

Polio epidemic remembered

Gisborne's former Cook Hospital, where Marshall Hyland and other polio patients spent several weeks of their lives being treated for the disease in a dedicated hospital ward, like those typical of others throughout the country.

Gisborne Herald file photo

At 72, Marshall Hyland still remembers the exact date and what he was doing when, as an eight-year-old growing up in Gisborne, he suddenly fell ill with polio. The memory of it is etched on his mind, he says. Marshall had bulbar paralytic poliomyelitis — the most severe of three types of polio. He revisits the experience, for our readers, from his Whakatane home during the Covid-19 lockdown.

“It was Friday night, the fourth of November, 1955 — I was playing cricket in our backyard with a neighbour and I felt feverish, like I was getting the ‘flu so mum put me to bed and I was in bed all day Saturday.

“On Sunday morning, she brought me a cup of tea and I went to drink it but couldn’t swallow. It all came out my nose.

“So, the doctor got called and the next thing I was taken up to Cook Hospital and straight into the medical superintendent Mr Hall’s office. He said I had polio so I went straight down to the polio ward. I was lucky not to have the painful lumbar puncture most other people had to diagnose polio.

“I went in on Sunday November 6 and I came out on December 5. Those days are

etched in my mind. The polio ward was in the south east corner of Cook Hospital. You went in there and you stayed there, with no visitors, until you came out ‘one way or the other’.

“There were probably 20 patients in the main ward and half a dozen in the side ward and the end ward. It was full of oldies. Most of the oldies got badly paralysed. The young ones seemed to escape the paralysis externally — fortunately.

“I remember the first week being in bed right under the nurses’ noses and the occasional poke and prod and visits from nurses and doctors, but I was largely asleep or unconscious.

“The second week, I got moved into the ward. That week there was a tap on the

window and, lo and behold, it was my father bringing me books from home. Other than that, there weren’t any visitors while I was in there — I don’t think visitors were allowed.

“One of the touching things I got in hospital in the polio ward was a letter written by each person in our class, which was fantastic — that was a lovely memory.

“As we got better, we were moved into side wards. Then we were taken outside on our hospital beds and our pyjamas were opened up, and we lay in the sun for an hour — obviously to get some sun tan on us.

“I remember my first bath because it was burning hot but it was a lovely feeling having a first bath. That was probably about the third week.

“I remember the daily doctor’s visits

because they were like little Gods then. All the nurses would be scurrying around about 9am and everyone would be made ready with the blankets pulled down on the beds. The doctors didn’t talk to us. They’d talk to each other about us and then move to the next bed.

“Down the end of the ward there were about half a dozen young boys. We thought we were fit and rearing to go. We were always wanting to get up. Two nurses would have to stop us. One of them would literally hold us down while the other reached in and took our pyjama pants off. That stopped us getting up!

“I tested one nurse so much she said, ‘Alright, if you want to get out of bed, get

CONTINUED ON PAGE 2

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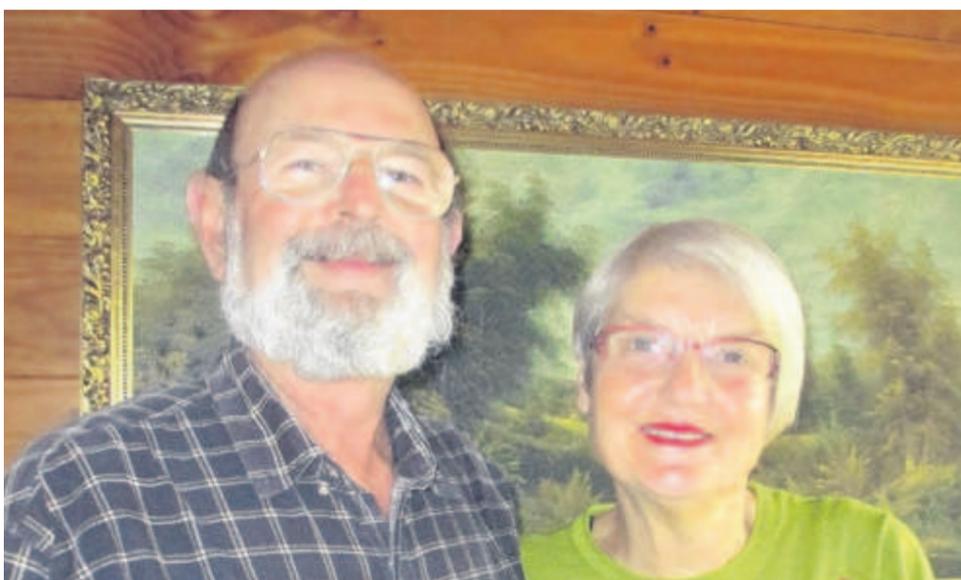
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LEAD

'POLIOMYELITIS WAS GREATLY FEARED'



Marshall Hyland and his wife Maria, who now live in Whakatane.

Picture supplied

FROM PAGE 1

out of bed,' so I turned around and jumped out of bed and of course crashed to the floor and kept on going . . . 'cos my legs had lost all feeling.

"Then we had that fairly painful process of the very, very, hot blanket wrapped in rubber. It was put around your legs and ooh, that hurt, but it got some feeling back in them.

"Because you were constipated, face down you had ice cubes stuck up your bum and oil poured in through a funnel to get the old bowels moving.

"When I finally left hospital, I used to go back there every second day to get some rather painful physiotherapy for my back.

"There are three strains of polio — I had the worst one which is called bulbar paralytic poliomyelitis. I had it in my throat, my spine, and my brain stem. I don't know how I got it. My younger sister was nursed at home with polio a couple of weeks before I got it but she had a different strain. I think I was about one of three at Awapuni Primary School who got the polio.

"The last polio epidemic in New Zealand was in 1955-1956. Polio was greatly feared, even though that wasn't evident to me as an eight-year-old in 1955.

"I attended the 100th anniversary of Motu School many years ago and a booklet I've got from the celebration has extracts from the various school diaries. It shows probably about every three or four years the school would be shut and the district shut down because of polio again."

Marshall says he never felt stigmatised from having polio but many sufferers were.

"I think that was more the people who got it in arms and legs and who were partly disabled. Unfortunately in New Zealand, there was always that undercurrent of, 'they're different from us, you know, from the mainstream population'.

"What I got from the illness was a stiffness in my lower back. I can't bend backwards very far and that changed my walking gait a wee bit. I'm sort of a bit stiff there but it hasn't stopped me from an active tramping life.

"But I think probably because of the damage the polio did to the vagus nerve, which sort of connects up all your body functions, I've never been able to get fully fit like my fellow trampers, so I was always sort of over-exerting myself to keep up and get ahead. You tend to pay a price for that later in life. But certainly, the pleasures of tramping were more than worthwhile.

"A positive thing I got from having had the polio in my throat was a beautiful musical life. The (medical) thinking back then was that by exercising the throat it would strengthen the weak muscles but that, of course, was what

led later on to the overuse of the remaining muscles with the post-polio problem.

"However, I got trained up as a boy soprano to strengthen my throat — then I joined the Gisborne municipal band and I spent 10 years with them . . . in the guise of throat exercise, but it gave me a lovely musically singing time for the rest of my life.

"I've had to give it up now to ease the pressure on my throat. It's getting a bit too much but it's been a lifetime of musical pleasure."

Marshall suffers regularly from laryngospasms, which he says can be frightening.

"Your larynx just locks up with the slightest stimulation from food or saliva.

"As well as that, for the last 15 years, about every six weeks, I've been getting a feeling of catching the flu. I think that's the post-polio syndrome they talk about kicking in — if I get run down or get a cold or something."

Marshall never joined a polio support group but has looked at their web pages and once contacted another survivor who was able to lend him some reassurance.

"I was starting to get the larynx spasms quite a lot and I heard people in operations died from larynx spasms so I looked up a post-polio website and phoned someone in Blenheim. She assured me that she got them and she still had time, even though struggling for breath, to ring the ambulance before she lost consciousness. I took a bit of solace from that and thought, well if the worst comes to worst, I can ring the ambulance and won't be dead before they come. It's funny how you think about these things — in a strange sort of way I took comfort from that.

