

# Regional News

*Peace on Wh*

Issue 249  
19, 2025





# Jump to page

[Music news 5](#)
[Close-up 9](#)
[ESOL support 10](#)
[Celebrating women 11-28](#)
[Empowering women 12-13](#)
[Women's health 14](#)
[Wairarapa weddings 15](#)
[Gallery news 16](#)
[Farah Palmer Cup 2025 17-27](#)
[Hospitality stars 30-31](#)
[Film news 33](#)
[Reviews 34](#)
[Book reviews 35](#)
[Flavours of the world 36](#)
[What's on 37-39](#)

## News

### Shine that spotlight

by **Madelaine Empson**



**Photo by Mark Potten Photography.**

It's no secret that New Zealand sometimes suffers from a collective case of tall poppy syndrome. From the "Oh, it was nothing" that we shrug when we achieve something great to our innate instinct to fade into the background as the beige of wallflowers, we're not the loudest when it comes to celebrating our achievements.

Well, *Caburlesque* wants to see the pendulum swing far, fast, and hard in the other direction. The cabaret-meets-burlesque variety show is providing a platform for performers to shout their own praises from the rooftops in *Caburlesque – Insufferable Crown Wearing* at The Fringe Bar on the 2<sup>nd</sup> of August at 8pm.

It's a theme that resonates with Fay Belle [pictured], who created some of her most popular acts after winning Mx Burlesque Aotearoa and says the experience allowed her to give herself permission to try new ideas – like the Dominatrix Plague Doctor!

Joining a lineup of decorated artists like Aurora Storm, Felix Goodfellow, Heaven Z'dor, Anglebert Humpermink, MC Constance Craving, and more, audiences can expect an eerie and mysterious mood when Fay takes the stage. Close your eyes and imagine a dollop of camp, the scent of leather mingling with potpourri...

As for the rest? "You'll have to experience it for yourself!"

Fay says the crown is more than a trophy.

"It represents all the hours of hard work, choreographing, costuming, rhinestoning, and rehearsing that goes into an act. It is not just a personal victory, but a celebration of every mentor, friend, and audience who helps bring the performance to life. Tall poppy syndrome often keeps us from celebrating our own successes and *Insufferable Crown Wearing* flips the script. It showcases the high calibre of Aotearoa artists and creates space for us to be unapologetically proud of our achievements."

"And as a bonus," Fay beams, "nothing beats the feeling of wearing a sparkly crown."

### Yaps and yarns



Pull up a chair because it's time for a chat.

The gals behind two smash-hit Kiwi podcasts are kicking off their nationwide tour in Wellington, offering Pōneke audiences the first peek at a double bill of entertainment, storytelling, and unapologetic real talk.

Enter Brodie, Gracie, and Caitlin bringing their signature style banter, bold conversations, and sisterhood vibes to *The Girls Uninterrupted, Kiwi Yarns & Friends LIVE!*

An award-winning journalist and podcaster, Brodie is 17-million-miles-an-hour and the complete opposite of a shy, introverted wallflower. She loves to run slightly uncomfortable long distances, has a real passion for gin, and has been single for 923 years. Gracie is a wee pocket rocket with an extensive career in journalism and New Zealand media industries. She loves fitness, fashion, animals, and cooking. After 10 years in radio, Caitlin decided to leave her job as executive producer of ZM's *Fletch, Vaughan and Megan* to pursue her dream of helping people by becoming a nurse. She's obsessed with rosé, watching *Friends* on repeat, and always finds herself in inexplicably weird situations.

As relatable as they are remarkable and each bringing their own spark, sass, and stories to the mic, the trio of besties love a laugh, sometimes a cry, serious chat, ridiculous chat, girly chat, dirty chat, funny chat, all of the chat. They wanted to bring those glorious BFF catchups to everyone, so they created *The Girls Uninterrupted*.

*Kiwi Yarns* on the other hand is Brodie's solo project. New Zealand's top-performing interview-based podcast is known for its warmth, honesty, and depth as host Brodie yarns with Kiwis of all kinds. Recent guests have included former Green Party co-leader Russel Norman, Six60's Chris Mac, *Shortland Street* star Theo Dāvid, and Oceania's fastest woman Zoe Hobbs, to name but a few.

The two very different shows come together for a sold-out evening show and a newly added 4:30pm matinee at San Fran on the 7<sup>th</sup> of August, featuring the bold, brilliant, and refreshingly real trio alongside a local guest in a dynamic panel-style format.

Get comfy for a vibrant blend of laughs, heart, and unfiltered conversation.

Cover: *A Masked Ball / Un Ballo in Maschera*, Wellington Opera

**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**

Published by:

**Empson Publishing Ltd**

PO Box 15163,  
Miramar 6243.

Sales Manager:

**Frances King**

**Ph: 04 384 5179**

frances@regionalnews.kiwi

Sales Executive:

**Sarah Collins**

**Ph: 04 801 1111**

sarah@regionalnews.kiwi

Sales Executive:

**Andy Nguyen**

**Ph: 04 801 1113**

andy@regionalnews.kiwi

Editorial Email:

news@regionalnews.kiwi

Editor:

**Madelaine Empson**

madelaine@regionalnews.kiwi

Journalist:

**Alessia Belsito-Riera**

alessia@regionalnews.kiwi

Design & Layout:

**Todd Hatten**

**Cade Ogden**



**RegionalNewsNZ**

**www.regionalnews.kiwi**

ISSN: 2382-2384

**SCHOOLBAGS**  
KIWI MADE

New Zealand made custom bags that last  
Great for School & Sport!

www.schoolbags.co.nz  
Call 64 27 378 8804  
lynley@schoolbags.kiwi

**CLASSICAL ON CUBA**  
2025

CLASSICAL FOR THE CURIOUS

AUGUST 9-10  
CLASSICALONCUBA.CO.NZ

Wellington region's unique contemporary dance company for older women.

Classes in Wellington, Kapiti Coast, Lower Hutt & Palmerston North.

In action since 1999, the crows welcome new dancers, with or without any previous dance experience.

**Crows Feet**  
DANCE COLLECTIVE

For more information contact director Jan Bolwell.  
Phone: 0272265755 | Email: janbolwell@gmail.com



## Furious fate



In 1792, King Gustav III of Sweden was shot at a masked ball as the result of a political conspiracy, dying of his wounds 13 days later. In 1859, the Swedish monarch would live again in perpetuity as Giuseppe Verdi’s *Un ballo in maschera* (*A Masked Ball*) catapulted onto the stage of Teatro Apollo in Rome.

This August, Wellington Opera presents *A Masked Ball / Un Ballo in Maschera*, staging Verdi’s iconic and beloved opera with fresh perspective by taking inspiration from the myth of Diana and Actaeon – a poetic interpretation that binds ancient archetypes with Romantic operatic drama, reframing our central character not just as a tragic lover, but as a hunted figure, a mortal who gazes upon the divine and pays the price.

Centred around Gustavo (Jared Holt), Amelia (Madeleine Pierard), and Count Anckarström (Julien Van Mellaerts), the triangular tale is full of glittering dance music and powerful choruses as three people are forced to choose between their desires and their duty – will fate be the ultimate decider for them all?

Wellington Opera’s *A Masked Ball / Un Ballo in Maschera* is Verdi at his best but the production also shines a spotlight on Aotearoa’s own best and brightest with a cast consisting exclusively of Kiwi opera stars. Holt, Pierard, and Van Mellaerts are joined by Natasha Te Rupe Wilson as Oscar, Kristin Darragh as the fortune teller Ulrica, and Sam McKeever and Morgan-Andrew King as conspirators Count Ribbing and Count Horn.

The production team is helmed by luminary director Jacqueline Coats and Australian conductor Brian Castles-Onion leading Orchestra Wellington, while the design team comprises Michael Zaragoza (set), Lee Williams (costume), and Rowan McShane (lighting). Leading Wellington Opera’s esteemed chorus singing in Italian with English subtitles is conductor Michael Vinten.

Uncover what truths wait beneath the mask at The Opera House between the 6<sup>th</sup> and 10<sup>th</sup> of August.

## Dance like never before



**NZSD classical ballet student Orla Riches.**

**Photo by Stephen A’Court.**

Witness the next generation of Kiwi dancers find their feet and soar to great heights at New Zealand School of Dance’s (NZSD) spectacular showcase of classical ballet and contemporary dance. The bold expression of creativity and technical skill will be unleashed at Whirinaki Whare Taonga in Upper Hutt between the 14<sup>th</sup> and 16<sup>th</sup> of August in *UNBOUND*.

“*UNBOUND* offers audiences a varied programme of classic and newly created works, one that highlights the talent and passion of our young dancers,” NZSD director Garry Trinder says. “This showcase is the culmination of weeks of training and rehearsals. We hope you’ll be dazzled!”

The programme will feature exciting highlights and cutting-edge elements from the classical ballet repertoire as well as new works created by the next generation of choreographers. Celebrated favourites will demonstrate NZSD students’ technical skill and take their place beside state-of-the-art contemporary works that push the boundaries of the artform.

The annual event is a much-loved staple on the NZSD events calendar. Enabling pre-professional dance students the opportunity to gain significant performance training and to find their personal voice, its eclectic programme promises to captivate audiences.

Upper Hutt local and NZSD head of contemporary dance Paula Steeds-Huston “can’t think of a better way to give back to those that connect us as a community”, she says, adding that “dance can connect in so many ways and bring us together”.

See dance untethered, uninhibited, *UNBOUND* this winter.

## SNIPS

### Safety Points

Wellington City Council’s City Safety and Wellbeing team has implemented three Safety Points in Pōneke for a trial period of six to nine months. These clearly marked intercoms connect people to help immediately if they’re feeling unsafe or need support at Cuba Mall (near 117 Cuba Street), Te Aro Park (19 Dixon Street), and Courtenay/Allen Street (35 Courtenay Place).

### Access improved

Pharmac has made changes to improve access to asthma inhalers and long-acting contraceptives from the 1<sup>st</sup> of August. People using some strengths of budesonide with eformoterol inhalers can receive three months’ supply at once, while Mirena and Jaydess IUDs can be provided directly by doctors and nurses during appointments.

### Pasifika arts

Tamia Filipo and Kasi Valu are the recipients of Wellington’s first Pasifika arts residency, launched by Wellington City Council, through Toi Pōneke Arts Centre, in a landmark partnership with acclaimed theatre and film company The Conch.





# Love & Tax



“At its core, tax is about pooling our resources and redistributing, so that society is better off. Tax is love.” So said economist Shamubeel Eaqub in a 2017 column for *Stuff* that attracted a huge range of responses.

The Better Taxes for a Better Future campaign has revived the idea for a fundraiser on the 10<sup>th</sup> of August at Meow. *Love & Tax* features the sizzling seasoned musos of The Zimmermans [pictured] and socially conscious songwriter Lake South, who recently released the new album *We lived our lives on top of this*.

On curating the lineup, Glenn Barclay, chairperson of Tax Justice Aotearoa and the Better Taxes for a Better Future campaign, cites luck “that two such fine acts had values that aligned with the cause”.

“Lake will be performing solo with just acoustic guitar whereas The Zimmermans take a big band approach to Bob Dylan’s oeuvre – they should complement each other nicely”, Glenn says, expressing further fortuity that Billy T Award-nominated comedian Lesa MacLeod-Whiting “was available and willing to bring her comic talents to being MC”.

*Love & Tax* will feature a few words from Max Rashbrooke, New Zealand writer on democracy and economic inequality, on the state of our tax system, making for a multi-faceted and entertaining evening.

“With the mix of artists and speakers, we are expecting the atmosphere will mostly be a lot of fun,” Glenn concludes, “while taking a moment to remind everyone why we are all here.”

# A want for words



Spoken word and sound are happy companions at *Revelation Valley*, a new show at BATS Theatre that showcases theatre-maker Lisa Maule’s first collection of poetry. Stepping out in front of the lights for the first time between the 5<sup>th</sup> and the 9<sup>th</sup> of August, Maule will be accompanied by musician and composer Michelle Scullion in a poetic premise about creativity, Karori, and questioning.

“Michelle brings so much experience,” Maule says. “It has been great to create together with a range of sound and music including percussion, flutes, atmospheric backgrounds, beats, and nature.”

*Revelation Valley* was born from an off-hand comment from actor and poet Dylan Fa’atui. “One day I was sitting next to my piles of books and notebooks”, Maule says, thinking about how to filter and express the stuff she was ingesting. “What do I do with it,” she asked. “The words of Dylan Fa’atui popped into my head, telling me how he writes poetry. I thought, I will too. It was a revelation.”

She was further encouraged by a New York-based creative writing course she took with friend and poet Ruby Brunton.

The result is a collection of poetry filled with humorous commentary, where capitalist staplers take shape alongside the need to pee and future visions for Karori.

Joining Maule is a different guest each night, including Tangata Tiriti and activist scholar Heather Came MNZM, dancer Aische Arawelo, actor and poet Dylan Fa’atui, director and actor Jim Moriarty MNZM, and Year 6 student Eru Moriarty, Jim’s grandson.

**NEW ZEALAND SCHOOL OF DANCE**  
Kia kōrero te katoa o te tinana

**UNBOUND**

14-16 August  
Whirinaki Whare Taonga  
Upper Hutt

TICKETS FROM \$16  
**BOOK ONLINE**  
nzschooldance.ac.nz

NZSD 2nd Year Classical Ballet student, Oria Riches. Photo by Stephen ACourt.

BY TAINUI TUKIWAHO & TE WEHI RATANA

**RATION**

16 AUG – 13 SEP 2025  
CIRCA.CO.NZ  
04 801 7992

**THE QUEEN'S VEGES**

“A TRUE STORY  
TOLD WITH CHARM,  
CLARITY AND  
HONESTY, TOTALLY  
RECOMMENDED”  
THEATREVIEWER  
LESLIE WATSON ONZM

TEPOU THEATRE   CIRCA THEATRE   EDUCATING THE ZEPHYRUS   FOUNDATION THEATRE   Next Gen   **TAHI**

**Sarah the Scientist** can run professional development courses and experiences that make science fun and inspiring for everyone.

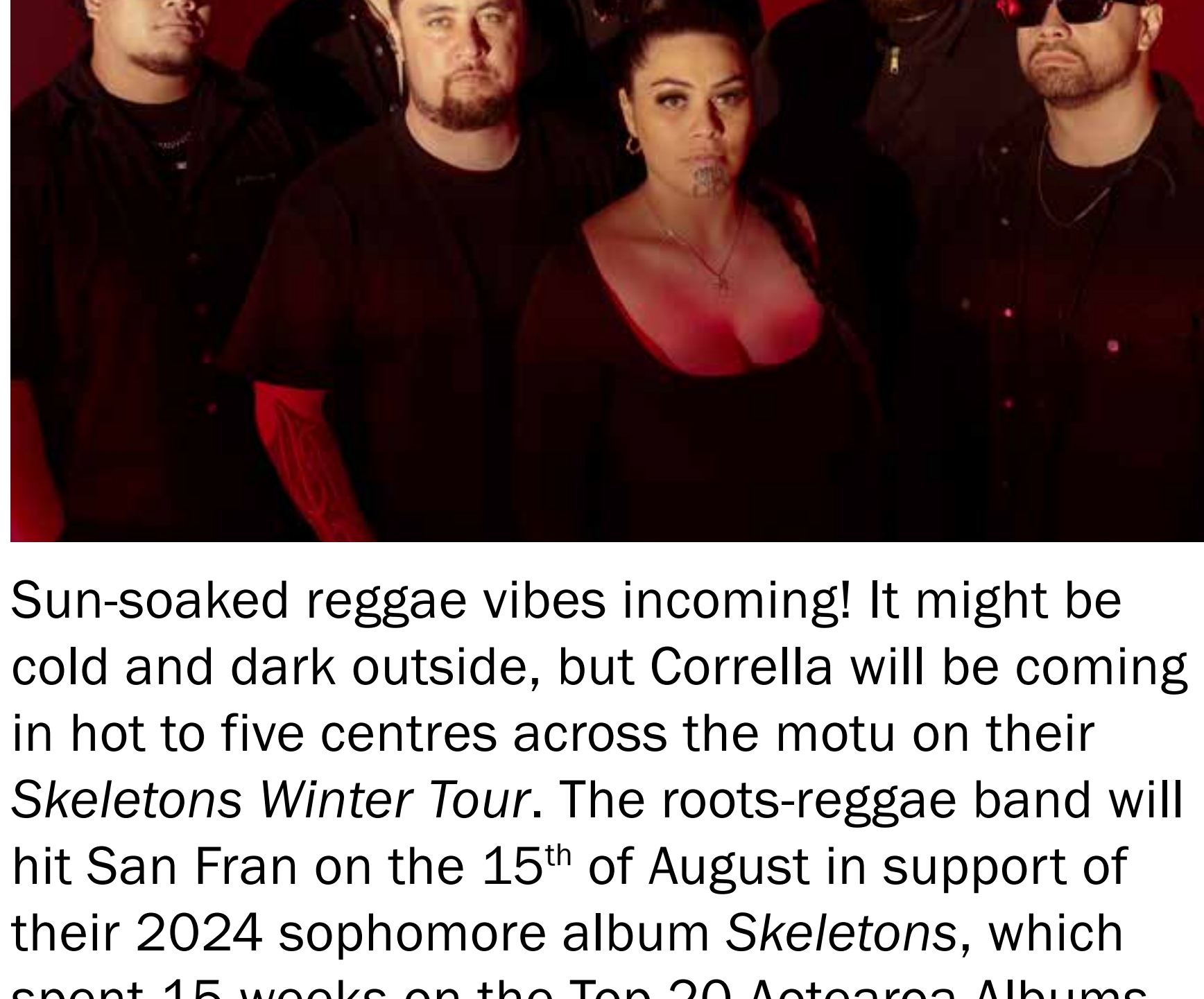
As well as birthday parties we can cater for retirement villages, rest homes, schools, and larger events. We will tailor a visit to make science exciting and interactive or show you cool experiments you can do yourself.

*If you are interested in booking a Science Experience, Specialist Teaching, or Professional Development we would love to hear from you.*

[www.sarahthescientist.co.nz](http://www.sarahthescientist.co.nz) or 021 022 29002



## Coming in hot



Sun-soaked reggae vibes incoming! It might be cold and dark outside, but Corrella will be coming in hot to five centres across the motu on their *Skeletons Winter Tour*. The roots-reggae band will hit San Fran on the 15<sup>th</sup> of August in support of their 2024 sophomore album *Skeletons*, which spent 15 weeks on the Top 20 Aotearoa Albums Chart and saw the band scoop a handful of nominations – winning Te Manu Taki Takeake o te Tau | Best Roots Artist – at this year’s Aotearoa Music Awards. *Skeletons* follows their 2023 debut album *Road From 26* and its breakthrough single *Blue Eyed Māori*, one of the most aired and streamed songs in New Zealand that year.

I caught up with lead singer Papiwharauora Campbell (Ngāi Te Rangi, Ngāti Hē, Ngāti Pūkenga) about Corrella’s success and their biggest tour yet.

**You’ve had a massive summer – what were some of the highlights and pinch-me moments?**

Getting to play shows not only across Aotearoa but also in Australia was a real honour. We started this band just jamming covers, so to hear people in another country singing songs we’ve written back to us is a buzz that will never wear off! Playing shows with L.A.B and Stan Walker was incredible too – they’re our whānau, and jumping up on stage and singing with them too was definitely a pinch-me moment.

**What would you say *Skeletons* is about and how do those themes come through sonically?**

*Skeletons* is really a snapshot of our lives over the past few years. For myself and [rhythm guitarist] Te Naawe [Tupe of Ngāi Tūhoe], there’s a lot of personal experiences that are described in the album, both in our personal lives and within the band. No matter what we’re writing or singing about though, we always try and make sure it sounds like Corrella.

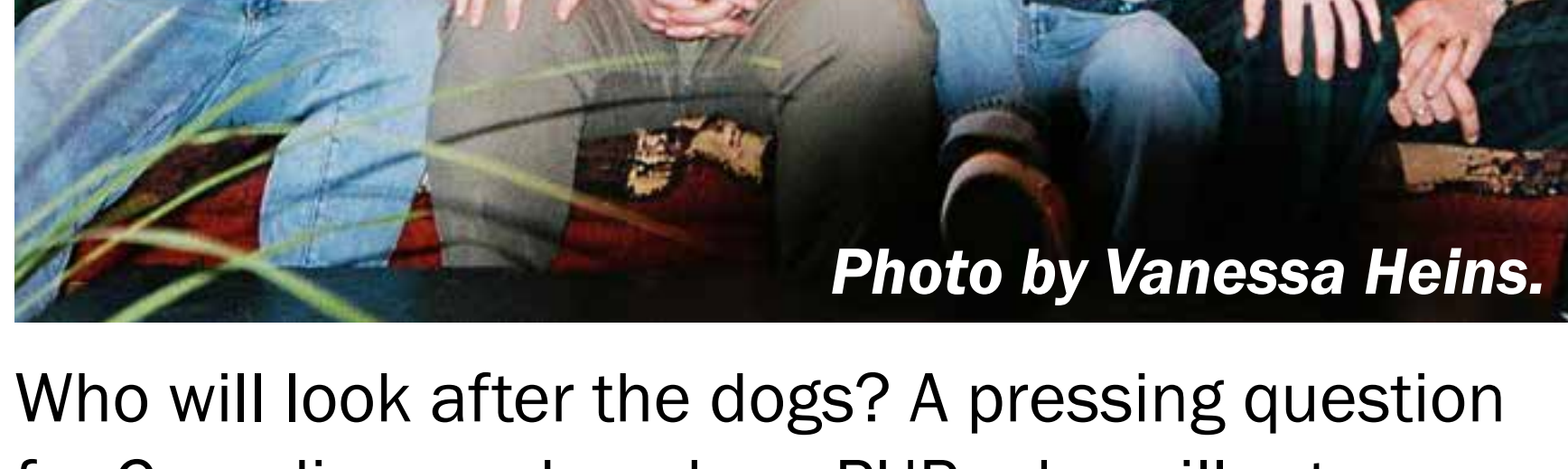
**How do you think your sophomore album compares, complements, and contrasts with your debut?**

I think it’s definitely a progression for us. We’re feeling more and more comfortable and confident in ourselves as musicians and as songwriters, and we’re more confident to take some risks that we wouldn’t have before. It definitely still sounds like Corrella, but there’s some sounds in there that people might not expect, and hopefully it keeps it interesting for our fans.

**Have a blast on tour! What can San Fran gig-goers expect from the night?**

A party! We love playing live. We’re a big band – a nine-piece band including live horns – so it’s a big sound. We love having fun on stage, and hopefully the fans that are there will feel the energy too. It’s also a pretty small stage, so it’s going to be a tight squeeze, an intimate show!

## Bark and bite



Who will look after the dogs? A pressing question for Canadian punk-rockers PUP, who will return down under for the first time since 2022 in celebration of their pummelling and cathartic fifth studio album.

Out in May 2025, *Who Will Look After The Dogs* is a culmination of the band’s past decade of constant touring and signifies an evolution of sound in a catalogue of anthems. Following *PUP* (2014), *The Dream Is Over* (2016), *Morbid Stuff* (2019), and *THE UNRAVELING OF PUP THE BAND* (2022), the 12-track album offers “a rare example of a pop-punk band learning to age with grace”, *Pitchfork* writes, adding that it embraces “self-improvement with dialed-back hooks and urgent introspection”.

That introspection comes in the shape of frontman Stefan Babcock at his most reflective and vulnerable as PUP excavates deep thoughts borne of life’s relationships. *Who Will Look After The Dogs* crackles with palpable chemistry between the lovably dysfunctional four-piece: best friends Steve Sladkowski, Zack Mykula, Nestor Chumak, and Babcock. While you could be forgiven for thinking the Toronto band is named after man’s best friend, PUP stands for Pathetic Use of Potential. Indeed, their sound thrives in self-deprecation and creative chaos.

With renowned festival appearances under their belt, including Lollapalooza and South By Southwest, plus support slots for some of the biggest names in punk-rock – Sum 41, The Hives, and Jimmy Eat World to name a few – PUP is primed to amplify stages across Australia and Aotearoa this August. Head to San Fran on Wednesday the 6<sup>th</sup> to see PUP unleashed.

## Move Your Donkey



Riddle us this: What do you get when you combine a sousaphone, bass drum, snare drum, two trumpets, two trombones, percussion, and soaring vocals in multiple languages? You get bold brass, infectious rhythms, and a dancefloor that just won’t quit!

Niko Ne Zna is a nine-piece powerhouse of Balkan brass, and they’re about to bring a party like no other to Vogelmorn Hall on the 9<sup>th</sup> of August. Fresh off a sold-out Auckland show, they’re back in the capital to play brand-new songs from their upcoming third studio album, plus all the hits you know and love.

Saxophonist Frankie Curac says the new album is a collection of songs Niko Ne Zna has been crafting over the past couple of years and an evolution of their trademark joyful music. Growing into their sound, they’ve “played with new rhythmic influences, layered harmonies, and moments of light and shade that give the songs more shape”.

“It still delivers the big, infectious energy we love, but with a few surprises that show how far we’ve come as a band”, Curac beams.

With their full-blast live set projecting a wall of sound that feels like “a street party crashing through your living room”, Curac pinpoints three favourite songs to play to Welly audiences.

“*Nebuchadnezzar’s Nine Wives* is definitely up there. It’s one of our most well-known originals and was even featured in the iconic Kiwi film *What We Do in the Shadows*. *Move Your Donkey* is another crowd favourite, an absolute stomper that always gets everyone dancing. And then there’s *Ederlezi*, a beautiful and moving Roma song that our incredible lead singer Nikkie Rich delivers with so much heart. It always brings the house down.”

[Back to contents](#)





# Visa Wellington on a Plate comes to Porirua this August!

Visit [visawoap.com](https://visawoap.com) for details and tickets.



## Kai Tahi

### Burgers Across the World

Saturday 9 & Sunday 10 August, 9am-late

Kai Tahi's vibrant food hall hosts a delicious lineup of food vendors from around the world, many participating in Burger Wellington with a burger that celebrates their culinary heritage. Over two days, this is your one stop shop to try their innovative and mouth-watering burgers and enjoy entertainment that the whole family will love. There's even a burger just for pooches, so bring your best buddy too! No tickets required.



## Gear Homestead

### Homage to Heritage

Friday 8 August, 5pm-late – \$120

A celebration of the heritage eras of New Zealand in the gorgeous Gear Homestead. Enjoy canapés and a four-course degustation created by chef Dylan Boyd, along with live music and a complimentary glass of bubbles included in the ticket price. Tickets required, dress up recommended!



## The Beer Engine & t bay café

### Love I'th'Age O'th'Bard

Saturday 2 August, 3pm-6pm – adult \$72, child \$25

Eat hearty fayre, scoff cakes and quaff ale while watching Shakespearean actors from the two best theatre companies in Porirua in the rebuilt Marines Hall Open Air Theatre. Tickets required, dress up recommended!



## Tuk Tuk Thai

### I-Sarn Thai KanTok

Wednesday 6 & Wednesday 20 August, 6.15-9.30pm – \$169

Join Daeng from Tuk Tuk Thai for a deeply personal culinary journey to celebrate the traditional Kan-Tok style of dining – a communal meal to be shared among family and friends. Tickets required (this event is made to be shared – the ticket price is for a shared menu for two).



# Food is love



Each winter, Wellington serves up the largest food festival in the Southern Hemisphere, where diners can choose from hundreds of events spanning everything from hands-on masterclasses to multi-course degustations, burger-fuelled bites to beer-coded bacchanalia.

The 2025 Visa Wellington on a Plate (WOAP) will make flavour-fiends fall in love with food again with a month-long programme of events that span the width and breadth of Greater Wellington. This year celebrates food’s inherent ability to express love with the theme Food is Love.

Events kick off from the 1<sup>st</sup> of August and run until the end of the month. From multi-course heritage explorations to interactive kai workshops, film and music-themed events to marriages of food and technology, there is something for every palate on the 2025 menu.

The beloved Burger Wellington brings culinary chaos to venues across the region between the 4<sup>th</sup> and 24<sup>th</sup> of August. This year sees over 200 unique burgers playfully paired with Double Vision Brewery beer matches.

Beervana, the biggest boundary-pushing beer festival in Aotearoa, returns to Sky Stadium on the 22<sup>nd</sup> and 23<sup>rd</sup> of August with more than 300 creations from 60-plus breweries from across New Zealand and the globe to sample and sip.

Attend workshops, meet up at masterclasses, chomp down on cutting-edge delights, savour smatterings from visiting world-renowned chefs, and take a bite out of this year’s WOAP smorgasbord.

# Classical crawl



**Photo by Johnny Hendrikus.**

Come one, come all to the classical music crawl through the Cuba Street Quarter. A weekend of harmonies and melodies that float through the windy Welly streets, Classical on Cuba promises something for every music lover of every age between the 9<sup>th</sup> and 10<sup>th</sup> of August.

The festival unfolds across a mix of venues, resounding through community spaces like Thistle Hall and wafting down the lanes to world-class places like the Michael Fowler Centre. Energetic bars like Southern Cross Garden Bar & Restaurant and dedicated music establishments like Rogue & Vagabond will host cross-genre, boundary-pushing performances, giving audiences a taste of shows that see Beethoven duets sharing the stage with jazz improvisation, opera voices singing beside folk buskers, and classical textures dancing along heritage buildings.

“Classical on Cuba is all about bringing collaboration and creativity to the heart of Wellington,” Creative Capital Arts Trust (CCAT) chief executive Kim Bailey says. “We’re thrilled to unite classical players with electronic, jazz, indie, and more – creating accessible and unexpected musical moments”. Standing alongside CCAT to bring Classical on Cuba to life is Orchestra Wellington, whose chief executive Beckie Lockhart says the festival “truly embodies the creative vibrancy of Cuba Street”.

Wander between venues and follow the whistles in the wind to immersive musical discoveries at Classical on Cuba.

# Beyond the boundaries of time



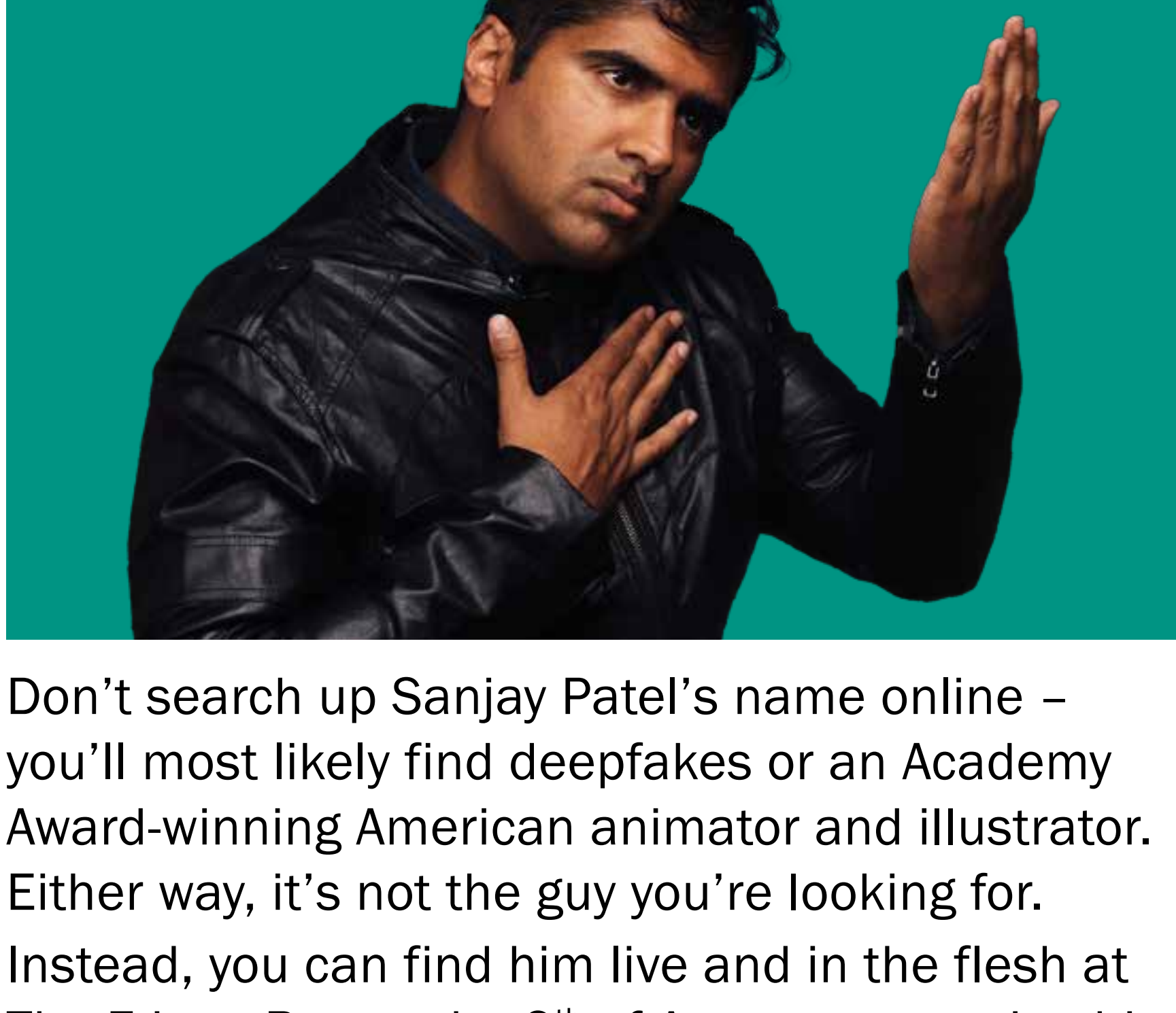
You know what they say: stupidity like this can’t be contained to one decade.

Who’s they? Local Dungeons & Dragons podcast Last In Initiative and Wellington theatre company Duct Taped On. Set your watches, mark your calendars, and get ready for their joint adventure, *Dungeons and Decades: Time Is Just A Number*.

The team behind *Dungeons and Delinquents: Be Gay Do Crime* and a sold-out Fringe run of *Dungeons and Da Vinci: The One With Art* are back to roll the dice and prove that not even the clock can contain them. Join four heroic players as they spark a fantasy French Revolution in 1789, rob a speeding train in 1886, and get minimum wage jobs at an arcade in 1982. Three timeless tales, with each night bringing a new quest, new challenges, and most importantly, a new decade to BATS Theatre from the 31<sup>st</sup> of July to the 2<sup>nd</sup> of August.

Starring Dungeon Master and Last In Initiative co-host Isabella Murray, player and podcast co-host Revena Correll Trnka, and players David Bowers-Mason, Lydia Sainsbury, and Olly Winter, *Dungeons and Decades: Time Is Just A Number* promises a game full of chaos and carnage that will have TTRPG (tabletop roleplaying game) nerds and novices alike laughing along. But if you simply can’t wait till the show, check out Spotify or Apple Podcasts or look up Duct Taped On theatre for more DnD antics than you can shake a polyhedral dice at!

# Stupid



Don’t search up Sanjay Patel’s name online – you’ll most likely find deepfakes or an Academy Award-winning American animator and illustrator. Either way, it’s not the guy you’re looking for.

Instead, you can find him live and in the flesh at The Fringe Bar on the 9<sup>th</sup> of August presenting his new show *Stupid*.

“Other shows have a theme that drives the show. This one doesn’t,” Patel says. “Is that stupid? Yes. Come anyway. I regret not writing a more funny and convincing description.”

If you must know more about Patel before sitting down to enjoy his 2025 NZ International Comedy Festival hit, then read on, dear comedy enthusiast, for details straight from the source.

“I’ve been performing stand-up comedy in New Zealand since the end of 2008,” Patel says. “This has included performing solo shows in five NZ International Comedy Festivals – two of those solo shows also performed at the Melbourne International Comedy Festival, most recently in 2025. Plus a previous season at the Dunedin Fringe Festival.”

He may seem nonchalant, but Patel’s achievements include 2010 national RAW Comedy Quest runner-up, nominations for such NZ Comedy Guild awards as Best Show and Best Gag, and a win in 2015 at the NZ Comedy Guild for Funniest Twitterer.

As seen on both New Zealand seasons of *Guy Montgomery’s Guy Mont-Spelling Bee* as the host’s assistant and also as the host’s assistant on an episode of *New Zealand Today*, Patel has written for *7 Days*, *The Project*, and more.

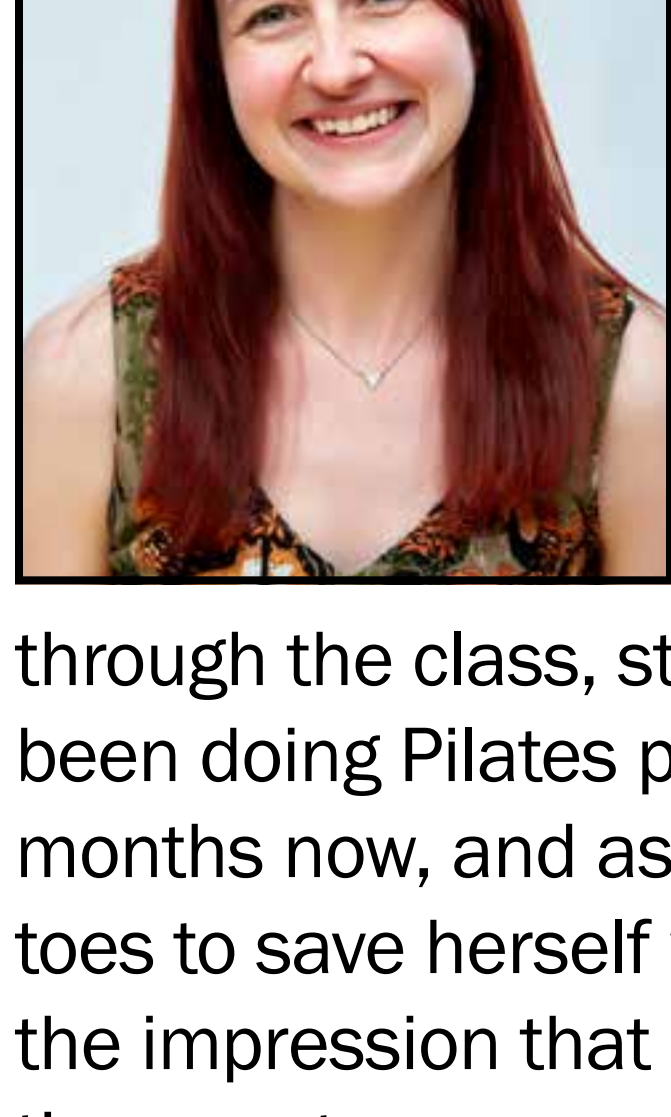
Get in quick for *Stupid*.



