Maori matriarch turns 100

RUBY MACANDREW

One of the “Queen Bees” of Ngati Poneke has celebrated her 100th birthday surrounded by friends and whanau in Wellington.

Vera Morgan, widely known as Aunty Vera, showed no signs of slowing down, marking the May milestone not only with a fancy high tea but with a skydive.

One of the tamer hallmarks of turning 100 – receiving a letter from the Queen – was one she believed was overrated in the grand scheme of things. “I don’t care. It’s only a bloody note. The friends and the people you celebrate with on your 100th birthday are all that matters,” said longtime friend Gabrielle Rikihana.

The luncheon celebration was put on by Neville Baker and wife Caii-Michelle Baker, with Morgan’s daughters in attendance, along with Sir Eddie Durie and wife Donna.

Several stories from Morgan’s jam-packed life were shared by those in attendance, with many noting her time spent owning a Wellington nightclub. “We had the Downtown Club on Jervois Quay in the early 60s,” Morgan said. “It was very well run, with no drinking, no smoking and no jeans. “If you can’t provide yourself with a decent pair of trousers, don’t come.”

Morgan received the Queen’s Service Medal in 1978 and became a Member of the New Zealand Order of Merit in 1998, achievements that, while welcome, pale in comparison to her impact on those close to her. “You had the energy, you had the style, you had the attitude, and you were able to tell people what to do and they listened. So that was a very important part of your contribution,” Neville Baker said in his speech.

Further celebrations are being planned to celebrate Morgan at Pipitea Marae later this year.

‘You were able to tell people what to do and they listened.’
It’s graduation time in Wellington. The streets are full this week of Victoria University students and their parents celebrating the occasion and next week it will be Massey students’ turn.

The hair salons will be flat out as these young people prepare to look their best as they walk across the stage to receive their hard-earned certificates. Outfits will have been selected to complement their robes and various coloured hoods and proud mums and dads will gaze down from the balcony.

I will be one of those parents next week. Family and friends are coming to celebrate with our daughter on the day she formally ends four years of study.

But next week will be a chance for all our family to enjoy her success and the role we all played for all our family to enjoy her path she has chosen.

LOUIS BAKER
Wellington-based soulful singer-songwriter Louis Baker hits the San Fran stage on May 20 with a new band and some fresh songs.

REVOLUTION DAY
Join Wellington’s Club Latino at Newtown Community & Cultural Centre on May 25 to celebrate Argentina’s Revolution Day, with tango, food and a smattering of history.

WELLINGTON FILM SOCIETY
Monday-night screenings continue at Paramount Cinemas, with the May 22 offering, Throne of Blood, a 1957 adaptation of Macbeth by Akira Kurosawa. Visit filmsocietywellington.net.nz for membership details.

NGAI BOOK FAIR
The Blue Dragon Book Fair will be held in the Ngai Town Hall on May 20 to raise funds and support the work of Blue Dragon Children’s Foundation in Vietnam.

COMEDY FEST LAST DAYS
The NZ International Comedy Festival comes to a close in in the capital on May 21 but until then there’s still plenty on to get you giggling.

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Your visit is welcome
Maori remains on their way to Te Papa

RUBY MACANDREW

The ancestral remains of Maori, including two skulls and a preserved head, are being returned to New Zealand after more than 100 years in Sweden.

The two Maori skulls were taken in 1890 by a Swedish natural historian, Conrad Fristedt, who spent time in the Bay of Islands and kept his discoveries secret from Maori living in the region.

They were given to Karolinska Institutet medical university in Stockholm, where they had remained until this week.

“We are gratified that the Maori remains will now return to their homeland,” said medical history and heritage director Dr Eva Ahren.

“Karolinska Institutet takes very seriously our moral obligation to help repatriate remains of indigenous peoples from our historical collections. We greatly appreciate this opportunity to transfer the remains into the care of Te Papa’s repatriation team.”

In addition to the two skulls, a toi moko – tattooed preserved Maori head – will also be returned to New Zealand with the support of the Swedish Government.

Little is known about the toi moko, other than that it was gifted to the Stockholm-based institute by London collector Henry Christy in late 1862.

The largest repatriation of remains was in 2014, when 107 ancestors were returned to New Zealand from the American Natural History Museum in New York. The collection was gathered by British soldier Major Horatio Robley. More than 400 individuals have been returned from institutions around the world since the programme was started in 1990, including a third skull taken by Fristedt, which was repatriated in 2011 from the University of Oslo’s anatomy department.

“It’s important to recognise the role governments can have in supporting the return of indigenous remains to their communities,” said Te Papa’s Kaihautu (Maori co-leader) Arapata Hakiwai.

“The Swedish Government has been active in this respect, and Te Papa wishes to recognise this in full alongside the Karolinska Institutet.”

These three Maori ancestral remains will return home along with another 60 Maori and Moriori remains from three other institutions in Europe.

The remains will be formally welcomed home at Te Papa in Wellington on Monday, May 29.

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Negativity has its benefits

Comedian Raybon Kan presents his view through the bottom of a half-empty glass.

WHAT'S THE INSPIRATION BEHIND YOUR LATEST SHOW “POSITIVE PESSIMIST”?
All the darkest elements of the human psyche. All the elements that enable clickbait. Things that are wrong, I start to have thoughts that I think are deep themes, then I succumb (or aspire) to sculpting a joke instead. This is the business we've chosen.

HOW DO YOU GET YOUR START IN COMEDY?
I did a lot of public speaking and debating at school, so that side was something I enjoyed. After university, I spent a few years writing humour columns in print, and that gave me the thought that I could generate material. I pretty much showed up when the festival was in its infancy, so we were kind of learning together. Now it's about putting it all together and aiming to be original and risky. Everyone’s general standard forces you to work harder.”

