestroom for a free treat! While there, check out the children's art competition display from local students and the exhibitions at the adjacent Oranjehof Dutch Connection Centre.

This April, go Dutch in Foxton at the Big Dutch Day Out!

Fantastic Foxton

A special place just a 90-minute drive from Wellington, Foxton is a meeting point between worlds, where history and art mix and mingle, and tradition two-steps with innovation.

The town's centre and side streets recount its multi-ethnic past. Over 30 murals depict the history of the district and settlement. Foxton could be considered Aotearoa's largest permanent outdoor art gallery – everything is within walking distance, so see if you can spot them all!

In the middle of Main Street is Foxton's cultural hub, inhabited by Te Awahou Riverside Cultural Park with its award-winning centrepiece Te Awahou Nieuwe Stroom. Take a stroll through this modern creative facility with two museums and a stylish art gallery – telling the stories of mana whenua and Dutch immigrants, side by side with tales of Foxton's early days and flax industry.

Sharing the space with the cultural park is De Molen, Foxton's 17th-century working replica of a Dutch windmill. Built in 2003, the windmill has been grinding away ever since, with a café filled with fresh Dutch treats waiting to be gobbled up.

Foxton's natural beauty is also worth exploring. Cycle or walk along the Manawatū River via Te Awahou Boardwalk. Explore the recreational paradise that is Foxton Beach – think horseback riding, surfing, and four-wheeling. Check out the wakeboarding park too, where you can water ski, paddleboard, and more.

Take a jaunt up the coast and discover how funky and fun Foxton can be!

DeMolenFoxton NEW ZEALAND

De Molen Working Dutch Windmill

A visit to De Molen is a totally unique experience and a must-do when you're passing through Foxton. Experience a little piece of the Netherlands right here in New Zealand. Tour up De Molen, enjoy the 17th century technology, take in the views from our balcony, and browse around our shop in De Molen, stocked full of Dutch licorice, sweets, groceries, and cheese along with locally sourced deli items and famous Foxton Fizz.

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Māpuna Kabinet Art Gallery: A tranquil haven for true art Lovers

Nestled in the heart of Foxton's town centre, Māpuna Kabinet Art Gallery in Te Awahou Nieuwe Stroom offers an inviting space where art and architecture seamlessly blend.

As visitors enter through the spacious foyer, they are ushered in by the captivating grand entrance and soaring ceilings.

The gallery's minimalist design allows the natural light to pour in from above, creating a peaceful ambience that encourages quiet reflection.

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Book reviews

The Final Diagnosis

Written by Cynric Temple-Camp
HarperCollins
Reviewed by Kerry Lee

Whenever a murder is solved, the majority of the praise always seems to go to those who are in the spotlight. Too often, no one thanks the pathologists who work behind the scenes to help bring about justice.

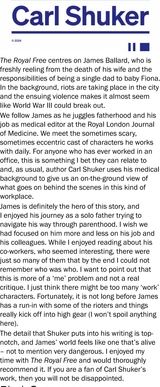
Leading New Zealand pathologist Cynric Temple-Camp attempts to rectify that with his third and final book *The Final Diagnosis*. This fascinating title helps shed light on work that never seems to ever get enough credit. Right away, readers will be drawn into an unfamiliar world (for some) that deals with the dead and gives those left behind some much-needed closure.

From accidental deaths to sneaky viruses trying to escape a pathologist's eagle eye, *The Final Diagnosis* will leave you on the edge of your seat. Temple-Camp's writing is simple and easy to read, ensuring that almost anyone with even a passing interest in pathology can pick it up and enjoy it. You can tell that the author has a love for pathology, as he imbues his anecdotes with a real sense of adventure. One that stuck out for me was the young man who was so convinced there was something wrong with him that he impersonated a doctor so he could have more tests done on himself.

As well as telling us stories that are sometimes stranger than fiction, Temple-Camp gives his perspective on New Zealand's high-profile cases, such as the Mark Lundy murders and the disappearance of Ben Smart and Olivia Hope. The subject matter might put some people off, but I implore you not to pass *The Final Diagnosis* up. On average it can take 13 years of hard study to become a forensic pathologist, so for many of us, this may be the best chance we get to peek behind the curtain and see how and why they do what they do.

The Royal Free

Written by Carl Shuker
Te Herenga Waka University Press
Reviewed by Kerry Lee



The Royal Free centres on James Ballard, who is freshly reeling from the death of his wife and the responsibilities of being a single dad to baby Fiona. In the background, riots are taking place in the city and the ensuing violence makes it almost feasible like World War III could break out.

We follow James as he juggles fatherhood and his job as medical editor at the Royal London Journal of Medicine. We meet the sometimes scary, sometimes eccentric cast of characters he works with daily. For anyone who has ever worked in an office, this is something I bet they can relate to and, as usual, author Carl Shuker uses his medical background to give us an on-the-ground view of what goes on behind the scenes in this kind of workplace.