## A word from Maddi...

### Raising the barre

by **Madelaine Empson**



Last Saturday morning, I toddled off to my reformer Pilates class feeling well rested, adequately fed, dewy and hydrated, and not at all hungover (a mistake I made before and won't make again). And yet, I puffed and panted, grimaced and grunted my way through the class, still squarely in struggle city. I've been doing Pilates pretty consistently for at least six months now, and as a girl who couldn't touch her toes to save herself when she started, I was under the impression that it was meant to get easier as time went on.

After the class, I gingerly approached a fellow sufferer and said, "Is it just me or was that crazy hard?" She said, and I quote, "Oh yeah, I didn't think backs could move like that."

When the fabulous teacher then asked me how I found everything, I let out a panicked laugh and barked that the class was "Great!" (Cue eye twitch.) "But it felt – um, harder! Than ever! Help!"

"Ah yes," she twinkled knowingly. "I'm doing that on purpose."

Not me thinking I was somehow getting worse at Pilates. Turns out that as her regulars have been smashing out her classes, our teacher has taken to safely, expertly, and incrementally increasing the difficulty level. In short, she's been raising the bar.

Then it hit me – I've been keeping up with these classes. Ergo, I must be getting stronger! More fit!

Less unco! Dare I say it, even flexible! This is why I could actually see my favourite ab the other day!

Feeling awesome and quite chuffed with myself after learning that, I started to reflect on how we can be our own worst critics when it comes to recognising the progress we've made.

Suddenly I remembered the first time I took a Pilates class. The year was 2015. Within two minutes I had let out an audible yelp and within five minutes I had started to cry. Because I had inexplicably gone to the very front of the class, I felt like leaving would disturb everyone else. So, I lay there crying silently for 40 more minutes and did not try Pilates again for a decade.

If that's not a sign of how far I've come, I don't know what is.

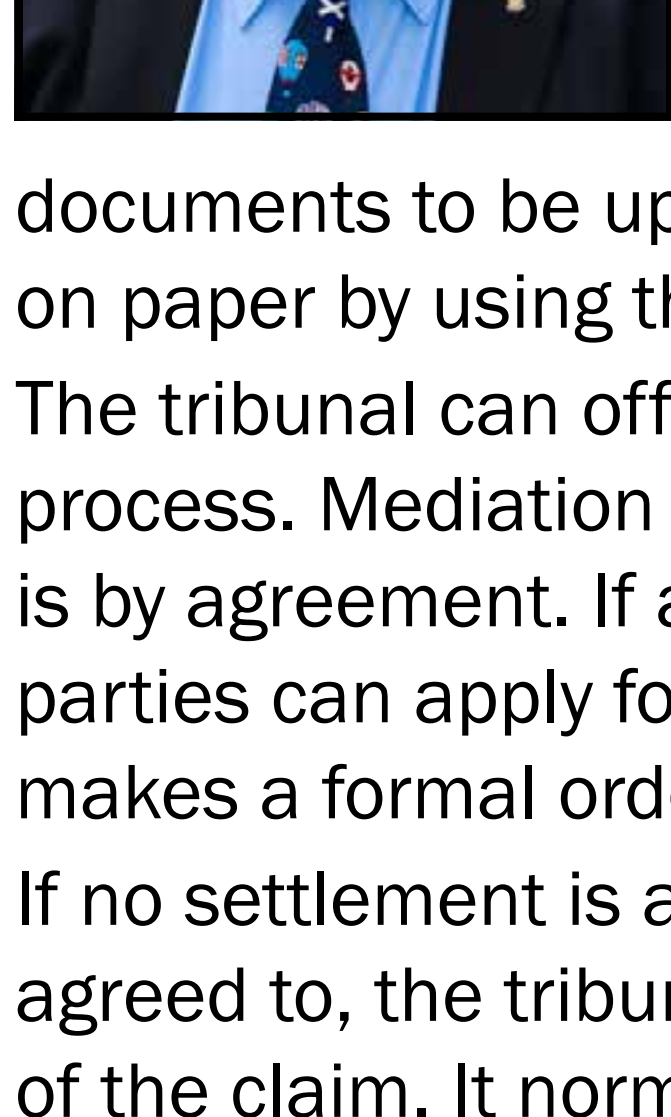
If you're reading this, I bet you have a similar story.

Sure, you probably didn't – uh, do that. But please take this as your sign to stop and celebrate your wins.

## Advice from Alan

### The Tenancy Tribunal

by **Alan Knowsley, consultant, Rainey Collins Lawyers**



The Tenancy Tribunal deals with issues between landlords and tenants or between unit owners and the body corporate.

Applications to the tribunal can be completed online.

Applicants need a RealMe login and electronic copies of documents to be uploaded. It is possible to apply on paper by using the latest application form.

The tribunal can offer mediation as part of the process. Mediation is voluntary and any outcome is by agreement. If an agreement is reached, the parties can apply for a fast-track resolution which makes a formal order about what is agreed.

If no settlement is achieved or mediation is not agreed to, the tribunal will schedule a hearing of the claim. It normally takes a few weeks for a hearing date.

You need to prepare for the tribunal hearing by getting your evidence sorted, which might include quotes, invoices, emails, and other relevant documents. You should also prepare a chronology of events and what you want to say at the hearing.

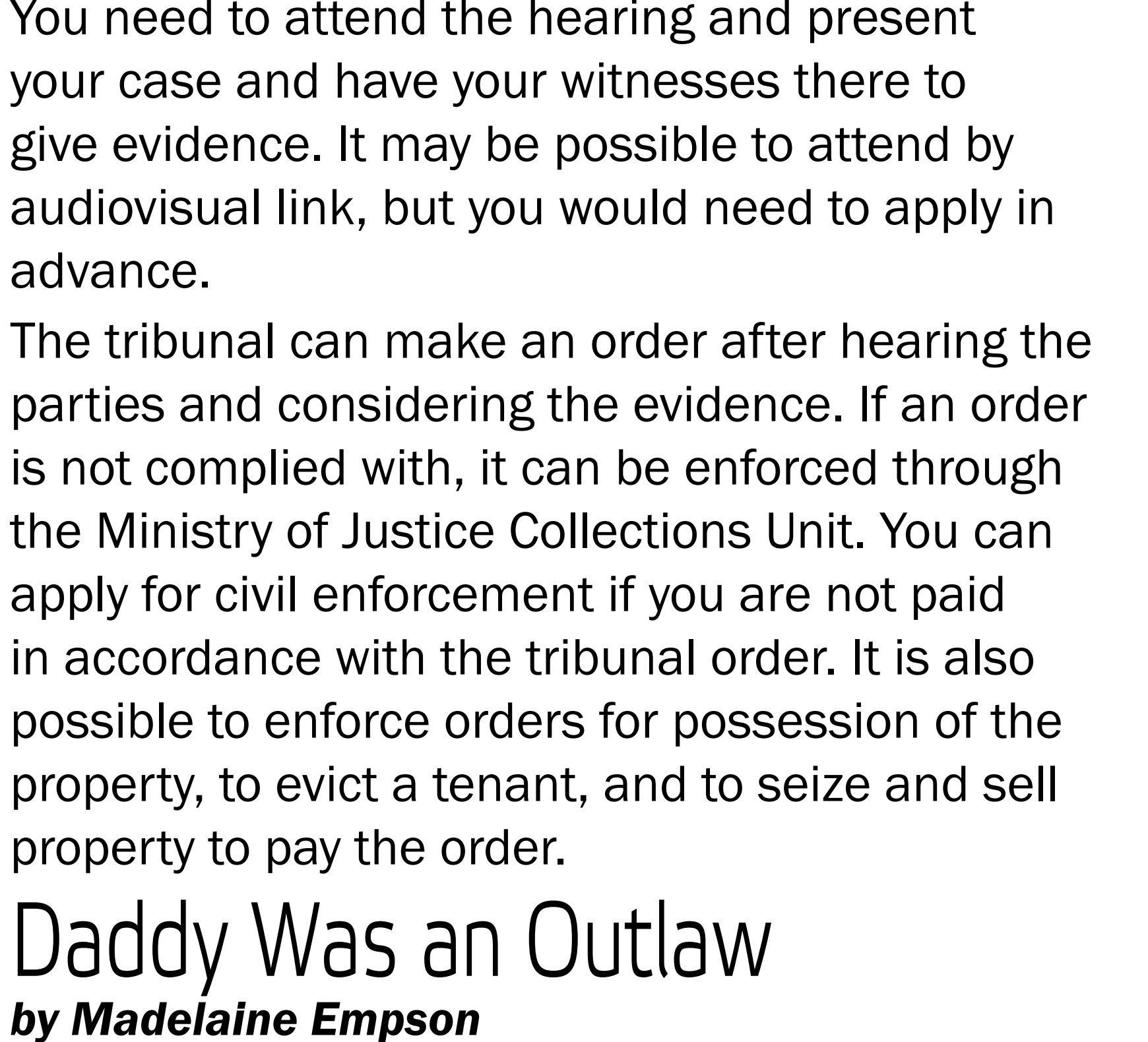
The parties are normally self-represented and can only have a lawyer present at their case if the claim is for more than \$6000, the other side agrees, the tribunal considers the case to be complex, or fairness dictates that a lawyer or representative should be allowed. It is possible to raise a cross claim if you have a counter claim. These will normally be heard at the same time.

You need to attend the hearing and present your case and have your witnesses there to give evidence. It may be possible to attend by audiovisual link, but you would need to apply in advance.

The tribunal can make an order after hearing the parties and considering the evidence. If an order is not complied with, it can be enforced through the Ministry of Justice Collections Unit. You can apply for civil enforcement if you are not paid in accordance with the tribunal order. It is also possible to enforce orders for possession of the property, to evict a tenant, and to seize and sell property to pay the order.

## Daddy Was an Outlaw

by **Madelaine Empson**



Grab the lemon and lime, because The Bitter Brothers are coming home! The Welly-based southern-gothic old-time alt-folk alt-country five-piece of half-brothers and half-sisters don't take themselves too seriously, but they sure love to spin a good yarn.

Little Willy Bitter (aka Alfred Mürrle), Holly Jean Bitter (Holly Carrington), Alex Bitter (Alex Hills), Bully Bitter (Duncan Nairn), and WB Bitter (Dan Hearn) share a common absent father – a no-good, lily-livered, dirty rascal of a man who left a string of illegitimate children behind as an outlaw on his way round the world. All alone and bereft of a fatherly figure, the kids finally found each other and together discovered the healing power of love, family, and, above all else, music.

And thus, The Bitter Brothers were born.

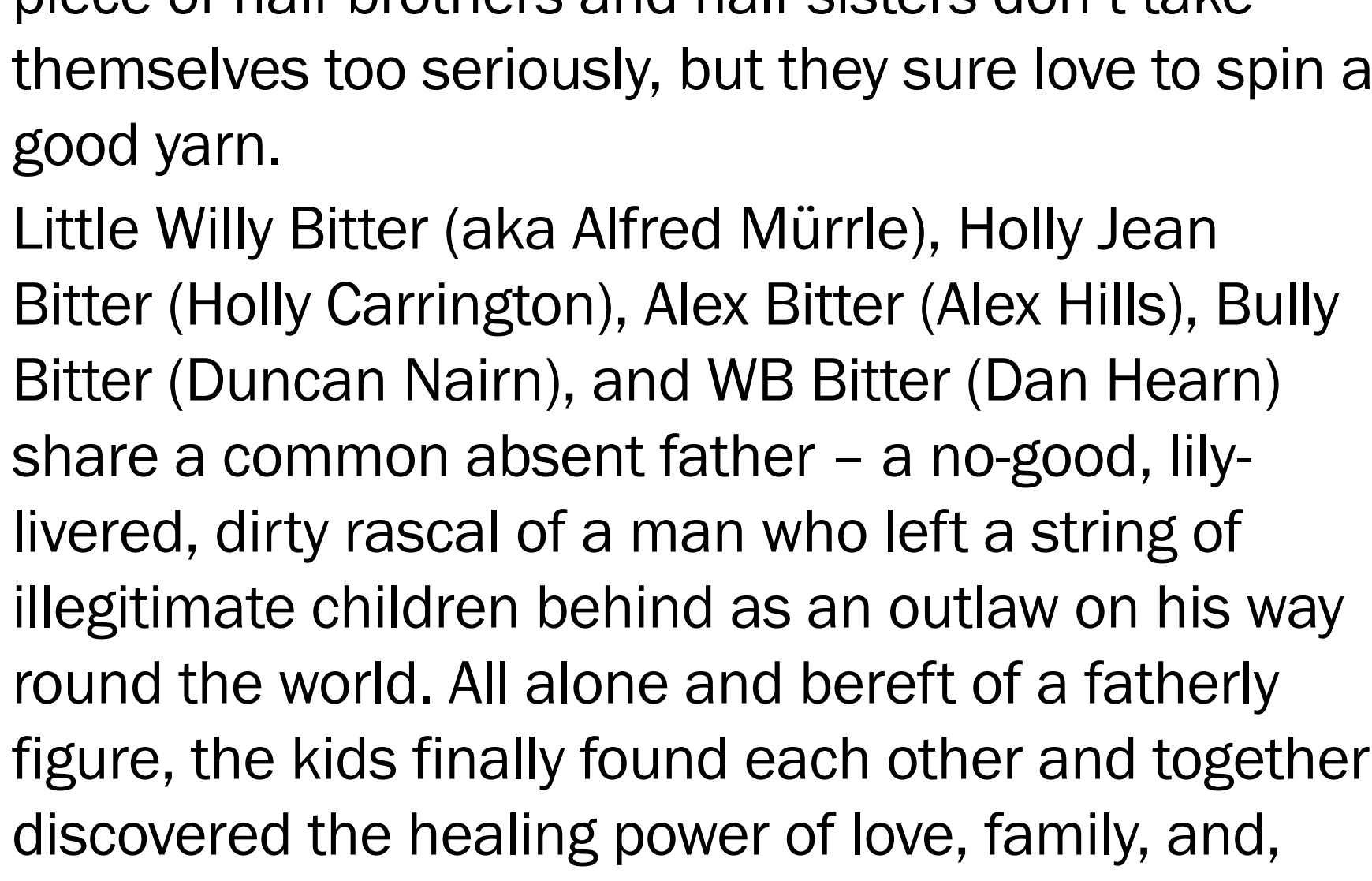
In concert, these toe-tappers tell true\* and tall tales of darkness, death, and redemption through original and trad folk songs with a uniquely alternative bent. They can be comical and theatrical or deadly serious... either way, bitterness never sounded so darn sweet.

With the recent release of their debut album *Daddy Was an Outlaw*, The Bitter Brothers have been busy delivering astonishing reveries across the North Island. Now, Wellingtonians can greet them on the last stop of the tour: a homecoming that will serve as their final gig for a while. The band is about to enter a period of hibernation while Bully Bitter welcomes his second child into the world. This double bassist, backing vocalist, rhythm master, and leader of the primal deep takes his patrimonial duties seriously, never to repeat the sins of the father.

Saddle up for a wild ride at Vogelmorn Upstairs on the 8<sup>th</sup> of August.

\*Cannot be guaranteed.

## Put on your boogie shoes...



**L-R: Greg Wain, Russell Davey, Evan Webster.**

And prepare for a sweltering wave of *Night Fever*! The Opera House will be transformed into a *Disco Inferno* on the 16<sup>th</sup> of August when a wildly popular, heavily endorsed Bee Gees show comes to town. Burn, baby, burn!

*The Best of the Bee Gees* has spent a quarter of a century dazzling Australian audiences and is heading to Aotearoa for the first time to honour the legacy of the GRAMMY®-winning *Saturday Night Fever*, released nearly 50 years ago in 1977. The album stayed in the Top 200 for 29 consecutive months and made Barry Gibb the first solo songwriter in history to have three consecutive number ones and four songs in the Top 10 simultaneously.

Speaking of the Gibbs! Before *The Best of the Bee Gees* delivers chartbuster after chartbuster from the legendary band and *Saturday Night Fever* in act two, the show starts with classics written by the brothers Gibb that became career highlights for other icons of the entertainment industry. Think Diana Ross' *Chain Reaction*, Frankie Valli's *Grease*, Dolly Parton and Kenny Rogers' *Islands in the Stream*, and much more.

In Wellington, *The Best of the Bee Gees* will feature the George Ellis Orchestra and a special guest performance by Debora McLane, daughter of Lesley Evans (Gibb) and niece of the Bee Gees!

"I've never seen a more professional tribute to the Bee Gees with those beautiful harmonies which are so difficult to achieve", Lesley said upon seeing the show. "They have worked hard to reproduce the unique sound of my brothers. So tastefully done. Absolutely brilliant and I didn't want to leave. If you're a Bee Gees fan, this is the concert for you."



## Dark Ecosystems



With the challenge of packing her artwork into a suitcase, Wellington creative Debbie Fish touched down in Chile this July with her newest project *Glass Sponges*. Accepted into the SACO Biennale – a contemporary art exhibition that positions the Atacama Desert as a focal point for the field of art and transdisciplinary research while generating connection and community – she set up her work alongside six other local and international artists on the historic Melbourne Clark Pier in Antofagasta. The result is a larger-than-life tribute to sea sponges that contemplates land impacts on ocean life.

Now back home in Wellington, the artist known for her eagle ray artwork *Whai Repo* that was exhibited on the capital's waterfront in 2023 tells me all about her trip to Chile, her inspirations and tribulations, and what's to come.

***Tell me about Chile!***

It was amazing! I stopped three days in Santiago looking at the galleries, museums, and street art. Then I went on to Antofagasta and was picked up at the airport, met all the other artists, and had a very action-packed 10 days!

***And the festival?***

This is an independently started biennale. So Dagmara [Wyskiel], the curator, started it, and it's just grown into this wonderful... it was so much bigger than I expected! They had so many different artist talks and engagements at different locations across Antofagasta. Biennales are always large, but I was impressed by how much was happening, how smooth everything ran, and the way the different artists engaged with the same theme of Dark Ecosystems. It also had a beautiful way of bringing the audience through these different perspectives on the pier and inviting them in. There was a sound artwork, a graphic work down on the ground, then you looked up and there were the sea sponges, behind that was this giant dress, and then a Mongolian artist who had 99 handmade serpents leading up to the water. It's so valuable to meet people and talk about their practice and how they make it work, because making art is never easy. Such a special thing to be a part of and I am so very grateful I got to do it.

***How did you get selected for the SACO Biennale?***

They had an open call under the theme of Dark Ecosystems. The curatorial theme resonated with me because I was already thinking about sea sponges and corals. They also said you had to be able to pack the artwork down in a suitcase, which I thought sounded challenging and interesting. I read on their site that they were interested in circular economies. Because I work in economics, I'm interested in circular economies and in my work I use recycled materials as a way to bring that into the conversation. They selected my work and I had about five months to make it. I cut a whole lot of circles in this shade cloth, which is like a recycled farming material, but it took me a lot of time, so I had to plan a very specific schedule to make sure I could meet the timeline.

***How do sea sponges connect to the theme?***

When I was reading about the curatorial concept, it had this big, massive pier, so I thought the artwork needed to be big to fill that space. I was reading about Chile and an expedition last year where they found a whole bunch of new species, including of sea sponge, specifically of glass sponge. I looked at a picture and it looked beautiful and intricate and evocative to me. I was interested in the impacts of land and industry on the ocean, so while I was reading about sea sponges and finding out that they're the oldest creatures, [I learned that] they filter the water, and are currently being used in science and matauranga Māori, and are looking at being used for HIV and cancer treatments. So I was really interested in this story about reciprocity between people and nature specifically around time. So the question I was looking at was, what can we learn from the sea sponges?

***That's such an unexpected angle! What do you hope viewers take away from the work?***

I hope they are curious. Because you can see the sea sponges from quite far away, I hope they're interested in coming along to see what is going on. I hope they're interested in questions about the ocean and thinking about the deep, deep ocean. There is sometimes a perception that just because we can't see life or we don't understand life, that it's not there, but actually in these places within the desert or the ocean, there's always life, even if we don't understand it. So I hope it makes people understand we're all connected. These sea sponges are not to scale, so making them larger than life makes us like the fish. When you're walking between the different sponges [we become] part of that world.

I was really happy to see how much people liked the artwork. There were a lot of technical challenges to get it up, but when it was finished, people really loved it. It collaborates well with the elements, so you have the wind moving it as if it's underwater and the sun coming through and creating these beautiful shadows.

***What was the Atacama Desert like?***

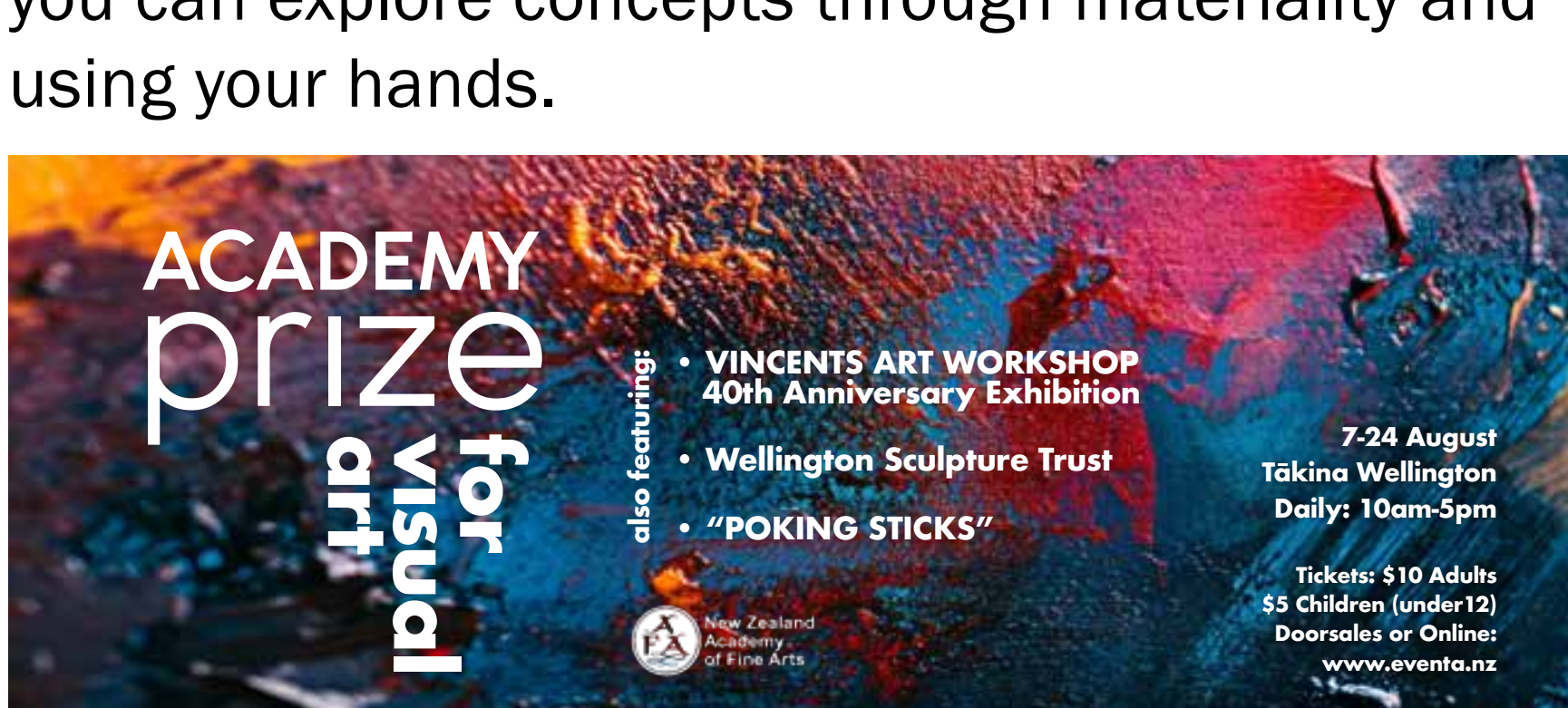
I was just next to the Atacama in a place called Chiu Chiu. It's very dry, arid land; a large expanse. We were engaging with communities who live in these spaces. We went to one place which was a settlement from 5000 years ago. They had built this amazing brick structure, and we looked at the different rooms where people would store their food, and one where they could see where the winter solstice and the summer solstice was happening. It was really interesting seeing these native cultures and how they live in the land and with the land in response to these really dry places.

***How were you inspired?***

The textures, the expansiveness, and also the colour in the desert. There's no green, but there were purples of mountains, and oranges and yellows, and just a completely different colour palette. I also think the next artwork might be about time. I'm really interested in these ancient cultures that have been living for so long with nature and how we can perceive time in different ways. I don't know if that'll happen, but I'm just curious about exploring it!

***Are you working on anything at the moment?***

My art has been fully focused on *Glass Sponges*. The next one will be engaging with my youngest daughter's early education centre in making... I think it's going to be seaweed. All the centres that I cut out of the sea sponges are circles of shade cloth – I've got buckets and buckets of these round things, so I think we're going to string them on fishing line as part of the kids' art exhibition happening in November. I'm going to do workshops with them. I am really excited about that and really love engaging kids in the creative process and helping them explore. Art is not always about the finished product, but the process of discovery and questioning, and how you can explore concepts through materiality and using your hands.






# English as a second language



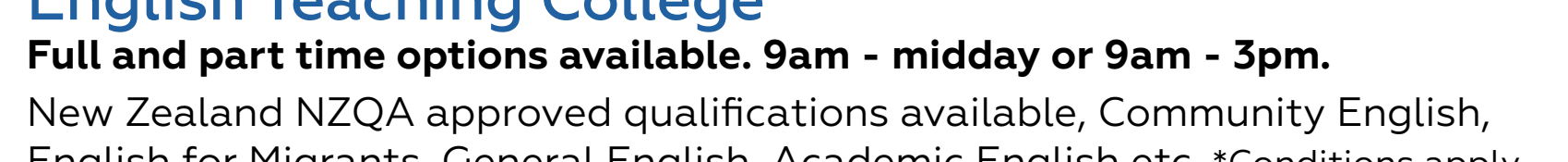
## Improve your English



# FREE\*

## English Lessons

Reading, Writing, Speaking and Listening



**English Teaching College**  
**Full and part time options available. 9am - midday or 9am - 3pm.**  
 New Zealand NZQA approved qualifications available, Community English, English for Migrants, General English, Academic English etc. \*Conditions apply.

<b>Wellington Campus:</b> <b>204 Willis Street, Wellington</b> <b>Ph 04 385 0066</b>	<b>Lower Hutt Campus:</b> <b>92 Queen's Drive, Lower Hutt</b> <b>Ph 04 974 9984</b>
--	---

English Teaching College (ETC) specialises in teaching English language skills for work, study, and life. We teach reading, writing, listening, and speaking from absolute beginner to advanced users. Most courses are fees-free for citizens or PR students and our international student prices are very competitive. We offer Literacy and Numeracy, the New Zealand Certificate in English Language (NZCEL) levels Foundation to Level 4, Demi Pair, TOEIC, IELTS, and Cambridge preparation courses. ETC welcomes New Zealand citizens and PR students as well as international students from all over the world.

Choose one of our three campuses in Wellington City, Lower Hutt, or Palmerston North. All our schools are in the city and easy to get to by public transport.

Class sizes average 12 to 14 students and are led by experienced, dedicated teaching and support staff who are committed to their students' success.

Our graduates find jobs or go to university or polytechnic and use their new English skills to benefit their community or help their children with their schoolwork.

ETC is registered with the New Zealand Government and is fully accredited by the New Zealand Qualifications Authority (NZQA). Higher-level programmes include unit standards which meet university entrance requirements and include successful study skills. Many of our programmes include computer skills, maths knowledge, or work and employment skills.

Find out more at [www.etc.ac.nz](http://www.etc.ac.nz) or come in to talk about the best course for you.

## Speak for yourself



**Onsite, Phone & Video**  
**Interpreting 24/7**



**Quality Interpreting Since 1993**

- Confidential
- Professional
- Accurate

Freephone: **0508 468 377** | Email: [info@interpret.org.nz](mailto:info@interpret.org.nz)  
 Website: [www.interpret.org.nz](http://www.interpret.org.nz)

Not sharing a common language can be a huge barrier in communication. However, engaging a professional interpreter gives you the opportunity to fully express yourself. The interpreter plays a crucial role in facilitating direct communication between individuals who speak different languages, empowering you to convey your thoughts effectively.

Engage an interpreter with specialised training in cross-language communication. Their skills involve a deep understanding of technical vocabulary, cultural practices, ethical issues, and knowledge of local institutions. Although AI can be a useful tool to assist in certain situations, it can't substitute human intuition. Moreover, there are questions still to be answered around accuracy, cultural appropriateness, and confidentiality – for example, where is your data being stored?

There is also the concern that well-intended bilinguals might inadvertently modify your message to align with their own beliefs or objectives. The risks associated with untrained bilingual speakers include the omission or distortion of information.

While it is encouraged to have a family member or friend as a support person, it is important to involve a trained interpreter. They are professionals who take a proactive approach to ensure the precise delivery of your message.

Ensure that your message remains intact and unaltered by working with a trained interpreter. A trained interpreter upholds a strict code of ethics covering accuracy, impartiality, and confidentiality.

You can rest assured that nothing disclosed will be shared elsewhere.

## Make Wellington home



Licensed Sales Consultant REAA 2008

# Helen Feng

Johnsonville/Churton Park no.1 Agent



- ✓ 快速成交
- ✓ 高价卖房
- ✓ 全程亲自负责

我是 Helen Feng · 成交 · 是我给您的承诺!

027 232 9697 [helen.feng@harcourts.co.nz](mailto:helen.feng@harcourts.co.nz)

Helen Feng's approach to real estate is ethical, honest, and comprehensive. An agent with Harcourts Johnsonville since 2018, she has grown from strength to strength, becoming more passionate about helping Kiwis buy and sell homes each and every day.

What sets Helen apart from other agents is her fluency in Cantonese and Mandarin. Immigrating from Xi'an, China to Aotearoa in the 2000s, she is passionate about helping people from all walks of life make Wellington their home. Today, she lives in Churton Park with her husband and daughter and specialises in the area's real estate market and helping the neighbourhood grow. She is sensitive to other cultures and languages and is willing to go the extra mile so you can make your property dreams come true in Wellington.

With plenty of experience and a comprehensive real estate portfolio, Helen has all the skills required for every property transaction to run smoothly. She makes the process as stress-free as possible, keeping communication open and flowing throughout her time with you to ensure she not only meets your expectations but exceeds them.

Knowledgeable, professional, personable, and responsive, Helen makes sure you always know what's going on and that you feel comfortable every step of the way. From first consultation to the moment the keys are handed over, she takes each challenge in her stride to get the result you want.

Pop in touch at [www.harcourts.net/nz](http://www.harcourts.net/nz)

[Back to contents](#)







# Celebrating women



## SAVE MART

THE RECYCLED CLOTHING STORE

*Where you dress for Less*

**IN TOWN FOR THE FARAH PALMER CUP? GREAT TIME TO SHOP!**

**28 LOCATIONS NATIONWIDE! THOUSANDS OF THE BEST QUALITY RE-CYCLED ITEMS ARE BEING STOCKED ON OUR RACKS DAILY!**

• Designer Fashions • Books • Family Clothing • Bric a Brac • Footwear • Household Goods

**BLenheim** 38 Stuart Street  
Open 6 Days  
Tues-Sun 10am-4pm

**DUNEDIN** 34 Stafford Street  
Open 6 Days  
Tues-Sun 10am - 4pm

**FRANKTON** 3-5 Clark Street, Kamo  
Open 5 Days  
Tues-Fri 10am-4pm, Sat  
10am-1pm,  
CLOSED Sun/Mon/Public Holidays

**HASTINGS** 312 Queen Street  
Open 5 Days  
Tues-Fri, 10am-4pm, Saturday  
10-1pm  
Sun/ Mon/ Public Holidays closed

**HORNBY** 94 Shands Road  
Open 6 Days  
Tues-Sun 10am - 4pm

**INVERCARGILL**  
21 Bowmont Street  
Open 5 Days  
Tues-Sat 10am - 4pm  
Closed Sun/Mon/Public Holidays

**LEVIN** 21 Cambridge Street South  
Open 6 Days  
Tues-Sun 10am - 4pm

**MANUREWA**  
290 Roscommon Road  
Open 6 Days  
Tues-Sun 10am-4pm

**MASTERTON** 46 Victoria Street  
Open 5 Days  
Tues-Fri 10am-4pm, Sat 10am -  
3pm Closed Sun/Mon/Public  
Holidays

**MT. MAUNGANUI** 16 Tawa Street  
Open 5 Days  
Tues - Sat 10am-3pm  
CLOSED Sun/Mon/Public Holidays

**NAPIER (AHURIRI)** 21 Kenny Road  
Open 3 Days  
Open Thursday-Sat 10am-4pm  
Closed Sun-Wed, Public Holidays

**NELSON** 109 Trafalgar Street  
Open 6 Days  
Tues-Sun 10am-4pm

**NEW LYNN** 21 Veronica Street  
Open 6 Days  
Tues-Sun 10am-4pm

**NEW PLYMOUTH** 52 Rimu Street  
Open 6 Days  
Tues-Sun, 10am-4pm, Closed Mon

**NORTHCOTE** 30 College Road

Open 6 Days  
Tues-Sun 10am-4pm  
(Closed Christmas Day, New Years  
Day, Good Friday, Easter Sunday)

**ONEHUNGA** 295B Church Street  
Open 6 Days  
Tues-Sun 10am-4pm

**PALMERSTON NORTH**  
46 West Street  
Open 6 Days  
Tues-Sun 10am-4pm

**PAPAKURA** 23 East Street  
Open 6 Days  
Tues-Sun 10am-4pm

**PAPANUI** 472 Cranford Street  
Open 6 Days  
Tues-Sun 10am- 4pm

**PORIRUA** 10 Commerce Crescent,  
Waitangirua  
Open 6 Days  
Tues-Sun 10am-4pm

**ROTORUA** 2 Gibson Street  
Open 5 Days  
Tues-Sat 10am-3pm  
CLOSED Sun/Mon/Public Holidays

**SYDENHAM** 39 Battersea Street  
Open 6 Days

Tues-Sun 10am-4pm

**TAURANGA** 2 Glenlyon Avenue,  
Greerton  
Open 6 Days  
Tues-Fri, Sat 10am-4pm  
Sun/Public Holidays 10am-3pm

**TERAPA** 105 Maui Street, Pukete  
Open 6 Days  
Tues-Fri, Sat 10am-4pm,  
Sun/Public Holidays 10am-4pm

**TIMARU** 12 Dee Street  
Open 6 Days  
Tues-Fri 10am-4pm  
Sat 10am-3pm  
Closed Sun/Mon/ Public Holidays

**UPPER HUTT** 31 Lane Street  
Open 6 Days  
Tues-Sun 10am-4pm

**WHANGANUI** 45 Kelvin Street  
Open 6 Days  
Tues-Sun 10am-4pm  
Closed on Mondays

**WHANGAREI** 3-5 Clark Street,  
Kamo  
Open 5 Days  
Tues-Sat 10am-4pm  
Closed Sun/Mon/Public Holidays



For more information visit [www.savemart.co.nz](http://www.savemart.co.nz) or call 09 622 1759



# Empowering women

## Discover your purpose



If you feel like you're going through the motions but not truly living life to its full potential, then take the first step towards building a fulfilling life with Clarity Within. By investing in your future with consultant Tricia Sampson, you can unlock your energy, sharpen your focus, and reclaim your direction.

Stuck in her own cycle of frustration a few years ago, Tricia realised that she shouldn't be waiting for change but creating it. To take responsibility for her own life, she built a framework that would keep her focused and moving forward. Today, she helps others do the same.

At Clarity Within, Tricia offers tailored coaching services, including one-on-one sessions, group coaching, and corporate teachings and retreats. Through her Five Pillars of Purpose (clarity, accountability, direction, grounding, and balance) she can work with you to help you find your passion, unlock your full potential, chase your dreams, and build the life you know you deserve. Check out her website today [www.claritywithtricia.com](http://www.claritywithtricia.com) or find her on Facebook.

## Stand out



In a real estate market saturated by properties for sale, it's paramount to make your listing stand out from the rest. Amanda Williamson, the owner and director of PropertyWise, can help you present your home in its best light with a comprehensive range of marketing services.

An experienced real estate photographer and investor, Amanda can help both owners and real estate agents maximise the sale price of a property. From consulting on presentation to minor and major renovation project management, photography and videography to floor plans and 3D walkthroughs, plus any and all marketing needs, the Hutt Valley local tailors her wraparound services at PropertyWise to whatever you may need.

"If you are aiming to stand out among listed properties, I can ensure you have the best marketing tools with my experience, attention to detail, and creative touch," Amanda says.

Stand out from the rest by choosing a standout professional.

## Going the extra mile



Jill Lampitt puts the real in real estate. A proud member of Tommy's Kapiti, she has been helping people make their property dreams come true in this beautiful corner of New Zealand since 2009.