"The other thing I've noticed over the last few years, that I used to read about and poo-hoo a wee bit, is the intolerance to cold but I really notice that now. It's almost painful getting into the shower now unless the water's quite hot. It quite surprises me."

Marshall doesn't recall ever seeing an iron lung in the general ward at Cook Hospital but was sure they were probably in use there somewhere.

"I remember walking down one of the streets in Gisborne the following year and they had one set up in a shop window. That was a sobering thing to look at. It was probably there to remind the public to be vigilant, or just as a curiosity piece at that stage.

"A lot of people who got bulbar polio and had breathing difficulties were put on the iron lung. But what they don't tell you is the majority of the people in the iron lung actually died — they choked because they couldn't clear the mucus from their throat and lungs. They were lying on their backs and just choking in their own mucus. Before



The oral polio vaccine (right) was a much-preferred method of receiving it than the previously injected form of the vaccine (above).

Gisborne Herald file photos



it was realised, it was too late. One or two survived for many years but I think that was more the exception."

Marshall recalls he was still a student at Awapuni School when polio vaccines were first introduced.

"It was probably a couple of years later. Very fortunately, I didn't have to have one, given my immunity, but I had to take a note to school from my parents and doctor.

I remember the queues of kids lined up and quite a few of them fainting and getting quite hysterical. It was in the newspaper about it because it was a huge needle.

"I think they gave the injections once and then fortunately the Sabin oral vaccination came along."

Before he retired, Marshall spent 12 years in Civil Defence Emergency Management in Porirua. That position saw him involved in pandemic planning that contributed to the National Pandemic Plan now being actioned by the Government in its response to Covid-19.

He says it's good to see that work coming alive.

"Covid-19 is very concerning, if not a little frightening. I wouldn't like to catch it myself, particularly with my throat situation. I caught the swine flu and that was a real reminder of just how bad flu can be.

"Certainly, the Government has done the right thing but at the same time, I think we're becoming more and more aware of the economic pain that we're suffering and there's more to come.

"Probably more difficult for any Government to plan for is the impact on the people and the economy, which has been underestimated.

"I don't see us ever going back to what we had before. I think we've been caught in that consume, consume, consume (mentality) and now we're no longer travelling, eating out

and people aren't spending time at shopping malls just for the sake of it.

"I think a fair bit of that — not all of it — will wear off.

"I think domestic tourism will get a big boost. I can remember even 30 or 40 years ago, there wasn't that much international tourism. It's a fairly recent thing — even though we were highly skewed towards it, I think that will be quiet for years to come."

1918 INFLUENZA PANDEMIC

The worst disease disaster in New Zealand history was the 1918 influenza pandemic, which killed more than 50 million people worldwide, including 9000 in this country.

Aside from that, the most alarming infectious disease in New Zealand last century was poliomyelitis (polio) — an acute viral disease affecting the spinal cord and nervous system. Symptoms include fever, headache, malaise, pain and stiffness in back and neck, and partial or complete paralysis of limbs or the entire body. Fatality rates varied from 2 percent to 10 percent.

The country experienced regular epidemics of polio: 1916, 1925, 1927, 1937, 1948-49, and 1952-53, with the last one in 1955-56 — just ahead of the introduction of a reliable vaccine.

Polio is considered a disease of children and adolescents, but older people suffer it too and the risk of paralysis increases markedly with age.

In early outbreaks there was no effective treatment — nursing was palliative (alleviating symptoms rather than the cause).

Seriously paralysed patients spent long periods in a compression chamber or 'iron lung'. Survivors with withered legs were fitted with strengthening callipers to help them walk.

(Adapted from information in Te Ara The Encyclopedia of New Zealand website.)

PROFILE

WELCOME TO SMASHVILLE



CHILLING: Darryl enjoys a quiet beer in a quiet moment, but right now he's quite keen for the extended quiet moment of the lockdown to end and for bands and people to fill Smash Palace with music and life again.

PICTURE SUPPLIED



ROCKING: Along with a career in radio, then four years in tourism, Smash Palace co-owner Darryl Monteith has played in numerous bands and is a big supporter of local music.

PICTURE BY JOHN FLATT

From working in a dairy factory to working in radio, and touring with rock bands, to taking up employment in tourism, Smash Palace co-owner Darryl Monteith has found a home, as he explains to Mark Peters, for his vision of a hub for local musicians and their audiences.

While packing milk powder at the Waharoa Dairy Factory near his hometown of Matamata, a young Darryl Monteith saw an advert for an open day at Radio Waikato and went along.

That visit was his first step towards a career of 30 years in radio that brought Darryl and partner Kerry Donovan to Gisborne in 1998. The couple eventually decided to make the East Coast town their home and in 2015 took over live music venue, Smash Palace. And it is here Darryl combines his love of music, community engagement and business.

"Music is my passion and business is a way to get things done," he says.

"The challenge is how to be an artist and a business person at the same time and how to find opportunities to combine and balance the two."

The road that brought Darryl to Gisborne and, ultimately, Smash Palace, began with that open day at Radio Waikato, later followed by offering to help out for a week without pay at 1ZH in Hamilton.

"At the end of the week they gave me a copy test. A year later they contacted me and said it was one of the best copy tests they'd had, and 'do you want a job?'"

During his early years in radio Darryl worked as a creative writer while playing in bands in the same period. After nine years with various radio stations in Hamilton, he took on the role of creative director for Radio Bay of Plenty in Tauranga then as manager of Radio Forestland in Tokoroa. It was around this time he met Kerry. Kerry was the creative director of the opposition in Tauranga, says Darryl. The person she was replacing in that role was a mutual friend.

"The friend said 'I've got a friend coming to town. Can you look after her?'"

"So I did."

In 1998, he and Kerry moved to Gisborne where Darryl worked as station manager at 2ZG. Under his watch during his 13 years there, Gisborne went from having one station – 2ZG – to having four radio stations that included Radio Hauraki, ZM, Newstalk ZB and Classic Hits.

Radio was always an exciting industry, he says, but after 28 years in it he sought a fresh challenge.

"Radio got to the point where it was either leave Gisborne or do something else. We realised we wanted to stay in Gisborne."

So he took the "something else" option and spent the next four years with Tourism Eastland.

"That was a hugely creative environment. Tourism is the same as hospitality in terms of making people happy."

When he and Kerry bought Smash Palace, Darryl found, as he did with tourism, the hospitality trade entailed a steep learning curve. But after years of playing frontman for a touring band, he found he enjoyed hosting people and going out of his way — "to give people the best night they've had for ages."

"One thing we wanted to encourage was to open up to a diverse range of people.

The music reflects that. We're not a particular genre venue. We're all over the

place — rock, reggae, heavy metal, blues, DJs, punk, country.

"Music is an international language. Music breaks down barriers. It unifies people around love for a song, a group, a sound."

"When I performed as frontman I saw my role as a conduit to raise the energy in the room. Music does that. The best thing is when the audience gives that back to the band. You get this spiral upwards. That's the ultimate. At Smash we get that a lot."

Smash would normally get that a lot except it is very quiet there at the moment.

New Zealand's lockdown in response to the Covid-19 pandemic has put pressure on all of the country's venues' ability to survive but a lifeline has been extended to Smash Palace in the form of a nationwide, Boosted Live campaign called 'Save Our Venues'.

A team of artists and industry movers and shakers that includes Reb Fountain and Banished Music's Reuben Bonner aim to raise \$500,000 to help keep nominated live venues afloat during these turbulent times. Venues are the lifeblood of New Zealand's music industry, says the Save Our Venues webpage.

Without venues, local shows won't happen, rising stars won't have stages to perform on, communities won't have spaces to congregate.

"We're grateful to be nominated," says Darryl.

"We were staring into the abyss."

Providing a venue is not just about the artists but the art itself, he says.

"If we don't have that art we don't get to share it. The thing, I noticed when we took over Smash was there were a lot of proficient musicians in this region and they got that way in the practice room."

"Without venues to present their art in public it's a shame if no one gets to hear their music. The creation of performing arts requires isolation and looking inward. Actual performance is the opposite of that — it's about confidence, gregariousness."