James is definitely the hero of this story, and I enjoyed his journey as a solo father trying to navigate his way through parenthood. I wish we had focused on him more and less on his job and his colleagues. While I enjoyed reading about his co-workers, who seemed interesting, there were just so many of them that by the end I could not remember who was who. I want to point out that this is more of a 'me' problem and not a real critique. I just think there might be too many 'work' characters. Fortunately, it is not long before James has a run-in with some of the rioters and things really kick off into high gear (I won't spoil anything here).

The detail that Shuker puts into his writing is top-notch, and James' world feels like one that's alive – not to mention very dangerous. I enjoyed my time with *The Royal Free* and would thoroughly recommend it. If you are a fan of Carl Shuker's work, then you will not be disappointed.

Black Sugarcane

Written by Nafanua Purcell Kersel
Te Herenga Waka University Press
Reviewed by Margaret Austin

Nafanua Purcell Kersel is of Samoan heritage though raised in Aotearoa. And it is her heritage that she celebrates in this debut collection, as well as giving voice to her impressions and experiences of life in her adopted country.

The title *Black Sugarcane* is evocative in its juxtaposing of the dark and the sweet; we discover in the eponymous poem that black sugarcane is in fact a remedy for centipede stings. And that's the metaphor underlying many of the poems here. "Sinea Sina from Samoa has bitter leaf," writes like visa rejection stamps - / one for every time she fobs out".

And in *Admissions Interview*, perhaps predictably, faced with twin sisters Nua and Sina, "The office clerks ask Mum to leave the room". Then, when unwillingly satisfied: "The clerks look at each other / and shrug, like, / Okay then, I suppose."

Thankfully, bitterness is often gentled by humour, self-deprecation, or sadness as in *Ode to my brother / one love*, which recounts the funeral of a four-year-old boy. "Our poem was a cornered thing in my pocket" recalls the writer; and "I spoke our poem, the corners got stuck in my throat".

Much of my enjoyment of this collection springs from my linguistic leaning. The five sections are each titled with a macroned vowel, and in the section we get 'Ali Glossary. Here is a little my linguistic take on this Samoan word, concluding with Ova "is when you overdo it and don't know / where to stop with the metaphor".

We work our way through a veritable alphabet of recollection, family stories, and humorous observations. Chief among the recollections are those of the devastating tsunami that struck between two Samoan islands in 2009. Near the end, we read *Double crowns*, the story of Fuatia who was born with them in her hair. Decades later, the poem's writer watches her mother graduate, her double crowns having gifted her with academic success and a career.

Black Sugarcane is more than a remedy: it's an immunity booster!

Fifty Ships that Changed the Course of History

Written by Ian Graham
Exisle Publishing
Reviewed by Kerry Lee

The earliest evidence of ships is from Egypt during the fourth millennium BCE. Ships have since become an indispensable way of life on a planet that is 70 percent water. From finding new trade routes to meeting (and sometimes conquering) new civilisations, they are at the forefront of human civilisation.

Fifty Ships that Changed the Course of History shows us how important ships were, are, and how they changed our history for the better – or in some cases, the worse. From the German battleship *Bismarck* that haunted the allies during World War II, to the *Mayflower* that transported the first pilgrims to the 'new world', and *Mauretania*, in the 17th century, the book explains it all in great detail and why each one rightfully has a place in maritime history. It is a fascinating read into the past that will undoubtedly give you a better appreciation of these vessels.

While it might be a bit biased, my favourite ship charted in *Fifty Ships that Changed the Course of History* has to be our very own *Rainbow Warrior*. I cannot put my finger on it but the idea of a little country thumbing their nose at a greater power just fills me with a certain pride, as I am sure it will for almost every New Zealander who reads this book. Unfortunately, this brings me to the one negative: it might not appeal to everyone simply because of its subject matter. If you think a book about ships is not for you, chances are you will simply give it a miss, which would be an incredible shame as it's a treasure trove of everything sailing.

I loved my time with this title, where Ian Graham's passion for his subject shines through. Even a landlubber like me could easily understand the content thanks to the combined efforts of the author's writing and his infectious enthusiasm.

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A spoonful of sugar

What's often overlooked takes centre stage in *Bits in Pieces*, a comedy sketch show shining light on women's health. With comedians Mave and Aggie dissecting the complexities of a healthcare system that wasn't built for women with humour and candour, audiences should schedule their appointment for the Cavern Club operating theatre on the 10th and 11th of April.

Mave's deeply personal perspective draws on her seven-year journey navigating vulvodynia, a chronic condition affecting approximately 15 percent of women worldwide. This isn't new territory for Mave, whose previous show *The Vulvodynia Diaries* was praised for its candidness and educational value.

Aggie also knows the realities of living in a body that refuses to cooperate. Diagnosed with Behcet's disease 13 years ago, she has spent over a decade managing the painful and unpredictable nature of this rare autoimmune disorder, all while striving to live a full and joyful life. Pregnancy brought an additional challenge: endometriosis, a condition that affects millions of women yet is still vastly misunderstood.

As a double act, Mave and Aggie pick apart their experiences navigating hospitals and healthcare, reproductive and women's health in *Bits in Pieces* to deliver a show that challenges outdated narratives while administering audiences with a healthy dose of laughter.