Jill and her family arrived in Aotearoa from the UK in 2005. With over 20 years of experience in the industry, she had been an estate agent in Stratford-upon-Avon selling everything from country mansions to thatched cottages.

"I have real tenacity and never give up on my clients – buyers or vendors," Jill says. "It's the biggest buzz taking a buyer to a property and without them saying anything, I can just tell it's the right place."

Alongside her tenacity, Jill says her listening and communication skills, as well as her attentiveness, are key to helping people achieve their property goals. She always goes the extra mile to provide a tailored experience that will guarantee a successful outcome.

**Tommy's**  
Real Estate MREINZ

Tommy's Kapiti Real Estate Ltd Licensed under the REAA 2008

Award Winner

TOP SALESPERSON  
KAPITI 2009 - 2025

TOMMY'S SUPREME  
AWARD-WINNER  
2020-2023

**JILL LAMPITT** *Kapiti residential & lifestyle specialist*  
M: 0272 477 769 E: [jill@tommyskapiti.co.nz](mailto:jill@tommyskapiti.co.nz)

**PROPERTYWISE LTD**  
PROPERTY MARKETING CONSULTANTS

**Professional Real Estate Marketing**  
Helping you to present your home in its best light to maximise your sale price.

**Property Photography | Twilight Photography | Aerial Photography**  
**Videography | Floor Plans | 3D Walkthroughs**

027 313 0351 | [admin@propertywise.co.nz](mailto:admin@propertywise.co.nz) | [www.propertywise.co.nz](http://www.propertywise.co.nz)

**Nourish and protect your skin first**

Smitee brings over two decades of expertise in skin health and cosmetic rejuvenation. Her philosophy blends advanced skincare and prevention to reveal your most radiant self at every age. Walk away with practical tools to nourish your skin from within - and feel luminous, confident, and empowered in your everyday life.

**Smitee Ranchhod, Registered Nurse - 20 years experience in Aesthetics**  
Ph 021 205 7726 | [smitee@radianceaesthetics.co.nz](mailto:smitee@radianceaesthetics.co.nz) | [www.radianceaesthetics.co.nz](http://www.radianceaesthetics.co.nz)

**NZ owned**  
Shoe Fitting a  
Specialty

**BAMBINI**  
clothes kids love | newborn to teen

**Gift Wrapping is Free**

Proud to stock planet-loving brands Bobux, Crywolf, Hape, Huxbaby, Izipizi, Lamington, Nature Baby, Toshi, Goldie & Ace, and more – in store and online.

We've added Izipizi in adult sizes to our ever popular sunnies for baby and kids, and expanded our range to include NZ-made skincare and delicious teas for mamas.

**Free Parking | Upstairs at Capital Gateway, 34 Thorndon Quay, Wellington | Mon-Fri 10am-5pm | Sat 10am-4pm**  
**Sun 10.30am-4pm | Phone: 04 473 7380 | [www.bambini.nz](http://www.bambini.nz)**

**Unlock Your Energy, Sharpen Your Focus, and Reclaim Your Direction**

Discover the 7 daily habits to realign your mind, focus and goals by downloading Tricia's free e-book from her website [www.Claritywithtricia.com](http://www.Claritywithtricia.com)

**How We Live Our Values**

- We model authenticity and vulnerability, sharing our journeys openly.
- We support our clients holistically, recognizing their unique paths and honoring their stories.
- We challenge ourselves and our clients to grow, adapt, and thrive.
- We celebrate progress, resilience, and the courage to keep moving forward.
- We foster community, connection, and a spirit of adventure in all we do.

**One-on-One Coaching, Workshops, Retreats**

**Phone 0210 594 278 | Email: [support@claritywithtricia.com](mailto:support@claritywithtricia.com)**  
**[www.claritywithtricia.com](http://www.claritywithtricia.com)**



# Empowering women

## Girls' day out



The beautiful trails, sweeping landscapes, and picturesque vistas of Central Otago are begging to be explored by bike. And with the numerous health advantages of cycling, what's the hold up? For women, biking can not only reduce the risk of heart disease, stroke, cancer, and diabetes, but also alleviate adverse symptoms of menopause, menstruation, and childbirth.

Bike It Now! provides the highest quality bike and e-bike retail, hire, and workshop services in Central Otago and the Southern Lakes, plus awesome self-guided tours on the Otago Central Rail Trail, Roxburgh Gorge, Lake Dunstan, and Clutha Gold trails, including the new extension to Lake Waihola.

Based in the historic town of Clyde, they offer door-to-door pickups from Queenstown and drop-offs leaving Clyde each day, which gives the crew the opportunity to recount the area's history.

Bike It Now! offers everything you'll need to explore this slice of Aotearoa. Take your girls on the trip of a lifetime.

## Going solo



Thinking about traveling solo but feeling a bit nervous? You're not alone. Here's a little secret: group travel. Imagine setting out to the airport with everything already sorted – accommodation, transport, itinerary, meals, and even a group of likeminded adventurers ready to share the experience. No stressful planning, no awkward solo dinners, and zero “wait, how do I get from the airport to the hotel” moments.

Twilight Travel takes the pressure off. You still get freedom, with time to explore on your own, but have the bonus of a built-in community and expert guidance. Plus, it's a safe, structured way to ease into solo travel. It's not about being on a tour bus the whole time, it's about connection, confidence, and convenience. You might even return with new friends!

Ready to dip your toes into solo travel without going it completely alone? Call Shavourn to discuss destinations, itineraries, and escorted group tours.

## Q&A with Stevie Wallace



Stevie Wallace has been a mortgage adviser with Squirrel since 2015. She shares what it's like helping Kiwis achieve their homeownership dream and her experience working in a traditionally male-dominated field.

### **What do you love about being a mortgage adviser?**

For most people, buying a home is the biggest financial commitment we make. Supporting people through that journey is so rewarding. You're there to make the process as stress-free as possible, advocating for the best deal.

### **What's the best thing about your job?**

The excitement of settlement day, when the hard work's all done and dusted and your client gets to pick up the keys to their new home.

### **What's your experience as a woman working in the financial services industry?**

When I started out it was very male dominated. But the qualities you need to succeed – knowledge, hard work, and passion – aren't defined by gender. There's a lot more diversity and inclusion now, which is great to see.

*Discover*  
**TASMANIA**  
22 February – 8 March 2026




Join us on a guided tour showcasing the best of Tasmania. Discover the fascinating history & heritage, stunning landscapes and unique flora & fauna.

**CONTACT US - Phone: 0800 999 887**  
**E: [bookings@twilighttravel.co.nz](mailto:bookings@twilighttravel.co.nz)**  
**www.twilighttravel.co.nz**

**boutique**  
Property Management

**We may be boutique in size, but we are big on service!**

With Boutique Property Management you and your property will never become just another number.

Tel (04) 9722 664 | Mob 029 9722 664  
[www.boutiquepm.co.nz](http://www.boutiquepm.co.nz)

superior properties ● simple management

### **Jane Santos Mosaic Artist**

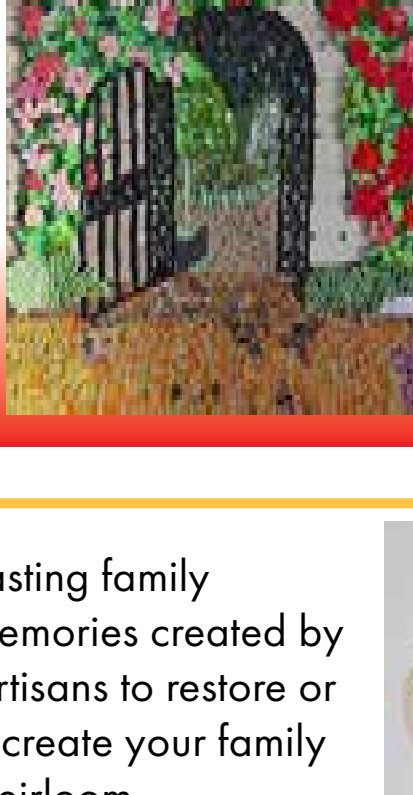
Original artwork depicting New Zealand themes including flora & fauna, people and the old villas of Wellington. Outdoor mosaics by commission only.

**3 Kohekohe Road, Waikanae**

**M 021 773 896**

**E [jane.santos@live.com](mailto:jane.santos@live.com)**

**www.janesantosmosaics.com**



*Kapiti Jewellery Design*  
Manufacturers

Lasting family memories created by Artisans to restore or recreate your family Heirloom.

P: 04-298 7348 | Shop 19 Kapiti Lights complex, Paraparaumu, Paraparaumu, New Zealand

View our creations on Facebook 



**OTAGO CENTRAL RAIL TRAIL  
ROXBURGH GORGE  
CLUTHA GOLD TRAIL  
THE LAKE DUNSTAN TRAIL**

*"Top notch and absolutely awesome" ~ Dean and Louise*

Photo by Will Nelson.




**BIKE IT NOW!**  
Central Otago

**Bike It Now!**  
Central Otago

**BOOKING NOW FOR 2025/2026!**  
It is essential to book early to avoid disappointment.

ITINERARY PLANNING | BIKE HIRE | TRANSPORT

- One Day Wonder tours
- Top-quality Trek and Merida Hire bikes including E-bikes
- Retail and workshop
- Electric Bike retail and hire specialists

• 25 Holloway Street, Clyde  
• 6 Barry Avenue, Cromwell  
• Three Parks, Wanaka

Ph 0800 245 366 (NZ) | 1800 446 356 (Aus)  
[info@bikeitnow.co.nz](mailto:info@bikeitnow.co.nz) | [www.bikeitnow.co.nz](http://www.bikeitnow.co.nz)

Our expert mortgage advisers will get you the best deal



Talk to us today

0800 21 22 30  
[squirrel.co.nz](http://squirrel.co.nz)

**Squirrel**

**Back to contents**





# Women's health

## Vitality and wellbeing



During menopause and perimenopause, women experience significant hormonal changes. The falling oestrogen levels are directly related to bone density loss, making women more susceptible to developing osteoporosis. Your bones safeguard your vitality and mobility. From shielding vital organs to storing calcium and anchoring muscles, your skeletal system works tirelessly to keep you moving, ensuring you live life to the fullest. That's why it's important to maintain and understand your bone health.

Sharp Medical Imaging in Paraparaumu helps women take control of their bone health so they can reduce the risk of developing osteoporosis or manage their condition. Their gold-standard bone density scans utilise cutting-edge DEXA (dual-energy X-ray absorptiometry) technology. DEXA scans provide fast, non-invasive, and highly accurate insights into your bone mineral density, empowering you to act early.

If you'd like to gain a better understanding of your overall health, Sharp Medical Imaging offers body composition scans that precisely measure fat and muscle distribution. These reveal visceral fat levels around your organs, track muscle mass changes, and provide insights to help you achieve your health and fitness goals.

Whether you're focused on managing or preventing osteoporosis or monitoring your overall wellbeing, Sharp Medical Imaging can provide you with the information you need to make informed decisions with no referral required.

## Taking care of you



Women's Health Week Te Wiki Hauora Wāhine was established in Aotearoa because wāhine often make decisions for the needs of their whānau at the expense of their own wellbeing. Women's Health Week exists to show women that by prioritising their own health and happiness, they become stronger, more resilient, and better equipped to face life's challenges.

Celebrating all Kiwi women, Women's Health Week will take place from the 11<sup>th</sup> to the 17<sup>th</sup> of August and is being spearheaded by Tend, an online and in-clinic health provider that redefines healthcare access across the motu. With Women's Health Week, the organisation aims to unite the wāhine of Aotearoa, fostering a community where they inspire each other, share knowledge, and prioritise their health.

There are plenty of ways to get involved in Women's Health Week. Simply prioritising your own wellbeing is the first step. Research how you can be the healthiest version of yourself, schedule a check-up with your GP, or get those tests done that you've been putting off. It's like they say on the airplane: make sure your own oxygen mask is secured before you help others with theirs!

You can also attend women's health events and talks in your community, or, if you're proactive, you can start your own wāhine-focused event for your friends and whānau. There are plenty of ideas as well as stories and resources available at

[www.womenshealthweek.nz](http://www.womenshealthweek.nz)

**1 in 3 women will suffer from an osteoporotic fracture during their lifetime**  
Know your risk before it happens.

**Sharp**  
MEDICAL IMAGING

Bone density scans are recommended for all **women over 65** and **women over 50** who have any of the following risk factors:

- Early menopause (before age 45)
- Smoking/Heavy drinking
- Used a corticosteroid for 3+ months
- Have rheumatoid arthritis
- Inactive lifestyle
- Thin or small build
- Family history of osteoporosis,
- Family history of spine or hip fractures

**Book your scan today!**  
(no referral required)

☎ 04 298-7770

🌐 [www.sharpmaging.co.nz](http://www.sharpmaging.co.nz)

✉ [reception@sharpmaging.co.nz](mailto:reception@sharpmaging.co.nz)

**Unichem**  
Brooklyn Pharmacy

Visit us in-store for all your women's health products!

Open Mon-Fri 9am-6pm  
Sat 9am-4pm, Closed Sunday

67 Cleveland Street, Wellington  
Ph: 04 939 6631  
[unichembrooklynpharmacy@gmail.com](mailto:unichembrooklynpharmacy@gmail.com)

**CROWS NEST ACCOMMODATION**  
CENTRAL OTAGO, NEW ZEALAND

Escape for R&R at the Crow's Nest!  
Sleeps 5+ – bookings of more than three days, receive a 10% discount when booking direct

M: 021 366 012  
E: [crowsnestnz@gmail.com](mailto:crowsnestnz@gmail.com)  
[www.crowsnestotago.co.nz](http://www.crowsnestotago.co.nz)

**SARAH LIES**  
**hearing**

**Independent hearing advice**

Large multinational manufacturers and retailers own more than **80%** of hearing clinics in New Zealand.  
We're not one of them.

Call: (04) 390 0011  
69b Discovery Drive, Whitby, Porirua  
[sarahlieshearing.co.nz](http://sarahlieshearing.co.nz)

**Sparkle Fitness**  
RUN, MUM, RUN!

**Strength and Conditioning**  
**Group Classes**  
**Running & Triathlon Coaching**

*Strong. Confident. Unstoppable.*

Strength training isn't just for athletes — it's essential for every woman's health. Build bone density, support hormonal balance, and feel strong inside and out.

Join a supportive space where women train smarter, not harder.

- Women's health-focused fitness
- Postpartum & pelvic floor safe options
- Group classes & personal training

*Feel good in your body again – because you're worth it*

[sierra@sparklefitness.co.nz](mailto:sierra@sparklefitness.co.nz) | 021 258 9445  
[www.sparklefitness.co.nz](http://www.sparklefitness.co.nz)

[Back to contents](#)





# Wairarapa weddings



## Wedding checklist

### 2-3 months before the wedding

- Mail out invitations.
- Compile gift register.
- Select gifts for attendants.
- Complete trousseau and organise honeymoon clothing.
- Commence a beauty treatment programme.
- Groom to finalise his party's attire with matching shirts, ties, shoes etc.
- Pre-book accommodation for out-of-town guests.

### 1 month before the wedding

- Have hair styled and try on hairpiece.
- Final fitting of wedding gown and bridesmaids' dresses.
- Finalise accommodation for out-of-town guests.
- Record gifts as they arrive.
- Check that insurance is adequate.
- Attend parties and functions in your honour.
- Confirm details with photographer.

### 2 weeks before the wedding

- Collect Marriage Licence.
- Check that everyone is aware of their procedures and duties.
- Confirm hairdresser and beauty appointments for your wedding day.
- Discuss seating arrangements at reception.
- Arrange transport for out-of-town guests and elderly relatives.
- Groom should have a haircut.
- Groom to organise fees for celebrant or clergyman so best man can deliver.

### 1 week before the wedding

- Advise caterers of final numbers.
- Remind attendants of rehearsals.
- Try on wedding dress once again with full wedding day make-up.
- Check on delivery of cake, flowers, and hire suits.
- Pack for honeymoon.
- Give gifts to attendants.

### 1-3 days before the wedding

- Attend rehearsals.
- Have a quiet dinner out together.

## All about you



With your happy ever after on the horizon, it's time to start planning your wedding day. Whether you know exactly what you want your wedding to look like or you've never thought about it until now, Wairarapa Wedding Expo can help you make your day a dream come true.

Wedding planning can be stressful. With so much to organise and so many aspects to consider, it can be a bit daunting to know where to start.

Wairarapa Wedding Expo sees some of the best vendors and suppliers from Wellington, Wairarapa, and Manawatu all under one roof at Copthorne Hotel & Resort Solway Park function centre on the 2<sup>nd</sup> of August, making it easy for you to get in touch with everyone you may need.

The hand-picked businesses from across the region and beyond include everyone from florists to photographers, venues to videographers, stylists to celebrants, and dressmakers to drivers, and so much more.

Friendly and passionate about love and weddings, they'll help you find inspiration, offer advice on how to handle each aspect of the wedding, and showcase what they have to offer to help you narrow down your choices.

Your wedding is your day. It should be exactly as you imagined, whether you're opting for the big, fairytale wedding or a private elopement just the two of you. Whatever you may have in mind, you'll find everything you're looking for and more at Wairarapa Wedding Expo.

**SOUNZGO DJ'S**

- DJ Hire
- MC Hire
- Photobooth hire
- LED Dancefloor hire
- Special FX hire
- Weddings
- Corporate
- Schools
- Birthdays

Auckland | Waikato | Bay of Plenty | Coromandel  
Hawkes Bay | Napier | Taupo | Taranaki | Manawatu  
**Phone: 0800 435 768 | Mobile: 022 153 8876**  
**Email: [info@djentertainment.co.nz](mailto:info@djentertainment.co.nz)**  
**[www.djentertainment.co.nz](http://www.djentertainment.co.nz)**

**SADIE SWOON**

**Come see us at the Wairarapa Wedding Expo or contact us for your upcoming wedding or event!**

Sadie Swoon is a boutique vintage caravan bar that provides so much more than just drinks.....

Sadie will bring the vibe to your event! She is the WOW factor that you are looking for!

Your guests will love drinking cocktails or champagne from her gorgeous glassware while entertaining themselves with her add-on packages that make the area around Sadie look extra special.

**You provide the drinks, and Sadie will do the rest.**

Sadie travels within the Wellington Region including the Wairarapa, Horowhenua and Manawatu areas.

**[hello@sadieswoon.nz](mailto:hello@sadieswoon.nz) | [www.sadieswoon.nz](http://www.sadieswoon.nz)**

**ROSIES REMOVALS LTD**  
MASTERTON

**NATIONWIDE SERVICE**

**You're in safe hands with ROSIES REMOVALS**

"We moved from Blenheim to Levin and it was seamless. Rosies went above and beyond with the move, packing and moving quickly and effectively. Would highly recommend." - Betty and Ron

**FREEPHONE 0800 46 76 74 or 0800 GO ROSIES**  
Phone 06 370 1258 | [office@rosiesremovals.co.nz](mailto:office@rosiesremovals.co.nz)  
**[www.rosiesremovals.co.nz](http://www.rosiesremovals.co.nz)** RosiesRemovals

**August & Vine**

**ALL-INCLUSIVE WAIRARAPA ELOPEMENTS**  
WHERE LOVE MEETS LANDSCAPE

For those who love to take their own path You can rely on August & Vine to bring your dream elopement to life - seamlessly and uniquely yours. "You're not running away - you're just choosing a different kind of beautiful."

**[www.augustandvine.co.nz](http://www.augustandvine.co.nz)**

**UNSTITCHED BY NAVI**

**Bridal alterations expert**  
• Lower Hutt • Wellington  
Reach out to me today!

★★★★★ "Navi was amazing! So easy to talk to and helped bring my idea to life." - Millicent

**020 4157 6066 | [unstitchedbynavi@gmail.com](mailto:unstitchedbynavi@gmail.com)**   
**101 Randwick Street, Moera, Lower Hutt | [www.unstitchedbynavi.com](http://www.unstitchedbynavi.com)**

**MATAHIWI ESTATE**

Pop the perfect bubbles for your big day—our elegant Matahiwi Estate Brut Rosé or Blanc de Blanc are made for celebrating love.

Get in touch and let us help you find the sparkling match for your wedding.

286 Paierau Road, RD 1 Masterton, Wairarapa  
06 370 1000 • [sales@matahiwi.co.nz](mailto:sales@matahiwi.co.nz)

**[WWW.MATAHIWI.CO.NZ](http://WWW.MATAHIWI.CO.NZ)**

**MARRIED WITH METAL .CO.NZ**

**EXTREME WEDDING SPECIALIST**  
**WILD TO MILD**

**NO THEME TOO EXTREME, BUT ALSO DO NORMAL(ISH) WEDDINGS**

**PROFESSIONAL, FUN, EXPERIENCED**

**SCOTT PHILLIPS WEDDING CELEBRANT**

**THE BUTCHER'S LOFT**

- 2 bedroom apartment looking over Martinborough Square • Sleeps 6 guests
- Fully Self Contained with full kitchen
- \$260 for 1st 2 guests per night, extra guests \$50 pp per night.

**2A Kansas Street, Martinborough**  
**Ph: 06 306 9607**  
**[www.bachcare.co.nz](http://www.bachcare.co.nz)**

[Back to contents](#)



## A place of belonging



**Jasmine Togo-Brisby. Photo by Sam Roberts.**

Ambitious and monumental, artist Jasmine Togo-Brisby's practice aims to create a sense of place for Australian South Sea Islanders (ASSI).

"Her works are often incredibly large and are often displayed in large spaces where the space around the artworks become part of the experience," Pātaka Art + Museum lead curator Ioana Gordon-Smith says. "Her style is also, perhaps surprisingly, quite minimal. She takes a concept or material and intentionally hones and pushes it to become something deeply impactful."

The Brisbane-based, Australian South Sea Island creative has a soaring international profile, participating in the Asia Pacific Triennial, the Busan Biennale, the Bangkok Biennale, and the Adelaide Biennale in 2024 alone. She also has ties to Aotearoa. Having studied at Massey University – Te Kunenga ki Pūrehuroa in Wellington from 2015 to 2022, she credits Moana and Māori communities with supporting her artistic practice and encouraging her to make space for her Australian South Sea identity.

Her newest exhibition *ungeographic* takes over all of Pātaka's gallery spaces until the 9<sup>th</sup> of November for a mid-career survey that interrogates the relationship ASSI have to place.

"It's a tricky one. Because ASSI are a people born out of the forced movement between Pacific islands and Australia, they are clearly connected to multiple geographies, but they're not often acknowledged in any," Gordon-Smith says. "The exhibition frames Jasmine's art practice as something of an alternative map or way of thinking about Australian South Sea Islander places of belonging."

South Sea Islanders are the Australian-born descendants of people brought to Australia between 1847 and 1904 as indentured labourers, mainly to work in Queensland's sugar and cotton plantations. Togo-Brisby's own great-great-grandparents were taken from Vanuatu as part of the Pacific slave trade, a practice that saw people shipped from over 80 Moana islands.

Working across installation, video, photography, and sculpture, Togo-Brisby draws on archival research, her own family history, and motifs associated with Australian South Sea Islanders, Gordon-Smith says, adding that her approach combines different contextual references together to deliberately cross and straddle geographic borders. "Her work suggests that some materials themselves might be considered a place of belonging. There are materials that deliberately reappear in her work – sugar and crow feathers, for instance, which offer a strong sense of grounding, identity, history, and belonging".

Visitors will come across several significant pieces from across Aotearoa and Australia, including sugar works from Queensland, large-scale plaster works from Sydney, a suspended ship work from Auckland, and some feather sculptures and photographs from Togo-Brisby's personal collection.

A new and impressive publication designed by award-winning studio Extended Whānau also accompanies *ungeographic*. It features texts by Togo-Brisby, her sister and studio manager Simone Togo-Brisby, curator Gordon-Smith, Anna Arabindan-Kesson, Ruth McDougall, Imelda Miller, and Nina Tonga.

"Despite having connections to so many nations, Australian South Sea Islanders are often not seen as belonging to any," Gordon-Smith says. "In her artwork, Jasmine seeks to create a visual identity specific to them."

## A dedicated life



**Self-portrait by Julia B Lynch.**

Julia B. Lynch "didn't set out to be a portrait painter, it's just how her career evolved", art historian and curator Penelope Jackson MNZM says.

Celebrating the Wellington creative's life and work, *Julia B. Lynch: A Dedicated Life* takes up residence in the New Zealand Portrait Gallery Te Pūkenga Whaakata until the 14<sup>th</sup> of September.

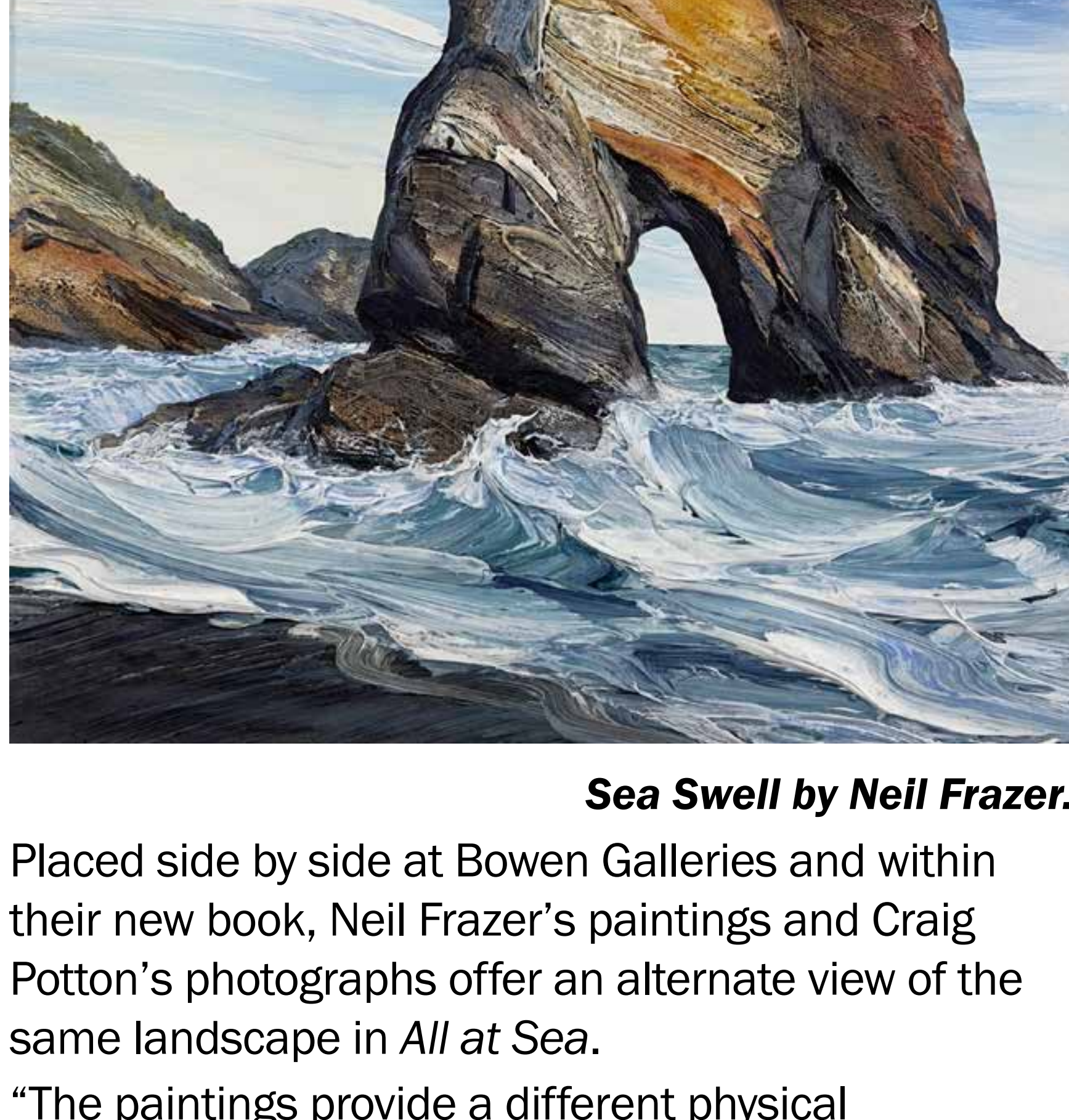
Brought up in Manawātū at the turn of the 19<sup>th</sup> century, she studied at the Slade School of Art in London during the early 1920s. Upon her return to New Zealand, she joined the Sisters of Mercy in Wellington and for decades taught at St Mary's College. Here, on top of her other duties, she would paint portraits of her students, their siblings, and of well-known personalities to raise funds for the school. In many ways, as a single woman, being a part of this community enabled Lynch to enjoy a long and active artistic career.

"That she kept up her work throughout her life, and exhibited internationally, was no mean feat", Jackson says, adding that her numerous paintings can be seen at Parliament, in town halls, museums, churches, and still with the families of the students she painted. She was also a four-time finalist in Australia's most coveted art prize, the Archibald Portrait Prize.

"She painted in a realistic style," Jackson continues. "Her early works are detailed and over time her style loosened up and became quite painterly. She always strove for a good likeness". This exhibition is a celebration of her talent, skill, and dedication.

On the 6<sup>th</sup> of September at Portrait Gallery, you can join Sister Natalie for A Day in the Life where she shares stories and insights into the life of a sister and helps us envision what an average day may have been like for Julia B. Lynch.

## The great teacher



**Sea Swell by Neil Frazer.**

Placed side by side at Bowen Galleries and within their new book, Neil Frazer's paintings and Craig Potton's photographs offer an alternate view of the same landscape in *All at Sea*.

"The paintings provide a different physical energy and a visceral surface quality while the photographs provide detail, drama, and Craig's unique observation," Neil says. "The two approaches combine to provide an energised and immersive experience of the New Zealand coast."

*All at Sea*, which runs from the 29<sup>th</sup> of July until the 16<sup>th</sup> of August, stems from Craig and Neil's mutual love of the environment and shared attitude towards its preservation.

"I have admired Craig's photography since I first saw it and I have collected his books for many years both as an inspiration and as a resource," Neil adds. "Craig has been an important and active conservationist, particularly in relation to the sea and its inhabitants."

Neil on the other hand was an abstract painter for 20 years but now veers more towards realism. Though his works have always been inspired by the natural world, they formerly were devoid of representational references. "A very physical painter, I am inspired by the active experience of nature – I always like to approach it by immersion", he says. "When I paint, I deliberately leave out the human presence, in order that the viewer engages more completely with the painted world".

With nature deemed the "great teacher", *All at Sea* hopes to trigger viewers' own "thoughts and feelings when confronted by the power and complexity of the natural world", Neil continues. "I see a great connection between landscape and the inner self. Feelings of vulnerability, liberation, and optimism can confront or inspire. Maybe lose yourself a little in experience!"

[Back to contents](#)





# Farah Palmer Cup 2025

## Hear them roar



**Photo courtesy of Smartframe and NZ Rugby.**

You duck and weave between the crowds trying to find the perfect seat. Dusk is settling in but the floodlights are beaming down. From the distance – quiet at first but growing increasingly louder – a chant begins. Maybe a wave will make its way through the stalls. The smell of sweat, snacks, and turf permeate the air. A roar erupts from the crowd as the players saunter onto the field, then silence... until kick off. The Farah Palmer Cup is officially in full swing.

The Farah Palmer Cup is the highest-level domestic women's rugby union competition in New Zealand. Formerly known as the Women's Provincial Championship, it was renamed in 2016 in recognition of one of the most esteemed figures in women's rugby.

Dame Farah Palmer is a global women's rugby icon. Having played 35 Test matches for the Black Ferns – New Zealand's national women's team – she was inducted to the World Rugby Hall of Fame in 2014 and has been dedicated to championing women's rugby in Aotearoa for decades.

The Farah Palmer Cup consists of two divisions with teams from provincial women's rugby unions around the country. The Premiership is the top division with seven teams. The winner is crowned the champion while the lowest ranked team is relegated to the Championship, which is a second division with six teams where the winner is promoted into the Premiership in the following year.

Alongside the Farah Palmer Cup, teams also compete for the JJ Stewart Trophy, named after the former All Blacks coach and strong supporter of women's rugby in New Zealand. This challenge trophy, much like the Ranfurly Shield, must be defended by the current trophy holders in each of their home matches during the regular season. Tensions are high and the atmosphere is fizzing as the Farah Palmer Cup takes shape into the most exciting yet.

## These are the 13 provincial teams competing in the Farah Palmer Cup



Auckland Storm



Bay of Plenty Volcanix



Canterbury Women



Counties Manukau Heat



Hawke's Bay Tui



Manawatu Cyclones



North Harbour Hibiscus



Northland Kauri



Otago Spirit



Tasman Women



Taranaki Whio



Wellington Pride



Waikato Women

**VIET DUC**  
PAINTING & PLASTERING SPECIALISTS

Professional House Painters in  
Upper & Lower Hutt, Wellington

Locally owned & operated | Professional and Experienced  
High Quality Materials | Quality Work

Proud supporter of the Norths women's rugby team

Call us at - 0508 VIETDUC | www.vietduc.co.nz





# Family – school holidays – Hawke's Bay



Minigolf has been a staple of Napier's Marine Parade since the 1940s. What began simply as a large putting green has developed into Par2 Minigolf, guaranteed fun for you and the kids. Located adjacent to the local isite, you'll enjoy panoramic views of the coast of Hawke's

Bay while you compete on one of two courses: Pacific Pro-Am or Deco Drive. The former is a quintessential minigolf course, full of wacky angles, tricky water hazards, and tree obstacles. Deco Drive is a complex course with organic curves and harsh slopes.



There is always something new and exciting to discover at the MTG Hawke's Bay. This award-winning museum is made up of three distinct buildings – an art deco masterpiece, a modernist gem, and a light-filled gallery that looks out across the Pacific Ocean. The museum's

collections tell historic stories of the region and beyond, including the 1931 earthquake that devastated the region and the legacy of art deco architecture that is still celebrated today. Their fabulous shop also sells a range of beautiful cards, gifts, books, and mementos.



Ignite your imagination at the Faraday Museum of Technology, where hands-on adventures await visitors of all ages! Discover interactive exhibits where you can touch, play, and explore the wonders of science, technology, and history in exciting ways. From historic appliances and

engines to energy sources and games, there's so much to see and uncover. A magical place where history comes to life anew, the Faraday Museum of Technology offers an experience you won't forget that's perfect for families and anyone with a curious mind!



The National Aquarium of New Zealand is home to saltwater, freshwater, and land animal exhibits from New Zealand and around the world. The 1.5-million-litre Oceanarium, which you can experience with a walk through an underwater viewing tunnel, showcases the variety of aquatic species

that exist in Hawke's Bay, including stingrays, kingfish, hāpuku, snapper, and more. Watch the famous little penguins feed and play in the Penguin Cove, and connect with native wildlife like tuatara and kiwi. **Photo by Molly Rose Nilsson.**



**Book your  
adventure with  
our Hawke's Bay  
experts today!**

Our team can book accommodation, popular activities, bike hire and more. Trusted advice with no booking fees.

Call 0800 84 74 88  
or visit [napiernz.com](http://napiernz.com)

**i site** Visitor Information

**NAPIER**



# Family – school holidays – Hawke's Bay



**Kennedy Park**

Located near the heart of Napier, Kennedy Park is an accommodation option that's fun for the whole whānau. There is so much to do onsite that you'll be tempted to spend entire days on the premises. Kids and adults will love the heated swimming complex, basketball half court, and giant outdoor chess board. Stroll the gardens or relax at the café while the tamariki let loose at the adventure playground and on the colourful jumping pillow. Spend time in the games room playing pool, table-top games, or air hockey together as a family.



**Hawke's Bay  
Farmyard Zoo**

Known for its unique atmosphere, Hawke's Bay Farmyard Zoo provides a safe, clean environment with informative signage, limestone walkways, and a picnic area to accommodate large groups such as birthday parties and work functions. The animals at the zoo include pigs, sheep and calves, ostriches, alpacas, turtles, peacocks, and many more, and kids will have the opportunity to get up close and feed some of them. With a playground, train rides, and pony rides available, the hardest part will be getting the family back into the car.



**Napier Aquatic Centre**

You don't have to wait for hot summer days to enjoy a day in the water. Napier Aquatic Centre is open year-round for water-based exercise and fun. Three pools means everyone can jump in – choose from the five-lane 25-metre lap pool for walking and lane swimming, the disability-friendly six-lane Ivan Wilson Pool, or the learners' pool complete with toddler pool and mini waterfall. The complex also features waterslides, a spray park open from October to March, a beautiful outdoor area, and relaxing spas. Jump in and have fun!



**Ocean Spa**

Ocean Spa is Napier's premier heated pool and fitness complex located on Marine Parade. Boasting open-air, heated, and chlorinated pools and spas with panoramic ocean views, visitors can enjoy a range of options from the toddler pool to therapeutic pools with water fountains and pool jets. Visitors can unwind in spacious outdoor spa pools and refuel with a coffee or bite to eat at Bach Café. Centrally located, Ocean Spa is the perfect spot to relax and re-energise, rain or shine.

**two 18 hole courses**

**PUTT, PLAY  
AND ENJOY  
THE VIEW!**

Challenge your  
**FAMILY AND  
FRIENDS**  
**GIVE IT A GO!**

**PAR<sup>2</sup>  
MINIGOLF  
MARINE PARADE**

Open 7 days | 9:30am - 4.00pm  
www.par2golf.co.nz | 06 834 0248

By the Soundshell, by the sea | Marine Parade, Napier



# Farah Palmer Cup 2025

## Farah Palmer Cup

### Presented by Bunnings Warehouse



Dame Farah Palmer is a global women's rugby icon, having played 35 Test matches for the Black Ferns and represented Otago, Waikato, and Manawātū at provincial level. In 2014, Palmer was inducted to the World Rugby Hall of Fame.

