The Gisborne Herald
weekender
SATURDAY, JANUARY 4, 2020

TEACHING RELATIONSHIP SKILLS

MATES & DATES: Today's teenagers get more than the nuts and bolts sex talk at high school .... Programmes delivered by the Police and ACC — including the Mates & Dates initiative that this image is part of — include conversations around respectful behaviour in relationships, violence in relationships, problem-solving in complex situations, and how to stay safe.
Picture supplied

Gisborne secondary school students are learning how to treat romance with respect through programmes designed to learn from high-profile cases of violence. Sophie Rishworth explores how teenagers here are learning a better way to date.

During the Grace Millane murder trial, a Gisborne Boys' High School student came home and told his mum he was learning about dating etiquette and healthy relationships at school.

The mother of the teenager was heartened young people were being taught about respect, and healthy relationships — especially as the whole country was hearing how 22-year-old Grace Millane was murdered on a first date in Auckland while visiting this country.

Teenagers get more than the nuts-and-bolts sex talk at high school these days. Programmes delivered by the Police and ACC include conversations around respectful behaviour in relationships, violence in relationships, problem-solving in complex situations, and how to stay safe.

Gisborne Boys' High School (GBHS) and Lytton High School (LHS) both deliver the Mates & Dates programme.

Gisborne Girls' High School and LHS also run the Loves Me Not programme, which tells the story of Sophie Elliott who was murdered by her ex-boyfriend in 2008.

They talk about whether Sophie, who was also 22, could tell, or not tell, she had been in an abusive relationship, to give today's students the red flags to look for.

"We've been doing Loves Me Not for a long time and we love it," said GGHS head of hauora faculty Shelley Hunt.

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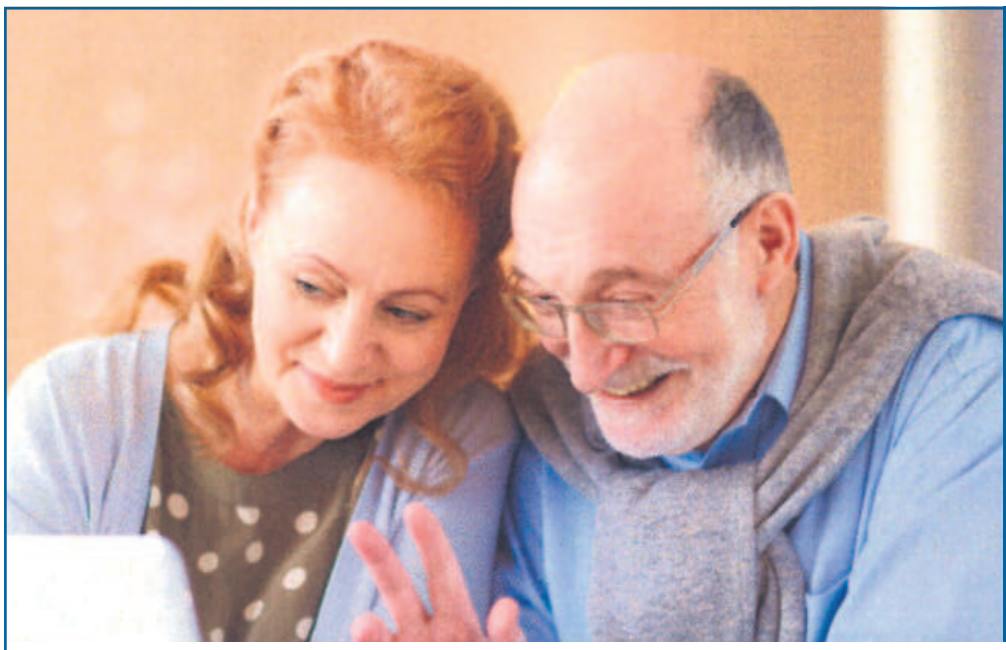

TAKE THE TIME TO TALK

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LEAD

‘Extremely positive’ reaction to Sexwise programme

FROM PAGE 1

Each programme has appropriate content based on the ages of the students it is being delivered to.

Ms Hunt said the important thing was that they all carried the same message.

The message from police, teachers, the programmes and even psychologist and author Nigel Latta said the same things about respect, about wellbeing related to sexual activity, building friendships, relationships, dealing with influences, pressures, and the risks involved.

Police also visit the schools to reiterate the legal age for sex (16 or over).

Other conversations held during the lessons include how do you ask someone out, and how to break up in a respectful way . . . not by text or Instagram, if anyone was wondering.

They also cover the traditional safety tools like condoms and keeping yourself safe from Sexually Transmitted Infections (STIs), but these were the quick lessons. The focus was on being in a healthy relationship and knowing if you were not in one.

GBHS teacher Simon Murphy said there were some “cool discussions” at the lessons.

Overall, it made him feel good about the job they were doing.

The sex education stuff was generally easy to teach. It was something the students were quite interested in anyway, and humour was used in an atmosphere that made students feel safe to share their opinions, he said.

Ms Hunt said from Year 9, GGHS students get taught about social responsibility. In Year 10, the curriculum extends to what is a healthy relationship, and what is an unhealthy relationship.

The students are taught assertive skills to use in a relationship, and decision-making skills around sexuality.

GGHS is also visited each year by THETA, a theatre company with an agreement with the Ministry of Health to deliver Sexwise, a theatre production followed by a workshop. It is run by rangatahi (youth) who are university students. The topics raised, and the discussions that follow, are relevant for their age.

THETA artistic director and director of the Sexwise programme Evan Hastings. Picture supplied

THETA Sexwise programme artistic director and director Evan Hastings said participant reaction had been extremely positive as they identified with the characters and issues arising in the performance.

“After the performance, students in small groups have the opportunity to interact and interview the characters, reflect on their behaviour, and offer advice. This process allows participants to direct the learning, making for a very engaging experience.

“Our post-workshop surveys show they are left feeling far more confident about speaking to and seeking advice from professional health services,” said Mr Hastings.

“We do that as a back-up — it is another voice saying the same thing again,” said Ms Hunt.

There was also a lot of work around gender in sport. Questions raised have included, “why do the girls’ volleyball teams wear such skimpy outfits?”

Ms Hunt said they taught about accepting diversity, and this year there was also a big focus on transgender.

In Year 11 the one-day Loves Me Not programme is run by the police.

It used to be a Year 12 programme, but feedback from the Year 12s suggested it would have been a better fit in Year 11.

The Mates & Dates programme, funded by ACC at a cost of $18.4 million, was rolled out across New Zealand high schools from 2016 to 2020.

It has had a mixed reaction around the country, mostly because of how much it cost and that it took delivery of the lessons away from the teachers and to the facilitators funded to take the lessons.

But GBHS’s Mr Murphy said it had worked well, and he intended to run it next year as well.

Mates & Dates carried on nicely from the long relationship GBHS had with Family Planning, and in particular Geoff Meade.

Mr Murphy said when a damning Education Review Office report came out last year about teaching sexuality in New Zealand schools, it was pleasing to see GBHS ticked all the right boxes.

“That was all down to Geoff,” said Mr Murphy.

“He did a great job of using a broad-brush approach to sexual matters.

“It wasn’t just the nuts and bolts like when I was a student.”

Topics the students discussed included gender, influences from the media, relationships, attitude to pornography, how pornography affects people’s ideas about women, and how it can be so unhealthy. A focus was put on healthy relationships, and what made them work.

For years Mr Meade worked beside teachers to deliver these classes. A change in Family Planning’s policy meant Mr Meade could no longer deliver these.

Around the same time the ACC initiative Mates & Dates came in to the curriculum, and was picked up by GBHS and Lytton.

Mates & Dates is a healthy relationships programme for secondary school students, taught to Year 9s in their health classes over a term, with one class a week for 10 weeks.

The Year 10s have it delivered through their Tu Tane programme.

Mates & Dates picked up from where Mr Meade left off, said Mr Murphy.

IN TAIRĀWHITI WE SAY:

Family is Everything

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FAMILY VIOLENCE IT'S NOT OK

Meredith Akuhata-Brown

Kia ora. I was born and raised in Turanganui a Kiwa/Gisborne. I have three amazing children and am married to my childhood sweetheart Jason. I am a passionate supporter of everything community, as I believe that when we create strong communities we create a stronger, better future for our children. Being a Violence-Free Tairawhiti Champion is important to me as I know personally the destruction and impacts that family violence has on whanau.

Jason Akuhata-Brown

Kia Ora, ko Jason Akuhata-Brown toku ingoa. I was born and raised here in Tairawhiti and have Ngati Porou, Rongowhakaata,Te Aitanga a Mahaki, Ngati Kahungunu and Ngai Tahu whakapapa. I love this region and enjoy the lifestyle and opportunities it provides for me and my family. I believe we all have a responsibility to do our part when it comes to supporting whanau. I love championing this kaupapa as it is important for our community to keep talking about the issues and standing up against violence in our community.

21435-01

Tsunami map man here for New Year

The man behind the new tsunami inundation zone mapping report presented to Gisborne District Council last month has close family and personal ties to Gisborne. Jose Borrero has been holidaying here with his family over the festive season and he spoke to reporter Murray Robertson.

Dr Jose Borrero is a director and senior consultant with eCoast Marine Consulting and Research, the company that worked with Niwa to compile a detailed new look at the region's vulnerability to tsunami.

He is a man with close family and personal ties to Gisborne and its coast line.

The report, which was peer-reviewed by GNS Science, paints a much grimmer picture of what would happen across Tairawhiti in the event of a major "tidal wave" event hitting this region.

Much of the Gisborne and Poverty Bay Flats area will be inundated "when, not if" a major earthquake happens along the Hikurangi subduction zone off the East Coast.

The report also illustrates the region's vulnerability to tsunami generated further away across the Pacific, with less sizeable, but still substantial, inundation zones involved.

It has been available for viewing on the council's website since mid-December.

Dr Borrero led the study and along with his collaborator Dr Cyprien Bosserelle at Niwa, prepared the report for Gisborne District Council.

He and partner Holly Thorpe, with their children Carlos-Tui (6) and Bella-Ana (3), have been staying with Holly's mum Kris in her beach-side home at Makorori.

"The Tairawhiti district has a big personal connection for me, and the family connections are deep too because the family live on the beach front at Makorori and Wainui.