Comedian Raybon Kan

and executing it with a degree of difficulty.

WHAT CAN AUDIENCES EXPECT WHEN THEY COME TO ONE OF YOUR SHOWS?
I hope I make you laugh at things you didn’t think you should or could laugh at. And feel good about it afterwards.

WHAT'S THE LAST BOOK YOU READ?
It’s a book by Judd Apatow, of conversations with comedians, called Sick in the Head.

WHAT MUSIC HAVE YOU BEEN LISTENING TO LATELY?
Nothing fancy - I have been rediscovering Cyndi Lauper and Sharon O’Neill. And *cough* Taylor Swift.

IF YOU COULD INVITE FOUR PEOPLE TO DINNER, WHO WOULD THEY BE AND WHY?
Oh my God. They’d have to do the cooking. So... ymm... people I would like to meet: Norm Macdonald, Stephen Merchant, Larry David, and actually, Sarah Kendzior.

CAN YOU DESCRIBE A PERFECT SATURDAY?
I’d love it to sound simple and grounded, but I think it would involve a yacht and the Mediterranean.

Rayon Kan - Positive Pessimist, The Fringe Bar, until May 20, bookings from iticket.co.nz.
Lucy Swinnen goes behind the screens at Miramar’s Roxy Cinema.

Getting bums on seats is not the only thing that preoccupies modern cinema operators in the era of “Netflix and chill”.

A huge amount of thought, energy and creativity goes into making a modern independent cinema hum.

You need to take “bigger risks” and hold more events but it is “more fun”, says Erica Brooks, the events and marketing manager at The Roxy Cinema and Coco At The Roxy in Wellington’s Miramar suburb.

The first staff arrive at the art deco cinema by 8am and the cinema’s activities don’t wind down till 15 hours later.

The first trip is into the surprisingly spacious projector room, located above and behind the theatre. A 35mm Kinitos projector is installed but mostly sits idle as everything has become digitised, and films now play at the click of a button.

What you see on The Roxy’s big screens is all down to one man - cinema operations manager Phil Jack. He chooses what films run and in what order.

His decisions are based partly on ticket sales from the previous week and national box-office results but “sometimes you just go with your gut”, he says.

The Roxy has two theatres; one seats 55 people, the other 164. The same cinema may screen Beauty And The Beast in the morning and then a niche film like the acclaimed Belgian horror Raw – “a coming-of-age film that involves cannibalism”, Brooks says.

Going to the movies is all about creating a memorable experience. That means it’s not just what is on the screen that counts. People dress up, and come early to soak up the atmosphere in the Grand Lobby, or to get a peek at a real Oscar trophy, awarded to one of the cinema co-founders, Jamie Selkirk. It’s currently on display on the cinema’s second floor.

The Roxy, which reopened in 2011, hosts all manner of cultural events, from documentary festivals, Wellington On A Plate, classic film screenings, and partnering with Aro Video to hold $1 mystery movie screenings.

As The Roxy is open 364 days of the year – barring only Christmas Day – there are a lot of days to play around with events and other activities to keep the cinema alive.

Before the remake of Kiwi classic Goodbye Pork Pie was released earlier this year, it played in The Roxy so the film-makers could hear how it sounded on the 18 surround-sound speakers located in the 164-seat theatre.

All film screenings at the cinema finish by 11pm. But its lights may stay on for several more hours as the movie-buff staff gather for an after-hours screening to cap off their long day.

See video at dompost.co.nz
Capital cafe offers guilt-free treats

JARED NICOLL

First it was smoking, now should table sugar disappear from Wellington’s cafes?

The Sugar Trade cafe in Wellington’s northernmost suburb of Tawa was so-named because its goal is to show customers how table sugar can be swapped for healthier alternatives.

The cafe uses fructose-free sweeteners such as rice syrup, sugar alcohols, stevia (a plant-based sugar substitute), and occasionally glucose, to create all sorts of treats, including mixed-berry cheesecake and even chocolate cake. It also offers savoury snacks such as bowls of cashews, almonds and pistachio nuts, salmon with cream cheese on oat cakes, and blue cheese on crackers.

Owner Angela Humphrey said her cafe was free of fructose, a fruit sugar found in common table sugar. It has been linked to increased weight gain and all the bad stuff that can come with it, such as diabetes and heart disease.

“That’s our reason for being. There’s a lot of people working on dropping sugar from their lives but, the moment they step out of their own house, they’re just drowning in sugar. It’s hard to find a place to get together with friends without sugar coming at you. People kind of know it’s not good for you but they don’t really understand how bad it is.”

Humphrey ran healthy-living workshops before opening the cafe in April. She thought her cafe might be the first of its type in Wellington.

Dental Association spokesman Rob Beaglehole said cutting out a lot of table sugar was “a move in the right direction”.

So how does it taste?

The chocolate cake is sweet but not rich. While the texture may seem slightly heavier than expected, its moist, velvet slice is soft and satisfying. Don’t be fooled by the lack of table sugar: the rice syrup in the icing still carries plenty of bite.

The base of the mixed-berry cheesecake is packed with tasty nuts that deliver a satisfying crunch below a smooth cream-cheese filling. Rice syrup, again, gives it the sweetness you might expect without all the guilt.

Hot chocolate made with stevia, a plant-based sugar substitute, offers a dash of yumminess without feeling excessive.
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WELLINGTONIANS ON THE MOVE

An experience to eclipse them all

Wellingtonian Shannan Mortimer, aged 44, is heading to Wyoming in the United States to see that rare celestial wonder, a total eclipse of the sun. After that, he’s hiring a convertible Mustang to drive the Pacific Highway from San Francisco to Los Angeles, retracing a path he took more than 20 years ago as a student.

