

The Hutt News

Stamping out public smoking

NICHOLAS BOYACK

Hutt City Council is considering further bans on smoking in public places.

A report to the council's policy committee recommends making large parts of the city smokefree.

The proposal is being driven by officers, who have prepared a detailed report. Previous attempts to broaden the existing ban on smoking in playgrounds to other council-owned or administered facilities have been rejected by politicians.

The call is for a ban to be extended to sports grounds, beaches, bus stops and train stations, as well as all outdoor dining areas.

A survey of 732 residents found overwhelming support, at 95 percent, for no smoking at children's playgrounds.

There was also strong support for a ban on lighting up at bus shelters and train stations.

Council officers noted New Zealand was lagging behind similar countries, including Australia and the United Kingdom, that have laws banning smoking from a range of outdoor locations.

"One of the main reasons for

Rita Kniazeva and Natalia Kotova support Hutt City Council playgrounds being smokefree. They believe children such as one-year-old Andrew, should never be exposed to second-hand smoke.

smokefree policies is to de-normalise smoking and reduce the uptake among young people, i.e. ensure positive role modelling as much as possible," their report says.

Wellington City is currently

looking at a similar proposal.

If councillors sign off on the proposal, the extended ban would be phased in, with stage one starting this year.

It would include parks, sports grounds, beaches and transport

stations.

Stage two, covering all council run and funded events, as well as outdoor paved areas, would come into effect in June 2017.

The biggest hurdle would be enforcement.

BY THE NUMBERS

Smoking in Lower Hutt is far more prevalent among Maori (35.5 per cent) and Pacific (24.9) residents than Europeans (15.30). The lowest socio-economic areas, particularly Naenae and Wainuiomata, have the highest rates.

Policy manager Wendy Moore told Hutt News there was no way council can actually enforce a ban.

A change of legislation was necessary to give council the power to introduce and enforce by-laws.

But a smokefree policy would at least reinforce the view that smoking was not acceptable.

Backed by signage she said it would send smokers a clear message that their habit was unacceptable in a public place.

She hoped it would give people at bus stops and railway stations confidence to speak out.

"Some people might say 'do you know this is a smokefree area and I would prefer if you did not smoke' but that does take a bit of courage."

Should the following areas be made smokefree?

	YES	NO
Children's playgrounds	95%	4%
Parks and sports-grounds	77%	16%
Beaches	62%	28%
Bus stops and shelters	88%	8%
Train stations	83%	12%
Taxi ranks	73%	16%
Outdoor dining and drinking areas on footpaths	71%	24%
Outdoor public areas in town centres	62%	29%
Outdoor public areas around council buildings and facilities	75%	20%

Council survey results on extending smokefree policy. The remaining percentage is people who replied 'don't know'.

Bans reduce smoking 'normalisation'

Action on Smoking and Health spokeswoman Erin Edwards said her organisation supported additional smokefree areas.

"The proposed changes for Hutt City are a positive step and it shows support for the well-being of those living there," Edmonds said.

Providing environments that encourage people to live smokefree would help reduce people's exposure to second-hand smoke and help to reduce the normalisation of smoking behaviour.

But it was important a tougher policy was backed by support services for those wanting to quit,

she said.

Two people who strongly support the proposed policy are Rita Kniazeva and Natalia Kotova, who are part of a group of Russian women who meet regularly at the Riddiford Gardens playground.

Although they seldom see people smoking in the park, Kniazeva told *Hutt News* she supported anything that discouraged smoking.

"I don't like children to see people smoking."

Kotova agreed and said people should not be wasting money on a product that is bad for their health.

Her husband has asthma and he is very conscious of people smoking around him.

"We have neighbours who smoke and he does not like it when he can smell it."

City councillors have been asked to increase the budget for signage by \$14,000 for extra smokefree signs.

What do readers think? Is the proposal an exercise in futility when it can't be enforced? Or is it a worthwhile further step to encourage smokers to kick the habit in the butt. Send your views to editor@huttnews.co.nz

YOUR PAPER, YOUR PLACE

FROM THE EDITOR

Education Minister Hekia Parata is probably right that it should not be compulsory for schools to teach students about the New Zealand land wars. The community, via boards of trustees, should make those decisions.

That said, it is important young New Zealanders have an understanding of the 1800s/early 1900s era in which nearly 1 million hectares of land was taken by the Crown, and conflicts in which 3000 people, most of them Maori, died.

Jim Moriarty and Helen Pearse-Otene, of Te Rakau Theatre, have found another way to evoke the era (see Dog & Bone, pg 22). Like the parents at a rehearsal of this play, involving St Oran's and St Bernard's pupils, I was thoroughly impressed. The teenagers have put real heart into the production; it is compelling and often emotional. Te Rakau, which is also active at marae, prisons and with troubled youths, deserve congratulations for bringing New Zealand stories to the stage in this way.

– Simon Edwards

to do list

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3. MAIDEN'S BLUSH

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4. ECO-WARRIORS

Controlling wasps is the topic of a talk by a DoC expert at the LH Forest & Bird agm, Thursday 7.30pm, HV Tramping Club rooms, Birch St. Waterloo.

5. TOE TAPPING

Jukebox Live: Hutt City Musical Theatre's review of hits from the 1950s to '80s. May 5-7 and 12-14, 8pm at Epuni Hall. \$18, call 027 429 0377.

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Back to future for Settlers museum

SIMON EDWARDS

Original features of the 1940 Petone Settlers Museum building have been uncovered in a \$250,000 refurbishment project.

The building has housed a museum since 1977 but its original function was as a bathing pavilion. Contractors discovered the original tiled footbaths that swimmers had to walk through to get to changing rooms, and long-covered up windows were also found intact.

The main entrance was originally from the beach, where there was a large double door, Hutt City Council's museums business and operations manager, Kyle Joseph, said.

For security and weather protection reasons, it was decided not to try to re-establish the doors to the foreshore.

"The beach has encroached so far up as well. The sand now sits pretty high up the seawall," Joseph said.

However, new two-metre windows have been installed to restore light and views.

Automated roller doors will be lowered at night. There are also new security cameras at the rear that the police network could access.

Period costumed characters will be placed by the restored tiled footbaths "to help tell the story of the building".

HCC museums business operations manager Kyle Joseph shows Harbour Ward councillor Tui Lewis how plans for the refurbishment of the Petone Settlers' Museum, including large new windows at the rear, have been put into action.

Taking heed of advice from conservation architect Ian Bowman, and with the approval of Heritage New Zealand, decorative concrete grills that had been removed from the front and back of the landmark building have been put back. The walls no longer look so bare and boring.

Cracks and reinforcing have been repaired.

One change that may prove

controversial is that the coloured Aurora prow feature at the front, and settler/Maori frescos above the front entrances, are now painted over in the same creamy white colour that covers the entire building.

Joseph said that was how it was when the building opened, and it is the play of light and shadow on these 3D features that shows them off to best advantage.

Restored lighting will make the ship prow a real feature at night.

City councillors are considering a request for \$60,000 for a staff member and public programmes budget dedicated to the Petone Settlers Museum.

■ A family open day celebrating the refurbishment and rededication of the Petone Settlers Museum will be held on Sunday May 29.

Patrick St, Carey's stories added inside

The Petone Settlers Museum is still closed while a \$75,000 refresh of exhibition space inside continues.

Harbour Ward councillor Tui Lewis is pleased the ship's cabin feature, where people could get a feeling for how cramped it was for people who spent many months on the ocean sailing from Europe in the 1840s-1860s, is to make a return. Museum visitors can use a computer database to search early ship records, and there will be a better link with early history main archives at the Petone Library building in Jackson St.

In the building's western wing, displays on Atiawa history, The Britannia settlement diorama and other features are being improved and there will be a new feature telling the story of iconic local retailer Carey's Drapery.

The east wing will have displays telling the story of Petone's development and industry, with the first of a series depicting the history of Petone streets focusing on Patrick St, and the first state houses in New Zealand.

Exhibitions in the Settlers Museum had not been updated for five years or more, and were stale. Visitor numbers had dropped as a result. Museum communications officer Katrina Smit said annual "refreshes" are now planned.

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Opposition mounts against bottle store

SIMON EDWARDS

A campaign to try and block a proposed new liquor store at 6A The Strand, in central Wainuiomata, is gathering momentum.

A 'Notanotherliquorstore' Facebook page had 500 likes within 24 hours of being posted and the area's MP, Trevor Mallard, said of the scores of people he has talked to about the liquor off-licence application, "the overwhelming majority were opposed. "Only one person was in support, and one was dithering."

More than 100 people had filled

in a submission form being promoted by the Labour MP's electorate office and community health worker Sisi Tuala-Le'afa.

The application for the off-licence is in the name of the Singh family, and its proposed hours for the Wainuiomata Liquor bottle store are seven days, 9.30am-9.30pm.

Mallard said it wasn't just that Wainuiomata already had six or seven off-licence premises, but the proposed location was unsuitable. That part of The Strand is home to churches, a medical centre, and a children's playground.

"It's not far from a BMX

"Wainuiomata occasionally has people drinking in the central area. There is concern this could exacerbate the problem."

Hutt South MP Trevor Mallard.

track," he said.

"Wainuiomata occasionally has people drinking in the central area. There is concern this could

exacerbate the problem."

Tuala-Le'afa said she had seen the wider family and community effects of alcohol abuse through her community work role. "Wainuiomata doesn't need access to booze made easier."

She was an early submitter on the Hutt City Council's draft Local Alcohol Policy, which was first approved in May 2013 but only on Monday night was up before city councillors for approval in its final form.

It had taken time to get agreement from parties as diverse as the NZ Police, the Medical Officer of Health, supermarket and other

alcohol retailers to agree to 7am-10pm maximum opening hours for off-licences in Lower Hutt.

What Mallard and Tuala-Le'afa argue is the crucial deficiency in the policy is a cap on the total number of liquor outlets, or even better a sinking lid.

Nikolien van Wijk posted on Facebook: "Locals managed to stop the liquor licence in Cannons Creek...it can be done."

■ Submissions on The Strand off-licence application close with the city council on May 10. Trevor Mallard is hosting a public meeting on the topic on Monday May 9, 7pm in the Wainuiomata Community Hall.

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Safari racers will look for meerkats in Petone

NICHOLAS BOYACK

Wild animals will be roaming the region on Sunday May 15, as part of Orienteering Hutt Valley's annual Metlink City Safari.

The race to explore Wellington, by foot and by all forms of public transport, is Wellington's biggest navigation event, with more than 700 expected to take part.

City Safari manager Kelvin Thiele says the wild animal theme acknowledges the starting location at Wellington Zoo.

"Teams will start the Safari exploring the zoo and locating and identifying images of wild animals. They'll then set off to explore the rest of the city, tracking down tigers in Miramar, meerkats in Petone and baboons in Kenepuru."

The animals they will be hoping to find will be of the cardboard variety.

"There will be some really, really cool pictures of tigers and lions."

City Safari was started by Hutt Valley Orienteering stalwart Michael Woods, who is still involved as the map maker.

Woods hoped the idea – using orienteering to promote public transport – would be followed nation-wide.

That has not happened and Thiele says that it requires a lot

Competitors set off on the 2015 City Safari in Wellington.

or organisation. Wellington is ideal because it has so many forms of public transport.

This year the course will take in Eastbourne and Petone, although he is reluctant to give too much detail away.

Each participant will be given a map book and a day pass. The map book will tell participants where all the wild animal images are. The teams then race to visit and identify as many of these wild animals as possible in the three or six hour time limit.

The day pass can be used for

all forms of public transport. Participants can take the train and Valley Flyer to Petone, the ferry to Eastbourne, take the cable car to Kelburn, or the bus to Island Bay.

The City Safari uses a unique text based live scoring system. Participants will text the identity of the wild animal at each location. They will then receive leader board updates throughout the event.

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For more information on the treatments available, check out the Skin Deep Cosmetic Laser Clinic website www.skindeeplaser.co.nz.

Sonny the seal point Birman from Avalon was poisoned.

Former doctor to pay for poisoning cat

JARED NICOLL

A shamed former Lower Hutt doctor has now been told to cough up for poisoning his neighbour's cat.

A judge has ordered Avalon resident Dennis Wong, 67, to pay \$1775 to the owners of Sonny the seal point Birman.

Wong was previously found guilty of poisoning Sonny by enticing him to eat mince laced with anti-freeze poison outside his home.

Sonny suffered kidney failure and had to be euthanised in May last year.

He had denied a charge of willfully ill-treating the animal – laid under the Animal Welfare Act – and claimed he only meant to deter Sonny from pooping on his lawn.

Wong previously hit headlines in 2012 after The Health Practitioners Disciplinary Tribunal found him guilty of malpractice because between 2000 and 2010 he irresponsibly prescribed drugs in high doses to a known addict.

Wong prescribed the sedative halcion and weight loss drug duromine to the patient, even though medical practitioners were barred from prescribing to her as she was subject to a restriction notice under the Misuse of Drugs Act.

He was ordered to pay nearly

\$40,000 in fines and costs.

Wong is now retired, and the NZ Medical Council confirmed he is no longer a registered doctor.

Wong told Fairfax Media last month that his malpractice case "was years ago" and he did not feel it was still relevant. He declined further comment.

Sentencing notes obtained by Fairfax Media show Judge Butler took into account Wong's age, the fact he had no previous convictions, "and in your former profession you afforded much valuable service to the community".

"You became unwell following the loss of your mother; this resulted in depression, insomnia, and feelings of burnout for you, you had been medicated for a period for these ailments ... Your relationship is in some difficulty at the moment."

Wong had a low risk of reoffending and a pre-sentence report stated a rehabilitative sentence was not necessary.

Judge Butler ordered Wong to pay \$1775.30 in reparation to the complainant and to pay witness expenses, largely for a veterinary expertise, for the prosecution of \$1395.20.

One of the cat's owners, Sophie Pugsley, described at the time her family's beloved Birman as "like a little human, bloody adorable".

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1:00pm Kelson Community Centre, 5A Timaru Grove, Kelson

2:00pm Maungaraki, Benedicts Cafe, 141 Dowse Dr, Maungaraki

3:00pm Petone Electorate Office, 176 Jackson Street

Trevor Mallard
MP for Hutt South

trevor.mallard@parliament.govt.nz

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Way is now clear for Cornwall St townhouses

NICHOLAS BOYACK

One of the longest running and bizarre property disputes in Lower Hutt is finally over.

Developer Graeme Cromie has gone to tender with a project that will be one of the smallest apartment developments in the city.

The 47 by seven metre strip in Cornwall St has been fought over since 2004 when Hutt City Council property manager Matt Ambler sold it.

It has been roading reserve but was sold to a developer without the nearest neighbour, the Returned Services Association, being offered the chance to buy

Critics said the development would make Cornwall St look like Hong Kong.

The tiny strip of land has been fought over since 2004.

it.

The RSA went to the High Court arguing their building had been devalued and the council was forced to pay compensation.

Cromie has made a number of attempts to develop the 310sqm site but has faced stiff opposition from neighbours.

In 2011 critics said that the planned development would make Cornwall St look like Hong Kong, with overhanging balconies and washing being dried over the street.

In May 2015 Cromie gained consent to build five townhouses in three blocks.

By Hutt City standards, the design was highly unusual. There was no setback from the street and cars would have to be driven over the footpath into the garage headfirst.

The internal stairway for the three storey buildings sit above the cars' engines.

Three neighbours appealed

An artist's impression of the townhouses planned for 3 Cornwall St.

to the Environment Court.

Their appeal was recently withdrawn, with Cromie agreeing not to pursue costs and to purchase the former RSA building.

Cromie told Fairfax he was delighted to have finally won and the project was already out to tender.

He remained deeply frustrated with the whole process. The appeal was a "nonsense" and bound to fail.

How much the appeal process has cost him would not become clear until he has added

up all his bills.

"I have spent well over \$100,000."

He does not plan to develop the former RSA building. It will continue to operate as a childcare centre but he plans to talk to council about improving access to the site.

A report to councillors noted that Cromie still needed building consent.

The council was seeking costs against Gee and Hickton, Angus Lands and Kidicorp Early Years, who took the issue to the Environment Court.



Plans to raise Wainui cleanfill site draws ire

NICHOLAS BOYACK

A Wainuiomata cleanfill with a chequered history is again in the spotlight.

Receivers for the Waiu St cleanfill have applied to the Hutt City Council for resource consent to “rehabilitate” the site, originally operated by Paddy Hannan.

The proposed work is aimed at remedying problems which make it unsuitable for building on.

The site has operated as a cleanfill since 2009. While landfills contain refuse, cleanfills are for uncontaminated, non-decomposable inert solid material such as soil, rock, dredged material, used asphalt and brick, block or concrete from construction and demolition activities.

In February 2014 Paddy Hannan Contracting Ltd was put into receivership.

The receiver, KJ Whitley, wants to increase the height of the 3.8 hectare site by three metres so it can eventually be built on.

Engineers have identified a number of problems.

Parts of the cleanfill have not been compacted and the necessary certification is lacking. Material has been stockpiled in breach of the consent and there is also evidence of possible leachate.

The future of the Waiu St cleanfill in Wainuiomata is again under consideration with receivers proposing a plan to rehabilitate the site. Much of it is covered in scrub, building material and blackberry.

Spencer Holmes Ltd has put in a proposal on behalf of the receiver to increase the site's height.

“While demolition material will be brought into the site, the intent is largely to accept only material which achieves good compaction and loading, in order to ensure that the site is capable in future of providing a suitable platform for building.”

The consent, which will be heard by an independent commissioner, has drawn 12 submissions in opposition, including two from Hutt City Council officers.

General manager of infrastructure, Bruce Sherlock,

argues there is no need for a new consent.

“The clean fill operation of this site has a history of not meeting the conditions of resource consent . . . Considerable effort went into drafting the resource consent conditions for the current consent, which the receiver can use, if he wishes to complete the rehabilitation of the site.”

Sherlock goes on to argue the application is an attempt to avoid meeting the conditions of the existing consent.

■ Hearings Committee May 5, Wainuiomata Library, 9am.

ENTERTAINMENT GUIDE

FRI 06 8pm
SAT 07 8pm
SUN 08 3pm

FRI 13 8pm
SAT 14 8pm
SUN 15 3pm

FRI 20 8pm
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NZ Special Olympics skier Rebecca Heath, 30.

Snow slopes offer escape from constant pain

JARED NICOLL

Rebecca Heath says skiing allows her to take a mental break from the constant pain of living with cerebral palsy.

Now her passion for the sport has seen the 30-year-old Petone resident chosen to represent New Zealand at the Special Olympics World Winter Games in Austria during March next year.

About 3000 athletes from 110 countries could compete in a variety of snow and ice sports including alpine skiing, nordic skiing and figure skating.

Heath has cerebral palsy, a neuro-

logical disease that can severely disable a person's muscles.

"With my cerebral palsy I'm in constant pain 24/7 so I just push my body to extremes.

"If I don't exercise, my muscles clam up and I can't move.

"My mother pushed for me to not be in a wheelchair. But as you get older, you lose the ability to move around."

Enjoying the slopes gives her a break from the mental toughness of managing the pain in her body.

"I don't give up," she says.

■ Contact huttvalley@specialolympics.org.nz for more information.

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Taming tantrums is a long-term process

**JOHN COWAN, OF
PARENTINGPLACE.COM**

Some mysteries are not that deep. If you and your partner are both placid, peaceful people who never get grumpy or raise their voice then, odds on, your children will handle their own anger well.

But then there are the rest of us. My kids have seen me angry too often for me to be mystified where they get their tempers from. That might explain things but it doesn't excuse me from my responsibility to try to help my children process their anger well. Most little kids do not control

their anger well: they can be aggressive and unpleasant. Learning to handle anger well is a long term goal. There is nothing you can do that will suddenly switch them over to being serene saints who express their displeasure pleasantly with words rather than explosively with their fists.