**MITRE 10 CROFTON DOWNS**
**Garden Centre Extension**

More Range ☒ Special orders ☒  
More Volume ☒ New Design and planning Hub ☒

**MITRE 10 CROFTON DOWNS** 128 Churchill Drive  
Monday - Friday 7.00am - 6.00pm Saturday & Sunday 8.00am-6.00pm  
Phone : 04 479 8765 facebook.com/mitre10.croftondowns  
cs.croftondowns@mitre10.co.nz www.mitre10.co.nz/croftondowns

**1** Concept Plan  
**2** Planting Plan  
**3** Let us do it for you  
**Landscaping projects sorted**  
http://www.mitre10.co.nz/CroftonDowns

Do you suffer from **Back pain** on your current mattress?

Do you suffer from **Asthma** in your current bed?

Do you suffer from **pressurepoints** when lying on your current mattress?

Do you suffer from **roll together**?

Do you suffer from the **heat** in summer and the **cold** in winter?

Contact Mr Waterbed **TODAY** and learn how a **WATERBED** can improve your **SLEEP**

Mr Waterbed **027 443 3088**  
[www.mrwaterbed.co.nz](http://www.mrwaterbed.co.nz)

**TAWA'S CRAFT BEER BAR**

**CLOCKWORK GOLD**

**A fond farewell from Gary who is retiring**

Proud to support Norths women's rugby

**191 MAIN RD, TAWA**  
Ph: 04 232 4763 Clockwork Gold

**ONELOAN**

*Inhale. Consolidate.. Exhale...*

Combine your multiple debts into one easy to manage loan. OneLoan helps you breathe a little easier.

[www.oneloan.co.nz](http://www.oneloan.co.nz)

Proud to support women's rugby

**ENRICH FINANCIAL**

Investment Advice  
KiwiSaver Advice  
Wealth Management  
Enrich Your Future Today

[enrich.financial](http://enrich.financial)

**FRUIT GUYS**  
[www.FRUITGUYS.CO.NZ](http://www.FRUITGUYS.CO.NZ)

HEALTHY STAFF = HEALTHY BUSINESS

GET FRESH FRUIT DELIVERED TO YOUR OFFICE EVERY WEEK. FROM AS LITTLE AS \$38 + GST

- Fresher & cleaner than the shops
- Very convenient, delivered directly to your office
- Great value
- Export quality fruit, packed daily
- Improve your team's productivity and morale

CONTACT US NOW FOR SPECIAL DEALS FOR NEW CUSTOMERS!

[WWW.FRUITGUYS.CO.NZ](http://WWW.FRUITGUYS.CO.NZ) OR CALL **0508 378 4848**

**ORIZEN TYRES**

**Proud to support Petone women's rugby**

**VISIT**  
**25 PETONE AVENUE, PETONE**  
**0800 ORIZEN**  
**YOUR TRUSTED LOCAL TYRE EXPERTS!**

**ARTISAN STORE**

- Jewellery • Gift ideas
- Beauty & well-being
- Streetwear

**45 different artisans**

**Proud to support Petone Women's Rugby**

**125 Jackson Street, Petone (former Trade Aid shop)**  
Phone 027 206 5583 | [www.artisanstore.co.nz](http://www.artisanstore.co.nz)

**HRM DEVELOPMENTS Ltd**

**Design and Build your new home with us!**

Trading as **trenz** | Agents for **CLEVER LIVING CO.**

**Proud to support Wainui women's rugby**

**Web: [www.hrmdev.co.nz](http://www.hrmdev.co.nz)**  
**Email: [wellington@trenzhomes.co.nz](mailto:wellington@trenzhomes.co.nz)**

**Mana Wāhine**

**MANA WĀHINE**

**Me aro ki te hā o Hine-ahu-one - pay heed to the dignity of women**

We empower wāhine to achieve Tino Rangatiratanga in their well-being. We do this by providing them with support for regular cervical and breast screening.

**PROTECT YOUR WHAKAPAPA - CONNECTING TO YOUR IDENTITY**

Today Mana Wāhine is a collective of māori health providers from Kapiti - Porirua - Hutt Valley - Masterton

Free cervical screening, breast screening support, transport to screening appointments, and health promotion.

**View our website for contact details: [www.manawahine.org.nz](http://www.manawahine.org.nz)**

**SBA SMALL BUSINESS ACCOUNTING**

**SMALL BUSINESS SPECIALISTS**

With a range of great accounting services SBA is the first choice for small businesses.

**AFFORDABLE ACCOUNTING**

SBA offers an affordable way to get your accounting done for you. With monthly fixed annual pricing (no hidden costs or surprises).

**FOCUS ON YOUR BUSINESS**

We focus on the accounting, so you can focus on your business.

**Phone: 04 589 4168 • Email: [petone@sba.co.nz](mailto:petone@sba.co.nz)**

**NEED SOME SIGNS?**

**Buildings, Cars and more...**

**PRINTCRAFT DESIGN HIVE**

**0800 774 683**  
[printcraft.co.nz](http://printcraft.co.nz)



# Farah Palmer Cup 2025

## Farah Palmer Cup 2025 Draw

### WEEK 1

SAT 9 AUG

Auckland VS Waikato	College Rifles RFC	2:05pm
Taranaki VS Northland	New Plymouth Gully Ground	2:05pm
Tasman VS Wellington	Trafalgar Park	2:05pm

SUN 10 AUG

Counties VS Bay of Plenty	Navigation Homes Stadium	11:35am
Canterbury VS Manawatū	Christchurch Rugby Park	1:05pm
Otago VS North Harbour	Forsyth Barr Stadium	2:05pm

### WEEK 2

SAT 16 AUG

Bay of Plenty VS Manawatū	Tauranga Domain	11:35am
North Harbour VS Taranaki	Silverdale Memorial Park	2:05pm
Hawke’s Bay VS Canterbury	McLean Park	4:35pm
Northland VS Tasman	Semenoff Stadium	4:35pm

SUN 17 AUG

Wellington VS Otago	Porirua Park	11:35am
Waikato VS Counties	FMG Stadium Waikato	2:05pm

### WEEK 3

SAT 23 AUG

Taranaki VS Tasman	Stadium Taranaki	11:35am
Canterbury VS Counties	Christchurch Rugby Park	2:05pm
North Harbour VS Wellington	North Harbour Stadium	2:05pm
Auckland VS Bay of Plenty	Eden Park	4:35pm

SUN 24 AUG

Otago VS Northland	Forsyth Barr Stadium	11:05am
Manawatū VS Hawke’s Bay	Central Energy Trust Arena	2:05pm

### WEEK 4

FRI 29 AUG

North Harbour VS Nortland	North Harbour Stadium	5:05pm
---------------------------	-----------------------	--------

SAT 30 AUG

Counties VS Hawke’s Bay	Navigation Homes Stadium	11:35pm
Manawatū VS Auckland	Central Energy Trust Arena	2:05pm
Tasman VS Otago	Trafalgar Park	4:35pm

SUN 31 AUG

Wellington VS Taranaki	Porirua Park	11:35pm
Waikato VS Canterbury	FMG Stadium Waikato	2:05pm

### WEEK 5

SAT 6 SEPT

Hawke’s Bay VS Auckland	McLean Park	11:35pm
Northland VS Wellington	Kaikohe RFC	12:05pm
Bay of Plenty VS Waikato	Whakatane Rugby Park	2:05pm
Otago VS Taranaki	Tahuna Park	2:05pm
Manawatū VS Counties	Central Energy Trust Arena	4:35pm

SUN 7 SEPT

Tasman VS North Harbour	Lansdowne Park	2:05pm
-------------------------	----------------	--------

### WEEK 6

SAT 13 SEPT

Bay of Plenty VS Hawke’s Bay	Tauranga Domain	11:35am
Waikato VS Manawatū	Trust House Memorial Park	2:05pm

SUN 14 SEPT

Auckland VS Canterbury	Eden Park	11:35am
------------------------	-----------	---------

### WEEK 7

SAT 20 SEPT

Counties VS Auckland	Navigation Homes Stadium	11:35am
Canterbury VS Bay of Plenty	Apollo Projects Stadium	2:05pm
Hawke’s Bay VS Waikato	Hastings Sports Ground	2:05pm



# Farah Palmer Cup 2025

## Cool capital



**WELLINGTON  
PRIDE**

**Home games: 17<sup>th</sup> & 31<sup>st</sup> August – Porirua Park**

Wellington is a great place for a winter getaway due to its vibrant arts scene, colourful cultural capers, and stacked social calendar.

If you're up against a rainy day, escape in any of the top-notch museums, art studios, pop-ups, or galleries along the way. From history through to outer space, emerging artists to curated collections, and oddities to curiosities, the endless museum and exhibition spaces can take you to faraway worlds or into the past, right from the here and now.

Tucked in between in the heritage buildings are endless boutiques and eateries. After your meal, scan our what's on section – there is so much to do and see any night of the week.

The best thing about windy Wellington is that the weather never sticks around for too long. When the sun inevitably comes out, explore the suburbs, belts, beaches, bush, bays, Botanic Garden, and beautiful waterfront. Hike, bike, or stroll through forests, nature reserves, wildlife sanctuaries, and more right in the heart of the city. Whether you prefer the urban or natural landscape, Trikn Tours offers visitors a unique, convenient, and comfortable way to explore the coolest little capital. Come rain or shine, Wellington is absolutely divine.

## 2025 Wellington Pride squad



**Petone**

Angelica Schwencke | Emerald Tuhiwai-Polson

Fono Bason | Harmony Kautai

Jackie Patea-Fereti | Keira Su'a-Smith

Lavinia Lea | Litia Bulicakau

Lourdes Faifua | Lynda Rabeni-Vatuloka

Madison Gold | Milly Mackey

Nia Sutherland | Tia Brown



**Marist St Pats**

Fa'alua Tugaga | Nahliah Tagatauli-Tolova'a

Valini Vaka | Xanthe Somerville



**Paremata-Plimmerton**

Mele Kupa-Cummings | Roimata Parata | Te Arani Te Puni



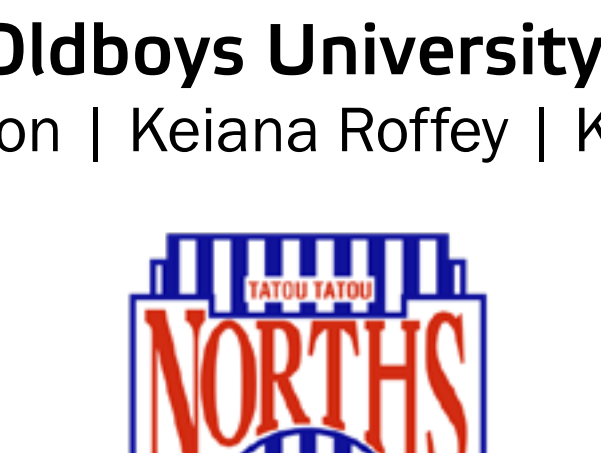
**Oriental Rongotai**

Fa'asua Makisi | Ivana Samani | Sinead Ryder



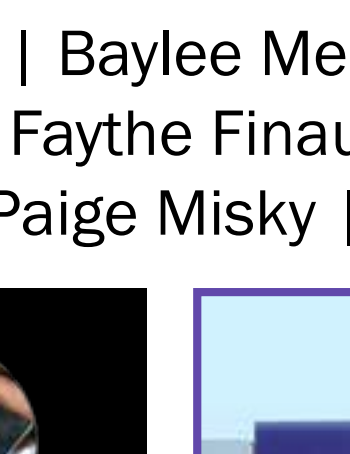
**Wainuiomata**

Canon Hakaraia



**Poneke & Oldboys University**

Jessica Jackson | Keiana Roffey | Kim Lammers



**Norths**

Arene Landon-Lane | Baylee Meroiti | Brooke Jones

Dora Laupola | Faythe Finau | Leah Conley

Nina Foese | Paige Misky | Sanita Levave

**Lance the Locksmith**  
"Lock It or Lose It"

**We can help with:**

- Unlocking doors
- Rekeying locks
- Removing broken keys
- Installing deadbolts
- Digital locks

**Contact us today!**  
☎ 021 188 8048  
✉ lancethelocksmith@gmail.com  
🌐 lancethelocksmith.co.nz

**Keeping your family home secure.**

**Proud to support Petone women's rugby**

**Kapiti Knitting & Lotto**

**Proud to support women's rugby**

Kapiti Knitting and Lotto is a lovely shop down Sunny Paraparaumu Beach. We have something for everyone. Wool, Haberdashery, Giftware, New Zealand souvenirs and Lotto.

Phone 04 902 5455 | kapitiknitting@gmail.com  
Open Mon to Sat | www.kapitiknitting.co.nz

## NZ made Sports Equipment Built to Last

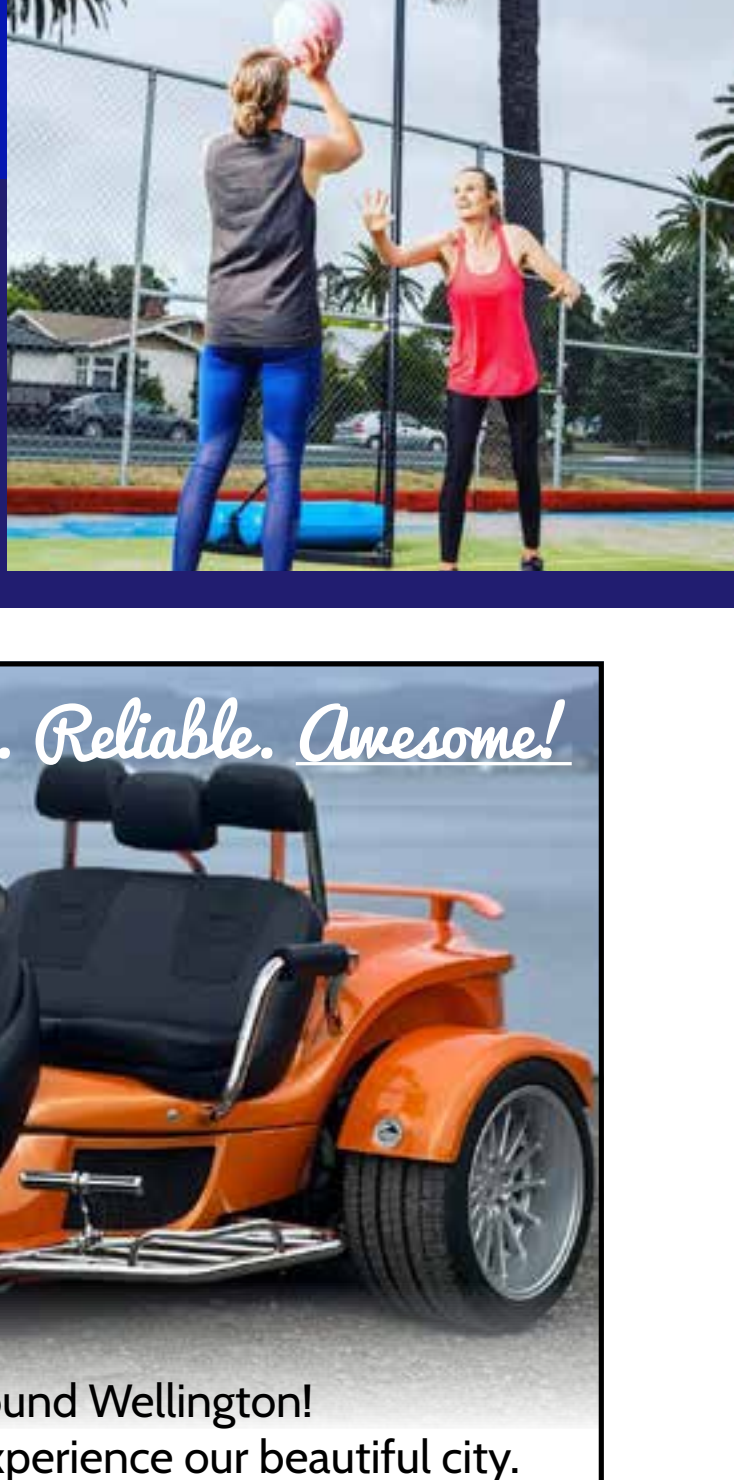
We are proudly NZ owned and operated and have been making high quality steel sports and exercise equipment for over 35 years. Supplying sports clubs, councils & schools with durable sports equipment & sports nets made for NZ conditions.

Contact us for a free consultation.

- SPORTS EQUIPMENT • SPORTS NETS
- OUTDOOR EXERCISE EQUIPMENT
- CUSTOM MADE AVAILABLE

**HOTSHOT SPORTS EQUIPMENT**

☎ 0800 483 6647  
✉ sales@hotshot-sports.com  
📍 84 Ford Rd, Onekawa, Napier, 4110  
🌐 www.hotshot-sports.com



**Trikn Tours**  
*Triking: Safe. Reliable. Awesome!*

Take one of our tours around Wellington!  
Feel the breeze on your face and experience our beautiful city.

Book now: Brett Lindsay 027 439 3365  
[www.trikntours.co.nz](http://www.trikntours.co.nz)

---

**QUEST PETONE**

Located in the centre of Petone - Lower Hutt, Quest Petone connects you with Greater Wellington's hidden gems, beaches, and restaurants.

**QUEST PETONE**

Phone 04 282 1680  
40-42 Richmond Street, Petone  
[www.questpetone.co.nz](http://www.questpetone.co.nz)



# Farah Palmer Cup 2025

## Make for Manawatū



Brimming with cosy cafés, eclectic galleries, charming towns, and breathtaking natural wonders, Manawatū is a vast and varied district perfect for all kinds of travellers.

Feilding is a vibrant hub filled with museums, antique stores, and opportunities to learn about settler culture and heritage. The Friday farmers' market has been going strong for over 10 years. It's the best place to put a picnic together with a number of nearby spots to sit back and enjoy nature's bounty. Smaller settlements like Kimbolton and Sanson are chocka with charm and things to do.

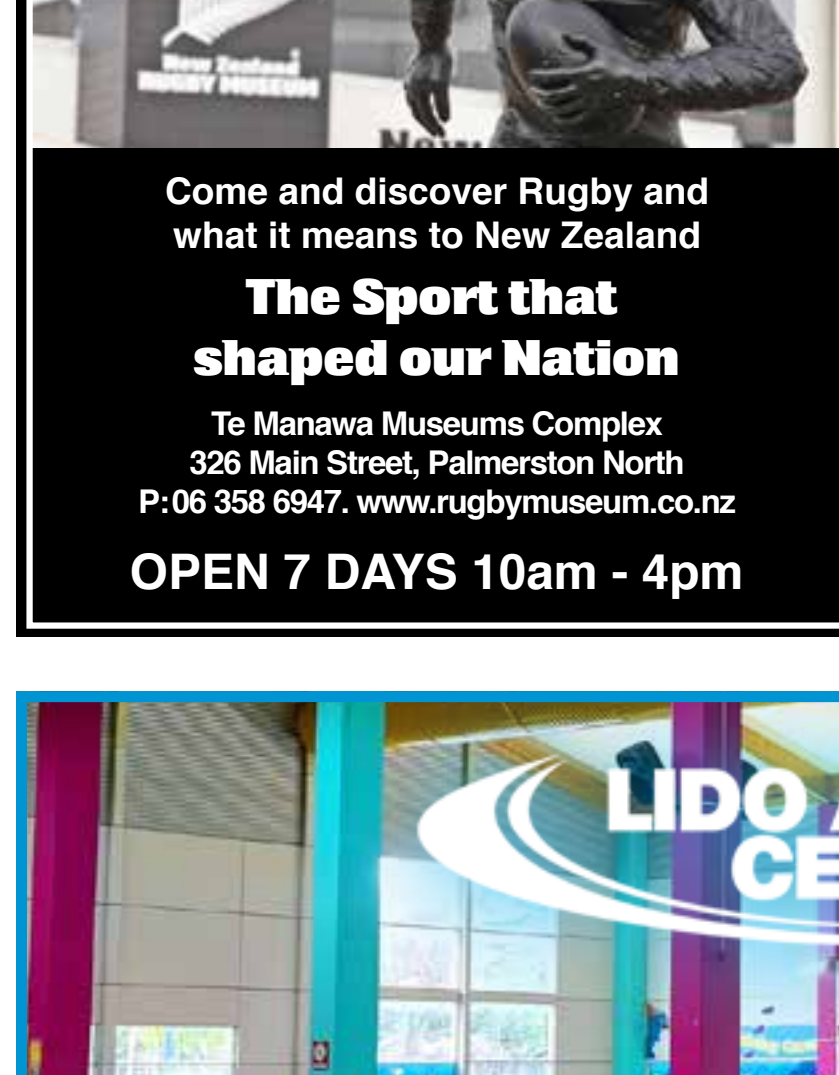
Creativity pulses through the streets of Palmerston North, which has a gorgeous centre dotted with restaurants, cafés, bars, and shops. Visit the art galleries or take a self-guided street art tour. A must do for sport fans, the New Zealand Rugby Museum calls Main Street home and contains New Zealand's biggest and most comprehensive collection of rugby memorabilia and records.

With nature, arts, culture, and plenty of activities, make the most of Manawatū.

### 2025 Manawatū Cyclones squad

**Home games: 24<sup>th</sup> & 30<sup>th</sup> August & 6<sup>th</sup> September – Central Energy Trust Arena**

Anahera Hamahona	Ngano Tavake
Aniva Tuiletufuga	Paige Lush
Brianna Wallace	Prayer Playle
Catherine Nauga	Rachael Rakatau
Eleanor Febrey	Rangimarie Sturmey
Elinor-Plum King	Rhiarna Ferris
Ffion Barr	Riahn Brickland
Holly Powell	Ruby Ngaruhe
Hollyrae Mete-Renata	Ruci Malanicagi
Jacinta Windsor	Sam Tipene
Jessie Malaesilia	Samantha Taylor
Kahurangi Sturmey	Selica Winiata
Kaia Walker-Waitoa	Te Maia Sweetman
Keira Mete-Renata	Te Whaikaukau
Lauren Blakeley	Mathieson Julian
Leah Brough	Tiaana Rolls
Maia Davis	Tra'est Mafile'o
Malina Leatherby-Miller	Waimarie Rauhina
Marlia Ioane	Wikitoria Doyle
Mia Maraku	



**LIDO AQUATIC CENTRE**

Dive into fitness at Lido Aquatic Centre with a wide range of water-based Aqua Fitness classes – tailored for all levels, all abilities, and all goals: **Aqua Aerobics - Aqua Zumba - Aqua Circuit**

50 Park Road, Palmerston North | P: 06 357 2684  
[www.lidoaquaticcentre.co.nz](http://www.lidoaquaticcentre.co.nz)

**PALMY**

## Everywhere you go



World famous Mount Taranaki is picture-perfect when dusted with winter snow. In fact, you can even ski down the famous Taranaki Maunga, but that isn't the only activity that should send you to this beautiful region in wintertime.

Whether you enter from the south along Surf Highway 45 or from the north down the Forgotten World Highway (SH43), the road will lead you to a natural wonderland with hidden gems around every corner. From cascading waterfalls to ancient tracts of bush, botanical gardens to sparkling beaches, national parks to scenic viewpoints, Taranaki is a nature nut's paradise.

As for arts, culture, and history, New Plymouth has all three, plus a world-class gastronomic scene and a buzzing events calendar to boot. Peek into galleries and museums, peruse boutiques, settle into hip cafés and bars – whatever you fancy, Ngāmotu always has something brewing and plenty to see and do.

Nature or city, adventure or leisure, Taranaki has been voted one of New Zealand's favourite regions for a reason.

### 2025 Taranaki Whio squad

**Home games: 9<sup>th</sup> August – New Plymouth Gully Ground & 23<sup>rd</sup> August – Stadium Taranaki**

Aaliyah Kere-Rako	Kayla Woods
Ashley Rupapera	Kiara Katene
Alesha Williams	Leah Dallinger-Moss
Amelia Parata	Libby Francis
Brooke Neilson	Luciana Haami
Brianna Mitchell	Maddison Davison
Caitlin Hunger	Maree Dallinger-Phipps
Catherine Butler	Mereana Anderson
Charlotte Webby	Mereoni Raniu
Christina Drew	Maria Kukutai
Crystelle Deegan	Michelle Hurley
Danielle Muggeridge	Natale-Ann Haupapa
Danielle Smith	Olivia Adams
Danika Northcott	Pareake O'Brien
Weherua	Pearl Kahui
Evelyne Arnold	Phoenix Fraser
Freedom Edmonds	Portia Huffam
Gemma Gardner-Harrison	Rocki Robinson
Hannah Mclean	Rosie Moffitt
Hayley Coogan	Ruby Hutchieson
Hayley Storer	Sarah Farmer
Iritana Hohaia	Savana Leathers
Jaymi Ngaia	Sharee Brown
Jenna Moratti	Tanginitopa Latu
Katie Bestall	Victoria Arnold
Kate Thomson	Zeta Barber
Kaya Brooks	

**Urenui Beach Camp**

A Perfect Coastal Getaway in Taranaki  
 Enjoy camping options for all budgets, from powered sites to cozy cabins all year round!

Proud to support Taranaki Womens Rugby!

06 752 3838 | [urenuibeach.nz](http://urenuibeach.nz)  
 148 Urenui Beach Road, Urenui

**Hillsborough Hideaway**

winter accommodation specials

- ★ Romantic getaway - 2 nights for 2 people with a complimentary bottle of champagne on arrival for \$480
- ★ Extend your weekend - 3 nights for 2 people for \$600
- ★ Pay for 5 nights & get 2 nights free

Special runs until the end of September.

727 Egmont Road, RD2, New Plymouth  
[www.hillsboroughhideaway.co.nz](http://www.hillsboroughhideaway.co.nz)

## ARE YOU WORKING ALONE?

WHAT ARE YOUR OPTIONS IN AN EMERGENCY

**Southland Locator Beacons**  
 406Mhz GPS digital

Farm Safe and OSH are now pushing for all farmers who work on their own to have a personal locator beacon in their safety kit

**Available for sale/hire**  
*Comes with a free heavy duty pouch!*

Now available from 90 outlets nationwide  
 Free heavy duty pouch and delivery

Yes, cell phones are good, but these units are registered waterproof and have a 8 year battery life. I know which one I would count on in an emergency!

**Proud to support women's rugby!**

**SALE PRICE \$579**

**Down from \$599!**  
 Price at time of printing

Ph (03) 226 6341 or (027) 412-2925  
[www.locatorbeacons.co.nz](http://www.locatorbeacons.co.nz)



# Farah Palmer Cup 2025

## A trip through the top



The top of the South Island benefits from a microclimate that allows you to explore the beautiful region all year round. With spectacular beaches, a vibrant arts and gastronomic scene, and activities galore, this little pocket of heaven will have you coming back again and again.

Golden Bay is blessed with some of the most beautiful beaches in New Zealand. Go horseback riding, boating, and fishing around Farewell Spit. Catch a sunset from the top of Tākaka Hill and explore the Ngarua Caves' geological formations.

Motueka is eccentric and eclectic in equal measure. This quaint town is brimming with boutiques, artist studios, and enticing eateries.

Nelson is also known for its thriving arts and cultural scene, but there is no shortage of beautiful nature hotspots to explore in the vicinity either.

It's a hop, skip, and a jump to Abel Tasman National Park from any of the townships in the region, so take the opportunity to enjoy one of New Zealand's hotspots this winter.

### 2025 Tasman Rugby squad

**Home games:** 9<sup>th</sup> & 30<sup>th</sup> August – Trafalgar Park & 7<sup>th</sup> September – Lansdowne Park

**Squad announcement not available at time of print.**

Image from 2024.



Photo courtesy of Smartframe and NZ Rugby.

Rental Vehicles Nelson New Zealand

**"We offer our customers great deals and friendly service with a smile because that's how we like to be treated!"**

Hardy Rental Cars in Nelson offer quality budget priced hire cars, Station Wagons, 4WD's and vans with options for mountain bikers with bike racks

*We can also help with your accommodation needs or to go to Nelson Holiday homes.*

**0800 90 30 10 | [www.hardycars.com](http://www.hardycars.com)**  
**31 Bolt Road, Tahunanui, Nelson**

**GREENSTONE and CRYSTALS**

**THE ROCK FELLA**

10 KING EDWARD STREET, PORT MOTUEKA  
 Phone: 022 137 4574  
 The Rock Fella

**[www.rockfella.nz](http://www.rockfella.nz)**

**KUSH COFFEE**

**Rise and grind with Kush Coffee**

Our organic, shade-grown, ethically sourced beans are small-batch roasted to perfection, delivering bold flavour and unmatched quality. It's coffee with integrity and a side of good vibes. Rejoice coffee lovers and raise your middle finger to mediocre brews.

**Fueling the Tasman Mako Women's Team**

Ph: 022 500 1184 or email [honey@kushroastery.co.nz](mailto:honey@kushroastery.co.nz)  
 Buy online [www.kush.co.nz](http://www.kush.co.nz)

## Picture-perfect



Claiming cultural epicentres and natural wonders, Otago is a vast and varied region that stretches from the mountains to the sea. Visitors will find endless opportunities for adventure and leisure in the hotspots and hidden gems of this region.

Dunedin, Queenstown, Ōamaru, and Wānaka are nestled snugly into Otago. Whether you're keen on nightlife and cultural pursuits or historical and adrenaline-inducing activities, there is much to see and do in these cosmopolitan cities and towns – especially in the winter. Pop into world-class eateries, embark on local history tours, ski down famous slopes, wander the winding heritage streets, and bask in the incredible views.

As for the natural landscape, Otago is second to none. In fact, it's a picturesque wonderland filled with weathered ancient mountains, alpine herb fields, fast-flowing rivers, and quaint towns with tales to tell. Biking is the best way to explore the seemingly endless network of tracks and trails.

Explore New Zealand's postcard region this winter.

### 2025 Otago Spirit squad

**Home games:** 10<sup>th</sup> & 24<sup>th</sup> August – Forsyth Barr Stadium

Abigail Paton	Mia Cochrane
Charlotte Va'afusuaga	Naomi Sopoaga
Cheyenne Cunningham	Oceana Campbell
Claudia Broomfield	Olivia Fowler
Dallas McKnight	Paige Church
Eilis Doyle	Pip Eason
Ella Gomez	Rawinia Ngamoki-Moana
Greer Muir	Rebekah Wairau
Hannah Norris	Samarra Soper
Hannah Lithgow	Sarah Jones
Honour Birks	Sasha Scott
Isla Pringle	Shakirah Stephens
Jamie Church	Sheree Hume
Kayley Johnson	Te Atawhai Campbell
Leila Hill	Tegan Hollows
Lucy Cahill	Zaria Murray
Maddy Sullivan	Zoe Elliott
Madison Flutey	Zoe Frood
Maia Joseph	

**Cable Court Motel** is centrally located allowing easy access to all that Dunedin has to offer.  
 Warm and friendly with 30 rooms. We also have pet friendly options to suit your budget!  
 We welcome teams and are within easy walking distance of Forsyth Barr.

Proud to support women's rugby and the Otago Spirit

(03) 477 3525 | [info@cablecourtmotel.co.nz](mailto:info@cablecourtmotel.co.nz) | 833 Cumberland Street, Dunedin North  
[www.cablecourtmotel.co.nz](http://www.cablecourtmotel.co.nz)

**TROUT 'n' TRAIL BB**

Trout 'n' Trail B&B offers two comfortable King studio units in a tranquil garden setting with mountain views in Ranfurly – handy for Rail Trailers, anglers, and holiday makers.

- En-suite and FreeView
- Tea and coffee making facilities
- Self-service continental breakfast (included)
- Spa pool and BBQ area
- Laundry service available

**35 Caulfeild St, Ranfurly, Central Otago | Contact: [troutntrail@gmail.com](mailto:troutntrail@gmail.com)**  
**Mobile: Brooke Watson 027 333 2672 & Scott Watson 027 424 8427**



# Farah Palmer Cup 2025

## Everything and more



Alongside vibrant cities and towns, in Canterbury you'll also find New Zealand's largest expanse of plains, rugged mountains, coastal wonders, and geothermal hotspots. Diverse and dramatic, it's ideal for sightseeing, sports, leisure, cultural capers, and everything in between.

The hardest part about visiting Canterbury is not what to do but where to start. From wineries to walking tracks, marine explorations to mountain voyages, scenic drives to stargazing, hot pools to history tours, there is something for every kind of traveller in this region.

Christchurch is the largest centre, with humming nightlife, an excellent gastronomic scene, beautiful parks and architecture, plenty of art, and heritage to boot. Kaikōura is known as the kaimoana capital of New Zealand and the best place to sample fresh seafood and meet marine mammals. Hanmer Springs features natural hot pools and picturesque vistas over the snow-capped mountains.

For nature lovers, Canterbury is home to Aoraki/ Mount Cook and Lake Tekapo – some of our country's most famous calling cards.

### 2025 Canterbury Rugby squad

**Home games: 10<sup>th</sup> & 23<sup>rd</sup> August – Rugby Park & 20<sup>th</sup> September – Apollo Projects Stadium**

Alex Williamson	Madi Odering
Amy Milnes	Manea Waaka
Charlotte Allen	Marcelle Parkes
Fiaali'i Solomona	Mo'omooga Ashley Palu
Fia Laikong	Neve Anglesey
Harriet Cochrane	Nicole Purdom
Holly Wratt-Greneweg	Phillipa Love
Jet Anita Metz	Poppy Baxter
Kelsyn McCook	Riko Yoshida
Kyla Lynch-Brown	Rosie Buchanan-Brown
Laura Bayfield	Sammy Spence
Lialanie (Binky) Muamua	Sophie Kerr
Louise Blyde	Tayla Simpson
Lucy Jenkins	Terauoriwa Gapper
Maddi Robinson	Winnie Palamo



### Christchurch Classic Motel & Apartments

**Facilities:**

- Free Wifi
- Equipped kitchens & self service laundry
- Walking distance to Bush Inn Mall & restaurants

**stay with people who care!** We accept Gold card, Farmlands, Farm Source card

To book please phone us & quote "BOOK DIRECT" for a 15% discount

**BOOK NOW** 280 Riccarton Road, Christchurch | Phone 03 341 1280  
welcome@christchurchclassic.co.nz | www.christchurchclassic.co.nz

## Find your fix



The Bay of Plenty is a bright and sun-speckled district that is home to some of New Zealand's most beloved swimming spots, but that doesn't mean there isn't plenty to do in winter too.

While in Tauranga, make the trek up Mount Maunganui to glimpse sweeping vistas of the district. After your hike, settle into one of the many eateries for a well-deserved treat before embarking on your next adventure.

You already know what to do in the kiwi capital of Whakatāne: see New Zealand's most famous bird! For more animal-themed activities, hop on a boat to Moutohorā Island, an eco-sanctuary for native species.

Whether you're keen to kick back and soak your troubles away in the hot springs or you're more the type to jump headfirst into adrenaline-pumping activities, the geothermal wonderland of Rotorua will satiate all tastes.

The Coromandel Peninsula also falls under the Bay of Plenty, as do so many more iconic Kiwi hotspots where you can find your fix!

### 2025 Bay of Plenty Volcanix squad

**Home games: 16<sup>th</sup> August & 13<sup>th</sup> September – Tauranga and Wharepai Domains & 6<sup>th</sup> September – Whakatane Rugby Park**

Angel Mulu	Luka Connor
Asha James	Manawa Rogers
Cheyne Copeland	Marhyis Te Riini
Elus Watson	Mikayla Jeffery-Smith
Emily Morton-Morgan	Natalie Delamere
Fern Nixon	Ora Williams
Georgia Broughton	Paikea Cecil
Grace Kahle	Phoenix Reid-Stowers
Hope Parata-Kingi	Rohakino Niupalau
Jade Wharemate	Santo Taumata
Jessie Wharekura	Sapphire Tapsell
Jordy Timore	Sela Moata'ane
Kanyon Paul	Tawharautia Mcgarvey
Keira Hewitt	Taylor Kingi
Kiki Tahere	Te Kihora Lee Kuka
Kiriwai Ngawati	Te Urupounamu
Kokako Raki	Mcgarvey

**Natural Support for Active Lifestyles**  
Free NZ shipping – 100% natural – suitable for all ages

Call us 0800 620 600 or shop online: [NZNATURALFORMULAS.CO.NZ](https://www.NZNATURALFORMULAS.CO.NZ)



# Farah Palmer Cup 2025

## Exceeding expectations



No matter your vacation inclinations, Auckland has it all. From adrenaline-inducing activities to neat nature spots, cultural capers to rainy-day pastimes, you'll never have a dull moment in Tāmaki Makaurau this winter.

Chocka with activities and with a popping event calendar, it's no wonder Auckland never sleeps. Wander through galleries, explore endless museums, romp through theme parks, be mesmerised by theatre shows, boogie to music artists, and so much more.

Despite being New Zealand's big smoke, there are several spots to see native and exotic wildlife too, whether you're keen to explore the world's creatures, delve under the sea, or venture into the past. If you're itching to get outside, there are plenty of parks throughout the city and suburbs. Within driving distance you can discover reserves, rainforests, walking trails, and some of the country's most beautiful beaches.

No matter your vibe, you could spend the entire winter in Auckland and still not do and see it all.

### 2025 Auckland Storm squad

**Home games:** 9<sup>th</sup> August – College Rifles RFC & 23<sup>rd</sup> August & 14<sup>th</sup> September – Eden Park

**Squad announcement not available at time of print.**

Image from 2024.



Photo courtesy of Smartframe and NZ Rugby.

## Vibrant and diverse



Manukau is a multicultural hub with an array of world-class activities that fuel the soul.

The former agricultural community now stands as one of the most ethnically diverse in New Zealand, with over 165 groups represented, including the world's largest Polynesian community. This collection of cultures makes Manukau vibrant – there is always something fun on the events calendar, with festivals, concerts, shows, and more featuring artforms of all kinds from across the world.