Euphoric energy *by Alessia Belsito-Riera*

An electrifying lineup of wāhine DJs is plugging into Pōneke. Settling in for a sizzling set at Heartbreaker Bar & Restaurant on the 5th of April, Girls on Cue presents a night of rumbling rhythms, bass-heavy beats, and crackling kick-ons.

"Girls on Cue is a big part of my plan to diversify Wellington's nightlife – shining a light on genres and artists that don't usually get the spotlight," organiser Ronaldo Vollenhoven of Downbad Promotions says. "I want to create an event that both the artists and attendees will always remember."

Designed to let the DJs play to their hearts' content, Girls on Cue has "no restrictions, just full throttle energy" Vollenhoven beams, adding that the setlist spans UKG, drum and bass, techno, house, trap, 140, garage, and more. "I've handpicked each DJ for their ability to bring that fire behind the decks, and I can't wait for Wellington to experience it."

Cooking up the blends and beats are Te Whanganui-a-Tara trailblazers BVRBWYRE, edii, and Clova alongside Auckland audio aficionados Hollie, danni, and Edenna.

BVRBWYRE [pictured] is especially excited to bring her vibe – a sexy, empowering set with high-energy bass at the forefront – to a fresh audience at an event that celebrates women DJs. "I'm always playing across genres and blending sounds in playful ways that keep the dancefloor moving," she says. "I love DJing as a creative outlet and a way to express myself while helping shape the dancefloor community. We're creating connections and sharing the joy of music."

Follow the current to Girls on Cue for a dancefloor that'll snap, crackle, and pop with electric energy.

I debated Nobel prize at Vic-WLGTN Rutherford lecture theatre! How n kg does a cloud weigh? Perhaps 3 elephants? You should know atmospheric pressure 1015 millibar. It's on weather forecast every night. The air presses down on our body 14.7 lb per sq inch. It pushes mercury 761 mm Hg. Compare heart 90mm Hg. Barometer. You boil the jug. It becomes 1700 times lighter than water. The H2O molecules are 12 times more apart than water. Water vapor rises lite + condenses at airplane height. The drops stick together. .Then balance. The water should fall to cloud height where it tries to be warmer gas again. CLOUD PUFF. CONDENSATE LIGHT of UMBER , DENSITY. The seventh wonder of physics. My theory. mc done wtg >>> 0277 845.900

Reviews

Timeless Beauty: Handel's Telemann

Presented by New Zealand Symphony Orchestra
Directed by Vesa-Matti Leppänen
Michael Fowler Centre, 7th Mar 2025
Reviewed by Ruth Corkill

Vesa-Matti Leppänen. Photo by Stephen A'Court.

Timeless Beauty is a pun trying Baroque, presenting the works of the period's luminaries George Frederic Handel and Georg Philipp Telemann alongside their lesser-known forerunner Matthew Locke. Featuring a reduced orchestra of 26 musicians, the evening opens with the Overture and Sarabande from Handel's Occasional Oratorio. The NZSO deliver the technical mastery and precision that befits Handel, and as usual make it sound easy.

We then move further back in time. Locke's *The Tempest Suite* accompanied a revival production of only 60 years after Shakespeare's *The Tempest* premiered. Before delving into the storm, Vesa-Matti Leppänen (director and violin) places the work in its historic context, describing innovations in string instruments during this period. It is a lovely touch when he draws attention to the profound age of one of the violins on stage, which was made around 1690, just over a decade after Locke's death. The little instrument is held aloft, prompting the audience to break into delighted murmurs.

The inclusion of Locke's *The Tempest* is an inspired choice, adding interest and variety plus a fresh perspective on the otherwise overly familiar Handel and Telemann. The Tempest, the focus is never to most of us, including Leppänen, who confesses to never having studied Locke's work before. We feel included in the orchestra's exploration, which melds sounds from what we categorise as the early modern period with those of the Baroque music. *The Tempest Suite* is evocative, dramatic, and pacey. The orchestra seems to always shine in this music than with the more familiar works, but this feels like fellowship with Locke, who was innovating with new, unfamiliar instruments and compositional possibilities.

Then we move back into the familiar territory of Telemann, it is with recalibrated ears. His *Concerto for 3 Trumpets and Timpani in D Major* sounds lovely, warm, almost sunny, whose leads us through the piece, most prominently in the middle section. All principals shine in this performance, and the by concluding *Vivace* we are fully enraptured.

Grand Tour

129 minutes
M
★ ★
Reviewed by Alessia Belsito-Riera

An opulent, saturated world oozes out from the screen as *Grand Tour* flickers to life. The footage may be mostly black and white, but a sensuous sepia scene is vivid and bursting with sultry, seductive promotion. Earning director Miguel Gomes the prize for best director at Festival de Cannes, this romantic, extravagant, and comic epic makes a triumph in cinemas across Aotearoa in March.