It would be wonderfully easy to do anger training if it were only a matter of punishment and rewards but it doesn't work like

A good parenting motto is, 'The time to deal with a problem is when it is not a problem'.

that. And nor does encouraging your child to pound a pillow or punch a punching bag. Ask yourself: whose face are they imagining they are smashing? It's a bit scary when you think they might be rehearsing punching their sister! They may experience a cathartic release from the exercise but

doing something in your head makes it far easier to do it in reality.

It can be useful to turn strong feelings into activity – bouncing on the trampoline or going for a run works well with older kids; with younger ones I found sending them off to wash their hands can be effective ... maybe the cool water cools their emotions.

A good parenting motto is, "The time to deal with a problem is when it is not a problem". The middle of an angry outburst is a rotten time for your child to hear your great wisdom. Wait until the heat goes – maybe when they are

in bed that night – "Hey you were pretty mad this afternoon. Can you tell why you were feeling like that? What would be a better way of expressing that instead of yelling?" Steady coaching is the way to change angry kids. And good examples of mature anger control... our example!

■ John Cowan is a father of three young adult children who has worked at The Parenting Place (www.theparentingplace.com) for 20 years. He is an experienced parenting educator who has a varied background in medical research, youth work, family counselling and media production.

LHWC

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This weekend will be an opportunity to explore; relationships from the past, your primary relationships, and how they are acting out in your relationships today.

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Friday evening and two-day weekend course.

Facilitator: Ally Andersun
 Dates: 13, 14 and 15 May 2016
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 Venue: Lower Hutt Women's Centre, 186 Knights Road, Waterloo. Lower Hutt
 Enrol: Only by payment or deposit
 Cost: Waged \$40/low or unwaged \$20

Six minimum and 10 maximum for course to commence.

Note: Participants must be prepared to attend all sessions of the workshop.

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UPL chasing SV reserve

NICHOLAS BOYACK

A Stokes Valley sub-division started in 1958 could at last be finished.

The city council has been asked to revoke the reserve status of 6.2 hectares of rural land at the top of Shaftesbury Grove, which Urban Plus Ltd (UPL) hopes to develop. The council's property company sees it as a key part of the council's Urban Growth Strategy to build an extra 3000 houses by 2032.

The Stokes Valley sub-division will create up to 180 extra houses by merging it with adjacent resi-

dential land at 12 Shaftesbury Grove, which UPL already owns.

If it is rezoned UPL would still need to get resource consent to develop it.

The council first acquired the land in 1958 as part of the Holborn development. The lower end of Holborn was developed but the cost of infrastructure and supplying water are presumed to have stopped the upper end proceeding.

Subsequent attempts to develop parts of Shaftesbury Grove have resulted in stiff opposition from locals. Their concerns include loss of native bush, increased traffic and the impact

on water pressure.

An independent ecological report by Boffa Miscall did not raise any issues that would stop the development from proceeding, but it suggested some mitigation would be necessary to protect some areas of bush.

A report by parks manager Bruce Hodgins supports the land's status being changed. He suggests the loss of the reserve would have little impact as there is already a large network of reserves on the eastern hills.

If the council agrees to revoke the reserve status, the Minister of Conservation has the final say.

Extra housing in Stokes Valley could help the city council with its goal of boosting Lower Hutt's population by building another 3000 homes in the city by 2032.

Taizhou link could boost trade and tourism

Lower Hutt has renewed its memorandum of understanding with its sister city in China, Taizhou.

Mayor Ray Wallace said the aim was for both cities to develop mutual trade and economic development opportunities – specifically in education, technology and tourism.

Wallace and Taizhou Deputy Mayor Mr. He Rong signed the agreement on April 21.

The Chinese delegation visited several sites across the city, including Callaghan Innovation where they discussed cooperation on health technology and medical research. Taizhou has a Medical City industry park, which aims to be China's leading medical high-tech zone. Renewable energy and advanced manufac-

turing were areas of mutual interest.

The delegation was treated to some traditional Kiwi experiences including an ice-cream at Days Bay beach and a meal of fish and chips.

"Taizhou have been good friends of Hutt City for over a decade now and we're excited to have made this connection with local businesses and start-ups, giving them the opportunity to explore global markets," Wallace said. "We look for to further discussion and establishing strong connections."

Taizhou is on the coast in China's Zhejiang Province, and has nearly six million residents. Traditionally an agricultural area, it has recently gone through rapid industrialisation and economic growth.

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Conversations

“Westfield’s rates holiday to encourage it to get on with stage III of the mall totalled \$2.35m. We’ve had that back many times over since.”

EXPECT VOTER PRESSURE

Your recent editorial (March 19) stated the move to make District Health Boards responsible for the fluoride in our water decision is a welcome one.

Petone was cited as a case where “a vocal minority has long claimed to represent the whole community in opposing fluoride”, and that “the decision should be made using science, rather than listening to those who shout the loudest”.

You are right to suggest that were the change to be enacted the DHB would face a big decision regarding putting fluoride into Petone’s water. And yes, I would suggest that Petone people would shout out very loudly in opposing this action, as they have in the past.

However, to suggest they are in the minority is stirring the pot, just as the argument put forward by many pro fluoride supporters, that the anti-fluoride side are all crackpots, is equally misleading.

To say that elected DHB members are better placed and informed to make this decision on putting fluoride into our water is ridiculous. They will receive the same background information to

inform their decision as the various local authorities would have received. Likewise, those elected officials will also be responsive and accountable to their voters, one would hope.

The crowds that flock to Te Puna Waiora to fill their containers with fresh water are ample evidence that not just Petone residents want their water unadulterated.

Should this proposal become law prior to October’s local body elections then rest assured Petone voters will be quizzing candidates on their positions on fluoride.

**Mike Fisher,
Chair, Petone Community Board**

MAKE THE MALL PAY

The city council has said it will continue the cheaper parking in the Hutt CBD for longer.

I also note that the reasons for the CBD retailers wishing to have this subsidy was to counter competition from Queensgate mall and Petone, which have free parking.

Petone is a destination for shoppers and is very popular because it offers what people want.

The numbers who fill containers of unfluoridated artesian water at the Buick St fountain shows demand spreads far beyond Petone.

The free parking in Petone was around before amalgamation in 1989 and has continued since.

Queensgate is quite another prospect. The mall opened in 1986 and was expanded in 2006.

Trawling back through the recesses of my ageing mind, I recall Queensgate being given a ‘rates holiday’ by the Hutt City councillors at the time it was extended to allow it to ‘get on its feet’. At the time people commented that the mall would cause issues for the Hutt CBD.

GET IN TOUCH ONLINE

“The mall had a rates holiday; now it needs to start to repay Lower Hutt.”

It would now appear to be time to say “I told you so”.

What then should the council do to restore the competitive edge for the Hutt CBD?

Since the issue is clearly the Queensgate mall, the solution appears obvious. The mall had a rates holiday; now it needs to start to repay Lower Hutt.

The rates for Queensgate Mall alone can be adjusted upwards to provide for any parking income shortfall from the Hutt CBD.

Since the mall is such a great business it will survive and ‘the love’ can be spread in terms of their higher rates.

Richard Cole, Korokoro

LIVING IN DIGNITY

I’ve been heartened by the recent coverage you’ve given the Living Wage campaign. I’m even more heartened to read that New Zealanders seem to be getting in behind this movement, albeit cautiously.

An increasing body of research from around the world is providing us with evidence of what many have long understood – that raising the income of the

ONLINE CHATTER

“Congratulations Alexis! What a comeback (after a broken neck). awesome plan for the future – kids will love you as their coach.”
(Alex Time plays 150th premier game for Hutt Old Boys Marist) - Sanjita Raj

“The mall has been the topic of Wainui revamp for years. At this rate it will be too little too late.”
(The Warehouse suspends threat to leave Wainuiomata mall.) - Rachael Carpenter

HAVE YOUR SAY

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Conversations

The whiff of financial scandal

GORDON CAMPBELL
Talking Politics

Luckily for the Government, not many voters lie awake at night worrying about the degree of transparency that should be necessary when foreign trusts choose to register in New Zealand.

Such matters are, of course, of deep concern to tax lawyers and their wealthy clients.

Even so, the political reality is that most New Zealanders don't spend much time pondering whether they should park their mountain of spare cash in a tax haven in the Cayman Islands, or in one closer to home.

On past performance, the Key government will probably suffer little or no political fallout from its latest brush with scandal.

This time the subject is esoteric, and the relevant events occurred at a deniable distance from the Beehive.

In essence, it seems Prime Minister John Key's personal lawyer, Ken Whitney, led a lobbying effort against IRD plans to conduct a review of what details the New Zealand authorities should require when foreign trusts are registered here, and what access conditions should be placed on the information.

The IRD had concerns about whether this country might be used as a tax haven, and what reputational risk this could pose for New Zealand.

Yet in the wake of the lobbying effort, the plans for such a review suddenly disappeared from IRD's work schedule.

Make of that what you will, one Radio New Zealand media report concluded.

If nothing else, this episode cast fresh doubt on the adequacy of the review of foreign trust rules being conducted by the Government's chosen tax expert, John Shewan.

From the outset, Labour, New Zealand First and the Greens

have called for a wider review headed by a more clearly independent figure, such as a retired judge. Instead, the Government has chosen to continue to rely entirely on Shewan.

By sheer coincidence, the reliability of the country's checks on foreign investment took a further hammering last week.

For years, the Overseas Investment Office has come under fire for serving, allegedly, as a mere rubber stamp for foreigners buying up New Zealand land and resources.

Last week it emerged that two Argentinian brothers, Rafael and Federico Grozovsky, were granted approval in 2014 to buy some prime New Zealand rural real estate – Onetai Station in north Taranaki – despite having previously been found criminally liable of environmental pollution in Argentina.

Reportedly, the brothers' tanning factory had carelessly and/or intentionally discharged poisonous chemicals into Argentina's Lujan river.

Under New Zealand law, the Overseas Investment Office is supposed to ascertain whether foreign buyers are of "good character" and whether their application raises any environmental concerns.

It is not known whether the Grozovskys volunteered details of their criminal record, or whether the Investment Office bothered to investigate them before approving the sale.

It hasn't helped perceptions of the approval process that the Grozovskys were represented by the now-notorious Mossack Fonseca law firm, based in Panama.

Under fire, the Investment Office has said it would be reviewing its approval of the Onetai Station purchase.

In the past, the Key government has emerged politically unscathed from previous brushes with impropriety and incompetence.

It would seem a risky gambit though, to bank on the public's indifference, and on its low expectations of politicians.

poorest among us benefits the entire community.

Fears about the negative effects on employers – particularly smaller or independent employers – are largely unfounded, while the potential benefits are many: reduced staff turnover, increased staff loyalty, improved job performance, better service delivery (i.e. customer service), lower rates of absenteeism, higher worker morale, and improved employee mental and physical health.

Finally, let's not forget the growing public appetite for ethical business and trading in all its forms. I, for one, will happily pay more to support a Living Wage certified business.

Sarah Pettus, Eastbourne

SEA RISE COSTS

I support Mayor Ray Wallace's proposal that Lower Hutt and Upper Hutt amalgamate, but only so we impoverished rate payers may spread the future cost of defeating Petone's sea invasion, a predicted consequence of global warming. Also, I understand that Upper Hutt's debts are less than ours. Hopefully the expanded council will fit in our "exciting" new multi-million dollar civic precinct premises.

Jim Young, Belmont

JUST RISIBL JIBES

John Terris' reply to Campbell Barry's letter printed last week was, I feel, most unfortunate and

deserves its own response.

Campbell, if Terris is to be believed, attacked "council support of the business community". I pride myself on being a passable reader but I cannot see anything that would support Terris' view. Barry is advising prudence and caution. He clearly understands stewardship and accountability.

Terris further discredits himself by attacking Campbell in his patronising "the class war ended 25 years ago Campbell" comment. I'm sure he can be forgiven that John, he probably wasn't born.

If this wasn't bad enough (and it is) Terris finishes his letter by quoting a Labour Party mantra. Quite why he does it is beyond me. There's no mention of the Labour Party in Campbell's letter. It's as apolitical as it can be given its intent.

I assume Terris is terrified he'll be subjected to the indignities of dancing Cossacks in council premises and wants to warn the good people of Lower Hutt.

Campbell Barry has a long and successful future ahead of him John. He'll be mayor one day. He's already shown the requisite diligence and conviction needed so your risible jibes only serve to show your own personal shortcomings.

Alan Wilkinson, Wainuiomata

VALUE FOR RATEPAYERS

In response to John Terris' letter last week, I would like to make it very clear that my position of wanting to see a review of the

current \$200,000 contract between Hutt City Council and the Hutt Valley Chamber of Commerce is not an "attack on the council's support of the business community".

I have a great deal of respect for Mr Terris and his opinions, but on this occasion he has got a few facts wrong. The \$200,000 given to the Chamber of Commerce by Hutt City Council is supposed to be a contract for services. Unfortunately, in my personal opinion, it mostly acts as a subsidy and helps prop up the Chamber's day to day operations.

Good governance should always involve reviewing public spending and how effective it is in achieving positive outcomes for our city. What I would like to achieve through a review is assurance that ratepayers are getting the best value for their money, and that if they are not then funds either be saved or redirected in a way that will better serve outcomes for our business community.

Either way, we would not be stopping the Chamber of Commerce advising us through submissions on the general view of the business community. In fact nearly all other Chambers across the country currently do this without receiving a penny from their respective councils. To try and turn my statement into an example of "class warfare" is just mischievous; it must be an election year!

Campbell Barry, City Councillor

Slicing through obesity debate needs ingredient rules

Researchers at the University of Otago, Wellington, have come up with bread recipes which are healthier for our hearts but are no more expensive than loaves sold in our supermarkets.

The study's lead author, Professor Nick Wilson, notes bread is a staple of the New Zealand diet and so it is a high priority food to research when improving options for people to reduce diet-related disease risks.

"Bread can be a way to increase dietary intake of fibre

and healthy seeds such as flaxseed/linseed. The problem of most breads being high in salt can also be addressed by reducing the amount of sodium-based salts and increasing the amount of healthier potassium-based salts. Potassium is particularly good for heart health," Professor Wilson says.

Professor Wilson's team has suggested that such bread designs could be promoted by health agencies and provided in workplace cafeterias and public hospitals. They could even be part

of a government-funded "heart healthy bread" voucher system to prevent further heart attacks and strokes in people with cardiovascular disease.

Heart, stroke and blood vessel disease is the No. 1 killer in New Zealand, accounting for 30 per cent of deaths annually, according to the Ministry of Health.

Debate rages about the worth of a sugar tax as a measure to try and curb the obesity epidemic. People are generally divided into 'freedom of choice' and 'for society's good/save lives/keep

health costs down' camps.

Higher tax on cigarettes has significantly dampened demand for that health scourge but the anti-sugar tax brigade demands evidence that such a measure would alter our eating habits.

The bread researchers' approach could slice through any opposition. If a loaf is healthier, costs about the same and passes the taste test, it could be picked up by hospitals, rest homes, school tuck shops and others, and gain a foothold in the commercial marketplace.

Going further, why shouldn't the Government set a deadline for maximum salt or sugar or fat levels (and where appropriate minimum fibre levels) for processed products such as breads, pies, pizzas, biscuits, chips, fizzy drinks etc., to spur research – and action – by commercial producers. The consumer education approach is clearly not working fast enough.

Our health problems are serious enough to outweigh the freedom of choice argument.

– Simon Edwards

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Burglaries on the rise

JARED NICOLL

Police are urging Hutt Valley residents to protect their properties against burglaries as daylight hours dwindle.

Latest available police statistics show there were 155 burglaries reported in the Hutt Valley in March, nine more than in March last year.

The overall figure for the Wellington District remained the same at 439.

The trend was expected to continue into the darker winter months.

Hutt Valley area crime prevention manager inspector George Fa'alogo urged residents to "think like a burglar" to safeguard their properties.

Do not leave ladders or any tools lying around that might help them break in.

Burglars might wander at dusk to see which homes are dark, empty, and make easier targets so get a light on if you are going to be home late, Fa'alogo said.

Targeted houses are also more likely to be hit again in future so it was important to change locks and notify neighbours to keep an eye out.

Building a network through a Neighbourhood Support group could be a positive step.

However, only about 40 per cent of burglaries involve a resi-

A police district scene of crime officer dusting for prints as part of a forensic examination of a car.

dential house.

Of particular concern is people not bothering to lock cars parked up driveways or leaving valuables inside them.

"It's more likely to be someone taking a garden gnome or a bicycle from a back yard."

Offender stats did not draw any substantial links between the recent increase and school holidays.

People could help to curb the low resolution rate for burglaries – less than 20 per cent end up

with an offender being held to account – by reporting all incidents to police, noting serial numbers off electronics, and photographing other valuables such as jewellery.

There was a noticeable leap in the level of preventative policing involving stopping vehicles. Year-on-year March figures for the Hutt Valley for such checks jumped from 850 to 1238. The overall figure for the Wellington District leapt from 3466 to 4473.

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Lower Hutt's

Chloe Smith of Wainuiomata was one of scores of fans who grabbed the chance for a selfie with the young star of *Hunt for the Wilderpeople*, Julian Dennison.

Julian Dennison stars in hunt for the selfie

SIMON EDWARDS

Taika Waititi's *Hunt for the Wilderpeople* is a box office hit but a long queue at Event Cinema in Lower Hutt last Tuesday was more a hunt for a selfie.

At 1.15pm a line-up of more than 150 fans greeted the arrival of Nae-nae lad Julian Dennison, the movie's "real bad egg" turned celebrated outlaw-on-the-run Ricky Baker. More than half an hour later the queue was no shorter, despite the 13-year-old signing autographs and pulling all manner of facials for scores of youngsters – and parents – asking for photos.

He has fronted quite a few of these publicity gigs now and seemed completely at ease but Julian's mother, Mabelle, said it "still takes quite a bit of doing."

"But he's got nieces, nephews and cousins here today to give him support."

Julian's twin, Christian, had been the more outgoing and outspoken of the pair but Julian's experiences with *Wilderpeople*, the earlier film *Shopping* and the Waititi-directed anti drug-driving advert *Blazed*, had reduced his shyness.

Mabelle Dennison said Julian had been raised to be polite, look people in the eye as he shook their hand, "and give those he meets his full

attention". The movie industry exposure and fan meet-and-greets had enhanced that, and it was all experience he could use in whatever he did in life.

Mabelle said Waititi was already busy with other projects and Sam Neill was in Texas.

She laughed when a group of reporters asked her son "what's next for you?" and he replied "Ummm...lunch?".

"I mean he's only 13...School is what's next."

His family and his "really good mates" in year 9 at Hutt International Boys School keep him grounded. "And I mean his mates, not Ricky Baker's mates."

Julian and the rest of the family were delighted by the way Kiwis had reacted to *Hunt for the Wilderpeople*. It grossed \$1.26 million in its first four days of release, beating the \$912,000 record previously set by *Once Were Warriors* sequel *What Becomes of the Broken Hearted?*

It has been the No. 1 grossing movie in New Zealand in April, according to the Box Office Mojo website, topping Hollywood blockbusters.

Mabelle likes the fact it's a real Kiwi story, and that it has elicited cheers and applause in theatres.

"All we needed was jaffas rolling down old-style wooden floors!"

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Pupils explore turbulent NZ wars story on stage

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SIMON EDWARDS

It's unnerving for audience members to walk to their seats past a gauntlet of more than 30 young actors on all fours, snarling and yapping as dogs.

Jim Moriarty directs St Oran's and St Bernard's students in a new production of *Dog & Bone*. It's the second in the 'Undertow' series of four plays written by Moriarty's life partner, and Te Rākau Theatre collaborator, Helen Pearse-Otene.