"Holly's mum Kris (Thorpe) was very well versed in tsunami risk before I met her.

"So I was very interested in getting the Tairawhiti tsunami inundation project going."

Jose, a keen surfer, said Gisborne was one of the first places he came to when he first visited New Zealand in 2003.

"I've been back here many times since. It's a special place."

He said they looked at a variety of different earthquake scenarios and used state-of-the-art computer models to do the inundation mapping.

"We considered a worst-case scenario, to give Civil Defence the maximum credible event from which to make up evacuation plans for the district. The inundation extents predicted for Poverty Bay are similar to what happened in Sendai, Japan in 2011.

"I must point out that the inundation maps we produced were for an event at the lower end of probability.

"An 8.9 magnitude earthquake is an extremely rare event, but we cannot discount it happening.

"The big Japan quake and tsunami several years ago was a magnitude 9 and occurred on a subduction zone that had not previously produced anything that big."

> Our aim was to provide information to help formulate evacuation plans, and knowledge is power.

The report states an 8.9 magnitude quake here would be a once-in-2500-year event.

Dr Borrero said the report was certainly not about generating any kind of panic in the community.

"That was never the intent. Our aim was to provide information to help formulate evacuation plans, and knowledge is power.

"The prospect of a major quake and resulting tsunami is not something to live in fear of, but it's something people need to understand.

"One of the reasons why I did this work is that every family should have a plan of action, particularly if they live in the high-risk areas shown in the mapping.

"For example, have you thought about your evacuation route? Have you discussed it with your family? If an earthquake happens at night, do you know where the flashlights are? Little things like this can make a difference.

"I've seen first-hand the difference an evacuation plan can make. In Indonesia, for example, there were two villages close to each other, one had set up an evacuation plan while the other hadn't. In the village that did, everyone survived despite every house being swept away. In the other village, nearly everyone was killed."

He also said people needed to be aware of the natural warning signs of an impending tsunami.

"Like an extremely strong or long-duration earthquake — that's certainly one of the warning signs."

Dr Borrero earned a PhD in coastal engineering in 2002 at the University of Southern California (USC) in Los Angeles.

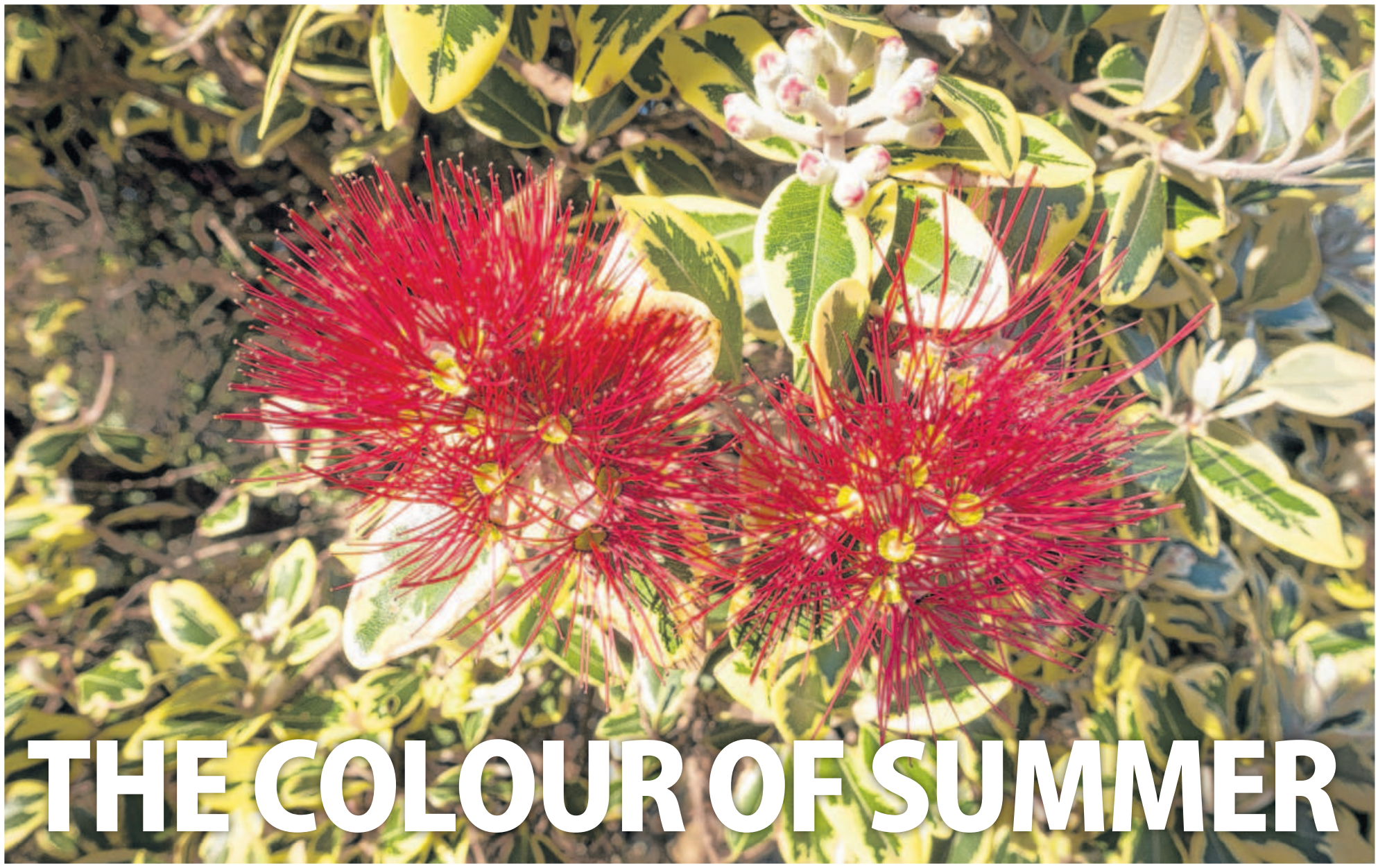
After a stint in the academic world, he moved to Raglan in 2006 to work in consulting. In 2012, Jose and his partners started eCoast, a Raglan-based marine consulting and research company which focuses on providing environmental, engineering and advanced computer modelling expertise worldwide.

Jose has been studying the causes and effects of tsunamis since the mid 1990s. Over this time he has documented first-hand the effects of tsunami in places such as Mexico, Central America, Indonesia, Papua New Guinea, Turkey, Marquesas Islands, Samoa and Peru.

In the early 2000s he produced tsunami inundation maps for the State of California, establishing methods for assessing tsunami hazards which were applied directly to the Gisborne District study. During his time at eCoast, Dr Borrero has also prepared tsunami hazard reports for the Waikato, Bay of Plenty and Northland regions of New Zealand.

"It has been great to work with the Gisborne council" adds Dr Borrero. "They have been very supportive of our work and we've done our best to provide the information they need to plan for an event that we hope never happens."

TSUNAMI EXPERT: Gisborne holds a special place in the heart of Jose Borrero, for family reasons and because he simply feels Tairawhiti is a special place. A passion for studying tsunamis was motivation to complete the recently-released tsunami inundation mapping report. He wanted to provide the best information possible to help in the formulation of evacuation plans now being developed by Civil Defence. He and son Carlos-Tui (6) are pictured at Waikanae Beach. Picture by Liam Clayton



THE COLOUR OF SUMMER

The festive season heralds vibrantly-coloured pohutukawa. Also known as the New Zealand Christmas Tree, its stunning red flowers are a feature of New Zealand's coastline in mid-summer and are a rich source of nectar for bees and native birds.

POHUTUKAWA

Pohutukawa (Metrosideros excelsea) can be grown from seed or potted plants and will eventually reach around 5-8 metres tall when mature.

There are also dwarf varieties of pohutukawa that grow to a much more compact 1-3 metres and can be planted into containers or grown as a dense hedge.

They are hardy plants, tolerating dry and coastal areas and a position in full sun.

New Zealand native plants like pohutukawa will benefit from being fed each spring and autumn with Yates' Dynamic Lifter Organic Plant Food. It's a pelletised blend of composted chicken manure, blood & bone, fishmeal and seaweed and releases organic nutrients slowly to gently feed plants.

Regular applications of Yates Dynamic Lifter will help to improve the levels of organic matter in the soil, which encourages earthworms and beneficial soil microorganisms as well as promoting improved soil moisture and nutrient storage.

After the floral frenzy of spring, it's fantastic to be able to include summer flowering plants like pohutukawa in your garden, to help ensure an ongoing supply of food for birds, bees and other beneficial insects.

• Tidy tip: after flowering, give your New Zealand Christmas trees a good trim to help keep them neat and compact.

SUMMER ROSE CARE

Summer can bring heat, hot dry winds and high humidity, which all affect the health and appearance of roses. And if your roses have developed leggy or sparse growth and spindly stems it's a sign that your roses need a summer prune.

Summer pruning roses refreshes and reinvigorates the plants and they will respond in a matter of weeks, putting on new growth, ready for another flush of flowers.

In fact, you can time rose re-blooming if you have a special event coming up, as they will flower again around 6-7 weeks after pruning.

Perhaps time your rose pruning so you'll have beautiful home grown blooms to give your Valentine on February 14th.

Rose pruning is not tricky — just trim off around 30 percent of the overall growth and also remove any dead or thin stems. You can use hedge shears or a good sharp pair of secateurs.

Don't forget to protect your hands, arms (and face) from rose thorns with sturdy gloves, long sleeves and glasses.

After pruning, collect up all the fallen leaves and stems, which helps to reduce the incidence of disease, and apply some Yates Thrive Roses & Flowers Liquid Plant Food and water in well. It's a complete and balanced liquid fertiliser that has been boosted with extra flower promoting potassium.

Next, spread a layer of mulch, like lucerne or pea straw around the root zone, which will help keep the soil moist and protect the top soil from the elements. Reapply Thrive each week to encourage healthy new foliage growth and lots of gorgeous flowers.

Summer is prime time for mites, which are known as red spider or two-spotted mites. They are sap feeding pests that can quickly infest roses and other flowering plants (such as marigolds) during hot, dry weather. It's difficult to see mites with the naked eye, as they are very tiny. It's easier to see the symptoms, which include yellowing and mottled leaves and when populations are large, mites can create a mass of fine webbing, similar to a spider's web.