"That's the key part of a venue — to have bands play as much as possible."

Had English rock band the Beatles not honed their performance skills at various clubs in West Germany from 1960 to 1962 we would have had no Beatles, says Darryl. In this light he sees Smash Palace as a stage that both gives acts an opportunity to present and develop their music, maybe even aspire to making a living from it, and to bring people together.

Bringing people together is key to Darryl's various projects. When he proposed to host a battle of bands event at Smash he had second thoughts about making the event a competition. Instead, he came up with ExNE, East by North-East, a showcase of local talent that is videoed and released online.

"ExNE was going to be a battle of the bands but then I thought 'why not make the video the prize for everyone?'"

"That has been the catalyst in that it fostered the idea we're all brothers and sisters and not playing music in competition with one another."

"We can all win. If we don't, nobody wins."

From Tahiti with love . . .

It turns out former chef Rebecca, who has recently shared her pesto and burrito recipes with the Weekender, also has green fingers. Here's what happened when she fell in love in Tahiti . . .

A few years ago my family and I took a holiday to Tahiti. Upon arrival at our resort in Moorea the first thing I noticed were the big beautiful fan-like palms. As soon as I had wif I googled this stunning palm to discover its identity. It was a traveller's palm (*ravenala madagascariensis*).

I was in love! I was on a beautiful tropical island — the heat, flora and fauna had me in awe.

When I returned home, I was determined to find my very own traveller's palm . . . which actually isn't a palm at all but closely related to the strelitzia (bird of paradise) family. It is called a traveller's palm because the fan of leaves grow from east to west.

I started calling nurseries but no one had heard of it. Some people said they may have heard of it but they had it confused with a strelitzia nicolai or giant white bird of paradise.

I finally found one growing in a glass house up north — this was a huge discovery because most of the inquiries I'd made had come back with a firm "that will not grow in New Zealand".

However, I still did not have a plant of my own. I had called nurseries all over the top half of the North Island, then one month into my search, I found one. A little 20cm three-leaved traveller's palm. I had it shipped to me and when it arrived, I was so excited. It was so tiny. That was May 2017.

I feed all my house plants with liquid seaweed and "Moorea", as I have named her, was no different. She had pride of place in a north-facing window.

My Moorea grew and grew. Within a year she was three times the height and had needed repotting.

Then in another year's time she was so big she was touching the ceiling. My traveller's palm that "couldn't be grown in New Zealand" was now too big for the 75cm high

pot she was in and scraping the ceiling.

The next challenge was finding a new pot. I needed one large enough to hold Moorea and let her grow, but it had to be an indoor pot, not clay and had to allow water to drain from the soil so the roots didn't rot.

I was given a new pot for my birthday from my daughter which was a perfect fit. Time to repot.

You would think this would be an easy task but it took my husband and I a good couple of hours. Moorea had grown so much that we literally had to saw the old pot off her roots while trying desperately not to damage them. She was all root. Hardly any soil remained — she was completely root-bound. I hope the new pot lasts a lot longer than the last one as there will be no easy way to get her out next time.

We moved Moorea from the north-facing window as she was now too tall, and placed her in our front entrance which has a six-metre high ceiling with big, high windows on three sides. She's not growing as fast as before but I think once she reaches the bottom of the windows she'll be off again . . . which brings me to my next issue. All house plants need their leaves cleaned as dust settles on them and they can struggle to "breathe".

I now have to use a ladder to climb up and clean her leaves. It's quite a mission, but well worth it as she shines brightly once she's dusted off.

Determination was key in finding my traveller's palm. Even when I was told it wouldn't grow here, I knew with the right love and care it would thrive.

I spotted some more plants recently online and I'm tempted to purchase a couple and see if I can grow them outside. They are close relatives to the bird of paradise and the banana after all. Both of those species grow in abundance around Gisborne.

I'll keep you posted!



Rebecca's traveller's palm (*ravenala madagascariensis*) named Moorea, aged five months. Pictures by Rebecca Leader

Growing fast in her new pot — Moorea aged one year.



Moorea, (above) aged three years, in her new location after recent repotting. Picture by Liam Clayton

Touching the ceiling (left) at 17 months.

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Locked down . . . on a narrowboat



Hurleston Junction — a perfect place to moor the narrowboat during lockdown.

Pictures by Sandra Walsh and Barry Teutenberg

Gisborne couple Sandra Walsh and Barry Teutenberg had to radically alter their plans when Covid-19 struck the UK. The 'continuous cruisers' have been exploring the canals and rivers in England and Wales by narrowboat since 2009. Sandra tells us about life in lockdown on their sixty foot by six foot ten inches floating home.

Having severely limited our cruising to a short distance in the northwest of England over winter, we'd been anticipating venturing to new waters in the spring. In the second week of March, I'd enjoyed a week-long 'holiday of a lifetime with girlfriends' in Barbados and was surprised to discover I loved the country and its people almost as much as Gisborne and New Zealand!

Meanwhile, Barry headed to a small market town called Nantwich, to meet me on my return. Our itinerary was then to cruise slowly towards Liverpool for a booked passage into the docks on 13th May. We've not moored there previously, so it was a bucket-list-treat.

Flying back to Birmingham, and during two subsequent train journeys, I was acutely aware of the risk of exposure to coronavirus. Living on a narrowboat, sixty foot long and six foot ten inches wide

(18.3m x 2.1m), it would be a huge challenge for one of us to self-isolate. Keeping well and staying away from others, became our goal from March 16 . . . a week before the UK was officially 'locked down'.

To be honest it hasn't been a big hardship for us. As a handy Kiwi, Barry's caught up on all manner of odd jobs. My online work continues, albeit reduced. And I found writing a daily blog from March 18 helps — a therapeutic distraction to reflect on our Covid-19 journey.

One positive was selling Barry's floating and online business of six years, The Home Brew Boat. Nothing to do with coronavirus, it had been 'on the market' since February 9 and we had accepted an offer. The new owners live on land — which turned out to be extremely fortuitous given the impending challenges of courier deliveries!

On March 17, they collected all stock from the back third of our boat.

By March 23, my youngest daughter had left Nigeria where she's worked for many years, with minutes to spare before their airport closed. Having the space meant our cosy boatman's cabin was shipshape for her to snuggle in and self-isolate for two weeks. Well, a sort of isolation — as good as it gets in our tiny space. She's still with us five weeks later, teaching online.

We left Nantwich on March 28 due to persistent pedestrians and cyclists passing uncomfortably close to the boat along the towpath — definitely not the advised two metres away. We found a perfect countryside mooring near a place called Hurleston Junction and have remained there, moored with two other boats in a self-confined 'bubble'.

There we enjoy a semblance of a garden, below the path next to our boat, and have three different directions available to take our

CONTINUED ON PAGE 7



Barry flying the flag for New Zealand.

TRAVEL



Areandare filling up with diesel — Barry (left) at a safe distance.



Kim in the cosy boatman's cabin at the rear of Areandare.

Hoping to fly to NZ in August

FROM PAGE 6

allowed 'daily exercise'. There are far fewer folks walking past. The sun rises one side, and sets the other. We stargaze, satellite-spot, and notice the changing lunar cycle.

We have to move every couple of weeks or so to fill our water tanks and diesel, empty the toilet, and do a grocery shop.

If we time it right, there's a 'Fuel Boat' who'll fill us up with diesel, empty our loo (it's known as a 'pump-out'), and top us up

with coal for our stove. Thankfully the British weather's been unseasonably warm and sunny recently.

Like most people living on land, we've communicated more than normal with family and friends around the world. The inability to make a journey to meet up with family, to commemorate my dad's 100th birthday on March 30, was a sad consequence. A holiday to Scotland at the end of April, with my younger sister and brother-in-law, was disappointingly cancelled.

However, most important of all

for us, are our tickets to fly back to New Zealand on August 16. We had planned to arrive in time for Barry's son Tom's 30th birthday. There remains a faint hope Air New Zealand, and its partner airline Cathay Pacific, will get us back 'home'. A 14-day quarantine would mean missing the big day but I'm sure we will find a workable way to delay the celebrations!