The setting is Wellington's south coast and Taranaki in 1869. Maori chief Riwha

“It isn't about baddies and goodies, it's about what happened, what has happened since.”

Titokowaru has responded to the surveying and settlement of confiscated land with well planned and effective attacks on government troops. European settlers, who had endured harsh voyages on the promise of a better life, are frightened and resentful.

The play centres on fictional characters, but is rooted in the events and feelings Pearse-Otene gleaned from settlers' and armed constabulary diaries, oral histories, newspaper articles and Treaty of Waitangi claims.

Moriarty told *Hutt News* he and Pearse-Otene were interested in “explaining our history at the most human level.

“It isn't about baddies and goodies, it's about what happened, what has happened

Friendlier 'dogs' greet audience members in the auditorium before the drama unfolds. Front, from left, is Marcus Manning, Zechariah Julius-Donnelly, Beth Jones. ■ More photos at www.huttnews.co.nz

since; what we own [up to] and what we don't.

“The dogs are a metaphor for the way there is that ability to respond dog-like, in a given set of circumstances, in all of us.”

Brothers Tāiki/'Jack' (played by Zechariah Julius-Donnelly) and Kurītea Kenning (David Nanai) want peace, belonging, and the protection of their family land. But unable to agree on how to achieve this, they each take very different paths.

Tāiki is married to Hannah-May (Beth Jones) the daughter of settler Mr Beamish (Regan Gilmour), who regards Maori as “savages”. Tāiki is a scout for the Armed Constabulary he is sure he can convince his people to lay down their weapons and come home in peace. Kurītea has joined Ngāti Ruanui in Taranaki to fight the ruthless landeaters in his journey for peace. He has seen much in battle that he cannot forget, or forgive.

Two years ago Te Rākau worked with St Oran's and St Bernard's pupils to present the first play in the series, *The Ragged*. A number of students – including Beth and Zechariah – so enjoyed their parts in that production, they have returned for lead roles in this show.

Moriarty said it was a tribute to the commitment of the teenagers that they have spent nearly 260 hours after school, at weekends and for most of their holidays, rehearsing.

Recent calls for the New Zealand Wars to be part of the secondary school history curriculum “seem to be going nowhere,” he said.

“I find it interesting that these young people are really enjoying coming to terms with New Zealand's history in this way. This is a great way for them to own it.”

■ *Dog & Bone*, St Oran's College Hall, May 2-7, 6.30pm. Book at dashtickets.co.nz

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Stokes Valley Library

Tuesday 10 May, 2pm

Naenae Library

Monday 16 May, 11am

War Memorial Library

Wednesday 18 May, 11am,
Tuesday 24 May, 3.30pm

Moera Library

Thursday 19 May, 10.15am

Petone Library

Saturday 21 May, 1pm

MILITARY RECORDS OPEN DAY

PETONE LIBRARY

Sunday 8 May, 11am – 5pm

Discover more about your WWI soldier

HOT SCIENCE COOL TALES

WAR MEMORIAL LIBRARY

Thursday 12 May, 6.30pm

With geologist Hamish Campbell

FRUIT TREES – CARE AND MAINTENANCE

TAITA LIBRARY

Saturday 14 May, 11am

PLANNING YOUR GARDENING YEAR

PETONE LIBRARY

Saturday 14 May, 1pm

FREE COMPUTER CLASSES RETURN

Stepping UP computer classes are once again being offered at five libraries – Naenae, Stokes Valley, Taita, Wainuiomata, and War Memorial.

Classes are designed for Lower Hutt residents with basic, or no computer skills and cover setting up email, editing documents, social media and much more.

Stepping UP is run in conjunction with 2020 Communications Trust. After we established Stepping UP in 2012 it is now being run in 30 libraries throughout New Zealand!

Registration is essential as classes fill up quick. Register online at library.huttcity.govt.nz, by phoning **04 570 6633** or at your local library.

JOIN US FOR BOOK NIGHT

Four of our libraries are staying open late to take part in Book Night, a new nationwide event!

Book Night aims to connect readers all over the country and highlight the benefits of regular reading. Wherever you are and whoever you are with, simply spend 15 minutes or more reading to take part.

Dive into a book, magazine, eBook, comic or newspaper with us on Tuesday 24 May.

Naenae Library, open late until 7.30pm
Petone Library, open late until 7.30pm
Wainuiomata Library, open late until 8pm
War Memorial Library, open until 8.30pm

Register your participation at bds.org.nz/booknight to go in the prize draw for book vouchers.

Exhibition

LIU JIANHUA: TRANSFER

UNTIL 10 JULY 2016

Have you seen *Liu Jianhua: Transfer* now showing at The Dowse? This fantastic exhibition has attracted many visitors including one local mother and son who have come back to see it four times!

Make sure you grab the opportunity to see the work of this world renowned artist, this is the first time his work has been shown in New Zealand.

Grab a peak at the show by checking out the video clips we have on our website: dowse.org.nz/transfer.

FREE ENTRY

45 Laings Rd, Lower Hutt
enquiries@dowse.org.nz
04 570 6500 | dowse.org.nz

Upcoming Events

LATE LOUNGE: MATIU TE HUKI

THU 5 MAY, 7PM | KOHA

Matiu 'The Hook' Te Huki has a back ground in traditional Māori performing arts, theatre and fronting great bands with his powerful yet smooth, unique voice. He has performed/ with the likes of Fat Freddies Drop, Rhombus, Pitch Black, Tiki Taane, Anika Moa and many more of New Zealand's top artists. Be sure to catch his smooth sounds this Thursday at The Dowse!

SUBURBAN DREAMLIFE D.I.Y. ZINE WORKSHOP

SAT 7 MAY | KIDS: 9AM–12PM,
ADULTS: 1–4PM | \$5 PER SESSION

Kerry Ann Lee, one of the artists in the exhibition *Suburban Dreams*, will teach you how to make a zine about your own dreams. Kerry Ann will take you through the basics of creating content for your zine, collage and image making, xeroxography, binding and reproduction techniques. For more details go to: dowse.org.nz/zine.

LIMITED NUMBERS, BOOKING IS ESSENTIAL

RE-OPENING OF PETONE SETTLERS MUSEUM

SUNDAY 29 MAY 2016, 10AM–4PM

Join in the celebration to mark the re-opening of Petone Settlers Museum. Come down and check out the newly refurbished building and new exhibitions, there will be fun activities for the whole family to enjoy!

FRIENDS OF THE DOWSE

Everyone needs good friends and The Dowse is lucky to have a friends group who faithfully support us. Being a member of the Friends of The Dowse means you get invitations to events, discounts at local retailers (including The Dowse shop—MINE) and opportunities to meet other supporters of The Dowse. If you are interested in finding out more information about becoming a member (or buying a membership for someone else) check out The Dowse website: dowse.org.nz/friends.

Fey shines in fish-out-of-water comedy

STEVE NEWALL

An unassuming and largely Kabul-set dramedy that never overplays its hand, *Whiskey Tango Foxtrot* takes place a few years into the war in Afghanistan.

Tina Fey stars as journo Kim Baker, inexplicably renamed from the real-life Kim Barker from whose memoir this is adapted, who takes the plunge to become a war correspondent when weighing the offer against her humdrum life Stateside.

A slew of fish-out-of-water scenarios follow, as Baker collides with Afghans' cultural norms, joins the ranks of hard-partying journos, experiences life in a conflict zone first-hand and forges a relationship with the US Marines (whose acronym-heavy, expletive-happy lingo informs the title).

Predictably, Fey is right at home in the role of a somewhat uptight New Yorker encountering a succession of larger-than-life characters, brought to genuine three-dimensional life and largely played for gentle laughs by a supporting cast that includes solid contributions from Margot Robbie, Martin Freeman and Billy Bob Thornton. Only Alfred Molina veers into semi-parody as a typically corrupt, unsurprisingly sleazy Afghan politician, with *Whiskey Tango*

Whiskey Tango Foxtrot

(R16)

Directors: Glenn Ficarra, John Requa

Starring: Tina Fey, Martin Freeman, Alfred Molina, Margot Robbie

112 minutes

★★★

Foxtrot generally avoiding a slide into satire, silliness or cynicism.

Baker juggles a number of professional, personal and romantic challenges, and as the film enters its third act I'd braced myself for a message to be hammered home with little subtlety. Luckily that doesn't come to pass, *Whiskey Tango Foxtrot* content to wrap up in a politically-neutral and inoffensively tidy fashion that doesn't offend our intelligence. Some may find the language offensive – though why you'd expect otherwise from boozing, blow-snorting, bonking war journos beats me.

Billy Bob Thornton's General offers Tina Fey's journalist plenty of advice on life in Afghanistan in *Whiskey Tango Foxtrot*.

Lunch \$30

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Smoked salmon infused with light mustard, lime & vodka on vine ripened tomato salad, with basil flavoured danish feta, walnuts & balsamic reduction	Grilled market fish of the day on bacon, onion & potato, topped with lime caper hollandaise sauce with side salad OR	Warm sticky date pudding with butterscotch sauce, double cream & vanilla ice cream
	Pan-fried chicken breast flamed in creamy madeira port and mushroom jus served on crisp herb potato	

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Radkidz Plus (8 to 10 years)

RADKIDZ © Let our team of fun instructors build co-ordination and confidence in your child, Radkidz is a fusion of dance, relays and games. Loads of dynamic, fun moves to help with co-ordination and flexibility; ending with a circuit/obstacle course and then a time to chill-out by combining stretches with relaxation

Kimax Kidz (10 to 13 years)

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Max kids per class gymnastics 8 Radkidz 12 Kimax Kidz 12. Term commences 9th May 2016.

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What's on

**Get
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FAMILY

Wellington Waste Free Parenting Week Event: Educating parents about how the choices they make will have an impact on our environment. Entertainment and education with The Nappy Lady (Kate Meads), Baby on the Move, spot prizes and fun games with prizes. \$16 from 0800 BUY TIX, includes goodie bag with offers and free stuff. Dowse art museum, Tuesday May 3, 7-9pm.

Wainui Futures Programme: Join MP Chris Bishop and Bill "Sharpie" Sharp (former premier trainer at Wainui Rugby League Club) at a breakfast to explain the worth of WFP, a youth development programme run in Wainuiomata that changes young boys' lives through sport. \$18 cooked breakfast, \$13 continental at The Angus Inn, Bloomfield Tce., Lower Hutt, Wed. May 4, 7-8.15am.

Master Chef: The winner of the 2015 Master Chef New Zealand title, Tim Read, will be at Paper Plus, High St, Lower Hutt on Thursday May 5, 6.30-7.30pm, promoting his book 'Gather'. \$5, with proceeds to the Hutt Rotary Dowse school bus project.

Bookfest 2016, Giant Charity Book Sale: More than 70,000 books, DVDs, CDs, jig-saw puzzles, magazines and more. The Professionals Recreation Hall, Expressions, Saturday May 7 9am-5pm, Sunday May 8, 9am-3pm. Free entry.

DIY Zine Workshop: Get inspired by the stories in the Suburban Dreams exhibition at the Dowse, then join a DIY Zine workshop. Saturday May 7, kids 9am-noon; adults 1-4pm. \$5. Bookings essential, dowse.org.nz

Better Home & Living Show: Latest trends, designs, products for your home and lifestyle, Westpac Stadium, May 6-8, 10am-5pm. \$8 adult, \$5 for seniors on Friday only, under-16s free. Includes Floral Art Designer of the Year competition.

Thursday Night Street Feast: Food trucks and live music on High St, Lower Hutt, 5.30-9pm every third Thursday of the month.

Hot Science Cool Tales - Zealandia: Our Continent Revealed. Hear geologist Hamish Campbell from GNS Science speak about the submerged continent Zealandia and

Classic jukebox hits come to the stage

Baby it's cold outside, Macho Man, California Dreaming, Rhythm of Life... they're just some of the hits that will feature in Hutt City Musical Theatre's new production.

Jukebox Live will see favourite songs from the 1950s to 1980s come to the stage, with some comedy thrown in too.

Included will be Kiwi classics such as *Ten Guitars, Bliss* and *Victoria*.

The cast of 23 includes new talent alongside some familiar faces, including Eilish Croasdale, who played Lorraine in last year's *All Shook Up*.

The show was compiled and is being directed by Tony Lucie-Smith with assistance from Alex Currie, Elizabeth Lucie-Smith and Michael Gibson. This is Gibson's first show on the production team following his role as Jim in *All Shook Up*. He is

enjoying the experience and has just been elected the new society president.

Chris Cox is the vocal coach and musical arrangements are by Liam Furey. Belinda Lock, who has been

involved in a number of Hutt Valley Gangs Shows, led the choreography team for *Jukebox*.

Remaining shows at the Epuni Hall theatre, near the shops and railway station, are Thursday,

Friday, Saturday of this week, and May 12, 13 and 14 at 8pm, with a 4pm matinee on Sunday May 8.

Tickets, \$18, are available from Len Hooper Pharmacy or phone 027 429 0377.

Rhianna Dolan, with Nicola Warnock and Louise Currie, gives her best Macho Man impression during rehearsals for Hutt City Musical Theatre's 1950s-1980s hit review Jukebox Live.

PHOTO: SALLY FLEURY

his book Zealandia: our continent revealed. Lower Hutt War Memorial Library, Thursday May 12, 6.30pm.

Poultry, Pigeon and Budgie Show: Wellington, Hutt Valley and Districts Poultry and Pigeon Club are having their annual show at Expressions In Upper Hutt. Wide variety of chickens, ducks and pigeons. There are birds for sale on Saturday from 12.30pm. Saturday May 14, 12.30pm till 4.30pm. Sunday May 15, 9-11.30am. Adults \$3, child \$1, family \$6.

Technology Valley: MP Chris Bishop will host a public meeting on Monday May 16, 7pm, on turning the Hutt Valley into a Technology Valley. At The Mind Lab, 25 Victoria St, Petone.

Wellington Regional Stamp Show: The region's stamp societies, and 10 dealers from around New Zealand, will put on exhibits, displays and stalls at Chilton St James School hall, Saturday May 21, 10am-5pm.

Join a friendly group of collectors who are willing to share information. **Commemorate Upper Hutt City's status** with a night out at a glittering and glamorous ball. Recreating the balls of yesteryear, complete with a live band, a light supper and a

complimentary glass of bubbles. All tickets \$60, from Expressions, Upper Hutt. Saturday, June 11, 7pm in the Professionals Recreation Hall.

Discover Dance with Java Dance: Every Tuesday, 10am, at Capital E Central, 4 Queens Wharf. \$5 per child See capitale.org.nz/ph 913 3740.

Cara's Crafts: Every Wednesday, 9.30am-3.30pm at Capital E Central, 4 Queens Wharf. Free.

Walk It Out: Walking group leaves from Moera Community House, 107 Randwick Cres., every Tuesday at 11am. Free. A chance to get active and hang out with others. Info: Lorraine Dick, 568-9836.

Discover The Attic: Wellington Museum's newest permanent exhibition is now open. From artists to aliens, VIPs to vampires, discover Wellington's curious and quirky treasures. Open daily, 10am-5pm, Queens Wharf, 3 Jervois Quay. Free entry.

COMMUNITY

Christel Mills will talk about her live at 10am, Tuesday May 3 at the Hearing Association Rooms, 342 Waiwhetu Rd, Lower Hutt. Morning

tea follows. All welcome.

Crafters Market: Home and hand-produced arts & crafts, plants, produce & Devonshire teas. Saturday May 7, 9.30am-1.30pm at Wesley Centre, Fergusson Dr/Benzie Ave, Upper Hutt.

Murder in the Library: Ngaio Marsh Awards 2016 entrants Cat Connor and Trish McCormack discuss how they explore real-life issues through fictional tales, crafting page-turning stories, and what they enjoy about mystery and thriller writing. Lower Hutt War Memorial Library, Thursday May 5, 6.30pm.

Controlling Wasps: Eric Edwards, DoC entomologist, talks to Lower Hutt Forest & Bird about their success using the bait station method to control wasps. Thursday May 5, 7.30pm, Hutt Valley Tramping Club rooms, Birch St. Waterloo. The branch agm and election of committee will precede the talk. Hear what has been achieved and plans for the future. Supper to conclude the evening.

U3A: Claire Craig from Heritage New Zealand is guest speaker at the Hutt U3A Meeting, St Marks Church 68 Woburn Rd on Monday May 9, 2pm.

Her talk will be on "Harnessing the Power of Heritage".

World Labyrinth Day: walk your local labyrinth. World wide walking starts at 1pm on Saturday May 7 at the labyrinth in the grounds at the front of Hutt Hospital, and continues around the world at 1pm local time. Children can start at 12.45pm, with the more mindful starting at 1pm.

NZ Military Records Open Day: Come to Petone Library to discover more about WWI soldiers; especially useful to those researching family trees. Sunday 8 May, 11am-12noon - Military History Workshop. Spaces limited. Register at library.huttcity.govt.nz; 1.30pm-5pm - Drop-in and find out how to interpret information about your soldier and place his story in the wider contexts of WWI.

Let us know

Organising an event? Share the news with our 70,000+ readers. Email details to editor@huttnews.co.nz or post to What's On, P O Box 30029, Lower Hutt. Deadline is noon, Wednesday. No guarantee your listing will be published.

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What's on

Blowing away blues

The characters are blue but their fun show blows away any feelings of despondency or boredom.

Blue Man Group is comedy, theatre, rock concert and dance party rolled into one, and the international hit show is coming to Wellington's St James June 7-19.

Now approaching their 25th year the group is always updating Blue Man shows with new music, fresh stories, custom instruments and state-of-the-art technology.

Former Blue Man and now the show's creative director, David Bray, told Fairfax they put on a music show which is also a comedy, but they're not clowns. There's drama and social commentary, but it's fun. They're also artists, but sometimes they cover their audience in paint instead.

"You're never going to see the show and come away thinking you've learned, 100 per cent, how

Win

Hutt News has a double pass to the June 7 Blue Man show in Wellington. To be in the draw, email your full contact details to editor@huttnews.co.nz, with 'Blue' in the subject line.

to explain it." That indefinable quality is part of its charm.

The 2016 show has a focus on technology, in how the blue men communicate and in "how we use it and also how it may cause us to not interact with each other," Bray said. Tribal rhythms from a live band help drive the show to its climax.

Blue men have made a number of appearances on *The Tonight Show* with Jay Leno.

and companionship to people who have had a stroke, with guest speakers, entertainment and activities. Contact the coordinator on 569-4132.

Lion's Mini Market: On the last Saturday every month, a Mini Market is held in the King Lion Hall, King St, Upper Hutt, as a Lion's community project. 8-11.30am. On sale will be plants, home baking, clothes, books, videos, hand made cards and much more. Tables may be available at \$5 each. Enquires to 5264059.

CAB in Taita: Citizens Advice Bureau is now in the Walter Nash Centre, Taita every Wednesday 1-3pm. Come and see us for any issue you may have. Not sure? Ask us.

The Koha Cafe: Fresh and nutritious lunches and treats made at Great Start, 111 Eastern Hutt Rd, Taita, 10am-1pm every Friday (except during school holidays). Payment by koha/donation.

Adult colouring-in group: Enjoy an hour or two of stress relief and fun. Materials supplied to get you started. Every Sunday, 2pm, Lower

Hutt War Memorial Library. For more information, contact Julie - 566-2006.

Not Strictly Tai Chi: Fun public sessions of exercise based upon Tai Chi with Andrew Hardwick, designed to help with balance, coordination, breathing, posture and pain control. 10-11am, Tuesdays 10-11am, Thursdays 11am-noon at St Mark's Church, 58 Woburn Rd. \$8 per session. Info - 021 153 2508.

Exercise for Seniors: Kick-start your week by joining an exercise class for mature people, Mondays 10-11 am at Ss Peter & Paul Church Hall, 60 Knights Rd, (opposite Queensgate). All welcome, casual dress. \$2 per session Enquiries to Frank, 566 1742.