Roses infested with mites can really suffer, losing lots of leaves and in severe cases mites can kill bushes.

Yates' Rose Gun Black Spot & Insect Pest Killer can be used to control mites on roses and other ornamental plants. Be sure to spray both sides of foliage, as mites often hide underneath leaves.

Roses can be attacked by other pests during summer, particularly if there is any new foliage or flower buds developing. Insects such as aphids, thrips, whitefly and caterpillars can damage leaves, stems and flowers.

And diseases like black spot, rust and powdery mildew can all affect roses during the warmest months, causing leaves to discolour, distort and fall prematurely from the plant. This weakens the rose and reduces the flower show.

Yates Rose Gun Black Spot & Insect Pest Killer controls the most common pests and diseases on roses in one easy, ready to use spray. Spray plants every two weeks to help keep plants healthy.

And for larger gardens, or gardeners with lots of roses, Yates Super Shield Rose Spray contains a concentrated insecticide fungicide combination that is diluted in water and applied via a sprayer.

— Courtesy of Yates

Magical bakes

Once upon a time, many moons ago, there was a little girl who discovered her love for baking . . . thus begins author Christin Geweke's culinary journey through magical bakes that make you dream of fairytale forests and are guaranteed to be liked by the fussiest of cake eaters, just like the princess of the Princess and the Pea fame.

Fairytale Baking is a stunning giftable package featuring recipes for exquisite cakes and desserts fit for a princess or prince.

There are recipes and exquisite photographs of forest berry ice cream cake, mini gingerbread kuglofs, marzipan chocolate rolls, dreamy peach rose cups. Like old family recipes, fairytales and stories are also handed down from one generation to the next. And delicious baking can delight the senses and bring back memories just like a good story, for both old and young alike.

Lose yourself in fairytales to while away the time until your goodies are ready to take out of the oven and devour.

• Christin Geweke is a freelance cookbook editor, writer and passionate baker who is quite happy to spend any free time she has in the kitchen, trying out new recipes. She lives in the countryside near Celle, in Germany, with her husband, daughter, son and cat.

Fairytale Baking
by Christin Geweke
Photography by Yelda Yilmaz
Published by Murdoch Books
RRP $45

Christin Geweke is a freelance cookbook editor, writer and passionate baker.

Hazelnut, beetroot and chocolate muffins.

HAZELNUT, BEETROOT AND CHOCOLATE MUFFINS

INGREDIENTS:
120g plain flour
½ cup ground hazelnuts
150g sugar
1½ tbsp vanilla sugar
½ cup cocoa powder
2 tsp baking powder
1 pinch salt
200g cooked beetroot
150ml canola oil
3 eggs
Also:
100g dark cooking chocolate
50g icing (confectioners') sugar
About 1½ tbsp beetroot juice
Red food colouring
½ cup (80g) hazelnuts

METHOD:
1. Preheat the oven to 180°C (350°F). Line two 6-hole or one 12-hole muffin tin with paper cases; alternatively, butter the holes and dust them with flour to get beautifully smooth muffins.
2. Combine the flour, ground hazelnuts, sugar, vanilla sugar, cocoa powder, baking powder and salt. Coarsely chop the beetroot and transfer to a tall mixing bowl together with the oil. Finely blend with a stick blender, then add the eggs one by one. Quickly stir in the dry ingredients in three batches to combine everything well.
3. Divide the batter among the muffin holes, filling them two-thirds full. Bake for about 22 minutes. Use a toothpick to test for doneness. Set the muffins aside to cool, then remove from the tins.
4. Melt the dark cooking chocolate in a bowl over a saucepan of simmering water. Whisk the icing sugar, beetroot juice and a little food colouring together to make a bright pink icing. Coarsely chop the hazelnuts and dry-roast in a frying pan until they smell fragrant. Glaze half of the cooled muffins with the chocolate and the other half with the icing. Sprinkle with the nuts.

• Makes 12

Mail ahoy

On the Pelorus Mail Boat, Jo Ferris discovers the remoteness of this exquisite Marlborough sound and the people living within its far-flung corners.

Sunrise over Queen Charlotte Sound on the early morning drive from Picton to Havelock.

Pictures by Jo Ferris

With summer in full swing, people in holiday mode and keen to escape, Marlborough Sounds is one destination many will flock to. Most will probably be visitors seeking fun in the sun. Others will be regulars — returning to their holiday bach; itching to put their feet up, relax and do a spot of fishing.

Among the most spectacular water wonderlands in all of Marlborough is the Pelorus Sound. Discovering its beauty isn't simply an enlightening glimpse of one of New Zealand's exquisite places; it's a lesson about the tenacity of human endeavour. In today's fast-paced world, ruled by gadgetry and high-tech convenience, it's humbling to see people choosing a life of modesty and relative isolation.

Thanks to the entrepreneurial spirit of the Pelorus Mail Boat, it's possible to share a moment in time in their world. This boat is a lifeline to those living in the far corners of this sound — most of whom, have no road access. The Pelorus is the largest of all Marlborough's sounds with 379 kilometres of pristine shoreline. Apart from being a pure escape for its residents, the Pelorus is home to this country's largest green shell mussel supply, a few farms and several boutique lodges. Forestry has made a huge scar on the landscape — logistically, probably not the wisest decision for this area. Thankfully, much of the land is slowly being restored to natural bush.

Despite that, wildlife abounds, from gannets to fur seals and stingrays. The Pelorus is home to three species of dolphins — the Dusky, common and bottle nose. There are five species of shag, including king shags, New Zealand's rarest. Other wildlife includes little blue penguins, white-fronted terns and shearwaters. Occasionally orcas will drift into these waters chasing stingray as well. Every day is different, and depends on the time of year, weather and tide.

Summer is the busiest as the mail boat drops people off to their holiday homes and guests to some of the unique accommodation. From November to April, the boat runs seven days a week. From May to October, trips slow down to three — it's quieter and fewer people are on board.

There's nothing quite like a crisp winter's day to share more personal time with the friendly crew. Complimentary tea and coffee are ongoing, as is the chatter from the skipper and first mate, each eager to impart

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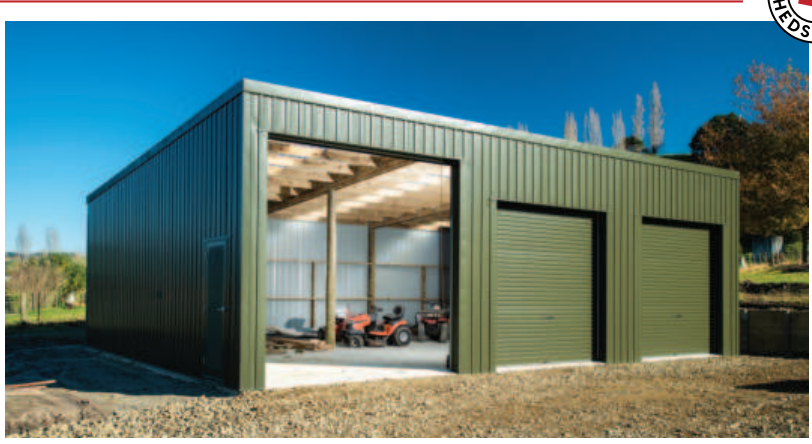
Farm Sheds
1000+ SHEDS SOLD

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Mail drop by boat is the only delivery in Pelorus Sound.

A gannet colony in Pelorus Sound.

Emerald waters in one of the many bays of Pelorus Sound.

Seagulls loiter as unwanted blue mussels are crushed before the deeper greenshell variety are brought on board.

Mail run began in 1869

FROM PAGE 6

the history of the sound and its people.

This Royal Mail run dates back to 1869 when mail and supplies were delivered by a Government steamer. It has been run privately since 1918 and the current owners, Jim and Amanda Baillie, are the ninth. In terms of a sole mail service, the operation is hardly viable. As a way to entice visitors to cherish this unique experience however, it's brilliant.

There are three different routes covering the various areas throughout Pelorus Sound. Each runs on different days during the week. The boat leaves home base in Havelock, a small village sitting at the tip of the Pelorus Sound. Getting there means driving from either Picton, Blenheim or Nelson; and bookings are essential. Plan well — boat trips last the best part of a day. Which is best? Even the operators cannot decide — each has their own intrigue. They involve different locations, different locals — unique characters; some with a history as intriguing as the run itself.

There's the couple from the Netherlands, who sailed around the world; discovered the Marlborough Sounds and never left. There's the retired marine biologist whose speciality was mussels and who designed a boat the mussel barges today are now based on. Some have simply retired from city life, much to the chagrin of their children, to the remoteness of the Pelorus Sound.

Each stop, even for a few minutes, is a friendly encounter. Bags are swapped as mail and supplies come and go from the various jetties that dot the shores around this intricate stretch of water. As the boat slips back into the water, and each wave, there is a waft of envy as to the simplicity of life here and how precious it is. These people live amid the beauty of nature — a pristine life, even with its obvious handicaps and lack of road transport. Far from the madding crowds, caught up in daily news and hand-wringing about the planet's woes; surely these Pelorus people have it sorted.

MORE:
www.themailboat.co.nz
Getting there, drive times:
• 30 minutes from Blenheim,
• 45 minutes from Picton via Queen Charlotte Sound drive,
• 60 minutes from Nelson

COLUMN

Everyone seemed to enjoy the bowling . . .

by John Gillies

Ten-pin bowling can tell us a lot about human behaviour, especially at meal breaks.

York — famed for its Roman, Viking and old English history — is not the sort of place you'd immediately associate with ten-pin bowling, but our Rotary Friendship Exchange (RFE) group had a smashing time there. We were in York for two weeks, billeted with Rotarians for two, three or four nights at a time. During the days and many of the evenings, our hosts showed us as much as they could of the place where my mother and I were born.

I grew up hearing about York Minster, The Shambles, Bootham Bar and the other gatehouses in the city walls, York Rep, Rowntree's and Terry's confectionery, the railway, the Flying Scotsman (it stopped in York, and we boarded it), the Appleby family backyard air-raid shelter, the River Ouse, floods, York City's 1950s FA Cup run, the De Grey Rooms, St Wilfrid's Catholic Church, the sayings of Mum's favourite teacher Mr Varley, the York Castle Museum and the fact I could play cricket for Yorkshire if they picked me (in the days when you had to be born there).