WHERE ARE YOU GOING AND WHY?
I also have an amateur interest in astronomy, in particular celestial mechanics. In August I’m heading to Grand Teton National Park to see “The great American Eclipse”, which will be my fourth. My first was in Tural, a town in the Black Sea region of Turkey in 1999, which also included an amazing meteorite shower. I went to Cairns in 2012 and then for the 2016 Indonesian eclipse I plotted the best position/weather for viewing on Ternate, an island in the Maluku Islands of eastern Indonesia.

WHAT SPARKED YOUR LOVE OF TRAVEL?
I was at university studying for my masters in mycology, the branch of biology that relates to fungi. Fungi are hugely important in the world of biodiversity and ecosystem function - maybe they’re even the clasp in the necklace of life - but they get little interest except as a villain to stop. I wanted to see the West Coast of America in autumn and on impulse I decided to join the Puget Sound Mycological Society on their annual mushroom hunt.

WHAT WILL YOU DO THERE?
On this trip, my main purpose for travelling is to see the eclipse on August 21. Most astronomical events happen in the sky, but with a total eclipse of the sun the effects happen on the ground. They’re amazing. In total it only lasts about four minutes, but it’s like watching dawn, but all around you in panorama. The birds go quiet, shadows are tack-sharp - it’s eerie and beautiful.

WHAT ARE THREE THINGS YOU’RE PACKING THAT MAY SURPRISE PEOPLE?
1. Wireless noise cancelling headphones. 2. Butterfly binoculars, they can focus on objects as close as 50cm. 3. A small plastic meerkat I put in photos in famous places.

WHAT’S NEXT?
Almost nowhere in the world is a secret, if you can find it there is someone already there. But next I’m keen to travel to the Congo in Central Africa.

Shannan Mortimer is heading to Grand Teton National Park to see “The Great American Eclipse”.

Tell Us About Yourself.
I have a passion for biodiversity, I’m working at the Department of Conservation as an instructional designer. I love to travel, particularly to places that aren’t your usual tourist hot-spots. I try to organise my life around collecting a wealth of experiences, rather than things.

What Are Your Travel Arrangements?
Shannan used House of Travel Featherston Street for all his travel arrangements. To talk to the experts about planning your next inspiring journey, phone (06) 496-3010 or email featherstonst@hot.co.nz

Maze

How many stars?

Kids Corner supplied by Paul and Charles

Wellington City & Suburbs

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Affordable property
Buy a home from $225,000 or a lifestyle property from $450,000. Or build a new home on your own patch of paradise. The region is home to many reputable building companies.

Less traffic
Commuting to work is often just a 10 – 20 minute drive, or even a short walk or bike ride.

Relaxed Living & Recreation
With so many recreation options available, weekends are often spent relaxing. Gardening conditions are excellent with distinct seasons, and the area is well served by hardware and garden centres.

Business is friendly
A little more helpful and relaxed than in the city, people have time to chat.

Health care facilities
With a public hospital in Masterton, and medical centres in most towns the district is well catered for.

Schools to suit all
Wairarapa contains some of the best boarding schools in the country, excellent state secondary schools and a mix of town and country primary schools.

Sport & recreation to suit all
Bush walks, coastal fishing, hunting, swimming pools and sportsgrounds are all close by. All major sporting codes are strong and well supported at all levels.

Country pubs, village cafés, vineyards
Good food, great coffee and world class wines are right here.

Culture, music, art
Masterton is home to Aratoi – Wairarapa Museum of Art and History - the jewel in Masterton’s crown. Greytown Music Group hosts monthly chamber music recitals of international standard, and live music is regularly performed at local pubs and cafés around the district.

Retirement
New housing developments providing smaller quality homes for retirees, and a good selection of retirement villages and rest homes are all on offer.

Good retail
Big chain stores, quirky specialty stores and great bookshops. Each town has its own distinct offerings.

Still close to the city and airport
An hour to an hour and a half drive to central Wellington, will see you back in the city.

Come over the hill for a visit soon and experience what the Wairarapa has to offer.

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New Island Bay cycleway designs

The future of Island Bay’s divisive cycleway edges closer to resolution with new design options revealed for The Parade.

Options include returning to the original layout, keeping the status quo, or making improvements to the existing cycleway and The Parade.

The designs will be considered for community consultation later in the year and we asked you what your pick out of the new Island Bay Cycleway designs was.

People were divided, with about 30 per cent support for Option C; which would require cyclists to ride with traffic, 23 per cent of people liked Option D; giving cyclists their own lane and 22 per cent liked Option B; creating a cycle lane protected with a physical barrier.

Only seven per cent of people polled said the cycleway was fine and it should be kept as it is.

HERE IS WHAT YOU SAID:

BETHAN LEBEAU, TAWA
“There definitely needs to be more cycle lanes in general.

“And to be honest better pavements, crossing and general accessibility for pedestrians on foot - especially in places like Porirua.

“But it’s nice to see thought for cyclists is on the rise (I am not a cyclist myself but prefer seeing bikes over pollution increasing cars any day!).”

DOROTHY ASHTON, ISLAND BAY
“Return The Parade to the way it was before all the accidents ...

“for all drivers, pedestrians and cyclists.

“I would never let my grandchildren ride on the cycle way the way it is now ... even walking home from school is dangerous enough.”

NASH RICH, ISLAND BAY
“Yes rebuild it the way it was! The Parade was such a spacious and relaxed road with enough space for everyone.”

BLAIR POLLY, BERHAMPORE
“For local businesses to be successful we also need to maximise short term parking near shops and takeaway outlets.”