Gentle Yoga for Seniors: Every Friday, 11.30am-12.30pm at the Petone Spiritualist Church, 88 Richmond St. \$10. Call 934-4869.

Wednesday Exercise Group: gentle exercise to music, 10am. Newcomers welcome. Senior Citizens' rooms, ground floor, Westfield Tower.

SPORT

Wainuiomata 6 Hour Cycling

Event: Mountain biking heaven - six hours, solo or team, multiple loops of luscious bush tracks on the Wainuiomata Mountain Bike Park, Waiu St. Sunday May 15, 10am-4pm. \$50 single/\$80 duo. For tickets, call 021 847 088.

ARTS

Humm: Colours vibrate to make visual melodies and this new exhibition, opening to coincide with the school holidays, will make your heart sing! Humm showcases works from The Dowse collection by artists that have carefully orchestrated colour to make music for our eyes! Runs until July 24.

Live Laughs with Simon

McKinney: 2016 International Comedy Festival event at the Gillies Group Theatre, Expressions, Upper Hutt, Friday May 6, 8pm. Impressionist and MC Simon McKinney hosts a line up featuring the best local and national talent, including James Nokise. Adult \$32.50.

From the Venice Biennale to The

Dowse Art Museum:

This is the first time the work of Liu Jianhua, one of China's best known contemporary artists, is being shown in NZ. He presents two full-gallery installations at The Dowse: one of the artist's signature works of over 1,500 everyday objects cast in white porcelain including teddy bears, hammers and stilettos, and a new work (never before shown outside of China) of glistening pools of gold-coated porcelain. Until June 26.

MUSIC

Jukebox Live: The new show from Hutt City Musical Theatre. A musical review from the 1950s to '80s. May 5, 6 7 and 12, 13, 14, 8pm at Epuni Hall, Mitchell St (and 4pm Sunday May 8). Tickets \$18 from Len Hooper Pharmacy or phone 027 429 0377.

Raven Mavens: Mainly Acoustic Music Club hosts as special guests singer-songwriter Cindy Muggerridge and clarinet player Marian Carter, performing music from the likes of Billie Holiday, Cole Porter and Leonard Cohen. Mayfair Cafe, Upper Hutt, Tuesday May 10, 7.30pm.

Suzanne Lynch, from the 1970s *C'Mon* television show, joins Karl Perigo, Robert Enari and Alex Milligan and a live band for Operatunity's tribute tribute to some of NZ's most treasured entertainers: Sir Howard Morrison, Ray Columbus, the Topp Twins, Maria Dallas, John Rowles, Billy T. James, Fred Dagg, Peter Posa and others. *Quintessentially Kiwi* is at the Assembly of God Church, Marsden St, Lower Hutt, Monday May 9, 11am. Bookings - call toll free 0508 266 237 or go to www.daytimeconcerts.co.nz

School Board of Trustees: People interested in being a school Board of Trustee in upcoming elections can find out what is involved at an information evening organised by Upper Hutt schools. What do Boards do and how? Who can be a trustee? What is expected of you? All welcome. Tuesday, May 10, 7pm, at Fergusson Intermediate, Hikurangi St, Trentham

Waipesi Homework Workshop: Theme is - Financial Literacy for the Family. 6-8pm, Tuesday May 10, free. Wainuiomata Community Library.

Fruit Trees - Care and Maintenance: Fruit trees are fun and easier to grow than you might think. Learn about selecting, planting and caring for fruit trees in Lower Hutt at Taita Library, Saturday May 14, 11am-noon.

Planning Your Gardening Year: Timing is an important part of growing a successful garden. Learn which plants and vegetables you should plant and when to suit Lower Hutt and about lunar planting. Petone Library, Saturday May 14, 1-2pm.

Closing the Deal: A business boot camp run by Hutt City Libraries. Sick of people saying, "I'll get back to you" and they never do? Learn how to overcome this and other business and sales objections. Wainuiomata Library Friday May 20 and Taita Library, Friday May 27, 12.30pm-2.15pm.

Lower Hutt Floral Art Group is celebrating its 60th birthday on Saturday June 11 with a Floral Theatre entitled "Diamonds are a Girls Best Friend", featuring international floral designer Francine Thomas of Tauranga. Sacred Heart Performing Arts Centre, Bellevue Rd, Lower Hutt, 1.30pm. Tickets available by emailing lhfloralart@vodafone.co.nz or phone 5662632.

Hutt Valley Writers' Group meets every 4th Wednesday at 7pm, Petone Community House. All writers welcome. Small cost for room hire.

Lower Hutt Stroke Club, meets at Knox Church Hall, 574 High St, Lower Hutt on the second Tuesday of each month, 1.30pm. Information, support

Entrée: Accumulate AA rewards with your AA card

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g e a e °

Dance feast celebrates women from history

Hutt Valley mature dancers feature in Crows Feet Dance Collective's new show *Hākari: Dinner Party*.

The performances are at Otaki's Nga Purapura on Sunday afternoon May 15, and two weeks later at Wellington's Whitireia Theatre.

American feminist artist Judy Chicago's famous 1970s art installation *The Dinner Party* is the inspiration for *Hākari*.

Co-directed by Paekakariki resident Jan Bolwell and former Toi Whakaari director Annie Ruth, it combines dance, language, visual imagery and music.

Bolwell says that while Chicago celebrated famous women almost entirely within the Western tradition in her art making "we

wanted to focus on famous women from our part of the world - Asia and the Pacific. There are lots of them!

"We have chosen 10 women — all inspiring, controversial, loved and revered, also loathed and vilified. Some continue to live lives that shape our world."

Hutt Valley Crows Feet Dance Collective performer Carolyn McKeefry as Indira Gandhi, from the dance theatre show *Hākari: The Dinner Party*.

As well as our own Kate Sheppard and Dame Whina Cooper, Bolwell and Ruth looked across the Tasman Sea and

chose Evonne Goolagong and Germaine Greer. From Asia they selected the Dowager Empress Ci Xi, Indira Gandhi, the remarkable Malala Yousafzai, and the indomitable Aung San Suu Kyi. Queen Salote of Tonga and Queen Liliuokalani of Hawaii give voice to the Pacific.

Twelve mature performers from the Hutt Valley perform a dance that honours Indira Gandhi, who was Prime Minister of India four times before she was assassinated. Tutor Carolyn McKeefry, a regular visitor to India, brought back costumes for the women. The 90-minute theatre dance show features more than 40 performers from Crows Feet Dance Collective groups across the Wellington region.

Hākari Dinner Party. Ngā Purapura, Te Wananga o Otaki, 144 Tasman Rd, May 15, 2.30pm. \$20/\$15, ring Coastlands 04 902 9885. Whitireia Performance Centre, May 27 at 8pm, and May 28 and 29 at 3pm, \$30/\$18, www.thetheatre.co.nz

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New Dentist Joins Team at Ashwin Magan Dental Surgery

A new dentist has just joined the team at Ashwin Magan Dental Surgery, meaning more appointments are available - including Saturday appointments to meet demand.

Dr Melissa Niak qualified with a Bachelor in Dentistry from the University of Otago, in 2015, so will bring all the latest teaching and up to date techniques to the practice.

Dr Niak will be working alongside principal dentist Dr Ashwin Magan in all aspects of general practice dentistry on Tuesdays, Wednesdays and Saturdays.

"Melissa is well qualified and will be an asset to the practice. She is looking forward to meeting existing patients and welcomes new patients," Dr Magan says.

Ashwin Magan Dental Surgery Now Recognised As Leader In Fastbraces® Technology

Dr Ashwin Magan has been recognized as a Leader in Fastbraces® Technology in New Zealand by being named a Master Affiliate. He is the only Master Affiliate in the Hutt Valley and was the second dentist in New Zealand to receive this honour with Fastbraces®.

What this means to patients is that he is now considered an expert and can provide an advanced level of care.

Fastbraces® is an orthodontist invented, proven technology, which is Fast, Safe, Easy and Affordable for children and adults.

Unlike traditional braces, which measure correction in terms of years, Fastbraces® typically moves teeth into place in just months. Not only is it a quicker system, it involves less discomfort and it's cheaper too.

In the past locals have had to travel out of town and pay \$8,000 to \$12,000 for braces. Dr Ashwin Magan is offering braces right here in Upper Hutt for between \$4800 (metal) and \$5800 (clear).

"The system is working well and is giving great success, quickly and safely and is great for children, teenagers and adults," he says.

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The team at Ashwin Magan Dental Surgery are: Jodie, Ashwin, Georgia and Melissa

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Get your health into shape

Time for a pre-winter health check

Now is the time to visit your doctor (GP) for a check-up and a flu vaccination.

As the weather gets colder people spend more time inside together and bugs can spread easily. Cold and flu bugs and other viruses can make existing respiratory or other long term health conditions worse.

By visiting your GP for a check-up you can make sure

you are doing everything you can to keep yourself and your family well.

Your GP will check you are taking your medications properly and at the right dose. You can get repeat prescriptions or try any new medications.

Protect yourself and those around you against flu by getting a flu vaccination

every year. The flu is a serious illness and can make other health conditions a lot worse.

You can get a flu vaccination from your GP which is free for many people with chronic health conditions and pregnant women. Your children and teenagers can also be immunised. Ask your GP or lead maternity carer for more information.

Hospital outpatient appointments

- some things to help you

If you need to come to Hutt Hospital to attend an outpatient appointment, here are some tips to help you:

- You will receive a letter with an appointment time and contact details for your clinic. Keep it in a safe place
- Many clinics offer online appointment booking through our hospital Ubook service. You can find the quick link on the front page of our website www.huttvalleydhb.org.nz.
- Please let us know if you can't attend your appointment or need to

change it for any reason.

- You can phone us on (04) 570 9555 or Email cancelmyappointment@huttvalleydhb.org.nz. In your email include

your full name, address, contact telephone number, patient reference number, appointment date, and the name of the person the appointment is with.

Get medical help fast when you're unwell

Your doctor can see you or your child quickly if you are very unwell. Ring your medical centre and ask for a same day appointment.

If your GP is closed you can see a GP at the After Hours Medical Centre, at 729 High Street, Lower Hutt, open 5.30pm to 11pm Monday to Friday, and

8am to 11pm Saturday, Sunday and public holidays.

GPs have your medical records with information about any medications you take and which allergies you might have. No matter which doctor you see, they can access this information immediately.

Don't have a doctor?

A list of doctors' practices, fees and opening hours can be viewed and downloaded from Hutt Valley District Health Board's website: www.huttvalleydhb.org.nz

Your GP can help with sports injuries

They can see if you require an X-ray, organise ACC forms and quickly send you to a local provider of low cost X-rays.

If the medical centre you normally go to is closed, you can see a GP at the After Hours Medical Centre, 729 High Street, Lower Hutt,

They are open Monday – Friday 5.30pm to 11pm and on weekends and public

holidays they are open 8am to 11pm

You don't need an appointment and children under 13 are free.

Celebrating our midwives and nurses

A special thank you goes out to Hutt Valley nurses and midwives this month. It's International Day of the Midwife on 5 May and International Nurses Day on 12 May.

"Midwives and nurses are hardworking and innovative professionals who contribute hugely to healthcare in our community," says Helen Pocknall, Executive Director Nursing and Midwifery, Wairarapa and Hutt Valley

District Health Boards. "They are an integral part of the healthcare team and it's important to acknowledge the contribution they make. Their care and commitment to providing the best care possible makes a difference in the lives of so many people and their families." Over 1500 nurses and midwives work in the Hutt Valley. Nurses can be found working in primary healthcare, aged

care residential homes, public and private hospitals and in private care. Midwives work either within the hospital or as Lead Maternity Carers (LMCs) in the community. LMCs provide primary maternity care to women by supporting them in their choice to give birth at home or hospital and caring for them and their babies for a number of weeks in the community following birth.

Left Kate Bryson, Registered Nurse and Helen MacGregor, Registered Midwife who both work at Hutt Hospital

Hutt Valley District Health Board

Son, mum Gather for launch

SIMON EDWARDS

Sue Read doesn't have to go far for the Wellington launch of her son Tim's new cook book.

Her Shine Café, at the top of Waterloo Rd, is right next door to Paper Plus Lower Hutt, where owner John Valley is hosting the 2015 Masterchef New Zealand winner at a public meet and greet this Thursday, starting 6pm.

Tickets cost \$5, with the proceeds going to the Rotary project to fund bus rides for lower-decile school pupils to the Dowse art museum.

Read, 25, will talk about his Masterchef experience and his

book *Gather*, and will also cook a salmon dish participants will be able to sample.

Sue Read is enjoying her own culinary adventures. She has worked for years in the nutrition and health fields but it was always "a life-long dream" to run her own cafe and whisk up healthy treats for customers.

She bought the Lower Hutt cafe in November last year.

Tim, who grew up in the Horowhenua and later trained as a physiotherapist, wasn't so much interested in cooking as he was growing up as he was in hunting and fishing.

"He really enjoyed nature...and

gathering friends to share in good memories, and dishes made from the things he caught."

"My parents were farmers and there were always people around the dinner table...folk who were new to the district, sick neighbours and so on," Sue said.

Sharing meals and banter was also a way Tim dealt with bouts of depression.

After coming to national attention in Masterchef, *Gather* was an obvious title for his first collection of recipes.

Sue and Tim Read: Now they are both pursuing culinary pathways.

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Lighthouse hosts Maiden's Blush Q&A with directors

The latest New Zealand film enjoyed its world premiere in Wellington on Monday and Lighthouse Petone is also offering something a bit special for its first screening of *The Great Maiden's Blush*.

Tomorrow (May 4) at 6pm, patrons can join a question and answer session with some of the film-makers: Shane Loader and Andrea Bosshard (writers/directors), co-producer Jeremy Macey and Plan9 composer Janet Roddick.

Like the rose that gives the film its name, *The Great Maiden's Blush* is described as a delicate and thorny tale of two first-time single mothers, Bunny (Miriam McDowell, from *The Dark Horse* and *Hope & Wire*), a

taxi driver and illicit girl-racer, and Aila (Renee Lyons), a failed pianist and gardener.

After the birth of their babies, they end up sharing a room in a post-natal ward.

A precarious friendship develops between them, and as they face the challenges of new motherhood, they must also confront their pasts and the truth of the paternity of their newborn babies.

Babies and absent fathers, opera and drag-racing, gardening and Schubert are all swept into the drama in this female-centred story.

■ The trailer for the film can be found at <http://www.greatmaidensblush.com/>

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WAS \$49,995 NOW \$44,995

Right attitude pays off for Leigh-Ann

CHELSEA BOYLE

Lower Hutt bodybuilder Leigh-Ann Ung has triumphed over a medical condition that could have caused her to become a couch potato.

“In 2013 I was diagnosed with Compartment Syndrome in both of my legs, which comes from large amounts of pressure inside the muscle compartments.

“I was refused the surgery I needed but instead of feeling helpless I decided to get off my butt and do something about it.”

Ung started low impact workouts at the gym, and a personal trainer asked if she would be interested in training for a body building competition in Wellington.

Body building quickly became more than an interest and she began competing with success.

Ung recently finished fifth in her division at the hotly contested Arnold Classic Australia bodybuilding competition in Melbourne.

It was the first time she has competed internationally.

The event – named after the sport’s most renowned figure, Arnold Schwarzenegger – is Australia’s largest fitness expo.

Ung competed in the Bikini Fitness up to 159cm height division, and her fifth place made her the top-ranked New Zealander in a field dominated by Australians.

Many of the competitors were veterans with great onstage personas, Ung said.

She was impressed by the personal touches they added to their poses.

“There are all sorts of different things you can do with your posing to stand out.”

Ung was pleased with how well she coped when the competitors were unexpectedly called back to the stage twice.

“It’s about thinking on your feet,” she said.

Ung’s trainer Hayden Bradley

Leigh-Ann Ung, 27, proudly poses with the medal she earned at the Arnold Classic Australia.

was pleased with her progress.

“I’m very proud of her achievements...and the changes she has made to her physique.”

Bodybuilding was an all-encompassing journey that required long-term focus, he said.

About 30 weeks’ of training can all be for mere minutes on stage.

“It truly is a very good test of your determination and drive.

“You learn so much about yourself – what you can achieve and expect of yourself,” Bradley said.

After the intensity of the competition, Ung is planning to take things quietly for a while, spending more time on her yoga.

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Facilitators: Stephanie Brockman and Amber White

Dates: Six weeks beginning Thursday 26th May 2016

Time: 4:00pm-6:00pm

Cost: \$20

Enrolment: Enrol by payment or deposit to Lower Hutt Women's Centre

Do you have a leaky home?

The Financial Assistance Package, which helps people with a contribution to repair leaky homes, is closing to new claims on 23 July 2016.

To give time for an assessment to be undertaken, applications should be with MBIE by 27 June 2016.

Go to **building.govt.nz/FAP** for more information or to apply for financial assistance.

Art ideas flow with festival based on water

Can anyone recommend a great cleaner? Take care - flooding on Main Street! Street BBQ next week - all invited.

NICHOLAS BOYACK

Water and how we use it is the theme for an innovative arts festival planned for Lower Hutt next February.

The city council has partnered with local arts company Letting Space to run the Common Ground: Hutt Public Art Festival, Groundwater.

Art and activities will centre on groundwater and the community's relationship with the river Te Awakairangi, its streams and tributaries, and the water table. The festival aims to raise awareness about water, and associated ecological, social, economic and spiritual issues.

City council community arts advisor Pippa Sanderson is confident the theme will be popular.

"We held a stakeholders' workshop a couple of weeks ago that included Friends of Waiwhetu Stream, Hutt councillors and council officers, regional council, Wellington Water, water scientists, artists, and interested community members.

"The workshop inspired a lot of passionate conversations."

Groundwater will be the second Common Ground Festival

after the highly successful 2015 recreation of the infamous Elbe's Milkbar in southern High St.

Mayor Ray Wallace says it's great to have a festival that reflects the local interest in water.

"Lower Hutt's waterways are a source of local pride and passion. With the flood protection work being planned and a move to re-orientate the city ... around its river, water presents a key revitalisation and resilience focus for our city."

Letting Space is a Wellington-based public art company that brokers the use of vacant urban space to encourage urban revitalisation.

Artists Mark Avery and Helen Kirlew-Smith collect water from the Buick St fountain, which is sure to feature in a festival looking at water in the Hutt.

Sanderson says the council is pleased to be working with them.

"They bring valuable expertise as one of the top organisations in the country working with public art and community participation, and were part of the selection panel for Common Ground in 2015."

Letting Space producer Mark Amery is looking forward to the project.

"The festival will bring artists together with the public, council, iwi, scientists, community groups and others who have been exploring issues to do with this shared resource - its current use, history and future as a common resource."

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Out & About

Railwaymen war toll remembered

A Petone Anzac Centenary Service honoured the more than 7,500 New Zealand railway workers who enlisted for service during the Great War. Some 450 never came home. We raised an Australian red ensign, and at Hornsby railway station, NSW, a NZ ensign was hoisted.

Joseph Brooking's fourth birthday started at dawn at the Petone Anzac ceremony, which he attended with his mum, Petty Officer Writer Keri Brooking, and his brother Eric, 2.

Nona Ngatuere and Anton Moses represented the Rail and Maritime Transport Union.

Cellphones and cameras were working overtime as the locomotive Passchendaele, named after the 1917 battle in Belgium that cost the lives of nearly 1000 NZ soldiers, puffed its way alongside Petone railway station.

Andrew Weir played *The Last Post* and *The Piper's Lament*. PHOTOS: SIMON EDWARDS

Outlines of hands the the poppy symbol formed the wreath that Early Years Childcare Petone youngsters Dakota, Courtney and Caoimhe and their teacher Aimee Stephens laid by the NZ and Australian railway workers Anzac flagpole.

Want to Join us at the Auction?