In 1917, British civil servant Edward (Gonçalo Waddington) loiters in the docks in Rangoon awaiting his fiancée Molly Singleton (Crista Alfaiate). It's been seven years since they've been engaged and as time passes, Edward grows increasingly panicked about the prospect of marriage. Ironically, he has absorbed the coward moniker by Singapore. As he lauriates in the bar of the Raffles Hotel, he receives a telegram from Molly reporting that she is inbound. Thus begins the couple's grand tour as Edward flees across Asia pursued by his betrothed, unwavering through Thailand, the Philippines, Vietnam, Japan, and China, but also through time and space.

Shot in black and White, the marriage between cinematography (Guo Liang, Sayombhu Mukdeeprom, and Rui Poças) and editing (Telmo Churro and Pedro Filipe Marques) is a match made in heaven. *Grand Tour* features a documentist approach as the black and white narrative scenes are juxtaposed against modern-day documentary footage from each location Edward visits. The voiceover is in the language of whatever destination it currently is focus, narrating the action over the present-day clips rather than showing it. This interesting technique draws attention to the passage of time and the cultural shifts which are the story progresses. Meanwhile, the second half, in which Molly's story becomes the focus, is almost entirely narrative-based. A headstrong, formidable woman focused on her future with her fiancé, she contrasts the melancholy Edward who is always chasing past delights.

Grand Tour does not end as we would like it to. With a spoonful of self-awareness at its conclusion, it instead makes a poignant comment on time. As Edward fixates on the past and Molly on the future, their dreams come to nothing, their present moment wasting away into oblivion.

Shakespeare in Love

Written by Lee Hall
Directed by Kevin Coleman
Gryphon Theatre, 19th Mar 2025
Reviewed by Zac Fitzgibbon

Tormented by writer's block, Will Shakespeare (Christopher Hunter) attempts to write his next play. However, when he meets his muse, Viola De Lesseps (Yasmine Alani), it draws the attention of many, making the staging of his production of Romeo and Juliet increasingly difficult. Adapted from Marc Norman and Tom Stoppard's 1998 film of the same name, Lee Hall's *Shakespeare in Love* is an easy-to-watch play about pursuing your dreams, no matter what obstacles society puts in your way. Viola, for instance, defies convention (and the law) to become an actor in an industry of men. Hatshaping women in male fields! While Hall's script is often hilarious, it occasionally drags fun of women too, which surprises me given that the story feels inherently feminist.

When it comes to Wellington Repertory Theatre's lively production of *Shakespeare in Love*, the impressive live band (led by musical director Jennifer Ennis) provides a lovely soundscape that helps root the play in Elizabethan England. The wardrobe (led by Anne de Groot) is spectacular. From wimples to the bedazzled Queen Elizabeth dress (wore by Catherine McNeill), the costumes are a show in and of themselves. I feel that the blocking doesn't always suit the theatre-in-the-round seating arrangement, which often results in the action being obstructed by the backs of performers – especially when too many people are on stage. There are many moments I can't see because of where I am seated and how the actors are positioned. Despite this, there are plenty of standout performers, just some of which include Horne, who plays a hilariously bewitched Will, and the equally comedic Ritz Futschek Ryan, who shines as Henslowe. Alani graces the stage with elegance as she determined and strong Viola, and I admire all her quick changes. Finnian Nacey and Nicholas Hoyle shine as Sam and Juliet. One cannot forget Equinox as Spot the Dog, who is a total scene stealer.

Presented in a strikingly cinematic way and memorable for its ensemble feel, this Wellington Repertory Theatre production is bound to make you laugh. Head upstage to Gryphon Theatre and I'm sure you'll also fall in love with Shakespeare in Love.

Blithe Spirit

Written by Noël Coward
Directed by Colin McColl
Circa Theatre, 19th Mar 2025
Reviewed by Ruth Corkill

Photo by Lewis Fenton

Colin McColl, after 18 years with Auckland Theatre Company, has returned to Wellington to direct Circa Theatre's *Blithe Spirit*. The farce centres on a séance gone wrong at the home of Charles Condomine (Phil Peleton), a sceptical novelist who has invited the famous medium Madame Arcati (Ginette McDonald) into his home in order to gather material for his next book. But Madame Arcati's otherworldly powers prove all too real, and Charles and his new husband Rudi (Simon Leary) find themselves sharing their home with the ghost of Charles' dead wife Elvira (Laura Hill).

This production makes an effort to modernise the 1941 play, with some choices hitting the mark more than others. Gender-swapping and re-scripted the story and effective approaches. The script has been cleverly, lightly tweaked to reflect modern times and his dead wife Elvira bisexual. The changes align with the risqué and socially insightful voice of Coward and help a modern audience find his radical edge.

On the other hand, a confusing combination of garments and set pieces makes it unclear which period we are in, and the set (John Parker) doesn't feel luxurious enough for a modern household with the fulltime domestic staff who feature in the action. While these may have been conscious decisions, the incongruity became a distraction for us. Some of the costumes (Nic Smillie) are very fun, but Rudi's costumes each feel like they belong to a different person, rather than reinforcing characterisation.

We are treated to a standout performance from Laura Dunleavy, who is double cast as Elvira and Mrs Bradman. I failed to realise these two characters were being played by the same actor until we read the programme at interval, a testimony to her transformative physicality. As Mrs Bradman she is a delight, and a subtle understanding of the inner life and absurdities of her character. Together with Peter Hambleton as her husband she portrays a long-married couple, with perfectly timed deliveries that make the most of Coward's astutely observed one-liners.