HELEN CHAPMAN, LYALL BAY
“Cycling in traffic is okay for fast experienced cyclists - currently there are the ones who we see the most because everyone else is scared to ride on the road.

“I cycle commute, and regularly have people say to me that they would love to cycle to work or the shops, but it’s too dangerous in Wellington.

“Separated cycleways would enable lots more people to feel comfortable cycling on the road.

“Combined with e-bikes this could be transformational - but only if we don’t let ourselves get stuck in a mindset of us and them.

“Cyclists are people, who shop at local shops, who make mistakes and who want to get where they are going as efficiently as possible.

“Some days they cycle, some days they drive or take the bus.”

BETHAN LEBEAU, TAWA
“Island Bay Cycleway designs was.

“People were divided, with 30 per cent support for Option C; which would require cyclists to ride with traffic.”

“CRAIG ROBERTSON, TAWA
“The worst bit about the current layout is that the old markings are still visible, even on a dry day.

“On a wet night it’s impossible to know which lines to follow.”

WRITE TO US
Do you feel strongly about an issue in your community? Do you have something to say about our city? Contact us: editor@thewellingtonian.co.nz via Neighbourly or PO Box 3740 Wellington. Please include your full name, address and phone number, no anonymous letters will be accepted.
CONVERSATIONS

Show us some respect, if it’s not too much trouble

GORDON CAMPBELL
TALKING POLITICS

As the recently released register of MPs pecuniary interests has shown, our elected representatives live a long way away from Struggle Street. Housing policy has left home ownership simply unaffordable for many New Zealanders.

Currently, our rates of home ownership sit at their lowest level since the early 1950s, but the MPs themselves seem to be doing alright.

According to the register, National’s 57 MPs collectively own 135 residential properties – or 2.2 homes each, on average - and seven out of 29 Labour MPs own rental properties.

On foreign policy, we appear to be doing no better at protecting the interests of Kiwis abroad. By courtesy of the Australians, hundreds of New Zealanders have been penned in dire conditions on Christmas Island. Kiwis who’ve lived in Australia for decades – and families whose kids have known no other home – have been uprooted and sent back to New Zealand. The protestations by our political leaders have been politely expressed – with no hint of tit-for-tat measures - and blithely ignored. Meanwhile, Australians continue to have access here to welfare assistance denied (for almost two decades) to Kiwis living in Australia.

As English has explained, he’d prefer a positive relationship with Australia instead of an “armed war to see who can treat each other’s citizens worse”.

Brownlee, according to a headline in the Australian newspaper, was going to “tackle” his Australian counterpart Julie Bishop on the issue. Less a tackle as it turned out, and more of a hug. Brownlee was in full appeasement mode. Even before arriving in Canberra, Brownlee backed away from our co-sponsorship last year of a UN resolution on Israel, a measure that Australia had opposed. Show us a little respect, New Zealand appears to be saying to the Aussies, if that wouldn’t be putting you to too much trouble.

As English has explained, he’d prefer a positive relationship with Australia instead of an “armed war to see who can treat each other’s citizens worse.” Which would be fine if Kiwis were getting a good deal across the Tasman – rather than a constant, one way shellacking while our government whistles Dixie. For his part, Labour leader Andrew Little has sensed there’s political mileage to be won here in election year when Australians choose to treat a New Zealand government with contempt.

Blokily, Little has claimed that any policy friction between us and Australia can be readily resolved, once the centre-left holds power in both Canberra and Wellington. Why, he’d be able to sort this stuff out with his Aussie counterpart Bill Shorten “over a beer” - just like good mates always do. Such attempts at mateship may rule our foreign policy, while at home … the helping hands into home ownership appear to be proving almost as ineffectual.
Aotea College student Kelsea Elkington, 17, was selected for a full scholarship to attend an international youth science forum to Europe.

LUCY SWINNEN

Geneva, London and Paris are all on the itinerary for Kelsea Elkington’s first trip to Europe this winter, but sightseeing won’t be the only thing on the agenda.

The Aotea College student with a passion for biology, physics and chemistry was one of seven secondary school students selected from more than 300 applicants across New Zealand to attend the London Youth Science Forum this July.

The students will take part in the international science conference, hear from scientists about their latest research and visit the European Organisation for Nuclear Research in Geneva, home to the large Hadron Collider.

The three-week science trip has been running for more than 20 years and is managed by the Royal Society Te Aparangi and funded by the Ministry of Business, Innovation and Employment.

“I like figuring stuff out,” Elkington, 17, said of her science-heavy study.

“In the car I always figure out how fast we are going to get there.”

Elkington hopes to study medicine after she graduates this year, and wants to forge a path for more Maori students like herself to pursue a career in science.

“In her supporting letter to assessors, which took in to account grades, area of study and testimonials from her science teacher, Elkington outlined her passion for helping Maori students at her local marae.

It was down to the wire getting her application in, she said, and her dean Pauline Muncey helped her write it while her uncle drove her to the Royal Society office in Wellington to drop it off.

Wellington student Andrew Tang said he was “ecstatic” when he found out he would be joining the science trip.

“I’ve applied for the international science opportunities offered by the Royal Society for three years now without success,” the year 13 Scots College student said.

“So being accepted in my final year of school was both a relief and a dream come true. It’s taught me that persistence really does pay off.”

"So being accepted in my final year of school was both a relief and a dream come true. It’s taught me that persistence really does pay off."

LUCY SWINNEN

JAMES GRIFFIN
Council backs $300,000 toilets

LUCY SWINNEN

How much does a public loo cost?
There was a lot of potty talk in council on Thursday as Wellington city’s representatives voted on an increase of just over $1 million for the Johnsonville Library.

Much of the focus on the budget increase above the previous $19 million was on the $300,000 price tag for 24-hour public toilets.