Reward your staff or recognise some of your key clients by purchasing a seat for them at this year's Auction. All proceeds will be donated to the Child Cancer Foundation.

Ticket Prices

- \$110 per person
- \$1000 per table of 10

If you would like to purchase a ticket or a table, let Rachel Beckett, our Marketing Coordinator know by Monday 9 May on: (04) 619 1019 or rachel@redcoats.co.nz

Wednesday 25th
May, 7:30am

The Boardwalk Room, Silverstream Retreat
3 Reynolds Bach Drive, Lower Hutt

Guest Speaker Steve Gurney



Taita 1321 High Street

New Family Wanted

This really nicely presented family home, situated on High Street, has public transport and schools within walking distance. The section is generous with plenty of off-street parking leaving the double garage free for your "special project" or class car rebuild. On offer is a lovely warm home with extras including HRV, infinity hot water, alarm, keyless entry, security screen doors and more. If it's your goal to keep the family warm this winter in your own home, then call me to view.

- Insulated top & bottom
- Double garage
- Re-roofed, re-wired
- Heatpump
- 4 bedrooms
- Secure section

Linette Bradbrook
 p 04 569 0767 m 021 225 6453 e linette@redcoats.co.nz

TENDER

4 1 2

Online redcoats.co.nz/RED17211

For sale by Tender closing at 28 Cornwall St, 1pm Wed
 11 May 16

Stokes Valley 12 Zeala Grove

You Need To See For Yourself!

Has your family outgrown your current home? Do your teenagers need their own room? Maybe you have elderly parents in your care? Or perhaps you're just ready to upsize! Whatever your reason for needing a 5 bedroom home with 2 bathrooms and a heap of extras - this beauty won't disappoint. A gorgeous house in a gorgeous street surrounded by native trees and birds, this is a neighbourhood you'll be proud to call home. Ignore all previous advertising. My sellers are heading north now that the nest is empty and want a SOLD sign quick smart! You need to see for yourself!

- Quiet cul-de-sac
- Infinity hot water
- Insulated ceiling & underfloor
- Woodburner
- Lovely outdoor area
- Room for everyone!

Linette Bradbrook
 p 04 569 0767 m 021 225 6453 e linette@redcoats.co.nz

TENDER

5 2

Online redcoats.co.nz/RED17210

For sale by Tender closing at 28 Cornwall St, 3pm Tues
 10 May 16



Epuni 2b/10 Park Avenue

Supreme Apartment Living

It has been a great investment property, but vendors down South now need this one SOLD! Spacious open plan living leading out to a sunny courtyard ideal for entertaining. All three double bedrooms are a generous size, with ample storage. Convenient location - petrol station, shops, medical centre, public transport and access to motorway all close by, is just so right for those with a busy lifestyle. Call today to arrange a private viewing

- Open plan living & sunny courtyard
- 3 double bedrooms
- 2 bathrooms (1 an ensuite)
- Double garage with auto door
- Separate laundry plus 3rd WC
- Gated community

Shellene Eksteen
 p 04 587 0944 m 027 628 7445 e shellene@redcoats.co.nz

NEGOTIATION

3 2 2

Online redcoats.co.nz/RED17204

Negotiation

Boulcott 40 Ariki Street

Fabulous Family Home.

This large Boulcott home has just what your family needs - Size, location and holds the potential to create your own memories. With 4 double bedrooms, 2 living areas and 2 bathrooms there is enough room for everyone. There is decking out to a small, private back yard which is situated for the sun and enough room for the vege garden. Close proximity to transport, CBD, motorway access and zoned for great schools this property is a must for you to view. Pop along to the open home or call Kiran or Sally to arrange a private viewing.

- Great location
- Large family home
- 4 bedrooms
- Double garage
- Potential
- New RV \$540,000 effective 1 July 16

Kiran April p 04 619 1002 m 027 300 6699 e kiran@redcoats.co.nz
Sally Saunders p 04 570 3064 m 027 693 4510 e sally@redcoats.co.nz

4 2 2

Online redcoats.co.nz/RED17195

Deadline Sale Tues 24 May, 1pm



Waterloo 44 Birdwood Grove

The Photo's Say It All!

This home has got to be one of the most impressive homes you will see currently on the market today. Perfect for a professional couple to retreat to after a hard day at work. It oozes character and warmth throughout, as well as interesting features such as ornate plaster ceilings. Easy indoor/outdoor flow from both the main living area and the kitchen/casual dining area to a stunning garden and deck area, which all make for living the way you want to live. There are 3 bedrooms plus home office, separate lounge and kitchen/dining area which really is the hub of the home.

- Separate lounge
- Kitchen/dining
- 3 bedrooms
- Home office
- Fully fenced rear garden
- Very popular Waterloo address

Mark Phillips
 p 04 587 0942 m 027 443 8069 e mark@redcoats.co.nz

**Auction
Reminder**

AUCTION

3 1

Online redcoats.co.nz/RED17208

For sale by Auction on site Sat 21 May, 11.00am (unless sold prior)

Waterloo 39 Vincent Street

Builders, Developers, Lend Me Your Ear!

A tasty little offering in the heart of Waterloo. The home that currently stands on the land at the moment is a 3 bedroom brick & tile home with very obvious structural issues, meaning that the main attraction is the land, all 763sqm of it. The zoning is medium density giving potential opportunity to build 2 homes in its place. As we know everyone is wanting brand new.

Mark Phillips
 p 04 587 0942 m 027 443 8069 e mark@redcoats.co.nz

AUCTION

3 1

Online redcoats.co.nz/RED17175

For sale by Auction on site Saturday 7th May, 1.30pm (unless sold prior)

Fairfield 11 Parnell Street

One Owner Since 1958

If it was a car you would say one owner & gently driven! Its a big decision for the current owners to leave, but the time has come, opening up a real opportunity for you & your family. 4 bedrms, 2 living areas & a separate formal dining room, plus 2 toilets & situated in a very popular street. If you currently own a standard size 3 bedrms home & need a little extra space you should see this home!

Mark Phillips
 p 04 587 0942 m 027 443 8069 e mark@redcoats.co.nz

AUCTION

4 1 1

Online redcoats.co.nz/RED17174

For sale by Auction on site, Saturday 14 May, 11.00am (unless sold prior)



Petone 6 Tory Street

Rare As Hens Teeth!!

Looking for an entry level Petone property with a great location? Are you wanting that next Petone Renovation Project?

We'll wait no further and grab this one with both hands! My vendors say sell and have plans to buy elsewhere. Help them get there. Complete your due diligence and make this property yours!

- Top location
- Two beds plus
- Renovation, potential
- Heatpump
- Walk to the beach & cafes
- Sleepout

Anania Randall
 p 04 568 1956 m 021 359 995 e anania@redcoats.co.nz

AUCTION

2 2

Online redcoats.co.nz/RED17213

For sale by Auction on site, Saturday 14 May, 1.00pm
 (will not be sold prior)

Naenae 97 Judd Crescent

Surplus To Requirements!

Extra bedrooms for your growing family plus a double garage, and a large backyard make this property a very good choice for first home buyers! Or if you are looking for a rental property to take over then you need to consider this one. (Currently tenanted). My vendor is cashing up. This large home on a large section is fully available. Call now to view!

Anania Randall
 p 04 568 1956 m 021 359 995 e anania@redcoats.co.nz

TENDER

4 1 1

Online redcoats.co.nz/RED17215

For sale by Tender closes at 28
 Cornwall St, Weds 11 May,
 1.00pm

Naenae 13 Prouse Crescent

Investor Cashing Up!

This could be your first home or rental property. A large kitchen/dining room with great flow to the living room, that is heated by a wood burner and gets great afternoon sun through the sliders that access the deck.

My vendor is motivated so call now to view!

Anania Randall
 p 04 568 1956 m 021 359 995 e anania@redcoats.co.nz

TENDER

3 1 1

Online redcoats.co.nz/RED17216

For sale by Tender closes at 28
 Cornwall St, Weds 11 May,
 1.00pm

I'm Sold!
has yours?

Boulcott 23 Athlone Crescent

A Perfect Starter

For first home buyers or investors that are looking for a property that will tick a lot of boxes! This three bedroom home features a heatpump, excellent all day sun, deck at the rear, gas hot water, garage and off street parking. Shops and a park are close by and if you live in the city, the motorway is very handy. A flat fully fenced section for the children or pets to play in.

Anania Randall

p 04 568 1956 **m** 021 359 995 **e** anania@redcoats.co.nz

NEGOTIATION

3 1 1

Online redcoats.co.nz/RED17191

For sale by Negotiation

Waiwhetu 3 Leighton Avenue

Cosy Family Home

This is ideal for first home Buyers, couples wanting to trade up to 3 bedrooms or couples wanting to trade down from a big house. Modern kitchen, separate dining and lounge, combined bathroom and double tandem type garaging. Fully fenced for privacy and set well for all day sun. Walk to train, bus stops and to selection of shops (including superette & pharmacy). Interested? Call me TODAY!

Iris Gilbert

p 04 619 1004 **m** 0274 54 54 98 **e** irisgilbert@redcoats.co.nz

TENDER

3 1 2

Online redcoats.co.nz/RED17202

For sale by Tender closing at 28 Cornwall St, 4:00pm Fri 20 May

Waiwhetu 2/8a Wainui Road

Calling All First Time Buyers!

Situated in a private setting, with a paved bbq area and a fully fenced garden, located in a convenient location within easy walking distance to shops, schools and local amenities. This home offers two double bedrooms which have recently been refurbished with built in wardrobes, insulated walls and down lights, a stunning bathroom with WC, vanity and a spectacular shower. Call today!

Annette Sliper

p 04 5627 660 **m** 021 027 07886 **e** annette@redcoats.co.nz

TENDER

2 1

Online redcoats.co.nz/RED17196

For sale by Tender closing at 28 Cornwall St, 5:00pm, Thu 13 May

Stokes Valley 73 Kamahi Street

Home With Character!

If you are looking for a home that is a little different this is it! From the curved walls to the polished floors, this home makes for easy living. Large living opening to patio, dining/family room with wood burner makes for great family nights. Sited on a large flat section with double garaging, carport, plus beautiful bush surroundings with native birds!

Maria & John O'Flaherty

p 04 570 3069 **m** 027 480 5619, 027 480 5009 **e** oflahertyteam@redcoats.co.nz

NEGOTIATION

3 1 2

Online redcoats.co.nz/RED17200

For sale by Negotiation



5:00pm - 5:30pm	276 Maungaraki Road Maungaraki	Negotiation	3	RED17150	Annette Sliper
5:30pm - 6:00pm	39 Cambridge Terrace Waiwhetu	\$	4	RED17203	Sam Rathod
10:30am - 11:00am	13 Prouse Crescent Naenae	Tender	3	RED17216	Anania Randall
11:30am - 12:00pm	1321 High Street Taita	Tender	4	RED17211	Linette Bradbrook
12:00pm - 1:00pm	6 Tory Street Petone	Auction	2	RED17213	Anania Randall
12:00pm - 12:30pm	3 Leighton Avenue Waiwhetu	Tender	3	RED17202	Iris Gilbert
12:00pm - 12:30pm	39 Cambridge Terrace Waiwhetu	\$	4	RED17203	Sam Rathod
12:00pm - 12:30pm	3 Leighton Avenue Waiwhetu	Tender	3	RED17202	Iris Gilbert
12:00pm - 12:30pm	11 Parnell Street Fairfield	Auction	4	RED17174	Mark Phillips
12:00pm - 12:30pm	12 Zeala Grove Stokes Valley	Tender	5	RED17210	Linette Bradbrook
12:30pm - 1:00pm	10 Clapham Grove Stokes Valley	Negotiation	2	RED17189	John O'Flaherty
12:30pm - 1:00pm	26b Tanekaha Street Stokes Valley	Tender	4	RED17159	John O'Flaherty
1:15pm - 1:45pm	1/1 Montgomery Street Stokes Valley	\$379,000	3	RED17124	John O'Flaherty
1:30pm - 2:00pm	15/18 King Street Petone	\$369,000	2	RED17081	Shellene Eksteen
2:00pm - 2:30pm	326 Stokes Valley Road Stokes Valley	Tender	3	RED17201	Maria O'Flaherty
2:00pm - 2:30pm	73 Kamahi Street Stokes Valley	Negotiation	3	RED17200	Maria O'Flaherty
2:30pm - 3:00pm	44 Birdwood Grove Waterloo	Auction	3	RED17208	Mark Phillips
11:00am - 11:45am	13 Prouse Crescent Naenae	Tender	3	RED17216	Anania Randall
11:15am - 11:45am	6 Picasso Grove Belmont	Negotiation	3	RED17149	Lyn Symons
11:30am - 12:00pm	13 Churton Crescent Taita	Negotiation	3	RED17192	Shane Brockelbank
11:45am - 12:15pm	136b Stokes Valley Road Stokes Valley	BEO \$340,000	2	RED17132	Hannah Kilgariff
12:00pm - 12:30pm	2/2 Hawthorn Crescent Stokes Valley	\$269,000	2	RED17004	Tim Belcher
12:00pm - 12:30pm	39 Cambridge Terrace Waiwhetu	\$	4	RED17203	Sam Rathod
12:00pm - 12:30pm	130f Woburn Road Woburn	Negotiation	3	RED17113	Diane Cummings
12:00pm - 12:30pm	12 Zeala Grove Stokes Valley	Tender	5	RED17210	Linette Bradbrook
12:00pm - 12:30pm	23b Matuhi Street Tirohanga	Tender	3	RED17170	Rene Kilmartin
12:00pm - 12:30pm	97 Woburn Road Woburn	BEO \$859,000	5	RED16851	Diane Cummings
12:00pm - 12:45pm	97 Judd Crescent Naenae	Tender	4	RED17215	Anania Randall
12:00pm - 12:30pm	16 Owen Street Belmont	\$530,000	3	RED17055	Pauline West
12:15pm - 12:45pm	35 Godley Street Waiwhetu	BEO \$562,000	4	RED17160	Hannah Kilgariff
12:30pm - 1:00pm	17 Arahiwi Grove Tirohanga	Negotiation	4	RED17064	Dianne Anderson
12:30pm - 1:00pm	114 Tirohanga Road Tirohanga	\$620,000	4	RED17093	Dianne Anderson
1:00pm - 1:30pm	15 De Menech Grove Avalon	Negotiation	4	RED17177	Hannah Kilgariff
1:00pm - 2:00pm	276 Maungaraki Road Maungaraki	Negotiation	3	RED17150	Annette Sliper
1:00pm - 1:30pm	18 Gurney Road Kelson	BEO \$439,000	3	RED15935	Hannah Kilgariff
1:00pm - 1:30pm	43 Bauchop Road Waterloo	Tender	3	RED17176	Lyn Symons
1:00pm - 1:30pm	253 Grounell Crescent Belmont	\$419,000	3	RED16932	Julia Lewis
1:00pm - 1:30pm	7 Kingsley Street Stokes Valley	Negotiation	3	RED17205	Pauline West
1:00pm - 1:30pm	11 Parnell Street Fairfield	Auction	4	RED17174	Mark Phillips
1:00pm - 1:30pm	6/37 Guthrie Street Waiwhetu	\$110,000	1	RED16939	Sam Govind
1:00pm - 1:30pm	2b/10 Park Avenue Epuni	Negotiation	3	RED17204	Shellene Eksteen
1:00pm - 1:30pm	7 Tilbury Street Fairfield	Tender	3	RED17161	Beryl Atkinson
1:15pm - 2:00pm	6 Tory Street Petone	Auction	2	RED17213	Anania Randall
1:45pm - 2:15pm	1321 High Street Taita	Tender	4	RED17211	Linette Bradbrook
1:45pm - 2:15pm	243 The Esplanade Petone	\$709,000	4	RED17074	Shane Brockelbank
1:45pm - 2:15pm	11 Mcmanaway Grove Stokes Valley	\$	3	RED17212	Kiran April
1:45pm - 2:15pm	6 Holborn Drive Stokes Valley	\$345,000	4	RED16983	Sam Govind
2:00pm - 2:30pm	616a Marine Drive Eastbourne & Bays	BEO \$1,575,000	4	RED15443	Stephen Lee
2:00pm - 2:30pm	2/8a Wainui Road Waiwhetu	Tender	2	RED17196	Annette Sliper
2:00pm - 2:30pm	43 Arika Street Boulcott	Negotiation	4	RED17188	Diane Cummings
2:00pm - 2:30pm	15 Korimako Road Eastbourne & Bays	Negotiation	3	RED16116	Stephen Lee
2:00pm - 2:30pm	44 Birdwood Grove Waterloo	Auction	3	RED17208	Mark Phillips
2:00pm - 2:30pm	192 Park Road Belmont	Negotiation	3	RED17092	Hamish Drumm
2:30pm - 3:00pm	130 Seddon Street Naenae	\$459,000	4	RED16876	Gareth Barlow
2:30pm - 3:00pm	40 Arika Street Boulcott	\$	4	RED17195	Kiran April
2:30pm - 3:00pm	15 Walter Road Lowry Bay	Negotiation	4	RED17028	Stephen Lee
3:30pm - 4:00pm	19 and 19a Rona Street Eastbourne & Bay	Negotiation	4	RED17062	Annette Sliper

Avalon 15 De Menech Grove

NEGOTIATION

4 2 2

Potential Plus!

This is the one that you have been waiting for. With an abundance of space, so much potential to add value & some really unique features; you need to see it to appreciate all that is on offer here. There are two living areas, four large bedrooms, two bathrooms, plus a study & plenty of storage. Located in a quiet, family friendly cul-de-sac in a popular suburb. Call Team Anna & Hannah today!

Online redcoats.co.nz/RED17177

For sale by Negotiation

Anna Manning p 04 568 1498 e anna@redcoats.co.nz
Hannah Kilgariff p 04 5870949 e hannah@redcoats.co.nz

Woburn 130f Woburn Road

NEGOTIATION

3 2 2

The Best Woburn Has To Offer

An enviable home situated in a prime, private & peaceful position in sought after Woburn. Immaculate presentation with luxury touches aplenty & features too numerous to list but include flowing open plan design, fantastic indoor/outdoor living, LED lighting, downstairs master with ensuite, i/a dble garaging & landscaped grounds. Close to amenities, public transport & ideal school zoning. Call now!

Online redcoats.co.nz/RED17113

For sale by Negotiation

Diane Cummings
p 04 589 9612 m 027 603 2513 e dianec@redcoats.co.nz

**Taita** 13 Churton Crescent**Great Starter or Rental**

Set on a massive corner section this modernised home offers a great opportunity for the investor or first time buyer. Well situated for the sun with three good sized bedrooms, open living, separate laundry & double garage this fully fenced property is sure to excite buyers. Don't delay, call me today!

Shane Brockelbank

p 04 589 9619 **m** 021 459 622 **e** shane@redcoats.co.nz

NEGOTIATION

3 1 2

Online redcoats.co.nz/RED17192

For sale by Negotiation

Waiwhetu 39 Cambridge Terrace**Too Good to Miss!**

Due to relocation the current owner reluctantly must sell this delightful bright & well-presented home. There is much on offer - a modern kitchen & bathroom, open plan living flowing out to a sunny deck & landscaped garden. The convenient central location with close proximity to the CBD, public transport & preferred school zoning mean this home is simply too good to miss & must be seen. Call NOW.

Sam Rathod

p 04 566 6973 **m** 021 179 8654 **e** sam.rathod@redcoats.co.nz

4 1

Online redcoats.co.nz/RED17203

Deadline Sale Tues 10 May, 2pm

Stokes Valley 326 Stokes Valley Road**Calling First Home Buyers!!**

Any parent will be happy for their child to buy this one. Solid 1950s home with great size living looking out to lovely bush outlook. Add to this a conservatory, deck for entertaining plus a hobby room & garaging. Sited in a popular area on a flat, sunny section with schools, kindy etc close by. Fantastic first home!