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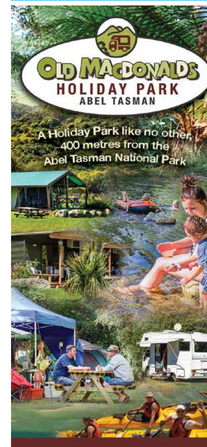

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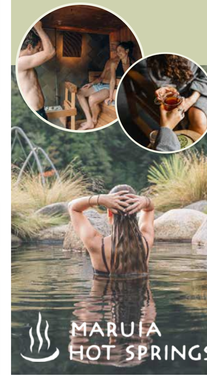

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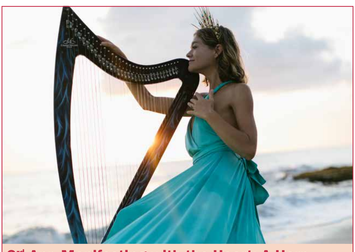
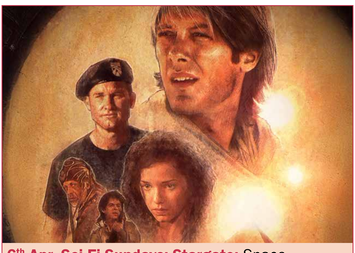
29th Mar. Wainuiomata Treasure Hunt: *Wainuiomata Regional Park, Whitcher Grove, Wainuiomata* – 1:30pm. Get your team of four together for an all-ages treasure hunt! You'll need to work together to crack codes and find boxes. You'll explore tracks through old-growth forest, gum trees, and enchanting meadows. How many challenges can you complete?

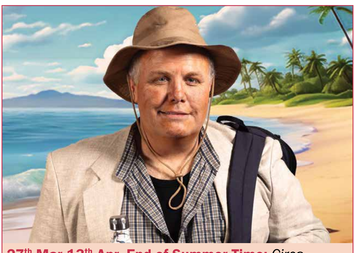


3rd Apr. Manifesting with the Heart: A Harp Sound Journey: *Bhakti Lounge Wellington, Vivian Street, Te Aro* – 6:15pm. Open your heart and step into an evening of sound, breath, and soulful connection as sound healer and professional harpist Jessica Browning [pictured] guides you through a transformative journey of meditation, music, and creative reflection.

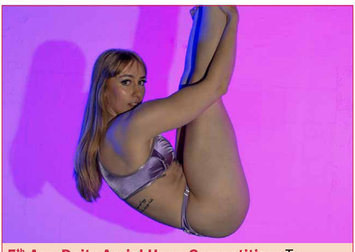


6th Apr. Sci-Fi Sundays: Stargate: *Space Place at Carter Observatory, Salamanca Road, Kelburn* – 6pm. In *Stargate* (1994), an interstellar teleportation device found in Egypt leads to a planet with humans resembling ancient Egyptians who worship the god Ra. The military, sci-fi classic stars Kurt Russell, James Spader, Jaye Davidson, and Viveca Lindfors.

7th Apr. Big Bike Film Night: *Penthouse Cinema and Cafe, Ohiro Road, Brooklyn* – 6:15pm. Pedalling into Wellington at full throttle, Big Bike Film Night brings the best cycling short films from around the world. All the films have one thing in common: celebrating the fun, adventure, and joy that cycling inspires, with human-powered stories at the fore.
Gravel Mania Stephan Wibmer.



27th Mar-13th Apr. End of Summer Time: *Circa Theatre, Taranaki Street, Wellington Waterfront* – various times. Older now, Dickie Hart (Gavin Rutherford) has moved into an Auckland apartment with his wife Glenda to be nearer to his grandchildren. He tries valiantly and hilariously to confront life in the big city, but very funny, sticky situations abound in this Sir Roger Hall play.



5th Apr. Deity Aerial Hoop Competition: *Te Raukura ki Kāpiti Coastlands Theatre, Raumati Road, Paraparaumu* – 6pm. Aerials is coming to Kapiti. Highlighting the country's best aerialists on a professional stage, this gravity-defying circus hoop competition will feature three categories. Low Flow is all about stage presence and fluidity, while the semi-pro and pro categories are tricks and technique focused.

What's on

Wairarapa

28th Mar. Greytown Red Robins Present: Rack Attack – Fashion Show and Fashion Sale: *South Wairarapa Workingmen's Club, Main Street, Greytown* – 7pm. Get dolled up for a fashion show fundraiser for the Cancer Society that features speakers, bubbles, nibbles, raffles, and spot prizes.

28th Mar. Drag B-I-N-G-O Masterton with Rhubarb Rouge: *Copthorne Hotel & Resort Solway Park, High Street, Masterton* – 7:30pm. Enjoy three competitive rounds of bingo, a dazzling drag show featuring Rhubarb Rouge, and lots of laughs.

28th-29th Mar. Wairarapa House and Garden Tour: *Various locations and times across Wairarapa*. Explore the beautiful homes nestled into Wairarapa's villages and rural landscapes.