“I think the average member of the public looking at this figure of $300,000, is it marble plated?” councillor Malcolm Sparrow asked at a pre-meeting held on the issue.

However, councillors were satisfied on Thursday, and voted unanimously in favour of the increase, bringing the total cost of the project to $22.5m.

The $300,000 toilets are just one part of the revamp to the library, which is being billed by the council as a northern Community Hub.

Other upgrades include an expanded library, with a cafe and a kindergarten on the top floor, a redeveloped courtyard, a covered pedestrian path between the library and the pool, and improved road safety on Moorefield Rd.

The council first signed off the contract for a $16.5 million upgrade in 2015.

The Athfield Architects-designed library will be next to the suburb’s community centre and Keith Spry Pool. It will be much bigger than the existing library, and will provide a modern, flexible space.

At a pre-meeting discussion on Tuesday, several councillors questioned why the project’s budget had blown out, and whether $300,000 needed to be spent on outdoor toilets, when both the Keith Spry Pool and the library already had toilets.

Councillor Nicola Young said the rise in cost from $16.5m was “a hell of a creep”.

However, council officers advised the $300,000 estimate was based on previous toilet installation costs.

Councillor Andy Foster said the upgrade was more than the cost of three previous library upgrades combined.

Mayor Justin Lester said the new library was an even better design that would be a strong boost for the local area.

Councillor Brian Dawson, the social development portfolio leader, said the extra funding would allow the area around the new library to be transformed into “a coherent and user-friendly campus”.

The cost of the new hub will be partially offset by the sale of the existing Johnsonville Library site in Broderick Rd.

In June the council will release a survey to gather community feedback on internal features of the library and parking in the area.

Construction is expected to begin in November, and the project is set to be completed by February 2018.

Housing change backed

After proclaiming it did not need an urban development agency to tackle the housing shortage, Wellington City Council has turned around and endorsed a law change that will let it set one up.

On Thursday, councilors gave their support, in principle, to the Government’s proposed Urban Development Authorities legislation.

The planned laws would give councils the power to set up urban development agencies, which would be able to carry out compulsory acquisitions and amalgamations of land owned by different groups.

The Government and local councils would have dual decision making power over development projects, and would be able to over-ride local plans developed under the Resource Management Act.

The legislation was designed as a response to Auckland’s housing crisis, but could also have a significant impact on urban renewal in Wellington.

Areas of the capital such as Kent and Cambridge Terraces, and Adelaide Rd, have been touted as potential sites for development.

Deputy Mayor Paul Eagle, who is in charge the council’s new housing taskforce, said in April that an urban development agency would not necessarily be the right solution for Wellington’s housing shortage and could end up competing with the private sector rather than complementing it.

On Thursday, Eagle said the council had not changed its mind, and was simply “giving a green light” to set up a development agency if it needed one.

New housing developments in Wellington have been lagging behind population growth and demand, leaving the city short of 3590 dwellings.

Councillor Iona Pannett said she was concerned about limiting residents’ appeal rights and giving up council powers to central government.

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**What's On**

**MUSIC & COMEDY**

**Boris The Blake** - Valhalla, Vivian St, May 19, 7pm.

**Buzz Newton & Kristen Robertson** - On euphonium and piano respectively, St Andrew's on The Terrace, May 18, 12:15pm, koha welcome.

**Christopher Hutton - Cello** - St Andrew's on the Terrace, May 28, 3pm, $40/$10, sundaysconcerts.org.nz.

**DJ Trump** - Cavern Club, Allen St, May 24-27, 8pm, tickets $25/$20 from eventfinda.co.nz.

**Raybon Kan** - 9:30am-1pm, Wellington Rowing Club, Frank Kitts Park Lagoon, until May 20, 7pm.

**German Refugee** - Johannnes Brahms, Wellington Cathedral of St Paul, cnr Molesworth and Hill Sts, May 27, 7:30pm with a pre-concert talk at 7pm, $35/$25 concession, bookings at tudor-consort.org.nz.

**Wellington Community Choir** - Featuring Active Youth Group, Salvation Army Citadel, Vivian St, May 27, 7:30pm, tickets $25/$15 concession from welcomechoir@gmail.com.

**Wellington Jazz Club** - Cole Porter Tribute featuring Lisa Tomlins, Ruth Armishaw and more, Meow, Edward St, May 21, 7-7pm.

**Woodwind Ensembles of the NZSM** - St Andrew's on The Terrace, May 24, 12:15pm, koha welcome.

**Three by Ekman at St James Theatre** - until May 20.

**Rose Matafeo** - Wellington Rowing Club, Frank Kitts Park Lagoon, until May 20, 7pm.

**Jerome Chandrahasen** - Five Fun Facts About Falcons, Club Ivy, Dixon St, until May 20, 8:30pm.

**Raybon Kan** - Live Laugh Love, The Fringe Bar, Allen St, until May 20, 7pm.

**Raybon Kan** - Positive Pessimist, The Fringe Bar, Allen St, until May 20, 8:30pm.

**Simon “Swampy” Marsh**

**Your Eastern Ward City Councillor**

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- **German Refugee**
- **Wellington Community Choir**
- **Wellington Jazz Club**
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- **Three by Ekman at St James Theatre**
- **Rose Matafeo**
- **Jerome Chandrahasen**
- **Raybon Kan**
- **Simon “Swampy” Marsh**
- **Your Eastern Ward City Councillor**

**German Refugee**

What’s On

THEATRE, FILM & DANCE

Cont’d

Third Thursday - Poetry Slam: A night of original poetry with a twist, Wellington Museum, Queens Wharf, May 18, 6:30pm.


EXHIBITIONS

Academy Galleries: Queens Wharf, Solo 42, featuring diverse work from NZ artists, until May 29.