• If you're interested in following our journey on and off NB Areandare, go to www.barryandsandra.com or find us on Facebook or Twitter @nbareandare



Barry busy painting the shower room on the narrowboat.



Alms houses in Nantwich.

So delish!

Social media star and bestselling author of *Journey to Health*, Simone Anderson's new cookbook *So Delish!* is full of delicious, healthy recipes that you will want to whip up every day. Beautifully styled and photographed, this book shows you that good food can be easy to make and, what's more, it can be really tasty.

Simone Anderson's philosophy on eating is that you should enjoy it, and she doesn't believe in denying yourself treats or restricting entire food groups. Her recipes are fresh and healthy, and she loves to prepare light, beautiful meals.

Known as the platter queen, she's created some amazing platters for this book, as well as heaps of easy recipes for dinners, lunches, breakfasts and snacks.

Simone's first book, *Journey to Health*, told how she lost a massive 92kg in weight, how her story went viral and how she's created a new life as a social media influencer with over 600,000 followers. Her posts focus on food, health and fashion.

BEEF AND LENTIL CURRY

"Lentils are something I didn't try until later in life," says Simone, "and OMG, had I been missing out! They are great for bulking up so many dishes, especially curries. This curry is full of flavour and always leaves me satisfied. It's a good dish to prep at the start of the week and keep in the freezer for work lunches — making the entire office jealous when your steaming-hot curry emerges from the microwave."

INGREDIENTS:

500g chuck steak, diced
½ cup of store-bought korma curry paste
2 tablespoons olive oil
2 cloves garlic, minced

1 onion, diced
3cm piece fresh ginger, finely grated
2 cups of salt-reduced beef stock
400ml can of light coconut milk
½ cup red lentils
½ large head cauliflower, cut into florets
1 cup frozen peas
4 cups baby spinach

TO SERVE:

1 cup of Greek yoghurt
¼ cup finely-diced cucumber
4 roti
2 cups cooked brown rice
½ cup coriander leaves
1 lemon, cut into wedges

METHOD:

- Place the beef and half the korma paste in a bowl and toss to coat.
- Heat half the oil in a large frying pan over medium-high heat. Add the beef to the pan and brown on all sides. Remove from the pan and set aside.
- Add the remaining tablespoon of oil to the pan with the garlic, onion and ginger and cook for 2–3 minutes until fragrant.
- Stir in the remaining korma paste, stock, coconut milk and lentils. Bring to the boil, reduce the heat, cover and simmer for 10 minutes.
- Return the beef to the pan along with the cauliflower, and continue to simmer for another 15–20 minutes until the beef is tender.
- Stir through the peas and spinach.
- Serves 4
- Time to make: 1 hour



Beef and lentil curry.

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SATURDAY-SUNDAY TELEVISION

TVNZ 1 © TVNZ 2020

5pm The Chase *TVNZ 1*
6pm 1 News At 6pm *TVNZ 1*
7pm Jamie: Keep Cooking And Carry On *TVNZ 1*
 Jamie shares easy-to-follow, super-flexible recipes with lots of useful swaps, and tips to help people feed themselves and their loved ones in these unique times.
7.30 Britain's Got Talent PG *TVNZ 1*
 Simon, Amanda, David, and Alesha return to judge the line-up of acts for 2020.
8pm LIVE Lotto
 The Lotto draw.
8.05 Britain's Got Talent PG *TVNZ 1*
 Continued.
8.45 The Hotel Inspector *TVNZ 1*
 The Hotel Inspector is in Burnley, Lancashire, to help resurrect the failing fortunes of The Rosehill House Hotel, but can the staff handle their emotions when Alex delivers home truths?
9.40 The Victim M *TVNZ 1*
 In court, it is the day that Anna has been waiting for, when the man she believes killed her son takes the stand and must face the world, but will it provide her with the closure she needs?
10.50 One Lane Bridge 16L *TVNZ 1*
 Ariki makes bad choices in an attempt to escape his demons; locals resort to vigilante justice.
11.40 Doctor, Doctor PG *TVNZ 1*
 The opening of Hugh's new cardiac clinic is upset by news from his former wife; Charlie's life is upset when her father makes a surprise visit.
SUNDAY
12.40 Coronation Street *TVNZ 1*
1.50 Infomercials
6am Rural Delivery *TVNZ 1*
6.25 Country Calendar PG *TVNZ 1*
 A couple start a venture milking goats and making organic cheese after they become bored in their retirement, and are working harder than ever before, but love their new role.
6.45 Tiny House Nation *TVNZ 1*
 Angela and Elizabeth pursue their dream of opening an eco-feminist retreat centre in Hawaii, and have asked John and Zack to help create a home for them and their two-year old, Riah.
7.30 Tagata Pasifika *TVNZ 1*
7.55 Praise Be *TVNZ 1*
 Chris Nichol presents a programme of hymns and songs of praise for Ascension Day and Mother's Day.
8.25 Karena And Kasey's Kitchen Diplomacy *TVNZ 1*
8.45 Topp Country *TVNZ 1*
9.10 20/20 *TVNZ 1*
10am Marae
10.30 Waka Huia
11am Attitude *TVNZ 1*
11.30 FINAL Casketees *TVNZ 1*
Noon Sunday *TVNZ 1*
1pm Location, Location, Location *TVNZ 1*
2.05 Adventure All Stars PG *TVNZ 1*
3pm FINAL Biggest And Baddest PG *TVNZ 1*
4.05 FINAL Coast New Zealand *TVNZ 1*
5pm The Chase *TVNZ 1*

TVNZ 2 © TVNZ 2020

5pm The Crystal Maze Celebrity *TVNZ 2*
 Richard Ayoade leads teams of celebrities through the Crystal Maze, a series of games and challenges in a giant fantasy world, all for a prize.
6pm Nadia's Comfort Kitchen *TVNZ 2*
 Nadia Lim shares delicious and healthy recipes.
6.30 You Got This! *TVNZ 2*
 Four 'at home' whanau teams take on a quirky challenge, hosted by Bree Tomasel.
7pm MOVIE The Emoji Movie PG *TVNZ 2*
 2017 Animated Adventure. A multi-expressional emoji sets out to become a normal emoji.
8.30 MOVIE Wedding Crashers 16LS 2005 Comedy. Two committed womanisers who sneak into weddings to take advantage of the romance in the air find themselves at odds with one another when one of them falls for a bridesmaid.
10.40 MOVIE Wild Card MC 2014 Drama. A Las Vegas bodyguard goes after a Mafia boss when a group of thugs beat up his friend.
12.25 MOVIE Triple 9 18VLS 2016 Crime. A rookie police officer threatens the uneasy alliance between a Russian gang and a group of crooked officers.
2.25 Love Is... M *TVNZ 2*
3.10 Mike And Molly PG *TVNZ 2*
5am Regular Show PG *TVNZ 2*
5.10 Fresh *TVNZ 2*
5.35 Bizaardvark *TVNZ 2*
6am Paw Patrol *TVNZ 2*
6.20 Thomas And Friends *TVNZ 2*
6.30 New Looney Tunes *TVNZ 2*
6.55 Powerpuff Girls *TVNZ 2*
7.05 Alvin!!! And The Chipmunks *TVNZ 2*
7.25 Littlest Pet Shop *TVNZ 2*
7.50 Kai Five *TVNZ 2*
7.55 The Drawing Show *TVNZ 2*
8am What Now?
10am Young And Hungry PG *TVNZ 2*
10.50 Shortland Street Omnibus PG *TVNZ 2*
12.05 The Bachelorette PG *TVNZ 2*
1.50 Little Big Shots *TVNZ 2*
2.50 Home And Away Omnibus *TVNZ 2*
4.45 Ellen's Game Of Games *TVNZ 2*
5.45 The Voice UK PG *TVNZ 2*