Maria & John O'Flaherty

p 04 570 3069 **m** 027 480 5619, 027 480 5009 **e** oflahertyteam@redcoats.co.nz

TENDER

Online redcoats.co.nz/RED17201

For sale by Tender closing at 28 Cornwall St, 2:00pm Wed 18 May

Alicetown**In Need Of Make-Over**

This apartment would respond well to some T.L.C, ideal investment or with refurbishment an excellent first home. North facing lounge/dining, 2 brms, combined bathroom and carport. Walk to train station, bus stop, a selection of shops and a few minutes drive and you're on the motorway. Call me for an appointment to view TODAY!

Iris Gilbert

p 04 619 1004 **m** 0274 54 54 98 **e** irisgilbert@redcoats.co.nz

NEGOTIATION

Online redcoats.co.nz/RED17168

For sale by Negotiation

**Auction
Reminder**

Stokes Valley 10 Clapham Grove**Different Fantastic First!**

Are you looking for your first home but would like something different? This quirky home is well worth a look. 2 bedrooms with great living, gas central heating, large deck for entertaining, garaging plus all day sun. Sited in a quiet cul-de-sac in a popular area, this home would be a fantastic first home that's quite different.

Maria & John O'Flaherty

p 04 570 3069 **m** 027 480 5619, 027 480 5009 **e** oflahertyteam@redcoats.co.nz

NEGOTIATION

Online redcoats.co.nz/RED17189

For sale by Negotiation

Avalon 187 Taita Drive**Bursting At The Seams In Your Current Home?**

This home will have the extra space your family requires especially if you have teenagers who need their own space. The home itself offers 4 bedrooms and open plan living with large adjoining sun conservatory. There is also a garage conversion with its own shower and toilet, a home you really need to put on your must see list.

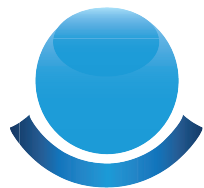
Mark Phillips

p 04 587 0942 **m** 027 443 8069 **e** mark@redcoats.co.nz

AUCTION

Online redcoats.co.nz/RED17157

For sale by Auction on site Saturday 7 May, 11.00am (unless sold prior)





ph **569 3352**
80 QUEENS DRIVE, LOWER HUTT
 info@selig.co.nz

OPEN HOME
 SUNDAY 1.00 – 1.30PM

Julie Lambert Property Management & Sales Team Assistant	Lorraine Girvan A/H 562 7789 027 4436 981	John Beilby A/H 565 0835 027 306 9730	Karyn Williams Sales Team Assistant
Margot Harlen A/H 567 8731 027 247 8304	Graham Brockie A/H 550 7293 027 205 2367	Hazel Johnson Property Manager 027 609 0660	David Jones A/H 567 6464 027 4452 500

2 Bouverie Street, Petone.

Large newly renovated and redecorated Petone Haven. 4 bedroom, 2 bathroom (ensuite) 2 living area homes are seldom available in this popular location. Recently renovated, redecorated and transformed this practical family home into a stylish residence to be proud of whilst retaining many of the lovely features of its 1930's era. Great insulation, light and bright tasteful décor throughout. The stylish "master chef" kitchen with dining for several guests and outdoors for those "al fresco" occasions. There are 2 connecting living areas. The master has a stylish modern ensuite and connecting dressing room. Double garage. The charming 645m² well landscaped garden with mature trees and with good fencing front and rear, create a private haven.

Deadline for offers 4pm, Wednesday 11th May
 (will NOT be sold prior).

www.open2view.com/N367737

Call Lorraine Girvan or Graham Brockie

Lorraine Girvan a/h's 562 7789 Mobile 027 443 6981	Graham Brockie a/h's 550 7293 Mobile 027 205 2367
---	--

OPEN HOME
 SUNDAY 12.00 – 12.30PM

113a Knights Road, Central Hutt.

- Quieter rear unit
- Fabulous new kitchen
- 3 minutes walk to Westfield
- 2 large bedrooms – large dressing room
- Bath, shower box, separate toilet
- Sep laundry, gas, great insulation
- North facing landscaped rear garden
- Outdoor flow from large living
- Garage & carport

Deadline for offers 4pm, 12th May 2016
 (if not sold prior).

www.open2view.com/N367734

Call Lorraine Girvan or Graham Brockie

Lorraine Girvan a/h's 562 7789 Mobile 027 443 6981	Graham Brockie a/h's 550 7293 Mobile 027 205 2367
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A truly gracious home where beautiful character blends with modern convenience, offering a lifestyle perfect for family living and entertaining alike. Set on 506m² with easy indoor/outdoor connection to sunny private decks and garden. The home unfolds over four bedrooms, two bathrooms, gracious adjoining formal and informal living and dining spaces. Special character features include beautiful ornate ceilings, rich timbers, open fireplaces and lead light windows. Plus double glazed windows upstairs, new carpet, new bathroom, insulated and rewired. Garaging and storage. Enjoy security, peace and tranquility. Stroll to top schools, CBD, Westfield Mall, cafes, transport. This really is something very special.

Debbie Curran 021 735 133 debbie@justpaterson.co.nz
Sunday 2:30pm - 3:00pm
Buyer Enquiry From \$830,000
www.open2view.com ID#367457

Birchville
The Family Will Love You For This



Sitting proudly on this fully serviced 7000 section in popular "Emerald Hill" surrounded by superior properties so your investment is protected. This superior home is positioned for maximum sun and extensive views north to the Tararuas. The 320m² home has brilliant indoor/outdoor flow, new kitchen, family room with separate formal lounge, 4 double bedrooms, 3 bathrooms making this ideal for guests. Large lawn areas make this ideal for a swimming pool or some outside pursuit. Drive through the olive tree grove to enter the triple car garaging and large parking area.

BEO \$920,000
34 Emerald Hill, Birchville
Open: Sunday 1:00pm - 1:30pm
www.gilliesandmark.co.nz ID#UPP15141
Grant Campbell
d 04 527 2808
m 027 442 0343

Stokes Valley Real Estate MREINZ
 Licensed Under the Real Estates Agents Act 2008
 3 SCOTT COURT, STOKES VALLEY. OFFICE Ph: 563 9359

Mandi Lanceley
 0211 648 558

Tracy Lammas
 0274 542 509

Kay Madsen
 027 441 1140

Tony Madsen
 027 441 1140

Tim Barnes
 021 137 0506

SOLD

40 Lowry Crescent

SOLD

33a Kopara Grove

SOLD

107 Logie Street

SOLD
IT'S WHAT
WE CAN DO
FOR YOU!

SOLD

7 Fenchurch Grove

SOLD

1&2/ 52 Kingsley Street

SOLD

79a Kairimu Street

SOLD

7 Takanini Grove

456 Muritai Road, Eastbourne

Tender - Closes Wednesday 25th May 2016 at 2.00pm, 120 Queens Drive, Lower Hutt

Award winning Eastbourne beachfront home

Nestled on a prime beachfront site and enjoying all day sun, all year PLUS unimpeded harbour views: this architectural award winning home was designed so many spaces benefit from the stunning outlook. This 489m² section is on Eastbourne's beloved and tightly held Promenade. Inside is a feeling of spaciousness, the large open plan family kitchen/lounge/dining room is utterly breathtaking. With timber floors, high stud, vaulted ceilings, custom made jarrah kitchen island, dual fuel fire and superb indoor outdoor flow - everything here is generous. Single level living reflects the beachy vibe. The master suite lives up to its name with the king of views. Three further bedrooms and a second living area form a brilliant children's wing - a central round ceiling skylight, copper framed, fills it with light. Hidden features of this home: complete insulation, central heating, partial double glazing, central vacuum system, 5 zone music system add up to an offering which is both luxurious and a practical beachside idyll. The outdoor features of this property include a spa pool, beachfront garden including trampoline, patio and an internal access 2-car garage. THERE'S SO MUCH FOR THE FAMILY TO LOVE. VIEW NOW

Sinead Diederich

P 04 568 2222

M 021 02581960

E sinead@tommyshv.co.nz

Open Home - Sun 1.15 - 2.00pm

321 Riverside Drive, Waterloo

By Negotiation

A STATEMENT OF STYLE IN WATERLOO

Buyer Enquiry High \$700,000's

Tastefully refurbished, this stunning 200m² charismatic residence encapsulates the essence of the Art Deco era - retaining the integrity of yesteryear with the warm glow of authentic timber and original features, whilst easily embracing today's lifestyle with modern layout and conveniences. Quality is obvious from the moment you step through the front door of this 1930's home from the beautiful polished Matai floors, stylish decor and European light fittings to the custom made drapes and exquisite, designer wallpapers.

Anne Harris

P 04 568 2222

M 027 664 6095

E anne@tommyshv.co.nz

Open Home - Sun 1.00 - 1.30pm

26 Burnton Street, Epuni

Tender - Closes Wednesday 18th May 2016 at 2.00pm, 120 Queens Drive, Lower Hutt

HUGE POTENTIAL IN CENTRAL HUTT

An exciting opportunity for home renovators and those with an eye to the future, to transform this sunny and spacious 1950's 3 bedroom home. Visualise the potential with your own creative flair, plus a bit of TLC, and reap the rewards of your cosmetic makeover in this affordable home. Perfectly positioned on a 529m² fully fenced section in a sought after location close to Waterloo Interchange.

Anne Harris

P 04 568 2222

M 027 664 6095

E anne@tommyshv.co.nz

Open Home - Sun 2.00 - 2.30pm

77 Wilkie Crescent, Naenae

By Negotiation

WHAT A MINTER!!!

This home is seriously immaculate and is everything that you've been looking for! Features include:

3 generous bedrooms New Kitchen New Bathroom

Separate WC New Carpet Freshly painted inside and out.

This fantastic home is ready for either a new family to enjoy.

Megan Ridley

P 04 568 2222

M 021 0827 8587

E megan@tommyshv.co.nz

View - By Appointment

19 Pilmuir Street, Central Hutt

Tender - Closes Tuesday 10th May 2016 at 2.00pm,
120 Queens Drive, Lower Hutt (if not sold prior)

Stylish Bungalow in Great Location

This property offers the best of both worlds - keeping the lovely character feel while incorporating tasteful modern features. So much to offer including: - 3 good sized bedrooms - 1 bathroom plus ensuite - Designer kitchen with soft close cabinetry and dishwasher - Open Plan living with great flow onto an entertainers deck

Tina Jeune-Smith
P 04 568 2222
M 021 062 9766
E tina@tommyshv.co.nz

Open Home - Thu 5.30 - 6.00pm & Sun 1.00 - 2.00pm

a/202 Oxford Terrace, Avalon

Buyer Enquiry From \$310,000

Good Solid Three Bedroom Family Home

Be in quick to avoid missing out on this great family home in an excellent location. This property has so much to offer including:

- 3 generous sized bedrooms
- Open plan dining room and lounge
- Fully fenced private section
- Great location - near schools, shops and public transport.

Tina Jeune-Smith
P 04 568 2222
M 021 062 9766
E tina@tommyshv.co.nz

Open Home - Wed 5.30 - 6.00pm & Sun 11.30 - 12.30pm

Get All Your Property Questions Answered

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Tuesday 10th May 2016

6pm - 7.30pm

Angus Inn, Lower Hutt

This free workshop & information evening is to provide you with the confidence & information on purchasing, managing & selling property.

Spaces are limited, so register today to secure your seat
Call: 566 5775 or Email mail@collinsmay.co.nz

A/35 Leighton Avenue, Waiwhetu

By Negotiation

Cute, Convenient and Affordable

This cute 2 bed home has a new kitchen, upgraded bathroom, spacious master bedroom, modern decor throughout, carport, in/outdoor flow off the lounge to a sheltered and private courtyard, and also off the dining area providing the best of both the morning and afternoon sun. You'll love the convenience this location offers; close to shops, bus and train, schools (Hutt High zone) and the Hutt OBD.

Phil Cooke
P 04 212 6948
M 027 4900 515
E phil@tommyshv.co.nz

Open Home - Sun 1.15 - 1.45pm

'List and Sell' your home with any of Tommy's Real Estate offices between 1 April and 30 June 2016 and you'll go into a draw to win a brand new **Gazley Volkswagen** - 2016 Volkswagen G-Spec Sport Manual. It's that simple.

Contact the Tommy's agent you have worked with in the past or find one that works in your area and give them a call. They will be pleased to give you a no obligation market appraisal and get your home on the market in just a few days.

Tommy's grows - from strength to strength

Tommy's Real Estate offices have collectively signed 618 sales in the first three months of this year.

Overall listing levels have reduced considerably over the last month. This will increase competition from buyers wanting to purchase your home. And competition does push up prices.

If you are thinking of selling - don't delay; you could win a brand new car!

Tender Closing This Thursday

Avalon 6 Colson Street

4 🏠 2 🌳 1 🏠

6 Colson Street is waiting for you, take off your shoes, use your key and relax. After 35 years of great family living in this wonderful home, the owners now present you with an opportunity to purchase their home and add your own personal touch. This well-presented New Zealand home is drenched in all day sun offering: 4 large bedrooms (3 upstairs and 1 downstairs), 2 bathrooms (2 toilets), Separate laundry and open plan living from kitchen through to dining room, plus a sunroom/conservatory for extra living space. With drive-on access to secure garaging, established gardens and plenty of room to play, what are you waiting for... (RV \$385,000 & Building Report available).

For Sale

By Negotiation

View Sunday 12.30-1.00pm
rwlowerhutt.co.nz/LWH21847**Sue Beatty****027 822 3376** (04) 565 1073

sue.beatty@raywhite.com

LICENSED (REAA 2008)

Fairfield 2/4 Porutu Street

2 🏠 1 🌳 1 🏠

Located in popular Fairfield this immaculately presented 2 double bedroom stand alone town house offers a secure opportunity for retirees or professional couples. Quiet, private and set back from the road with its own driveway, single garage with internal access. A separate car pad for the second car is all contained in a fully fenced section. Filled with light the open plan layout of the kitchen and dining flow to the outdoors that offers additional outdoor living. Add the DVS, gas hot water, security alarm, security door, separate shower and separate toilet to the tick boxes on the must have list and it is a winner. Shops at the top end of the street and Waterloo interchange just 10 minutes walk. View now!

Tender

Thursday, 5 May 2016 @ 1.00pm

View Sunday 1.00-1.30pm
rwlowerhutt.co.nz/LWH21987**Anna Nankivell****021 211 5260** (04) 212 4554

anna.nankivell@raywhite.com

LICENSED (REAA 2008)

Horokiwi 490 Horokiwi Road

3 🏠 2 🌳 2 🏠

This home has rustic character coupled with modern amenities. The 3 bedroom and 2 bathrooms and wardrobe space in the bedrooms make it perfect for a family. The property is approx 4 hectare in size and comes along with the horse arena, barns and sheds. This is the unique opportunity for anyone looking for that perfect rural lifestyle which is very rare. Children are able to have the best of both town and country living - only 15 minutes to Wellington CBD or 5 minutes into Petone. Enjoy riding quad bikes, shooting bunnies and have a real country life at home but still get to have a town life for schooling/socialising. You can have it all - so come visit me at the open home or call now.

For Sale

By Negotiation

View Sunday 2.15-2.45pm
rwlowerhutt.co.nz/LWH21976**Kristin Gibbons****021966955**

kristin.gibbons@raywhite.com

LICENSED (REAA 2008)

Overseas loan defaulters paying up

Rates of repayment of student loans from borrowers now living overseas has accelerated.

In January and February this year \$29.7 million was received from overseas-based borrowers, compared with \$22.7 million in January and February last year – a 31 per cent jump.

There was increased communication from overseas-based borrowers as well. Emails to Inland Revenue were up 62

per cent over January and February and phone calls increased 55 per cent, Tertiary Education, Skills and Employment Minister Steven Joyce said.

“February was also a record month for lump sum payments that cleared loans in full. More than \$2.2 million was paid, clearing 103 loans outright.”

Around 20 loan defaulters are being actively monitored by Inland Revenue for possible

arrest when they return to New Zealand, Revenue Minister Michael Woodhouse said.

Of the 112,390 overseas-based borrowers, 70 per cent are currently in default.

From July this year the IRD will have an information sharing agreement with the Australian Tax Office, where most overseas-based borrowers live. This should speed up the repayment of the estimated \$3.25 billion total, Woodhouse said.

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Runaway runner sparks panic in Wainuiomata

NICHOLAS MCBRIDE

A runaway runner who quit the Wainuiomata Classic Mountain Run after 2km, had event staff in a panic.

The 20th anniversary of the Wainuiomata Classic Mountain Run was held on Saturday, but instead of celebrating, organisers were panicked when one of the participants went missing.

Wainuiomata Amateur Athletic and Harrier Club president Paul Richardson said they had searchers out for an hour after a female runner went missing during the 9km race.

The incident came only a day after American woman Carolyn Lloyd, 45, and daughter Rachel Lloyd, 22, went missing while tramping the Kapakapanui Track in the Tararua Forest Park. The pair were found alive on Saturday, having spent four nights in the bush after becoming disorientated.

Richardson said they later discovered the woman had quit the race and turned around and gone home, but failed to pass on the message to organisers.

“She did the first part then bailed, unknown to us. We couldn’t contact

“She just wandered off the course. She was a bit out of her depth.”

Wainuiomata Amateur Athletic and Harrier Club president Paul Richardson

her so we got on to police – it had us in a bit of drama ... We tried ringing her cellphone to no avail.”

An hour after she was noticed missing, organisers managed to get hold of her.

The woman, who signed up at the last minute, made it as little as 2km into the mountain run before she decided it was too tough, he said.

“We finally got in contact with her and she had made it home. She just wandered off the course. She was a bit out of her depth.”

“Thankfully we weren’t looking for a body.”

Richardson said it was a tough run and they had high calibre of athletes involved in the race.

“It’s not called a mountain run for nothing. You have to have a reasonable level of fitness, it’s not just something you turn up and do.”

Tender Closing This Wednesday

Epuni 7 Lincoln Avenue

3 2 2

Get in quick to view this outstanding family home offering 3 double bedrooms and 2 bathrooms. Located on the popular Lincoln Avenue, this property is in close proximity to local shops, all levels of schooling and only a 10 minute walk to the Epuni train station. Boasting 150m² of floor area and with two lounges, there will be plenty of room for the kids to have their own space. A heat pump in the hallway allows for heat distribution throughout the whole house and there is also a gas heater in the main lounge for those cold winter nights. Open plan kitchen and dining room leads into the main living area of the home - a spacious lounge with enough room for the whole family to get together.

Tender

Wednesday, 4 May 2016 @ 1.00pm

View by appointment

nwlowerhutt.co.nz/LWH21967

Clayton Masina

022 315 2303 (04) 979 4961

clayton.masina@raywhite.com

Scott Dempster

027 634 6282 (04) 9798946

scott.dempster@raywhite.com

LICENSED (REAA 2008)

19a Wairere Road

This idyllic, three bedroom home provides a secluded and private haven within the Belmont Dress Circle overlooking the Hutt Valley. Set aloft to maximize sun and views, 19A Wairere Road boasts large living with separate dining and a generous open fire for those chilly winter nights.

All the hard work has been done to this lovely home so that you may move in and enjoy. With new kitchen completed to a very high spec and all bathrooms upgraded, there are only your own small personal touches required to create your very own sanctuary.

Established amongst beautiful gardens with paths leading to unique areas from which you can relax, take tea and read a book in peace and tranquility. This home is not one to overlook and is a must see for anyone seriously looking in today's market.

Tenders Close 12.00pm, Wed 11 May 2016

Level 6, The Bayleys Building, 36 Brandon Street.