29th-30th Mar. Wairarapa Relay For Life: *Clareville Showgrounds, Chester Road, Clareville* – various times. Small steps can make a remarkable difference for people affected by cancer. Join the Relay For Life to raise awareness and funds.

6th Apr. Jazz in the Vines: *Gladstone Vineyard, Gladstone Road, Carterton* – 11am. Get your groove on with the incredible Kuranui Jazz Band while enjoying food and drinks.

Kapiti

26th-30th Mar. Māoriland Film Festival: *Māoriland Hub, Main Street, Ōtaki* – various times. Aotearoa's international Indigenous film festival celebrates communities and stories from around the world and features film screenings, interactive installations and art exhibitions, industry events, and more.

6th Apr. Kapiti Wedding & Events Expo: *Paraparaumu Memorial Hall, Arangi Street, Paraparaumu* – 10am. Whether you're planning a wedding, corporate event, or a special celebration, this is your one-stop destination for all things spectacular.

6th Apr. Orpheus Choir Presents: Colossal Choralre: *Te Raukura ki Kāpiti Coastlands Theatre, Raumati Road, Paraparaumu* – 4pm. Witness choral favourites, joyous melodies, jazz harmonies, and evocative renditions at this epic concert.

12th-13th Apr. Kapiti Big Fish Open Surfcasting Competition: *Ōtaki Beach, Marine Parade, Ōtaki* – various times. Catch the big one in the hopes of winning prizes at this all-ages fishing competition.

Events

29th Mar. An Evening with Sir Bob Geldof – Songs & Stories from an Extraordinary Life: *St James Theatre, Courtenay Place, Te Aro* – 7:30pm. Bob Geldof of The Boomtown Rats and Live Aid fame will share his life story on stage and deliver intimate acoustic performances.

30th Mar. Footall Events Presents: The Rose Garden Market: *Lockely Nonwood Rose Garden, Glenmore Street, Kelburn* – 11am. Peruse a wide array of exquisite creations from Wellington's talented local artists and crafters.

11th-12th Apr. ReBEEtitional Festival: *Otto Champagneria & Beer Hall, Featherston Street, Te Aro* – various times. A stellar lineup of brewers are rolling out innovative, boundary-pushing, never-before-seen brews. Help crown the winner!

12th-13th Apr. Women's Lifestyle Expo: *TSB Arena, Queens Wharf, Wellington Waterfront* – 10am. More than 130 lifestyle brands, plus food and drink stalls, descend on the capital for a weekend of shopping, pampering, and inspiration.

Music

28th Mar. Louis Baker: *Museum of New Zealand Te Papa Tongarewa, Cable Street, Wellington Waterfront* – 6pm. A singer-songwriter, multi-instrumentalist, and producer, Wellington's own Louis Baker has won over listeners around the globe with his signature slow-cooked modern soul for the people.

29th Mar. Burgin, Kerr & Norman: *The Undercurrent, Tory Street, Te Aro* – 7pm. A swampy melting pot of country, folk, Americana, and blues, these three musicians share a mutual love of storytelling and rhythmic grooves with narratives about the human experience.

3rd Apr. Hector Guruo: *Moxie Nui, Willis Street, Te Aro* – 8pm. Aussie rockers Hoodoo Gurus bop across the ditch along their *Back To The Stoneage Tour*.

5th Apr. Wellington City Orchestra Presents: Autumn Romantics: *St Andrew's on The Terrace, The Terrace, Te Aro* – 3pm. Conductor Justus Rozemond and viola soloist Sophia Acheson perform works by Otto Nicolai, Sergei Rachmaninov, and Hector Berlioz alongside the Wellington City Orchestra.

5th Apr. Camera Presents: The Seven Last Words of Our Saviour on the Cross: *St Peter's on Willis, Willis Street, Te Aro* – 6:30pm. Enjoy Haydn's tonality during and characterful meditations *The Seven Last Words of Christ* in its original orchestral version.

5th Apr. Girls on Cue: *Heartbreaker Bar & Restaurant, Dixon Street, Te Aro* – 10pm. Get hyped for a sizzling lineup of some the most talented women DJs in the electronic music scene.

6th Apr. Simple Animal: *Moon, Riddiford Street, Newtown* – 6pm. Fronted by John McDougall and rooted in 1980s Wellington soul bands like The Hulamen, Tombolas, and Holidaymakers, Simple Animal presents their second record release party.

12th Apr. Orchestra Wellington Presents: Prodigy: *Michael Fowler Centre, Wakefield Street, Te Aro* – 7:30pm. In this epic concert, Orchestra Wellington showcases a prodigious programme featuring music from Bizet, Mendelssohn, and Shostakovich.

24th Apr. Toto with Chrisopher Cross: *TSB Arena, Queens Wharf, Wellington Waterfront* – 7pm. Get in line and hold the line for Toto, the iconic band behind *Africa*, *Hold The Line*, and Rosanna, who are coming to Wellington along their epic worldwide tour.