BRAVO

5.40 Say Yes To The Dress Atlanta *Bravo*
6.30 Revenge Body With Khloe Kardashian PG *Bravo*
7.30 Botched PG *Bravo*
8.30 Vanderpump Rules M *Bravo*
9.30 The Real Housewives Of New Jersey M *Bravo*
10.30 A Lie To Die For M *Bravo*
11.20 Love It Or List It *Bravo*
SUNDAY
12.10 Infomercials
5am How Do I Look? *Bravo*
6am How Do I Look? *Bravo*
6.45 How Do I Look? *Bravo*
7.35 How Do I Look? *Bravo*
9.10 Love It Or List It *Bravo*
10.50 Botched *Bravo*
11.40 Masters Of Flip *Bravo*
12.35 Say Yes To The Dress Atlanta *Bravo*
1.30 Hoarders *Bravo*
2.20 Hoarders *Bravo*
3.15 Judge Jerry *Bravo*
3.40 Judge Jerry *Bravo*
4.10 Judge Jerry *Bravo*
5.05 Hollywood Medium With Tyler Henry *Bravo*

THREE

6pm NewsHub Live At 6pm
7pm MOVIE Evan Almighty PG *Three*
 2007 Comedy. A man is selected by God to perform a holy mission. Steve Carell, Morgan Freeman, John Goodman, Lauren Graham.
8.45 MOVIE Get Out 16VLC *Three*
 2017 Thriller. An African American man goes with his girlfriend to meet her parents but, as the weekend progresses, secrets come to light. Allison Williams, Daniel Kaluuya.
10.40 MOVIE BlacKKlansman M *Three*
 2018 Biography. Based on actual events. An African American police officer from Colorado Springs successfully manages to infiltrate the local Ku Klux Klan branch.
SUNDAY
1.10 Infomercials
5am Hillsong *Three*
5.30 Charles Stanley *Three*
6am Life TV
6.30 Brian Houston *Three*
7am Charles Stanley *Three*
8am Life TV *Three*
8.30 Turning Point *Three*
9am R&R With Eru And K'Lee
9.30 The Hui *Three*
10am NewsHub Nation *Three*
11am Classical Destinations
11.30 Xscape
11.55 Mega Transports
1pm Muscle Garage
1.30 Formula E Sim Racing Championship
2pm European Rally Championship
3pm British Superbikes Round One.
4pm SuperCars Super 2 *Three*
4.55 Fishing Show Classics *Three*
5.25 Fish Of The Day *Three*

CHOICE

5.30 Mysteries At The Monument
6.30 Jamie And Jimmy's Food Fight Club
7.30 How To Deep Clean Your House PG
8.30 Antiques Roadshow
9.30 Britain's Ancient Tracks With Tony Robinson
10.30 Running Wild With Bear Grylls
11.30 Great Blue Wild
SUNDAY
12.30 Mysteries At The Monument
1.30 Sand Masters
2am Bear's Wild Weekend With Stephen Fry PG
3am Antiques Roadshow
4am How To Deep Clean Your House PG
5am Jamie And Jimmy's Food Fight Club
6am Key Of David
6.30 Through The Bible With Les Feldick
7am Leading The Way
7.30 Ainsley's Caribbean Kitchen
8.30 Secret Cities
9.30 Inside Ikea
10.30 Jamie And Jimmy's Food Fight Club
11.30 Love Your Home And Garden
12.30 Great Blue Wild
1.30 Mysteries At The Monument
2.30 Antiques Roadshow
3.30 Inside The Vets
4.30 Rick Stein's Long Weekends
5.30 My Dream Home

PRIME

5pm ITM Fishing Classics *Prime*
 Matt goes kayak fishing with Matt Shearer from Shimano New Zealand in the dangerous waters around Cape Maria Van Diemen, which snapper, puka, trevally, and kingfish are known to haunt.
5.30 Prime News
6pm The Great British Bake Off: An Extra Slice *Prime*
7pm WhichCar *Prime*
 Dan looks for Honda's NSX hybrid supercar; Glen takes the Volkswagen T-Roc and T-Cross on a trip across Germany.
7.30 The Seventies PGR *Prime*
8.30 Living With Tourette's M *Prime*
 Documentary series revealing the realities of living with Tourette's Syndrome, through the lens of six young Kiwis living with the neurological disorder.
9.30 What's My Name: Muhammad Ali PGR *Prime*
11.10 Whose Line Is It Anyway? PG
11.40 Ice Wars M *Prime*
SUNDAY
12.50 Closedown
6am Religious Programming
7am Nella The Princess Knight *Prime*
7.30 Religious Programming
10am 100 Day Bach *Prime*
11am The Great Escapers *Prime*
Noon LIVE UFC 249 Prelims *Prime*
2pm Mad About You PGR *Prime*
2.30 IRT Deadliest Roads PGR *Prime*
3.30 Judge Judy PG
4pm Hot Bench *Prime*
4.30 Hook Me Up! *Prime*
5.30 Prime News

SKY 5

7.30 Trucking Hell M
8.30 Ronnie's Redneck Roadtrip MVL
9pm Ax Men ML
10pm Pawn Stars PG
10.30 Trucking Hell M
11.20 The Simpsons PG (Part 2)
11.45 The Simpsons PG
SUNDAY
12.15 The Simpsons Super Sunday PG
2.10 Ronnie's Redneck Roadtrip MVL
2.35 Supergirl MVS
3.20 Main Event MV
4.05 Classic Pawn Stars PG
4.30 Ax Men ML
5.15 Chicago PD 16V
6am Ronnie's Redneck Roadtrip MVL
6.25 Supergirl MVS
7.10 Criminal Minds: Beyond Borders 16VS
7.55 Main Event MV
8.50 Survivor: Worlds Apart PG
9.40 Supergirl MVS
10.25 Pawn Stars PG
10.55 Criminal Minds: Beyond Borders 16VS
11.45 Ax Men ML
12.40 Mountain Men PG
1.30 Ronnie's Redneck Roadtrip MVL
2pm Ultimate Fishing PG
3pm Raw MVC
5.45 SmackDown MVC

MAORI TV

5pm The Hui: Kaupeka Wha
5.30 Nga Tamariki O Te Kahu
6.30 Te Ao: Maori News
7pm MOVIE The Secret Of The Sword 1985 Animated Adventure. Prince Adam is sent to the world of Etheria to find his abducted sister, Adora, and awaken her to her destiny. Voices of John Erwin, Melendy Britt, Alan Oppenheimer.
8.40 MOVIE Revolutionary Road 16LS 2008 Drama. During the mid-1950s, a young couple must come to terms with their personal problems while raising their two children.
10.50 Te Ao: Maori News
11.20 Closedown
SUNDAY
6.30 Tamariki Haka
6.50 Kids' Kai Kart *Maori TV*
7am Darwin + Newts *Maori TV*
7.10 Huhu: Te Tunga Rakau
7.20 He Rourou *Maori TV*
7.30 Potae Pai *Maori TV*
7.40 Smooth
7.50 Polyfest Kapa Haka *Maori TV*
8.20 Haati Paati *Maori TV*
8.30 Waka Ama Sprint Nationals
9am Globe *Maori TV*
9.30 Swagger
10am Cam's Kai *Maori TV*
11am Tapatahi
11.30 Te Ao With Moana
Noon Matau Bros Gone Fishing PGR *Maori TV*
12.30 Piri's Tiki Tour PGC
1pm Touch Rugby: Junior Championships *Maori TV*
1.45 MOVIE The Secret Of The Sword 1985 Animated Adventure.
3.30 Marae DIY *Maori TV*
4.30 Tagata Pasifika
5pm Tamaki Paenga Hira *Maori TV*
5.30 Nga Pari Karangaranga O Te Motu *Maori TV*

PAY TV

MOVIES PREMIERE

6.20 Shazam! MV 2019 Action. Zachary Levi, Mark Strong.
8.30 Midsommar: Director's Cut 18VLS 2019 Horror. What begins as a carefree holiday in Sweden takes a sinister turn when the insular villagers become more and more disturbing. Suicide and cult themes. Jack Reynor, Florence Pugh.
11.20 Stuber 16LS 2019 Action. Kumail Nanjiani, Dave Bautista.
SUNDAY
12.50 Alita: Battle Angel MVL 2019 Action. Rosa Salazar, Christoph Waltz.
2.50 Blinded By The Light ML 2019 Musical. Viveik Kalra, Dean-Charles Chapman.
4.45 Chronicles Mysteries: Vines That Bind PG 2019 Drama. Alison Sweeney, Benjamin Ayres.
6.10 The Children Act ML 2018 Drama. Emma Thompson, Stanley Tucci.
7.55 Family 16LC 2018 Drama. Taylor Schilling, Kate McKinnon.
9.20 Shazam! MV 2019 Action.
11.30 Stuber 16LS 2019 Action.
1pm Alita: Battle Angel MVL 2019 Action.
3pm Juliet, Naked ML 2018 Comedy.
4.35 The Front Runner ML 2018 Drama.