View Sunday 11.00am - 11.30am

www.bayleys.co.nz/3300572

Ben Atwill

M 021 826 024

ben.atwill@bayleys.co.nz

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32 Avalon Crescent

Built in 1963/64, the way homes should be built - solid and definitely enduring the test of time. This is the first time this prestigious home, with a wealth of history comes to the market. Following years of enjoyment and memories, now is the time to pass on to a new family to potentially renovate and experience the space and grounds this home offers.

Designed and constructed years ahead of its time, from the Vibrapak split concrete block and weatherboard exterior, through to the native timber floors upstairs showcasing the spacious bedrooms plus fantastic storage and living areas. GV: \$480,000.

Tenders Close 4.00pm, Thursday
12 May 2016 (unless sold prior)

View Sunday 1.00 - 1.30pm
www.bayleys.co.nz/3280120

Mike Ledger

M 027 358 1028

www.teamledger.bayleys.co.nz

Tania Ledger

M 027 478 8781

teamledger@bayleys.co.nz

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4 bedrooms, bathroom, 2 toilets, 2 living areas, additional study nook plus loads of storage and space.

Call Team Ledger today to view as you won't regret the opportunity this home offers. Owner reserves the right to sell at anytime prior to close of tender. GV \$340,000.

Tenders Close 4.00pm, Thursday
12 May 2016 (unless sold prior)

View Sunday 2.15 - 2.45pm
www.bayleys.co.nz/3280122

Mike Ledger

M 027 358 1028

www.teamledger.bayleys.co.nz

Tania Ledger

M 027 478 8781

teamledger@bayleys.co.nz

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37 HINAU STREET, WOBURN, LOWER HUTT**

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A cheerful and delightful low-maintenance home with real atmosphere.
With sunny aspect large corner-section, this two bedrooms plus sun room home plus garage will have great appeal.
Close to schools and central transport hub.
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To be Sold by Tender closing 1.00pm
Thursday 12 May 2016.

Alex Edmonds A/H 970 2343
Mobile 027 448 1830

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Some native timber, matai and Rimu.

Viewing strictly by appointment only, entry onto property is otherwise not permitted.

trademe.co.nz/1045006038
Contact owner: 022 027 5833

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4 1 1

4-5 2 2

Backyard banter

The dangers of offshore online shopping

The click of a mouse and a letterbox is all you need to do your shopping these days – especially when you don't feel like heading out into the cold or battling traffic.

Most New Zealand retailers have an online offering that allows you to click and buy from the safety of the sofa while still supporting local businesses.

There is also a high chance you've headed online and overseas if you want to shop for things that just aren't available here.

But offshore online shopping brings with it a few pitfalls that many people aren't aware of until they are hit in the wallet. Here are a few things to watch out for:

1. New Zealand is a million miles away from anywhere so the cost of shipping can be expensive. Some online stores offer flat shipping rates, even free delivery. Nevertheless, pay careful attention – the price might be cheaper but extra shipping fees might affect your credit card statement significantly and quickly turn a “good buy” into a costly exercise.

2. Balance the pros and the

cons of online shopping versus just going to a store. Some online retailers ‘promise’ quick deliveries, however there's still no guarantee that your goods will arrive on time. Other stores charge more for speedier delivery but that still might not meet your time expectations. If your purchase is very time-dependent, just go to the shop. It may cost you a bit more, but it might just be worth it.

3. Don't think shopping offshore and online will automatically mean you bypass GST. You could still get stung at the border. Make sure you check the New Zealand Customs Service website to find out more about fees you might be liable for before handing over your credit card details. Not also that the government is currently considering taxing even small purchases such as music downloaded from iTunes and overseas Netflix memberships – with murmurings that changes could start taking place before Christmas this year.

4. A common complaint about online shopping is that what

Filling your shopping trundler with the real deal could sometimes be a safer bet than going offshore and online.

turns up on a doorstep sometimes looks nothing like what was advertised in photos. The Consumer Guarantees Act protects buyers purchasing products in New Zealand but the same

protection may not apply to overseas purchases and many local insurance companies might not cover them either.

5. The quality of packaging can vary greatly. Getting a

replacement or reimbursement for damaged goods could see you jumping through all sorts of hoops. The only way to guarantee the condition of your purchase is by picking it up from a store yourself.

6. Nipping into a physical store and buying what you need when you need it is always more reliable than ordering it online. Plus, you can feel good about supporting your local community and the Kiwi economy.

■ You can also buy and sell goods on Neighbourly.co.nz, where it is free to list a product. Download the mobile app on iTunes and Google Play.

Neighbourly is a NZ-owned social media site creating easy ways for neighbours to talk and connect. Join us at neighbourly.co.nz or download our new iPhone and Android apps.

Living well with pain

g ea e °

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Tuesday 10 May, 1.00pm-2.30pm

Presenters:

Robyn Tuohy, Arthritis educator: understanding influences on pain and skills to reduce pain.

Lynda Battah, Pharmacist: using medications effectively.

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One of the best things about Solway is the school sister programme. A school sister shows you the ropes and helps you out. This year I got the head girl, Claudia and she is the best school sister ever. She makes me feel like I am part of the Solway family, plus she gives me chocolate!
Vianne, Year 7

Worth boning up on travel insurance

ROB STOCK

rob.stock@fairfaxmedia.co.nz

GOLDEN RULES

- When travelling overseas, always go insured
- Travel insurance is “catastrophe” cover
- A small slip can prove costly without cover.

For the first time in my life all the theory of travel insurance became real.

Sure, I’d read about people being run over in Mexico and having to be air-lifted to the States for treatment, and then repatriated, so I grasped the need for an insurer to be there to pick up medical and air ambulance bills in the hundreds of thousands of dollars. But I’d never been close to the action.

My sister and her family were booked to go home economy class less than a week after the accident. And when she got back to the house we had rented just behind Wellington’s Empire Cinema, it became clear she wasn’t going to be able to fly economy.

Broken legs just do not bend the way non-broken ones do.

My sister works in insurance, so a quick pow-wow over tea nussed out the only viable strategy. The travel insurer was going to have to pay for an upgrade to business class, and if that was full, first class.

The sound of my sister’s New Zealand holiday going horribly wrong was the snap she heard when her fibula bone fractured.

I was up on a steep track with her, her husband, and a gaggle of happy daughters and nieces in Wellington’s Zealandia, a heaven-like haven for native birds surrounded by a predator-proof fence to keep the rats, cats and other nasties out.

One slip, and the holiday, and her flight home to London, suddenly looked very different.

Once the Zealandia rangers (including a former casualty nurse) and the ambulance people made it to her, and got her down on the back of a quad bike, and off to Wellington hospital, minds began turning to managing the situation.

Thank heaven for our reciprocal emergency healthcare agreement with the United Kingdom, and thank heaven my sister was sensible enough to have travel insurance.

A scene eerily like the one I witnessed when my sister broke her leg on a Wellington track during her holiday in this country.

PHOTO: 123RF

As it turned out, the insurer didn’t have to be pushed on that, and as business class was full, it had to be first class.

There were other things needed. A wheelchair and crutches were hired so we could

continue to do the things in Wellington we hadn’t done yet. Incidentally, those crutches became the chosen toy of the gaggle of kids, who all became quite proficient on them in their imagination games.

The travel insurer was going to have to pay for an upgrade to business class, and if that was full, first class.

There was also the issue of my sister getting home from Heathrow.

As well as being there to pick up the additional costs thrown up by the broken leg, there was something really comforting about her having an insurer, and its global assistance network, there to make things happen while my sister and her husband got on with making sure she was OK.

A broken leg is hard enough to cope with when you are away from home but imagine how invaluable that assistance is if the bone broken was in the spine, or the break had been so severe it punctured the skin.

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Your health

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST **DR LIBBY**

Why do I feel cold every day?

I always feel cold, particularly in my extremities. A friend recently suggested this might have a nutritional basis, what are your thoughts? Thanks, Roz

Hi Roz. Feeling cold all the time, particularly in your extremities, can be caused by poor circulation, insufficient dietary fat and micronutrient deficiencies to name a few of the more common causes. Let's explore a few below:

VITAMIN B12 DEFICIENCY

If you are deficient in vitamin B12, you might experience numbness in your extremities. This sensation may feel like cold or tingling. Vitamin B12 deficiency can lead to nerve damage. Tiredness, muscle weakness, loss of appetite, constipation and weight loss often accompany these symptoms. If you are vegetarian, vegan, or have problems with digestion it's best to consult your GP to have

this tested.

IRON DEFICIENCY

Difficulty maintaining body temperature can be a symptom of iron deficiency. Iron is critical for your red blood cells to transport oxygen throughout your body. Low iron levels often produce symptoms of fatigue, weakness and susceptibility to the cold because your cells are not getting the oxygen they need to operate effectively. Iron deficiency anaemia is also incredibly common. According to the World Health Organisation (WHO), a staggering 2 billion people in the world, in both developing and industrialised countries are iron-deficient. Research suggests between 20 and 30 per cent of women of child-bearing age in Australia and New Zealand are iron-deficient.

IODINE DEFICIENCY

Iodine is the key to a healthy thyroid and metabolism. It is best known for being a part of thyroid

Feeling cold all the time can be caused by various issues.

hormones, which are used in every cell of our bodies to regulate metabolism by controlling the burning of fat for energy and body temperature.

Everything I read is always about weight loss, but I can't gain weight - how can I do so safely? Thank you, Sam

Hi Sam. That's a great question! An inability to gain weight can most definitely have a genetic basis; it can also be due to a highly stressful environment or a tendency to anxiety and high levels of adrenaline can result in difficulty gaining weight.

For healthy weight gain it's

important to increase energy intake by increasing nutrient and energy rich foods in the way you eat each day. You need to supply your body with all the essential nutrients it needs for muscle growth and maintenance. You should be aiming to put on healthy weight by increasing muscle mass with a healthy proportion of body fat.

To do this you need to increase your daily food intake of protein foods, healthy fats and slow releasing complex carbohydrates. Obviously it's important to steer away from heavily processed or refined foods that are not nutrient dense and tend to be higher in

Ask Dr Libby

Email your questions to ask.drlibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

sugar, salt and poor quality fats.

Protein is also essential for growth and maintenance of muscles; good sources include oily fish, chicken, red meat, nuts and seeds.

Increasing your intake of complex carbohydrate foods such as starchy vegetables (potato, kumara, pumpkin, corn) brown rice and oats (if you digest them well), may help assist healthy weight gain, without disrupting your blood sugar levels. Upping wholefoods fats is also beneficial, such as those found in avocado, nuts, seeds, organic butter, coconut, oily fish and grass-fed meats. Also try including more energy and nutrient rich snacks in your daily diet such as smoothies/bliss balls.

It's also important to continue to eat plenty of vegetables, as they should be a major part of any diet. It may also be worthwhile considering conditions such as an over active thyroid, as obviously this can influence your ability to gain weight.

ANSWERS ARE INCLUDED ON THIS PAGE

NEW ZEALAND CROSSWORD

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

Across

- 7. Island group named by Abel Tasman in 1643 (3,5,5)
- 8. City which holds Easter jazz festival (8)
- 9. Signal (4)
- 10. On a single occasion (3-3)
- 12. Shade between blue and violet (6)
- 14. Choose (3)
- 15. Scowl (6)
- 17. Tower of London guard (6)
- 19. Against (4)
- 21. A journey or trip with no predetermined destination (colloq) (4,4)
- 23. America's Cup sailor who jumped ship from Team NZ to Alinghi, then Oracle (7,6)

Down

- 1. Loose change (colloq) (8)
- 2. Hi-fi (6)
- 3. Smile (4)
- 4. Truthfulness (8)
- 5. Prejudiced (6)
- 6. Very eager (4)
- 11. Predict (8)
- 13. Tip (8)
- 16. A sudden fancy (6)
- 18. Defeat in a foot race (6)
- 20. Word for people, places or things (4)
- 22. Boot (4)

THE TOP 10

- 1. In which decade did New Zealand's last hanging take place?
- 2. What surname is shared by actors who were the fourth and sixth Dr Who?
- 3. What is the name of the dog in Punch and Judy shows: Boy, Ruff, or Toby?
- 4. If you are in Salt Lake City, which US state are you in?
- 5. Which northern European country was called Caledonia by the Romans?
- 6. Who was the actor, better known for action films, who said of his 1990 movie role as Hamlet: "I'm playing Shakespeare - and I may not win".
- 7. What are gnocchi?
- 8. What is the shortest distance by which horses may be separated in a race result?
- 9. The flagpole at Russell was felled by Hone Heke in 1844 and 1845: did he cut it down two, three or four times?
- 10. In which city was NZ's oldest daily newspaper established in 1861?

NZ CROSSWORD

Across: 7. The Three Kings, 8. Tauranga, 9. Sign, 10. One-off, 12. Indigo, 14. Opt, 15. Glower, 17. Yeoman, 19. Anti, 21. Tiki tour, 23. Russell Courts.
Down: 1. Shrapnel, 2. Stereo, 3. Grit, 4. Veracity, 5. Biased, 6. Agog, 11. Foretell, 13. Gratitude, 16. Whimsy, 18. Outrun, 20. Noun, 22. Kick.

TOP 10

1. 1950s, 2. Baker - Tom and Colin, 3. Toby, 4. Utah, 5. Scotland, 6. Mel Gibson, 7. Dumplings, 8. A nose, 9. Four, 10. Duneidin - Otago Daily Times.

SUDOKU

Fill the grid so every row, column and every 3x3 box contains 1-9

JUNIOR CROSSWORD

Across

- 1. A precious metal (6)
- 3. These birds hunt at night (4)
- 7. A female relative (4)
- 8. Unlocked (6)
- 10. A half-fish, half-woman creature (7)
- 13. Takes no notice of (7)
- 16. Without any sound (6)
- 17. ___ or false? (4)
- 18. Kiss with these (4)
- 19. Pal (6)

Down

- 1. Don't go (4)
- 2. Of greater length (6)
- 4. A drink made from grapes (4)
- 5. A seat on a horse (6)
- 6. A fruit with a stone (7)
- 9. Picture in the mind (7)
- 11. A carving tool (6)
- 12. An award for a successful university student (6)
- 14. Applaud (4)
- 15. Repair (4)

SUDOKU

SOLUTION

9. Imagine, 11. Chisel, 12. Degree, 14. Clap, 15. Mend. **Down:** 1. Stay, 2. Longer, 4. Wine, 5. Saddle, 6. Apricot Friend, Mermaid, 13. Ignores, 16. Silent, 17. True, 18. Lips, 19. Owl, 3. Silver, 7. Aunt, 8. Opened, 10. Marmalade.

Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Nadia's quick spiced lamb

This tasty salad is quick and easy to put together - perfect for a midweek dinner.

CARAMELISED VEGETABLES, FETA AND SPINACH SALAD

2 carrots, cut into 1cm x 5cm sticks
2 parsnips, cut into 1cm x 5cm sticks
1 tablespoon olive oil
2 teaspoons maple syrup or runny honey

½ teaspoon lamb spice mix (see recipe below)

2-3 handfuls baby spinach leaves
2 tablespoons roughly chopped parsley leaves and stalks
30g feta cheese, crumbled
2 tablespoons sliced almonds

Currant Dressing

1 tablespoon blackcurrant jam
½ teaspoon wholegrain mustard
1 tablespoon lemon juice
2 teaspoons extra-virgin olive oil

Spiced lamb

300g lamb rump or leg steaks (at room temperature)
2 teaspoons lamb spice mix (see recipe below)

Lamb spice mix

Mix together:

1 teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon ground allspice
½ teaspoon ground paprika
½ teaspoon ground black pepper

Preheat oven to 200 degrees Celsius. Line an oven tray with baking paper.

Toss carrots and parsnips with olive oil, maple syrup/honey and first measure of lamb spice mix on prepared tray. Season with salt and pepper and roast for about 25 minutes, or until tender and caramelised.

In a small bowl, mix all currant dressing ingredients together.

When vegetables have about 15 minutes cook time remaining, pat lamb dry with paper towels, rub with

second measure of lamb spice mix and season with salt.

Heat a drizzle of oil in a medium fry-pan (preferably non-stick) on medium-high heat. Cook lamb for 2-3 minutes each side, for medium-rare (depending on thickness) or until cooked to your liking. Set aside, covered with foil to rest for 2-3 minutes before slicing against the grain. Toss spinach and parsley through cooked vegetables, along with feta, almonds and half the currant dressing.

To serve, divide salad between plates, top with sliced lamb then drizzle over remaining dressing.

Recipe courtesy of My Food Bag.

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. myfoodbag.co.nz

Adding a little currant jam to your own dressing adds sweetness and sharpness that complements the lamb well.

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COME & LOOK: Sunday 1:00 - 1:30pm

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Property Public

GARAGES powered ideal for hobbies - tradesman 24hr access. Containers now available. Ph.567 1575.

GARAGES - single sized for household or trademens storage. Available now!! \$40pw. **Contact Brian or Rachael on 567 4104.**

HUTT CBD, smart 100sq metre, sunny first floor ofc, refer TM 960078368. Phone 027 484-7446

CAR PARKS FOR LEASE

Competitive Rates
Salvation Army Hutt City Corps
Cornwall St, Lower Hutt
Contact Janette 04 5700273 or janette_slobbe@nz.salvationarmy.org

Public

EASTBOURNE 261 Muritai Road. Sat, 7 May. Massive garage sale. Vintage, Antiques, Collectibles and lots more from 10am.

FAIRFIELD, 15 Summit Rd, Sat 7th, 9am

L/HUTT, 203 Cambridge Tce. House Hold Garden Goods 7 May, 9am-12pm

L/HUTT, 9 Walters St, Avalon. Sat 8am-12pm or longer. 2 Record/Cassette players, 2 Lrg Speakers & 4 Sml speakers and much more - all \$7.50 ono

NAENAE 42 Seddon St. Sat, 7 May, 8am. H/hold items, clothes, toy's, etc.

NAENAE, 7 Kerkwall Dr. Ladys attire sz 12-18 Labels Preloved. Saturdays 10am -2pm **Worth a Look.**

\$5K FROM \$33pw, over 48 months incl interest at 17.95% + credit fees. Roll all debts into 1. Unsecured loans & car loans Maxloan-s.co.nz 05086295626

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LOCAL couple, reliable, honest, capable. Approx June 22 to end Sep. **021 025 81352**

INDIAN gent seeks young indian lady for friendship and outings. Ph 567 8959

LADY seeks male in his 60's for friendship/relationship. Interested in sport including rugby, dining out, dancing and travel.

Please send letters of interest to: Hutt News PO Box 30029, L/H - Box 962

WEIGHTLOSS, smoking, self-esteem and more. Hypnotherapy. Ph Caroline 027-380-9430 or 897-2744

PUBLIC NOTICE OF APPLICATION FOR OFF LICENCE

Section 105, Sale and Supply of Alcohol Act 2012
Corporate Direct Wines (2008) Ltd has made application to the District Licensing Committee at Lower Hutt for the **issue of an off licence** in respect of the premises situated at 2 Udy Street, Petone, Lower Hutt, known as **Winesale.co.nz**.

The general nature of the business to be conducted under the licence is **Bottle Store and Remote Seller**. is intended to be sold under the licence are **Monday to Sunday, 9am to 9pm**.

The application may be inspected during ordinary offices hours at the office of the Lower Hutt District Licensing Committee at the Council Administration Building, 531 High Street, Lower Hutt 5010.

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 15 working days after the date of the first publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at: **Council Administration Building, 531 High Street, Private Bag 31912, Lower Hutt 5040 / email to sol@huttciyt.govt.nz**

No objection to the issue of a licence may be made in relation to a matter other than a matter specified in Section 105(1) of the Sale and Supply of Alcohol Act 2012.

Note: copies of any objections received will be forwarded to the applicant.