Mum and I came here in 1959, on the last voyage of the immigrant ship Captain Cook, to join Dad. In two visits to Britain since then — in 1978 and 2009 — I had made only fleeting visits to York.

A two-week stay in one city is almost unheard of for an RFE. Normally, teams visit several cities in one Rotary district, staying two or three nights in each. Two weeks in the city of my birth, being hosted and shown around by people who live there, was too good an opportunity to miss.

I recruited my sister Elaine, the only one of six Gillies siblings not to have visited Britain, to be my travel companion, and we were set.

Elaine and I were billeted separately, but we paired up on excursions. One such outing was an evening of ten-pin bowling in the suburb of Clifton Moor.

Our RFE group was 10-strong and with our hosts we made up a party of somewhere between 15 and 20. Included in the cost — and brought to us and laid out on tables — was food . . . chips, sandwiches and four hamburgers. Four.

"Will they be bringing out more food?" I asked one of our hosts.

"Oh yes."

The other hamburgers should be out soon, I thought, and took one of the four.

I bit off a mouthful . . . mmm.

Then I noticed that people were cutting the other hamburgers in half.

Thinking as I chewed, I offered Elaine half of the burger I was holding. My hunch was that only family would share a burger with a bite out of it, even if I took the bitten half.

She didn't want it.

I sat as inconspicuously as I could and consumed the rest of the world's most delicious burger, hating every mouthful.

Bowling alley staff brought out more food — chips, sandwiches and the like — but no hamburgers.

Everyone seemed to enjoy the bowling. Attendants had walled off the gutters so that wayward balls zigzagged down the lanes to clatter into the pins. But for me, my thoughtless act of gluttony cast a pall over the evening. A word bubble could have hung over my head, comic-strip style: "I'm not a bad person; I'm just inconsiderate".

The following day we travelled in cars to the old market town of Pickering to catch a North Yorkshire Moors Railway steam train to Whitby. At the Pickering station cafeteria, I salved my conscience by giving a slice of apple shortcake to one of our group who had missed out on a piece of hamburger, and she was delighted . . . although she later unobtrusively gave it back to me because she couldn't eat it — I don't know why — and I enjoyed it with a clear conscience.

At Whitby, I visited the Captain Cook Memorial Museum, housed in the building where Cook was lodged as an apprentice seaman, and the Whitby Abbey ruins.

But a more sensory highlight was the fish-and-chip meal, deep-fried in beef dripping fat, I bought at a shop called Hadley's. Whitby has more famous fish-and-chip places but this had the feel of an everyman's establishment. It was busy, the service was quick and the chips and the huge piece of haddock were — how should I say this — perfect.

Food was a recurring theme in our month-long stay in the UK. Traditional English and Scottish breakfasts were a treat, and regional specialities made meals a cultural experience.

Wensleydale cheese takes on a mystical quality when you scoff it down in a toasted sandwich at a pub in Hawes, the village that's home to the Wensleydale Creamery. And who would have thought Derbyshire oatcakes from the restaurant at Kedleston Hall near Derby would have such a scrumptious mushroom-and-bacon filling.

We had an interesting culinary experience in Penzance. With whitebait fritters in mind, Elaine ordered a plate of deep-fried crumbed whitebait. They were more like sardines than the New Zealand version.

My favourite shop sign had a dietary angle, too. It was in a Penzance barbers' window and said simply: Gluten-free haircuts.

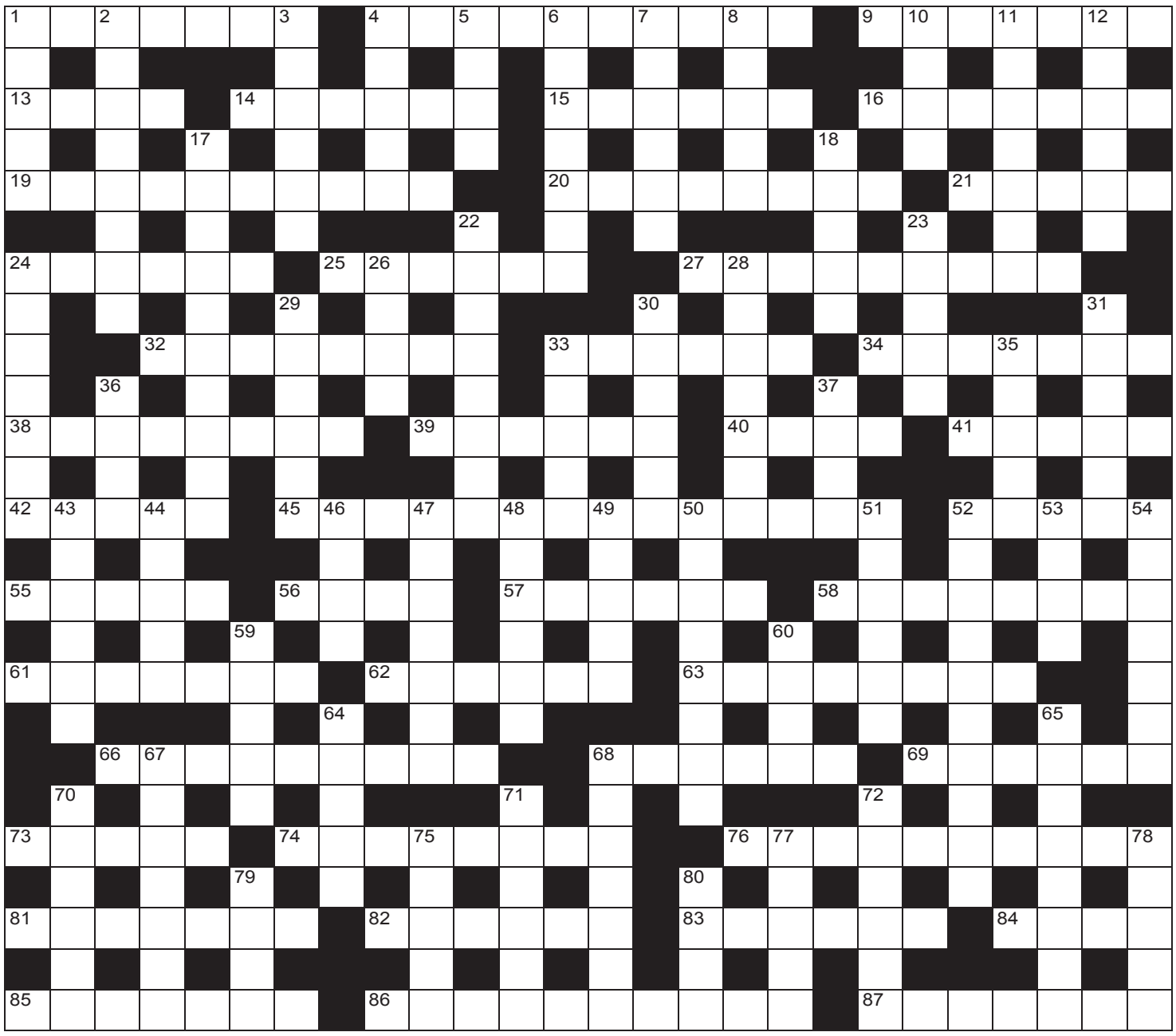
JUMBO CROSSWORD 1418

ACROSS

1 Horizon (7)
4 Synthetic (10)
9 Mystify (7)
13 Loyal (4)
14 Writer (6)
15 Very seldom (6)
16 Defy (7)
19 Failing in what duty requires (10)
20 Criminal (8)
21 Shelf (5)
24 Sheen (6)
25 Schedule (6)
27 Exact copy (9)
32 Mishap (8)
33 Deadly epidemic (6)
34 Optimistic (7)
38 Drapes (8)
39 Ludicrous (6)
40 Reverberation (4)
41 Stop (5)
42 Citrus fruit (5)
45 Letters (14)
52 Precipitous (5)
55 Let in (5)
56 Disarray (4)
57 Affront (6)
58 Carving artist (8)
61 Skull (7)
62 Brawl (6)
63 Competition winner (8)
66 Met Monroe (anag)(9)
68 Issue sparingly (6)
69 Decrease (6)
73 Grinding tooth (5)
74 Abnormally sensitive and obsessive (8)
76 Relating to horse riding (10)
81 Marred (7)
82 Curved fruit (6)
83 General tendencies (6)
84 Destiny (4)
85 Liberty (7)
86 Exceedingly or unbelievably great (10)
87 Employees (7)

DOWN

1 Glossy fabric (5)
2 Last-born (8)
3 Arouse (6)
4 Farewell (5)
5 Layer (4)
6 Recipe (7)
7 Ring (6)
8 Permit (5)
10 Wicked (4)
11 Objection (7)
12 Vigour (6)
17 Mischievous elf (10)
18 Erect (5)
22 Shaky (8)
23 Thespian (5)
24 Melodic, songlike (7)
26 Delight (4)
28 Musical instrument (7)
29 Eat alfresco (6)
30 Infuriate (6)
31 Disorderly struggle (6)
33 Chubby (5)
35 Oust (5)
36 Clip (4)
37 Elegant and stylish (4)
43 Tolerate (6)
44 Vegetable (5)
46 Portent (4)
47 Dais (7)
48 Runner's pain (6)
49 Fertile patch in desert (5)
50 Fragile, easily broken (8)
51 Break loose (6)
52 Outline (10)
53 Consumes (4)
54 Steal (7)
59 Protect (5)
60 Pudding cereal (4)
64 Smile contemptuously (5)
65 Rough costing (8)
67 Study (7)
68 Miracle (anag)(7)
70 Reddish metal (6)
71 Pour through sieve (6)
72 Field (6)
75 Attain (5)
77 Subdue (5)
78 Requirements (5)
79 Nil (4)
80 Render semi-conscious (4)



ON TV THIS WEEKEND

BEAUTY AND THE BEAST
Sat, 7pm, TVNZ 2
Emma Watson shines in this stunning, live action musical fantasy.

BEETHOVEN
Sat, 7pm, Maori TV
A slobbering dog becomes the centre of attention for a loving family, but must contend with a dog-napping veterinarian and his henchman. Starring: Christopher Castille.