The Victim
9.40pm on TVNZ 1



The Emoji Movie
7pm on TVNZ 2



Living with Tourette's
8.30pm on Prime

RNZ NATIONAL

5pm The World At Five
 A roundup of today's news and sport.
6.06 Womad Taranaki
 Highlights from the 2019 World Music festival in New Plymouth.
7.06 Saturday Night With Phil O'Brien.
SUNDAY
12.04 The All Night Programme
6.08 Storytime
7.10 Sunday Morning With Jim Mora.
7.35 The House
9.06 Mediawatch
12.12 Two Cents Worth
12.30 The Sampler
1.10 At The Movies
2.05 The Drama Hour
3.05 The Arts Hour
4.06 Smart Talk
5pm The World At Five
5.10 Heart And Soul

DISCOVERY

5.40 Unexplained And Unexplored PG Knights Templar in America.
6.35 Curse Of The Bermuda Triangle PG Aliens in the Triangle.
7.30 Curse Of The Bermuda Triangle PG
8.30 UFOs: The Lost Evidence PG
9.25 Gold Rush: White Water PG
10.15 Childhood In China PG
11.05 Expedition Unknown
11.55 How It's Made PG
SUNDAY
12.20 How They Do It? PG
12.45 The Hunt PG
1.35 What On Earth? PG
2.25 Expedition Unknown PG
3.15 Expedition Unknown PG
4.05 Expedition Unknown PG
4.55 Strange Evidence PG
5.45 Strange Evidence PG
6.35 How Do They Do It? PG
7am How Do They Do It? PG
7.30 Curse Of The Bermuda Triangle PG
8.20 UFOs: The Lost Evidence PG
9.10 The Hunt PG
10am Aussie Mega Mechanics PG
10.50 Alaskan Bush People PG
11.40 Alaskan Bush People PG
12.30 Aussie Gold Hunters PG
1.20 Gold Rush: White Water PG
2.10 BattleBots PG
3pm BattleBots PG
3.50 BattleBots PG
4.45 BattleBots PG
5.40 BattleBots PG

SUNDAY-MONDAY TELEVISION

TVNZ 1 © TVNZ 2020

5pm The Chase Ⓜ
6pm 1 News At 6pm Ⓜ
7pm Country Calendar Ⓜ
 Counting Sheep.
 A 26-year-old shearer who owns her own gang sees herself and her fellow shearers as pro-athletes, and mentors young shearers and competes with them at the Golden Shears.

7.30 Sunday Ⓜ
 For our elite sports stars – what's life like without a team, a training partner or any chance to travel? Plus, we catch up with Kiwi NBA export Sean Marks in the epicentre of America's outbreak.

8.30 FINAL Flesh And Blood 16LS Ⓜ
 As doubts about Mark seep into Vivien's mind, and her children's chaotic lives become out of control, family tension reaches boiling point on the night of Vivien's 70th birthday party.

10.20 The Bay 16L Ⓜ
 With Nick seriously injured in hospital, Lisa seeks out Sean; Med feels increasingly sidelined.

11.15 Butterfly 16 Ⓜ
 The war between Vicky and Stephen over Maxine's future reaches new heights. Can they put aside their differences, or will they both risk losing their child?
MONDAY

12.10 The Case Against Adnan Syed M
 A look at how a case built on quick and shoddy police work was taken up by an unethical prosecutor and willed into a conviction.

1.20 Infomercials
6am Breakfast
9am The Ellen DeGeneres Show Ⓜ
 Ellen is joined by South African comedian Trevor Noah.

10am Tipping Point Ⓜ
11am Cash Trapped Ⓜ
Noon 1 News At Midday Ⓜ
12.30 Emmerdale PG Ⓜ
 Moira and Nate come to a crossroads; Arthur becomes jealous of Laurel; Robert wishes to spend his final days free and surrounded by his family.

1pm 1 News Special Ⓜ
 The latest updates regarding Covid-19 and how it will affect people. For more information, visit www.covid19.govt.nz.

2pm The Ellen DeGeneres Show Ⓜ
 Ellen is joined by South African comedian Trevor Noah.

3pm Tipping Point Ⓜ
4pm Te Karere
4.30 Highway Cops PG Ⓜ
 One stolen Ute, two reckless teens, and a crash that knocks out power to all of Clyde; a driver in the Tasman region blames the children for his bad driving.

5pm The Chase Ⓜ

TVNZ 2 © TVNZ 2020

5.45 The Voice UK PG Ⓜ
 Tom Jones, will.i.am, Olly Murs, and Meghan Trainor search for the UK's best talent.

7pm MOVIE Wonder Woman MV
 2017 Action. When an American pilot crash lands on her island and warns of a global conflict, Diana sets out to stop the threat while discovering her true destiny as Wonder Woman.
 Gal Gabot, Chris Pine.

9.30 MOVIE Mad Max: Fury Road 16VC 2015 Action. Max survives by wandering the post-apocalyptic wasteland alone, until he becomes a hero to a group fleeing from a vicious warlord.
 Tom Hardy, Charlize Theron.

11.40 MOVIE Knock Knock 16LSV
 2015 Horror. Alone for the weekend, a man offers two women shelter from a stormy night, but comes to regret it.
 Keanu Reeves, Lorenza Lizzo, Ana de Armas.
MONDAY

1.25 FINAL The Originals M Ⓜ
2.10 The New Adventures Of Old Christine Ⓜ
3.40 Regular Show Ⓜ
3.55 Infomercials
4.30 Mike And Molly PG Ⓜ
5.30 Infomercials
6.30 Rescue Bots Academy Ⓜ
6.40 MyaGo Ⓜ
6.50 Bluey Ⓜ
 The adventures of six-year-old Blue Heeler puppy Bluey, who uses her limitless energy to play elaborate games that unfold in unpredictable ways.

7am The Jungle Bunch To The Rescue! Ⓜ
7.25 Ben 10 Ⓜ
7.50 Unikitty! Ⓜ
8.15 Moon And Me Ⓜ
8.35 Mission Force One Ⓜ
9am Infomercials
10am Neighbours Ⓜ
 Toadie and Dee come to an important decision; Ned is caught between a rock and hard place; Roxy is worried by Sheila's new obsession.

10.30 Mike And Molly PG Ⓜ
11.15 Army Wives PG Ⓜ
12.05 Selling Houses Australia Ⓜ
1.10 Judge Rinder PGR Ⓜ
2.05 Cougar Town PG Ⓜ
3pm America's Funniest Home Videos Ⓜ
3.30 Powerpuff Girls Ⓜ
3.40 Get Clever Ⓜ
4.05 Holly Hobbie Ⓜ
4.30 Friends Ⓜ
5pm The Simpsons PG Ⓜ
5.30 Home And Away PG Ⓜ

BRAVO

5.05 Hollywood Medium With Tyler Henry Ⓜ
6pm Masters Of Flip
7pm MOVIE The Sisterhood Of The Travelling Pants PG Ⓜ
 Ⓜ 2005 Drama.
9.20 MOVIE I Now Pronounce You Chuck And Larry M Ⓜ
 Ⓜ 2007 Comedy.

11.30 Shahs Of Sunset M
MONDAY

12.20 Infomercials
10am Hollywood Medium With Tyler Henry Ⓜ
10.55 Snapped Ⓜ
11.50 The Kelly Clarkson Show
12.50 The Real Housewives Of Beverly Hills M Ⓜ
1.45 Below Deck PG Ⓜ
2.45 Keeping Up With The Kardashians PG Ⓜ
3.45 Wahlburgers Ⓜ
4.15 Dance Moms Ⓜ
5.10 Judge Jerry
5.40 Hoarders Ⓜ

THREE

5.25 Fish Of The Day Ⓜ
 Clarke Gayford goes to the Bay of Islands to fish for New Zealand snapper, and to dive on the wreck of the HMNZS Canterbury.