Bartley + Company Art: Ghuznee St, Andre Hemer’s Small Paintings for NZ artists, until May 28.

City Gallery: Civic Sq, Colin McCahon’s On Going Out with the Tide, & Shannon Te Ao Untitled, both until Jul 30.

City Gallery: Civic Sq, Petra Cortright’s RUNNING NEO-GEO GAMES UNDER MAME & Martino Gamper’s 100 Chairs in 100 Days, both until Aug 13.

Enjoy Public Art Gallery: Cuba St, Caressing the silver rectangle with Jesse Bowling, Louise Lever & Maddy Plemmer, until May 27.

Gilbert & Morris Gallery: Courtenay Pl, Robert Thompson’s Ink & Watercolour Drawings, from May 19.

Milwood Gallery: Tinakori Rd, CANVAS, until May 20.

New Zealand Portrait Gallery: Shed 11, Queens Wharf, Strangely Familiar - Portraits by Wayne Youle, until Jun 18.

Page Blackie Gallery: Victoria St, Toby Raine - Mancrush, until May 29.

QUOIL Gallery: Willis St, I have a crush on your featuring Mary Hackett, until May 31.

Solander Gallery: Willis St, On Paper - a celebration of works on paper featuring five talented artists, until May 27.

The Great War Exhibition - Wounded: An audio-visual show featuring the wounded of WWI, Dominion Building, Pukeahu National War Memorial Park, 9am-6pm daily.

Tol Pinoke Gallery: Abel Smith St, Pukana whakarungat Pukana whakararo curated by Suzanne Tamaki, from Jun 2.

Vincents Gallery: Willis St Village, Rhonda Swenson, from May 17.

TALKS & WORKSHOPS


Pop Art Therapy: Create Your Own Super Hero, Mt Vic Hub, Elizabeth St, May 21, 10am.

Public Talk: Our Beautiful World Needs Your Help - Re-empower yourself to make a positive difference, Victorian Perfumery, Upland Rd, May 24, 4:30pm, contact Francesco 027 6078582.

Wadestown Hilton Horticultural Society: Join gym instructor Mark Anderson for a talk on how to carry on gardening, St Luke’s Hall, Jun 12, 2:30pm, afternoon tea provided.

FAMILY & COMMUNITY

Book Fair: Ngaio Town Hall, Ottawa Rd, May 20, 9am-4pm, proceeds go to Blue Dragon Children’s Foundation, more information on blue.dragonz2.wordpress.com.

Free Wellness Day: Yoga, inspirational talks by naturapaths and more, Yoga Centre for Higher Self, Marion St, May 27, 1-6pm.

Wellington School 50th Jubilee: Those with a connection to Maungaraki, Puketiro or Ongtona Schools are welcome to register their interest ahead of September celebrations at maungaraki.school.nz - click on Jubilee 2017.

Totally Tubular Trains: Celebrate trains in Aoteaora with a temporary model train set up set up at the Cable Car Museum, Upland Rd, until May 28.

SPORT FITNESS & OUTDOORS

Community Exercise Session: Newlands Intermediate, Bracken Rd, free family-friendly HIT style workout, every Sat, 10am.

Hurricanes v Cheetahs: Westpac Stadium, Waterlo Quay, May 20, kickoff 7:30pm.

Wellington Radio Yacht Club: Interested people are invited to join in and race their radio controlled model yachts, Seaview Marina, Sundays, from 1:30pm.

Wellington Saints v Southland Sharks: TSB Bank Arena, Queens Wharf, May 19, 7pm.

Entries close Friday 7 July 4pm.

Using evidence to support your argument

Year 10 Students: Explain the significance of the Holocaust in todays world In 500 word essay or multimedia clip of 5 minutes max.

Year 11-13 Students: Explain the significance of the Holocaust for the high school student today In 1000 word essay or multimedia clip of 5 minutes max.

Incl name, year, school, teacher, phone number & email.

Prize: $200 & return flights & accommodation for you & a guardian to Wellington.

Must be avail to be in Wellington to present submission.

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Leading health professionals will provide important information about prostate cancer to give you a better understanding of the disease, treatments, and how to deal with some of the difficult treatment side effects.

Our purpose in hosting this Forum is to equip men and their partners / carers to live their lives to the full despite the challenges of dealing with prostate cancer.

Free registration (spaces limited), email carol@prostate.org.nz or call 09-4152405

Registration Link: https://prostate.org.nz/forum-registration

891AM”

Murray Lindsay

Weekdays

2pm – 7pm
Out & About

AROund the Valley

On a chilly Saturday afternoon the Aro Valley community gathered for a celebration of well-known places and hidden treasures in their neighbourhood.

The star of the Polhill Protectors stall was a mokomoko-green gecko. PHOTO: PAUL WARD/ SUPPLIED

Dogs, kids and a noisy tui made for a sweet scene at Polhill Protectors stall. Martin Toleand explains beekeeping at AROund the Valley on Saturday.

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ORANGE-GLAZED SALMON WITH FENNEL ROASTED PUMPKIN AND FETA

Ready in: 30 min Prep time: 10 min Cook time: 20 min Serves 2-3

Fennel roasted pumpkin and feta
400g pumpkin, peeled and diced
cm
2 courgettes, sliced into 1cm-thick rounds
zest of 1 orange
1 teaspoon whole fennel seeds
1 cup slivered almonds
100g feta cheese
Orange-glazed salmon
juice of 1 orange
1 teaspoon runny honey
1 teaspoon white wine vinegar
300g boneless salmon fillet (skin on)

Preheat oven to 220 degrees Celsius. Line an oven tray with baking paper.