CHANGELING
Sat, 8.30pm, Maori TV
Set in the 1920s, a grief-stricken mother takes on the LAPD.
Starring: Angelina Jolie.

CRAZY, STUPID LOVE
Sat, 8.30pm, TVNZ 2
Ryan Gosling and Emma Stone star in this classic rom-com.

DADDY DAY CARE
Sun, 7pm, Bravo
After getting fired, two men are inspired to start a day care facility to make ends meet.
Starring: Eddie Murphy, Jeff Garlin, Angelica Houston.

SATURDAY-SUNDAY TELEVISION

TVNZ 1 © TVNZ 2020

5pm The Chase
6pm 1 News At 6pm
7pm Country Calendar
7.30 Britain's Got Talent: The Champions
Ben Hart, Vicki Barbolak, Collabro perform.
8pm LIVE Lotto
The Lotto draw.
8.05 Britain's Got Talent: The Champions Continued.
9.25 MOVIE Vermilion PGR 2018 Drama. Drama about life, death, and the strength of family and friends during a summer of crisis.
Jennifer Ward-Lealand, Theresa Healey.
11.15 All Round To Mrs Brown's AO
Agnes and the family open their doors to Sting, Shaggy, Gino D'Acampo, Christine Lampard, Peter Jones, and Deborah Meaden.

SUNDAY

1.25 Coronation Street Catchup
3.25 Infomercials
6am Heathrow: Britain's Busiest Airport
6.45 Tiny House Nation
7.35 Tagata Pasifika
8am Praise Be
8.30 Yours Faithfully
9.20 How Not To Get Cancer
10.10 Waka Man
10.30 Waka Huia Summer Series
11am Secret Scotland
11.55 The Job Interview
12.55 Coast v Country
1.55 Outback Truckers PGR
2.50 FINAL The Checkup
3.50 FINAL Big Cats
4.55 The Family Chase

TVNZ 2 © TVNZ 2020

6pm The 100k Drop
7pm NEW Spartan: New Zealand v Australia PGR Teams from Australia and New Zealand take on the world's toughest obstacle course.
8.30 MOVIE Crazy, Stupid Love AO 2011 Romantic Comedy. When a middle-aged man's wife asks him for a divorce, he seeks to rediscover his manhood by learning to pick up girls at bars.
Steve Carell, Ryan Gosling, Julianne Moore.
10.45 MOVIE Dumb And Dumber PGR 1994 Comedy.
Jim Carrey, Jeff Daniels, Lauren Holly.

SUNDAY

12.50 MOVIE Someone Marry Barry AO 2014 Romantic Comedy. Tyler Labine, Damon Wayans jr.
2.20 FINAL The Bachelorette PGR
3.25 Home Improvement
5.30 Religious Infomercials
6am Paw Patrol
6.25 Thomas And Friends
6.35 Puppy Dog Pals
6.55 Alvinnn!!! And The Chipmunks
7.10 Masha And The Bear
7.15 Dorothy And The Wizard Of Oz
7.35 Elena Of Avalor
8am MOVIE Brother Bear 2 2006 Animated Adventure. Voices of Patrick Dempsey, Mandy Moore.
9.10 MOVIE Hoot 2006 Family. Luke Wilson, Logan Lerman, Brie Larson.
10.40 MOVIE Space Jam PGR 1996 Animated. Michael Jordan, Wayne Knight, Theresa Randle.
12.10 MOVIE The Best Of Me PGR 2014 Romantic Comedy. James Marsden, Michelle Monaghan, Luke Bracey.
2.25 Kevin Can Wait
2.55 MOVIE Honey, I Blew Up The Kid PGR 1992 Family Comedy. Rick Moranis.
4.40 House Rules PGR

THREE

6pm NewsHub Live At 6pm
7pm MOVIE Big PG 1988 Family Comedy. A 12-year-old boy is transformed into a 35-year-old man by a carnival wishing machine.
Tom Hanks, Elizabeth Perkins, Robert Loggia, David Moscow.
9pm MOVIE Catch Me If You Can AO 2002 Biography Crime. An FBI agent pursues a man who, before his 19th birthday, successfully forged millions of dollars' worth of cheques while posing as a Pan Am pilot, a doctor, and a legal prosecutor.
Leonardo DiCaprio, Tom Hanks.
11.45 Infomercials

SUNDAY

5am Hillsong TV
5.30 Charles Stanley
6am Life TV
6.30 Brian Houston
7am Charles Stanley
8am Life TV
8.30 Turning Point
9am R And R With Eru And K'Lee
9.30 Getaway
10am Sara's Australia Unveiled
10.30 Sandcastles
11am Tasty Conversations
11.05 Big Angry Fish
Noon Ocean Bounty
1pm Motorsport: Muscle Garage
1.30 Motorsport: Jaguar I-Pace
2pm Motorsport: Porsche Carrera Cup Australia
3pm Motorsport: FIM Speedway Grand Prix
4pm Motorsport: Monster Jam
4.55 Gone Fishin'
5.25 Fish Of The Day

PRIME

5pm Addicted To Fishing
Sensing Murder star Kelvin Cruickshank has a passion for catching big snapper and, in Doubtless Bay, he gives Nicky an unforgettable straylining session, catching three fish over nine kg.
5.30 Prime News
6pm Portrait Artist Of The Year
Stephen Mangan and Joan Bakewell set out to discover the UK's next great portrait artist. Featuring celebrity sitters Daniel Lismore, Jodie Comer, and Nick Moran.
7pm LIVE Football: A-League Phoenix v Central Coast Mariners. From Sky Stadium.
9.15 Making New Zealand
10.30 Whose Line Is It Anyway? PGR
Clive Anderson puts the comedians through a series of gamses to total the points and announce a winner.
11pm The Selection AO

SUNDAY

12am Closedown
6am Religious Programming
7am Nella The Princess Knight
7.30 Religious Programming
10.30 Sport Box
Noon 100 Day Bach
1pm Heroes And Survivors PGR
2pm Mad About You PGR
2.30 Antiques Road Trip
4.30 The Great Australian Bake Off
5.30 Prime News

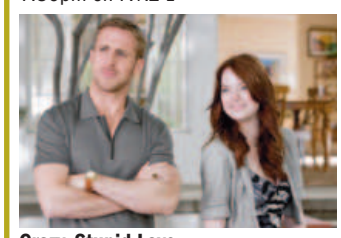
MAORI TV

5pm My Country Song
5.30 Nga Tangata Taumata Rau
6.30 Te Ao: Maori News
7pm MOVIE Beethoven 1992 Family Comedy. A St Bernard dog becomes the centre of attention for a loving family, but its vet secretly wants to kill it.
Charles Grodin, David Duchovny, Oliver Platt.
8.35 MOVIE Changeling AO 2008 Drama. In the 1920s, a mother deals with corrupt police when she hunts for answers to her son's disappearance, only to be confronted by a truth that will change her. Angelina Jolie, John Malkovich.
11pm Te Ao: Maori News
11.30 You Can't Ask That AO

SUNDAY

12am Closedown
6.30 Waiata Mai
6.40 Tamariki Haka
6.50 Kids' Kai Kart
7am Darwin + Newts
7.10 Huhu: Te Tunga Rakau
7.20 He Rourou
7.30 Potae Pai
7.40 Kainga Whakapaipai
7.50 Polyfest Kapa Haka
8.20 Huritua
8.30 Waka Ama Sprints
9am Globe
9.30 Swagger
10am Cam's Kai
11am Ride Or Die PGR
11.30 Waka Man
Noon Toa: Toa O Aotearoa PGR
12.30 IVF World Sprints
1pm Touch Rugby: National Championships
2pm MOVIE Beethoven 1992 Family Comedy.
3.30 Marae Kai Masters
4.10 Off The Grid With Pio
5pm Ipukarea
5.30 Matangi Rau

Britain's Got Talent: The Champions
7.30pm on TVNZ 1



Crazy, Stupid Love
8.30pm on TVNZ 2

Big
7pm on Three

CHOICE

5pm Food Safari: Earth **5.30** Lonely Planet: Roads Less Travelled **6.30** Mysteries At The Museum **7.30** George Clarke's Amazing Spaces **8.30** Antiques Roadshow **9.30** Hidden Britain By Drone **10.30** Discovering **11.30** Lonely Planet

SUNDAY **12.30** Gardeners' World **1am** Antiques Roadshow **2am** George Clarke's Amazing Spaces **3am** Land Of Primates **4am** George Clarke's Amazing Spaces **5am** Mysteries At The Museum **6am** Gardeners' World **6.30** Through The Bible With Les Feldick **7am** Leading The Way **7.30** Food Safari: Fire **8am** Food Safari: Earth **8.30** Lonely Planet: Roads Less Travelled **9.30** Mysteries At The Museum **10.30** Better Homes And Gardens **Noon** Tom Kerridge's Fresh Start **12.30** Antiques Roadshow **1.30** Hidden Britain By Drone **2.30** George Clarke's Amazing Spaces **3.30** Bondi Vet **4.30** Rick Stein's German Bite **5.30** Toy Hunter

BRAVO

5.30 The People's Court **6.30** The People's Court **7.30** Botched PGR **8.30** Body Fixers PGR **9.30** The Real Housewives Of New Jersey AO **10.30** Murder And Justice: The Case Of Martha Moxley AO **11.30** Dress To Impress

SUNDAY

12.25 Infomercials **5am** Love It Or List It: Vancouver **9.10** Dress To Impress **10am** Dress To Impress **10.50** Botched PGR **11.40** Love It Or List It: Vancouver **12.30** Million Dollar Listing NY **3.20** The People's Court **4.10** The People's Court **5.05** Hollywood Medium With Tyler Henry

RNZ NATIONAL

5pm The World At Five A roundup of today's news and sport.
5.10 White Silence
6.06 Womad Taranaki
7.06 Saturday Night With Phil O'Brien.