6pm NewsHub Live At 6pm
7pm MOVIE Kung Fu Panda 3 PG Ⓜ
 Ⓜ 2016 Animated Adventure. Po must face two serious, but different threats, one supernatural and the other a little closer to home.
 Voices of Jack Black, Bryan Cranston, Dustin Hoffman, Angelina Jolie.

8.40 MOVIE The Breaker Upperers MLS Ⓜ
 Ⓜ 2017 Comedy. Two women cynical about love set up an agency to break couples up as a way to avoid letting go and moving on with their lives.
 Madeleine Sami, Jackie van Beek, James Rolleston.

10.10 Blue Bloods M Ⓜ
11pm Magnum PI M Ⓜ
11.45 Infomercials
MONDAY

5.30 Infomercials
6am The AM Show
9am The Café PG
10am Infomercials
11.25 Millionaire Hot Seat Ⓜ
12.20 Face The Truth PG
 (Part 2)
12.45 Dr Phil PG
1.45 The House That 100K Built
2.55 Restoration Man PG Ⓜ
3.55 Chris Humfrey's Animal Instinct
4.30 NewsHub Live At 4:30pm
5pm Millionaire Hot Seat Ⓜ

CHOICE

5.30 My Dream Home
6.30 American Restoration
7.30 Irish Pickers
8.30 The Cold Case Files MCV
9.30 Paranormal Survivor MCV
10.30 Irish Pickers
 Ian Dowling and his Dublin-based team of pickers travel everywhere, from the shipyard that built the RMS Titanic to medieval castles, to discover remarkable and valuable finds.

11.30 American Restoration
MONDAY

12am American Restoration
12.30 My Dream Home
1.30 Baby Animals
2am Brothers In The Sand
3am The Cold Case Files
4am Rick Stein's Long Weekends
5am Love Your Home And Garden
6am Orang-utan Jungle School
 Lisbon.
7am Secret Cities
8am Inside The Vets
9am Best Cake Wins
9.30 Hugh's Wild West
10.30 American Restoration
11.30 Irish Pickers
12.30 Paranormal Survivor MCV
1.30 My Dream Home
2.30 Rick Stein's Long Weekends
3.30 Hope For Wildlife
4.30 Hugh's Three Good Things
5pm Rachel Allen: All Things Sweet
5.30 Mysteries At The Museum

PRIME

5.30 Prime News
6pm Cruising With Jane McDonald Ⓜ
7pm Storage Wars PG Ⓜ
 Ivy records a hefty find; Brandi and Jarrod hit it big when they test the waters; Mary cranks up her profit to the sweet sound of success.

7.30 Griff's Great Australian Rail Trip PG Ⓜ
8.30 McMillion\$ M Ⓜ 1/6.
 The story of a police officer turned security auditor who rigged the McDonald's Monopoly game, stealing millions and building a vast network of co-conspirators.

9.40 White Dragon 16VLS
10.40 Shearing Gang PGR Ⓜ
11.40 SmackDown PGV
MONDAY

12.40 60 Minutes PG
1.40 Closedown
6am Ben 10: Ultimate Alien Ⓜ
6.50 Endangered Species Ⓜ
7.15 Trulli Tales Ⓜ
7.30 Atomic Puppet Ⓜ
7.40 Teenage Mutant Ninja Turtles Ⓜ
8.05 The Thundermans Ⓜ
8.30 The Moe Show Ⓜ
9am Game Shakers Ⓜ
9.30 Portrait Artist Of The Year Ⓜ
10.30 The Chase Australia Ⓜ
11.30 Everybody Loves Raymond Ⓜ
Noon The Channel PGR Ⓜ
1pm American Pickers
2pm Antiques Road Trip Ⓜ
3pm Wheel Of Fortune
3.30 Jeopardy
4pm A Place In The Sun: Winter Sun Ⓜ
5pm Frasier Ⓜ
5.30 Prime News

MAORI TV

5pm Tamaki Paenga Hira Ⓜ
5.30 Nga Pari Karangaranga O Te Motu Ⓜ
6pm Waka Huia
6.30 Te Ao: Maori News
7pm Rise Of The Wahine
8.30 MOVIE The Second Mother 16CL 2017
 Comedy Drama. When the estranged daughter of a hard-working live-in housekeeper suddenly appears, the unspeakable class barriers that exist within the home are affected. Regina Casé, Helena Albergaria, Michel Joelsas.

10.35 Te Ao: Maori News Ⓜ
11.05 Closedown
MONDAY

6.30 Waiata Mai
6.40 Te Mana Kuratahi
7.10 Tamariki Haka
7.20 E Kori Ⓜ
7.25 Pipi Ma
7.30 ZooMoo
7.40 Te Nutube
7.50 Darwin + Newts Ⓜ
8am Polyfest Kapa Haka Ⓜ
8.30 My Country Song Ⓜ
9am Native Kitchen Ⓜ
9.30 Opaki Ⓜ
10am Wairua
10.30 Tapatahi
11.15 Nga Tangata Taumata Rau Ⓜ
12.30 It's In The Bag
1pm Nga Pari Karangaranga O Te Motu Ⓜ
1.30 Ako Ⓜ
2pm Toku Reo Ⓜ
3pm Nga Kapa Haka Kura Tuarua Ⓜ
3.30 Playlist
4pm Swagger
4.30 Pukana
5pm Waiata Mai
5.10 Te Mana Kuratahi Ⓜ
5.40 Tamariki Haka
5.50 E Kori Ⓜ
5.55 Pipi Ma



Flesh and Blood
8.30pm on TVNZ 1



Kung Fu Panda 3
7pm on Three



The Breaker Upperers
8.40pm on Three

RNZ NATIONAL

5pm The World At Five
 A roundup of today's news and sport.

5.10 Heart And Soul
6.45 Voices
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 Mediawatch
10.45 The House
MONDAY

12.04 The All Night Programme
6am Morning Report
9.06 Nine To Noon
10.45 The Reading
Noon Midday Report
1.06 Afternoons
4.06 The Panel
5pm Checkpoint

PAY TV

SKY 5

5.45 SmackDown MCV
7.30 Criminal Minds: Beyond Borders 16VS
8.30 NCIS MV
9.30 NCIS MV
10.30 Chicago PD 16V
11.25 Survivor: Worlds Apart PG
MONDAY

12.15 SmackDown MCV
1.55 Chicago PD 16V
2.45 Criminal Minds: Beyond Borders 16VS
3.35 Survivor: Worlds Apart PG
4.25 NCIS MV
5.10 NCIS MV
6am Jeopardy!
6.25 Wheel Of Fortune PG
6.45 The Simpsons PG
7.10 Parking Wars PGL
8am Border Security: Australia's Frontline M
8.25 Storage Wars PG
8.50 Storage Wars PG
9.15 Hardcore Pawn PG
9.40 Hawaii Five-0 MV
10.25 SVU MV
11.10 Parking Wars PGL
Noon Jeopardy!
12.25 Wheel Of Fortune PG
12.50 NCIS MV
1.40 NCIS MV
2.25 Hawaii Five-0 MV
3.10 Parking Wars PGL
4pm The Simpsons PG
4.30 Jeopardy!
5pm Wheel Of Fortune PG
5.30 Hardcore Pawn PG

MOVIES PREMIERE

6.30 Cold Pursuit 16VLS 2019
 Action. Liam Neeson, Laura Dern.
8.30 Late Night MLS 2019
 Comedy. A legendary late-night talk-show host's world is changed when she hires a female staff writer to smooth over diversity concerns. Emma Thompson, Mindy Kaling.
10.15 Creed II MV 2018 Action.
 Michael B Jordan, Sylvester Stallone.
MONDAY

12.25 Mid90s 16VLS 2018 Comedy.
 Sunny Suljic, Katherine Waterston.
1.50 The Wedding Do Over MC 2017 Drama. Nicole Anderson.
3.15 Juliet, Naked ML 2018
 Comedy. Chris O'Dowd, Rose Byrne.
4.50 The Front Runner ML 2018
 Drama. Hugh Jackman, JK Simmons.
6.40 Cold Pursuit 16VLS 2019
 Action. Liam Neeson, Laura Dern.
8.35 The Wedding Do Over MC 2017 Drama. Nicole Anderson.
10am Mid90s 16VLS 2018 Comedy.
 Sunny Suljic, Katherine Waterston.
11.25 Late Night MLS 2019
 Comedy.
1.05 Creed II MV 2018 Action.
3.15 The Public MLSC 2019
 Drama.
5.15 Mile 22 16VL 2018 Action.