Performance

Until 19th Apr. Blithe Spirit: *Circa Theatre, Taranaki Street, Wellington Waterfront* – various times. A dinner, a relationship on the rocks, a séance gone awry… what could possibly go wrong with eccentric medium Madame Arcati holding the reins?

26th-27th Mar. Trick of the Light Theatre Presents: Suitcase Show: *Hannah Playhouse, Cambridge Terrace, Te Aro* – 6:30pm. A traveller arrives at a border with a rack of battered cases. From within them, whole worlds will emerge.

29th Mar. Sweet Treat Burlesque: *The Fringe Bar, Allen Street, Te Aro* – 8pm. A pick and mix of burlesque talent from near and far, Sweet Treat Burlesque will be a dazzling evening of tomfoolery and titillation!

31st Mar. The Garden Party Presents: Macbeth: *Whisky & Wood, Cambridge Terrace, Te Aro* – 7pm. Enjoy Shakespeare's *Macbeth* with a sassy, saucy, sexy, bluegrass twist.

5th Apr. Whose Memory Lights the Dark: *BATS Theatre, Kent Terrace, Te Aro* – 7pm. Eli and Faith embark on a non-linear journey of self-discovery, from teenage to middle age, as they navigate life after an unexpected tragedy alters their trajectory.

2nd-5th Apr. Escaping: *BATS Theatre, Kent Terrace, Te Aro* – 6:30pm. *Escaping* is a gay musical featuring monologue, poetry, song, and drag starring Adam Burrell aka drag star Ms. Adena Delights.

5th Apr. Allen Comedy: *Moon, Riddiford Street, Newtown* – 8pm. Out-of-this-world comedy collides with epic pizza and drinks for an evening of galactic proportions.

5th Apr. Steve Wrigley and Ben Hurley Comedy Double Banger: *The Cavern Club, Allen Street, Te Aro* – 7pm. 9pm. Billy T Award winners Steve Wrigley and Ben Hurley join forces to deliver a crack-up comedy caper.

5th Apr. Caburlesque – Women of Rock: *The Fringe Bar, Allen Street, Te Aro* – 8pm. Get your rock groove on while performers hit the stage doing burlesque, cabaret, pole, and more to hits from some of the most world-renowned women of rock.

8th-10th Apr. Shakespeare Globe Centre New Zealand Regional Shakespeare Festival Wellington: *Wellington East Girls' College, Austin Street, Te Aro* – 7pm. Students across the Wellington Region perform their reimagining of Shakespeare's plays in five and 15-minute scenes.

10th-11th Apr. Bits in Pieces: *Cavern Club, Allen Street, Te Aro* – 6:30pm. Join comedians Mave and Aggie as they take a deep dive into the murky waters of women's health.

Sports

29th Mar. Courtesy Ford Manawatu Sires Produce Raceday: *RACE Trentham, Racecourse Road, Upper Hutt* – 12:15pm. This premier event is a highlight of the racing season, attracting New Zealand's finest horses, jockeys, and trainers.

29th Mar. Isuzu UTE A-League – Wellington Phoenix v Western Sydney: *Sky Stadium, Waterloo Quay, Wellington Waterfront* – 4pm. Gear up for an epic showdown as the Wellington men's football team take on Western Sydney Wanderers.

30th Mar. Ninja A-League – Wellington Phoenix v Melbourne City: *Trust Porirua Park, Mungavin Avenue, Porirua* – 3pm. Feel the rush and the excitement as the Wellington women's football team face off against Melbourne City.

6th Apr. Porirua Grand Traverse: *Whitireia Polytechnic, Wi Neera Drive, Porirua* – 8am. Tackle the full 57-kilometre multisport event or have a crack at the 12k paddle section, 28k mountain bike ride, 17k mountain run, the 9k fun run, or the 13k fun ride.

Galleries

Until 27th Apr. Fortune: *Te Waka Huia Wellington Museum, Cable Street, Wellington Waterfront*. Auckland-based artist Bev Moon has knitted a decadent spread of wontons, dumplings, pork buns, spring rolls, and more in honour of her history, culture, and family traditions.

Until 1st Jun. Ināmat Amami Ōshima!: *Toi MAHARA, Mahara Place, Waikanae*. Visiting artist Yukihito Kanai presents two kimono, paper wall hangings, and contemporary garments using the ancient craft of dorozome, a mud-dyeing technique unique to Japan.

28th Mar-14th Apr. Ebb & Flow: *Te Auaha, Dixon Street, Te Aro*. French-Canadian artist Micheline Robinson presents a collection of large-scale metal artworks that blur the boundaries between painting and sculpture.

29th Mar-24th Apr. Les Grandes Dames Present: Creating Connections: *Toi Pōneke, Abel Smith Street, Te Aro*. Eight artists come together through their shared interest in textiles.

Festivals

29-30th Mar. CubaDupa: *Cuba Street, Te Aro, Wellington* – various times. Experience an eclectic mix of theatre, music, dance, kai, art, and interactive installations at Wellington's most creative and diverse free street festival.

5th Apr. Start Today Fest: *Newtown Community Centre, Colombo Street, Newtown* – 12pm. Nine of New Zealand's finest hardcore, punk, and adjacent bands, plus Aussie band Horsepower, converge for one night of energetic, passionate music.