SUNDAY

12.04 The All Night Programme
3.05 Victoria In Maoriland
6.08 Storytime
7.30 Insight
8.10 The Weekend
Noon The World At Noon
2.05 Smart Talk
3.04 The 3 O'Clock Drama
4.06 A History Of Music And Technology
5pm The World At Five
5.10 Heart And Soul

PAY TV

SKY SPORT 1

6.35 Gallagher Premiership: Sale v Harlequins (RPL)
8.35 England v Barbarians (RPL)
From Twickenham Stadium, London.
10.35 Women's: Barbarians v Wales (RPL)

SUNDAY

12.35 Maori All Blacks U20 v Fiji U20 (HLS)
From Rotorua.
1.05 Maori All Blacks v Fiji (HLS)
From Rotorua.
1.55 LIVE Pro14: Benetton v Warriors
From Stadio Comunale di Monigo, Italy.
3.55 LIVE Pro14: Zebre v Cheetahs
From PA Stadio Sergio Lanfranchi, Italy.
6.25 LIVE Pro14: Leinster v Connacht
From RDS Arena, Dublin.
8.40 LIVE Pro14: Edinburgh v Southern Kings
From Murrayfield Stadium, Edinburgh.
11am French Top 14: Agen v Lyon (DLY)
1pm Pro14: Dragons v Ospreys (RPL)
From PA Rodney Parade, Newport.
3pm Pro14: Zebre v Cheetahs (RPL)
From PA Stadio Sergio Lanfranchi, Italy.
5pm Pro14: Leinster v Connacht (RPL)

SKY SPORT 2

8pm Super Smash (HLS)
8.30 Big Bash League (HLS)
Hurricanes v Heat.
9.05 LIVE Big Bash League
Stars v Renegades.
Coverage from the MCG, Melbourne.

SUNDAY

12.30 Australia v Blackcaps (HLS) Third Test.
1.30 Super Smash (HLS)
2am Super Smash (HLS)
2.30 Big Bash League (HLS)
3am Australia v Blackcaps (RPL)
Third Test.
5am Australia v Blackcaps (HLS) Third Test.
6am Big Bash League (HLS)
6.30 Australia v Blackcaps (RPL)
Third Test.
8.30 Super Smash (HLS)
9am Super Smash (HLS)
9.30 Big Bash League (HLS)
10am Big Bash League (HLS)
10.30 Australia v Blackcaps (HLS)
Third Test.
From the SCG, Sydney.
11.30 LIVE Australia v Blackcaps
Third Test: Day Three.
From the SCG, Sydney.

SKY 5

5.35 The Simpsons Super Saturday PG
7.30 World's Wildest Weather PGV
Film footage of Hurricane Irma, the strongest storm on record in the open Atlantic region, shot from an investigating aeroplane that flew into eye of the storm.
8.30 Counting Cars PG
9pm Ax Men ML
10pm Classic Pawn Stars PG
10.30 World's Wildest Weather PGV
11.20 The Simpsons PG
11.45 The Simpsons PG

SUNDAY

12.15 The Simpsons Super Sunday PG
2.10 Counting Cars PG
2.35 The Flash MVS
3.20 Main Event MV
4.05 Classic Pawn Stars PG
4.30 Ax Men ML
5.15 Chicago PD 16V
6am Counting Cars PG
6.25 The Flash MVS
7.10 NCIS: New Orleans MV
7.55 Main Event MV
8.45 The Amazing Race PG
9.35 The Flash MVS
10.25 Pawn Stars PG
10.55 NCIS: New Orleans MV
11.45 Ax Men ML
12.40 Montana Wild M
1.30 Counting Cars PG
2pm The Amazing Race PG
3pm Raw MVC
5.45 SmackDown MVC

MOVIES PREMIERE

5.35 Elvis Goes There: Sofia Coppola MC 2019 Documentary.
6.25 Mortal Engines MVC 2018 Action. Hugo Weaving, Hera Hilmar.
8.30 Top-End Wedding ML 2019 Comedy. An engaged couple go to Australia's remote far north to find a missing mother of the bride and achieve their dream wedding. Miranda Tapsell, Gwilym Lee.
10.15 Ocean's 8 ML 2018 Action. Sandra Bullock, Cate Blanchett.

SUNDAY

12.05 Blue Iguana 16VLSC 2018 Comedy. Sam Rockwell, Phoebe Fox.
1.45 Before I Wake MVC 2016 Horror.
3.20 Marrowbone 16VC 2018 Horror.
5.07 Nothing But Trailers M
5.22 Elvis Goes There: Sofia Coppola MC 2019 Documentary.
6.12 Mortal Engines MVC 2018 Action.
8.17 Top-End Wedding ML 2019 Comedy.
9.57 Ocean's 8 ML 2018 Action.
11.45 Blue Iguana 16VLSC 2018 Comedy.
1.25 Before I Wake MVC 2016 Horror.
3pm Mortal Engines MVC 2018 Action.
5.05 Bob Fosse: It's Showtime MC 2018 Documentary.

DISCOVERY

5.40 The World's Deadliest Weather Caught On Camera PG
6.35 BattleBots PG
7.30 World's Deadliest Weather Caught On Camera PG
8.30 Secret Space Escapes PG
9.25 Gold Rush PG
10.15 The Day I Ran China PG
11.05 BattleBots PG
11.55 How It's Made PG

SUNDAY

12.20 How Do They Do It? PG
12.45 What On Earth? PG
1.35 Wheels That Fail PG
2.25 Evil Lives Here PG
3.15 Web Of Lies M
4.05 Sinkholes: Swallowed Alive PG
4.55 Weather Top Tens PG
6.35 China's Treasure: Guizhou PG
7.30 Secret Space Escapes PG
8.20 World's Deadliest Weather Caught On Camera PG
9.10 BattleBots PG
10am Expedition Unknown PG
10.50 Raising Wild PG
11.40 Alaska: The Last Frontier PG
12.30 Alaskan Bush People PG
1.20 Gold Rush PG
2.10 Mega Marine Machines Omnibus PG

KEY Closed captions; Repeat; (HLS) Highlights; (RPL) Replay; (DLY) Delayed; 16 Approved for persons 16 years or over; 18 Approved for persons 18 years or over; AO Adults only; C Content may offend; L Language may offend; M Suitable for mature audiences; PG/PGR Parental guidance recommended for younger viewers; S Sexual content may offend; V Contains violence.

Compiled by MetService TE RATONGA TIRORANGI

SUNDAY-MONDAY TELEVISION

TVNZ 1 © TVNZ 2020

6pm 1 News At 6pm
7pm NEW The Casketeers PGR
Series following husband and wife Francis and Kaiora Tipene, who own and run Tipene Funerals.
7.30 NEW Seven Worlds, One Planet
Antarctica – A land of survivors in the most hostile conditions.
8.45 World On Fire AO
The story of the Second World War told through the lives of people from all sides of the conflict.
10pm Motorbike Cops
10.30 NEW Pure AO
Marnie has been having disturbing sexual thoughts for as long as she can remember and, at the end of her rope, she jumps on a bus to London on a mission to change her life.
11.15 Catch 22 AO
MONDAY
12.10 Vanity Fair PGR (Starting Today)
1.05 Coronation Street Catchup
3.05 Infomercials
6am Alphabetical
6.55 Sun, Sea, And Brides To Be
8am Flipping Profit!
9am The Ellen DeGeneres Show
10am Tipping Point
11am The Celebrity Chase
Noon Emmerdale
1pm Coronation Street Catchup PGR
2pm The Ellen DeGeneres Show
3pm Dinner Date
4pm Tipping Point Lucky Stars
5pm The Chase

TVNZ 2 © TVNZ 2020

6pm The 100k Drop
7pm MOVIE Beauty And The Beast PGR 2017 Family Fantasy. A selfish prince is cursed to become a monster for the rest of his life, unless he learns to love a beautiful young woman he keeps prisoner. Emma Watson, Dan Stevens, Luke Evans.
9.15 MOVIE Pulp Fiction AO 1994 Drama. A montage of one day in the lives of a group of criminals. John Travolta, Uma Thurman, Samuel L Jackson.
MONDAY
12.05 MOVIE Nightmare On Elm Street AO 1984 Horror. Teenagers in a Californian suburb experience the same nightmares, and are murdered in their sleep one by one. Robert Englund, Amanda Wyss, Johnny Depp.
1.45 Claws AO
3.25 Regular Show
3.35 Infomercials
4.10 Religious Infomercials
4.40 Home Improvement
5.30 Infomercials
6.30 Bluey
6.45 Paw Patrol
7.05 My Little Pony
7.30 Teen Titans Go!
7.55 The Tom And Jerry Show
8.15 Ducktales
8.35 Marvel's Guardians Of The Galaxy
9am Doctor Who PGR
10.05 Infomercials
11.05 Neighbours
Yashvi is in danger; Paul breaks down; Harlow gets some surprising news.
11.35 Mike And Molly PGR
Mike has been cheating, but not on Molly.
Noon The Bachelor
1.50 MOVIE The Last Song PGR 2010 Drama. Miley Cyrus, Liam Hemsworth, Greg Kinnear.
3.50 Bunk'd
4.35 House Rules

THREE

5.25 Fish Of The Day
6pm NewsHub Live At 6pm
7pm The Block Australia PGR
It is judging time for the couples' living and dining rooms in a reveal that Shaynna says is on par with the work of professional designers.
8.30 MOVIE Fast And Furious AO 2009 Action.
When a crime takes them back to LA, a fugitive former convict re-ignites his feud with an agent, but they must confront a shared enemy.
Vin Diesel, Paul Walker, Michelle Rodriguez.
10.25 Blue Bloods AO
Danny and Frank enlist the help of Detective Anthony Abetemarco to get justice for Lt Gormley after a gang attack him outside his home.
11.20 Hawaii Five-0 AO
MONDAY
12.05 Infomercials
7am Married At First Sight USA
8.05 The Biggest Loser Australia
9am House Rules PGR
10.10 Infomercials
11.40 Millionaire Hot Seat
12.35 Face The Truth PGR
1.05 Olivia Newton John: Hopelessly Devoted To You PGR (Mini-series) (Part 1)
3pm American Ninja Warrior
5pm Millionaire Hot Seat