Manukau is also the largest hub in Auckland outside of the city centre, so it comes as no surprise that there is plenty to see and do. From theme parks to waterparks, mini-golf to trampoline parks, museums to delicious eateries serving up international cuisine, families in particular will love all the fun things to do in this lively suburb.

Add a dormant volcano, botanic gardens, parks, golf courses, and historic reserves, and visitors will never want for something to see in Manukau.

### 2025 Counties Manukau Heat squad

**Home games:** 10<sup>th</sup> & 30<sup>th</sup> August & 20<sup>th</sup> September – Navigation Homes Stadium

**Squad announcement not available at time of print.**

Image from 2024.



Photo courtesy of Smartframe and NZ Rugby.

## A different angle



Venture beyond Auckland's busy and bustling CBD to explore the vibrant North Shore. With a small-town beachy feel, you'll feel a world away even with the Sky Tower still in view.

The North Shore is famous for its white sandy beaches, clear waters, lively café scene, on-trend restaurants, high-end shopping, and laid-back atmosphere. The best way to get there is by hopping on the ferry and enjoying the scenic ride across Waitematā Harbour, but the drive over the famous Auckland Harbour Bridge is plenty picturesque too.

The neighbourhoods each have their own personality. With its string of Victorian shop frontages and gorgeous timber villas, Devonport is ideal for a stroll, while Takapuna is prettiest at sunset, which you can watch from the picture-perfect beach.

To see it all, walk along the North Shore's eastern margin, which stretches from Takapuna to Milford past black lava, beautiful homes, and glimmering shoreline views.

### 2025 North Harbour Hibiscus squad

**Home games:** 16<sup>th</sup> August – Silverdale War Memorial Park & 23<sup>rd</sup> & 29<sup>th</sup> August – North Harbour Stadium

**Squad announcement not available at time of print.**

Image from 2024.



Photo courtesy of Smartframe and NZ Rugby.





# Farah Palmer Cup 2025

## Chasing summer



# NORTHLAND RUGBY

Fly to the winterless North during the colder months to soak in the rays and warmer days while exploring everything this wild and wonderful region of Aotearoa has to offer. Whether you choose to venture east or west or you're keen to do a full loop, Te Tai Tokerau is chocka with activities and hotspots the whole whānau will enjoy.

Over on the east coast are some of the region's best-known attractions. As the region's biggest settlement, Whangārei is filled with eateries, boutiques, museums, art studios, and galleries, plus the iconic Kiwi North: Museum, Kiwi House & Heritage Park. Further north you'll find the Bay of Islands, where towns like Russell, Paihia, Kerikeri, and the Waitangi Treaty Grounds tell some of our country's most interesting stories.

At the tippy top is Cape Reinga / Te Rerenga Wairua. Over on the west coast you'll find Te Oneroa-a-Tōhē / Ninety Mile Beach, Waipoua Kauri Forest, and Dargaville among other hidden gems. Find summer vibes in Northland this winter.

## 2025 Northland Kauri squad

**Home games:** 16<sup>th</sup> August – Semenoff Stadium & 6<sup>th</sup> September – Kaikohe RFC

Ajay Young	Mariameno Kaipo
Arlia Maccarthy	Melenee Siosuia
Bailee Nankivell	Nora Maaka
Bailey-Rae Edwards	Ocean Tierney
Dahlia Hill	Pohutukawa Kakara
Harriet Wehi	Poto Murray
Hazel Stolz	Stacey Tupe
Hikitia Wikaira	Terai Elia
Holli O'sullivan	Te Ruawai Herbert-Brown
Kahurangi Shelford	Timara Leaf
Kalani Walters-Hewson	Trisha Vaka
Kredence Brown	Tuira Stowers
Krystal Murray	Tyler Nankivell
Lena Mitchell	Wikitoria Rogers
Lily Murray-Wihongi	Zarndra Patrick-Motu
Lyla-blue Paparaoa	



## Welcome to Waikato



# WAIKATO RUGBY

Dubbed mighty for a reason, Waikato is home to some of New Zealand's biggest tourist attractions. From Hobbiton™ to the Waitomo Glowworm Caves, beaches to bush, there is something for all ages, abilities, and interests.

Small towns like Raglan and Paeroa give visitors a change of pace where they can settle into the laidback Kiwi lifestyle, while Hamilton is a vibrant university city chocka with everything a bustling metropolis has to offer. Visit the zoo, botanic gardens, Taitua Arboretum, shopping malls, and museums, which tell of the region's fascinating history.

As one of the country's major farming areas, Waikato has delicious farm-to-table food all over. Venture out across the region to sample homegrown food and drinks. If you call into Kaimai Brewing and Distilling Company, you may even get to meet our young and upcoming Waikato coach. In fact, some of Aotearoa's greatest rugby players were born in the region. Find your fix in the mighty Waikato.

## 2025 Auckland Storm squad

**Home games:** 17<sup>th</sup> & 31<sup>st</sup> August – FMG Stadium Waikato

**Squad announcement not available at time of print.**

Image from 2024.



Back to contents





# Celebrating women



KATHERINE  
MANSFIELD  
HOUSE & GARDEN

ENTER

THE 1888 HOME OF A FASHIONABLE COLONIAL FAMILY...



DISCOVER

THE WORLD OF A WRITER, REBEL & MODERNIST



EXPERIENCE

OUR CHANGING EXHIBITIONS & SPECIAL EVENTS

25 Tinakori Road, Thorndon, Wellington, Tue-Sun 10am-4pm

www.katherinemansfield.com



MASTERWEAVE

Lincoln Road, Masterton



Mohair



Brushed Alpaca Throws



Merino and Alpaca Scarves



Wool Blankets



Factory Shop Open 8.30-4.30 Monday to Friday

Phone 06 378 8891 | Shop Online [www.masterweavetextiles.com](http://www.masterweavetextiles.com)

KAWAKAWA STATION






Kawakawa Station Walk - the unforgettable experience

Our three-day walk is one of the Wairarapa's best-kept secrets and is the absolute best way to explore Kawakawa Station. An impressive and contrasting landscape from the foot of the Aorangi Forest Park to the bush-clad high country down to the braided river streams and out to the stunning South Wairarapa coast. You will experience endless coastal views, crystal clear streams, bird and wildlife; the list goes on. Explore our gallery to get a taste of what you can expect on your adventure.

- Walk to, and stay at the core of the Wairarapa Dark Sky Reserve
- Fully catered with country-style cooking.
- Luggage is transported between accommodation sites.
- Fun rustic accommodation; including hot showers and flushing toilets.

Comfortable beds and fluffy pillows. Fresh linen at each hut.

Contact today to book your experience!

06 307 8989 • [hello@kawakawastation.co.nz](mailto:hello@kawakawastation.co.nz)

2631 Cape Palliser Road, Cape Palliser • [www.kawakawastation](http://www.kawakawastation.co.nz)









Cozy restaurant bringing authentic Vietnamese experience for your taste buds, served by our friendly staff.

Gift vouchers available

146 Featherston Street, Wellington | Phone 04 974 8883

[www.lesaigon.co.nz](http://www.lesaigon.co.nz)

Back to contents





## Bookmark this

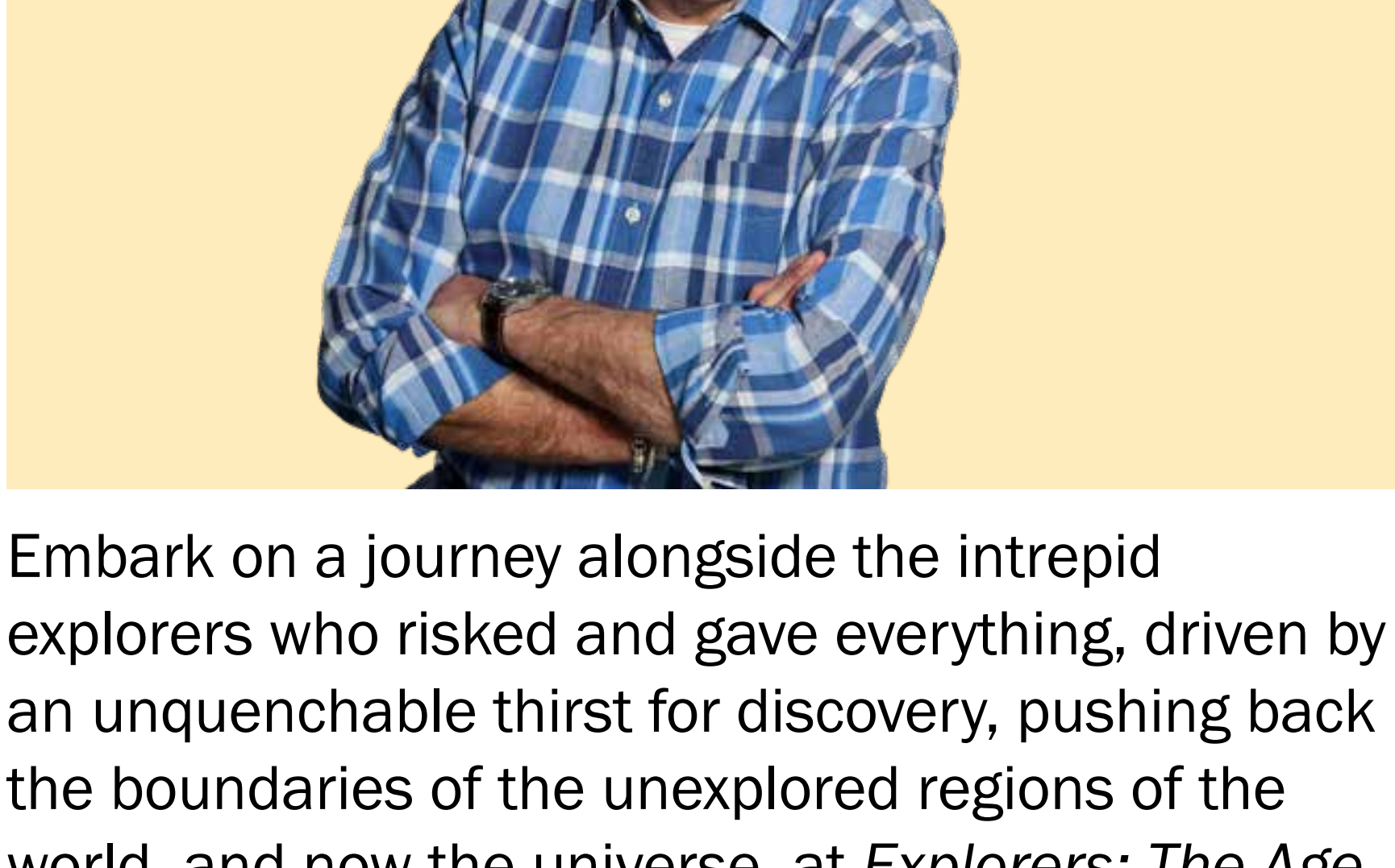


### **Bookmark co-organisier Keryn Mells and sidekick Alfie.**

What do bikes have to do with a book festival? Well, held up and down the spine of the Coast on the 9<sup>th</sup> and 10<sup>th</sup> of August, Bookmark Kāpiti celebrates the people and places of the region – and the stories found therein. Stories, the organisers realised, that aren’t only told in books... Part of the inaugural festival, which features more than 25 events dreamed up in just a few short months, is the interactive CycleStory. Here, walkers and cyclists can explore the expressway shared path (Coast 35, a new trail connecting Paekākāriki and Ōtaki) and learn about local colonial history, quirky happenings, book settings, and places of environmental interest, as well as take another look at the cultural history that is already documented in the pou along the way. With prizes plus opportunities to send in your own writing and throw your hat in the online quiz ring, CycleStory will be open for several weeks in and around the festival.

Bookmark that! Let’s jump onto the offerings taking place across Paekākāriki, Paraparaumu, Waikanae, and Ōtaki. From Author Alley, the festival’s very own book market, to Queer Rangatahi Ruri Rongoā, a youth workshop with Hinemoana Baker, there will be something for everyone and every interest. Think gardening and historical fiction, memoir and script writing, open-mic sessions and spoken-word performances, library talks and kōrero about sport, literary quizzes and t-shirt printing, and so much more. Peruse the programme and get on the same page at [www.bookmarkapiti.nz](http://www.bookmarkapiti.nz)

## Insatiable curiosity



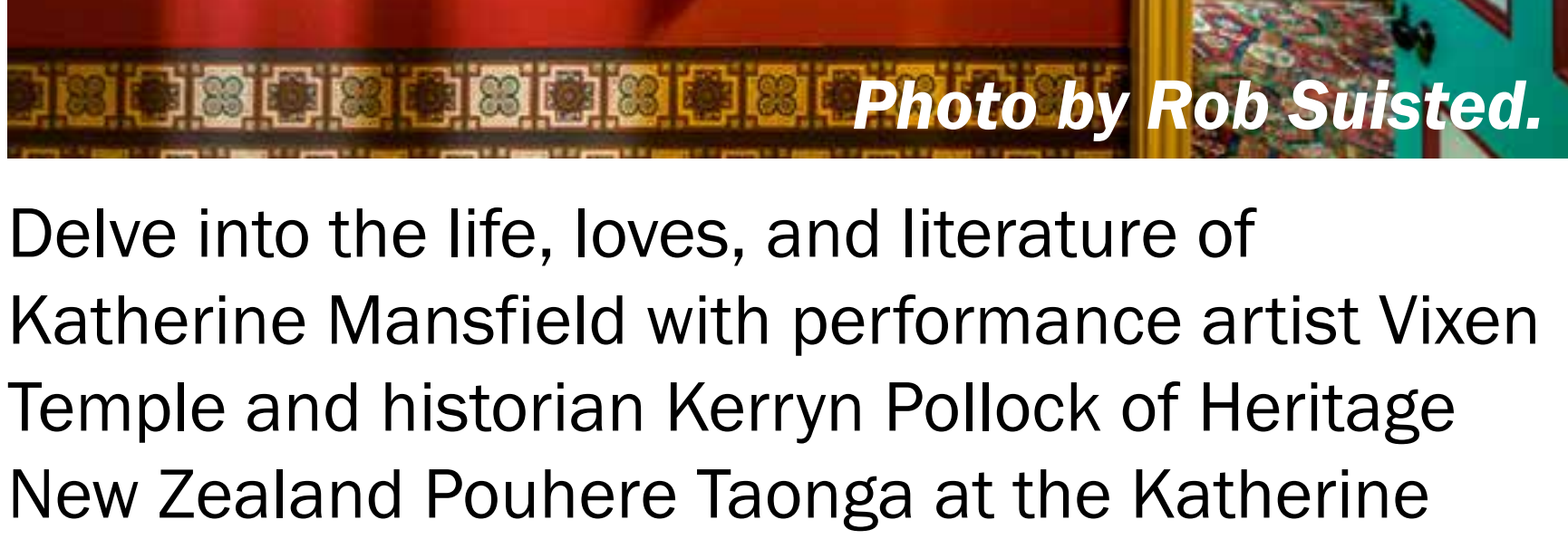
Embark on a journey alongside the intrepid explorers who risked and gave everything, driven by an unquenchable thirst for discovery, pushing back the boundaries of the unexplored regions of the world, and now the universe, at *Explorers: The Age of Discovery with James May*.

Bringing his landmark live theatre show to The Opera House on the 15<sup>th</sup> of May, *Top Gear*’s James May will breathe life into the extraordinary stories of the people who traversed deserts, scaled mountains, and sailed into the unknown. From the dawn of time and into the far reaches of the unknown universe millions of light-years away, humanity has always been driven by insatiable curiosity to uncover the secret of what lies beyond. Live on stage, May will unravel the breathtaking tales of humankind, taking audiences on an awe-inspiring journey through time and space to map intrepid journeys spanning everything from the earliest wanderings of ancient hunter-gatherers to the obsessive missions of explorers Leif Ericson, John Cabot, James Cook’s navigator Tupaia, Stanley and Livingstone, and Gertrude Bell, through to the impossible challenges of interplanetary and intergalactic travellers.

Stories of famous, infamous, and unknown explorers will come to life in a theatrical style, mapped by May’s charismatic storytelling to present an experience of compelling intellectual entertainment.

Join the pursuit at *Explorers: The Age of Discovery with James May*.

## Love and literature

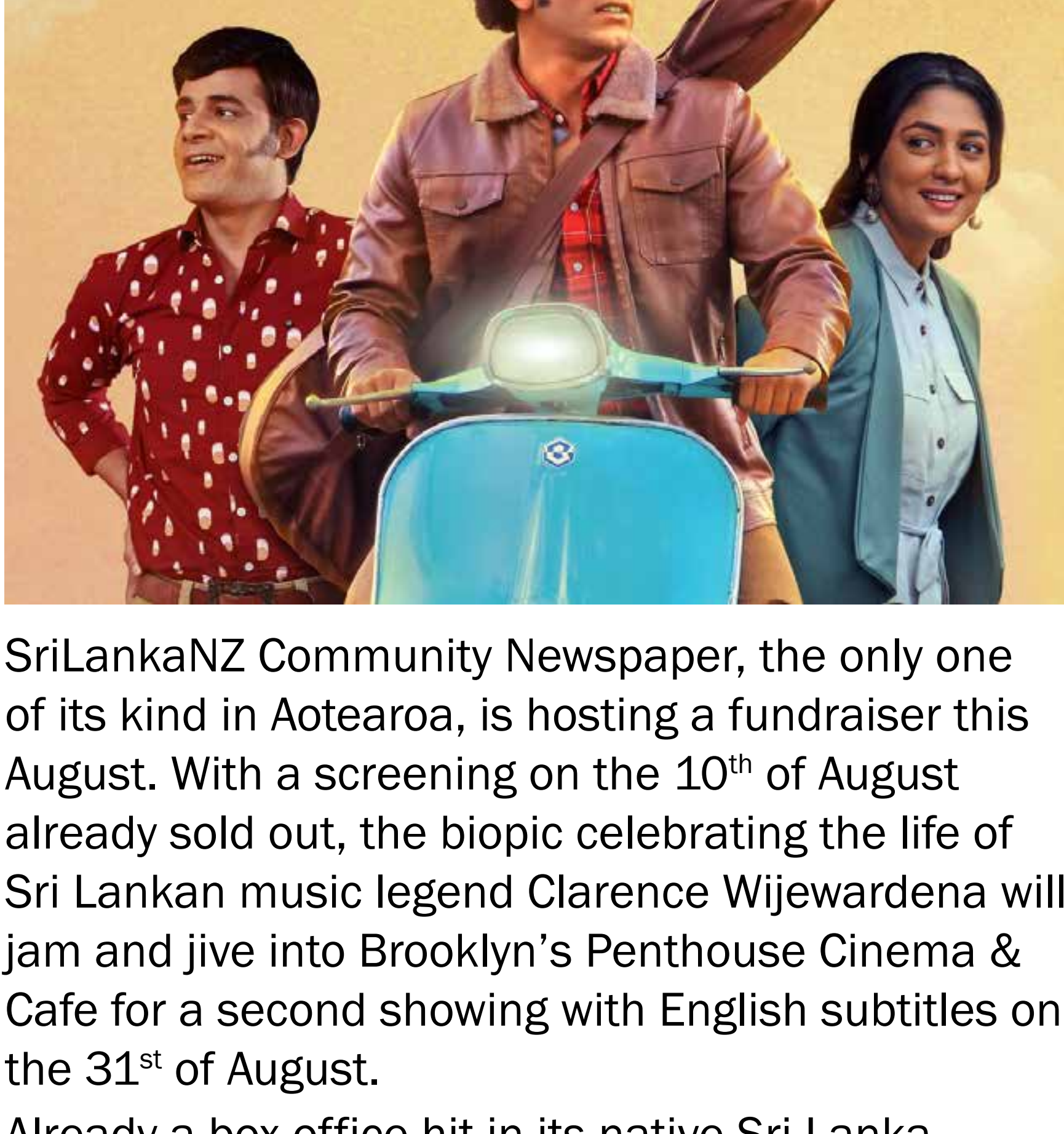


Delve into the life, loves, and literature of Katherine Mansfield with performance artist Vixen Temple and historian Kerry Pollock of Heritage New Zealand Pouhere Taonga at the Katherine Mansfield House & Garden (KMHG) experience *The Magic of Her Body*.

Returning due to popular demand, the show invites audiences to step into Mansfield’s intimate world to explore themes of sapphic love, identity, and gender. Featuring several sessions between the 13<sup>th</sup> and 16<sup>th</sup> of August, the evocative theatrical experience takes audiences through Mansfield’s childhood home, bringing to life the works of the celebrated Kiwi author. As guests wander the rooms of the historic Thorndon site, they will also wade through Mansfield’s sensual diary entries and sapphic-coded short stories, encountering a whole new side of the 20<sup>th</sup>-century writer. “Highlighting this aspect of Katherine Mansfield’s identity is something I’ve been keen to do for many years,” KMHG director Cherie Jacobson says. “I’m thrilled to be working with Vixen and Kerry to bring Mansfield’s words to life and to celebrate her as a passionate woman determined to live life her own way.”

By reimagining Mansfield’s works through a contemporary lens, Vixen Temple sheds new light on the author’s remarkable life and artistry. “I feel very honoured to portray such a bold historical figure,” Vixen Temple says. “As a queer woman myself, I resonate with her writings, both published and private. She was ahead of her time and we have found she connects with modern audiences in a way you may not expect from a woman of her era.”

## Sonic pioneer



SriLankaNZ Community Newspaper, the only one of its kind in Aotearoa, is hosting a fundraiser this August. With a screening on the 10<sup>th</sup> of August already sold out, the biopic celebrating the life of Sri Lankan music legend Clarence Wijewardena will jam and jive into Brooklyn’s Penthouse Cinema & Cafe for a second showing with English subtitles on the 31<sup>st</sup> of August.

Already a box office hit in its native Sri Lanka, *Clarence: Rhythm of the Guitar* recounts the tale of the island nation’s king of pop. The biopic features a star-studded cast and was directed by the now late Theja Iddamalgoda, who passed before the release of his smash hit, making the movie a tribute to the lives and careers of both the movie’s subject and its director.

As for Clarence, the future hitmaker began his career in the 1960s as the lead vocalist of The Moonstones, shooting to stardom during Sri Lanka’s music revolution in the 1970s. The leader of this new wave of sonic sensations, Clarence blended the Portuguese-influenced baila rhythms with rock ‘n’ roll, jazz, and pop stylings to create a sound wholly original and wholly his own.

The musical pioneer would go on to form two more bands – The Golden Chimes and The Super Golden Chimes – before embarking on a solo career, in the process inspiring other Sri Lankan music legends like The Three Sisters (Indrani, Mallika, and Iranganie Perera) and Annesley Malewana as well as the next generation of budding songwriters. Almost three decades after his passing, Clarence remains a legend in Sri Lanka, living anew in *Clarence: Rhythm of the Guitar*.



# Hospitality stars

## Lower North Island



**WE SELL:**

- Boerewors • Droewors
- Biltong • Cabanossi
- Chillibites • Koeksisters
- Milk tart
- Peppermint crisp tart... and more

**Come & Visit us at one of our 3 locations!**

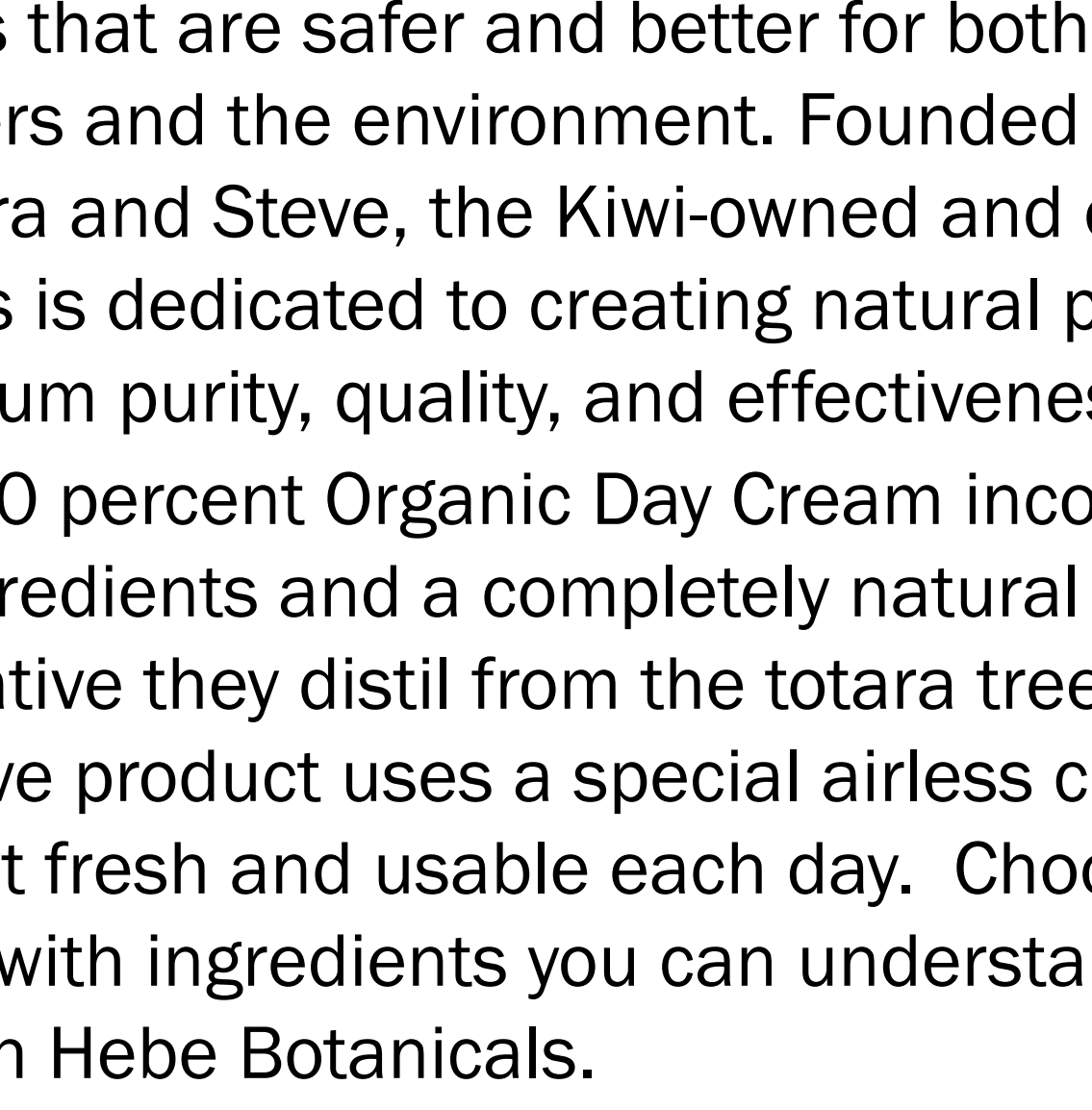
128 Rimu Rd, Paraparaumu | 04 260 3157  
 341 Broadway Ave, Palmerston North | 06 260 3157  
 252 High St, Hutt Central, Lower Hutt | 04 260 2058

[www.sapantry.co.nz](http://www.sapantry.co.nz)

South African Pantry was born from Cindy and Theo Marais' yearning to share the flavours, wealth, and stories of South Africa with New Zealand. What started as a dream has now materialised into three shops across the lower North Island in Lower Hutt, Kapiti, and Palmerston North.

South African Pantry will feel like home to expats. Filled with familiar smells and flavours, it brings Africa to Aotearoa. For Kiwis, it's a taste of somewhere faraway, a plane ticket to a whole other world. From boerie rolls and biltong to koeksisters, melktert and peppermint crisp tarts. Enjoy the essence of South Africa at South African Pantry.

## Ōtaki



**ORGANIC DAY CREAM**

- Rich and nourishing
- See our webpage for customer feedback

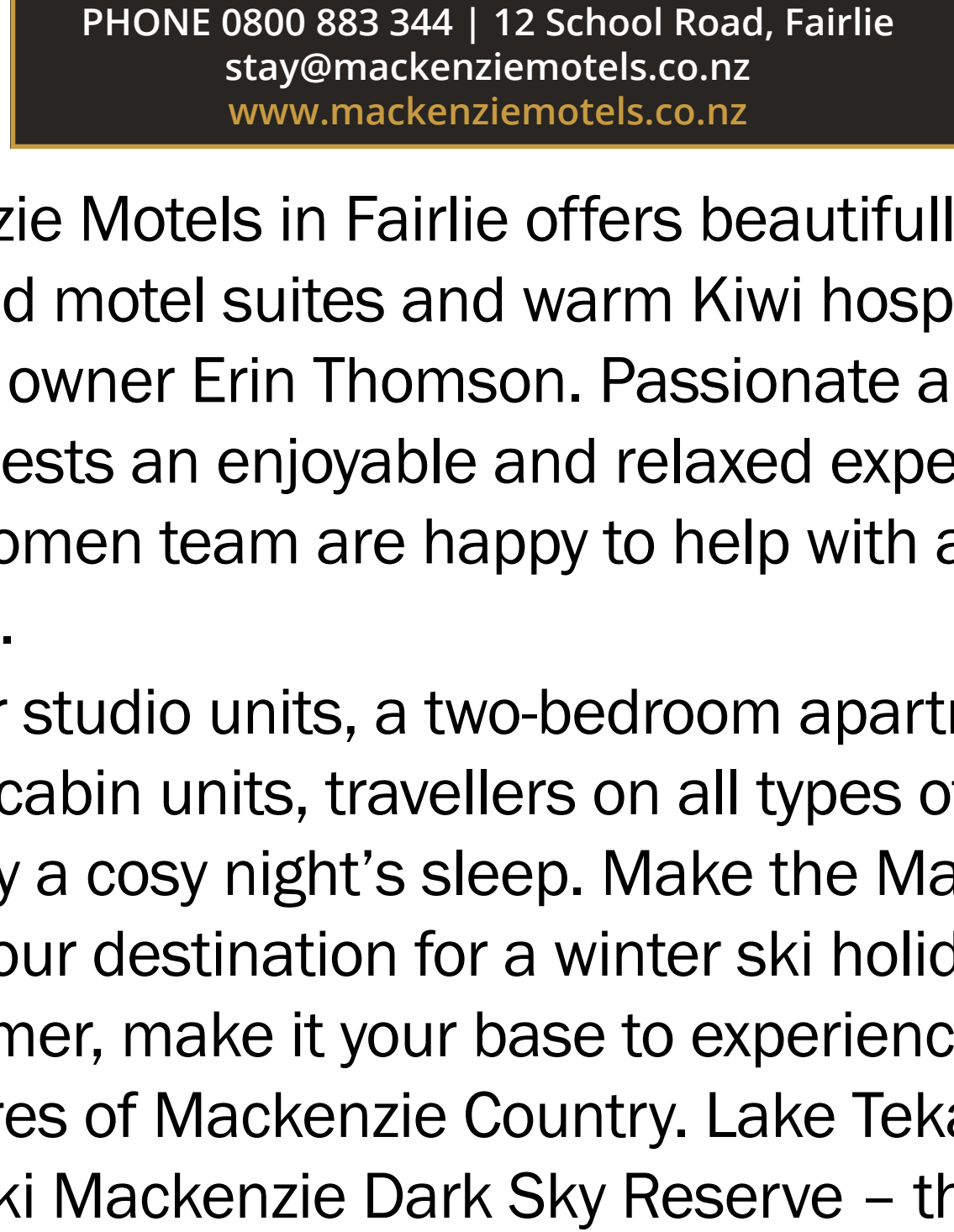
**SPOIL YOURSELF**

*Come and visit our outlet shop to see our range of beauty and health products, made right here in Ōtaki.*

34 Riverbank Road, Ōtaki • 06 364 6690  
[hebebotanicals](http://hebebotanicals.co.nz) [www.hebebotanicals.co.nz](http://www.hebebotanicals.co.nz)

The Hebe Botanicals kaupapa is to create natural products that are safer and better for both customers and the environment. Founded in 2000 by Sandra and Steve, the Kiwi-owned and operated business is dedicated to creating natural products of premium purity, quality, and effectiveness. Their 100 percent Organic Day Cream incorporates local ingredients and a completely natural preservative they distil from the totara tree. This innovative product uses a special airless container to keep it fresh and usable each day. Choose a product with ingredients you can understand and trust with Hebe Botanicals.

## Fairlie



**MacKenzie MOTELS**

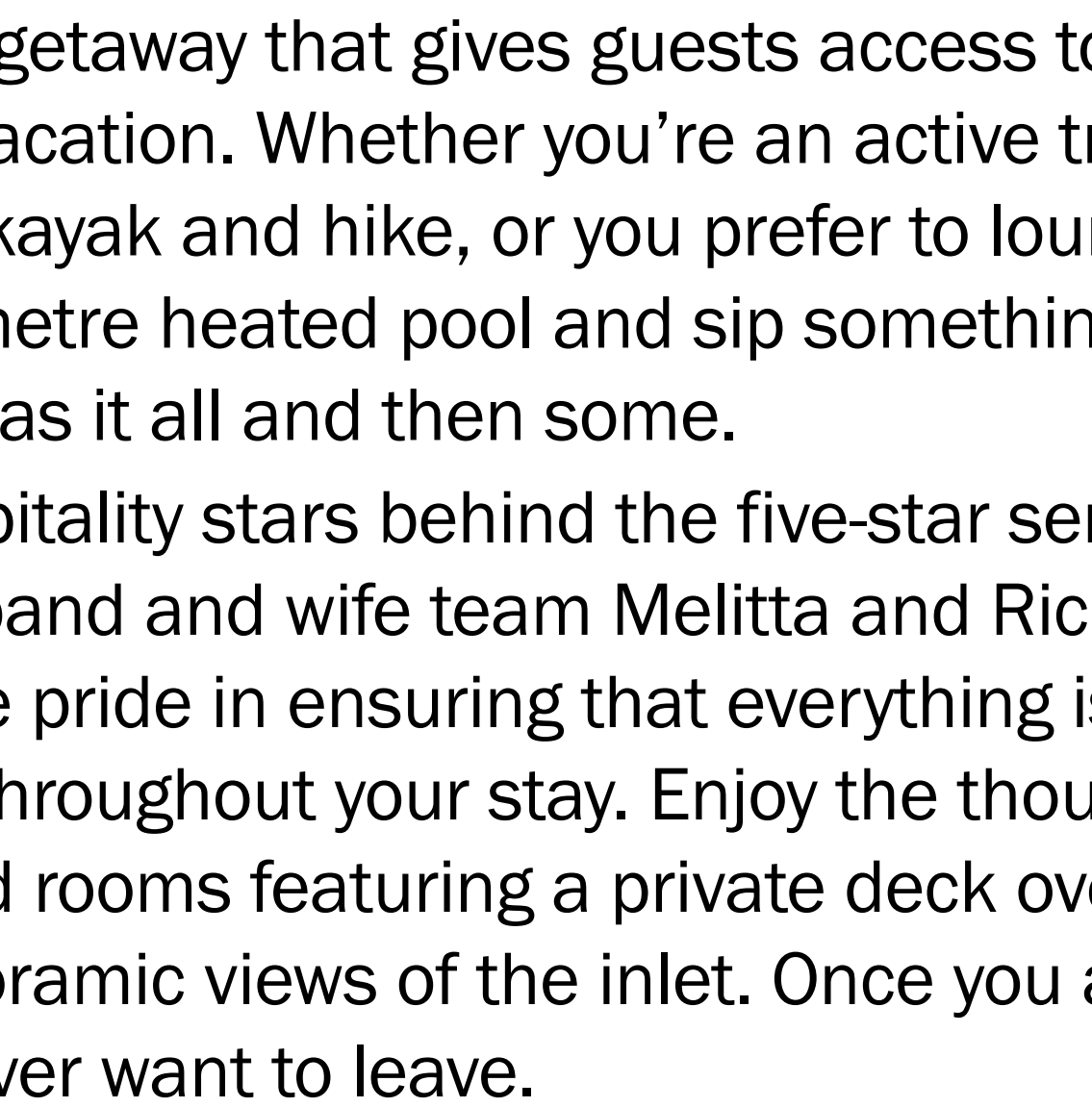
*Stay with us and discover Fairlie and Mackenzie Country!*

PHONE 0800 883 344 | 12 School Road, Fairlie  
[stay@mackenziemotels.co.nz](mailto:stay@mackenziemotels.co.nz)  
[www.mackenziemotels.co.nz](http://www.mackenziemotels.co.nz)

MacKenzie Motels in Fairlie offers beautifully decorated motel suites and warm Kiwi hospitality from the owner Erin Thomson. Passionate about giving guests an enjoyable and relaxed experience, the all-women team are happy to help with any requests.

With four studio units, a two-bedroom apartment, and two cabin units, travellers on all types of holidays can enjoy a cosy night's sleep. Make the Mackenzie Motels your destination for a winter ski holiday. In the summer, make it your base to experience the adventures of Mackenzie Country. Lake Tekapo and the Aoraki Mackenzie Dark Sky Reserve – the largest dark sky reserve in the world – are just a short drive away.