This is the second publication of this notice. The first notice was published on 26/04/2016

PUBLIC NOTICE OF RENEWAL FOR ON LICENCE

Section 101, Sale and Supply of Alcohol Act 2012
Chiefs Lower Hutt LTD has made application to the District Licensing Committee at Lower Hutt for the **renewal of a On licence** in respect of the premises situated at 219a Jackson Street, Petone, Lower Hutt, known as **Horse and hound Bar & Cafe**.

The general nature of the business to be conducted under the licence is **Tavern**. The days on which and the hours during which liquor is sold are **Indoors Mon-Sun 7am - 3am the following day. Outdoors Mon-Sun 8am - 11pm**.

The application may be inspected during ordinary offices hours at the office of the Lower Hutt District Licensing Committee at the Council Administration Building, 30 Laings Road, Lower Hutt 5010.

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 15 working days after the date of the first publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at: **Council Administration Building, 531 High Street, Private Bag 31912, Lower Hutt 5040 / email to sol@huttciyt.govt.nz**

No objection to the renewal of a licence may be made in relation to a matter other than a matter specified in Section 131 of the Sale and Supply of Alcohol Act 2012.

Note: copies of any objections received will be forwarded to the applicant.

This is the first publication of this notice.

Tender

Grounds Maintenance Services

Urbanplus Ltd wishes to receive proposals for Grounds Maintenance from experienced contractors for around 21 residential housing sites.

To obtain a RFP pack, email philip.simpson@spireconsulting.co.nz The RFP will close on 25 May 2016.

Volunteer Hutt

- Volunteer to...**
- Gain work experience.**
- Learn new skills**
- Meet people - Network**
- Help your community**
- Make a difference: Have fun**

5303 WEBSITE DESIGNER
This agency already has its domain name but now needs an experienced designer to create a basic website. Sound like you?

DRIVERS – OWN CAR OR MANUAL VAN FROM AGENCY
Make a real difference and keep our older residents in touch with the community. We'd love to hear from you if you can spare time to support mainly older people – deliver meals, take them for outings, take people to appointments.

1850 RECREATION ASSISTANTS
Would you enjoy helping some older people in a rest home with craft activities? Help needed several afternoons. Need to be physically fit and a fun, patient person with clear spoken English.

1090 BASKETBALL COACH
An enthusiastic team of basketball players with some disabilities is looking for a new coach. Training at the Walter Nash Stadium on Sundays

4060 TREASURER
We're looking for a financially savvy person who knows NZ systems and can use Xero to support an agency. Have you got the skills? Other treasurer / accountant roles available

Call us now on 566 6786/891 0854 or visit the office at 21-23 Andrews Ave off High St (M,W,F.)to find out about these and many other roles Level 4, 21-23 Andrews Ave, Central Hutt

7Z40786AA

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7168579AA

ST ORAN'S COLLEGE

Board of Trustees Election

Nominations are invited for the election of **5 parent representatives** to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

Additional nomination forms can be obtained from the school office.

Nominations close at noon on Friday 20th May 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Jocelyn Cameron Returning Officer Education Futures Ltd

1F21722B

HOOP CLUB BASKETBALL

"Back to Basics"

St Pats Silverstream, Every Saturday, starting 7th May 1:00 - 2:00pm \$25 per term
For ages 5-16 years
Ph Terry 564 9081 or 027 274 9511

Board of Trustees Election

Nominations are invited for the election of FIVE parent representatives to the HIBS Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20 May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school in Granville Street, Upper Hutt and can be viewed during normal school hours

There will also be a list of candidate's names as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3 June 2016.**

Ian Webb
Returning Officer

7223823AA

BOARD OF TRUSTEES ELECTION

Nominations are invited for the election of five (5) parent representatives to the board of trustees. A nomination form and a copy of this notice will be posted to all eligible voters. Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20 May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3 June 2016.**

Signed
Donna Seddon
Returning Officer

Boulcott School

Board of Trustees Election

Nominations are invited for the election of **5** parent representatives to the Board of Trustees. A nomination form and a notice calling for nominations will be posted to all eligible voters. Additional nomination forms can be obtained from the school office.

Nominations close at noon on **20 May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours. There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **3 June 2016.**

Tania Blucher
Returning Officer

Board of Trustees Election

Nominations are invited for the election of **5 parent representatives** to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters. Additional nomination forms can be obtained from the school office.

Nominations close at noon on FRIDAY 20TH MAY 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on FRIDAY 3RD JUNE 2016.

Jocelyn Cameron
Returning Officer
Education Futures Ltd

EASTERN HUTT SCHOOL Board of Trustees' Election

Nominations are invited for the election of five parent representatives to the Board of Trustees

A Nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form). Additional Nomination forms can be obtained from the school office.

Nominations close at noon, on **Friday 20 May 2016** and should be accompanied by a candidate's statement

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names for inspection at the school.

The poll closes at noon on **03 June 2016.**

J Hastie
Returning Officer

Our Lady of the Rosary School

Board of Trustees' Election

Nominations are invited for the election of **(FIVE) 5** parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself.

Additional nomination forms can be obtained from the school office.

Nominations close at **noon on Friday 20th May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on Friday 3rd June 2016.

Bronwyn Pou
Returning Officer

Normandale School

Board of Trustee Election

Nominations are invited for the election of **5** parent representatives to the board of trustees. A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure both parts of the form are signed)

Additional forms can be obtained from the school office.

Nominations close at noon on 20th May and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on 3rd June

Karen Schrijvers
Returning Officer

HUTT VALLEY BENEFIT IMPACT WEEK

10th-13th May 2016

St Joseph's Church Upper Hutt

Check if you are receiving your correct benefit entitlement.

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Benefit Education Services Archdiocese of Wellington CARITAS NEW ZEALAND

AVALON PRIMARY SCHOOL Board of Trustees' Election

Nominations are invited for the election of three parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Kevin Willis
Returning Officer

7237229AA

MARANATHA CHRISTIAN SCHOOL Board of trustees election

Nominations are invited for the election of **6** parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on Friday **20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on Friday **3rd June 2016**

Susanna Gilfillan
Returning Officer

7237219AA

ST BERNARD'S COLLEGE

Board of Trustees Election

Nominations are invited for the election of six (6) parent representatives to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statement (max 400 words).

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016.**

Patricia Pynenburg
Returning Officer

7235179AA

CORINNA SCHOOL

BOARD OF TRUSTEES ELECTION

Nominations are invited for the election of **5** parent representatives to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

Additional nomination forms can be obtained from the school office.

Nominations close at noon on FRIDAY 20TH MAY 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on FRIDAY 3RD JUNE 2016.

Returning Officer
Jocelyn Cameron
Education Futures Ltd

PETONE CENTRAL SCHOOL

Board of trustees' election

Nominations are invited for the election of **3** parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Faye Martin
Returning Officer

7230775AA

NAE NAE PRIMARY SCHOOL

NAE NAE PRIMARY SCHOOL Board of Trustees Election

Nominations are invited for the election of **7** parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on Friday **20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on Friday **3rd June 2016**

Marilyn Aislabie
Returning Officer

7238252AA

SACRED HEART COLLEGE LOWER HUTT

Board of Trustees' Election 2016

Nominations are invited for the election of five (5) parent representatives to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters. Additional nomination forms can be obtained from the school office.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Nominations close at 12 noon on **Friday 20 May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at 12 noon on **Friday 3 June 2016.**

Delaine Hall
Returning Officer

7228744AA

BELMONT SCHOOL

Board of Trustees Election

Nominations are invited for the election of five (5) parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours. There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Terry Perkins
Returning Officer

7228961AB

Board of Trustees Election

Nominations are invited for the election of five parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Cheryl Wilson
Returning Officer

7239505AA

ST PATRICK'S COLLEGE SILVERSTREAM

Board of Trustees' Election

1885 - 2016

Nominations are invited for the election of 5 parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the Returning Officer.

Nominations close at noon on **Friday 20 May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3 June 2016**

Dawn Clark
Returning Officer

7222637AA

HUTT INTERMEDIATE SCHOOL

BOARD OF TRUSTEES ELECTION

Nominations are invited for the election of 5 parent representatives to the Board of Trustees.

A nomination form and a call for nominations will be posted to all eligible voters. Additional nomination forms can be obtained from the Hutt Intermediate School office.

Nominations close at noon on **20th May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school office and can be viewed during normal school hours. There will also be a list of candidates' names as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016**

Jude Ericksen,
Returning Officer

7222625AA

Board of Trustees Election

Nominations are invited for the election of 5 parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on Friday **20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on Friday **3rd June 2016**

Margo Windle
Returning Officer

7226944AA

Board of Trustees Election

Nominations are invited for the election of five parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **Friday 3rd June 2016.**

Janet Whalen
Returning Officer

7238305AA

Korokoro School Board of Trustee Elections

Nominations are invited for the election of five parent vacancies to the Korokoro School Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form). Additional nomination forms can be obtained from the school office.

Nominations close at noon on 20th May 2016 and may be accompanied by a signed candidate statement.

The voting roll is open for inspection at the school and can be viewed during normal school office hours.

There will also be a list of candidates' names as they come to hand for inspection at the school.

Voting closes at noon on 3rd June 2016.

Signed
Lisa MacGibbon
Returning Officer

7222633AA

HUTT CENTRAL SCHOOL

Board of Trustees Election

Nominations are invited for the election of 5 parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

Additional information forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Penny Holotau
Returning Officer

7222682AA

Board of trustees' election

Nominations are invited for the election of 5 parent representatives to the Board of Trustees.

A nomination form and a notice calling for nominations will be sent to all eligible voters.

You can nominate another person to stand as a candidate (with their permission), or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **Friday 20th May 2016** and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school office, and can be viewed during normal school hours.

There will also be a list of candidate's names, as they come to hand, available for inspection at the school.

Voting closes at noon on **3rd June 2016.**

Meredith Morris
Returning Officer

7232685AA

NAENAE COLLEGE Board of Trustees' Election

Nominations are invited for the election of 5 parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on **FRIDAY 20 MAY 2016** and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on **FRIDAY 3 JUNE 2016.**

P A Crowley
Returning Officer

Randwick School

Board of Trustees Election

Nominations are invited for the election of five parent representatives to the Board of Trustees.

A nomination form and a copy of this notice will be posted to all eligible voters.

Additional nomination forms can be obtained from the school office.

Nominations close at noon on 20 May 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school office and can be viewed during the hours the office is open.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

The poll closes at noon on 3 June 2016.

Kellie Langford
Returning Officer

Parent Election Notice Gracefield School Board of trustees' election

Nominations are invited for the election of four parent representatives to the board of trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself (make sure you sign both parts of the form).

Additional nomination forms can be obtained from the school office.

Nominations close at noon on 20th May 2016 and may be accompanied by signed candidates' statements.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school

Voting closes at noon on 3th June 2016.

Robyn Luke
Signed
Returning Officer

Maungaraki School Board of Trustees Election

Nominations are invited for the election of five parent representatives to the board of trustees.

A nomination form and notice calling for nominations will be posted to all eligible voters.

Additional nomination forms can be obtained from the school office.

Nominations close at noon on 20th May 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on 3rd June 2016.

Natalie Howieson
Returning Officer

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clarkd@stream.school.nz

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7211980AB

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We are looking to appoint a permanent Administration Assistant to work 5 days per week (8am to 4pm), during term-time only.

You will have a flair for systems, be a dedicated and enthusiastic team member and know what it means to provide excellent customer service.

Strong MS Office skills are required, and a knowledge of Student Management Systems, in particular KAMAR, is highly advantageous.

You will be a confident first aider with a current certificate, able to provide first aid support to staff and students.

The successful applicant will be expected to support the ethos and special character of the school.

For more information including the application form and position description, please go to the "Vacancies" tab on our website www.sacredheartcollege.school.nz.

Please apply in writing by 3.30pm on Wednesday, 11 May 2016.

7238754AA

BAR MANAGER. We are looking for an outgoing, reliable person with manager certificate to work in our friendly restaurant bar. Experience with staff rosters and daily running of a business would be an advantage. Please call 020 4102 8250.

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KOINZ is looking for IT developer (Web&Software) who is skilled & fluent in english & Chinese. Email: info@thekoi.co.nz

PARTTIME Position Available @ Paper Plus & Lotto Store Petone. Sat & School holidays. previous retail and lotto exp pref. Send C.V and cover letter to Petone @paperpluselect.co.nz -closes 14/05/2016

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Tony Straugheir

Hurricanes dominate Lions for convincing victory

The Hurricanes hit top gear destroying the Lions 50-17 on African soil. The Canes flew out of the blocks with Julian Savea crossing early for their first five pointer. Before the opening quarter was over Cory Jane and Matt Proctor had dotted down and the Canes had skipped out to a 24-0 lead. The points scoring blitz continued and the 36-5 half time score was a fair reflection of play and the match was effectively over as a contest.

The most memorable of the seven tries was scored by big, burly prop Reggie Goodes. Goodes received the ball from a line out around 15 metres out, he got the 'Reggie Rumble' going and stormed down the side line over the top of the defending Lions winger and dotted down. It would have been a sweet moment for the South African born front rower.

The forward battled hard and just about got parity against a giant Lions pack in the tight. In the loose though it was one way traffic with the Hurricanes loose trio of Victor Vito, Brad Shields and Ardie Savea owning that facet of play.

This week it's the Sharks and another must win game to stay right in the mix of the tough New Zealand

conference. A repeat performance should see the buoyant Canes take the spoils.

Advertiser Competition

The advertiser competition has been turned on its head with our top three competitors from last week all picking a convincing victory to the Lions. They have collectively slipped down to mid table. Filling the vacuum at the top are Gavin Murphy (Gee & Hickton) completing a stunning return after dropping well down the table after being amongst the early frontrunners. Newbie John Morrison (Davis trading) is making a mid-season charge and veteran Tony Straugheir (Hutt City Panel & Paint) rounds out the top three.

Rugby Jackpot

The Jackpot wasn't struck this week and is now up to \$350. To be in to win simply guess the final score of this weeks Hurricanes v Sharks game and either drop your entry into the Hutt news office or email it to ebony.lennane@fairfaxmedia.co.nz by 5pm Friday.

Winners of our \$50 Hell Pizza voucher for the last two weeks are Keith Gordon and Bubbie Martin.

Business	pts	Selector	Hurricanes	Sharks
1 Gee & Hickton	243	Gavin Murphy	24	26
2 Davis Trading	259	John Morrison	33	27
3 Hutt City Panel & Paint	264	Tony Straugheir	32	18
4 Professionals Hutt City	267	Shane Adams	36	16
5 PC Patch	270	Neil Potter	32	18
6= King Toyota	276	Richard Devery	38	22
6= Brewers World/Great Expectations	276	Phil Hanlen	25	20
8= HCD Flow Technology	283	Allan Sayers	26	31
8= Hell Pizza	283	Jason Buckley	23	19
10= Low Cost Bins	290	Angela Palmer	32	23
10= Trevor Mallard MP	290	Trevor Mallard	38	22
12 Leaders Real Estate	324	Karen Kiely	38	24

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King Toyota Rugby Jackpot

*Conditions

1. Entries must be on the official entry form available and published in the Hutt News and available from selected participating stores.
 2. The jackpot game entry form will be advertised in Tuesday's Hutt News and is also available from all participating stores.
 3. To win you need to correctly predict the full time scores of the weekly feature game.
 4. If there is more than one correct entry the prize will be divided equally amongst the winners.
 5. If there are no correct entries the prize will jackpot by \$50 per week.
 6. Entries are limited to one per person.
 7. Entries can be left at the Hutt News office until 5pm Friday.
 8. Hutt News staff members, their spouses/partners, parents and children are excluded from entering.
 9. In the event of there being no correct entries for the last match, the jackpot amount will be held over to the new season.
 10. The judge's decision will be final and no correspondence will be entered into.
- We now accept email entries. Email to ebony.lennane@fairfaxmedia.co.nz
Include Rugby Jackpot in the subject line - then teams and your scores.

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Parents' toil backs kids' dedication

NICHOLAS BOYACK

Sometimes in journalism it is not until the interview is over that the real angle strikes you.

That was the case with a story on four young athletes – Cole Krech-Watene (16), Max Watene (15), Honestly Morete Watene (16) and Nipesh Parkash (14) – who have all been selected to attend the Junior World Taekwondo Championship in Canada in November.

Cole, Max and Honestly are cousins and like Nipesh, are members of Capital City Taekwondo based in Avalon. All four go to Hutt Valley High School.

Having four top class athletes at one club and school is an impressive effort but the drive shown by their parents is also noteworthy.

Nick Watene, the coach and father of Cole, says success is not cheap.

He mentions large amounts as he describes how much the parents have to raise.

A training camp in Korea will cost as much as \$3500 each; the world championship \$4000. Add on to that the cost of the Oceania championship and competing throughout Australasia, it soon becomes an expensive sport.

“It is never easy, I have a lot of sleepless nights.”

It is not until I have put my

notebook away that Watene explains just how hard it is.

During the day he works as an engineer at Spark and at night, he becomes a bouncer. Sometimes he gets just three hours sleep.

In between he helps run the club.

On a Friday night he works all night and then takes Cole to rugby.

It is, he says, a big sacrifice but he would rather have the kids focused on taekwondo than getting into trouble or playing on computers.

Focused is the right word to describe them.

They train five days a week and are focusing on making the Olympics in 2020.

Having three members of his wider family at a world championship is a great result

and he says, like Nipesh, the secret to their success is hard work.

“They are just so dedicated to training and hard work.

“They have a ‘never give up attitude’ and they out-work most of the people in their divisions.”

Max Watene (15), Honestly Morete Watene (16), Nipesh Parkash (14) and Cole Krech-Watene (16) have all been selected to attend the Junior World Taekwondo Championship.

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SP20, Alloys, ABS, Airbags, Bodykit

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Jones and Ussher win the Crazyman

JIM CHIPP

The 2016 Hutt City Crazyman ran to script in near perfect conditions.

Both the men's and women's favourites overcame early setbacks to win their sections on Sunday.

Wellingtonian Daniel Jones, the race favourite, was the fastest individual man, and Elina Ussher was fastest woman.

Race organiser Michael Jacques said Jones had two punctures on the mountain bike section and started the run, his strongest discipline, in third place.

"But he ran like lightning," Jacques said.

Jones' time was 3h41m17s.

Another Jones, no relation, 15-year-old Cameron of Nelson, was second-placed individual overall in in 3h46m03.

Cameron was competing in the Crazyman the second time, after being the youngest ever individual last year.

"He's not just a keen kid; he's pretty quick as well," Jacques said.

Ussher was first woman home in 4h17m41s, after being pushed hard early on by Wellingtonian Lizzy Bunckenburg, Upper Hutt's Annabel Ramsay and Fiona Dowling of Alexandra.

Finnish-born Ussher, now of Nelson, is world multisport champion and a five-time Crazyman winner.

The race has run annually since 1991, though the course has varied from year to year.

The day began with a 13km

Competitors race to their kayaks in the Le Mans start of the Crazyman at Days Bay beach. Leading out the field is 17-year-old Ethan Moore of Lower Hutt.

kayak leg from Days Bay to Petone wharf, ending in the Hutt River at Sladden Park.

Kayaks were swapped for mountain bikes for a 30km ride up the Hutt River Trail and over Belmont Regional Park ending at the Oakley St entrance to the park.

The course reached a high

point of close to 500m on Boulder Hill and took in a mixture of historic horse-and-cart trails and brand new purpose-built mountain bike tracks.

Then it was into running shoes for the final 13km trail run around Belmont Trig and the historic Korokoro Dam to Petone

Foreshore, eventually finishing at Petone Wharf.

Former Hutt resident Les Morris was made a life member at the prize-giving.

Morris, now living in Wairarapa, is the only person to have competed in every single Crazyman.

This year he was team kayaker for the Pack and Pedal team of Porirua, which finished second in the mixed multisport team section in 4h6m.

"He won't have to pay [to enter] any more," Jacques said.

About 300 competitors took part from all over New Zealand.

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