Toss pumpkin, courgette, orange zest and fennel seeds on prepared tray with a drizzle of oil. Season with salt and pepper and roast for about 15 minutes, until pumpkin is tender and starting to caramelise. Turn once during roasting.

Combine orange juice, honey and vinegar in a small bowl and set aside. Pat salmon dry with paper towels, remove any remaining pin bones and cut into 3-3 pieces. Season on all sides with salt and pepper.

Heat a drizzle of olive oil in a large fry-pan on medium heat.

Cook salmon, skin-side-down, for about 4 minutes, until skin is crispy. Flip and cook a further 2 minutes for medium-rare, or until cooked to your liking. Set aside and cover to keep warm.

Remove pan from heat, add salmon and toss gently to coat in the glaze. Once pumpkin is tender, remove from oven, sprinkle over almonds and roast for a further 5 minutes, until almonds are golden brown and pumpkin and courgette are cooked through. Remove tray from oven, sprinkle over feta and rocket and toss to combine.

To serve: Divide fennel roasted pumpkin and feta between plates, top with orange-glazed salmon and spoon over any remaining glaze.
Backyard banter

How to shrink your winter power bill

Here are nine top tips you should follow to save money this winter.

Winter is coming, and while it might be tempting to turn the heater up to high, snuggle into bed with your electric blanket, and crank the dryer every time you do the washing, your power bill won’t thank you for it. Here’s a few extra tips to keep your energy bill low this winter, without freezing in the process.

**TURN IT OFF**
If you’re not using an appliance, switch it off at the wall.

**BE WATER-WISE**
Keep your showers short and use a cold cycle to do your washing. Dripping hot taps could cost you hundreds of dollars a year so make sure they are fixed, and consider turning your hot water cylinder off when you go on holiday.

**FIND ‘FREE’ POWER DEALS**
With significant changes in the New Zealand electricity market in recent years, small changes in your behaviour can add up to big energy savings if you’re with the right company. Electric Kiwi CEO Luke Blincoe says: “We give all our customers a free hour of ‘off-peak’ power every day. So we have seen smart customers saving 10 per cent on average by timing when they’re doing everything from cooking and drying clothes, to heating their house – all for free within their ‘hour of power’.”

**INSTALL A HEAT PUMP**
Heat pumps are the most efficient way of using electricity to heat your home, and also double as an air conditioner in the heat of summer.

**BE ECONOMICAL WITH YOUR ELECTRIC BLANKET**
Turn your electric blanket on an hour before you go to bed then off when you jump in. Better yet, set a timer on it to turn on and off.

**INSULATION**
Insulation is an essential investment for any homeowner.

**CHECK YOUR INSULATION**
If you own your home, insulation is an essential investment. If you rent, ask your landlord to take a look at your insulation.

Check out the Government’s Warm Up New Zealand: Healthy Homes Programme too; you might qualify for free insulation.

In addition to insulating the walls, you can also insulate your hot water cylinder and pipes.

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**Wellington Regional Stamp Show**

20 - 21 May

Sat 10am-5pm
Sun 10am-4pm

Chilton St James School
124 Waterloo Road,
Lower Hutt

Displays from local clubs
Dealers - buying and selling

FREE ENTRY
Q: I keep hearing about a new diet called the ketogenic diet. Is that's good for weight loss. Just wondering if you could explain what it is and whether you support it? Thanks, Michael

A: The ketogenic diet – or ‘keto diet’ – is a high-fat, very low carbohydrate diet. While it certainly has been gaining popularity recently, it’s actually not a new diet.

The classical ketogenic diet has been used since the early 1920s as an effective non-pharmacologic therapy for children with intractable epilepsy.

The classical ketogenic diet requires careful planning and monitoring to achieve a specific ratio of macronutrients (protein, fat, and carbohydrates), with approximately 70-90 per cent of total energy (calories) coming from fat, and the remaining 10 per cent of energy (calories) from protein and carbohydrates combined.

This is vastly different from a typical Western diet, and leads the body to switch its main source of energy from glucose (sugar) to fat.

Avocado with egg and bacon – a ketogenic breakfast.

The ketosis ketogenic diet in that it does not restrict protein intake, although carbohydrate intake is still restricted to 10-20 grams per day. This protocol is similar to the ketogenic diet that has become popular of late, although the daily carbohydrate restriction for adults tends to be about 30 grams.

To put into perspective just how low this is, a carrot (which isn’t considered a high carbohydrate food) would contribute a quarter of your daily carb intake.

There is preliminary evidence suggesting it may reduce insulin resistance, improve certain seizure reduction effects, and is beneficial for other health conditions (aside from epilepsy), however more research is needed.

Can you recommend the ketogenic diet?

It is not difficult for a diet to result in short-term weight loss – this is the case for most diets. However, more often than not, people who go on a weight loss diet for a period of time go on to regain the weight they lost, plus more.

There is no “one size fits all” approach to the way we eat, so if a ketogenic diet appeals to you, it’s important to consult a professional to ensure you are meeting your nutritional needs.

Dr Libby is a nutritional biochemist, best-selling author and speaker. The advice contained in this column is not intended to be a substitute for direct, personalised advice from a health professional. See drlibby.com
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Out & About

Birds of a feather flock together

It was a day for poultry to shine last weekend at the Wellington, Hutt Valley and Districts Poultry and Pigeon Club. More than 500 birds were on display for the event.

Photos: Andrew Turner

Simon and Susan O'Sullivan from Upper Hutt with their prizewinning light Sussex cock.

What's up? A couple of inquisitive birds on the lookout. More than 500 were on show on the weekend.

Owners were always busy keeping the birds well looked after.