## Tasman



**Almyra**

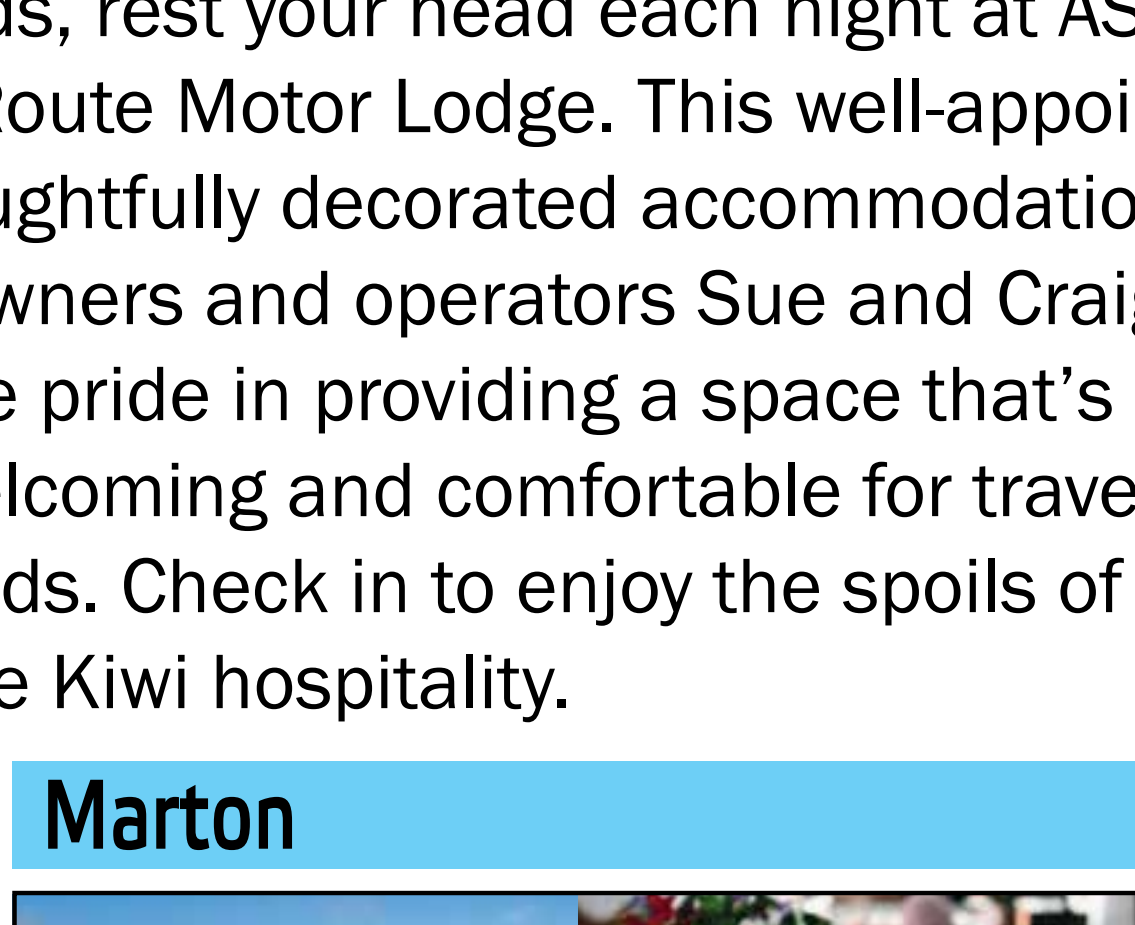
*A panoramic luxury destination to relax on the stunning Kina Peninsula!*

Phone 03 526 6840 or 027 332 2168  
[stayalmyra@gmail.com](mailto:stayalmyra@gmail.com)  
 193 Kina Peninsula Road, Tasman

Tucked away into the blissful landscape near Abel Tasman National Park, Almyra Waterfront Lodge is a luxury getaway that gives guests access to their dream vacation. Whether you're an active traveller keen to kayak and hike, or you prefer to lounge by the 11-metre heated pool and sip something sweet, Almyra has it all and then some.

The hospitality stars behind the five-star service are husband and wife team Melitta and Richard, who take pride in ensuring that everything is perfect throughout your stay. Enjoy the thoughtfully designed rooms featuring a private deck overlooking the panoramic views of the inlet. Once you arrive, you'll never want to leave.

## Geraldine



**ASURE ACCOMMODATION GROUP**

**Scenic Route**  
 MOTOR LODGE ACCOMMODATION GERALDINE

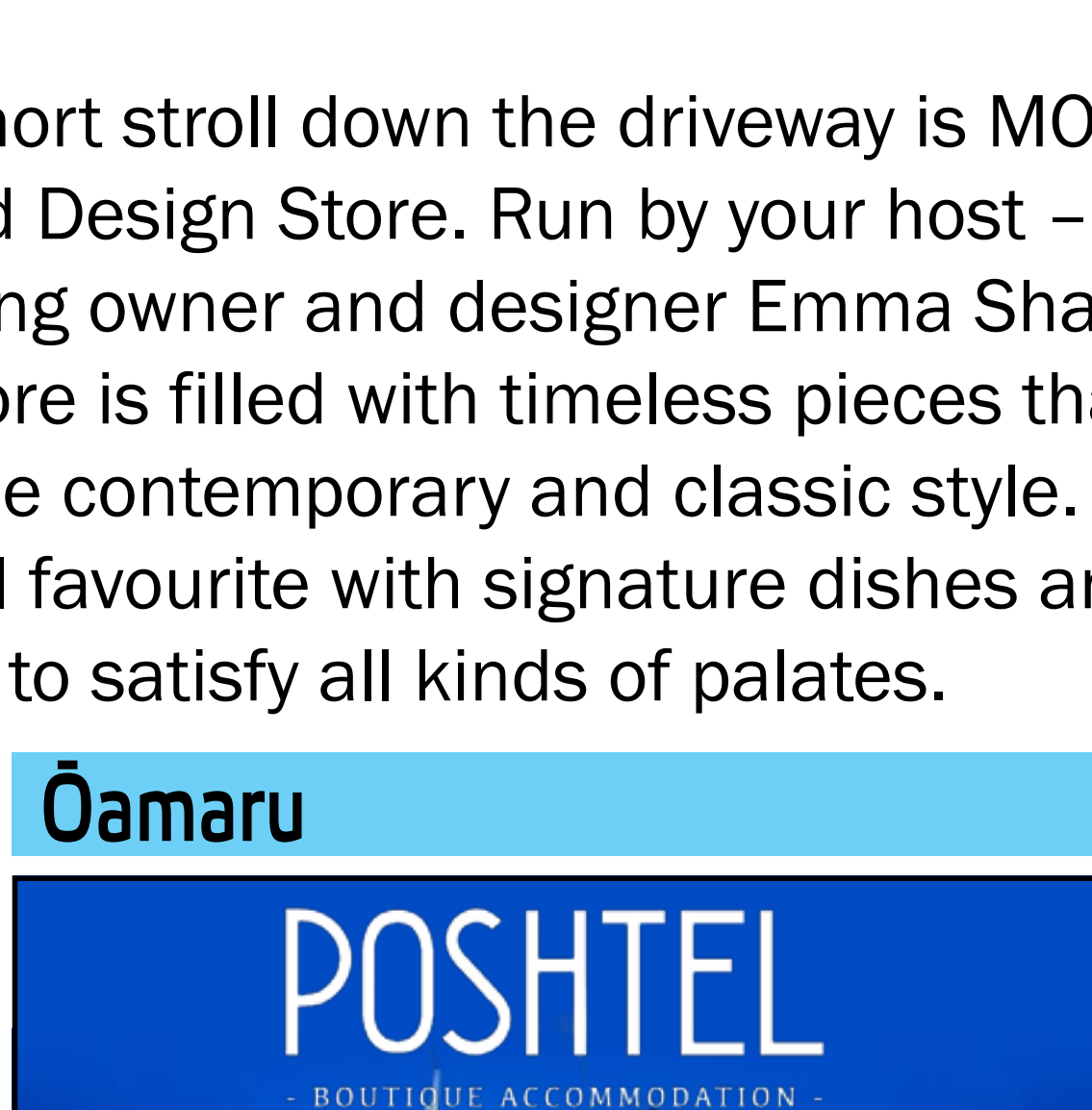
Experience modern self-contained accommodation units in the heart of Geraldine!

28 Waihi Terrace, Geraldine | Ph 03 693 9700  
[www.motelscenicroute.co.nz](http://www.motelscenicroute.co.nz)

The quaint country village of Geraldine is one of the South Island's gems. Chocka with charm and close to everything Canterbury has to offer, use this beautiful township as your base to explore the wonders of Te Waipounamu.

While enjoying the spoils of Geraldine and its surrounds, rest your head each night at ASURE Scenic Route Motor Lodge. This well-appointed and thoughtfully decorated accommodation is run by owners and operators Sue and Craig, who take pride in providing a space that's equal parts welcoming and comfortable for travellers of all kinds. Check in to enjoy the spoils of their signature Kiwi hospitality.

## Marton



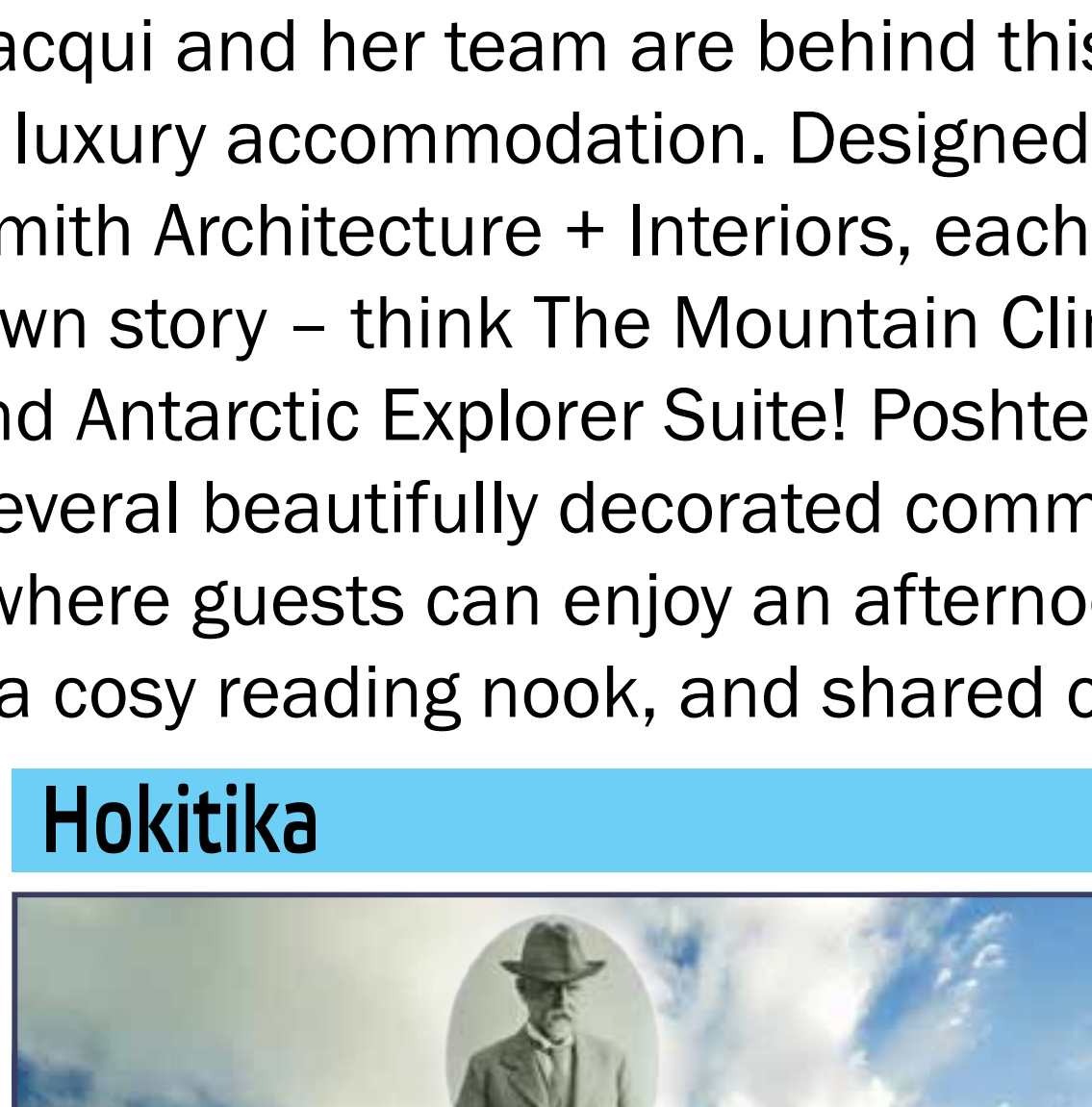
**MOOMAA**  
 cafe • store • stay

1813 STATE HIGHWAY 1 • MARTON  
 06 327 7780 • [cafe@moomaa.nz](mailto:cafe@moomaa.nz)  
[www.moomaa.nz](http://www.moomaa.nz)

You'll find everything you need and more at the MOOMAA café, design store, and accommodation in Rangitikei. MOOMAA Stay is surrounded by rural-outlook gardens and can comfortably host 12 guests. Soak in the views and lush surroundings from the garden or from the indoor fireside window seat.

Just a short stroll down the driveway is MOOMAA Café and Design Store. Run by your host – welcoming owner and designer Emma Shannon – the store is filled with timeless pieces that epitomise contemporary and classic style. The café is a local favourite with signature dishes and daily specials to satisfy all kinds of palates.

## Ōamaru



**POSHTEL**  
 - BOUTIQUE ACCOMMODATION -

Unconventional, exceptional and altogether memorable, it's your luxury accommodation in Ōamaru CBD!

126 Thames St, Ōamaru  
 03 434 8888 | [www.poshtelnz.com](http://www.poshtelnz.com)

A jewel in the crown of historic Ōamaru, Poshtel Boutique Accommodation has a distinct atmosphere. Located in the heart of the town centre with bustling shops and delicious eateries just a hop, skip, and a jump away, the hotel will make your time in Ōamaru special.

Owner Jacqui and her team are behind this spotless luxury accommodation. Designed by Carter Smith Architecture + Interiors, each room has its own story – think The Mountain Climbing Room and Antarctic Explorer Suite! Poshtel also enjoys several beautifully decorated communal spaces where guests can enjoy an afternoon aperitif, a cosy reading nook, and shared company.

## Hokitika



**TEICHELMANN'S**  
 BED AND BREAKFAST

Unique historic accommodation in the heart of the Hokitika heritage area

Ph 027 755 8232 | [www.teichelmanns.nz](http://www.teichelmanns.nz)  
 20 Hamilton Street, Hokitika

Imbued with history and an atmosphere as wild as the West Coast landscape, Hokitika is the gateway to the region's cultural centre and famous glaciers. The boutique Teichelmann's Bed & Breakfast is nestled into a heritage building at the epicentre of the old quarter. Opposite the museum, it's right nearby eateries, shops, and artisans.

Husband-and-wife hosts Frances and Brian are passionate about providing an authentic West Coast experience to their guests with warm hospitality, tastefully furnished rooms, modern amenities, and a hearty cooked breakfast each morning. Explore the wondrous West Coast from Teichelmann's Bed & Breakfast.



# Hospitality stars

## See inside



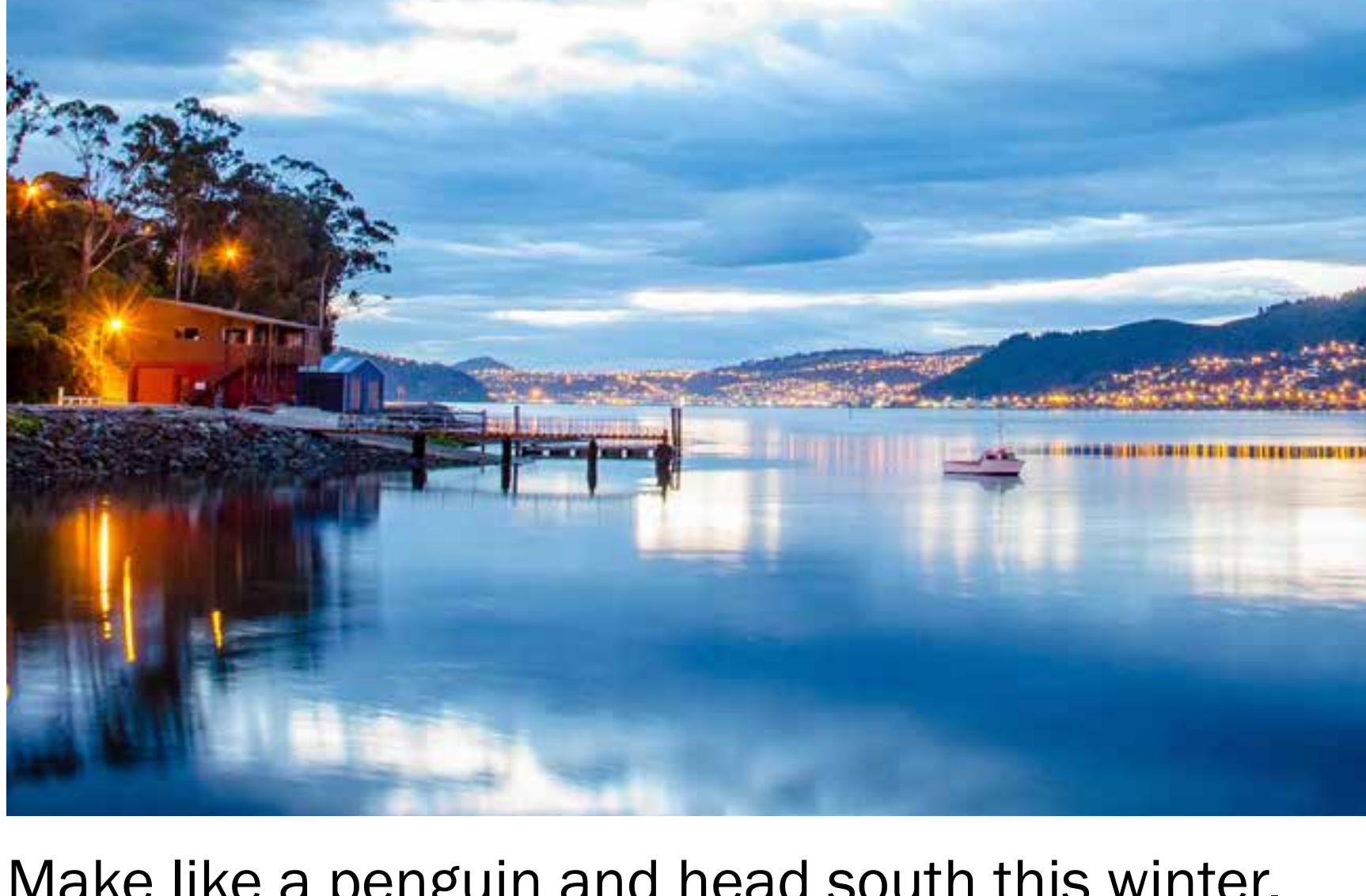
Have you ever wondered about the inner workings of our Parliament? Curious about what the inside of the iconic Beehive looks like? Take a tour of New Zealand Parliament and step into the heart of our democracy - literally.

Whether you want to get a glimpse into the spaces where New Zealand's democracy happens, learn how to have your say, or find out more about Parliament's role in the history of Aotearoa, there's a tour for everyone.

Choose from our range of in-person guided tours, guided online tours, self-guided outdoor tours, and bespoke or private tours. There are plenty of different ways to discover more about Parliament: from tours for tamariki (aged five to 12) and their families, to tours that tell the history and workings of Parliament through our art and artifacts. We also have tours highlighting the contribution of women and Māori in Parliament since its inception in the 19<sup>th</sup> Century through to present day.

Find out more and book at [www.parliament.nz](http://www.parliament.nz)

## Take your pick



Make like a penguin and head south this winter. The weather will be two-stepping with low temperatures wherever you go in Aotearoa, so why not embrace the season in Ōtepoti Dunedin?

There are all kinds of experiences in Otago Harbour, which is known for its abundant marine life. Visit seabird colonies, spot dolphins, search for penguins, and hang out with seals. This time of year is great for hitting the beautiful nearby beaches without the crowds too. Go for bush walks, visit eco-sanctuaries, embark on a cycle excursion, and more.

You'll be busy for days thanks to Dunedin's rich heritage. Go gallery hopping, museum meandering, and everything in between. Follow the Writers' Walk through the UNESCO City of Literature – you can enjoy the historic architecture and street art at the same time. Round any day off with a gastronomic experience. There are bars and breweries, restaurants and eateries aplenty.

## Views for miles



Winter in Queenstown is unbeatable. Snow-capped mountains, a shimmering lake, and endless adventures – from thrilling snow sports to vibrant nightlife – it's a winter wonderland in the colder months.

Whether you're planning a weekend getaway or a longer snowy retreat, Highview Apartments is the ideal base. Just a short 15-minute walk from the town centre, our apartments offer stunning views over Lake Wakatipu, the Remarkables, and Queenstown Bay.

Choose from our stylish one or two-bedroom apartments, each designed with comfort in mind. Enjoy a fully equipped kitchen, a private balcony to take in the views, and a beautiful bathroom with a tub, perfect for soaking in after a day on the slopes. Our ensuite bedrooms are cosy, open onto a private courtyard or small balcony, and are a great option for budget-conscious or corporate travellers. With underfloor heating, comfy beds, and all the amenities you need, you might find yourself enjoying your time indoors just as much as out.

Experience cozy boutique studio suites, one featuring family-friendly spaces – offering breathtaking seaview and mountain views for your perfect stays!

**02 Coronation Street, Moeraki**  
Ph: 027 507 6564  
Email: [info@noahsaccommodation.nz](mailto:info@noahsaccommodation.nz)  
[www.noahsaccommodation.nz](http://www.noahsaccommodation.nz)

**A taste of Vietnam - beyond the plate**  
88 Beach Street, Queenstown - 03 442 4648  
12 Hawthorne Drive, Frankton - 03 441 4798  
[www.saiгонkingdom.co.nz](http://www.saiгонkingdom.co.nz)

Tales of Murder and Woe.  
True Crime in Victorian Dunedin  
**Van tour of Historical Victorian Murders**

Otepoti/Dunedin was settled by Free Church Presbyterians in 1848. The 1861 gold rush brought new people - more lively, less law abiding.  
Drive through the Northern Cemetery and then around various spots where historical murders took place.  
*Tour is 1 hour 30 minutes*  
*Pickup: The Octagon 5:30pm*  
**Book at: [www.darkestunedin.co.nz](http://www.darkestunedin.co.nz) or phone 021 641 110**

**Wildlife Tours**  
On the Otago Peninsula, Dunedin

View penguins, fur seals, and albatross in their natural environments – the way nature intended it to be!

**03 478 1150 | [www.natureswonders.co.nz](http://www.natureswonders.co.nz)**

**NZ PARLIAMENT TOURS**  
Explore the buildings at the heart of New Zealand's democracy, walk in the spaces where history has been made, and learn more about how you can have your say. Along the way, you will get up close to some of the places you've seen on TV, see some of the artworks and objects in the Parliamentary Collection, and hear the details behind the iconic architecture.  
**04 817 9503 | [tour.desk@parliament.govt.nz](mailto:tour.desk@parliament.govt.nz)**  
**Book online: [parliament.nz/visit](http://parliament.nz/visit)**

Relax in comfort & style – enjoy stunning mountain and lake views, your own kitchen, and a soothing bath after a day of Queenstown adventures.

66-70 Thompson Street, Queenstown | **BOOK DIRECT: 03 450 2142**  
[reservations@highviewapartments.co.nz](mailto:reservations@highviewapartments.co.nz) | [www.highviewapartments.co.nz](http://www.highviewapartments.co.nz)

[Back to contents](#)





## Buckle up



*Photo by Quentin Potts.*

Wellington's wildest improv show dares you to hate it, then forces you to watch it. Strap in for *The Cuck Chair*.

If you dislike improv then it's all the better, according to Catfish Trifecta. Comprising Mo Munn, Ralph Hilaga, and Joel Luscombe, Wellington's most unhinged comedy trio wants to hear all your complaints, then turn them into chaos at Circus Bar on the 31<sup>st</sup> of July.

The bold, new, high-stakes comedy experience is equal parts genius and disaster. By flipping the script on audience interaction – the bedrock of improvised comedy – *The Cuck Chair* uses viewers' preconceived notions against them to create a subversive show that's akin to a live comedy dare. Expect broken formats, reversed roles, and improv that gets weird, wild, and maybe even a little uncomfortable.

"This show is about taking everything people dislike about improv and pushing it to the extreme – then making it work anyway," Munn says.

"It's exciting because it allows us the chance to push the boundaries of experimental improvised comedy – one of the core goals of our group. We love coming up with ideas that on paper seem ridiculous and then trying to make them work."

*The Cuck Chair* is the latest attempt from Catfish Trifecta to shake up Pōneke's alternative comedy scene with monthly showcases that blend experimentation with chaos to create something entirely new.

So, sit down and stay down if you hate improv – have they got a show for you.

## Untucked, unhinged



Drag royalty Mandy Moobs and Olivia Dreams of *RuPaul's Drag Race Down Under* season four return to the spotlight at Ivy Bar & Cabaret on the 9<sup>th</sup> of August for their most unfiltered, unapologetic, and unhinged live show yet: *MD: A Down Under Untucked Drag Show*.

Mandy and Olivia have clawed their way from the werkroom to stages across New Zealand and Australia, snatching wigs, breaking hearts, and carving their names into drag herstory books in the process. Now they're back where they belong: in the club, in your face, and ready to serve and stunt until the sun comes up to give you a peek behind the curtain of what it's like to be a *RuPaul's Drag Race* star.

Olivia was the face of Wellington in season four, being the first queen from Pōneke to ever be selected for the show. A young, passionate performer from Te Tai Tokerau and of Te Rarawa descent, she is known for being the quintessential pop diva, able to serve a high-energy dance number as well as a ballad.

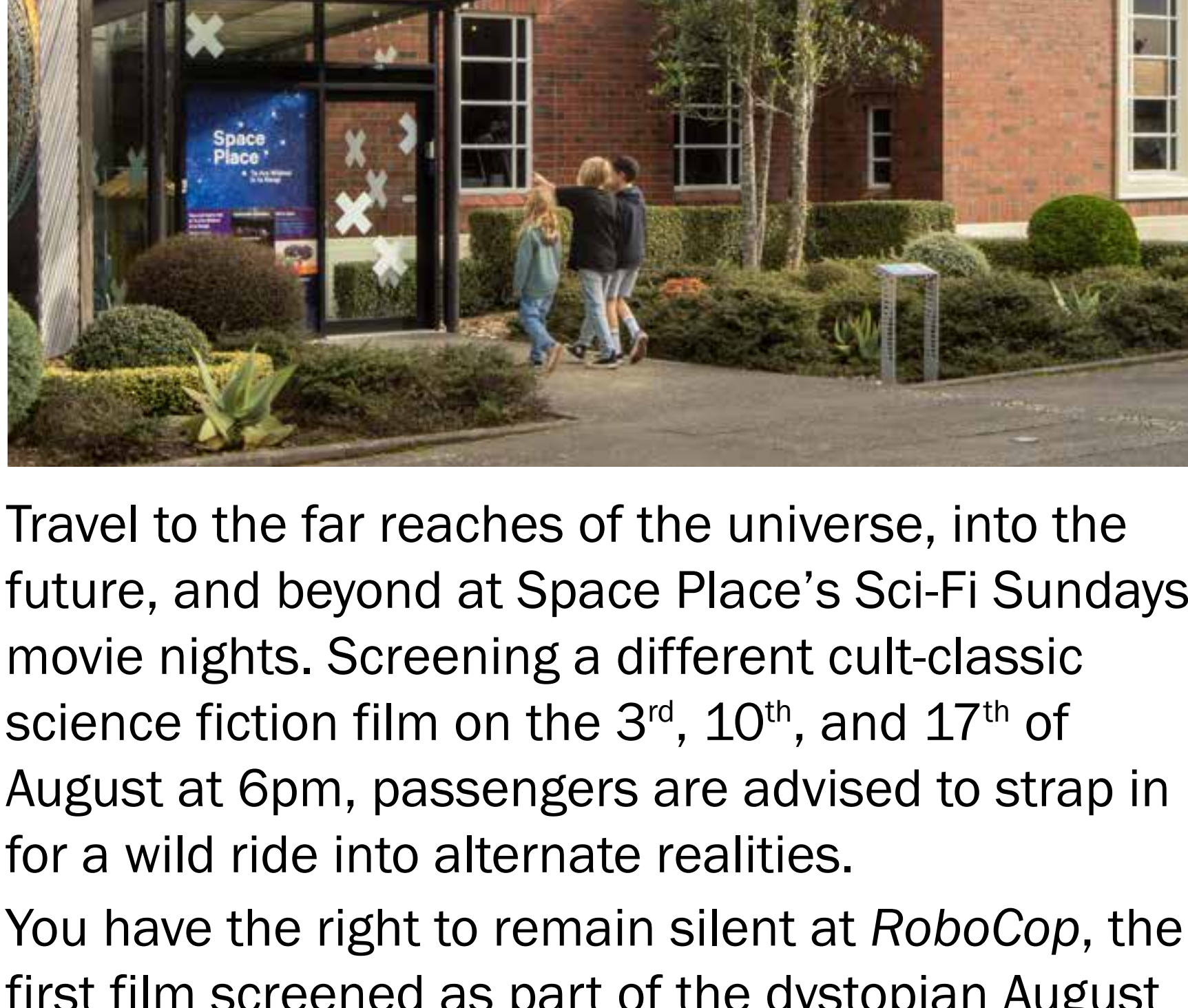
Mandy is Brisbane's most accomplished drag costumier. Offering polished looks and known as the mum of Brissie, she was the runner-up of season four.

"The wigs will be high, the heels higher, and the stakes? Sky. Damn. High", Olivia says. "Whether you're a die-hard *RuPaul's Drag Race* stan, a lover of all things fabulous, or just someone who appreciates a strong contour and a stronger cocktail, this is the night you don't want to miss."

Mcdone waiting 2-coming. Jesus right terms Passover. Vote 1wellgt mayor and southern ward25. Sabbath-7 is the seal of God genesis. Abolish? Keep? My principles/ policies League fines. He is Disobedient least pay120 %voluntary. Sudoku no gamble. istheft alcohol cigs movie. Pray thank mother god. Commtty healthier 2-honest than mcdone waiting. Digital poverty 16ys+ commcn allowance talk text data. For Participn information. greedy me gov too house car rich computa childn wine movie concert water overusage. Appntmts 24\*4 =96quarters X90minsec equal 86400seconds s.i.day transport doctor dent. Library more computer printer. Support comty ctres drama exercise soup vaccine. Heaven god law. Complaints OIA-logfxs FxSans will succinct timely senior signoff honest. IRC8565 29k jobs resolved secret detail unsatisfy! Good samar Authorized by DMcDonald m0277-845-900 Facebook.com/mcdonewt



## Explore the extraordinary



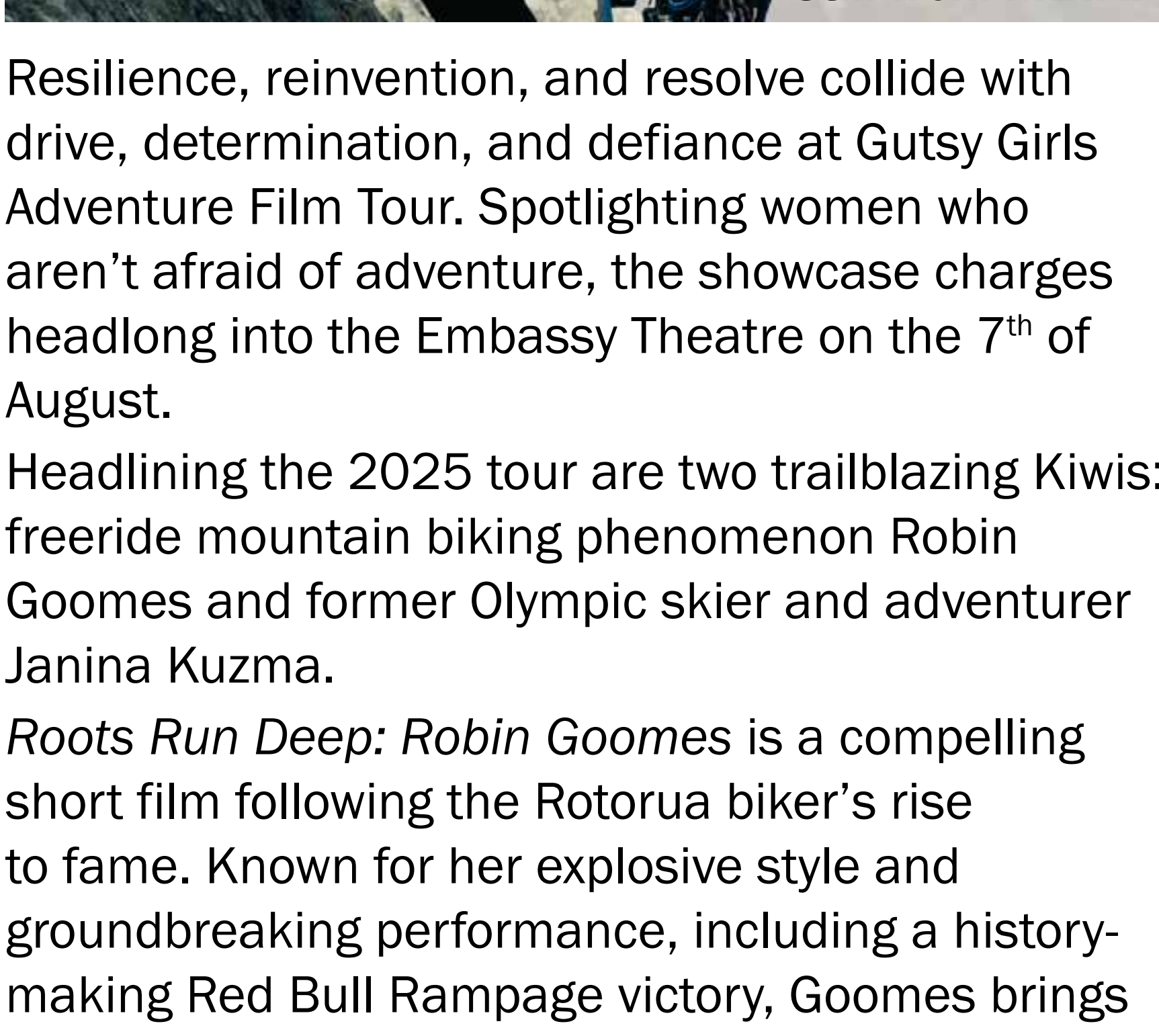
Travel to the far reaches of the universe, into the future, and beyond at Space Place’s Sci-Fi Sundays movie nights. Screening a different cult-classic science fiction film on the 3<sup>rd</sup>, 10<sup>th</sup>, and 17<sup>th</sup> of August at 6pm, passengers are advised to strap in for a wild ride into alternate realities.

You have the right to remain silent at *RoboCop*, the first film screened as part of the dystopian August lineup. Set in a crime-ridden Detroit in the near future, this 1987 film follows Alex Murphy (Peter Weller), a terminally wounded police officer who returns to the force as a powerful cyborg – revived by the megacorporation Omni Consumer Products – haunted by submerged memories. Unaware of his former life, RoboCop executes a campaign against crime while coming to terms with the lingering fragments of his humanity. Director Paul Verhoeven emphasised violence throughout the film, making it so outlandish it veers on comical, yet it has been praised for its cleverness, deeper philosophical messages, and satirical moments, as well as for its themes unpacking the nature of humanity, personal identity, corporate greed, and corruption. RoboCop was nominated for multiple awards, winning an Academy Award and several Saturn Awards.

Something sinister comes to Earth in the second offering of the August Sci-Fi Sunday sessions. The widowed former reverend Graham Hess (Mel Gibson) lives with his children and brother (Joaquin Phoenix) on a Pennsylvania farm in 2002’s *Signs*. In the M. Night Shyamalan science fiction horror thriller, mysterious crop circles begin to appear in fields – a dark omen of something more frightening to come. Initially attributed to vandals, the crop circles become more threatening as more are discovered around the world and figures can be glimpsed darting in and out amongst the corn stalks. As extraterrestrial life takes hold on Earth, *Signs* explores themes of faith and kinship. Earning high praise for its atmosphere, cinematography, score and story, the seventh-highest-grossing film of the year was nominated for awards aplenty.

*Waterworld*, a 1995 American post-apocalyptic action film, closes out the August showcase on the 17<sup>th</sup>. In a future where the polar icecaps have melted and the sea level has risen over 7600 metres, Earth is almost entirely submerged. People live out their difficult lives on boats, pillaging and plundering whatever and whoever they can. A drifter called The Mariner (Kevin Costner) fights starvation and outlaw “smokers” on his trimaran, but when he encounters a woman and a young girl, he reluctantly agrees to help them find dry land. *Waterworld* was the most expensive film ever made at the time of release, garnering mixed reviews praising the futuristic setting and premise but criticising the characterisation and performances. With complimentary popcorn and an optional live star talk after the screening included in your ticket, settle into something extraordinary and explore worlds unknown at Space Place’s Sci-Fi Sundays.

## Breaking boundaries



Resilience, reinvention, and resolve collide with drive, determination, and defiance at Gutsy Girls Adventure Film Tour. Spotighting women who aren’t afraid of adventure, the showcase charges headlong into the Embassy Theatre on the 7<sup>th</sup> of August.

Headlining the 2025 tour are two trailblazing Kiwis: freeride mountain biking phenomenon Robin Goomes and former Olympic skier and adventurer Janina Kuzma.