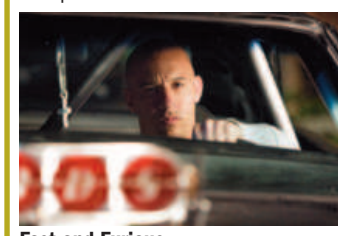
PRIME

5.30 Prime News
6pm The Great Escapers
7pm Storage Wars PGR
A good turn has Rene laughing all the way to the bank; Darrell reels in a hoard of goodies.
7.30 Pilgrimage: The Road To Rome PGR
8.30 MOVIE Charlie's Angels: Full Throttle PGR 2003 Action Adventure. Charlie's Angels reunite to find two missing silver rings that contain encrypted information revealing the new identity of everyone in the US Witness Protection Programme. Cameron Diaz, Drew Barrymore, Lucy Liu.
10.45 SmackDown PGR
11.45 60 Minutes PGR
MONDAY
12.45 Closedown
6am Ben 10
6.30 Batman: Brave And The Bold
7am Krypto The Superdog
7.30 Danny Phantom
8am Nicky, Ricky, Dicky And Dawn
8.30 The Moe Show
9am Celebrity Antiques Road Trip
10am The Doctors PGR
11am Antiques Roadshow
Noon Just Shoot Me PGR
12.30 Elementary PGR
1.30 Frasier
2pm The Late Show With Stephen Colbert PGR
3pm Wheel Of Fortune
3.30 Jeopardy
4pm A Place In The Sun
5pm 3rd Rock From The Sun
5.30 Prime News

MAORI TV

5pm Ipukarea
5.30 Matangi Rau
6.30 Te Ao: Maori News
7pm Off The Grid With Pio
7.30 FINAL Artefact
8.30 MOVIE Big Fish AO 2003 Drama. The tale of a son trying to piece together the truth of his dying father's elusive life, based on his tall tales and myths. Billy Crudup, Albert Finney, Ewan McGregor.
10.40 Te Ao: Maori News
11.10 Nga Pari Karangaranga O Te Motu
11.40 Closedown
MONDAY
6.30 Paia
6.40 Pukoro
7.10 Tamariki Haka
7.20 E Kori
7.25 Pipi Ma
7.30 Potae Pai
7.40 Darwin + Newts
7.50 Kids' Kai Kart
8am Ariki
8.30 My Party Song
9am Native Kitchen
9.30 Opaki
10am Waiata
10.30 Fitness In The Whare
11am Huia Rau
Noon IVF World Sprints
12.30 What's Up With The Tumoanas? PGR
1pm Celebrity Playlist
1.30 Opaki
2pm Toku Reo
3pm Senior Kapa Haka Regionals
3.30 Hahana
4pm Grid
4.30 Pukana
5pm Paia
5.10 Pukoro
5.40 FINAL Tamariki Haka
5.50 FINAL E Kori
5.55 Pipi Ma

Seven Worlds, One Planet
7.30pm on TVNZ 1



Fast and Furious
8.30pm on Three

Hysteria
8.30pm on Choice

CHOICE

5.30 Toy Hunter **6pm** Storage Wars: New York **6.30** Jamie And Jimmy's Food Fight Club **7.30** Outback Vet
8.30 MOVIE Hysteria AO 2011 Romantic Comedy. Story of the invention of the electro-mechanical vibrator in the era of Victorian prudishness.
10.30 Toy Hunter **11pm** Bondi Vet **MONDAY** **Midnight** Jamie And Jimmy's Food Fight Club
1am Rick Stein's German Bite
2am George Clarke's Amazing Spaces **3am** Outback Vet
4am Better Homes And Gardens
5.30 Storage Wars: New York
6am Gardeners' World **7am** Rick Stein's German Bite **8am** Bondi Vet **9am** Gourmet Farmer
9.30 Alone AO **10.30** Ozzy And Jack's World Detour **11.30** James Martin's French Adventure
12.30 Jamie And Jimmy's Food Fight Club **1.30** Toy Hunter
2pm Storage Wars: New York
2.30 Outback Vet **3.30** Animal Park **4.30** River Cottage: Summer's Here **5.30** Flipping Bangers

BRAVO

5.05 Hollywood Medium With Tyler Henry **6pm** Love It Or List It: Vancouver **7pm MOVIE** Daddy Day Care 2003 Comedy. **9pm MOVIE** Get Him To The Greek AO 2010 Comedy.
11.20 Pregnant In Heels AO
MONDAY **12.10** Infomercials
10am Mom's A Medium
10.30 Million Dollar Listing NY
11.35 Love It Or List It: Vancouver
12.35 The Real Housewives Of Beverly Hills PGR **1.30** Below Deck: Mediterranean PGR
2.30 Four Weddings UK **3.30** The People's Court **4.35** Dance Moms
5.30 Love It Or List It: Vancouver

RNZ NATIONAL

5pm The World At Five
A roundup of today's news and sport.
5.10 Heart And Soul
7.04 The Ted Radio Hour
Ideas worth sharing.
8.06 Sunday Night With Grant Walker. Music and nostalgia.
10pm The 10 O'Clock Report
10.10 World Book Club
11.04 The Retro Cocktail Hour
MONDAY
12.04 The All Night Programme
3.05 Victoria In Maoriland
6am Breakfast
8am Summer Report
9.06 Summer Times
Noon The World At Noon
12.10 Worldwatch
12.30 Matinee Idle
5pm The 5 O'clock Report
5.30 Trending Now

Compiled by MetService TE RATONGA TIRORANGI

PAY TV

SKY SPORT 1

5pm Pro14: Leinster v Connacht (RPL)
7pm Pro14: Edinburgh v Southern Kings (RPL)
From BT Murrayfield, Edinburgh.
9pm Gallagher Premiership: Gloucester v Bath (RPL)
10.55 Gallagher Premiership: Tigers v Bears (RPL)
MONDAY
12.55 Gallagher Premiership: Saracens v Warriors (RPL)
2.55 Barbarians v Wales (RPL)
From Principality Stadium, Cardiff.
3.25 LIVE Gallagher Premiership: London Irish v Exeter Chiefs
From Madejski Stadium, Reading.
5.50 LIVE French Top 14: Toulon v Castres
8am French Top 14 Highlights
8.50 LIVE French Top 14: Paris v Toulouse
11am Maori All Blacks v Fiji (HLS)
11.30 Maori All Blacks v Fiji (HLS)
Noon Gallagher Premiership: Wasp v Northampton (RPL)
From Ricoh Arena, Coventry.
2pm Gallagher Premiership: Sale v Harlequins (RPL)
4pm Pro14: Benetton v Warriors (RPL)

SKY SPORT 2

8pm Big Bash League (HLS)
8.35 LIVE Big Bash League
Sixers v Strikers.
From Coffs Harbour International Stadium, Coffs Harbour.
MONDAY
12am Big Bash League (HLS)
12.30 Big Bash League (HLS)
1am Super Smash (HLS)
1.25 Super Smash (HLS)
1.50 Super Smash (HLS)
2.20 LIVE India v Sri Lanka
First T20.
Coverage from Dr Bhupen Hazarika Cricket Stadium, Barsapara.
6am Big Bash League (HLS)
6.30 Australia v Blackcaps (RPL)
Third Test.
8.30 Big Bash League (HLS)
9am India v Sri Lanka (HLS)
First T20.
10am Super Smash (HLS)
10.30 Australia v Blackcaps (HLS)
Third Test.
11.30 LIVE Australia v Blackcaps
Third Test: Day Four.
Coverage from the SCG, Sydney.

SKY 5

5.45 SmackDown MVC
7.30 NCIS: New Orleans MV
8.30 Criminal Minds 16VS
Just as the team closes a case in New York, Morgan's visit to a survivor opens up again.
9.30 Criminal Minds 16VS
10.30 Chicago PD 16V
11.25 The Amazing Race PG
MONDAY
12.15 SmackDown MVC
1.55 Chicago PD 16V
2.45 NCIS: New Orleans MV
3.35 The Amazing Race PG
4.25 Criminal Minds 16VS
5.10 Criminal Minds 16VS
6am Jeopardy! PG
6.25 Wheel Of Fortune PG
6.50 The Simpsons PG
7.15 Charmed M
8am Border Security: Australia's Frontline M
8.30 Ice Road Truckers ML
9.15 Storage Wars: Texas PG
9.40 CSI MV
10.25 SVU MV
11.10 Charmed M
Noon Jeopardy! PG
12.25 Wheel Of Fortune PG
12.50 Criminal Minds 16VS
1.40 Criminal Minds 16VS
2.25 CSI MV
3.10 Charmed M
4pm The Simpsons PG
4.30 Jeopardy! PG
5pm Wheel Of Fortune PG
5.30 Storage Wars: Texas PG

MOVIES PREMIERE

5.05 Bob Fosse: It's Showtime MC 2018 Documentary.
6.10 Bad Times At The El Royale 16VL 2018 Drama. Jeff Bridges, Chris Hemsworth.
8.30 Shazam! MV 2019 Action. A 14-year-old boy finds he can become a superhero by shouting out one word. Zachary Levi, Mark Strong.
10.45 Swimming With Men ML 2018 Comedy. Rob Brydon, Jim Carter.
MONDAY
12.20 See You Soon 16S 2018 Drama. Liam McIntyre, Harvey Keitel.
2.10 The Row 16VSC 2018 Horror. Lala Kent, Randy Couture.
3.45 Bad Times At The El Royale 16VL 2018 Drama. Jeff Bridges, Chris Hemsworth.
6.05 Bob Fosse: It's Showtime MC 2018 Documentary.
7.10 Shazam! MV 2019 Action. Zachary Levi, Mark Strong.
9.20 Swimming With Men ML 2018 Comedy. Rob Brydon, Jim Carter.
10.55 See You Soon 16S 2018 Drama. Liam McIntyre, Harvey Keitel.
12.45 Bad Times At The El Royale 16VL 2018 Drama.
3.05 Shazam! MV 2019 Action.
5.15 The Golem 16VC 2018 Horror.