Carolyn Atkinson (the Wellington, Hutt Valley and Districts Poultry & Pigeon Club secretary and fellow locals Rose Baldock and Louise Cleghorn enjoyed running the fundraising tables.)
Corey Webster
Position: Shooting Guard
Years Playing: 9 Years
Nick Name: C-Web
Height: 188cm
Weight: 87kg
Birth Date / Place: 29/11/1988, Northshore – Auckland

Previous Teams: North Harbour, Rangers, Breakers, Tall Blacks, Overseas

Marital Status: In a Relationship
School / College: Westlake Boys, Lambuth University

Sports played when younger: Rugby, Rugby League, Touch, Softball

I couldn’t live without: Food and Water

First Job: Breakers

Favourite NBA Team: N/A
Favourite Music: Hip Hop
Favourite Food: Salads
Favourite Sports Star: Michael Jordan
Favourite Holiday: Hawaii

Person who has most influenced my hoops career: My Dad

Helping their ‘breast friends’

RUBY MACANDREW

Wellington’s breast cancer survivor dragon boat team, CanSurvive, are heading to Bali this week, hoping to cap off their season in style.

The team, who took silver in this year’s National Championships will race in the three-day South East Asian dragon boat festival, competing in the small boat regatta.

While competing is the focus, the team have also connected with the Balinese Pink Ribbon Foundation to offer them some help in their work with breast cancer patients and survivors on the island.

“It is the perfect opportunity to connect with breast cancer survivors in Bali, and offer them some support,” chairwoman Iona Elwood-Smith said.

Bali Pink Ribbon had requested secondhand bras to be brought over, to be handed out to village women as they travel across the island on their Pink Ribbon Roadshow, offering support and education to breast cancer sufferers.

Since receiving the request, CanSurvive had been busy collecting suitable bras to donate, with the plan to fill their paddle bags with bras to hand on to their Bali sisters on arrival.

Over the past few months, the side has had a solid run, chalking up medal placings at several competitions.

“We’ve had a full on paddling season this summer, winning gold medals in Wellington, and at the North Island championships, then two fourth places at the World Masters Games this month,” explained Elwood-Smith.

“This festival will be a great competition to finish up with, before moving into more off-water winter training.”

There will be no break for the women, with preparation for next year’s International Breast Cancer-Paddlers Commission world championships in Florence, Italy already under way.

During the Indonesian competition, a few team members will also join with Taiwanese male dragon boaters in a mixed team, which promises to be both challenging and thrilling for the CanSurvive women.

The Wellington-based team will travel with their buddy team, the Valley Dragons, from the Hutt Valley, who have entered into the mixed open division.

Support Wellington’s most successful sporting franchise as they shoot for title no 9!

Wellington’s breast cancer survivor dragon boat team, CanSurvive, are heading to Indonesia to compete in a small boat - ten paddlers - regatta in Bali.
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### 2009 Subaru Outback S/W
- 2.5L, Auto, ABS, Alloys,
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- 2.0L, 5 door,
- Auto, Alloys, ABS

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- 2.4, Auto, 7 seater,
- Alloys, ABS, Air con

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### 2005 Ford Falcon XR6
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### 2003 Holden Astra S/W
- 1.8L, Auto, NZ new,
- 85,000kms, Great condition,
- Roof racks

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472 HIGH STREET, LOWER HUTT
We’ll Show You How at the Stripping Roadshow

Simon Cooper from the Cooper’s strip club

By Dave Hare,
Coopers was started by Simon Cooper in the early 80’s. At that time, Simon was a cabinet maker with a boutique shop in Wellington making and restoring furniture. Disillusioned with the standard of current paint strippers and with a flair for chemistry, Simon set about making a stripper that was easy to use and actually worked.

I asked him what on earth possessed him to try and actually work in the first place? I was determined to make a product that was easy to use and made sanding obsolete.” Simon is Kiwi born and bred and as a dairy farmer’s son he was taught at a young age to work things out, rather than to accept things as they are.

At high school he developed a passion for working with wood and his love of fine furniture began. Once Simon developed his own stripper, the word got out and today, over 30 years later, Simon’s products and methods are now known as Cooper’s Strip Club; a complete DIY restoration system, family owned and operated, available throughout New Zealand and Australia.

Simon says Cooper’s is different to conventional strippers in so many ways. The main ones being that it will strip any finish from any surface, without the need for sanding. “I am very proud of it and the results it has achieved,” he says.

With Cooper’s having been used on well over 100,000 homes, Simon says anyone can easily strip anything covered in paint or varnish, whether the finish is interior or exterior. Cooper’s is regularly used on antique furniture, doors, windows, detailed mouldings, floor glue, decks, painted concrete or brick, your special project car or boat, even the weatherboards baked by the sun for over 100 years.

I also asked Simon about the current problems related to safe lead removal. Simon says, “Because there is no lead dust created through sanding, or lead vapour generated by heat guns, lead poisoning is no longer a concern.”

I asked Simon what the Stripping Roadshow is all about and he said, “The Stripping Roadshow is a DIY paint and varnish stripping exhibition travelling regionally throughout New Zealand.”

“The purpose of the Stripping Roadshow is to show Cooper’s stripping any paint or varnish from any surface,” Simon says, this weekend the Stripping Roadshow will be in Wellington. “We have on exhibition some impressive before and after displays, as well as practical one on one demonstrations.”

Come and meet the family, chat to us about your project, bring along some photos of what you want to strip and we’ll select a similar old piece of paint or varnish to strip with you.” But what Simon really wants you to do is actually bring along your project, bring along some photos of what you want to do, impress us with what you bring along and so much more.

The hall has ample parking and easy access, so impress us with what you bring along!”

“The hall has ample parking and easy access, so impress us with what you bring along”

Ask about a home demonstration

The Cooper’s Stripping Roadshow will be at the...

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