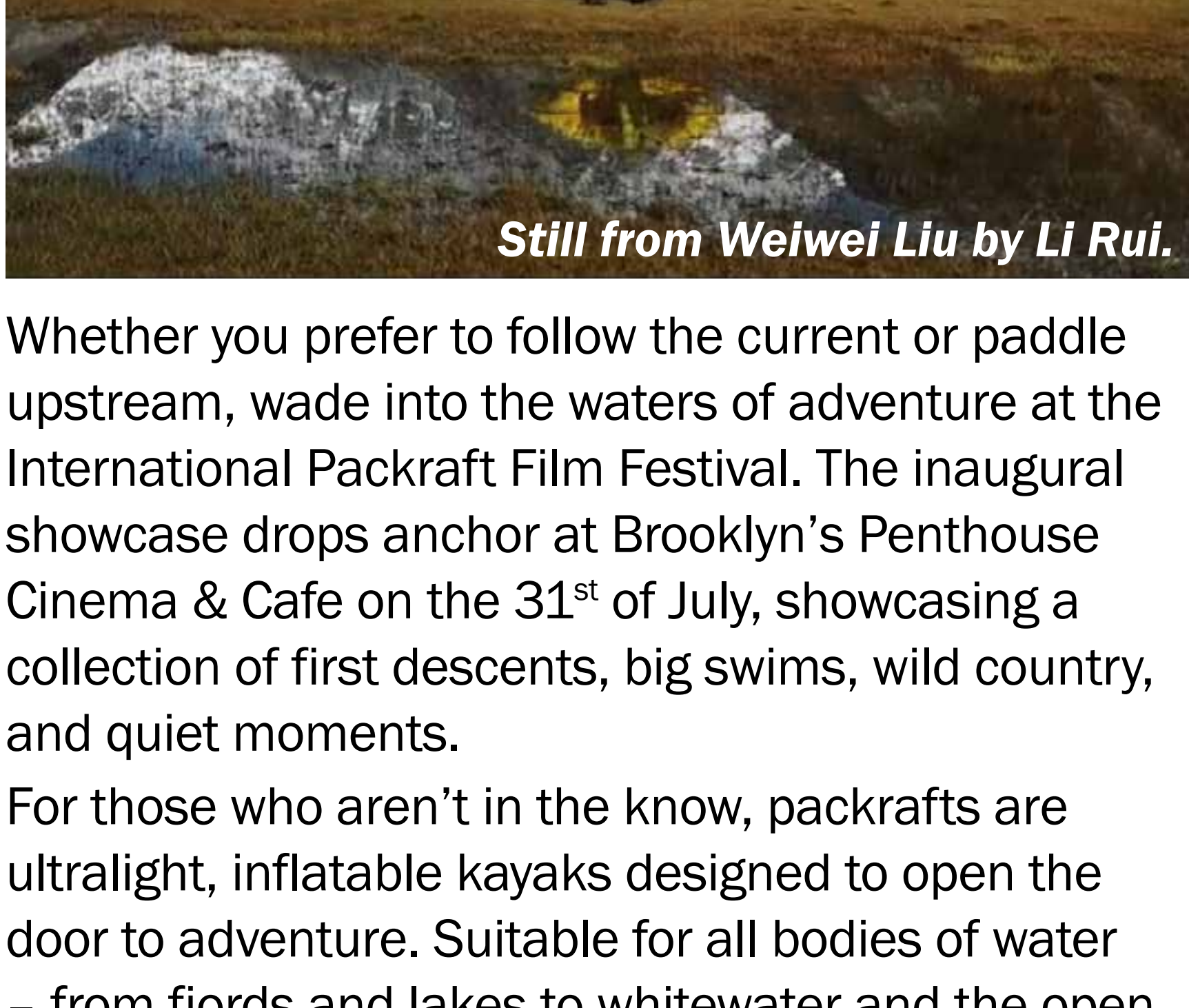
*Roots Run Deep: Robin Goomes* is a compelling short film following the Rotorua biker’s rise to fame. Known for her explosive style and groundbreaking performance, including a history-making Red Bull Rampage victory, Goomes brings grit, heart, and an unmistakable Kiwi spirit to the global stage.

*Dear: Superhero* on the other hand is a deeply personal story about Kuzma’s transition from elite professional skier to mother. Set against the backdrop of her high-adrenaline career, the film asks: can a world-class adventurer stay true to her wild spirit while embracing a new role?

Goomes and Kuzma “represent the essence of what the Gutsy Girls Adventure Film Tour is all about”, director Jemima Robinson says. “Their stories are uniquely Kiwi and universally powerful”. A further six films take their place in the two-and-a-half-hour programme. In *META*, alpinist Maria Granberg pays tribute to one of history’s unsung heroines. 10-year-old skater Mia Kretzer learns to fall, rise, and repeat in *MIA*. Cave diver Jill Heinerth journeys into underwater caves and deep into her own courage in *Diving Into the Darkness*. *The Beginning* follows young snowboarder Alenka Mali as she pushes for a historic base jump. In the outskirts of Lagos, barefoot ballet dancers defy the odds in *Then Comes the Body*. *Mother River* begins as a solo paddle but becomes a journey of grief and healing.

Join the roster of fearless, boundary-breaking women at Gutsy Girls Adventure Film Tour.

## Dive right in



Whether you prefer to follow the current or paddle upstream, wade into the waters of adventure at the International Packraft Film Festival. The inaugural showcase drops anchor at Brooklyn’s Penthouse Cinema & Cafe on the 31<sup>st</sup> of July, showcasing a collection of first descents, big swims, wild country, and quiet moments.

For those who aren’t in the know, packrafts are ultralight, inflatable kayaks designed to open the door to adventure. Suitable for all bodies of water – from fiords and lakes to whitewater and the open ocean – packrafts are versatile, accessible, and becoming increasingly popular in Aotearoa and beyond.

“Packrafts are inherently very stable, meaning the entry barriers to enjoying your local river, lake, or ocean are very low,” Blue Duck Packrafts owner Glenn Murdoch says. “Packrafts are designed to be very lightweight and portable, meaning accessing your local waterway for a journey is very easy.”

Hosting the International Packraft Film Festival alongside the Packrafting Association of New Zealand (PRANZ), Bivouac Outdoor, and Real Meals, Blue Duck Packrafts presents a programme of packrafting stories from every continent – including Antarctica!

“These are stories made by, about, and for everyday people,” PRANZ chairperson Brendon Nevin says. “While some of the stories are about difficult journeys, most are about people embarking on simple, beautiful journeys that are accessible to many people.”

Connect with other adventurers and local suppliers, win spot prizes, and enjoy a night of soulful river journeys and epic whitewater excursions at the International Packraft Film Festival.

[Back to contents](#)





# Firebird: Ravel & Stravinsky

**Presented by**

**New Zealand Symphony Orchestra**

**Conducted by Emilia Hoving**

**Michael Fowler Centre, 17<sup>th</sup> Jul 2025**

**Reviewed by Tamsin Evans**



**Emilia Hoving. Photo by Laura Oja.**

John Ritchie's *Papanui Road* Concert Overture was a brilliant opening piece in this programme. The road came to life in a series of distinct soundbites. It really was like walking down the street, checking the front gardens, peering up driveways, spotting locals, remembering events, and noticing what was going on.

Pianist Javier Perianes played Manuel de Falla's *Nights in the Gardens of Spain* with a sound neither dominant nor lost in the orchestra. Just as the composer intended, all the musicians came together in a lovely unity of Andalusian, flamenco, North African, and classical traditions.

Ravel's Piano Concerto in G Major is also an intermingling of styles, this time the composer's Basque heritage and 1920s jazz. The opening whip crack tells you this is something different. The first and third movements have a tinge of jazz to go with the folk melodies. From the first piano notes – which were beautifully played – the balance and tone in the piano and orchestra were so seamless that in the second movement, it was as if the woodwind emerged from inside the piano, one after the other. Emilia Hoving's conducting talent and style were really apparent here.

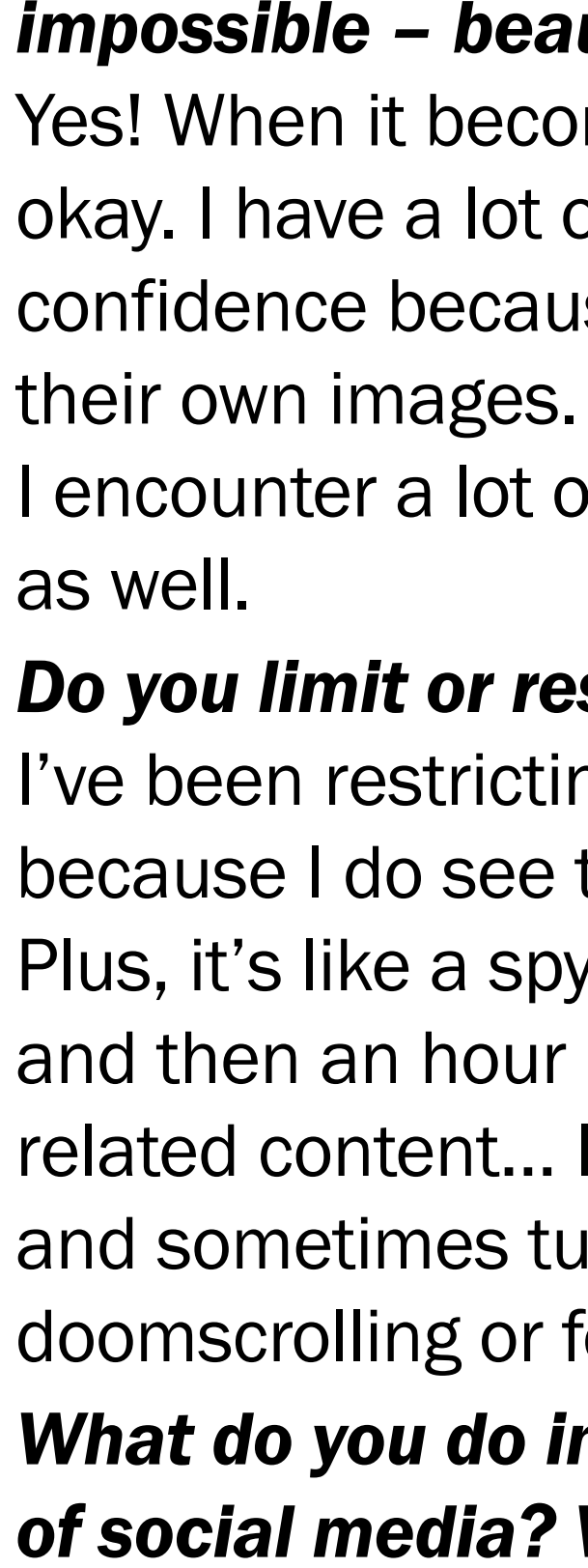
While playing in different time signatures in each hand is definitely challenging for the pianist, imagine the next level of difficulty this presents for the conductor. Hoving is a very talented, assured, and confident young director. Her distinctive style has been noted by commentators in the last couple of years. Here she appeared to be conducting a different time in each hand, each comfortably independent of the other.

Leading the orchestra into Stravinsky's *The Firebird*, Hoving played with the opportunities the 13 movements presented to bring out some amazing solos from horns, strings, woodwind, and harp. The intensity and liveliness grew, building towards a thrilling finale. Waves of pulsing sound raised the heart rate, excitement, and the applause.

## A chat with Tung...

He's both, baby!

**by Madelaine Empson**



**How do you think social media affects the way that we view and feel about ourselves?**

I think there is an intangible power that social media has in the way it affects every user, not just me. The thing that I'm concerned about at the moment is how addicted I am, and the way it makes me obsess over my appearance.

**Beauty and wellness influencers are everywhere at the moment. What do you think of the current trends? Pros, cons?**

It's good to see people looking after their health and appearance. Going to the gym, living healthier lifestyles. And it's great that we have these wonderful moments in life – but it doesn't mean that we have to share every single one of those moments online. A lot of the posts that we see on social media might not actually reflect reality. These posts look so wonderful and fabulous because a lot of them are edited, modified to attract viewers. But as a viewer, you don't necessarily know that.

**So it's like trying to meet unrealistic – almost impossible – beauty standards?**

Yes! When it becomes an obsession, that's not okay. I have a lot of friends who are losing their confidence because of it, or feel the need to edit their own images.

I encounter a lot of body shaming on social media as well.

**Do you limit or restrict certain apps?**

I've been restricting myself from social media because I do see the influence it's having on me. Plus, it's like a spy! You talk about something and then an hour later, your feed is filled with related content... I've uninstalled some apps and sometimes turn off notifications to stop me doomscrolling or feeling obsessive.

**What do you do in real life to mitigate the effects of social media? What positives make you feel good about yourself?**

The number one thing I do is keep busy and social. I have a healthy lifestyle and real friends – we have in-person interactions rather than chatting online all the time.

**How would you like to see our inner beauty spotlighted more?**

A lot of people say that beauty lies in the eye of the beholder. What I think is that you have to be the first judge. If you're comfortable and confident in yourself, that's great. You don't need anyone else to tell you, 'Hey, you're beautiful,' or 'Hey, you're not.' I was watching a beauty pageant the other day and the contestant was asked, 'Would you rather be smart but not so beautiful, or beautiful but not so smart?' I'm trying to build my self-confidence to the point where I can say, 'I don't need to choose. I'm both, baby!'

## How to Train Your Dragon

**125 minutes**

**PG**

★ ★ ★ ★

**Reviewed by Alessia Belsito-Riera**



It's been a long time since I have left the cinema with such a big smile on my face. Whether you want to attribute it to the heartwarming story, the irresistible charm of an exceptionally cute dragon named Toothless, or the fact that I have watched both this new live-action iteration and the original animated feature sat next to my mum in the cinema is your call. Regardless, I would bet that *How to Train Your Dragon* will make you smile as much as it did us.

If you, like me, recall staring starry eyed up at the screen when the animated movie *How to Train Your Dragon* was released in cinemas in 2010, then you're in luck, because the live-action version is essentially a shot-for-shot remake. For those who didn't grow up with the franchise, the first film in the series takes place in a Viking settlement that battles with dragon attacks daily. Descended from the best fighters of all the Viking tribes, the inhabitants of the Isle of Berk have been tasked with one job: kill all dragons. To chief Stoick the Vast's (Gerard Butler) dismay, his son Hiccup (Mason Thames) either didn't inherit the dragon-slayer gene or perhaps just sees the world a bit differently. When Hiccup befriends a dragon named Toothless, he never would have guessed that together they would turn the world upside down.

Written and directed by series creator Dean DeBlois, the live-action film sees Nick Frost in the teacherly role of Gobber the Belch, New Zealand's own Julian Dennison as Hiccup's classmate Fishlegs Ingerman, and Nico Parker of *The Last of Us* fame as Hiccup's crush Astrid Hofferson alongside relative newcomer Thames and Butler reprising his original role. Together, they deliver a performance that captures the same charm and high-adrenaline spirit of the original cartoon without seeming over the top. The story and world are believable, and incredibly beautiful thanks to cinematographer Bill Pope's sweeping shots of the Irish coast. The CGI has copped some criticism for not blending in well with its surroundings, but it looked seamless to my untrained eye. With excellent production design (Dominic Watkins), costumes (Lindsay Pugh), and dynamic editing (Wyatt Smith), *How to Train Your Dragon* is as joyful, adventurous, and fun as I remembered it so many moons ago.

## Illusionist Anthony Street

**Created by Anthony Street**

**Presented by Base Entertainment**

**The Opera House, 20<sup>th</sup> Jul 2025**

**Reviewed by Alessia Belsito-Riera**



Are you a believer or a sceptic? The kind of person who just wants to be entertained by the mere mention of magic or someone who needs to know the truth behind the smoke and mirrors? Illusionist Anthony Street – with what seems like nothing more than a flick of the wrist or a snap of his nimble fingers – leaves both camps spellbound. From behind puffs of smoke and billowing satin flags, the Australian dream maker conjures up grand illusions for his audience of willing Wellington fans, fabricating worlds of wonder where anything is possible. He makes dancers Imogen Doody and Rachael Peters vanish seemingly into thin air – weren't they just inside that sword-stabbed box not a moment before? Audience members are brought to the stage only to find their chosen cards appearing in the most unexpected places. A motorcycle somehow materialises at the flash of a perfectly timed lighting change (Xavier Dannock). Each one of us in the crowd, after performing a card trick according to the instructions, finds the three of diamonds tucked snugly beneath our leg, just as Street predicted.

But it's not just the illusions of grand scale that make Street's audiences "ooh" and "aah" on cue. His skill and showmanship shine brightest in the smallest tricks, in the intimate moments of heartfelt humour, sentimental storytelling, and charming connection. Beginning the show by performing the first magic trick he ever saw, Street walks audiences down memory lane, tracking the standout moments that led him right here to The Opera House stage.

Watching eight-year-old Willow's eyes light up as she helps Street levitate a table on stage or little Basil's eyes widen in disbelief as the illusionist pulls coins from behind his ears and elbows are the truest and purest moments of magic. With stage manager Jeremy Evans in tow with a camera linked up to a projector screen above the stage, Street takes three rings from the audience and, before our eyes, links them together – I cannot for the life of me figure out how he did it. And truthfully, I don't really want to know. Call me a believer, but I prefer to live in a world imbued with magic.

[Back to contents](#)



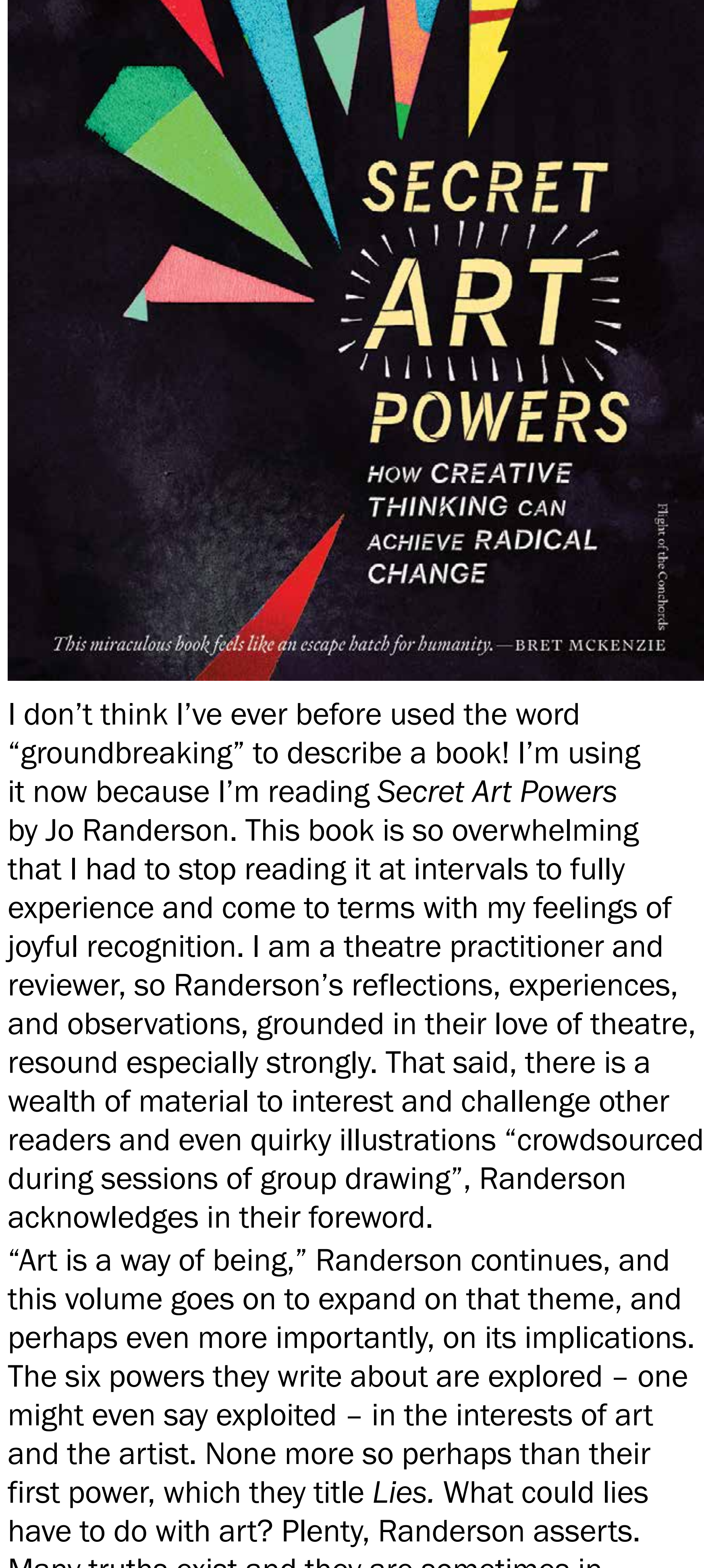


## Secret Art Powers

Written by Jo Randerson

Barbarian Productions

Reviewed by Margaret Austin



I don't think I've ever before used the word "groundbreaking" to describe a book! I'm using it now because I'm reading *Secret Art Powers* by Jo Randerson. This book is so overwhelming that I had to stop reading it at intervals to fully experience and come to terms with my feelings of joyful recognition. I am a theatre practitioner and reviewer, so Randerson's reflections, experiences, and observations, grounded in their love of theatre, resound especially strongly. That said, there is a wealth of material to interest and challenge other readers and even quirky illustrations "crowdsourced during sessions of group drawing", Randerson acknowledges in their foreword.

"Art is a way of being," Randerson continues, and this volume goes on to expand on that theme, and perhaps even more importantly, on its implications. The six powers they write about are explored – one might even say exploited – in the interests of art and the artist. None more so perhaps than their first power, which they title *Lies*. What could lies have to do with art? Plenty, Randerson asserts. Many truths exist and they are sometimes in conflict with each other. "The truth is rarely pure and never simple", as Oscar Wilde wrote in *The Importance of Being Earnest*. And art can and does describe realities that have their own truth.

The secular world, and the political one, have difficulty with such a wide-ranging concept. Witness the pitifully small financial support given to artistic endeavours in this country compared to the vast amounts allotted to sport! I'm tempted to say that those in charge of such decisions suffer from a severe lack of imagination, sensitivity, and any valuing of the place of emotional response.

What does exaggeration in a theatre piece matter if it makes an important point? Why shouldn't irony and satire be acceptable as ways of exposing wrong or corruption? These and similar arguments are skilfully and passionately presented by Randerson in their six parts: *Lies* is followed by *Fluidity*, *Multiplicity*, *Wrong*, *Live*, and *Imagination*.

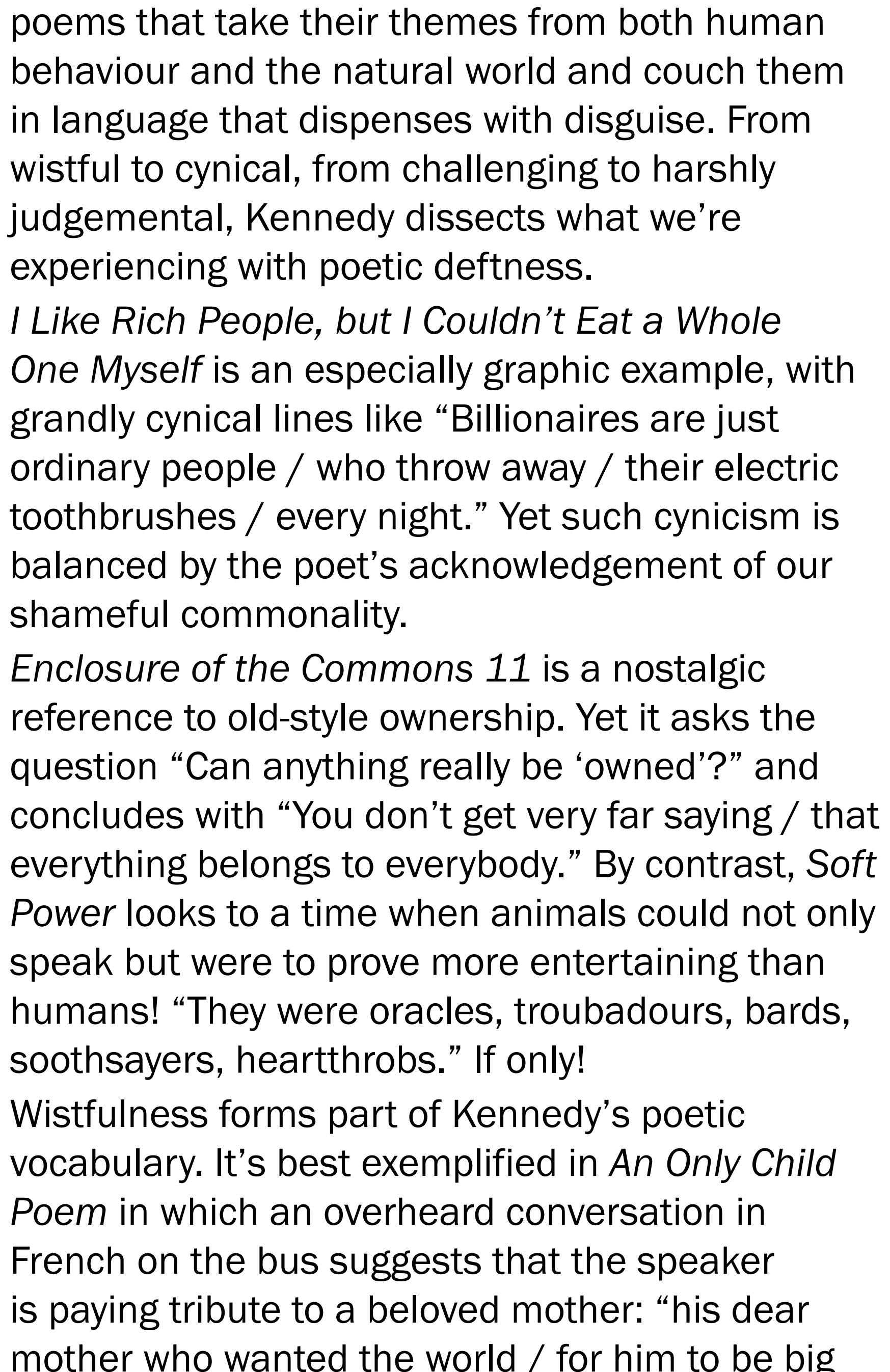
*Secret Art Powers* has the subtitle: *How creative thinking can achieve radical change*. This book is a giant step in that direction.

## Sick Power Trip

Written by Erik Kennedy

Te Herenga Waka University Press

Reviewed by Margaret Austin



What do you do when confronted by the current and impending horrors of today's world? If you're a poet, you face up squarely in the best way you know. And in Erik Kennedy's case, this means writing a collection titled *Sick Power Trip*. Here are poems that take their themes from both human behaviour and the natural world and couch them in language that dispenses with disguise. From wistful to cynical, from challenging to harshly judgemental, Kennedy dissects what we're experiencing with poetic deftness.

*I Like Rich People, but I Couldn't Eat a Whole One Myself* is an especially graphic example, with grandly cynical lines like "Billionaires are just ordinary people / who throw away / their electric toothbrushes / every night." Yet such cynicism is balanced by the poet's acknowledgement of our shameful commonality.

*Enclosure of the Commons 11* is a nostalgic reference to old-style ownership. Yet it asks the question "Can anything really be 'owned'?" and concludes with "You don't get very far saying / that everything belongs to everybody." By contrast, *Soft Power* looks to a time when animals could not only speak but were to prove more entertaining than humans! "They were oracles, troubadours, bards, soothsayers, heartthrobs." If only!

Wistfulness forms part of Kennedy's poetic vocabulary. It's best exemplified in *An Only Child Poem* in which an overheard conversation in French on the bus suggests that the speaker is paying tribute to a beloved mother: "his dear mother who wanted the world / for him to be big and full of boulevard views".

Most searing of all perhaps is one of Kennedy's concluding poems: *Bystander Poem; or a Gaza Poem* which begins with "If you can listen to the stories and not shudder, / you have a refrigerated beetroot for a heart." Graphic, thrusting, and a cold reminder of our universal awfulness. We may not be complicit, our poet seems to say, but we're not exempt.

*Sick Power Trip* is a saddening and salutary journey into self-awareness made universal.

## The Futures of Democracy, Law and Government

Edited by Mark Hickford and Matthew S R Palmer

Te Herenga Waka University Press

Reviewed by Kerry Lee



After reading *The Futures of Democracy, Law and Government: Contributions to a conference in honour of Sir Geoffrey Palmer*, I have a renewed appreciation for the laws that make up our society. While I was just a boy and not interested in politics when Sir Geoffrey took office, I can now honestly say that I retroactively appreciate him.

Starting as a law professor and then an MP representing Christchurch, in 1979, he went on to help form the fourth Labour Government as their justice minister. He was responsible for helping to develop many acts in this capacity, including the New Zealand Bill of Rights, before becoming our 33<sup>rd</sup> prime minister in 1989.

*The Futures of Democracy, Law and Government* is a series of essays by eminent judges, scholars, and politicians who discuss elements of his career in public affairs. The book explains why things are the way they are and the role political parties play in our Westernised democratic system, touching on human rights and the Treaty of Waitangi as well as a host of other things we sometimes take for granted.

My favourite part of the essay collection was finding out about Sir Geoffrey's understanding of the environment and how climate change would affect not only individuals but businesses as well. There was a need, as the book says, to safeguard the environment for future generations.

Despite being a very thorough read, I never felt intimidated by the subject matter of *The Futures of Democracy, Law and Government*. While I am by no means a politician, the writing was easy to follow and I was able to grasp many of the concepts laid down. While I enjoyed the book and it made me appreciate the laws that are in place today, I can see how someone who isn't into politics to begin with might not be convinced to start tuning in.

In short, if you love politics, I wholeheartedly suggest picking this book up. Even if you don't, I still recommend checking it out to see if it's for you. I suspect you will not regret it.

## The Stars are a Million Glittering Worlds

Written by Gina Butson

Allen & Unwin

Reviewed by Jo Lucre



In *The Stars are a Million Glittering Worlds*, Central America promises to be an all-encompassing escape from the guilt-ridden shores of Aotearoa for Thea. There, she joins Chris, the elusive man she's thought of exploring the possibility of having more than friendship with – until he introduces her to his girlfriend Sarah.

Despite Thea and Sarah's initial reservations, the three fast become an inseparable trio. Author Gina Butson brilliantly captures the heady nature of their friendship, played out in San Pedro La Laguna, a Guatemalan town on the southwest shore of Lake Atitlán. Beautifully expressed, it's easy to imagine the vibrant place, rendered eloquently by Thea's imaginings. San Pedro is where the hum of energy seems to inexplicably hold the trio together with the strength of shared friendship and the intoxicating pull of a different culture and way of life. One albeit tainted by the seedier side of drug trading life. An emerging catalyst of discontent soon reveals itself.

Wonderfully written, each of the four parts of *The Stars are a Million Glittering Worlds* purposefully builds a narrative that is gentle though not passive, interchanging the past and present. When tragedy rewrites the trio's journey and the nature of their intertwined relationships, Thea finds herself far way again, this time in Tasmania, Australia navigating a new relationship of sorts.

It's a relationship and span of time that will test her, make her search unknowns, rail against past and present trauma, and rally against unanswered questions. Ultimately, it will lead to her figuring out a literal and metaphorical way home that is paved with resolution, self-exploration, and forgiveness.

At times throughout *The Stars are a Million Glittering Worlds*, I thought the story may end a different way. The lives of Thea, Sarah, and Chris seemed to hitch frequently on happenstance and an undercurrent of doubt, with understandings between the characters that to me suggested a different outcome... until it all panned out organically in a way that made sense.

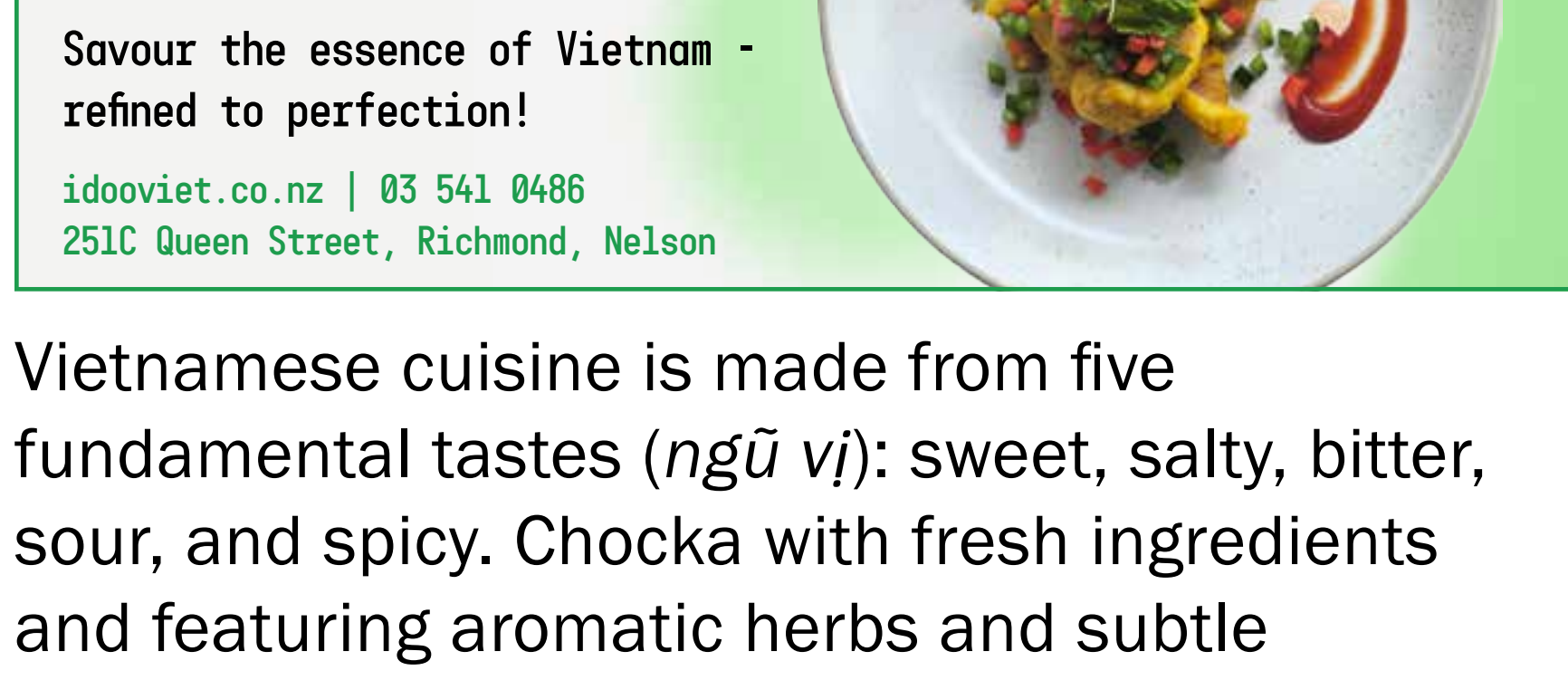


# Flavours of the world



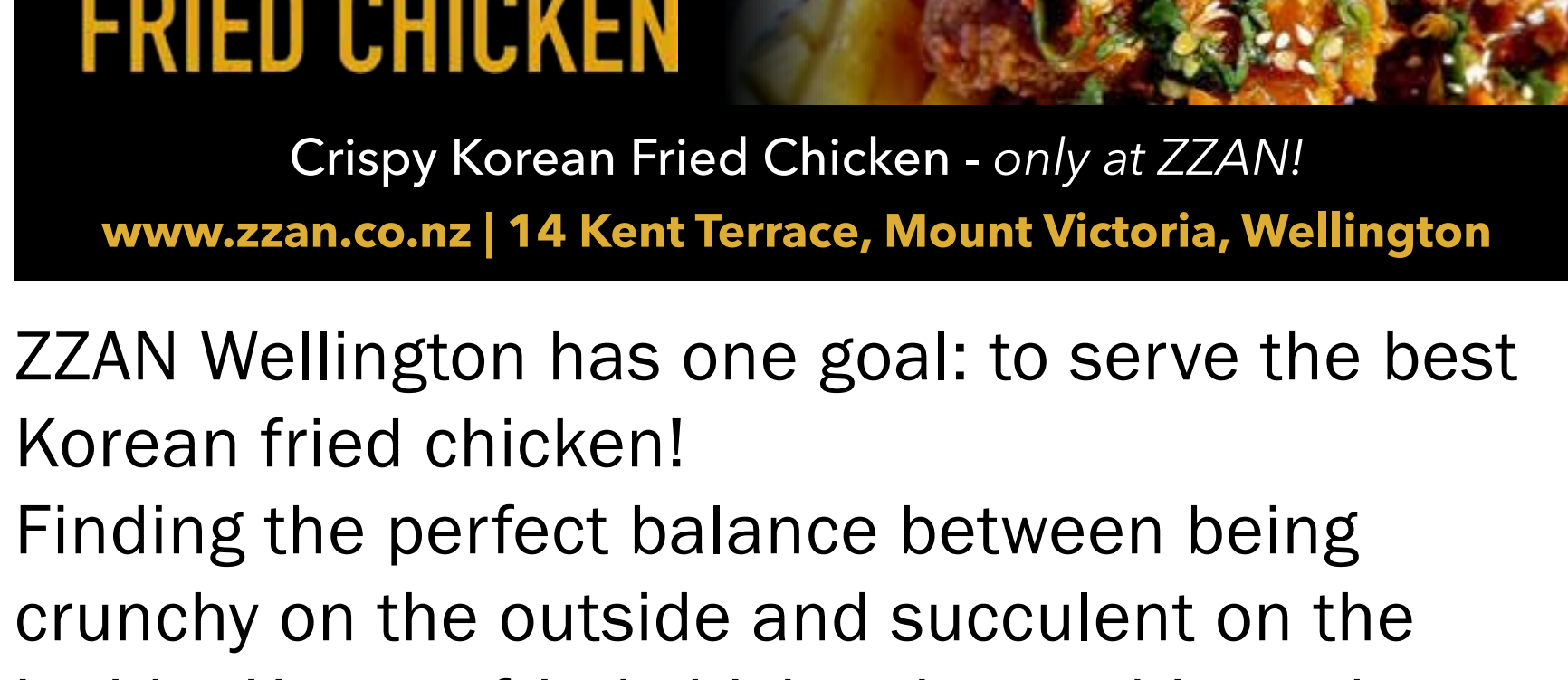
Coffee lovers will rejoice in the news that Havana Lounge reopens its doors to customers between Monday and Friday. Having resided on Tory Street for over 10 years, the much-loved community café now operates as a comprehensive coffee destination where customers can enjoy exceptional coffee and food while purchasing beans, brewing equipment, and machinery all under one roof.