DISCOVERY

5.40 Mega Marine Machines PG
6.35 Mega Marine Machines PG
7.30 Weather Gone Viral PG
8.30 World's Deadliest Weather Caught On Camera PG
9.25 Masters Of Disaster PG
10.15 Incredible Engineering Blunders: Fixed PG
11.05 Expedition Unknown PG
11.55 How It's Made PG
MONDAY
12.20 How Do They Do It? PG
12.45 Naked And Afraid XL PG
1.35 Wheels That Fail PG
2am Wheels That Fail PG
2.25 Naked And Afraid MLC
3.15 Naked And Afraid MLC
4.05 Naked And Afraid MLC
4.55 Naked And Afraid MLC
5.45 Naked And Afraid MLC
6.35 Gold Rush PG
7.30 Car Crash Global Caught On Camera PG
8.20 World's Deadliest Weather Caught On Camera PG
9.10 Masters Of Disaster PG
10am How It's Made PG
10.25 How Do They Do It? PG
10.50 Outback Opal Hunters PG
11.40 Weather Top Tens PG
12.30 Blood Relatives M
1.20 Evil Lives Here MLC
2.10 Car Crash Global Caught On Camera PG
3pm Deadliest Catch PG
4.45 Fast N' Loud PG
5.40 Outback Opal Hunters PG

KEY Closed captions; Repeat; (HLS) Highlights; (RPL) Replay; (DLY) Delayed; 16 Approved for persons 16 years or over; 18 Approved for persons 18 years or over; AO Adults only; C Content may offend; L Language may offend; M Suitable for mature audiences; PG/PGR Parental guidance recommended for younger viewers; S Sexual content may offend; V Contains violence.

PHOTOS OF THE WEEK

GUARDIAN OF THE TURANGA TRACK
BY DAVE BEARD

SUMMER GLOW, BOTANICAL GARDENS
BY GAY YOUNG

Submit your photos: www.gisborneherald.co.nz/photo-of-week, or e-mail: weekender@gisborneherald.co.nz

By submitting a photo, the entrant agrees to allow The Gisborne Herald Co Ltd permission to use the image now and in the future for printed material and online. Where possible The Herald will make contact first.

WHAT'S ON IN GISBORNE

To help promote events you are involved in, e-mail: **weekender@gisborneherald.co.nz** for a listing on the What's On page, or **info@gisbornenz.com** for a listing on the Tairawhiti Gisborne events diary.

Sunday, January 5

▶ Horouta Junior Race Simulation Day. Find a shady spot on the city riverbanks and watch 100 waka paddlers prepare for the 2020 National Waka Ama Champs. Marina Park, 7am-late afternoon, $2 entry fee/paddler.

▶ Gisborne Runners and Walkers Club. 1.5 hour walk/run, 8am. For meeting place; email gisbornerunnersandwalkers@gmail.com

▶ Gas Guzzlers' Breakfast. Check out classic or vintage cars, hotrods, bikes and projects. Behind the Courthouse on Reads Quay, 8.30-11am, gold coin donation. Rain, hail or sun.

▶ Lions Express Train Rides. Take the kids for a train ride around the playground and lake. Start: near Gisborne Wainui Lions Junior Cycle Park, Centennial Marine Dr, 11am-3pm, $2.

▶ Wa165 steam train trip to Muriwai. Enjoy the scenery, bring a picnic or have a cuppa on board. Leaving from the Railway Station, Grey St at 1pm, $35A, $15 u/15s, $80Fam (2A & 2Ch). Any unsold tickets from the station half an hour before departure (cash or Eftpos), Gisborne i-Site, 209 Grey St, ph 868 6139, or www.gcvr.org.nz

▶ Sunday Music at Matawhero. Come along and hear locally-based singer/songwriter Miss Pou. Matawhero Wines, 189 Riverpoint Rd, 1-3pm, free entry. Gourmet platters available. Bookings: Ph 867 6140.

▶ Historic MV Takitimu Cruise. Enjoy the sights of Poverty Bay from a fully-restored historic tug. Sailing from Pier 1, Inner Harbour (gate outside Tatapouri SFC), weather permitting, 2pm. Pay at the gate: $20A, $10u/12s, limit 25. Details: Brian ph 027 474 9360.

▶ Lazy Fifty. Three-piece band with original blues rock tunes and classics from Santana to Jimi Hendrix. Te Puka Tavern, 153 Beach Rd, Tokomaru Bay, 6-10pm, free entry.

Monday, January 6

▶ Oscar Holiday Programme (to Jan 10). Activities for ages 5 to 13-years, including movies, science, surfing, water wars and more. YMCA, Corner Childers & Roebuck Rd, 9am-3.45pm, $45/child per day. See Facebook and register at the YMCA Office.

▶ Summer Holiday Workshop (to Jan 10). Action-packed workshop from film-making to game development, music creation to virtual reality. Tonui Collab, Shed 3, 48 The Esplanade, 9am-midday, $30/child per workshop. Register: Ph 777 0522 or admin@tonuicollab.com

Tuesday, January 7

▶ Oscar Holiday Programme, 9am-3.45pm. See Jan 6.

▶ Summer Holiday Workshop, 9am-midday. See Jan 6.

▶ Poverty Bay Blues Night. A selection of live blues music. PBC, 38 Childers Rd, doors open 7pm, music 8pm, $5 door sales, R18.

Wednesday, January 8

▶ Holiday Open Fun Gym. For ages 4-13 to bring friends and have fun; tumble track or trampoline, swing on rings and bars, climb up ropes. Gisborne Gymnastics Club, Electrinet Sports Centre, cnr Aberdeen & Stanley Rds, 9am-midday, $10 per child, email gisgymoffice@gmail.com or Nic ph 021 031 9606.

▶ Oscar Holiday Programme, 9am-3.45pm. See Jan 6.

▶ Summer Holiday Workshop, 9am-midday. See Jan 6.

Thursday, January 9

▶ Oscar Holiday Programme, 9am-3.45pm. See Jan 6.

▶ Summer Holiday Workshop, 9am-midday. See Jan 6.

▶ Women's Summertime Surf. If you're new to surfing or need a refresher; surfing, coaches, wine and cheese. Midway Beach, 5.30-7.30pm, cash-only koha. Register: gisborneboardriders@gmail.com or Facebook Messenger.

▶ Black Slate. Pioneers of British roots rock reggae with NRG Rising, Jamey Fergusson and Joe Tana. Smash Palace Bar, 24 Banks St, 8pm, R18. Tickets: $30-$60+Bfee at ticketspace.co.nz or $40 door sales.

Friday, January 10

▶ Oscar Holiday Programme, 9am-3.45pm. See Jan 6.

▶ Summer Holiday Workshop, 9am-midday. See Jan 6.

▶ SmashFest 2020 (& Jan 11). A family-friendly experience; 14 rock and metal bands, two stages, fire dancing, medieval fighting, workshops, vendors and beachside camping. Smash Palace Bar, 24 Banks St, Jan 10; 2pm-midnight, Jan 11; midday-2am. Tickets: Day passes; $40+Bfee, 12-17s $30+Bfee, u/11s free. All access pass, incl two nights camping+Smash Palace entry; $60+Bfee from eventfinda.co.nz

▶ Teen Girls' Surf Club. Weekly sessions to Feb 7, for beginner/intermediate surfers aged 12-18 to learn from female coaches. Midway Surf Life Saving Club, Midway Beach, 3.30-5.30pm, $10/session, free for members. Register: gisborneboardriders@gmail.com or Facebook.

▶ Sundowner Session. Come along as Vinyl DJ plays some favourite tunes. Smash Palace Bar, 24 Banks St, 4-8pm. Sample the antipasto platters.

▶ Live on the Lawn: Barleycorn. Bring a picnic and enjoy live folk-style songs. Marina Park, Lawson Field Theatre Riverbank, 6-8pm, free. Inclement weather: Listen to MoreFM after 3pm.

Saturday, January 11

▶ 2020 Hapuka Hunt (to Jan 12). Annual two-day boat and beach fishing competition for anglers of all ages. Te Puka Tavern, 153 Beach Rd, Tokomaru Bay, 5.30am-5pm. Boat fishing/angler: $50 open, $15 u/12s. Beach fishing/rod: $25. Sandcastle comp: Jan 11, 10am-2pm, free entry. Prize-giving: Jan 12, 7pm. Fish auction: After daily weigh-in. Register: Facebook at Te Puka Hunting & Fishing, or at Te Puka Tavern on Jan 10, 5-7pm or Jan 11 & 12, 5.30am onwards. Details: tepukahuntingandfishing@gmail.com or Megan ph 027 430 0548.

▶ Gisborne parkrun. 5km run/walk. Meet: Waikanae Surf Life Saving Club, 280 Grey St, 7.45am. Kid, dog and pram-friendly. See parkrun.co.nz/gisborne/

▶ Eastland Port 2020 Champion of the Bays (& Jan 12). Find a shady spot on the beach and watch the speed and endurance of Bay of Plenty and Gisborne senior competitors. Midway Beach, 8.30am-4pm, $30 entry. Register: surflifesaving.org.nz

▶ SmashFest 2020, midday-2am. See Jan 10.

▶ Good Vibes Summer Festival. Reggae festival incl; Stan Walker, L.A.B, Ardijah, Tomorrow People, 1814 and international artists; Kolohe Kai and Paua. Showgrounds Park Event Centre, 20 Main Rd, Makaraka, 1pm-late, R18. Tickets: $99-$159+Bfees at goodvibesfestival.co.nz

▶ TRAMPS. For poetry readers, singers and musicians to come along and perform. The Band Room, 200 Childers Rd, 1.30-3.30pm, $3, ph John 868 9658.

▶ Tennis for players of all skill levels. Ormond Tennis Club, Hill Rd, Ormond, 2-4pm, ph 862 5741 or 862 5856.

▶ Drop Legs Live. Australian hip-hop band bring their dub-drenched grooves and party jams to town. Dome Room, PBC, 38 Childers Rd, 8.30-11.30pm. Tickets: $15, The Aviary (cash-only), or $20 on the door.

Sunday, January 12

▶ 2020 Hapuka Hunt, 5.30am-5pm. See Jan 11.

▶ Gisborne Runners and Walkers Club, 8am start. See Jan 5.

▶ Eastland Port 2020 Champion of the Bays, 8.30am-4pm. See Jan 11.

▶ East Coast Museum of Technology Live Day. Bring the family and see the historic machines working, have a turn on the fire hose, thresh some grain, play Pong, or take a ride in an army vehicle. East Coast Museum of Technology, 67 Main Rd, Makaraka, 10am-4pm, $10A, Students: $2Sec, $1Prim, Pre-schoolers free.

▶ Lions Express Train Rides, 11am-3pm. See Jan 5.

▶ Sunday Music at Matawhero. Come along and hear locally-based singer T-BoneZ with chart toppers to old skool rhythm and blues, midday-5pm. See Jan 5.

▶ Historic MV Takitimu Cruise, 2pm. See Jan 5.