DISCOVERY

5.40 BattleBots PG
6.35 BattleBots PG
7.30 Aussie Gold Hunters PG
8.30 Ripley's Believe It Or Not! PG Showstoppers.
9.25 Curse Of The Bermuda Triangle PG Unexplained Encounters.
10.15 Expedition Unknown
11.05 The Hunt PG In Search of Australia's Big Cats.
11.55 How It's Made PG
MONDAY

12.20 How Do They Do It? PG
12.45 Curse Of The Bermuda Triangle PG
1.35 What On Earth? PG
2.25 Naked And Afraid M
3.15 Naked And Afraid M
4.05 Naked And Afraid M
4.55 Naked And Afraid M
5.45 Naked And Afraid M
6.35 Gold Rush: White Water PG Birthday Gold.
7.30 What On Earth? PG
 Mystery of Fang Forest.
8.20 Ripley's Believe It Or Not! PG Showstoppers.
9.10 Aussie Gold Hunters PG
10am How It's Made PG
10.25 How Do They Do It? PG
10.50 Strange Evidence PG
11.40 Aussie Salvage Squad PG
12.30 Web Of Lies M
1.20 Blood Relatives M
2.10 Top Gear
3pm Alaska: The Last Frontier PG
3.50 Gold Rush PG
4.45 Fast N' Loud PG
5.40 Aussie Salvage Squad PG

TELEVISION

ON TV THIS WEEKEND

**WEDDING CRASHERS**

Saturday, 8.30pm,
TVNZ 2

Life is a party, so crash it — with Owen Wilson and Vince Vaughn! This is the hilarious comedy about two divorce lawyers who routinely crash weddings to pick up women. Also starring: Rachel McAdams.

**THE EMOJI MOVIE**

Saturday, 7pm, TVNZ 2

In the secret world inside your phone where all emojis live, three emoji friends go on an epic “app-venture” to save Textopolis!

This is an adventure that is beyond words.

Featuring the voices of: James Corden, Anna Faris.

**MAD MAX — FURY ROAD**

Sunday, 9.30pm, TVNZ 2

From director George Miller comes the greatest Mad Max film of them all! In a post-apocalyptic world, Max teams up with a mysterious woman to try and survive. Starring: Tom Hardy, Charlize Theron.

**LAST ACTION HERO**

Sunday, 9pm, TVNZ DUKE

With the help of a magic ticket, a young movie fan is transported into the fictional world of his favourite action movie character.

Starring: Arnold Schwarzenegger.

**WONDER WOMAN**

Sunday, 7pm, TVNZ 2

Gal Gadot stars in this epic action adventure. Trained to be an unconquerable warrior, a former princess must fight in a war to end all wars.

WHAT'S ON in Gisborne

Covid19.govt.nz
New Zealand Government

Unite against COVID-19

New Zealand is now at Alert Level 3

PHOTOS OF THE WEEK

"Photo of the week" is now "Photos . . ." and we are accepting family pics, unlike previously, if they are among the best of the week. Submit your photos to: www.gisborneherald.co.nz/photo-of-week Or e-mail: weekender@gisborneherald.co.nz



Logs away. Picture by Jan Shanahun



Puna has enjoyed his time in lockdown — the perks of living in the middle of nowhere, Tolaga Bay.

Picture by Mereana Walker



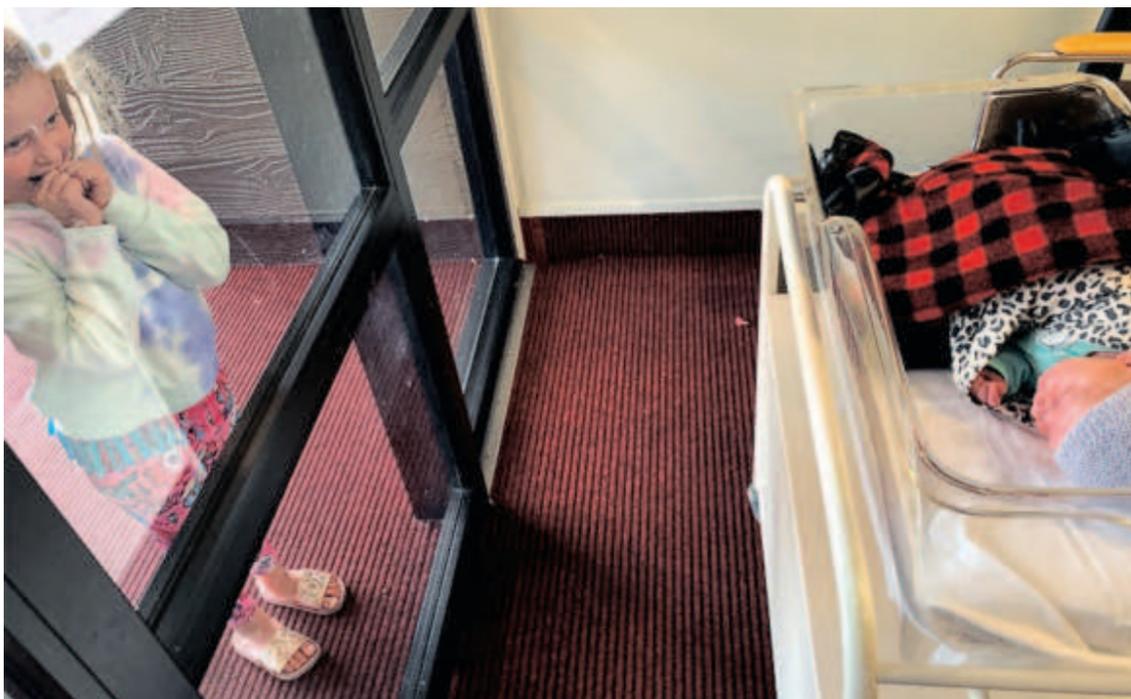
Reading with Papá. Picture by Jaclyn Lobon



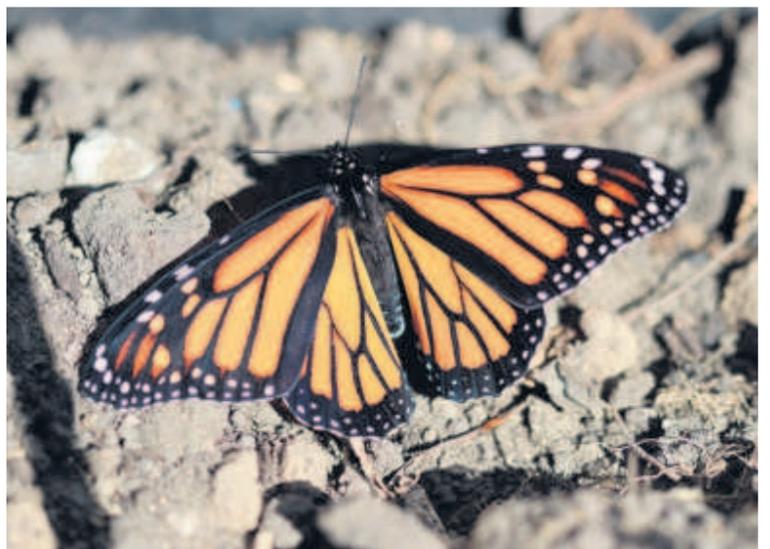
Such a beautiful day in Gisborne remembering on Anzac Day. Picture from Akroyd whanau



Samara Lee with her boat. Picture by Kirsty Chaffey



Maia meeting Jack during Level 4 lockdown at Gisborne Hospital. Picture by Sophie Steele



Ready to fly. Picture by Pauline Manning