With more than 50 venues closing along Courtenay Place and Lambton Quay in 2024 alone, the reopening of Havana Lounge brings much-needed confidence to the sector and embodies the Havana kaupapa of inclusiveness, authenticity, and breaking free from the everyday.



Vietnamese cuisine is made from five fundamental tastes (*ngũ vị*): sweet, salty, bitter, sour, and spicy. Chocka with fresh ingredients and featuring aromatic herbs and subtle flavours, there are many regional variations and specialties.

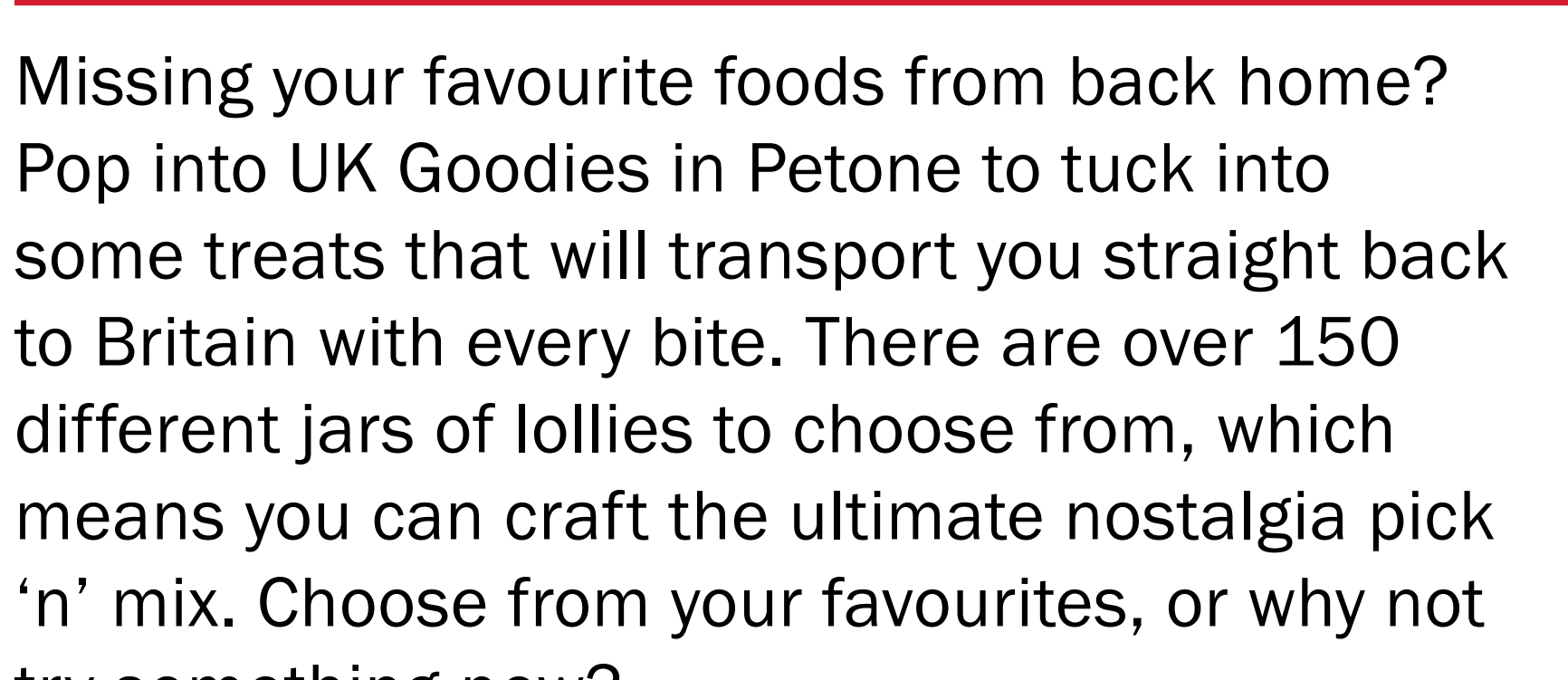
IDOO Viet Kitchen & Bar in Nelson serves up Northern Vietnamese cuisine refined to perfection. The chefs take a modern interpretation to the traditional dishes, crafting a taste both distinct and instantly recognisable. With something for everyone on the menu and plenty of gluten-free, vegetarian, and vegan options, shared, family-style dining is encouraged to reflect the way food is enjoyed in Vietnam.



ZZAN Wellington has one goal: to serve the best Korean fried chicken!

Finding the perfect balance between being crunchy on the outside and succulent on the inside, Korean fried chicken has a thin and crackly crust that's lightly seasoned with a secret blend of spices before being dunked into the frier. Next, it's usually hand-coated with a delicious sauce. You just can't beat it!

Located in Mount Victoria, ZZAN has tasty fried chicken as well as other Korean delicacies on their menu. With on-site karaoke booths to boot, it's perfect for group gatherings and special occasions.



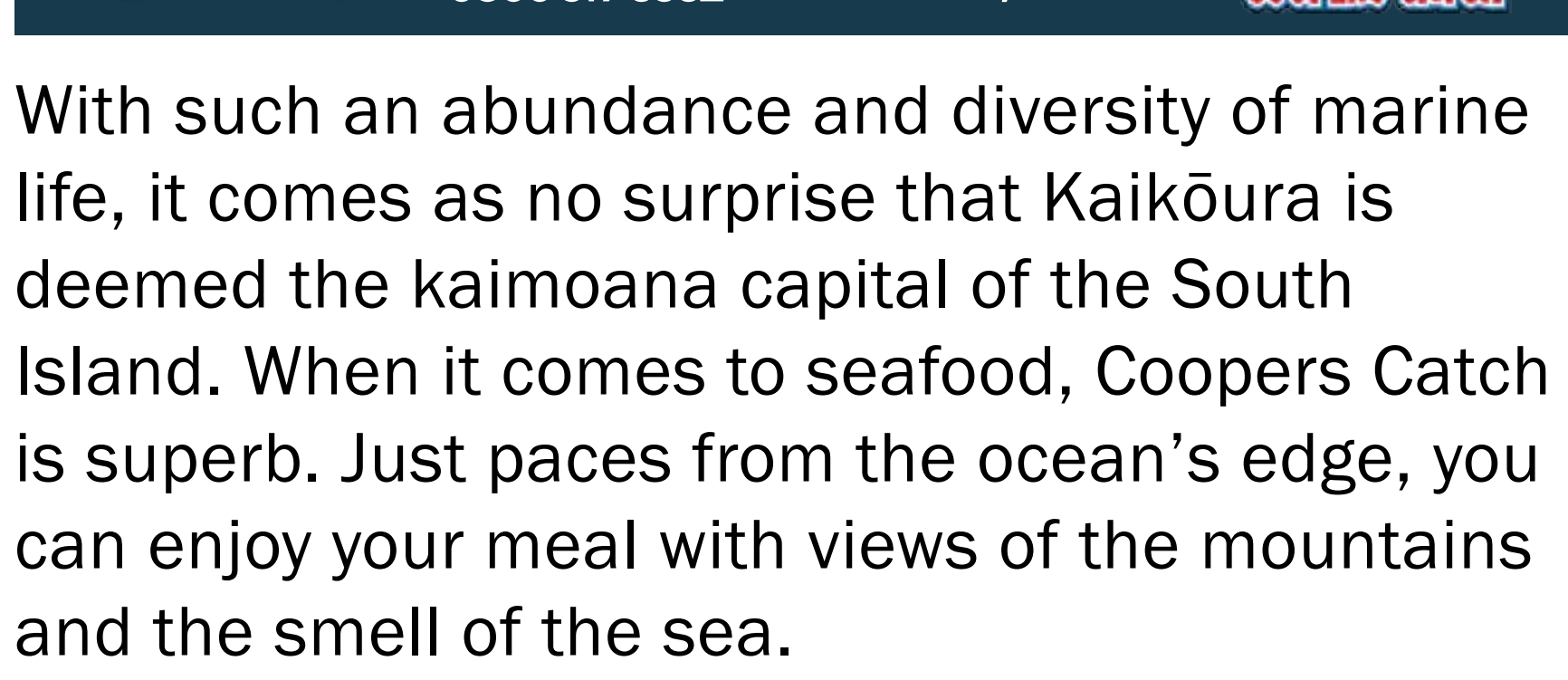
Missing your favourite foods from back home? Pop into UK Goodies in Petone to tuck into some treats that will transport you straight back to Britain with every bite. There are over 150 different jars of lollies to choose from, which means you can craft the ultimate nostalgia pick 'n' mix. Choose from your favourites, or why not try something new?

Don't forget the packets of crisps, savoury snacks, drinks, biscuits, breakfast cereals, specialty ingredients and so much more. Stocking all the well-loved favourites and some lesser-known delights, a trip to UK Goodies is like a plane ticket to the United Kingdom without the long-haul flight. Shop online at [www.ukgoodies.co.nz](http://www.ukgoodies.co.nz)



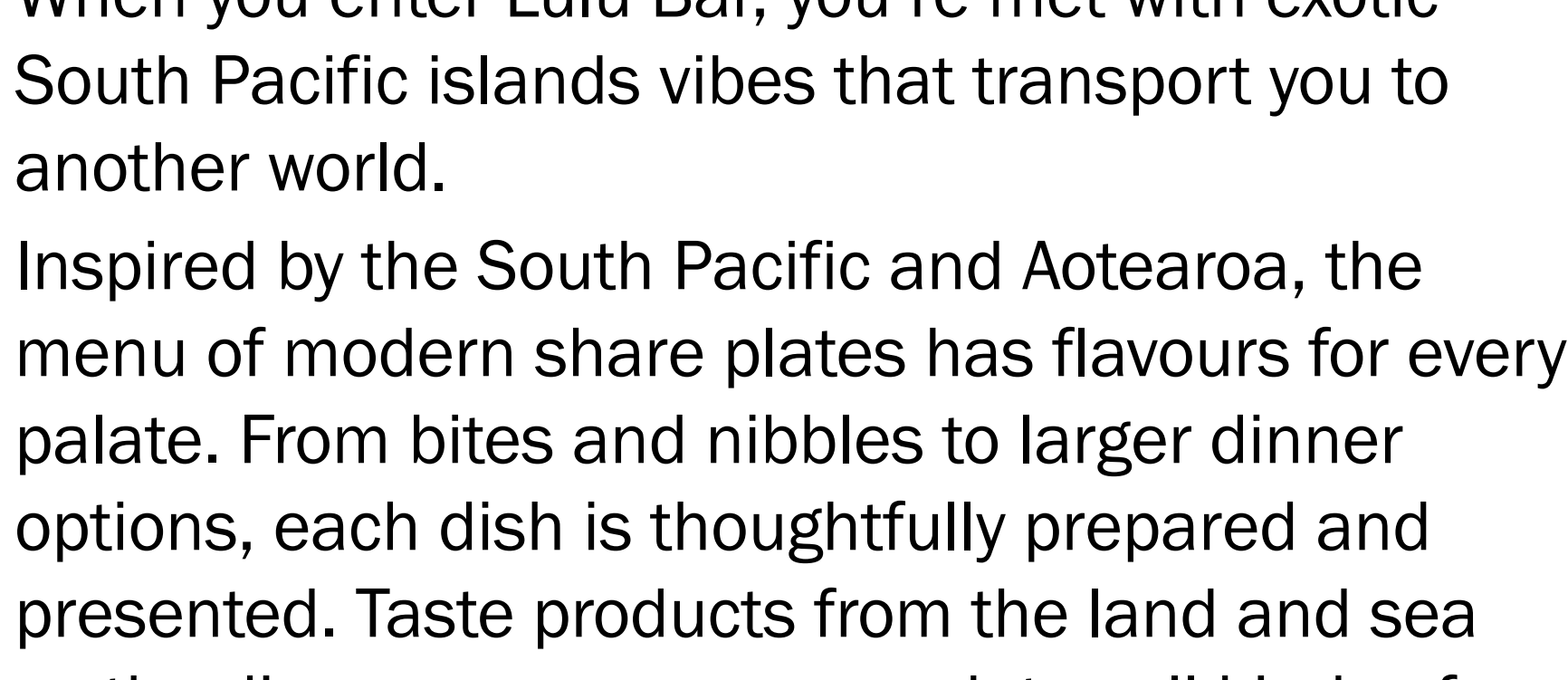
The Lolly Jar will make Greytown visitors as excited as a kid in a candy store. The sweet treat shop of your dreams, this multi-coloured sugary hub of goodness is the ultimate do-it-yourself pick 'n' mix. Choose from a selection of over 150 sweets from all over the world to make up the perfect goodie bag to explore the boutique town of Greytown with.

From chocolates to chewy candy, fudge to fruit flavours, sweet to sour, and everything in between, you'll find your old favourites and new obsessions in the overflowing jars of colourful candies, jubes, and lollies from Aotearoa and beyond. Dance the day away with the sugar plum fairies and give in to your sweet tooth at The Lolly Jar.



With such an abundance and diversity of marine life, it comes as no surprise that Kaikōura is deemed the kaimoana capital of the South Island. When it comes to seafood, Coopers Catch is superb. Just paces from the ocean's edge, you can enjoy your meal with views of the mountains and the smell of the sea.

Caught fresh daily, the world-famous fish and chips at Coopers Catch is always a popular lunch and dinner choice, but there are plenty of other options from the fryer and the skillet, the land and the sea for all palates to enjoy. What's more, the Coopers Catch crew are happy to cook up your freshly caught fish to perfection.



When you enter Lulu Bar, you're met with exotic South Pacific islands vibes that transport you to another world.

Inspired by the South Pacific and Aotearoa, the menu of modern share plates has flavours for every palate. From bites and nibbles to larger dinner options, each dish is thoughtfully prepared and presented. Taste products from the land and sea as the diverse menu accommodates all kinds of dietary restrictions. Drinks are crafted to perfection at the fully stocked bar. Choose from signature cocktails and favourites.

With DJs and events scheduled every week and function rooms available for hire, make Lulu Bar your Wellington favourite.



Taste of Home brings the bold, comforting flavours of Chinese street food to the heart of Wellington.

In their cosy restaurant nestled between historic buildings on Vivian Street, chefs and owners Tina and Steve serve up dishes that remind them of home and have quickly amassed a cult following. The thoughtfully designed restaurant is known for its hand-pulled noodles, fragrant broths, and house-made chilli oil, though every option on the menu is made with care and attention to detail to really bring out the flavours of each ingredient. Whatever dish you choose, you'll be served up a beautiful, delicious plate made authentically and with love.

[Back to contents](#)





# What's on



## 9<sup>th</sup> Aug. Kāpiti Chorale Presents: Wellington

**Composers:** *St Paul's Church, Langdale Avenue, Paraparaumu* – 4pm. Kāpiti Chorale spotlights our region's own musical talent with a programme featuring Jenny McLeod, Shirley Murray, Rosemary Russell, and Jonathan Berkahn. Cadence Chung will perform her own work, and music director Eric Sidoti contributes an arrangement of Six60's *Pepeha*. **Sidoti and composer Thomas Nikora.**



## 3<sup>rd</sup> Aug. Waikanae Music Society Presents: The

**Ghost Trio:** *Waikanae Memorial Hall, Pehi Kupa Street, Waikanae* – 2:30pm. Ken Ichinose (cello), Monique Lapins (violin), and Gabriela Glapska (piano) perform Beethoven's 'Ghost Trio', Tōru Takemitsu's *Between Tides*, Shostakovich's Piano Trio No. 2, and the world premiere of *Sonata da chiesa* by Kiwi composer Glen Downie.



## 1<sup>st</sup> Aug. Kylie Night: Ivy Bar & Cabaret, Cuba

*Street, Te Aro* – 10pm. Blink Bogan [pictured], Rain Bowes, Braiden Butter, and Olivia Dreams converge on Ivy Bar & Cabaret for a night of drop-dead gorgeous drag performances. Get ready to gasp and swoon as some of Wellington's favourite stars stunt and strut, dance and death drop across the stage.



## 8<sup>th</sup> Aug. Friday Laughs with Jeremy Corbett and

**Jo Prendergast:** *The Fringe Bar, Allen Street, Te Aro* – 8pm. Headliner, comedy legend, and host of *7 Days* Jeremy Corbett comes to the capital to perform alongside comedian, improviser, actor, psychiatrist, and author Jo Prendergast [pictured] fresh from her sold-out run at the NZ International Comedy Festival.



## 2<sup>nd</sup> Aug. Drag Double Feature: Part 2: Ivy Bar

*& Cabaret, Cuba Street, Te Aro* – 9:30pm. Ness Quick is back with another entertaining show featuring three Mx Capital winners, the current reigning Drag Performer of the Year, and one of Wellington's hottest rising stars. Catch Bunny Holiday, Eddie D'Amore, Faux Femm, Blink Bogan, and Judas Kiss live and at their best.

**Ness Quick and Faux Femm. Photo by Kiah**

**DeRose Photography.**



## 2<sup>nd</sup> Aug. Wellington Salsa Ball: Harbourside

*Function Venue, Taranaki Street, Wellington Waterfront* – 8pm. With live music, an open dance floor, and a warm, inviting atmosphere, the Wellington Salsa Ball serves as a mid-winter celebration that fosters connection, joy, and a sense of occasion. Whether you're a beginner or a seasoned dancer, shake it to the rhythms of DJ Panda. **Artwork by Aaron Baxendine.**



# What's on

## Wairarapa

**1<sup>st</sup>-31<sup>st</sup> Aug. Pour & Explore:** *Various locations and times in Martinborough.* Through a vibrant series of events, activations, and immersive experiences in August, Pour & Explore invites folks to rediscover the beautiful Wairarapa.

**2<sup>nd</sup> Aug. The Fleetwood Mac Experience:** *Wairarapa Events Centre, Holloway Street, Carterton* – 7pm. From the haunting melodies of Stevie Nicks to the soulful rhythms of Lindsey Buckingham, this world-class show captures the essence of one of the greatest bands in rock history.

## Kapiti

**9<sup>th</sup> Aug. Retro Pack – The Fabulous 50s Show!**

*Kapiti Playhouse, Ruahine Street, Paraparaumu* – 7:30pm. Andrew London and his crew present an evening of choice ballads and rock ‘n’ roll featuring music from Elvis, Chuck Berry, Bobby Darin, The Everly Brothers, and more.

**9<sup>th</sup>-10<sup>th</sup> Aug. Bookmark Kāpiti:** *Various locations and times in Kapiti.* This festival showcases the rich creative diversity of this coastal community and includes stories and writings for all kinds of readers, writers, and storytellers. Enjoy workshops, talks, and performances for children, young people, and adults.

## Events

**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Aug. Sci-Fi Sundays:** *Space Place at Carter Observatory, Salamanca Road, Kelburn* – 6pm. Catch *RoboCop*, *Signs*, and *Waterworld* on the big screen at Space Place.

**7<sup>th</sup> Aug. Gutsy Girls Adventure Film Tour:** *Embassy Theatre, Kent Terrace, Te Aro* – 6pm. Brace yourself for an exhilarating showcase of female adventurers pushing boundaries and defying expectations.

**10<sup>th</sup> Aug. Love & Tax:** *Meow, Edward Street, Te Aro* – 7pm. The Zimmermans playing the music of Bob Dylan alongside singer-songwriter Lake South come together with MC Lesa MacLeod-Whiting and speaker Max Rashbrooke at a fundraiser for the Better Taxes for a Better Future Campaign.

**13<sup>th</sup>-16<sup>th</sup> Aug. The Magic of Her Body: Readings of Katherine Mansfield’s Queer Writing:** *Katherine Mansfield House & Garden, Tinakori Road, Thorndon* – various times. Join performance artist Vixen Temple and historian Kerryn Pollock of Heritage New Zealand Pouhere Taonga on a journey through Mansfield’s sensual diary entries and sapphic-coded short stories.

## Music

**1<sup>st</sup> Aug. Niko Ne Zna Live:** *Vogelmorn Hall, Mornington Road, Brooklyn* – 6pm. This nine-piece powerhouse delivers bold brass, infectious rhythms, soaring vocals, and a dancefloor that won’t quit.

**1<sup>st</sup> Aug. Salmonella Dub Soundsystem:** *Meow, Edward Street, Te Aro* – 8pm. One of the biggest bands in Aotearoa performs alongside Whirimako Black, The Mighty Asterix, and Dub Horns.

**2<sup>nd</sup> Aug. InDuna:** *Moon, Riddiford Street, Newtown* – 9pm. Join Afro-Kiwi artist InDuna to celebrate the release of his brand-new EP *Go High*.

**6<sup>th</sup> Aug. New Zealand String Quartet and Antipodes Quartet Present: Shostakovich**

**UNPACKED:** *Prefab Hall, Jessie Street, Te Aro* – 6:30pm. The second instalment of this four-part concert series presents Shostakovich’s gripping octet.

**6<sup>th</sup> Aug. PUP:** *San Fran, Cuba Street, Te Aro* – 7:30pm. Canadian punk-rock outfit PUP celebrate their new album *Who Will Look After The Dogs* in Wellington, playing a slew of favourites for good measure.

**8<sup>th</sup> Aug. The Bitter Brothers:** *Vogelmorn Hall, Mornington Road, Brooklyn* – 7:30pm. After winding their way around the North Island, the southern gothic, old-time, alt-folk, alt-country five-piece come home to Wellington to perform their new album *Daddy Was An Outlaw*.

**9<sup>th</sup> Aug. The Carol Bean Band:** *Hilltop, Upland Road, Kelburn* – 7pm. Joined by Costa Botes and George Packard, The Carol Bean Band play a mix of jazzy blues with a heavy helping of original songs and stylish instrumentation.

**9<sup>th</sup> Aug. Cable Management Presents: Unfolding ft. Eli Høff:** *Moon, Riddiford Street, Newtown* – 9pm. Expect evolving BPMs, genre hybrids, and a night that goes deep into the dark, hypnotic underground.

**9<sup>th</sup>-10<sup>th</sup> Aug. Capital Arts Trust and Orchestra**

**Wellington Present: Classical on Cuba 2025:** *Various locations and times in Cuba Street Quarter.*

Visual effects, rock music covers, and even chill-hop vibes in the park collide at this weekend classical music extravaganza.

**14<sup>th</sup> Aug. Pentagram:** *San Fran, Cuba Street, Te Aro* – 8:30pm. The legends of doom metal come to Pōneke for the first time ever. Noted as the pioneers of heavy metal, this Virginia outfit are ready to rumble.

**15<sup>th</sup> Aug. Lisa Tomlins Jazz Night:** *Thistle Inn, Mulgrave Street, Thorndon* – 7pm. Prepare for a night filled with soulful melodies and irresistible rhythms as Lisa Tomlins’ beautiful voice sets the perfect ambiance for an evening to remember.

**15<sup>th</sup> Aug. Corrella:** *San Fran, Cuba Street, Te Aro* – 8pm. Corrella are hitting the road after a summer supporting L.A.B for their biggest headline tour yet, bringing their new album *Skeletons* to the stage for the very first time.

**16<sup>th</sup> Aug. Best of the Bee Gees Saturday Night Fever Show:** *The Opera House, Manners Street, Te Aro* – 8pm. You’re invited to put on your boogie shoes and salute the album *Saturday Night Fever* with tribute act Best of the Bee Gees, George Ellis Orchestra, and special guest Debora McLane, niece of the Bee Gees.

## Performance

**31<sup>st</sup> Jul. Catfish Trifecta Presents: The Cuck Chair – An Improv Show:** *Circus Bar, Allen Street, Te Aro* – 8pm. What begins as punishment becomes prophecy as Mo Munn, Ralph Hilaga, and Joel Luscombe jump into a night of improv chaos.

**31<sup>st</sup> Jul-2<sup>nd</sup> Aug. Dungeons and Decades: Time Is Just A Number:** *BATS Theatre, Kent Terrace, Te Aro* – 6:30pm. Wellington-based Dungeons and Dragons podcast *Last In Initiative* and Duct Taped On Theatre are back with three timeless tales guaranteed to take you on a comedy-packed, action-filled romp across time, space, and the 80s.

**2<sup>nd</sup> Aug. Caburlesque – Insufferable Crown Wearing:** *The Fringe Bar, Allen Street, Te Aro* – 8pm. MC Constance Craving will host an evening of performance from Aurora Storm, Felix Goodfellow, Maree and Giada, Heaven Z’dor, Angiebert Humpermink, Fay Belle, and more.

**5<sup>th</sup>-9<sup>th</sup> Aug. Revelation Valley:** *BATS Theatre, Kent Terrace, Te Aro* – 7:30pm. Pākehā theatre-maker Lisa Maule writes poetry on constitutional change. In this show, she reads a different work each night alongside a new special guest.

**6<sup>th</sup>-10<sup>th</sup> Aug. Wellington Opera Presents: Giuseppe Verdi: A Masked Ball / Un Ballo in Maschera:** *The Opera House, Manners Street, Te Aro* – various times. Staged with a fresh perspective inspired by the myth of Artemis and Actaeon, this poetic interpretation of Verdi’s work binds ancient archetypes with Romantic operatic drama.

**7<sup>th</sup> Aug. The Girls Uninterrupted, Kiwi Yarns & Friends Live:** *San Fran, Cuba Street, Te Aro* – 4:30pm. Brodie, Gracie, and Caitlin each bring their own spark, sass, and stories to the mic, making for a vibrant blend of laughs, heart, and unfiltered conversation.

**7<sup>th</sup> Aug. Alien Comedy:** *Moon, Riddiford Street, Newtown* – 8pm. Enjoy out-of-this-world comedy and stratospherically good pizza and beers at Wellington’s second-longest-running comedy show.

**8<sup>th</sup> Aug-6<sup>th</sup> Sep. Cringeworthy: The 90’s:** *Circa Theatre, Taranaki Street, Te Aro* – various times. In this high-octane explosion of 90s nostalgia, enjoy a witty narrative reflecting the lifestyle, news events, and culture of the era accompanied by all the musical hits.

**9<sup>th</sup> Aug. Sanjay Patel:** *The Fringe Bar, Allen Street, Te Aro* – 6:30pm. As seen in the 2025 NZ International Comedy Festival, Sanjay Patel presents his new show *Stupid*.

**9<sup>th</sup> Aug. Saturday Laughs with Michelle Wiley and Sanjay Patel:** *The Fringe Bar, Allen Street, Te Aro* – 8pm. Special guest Sanjay Patel joins forces with Michelle Wiley, Callum Wagstaff, Jo Prendergast, Sanjay Parbhu, Brandon Wyatt, and Mo Munn for a two-hour comedy showcase.

**9<sup>th</sup> Aug. MD: A Down Under Untucked Drag Show:** *Ivy Bar & Cabaret, Cuba Street, Te Aro* – 8:30pm. The wigs are high, the heels are higher, and the stakes are sky high. For one night only, *RuPaul’s Drag Race Down Under* season four stars Mandy Moobs and Olivia Dreams return to the spotlight.

**13<sup>th</sup>-31<sup>st</sup> Aug. Mamma Mia! The Musical:** *St James Theatre, Courtenay Place, Te Aro* – various times. This sunny, funny, international phenomenon unfolds on a Greek island paradise when, on the eve of her wedding, a young woman’s quest to discover the identity of her father brings three men from her mother’s past back to the island they last visited 20 years ago.

**14<sup>th</sup>-16<sup>th</sup> Aug. New Zealand School of Dance Presents: Unbound:** *Whirinaki Whare Taonga, Fergusson Drive, Upper Hutt* – various times. This eclectic programme will feature highlights from the classical ballet repertoire as well as new works created by the next generation of choreographers.

**15<sup>th</sup> Aug. Explorers: The Age of Discovery with James May:** *The Opera House, Manners Street, Te Aro* – 7:30pm. Learn about famous and unknown explorers from Ice Age migrations through to space journeys with *Top Gear*’s James May.

## Galleries

**Until 16<sup>th</sup> Aug. All at Sea:** *Bowen Galleries, Ghuznee Street, Te Aro.* Painter Neil Frazer and photographer Craig Potton present a new exhibition of works showcasing New Zealand’s coastlines.

**Until 14<sup>th</sup> Sep. Julia B. Lynch: A Dedicated Life:** *New Zealand Portrait Gallery Te Pūkenga Whakaata, Lady Elizabeth Lane, Wellington Waterfront.* Explore the life and work of extraordinary New Zealand portrait painter Julia B. Lynch.

**Until 9<sup>th</sup> Nov. ungeographic:** *Pātaka Art + Museum, Parumoana Street, Porirua.* This large-scale exhibition by internationally acclaimed artist Jasmine Togo-Brisby aims to create a sense of place for Australian South Sea Islanders.

## Festivals

**31<sup>st</sup> Jul. International Packraft Film Festival – Wellington:** *Penthouse Cinema, Ohiro Road, Brooklyn* – 7pm. Watch soulful river journeys and epic whitewater rafting adventures, big swims and quiet moments on the big screen at this festival by paddlers, for paddlers.

**1<sup>st</sup>-31<sup>st</sup> Aug. Visa Wellington on a Plate:** *Various locations and times in Wellington Region.* Electrify your taste buds at food-based festivities. Get hyped for pop-ups, masterclasses, workshops, festivals, unique events, and more.

**2<sup>nd</sup> Aug. NZ’s Top Dog Film Festival 2025:** *The Roxy Cinema, Park Road, Miramar* – 12:30pm. This year’s curated collection brings together incredible real-life stories about dogs around the world – from bloodhounds tracking poachers in Africa to ultra-running Vizslas in the Pacific Northwest, pampered hotel pups to unlikely sporting heroes.

**8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Aug. New Zealand Symphony Orchestra Presents: Rumakina Immerse Festival:** *Michael Fowler Centre, Wakefield Street, Te Aro* – 6:30pm, 7:30pm, 2pm. Over the course of one weekend, conductor André de Ridder presents three concerts: *Enchanted: Stravinsky, Dukas & Mussorgsky*; *Ascension: Schumann & Vaughan Williams*; and *Creepy-Crawly Carnival*.



**For your inclusion in the what's on listings email: [whatson@regionalnews.kiwi](mailto:whatson@regionalnews.kiwi). Close off for the next issue's listings is noon Tuesday 5 August.**

**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*

# A love for learning




**Continue your learning journey. Come and visit us!**

- Fantastic access from the motorway
- Full time or part time education options
- Available for over 2 year olds
- Space available!

Open Mon-Fri 7.30am-5.30pm | Phone **04 473 1947**  
Email: [centre.manager@citykids.org.nz](mailto:centre.manager@citykids.org.nz) | [www.citykids.org.nz](http://www.citykids.org.nz)

At City Kids, children begin their journey of becoming a lifelong learner. Located in Thorndon, this non-profit early childhood education centre takes an individualised hands-on approach to teaching, providing the resources and pathways all tamariki need to thrive.

Open to full and part-time learners over two from 7:30am to 5:30pm Monday to Friday, City Kids operates all year round (except statutory holidays and two weeks over Christmas). A nutritious morning tea, lunch, afternoon tea, and late snack are provided.

The learning environment at City Kids is second to none. There is a high qualified teacher-to-student ratio, meaning your child will always have access to someone for guidance and support. The teachers create an e-portfolio for students featuring updates, photos, videos, and stories about each child's experiences and captures their excursions by walk, bus, and train as well as school visits. These are accessible to parents and whānau, so you'll never miss a special moment.

Nature, culture, and hands-on experiences are just some of the aspects that make City Kids an excellent place for learning. The teachers are committed to the principles of Te Whāriki Early Childhood Curriculum, incorporating te reo into activities and supporting every child to learn in the way they are most comfortable with. City Kids tamariki are from a range of diverse cultures, which are celebrated on national days with decorations, activities and food, and shows.

Fun, friendly, and full of care, find out more at [www.citykids.org.nz](http://www.citykids.org.nz)

# Regional News

*Eyes on Wellington*



© @RegionalNewsNZ [www.regionalnews.kiwi](http://www.regionalnews.kiwi) f @RegionalNewsNZ



**Aotearoa New Zealand Sex Workers' Collective**

**We advocate for the rights, safety, health, and wellbeing of all sex workers across Aotearoa New Zealand.**

**04 382 8791**  
**[nzpc.org.nz](http://nzpc.org.nz)**

Tickets ▼





**කලරත්න**  
**Rhythm of the Guitar**

Sponsor  Creative Partner 




**PROFESSIONAL SOUND SYSTEMS, FEEL THE MUSIC**  
**PUT THE WORLD ON MUTE**

Live concerts, corporate events, festivals and house of worship markets. Sound services is a full service audio production and sales company based in our capital city Wellington.

**Your trusted service with 35 years in the industry**

[soundservices.net.nz](http://soundservices.net.nz)  
[soundservicesinfo@gmail.com](mailto:soundservicesinfo@gmail.com) | 0274 496 862  
3 Matiu Close Elsdon, Porirua

**Prime Doors**  
*"your local welly door experts"*



**Residential Range • Repairs 24/7**  
We specialise in: **Sectional Garage Doors**  
**Tilt Doors** | **Roller Doors** | **Garage Door Automation**

4/253 Riddiford St, Newtown (Appointments Only)  
027 270 0166 | [office@primedoors.co.nz](mailto:office@primedoors.co.nz)  
[www.primedoors.co.nz](http://www.primedoors.co.nz) f

**Just Blinds** **Custom made Wellington Blinds**



**We have moved to Lower Hutt!**

Exciting fabrics • Wide range of blinds • Colour consultancy • Installation - Repairs • 3 year guarantee  
**Showroom: 405 Hutt Road, Alicetown**  
Hours: Mon-Fri 9am-4.30pm, Sat 10am-2pm  
[sales@justblinds.co.nz](mailto:sales@justblinds.co.nz) | Tel **04 472 9920** | [www.justblinds.co.nz](http://www.justblinds.co.nz)

**SANTAFÉ**  
Now Wellington agent for Santa Fe Shutters

**FREE measure and quote!**

 **ECO**  
WELLINGTON  
uPVC Windows & Doors



**Double glazing powered by uPVC joinery**  
Free measure and quote! **04 974 8930**

[www.ecowindows.nz](http://www.ecowindows.nz) | [sales@ecowindows.nz](mailto:sales@ecowindows.nz) | Showroom at 405 Hutt Road, Alicetown

**We have moved to Lower Hutt!**

**Back to contents**





# Best of both worlds



Retire your way in the city you love at Enliven's Huntleigh Retirement Apartments. Located in the heart of Karori, residents get the best of both worlds at this well-connected village.

Just a short bus ride from the city centre and the bush, Huntleigh residents can enjoy everything wonderful Wellington has to offer while still having the luxury of living in a small community. Karori's town centre has everything you may want, including grocery stores, a library, a community centre, restaurants, shops, hairdressers, eateries, and more, which means if you don't feel like venturing into the city, you can just walk into town.

As for Huntleigh Retirement Apartments, the newly renovated one-bedroom options are spacious, bright and light, warm, and thoughtfully decorated in a sleek, modern style. All residents have access to the community facility, which includes a large lounge and function room, a dining room with small kitchen, and a library. The grounds, rates, security, and more are all taken care of within your weekly fee so you can focus on enjoying your life.

Community is an important part of life at Huntleigh. Residents will have plenty of opportunities to socialise and are encouraged to get involved, pick up new hobbies, and pursue their passions. Furthermore, as your needs change, so can your care, with Huntleigh Home situated right next door you can always have peace of mind about being looked after.

By choosing Huntleigh Retirement Apartments, you don't have to compromise on independence or security.



**Vibrant community living in the heart of Karori**



**Price from \$495,000**

Enliven's Huntleigh Boutique Retirement Apartments in Karori, Wellington

*Small Village Living, Big Sense of Belonging*

- Newly refurbished 1 bedroom apartments
- Modern kitchen, bathroom & double glazing
- As your needs change, so can the support we provide as Huntleigh Home is right next door

**AVAILABLE NOW**

Contact Anna to arrange a viewing on **04 464 2020**  
Visit: [enlivencentral.org.nz](http://enlivencentral.org.nz)



# Life your way



Retirement doesn't have to mean slowing down – it means having more time to do the things you love and live life how you want. Enliven's Kandahar Retirement Village offers a boutique lifestyle to its residents, complete with a vibrant community, access to nature, proximity to bustling towns, and all the comforts of an assisted living environment.

Brand-new two-bedroom villas are now available in Kandahar Retirement Village. Located in the beautiful Lansdowne suburb of Masterton, this manicured and beautifully crafted extension in an established community is due to be completed at the end of August 2025. The villas are spacious, modern, sunny, and bright, offering all the small luxuries and amenities that make life comfortable and carefree. Plus, with all the gardening, rates, security, and other features taken care of within your weekly fee, residents don't have to worry about a thing except enjoying life.

Residents will have access to a vibrant community centre where they can enjoy socialising, clubs, events, and outings with their community.

Picking up new or old hobbies is encouraged, and Masterton's centre is just a short drive away, meaning residents have access to everything the bustling town has to offer.

What's more, as needs change, so too can the care Enliven provides thanks to the neighbouring Kandahar Home and Kandahar Court giving preferential entrance to Kandahar Retirement Village residents.

Choose a boutique lifestyle where you know your neighbours and have access to everything you love at Kandahar Retirement Village.



**Retire in the sunny Wairarapa**



**Enliven's Kandahar Village – Boutique Retirement Community in beautiful Lansdowne, Masterton**

*Small Village Living, Big Sense of Belonging*

- Close to everything the Wairarapa has to offer like vineyards, cafes, bush walks, bike tracks & shops – live your lifestyle while knowing that everything is taken care of
- As your needs change, so too can the care we provide with Kandahar Home and Kandahar Court just around the corner
- Spacious two-bedroom villas available now featuring modern kitchens, bathrooms and open plan living

Call Sharon to view on 06 370 0662 or visit [enlivencentral.org.nz](http://enlivencentral.org.nz)