What's on

For your inclusion in the what's on listings email: whatson@regionalnews.kiwi. Close off for the next issue's listings is noon Tuesday 1 April.

To the best of our knowledge, the information provided to us regarding the above events was correct at the time of press. Our company accepts no liability for events postponed, cancelled, sold out, or otherwise adapted.

Regional News
Connecting Wellington

Where food, art, coffee and spirits meet.

Fenton Steet Arts Collective, established in 2018 in the century-old, heritage listed Egmont Chambers building, has become the hub for lovers of quality art, great coffee, and superb gin and whisky. Wander through the art spaces, pop your head into the distillery, and taste from our delicious menu, while surrounded by national and local art.

11 Fenton Street, Stratford
fentonstreetartscollective.co.nz

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Tour #59
Mon 6th Oct 2025, depart Wellington 2:00pm - arrive Chathams 4:30pm (CI time)
Mon 13th Oct 2025, depart Chathams 9:30am - arrive Wellington 10:45am

All inclusive costing per person X Wellington.
SINGLE shared facilities.....$5,000
TWIN/DOUBLE with ensuite.....$5,100
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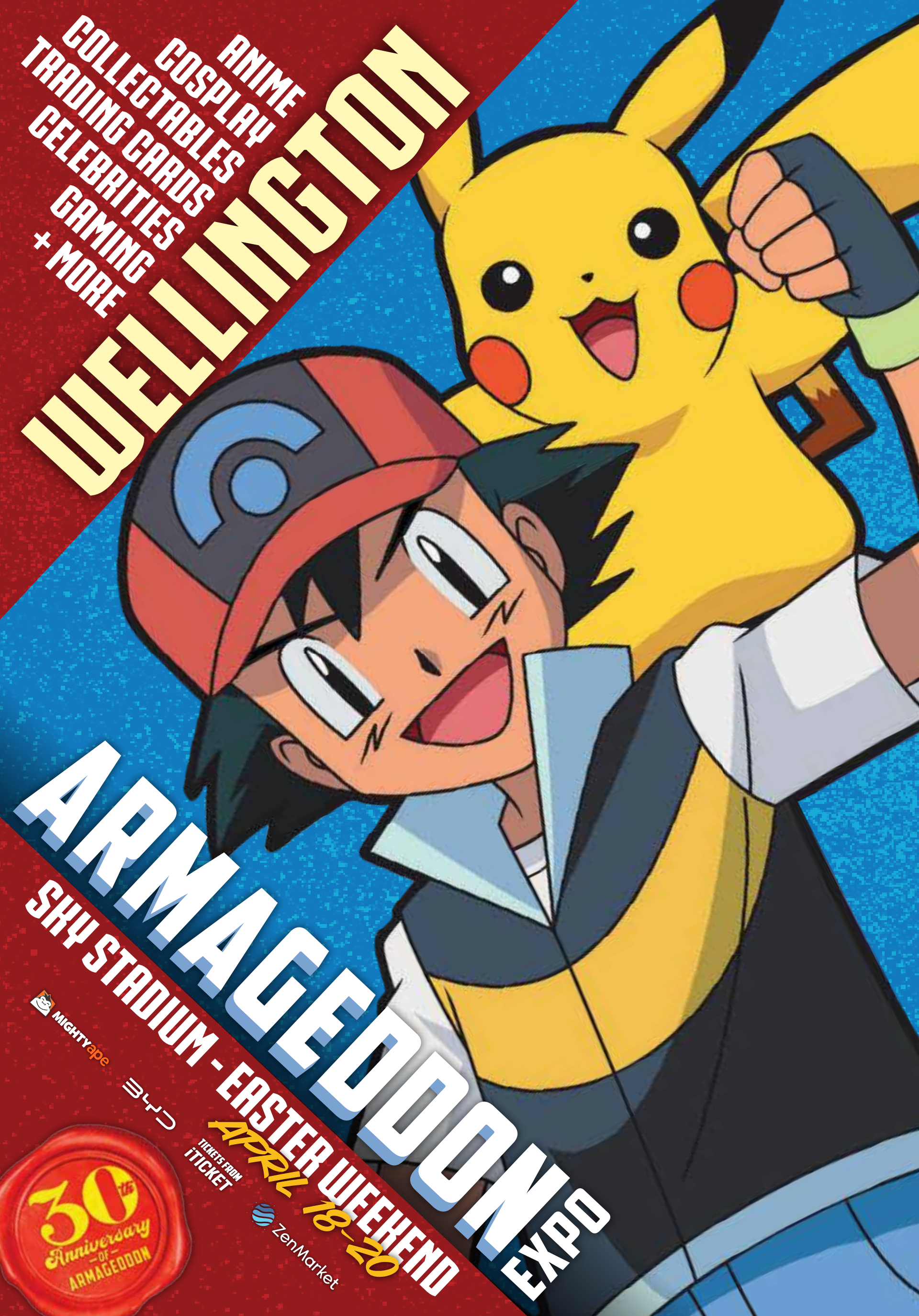
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